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With the help of experts, tells you the truth about the latest beauty products...



BEAUTY CON



Lulu: 'Take special care of your hands'

WITH Mother's Day on Sunday, there's no better time to ask some of the most beautiful people we know — actresses, models and beauty insiders — whether, when it comes to beauty tips, Mum really does know best ...

MYLEENE KLASS, singer, TV presenter and classically trained pianist, is the face of Pantene's Pro-V new Volume and Body range: I USED to love my mum doing my hair. It was long and I'd wear it like Princess Leia. My mum would do the twirly bits for me. She also taught me to look after my hair, and would tell me to brush it 100 times before bed — which I actually did — just so that I'd get into the habit of brushing it.

LAUREN HERSHESON, celebrity make-up artist and daughter of hairstylist Daniel: I OWE my good skin to my mum. I don't remember how old I was, but she ingrained it into me to always cleanse, tone and moisturise. I have always used high-quality skincare products — Matis and Guinot are my favourite brands.

LULU, singer and actress, and creator of the Time Bomb range of products: MY MOTHER always had beautiful hands and prided herself on keeping them soft and moisturised. She used to say you could tell a lot about a woman from her hands, and it's often the first thing I notice about someone when I meet them. Like her, I always take great care of my hands, moisturising them religiously. I think of her whenever I use my new lavender Hand To Hand Combat Cream, as this was also one of her favourite scents.

AMANDA HOLDEN, actress and Britain's Got Talent judge, is promoting Avon: I USED to watch Mum put on her make-up



Mylene: 'Brush your hair 100 times'



Amanda: 'Never wear orange lipstick'

Beauty tips our mothers taught us

from when I was about five. Even then, I knew orange lipstick wasn't the way forward. I still love the smell of Astral cream, which my mum used. Best beauty tip from Mum? Never wear orange lipstick!

SUE HARMSWORTH, founder of ESPA, one of the biggest spa companies in the world.

MY MOTHER believed in women's independence and self-confidence — being a whole person and not being hung up on your looks. She also believed in moisturiser. She used to make a concoction of honey and beeswax for her face. These days, people are so wrapped up in their looks. A strong sense of self is very important. Instead of getting wrapped up in trying to stay young, why not age as well as you can.

LINDA PAPADOPOULOS, founder of the PsyDerma skincare range:

WHEN I was a child growing up in Cyprus, my mother would soak cotton wool in cold flower water and use it to gently clean our

hot faces, or she'd put it on our eyes when we were tired. So I decided to include jasmine and ylang ylang in my new Pure Thoughts Cleansing And Toning Water. It takes me back to those balmy days in Cyprus.

JOANNE EVANS, celebrity facialist and laser specialist:

I WAS very young when I developed an interest in beauty therapy. I remember massaging my mum's feet and giving her 'facials' when I was about seven. I would also make my own creams and potions, using — to my mum's horror — her Helena Rubinstein creams as the base. It was Mum who taught me the importance of cleansing and moisturising.

MARIE HELVIN was one of the first supermodels:

MY MOTHER'S best beauty tip was to smile — she had a beautiful smile herself. You instantly look and feel better, and make others feel the same way.

JANE IREDALE is the founder of Iredale Mineral Cosmetics:

MY MOTHER taught me always to take off my make-up before I went to bed. It's become such a habit with me that I can't sleep if I haven't removed it.

CLARE GROGAN, one-time lead singer with Altered Images, and now an author:

MY FIRST beauty memory is finding lipsticks in the bottom of my mum's handbag and putting them on — rather inexpertly — from the age of around four. Mum was always a bit of a lippy chick and my sisters and I have inherited that. Her best beauty tip was to always wash your face and brush your teeth. My own best tip is to get some sleep and listen to your mother.