

Katy Young...
**INNER
CONFIDENCE**

WITHOUT WANTING TO SOUND LIKE AN AD FOR A WELL-KNOWN high-street chemist brand, it's often the getting-ready-with-the-girls part of the evening I love the most. Nice hair and lipstick aside, there is something innately primal about party preening: the cranking up of the music, the hair prep, the careful application of 'war paint' – words I don't use accidentally.

For me, the party season is a battle between the things I gravitate towards and shy away from. However much I love make-up, a little social anxiety can mean it is my inner critic that needs the cover-up ahead of a party. As transformation coach Emmy Brunner comfortingly tells me: 'Sometimes we feel more eager to show up and be seen, and at other times we long to retreat and hibernate.'

During those moments, I have come to rely on thought trickery. 'Our emotions respond to what we believe. So, if we approach a scenario full of tension and anxiety, that is going to massively impact our enjoyment,' Brunner says. 'The trick is to alter your emotional state by manifesting your own reality. Try reciting three incantations, aligned with how you want to feel when you are there. For example, "I feel energised, I feel empowered, I feel worthy".'

I also want to feel 'fancy', and have found that a good pair of statement earrings or an equally bold perfume – for which I turn to Francis Kurkdjian or Frédéric Malle – are great confidence boosters at a party. My accessories also tend to trigger good conversations with friends, new and old.

From make-up and scents to mantras and manifesting, I am well-versed in party-season practice. But I'm also learning how to set boundaries because, no matter how much perfume is left in the bottle, you have to learn to recognise when your juices are running low. As Brunner tells me: 'We are all different, and it's OK if you feel shy, quiet or prefer to be more of an observer. Give yourself permission to only commit to the things you want to do. Remember, you have the power to curate something that meets your needs, so take a moment to consider what those are.' ▸



1 Women's Balance Remedies to Roll, £12, NEAL'S YARD REMEDIES
2 Le Rouge Celine in Rouge Triomphe, £62, CELINE **3** 724 EDP, £205 for 70ml, MAISON FRANCIS KURKDJIAN

The editors on...
FESTIVE BEAUTY PREP

From vampy manicures to smoky eyes that push us out of our comfort zones, here's how we're dialling up the glamour this party season

PHOTOGRAPH BY STEPHANIE GALEA STYLING BY AURIELA DONALDSON



1 Money Mist, £29.50, COLOR WOW 2 Cool Girl Superlift, £26, HAIR BY SAM McKNIGHT 3 The Invisible Hold Hairspray, £82, SISLEY



Amelia Bell...
GLAMOROUS 'DOS

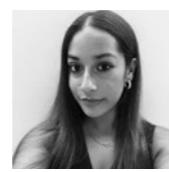
I'M USUALLY QUITE PARED-BACK WITH MY HAIR, IF NOT A LITTLE boring. Yet there's something about the festive period that has me in the mood to embrace a more maximalist aesthetic. I can't deny the allure of an oversize velvet bow (the Jennifer Behr barrette is on my wishlist this year), nor the serotonin hit of an embellished clip. And, to me, nothing says party season like a big blow-out – a far cry from my usually poker-straight lengths.

Backstage this season, hairstylist Sam McKnight proclaimed the return of glamour, giving extra-large velcro rollers and voluminous curls top billing at 16Arlington and Richard Quinn. I'll be channelling the new vibe shift with a little help from GHD's Duet Blowdry, which helps cheat the look of professional waves but is completely foolproof, then adding a root-lift spray and a spritz of Sisley's The Invisible Hold for good measure.

Plaits were also a talking point at the SS25 shows, and I've bookmarked Erdem's take as my festive inspiration: the hairstyle shed its formerly old-fashioned, hyper-feminine reputation and was reimagined with a cool-girl spin. I'll be wearing my low-slung plait (slicked-back, and smoothed into a high-shine finish) with a bold red lip this winter.

Since it's the season of overindulgence, it's also usually when all that curling, styling and zhuzh-ing takes a toll, and a focus on hair health becomes paramount. To minimise the damage, I'll be reaching for Gisou's Honey Infused Hair Mask as a once-a-week treatment, as well as Color Wow's Money Mist – which is nothing short of a game changer – to breathe life back into parched ends and enhance my hair's natural shine.

Voluminous curls signal the return of glamour



Urmi Pandit...
SHOWSTOPPER NAILS

FOR SPECIAL OCCASIONS, I USUALLY LET MY EYES AND LIPS SHARE the spotlight. But with so many incredible nail moments both on and off the catwalks this year, it's time for my manicure to take centre-stage. To avoid overwhelming the rest of my look, I'm opting for designs that are equal parts polished and statement-making. My go-to options are an elegant dark-rouge manicure, or a metallic-gold chrome.

