

QUICK FIXES

Top make-up artist Val Garland uses refrigerated face masks to perk up a tired complexion. An essential part of her kit, she keeps chilled SK-II Whitening Source Intensive Mask, £45 for six sachets, and Carita Extra Moisturising Mask, £30.50, ready to slap on overworked models' faces. She also recommends dabbing Yon-Ka Hydratant 60 mask, £26, around the eye area for about ten minutes while soaking in the bath to deflate really stubborn bags.

Another top tip for reviving morning-after-the-night-before skin comes from celeb make-up artist Jemma Kidd, who recommends first bathing the face in warm water before applying a cold flannel. 'Alternating hot and cold stimulates circulation, bringing a healthy glow,' she explains. 'It's the world's cheapest facial!'

If money is no object and you're in the London area, book in for a 90-minute Amanda Birch Aromatherapy facial at the luxurious MichaelJohn salon. Using Organic Pharmacy products, Birch will tailor the facial to your needs, using microdermabrasion, photo-rejuvenation and lymphatic drainage to restore skin's suppleness and glow. Prices start at £115; call 020-7629 6969 for an appointment.

FAKING IT

Post-party make-up should be all about counteracting the lost vitality and plumpness that comes from being sleep-deprived and dehydrated. A common mistake is to apply more make-up than usual to a tired face – but weary skin quickly looks overly made up, so a light hand is key.

BASE

A tinted moisturiser a shade darker than the one you would normally buy will perk up a winter pallor; if more help is needed, choose a foundation on the warm side of your natural skin tone. Linda Cantello, artistic adviser for Yves Saint Laurent – and a huge fan of the brand's legendary Touche Eclat concealer – set out to create a similarly radiant foundation. The result is Perfect Touch Radiant Brush Foundation, £28, an ultra-luminous formula with built-in brush, which is due to hit stores next month. ►

Left: Sheer shades, such as The Lip Polish in Amber Nude, £22, Tom Ford for Estée Lauder, are great winter warmers