



take5 look good, feel great

TRIED & TESTED

Hair serum

Andrew Collinge
Shine On £8.29

4/5

Light and non-sticky



Clynot Smooth
Silky Anti-Frizz
Serum £9.50
(01295 314000)

5/5

Hair feels silky soft



Phil Smith
Kissed Shine
Serum £4.97

4/5

For shimmery locks



Tigi 5 Factor
Dream Drops
Shine Oil £16.30
(bigbazaar.com)

4/5

A luxury treat



THE Salon
Salon Silk
Serum £4.29

5/5

Smooths flyaways



Fresh-faced

Steal the secrets of Emma Willis...

Flawless beauty Emma Willis is always fresh-faced and glowing.

That's why she's the face of new make-up and skincare brand, beautycycle – a range using natural ingredients for women aged 20-40.

Emma, 34, is the new presenter of Live From Studio Five, replacing Melinda Messenger, who quit the show claiming working with co-host Ian Wright was "intolerable".

"I got on brilliantly with Ian and Kate Walsh and they asked me to replace Melinda, which is amazing," says Emma. "I've been dying to do a regular show I can get my teeth into and it's nice to do live TV every day because it gets your adrenalin pumping."

Model Emma, who is married to former Busted singer Matt Willis and had their first child, Isabella, in June, leads a busy life but tries to look her best.

"I just don't have time for a daily hour-long skincare routine," she says.

"I've always loved beauty products but I don't like the fattiness of it. That's why beautycycle is perfect for me."

We caught up with Emma to find out how she stays looking so gorgeous...

Your guide to beautycycle

Products are based on nature's elements – Water is for normal to dry skin, Air fights the signs of ageing, Earth is for normal to oily skin and Fire is for dull skin. Each range includes cleanser, toner, night and day cream, while the Fire range has a masque, serum and blemish gel, from £8.40. There is also a make-up range, including foundation, lip gloss and mascara priced from £5.65.



beauty

by *Dominique Ayling*
**AWARD-WINNING
 COLUMNIST**



'I would never pick my figure over a cream scone'

● I've never had a facial. Once, I tried a fruit acid peel and it was the weirdest thing. I'm too scared of my skin breaking out if I have treatments.

● I have to wear a lot of make-up for work so I don't wear it day-to-day. I never leave the house without mascara though. I like L'Oréal Voluminous Mascara, £7.99, and beautycycle Dramatic Length Mascara, £10.00.

● If I have a night out planned, and my parents are babysitting, I do all the things I don't usually have time for. I use a scrub in the shower, shave my legs and paint my nails.

● Matt sometimes pinches my beauty products. He tested beautycycle's Fire Restoring Anti-Blemish Gel, £8.40 for me and says he woke up with much clearer skin, so that's now made its way into his wash bag.

● I don't worry about ageing, there's only so much you can do. A lot of it is down to genes. A couple of my friends have started having Botox but I'm not too sure about that. I've heard about a doctor of Chinese medicine, John Tsagaris, who practices beauty acupuncture, which sounds good.

● I love the beautycycle Water Hydrate Replenish Day Crème and Night Crème, £13.30 each. Some moisturisers seem to sit on your skin but these really sink in. I use Fire Eye Repair Eye Crème, £15.95, and I love the Oil-free Liquid Foundation, £10.20. Some oil-free products are chalky but this is amazing.

● I tried Sally Hansen Airbrush Legs, £9.95 from Boots, for a bit of a tan and it was really good. It gives instant colour and then washes away, it might be tricky if you get caught in the rain, but I was indoors so it was great.

● I love sunbathing but I always slip on the suntan lotion. I remember burning my shoulders badly when I was a kid and they blistered terribly. So I'm always really careful.

● I go for the occasional spray tan if I'm looking pasty. My favourite brand is Fake Bake (from £30, for salons call 0870 054 4455). I never do it myself because I know it will be a disaster. I don't trust myself to do it properly and I don't trust Matt to do my back.

● When I was modelling they put haemorrhoid cream around your eyes because it de-puffs and reduces the appearance of capillaries to get rid of dark circles.

● I'm a huge lip gloss fan. I love the beautycycle Lipploss in Diamond, £6.65, which is quite a natural shade, but for extra glam, Garnet is a lovely red.

● I started modelling aged 17. I had a bit of puppy fat and once a photographer said my legs looked like sausages. Some people take things like that to heart, but I didn't care enough to starve myself. I would never pick my figure over a cream scone.

● I use Head & Shoulders Hydrating Smooth & Silky Shampoo and Conditioner, £7.99 each, and also their Colour Care range. I don't use too many products because I lost a lot of hair after my daughter was born, and it's really fine at the moment.

● I don't have time to work out and I'd rather spend time with my daughter. If I've been eating too many cakes I'll still have my bowl of pasta. It's all about a healthy balance.

I put on two stone when I was pregnant. A stone of it was baby but I'm still carrying the other stone. I didn't overindulge because it's harder to get back in your jeans. I'm the size I should be and I'm not desperate to lose any weight.

Emma Willis is the UK Brand Ambassador for Amway's new skincare and cosmetic line, beautycycle. Visit amway.co.uk or call 01908 629 466 for more information.

