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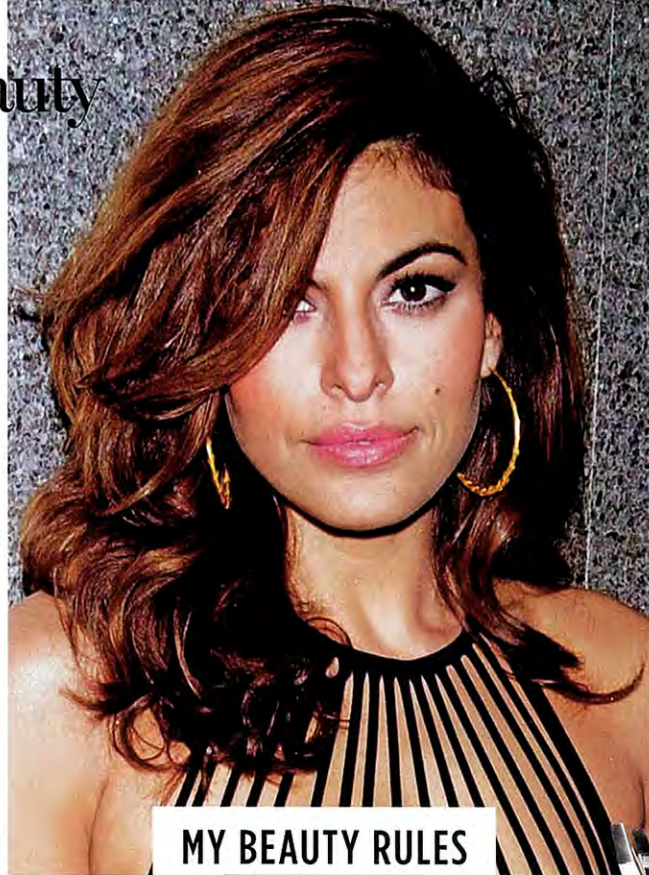
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MY BEAUTY RULES

# EVA MENDES

The actress and Estée Lauder ambassador talks tweezing, Cuban cuisine and how she relaxes

Since becoming a mother, my beauty routine happens at different times of the day. Sometimes it's at four in the morning, sometimes two in the afternoon. I'm no longer on my own time. I don't have a nanny and I'm a very hands-on mum. The minute my daughter falls asleep for a nap or for the night, I'm doing all my stuff. **What would I do if I had two hours to myself?** It never happens, but I would take a long bath with salts, condition my hair with coconut oil, and read a book ... And I would follow that with a stretching or Pilates class. **The Estée Lauder New Dimension [skincare and make-up] range is incredibly easy to apply.** I can really see the difference in the definition of my features and skin quality. **After having my daughter, I took my time and didn't pressure myself to lose weight.** While I was breastfeeding, I was really careful

about food and got gradually back into exercising.

**I tried many sports at school:** handball; volleyball; dancing. Now I've honed my routine with weights and jogging. I run with my coach, and sprint every 100 metres.

**My mother taught me her Cuban recipes.** I eat as naturally as I can. No meat, lots of fish and lots of bread with gluten in it. But I'm careful with sugar. I used to smoke, but I quit five years ago.

**My Japanese friend told me to drink a glass of warm water with lemon juice in the morning.** So I do that, followed by American coffee, even though as a true Cuban I prefer espresso. **Women today don't need to run out of the house with their hair set or make-up on.** Sometimes my mum sees a paparazzi shot of me and says, "But you could have done something with your hair." I'll say, "No, Mum, I was in a hurry and I didn't have time and that's OK."

Estée Lauder New Dimension Firm + Fill Eye System, \$140.



"I like all beauty products, especially body oils."

Pictured: Aerin Rose Oil, \$80.

Mendes is creative director of Circa Beauty, and a fan of this lipstick.

Color Absolute Velvet Luxe Lipstick in Rita, approx \$15.

Aveda Soothing Aqua Therapy Bath Salts, \$49.95.



"I tweeze my eyebrows a bit without altering their natural curve."

Tweezerman Slant Tweezers, \$32.95.



"My mother grew up in the 1950s and didn't leave the house without doing her hair or applying a little lipstick. She was just so naturally stylish, feminine and always a mum first."