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## Trailfinder all terrain tire review

Dark circles? Swollen eyes? Lack of sleep isn't funny when it comes to keeping your skin in perfect condition, but if you're showing signs of a few too many late at night, don't be afraid—we're here to help. From pepping up wily shades to brightening tired eyes, we have the tricks you need to get yourself looking less tired ASAP. Short of a peaceful eight hours under the duvet, nothing will have you looking bright and thamy tail faster than these quick skin and makeup tricks. Keep scrolling for the Byrdie guide to look less tired stat. A swollen face, especially under the eyes (hello, bags), is a huge giveaway that you've had less than adequate eye closure. But with a little help, this can be fixed quickly. According to Michael Roizen, MD, president of the Wellness Institute at the Cleveland Clinic, this temporary swelling is simply fluid that, if you had gotten proper rest, would have been distributed around the body. Without sleep, however, this excess of wet pools under the eyes instead. To get things moving again, you need to give your body's lymphatic drainage system a helping hand: Enter DIY facial massage. While various techniques can help to de-puff, the simplest is to use your ring fingers and, starting from the inner corners, slowly wipe your fingers along the skin towards your temples-by-hand helping to dissolve the liquid. Use very gentle pressure (the skin here is extremely thin, remember) and a soothing oil like Trilogy Organic Rosehip Oil (\$29) or an eye serum de-bloating, such as the usual caffeine solution (see below), to help your fingers glide over the skin. Makeup artist Lisa Eldridge also suggests freezing green tea on an ice cube tray, then using the cubes to press along under the eyes. It will help to cool, soothe and de-puff once, while caffeine in tea will help stimulate the skin and get things draining again. The usual caffeine solution 5% + EGCG \$7 Shop If puffy eyes aren't your number one giveaway, you'll likely be sporting some rather attractive dark circles instead. As with swollen bags under the eyes, black circles are caused by a build-up of fluid too. If you've been up all night looking at a laptop, rubbing your eyes more than usual, or pushing your body a little too slowly, blood can gather here as a result of sluggish drainage and slow circulation-hence discoloration. The first port of your call is a good eye cream. the list of ingredients for caffeine that will boost circulation and contract blood vessels in the area, retinoic acid that will temporarily thicken the skin to mask discoloration, or arnica (used to treat bruises in herbal medicine), which will reduce swelling and inflammation. Jurlique Herbal Eye Cream Recovery \$56 MUI Carissa Ferreri tricks for brighter, awake-looking eyes ever notice your lines are most prominent when you're tired? Or that your skin is. Is. less tight? That's because your body hasn't had a chance to properly replenish its collagen reserves overnight (there's a lot to be done during eight hours of beauty sleep, you know). The fix is to plump your skin with super moisturizing skincare-look creams or serums containing hyaluronic acid, or facial oils rich in vitamins A, C, and E. Elemis Pro-Collagen Super Serum Elixir \$78.50 Shop Looking a little sallow? According to Amit Sood, MD, associate professor of medicine at the Mayo Clinic, both lack of sleep and chronic stress can cause a drop in the body's melanin production, meaning that your skin may appear dull or flushed. While proper rest is, of course, the best solution, a stroke of radiation-boosting primer is a great temporary measure. Victoria Beckham combats her facial fatigue with Aura's Estée Lauder Morning Illuminating Creme, while we also love mixing a creamy highlighter like Charlotte Tilbury Wonder Glow with our foundation and dabbing along the brow bones and over the eyelids. Charlotte Tilbury Wonder Glow Instant Soft-Focus Beauty Flash \$41 Shop Nothing peps up a tired face quite like a flush of color. Look for a bright blush that will give your cheeks a rosy glow, and focus on blending across the apples of your cheeks and toward the cheekbones to help give your face a little together definition. Cream types are great to give the skin a cool glow. we love the cream color RMS Beauty Lip2Cheek in medium, a rich pink berry, which can be dabbed everywhere and created for a sharper shade. Finish with a slick of mascara and some under-eye concealer and you're ready to go! RMS Beauty Lip2Cheek at a modest \$36 Store If you need to get through the day in less than ideal sleep hours, mainlining coffee isn't going to have the effect you hope for. Guzzling caffeine is a temporary solution, sleep expert Dr Stanley tells us. 