



'Having my
eyebrows
tattooed
changed
my life'
GLYNIS BARBER



Actress Glynis Barber relies on nutrition, exercise and fabulous eyebrows to stay party-ready



“My priority is for my skin to look good”



For me, getting party ready is all down to the prep. When I know what I'm going to wear, I can get ready in 15 minutes. I'll try it all on in advance just in case an outfit doesn't fit as well as I thought I did or I don't like it.

I am lazy with my hair. I scrunch it and leave it. Sometimes it looks good, sometimes not! I'll indulge in a blow dry for a big party but don't want to look done and as though I've been to the hairdresser, as I think that can look ageing.

Rather than wearing lots of make-up, my priority is for my skin to look good, so I'll use a scrub or mask on the day of the event or the night before. For a professional quick fix I might also have a peel or skin tightening radio frequency treatment. The best thing, though, is facial massage, as any stress really shows in your face. I'll use Green People tinted moisturiser or Armani foundation and do smoky eyes using one of my HD Brows eyeshadow palettes. I'm obsessed by eyebrows. If you don't have good eyebrows, it doesn't matter what you do with your make-up. Brows of the right shape and colour transform your face and act like a facelift. When I was younger, I overplucked my brows terribly and they never grew back properly, so for years I pencilled them in. Then two years ago, I started having them tattooed, which has changed my life.

I always follow the eating principles and recipes from my book, *The In-Sync Diet* (co-authored with nutritional therapist Fleur Borrelli; £12.04, Amazon) and they're useful if you want to get through the festive season without feeling like a blob. It means avoiding bloat-causing foods like grains and upping your protein content, vegetables and healthy fats. So on a party buffet table I'd avoid the sandwiches and pasta salads and go for things like garlic prawns, devilled eggs and spicy chicken wings. At home I serve up dishes like my Brussels sprout salad. I didn't think I liked Brussels sprouts, but even my son asks me to make this! You slice them raw, really thinly, and mix with a little Parmesan, nuts and cranberries. Delicious.

It's also important to reduce grazing and have just two or three meals a day with five hours in between. You'll have more energy, as well as fitting into that LBD! I'm a big believer in exercising before you eat, whether it's going for a walk, doing a yoga class or just running up and down your stairs. Even if you've only got one day before you want to look your best, you can have a flatter tummy, feel less bloated and more energetic if you follow these principles. □



GYNIS BARBER: LINDSEY COOTE; SHOES: SPANNA; RING AND BRACELET: PAULIUS; PHOTO: CAROLINE OBE; HAIR: JUDITH; MAKE-UP: JULIE JACQUE; TIE: AS BEFORE; BRUSH: ESTHERA; BELT: TUDOR; SET: ELIA GRIGORI; STYLING: PHOENIX; PROP: ALI; PROP: ADRIANA; PHOTOGRAPHY: GETTY