

# INSPIRE

Life shrinks or expands in proportion to one's courage  
WRITER ANAIS NIN

Hopping up and down, body-tapping routines, facial suction, a boost of testosterone — and what you **MUST** do in the first ten minutes of the day..

## How I look this good at 60

BY TRINNY WOODALL



Picture: TRINNY LONDON/DAN KENNEDY

Special regime: Trinny Woodall

**H**OW do you feel about what you see in the mirror? As the year draws to a close, it's time to reflect on how well our health and beauty regimes are serving us.

For me, it's all about looking fresh rather than tired; brimful of energy rather than drained. Whether it's make-up, skincare, supplements or exercise, everything I do is to generate

that feeling of vitality. Like it or not, what people notice first is how well you look. Yes, they also judge your age but we have to remove those preconceived ideas about what 40, 60 or whatever should look like. When it comes to beauty products, I hate the term 'anti-ageing'.

People say to me on Instagram: 'Can't you just age gracefully?', and I reply: 'Well, that's a very subjective thing!' Of course, the goal is to *feel* great about yourself. And I do think our sense of

self-confidence is influenced not just by how we feel inside but by that reflection in the mirror. I've met many thousands of women in my career and I can tell you it's always a combination of the two – the inner and the outer.

I'm also constantly asked what I do and when I do it. How often do I use this beauty gadget or have that tweakment? What do I have done to my hair and when? What's my exercise schedule and my HRT regime?

Well, here it is, in glorious, fully time-

table detail: my day-by-day beauty and wellbeing calendar...

**EVERY DAY: Eat protein, cleanse skin and run up and down the stairs...**

● AS SOON as I wake up, instead of reaching for my phone and sending 20 emails, I listen to the Calm app for ten minutes. I've gone through years where I've been close to burnout – when

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