

## Avril Mair

*Fashion director, Harper's Bazaar*

As someone who once wrote a column titled 'Beauty Extremist', I've tried just about everything in my pursuit of perfection: knee lipo, vampire facials, breast injections. Nowadays – older and wiser, with less time to waste on Harley Street – I'm committed to only a few expert practitioners. Dr Raj Acquilla is a world leader in the art of injectables and gives me a semblance of cheekbones twice a year; I absolutely trust his aesthetic eye.



Dr Sam Bunting is my skin saviour, a cosmetic dermatologist who is a constant source of sane advice: she introduced me to Cetaphil cleanser (a bargainous £8.99 from Boots) and has simplified my daily routine. Well, a bit: Sisley All Day All Year, La Solution 10 de Chanel, Environ eye gel and Aromatherapy Associates Inner Strength Soothing Face Oil are still on my shelf.

I hate facials but Teresa Tarmey, the fashion industry's best-kept secret, creates a bespoke treatment, choosing laser, LED-light therapy or micro-needling, as appropriate. My



*Teresa Tarmey Clinic*

resolution is to see her regularly – her clients have the best skin. Peter Philips, Dior's creative and image director of make-up, is a genius and I never leave the house without his Diorskin Forever & Ever Wear primer, which leaves you looking illuminated somehow. The only other thing I use every day is a spritz of Frédéric Malle's Portrait of a Lady.

I haven't been without a pedicure since I was 18, literally – my colour of choice is OPI's Big Apple Red. For that,

plus a weekly manicure, I go to a salon by my house – it's a standing Saturday appointment. That kind of grooming is always worth the time – it just adds polish.

Hair colour does this too: Josh Wood is the best at creating an expensive-looking gloss. I see Heidi there about every three weeks. The wonderful, personable George Northwood cuts my hair before every fashion week (though now I'm competing for an appointment with Meghan Markle, things might be more tricky). The only other thing I'm committed to is an annual trip to either the Lanserhof or Viva Mayr: when you're travelling constantly, often stressed and attached to an iPhone 24/seven, it's like pressing the reset button.

*Prevege Anti-Aging Daily Serum, £170 Elizabeth Arden*



Hyaluronic Acid 2% + B5, £5.90 The Ordinary

## Katy Young

*Beauty director, Harper's Bazaar*

At any one time, I have just four serums on the go, and a make-up kit made up of two Ziploc bags, one for base, and another for colour. After 16 years of interviewing the world's leading experts on how to age gracefully, I have concluded that the best skincare regime should be small but perfectly formed, using vitamin C and A, hyaluronic acid, antioxidants and a good SPF by day. The most consistent and effective products for me are by The Ordinary, ZO Skin Health, SkinCeuticals and Elizabeth Arden Prevege.

Tapan Patel is the only cosmetic doctor I trust with my face. A world authority in injectables, he has a brilliant eye and a 'less is more' approach to filler and Botox (no one ever spots my twice-yearly top-ups).



There really is no point in having any kind of structural cosmetic work if the quality of your skin doesn't do it justice. My skin maintenance is now in the hands of the oculofacial plastic surgeon Dr Costas Papageorgiou of NYDG

Skincare. For my quarterly facials, he cherry-picks between calming, refining and plumping laser treatments, which have transformed my ruddy English skin into something far more expensive-looking.

My mentor, *Bazaar's* former beauty director Newby Hands, once told me that 'good hair can change your entire outfit'. It's something that has always stuck. Realistically however, I'm too busy (and fidgety) to get a weekly blow-dry, so instead I see the charming and very talented Adam Reed. His effortlessly chic cuts and invariably natural blonde colouring last at least six months – a

good thing as fighting for space in his diary against every other beauty editor can be tricky.

Finally, I can't do without monthly visits to the Kite Clinic (to promote sleep, essential for good skin) and the bodyworker Michaela Bolder. Her deep and often painful massage is worth it for the way it reduces water retention and stretches out tight muscles to leave you feeling a foot taller.



DIORSKIN FOREVER & EVER WEAR  
BASE DE TEINT  
TEINLE & PERFECTION EXTRÊME  
EXTREME PERFECTION & HOLD  
MAKEUP BASE  
SPF 20 - PA++  
Dior



Portrait of a Lady, £235 for 100ml  
Frédéric Malle



UV Essentiel Multi-Protection Daily Defender, £44 Chanel

UV ESSENTIEL  
SOIN QUOTIDIEN  
MULTI-PROTECTION  
DAILY DEFENDER  
UV - POLLUTION  
SPF 30  
UVA

CHANEL



Elizabeth Arden