



Liberty Ross in London in 2009. Below right: on the catwalk for Pam Hogg S/S 10. With Kate Moss in a 2001 Burberry campaign

**SKIN SECRET**

I'm hooked on the Face to Face salon and spa in LA ([www.facetofacela.com](http://www.facetofacela.com)). I swear by its products, too, especially the Quench hydrating cream (about £30) and Shelter SPF29+ (about £65)

# Liberty Ross, 32

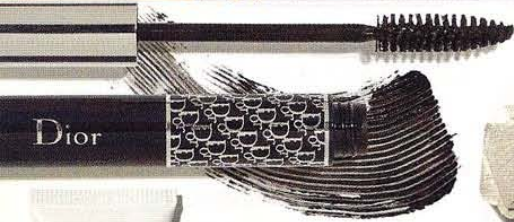
## CAN'T LIVE WITHOUT...

**Treats** 'The Cowshed Spa ([www.cowshedonline.com](http://www.cowshedonline.com)) is great for that "tea and cake with your pedicure" thing.' **Essentials** 'Frédéric Fekkai's Technician Colour Care haircare range (from £18), and Bumble and Bumble's Brilliantine (£16.35) – it's great for giving hair instant texture. Recently I discovered the organic Ila products; I love the Rose Oil (£55, 01608 677676). The Organic Pharmacy's Rose Crystal Lymphatic Facial (£100, 0844 800 8399) is gorgeous.' **In-flight** 'I drink as much water as possible and douse myself in Aromatherapy Associates' Essential Travel Oils kit, £26.50.'



**BODY TREATS**

I love Jo Wood Organics; her Langa Nourishing Body Cream (£24, [www.jowoodorganics.com](http://www.jowoodorganics.com)) and Amka Body Oil (£35) are beautiful.'



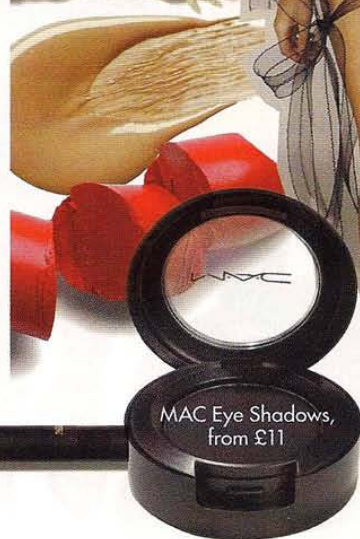
## MAKE-UP MUST-HAVES

'Anything from Myface; the foundation (£12.99 at Boots) is sensational. People assume that because we're models we're brilliant at doing make-up – we're not. I shove this on and it looks great.'



**BEAUTY SECRETS**

**Pre-party prep** 'It's either a smoky eye, or I leave everything bare except for a red lip – MAC's Lipstick in Ruby Woo (£12.50) is the best red. Chanel's Le Crayon Khôl Eyeliner (£15.50), Dior's Diorshow Mascara (£21.50) and any of the black shadows from Myface and MAC make the best smoky eye.' **Essentials** 'I always have a tube of Elizabeth Arden's Eight Hour Cream (£22) – I use it as a lip balm and over my liner and eyeshadow to get a shiny, smudgy eye effect – and a Bach Rescue Remedy (£5.15) in my handbag.'



## HEALTHY HABITS

**Exercise** 'I've started going to a Cardio Barre class ([www.cardiobarre.com](http://www.cardiobarre.com)). It's brilliant fun; think Pilates at a ballet barre. It's fast, zero-impact, and body-sculpting.'

**Diet** 'My guilty pleasure is puddings. Otherwise, I'm a brown-rice, salad and vegetables sort of person. If I need to lose a couple of pounds, I drop the carbs.'