

Glow

YOUR NO-BS GUIDE TO ALL THINGS BEAUTY



EGG ON YOUR FACE

Turns out eggs are as good for your skin as they are in an omelette – which is why you'll find them in hi-tech skincare that tightens, smooths and brightens. "Every part of an egg is a nutritional powerhouse that strengthens skin," says Dr Perricone, whose OVM moisturiser (£135) contains the anti-inflammatory membrane (the layer under the shell). Or try Too Cool For School's Egg Mousse Pack (£14.50), with vitamin-rich yolk and pore-tightening white. Prepare to have skin smoother than a hard-boiled egg.