

BEAUTY

TAMARA'S WORLD

Doting mum, heiress and successful businesswoman Tamara Ecclestone shares her party season make-up and hair tricks with beauty editor Nadine Baggott

Visiting the home of Tamara Ecclestone and Jay Rutland in the run-up to the festive season is a little like visiting a more chic version of Santa's grotto: every surface glitters and glimmers, shines and sparkles in preparation for the big day. There are plenty of signs that this is also home to a much-loved toddler, with pink prams, highchairs and rocking horses all sitting comfortably alongside the modern art works and designer furniture.

But while she may have traded her party girl lifestyle for fulfilment as a mum to 21-month-old daughter Sophia, Tamara, 31, rarely looks anything less than groomed and knows how to dial up the glamour when the occasion arises. So who better to ask for top tips for ensuring you look party perfect and feel your best throughout the Christmas and New Year period?

You seem like a real festive fan. What is Christmas Day like for you and where do you plan to celebrate it this year?

"I love Christmas as there's such a buzz around it. There are lots of parties to go to and friends to visit and family and entertaining, so I really embrace this whole time of year. But Christmas Day itself is very chilled, very relaxed. No make-up and opening presents in pyjamas. We'll all be at my family's house in Gstaad in Switzerland."

Will you be there for New Year Eve, too?

"No, I'm off to the Maldives. I love it there. I just chill out and relax. No stress, perfect beaches – heaven."

Describe your fail-safe party make-up...

"A smoky eye and a nude lip. For lipstick, I wear Barbarella, a peachy colour, and Turkish Delight, which is super-nude – both by Nars. And every single Charlotte Tilbury palette. I love the warmer golden browns in summer and gunmetal grey and silver in winter. I would absolutely love for her to do my make-up. I adore her range."

Following the success of your haircare line SHOW Beauty, you launched the SHOW Dry salons this year. Is it true that you personally trialled each of the stylists?

"Yes and the minute they started to blow dry the front of my hair to get rid of my cow lick, I knew if they were good or bad. There's a real skill to blow drying. I have schooled everyone in the salon, as I'm very particular with my hair. I am really laid-back with my make-up, but I've been known to rip a brush out of a stylist's hand and do it myself [laughs]."

Are you good at doing your own hair?

"No. I have my hair coloured by George, who is based at Rita Hazan in NYC. He comes to my houses in London and LA and I love the subtle balayage he gives to the ends as it's very low maintenance. Then obviously I get it styled at SHOW – Gio is my favourite. He's excellent with tongs and

gives that soft, sexy wave; no prom queen ringlets, which I hate. The secret is to keep the ends out of the tong, wave it away from your face and then use your fingers to drag through your hair so it's not too perfect."

What are your favourite hair products?

"I'm really lazy with my hair so I love SHOW Dry Shampoo. I formulated it so it doesn't leave any dusty, grey residue, which, as a brunette, looks horrible. I use the Pure Treatment Oil for my ends or when I'm on holiday by the pool – I use it on Sophia, too – and the Finishing Spray, because it brushes out so easily. It creates that modern up-do or hold, but without feeling sticky or setting really hard."

You have great brows. Are they DIY or professional?

"There's a lady called Sharon who used to work at Bliss Spa but is now freelance and goes to all my friends to thread us. I did over-pluck them way back, but I applied Vaseline to them every night and left them alone and now only Sharon touches them."

Do you have a signature scent?

"No, I don't wear any, as all perfumes give me a headache. As a teenager I was obsessed with CK One and Davidoff, but now I just wear the SHOW Decadence Hair Fragrance. I created it so I could wear scent without it making me feel headachy. I didn't want anything fruity or cheap, or for it to smell like it was made for a teenager. So the brief was holidays mixed with crème brûlée, roses and caramel."

How do you keep your skin looking so good?

"Really? I hate my skin. I'm still breastfeeding so I can't have Botox or peels – I can't have anything. So my skin regime is non-existent. I feel that it's really uneven at the moment from being pregnant, breastfeeding and going in the sun. During the day I just wear [Perricone MD] No Foundation Foundation, which is so quick and easy."

Who usually looks after your skin?

"Dr Nick Lowe, although I haven't been since I had Sophia. I had really bad spots when I was younger so I started going to him then and he really knows what he's doing. The only problem is that he sometimes mistakes me for my sister."

How did you finally beat your spots?

"I took antibiotics and had a series of very gentle peels. Now, as an adult, I never have facials. I can't have a treatment where my skin looks worse afterwards. I want something that makes me look better right away."

