

# HANGOVER? WHAT HANGOVER?

Tried and tested by six experts: the beauty equivalent of a bacon sarnie and a can of Coke



**Best for face**

**Sisley Radiant Glow Express Mask, £39**

“Luxurious but fast-working, leaving my skin feeling fresh and moisturised. I would use it for a quick fix before a party or to revive my skin afterwards.”

**eve reader Jennifer Abbot**



**Best for eyes**

**Marks & Spencer Formula Cooling Eye Pads, £2.25**

“When I’m feeling rough, I don’t want to fuss around for hours, so placing these pre-prepared eye pads over lids for 5-10 minutes couldn’t be simpler. They reduce puffiness, soothe – and don’t cost the earth.”

**Acting eve editor Samantha Warwick**



**Best for a healthy glow**  
**Benefit Hollywood Glo Finishing Touch Facial Glow, £16.50**

“Worth the investment, but cleanse, exfoliate and moisturise before using for best results. It’s great mixed with your foundation for extra radiance, or applied where light naturally hits the face.”

**eve make-up artist Fiona Jolly**



**Best for hair** **Stila Hair Refresher, £19**

“After a night out in a smoky bar, this powder-based product soaked up any grease and left my hair smelling flowery fresh, saving me from washing it for another day.”

**eve fashion director Liz Cocozza**



**Best for body**

**Urban Decay Joe Glow Head-To-Toe Caffeinated Cleansing Scrub, £15**

“Not one for every day, but it sloughs off any dry, tired skin for a post-booze boost. The coffee aroma is strangely addictive.”

**eve beauty director Annabel Jones**



**Best pick-me-up** **Organic Pharmacy Hangover Pills, £5.50**

“These tiny herbal pills made me feel better (if not totally recovered) within an hour. A pleasant surprise!”

**eve assistant beauty editor Emma Calder**



“To break down alcohol toxins, your body needs protein. Have an omelette and yogurt with nuts and seeds instead of a fry-up.”

**Vicki Edgson, nutritionist**