



# How-To Hair Guide

Make these haute-off-the-runway looks your own



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## Bloodshot Eyes

**Quick Fix:** Pinpoint the reason for your inflamed peepers: If a long night of drinking in a smoke-filled bar is to blame, you're most likely dehydrated. Dr. Joseph Eviatar, assistant clinical professor of ophthalmology at New York Medical College, suggests an eye compress and anti-allergy drops like Vasocon-A or Visine. But, he warns, don't become too dependent on eyedrops, since in the long term drops will make your eyes more sensitive and prone to redness. [www.chelseaeye.com](http://www.chelseaeye.com)