

15 MARCH 2015

Stella

NORTHERN STAR

Why
Maxine Peake
takes
the road
less travelled

Senior moment

Older women are in the spotlight at last, but is the battle really won?

The size is right

Five experts help you ditch the diets

Spring is in the air

Between-seasons dressing

FOOD

Diana Henry makes a hot date with savoury dishes

The Sunday Telegraph

The Complete Woman

How the stylish look and feel their best



"I tried meditation years ago, but nothing calms my mind like exercise," Susannah Taylor, the Oxfordshire-based editor of the beauty and health website *Get the Gloss*, says. "It gives me a great sense of accomplishment and a feeling that I'm one step ahead of everything."

Taylor learnt to swim properly last year. "You have to concentrate hard on every breath and stroke. I could only do about two lengths before – now I just keep going. I made a commitment to myself three years ago that I would get properly fit for the first time in my life. I was knackered from having two children and felt dreadful." She trains twice a week with Steve Mellor of *Freedom2Train* (freedom2train.com), goes spinning at *Psycle*

SUSANNAH TAYLOR

Beauty editor, 39

(psyclelondon.com) and enjoys boxing with Daza Usher, a coach at Bicester Boxing Club (bicesterboxing.com). "It's a proper spit 'n' sawdust club and he's the real deal. It's exhausting but amazing." She trained for two triathlons last year, and this year she is going to a triathlon-training camp at the Almyra hotel in Cyprus (almyra.com). "It's exciting, if not a bit terrifying."

Explaining her approach to food, Taylor says, "I never diet and I eat as much unprocessed food as I can." Snacking on nuts and berries, she keeps sugar to a minimum. "I have a dark-chocolate habit, though! And I love a party and a glass of wine." She makes salads with herbs, spices and home-made dressings. "Cookbooks are my self-help. My favourites are *Fresh & Easy* by Jane Hornby and Ottolenghi's *Plenty*." ●

Susannah's essentials

● **I went to see the nutritional therapist Amelia Freer a few years ago** and she gave me a combination of anti-ageing supplements that I hope will hold back the years. I take omegas, vitamin B, resveratrol,

hyaluronic acid and collagen powder daily (ameliafreer.com).

● **I have five pairs of Lucas Hugh leggings.** The cut is flattering, and they come in amazing futuristic prints. I wear Asics trainers for running as they feel like they were made for my feet, but I also have Nikes for the gym.

● **I opt for a deep-tissue massage every time.**

Though it was painful, one of the best massages I have had was by Tetyana Niroomand-Rad at Neville (nevillehairandbeauty.net).

● **In the morning I use Chanel's Hydra Beauty Sérum** and Charlotte Tilbury's Magic Cream. I'm a big fan of all Charlotte

Tilbury make-up products – my favourites are the *Some Like it Hot* palette and the *Lip Cheat* pencil in *Pillowtalk*. I also love Burberry's *Fresh Glow BB Cream*. In the evening I use Sisley's *Black Rose* face oil.

● **I use Aurelia's Refine & Polish Miracle Balm weekly** and apply Sisley's

self-tan on my face twice a week, otherwise I feel that I look ill. Recently I had a great facial with Teresa Tarmey – afterwards my skin was glowing for weeks (teresatarmey.com).

Words Ellen Burney
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using Hourglass Cosmetics