

Get the look

Sali Hughes on facial mists

I was recently in New York in a heatwave. My make-up was constantly on the move, exposing a florid, puffy face beneath. I felt sticky and smelled like fried onion fumes and melting vinyl taxi seats.

During this beauty crisis, I didn't reach for my make-up bag and scent, I went straight for Clinique Moisture Surge Face Spray. I did the same on the flight over, when my skin was grey and parched from dry cabin air. I always mist liberally when hungover, and even relied on it to help me through two labours.

I know facial spritzers may seem an unnecessary extravagance, but I love that they make no grandiose claims of usefulness. Uplifting, hydrating, cooling and fragrant, they're simply a cheering thing when you feel and look like crap. I always have one in the fridge for around 4pm when kids' bedtime seems decades away, or for the post-lunch slump when I just want to lie under my desk and snooze.

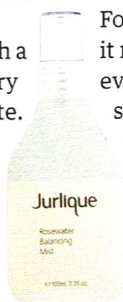
Yes, you *could* fill a travel spray bottle with tap water, but the whole point of facial mist is self-indulgence, so I say treat yourself to a lovely one. Hold eight inches from your face (either naked or made-up) and close eyes. Spritz three or four times over face and neck. Inhale. Experience momentary bliss. I especially love these six.



RUI PARRA FOR THE GUARDIAN; REX

Liz Earle Instant Boost Skin Tonic from £4.85 for 50ml, uk.lizearle.com
Smells like heaven and is soothing on sensitive skins. Also in an airport security-friendly 30ml bottle.

Jurlique Rose-water Balancing Mist, £14.50, bathandunwind.com
Jurlique are the facial spray experts, with a mist for every skin and taste. This is my favourite.



Clinique Moisture Surge Face Spray, £18.50, boots.com
I am never without a bottle.

For a moment, it makes everything seem better. Excellent chilled.

Kerstin Florian Rehydrating Neroli Water, £28.60, kerstin-florian.co.uk
If this lush, orangey mist doesn't revive you, there is no hope. Smells better than most perfume.



Philosophy Hope Springs Eternal £17, johnlewis.com
I love how fine this spray is - it leaves make-up immaculate and refreshes hair without any frizz.

Simple Moisture Boost Hydro Mist £3.99, superdrug.com
An affordable mist for sensitive skins from one of my favourite chemist brands. No fragrance, just pampering moisture.