



Your Beauty P-DAY Countdown

Only got one week until Prom? Our day-by-day guide will prepare you for the big night.

Day 7

Body SOS

To help your skin, hair and nails look their best on prom night, you need to make sure your body is getting all the good stuff it needs. This means quitting the junk food and drinking plenty of water from now on (shock horror!). It's only for a week - you can do it! To keep your skin soft and blemish-free, make sure you eat your greens! Avocado, blackcurrants and broccoli, are renowned for their health benefits, while wholesome foods like salmon pack a powerful beauty punch. You'll look a million dollars in no time!

STAR Buy
Burt's Bees Honey and Orange Wax Body Lotion, £9.99



Day 6

Face FACTS

For a maximum glow, you need to start prepping your face now! Use a gentle face scrub to remove any dead skin and, once you've dried off, fill your bathroom sink with hot water, place a towel over your head and close your eyes. The steam will open up any clogged pores and will leave your skin ultra-refreshed. Be careful not to put your face too close to the water - a burnt nose is never a good look! Next, apply a moisturising face mask, and for extra luxury, try placing two slices of cucumber over your closed eyelids, to reduce puffiness.

STAR Buy
It's All About Me Dis the Dirt Facial Scrub £6.99, T-Purify Treatment Mask SkinVitals £2.99, Sainsbury's




Day 5

Shape UP

Having perfect brows can transform your face, accentuating your eyes and framing your features. Whether you've decided to wax or pluck, today's the day to attend to any stragglers! Groom them by combing up and across with a brow brush or a clean, unused toothbrush. And, to keep them in place, smooth with a tiny bit of Vaseline. If you've been a little too enthusiastic and over-plucked, fill them in by softly applying some brow powder.

STAR Buy
Gosh eyebrow pencil £6.50, Superdrug Tweezers £1.09, Tesco





T-Purify Treatment Mask SkinVitals
£2.99, Sainsbury's