

Time for You

Ahh, dusk. Homework is done, and Dad's on bedtime duty. Here, ways to make the most of oh-too-rare downtime.

15 minutes... Late Bloomers

By the time you're able to stop and smell the roses in your garden, they're closing for the evening. So design a floral oasis that comes to life as the sun (and your little ones) go down for the night. Master gardener Sarah Bailey suggests planting moonvines and four o'clocks that climb garden gates and sweeten evening air.

6 minutes... A Kinder, Gentler Nightcap

Need more than a cup of tea to calm you after a tough day? Soothe yourself with an "herbaltini" cocktail from H. Joseph Ehrmann, a proprietor of Elixir in San Francisco. Put 6 ounces organic vodka, 1 chamomile tea bag and 1 ginger tea bag into a shaker; let tea infuse a few minutes. Remove tea bags, add 1 ounce each maple syrup and lemon juice plus ice and shake well. Strain into a chilled martini glass (refrigerate the extra for next time).

2 minutes... Beauty Sleep

Now you can make multitasking a cinch with Olay Definity Night Restorative Sleep Cream (\$25, drugstores). Simply smooth it over your face in the evening and it'll hydrate your skin and reduce not only fine lines but also discoloration and dullness—all while you dream. If only you could get more of your to-do list done while you slumber. —April Walloga



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