

BODY

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SO YOU HAD A VERY HAPPY NEW YEAR. FOR YOUR ACHY HEAD, THERE'S WATER, ADVIL, AND TIME. FOR THE REST OF YOUR MORNING-AFTER DISASTERS, FOLLOW OUR INSTRUCTIONS. BY CELIA SHATZMAN

Hangover Hacks You'll Thank Us for on Jan. 1

THE THROAT HANGOVER

You were shouting over the music all night (when you weren't singing along), so no wonder you can barely croak out a sentence. "Normally when someone loses their voice, it's because the vocal cords have become inflamed," explains Christopher Chang, MD, an otolaryngological surgeon in Warrenton, Virginia. Add to that the fact that alcohol is a chemical irritant that dries out the lining of the throat. "You have to rest the voice to give it a chance to heal," Dr. Chang advises. If you can't keep quiet (say, you have to give a presentation at work), do instant damage control by breathing in humid air—a hot shower typically does the trick—and drinking plenty of fluids. Dr. Chang says most beverages are fine, although

sipping warm chamomile, ginger, or peppermint tea with honey throughout the day can be extra soothing for both your throat and stomach. And that ringing in your ears? Unfortunately, there's not much you can do on your own to quiet it. If it lasts for more than three days, see your doctor for an Rx. In extreme cases, a dose of steroids may be required.

THE HEELS HANGOVER

They looked flawless last night, but you're cursing them now. High heels can shorten the Achilles tendon over time, so while you're still in bed, before putting any weight on your feet, stretch your calves, suggests Jacqueline Sutera, DPM, of City Podiatry in New York City. Follow that with a mini-massage, rolling feet over a golf or tennis ball or a frozen water bottle. Then spend two to three minutes trying to pick up a sock off the floor

using just your toes. "Even if you can't actually pick it up, the act of scrunching your feet can help squeeze out lactic acid buildup, important for reducing soreness," says Dr. Sutera. Finally, ice your feet for 15 minutes to lessen inflammation and pain.

When you head out for the day, wear shoes with rubber soles and a supportive arch. Ideally, that's a sneaker (go athleisure!), but if you must wear heels, opt for a wedge, and alternate the types of kicks you wear throughout the rest of the week, avoiding the same style or heel height. If there's bruising or pain after two days, see a podiatrist. It could be deep contusions, which are like bone bruises, or a stress fracture.

THE SKIN HANGOVER

Skin looking as bad as your head feels? "Drinking alcohol causes dehydration, leading to dry, cracked, irritated skin," says Joshua Zeichner, MD, director of Cosmetic and Clinical Research in the Department of Dermatology at Mount Sinai Hospital in New York City. What's worse, "alcohol lowers the body's levels of antioxidants," Dr. Zeichner adds. "They're like the skin's natural firefighters, protecting against damage." That means hangover skin is more susceptible to environmental stressors like UV light, pollution, and cigarette smoke. To protect it, wash your face

with a gentle cleanser, then apply a serum with topical antioxidants, like vitamins C and E, ferulic acid, green tea, or phloretin (an apple extract with potent antioxidant properties). Add a heavy moisturizer—look for *hyaluronic acid* on the ingredient list. As for any dark circles, pat on a cream with caffeine to combat puffiness and discoloration, then a brightening concealer with light-reflecting pigments to fake radiance.

THE EYE HANGOVER

Passed out in your contacts again? That's a damaging habit, says Mitchell Cassel, OD, an optometrist at Studio Optix in New York City. "The eye is dependent on oxygen to nourish the outermost layer, the cornea. When you sleep in lenses, you deprive your eyes of this much-needed oxygen, causing swelling of the cornea cells and leading to dry, blurry, red, and uncomfortable eyes." Give them a break and wear glasses the day after. Even those with perfect vision may notice eye pain after a night of hard partying. Dehydration can cause itchy eyes, and a lack of sleep can produce excess oils that compromise the tear film, leading to dryness, burning, and redness. Cassel recommends prescription or OTC antihistamine drops (lens wearers should use a formula made for them) to reduce the irritation quickly. ■

CLEAN YOURSELF UP FIRST, THEN WE'LL DEAL WITH THE HALF-EATEN PIZZA ON THE FLOOR.

FROM RIGHT: WAA/STOCKSY; TRUNK ARCHIVE.