'If you drink too much caffeine, it actually becomes a sedative-it will give you a boost, but then too much will have the reverse effect,' she explains. Instead, keep yourself hydrated with lots of water (which will help plump your skin too) and look at activating herbal tea instead, such as mint, ginseng, and licorice blends. Yard Neal Remedies Organic Refreshing Tea \$3 Shop Next: Six Easy Ways to Recover From Sleeping a Bad Night. Sunday nights are pretty disappointing, if we're honest. Having stayed up late on Saturday and set both mornings, I'm often not sleepy enough come to sleep. Like some kind of jet lag weekend. Countless times wondered, how can I make myself tired? With a full day at work on Monday imminent, I don't want to wake up groggy from an anxious night. Instead of consulting a sleep specialist, I decided to turn to Facebook for help, since it is basically a forum to ask beauty and wellness questions with no shame. I wanted to know. Know. other women face sleep for absolute success. What better place to start than with tried and tested tips that really work? Keep scrolling to see how real women cope with their own sleep struggles. I put lavender on my wrists (spray or oil, not a branch!) and then try to sleep on my side with my hands in prayer mode. Also, I keep my eyes closed and forbid myself to open them. I drift off pretty quickly when I do that, - Leanne Bayley. Hug with my cat and put a few drops of lavender oil on my pillow, -Cemre Sena Baykara. [I put] lavender on a tissue on my pillow and I hear guided hypnosis and meditation pieces to sleep on YouTube. -Emily Farley Diamond. Michela Buttignol/Byrdie [I use] This works deep sleep pillow spray (\$29) and Rich Sleepy Body Lotion (\$10) for nights when I'm struggling to sleep! -Kate Sowerbutts. Counting backwards from 100 and adjusting my breathing in time with the count works for me. -Hannah Rought. Sex! - Pamela Shahrad. According to a story published in Psychology Today, during sex, the stress hormone cortisol decreases, which helps us feel sleepy. Read a boring book. -Lise Aasland. Reading a book, no screens! - Anna Claudia Heaton. Rick Smith Sleep Fast, Sleep Deep, Sleep Now \$9 Shop I really tried hypnotherapy for a short period of bad sleep and found it fantastic. -Sara D'Souza my grandmother always said if you can't sleep or [you] wake up at night to focus on each end, stretch it then relax. Start at your feet, and once you get to your head, your body is relaxed enough to sleep-and has worked for me! -Ellie Birkin. Take a hot bath or shower one to two hours before bedtime to help you sleep faster. I'm in bed from 9:15 p.m. (I have an early start) and read my Kindle with the night light function. It works every time. -Amy MacFarlane. I have chronic insomnia and painomnia caused by a couple of chronic diseases. Sometimes the kind of suggestions mentioned above work for me, and other nights, no matter what I do, they don't. The best advice I can give is to try not to let the fight to get your anxiety to sleep out or make you more anxious. This is going to make things worse for you. When things get really bad, I put on a sleep playlist from Spotify or Amazon or use an app like calm to play 'sleep' music, so that even if I don't manage to get much sleep, I at least to rest. -Joanna Wasczuk. And there you have it - the top all-terrain tyres on the market right now. With so many options, it can be difficult to know which tyre will stand best up to your needs. That's why we've put together this handy buying guide, which addresses some common questions about these flexible pieces of kit. Features to consider when buying all-terrain tyres The characteristics you are looking for in an all-terrain tyre will depend to a large extent on what use your vehicle for. Below are some common features of all-terrain tires, combined with what they mean for everyday use. All-terrain tyres usually have a bulky tread pattern. They usually have deeper grooves than highway tires, with more space between the elevated sections. The purpose of this design is to increase the tyre surface as much as possible: the larger the contact area between the tyre and the ground, the greater adhesion is achieved. Watch out for tread size when purchasing all-terrain tyres. Reinforced by the Interior Many all-terrain tyres have internal steel belts to increase its rigidity on hard ground. Often, these belts are wrapped in nylon; a fiber with very high tensile strength. This feature makes all-terrain tires much more durable than standard highway tires, but also makes them heavier. Many models of all-terrain tyres are designed to prevent stones from entering the wheel or being placed on the soles. This prevents damage such as stone drilling, as well as keeping soles clean. The clogged soles reduce the surface of the tyre, hence the adhesion. Rubber used for the production of all-terrain tyres is often treated with a silicon or carbon compound. This acts to give the tyre surface more exciting power on wet surfaces, and some compounds help