

BEAUTY QUEEN

Want radiant-looking skin? Make-up guru Bobbi Brown reveals her secrets to achieving true beauty



Brown's new book

She's the make-up artist who's transformed the looks of millions of women with her beauty tricks for a 'natural glow'. But now, in her new book *Beauty from the Inside Out* (Chronicle Books, £16.99), American cosmetics queen Bobbi Brown shares her secrets for creating true beauty – starting from within. From her best beauty foods to the top workouts for boosting your skin, her manual brings to life the health and wellness secrets that are the basis of Brown's beauty philosophy. 'I'm a firm believer that beauty starts from the inside out,' says the very youthful looking 60-year-old Brown. 'If you take care of yourself, it shows.' We caught up with Brown to learn more.

HOW WOULD YOU SUM UP YOUR BEAUTY PHILOSOPHY?

'My beauty philosophy started when I was in middle school, when I thought that I was not as pretty as my friends. Now I look back at pictures, I've realised I was actually prettier than my friends, but I didn't see it at the time. As someone who grew up in the fashion industry working with girls with one name – Cindy, Linda, Christie – it took time to realise, "Okay, don't go there", because it wasn't realistic. I realise now that it's not all about how you look in life, it's about how you feel you look. My husband thinks I'm beautiful, and you know what, I think I am too, for me. If you're always worried about the way you look, you're missing out on life. We all want to look good and feel good, but life is so much more than what you look like.'

WHAT'S THE SECRET TO LOVING THE SKIN YOU'RE IN?

'The secret is to do a couple of things: treat yourself well – don't beat yourself up; and always try to be better. For instance, right now, I really want to be stronger. I want my muscles not to dwindle away, so I'm working with a strength and conditioning coach so I can train to become really strong and limber. Whatever it is that you want to work on, you don't have to beat yourself up over it, but you can say, "I'm going to do this better this time".'

There's no such thing as a moisturiser that gets rid of wrinkles

WHICH THINGS MAKE A REAL DIFFERENCE TO OUR SKIN?

'Well certainly, not smoking. I still can't believe people smoke. I know many people who've quit smoking and their skin has vastly improved. I know people who've stopped their terrible Diet Coke habit and drink more water, and their skin has improved. And I've seen people take in more vegetables though juices and powders, and their skin has improved. It's about what you put in your body, even more than what skincare products you're using on your face. I've always said there's no such thing as a moisturiser that gets rid of wrinkles. But there are creams that make your lines look better, and I like that. I don't

MY DIET

'My philosophy is to eat the best-quality food I can find, and to know which foods make me feel good and which don't.

Many people feel proud of themselves for not eating dairy. Well, I don't panic over eating a piece of cheese. Sometimes you need a little bit of something from the 'not perfect' list. If I'm craving something sweet, I have half a grapefruit with cinnamon on it or a handful of blueberries.

This isn't something I learnt overnight – I've had to train myself not to eat the foods that make me feel bad. I'm inquisitive about all the health trends out there, and I try them all. Apple cider vinegar actually works for me – I put a shot of it in water before I eat.'

like the way Botox makes people look. I'm very anti fillers too. I'm saddened when I turn the TV on and see actresses who have no lines on their face around their mouths. It looks weird. And if that's how it looks now, how is it going to look in five years when it starts to sag, and you get more [filler] to reduce the sag? It's a slippery slope. At some point, you have to say, "this is my face, and I'm going to spend more time on my body than my face. I'm going to exercise, moisturise and get laser hair removal".'

COULD YOU TELL US YOUR TOP THREE BEAUTY SUPERFOODS?

'First, you have to drink enough water – and, honestly, I still struggle with this, but it really makes a difference to your body, brain and beauty. Your skin looks more plump and fresh when you're hydrated. Water also flushes out toxins, which improves the appearance of your skin. My three key foods are vegetables, protein and healthy fats such as avocados, almonds, and salmon, which is a great food as it's a

combination of protein and fats. We've always been schooled not to eat fats, but you need them for great-looking skin. You also need really good vitamins and you get these from vegetables. I eat out a lot, so I order as many vegetables as I can – steamed, with a nice olive oil on the side.'

WHAT ARE YOUR BEST AGE-PROOFING SKINCARE TIPS?

'Hydrate on the inside. I know I keep saying it, but it really works. And on the outside, layer moisturisers. I like to use a moisturiser that really absorbs into the skin and is hydrating, then I use one that's richer and more balm-like that sits on the skin to protect it. I also use a lot of virgin coconut oil on my face and body. I slather it all over – it smells like the Carribean and feels good too. I use an oil to take off my make-up at night as it leaves a nice cushion.'

DO YOU HAVE ANY ANTI-AGEING MAKE-UP TIPS?

'Moisturising is number one. Filling in your brows is also essential as you lose definition as you get older – I brush up some coloured powder into my brow, putting on a little concealer and corrector. Another great thing is to use a cream blush that doesn't turn to powder – it looks smooth on your skin. And I wear glasses, which is the best anti-ageing trick because people don't see so many of the lines, and when I don't wear much eye make-up, they still give definition to my eyes.'

SHOULD WE EXPERIMENT MORE WITH OUR LOOK AS WE GET OLDER?

'Updating is the key. Experimenting sometimes means following trends, which doesn't always work. Updating means maybe going to a great colourist and getting some beautiful highlights under your hair and around your face, to give a bright lift to your face; rather than too many highlights, which can make you look older. There are no rules any more like, for instance, that a woman needs to have short hair as she gets older. As long as you're getting good haircuts and regular trims, longer hair can be very youthful.'

WHAT ARE YOUR TOP GYM-BEAUTY TIPS?

'I don't have the patience for blow dries all the time so, after a workout, I wash my hair, put some smoothing styling product in it, then put my hair in a very loose bun at the back of my head. Later, I can take out the bun and my hair looks great.' ■

MY WORKOUTS

'Exercise is incredibly important to me. On the days when I don't do it, I feel sluggish. I make sure I walk 12,000 steps a day. Walking is the greatest; it clears your brain. Instead of doing lunch with your friends, you can go for a walk together.

Sometimes I walk and add runs; other times I just walk up hills. I also go to strength and conditioning classes, using free weights, resistance bands and balls – I even push sledges! I also go to Soul Cycle (soul-cycle.com) at least once a week.'