

See clearly

The sense of sight is especially powerful—and colors that mimic nature can be used to energize, calm and help us feel in control, says Sally Augustin, Ph.D., an environmental psychologist and author of *Place Advantage: Applied Psychology for Interior Architecture* (Wiley).

The most universally favored color is blue, “probably because blue sky and water were such welcome sights to primitive humans living in the savannah,” says Augustin. Along with blue, green has a calming effect. “Green is one of the most healing colors because it refers to the heart chakra,” says Di Stanisloa. “Visualizing green in your upper-chest area will allow you to feel more connected to all living things.”

On the other hand, such warm colors as orange and red increase heart rate, and, in turn, raise energy levels. And according to recent research, wearing the color red even makes you more attractive to the opposite sex.

Sprig by NEST Fragrances Honeysuckle and Bitter Orange Candle (one-wick, \$19.50; belk.com) is a perfect blend of bitter orange and mandarin. It's a great pick-me-up when energy lags.

Sue Devitt Hydrating Marine Minerals Destination Eye Palette in Green Isles (\$38; suedevittbeauty.com) adds a wearable pop of green to your eyes.

in the mood Color Changing Nail Polish in Hyper (\$8; themoodpolish.com) changes hue to a peachy coral based on your body temp.

Crater Lake Company Honeysuckle Fizz Sugar Cloud Scrub (\$16; craterlakecompany.com) helps you get clean and smooth with electric green cane sugar.

Too Faced Lip of Luxury in Drop Dead Red (\$20; toofaced.com) is a classic red lipstick that gives you an instant hit of glamour.

Lush Big Blue Bath Bomb (\$6; lushusa.com) is packed with pieces of skin-softening seaweed and instantly fizzes to make tub water look like a calm blue ocean.

Rimmel London Lasting Finish Pro Nail Enamel in Marine Blue (\$4; ulta.com) will make you smile when you glance at your tips and toes.

glominerals gloGloss in Mango (\$16; gloskincare.com) is the perfect way to add some uplifting orange to your kisser.