

THE FACIALISTS

Got a big event coming up? This is your indispensable eleventh-hour routine for fresh, radiant skin.

THE WEEK BEFORE "Use mini peels and exfoliating products to lift dead cells and brighten your complexion," says Sarah Chapman, founder of Skinesis. "Start deep-cleansing twice a day to get skin ultra clean and fresh – this helps make-up sit better on your face."

Secret trick "Add hyaluronic acid into your regime to plump up your skin – I swear by **Intense Hydrating Booster** [£57 Skinesis]."



THE NIGHT BEFORE "Massage in a facial treatment like **CE Ferulic** [£129 SkinCeuticals]," says beauty expert Nichola Joss. "Start in the centre of your face and work outwards and upwards – this stimulates your lymph glands and de-puffs the face." Another skin-reviving trick is to "wrap ice in a muslin cloth and

roll it over your face", says Sarah. "It wakes up your skin cells, giving a rosy finish."
ON THE DAY "Use **Power Peptide Serum** [£25 thesanctuary.co.uk, right] underneath your moisturiser – it hydrates, smooths and illuminates your skin, and can also double up as a primer," says Nichola. "Don't use anything too oily, as your make-up will slip off," adds Sarah.



THE SKIN DOCTORS

These pros swear by a good long-term skincare regime, but even they have last-minute miracles up their sleeves.

THE NIGHT BEFORE

1 "On the most basic level, make sure you get a good night's sleep," says Dr Marko Lens. "Everyone looks better when they're rested."

2 "Don't start experimenting

with new products and avoid anything too harsh," says Dr Lens. "Look for something non-abrasive that will smooth out superficial bumps and remove dead skin. I strongly recommend **PHA+ Bio-Peel Resurfacing Facial Pads** [£55 zelens.com]."



ON THE DAY Dr Lens's top skin-boosting tip: "Right before you put on your make-up, apply **Transformor Instant Renewal Mask** [£120 zelens.com] for ten to 15 minutes. It's the perfect first step towards a healthier complexion."

UNDERSTAND YOUR SKIN TYPE

"Knowing your skin type will help you determine the best way to create a smooth surface," says consultant dermatologist Dr Nick Lowe.

Oily? "Your make-up may not stick to your skin," says Dr Lowe. "Remove as much surface oil as possible with an oil-reducing cleanser, and use a primer."



Sebum Control Cleanser £10.20 Dr Nick Lowe

Dry? "Avoid anything that dries out skin, like glycolic creams and scrubs," says Dr Lowe. "Switch to a cream cleanser and use a day cream with SPF and UVA protection."



Visible Difference Gentle Hydrating Cleanser £17 Elizabeth Arden



Daily Essentials Light Moisturising Day Cream £4.07 Nivea

How to create that glow from the inside out

- 1** Eat oily fish twice a week or take fish-oil and flaxseed supplements – the omega oils keep skin supple and help it to lock in moisture.
- 2** Avoid sugary foods, alcohol and caffeine – they slacken and dehydrate the skin.
- 3** Eat green vegetables – they have high levels of vitamins, calcium and iron, which improve skin function.