

DARK CIRCLES: Shiseido Essential Energy Eye Definer, £45 (Fabled.com)
Panda eyes are a dead giveaway that you were dancing on tables until 4am. Here, hawthorn extract boosts circulation and cinnamon strengthens blood vessels for fresh-looking peepers.

DULLNESS: Philips VisaPure Anti-Pollution Cleansing Brush Head, £25.99 (John Lewis & Partners)
The charcoal-infused sponge hoovers up pollution particles and the rotating bristles remove grime up to 11 times better than manual cleansing.

SALLOWNESS: Vichy Double Glow Peel Mask, £15
AHAs from citrus fruits gently peel, while the buffing action of the pulverised volcanic rock brings a rush of fresh blood and oxygen to the skin's surface. Think pink, post-spa glow.

DRYNESS: Lancôme Absolue Soft Cream, £150 (Fabled.com)
Prepare to get a lot of science for your buck. Your skin's natural minerals react with the formula, releasing water and hydrophilic rose molecules for all-day hydration.

PORES: Gallinée Face Vinegar, £23
A bit like toner, the acetic acid in this herbal vinegar has astringent properties to refine the look of crater-like pores, while prebiotics ensure a happy balance of bacteria.

REDNESS: Decléor Organic Harmonic Calm Soothing Comfort 2 in 1 Cream & Mask, £53
Don't let the fact that this smells amazing distract you. The speed at which the anti-inflammatory rose extract reduces redness will take care of that.

BREAKOUTS: Bare Minerals Blemish Rescue Skin-Clearing Loose Powder Foundation, £27
With 0.5 per cent salicylic acid and spot-fighting zinc, this deftly dissolves the excess sebum and bacteria that clogs pores. Plus, it also disguises blemishes.

SKIN SOS

Save face

Genetics, hormones and lifestyle influence the skin you're in, but the right products can also help you breeze through the festivities without a hitch

Party season inevitably means pictures. But, rather than filters, this year you're more likely to see women posting make-up-free selfies as part of the Skin-Acceptance Movement that is currently sweeping Instagram. To add to the brilliant emotional support, we've called upon the experts to give their practical advice on how to tackle the saboteurs standing between your skin and self-confidence. Dryness, for instance, has several causes at this time of year, says **Dr Sarah Shah** from London's Artistry Clinic: 'A lack of humidity in the air, drinking more alcohol [a diuretic] and over-moisturising with heavy creams can cause skin to "switch off" and become less able to hydrate itself.' If you see flakes, don't automatically reach for a face scrub, though. 'Large particles like nut shells tear the skin, causing sensitivity and acne to worsen,' warns Dr Shah. 'Weekly use of alpha hydroxy acids [AHAs] is gentler at detaching dead

cells', while salicylic acid has been proven to treat breakouts in clinical trials. Suffering from a dull, ashy complexion? One culprit could be increased pollution due to 'surface inversion' (when smog gets trapped at ground level in winter). Lack of sleep also means 'cortisol levels go up, your fight-or-flight response kicks in, and blood flow goes to vital organs, not your face,' says aesthetic doctor Sarah Tonks. And if paranoia over the office party has meant you've slathered your skin in every peel and unguent, your red patches and pimples are probably down to 'cosmetic overload'. 'Get rid of everything active from your regime,' says Dr Tonks. 'Only use an unscented cleanser and moisturiser, and scan product labels for ceramides to strengthen the skin barrier.' Once that red flag goes down, introduce organic skin soothers to reduce your chemical load. Consider the above products your cheat sheet for when skin rebels...