



a pound or two and chocolate, I thought a r out my system. At the ngton High Street, I was (increasing lymphatic , who used hydrating preceded by dry skin get rid of dry skin and llowed by a head ie trick – I drank ushing out all Massage. 07376

-smelling uava.

the perfect 3 6313).

Model Jamie Gunns, 28, lives in Maida Vale with her half-English half-Iranian boyfriend, Tseyi. She has just finished a fashion shoot in Paris with photographer Patrick Demarchelier

My daily beauty routine is... I have very ORIGINS sensitive skin so I wash my face with Simple Foaming Face Wash, £2.47 (0121 327 4750), and apply Origins Constant Comforter calming moisture cream, £20 (080 0731 4039).

My newest beauty discovery is... Elizabeth Arden Eight Hour Cream, £19 (020 7574 2722). There's also now an Eight Hour moisturising lipstick, £14, that I use on my cheeks, too, for an all-round glow. I take it everywhere with me.

I can't live without... Mother Earth Beauty Salon, 42 Westow Street, SE19 (www.motherearth beauty.com). The owner, Rubina Latis, uses Elemis products (01278 727 830). I often wear a lot of make-up on shoots, so my skin gets tired and she transforms it.

My signature scent is... Burberry Weekend - it's really

fresh. £46 (0845 769 7072). I get my hair done at... Cutting Crew, Salusbury Road, NW6. The owner, Lynn, work miracles on my hair (020 7372 6767).

My party look is... MAC Eye Pencil, £9, and Bronzing Powder, £13.50 (020 7534 9222). Elizabeth Arden Eight Hour Sheer Tint, £14, and Benefit cheek highlighter, £15 (0901 113 0001). Hotels never have... Exfoliator.

I always forget mine.

I give my skin a boost with... A good facial at Mother Earth. My favourite is the Matis Phyco Corail Facial, £45.

The best quick beauty fix is... A manicure. It makes me feel pretty and clean.