

10 beauty tips you never knew!

We asked the experts to share their favourite hacks



1 Multitask with your tools

'Use a toothbrush or a clean mascara wand with a little bit of hairspray on it to tame unruly brows. And use a small eyeliner brush to paint mascara on to bottom lashes for perfect and precise mascara application with no mess.'

Adam Burrell, Barry M brand ambassador

4 The three-point system

'My basic advice is to use an antioxidant serum in the mornings, sun protection every day (because it's easier to protect the skin than to treat sun damage years later) and a product containing vitamin A at night after the age of 30.'

Dr Rabia Malik, cosmetic doctor and general practitioner (drrabiamalik.com)

6 Put eyeshadow in your hair

'Use a Real Techniques Setting Brush and a matt eyeshadow in your hair to touch up your roots when you haven't got time to get to the salon.'

Sam and Nic Chapman, Real Techniques creators and ambassadors

2 Gloss over your lashes

'For a really natural eyelash finish, rub a touch of Vaseline over them. This will make them look dewy and healthy.'

Lisa Potter-Dixon, head make-up artist at Benefit Cosmetics

5 Give damaged hair the brush-off

'It's well known that intensive heat styling can weaken and damage hair strands. But a lesser-known offender is brushing. Firstly, look at the type of brush you use. Boar bristles can be very harsh as they commonly remove sections of the hair's protective outer cuticle.'

Instead, use a brush with flexible and rounded plastic prongs. Secondly, assess how you brush. A hundred strokes a day will simply cause wear and tear. And to remove tangles, always start at your ends and gently work upwards.'

Anabel Kingsley, trichology expert at Philip Kingsley

7 Fish beats break-outs

'To help treat adult acne, eat fish three times a week. Go for deep-sea oily fish, such as salmon, sardines, anchovy and herring. They provide omega-3 essential fatty acids, which have a positive effect on hormonal balance in the body. Fish oils also have an anti-inflammatory and moisturising effect on our skin. In addition, fish is an easily digested and assimilated protein that provides the "building blocks" for all cells in the body, including the skin.'

Cassandra Barnes, nutritionist

8 Instant brightener

'When you don't have time to do a full face of make-up, grab a bright colour for your lips. Coral, orangey reds and soft pinks work well.'

Vanesa Guallar, Seventeen make-up artist

9 A close shave

'Exfoliate before shaving your legs to ensure no hairs are trapped underneath dead skin, so you can get the closest possible shave. Ensure the water temperature is right – with slightly hotter water, the hair will be softer and easier to cut. Finish with a touch of moisturiser with an illuminator, using more on the centre of the shin bone and thigh to elongate the legs.'

Nathalie Eleni, Venus beauty ambassador

10 Parting ways

'To add volume to hair, in almost all cases, blow-dry it with the parting on the right-hand side. For less volume, place the parting on the left.'

Jake Unger, senior educator and member of the creative team at HOB Academy