

5 Ways To Cure Holiday Hangover Skin — According To Celeb Facialists

The entire [holiday season](#) — basically the whole month of December and the countless cranberry vodkas that came with it — was a tolerance buildup to the culmination that is [New Year's Eve](#). And now that we've reached the other side — Welcome to 2019! — it's pretty likely that right about now you're facedown in your pillow, thinking: "[I'm never drinking again.](#)"

If your plan is to stay in your pajamas all day and nurse your hangover by avoiding all contact with the outside world, it's also a great time to give your skin a little extra TLC. We tapped our favorite celebrity estheticians and skin-care pros to break down exactly how to cure hangover skin, so you can roll into work tomorrow with bright eyes and [dewy complexion](#).

Ahead, find the five simple steps to reversing hangover face under the comfort of your covers — plus foolproof skin-care tricks to get you through every long night of 2019.

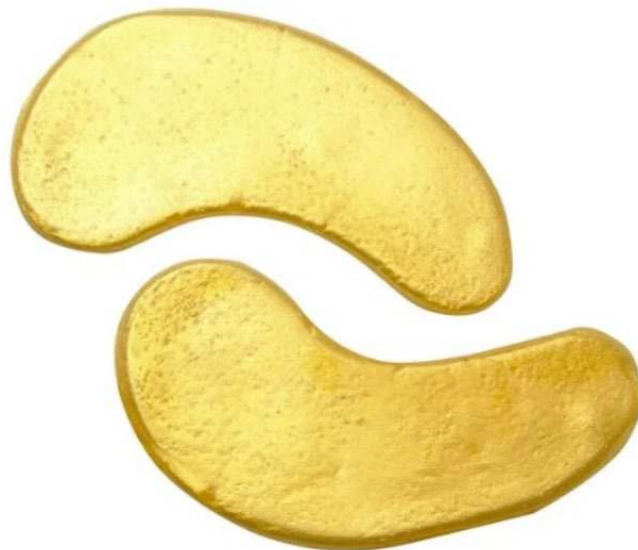


When you look in the mirror and notice puffiness or sagging, step one is to start massaging. Celebrity cosmetic dermatologist [Dr. Paul Jarrod Frank](#) says [Madonna's MDNA Skin Beauty Roller](#) is the *crème de la crème* of at-home sculpting devices. (He's a consultant for the brand.)

But if you don't have the trendy \$200 device in your bathroom cabinet, you can use any [jade roller](#) (pop it in the freezer for a few minutes for a cooling effect) or even [just your fingers](#). Dr. Frank tells us that the primary goal is to energize and lift the skin by promoting lymphatic drainage (aka de-puffing).



After rinsing and dabbing your face with a towel, now's a good time to give your skin a quick once-over with a [hydrating face mist](#) or an [essence](#). "Not only does this feel refreshing," explains Dr. Frank. "But it will visibly restore the skin's moisture levels, rebalancing the overall tone."



Whether it was the champagne tower or the 20 minutes of total REM sleep you logged last night, your puffy under eyes might be displaying a lovely swirl of blues and purples. To firm and brighten bags, Dr. Frank recommends using cooling eye gels, like these gold ones from [MZ Skin](#), which take down inflammation instantly.