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BeautySpy

Edited by Sophie Goodwin

SEEKING... NATURAL BODY OILS

If your skin is still dry after applying a body lotion, try an organic oil instead. Made from plants, it will soak in easily. **Dr Hauschka Rosemary Body Oil** is one of the best. £20 (01386 792 642).

The skin is the body's largest organ and can absorb up to 65 per cent of whatever is put on it, so stick to pure essential oils. **Liz Earle Comfort Vital Oils Body Spray** contains myrtle, cypress, cedarwood, vetiver and vanilla. £12.50 (www.lizearle.com).

Ila's Beyond Organic Foundation encourages ethical purchasing. Ila promotes traditional farming methods, working within local communities in the Himalayas, and the products are impressive. **Body Oil for Vital Energy**, £34, at Fenwick (020 7629 9161).



LAURA BAILEY

BEAUTY BUYOGRAPHY

Model and Barnardo's ambassador Laura Bailey, 35, lives in West London with her partner Eric Fellner and their four-year-old son Luc. She is expecting her second child.

In my make-up bag you'll find... Dr Hauschka Rose Body Moisturizer, £18 (01386 792 642), Shu Uemura mascara, £17.50, and eyeliner, £14 (020 7235 2375), and Nars The Multiple blush in Orgasm, £27, at Space NK (020 8740 2085).

My daily beauty routine is... Stella McCartney's organic Care range. I especially love the Toning Floral Water, £21 (01444 255 700).

My newest beauty discovery is... The Realhair brand-new product range (www.realhair.co.uk). Real Base, £17, gets rid of tangles, and Real Masque, £55, is a once-a-week treat.

I keep my eyebrows in shape by... Aimée at Cowshed, W11, £16 (020 7499 5095).

I protect my skin and hair in the sun with... Bobbi Brown's Beach skincare, from £17 (0870 034 2566), Shu Uemura

Protection XTR SPF50 on my face, £30 (020 7235 2375), and a hat.

I can't live without... The Organic Pharmacy's Stretch Mark Oil, £16.95 (020 7351 2232), or Neal's Yard oils, from £5 (0845 262 3145).

My view on plastic surgery is... I haven't had any, but each to their own.

I never fly without... Kiehl's hand cream, £11, and lip balm, £7 (020 7240 2411), and Stella McCartney Care Nourishing Elixir, £43.

I get pampered by... A Una Brennan facial (020 7313 9835), Thai yoga massages, and an Elemis Nurturing Mother-to-be Massage, £90 (020 7499 5095).

I get my hair done at... Real Hair. John cuts it, £185, and Josh colours it, £75 (www.realhair.co.uk).

My signature scent is... Chanel Gardenia, £140 for 200ml, at Harrods (020 7730 1234).

My best beauty tips are... Sleep, laughter and not caring too much about your appearance, especially after having children.



TRICK OR TREATMENT?

When you don't feel quite right but can't put your finger on it, a nutritionist is a good start. Tired, stressed and run down, I saw Lisa Granditer at The Organic Pharmacy. After an in-depth analysis, I left laden with organic food supplements and homeopathic remedies. Believing they would be of little help, I took the tablets, powders and Udo's Oil (a blend of essential fatty acids) at every meal. But in a week I felt like a different person; my digestion, energy levels and skin tone all improved. Two months later I'm still going strong. One-hour consultation, £60. 396 King's Road, SW10 (020 7351 2232). **SG**



'I'm strict with myself. When I practise yoga six days a week and eat clean food, I feel much better'

Gwyneth Paltrow is pure

Find out everything you need to know about ethical beauty, fashion, food and lifestyle products at www.stylewillsaveus.com.

THE INSIDER Eco-friendly jeans

Minimise your impact on the environment by buying products made from sustainable materials. Levi's organic cotton Eco jeans look as good as any others but use recycled buttons and zips and are packed in recycled paper. Eco 570 Jeans, £80 (01604 599 735).

CASH

Made from raw organic cotton, Aoki jeans are a flattering fit and come in lots of cuts and colours. Mandy rinse organic denim, £130 (www.devi.doll.com).

CHEQUE

You won't find a more eco-conscious company than Sharkak Chakra. Their jeans take six months to make: they're woven on hand looms in villages in India, then treated with natural indigo dye and dried in the sun. Orcha nude neela straight-leg, £195, at Harvey Nichols (020 7235 5000).

CREDIT

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