

# Beat the clock BEAUTY

*In a hurry? Us too.  
Use your precious time wisely with  
our guide to looking fab fast*

• BY KATE TURNER •

**A**re you guilty of checking Facebook while blending your blusher? Have you found yourself juggling your hairdryer while getting dressed? Are you that girl who always has wet hair on the way to work? We get it – life is busy and there are never enough hours for everything. *Cosmo* commissioned a survey to find out just how manic you are, and you said: *very*. A third of you spend 20 minutes

doing your makeup and a whopping 40% end up doing it *all* on the way to work. Interestingly, it seems attitudes to on-the-go grooming have mellowed: 78% of you aren't bothered at all by other women doing their makeup in public. It seems that light-speed beautifying has become a fact of modern life, so it's time to nail this life skill. In fact, you might just do your best work when you're under pressure... >



"Make it snappy, I've got a wax in five"





# 8 great speedy makeup hacks

**1 KEEP SKIN SIMPLE** A tinted moisturiser or CC cream applied with your fingers is easiest to blend in a rush. "I love Nars Tinted Moisturiser, £29," says makeup artist Alexis Day. "It gives me a radiant glow without overloading my skin."

**2 SPRAY-ON GREAT SKIN** Smashbox Primer Water, £20, is a super-fine mist that instantly preps skin for makeup and helps blur blemishes.

**3 WOW BROWS** Apply a brow tint/gel with a brush to groom and colour your brows in one hit. We love Benefit Gimme Brow, £17.50, and L'Oréal Paris Brow Artist Plumper, £5.99.

**4 THINK SHIMMER** A shimmery eyeshadow means you don't have to faff with blending, you simply pat it on with your finger. Try Bobbi Brown Long-Wear Gel Sparkle in Smokey Topaz, £20.

**5 AFTER-WORK UPGRADE** Apply concealer around your nose and chin to MOT your complexion, says Florrie White, Clinique UK colour artist. Then

**1** Zoeva Luxe Cream Lipstick in Cooling Passion, £7.50, **2** Illamasqua Glamore Lipstick in Virgin, £18.50, **3** NYX Matte Lipstick in Perfect Red, £6

groom your brows, curl your lashes and add...

**6 ... A QUICK INTENSE EYE.** "Apply a soft smudgy eyeliner into the waterline (the bit above your lower lashes, next to your eye), then into the lower lashes, blending to a soft line underneath," says Florrie. "Sharpen the pencil and sweep a line over the top lashes." Try Clinique Quickliner For Eyes in Dark Chocolate, £15.

**7 GO MULTI-PURPOSE** "I use Egyptian Magic Skin Cream, £29, all the time backstage," says Alexis. "It's great for adding a dewy glow, sheering out lipstick, grooming brows and flyways."

**8 IF IN DOUBT, GO BOLD** "Sometimes a shock of bright-red lipstick gives your day look real impact," says Florrie. Dab it over lipbalm for a softer effect.

## HOW TO MULTI-TASK IN THE MORNINGS

**A bit of clever planning can get you out the door in half the time:**

★ **STREAMLINE YOUR SHOWER** Use a great all-in-one product, like this (left). Or apply conditioner with shampoo and rinse them out together.

★ **HEAD FIRST** Blast-dry your hair until it's 80% dry,

twirl into a high bun and tie with a Popband (£8 for five, BeautyMart). If your hair's too short, backcomb the crown and pin back the front with grips.

★ **SPEEDY SKINCARE** Apply your skincare and then choose your outfit, allowing time for it to

absorb. Nix body lotion – just rub leftover cream on your hands and chest.

★ **MAKEUP TO GO** Now do the bulk of your makeup: base, brows and eyes. Lips are for the train.

★ **FINISHING TOUCH** Let your bun down, rake through with your fingers and mist with hairspray.



## MAKEUP ON THE MOVE

"I'm a pro at doing my makeup on the go as I'm always rushing between appointments," says Caroline Barnes, Cheryl Fernandez-Versini's makeup artist. Here are Caroline's fail-safe tips:

★ Don't look down into your mirror – always tilt your head towards your light source. Even better, invest in a compact with lights, such as No7 Compact Make-up Mirror, £19.99.