prevent mud and detritus from being deposited on the soles of the tyre. To the delight of off-road enthusiasts, many modern all-terrain tyres are designed to self-clean. Their soles can be designed so that any mud, dirt, or other debris trapped in the grooves can work its way out as the wheel continues to spin. This ensures high grip is maintained at all times, as well as reducing the need to hose down your tires, saving a lot of time. Even though you have to hose them down to clean from the mud, the tread pattern makes them easy to clean. Benefits of using all terrain tires Obvious, as it may sound before you go ahead and buy a set of all-terrain tires, it's important to ask if you really need them. These tires can be a great choice in many different circumstances, but for drivers who are rarely removed from the roads, they are probably not the most efficient, or comfortable option. This is because all-terrain tyres, while handling well on the road, tend to be noisier than their typical counterparts, often reduce the fuel efficiency of the vehicle. That said, all-terrain tires offer drivers a whole host of benefits: If you have an SUV, pickup truck, or another four-wheeled vehicle, you can probably use all-terrain tires. This flexibility is certainly an advantage over other types of off-roading tyres, which are often only compatible with larger vehicles. As the name of all terrain suggests, this flexibility extends to their use. The main advantage of all-terrain tyres is that they are equally on the highway, as on the rough track. Another advantage of all-terrain tires is how hard they are. Most models are equipped with reinforced sidewalls, protecting against chips, scratches and punctures. Many are also reinforced with steel cables, helping them to remain rigid and provide the best possible adhesion. Some all-terrain tyre models are also equipped to deflect rocks and pieces of gravel, protecting the vehicle from stone drilling and other rock-related damage. All-terrain tires also tend to achieve higher mileage than their off-road counterparts alone. This is good news for everyone who uses their truck or SUV almost every day. This high mileage capability also ensures great value, since tyres will need to be replaced less frequently. It is vital to choose a high quality tyre to properly take advantage of it. All-terrain tyres manage to achieve excellent traction on a wide variety of surfaces – from mud, stone, snow – with their large soles and maximized surface. This attraction comes in handy all year round, whether the conditions are wet, snowy, or rocky. All-terrain tyres are generally less expensive than their exclusive off-road counterparts. If you use your vehicle on typical roads as well as on uneven terrain, buying a set of all-terrain tyres rather than a purely off-road set can save you a significant amount, especially since, as mentioned earlier, they generally need to be replaced less often. When all-terrain tyres wear out, as all tyres ultimately have to, they tend to do it evenly. This is good news for safety, as uneven tyre treads can affect the way a car is handled. Since tyres suitable for off-road driving tend to have particularly deep soles, this feature is particularly vital. The deeper the tread, the greater the height difference if one side of the tread were to wear out before the other. On the other hand, there are a few drawbacks to keep in mind when considering all-terrain tires for your vehicle: Although manufacturers are becoming more aware of the noise their tires make on the road, larger block-tread designs inevitably mean more noise while driving on the road. All-terrain tyres generally have lower fuel efficiency than tour tyres due to increased friction, air resistance and weight. Although all-terrain tyres are not so fuel-heavy off-road tyres, this is worth taking into account. The more aggressive the tread of a tyre, the more prone it is to cupping - hills and valleys formed on the surface of the tyre. This means that all-terrain tyres are more likely to cup than typical tyres on the road, but less likely than exclusive off-road tyres. Cupping can usually be prevented by ensuring shock absorbers are in good condition and working properly. All-terrain tyres are generally made of softer rubber than tyres designed exclusively for the road. That means they wear out faster. Faster. Remember that all-terrain tires actually wear out much more slowly than their off-road counterparts: they sit in the middle of the tyre

