

# 10 WAYS TO SURVIVE THE MORNING AFTER

Make that walk of shame your finest hour with these next-day rescue remedies. Tequila? What tequila?



# 1

## BRIGHT EYES

It's all in the eyes... yep, every ill-judged prosecco and 2am stagger home. But help is at hand. Make-up maestro Tom Pecheux advises slathering on an eye gel and leaving it there until morning as a mini overnight facial for your eyes, while Fiona and Marie of Fiona & Marie Aesthetics on London's Harley Street advise sleeping with an extra pillow to encourage lymphatic drainage and minimise puffy eyes by morning.

Try Ole Henriksen Ultimate Lift Eye Gel, *above left*, £36 (selfridges.com).



# 4

## HAIR-OF-THE-DOG HAIR

If there's one thing you do to your hair before you go to bed, make it a topknot. 'Tie it as far forward as you can on your crown,' says Mark Trinder, Art Team Director at Charles Worthington. 'It's less likely to fall out, and you'll wake up with sexy, tousled hair with tons of volume.' And to tame flyaways, Trinder suggests smoothing a tumble-dry sheet over hair. 'It really works, and makes your hair smell nice.' Try TreSemmé Youth Boost, £2.99 (boots.com).

MARGARET HOWELL



## HAVE A NIGHT CAP

'Make your last cocktail of the night one for your skin – a night cream packed full of antioxidants, vitamins and anti-inflammatory omega oils,' says super-facialist Sarah Chapman. 'Sleep disturbances increase stress hormones that can lead to inflammation and breakouts,' adds pharmacist and co-founder of victoriahealth.com, Shabir Daya. As the festive season isn't exactly conducive to getting shut-eye, Daya advises eating half a banana or a handful of cherries before bed as both increase sleep-promoting serotonin. Try Merumaya Overnight Recharge Night Cream, £33.50 (merumaya.com).

# 3

## STEP AWAY FROM THE CANAPÉS...

'Party food is often gluten-based, which can cause bloating or trigger IBS symptoms,' warns Daya. Wise words but what if we're starving? 'Take a digestive enzyme to help your body break down foods.' And to ease a hangover? Margo Marrone of The Organic Pharmacy prescribes a tincture of milk thistle. Try The Organic Pharmacy Nux Vomica/Chelidonium 6c tablets, £12.95 (theorganicpharmacy.com).