★ Forget about brushes and finger-paint with creams and crayons instead. Cosmo loves Nudestix, £24 – they're

creamy but not too soft. ★ Start with a concealer like Vichy Dermablend Corrective Stick, £15, and use it as you would an eraser, deleting the redness and blemishes.

★ Now add colour. I love Max Factor Miracle Touch Creamy Blush in Soft Copper, £6.99. Blend on your lips and cheeks. ★ Apply mascara when you're stationary and wiggle the wand at the roots to give you an eyeliner effect.



No7 Compact Make-up Mirror, £19.99

Nudestix Magnetic Eye Colour Pencil in Gilt, and Lip + Cheek Pencil in Whisper, £24 each

**3%**  
Of you do your makeup while walking to work. Watch out for lampposts, ladies...

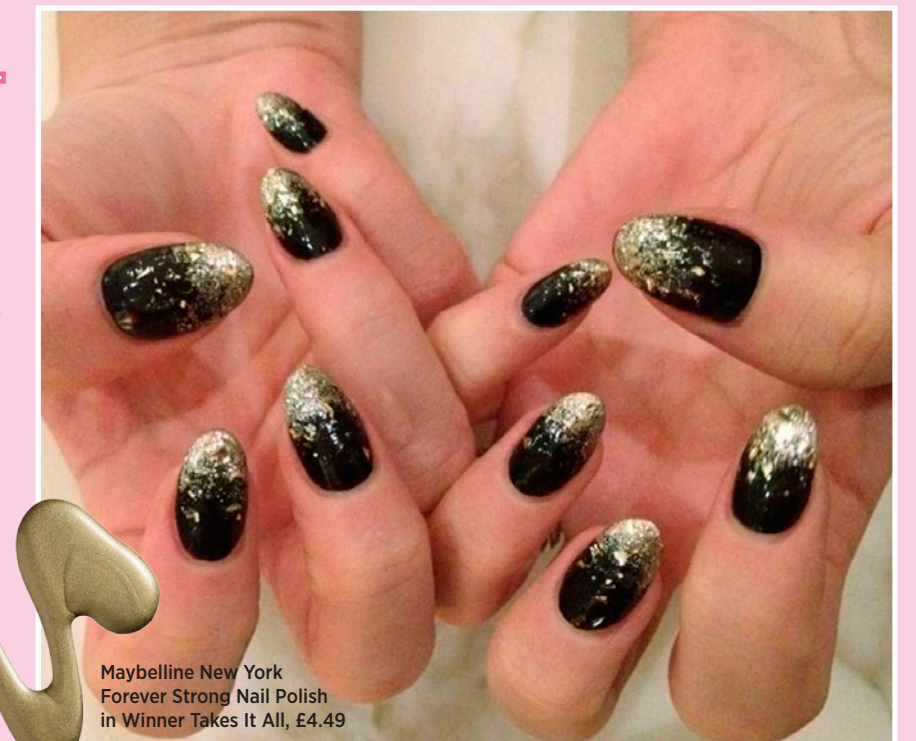
## No-fuss NAIL ART

Think you need patience for nail art? "I did this glitter ombre for Lily Allen – it takes just a few minutes," says Michelle Humphrey, Maybelline New York nail artist.

• Apply a base coat to clean, prepped nails.  
• Paint your nails

black as a base.  
• Quickly paint a thin French tip using a gold polish – it doesn't have to be precise.  
• Apply gold glitter polish to the bottom third of the nail and gently dab your brush or use your fingertip to create the fade.  
• Finish with a top coat. >

