

KATE MOSS ON...

LUSCIOUS LASHES "I always curl my eyelashes – it's my best beauty tip as it makes such a difference. My daughter has just learned how to use an eyelash curler, too. She gets really embarrassed when I say, 'Have you curled your eyelashes?' She's like, 'No!'" *Try Eyelash Curler, £20, Shu Uemura (shuueamura.co.uk).*

THE NATURAL LOOK "When I have a day off, I go for a natural but lifted look – a bit of taupe eyeshadow, mascara and a reddish stain on my cheeks." *Try Scandaleyes Rockin' Curves Mascara, £6.99, Rimmel London (available nationwide).*

BURNED BROWS "My eyebrows have been through a lot: 15 years of being bleached, then dyed back, and sometimes they would be plucked until they were one line of hair thick. Once they even got burned off – they were covered with scabs."

RED LIPS "I used to be a smoky-eye girl – I never really wore lipstick as I didn't like the feeling of it; the formulas were sticky and I had a habit of chewing it off. Now the textures have improved so much – it glides on and you'd never know it's there. I'm really into it, especially a strong red lip." *Try Kate Moss Lasting Finish Lipstick in 01, £5.49, Rimmel London (available nationwide).*

ICONIC LOOKS "I like all the eras for their style, from the Twenties through to the Nineties, although I'd skip the Eighties. I particularly love that iconic Brigitte Bardot Sixties look."

LILA GRACE "It's strange looking back at shots of myself when I first started modelling as my daughter is 11 now, so in some of the early pictures of me I think, 'God, that looks exactly like her,' and even she says, 'That's so weird, Mummy.' She's got the same freckles that I had when I was 14 – that's strange, too. She's just started getting into make-up and has her own lipsticks, which she Instagrams for me; it's so cute."

LOOKS TO AVOID "I wouldn't match my lipstick with my nail polish. I saw a girl with blue lipstick, blue hair and blue clothes recently. I love individuality, but it's not a look I'll be wearing!"

CINDY CRAWFORD ON...

SKINCARE LESSONS "My mother never wore make-up and only used soap and water to clean her face, so when I moved to New York to start modelling, I had a lot to learn. Now I take a few minutes morning and night to apply my anti-ageing skincare."

SUN SAFETY "I did my fair share of baking in the sun as a teenager, but once I started modelling I began to be more careful. I'll wear moisturiser with SPF 20 every day, and if I'm on a beach holiday, I'll use a higher SPF and dust on mineral foundation to act as a physical barrier." *Try Original SPF 15 Foundation, £25, Bare Minerals (0800 652 3362).*

TREATING HERSELF "Massages are my biggest beauty indulgence; I try to get one every two weeks. I also get a microdermabrasion facial every five to six weeks. I've been having them for about 12 years."

SKIN SINS "Sometimes, if I eat too many nuts, I'll get a breakout around my jaw. I've also pretty much given up wine as it's not worth the puffy eyes the next morning – thank goodness my husband makes a great tequila!"

GLOW GETTING "I don't use skin-illuminating make-up products. Instead, I apply Meaningful Beauty Glowing Serum [£30.95, meaningfulbeauty.co.uk] under my moisturiser and foundation – it gives a gorgeous, very natural-looking glow."

EARLY NIGHTS "I was tired for five years when my kids were little. Then one day I realised I wasn't exhausted any more. I like getting up early, around 5.30am or 6am, so I do best if I get to sleep at 10pm."

BEAUTY UPKEEP "I think I'm pretty low-maintenance, but I'm not sure my husband would agree! I do keep on top of colouring my hair and manicures. I also take a lot more vitamins and supplements now than when I was younger." *Try Omnium Dietary Supplement, £102.75 for 180 tablets, Solgar (victoriahealth.com). >*

