

The Glossip

This month's beauty and wellbeing buzz by Get The Gloss' Susannah Taylor and Sarah Vine

The Potion: CHARLOTTE TILBURY MULTI-MIRACLE GLOW

Parties to attend, deadlines to meet, kids to contend with... let's face it, December is not an easy month on the complexion. Thank the Lord then for Charlotte Tilbury's Multi-Miracle Glow. This beautiful rose scented balm not only soothes away dryness and calms breakouts, but has the power to hide a hangover too. £45; charlottetilbury.com



THE LOOK Party Flicks

Bored of pulling out the same old smoky eye at parties? This season, channel your inner Alexa Chung with a slick of thick black or coloured liquid liner instead. From thick-winged eyes seen at Rag & Bone to cobalt flicks at Kenzo (pictured), minimal graphic liner has maximum impact worn thick with perfected skin and a nude coloured mouth. Our favourite products for recreating this look? The new SuperCat Fat eyeliner from Soap and Glory, (£7; boots.com), is like a Sharpie for eyes or Alexa Chung's favourite brand Eyeko, which specialises in liquid liners that last till dawn. eyeko.com

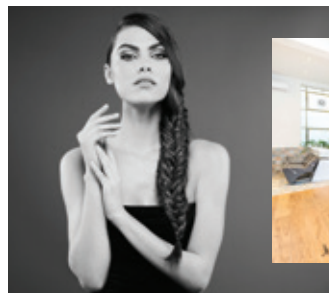
The Steal: GARNIER BB CREAM

Spent all your money on Christmas presents but have run out of foundation? Garnier's BB Cream is considered by many a beauty journalist to be the best of all. It evens skin and adds radiance without looking like make-up. What more could we ask for? £9.99; boots.com



THE PLACE TO BE

Duck and Dry
Feel you can never replicate a salon hairdo at home? Then don't bother. If you live in London, head to Duck and Dry on King's Road over the party season for the ultimate blowdry or up-do. With 16 styles to choose from, from tumbling waves, a tousle or a fishtail plait, there's a look for every style of event. From £25; duckanddry.com



THE GLOSS Sculpture School

If cosmetic intervention isn't an option then sculpting products may just be the next best thing. No longer just the reserve of heavily made-up celebrities such as Kim Kardashian, our favourite product for believable chiselling is Tom Ford's Shade and Illuminate, which contains two creams – a light brown for hollowing and a golden shade for highlighting. Eat your heart out, J-Lo. £56; selfridges.com



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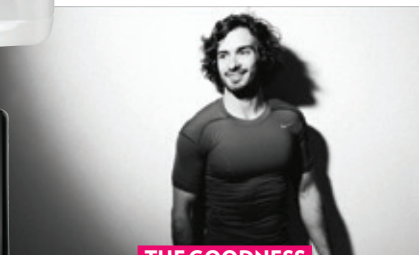
The Party Tip: NAIL IT

These days getting your nail colour right is de rigueur. There's a host of amazing winter shades that will offset a dazzling cocktail ring. Burberry Beauty polish in Elderberry, £15, is an elegant to-die-for plum, though our top choice is chic navy. Chanel's Le Vernis in Blue Satin, £18, the little black dress for digits.



THE GOODNESS Joe Wicks

If you're thinking of starting a New Year health regime, it's worth planning ahead. The name on the fitness world's lips now is Joe Wicks aka @TheBodyCoach. Super cute six-pack Joe has fun #leanin15 meal tips and downloadable nutrition and fitness plan available to all. He's one trainer you don't have to join the waiting list for.



THE DEBATE: Sleeping in make-up

FOR: Sarah

I don't always go to sleep in my make-up: if for some reason I'm wearing lots, especially foundation-wise, then I will make a proper effort. But my normal, everyday make-up – I never take that off. It's nothing to do with not wanting my husband to see me without; it's just quicker and easier. Up in the morning, dip a cotton bud in eye make-up remover, tidy the edges and voila: ready for the school run. The key is to keep your pencils and brushes clean. As for skin coverage, a BB cream is basically tinted skincare, so unless you have really problematic skin, it won't do any harm to keep it on. Besides, I'm not so sold on all this daily cleansing: half the time it's just a ruse to get us to buy more product. What I would recommend, though, is a weekly or bi-weekly cleanse using a good quality face wash and one of those little Japanese Konjak sponges.

AGAINST: Susannah

The one thing my mother always taught me when it comes to beauty was 'never sleep in your make-up', a rule I have abided by ever since. No matter how much wine I've sunk, or how late it is, I reach for the eye make-up and face wash before bed. Nothing makes a hangover worse than waking with eyelashes glued together and the remnants of last night's Bardot look smeared all over your clean white pillow. And that's not even taking into account the bacteria partying on your lashes whilst you sleep. Just Google 'bacteria on mascara' and you'll be reaching for the face wipes. My advice? Make sure you leave a micellar water and cotton pads (a one-stop product for make-up removal) in the bathroom before you go out. Just don't mistake it for the nail varnish remover.