

Glow

YOUR NO-BS GUIDE TO ALL THINGS BEAUTY



BEAUTY'S DIRTY LITTLE SECRET

We call it 'hangover face' – that slightly puffy, 'congested' look that rears its ugly mug in the build-up to New Year. The antidote: masks made from activated charcoal. That's carbon from half-burnt wood that's then been treated to increase its absorbency – basically the skincare equivalent of a fried-egg sandwich. The black stuff is so porous that blemish-producing toxins are attracted to it like warbling

X Factor contestants to a Whitney Houston number, leaving your skin silky-smooth, as well as bloat- and blemish-free. For mornings when you don't even have the energy to lift the TV remote, try Erborian's Black Scrub (£24), a two-in-one exfoliator and mattifying mask.

For a complete skin detox, try Doll Face's Little Black Mask (£45) – it's brilliant at flushing out pores. "Leave it on for at least 10 minutes to give the charcoal the best chance of hoovering up to 100 times its own weight in impurities," says facialist Nichola Joss. That's our festive intake of Cadbury's Roses sorted, then.