



HOW DOES SHE DO IT?

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Four women whose
looks and style
we love share their
stay-youthful secrets
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‘My aim is to be
the best version
of me naturally’

KIM CARILLO, **54**



‘Accept
ageing with
grace – and
don’t forget
concealer’

RUBY HAMMER, **51**



She looks 20 years younger, but TV producer and freelance journalist **KIM CARILLO** is 54, with a 25-year-old daughter and 23-year-old son from her first marriage.

Is looking youthful about lifestyle or genes?

Genes definitely play a big part, but lifestyle can help!

When I hit 50, instead of booking in for Botox, I found a really good nutritionist. My body was changing and my diet needed tweaking. I cut back on caffeine, which made me bloated, and switched to herbal teas instead. I cut back on bread and pasta as I was having trouble digesting them and I discovered that I had also developed a milk intolerance. Within weeks my skin and hair improved, the bloating went and I had much more energy.

Hair can need tweaking, too

I know one of the golden rules is to cut your hair when you reach 40, but I am hanging on to mine! I get it trimmed regularly and haven't had any bleach put into it for a decade. Instead I have highlights in warmer caramel tones – they're less harsh against my skin.

Nip and tuck?

No! My aim is to be the best version of me naturally and that means from the inside out. You can only

'I have highlights in warmer caramel tones – less harsh against my skin'

KIM CARILLO

'patch up' your face so much but if you are eating well and putting the right nutrients into your body, then your skin and hair improve. Most importantly, you also raise your energy levels and brain power. The only thing I am tempted to do is have my teeth bleached back to their original pearly white.

My stay in shape tip

I gave up the gym when we got a labrador, Bailey. Now I take long daily walks with him and love being in the fresh air. Walking briskly for an hour or two a day is great for toning and stamina without being too hard on joints – the treadmill was straining my knees. I've talked about starting yoga for about 10 years. I know it's brilliant, so I really am going to try it, honestly!

What keeps me young

Spending time with my kids keeps me young, but it's also important to keep your zest for life and stay relevant. I know people in their 90s who seem youthful because they're still interested and curious about life. Oh, and they like a glass of wine! I think I am also very fortunate to have a great husband who makes me feel good about myself, even when I'm wearing nothing but a set of jumbo Velcro rollers!

The best anti-ageing tip I've discovered

A make-up artist on my local Laura Mercier counter showed me how to define my eyebrows from the top as well as filling in the rest. I couldn't believe the difference when I did this, it was like having an instant facelift! Try it.

being a skinny fatty – slim but not toned. I am trying to eat fewer sweet things and carbs and address the quantity of food I eat. I also need to work at least three times harder in the gym! I'm thinking of having a procedure called Coolsculpting on my tummy, where your fat is frozen, killing off a percentage of your fat cells.

My best anti-ageing tip

As you get older, the one item of make-up you shouldn't be without is concealer, as an uneven skin tone adds on years. Concealer allows you to wear less or a lighter base on your skin, which is more flattering, too. Invest in one as close to your natural skin tone as you can find and use it where you need it. As you get older, that's likely to be around the nose, to cover thread veins on the cheeks and pigmentation, and minimise dark circles under the eyes. I love Laura Mercier's Secret Camouflage Concealer, £26 (John Lewis), and NARS Radiant Creamy Concealer, £21 (narscosmetics.co.uk).

'Yoga is the best thing for your posture and gives your skin a glow'

BARBARA CURRIE – an unbelievable 71 – is a yoga expert. She is married with a daughter, Lysanne, 45, and son, Mark, 43.



BARBARA CURRIE, 71

Junk food is very ageing

I trained as a nurse at St Mary's Paddington in the 1960s and used to listen to the doctors talk about diseases caused by poor nutrition. One said if we all ate a Stone Age diet, we'd be healthier. I gave it a go for a month, eating mostly meat, fish, fruit and veg, and felt so good, I've eaten like that ever since. Breakfast is usually fruit and natural yogurt; lunch is salad with fish, meat or cheese, and dinner's fish

or meat with a home-made sauce like tomato, plus a large salad or veg. I don't drink alcohol as I never liked it much, but I do love a cappuccino!

Why is yoga so good?

It helps you relax and keep in shape, improves your sleep, it's the best thing for your posture and joints, plus it gives your skin a glow. The breathing you learn calms your mind, helps you to cope with stress and develop focus and concentration. I think it helps you focus on what's important in life.

What do I see in the mirror?

I don't think about my age, though of course I have changed. Yes I have lines and creases, but I am just the same weight as I was at 20 and wear the same size clothes as 30 or 40 years ago. In fact, I still have lots of them! My energy levels are high, I teach 16 classes a week and I am actually more flexible now than at 29, thanks to the yoga.

My best anti-ageing tip

Good posture takes years off. To improve yours instantly, stand against a wall, shoes off, with your heels, bottom and shoulders flat against it. Without changing this position, lift your arms straight above your head with the backs of your hands on the wall. Walk forward four steps in this position, and then drop your arms.

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RUTH LANGSFORD, 53

'My secret? Ditching my glasses and lots of smiles'

RUTH LANGSFORD, 53, TV presenter, is married to news anchorman Eamonn Holmes. They have one son, Jack, 11.

What do I see when I look in the mirror?

I'm fairly happy with what I see. Of course, I have days when I'm disappointed and only see lines and jowls, but then that's what 53 looks like.

Botox?

I'm not anti. I haven't had any, but I am tempted sometimes. I'd be worried about looking slightly odd, though. I'd be more likely to have a lower face lift at 60, a proper nip and tuck, as it's the sagging that bothers me more than the lines. I really don't like it when people lie about having work done and pretend they're just genetically lucky. I think it makes other women feel really bad, and it makes me so cross.

A high-protein, low-carb diet works for me

And limiting wine! Bread and wine are my biggest enemies and my favourite things! I walk the dog and go to the gym twice a week, but sometimes life or a girls' weekend get in the way of exercise.

Having Jack keeps me feeling young

And so does not wearing my glasses any more. I had Clarivu lens replacement on both eyes, which has been very liberating. Music makes me feel young, too, and I dance a lot in my kitchen. I'd love to do Strictly! I think if you behave old, you look old. I love being around people who like to sing and dance, eat and drink.

A note to my younger self

I wish I could say to the 25-year-old me 'Don't worry about your cellulite, you look your best now'. I'll probably be thinking the same at 60 looking back to today!

The best anti-ageing tip I've discovered

Smile. It's good for your facial muscles and miserable faces look older. And stay out of the sun. That's what my redheaded mum told me (and she's in her 80s and still has great skin). I wish I'd listened instead of frying myself in olive oil. Use fake tan instead.

