

## JOURDAN DUNN

The super on sheet masks, skin food and quick liner tricks

**The saying 'you are what you eat' is so true.** I've picked up some really helpful tips on the best skin foods from Wendy Rowe's book *Eat Beautiful*. I try to eat a colourful rainbow of fruit and veg, and I've cut down on red meat and dairy, but I do love a curry. I could eat curry all day - I've even had one for breakfast!

**Visiting Tokyo took my love of skincare to the next level.** Over there, women's beauty regimes can include 11 steps, which is a bit much, but mine is still quite a lot! In the morning, I use Pixi Glow Mud Cleanser - it's really good at drawing out impurities. Then I'll apply Clinique Eye Serum, followed by Sarah Chapman Morning Facial Oil and Zelens Hydro-Shiso Moisturiser. I'm not particularly good at remembering to wear SPF - it's probably my biggest beauty sin. If I do, I use a Clarins one, because it doesn't make my skin look chalky. I like face masks, too. Sisley's Black Rose Cream Mask is great for a hydration boost.

**When I'm travelling, I always take my favourite skincare with me.** I love SK-II sheet masks - they make your complexion feel soft and hydrated, and you can just chuck one on. On a flight, I'll apply Tata Harper face oil - I always pack a little bottle of it - and spritz on some MV Rose Hydrating Mist to make sure my skin doesn't dry out. When I'm in London, I often visit Debbie Thomas for a laser treatment and facial - she's amazing.

**During the day, I keep my look natural.** Maybelline Fit Me Concealer evens out my skin, and I make sure my brows are in place with Anastasia Beverly Hills brow gel. My favourite perfume at the moment is YSL Black Opium. It's so addictive, I wear it

day and night.

**For an evening out, I like to have glamorous make-up.** To make my eyes look huge, I use Maybelline Push Up Drama Mascara,

which gives an amazing false-lash look. I also add a bit of eyeshadow and eyeliner. I'm rubbish at doing eyeliner, though - one eye always looks great and the other one goes wonky. But I've been using Beauty Blender's Liner Designer recently and it really helps. It's like a stencil, which you just line up against your eye to create different-shaped flicks.

**I love changing up my hair with wigs.** I have to style it so much for work, it started getting very damaged, so to protect it I braid it and just wear wigs instead! Every time I go to the

hairdresser's, I always make sure that I have a deep-conditioning treatment on my natural hair, too.

