

SLEEPING

BEAUTY



Once upon a time, there was a beautiful girl who loved doing her make-up to go to parties but was always too tired to take it off when she came home. She would fall into a deep slumber the

moment her head touched the pillow, and wake the next morning looking not so beautiful at all. When she looked in the mirror and saw the big black circles around her eyes, and last night's mascara halfway down her cheek, she would sigh at her reflection and wonder why it had to be this way. Then, one day, she discovered some magical products that were easy to use when she reached home tired and weary, but made her wake up glowing – no matter how late she danced. And so her skin looked fabulous ever after...

Origins Drink Up Intensive Overnight Mask, £11, quenches parched patches so you wake up fresh faced.



Keep La Roche Posay Physiological Micellar Solution, £11.50, by your bed with a couple of cotton wool pads – it erases make-up far more efficiently than face wipes but won't dry out your skin.



Elemis Freshskin Skin Clear Overnight Serum, £18, magically shrinks spots while you sleep.



Simple Kind To Skin+ Brightening Eye Make-up Remover Pads, £2.99, are easy enough even for the weariest.



When you're short of sleep, your skin looks pale, but take two minutes to apply James Read Sleep Mask Tan, £25, before you go to bed and you'll rise and shine with a sun-kissed glow.



For an investment purchase, treat post-party skin to Darphin Ideal Resource Overnight Cream, £52 – it helps skin switch into 'night-time mode' and boosts cell repair to maximise your beauty sleep.



Sarah Chapman Overnight Facial, £45, is a serum/oil hybrid, which will make you believe in miracles – just a few drops transforms tired skin within hours.

