

 **A.M.**

THE TIME CRUNCH: You overslept! Though it's not a disaster, you definitely have to speed things up.

MASTER THE 4-MINUTE MORNING SHOWER

Add a dollop of shampoo to your crown, and stand directly under the water so it hits your scalp as you lather. "The bubbles will form fast and cleanse the rest of your hair while they travel downward," says stylist Kristin Ess. Apply conditioner to the ends, then spread a glycerin body wash (like Dove Cream Oil Body Wash, \$4.50) all over. The rich moisturizer makes body lotion unnecessary, says dermatologist Elizabeth Tanzi Rinse everything, face included. (You can skip cleanser if you washed the night before.)



Maybelline Fit Me! Concealer, \$6.50

Make Up For Ever Rouge Artist Intense in #36, \$22; Mark Lipclick in Coral Fixation, \$8

ROCK MINIMAL MAKEUP

Apply an SPF-rich lotion (we like Estee Lauder DayWear Creme SPF 15, \$43), and include the under-eye area, Dr. Tanzi says. Then even out ruddiness and blemishes with a sponge-tipped concealer (check out Maybelline's, above); it offers precision, no brush needed. Add some mascara, then apply a single swipe of bright lipstick to sex up your entire face sans blush or shadow, says makeup artist Amy Nadine. Fuchsia and orange, above, are hot this season.

BANG OUT A HOT STYLE

This quick, easy updo works on straight and curly hair alike. Part wet locks down the middle, and pull them into a low side bun, wrapping an elastic around the base of it twice for hold. (Frizz-prone ladies should use an antifuzz cream—like Pantene Pro-V Medium-Thick Hair Style Smooth and Straighten Crème, \$6—on strands to keep the look sleek.) Use a boar-bristle brush to smooth any bumps, then let it air-dry (blowing takes 20 minutes of time you don't have). "The bun will get even prettier and more relaxed throughout the day as it dries," says Ess.

THE TIME CRUNCH: You and your guy had one hot Saturday morning. Now you're late to meet your girlfriends for unlimited-mimosas brunch.

TAME POSTSEX TRESSES

If your mane's only semisweaty, soak up the moisture with dry shampoo (two of our favorite easy-to-use aerosols: Tresemmé Fresh Start Dry Shampoo, \$5, and Batiste Dry Shampoo, \$8). Tousle strands to help the residue disappear. If your hair is more of a mess, pull it back into a tight bun or pony that sits at the nape of your neck, then tame frizz with a brush and hair spray, says celebrity hairstylist Harry Josh.

DO A CLEAN SWEEP

Freshen up your pits and privates with baby wipes, which are worth stocking up on even if you don't have kids. "They're better than a facial towelette since they're meant for baby butts," says Jody A. Levine, an NYC derm. Be sure to suds up your face too. "Your partner's oils can pass onto your skin, causing acne," says Howard Sobel, MD, creator of DDF skin care, who suggests using a product with an oil-cutting ingredient, like salicylic acid.

MULTITASK WITH MAKEUP

Apply powder foundation (like Armani's, at right) with a big fluffy brush. "You can cover your whole face in less than 10 seconds," says Nadine. Line the top lash line with brown pencil (we love the silk feel of D&G's). "Smudge it onto your lid—that way, you're doing liner and shadow in one swift move," Nadine says. Then add mascara (Avon's, at right, offers amazing definition).



Giorgio Armani Lasting Silk UV Compact Foundation, \$59

Avon Sonic Boost Vibrating Mascara, \$16

Dolce & Gabbana Crayon Intense, \$29