

60

SECOND SAVIOURS

The 1-minute beauty tricks you have to try!

HARNESS THE POWER OF ICE

If you've not been using ice in your beauty routine you've been missing a trick – it's long been the beauty insider's secret to flawless looking skin. As a quick morning pick-me-up, wrap a handful of ice cubes in a muslin cloth or handkerchief and then massage it all around your face. Remember to sweep the icy package from the inner corners of your eye outward, in an upward motion, to tackle puffy under eyes.

And because ice tightens pores, after applying a potent serum or using a face mask, if you run an ice cube over your face it will help seal the product into your skin. Some people even swear by the 'lifting' properties of ice cubes. You could try running an ice cube in the hollows of your cheeks, in an upward motion right under the cheekbone, basically lifting the entire area. And lastly, if you wake up to find a blemish or are suffering an outbreak of spots, hold an ice cube over the area to take down the inflammation and soothe the area before concealing.

'FILL' WRINKLES

If your under eyes are looking a little dry and crepey and you're finding your make-up is settling into fine lines, this temporary fix could work for you.

You just dab the 60 Second Wrinkle Reducer onto clean skin and it will quickly fill in lines and smooth crinkly skin. It can dry a little stiff so only a tiny bit is needed and go very light with the make-up you use over it as it can streak if you apply a heavy concealer on top once it sets.



60 Second Wrinkle Reducer, WUNDERLIFT, £19.95

APPLY CONCEALER IN A V-SHAPE

The quickest way to make your face and eyes look brighter, and your cheeks look full and more youthful, is to change how you're applying your concealer. Instead of drawing it on in a semi-circle shape under your eyes, apply it in a triangle, starting at the inner corner of your eye, down to the middle of your cheek and up again to the outer corner of your eye, then blend.

This adds a glow to the centre of your face as though you're permanently walking around under good lighting.



TRY THESE 1-MINUTE MASKS TO TACKLE SKIN ISSUES IN A FLASH...

This uses charcoal to draw out impurities from your pores in just 60 seconds.



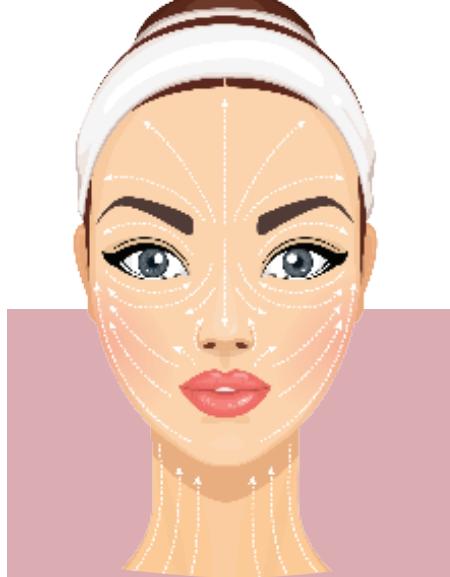
Flash Rinse 1 Minute Facial, REN Clean Skincare, £34

Simply massage this into the skin and, one minute later, the appearance of fine lines will be reduced.

STIPPLE ON BRONZER

If you've been sweeping on bronzer all this time, you may find that it disrupts your foundation and concealer or looks very separate from the rest of your make-up. So give 'stippling' a go. All this means is dabbing on your bronzer, pushing it into the skin, rather than dragging it across your face.

Do your hairline around your forehead, cheekbones and jawline for a super quick, fresh and bronzy-glow that just looks like part of your face.



ROLLER MASSAGE

A quick 60 second face massage in the morning can increase blood flow and give your skin a plumped appearance. It'll also aid lymphatic drainage, which will help get rid of that early morning puffiness and firm up the skin.

Plus, you can use it to work in your moisturiser, helping it to soak deeper into the skin. Follow the diagram above when using the massager for optimum benefits.



APPLY PROBIOTICS

We all know probiotics are good for the gut, but they're actually powerful when applied directly to the skin too. Whilst it may not be something we want to think about, it's a fact that millions of bacteria call our bodies home and probiotics can encourage the good bacteria to flourish when ingested or applied topically.

Topical probiotics have been shown to reduce inflammation and acne breakouts, reduce signs of ageing and strengthen the skin's natural defence barrier, protecting it from environmental and free-radical damage.

This product from South Korean brand, Saturday Skin, contains both prebiotics and probiotics to improve your face's texture, tone and radiance. The serum is really easy to use, just apply it with your fingers to clean skin, before your favourite moisturiser. It's a 60 second wonder!



APPLY BESPOKE EYELINER TO MAKE YOUR EYES POP

One of the easiest but most effective beauty tricks around involves pulling focus to your eyes with a coloured eyeliner. Choosing a shade that really makes your eyes pop can make you look more awake, more youthful and more 'put together' in an instant.

Check out our top tips for your eye colour and make sure you add a little liner along your upper lashline and the waterline for a real impact.

Ombre Smoky Shadow Liner in Plum, Bourjois, £5.99



GREEN EYES

Wine and berry tones enhance green eyes, making them look brighter.



BLUE EYES

Gold and light bronze shades make blue eyes look particularly piercing.

Kohl Pencil in Kingfisher Blue, Barry M, £2.99



GREY EYES

Violet shades give grey eyes a bold, vibrant look.

Pigment Pomade in Royal Purple, Revolution Pro, £5.99



Waterproof Kohl Liner in Green, Smashbox, £17



HAZEL EYES

Khaki shades bring out gold flecks in hazel eyes, making them look almost amber.

BROWN EYES

The cool tones of navy and aqua eyeliners actually make brown eyes look warmer.