

Maybelline New York Great Lash mascara in Very Black, £4.99



Rahua Shampoo, £28.75, cultbeauty.co.uk



Neal's Yard Remedies Lavender Organic essential oil, £9.50; Rose Absolute essential oil, £18

Imedeen Time Perfection, £41.50 for 60 tablets



**I read every night before bed while I let my face oil soak in.** Right now I'm reading *The Goldfinch* by Donna Tartt – it's just brilliant – and I absolutely love face oils: I have dry skin so they get sucked up quickly. Sundāri Nighttime Nourishing Oil is one I've used it for years and it still feels like pure luxury to apply each night.

**I don't carry a make-up bag because I never reapply throughout the day.** If my skin's in good shape then I don't want to cover it. I don't use powders unless they are super-sheer. Instead, I dot Maybelline New York's Eraser Eye concealer under my eyes and on my chin to balance out the colour. I actually think it looks good when make-up looks worn in; a little shine is OK.

**I believe you are what you eat.** I've always eaten well and have a balanced diet. I went through stages of taking omega-3 capsules, but I now get [my essential fatty acids] through food – cod is my absolute favourite.

**Taking supplements brought my skin back to life.** Like most women, my skin had become dull and thinner with age,



MY BEAUTY RULES

Christy Turlington

The 90s super talks eating, ageing and why life is best lived upside down

but it has completely turned around now. I started taking Imedeen Time Perfection last June, and by September I could already see a big difference. My fine lines and wrinkles seemed less of a worry, and my skin feels more supple. My hair's also become thicker from taking them, but apparently that's common and down to the proteins in the marine complex. **I coloured my hair once in the 90s, but I don't colour it now.** I'd like to think I'll let my hair be what it is, but the transition [to grey] is hard, so I guess I'll just have to see. I've learned how to blow-dry my hair from the pros, but I do live across the street from a small salon, so if I need to have it done I just run over there. I use Rahua Shampoo because it's organic and follow with its Finishing Treatment [£38, Cultbeauty.co.uk], which sorts out my ends. **If it smells good, I'll try it.** I like products you can apply all over – ones you can put

Maybelline New York The Eraser Eye concealer in Light, £7.99



Rodin Olio Lusso Luxury Body Oil, £68, Beautyworkswest.com



Sundāri Nighttime Nourishing Oil, £115, Feelunique.com

on your face, body and hair both morning and evening. There's a really nice oil I use like that called Rodin Olio Lusso Luxury Body Oil. It smells amazing! **I can be ready faster than my husband.** Lipstick is the easiest way to dress up without doing a lot, but it's hard to maintain, so I always opt for nudes if I'm going out for a long time. Two coats of mascara – I like Maybelline New York's Great Lash – make my green eyes pop. **If you can't find a fragrance that will last, switch to essential oils** – they stick around longer. Lavender and rose are calming, single-note oils that feel like me. **If you do one thing a day, make it a headstand.** It's the king of all postures and has so many benefits. It helps me sleep better and focus. I can't imagine my life without yoga. It's more than just a physical practice – it's about being in the present and learning to accept what you have to reach your full potential. **My weight fluctuates and I haven't always been skinny.** I became curvier in my twenties, but I never felt self-conscious about it; going through different periods is all part of being a woman.