

# The A-Z of faking A DETOX

*Because who says we have to eat like rabbits to look amazing?*

## A-list skin

Decléor beauty expert Fiona Brackenbury says the key to celeb-style skin is exfoliation: "A gentle scrub [*Cosmo* loves buffing grains] will banish dead cells that make the skin look grey and tired. Treat the new exposed cells to **Decléor 10 Day Life Radiance Energising Vitamin Cure, £24** ✓, the perfect alternative to a skin-boosting facial."

Bobbi Brown  
Buffing  
Grains For  
Face, £27

## Bright eyes

In-demand actress Emma Watson recently described eye drops as 'genius'. With their ability to soothe and brighten tired eyes in five seconds flat, we couldn't agree more. Try **Vital Eyes Brightening Eye Drops, £2.89**.

## Chocolate

It tastes good, it boosts serotonin (that's our happy hormone) and dark chocolate with 80% cocoa solids contains more antioxidants than blueberries or green tea! Fabulous news.



## Double trouble

The bloot that follows a heavy night out does little for the jawline. **Sarah Chapman Skinesis Sculpting Chin And Jaw Lift, £38** (for six), is a fibre sling that sits under the chin and pushes lots of tightening and lifting goodness into the area. Not one for the daytime then...

## Eye drama

Eyes don't lie the morning after the night before. **Eysilix, £24.99**, is a powerhouse of peptides (messengers found naturally in the skin), and their message is very clear: de-puff! Lift! Brighten!



## Flawless

"A natural-looking, healthy glow requires dewy-finish foundation with light-reflecting particles," says Paul & Joe makeup artist Craig-Ryan French. **Paul & Joe Protective Fluid Foundation SPF25, £27**, contains crushed champagne pearls - pretty-skin alert!