O, Beautiful!

Val's BEAUTY BUZZ

O'S BEAUTY DIRECTOR, VALERIE MONROE, ON WHAT YOU NEED...AND WHAT YOU'LL LOVE.

It's Easy Being Green

If you'd told me five years ago that one day I would be wearing green on my nails, I'd have thought you were crazy (or a poor judge of my taste). But here I am, sporting three gorgeous green polishes in rotation: (from top) Chanel Le Vernis in the pale Paradiso ($27; chanel.com); Jin Soon Tila March in the ocean blue-green Tila ($18; jinsoon.com), available in March; and OPI Infinite Shine in the minty Withstands the Test of Thyme ($13; ulta.com). Give them all a hand!

Mood Lifter

This is the time of year when I always find myself wondering, Will spring ever come? So I'm grateful for the new, spirit-boosting Salvatore Ferragamo Emozione ($95 for 1.7 ounces; bloomingdales.com), a rich blend of iris, white peach, and peony, all sexed up with a veil of white musk. It's the next best thing to a garden in full bloom.

Ask Val

What's the best way to treat dry, itchy skin?

Remember this simple rule: In general, the thicker the moisturizer, the more potent, says Emmy Graber, MD, director of the Boston University Cosmetic and Laser Center. So, an ointment will give you the deepest hydration, followed by a cream and then a lotion. Look for ingredients like hyaluronic acid, sodium hyaluronate, cholesterol, and ceramides. A body oil is especially helpful if you add it to your bath and then moisturize with an ointment or a cream while you're still damp. (Or try Nivea In-Shower Body Lotion, $8; drugstores.)

Eye Do

On those mornings after the night before (or any other time when your eyes are especially puffy), pull a Peter Thomas Roth Cucumber De-Tox De-Puffing Eye-Cube ($50 for six; sephora.com) out of the freezer, pop it into the soft little gauze pouch, and as it melts, massage the essence of cucumber, arnica, green tea, aloe, caffeine, chamomile, and hyaluronic acid into the area around your eyes. In three minutes, swelling is reduced. De-lovely!

Face Value

I'm a huge fan of tinted moisturizers, and I am positively thrilled by the new BareMinerals Complexion Rescue Tinted Hydrating Gel Cream ($29; bareminerals.com). It offers deep moisturizing in a featherlight, fragrance- and paraben-free formula that goes on sheer but can be layered for more coverage—the Smoothing Face Brush ($25; bareminerals.com) is ideal for just that. Equally important: The cream contains a mineral-based broad spectrum SPF 30. And it comes in a range of ten shades, from Opal to Sienna.