



30 News Letter, Friday, June 19, 2009

BEAUTY

17 37

www.newsletter.co.uk



Jackie's WORLD

By Jackie McGregor

Men like to score with Miss Average

I HAVE just found out that I am the perfect woman. No, make that a goddess, a centrefold, I am the stuff that male fantasies are made of. My husband doesn't know he's been married to such a specimen of perfection, and don't just take my word for it, there is scientific evidence to prove it, and I might have the statistics laminated and glued to my forehead.

Yes, ladies, you will be glad to learn that the stick-thin, lettuce-munching Barbie lookalike is not what the majority of the male population find attractive, it is in fact Miss Average whom they just after. The perfect woman is apparently six ft four tall with a 30 inch waist and 40 inch hips according to research carried out on 100 male students who were asked to rate the attractiveness of more than 200 drawings of female torsos of different sizes. The female body they found the most appealing was that of a British size 14. Move over stick insects, here come the real women undulating into first place in the beauty 'steaks'. The men taking part in the study confessed that the girl-next-door image is more attractive to them than that of Playboy centrefolds or pin-up models. Little did I know when I went out to catch the bin men yesterday in my rubber gloves, 'dies always begin tomorrow' apron and my husband's golfing shoes, that just the sight of my 40 inch hips straining beneath that pinnny must have been driving our male neighbours insane. Who'd have thought it?

You have to feel sorry for those women who resort to plastic surgery, boob enlargements and Botox thinking it will make them irresistible to men when it's really little women with child bearing hips that's actually floating the boats of males everywhere. Or is this survey a load of old nonsense? Maybe the students interviewed were desperately trying to be politically correct about how they feel in relation to women's body size. If us wobbly women are the stuff male fantasies are made of, why are posters of Pamela Anderson and Jordan adorning walls in male environments around the country, are posters of Nigella Lawson and Jo Brand lurking beneath? If ordinary women with lardy behinds Cheryl Cole and Dannii Minogue are reportedly being paid £1 million each to look pretty on X Factor and more talented, rotund singers like the young Adele are not being offered huge amounts for their opinions?

Women are bombarded on a daily basis with comments and messages about our looks and shape. Scientists are always coming up with facts and figures about women's attractiveness. Recent research reported a man will stare at a woman for eight seconds if he finds her attractive, he will look at her for less time if not. That's science? We women cracked that some

Face facts with the beauty champions

In today's fame-obsessed culture, celebrity-endorsed products are becoming more and more prominent on the beauty shelves. But what do the celebrities use at home? LISA HAYNES reports

GIRL band The Saturdays have recently signed up as the legs of Veet. Lisa Snowdon is swishing her locks for Schwarzkopf the big campaigns, what are celebrities really reaching for in their designer make-up bags at home?

RACHEL STEVENS

(Singer and face of Schwarzkopf Gliss)

ROUTINE: "I'm quite good with cleansing, toning and moisturising daily. As you get older you look after your skin more and I've started using preventative anti-wrinkle creams. If I'm not working, it's nice to have a day off from hair and make-up, which is usually when the paparazzi catch you!"

MAKE-UP MUSTS: MAC Face & Body Foundation, Bourjois mascara, Clarins Iplgloss.

BATHROOM ESSENTIAL: Dead Sea Spa Magik Salt Brushing Scrub makes your skin really soft for summer.

LATEST DISCOVERY: "I've done a lot of shoots recently and my hair's become quite dry so I've been using Gliss Total Repair Conditioner."

HAIR CARE: "I've got quite fine hair, but lots of it, so I can't use any products that weigh it down."

INSIDER SECRET: "I've been taught how to use shimmer in secret little places that highlight your face and accentuate your features."

SIGNATURE FRAGRANCE: Narciso Rodriguez For Her.

BEAUTY DISASTER: "A corkscrew perm in the 80s. It was all the rage then!"

COLOUR OR NEUTRALS: "I go for really strong eyes and neutral glossy lips but I like to be creative with colour in photo shoots."

BEST FEATURE: "I always accentuate my eyes with lots of lashes."

ON STRICTLY: "I loved the make-up on Strictly Come Dancing. My favourite look on the show was quite Seventies-inspired with strong gold and bronze glitter."

JENNI FALCONER

(TV presenter and face of Disaronno Boutique Parasol campaign (www.disaronno.co.uk/parasolboutique))

ROUTINE: "I start and end each day by cleansing, toning and moisturising. I use Bobbi Brown cleanser and toner and Skin Nutrition serum, moisturiser and exfoliator. I try and give myself home facials a couple of nights a week."

SIGNATURE FRAGRANCE: "I've worn Thierry Mugler Angel for years."

COLOUR OR NEUTRALS: "I tend to use neutrals on most occasions but sometimes, if I'm going out, I'll add bold colour. I have some fab green Suquq eyeshadow."

BEST FEATURE: "I'm told by make-up artists my eyes are good because they can take different colours. I know my feet are my least favourite!"

SPA TREATMENT: "I visit Cowshead for manicures and pedicures when I can and I also like Elemis treatments if I have time for relaxation."

ERIN O'CONNOR

(Model and host of Clothes Show London)

ROUTINE: "If I'm not working, I can potentially put on more slaps than when I am because I like to enjoy my face for me. I really enjoy the hair and make-up element of my job and when I'm applying it, I get to choose the styles and colours."

MAKE-UP MUSTS: Shu Uemura eyebrow gel, Yves Saint Laurent Touche Eclat, MAC Lipstick in Vegas Volt.

BATHROOM ESSENTIAL: "I'm mad about Jo Wood's Organics Bath Oil. It's a real weekend treat for wallowing."

HAIR CARE: "My hair's very low-maintenance but versatile. The zanier it looks, the better it is. I used to have very long hair and it hairspray seriously helps - L'Oréal Elnett is the one."

INSIDER SECRET: "Put your tweezers away, that's my advice. Eyebrows don't grow back."

BEAUTY DISASTER: "In modelling, your skin gets very dirty and the make-up really sinks into the pores causing spots, so it's about purifying the whole time. Evian spritz cans are very good for keeping the skin hydrated."

COLOUR OR NEUTRALS: "Definitely colour. My own skin palette is quite pale and I love the contrast of juicy, bright exciting colours, especially on my lips."

BEST FEATURE: "I like to emphasise my eyebrows. I've got a thing about them being thickened up."

MODEL LOOK: "I never like my beauty to be too 'polite'. I think it's good to reference bygone eras, but never too closely."

EMMA WILLIS

(TV presenter and ambassador of Head&Shoulders)

ROUTINE: "I use Simple Cleansing Facial Wipes and a really good moisturiser every night and morning. I try and drink as much water as I can too. I don't really wear make-up unless I'm working."

MAKE-UP MUSTS: Max Factor False Lash Effect Mascara, MAC Face & Body Foundation, MAC Eye Kohl in Prunella.

BATHROOM ESSENTIAL: "Head&Shoulders shampoo and conditioner in Colour Care or Damage Rescue because I colour my hair all the time."

LATEST DISCOVERY: "My eyebrows are really fair, especially as I have dark hair, and I recently discovered brow mascara to darken them."



BEAUTY DISASTER: "In modelling, your skin gets very dirty and the make-up really sinks into the pores causing spots, so it's about purifying the whole time. Evian spritz cans are very good for keeping the skin hydrated."