Essie Luxeffects in Rock At The Top, £7.99

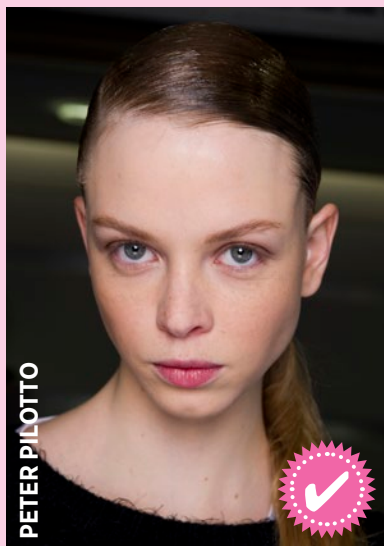


Maybelline New York Forever Strong Nail Polish in Winner Takes It All, £4.49





## HOW TO LEAVE THE HOUSE WITH WET HAIR



PETER PILOTTO

Add some hair oil and create a strong side parting and a slick ponytail.



MARNI

It may be fashion but, er, no.

## Psst!

### "I LOVE TO WEAR GLAM GLOW

**Super-Mud Clearing Treatment mask, £44.99,** while I'm making dinner. I can honestly say it's the only time no one bothers me."  
**Millie Kendall, co-founder of BeautyMart**



## THE *gold-standard* MINI FACIAL



"I give myself this mini facial every night," says celebrity facialist Anastasia Achilleos. "Remember, though, it's not just about what you are applying but how you apply it"

- 1 Fill the sink with warm water and add a few drops of lavender essential oil to get your senses tingling.
- 2 Use a soft exfoliator that doubles as a hydrator, such as **Oskia Micro Exfoliating Balm, £46**, and spend some time massaging it in.
- 3 Soak a facecloth in the lavender water and press it over your face,

inhaling the vapours.

- 4 Apply a thick face mask, such as **Eve Lom Rescue Mask, £35**, and massage it in using firm upward pressure with your whole palms. Remove with the water.
- 5 Apply night cream or face oil. Mix it in your palms and massage over your face, neck and chest, inhaling deeply. **Ila Face Oil For Glowing Radiance, £75**, is expensive but magic.



## THE NEW LIGHT-SPEED SKINCARE PRODUCTS

Skincare used to promise results in 28 days. Not anymore...



★ 3 WEEKS ★  
**Olay Regenerist Luminous Skin Tone Perfecting Serum, £29.99.** Brown spots are the toughest blemishes to treat, but this delivers fast-forward-fading in as little as three weeks.



★ 30 MINS ★  
**Ren Instant Firming Beauty Shot, £36.** Applying a few drops before moisturiser delivers dramatically smoother, tighter skin in minutes – and you can reapply through the day.

★ 2 WEEKS ★  
**Origins Plantscription Anti-Aging Eye Cream, £38.** This little hero improves all eye concerns, like etched-in fine lines and dark circles, in a fortnight.



★ 2 MINS ★  
**Sarah Chapman Skinesis Rapid Radiance Cleanse, £29.** Leave on while brushing your teeth – two minutes later you've had a detoxifying, brightening facial. Pow!



## 3 TIME-SAVING HAIR TRICKS

Half of you told us you want to reduce the time you spend styling. Here's how:

1 Catwalk stylist Guido instructs his models to go to bed with freshly-washed, damp hair. "The next morning, hair has natural movement you just can't recreate with tools."

2 "Pop into a salon for a 20-minute glossing. It gives rich, shiny tones and helps blend regrowth," says Siobhan Jones, art ambassador for Headmasters.

3 "Apply a hair mask in the bath – the steam helps the mask penetrate deeper," adds Siobhan. **Ojon Rare Blend Moisture Therapy Conditioner, £21.50**, only takes two minutes. ♦



New app Priv helps you order anything from manicures to massages, direct to your home or office within an hour. Smart!  
**Gopriv.com.**

**YOUR GROOMING-IN-PUBLIC NO-NOS?** FLOSSING TEETH, FILING NAILS, PLUCKING EYEBROWS AND SPRAYING DRY SHAMPOO. JUST STOP IT.

**42%** OF YOU SAY THAT MASCARA IS THE ONE MAKEUP ITEM YOU WON'T LEAVE THE HOUSE WITHOUT WEARING

