

Now & Mea



**HARRY & MEGHAN
YES, SHE'S MY BRIDE**

BUT HER EX SAYS 'SHE'LL BREAK YOUR HEART'



KARL'S WILD BACHELOR TRIP TO NEW YORK



MUST-SEE PICS!



Only in New Idea

BEC HEWITT

THE SECRET I'VE BEEN HIDING



DREAMWORLD RIDE OPERATOR TELLS ALL WHAT REALLY HAPPENED



SHOCK NEWS!

MOLLY'S HELL 'I'VE BROKEN MY BACK'

LOVE THE BODY YOU'VE GOT!

NEW
Beauty



Yasmin was one of the highest-earning models in the 1980s.



The 52-year-old loves being a mum to Amber (left) and Tallulah.

BEAUTY SECRETS OF A Supermodel

What is your biggest beauty secret?

Laughter is my elixir of life. I have a family that are completely bonkers, we laugh a lot – at each other and with each other. Also, I take an absolutely magical anti-ageing supplement, Lumity (lumitylife.com), every morning and night, which has made my skin taut – and my collagen levels have improved. I have a glow! It has given me more energy and I'm thinking more clearly because it has balanced my body and my hormones. Nine weeks into taking it, I feel calmer, happier and I have started sleeping a lot better... Now *that* is a kind of miracle!

What are your must-have beauty products?

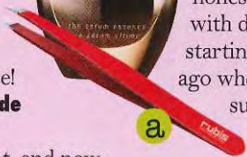
Rubis tweezers (a), \$49.95, and Genaissance de La Mer 30ml (b), \$820 – I was given a pot by a friend and it is heavenly. And an endless supply of Lumity, of course!

What's your attitude towards ageing?

I've lived and learnt, and now I'm a mother of three young women – Amber, 27, Saffron, 25, and Tallulah, 22. I do my best to educate them and be honest about what I have been through, so they are armed to



b



a

cope as they make their way in the world. As a model for my entire adult life, being judged by my looks has been quite soul-destroying at times, but I've learned how to be more positive now. I've also talked honestly about grappling with depression, and after starting therapy a few years ago when a good friend

suggested I give it a try,

I now go once a week. My motto is:

'Everything in moderation.'

I eat well, but I have what I want with no guilt. I don't do gluten-free, or whatever the new fad diet is, and I exercise while making sure I don't overdo it.



BEAUTY ED'S FAVE

This leave-in hair treatment has become a staple after daily washing. I love that I only need to use one styling product to keep my hair looking good between colour. **Head Muk 20 in 1 Miracle Treatment, \$25.95.**



DID YOU KNOW?

MILK CONTAINS BIOTIN, A NAIL STRENGTHENER. ADD A GLASS TO YOUR DIET FOR PRETTIER NAILS NATURALLY.



WHERE TO BUY: Chanel (02) 9900 2944, Creme de La Mer 1800 661 392, Elemis 1300 520 337, Muk 1300 768 264, Nuxe cosmétiquesdefrance.com.au, Rubis 1800 251 215, Shu Uemura shuueumura.com.au.

British model Yasmin Le Bon reveals her beauty philosophy for a happy life and her foolproof advice on ageing gracefully

Still-life photos: Guy Bailey.

YASMIN'S HIT LIST

MORNING MUST: Shu Uemura Classic High Performance Balancing Cleansing Oil, \$36, to give you that invigorating fresh face feel.

QUICK FIX: My secret make-up trick is using a liquid liner pen in between my eyelashes.

SKIN SECRET: Lumity supplements – they have made a difference and have got to be the easiest thing to do. And Elemis Pro-Collagen Marine Cream, \$200, is for when I have experimented too much with other products – I go back to it.

TOP SCENT: I am a Chanel No 19, \$234, girl all the way! I also love Nuxe Huile Prodigieuse, \$26.99. It reminds me of the summer.

