



My Beauty Rules Jessica Chastain

The Help star discovers blondes do have more fun and that scent helps her get into character

Fragrance doesn't have to shout.

I like subtlety in perfume, something that warms on your skin and evolves throughout the day. Every time you're near it, you discover a new thread, like a great film or piece of music. I want something mysterious, which is why I wear YSL Manifesto EDP.

Perfume creates a persona.

I choose a perfume for each character that I play. For *The Tree Of Life*, I read the script and my character was so clean and earthy that I chose to wear orange blossom every day on set. Then later, when I applied it, it would evoke all those memories of being that character.

Jasmine is my favourite scent in the world. I spent some time in Thailand and it's a country filled with jasmine. Every morning, they would bring me fresh jasmine tea. Now I always have

some in my purse to remind me of that time. Right now it's Jing Jasmine Silver Needle White Tea Bags.

Every redhead is unique. When I was young, my hair was bright orange and I got teased, but now it's lighter from the sun. I don't dye it, but I do look after it with Moroccanoil Restorative Hair Mask. What's great about being a redhead is it's difficult to duplicate - each strand is a different colour.

Blondes live a different life. It was great fun being blonde to play Celia in *The Help*. Men treated me differently. I'd walk out of the trailer and it was the first time I've felt they'd drop their food!

You have to work to find the perfect lipstick. It's all about skin tone. Being a redhead, I have more options. YSL Rouge Pur Couture Mat Lipstick in No 203 Rouge Rock is the one for me. It has a great blue tone to the red and it makes me feel like Rita Hayworth.

Take it from the pros.

YSL's top make-up artist Lloyd Simmonds taught me to put a bit of lip balm on before you start applying your make-up so your lipstick takes better. My absolute favourite is Kiehl's Lip Balm #1.

Dress loud and proud. My style guru is my grandmother. She came with me to the Oscars this year. I was such a shy girl and hated to stand out, but she'd buy me the brightest shirts and dresses. She taught me to wear colour.

Women improve with age. I worked with Helen Mirren. She was beautiful when she was young and I believe she has got more beautiful as she has aged. When someone is comfortable in their skin, there's great beauty in that.

Sometimes you need to get naked. Korean spas get you so comfortable with your body because you're naked in front of everyone. I'm a huge fan of scrubs and use them at home, too.

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