

10 FESTIVE FIXERS

BEAUTY CRISIS? WE'VE SOLVED IT – SO YOU SHALL GO TO THE BALL

1 SPOTS

It's time for your Christmas do, and you wake up with a throbbing spot somewhere painfully obvious. Panic? Not us.

"If you can catch a spot early, massage over it in a sliding movement, pushing out towards the ears to drain toxins under the skin," advises facialist Katie Light. "Then apply a clay mask directly to the spot with a cotton bud, leaving it to work for as long as possible." We love **Purifying Mask** £22 Caudalie and, for ongoing outbreaks, **Effaclar K(+)** £14.90 La Roche-Posay.



2

FADING COLOUR

Party season means you're washing and styling more often, and your colour is under greater threat of damage. A colour-lock treatment will both protect and hydrate – win win. We love **Quinoa Colour Repair** £17.95, Paul Mitchell.



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DRY SKIN

"In the winter months, we naturally produce less moisture," warns cosmetic dermatologist Dr Frances Prenna Jones. "Use emollients that attract water – not oil – into the skin, like hyaluronic acid. But don't fall into the trap of over moisturising, or you may suffer an outbreak." We love **Pro-Collagen Super Serum Elixir** £49 elemis.com



4 FRIZZ

When you step from the cold outdoors into centrally heated buildings, protein bonds within the hair expand and contract, which causes kinks and frizz as they reset. But a good blow-dry cream can form a protective barrier between your hair and the weather. We love **Crème De La Crème Blow-Dry Cream** £19.50 kerastase.co.uk ▶

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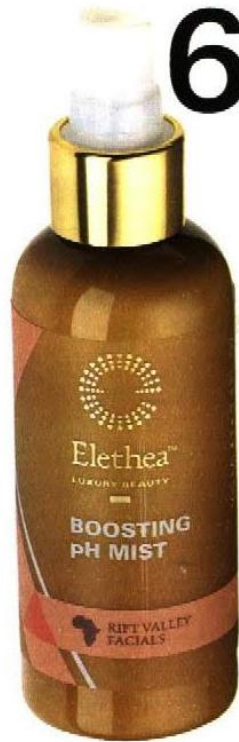
MELTING MAKE-UP

Applying flawless make-up is great – until it slides off your face 25 minutes later. To make sure your base stays put, “Blend your foundation, pat with a tissue and apply a second coat, patting with a tissue again,” says Dr Prenna Jones. “I would advise against powder – if you apply heaps of it in a circular motion, you’ll stimulate more oil production. Instead, spritz with a fixing product.” We love **Refresh 24/7** £35 drfrancesprennajones.com



6 **REDNESS**

“Ditch the red wine if you’re prone to redness – it will only make it worse,” advises facialist Abigail James. “Slather on a soothing, cooling mask, then place a damp muslin straight from the fridge over the top. Or, if you have an aloe plant, snap off a piece and put it in the freezer for ten minutes, then glide it over your face.” We love **Rose Face Mask** £46 fresh.com. And for keeping your cool, try **Boosting pH Mist** £26 elethea.com



CHIPPED POLISH

The simplest solution? “A quick dip in a sponge-style polish remover will smooth out the chip, without removing all of the paint, and will enable you to cover more evenly with the same shade,” says manicurist Rebecca Jade Wilson. “Or why not spruce up your chipped mani with some glitter tips?” We love **Mint Choc Pot Fragranced Nail Polish Remover** £6 ciatelondon.com

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PUFFY EYES

“First, drink half a pint of water before bed,” advises Abigail. “In the morning, cold slices of cucumber or cold, damp nettle teabags really do reduce puffiness. Raw potato slices are also great. Keep your eye cream in the fridge, too.” Try **Vax’In For Youth City Skin Solution Youth Protecting D-Tox Eye Serum** £41 [Givenchy](http://Givenchy.com).



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HANGOVER FACE

We’ve all been there – you wake up after a big night, make-up smeared, skin grey, cheeks puffy. Why? “Late nights and too much alcohol combine to make our skin work harder to flush out the extra toxins, resulting in puffiness, dullness and extra-obvious blemishes and fine lines,” explains Katie. “First, exfoliate, keeping cell turnover up and removing any dull dead skin cells, then use a good mask rich in antioxidants,” adds Abigail. Try these: **Liquid Facial Resurfacer** £36 sarahchapman.net and **Intense Glow HydraGel Mask** £12 decleor.co.uk ©

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GREY HAIRS

Aka The Buzzkill. But don’t freak out – they’re easily concealed, as are roots you haven’t had time to nuke. Cover up in seconds with **Hair Touch Up** £12.99 L’Oréal Professionnel (in Dark Blonde, Light Brown, Brown and Black).

