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Generation beauty

It's fascinating to look back at how beauty trends have changed significantly through the decades.

These days we're spoiled for choice, but spare a thought for our grandmothers who didn't have it so easy. They had a limited choice and relied upon cold creams, beauty bars and other simple but basic products. But 50s and 60s woman were resourceful and it wasn't uncommon to find them raiding the larder and using everyday items in their quest for beauty.

They could be found slicing cucumbers to freshen up tired eyes, cracking eggs into their hair for a deep conditioning treatment, using porridge oats as an exfoliator and even adding beer to their shampoo for an all over-shine. Perhaps, not a route we'd like to go down these days but don't underestimate the hydrating qualities of a couple of slices of cucumber after a night on the town!

For our mothers it was all about making a statement. Think big, bright, bold and beautiful. In the 70s and 80s, young women relied heavily on the door-to-door mail order magazine reps, along with the beauty parties and not forgetting the Saturday morning trip to Boots.

There was a lot more experimentation, especially with make-up and hair. Everyone was reaching for the sun-in and the air was filled with a haze of hairspray. Chanel No 7, Charlie or Tweed were the must-have fragrances and a range of beauty products were making more of an appearance in shops, with facemasks of all varieties the weekly must-do part of their beauty regime. Do-it-yourself beauty products were becoming a thing of the past.

Luckily for the current generation (the daughters), we've got it easy. Gone is the need for

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the messy do-it-yourself products, and fragrances have been become lighter so we're able to ditch the overpowering scents of the 80s. But things haven't changed completely, we've kept hold of the statement make-up and trips to Boots!

We may be lucky with the progression of the beauty industry, however, today's market has possibly become a bit too overwhelming - there's creams for daytime, night-time, intense hydration hair masks, eye gels, eye creams - the list goes on!

But fear not, we've simplified this with our top [must-have beauty products](#).

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