beauty fix
post-holiday bliss

We love **Yael Alkalay**'s line of luxe natural body treatments, **Red Flower**, for their calming magic. Who better to help us wind down and space out after guests have gone?

Alkalay at home. *"Art Deco Border" dress* **$395 SHANGHAITANG.COM**

face rejuvenation
Exfoliation is great for reviving tired skin. I do this treatment (far left) while soaking in a warm tub—when you rinse, you create a luscious lavender-milk bath. *Sweet milk facial exfoliate* **$21** *herbal cleanser* **$25** **FARMAESTHETICS.COM**

warming scrub
I like to crush red pepper flakes into a natural oil such as almond or avocado (not mineral oil, which isn't absorbed by skin), and rub on my lower legs and feet. I'm one of those people who's sensitive to cold—this heats me right up.

quick spritz
This superlight citrus-oil mist makes me feel peaceful but alert, as if I've stepped through a cloud and into a clear space. I spray it on my hair, face and body after a shower. *Red Flower steam room mist* **$36 BARNEYS.COM**

featherweight nightgown
When you slip into this delicate piece, the fabric lifts stress away. It's escapism in sleepwear. *Celestine "Caroline" cotton nightgown* **$209** **LINGERIE ON LEX (212) 755-3312**

heady scent
The right fragrance—like jasmine or cherry blossom—triggers instant ease. I adore the shape of this bottle. When light shines through, it glows like stained glass. *Red Flower home diffuser* **$74 BARNEYS.COM**

radiance in a flash
I try hundreds of facial products (for research), and this pure, natural moisturizer is my absolute favorite. It restores tired skin in a second. *Rehydrating face and neck moisturizer* **$100 SODASHI.COM**
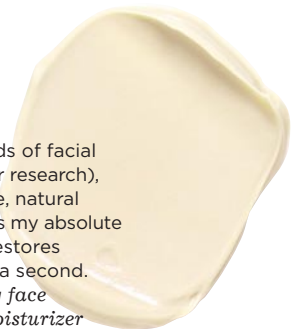
spinal release
Natural materials are the most calming. It's amazing to sit on these wooden orbs. They take the pressure off your lower back, where tension can accumulate, especially when you've been on your feet hosting all night. *Oiled oak 20" and 15" spheres* **$995 AND $795 ABC CARPET & HOME (212) 473-3000**

Lavender-flower tea is the perfect sleep aid. **$24 REDFLOWER.COM FOR INFORMATION**

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