

# BLEND IT LIKE BECKHAM

From the Galaxy stadium to center stage, Victoria Beckham doesn't do "undone." Megan Deem discovers how Posh stays perma-polished

Ignore the diamond the size of a Barbie head on her finger, the bodyguard parked outside her hotel room door, and the Louis Vuitton makeup bag embossed with the word *Mummy*. The way Victoria Beckham tells it, she's almost down-to-earth about her beauty routine. She'll use her beloved face wash (Dermalogica Dermal Clay Cleanser) as a purifying leave-on mask; she'll dab Elizabeth Arden Eight Hour Cream on lashes to "bring them out a bit more." Fellow Spice Girl Geri Halliwell got her in the habit of finishing each shower with an ice-cold rinse. (The cool water tightens skin and smooths hair cuticles to boost shine. "Just repeat to yourself, 'Short-term pain, long-term pleasure, short-term pain, long-term pleasure,'" Beckham says in her book *That Extra Half an Inch*.)

As a girl, Beckham collected empty Chanel No. 5 bottles. Now she's got a factory full of her own perfumes, including last year's Intimately Beckham for Her and the new Beckham Signature for Her, a mix of candy apple, orchid, and vanilla. Is it any surprise that the For Him versions, instigated by footballer husband David, share some of the same notes? "We worked on our fragrances individually," Beckham says, "but both of the new ones have a base of white amber and

patchouli, which is just a coincidence; David and I really like a lot of the same things.

**Any advice on how to wear fragrance?**

Less is more—I'm a firm believer that you shouldn't smell someone before you see her. And don't spray perfume in your hair. It can make it frizzy and change the tone of colored hair.

**The Marc Jacobs ad campaign is quite a departure from the pictures we usually see of you. What was the shoot like?**

Working with Marc was great! Sometimes you just have to let your hair down. And if you're going to collaborate on something out of the box, who better than Marc Jacobs and Juergen Teller?

**You're always in heels. How do you take care of your feet?**

Bliss makes a really good foot lotion; it's thick. I put that on with socks before I go to sleep. I also use Bliss hand cream, which comes with moisturizing gloves you wear at the same time. David must think I'm loony, because I get in bed with gloves and socks on.

**Any current obsessions?**

I spend more time on my eyebrows than I used to. I always thought, Oh, they're just brows. But now I pay attention to them; I brush them and am careful not to overpluck.

**Do you get daily blow-outs?**

No, I was introduced to flatirons years ago, and they're addictive. Those by GHD are good; they're compact. I feel



frizzy if I don't use one before I leave the house. I don't put anything in my hair first to protect it from the heat, but I really should.

**Other than a smoky eye, what's a must for a big night?** Scott Barnes Body Bling. I put it on my chest if I'm going out in the evening. It creates iridescence in the right areas.

**You're sort of known for not exercising. Is there anything you do to stay fit?**

I've done Pilates four times, and I'm going to get more into it. I absolutely hate sportswear, and I hate flat shoes. I tried running once in flip-flops, and that did not work. For Pilates, you can wear socks and you don't sweat. I'm not big on that, either.



(From bottom left) Beckham Signature for Her perfume; Giorgio Armani Hydra Glow Foundation "gives you good coverage and doesn't look cakey," Beckham says; Dermalogica Dermal Clay Cleanser; Beckham creates her signature smoky eye with M.A.C. Eye Pencil in Ebony; "It's fantastic"; Scott Barnes Body Bling; "I love The Body Shop Body Butter—it's really good for dry skin."

Beckham: Gilles Bensimon; all still lifes: Steven Krause