

# MAKEUP NAILS SKIN CARE HOW-TO



## Gym Bag Beauty: Industry Experts Spill Their Secrets For Looking Good

Posted by Kristin Booker February 01, 2013 11:15 am

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"Hydrate with a refreshing coconut water."



Loren Bassett



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"Before taking yoga, hydrate with a refreshing coconut water. Post-yoga, use Lauren Zeifman's invigorating tea tree eye cream, Teamine by Eye Complex." - Loren Bassett, yoga instructor at Pure Yoga NYC and creator of Bassett's Bootcamp  
*Revision Teamine Eye Complex, \$50.22, [amazon.com](http://amazon.com)*

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It's the time of year when everyone is suddenly racing to the gym. Whether it's a few holiday pounds or the best intentions of a **new year's resolution** to finally get back into your skinny jeans, it seems the whole world is at the gym. But, with all those people there, the pressure to look your best can, well, make you sweat.

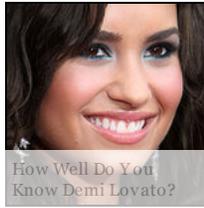
We reached out to some of the best in the dermatology, hair and stry to get their tips on keeping yourself together pre-, during and post-workout. From facial wipes to **hairstyling tips**, we have a feeling this roundup of tips is going to make a few of you a bit more friendly with your workout routine.

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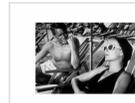


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