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DAILY M.E MOM ESSENTIALS

Being Pretty Sick

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I've always been a healthy woman...that is until my daughter entered the cesspool world of preschool. So now with every school project that enters our home come the germs of dozens of little runny noses, sore throats and puffy faces.

Here are a few tricks to at least look pretty even when you're pretty sick.

Problem: No sleep

You have: Raccoon eyes

Pretty Quick Fix: Slice a raw potato and place the slices under your eyes for a few minutes. The potassium helps get rid of under eye dark circles. Place a dot of light eyeshadow in the inner corner of your eyelid and poof! You just slept eight hours. (Try Tarte's [Rest Assured Brightening Wand](#)).

Problem: Constant nose blowing

You have: Flakes and redness

Pretty Quick Fix: Vaseline, lanolin (although true lanolin is kinda stinky for under-nose placement)—it doesn't have to be an expensive moisturizer, it just has to be an extra emollient one. Gently rub a generous amount onto the flaky nostril area. Don't use your regular moisturizer if it has any anti-aging properties, because those ingredients might irritate skin further. If your nose is Rudolph-esque, pat on a bit of your concealer and gently tap until absorbed (excess rubbing might cause more flakes). Remember that oil is a good thing in this case, so a "shine-free" or "mattefying" formula might dry you out further.

Problem: Itchy Eyes

You have: Puffiness

Pretty Quick Fix: Apply a cold compress to your eye area for five to 10 minutes to decrease swelling. Don't have that kind of time? Place ice cubes into a bowl of water, and splash your face a few times. This will increase circulation and decrease the puff. Lining the bottom inside lash line with a white eyeliner will also help to whiten and brighten red, itchy eyes. (Try Shu Uemura's [Eye Light Pencil White](#).)

Problem: All of the above

You have: Pale skin

Pretty Quick Fix: Choose a tinted moisturizer for sheer color (or try mixing your regular moisturizer 50/50 with a foundation). Finish with a sweep of peach or pink powder blush for a healthy glow. Keep it light, so it doesn't look like a fever gave you rosy cheeks.

For more beauty, fashion and fitness, visit Cheryl at [EasyPeasyBlog.com](#).

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