

The 3-Minute Skin Boost

Lack of rest can dull your natural glow. Give your complexion – and your confidence – a lift in just three minutes with these power-packed treats.

ONE MINUTE – CLEANSE

A muslin (try Sanctuary Spa Facial Muslin Cloth, £4/two, boots.com) used with your cleanser is all you need to scrub away dead skin cells (along with the telltale signs of no sleep). Just douse it in warm water, squeeze out and gently wipe the cleanser from your skin. Try (3) Emma Hardie Amazing Face Moringa Foaming Cleansing Wash (£34, emmahardie.com), which is packed with energising bergamot and sweet orange essential oils. We also love Simple Kind To Skin Vital Vitamin Foaming Cleanser (£4.49, boots.com).

ONE MINUTE – RADIATE

Quench thirsty skin with a radiance-restoring serum. Massage in a few drops after cleansing, using a tapping motion around your eye socket and jaw to help reduce sleep deprivation-induced puffiness. Try (2) Darphin Vitalskin Anti-Fatigue Dynamizing Serum (£49, darphin.co.uk). This vitamin C-packed skin recharger is vitality in a bottle.

ONE MINUTE – SOOTHE

Night-time wake-up calls can play havoc with your skin – think spots, oily patches, dryness and even eczema flare-ups. Calm it with a day cream, such as (4) Aurelia Cell Revitalise Day Moisturiser (£42, aureliaskincare.com), which contains skin-calming probiotics and hydrating plant and flower essences. Smoothing peptides will also erase the effects of an unsettled slumber.

Brow-How

An oft-forgotten beauty feature, perfect brows not only give your eyes the appearance of looking well rested, they will also cleverly frame your face so you can get away with less make-up. If a trip to the salon is out of the question, try these tips to get beautiful brows at home.

PERFECTLY PLUCKED

Only tweeze below the arch, never above, and take your time. 'If you make a mistake and pluck out a hair in the wrong place, stop,' says brow expert Shavata Singh. 'Don't carry on plucking to try and correct it. Fill in any gaps using a brow pencil and wait for the hair to grow back – the normal cycle of growth is eight to 13 weeks.'

ADD SOME COLOUR

To fill in sparse areas and strengthen the shape, brush the hairs upwards with a brow brush. Then take a well-sharpened eyebrow pencil a couple of shades darker than your natural colour and use feathery strokes to fill in and define. Go easy and build up slowly.

LIFT AND SHINE

For a facelift in seconds, use a highlighting pencil to define the natural arch of your brow – smudge along your brow bone just underneath the hairs. Try Anastasia Beverly Hills Brow Duality (£16, cultbeauty.co.uk).

QUICK SOLUTION

Only seconds to spare before you hit the nursery run? Ditch pencils and powders and try a coloured brow gel instead – try Mac Brow Set (£12.50, maccosmetics.co.uk). The tinted pigments will instantly define and the gel base will set stray hairs in seconds.

MUM ON THE RUN NO-SLEEP FIXES

Wake-Up Make-Up

THE TRIPLE ESPRESSO FOR EYES

If you've spent more time doing 'shhh and pat' than snoozing, your eyes will give the game away, so try this trick. 'Dab a gold highlighter near your tear duct – it bounces light off the darkest area of your face and adds brightness,' says celebrity make-up artist Caroline Barnes. Try (5) Max Factor Masterpiece Cream Shadow in Opal (£6.99, maxfactor.co.uk). Finish by sweeping a flesh-toned pencil along the inside of your lower lashline to diffuse redness and fake a wide-awake look. We like Nars Larger Than Life Long-Wear Eyeliner in Rue Bonaparte (£19, narscosmetics.co.uk).

INJECT A BURST OF COLOUR

'A bright pop of pink on your lips and cheeks is an instant easy brightener,' says Caroline. 'Use a creamy texture that melts into the apples of your cheeks, then dab the same shade on your lips.' Try (6) Becca Beach Tint in Bright Coral Pink (£20, beccacosmetics.com) or (7) Bobbi Brown Sheer Colour Cheek Tint in Sheer Pink (£18, bobbibrown.co.uk).

TREAT AND DISGUISE TIRED SKIN

Brush your way to a luminous glow in seconds with a skincare-loaded base, such as (1) By Terry Light Expert (£43, byterry.com). This foundation hides imperfections, while plumping out fine lines with hyaluronic acid. The clever applicator means you can perfect skin on the go or even holding your baby! ►

PHOTOGRAPHY SCOPE BEAUTY, MARCO VITTUR