You mentioned Botox. Surely you're too young for that?

"I think I was curious, but you're right. I won't do it again. I should have listened to my mum when she told me not



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to do it. She's never had any work done and she's the most beautiful woman. I need to look more like her."

When it comes to looks, who inspires you?

"Angelina Jolie. She's just so beautiful and timeless. Also my mum, who is natural, low key, no make-up. She's in her 50s and still stunning. It's only now I'm a mother that I realise how right she was – and is – about everything. I wish I'd listened to her more when I was a teenager and wore orange foundation."

Tell me your biggest beauty secret...

"I never get my hair cut. I hate it – no one ever gets that you just want a trim. Oh, and I have extensions. We have this amazing system at SHOW called Hair Lingerie. I discovered it in LA. I have four superfine rows of double-backed hair. I used to have bonded extensions and I ended up with bald patches, but these are taped in, and my hair has never been in better condition. It's really healthy. We're the only salon to offer it in the UK. You can apply it in about half an hour and they don't damage or tug or pull your hair. Now all my friends wear them too."

Any other top tips?

"Lash extensions. I swear, as a mum, they're the only things that, when I wake up, ensure I look awake and don't need any make-up. My natural lashes are probably ruined underneath but I'm waiting to finish breastfeeding, then I'm going to try Latisse, that lash-growing treatment."

What's your biggest beauty bugbear?

"My nails. My cuticles are always dry, no matter how much oil I put on, and my nail beds are short."

Do you have a favourite body treatment?

"An intense deep-tissue body massage. I don't like to be stroked; I almost want someone to hurt me."

How do you manage to stay in such good shape after having a baby?

"Honestly, I never sit down. I'm constantly moving, picking her up, picking up buggies, pushing buggies, walking with her, playing with her, running around after her. I used to be so lazy, but now I can't be. My main workout is to push her in the pram. I'm there in my Lululemon workout gear and everyone thinks I've been to the gym, but honestly it's just comfy. My husband Jay constantly mocks me for it."

Do you have to watch what you eat?

"Most of the time I eat really well. I have porridge or rye toast for breakfast; egg whites for lunch; and salad and chicken for dinner. That lets me have what I want at the weekend. Like last weekend, when I had pizza. If my daughter asks for cupcakes I'm not going to not have them with her. If I'm disciplined during the week, I can have more at weekends. Life is too short not to enjoy good food."

Are you happy with your shape now?

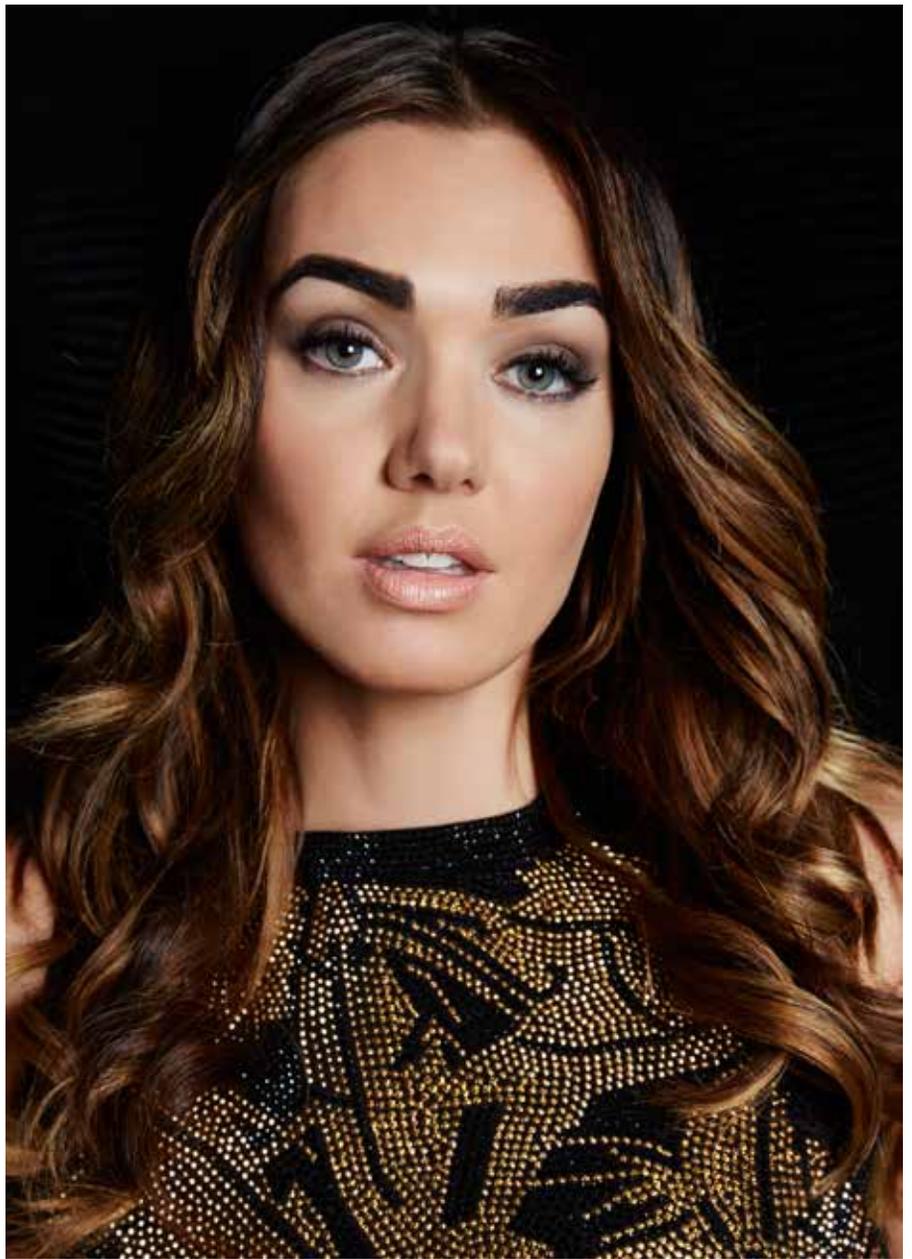
"Everyone has their body hang-ups, but I do feel really happy and content. I'm determined not to analyse every inch of my body any more."

