

CHRISTY TURLINGTON  
BURNS ON...

**BEATING DRY SKIN** "My big concern with my skin is how dry it gets. I came across Imedeen a few months ago and have been taking two tablets a day since. I've definitely noticed a difference – my skin is more glowy and much more hydrated, and my nails and hair are growing faster, too." *Try Time Perfection Capsules, £41.50 for 60 capsules, Imedeen (imedeen.com).*

**ME TIME** "I don't spend a lot of time on myself. I'm a busy working mum, so I take the least time I can getting out of the door in the morning, which means minimal make-up. I also like looking like me – it helps separate my modelling life from my real life."

**UNWINDING** "Sitting and reading a few pages of a book before I fall asleep is about the most peace I get in the day. I also do yoga and really enjoy the period of time built into the end of the class for rest and relaxation – it forces you to take time out to unwind that you might not otherwise have."

**AFTER-DARK MAKE-UP** "I'm not very experimental with make-up in everyday life – I'll put on concealer, fill my brows, curl my lashes, apply mascara, and that's it. If I'm getting dressed up for a night out, I might put colour on my lips – I like a deep red or a berry stain."

**NATURAL BEAUTY** "I'll try almost any skincare product if it's natural, smells good and feels nice. Because my skin's always thirsty, I use a lot of essential oils – I love almond oil in particular. I also use Rodin's Olio Lusso Luxury Face Oil [£97, cultbeauty.co.uk] on my face, body and in my hair – it smells really nice, and because I can use it all over, it saves space in my bag when I travel!"

**EMBRACING GREY** "I don't have many grey hairs at the moment, but I actually like the look of grey hair so I'm not opposed to letting my hair be what it's going to be in the future. There was a time in the Nineties when I was blonde, but it didn't suit me. I've never coloured my hair since."



CLAUDIA  
SCHIFFER ON...

**MAKE-UP ESSENTIALS** "My top tip is to never apply too much make-up. I wear a little Estée Lauder concealer where it's needed, and a touch of Chanel's bronzer on cheeks, brow, chin and nose – the places where you naturally catch the sun – to give a healthy sunkissed glow. For thick long lashes, I use L'Oréal Paris mascara." *Try Volume Million Lashes Excess Noir, £10.99, L'Oréal Paris (0800 030 4032); Le Blush Crème de Chanel in Destiny, £27, Chanel (selfridges.com).*

**DIET** "I really look at what I'm eating and the effect it has on the body. I try to eat organically whenever possible and avoid dairy and gluten. To keep my hair in check, I eat foods rich in B vitamins."

**QUALITY OVER QUANTITY** "I'm definitely not high-maintenance – I just use a few good-quality products. At the moment, I'm loving Clarins and Sisley moisturisers, Clinique face scrubs and Erno Laszlo's Sea Mud Deep Cleansing Bar [£45, harrods.com] to cleanse."

**DIY TREATMENTS** "I always do facials and hair treatments at home as it means I can relax and do things in my own time. I use more face masks now than when I first started out as a model as I need my skin to be in its best possible condition for work – I love Sisley's masks, and I'll use Schwarzkopf's Essence Ultime Omega Repair Intensive Mask [£3.49, boots.com] once a week to keep my hair soft and shiny."

**RED-CARPET LOOKS** "For a red-carpet event it's about the whole look, so I think about the outfit I have chosen and what will work best for the hair and accessories. I often wear my hair close to my face in a Sixties style, but it can be a nightmare for flyaways, so I'll use a little oil to keep them under control."

**ICONIC LOCKS** "I've always been blonde and have never been tempted to change it. If my hair has to look different for photo shoots, I'll play around with wigs. I developed my own hair colour, Blonde Ultime in Light Cool Blonde, with Schwarzkopf [£4.99, boots.com] so I can keep my hair the perfect shade of blonde. I use it all the time." □



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