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Thandie looked radiant on the red carpet in a Monique Lhuillier strapless gown at 2011's BAFTAS

BEAUTY

Newton's law

Star of stage and screen Thandie Newton talks spicy skincare with HELLO! beauty editor Nadine Baggott, and reveals the secrets behind her chic-yet-simple regime



Award-winning actress, mum to Ripley, 11, and eight-year-old Nico, and the face of skincare giant Olay, Thandie Newton has also just conquered the West End, finishing a triumphant run in *Death and the Maiden*. But she took time out to share some of the beauty secrets that keep her looking so young as she prepares to turn 40 later this year.

You juggle looking after your two daughters with a very busy career – where do you get your energy from?

I get up early to take my daughters to school and then I come back home for a sleep! *Death and the Maiden* was tiring, but I loved working in front of a live audience every night. Acting on stage is every actor's dream.

At the start of the play I wasn't feeling great. I had no energy, I was tired, I wasn't eating well and I was putting on weight. Then I started following the juicing recipes in Elizabeth Peyton-Jones's book *Eat Yourself Young*, and I honestly feel fantastic. Now I juice everything I can get my hands on.

What's so great about juicing, then?

It makes it easier to eat and drink well. What I juice changes every single day, depending on what's seasonal and available at the organic market. I didn't start doing it to lose weight, but to give me the energy I needed to be on stage every night. I was told I would feel the benefit, and I really did. Now I have so much energy, my skin, hair and nails are better, and I no longer miss sugar and caffeine. I highly recommend it.

Are you low- or high-maintenance when it comes to skincare?

Generally, I am low maintenance, but during the run of the play I had to wear a lot of eye make-up, which meant using a great cleanser. I apply Neal's Yard Rose Beauty Balm, work it in and then remove it with a flannel rinsed with warm water. It dissolves everything. After that I just need a few dabs

of Olay moisturiser. I have combination skin, so I apply it just to the dry areas. My mum used Olay when it was called Oil Of Ulay, and she has beautiful skin, so now I use it.

Any other skincare tips you'd like to share?

In the morning I never cleanse. I just splash my face with water and pat it dry. I honestly think that the human body is a clever thing, and that the natural oils my skin produces are best for it. Then I apply a dab of rouge and I'm off. When I am a mum on the school run I don't wear make-up at all.

Finding make-up to suit black skins can be difficult. Is that the case for you?

Not really, because I have great access to all the make-up brands. But if I didn't do what I do for a living then, yes, I would find it hard to get colours that match my skin tone. God bless Bobbi Brown. I also like Becca and Make Up For Ever, but those are a little more expensive. Ruby and Millie is great in the UK, but it breaks my heart that there aren't more affordable, good-quality brands for women of colour because, let's face it, we all are.

What's your best beauty discovery?

Turmeric. Olay do a great tinted moisturiser that I add a little turmeric to – making it more yellow depending on my skin tone and the season. That's a great trick for all women who find that foundations are too ashy or too pink for their skins. And it's anti-inflammatory. It's my secret weapon.

How would you sum up your attitude to looking good?

For me, less is more. All I really want is to accentuate my good points and have a healthy glow.

Would you ever consider plastic surgery?

I'll be 40 this year, but honestly would not consider surgery; all my beauty icons are women with expressive faces. Isabelle



Huppert ages so beautifully and gracefully, as have Maggie Smith and Judi Dench. I am struck by their expressive beauty.

If you could change one thing about yourself, what would it be?

I wish I had freckles – I once considered having temporary henna freckles. I do have the odd beauty spot, and these are often airbrushed out of pictures, which annoys the hell out of me. I love odd-coloured eyes, wonky teeth, something slightly off about a face – they are the things that make us unique and beautiful.

Who is your beauty inspiration?

My mother; she is from Zimbabwe and so beautiful. There is a kind of beauty that I love: Maria Callas and Frida Kahlo had it. I am drawn to individuals. When I went to Mexico and the Congo the beauty of the women was astounding. I just wanted to give every woman a red lipstick – not to change them but to celebrate them.

And who did you want to look like as a teenager?

When I was growing up, the only woman on TV who looked like me was the newsreader Moira Stewart. And then Michael Caine married his

beautiful wife Shakira and the model Iman became famous – they were the women I identified with. But there weren't many women of colour in the public eye. You still rarely see a magazine cover featuring a girl who is black.

Has this worked against you in acting?

Actually, it worked in my favour as there were so few young black British actresses. I went straight into film, and look at how many slaves I played! But I have worked constantly and things are more positive now. I used to get angry, but Oprah Winfrey said to me, "Everything has a process; some things take time." Now I am cast in a colour-blind way, which is ideally how we should all be judged. I see myself as utterly fortunate.

You trained as a dancer – how do you stay in shape now?

I do a lot of Jivamukti yoga; it keeps me supple, strong and focussed. But when I need to really shape up for a role, I see a trainer called Liston Wingate-Denys. He will bring out some tube or piece of equipment and I'll think: "What on earth are we going to do with that?" Then, next day, a muscle I didn't know I had will be aching.

1. Neal's Yard Organic Shea Nut & Rosehip Organic Lip Formula, £6.65, "literally good enough to eat;" visit nealsyard.com 2. myface cosmetics R&B rouge/blusher in Her Name Is Rio, £9.99; visit myfacecosmetics.com 3. Olay Total Effects 7-in-1 Anti-Ageing Day Moisturiser with SPF15, £18.99 4. Becca Luminous Skin Colour in Tobacco, £35 5. ghd Gold Classic styler, £119, "team them with a good conditioner;" visit ghdhair.com 6. Neal's Yard Wild Rose Beauty Balm, £35.25, "leaves skin clean and moisturised." 7. Stila Stay All Day Waterproof Liquid Eyeliner in Black, £13.50, "is what I use to create my little flick. I love it, and have gone through so much of it on stage"