

# YOU

THE BEST WEEKLY GLO

Tana Ramsay's easy o

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**LESS THAN ZERO**  
The model who starved to death

**BE YOUR OWN INTERIOR DESIGNER**  
Kelly Hoppen's simple 10-step guide

**WHY SISTERS ARE THE NEW POWER COUPLES**

**HOT AUTUMN AHEAD**  
Fashion insiders pick their 22 new season must-haves

**TOP TIPS FOR GIRLS**  
The column you write starts today

# Now

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mybody&I

## Jasmine Guinness

Model and designer, 30



**If you had to leave the house in five minutes, what would you do to your face?**

I'd exfoliate with Kiehl's Pineapple Papaya Facial Scrub and then apply a mix of Kiehl's moisturiser and Chanel foundation. Then I'd put the rest of my make-up in my handbag.

**Do you take vitamins?**

I take Berocca every two days and omega-3 oil to keep my brain sharp.

**What is your typical diet?**

I eat good organic food, and it's usually a traditional meat and two veg meal. I love cheese, doughnuts and chocolate, too.

**Do you wear make-up every day?**

I try not to, as people tend not to recognise me without it, so it is quite a good disguise.

**Best beauty habit?**

Washing my make-up off, if I wear it, before I go to bed – I like Shu Uemura Cleansing Oil.

**And your worst?**

Biting my nails, especially when I watch football.

**What skincare products do you swear by?**

Kiehl's cleanser and body cream, and Shiseido's Benefiance collection. Zelens is great too because it uses natural ingredients.

**Favourite make-up brand?**

Chanel – I love its eyeliner and foundation, and it does the best red lipstick. I also like Givenchy blusher and Helena Rubinstein mascara.

**Signature fragrance?**

Floris's Night Scented Jasmine.

**The most beautiful women you have met?**

Dita Von Teese has the most incredible porcelain skin, and Christy Turlington is stunning.

**How much do you sleep?**

Not enough. I have two boys, aged six and two, and they keep me up at night.

**Must-have products?**

Tweezers, eyeliner and moisturiser.

*Jasmine Guinness's Oli Fusion fashion collection is*



**FROM TOP**  
Chanel Rouge Allure lipstick, £18, available nationwide.  
Givenchy blusher, £24, available nationwide. Floris Night Scented Jasmine eau de parfum, £60 for 100ml, tel: 0845 702 3239

