

CALVIN KLEIN COLLECTION



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GLOW FOR IT

According to research by Vichy, women look older by the end of the day, due to dehydration, gravity and sebum oxidation. The solution? Use a hyaluronic acid serum to encourage the skin to hold on to water, before layering on brightening moisturiser. Try Vichy Liftactiv Supreme, £30 (boots.com), and Sarah Chapman Skinesis Morning Facial, £45 (sarahchapman.net).



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GOOD FOUNDATIONS

'While you may feel like you need more coverage, after a big night out, your skin will be dryer, so it will benefit from a tinted moisturiser,' says Jane Richardson, International Lead Make-up Stylist for Nars. And if you're prone to a shiny T-zone keep a radiance-boosting powder like Nars All Day Luminous Powder Foundation, £33 (narscosmetics.co.uk), to hand. If all else fails, use that weapon of mass distraction, the bold lip! Try Burberry Fresh Glow BB Cream, £30 (net-a-porter.com).



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ZEN YOUR SKIN

'Nothing makes you look and feel better in the morning than yoga,' says Sarah Chapman. 'If you can stomach it, try a headstand for a quick radiance boost to the skin or, if you're feeling particularly fragile, yogic lion's breaths (exhaling through the mouth with your tongue as far out as it will go) is a great way to wake yourself up. All together now, omm...'



HERMÈS

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BE PREPARED

There are brilliant ways to arm yourself against the onslaught of booze and late nights, but they take planning. For hair, Mark Trinder suggests applying dry shampoo with a blusher brush around the hairline the day before, rather than waiting for your hair to get greasy when you're in danger of using too much. And to stave off a hangover? 'Before a night out, take a mega dose of Ester-C [a non-acidic version of vitamin C] as the liver needs a plentiful supply to detox,' says Margo Marrone. Try Charles Worthington Dry Shampoo, £5.99 (boots.com).

9 COOL IT

Dancing, drinking, crowded rooms – it's getting hot in here. 'Alcohol dilates the blood vessels, making the skin look red and blotchy, so I always have a spring-water spritz to hand to help cool down,' says Jane Richardson (keep it in the fridge for extra effect). Sarah Chapman also advises keeping two spoons in the fridge at all times during party season to wake up puffy eyes. Try Institut Esthederm Eau Cellulaire Spray, £16 (spacenk.com).



WORDS BY CASSIE STEER; PHOTOGRAPHS BY JASON LLOYD-EVANS

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THINK PINK

Pink isn't just Malibu Barbie's signature colour – it's your ammo against lacklustre skin. 'Pink is the easiest way to lift your complexion,' says head of Lancôme's Elite Team Shehla Shaikh. 'Apply a pink blush to the apples of the cheeks, as well as a wash of it over your eyelids and finish with a moisture-packed pink gloss.' Tom Pecheux agrees: 'When models look tired, I dab pinky-peach blusher under the eyes to kill blue tones.' Try Lancôme Blush Subtil in Rose Paradis, £27.50 (boots.com).

