



Susie Stenmark
fine jewellery designer

How do you look after your skin? I cleanse scrupulously and use Chanel Sublimage La Crème. It plumps and moisturises and gives your skin a cared-for look.

What product can't you live without? I get nervous if I think I'm running out of Nivea Rich Nourishing Body Lotion. I customise it by adding a scented organic macadamia and kukui nut oil that I stock up on when I'm in Hawaii.

Any unusual beauty habits? I very rarely brush or comb my hair.

What's your attitude to exercise? I like exercise for the mental and the physical benefits. I run and walk five times a week on the beach; it's a total tonic. I've added weights and push-ups into my regimen and I love the toning effects.

What about your diet? I love food and don't believe in denying myself, but I do think that alcohol is the greatest beauty-robber, so I try to avoid it from Monday to Friday. And I take a lot of supplements, including my new favourite, sea buckthorn seed oil – a wonder antioxidant.

What's the most pain you've endured in the name of beauty? I had my eyebrows threaded in India once ... ouch!

What's the most you've spent on a beauty product? Chanel Sublimage is expensive, but so worth it.

What's your favourite fragrance? Nahéma by Guerlain sends me to heaven. It's definitely a fragrance for brunettes.

What is your biggest beauty indulgence? I only have a massage when I'm in Thailand, where I source gemstones and make my jewellery.

Chanel Ultra
Lift
Lifting Mask,
\$285 (pack of six).
This silky,
textured formula
infused with
Brightening
Essence Intense.

**La Mer The
Brightening Facial,
\$285 (pack of six).**
This double-step
mask starts with a
calming primer and
then a two-zone
cotton mask infused
with Brightening
Essence Intense.

**Estée Lauder
Perfectly Clean
Multi-Action Foam
Cleanser/Purifying
Mask, \$52.**
Use as a daily
cleanser or leave
on longer twice a
week for an intense
purifying treatment.

**Philosophy Keep
the Peace Super
Soothing Instant
Relief Mask for
Redness and
Sensitivity, \$45.**
Placate reactive,
fragile skin with this
rinse-off cooling
mask.

**Lancôme Génifique
Youth Activating
Second Skin Mask,
\$140 (pack of six).**
The complete anti-
ageing package:
leave this on for
20 minutes to
moisturise, brighten
and plump.

