



LOOK FRESH, EVEN WITH A FEVER

Cold season is hard on the complexion, but these quick fixes will help you look bright even when you feel blah

Doctors agree that if you have a cold or flu, the best thing for you is rest and plenty of fluids, but sometimes we have commitments we just can't get out of. If you're forced to soldier on, follow these tips to look and feel better.

PEP YOURSELF UP

Invigorating scents such as lemon, menthol and eucalyptus not only help you feel refreshed, they can also clear your nasal passages. Hit the shower with a eucalypt-spiked body wash such as (13) Natio Spa Pep-Up Body Cleanser (\$11.95, natio.com.au) or take a long soak in a bath with Epsom salts and a few drops of eucalyptus oil. For body aches, try (1) Elemis Aching Muscle Super Soak (\$75, (07) 5564 6767).

HYDRATE DRY SKIN

Cold and flu medications can dehydrate your skin, so up your moisturiser quotient. That's the advice of make-up artist Becca Gilmartin, who's turned many a sneezing model into a glowing goddess on photoshoots.

She recommends using a heavier night-time moisturiser in the morning and keeping a balm in your bag to top up during the day. (4) Kosmea Rescue Balm (\$29.95, 1300 130 320) contains relaxing lavender oil, plus shea butter and rosehip to combat dryness.

"For dry eyelids, use almond oil at bedtime," she adds. For the face, apply (17) Clinique Moisture Surge Overnight Mask (\$47, clinique.com.au) before bed. For the body, try (7) Rosken Dry Skin Cream (\$11.50, from Priceline).

FAKE A HEALTHY GLOW

Looking pale is often one of the first visible signs that you're not well, but a clever use of make-up can make a big difference. "Cream or liquid foundations give a dewy finish and can disguise dehydrated skin," Gilmartin says. Don't own a cream blush? "Blend a soft pink or apricot lipstick on the cheek."

If you don't like foundation, try a powder, but only if skin isn't flaky. "(15) Napoleon Perdis Camera Finish (\$69, napoleonperdis.com) is a foundation powder with a built-in mint colour," she says. "Tap over red areas and it will knock back the redness with a natural finish."

BRIGHTEN YOUR EYES

Dark circles, red rims and puffy, watery eyes – your peepers really cop it during a cold.

To depuff eyes, make a cuppa with two herbal tea bags, such as (16) Pukka Elderberry & Echinacea with Elderflower (\$7.95 for 20, pukka.com.au), put the bags in the freezer for 10 minutes, then place them on your eyes for five minutes.

Counteracting dark circles is all about colour correction. "Mix a tiny amount of an orange lipstick into your under-eye concealer to neutralise the blue," Gilmartin says. If your eyes are watering, stick to a waterproof or tube mascara, such as the smudge-proof (8) Blinc Amplified Mascara (\$35.95, blinccosmetics.com.au).

HIDE A RED NOSE

Tissue dependence can lead to a flaky, red nose. To prevent this, apply a pure lanolin balm such as (5) Lanolips 101 Ointment (\$17.99,

from Priceline) every few hours. "Once the cold and flu tablets kick in, mix a small amount of mint concealer into a pea-size drop of foundation and apply where it's red. This will help cancel out redness," Gilmartin says. Try (12) Ofra Magic Roulette Concealer (\$35, ofracosmetics.com.au).

LIVEN UP YOUR LIPS

When you're pale, lips lose their colour, too. Put it back with a rosy-hued balm or moisturising lipstick, but avoid lip gloss and matte lipstick. "Matte will highlight dry lips and wearing gloss with a runny nose never ends well," Gilmartin says. Better still, use a hydrator that will clear your nose such as (3) Smith's Rosebud Menthol and Eucalyptus Balm, (\$13.95, saison.com.au).

HEALTHY HANDS

While Aqium and Dettol hand sanitisers and hand washes are great for killing germs they can be a tad, well, clinical. Thankfully, beauty brands are bringing out more elegant, beautifully scented versions to display in your handbag and at home. Here are our picks:

FOR YOUR HANDBAG

(6) Aesop Resurrection Rinse-Free Hand Wash (\$10, aesop.net.au) is gentle, scented with mandarin, cedar and rosemary and doesn't require water. (2) Soap & Glory Hand Maid (\$7.95, kitcosmetics.com.au)

is a hydrating no-water solution scented with grapefruit and florals that's great on the go. (10) Kit Cosmetics Instant Hand Cleanser (\$9.95, kitcosmetics.com.au) is super-fresh thanks to its Aussie botanicals of dessert lime and native mint.

(11) L'Occitane Lavender Hand Purifying Gel (\$14, au.loccitane.com) is a travel-friendly French lavender-scented cleanser.

FOR THE HOME

(9) Natio Natural Antibacterial Hand Wash (\$9.95, from David

Jones) contains tea tree and eucalyptus to help clear your nose and freshen your home. (14) Molton Brown Rok Radish & Basil Anti-Bacterial Hand Wash (\$39, moltonbrown.com.au) cleanses with Vietnamese basil and eucalyptus.