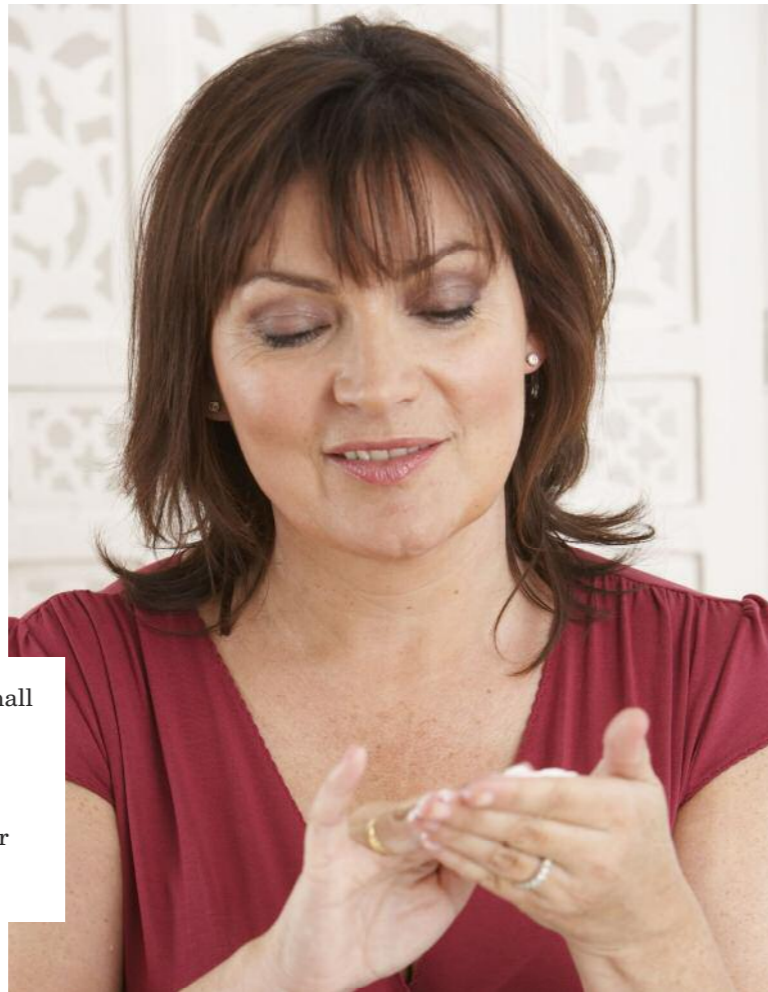


My skincare routine

I HAVE TO WEAR SO MUCH MAKE-UP FOR TV THAT, ON THE DAYS WHEN I AM FILMING, I REALLY NEED AN EXTRA-SPECIAL CLEANSING ROUTINE. I USE A CLEANSING CREAM WITH A WARM, MOIST MUSLIN CLOTH, WHICH GETS OFF EVERY SINGLE TRACE OF FOUNDATION AND MASCARA.

MY DAILY ROUTINE

This is the basic skin-care routine that I follow every night. In the mornings I repeat the routine, leaving out steps 4 and 5. You only need to cleanse once in the morning, but should cleanse twice in the evening to ensure that you have removed every bit of grease and make-up. No matter how tired you feel, you should never go to bed with make-up on.

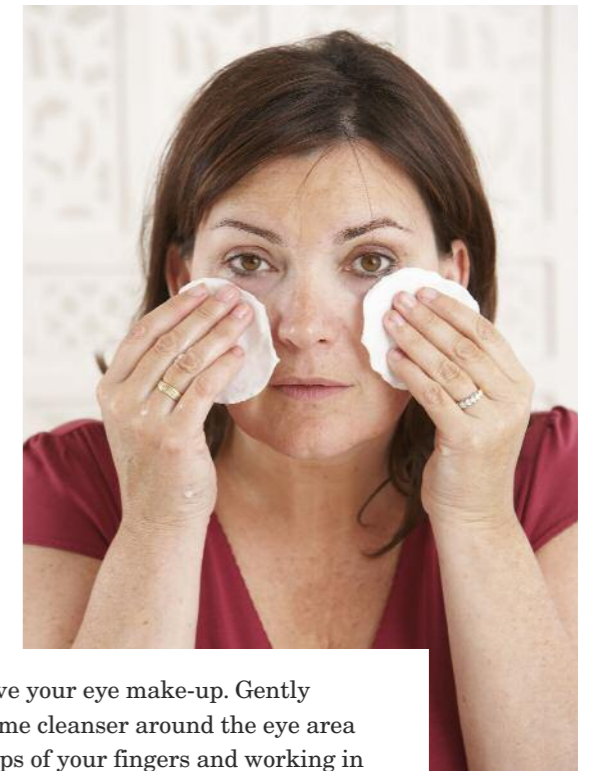


1 Squeeze a small amount of cleanser into your palm and rub your hands together to create a lather.

2 Use your fingers to apply the cleanser in small circular motions. You should start on your upper chest, below your collarbone and work your way upwards, making sure you cover your throat, chin, cheeks, nose and forehead. You should always work in this order, from chest to forehead, in order to avoid dragging the skin downwards.



3 Use a damp muslin cloth to remove all the cleanser from your skin.



4 Next, remove your eye make-up. Gently massage some cleanser around the eye area using the tips of your fingers and working in tiny circles. Then gently remove the cleanser from around your eyes using cotton pads.