

Beauty boss

# Ageless



# beauty

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Life hasn't always been a smooth ride for Trinny Woodall, but at 58, the glamorous beauty entrepreneur shares how she has learned to feel happy in her own skin.

**F**rom the moment Trinny leaps on to the couch, clad in a figure-hugging royal blue dress with her trademark gleaming white kicks, it's clear as sunshine: expect the unexpected. "Sorry to hold you up," she beams, her thick glossy locks bouncing effortlessly back into position as she tucks her legs beneath her. "Jet-lag constipation is the worst."

And there we have it: Trinny's trademark honesty, one that has forged a legion of loyal "Trinny Tribe" fans, is utterly disarming. Nobody can flick between discussing bowel habits and blusher with total strangers as naturally as the TV stylist-come global beauty boss. Before we've had a second to settle in for a chat, she whisks me off for an impromptu peek in her travel wardrobe: Big Bird yellow adds signature colour among the silver sequined razzle-dazzle, broken only by a single pop of fuchsia; neutral bags (white and navy) and shoes (white sneakers and silver platform heels) are lined up with military precision. Her attention-grabbing accessories are neatly packed in Trinny pouches, as is her cache of vitamins and post-menopause hormones.

"I take lots of supplements, I believe in them emphatically and I love them," she says, rifling through her neat stash of Siberian ginseng, liposomal vitamin C and antioxidant glutathione.

Fighting inflammation, both inside and out, is a topic very close to Trinny's heart. An acne sufferer from age 13 to 30, she spent her first precious pay cheques on skincare and has experimented since. At 58, her skin is plump and youthful, but she is refreshingly honest about how she has achieved such an enviable complexion. "I've had an interesting ageing journey, as I started doing telly at 35," she

says. "I was very self-conscious about my deep forehead. Somebody said, 'There's a new thing called Botox that will stop your forehead moving'. I was like, give it to me! So I don't have lines there."

"Tweakments" have clearly helped (she's also openly a fan of fractional laser and micro-needling) but Trinny is adamant that her skin has mostly retained its bounce and energy through her religious use of skincare (retinol, vitamin C and SPF). There's no hint of airs ("I'm well aware that

because I had very bad acne, I have separated skin around my chin"), because, despite her uber-confident exterior, she's no more immune to self-judgement than any other woman.

"Some days I'm under a downlight and I feel I have more ripples than a raspberry ripple. Other days I don't care," she says. "Some flaws you need to just embrace and realise they're part of you, part of the character you are."

Out of the blue, she suddenly turns her attention to my complexion.

"Let's look at your skin," she says, enthusiastically squeezing cleansing balm onto my hands. True to character, Trinny even cleanses with vigour. Working at lightning speed in robust fashion, she explains that a waterless massage is the best

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way to wake up skin. "You need to get in touch with your skin ... really get into your lymph," she says, reaching over to massage the skin under my cheekbones, just in front of the ear, in small, circular motions. "If this area is blocked nothing will drain ... can you feel a tingling? That's your lymph waking up."

Without pausing for breath she swiftly launches into the facial exercise routine her grandmother taught her.

"We're going to do our AEIOU's so you really feel the muscles in your face, because it works. But it is work. Tomorrow you're going to wake up and think, did someone hit me in the jowl? You're going to feel the tension in the muscle. Are you ready?"

*Beauty* ESSENTIALS

## Trinny's top 3 tips



**1** *Cleanse thoroughly:* Trinny recommends using a cleansing balm, such as Trinny London Be Your Best Enzyme Balm Cleanser, \$60, on dry skin. Place a warm towel on the face for a moment before gently wiping off the cleanser.

**2** *Peptides are the future:* "They can really deal with ageing on the skin and stimulate the growth of collagen and elastin." Try Trinny London Plump Up Peptide HA Serum, \$122.

**3** *Smile more:* "Smile a lot. It's better to have a laughter line and a higher cheekbone than no laughter line and a down-turned mouth. These things are free." Do like Trinny and choose a lip colour that sparks happiness, like Trinny London Lip Luxe in Swainy, \$40.

*“After 50 you stop worrying what people think so your inhibition, your self-judgement, diminishes and you kind of feel a freedom to be your full self.”*

Not even slightly, to be honest, particularly as every whirlwind moment is captured on camera. While Trinny pulls off the vowel over-enunciations with all the alluring theatrical drama of a seasoned performer, the enthusiastic stretching and chesty moans are a smidge beyond my usual interview comfort zone. If her long smooth neck is anything to go by, perhaps the pay-off may be worth the comedy – there is no sign of slack collagen or saggy elastin on Trinny’s complexion, despite having been through menopause.

“My mother went into menopause at 55 and I always thought you follow your mother but I went into menopause at 45 ... 16 rounds of IVF took about 10 years off my egg life,” she says. “Whenever I begin to suffer, I’m on a mission to quickly not suffer.”

This no-nonsense solution-driven approach is the driving force behind her successful self-named skincare and makeup label, Trinny London. “It’s about giving women the tools to help them do it themselves,” she says. Her make-up, a series of clever stackable pots in finger-friendly formulas, is the perfect antidote to fighting the feeling of obscurity that can creep in when youth fades.



*Trinny loves*



1. CurrentBody Skin LED Light Therapy Mask, \$515, before events or when travelling.
2. Swiss Clinic Skin Roller, \$109, once a week to improve skin texture.



“The hardest thing is when you feel you are becoming invisible. To my family. To myself.” It’s a stretch to imagine,

given her exuberant outfits and charismatic confidence, that Trinny has experienced feeling unseen but she is certainly proof that age is no barrier to retaining youthful energy.

“It’s about not being defined by my age but by who I am,” she says. “I look at women of 70 with incredible energy in their face and I’m so much more drawn to them than a woman of 40 with dead eyes.”

That concept of ageless beauty strikes a strong chord with her Tribe who regularly tune in to social media for the honest beauty and styling advice.

“I once put on all the outfits that made me feel cool without trying to be my daughter,” says Trinny. “I tried to work out what it was that made me feel cool. Sometimes it was a plumpy shoe or putting a shoulder pad in or having a jacket that was cut correctly.”

And that right there is precisely what makes Trinny so likeable: she’s the epitome of ageless cool but isn’t afraid to share the behind-the-scenes effort that goes into achieving it.

“After 50 you stop worrying what people think so your inhibition, your self-judgement, diminishes and you kind of feel a freedom to be your full self ... There’s no battle with ageing for me but if I put my glasses on there is also a sense that no-one should ever have their vision totally corrected,” she says with comedic deadpan. “God is kind, he gives us slightly failing vision incrementally over each year.” **AWW**