

Marie Claire  
1st December 2016  
Circulation: 165,362

marie claire

MARIECLAIRE.CO.UK

Let it snow!  
Gorgeous gifts  
& fun ways  
to get festive

Family affairs  
'Born black but  
my parents told  
me I was white'

THE NEW  
Glamour

210

Beauty

**Neutrogena Hydro Boost Water Gel Moisturiser, £12.99.**

With a potent mix that includes hyaluronic acid, this comforting gel will instantly soothe your post-Pinot skin.

**Dr Sebagh Rose de Vie Hydrating Mask, £74.** As well as brightening vitamin C and rose oil, this contains citrulline (an amino acid derived from watermelon) that binds with water in your skin to boost hydration levels.

**The Estée Edit By Estée Lauder Mega Chloroella Algae Cleansing Bar, £17.** Consider this a giant green juice for your face. Full of chloroella algae, it instantly perks up skin and washes away last night's sins (almost).

**Rodial Super Acids X-treme Hangover Mask, £45.** This rub-off mask blitzes impurities and helps skin regain its glow with a cocktail of exfoliating fruit acids.

**BareMinerals Dirty Detox Skin Glowing And Refining Mud Mask, £32.** Four different soothing clays and a skin-refining papaya enzyme will make you look and feel like a new person.

**Urban Decay B6 Vitamin-Infused Complexion Prep Spray, £23 (Fabled.com).** Spritz this on before make-up. It contains a stabilised form of vitamin B6 to reduce excess oil production (which occurs when your skin is dehydrated) and make pores look smaller.



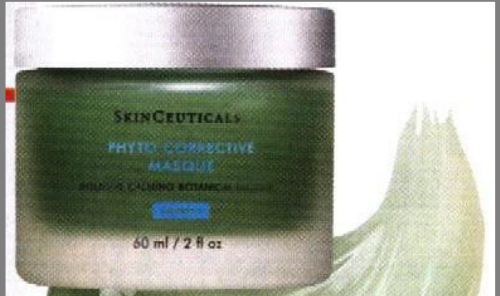
## Hangover skin

Bring your complexion back to life with our party-proof skincare saviours

It's that time of year. A speedy post-work turns into an impromptu all-nighter. Afternoon tea descends into negronis with a side of tequila. We know that drinking alcohol affects bodies internally, because we feel horrific (and because, well, science tells us it has pretty dramatic effects on our complexion, too. 'Alcohol is a diuretic so it seriously dehydrates your skin,' says Dr Sam Bunting. 'It also triggers dilation of blood vessels and causes inflammation, resulting in redness, blemishes and accelerated ageing.' Eek! According to Dr Bunting, your skin is also prone to fight dehydration and get moisture back in, pronto. 'However, the best way to deal with this is to use a rinse-off cleanser followed by a moisturiser rich in hyaluronic acid to trap water into the skin,' she says. The morning after, apply a hydrating mask straight from the fridge to reduce puffiness. And, without saying, make that glass of water before bed a big one.

**Erborian Ginseng Shot Mask, £6 (Fabled.com).** Entertaining on a hangover? This sheet mask's hydrating effects are instant and the ginseng extract will speed up circulation to make you look more alive. Bonus.

**SkinCeuticals Phyto Corrective Masque, £55.** For blotchy morning-after skin, this mask has your back with calming cucumber and antioxidant-rich mulberry. It's also got a hefty dose of plumping hyaluronic acid.



**SkinCeuticals Phyto Corrective Masque, £55.** For blotchy morning-after skin, this

mask has your back with calming cucumber and antioxidant-rich mulberry. It's also got a hefty dose of plumping hyaluronic acid.