

REWIND YOUR BODY HORRORS

BEAUTY SINS? *From bad nails to body art, we've all committed a few. Now it's time to FIX THOSE FRIGHTS and put 'em right*

BY ALEXANDRA FRIEND

FRIGHT:
**Ghost-grey
hangover skin**

TRICK: The morning after a night with some evil spirits (of the bottled variety), your skin is a no-glow zone. Stop it looking ghoulish by patting light-reflective foundation – try Lancôme Teint Miracle (below), £25 – on your cheekbones, nose and eyelids. “When eyelids gleam you look

far fresher,” says make-up maestro Lee Pycroft. Beat red-rimmed eyes by drawing around your lash line with a concealer pencil – we like Laura Mercier Flawless Fix Pencil (right), £16.

CHEAT: Know in advance that you're going to overdo it? Drink a few drops of The Organic Pharmacy's Liver & Kidney Detox Tincture, £10.99, the day before your big night out as well as the following day. It contains dandelion, milk thistle and artichoke, which boost the blood flow to your liver. This helps to regenerate it – and also helps to revive your skin.

**FRIGHT: A
scary trout pout**

TRICK: You were plumping for a pout perk-up, but you've ended up looking like Jessica Simpson (right). If your practitioner used a hyaluronic acid-based plumper like Juvéderm, an enzyme called hyalase can be injected to ease effects in a week (from £200; Harleystreetskinclinic.co.uk).
CHEAT: Before you sign up for fillers, which can only be removed surgically if they go lumpy (eek!), fake fullness with Youngblood Plumping Lipgloss, £25. Cheryl Cole's make-up artist uses it on her for *The X Factor*!





Set up your face from looking ghastly by using a light-reflective foundation

FRIGHT: A Botox-frozen face

TRICK: Ditch the waxwork look with a facial massage. Spend a few minutes every day massaging your whole face using small circular movements and a super-slippery oil-based cleansing balm like Emma Hardie Amazing Face Moringa Cleansing Balm, £30, to liven things up.



CHEAT: Cosmetic surgeons can rebalance a wonky Botox botch by using Microtox (from £200, Harleystreet skinclinic.com) – baby-sized jabs of Botox that are inserted elsewhere in the face to even things out. “If an entire area is frozen, however, it’s a case of waiting four to six months for the effects to wear off,” says the Harley Street Skin Clinic’s Dr Aamer Khan.

FRIGHT: Little post-pimple dimples

TRICK: Stubborn scars giving you the shivers? Before applying foundation, use a silicone-based primer like Daniel Sandler Retexturizing Face Primer, £20. Silicone has a thick texture that’s great for filling in cavities.

CHEAT: Feeling brave? Have your face pricked with a medical ‘needler’ called a Derma Roller. Fresh collagen rushes to the area to heal the pinpricks and scars. It’s painless and your skin will start feeling rejuvenated after just one session (from £350, Courthouseclinics.com).



FRIGHT: Gnarled nails

TRICK: Fix tired talons with a strengthening base coat (try Maybelline Salon Manicure Ultra Strong 3-in-1, £3.99), two coats of colour and a protective top coat. Paint on more top coat every other day and then, once a week, wipe off the whole lot and reapply.

CHEAT: Protect with an armour-like manicure called Shellac, £45 – a half-gel,



FRIGHT: Tattoo terrors

TRICK: Cover up that terrible tattoo by applying a layer of concealer, then some powder, three times over. Tattoo Secret Tattoo Camouflage Kit, £25, has powders and concealers that’ll hide that tatt for up to 24 hours.

CHEAT: Blitz bad body art for good with a Q-Switch laser, which emits pulses of light that break down tattoo pigment. Expect it to hurt as much as getting the tattoo did – you’ll need four to 10 treatments (from £50;



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