

# YOU

## Beauty & the bank robber

The strange  
story of  
the socialite  
supermodel

EXCLUSIVE  
32-PAGE SPECIAL



GILLIAN  
McKEITH'S  
GREAT  
BRITISH  
BUM DIET  
Lose two inches  
from your bottom



## The past is a treasured place

Now don't get me wrong, girls, *j'adore* everything high-tech, newfangled, the latest and greatest, and I am forever on the hunt for what's hot and what's now, but...there is something about vintage – about old, time-treasured wonders – that captivates me. Recently I was back home at my mother's, and she still lives circa 1970 but her look rocks for 2008! Her beautiful make-up table holds every possible lotion and bejewelled potion, but the one that comes out for practically everything (I'm positive she even polishes the floor with it) is her beloved Pond's Cold Cream Cleanser. My 76-year-old mum has the skin of someone in her 50s, and she swears it's not due to the face-lifts but to her Pond's. At night she sits in an exquisite slate-grey silk and lace dressing gown that has to be older than I am but looks brand new, rolls her hair in Carmen hot curlers and creams her face.

This is all done in such a methodical, luxurious way that it reminds me of the scene in *Mommie Dearest* where Faye Dunaway as Joan Crawford is meticulously icing her face in the morning before her run. It all harks back to that

long-gone era of total self-care where you would not be caught dead without your face on (or at least some killer bug-eye sunglasses).

The formidable Estée Lauder founded her famous beauty empire in 1946 and epitomises old-time glamour. Advanced Night Repair is one of the brand's bestselling products and celebrated its 25th anniversary last year, which is a testament to its incredible skin-healing properties. Classic elegance and poise is also paramount at timeless Chanel. Its intoxicating No 5 fragrance has just as much allure as it did on its birth in 1921. The hand-blown vintage No 5 bottles, long emptied, still seem to contain their magic and adorn collectors' bathrooms. You can sometimes find them on Ebay, the destination for days-gone-by treasure hunters.

My mother often gives me sage advice – one of her lines every season is to 'buy one good piece', meaning one thing that will last the test of time, instead of 20 less-expensive, throwaway items. A Mason Pearson bristle hairbrush is just such an item. I've had one since I was a little girl. Launched in 1905 (no, no – that isn't the year of my birth!), these gorgeous brushes make your mane Grace Kelly-glossy and are handbag status symbols. It's the Rolls-Royce of the hairbrush, and if you're buying into the cult brand for the first time, go for the beautiful powder-blue one. And while we are stocking our handbags, pick up a travel size of the old faithful, yet ultra-retro Elnett hairspray that will keep your 'do beautiful, and manageable from dawn till dusk.

Seek out – and hang on to – treasures that cause you to reflect, take nuggets of nostalgia with you, and keep traditions alive by passing them on. Live vibrantly with vintage! *Normandie's column appears fortnightly.*  
[normandie.uk.com](http://normandie.uk.com)



### CONTACTS

- Pond's Cold Cream Cleanser, £3.99, available nationwide.
- Chanel No 5 eau de parfum, £49 for 50ml, available nationwide.
- ebay.co.uk
- Advanced Night Repair, £34 for 30ml, [esteelauder.co.uk](http://esteelauder.co.uk)
- Boar bristle brushes, from £31.75, [masonpearson.com](http://masonpearson.com)
- Elnett Satin Hairspray, £2.20 for 75ml, [lorealparis.co.uk/minisites/elnett](http://lorealparis.co.uk/minisites/elnett)

### THE HOTTEST ACCESSORY

All the coolest girlies are wearing a Vintage Rolex. From £1,950, the only place to go is the Vintage Watch Company in Burlington Arcade, London W1, tel: 020 7499 2032, [vintagewatchcompany.com](http://vintagewatchcompany.com)

### BEAUTY SLEEP

Sleep on silk to avoid creasing creamy complexions, £35 for a pillow, [silkskin.co.uk](http://silkskin.co.uk)



Illustration  
BILL BROWN  
NEXT WEEK  
Our new columnist  
Lisa Butcher



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## Top tips for girls – advice from real women for real life

### How to clean patent leather

To clean my patent shoes and bags I put a small smear of Vaseline on a soft cloth and buff in.

The poet

### How to unbrown onions or garlic

If your onions or garlic get a bit more toasted than you'd like, simply add a teaspoon of water to your pan and the brown edges disappear.

Alessandra

### How to prevent indigestion during pregnancy

Ginger really worked for me in any format – ginger nut biscuits, extract of ginger (from health food shops). And also peppermint creams.

Princessbella



 GIVE US YOUR TOP TIPS! Go to [toptipsforgirls.com](http://toptipsforgirls.com)