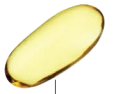




**LOAD UP ON VITAMINS**

"I'm big on vitamins – I have a green powder that I add to juice that helps detoxify. I also take evening primrose oil and vitamins B and C."

Evening Primrose Oil capsules, £12.89 for 30, Solgar ([victoriahealth.com](http://victoriahealth.com))



**4**

**PICK A SIGNATURE SCENT**

"I'm obsessed with smell so I think the fragrance you wear is really important. I used to wear Viktor & Rolf's Flowerbomb, and now I've created my own fragrance, StormFlower. It's fresh and floral, and I'm so excited about it!"

Flowerbomb EDP, above, £50 for 30ml, Viktor & Rolf ([debenhams.com](http://debenhams.com))



**6**

**REMEMBER YOUR MUM'S BEAUTY TIPS**

"If I'm tired before an important meeting, I do a quick trick my mum taught me to de-puff and wake up my eyes: put two slices of cucumber in a bowl of ice, leave them to cool for a couple of minutes, then put them over your eyes for ten minutes. It feels so refreshing and helps reduce puffiness."



**HIDE YOUR HANGOVER HELL**

"Don't wear loads of make-up when you're hungover – if your skin is dehydrated, it'll only make you look more tired. Instead, use CC cream or tinted moisturiser to give skin a little dewiness."

Nude Magique CC Cream in Apricot, £9.99, L'Oréal Paris (available nationwide)

**"If you want to make usual rules, like It's fun to play around"**