



FIGHT THE FRIZZ
 “My hair goes a bit frizzy sometimes, so I’ll put Moroccanoil on the ends. It’s not too heavy so I can leave it on as a treatment.”

SKIN SAVIOUR
 “To combat dehydrated skin on the plane when I’m travelling, I’ll decant SK-II’s LXP Ultimate Revival Essence into a small spray bottle and spritz it on throughout the flight.”

LXP Ultimate Revival Essence, £241, SK-II (harrods.com)

Ultra Slick Lipstick in Pure Impulse, £24, Edward Bess (beautybay.com)

Moroccanoil Treatment, £31.85, Moroccanoil (moroccanoil.com)

One More Day Dry Shampoo, £13.50, Philip Kingsley (philipkingsley.co.uk)



STRONG FAVOURITE

“A hairdresser suggested I try Visiscal to strengthen my nails and hair. I’ve been taking it for six weeks now and I think it’s making a difference!”

ME TIME

“I love shutting the bathroom door and relaxing. The minute my children see me with one of my SK-II Treatment Masks on and I’m wearing my pyjamas, they know all bets are off.”

GOOD SCENTS

“I love how fragrances hold memories. If I were to make one, it would combine all my favourite smells: mown grass, firewood, the smell of my kids... I love scented candles, too – Diptyque makes some beautiful ones. I go for fresh, peppery smells over sweet scents.”

IN THE NUDE

“I don’t wear a lot of make-up, but I like a nude lip. Edward Bess makes some beautiful nude shades, and you’ll always find Chanel lipsticks in my make-up bag.”

Food supplement, £49.95 for 60 tablets, Visiscal (boots.com)



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