

Instagram me!

Beauty Editor Kate shows you how to look like you've had the most flattering photo taken ever

Everyone looks better on Instagram – fact. So how amazing would it be to exude that sexy soft-focus vibe every single day? I asked Smashbox national makeup artist Janine Bird, who specialises in doing makeup for HD TV, for a makeover...



I normally wear foundation, pencil eyeliner, mascara and a bright lipstick. It's bold but my skin looks flat. I'd love a softer, longer-lasting look.

1 Blur imperfections

Primer smooths out pores, bumps and wrinkles. "It's like retouching in a bottle. Applied after moisturiser, it makes foundation look amazing," says Janine.

2 Flatter your skin

A filter trick: "Dip a domed (not flat) kabuki brush in a little long-wear foundation and swirl it around your nose, cheeks, forehead and chin for an airbrushed finish," says Janine.



Smashbox Studio Skin 15 Hour Wear Hydrating Foundation, £27.50



3 Chisel your cheekbones

Instagram enhances shadows, creating the illusion of cheekbones. Contouring does the same job! Sweep a matt bronzer into the hollow of your cheeks. Add a pinky blusher to the apples of your cheeks and dab highlighter on your temples.

Daniel Sandler Sculpt & Slim, £24.50

Revlon Photoready Skinlights in Pink Light, £11.99

4 Smoke up your eyes

Instagram works on contrast and will intensify your eyes. "Using a shadow pencil, draw a wedge shape (thicker on the outside) as close to the lashes as possible, top and bottom, and blend inwards with your fingertip," Janine advises. "For added intensity, run it along the inner top lashline too."

Smashbox Waterproof Shadow Liner in Luminous Fig, £17

5 3D your lips

"Blend a concealer on the outer thirds of your bottom lip and cupid's bow – this will force your lips forward," says Janine. "Now apply a pink gloss, taking it slightly over the edge of the top lip for a full finish."

Clarins Instant Light Natural Lip Perfector, £17