

The Ultimate Party Essentials

The festive season is finally here. Want to look fresh and radiant for the barrage of parties ahead? Try these personally selected and tested miracle-working beauty essentials!

Get an instant lift and radiance

Topping my list of must-haves for this season is Sisley Radiant Immediate Lift with botanical extracts. Its beautiful fresh scent comes from the extracts of prickly pear cactus flower, red wine leaf, watercress, lemon, as well as geranium and lavender essential oils. I absolutely love this product. Not only does it banish the signs of late nights, but it also gives you a natural instant lift and glow. So if you are after a miracle, an all-in-one fast acting product to erase fatigue in a flash, even out your skin tone, give you an instant facial lift and radiance, as well as guarantee flawless long-lasting make-up, this is it! Available at www.sisley-cosmetics.co.uk

Revitalise your skin day and night

Too many late nights and cocktails can dehydrate you and your skin. Hailed as the 'hangover cure for the skin', Elemis Cellular Recovery Skin Bliss Capsules are your skin's best friend during the party season. These capsules are incredibly powerful in bringing the skin back to life. The secret ingredient is Moringa oil, known for its amazing restorative properties. It comes in combination with rose absolute in the pink capsules to revitalise throughout the day and lavandula angustifolia in the green capsules to maximise cellular repair overnight. These powerful serums increase the production of endorphins, the 'bliss hormones', and provide a beautiful sensory experience to the whole body, enhancing wellbeing, relaxation and nourishment! Available at www.elemis.com

Glow from within

Festive overindulgence can leave you feeling rundown and prone to skin breakouts. Fret not, for I have just the remedy. Nothing beats GliSODin Elite by PURE-XP as the Rolls-Royce supplement for the festive season. This innovative and clinically proven product is



Model: Sushmita Sen; Photographer: Joy Datta



a trailblazer in the antioxidant supplements market. It provides a powerful immunity boost, liver support and glow from within. After just one month of taking this amazing supplement, my skin became radiant, my energy levels soared and my re-recurrent cold cleared! Available at Harrods and www.pure-xp.com

Note: Always consult a doctor before taking any supplements!

Banish spots

If you do get a spot that won't budge try Origins Spot Remover, a proud winner of the 'best blemish buster'. You will feel a mild tingle as the blemish busting salicylic acid targets even stubborn blemishes to speed up their banishment and reduce the look of redness, while natural anti-spot agents, oregano and clove buds, clear them away. Available at www.origins.co.uk

Pamper your body

If you are after a great restorative body treatment, look no further than Weleda's Pomegranate Regenerating Body Oil. Pamper your skin after showering or bathing with this super-nourishing and skin-smoothing treat. It protects your skin's natural firmness and radiance, leaving it glowing and luxuriously pampered. Its natural fragrance is a mix of sophisticated notes, subtly sensual, exotic,

feminine and warming. Absolutely divine! Available at www.weleda.co.uk

Shimmer like a pearl

For an all over, camera-ready glow and shimmer, try Benefit's Girl Meets Pearl. This soft pink pearl highlighter glides on for a luminous complexion. Twist up and pat over make-up for a glamorous glow. Full of natural goodness, chamomile, sweet almond oil and gorgeous red raspberry scent, it is pure pearly pleasure! Available at www.benefitcosmetics.co.uk □

■ With a flourishing private practice on prestigious Harley Street in London, Akcelina Cvijetic is Nutritionist and Life Coach to the royal family, celebrities and business people

