

BEAUTY

Elle Macpherson AGELESS BEAUTY

In an exclusive interview, the supermodel mom and host of *Fashion Star* sits down with *Hello! Canada* to share her secrets to looking good and how she keeps her famous body in tip-top shape

Gracing the cover of *Sports Illustrated's* swimsuit issue a record five times is no easy feat, but when Australian supermodel Elle Macpherson, who turned 48 in March, recently tied on a bikini for her first swimsuit shoot in six years, she proved that age really is just a number. Here, the Revlon spokesperson and mother of two shares her beauty secrets with *Hello! Canada* and fills us in on how she stays in shape for swimsuit season.

Do you believe in aging naturally? I believe in me being who I am, just as you see me.

Does that mean you stay away from Botox and other surgical anti-aging treatments? I feel like everybody has their own way of doing things, and I respect whatever they are. It's not for me but I totally respect people's choices, whatever they are.

Is that why you decided to be the face of Revlon's Age Defying line? When they came to me and said, "Would you be a brand ambassador?" I was 45. I was so happy because it's an iconic brand and their principles fit my principles.

As a supermodel and now television star, you've spent hours in the makeup chair. Have you picked up any beauty tricks from the experts along the way? People love a natural-looking face, and as I get older, I think I need to wear less foundation. But I still want to have a glow on my skin. If I use bronzer with a big brush and put it all over my face and lip gloss, that's all I need.

If you could go back in time and tell a 16-year-old Elle one beauty mistake to avoid, what would it be? I don't believe in mistakes because every experience has led to me becoming the woman I am today. And I've had a rich and varied life. I would tell my children to be careful in the sun; that's the biggest thing.

Do you have any beauty rules that you

swear by? Some things work some days and some things don't work. Every day we are different people and we just have to look in the mirror and ask, "OK, what do we need today?"

How long do you spend each day on your beauty routine? Not enough – I was thinking that last night. One of the things that's great when I travel is I get a chance to actually do all the stuff I like to do before I go to bed. My beauty routine is really mostly about drinking lots of water and eating organic food. It starts from the inside out.

Your nickname is "The Body." How do you keep your body looking its best? When I wake up in the morning, I wash and moisturize my face, put some cuticle oil on, put a good moisturizer on and scrub my body. I think exfoliation is incredibly important, as skin is a huge organ to detox. Exfoliation keeps it looking smooth, soft and feeling supple. And then I nourish it with a really good moisturizer.

Do you wear the same fragrance every day or do you switch depending on the day? I've been wearing the same fragrance for 30 years. It's Vetiver from Guerlain.

You're a fan of masculine scents? Yes. Girls like it because it reminds them of a guy, and guys like it because it's not too overpowering for them. I really love the smell of Vetiver.

You recently did your first bikini shoot in six years. How did it feel to be back in front of the camera in a swimsuit? I didn't think about it. They said they wanted to do it on the beach in Malibu and I said, "Cool." It was also a great vehicle to publish *Fashion Star*, the show I executive produced for NBC.

You didn't feel any pressure? No, because I didn't even know it was going

to be a bikini until I kind of got there! [Laughs] It wasn't like I was preparing for it in any way.

How do you keep your body in shape for spur-of-the-moment bikini shoots? I love skiing. It's my favourite sport. I can start skiing the first tracks at eight o'clock and finish in the afternoon. I love to surf, paddleboard or canoe with my kids. I swim – if I'm on a boat, I'll swim for an hour – and I hike. It's really about enjoying nature.

You follow James Duigan's Clean and Lean Diet. Can you tell me about it? James and I have been working together for 10 years. James's philosophy is that you really need to listen to your body and to be a lot less harsh with yourself, and then you get better results. Be consistent but not harsh.

Are there certain types of food that he recommends or tells you to avoid? We both say, "If you can do organic, do it." Because the fewest amount of chemicals, pesticides and hormones that are in your food, the easier it is for you to process your food properly. For me, what we found is if I can eat the purest food that I can find, I have the least issues with weight and I feel the best.

Between producing *Fashion Star*, being the face of Revlon and creating your lingerie line, Elle Macpherson Intimates, you're heavily involved in all aspects of your projects. I believe in an entrepreneurial spirit. I wanted to go to law school but today, I love to create, be involved and contribute to a team. What is really important to me, and whatever I am supporting, is that I am 100 per cent behind it and I believe in it. It's a hugely satisfying feeling to be in the beginning, middle and the end of a product. And that's always been the case for me. 

REPORT: JULIA SEIDL

Elle's natural beauty shines with just a hint of her favourite shade of lipstick, matte peach.

ELLE'S TOP PRODUCTS

- 1. Guerlain Vetiver Eau de Toilette**, \$94, Guerlain counters, guerlain.ca. "It's a very fresh smell."
- 2. Revlon Age Defying With DN Advantage Cream Makeup**, \$20, drugstores, revlon.ca. "I'm a really busy mom so having skin care and foundation in one is really important."
- 3. Invisible Zinc Environmental Skin Protector SPF 30+**, \$25, invisiblezinc.com. "It's a natural sunscreen that protects your skin from the sun, not through chemicals but it actually creates a barrier."
- 4. Clarisonic Mia 2 Skin Cleansing System**, \$175, Sephora, clarisonic.com. Elle relies on her Clarisonic to deep-clean her pores.
- 5. Burt's Bees Honey and Shea Sugar Scrub**, \$13, Bay, burtsbees.ca. "Really grainy, as rocky road as you can get it," she says of her love for body scrubs.

