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Beauty to go

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Amy Harris shows us how to look refreshed even after a strenuous night at Fab 'n' Fresh.

HAVE you ever experienced a good night out and realised the next morning that you've slept through your alarm, look exhausted and don't have enough time to transform yourself into a beauty for your next lecture?

Does this sound familiar? If it does, I suggest you read on and make a note of the invaluable tips and hints to look absolutely fabulous in less than five minutes. Don't be fooled in thinking that beauty is made up of a careful blend of time, pain and patience and cannot be achieved through quick-fix solutions. These tips will make you look fresh, awake and alive! Yes, even for those early morning lectures and seminars!

First things first, in the early hours of the morning, make-up is your friend. Take note of this and utilise those products in that indispensable make-up bag. If you want an instant 'lift' and want to put some colour on your cheeks, opt for a pink blusher. Apply this by putting a bit on the apples of your cheeks and gently stroking it towards your hairline with your fingertips. Alternatively, you can opt for a peach blusher for equally dramatic results.

However, if you are using a pink blusher, I strongly recommend that you wear it with a pink lipstick. This will have impressive results and will give your face a fresh glow. You could also replace the lipstick for a gloss to obtain a shimmer effect. It is better that you use gloss instead of lipstick if your lips feel dry because it can only make you look more tired.

However, do not think that the make-up worn yesterday is effective today. If you have not taken off your make-up from the day before, you can simply remove it by using cleansing wipes. Not only do these wipes remove your make-up but they can also cleanse and moisturise your skin at the same time. However, do check the label on the wipes to make sure they can remove make-up and make sure you remove your eye make-up with a liquid eye make-upremover.

For those who want an instant glow on their faces while using minimal products, invest in a tinted moisturiser. Beauty solutions do not have to be limited to actual goods, what you drink can also benefit. If you want an instant 'wake-up' that also helps your skin, then splash a bit of water over your face. Plus, for those of you who want 'cheap and cheerful', this method is free.

Remember to keep drinking water during the day to stay hydrated. You could also substitute that coffee for a fruity herbal tea. This not only helps your skin by providing anti-oxidants but can also detox those horrible toxins from smoking. Your skin will thank you.

This is how to look fabulous in minutes and achieve beauty on the go.

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