

TOP Santé

LOOK AFTER YOU

LIVE A HAPPY LIFE

By Agony Aunt
Denise Robertson

SPECIAL
ISSUE

Authentic
Advice From
Star Editors

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Ashley
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Allegra McEvedy



BIG UP YOUR BRAIN POWER

By Oprah's Dr Oz

Feel Fab At Any Age

By Make-Up Artist
Ruby Hammer



'My beauty tonic'

Gorgeous beauty products can lift our spirits. Five experts select the essentials that soothe them – body and soul



Make-Up Artist

Ruby Hammer

Ruby struggled with grief after her mother died of cancer in 2012.

'I just couldn't comprehend that this incredible person, who had been my role model all my life, was gone,' she says. 'But talking to the Macmillan care nurses, who deal with bereavement every day, and sharing my feelings with those closest to me helped pull me through one of the darkest times of my life.'

Ruby's Take-You-There Tonics

1 Yves Saint Laurent False Lash Effect Mascara, £22.05

'I'm a big believer that no matter how small the beauty product, its smell affects your mood. This may only be mascara, but the subtle rose aroma gives it a luxurious, treatful quality that says, "I'm worth it". And, of course, mascara is a miraculous eye-opener when you're exhausted.'

2 Neal's Yard Remedies to Roll in Relaxation, £6.25

'When I'm stressed, I clench my jaw, which is pretty uncomfortable. This deeply grounding blend of lavender, geranium and frankincense essential oils, rolled onto the jawline in front of both earlobes, helps to deepen my breathing and relax my facial muscles.'

3 Chanel Les Beiges Healthy Glow Sheer Powder SPF15 in No.40, £38

'Applying make-up is an invigorating ritual I adore, as bit by bit you bring your best features to life. I use a kabuki brush to swirl this powder over my skin in large circles – it's a bit like a dance I do with my skin every morning to make it glow.'

4 Aurelia Miracle Cleanser, £34

'Cleanser is the first product I apply in the morning, so it has to be deliciously aromatic to set my mood for the day. Not only does this one contain uplifting essential oils – including eucalyptus, camomile, rosemary and bergamot – but it also leaves my skin brighter.'

5 Aerin Rose Balm, £40

'Rose is my signature scent – it's also a well-known de-stresser because it helps reduce blood pressure. I keep this balm, which is more earthy and grounding than most rose scents, in my make-up bag so I can use it on my lips, cuticles, elbows – anywhere I need a moisture boost during the day.'

6 Elemis Sp@Home Quiet Mind Balm, £16

'Whenever I'm on a shoot, I massage a little balm onto the temples, earlobes and pulse points of the models, photographers and beauty editors I'm working with (TS beauty editor Fiona can vouch for this!). The lavender and clary sage blend makes everyone on the team feel calm, positive and focused.'

