

# BEAUTY



Hermès Violette Volynka eau de toilette, £167



Augustinus Bader  
The Rich Cream,  
from £135

Dr Barbara Sturm Super  
Anti-Aging Night  
Cream, £250



**Trinny  
Woodall**  
Founder of  
Trinny London

**Who to see** Dr Sebagh is the only practitioner Woodall trusts for cosmetic procedures. 'He's very careful with how he uses Botox, and he does it really well – I wouldn't ever go to anyone else,' she says.

**This season, she'll be...** Exfoliating regularly with acid-based products: a PHA for daily use and a stronger AHA three times a week. 'Remember how, 20 years ago, leopard print in a woman's wardrobe was seen as seasonal, but is now an essential? I think the same about acid in skincare,' Woodall says. She recommends finding the type (and strength) that works for you; her own brand makes three options to suit everyone from novices to beauty veterans.



Trinny London Lash2Brow Mascara  
and Brow, £28



Hayou Bian  
Stone Body  
Massager, £49

Trinny London  
Plump Up  
Peptide + HA  
Serum, £65



**Candice Lake**  
Photographer and editor

**Where to go** Lake has recently become a member of Lanserhof at the Arts Club in Mayfair – the London outpost of the German health clinic – where she says she 'had an entire body assessment with comprehensive testing', based on which the team devised a bespoke training and lifestyle plan. When in need of relaxation, she heads out of London to Beaverbrook hotel, whose Coach House Spa is a sanctuary of calm in the Surrey Hills.

**Who to see** After suffering from post-Covid hair loss, Lake has been a regular at Hershesons in Belgravia, seeing James for colour and Ryan for styling. For facials, she sees Dr Barbara Sturm at her Mayfair spa.

**This season, she'll be...** Trying out body make-up. 'I recently discovered the S19 range on a shoot with the make-up artist Terri Capon,' she says. 'It gave me an instant fake tan that didn't rub off on my clothes and could be washed away that evening.'



**'Shane Cooper's facials are incredible – he has the newest technology and a deep knowledge of skin. You glow for weeks after visiting him'** Sienna Miller, actress



Hermès Plein Air  
Complexion  
Balm, £65



111 Skin Celestial Black  
Diamond Lifting And  
Firming Face Mask,  
£24



Kichi Forever  
Oil, £65

Santa Maria Novella  
Acqua di Colonia  
Russa Eau de  
Cologne, £120



**Wendy Rowe**  
Make-up artist, wellness expert and author

**Where to go** If ever she feels a twinge in her back, Rowe heads straight to the Joshi clinic in Marylebone. 'Dr Joshi does cupping and acupuncture as part of his chiropractic treatment – he's brilliant and sorts me out after just one appointment,' she says. For tightening and toning, she likes Shane Cooper's Bespoke Body Treatment, which aids fat reduction through lymphatic drainage and boosts collagen with radiofrequency.

**Who to see** Based at Sarah Chapman's Skinesis Clinic (where Rowe also books in for regular facials), the dermatologist Dr Alexis Granite is an expert at diagnosing and treating even the most complex skin problems. 'She often has long waiting lists, but is definitely worth the wait,' says Rowe.

**This season, she'll be...** Adapting her fragrance for winter. 'In summer, I love citrus-based scents, but now I'm switching to warmer, woody, amber notes,' she says.