

“Pulling faces stops me getting wrinkles!”

Written by *ABBY KNIGHT*

Presenter and author of The Perfect Housewife series of books Anthea Turner reveals what keeps her young and happy.

With a TV career that spans over 20 years and at 56, Anthea Turner is still looking good. Now with her own best-selling home storage range, she explains why juicing has been the best thing for her skin, her favourite Sunday lunch and how pulling faces keeps her looking young.

DO YOU WORRY ABOUT WRINKLES?

I don't have time to worry about getting older or wrinkles, it's realistic to have some at my age and I think it shows you're a smiley person.

YOU'VE TALKED ABOUT BOTOX IN THE PAST, IS IT SOMETHING YOU'VE TRIED? WHAT ELSE DO YOU DO TO STAY LOOKING YOUNGER?

I haven't got a problem with Botox if it's used well. I've tried it and if you can keep it looking natural, it can give you a real boost. I have a little scattering of it every six to nine months but I'd never take it too far.

WHAT ELSE DO YOU DO TO LOOK YOUNGER?

Pull faces! Eva Frazer's face exercises were invented years ago but they really work. You go the gym to get fit and this is a workout for your face. I do it in the car, I probably looks really funny if anyone's looking but it helps to keep your skin taut. I've also been having CACI non-surgical face-lift for for 23 years now which I have at the Bodyvie Medi-Clinic in Richmond.

AND WHAT ABOUT YOUR MAKE-UP, WHAT'S YOUR FAVOURITE PRODUCT?



Anthea Turner tells livelife all her secrets for looking younger for longer

Mineral make-up has been a big revelation. I use the Jane Iredale range and the textures are great. I keep my make-up natural for the day but love to get glammed up at night. I wear false lashes but I always take my make-up off at the end of the night.

DESPITE SOME AMAZING ROLE MODELS LIKE HELEN MIRREN AND SHARON OSBORNE, DO YOU THINK WOMEN STILL FEEL UNDER PRESSURE TO STAY LOOKING YOUNG?



Anthea has been having CACI non-surgical face-lifts for 23 years now

Unfortunately I think they do. Your looks are scrutinised when you are on telly and there is always a pressure for women to look good but I think you can grow old gracefully and there are some amazing ladies out there doing just that.

HOW IMPORTANT DO YOU THINK DIET IS TO LOOKING YOUNG AND FEELING GOOD?

Very! I've never been on a serious diet but I do my best to eat healthily. My friend Liz Earle introduced me to juicing and now I do it all the time. I've bought a Nutribullet which is so quick to use and I've noticed my skin looks brighter since I've been drinking more juices.

YOU'VE WRITTEN BOOKS ABOUT BEING THE PERFECT HOUSEWIFE BUT DO YOU FIND TIME TO COOK HEALTHILY?

I live on my own right now so there's not always the motivation to cook a big meal for myself but I think supermarkets make it easy to eat healthily: there are some really good ready meals based on fish and vegetables which

ANTHEA'S SUPER GREEN JUICE

4 broccoli florets
Handful spinach
1 carrot, chopped
1 orange, peeled and chopped
Piece of ginger
Handful of mint
Place all into juicer and serve over lots of crushed ice.

I like. The more food you can eat in its original state, I think the better.

WHAT'S IT LIKE BEING THE POSTER GIRLS FOR THE MORE MATURE WOMAN?

I'm not sure if I'm a poster girl but if I am it's very flattering. Women in their 50s, 60s, even 70s and beyond have never looked better and people in the beauty and fashion business are taking serious notice. We want to be stylist, sexy and sassy!

SO WHAT'S YOUR FAVOURITE SUNDAY MEAL?

Roast chicken. I'll pop one in the oven then eat it over a couple of days with lots of vegetables and salads.

YOU ALWAYS SEEM SERENE, WHAT'S YOUR TIP FOR STAYING CALM AND COLLECTED?

What apart from the gin and tonic? Make a list. Just like everyone I could run around like a headless chicken with all the things I have to do but if I make a list things, it does fall into place. I've got a big diary which I keep up to date and I'm a great believer that even if you don't have to go out straight away, you should always make an effort to get out of your pyjamas in the morning if you want to have a productive day!

Find Anthea Turner's NEAT storage at antheaturner.com

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