spectrum than many of the two of them. The difference between all-time and all terrain tires Despite their similar names, there are actually many differences between all terrain and tires of all time. All-season tires are more accurately called all-season highway tires. They are designed to be used all year round, as their name suggests, but only on typical road surfaces. While all-terrain tyres can handle similar conditions, all-time highway tyres offer smoother driving, quieter road noise and greater fuel efficiency. A high quality tyre of all time will also handle much better on roads and highways than an all-terrain tyre, since it is designed for these types of surfaces exclusively. All-season tyres have a special advantage when it comes to wet roads, handle on these surfaces much better than all-terrain tires would. All season tires should be used if you drive almost exclusively on normal roads, and can handle wet and snowy conditions on these surfaces better than other highway tires. On the other hand, all-terrain tyres are designed to be as different as possible. Of course, this comes with a few trade-offs. They are much better equipped to handle off-road surfaces than their counterparts throughout the season - regardless of the weather - but they lose their edge on highways. Only if you often drive off-road are all-terrain tires a better choice for all sectors than all season highway tires. Best All Terrain Tires FAQ: Q: What are all-terrain tyres? A: All-terrain tyres are used to achieve adhesion on as many different surfaces as possible. They balance the large, open tread pattern of off-road tyres with the ability to handle a highway tyre. Essentially, all-terrain tyres are the closest you can get to an all-purpose tyre. They can handle: Driving on typical roads and highways Rocky or gravel terrain Muddy surfaces Wet surfaces Snowy conditions All-terrain tyres are commonly used in vehicles including: SUV Pickup vans Campers Four wheeled driving vehicles in general It is usually the best option if your time is divided fairly evenly between driving on roads and highways and taking your vehicle apart Not all vehicles are automatically compatible with all-terrain tyres. You may need to make adjustments to the sleep system, for example. Q: How long do all-terrain tyres last? A: How long all-terrain tires last will depend on how often they are used, and what they are used for. In general, a high quality all-terrain tyre will last for between 20 and 40 thousand miles. Ideally, they should also rotate every four or five thousand miles. Since the average American drives 1,000 miles each month, these tires have the potential to last for two or three years. Q: When to all-terrain tyres? A: You can say that an all-terrain tyre is worn out and needs to be replaced when: Your tread appears shallow Your tread shows signs of uneven wear Your valve covers look damaged While driving, the ride looks rough compared to the usual Many vibrations can be felt while driving If the wear on your tyres is uneven, this is more likely due to misalignment. Make sure to have your tyres properly aligned by a professional when replacing them. If most of the wear has occurred in the center of the tyre, however, this indicates that they are overinsumed. Be sure to check your wheel pressure regularly, advising the manufacturer's advice on guidance. When checking the depth of your tire tread, a useful trick is to use a dime. Place it in the groove, if Lincoln's head is not partially covered, then the tread depth is below 2/32, and you will need to replace your tires. For a more accurate assessment, we recommend investing in a certified tyre tread gauge. Since all-terrain tyres generally have deeper treads than motorway tyres, you may need to measure at a different depth. Once again, check the tyre manufacturer's advice for guidance on this. Q: How much gas mileage is lost with all the ground tires resulting in? A: The use of all-terrain tyres affects gas mileage depends in part on the type of vehicle you own, the type of all-terrain tyres and how you drive. For example, off-road driving is not as fuel efficient as it requires more frequent acceleration and deceleration. For example, more aggressive all-terrain tyres will have lower fuel efficiency. Off-road and mud tires will generally have the lowest mpg scores, highway tires the highest. Consumer reports found that the placement of all-terrain tires in a Chevrolet Silverado truck reduced its fuel efficiency by 2.4 mpg compared to all-season tires of a similar caliber. This change would cost the truck driver about \$300 a year more in gas, assuming they did an average amount of driving. These results should be taken with a pinch of salt, since the use of all-terrain tyres can be both much safer and easier in off-road conditions – potentially saving money to have to be towed! Nevertheless, due to their greater friction and air resistance, all-terrain tyres are noticeably less efficient in terms of than all their respective seasons. Ultimately, your individual circumstances will decide whether buying a set of all-terrain tires in a Chevrolet Silverado truck reduced its fuel efficiency by 2.4 mpg compared to all-season tires of a similar caliber. This change would cost the truck driver about \$300 a year more in gas, assuming they did an average