



Silent Witness star Emilia Fox, 34, shares her beauty and style tips

You're fronting the first range of beauty products to carry the Fairtrade mark, why is it important to you?
It's a privilege to support and to be able to use products that not only make you look good, but also help disadvantaged countries.

Do you have a favourite beauty product?
I've always loved Neal's Yard so I'm really pleased it's become Fairtrade certified. At the moment I love the cocoa butter.

What's your best beauty tip?
My skin swallows make-up so I'm a great believer of taking it all off before bed. I use a hot flannel to open the pores and then a cold flannel to clean them out. It's like a mini facial.

Do you have a favourite fragrance?
I actually wear aftershaves as I find many perfumes for women too sweet. I love fragrances like Castile by Penhaligon's and Dior Fahrenheit 32.

Which women do you think are beautiful?
I love women who carry on growing into their looks like Julianne Moore and Vanessa Redgrave. They seem so comfortable in themselves and that's a great sign of beauty.

Would you ever have cosmetic surgery?
I'm absolutely terrified of needles so I'd be a plastic surgeon's nightmare. I'm hoping they'll develop a miracle

cream that will do the job without actually having surgery.

Do you diet?
I try and follow the Hay diet which keeps you at your ideal weight. It's a simple philosophy of eating protein and it helps your digestive system.

What's your outfit?
It's the Kate Halfpenny dress I wore at the mazing - it captured my tail on the back.

He has had was 18 and well for

Griffiths
K's first available Essential s.

CELEBRITY BEAUTY SECRETS

Evian Brumisateur
from £3.50 (01622 859898, available nationwide)

Placing this facial spray in the fridge before popping in your bag, will make the delicate, refreshing mist pure heaven for your hot and bothered face. It will also help to fix your make-up, too, thanks to its invisible finish - perfect!

BEAUTY SPOT

CAN'T STAND THE HEAT? ADD A COUPLE OF COOLING DROPS OF PEPPERMINT OIL MIXED WITH MILK OR CARRIER OIL TO YOUR BATH THEN LIE BACK AND ENJOY.



L'Occitane Toning Face Mist
£12.25 (020 7907 0301, www.loccitane.co.uk)
Rich in organic olive water and leaf extract, as well as mint essential water, this fresh mist is great to apply as a wake-me-up in the morning or as a refreshing evening spray to tone, invigorate and moisturise the skin.

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