

SUPPLEMENT OF THE YEAR

YOU

19 APRIL 2009

OUR MARITAL HOTBED

The couple who had sex every night for a year

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'COMING THROUGH A TRAUMATIC EXPERIENCE CAN BE VERY LIBERATING'

DONNA AIR

MAKES A FRESH START AFTER HER BREAK-UP



LINDA PAPADOPOULOS

The clinical psychologist and author, 37, has just launched her own beauty range. She lives in Kensington, London, with her husband Teddy Pitsillides and their daughter Jessica, six

FACE FACTS

What is your beauty routine?

In the morning, I splash my face with cold water then use Psy-Derma toning water and moisturiser, from my new skincare range. The idea was to create a collection containing vitamins and essential oils, which not only nourish your skin but soothe your mind, too.

What's in your make-up bag?

Paul & Joe lip gloss; Mac blusher in Coygirl [rose pink]; Dior spray foundation, and two concealers – Touche Eclat and Myface – to hide my under-eye circles.

Your most recent beauty discovery?

Maybelline Colossal Volum' Express mascara makes my lashes look naturally thick.

What are your desert island beauty essentials?

Sunscreen, lip balm and a moisturiser containing idebenone – a powerful antioxidant that protects skin from sun damage.

Who does your hair?

I go to a Lebanese hairdresser at Hennys in Kensington [tel: 020 7938 4040]. She puts blond streaks through my thick Greek hair without turning it orange.

Your worst hair disaster?

A bad perm in the 1980s – it was a canine special! I'm still too traumatised to talk about it.

What beauty secret have you inherited from your mother?

She encouraged me to get into a skincare routine, so it has become as instinctive as brushing my teeth.

Who is your beauty icon?

Seeing Angelina Jolie in Africa, with no make-up, her hair in a ponytail and wearing the few lines that she has so gracefully, made her seem genuine and uncontrived.

LITTLE LUXURIES

What makes you feel glamorous?

A pair of python Louboutin shoes.

Who is your favourite designer?

Jasmine di Milo – I feel pretty in her clothes.

Do you have a signature scent?

Estée Lauder's Beyond Paradise is feminine and whimsical – it reminds me of the orange blossom in Cyprus, where I spent my summers as a child.

Bath or shower?

A really hot shower with Aerosmith blaring from my iPod. I often use Fake Bake body scrub – it smells of orange and vanilla ice lollies.

Your most exotic beauty treatment?

It was at Banyan Tree hotel in the Seychelles, which has treatment huts overlooking the

Indian Ocean. I tried something that involved a body scrub, mud wrap, steam – you feel like you're in a car wash – and massage.

EATS AND TREATS

What kind of diet suits you?

I eat little and often.

Do you have a slimming secret?

I have a quick metabolism, so I have always been thin. If someone tells me I've lost weight, I think it means I look tired and old.

Tea or coffee? Peppermint tea.

What keeps you going?

Goji Burst – a funny snack with goji berries and cocoa. If I miss breakfast this does the trick.

CHILLING OUT

How do you relax?

Spending time with my family over dinner.

What is your ultimate great escape?

The garden at my parents' house in Cyprus – it's one of the most peaceful places.



GUILTY PLEASURE?
Ladurée macarons