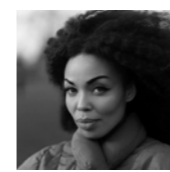
Like Dua Lipa, I fell hard for the cherry-cola trend, so much so that my current hair colour is a nod to the opulent red tone. And why stop there? I'm extending the shade to my fingertips. In an effort to switch things up, I'm swapping out my usual 'coffin' shapes (typically long and tapered at the tip) for rounded almonds (fresher, cooler and easier to maintain amid the chaos of Christmas). Chanel Le Vernis in Rouge Noir is always in my rotation for its perfect burgundy hue with a cherry undertone – it's glossy and timeless.

As for New Year's Eve, I'm drawing inspiration from Mithridate's AW24 show earlier this year, where manicurist Kim Gorse-Macias wowed with holographic French tips under gold foil. A shimmering twist on an otherwise classic style is a great way to accessorise any outfit, be it a simple black dress or a more dramatic ensemble. At home, the sparkling, party-ready gold of OPI's 24/7 Carat will achieve similar results. If a fine French manicure proves challenging for unsteady hands, consider simple pre-glued rhinestones for a finishing touch that's easier to achieve – but equally dazzling.

An elegant dark-rouge manicure is my go-to



1 Infinite Shine in 24/7 Carat, £18, OPI 2 Le Vernis in Rouge Noir, £29, CHANEL 3 Organic Cuticle Oil, £32, KURE BAZAAR 4 Nail Gems, £5.95, LOTTIE LONDON



Emma Dabiri...
BEST SKIN FORWARD

IT'S EASY TO FORGET ABOUT YOUR SKIN WHEN PRESENTED WITH the glitzy eyeshadows and nails of party season, but a glowing complexion is the backdrop to any beauty look. Here are my picks for the best treatments and facials that will have you, in the words of Giggs, 'Lookin' all Christmas gift-wrapped, lookin' all turkey'.

To kick off, we have Fatma Shaheen, the award-winning skin-care and clinical expert. Shaheen is the founder of Skin Design, and her facials are the stuff of legend; you emerge from her treatments feeling as though your face has been lit from within. Thanks to her divine products, such as the Cherry Gloss Peel and the Face Bath Clean Cleanser – which smell utterly dreamy and remarkably edible – you can continue to enhance and enjoy your glow at home.

I am equally obsessed with 111 Skin, the brainchild of husband-and-wife team Dr Yannix Alexandrides, a plastic surgeon, and Eva Alexandridis. The Rose Gold Brightening and Celestial Black Diamond face masks – and the Cryo De-Puffing eye mask, straight from the fridge for a cooling treat – are my salvation when a full schedule and lack of sleep conspire to leave me looking and feeling exhausted. They are the facial equivalent of waving a magic wand: they make you look fantastic and feel better! You know when you haven't had enough sleep and the area around your eyes feels super heavy? The masks tackle that, giving your skin a refreshed feeling. I recently used the Celestial Black Diamond when I was extremely tired and – I'm not going to lie – a teeny bit hungover. While the mask makes no claim to be a hangover cure, I can tell you that, not only was my skin popping, but my hangover was gone. I kid you not.

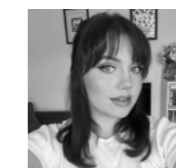
Another favourite is QMS, a brand that focuses on collagen to visibly improve skin. I use the cleanser, toner, serums and Collagen Recovery cream most days. The facials are the best, too (ask for Rowan), which incorporate aspects of traditional Chinese medicine, including an optional abdominal massage. The brand has just launched a line made with 100% identical, micro-molecular vegan collagen, which I'm excited to try in between parties.



1 Rose Gold Brightening Facial Treatment Mask, £20, 111SKIN 2 Cherry Gloss Peel, £165, SKIN DESIGN 3 Collagen Recovery Day and Night Cream, £170, QMS



1 Exagger-eyes Volume Mascara, £28, CHARLOTTE TILBURY 2 Naked Palette, £55, URBAN DECAY



Katie Withington...
CAMERA-READY MAKE-UP

IT'S NO SECRET THAT I USUALLY ENJOY GETTING READY FOR a night out more than the event itself. There's something about sifting through Pinterest, finding a dramatic beauty reference and meticulously recreating it that boosts my excitement tenfold. Why? Because party season presents the ultimate opportunity to dial up your make-up to full volume and channel an alter ego, whether that's a sultry red-carpet look stolen from your celebrity muse, or a couture-ready backstage moment translated for your office Christmas do.

A crisp red lip is my usual seasonal go-to, but this year, I've been embracing glossy, gunmetal-grey lids, striking lashes and smudgy eyeliners instead. The revival of Urban Decay's iconic Naked Palette has provided me with ample inspiration. The new smoky eye lends itself to devil-may-care applications, and you can top it off with a glitter or gloss for a high-fashion finish. Don't be afraid to reach for fluttery false lashes either. I recommend clusters or a half strip; soft extensions that offer realistic volume without feeling heavy. The best part? They're super easy to apply.

The most important thing, however, if you're trying out something new, is that you feel comfortable and confident. If you never wear make-up, a subtle smudge of silver across your lids, with lashings of inky mascara, is impactful. You wouldn't opt for stilettos if you'd never stepped out in a kitten heel, so approach your smoky eyes in a similar fashion. □

Try a smudge of silver, with lashings of inky mascara