

44 Daily Mirror WEDNESDAY 25.11.2009 **Your Life BEAUTY**

## Fix your hangover face..

You had a great night (from what you remember...!) but you've woken up looking like the living dead. Here's how to look as good as new and ready to face the world in no time at all. **By Madeline Crisp**



**Your head's pounding and your tongue's stuck to the roof of your mouth... then, yikes! You look in the mirror and feel 10 times worse!**

A couple of painkillers and gallons of water might start to take care of the hangover, but if you look bad all day, you'll feel bad all day.

The good news is that the opposite is true - get back to your usual gorgeous self and you'll feel better too.

### Hair in a hurry

Jump in the shower to wake yourself up and wash that party out of your hair with **Daniel Galvin Jnr Hangover Hair Shampoo**, £4.99 (Waitrose).

Its lavender essential oil claims to leave your hair feeling detoxified and refreshed - even if your liver isn't.

If you've slept through your alarm and are already running late for work, a quick spritz of **Batiste Diva Dry Shampoo**, £3.09, will disguise dirty hair.

And if you've woken up looking like your barnet has been dragged through a hedge backwards, try **TIGI Bed Head After Party Smoothing Crème**, £14.15, (from salons and www.tigi.com)

### Smoother skin

Your skin will be dehydrated thanks to the booze, and that leaves a dull surface showing lines and tiredness.

Rev it up with **M&S Formula Revival Daily Thermal Exfoliating Face Cleanser**, £7.50. This gentle warming scrub offers a three-pronged attack - deep cleansing and exfoliating, while white tea and amethyst help detox, revitalise and de-stress.

Alcohol and late nights also fuel free radical activity in the skin, so a boost of antioxidants will help your skin's anti-ageing defences. A vitamin-packed mask like **SkinVitals C-Brighten Cloth Facial Treatment Mask**, £2.99, (Boots), contains rejuvenating and purifying ginger extract, age-delaying rose-hip extract and firming collagen.

### Eye-opener

If you've barely slept and have bigger bags under your eyes than Heathrow Terminal 5, reach for **Clarins**

puffiness. Then, before applying make-up to your face, smooth on **Natio Glow Illuminator**, £13, (Debenhams), which is great for boosting moisture and pepping up the skin.

### Make-up

Keep your make-up light and natural, anything too heavy looks cakey and will highlight the problems. Conceal any redness or under-eye circles with **Rimmel Recover Concealer**, £4.99, which contains light-reflecting pearls for a brightening effect and blue pigment to counteract dull, tired skin.

Focus on the inner corners of the eyes to get the best effect.

If you need more coverage try **MEMEME Anti Fatigue Foundation**, £6.99, (Superdrug). The key ingredient is algae extract, known for its skin-nourishing inerals and detox properties, works to drain skin-dulling

### HANGOVER BREAKFAST

What you eat can also help your beauty regime the morning after the night before. To get your day off to a great start, choose apple juice or diluted orange juice and some eggs or diluted toast. The juice will help restore your blood glucose levels and stop you feeling jittery, and the eggs will not only stave off carb cravings because of B12, one of the B-group vitamins depleted by too much boozing,

### toxins

and brighten a tired complexion. Just what you need after a few too many vinos.

Finally, pop a little colour back into your cheeks with **Pixi Wake-Up Kit**, £24, (www.pixibeauty.com).

A gorgeous palette with every colour you could wish for. After that, no one will ever guess what you were up to last night...



### RELAXATION



If you're lucky enough to have the day off, instead of lying curled up on your sofa all day staring at the TV, use the time to pamper yourself.

Put on a face mask and break open the smelless you got for your birthday and were saving for a special occasion - or even better, treat yourself to a day at a spa.

If you're based in the south you could sneak off to the Sanctuary in Covent Garden, London, and try its Sleep Retreat (included in the admission from £45). The spa's low-frequency-sound-wave therapy beds help relieve tension, lulling the user into a tranquil state while boosting the immune system. The perfect antidote to a hangover.

### Q: Can you email Christmas cards?

**A:** Focus on the recipient. A clever-looking online card is fine for your mate but granny might appreciate it the old-fashioned way.

### Q: Should you tell everyone about your rubbish Christmas on Facebook and Twitter?

**A:** It's down to how you use these sites. If they're a means of support from friends, that's fine. If you just want to rant, remember it's there forever and you don't know who's going to see it. Someone you love could join up later and read it.

### Q: Can you sell unwanted Christmas presents on eBay?

**A:** If granny's given you a hideous jumper she'll be hurt if you don't wear it, so you need to think what matters to you more - your image or her feelings?

### Q: Should you insist everyone turns off their mobiles on Christmas Day?

**A:** It's up to each family to decide what to do. Texting has to be done at the right time. If you're all texting while opening presents, or during lunch, it's as if you're not really there. Texting can be like turning your back on someone. But remember a teenager's phone is like an extension of themselves and many couples are apart on Christmas Day, so it's perfectly acceptable to log on or text each other.

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