

SHOP!
GET THEM NOW

Beauty For Busy Mamas

The heroes, tips and tricks we're loving this month to perk up non-stop mums

QUICK CLEANSER

Dissolves make-up fast to leave skin fresh and plump.

Ole Henriksen Pure Truth Melting Cleanser, £28, selfridges.com

JUST PEACHY

Smudge quickly across lashes to lift tired eyes.

Terry Aqua Eyeshadow in Peach Tornado, £23, spacek.com

ADDED SHINE

Smooth out knots and frizz with this shine-enhancing oil for wet or dry hair.

Josh Wood Radiant Shine Treatment Oil, £15, marksandspencer.com

GREEN POWER

Fight tiredness with these immune- and digestion-boosting supplements.

Chris James Mind Body Gorgeous Greens, £29.95, chrisjamescleanse.com

BRIGHT EYES

Add shimmer with these finely-milled eyeshadows – four shades are available.

Chanel Les Ombres Eyeshadow in Tissé Vendôme, £40, debenhams.com

HAND SAVIOUR

Rescue cracked skin with this calendula and almond oil-loaded hand cream.

Weleda Citrus Hand and Nail Cream, £9.95, weleda.co.uk

PERFECT POLISH

This post-summer body scrub doesn't leave your bath slippery.

Aromachologie Revitalizing Scrub, £22, loccitane.co.uk

SUMMERY SCENT

Swap the scent of nappies for summer days with this uplifting fruity floral.

Terry de Gunzburg Fruit Défendu eau de parfum, £105, selfridges.com