

NEW YORK POST

24 HOURS A DAY

ONE HOUR

Get your teeth whitened. In her book "Living Beauty," makeup artist Bobbi Brown confesses to using BriteSmile on her pearly whites. "It made my entire face look younger and brighter," she writes. "I was hooked." The process starts with an application of a hydrogen peroxide-based bleaching gel to your teeth, the gel is reapplied every 20 minutes for an hour, and — voila! \$400; britesmile.com for locations.

Boost your energy with NADHs. An antioxidant that also is a good stimulant, NADH (left) gives you energy and enhances your mood. "I call it brain floss," says nutritional guru Oz Garcia, author of "Look and

Feel Fabulous Forever." "If you have a long day and you need a second wind, it makes you feel better." Take one tablet daily; \$40 for 30 pills.; ozgarcia.com.

Give yourself a foot facial. Make your own facial for your feet with sugar, salt and oil. Rub between the toes and heels for two to three minutes. "If you're going to wear a new open-toe shoe, it makes a huge difference," says Deborah Hardwick, founder of BuffSpa.

Blow off some steam at the gun range. Shooting a rifle could give you an adrenaline boost and decrease stress. "A lot of females remark how it's totally different than they thought it would be," says Bob Derrig, owner of the West Side Rifle and Pistol Range in Chelsea. "It gets the adrenaline pumping, and your competitive nature comes out. And it's something you can learn very quickly." Book in advance. 20 W. 20th St.; (212) 243-9448. Lesson and a box of ammo, \$54.19 including tax.

Do a headstand. Standing on your head can improve your well-being, and all the blood that flows to your brain will give you extra stamina.

Indulge in elixirs like red wine, dark chocolate and coffee. Dark chocolate has powerful antioxidants, coffee helps you store memories in the brain, and red wine is a great stress reliever. Sweetriot has a tin of cacao nibs with only 140 calories, \$5 at sweetriot.com

