

1 **Everyday glam**
My mum encouraged me to wear make-up and dress nicely. I'll never schlep around in sweat pants. Just a slick of lipstick makes me feel more like me. Dolce & Gabbana Passion Duo in Infatuation, £24, is my staple, even if I'm off to the grocery store. You never know who you'll bump into!

2 **It's a game of two halves**
I learned how to do eye make-up from the amazing Pat McGrath on our first shoot together. She showed me how to make up one eye completely before starting the other – mascara, liner, the lot. That way I can match them exactly.

3 **Dress to your hair colour**
I'm naturally a dirty blonde so I feel most myself when my hair's a beachy colour and I'm wearing a black dress, old Hollywood style. My hair's red now, but I don't know how to dress with it, so I'm wearing a lot of green. People like red-heads – they're fun and flirty – but I always go back to blonde.

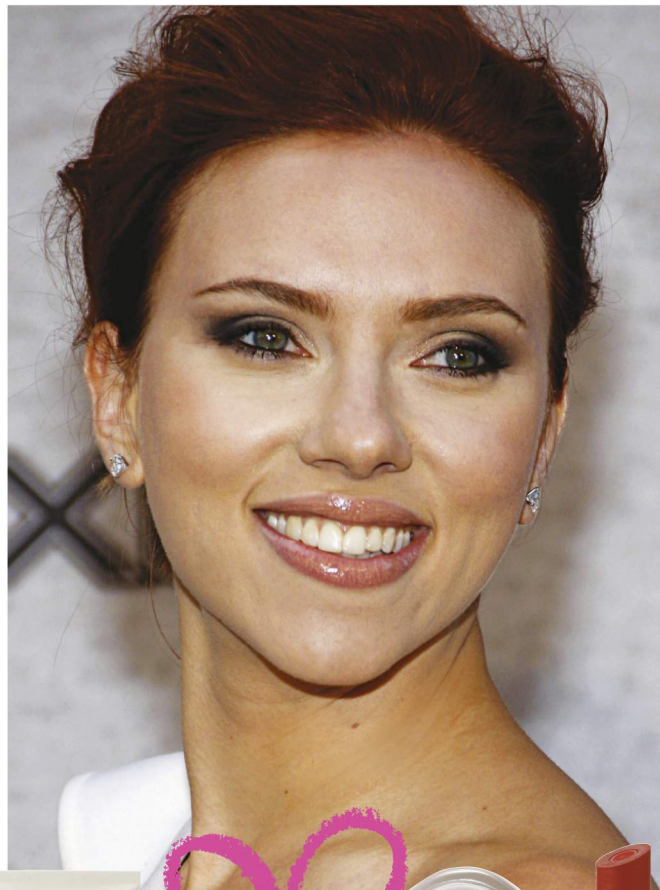
4 **Know your beauty strength**
My eyes aren't my best feature, but I know how to play them up. I create the illusion of deeper creases in the sockets by shading and contouring shadow – it's like painting by numbers. I do this on top of Dolce & Gabbana Creamy Foundation, £32, so it stays put.

5 **Call in the pros**
I wear a lot of make-up so my skin gets congested, but I have dermatologist Dr Harold Lancer on speed dial in case of breakouts. I love to get my skin really clean so I can't live without Jurlique Purifying Mask, £31.

MY BEAUTY RULES

Scarlett Johansson

How the screen siren stays glam 24/7 and the make-up tips she's picked up from the pros



6 **Mix up your metabolism**
My body has changed over the years so I keep my metabolism up by doing a variety of exercise, such as yoga, weight-resistance training, hiking and martial arts. Then I can enjoy the odd cupcake.

7 **Swap your skincare**
I believe that if you let your skin get used to a product it stops being as effective. I mix dermatological with natural products to give skin a break. Isun is an amazing range of all-natural, vegan products. It's UV-protective, so great when I'm travelling.

8 **Give your skin some lemon aid**
If my skin is dull or I have red spots before a big event, I sweep raw lemon over it, to make it brighter. It stings a bit, but it's not at all harming – it's my favourite thing. I also add lemon to drinking water. Try it and you'll be amazed at the instant glow it gives you.

9 **Get fighting fit**
I've been working since I was eight and have had to change my body as the roles demand. I feel most confident when I'm physically fit. If you build both an inner and outer strength, you can do anything.

10 **Raw power**
I'm a big foodie and I tend to eat a lot of wholefoods and raw foods. I believe it's all in the preparation so you have a relationship with what you eat. Spend time preparing it and you'll love it.

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Interview by Jessica Hough. Photograph by Pacific Coast News. Still lifes by Full Stop Photography