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Beauty hangover cures

These inexpensive tips will kick-start a return to radiance. ANNE PICKLES reports



Miracle rescue: Above, anti shadow eye cream (£6.50), left, Coleen's body lotion (£6.95)

After all that winter warming food and drink, what used to be a healthy radiance could do with one or two quick fix cures.

Winter leaves beauty hangovers and we could all do with some miracle cures for dull complexions.

The following hangover essentials are perfect for bringing a healthy glow back from the brink and for fixing those over-indulgence blues.

Each has been designed to ditch the bad breath, B.O and pasty face and face the approaching spring with confidence.

The Bender Mender from Anatomicals (£3 for 6 sachets) is a herbal remedy to soothe sickness and banging heads. It will give you back that Friday feeling - even on a Monday morning. Available from anatomicals.net and asos.com.

For hair as greasy as a fry-up,

with peppermint and menthol, it will give you an invigorating kick.

If energy levels are low, pop on an Anatomicals Snoozers Are Losers (£3 for 6) energy patch. Packed with caffeine, this little saviour will make the day more bearable.

We all need a good scrub after a night out to remove the scummy smell of stale cigarettes and booze from the skin. The uplifting Australian Organics Exfoliating Body Wash (£3.99 250ml) contains pure essential jojoba oils and infusions of lemon, rosemary and peppermint. Available from Holland & Barrett.

Moisturise aching limbs with the brand new Coleen Moisturising Body Lotion (200ml £6.95) with aromas of lily and soft rose to leave you freshly fragranced and skin supple. Available from Superdrug, Boots, The Fragrance Shop and The Perfume Shop.

Tired eyes need a helping hand?



Fix: Touch of Colour

revitalise lank locks with the Anatomicals Young Free And Tingle Shampoo (250ml £2.49). Blended

Minimise dark circles with the SkinVitals Brightening Eye Cream (15ml £13). Blended with skin-brightening botanicals and illuminating particles, and infused with Vitamin C and this under eye wonder will reduce the appearance of dark circles and signs of tiredness. Available from Boots.

Hangover so bad that you could do with an instant face lift? Just like your fairy godmother, the Skin Doctors Instant Face Lift (£29.95 30ml) will provide the answer to post-party prayers. Apply this little miracle in a bottle beneath moisturiser and makeup and watch skin tighten. Also from Boots.

For those who believe prevention is better than cure, the Fade Out Anti Shadow Eye Cream (£6.50) with its radiance boosting, tinted, cream consistency will reduce the appearance of puffiness and dark shadows, whilst delaying the signs of ageing.

Available at Boots and Superdrug.

Add an instant glow to a drained party face by slapping on some Xen-Tan Face Tanner (80ml £15.95). Enriched with Vitamin E and fruit extracts, it won't clog up pores and will leave you looking fresh and healthy on the outside (even if the inside tells a different story). Available from House Of Fraser.

Avoid chip fat foreheads as you find yourself in the midst of a central-heating flush with Grace Your Face Oil Blotting Tissues (60 for £2.49). These amazing little beauties soak up oil and sweat, leaving skin cool and calm without clogging pores. Available from Superdrug.

The Touch Of Cosmetics collection (£10 each) boasts stylish products that give girls in the know (Danni Minogue and Kim Cattrell), a quick fix. Used alone or over makeup they are the ideal for fatigued faces in need of help.

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