

LAUREN HUTTON'S

BEAUTY SECRETS

The legendary model and face of StriVectin shares the tricks that keep her close-up ready

MAKEUP-BAG MUSTS My number one is a concealer you can see your skin through. On my lips I like a little wash of natural color, such as a sheer berry. For a subtle glow, I use self-tanning towelettes—I'm much better about SPF now than when I was younger.

DAY-TO-DATE ROUTINE I put on brown eyeliner. I need a thin, fine line, so I pick one with a felt-tip point. The second thing? Curl those lashes! Then I apply brown mascara. I finish with a deeper lip color on the middle of my lips.

HAIR PROGRAM When I'm not working—woof! I brush my hair, twist it, and just pin it on top of my head. (I've spent too much time in front of mirrors!) But I switch around shampoos. I've also learned that our hair shows impending health weaknesses first, so be sensitive to changes.

SKIN-CARE STAPLE There are a lot of moisturizers out there, but most never impressed me enough to stick with them—until StriVectin SD Advanced Plus Intensive Moisturizing Concentrate. It feels wonderful. It's light but effective.

BEFORE-BED RITUAL Sleep is essential to health and beauty. Your body needs rejuvenation, and so does your complexion. I love



that StriVectin S.T.A.R. Light Retinol Night Oil disappears right into your skin. I don't know if it's the combination of retinols or the natural oils, but when I use it I wake up looking more refreshed. A few drops are all you need. Also, I almost always read for a few hours before I go to sleep.

DIET DO My only rule is to try never to mix carbs and protein. Do either carbs and vegetables or protein and vegetables. That's how the hunter-gatherers did it.

ENERGY BOOSTER When I'm really tired I try to log 10 to 12 hours of sleep. It's a scientific fact that we can pay off sleep debts!

But when I can't do that, I lie on my back next to a wall with my feet up and slices of cold cucumber on my eyes.

GO-TO WORKOUT I do Pilates for an hour and a half four days a week, unless I'm traveling, when I can dive, hike, sled, and so on.

BEST ADVICE After my goddaughter [chef] Nina Clemente had her daughter, Indigo, she bugged me to fasten my seat belt in the car. I was too cavalier about wearing mine, but Nina wanted everyone she loved to stick around and help Indigo grow up, which is why Nina kept after me until it became a habit. It is now! ■

HUTTON'S ESSENTIALS



StriVectin S.T.A.R. Light Retinol Night Oil, \$99



Supermodel tip: You can never get enough shut-eye



Meat-free zone. Carbs mixed with protein are a no-go.



Hutton always keeps a sheer berry lipstick on hand



StriVectin SD Advanced Plus Intensive Moisturizing Concentrate, \$79



Bedtime is the perfect opportunity for Hutton to catch up on her reading