

InStyle

Caught a Cold? These Beauty Products Will Help You Breathe Easier



Spritz It On

If you're looking for some relief during the day, a shower or steam session may not be possible.

Instead, try using a facial mist containing ingredients like lavender or aloe. Lavender is naturally anti-bacterial while aloe can help soothe inflamed tissue.

Try **Farmaesthetics Cool Aloe Mist**
\$25; farmaesthetics.com for some instant TLC.