

Get the look

Sali Hughes on travel essentials

When I decided to write about travel beauty, it was a case of physician, heal thyself.

I'm the pits at packing. I always plan to do that whole decanting-all-my-products-into-dinky-plastic-bottles-and-lovingly-labelling-them thing, like you imagine Gwyneth Paltrow does. But soon, I'm lobbing family-sized bubble bath and six bottles of nail polish into the case, and hoisting a small regional branch of Boots on to airport check-in scales. On a US trip last month, I was determined to break the cycle and pare down my washbag. It was a game-changer.

The first thing you need is sunblock. Go full size - it's important you have enough. Then cleanser - a creamy one that replaces eye make-up remover, too; and a mega moisturising serum so you can head straight to sunblock and skip the day cream. Keep your make-up simple - creamy concealer, cheek colour and mascara (or lash extensions before you go). Add two more items for an evening look (in my case, red lipstick and liquid eyeliner).

Here are some of the products I found delivered lots for their relative space occupancy. Of course, I *did* fly home with half of Sephora in a hastily bought suitcase. But the intention was there.



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Lisa Hoffman 24-hour Night & Day Skin Kits £14, harveynichols.com
Everything in these nifty ampoules - from eye cream to lip-balm - is great, and numbered in order of use.

Liz Earle Cleanse & Polish £5.10, uk.lizearle.com
I can't live without it. The 30ml size dispenses with the need for eye-make-up remover, and lasts up to nine days.



Becca Lip & Cheek Crème in Romantic Ballet Pink £24, beccacosmetics.com
This rosy blush works on cheeks and lips for day, goes perfectly with red lip in the evening.

Estée Lauder Pure Color Liquid Eye-liners £19, estee-lauder.co.uk
These are one of my launches of the year. The colours are incredible and the liner stays put. Marvellous.

Kiehl's Ultra Facial Micro Serum £29, kiehls.co.uk
This very hydrating (but non-oily) serum is fabulous. Dinky and great for slathering on during a long flight.

Bobbi Brown Face Touch Up Stick £18, bobbibrown.co.uk
A lipstick-sized concealer and foundation in one. Goes on like a dream and covers well.

