

Get the look Sali Hughes on blushers

Why do so many women skip blusher? It troubles me. Every week, I watch commuters apply their make-up on the train, and it takes all my effort not to lean over with a blusher brush and rectify this most crucial omission (I'd also switch off their mobile keytones while I was there).

Nothing has a more instantly transformative effect than blush - it knocks off years, hides hangovers, and makes you look "done" when you've barely had time to shed your pyjamas. The perfect application is to layer neutral colour (try a light bronzer) underneath, with a livelier shade on top to make cheeks "pop". While I'm not normally matchy-matchy, I do feel that staying in the same spectrum as your lipstick is most flattering (a clash makes you look like Nick Rhodes circa Rio). Creme blush (applied with fingertips) is soft and pretty, but powder's more polished. Sweep on the base colour with a powder brush, blending outwards, then take a good-quality blusher brush with domed bristles (try the Body Shop or Mac) and grin insincerely so cheeks fatten in the middle. This, the "apple", is where you stroke on your brighter colour. Instantly prettifying and utterly essential. Here are my top six...



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Nars Powder blushers in *Deep Throat and Orgasm*, £20.50, from *Selfridges*, 0800 123400
My two go-to shades - perfect peach and golden pink in an unbeatable formula.

Bourjois Blush in *Rose Ambre*, £7.49, available nationwide
This high street brand's blushers are peerless in their category. The formula is fine, the colours spot-on and the price fantastic.

Chanel Joues *Contraste* in *65 Espiègle*, £30.24, 020-7493 3836
A subtle pink that looks great with red lips and comes in the perfect compact for a public touch-up.



Chantecaille *Poudre Pearl*, £46, from *spacenk.co.uk*
I normally hate brushes that come with blushers, but this is fab. Click to release flattering golden pink powder.

Gosh at Superdrug *Natural Blush*, £6.49, *superdrug.com*
I was very impressed with these. The colours are soft, pretty and sparkle-free. Truly bargainous.



Bobbi Brown *Pot Rouge* for Lips and Cheeks, £17, *bobbibrown.co.uk*
This is my favourite creme blush. Natural, foolproof and a sure way to match lips and cheeks.