amount of driving. These results should be taken with a pinch of salt, since the use of all-terrain tyres need to be replaced when the weather gets warmer. If you live in an area with relatively mild winters, then all-terrain tires are probably a good choice. They can withstand significant snowy conditions (although not as good as snow tires), and can also be used off-road all year round. Q: How much should I inflate my tyres all over the ground? A: Like all tyres, consult the manufacturer's specifications when deciding at what pressure to keep all-terrain tyres. Unlike other tyres, the ideal pressure will generally depend on the type of driving you will do: When driving on the road, it is generally advisable to maintain air pressure on all-terrain tyres at the pressure recommended in your vehicle manual. For all-wheel drive, this will range from 30 to 38psi. For gravel roads, it's a good idea to reduce the pressure a little, from about 6psi. When driving over mud, the tyre pressure should be reduced to about 28psi. If the mud is particularly deep, you can drop as low as 22psi, provided you deal with it slowly. When off-roading in the sand, you can drop your pressure down still. For thin, loose sand, the tyres inflated even at 16psi can give you the grip you need. When crossing rocky terrain, tyre pressure should generally be reduced to 22 to 28psi. Lower pressure in this frame allows tyres to bend around the rocks more easily, helping to grip and prevent punctures. Q: What are all-terrain tires good for? A: The all-terrain tyre is designed to provide traction to all different types of terrain. The tread design helps maintain grip in all different weather conditions, including winter and wet conditions. All-terrain tyres are also good for driving on paved roads, making them truly compatible with all types of terrain. Although these tires are generally good for different weather conditions, they are not designed for severe snow conditions such as deep snow and ice. Q: How many miles do all-terrain tyres last? A: All-terrain tyres usually last about 40,000 miles, although some can last up to 60,000 miles, depending on the types of terrain in which you use them. Regular road tyres usually have a longer life all-terrain tyres, as they are designed to drive only on paved roads. Aggressive tread design in all terrain, however, can result in a loss of 1 to 2 miles per gallon due to the massive tread design. Q: Are all-terrain tyres good for towing? A: Although all-terrain tires weren't built specifically for throwing, it's a good choice if you're looking for something to pull back your equipment or tow your trailer. Both the tread and the overall strength of the means that these tires will be able to handle the task of towing in mud and sand. Q: Are all-terrain tires good in the snow? A: Adhesion to all terrains makes them one of the best types of tires to navigate through the snow that can also lead to paved roads easily. They are more resistant to cuts, chips, and abrasions, making them more resistant to snow and ice. Although the aggressive tread design of all terrain tires provides snow traction, they simply don't handle snowy conditions, as well as snow or winter tires. If you are looking for tires for snow, then you should know a few things before buying all-terrain tires for this purpose. Snow tires have square edges to cut deep snow more easily than all ground tires and are less prone to hydro-planking. Winter tires also become typical with soft rubber joints that prevent them from freezing, which could pose both a safety and performance problem. Q: Do all-terrain tires last longer? A: No, all-terrain tires do not last as long as normal motorway tires. Aggressive tread design reduces the total miles per gallon that all-terrain tires get. If you want longer tread life for your tires, then you need to reduce wear in between off-roading use. Q: Are all-terrain tyres worth it? A: If you regularly spend your time outdoors and off-roading, then all-terrain tires are an excellent choice for you. Q: Are all-terrain tyres possible? A: Yes, all-terrain tyres can be a bit noisy on the road. The tread block design that makes them so good at navigating soft soil and mud is also what causes a lot of noise leading to paved roads. Our Top Pick We believe the Firestone Destination A/T tires provide the best balance between off-road driving. They perform just as well on slippery surfaces as they do on abrasive, dry soil. The symmetrical tread pattern combined with independent intermediate volumes and wandering shoulders are great for off-road adventures as well as highway travel. In addition, they provide a smoother ride than tires designed exclusively for off-road terrain. We also like that Firestone tyres provide a choice of three different sidewalls, so you can choose the one that suits your needs. Sources: Sources:

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