

Fast Fix Festive Beauty



Christmas-tide and time wait for no man and – unless you're one of the very small minority who have everything bought, wrapped, decorated and prepared by the end of October – you're probably so busy juggling that shopping list, social engagements, children, etc., that any all-important 'me time' is slipping away. Here are some fast festive fixes to help you sparkle and shine:

Quick tips:

We've all done it: ten minutes before you're due out you notice your nail polish is chipped, so slap on a new coat only to smudge it as you zip up your dress or put on shoes. Make life easier and opt for salon gel, Shellac or acrylic nails. A fast treatment, they dry instantly – so you don't have to wait around – and last for a minimum of two weeks so they'll see you right through party season. Nails are also a great way to add instant glamour. Choose understated nudes, bold reds and blues from this season's palettes or sparkle with metallics or Shellac CND Rockstar nails for a really festive feel.

Beauty in a (f)lash:

Lash enhancements are a must in terms of saving time and avoiding the 'mascara panda' look. Lash perming adds curl and thickness, while lash enhancements (ranging from weekend lashes to semi-permanent individual lashes) add volume and thickness for weeks if not longer. Taking only an hour to apply, the time they save on a daily basis is well worth it. Fuller, longer, thicker lashes also give the impression of lifting the eyes to produce a rejuvenating effect in terms of both tiredness and ageing.

Fast facials:

Most advanced facials that improve cell turnover need to be booked ahead of time for the results to show. But, fear not. There are some amazing treatments that give you fast, visible results with no downtime. You can have them in your lunch-hour and be on the red carpet (or at a party) that evening:

The Venus Freeze is perfect for a last-minute lift, with tangible results. It tightens, contours and plumps the skin, reduces lines and wrinkles, and hydrates, with minimal downtime. A non-surgical, non-invasive facelift you can have in your lunchtime or while out shopping; there is a fairy godmother of facials! A one-off treatment will give visible results for at least three days while longer-term collagen enhancement will last up to 12 weeks.

Dermaplaning is a great option for dull, dry, flaky skin or facial hair. This procedure removes dead skin cells and hair, including vellus (peachy) hair, leaving you with a smooth, glowing complexion.

The Heaven mini facial by Deborah Mitchell offers an instant hydrating glow for all skin types – both male and female – in just 35 minutes. It's an ideal pre- or post-party facial. Gorgeous Heaven Christmas products for men and women are also available in clinic.

LED facial is a quick, painless, non-invasive treatment that has so many benefits ranging from anti-ageing to reducing the effects of SAD (seasonal affective disorder).

An ins(tan)t glow:

Think you have no time for a spray tan in time for your party? Think again. Salon spray tans usually take at least 8 hours to develop, but with the St Tropez Express Tan you can be beautifully bronzed in no time. St Tropez themselves put it perfectly on their blog: "we can get you from desk to dance floor in just 1 hour!" St Tropez also has a range of home products that make great gifts.

Instant inch loss:

If that dress or shirt you love is a little tight, don't panic. Body wraps such as Shrinking Violet and Universal Contour produce noticeable inch loss immediately. While the results won't last for months, these treatments are perfect for the festive season and are very popular between Christmas and New Year after overindulging.

The Heaven Bee Slim body treatment is great for slimming, detox and skin texture. It combines exfoliation, skin rejuvenation and lymphatic drainage massage. It's also incredibly relaxing and feels like a treat – one of my favourites!

Make-up time:

For a truly instant glow, invest in some new make-up. Bare Minerals is perfect for the party season. This range suits all skin types, feels light and looks and feels natural on the skin. It covers blemishes, evens out the complexion, and is "so natural you can sleep in it". With a huge choice of products including mineral foundations, eye shadows, highlighters, lip colours and mascaras – the choice is yours. With such gorgeous colours and ranges, Bare Minerals make fantastic Christmas presents, too, all available from prestigious local high street clinics and spas – without the need to traipse over to town. Don't forget your local high street shops can also offer time-saving exclusive gift vouchers that can even be posted out to you so you won't even need to gift-wrap. Now there's time saving for you!

Wishing you all a healthy, Happy Christmas and New Year

Love & Hugs

Tracey

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