It's obvious that you really love being a mother.

Are you ready for baby No. 2?

"Not yet, although my husband would like baby No. 2 tomorrow."





When are you happiest?

“When I have my night-time shower with Sophia. We’re all clean and moisturised and I read her a bedtime story and we fall asleep together.”

With properties on both sides of the Atlantic, where do you consider home?

“Definitely London. I love LA and visiting places and travelling, but there is something about coming home and landing in London that’s special to me. Even though the weather is rubbish and we moan, it is home.”

What was the last film you loved?

“*Southpaw* with Jake Gyllenhaal. It was actually very romantic.”

The last book you read?

“I don’t get the time to read.”

What about the last song you danced to?

“I haven’t danced with anyone since my wedding, two years ago. So I’d have to say the themes to *In the Night Garden* and *Peppa Pig*, or *Let it Go* from *Frozen*. I bet every new mum says the same.”

You’re making a name for yourself as an entrepreneur with SHOW’s success. Who has most inspired you in business?

“My dad. He doesn’t have to work any more, but he’s still passionate and involved in his work. He used to race motorcycles and cars, it’s been his whole life. To take that passion and create a living and a successful business out of it is very inspiring. I’m lucky that I have him to support me, while he did it all without any backing. And also my mum, who was, and is, always so hands on. I am incredibly blessed.”

Any big plans for 2016?

“I’m extending SHOW and have been inspired by my daughter. That’s all I can say right now, but watch this space...”



TAMARA'S TREATS

Confessing to being “somewhat obsessed” with hair and make-up products, Tamara is a real beauty aficionado. Here are her festive favourites and party picks

1. SHOW Beauty Dry Shampoo, £30, and SHOW Beauty Finishing Spray, £30, both from Selfridges, Harrods and House of Fraser; or visit showbeauty.com
2. Essie Nail Lacquer in Sole Mate, £7.99, from Boots – “Along with Wicked and Berry Hard, these are my Christmas nail colours”
3. Chanel Vitalumière in Cendre, £36, from Boots and Selfridges
4. Babyliss Pro Ceramic Dial A Heat Tong 38mm, £35, from Boots; or visit babyliss.co.uk
5. Kiehl’s Crème de Corps, £16, from Selfridges; or visit kiehls.co.uk – “I love this because it’s not scented”
6. Charlotte Tilbury Lip Cheat in Pink Venus, £16; visit charlottetilbury.com
7. Nars Sheer Lipstick in Barbarella, £20; visit narscosmetics.co.uk
8. SHOW Beauty Pure Treatment Oil, £50, from Selfridges, Harrods and House of Fraser; or visit showbeauty.com
9. Perricone MD No Foundation Foundation, £48, from Space NK and Harrods
10. Charlotte Tilbury Luxury Eye Palette in The Rock Chick, £38; visit charlottetilbury.com

