

My Body & I: Claudia Winkleman

The 37-year-old television presenter lives in London. She is married and has two children, Jake, five, and Matilda, two



FACE FACTS

What is your beauty routine?

I use Environ moisturiser, which makes my skin feel nice. Most nights I go to bed with my make-up on, but I'll need to start taking more care as Sky are now shooting me in high definition!

What's in your make-up bag?

Clinique Superfit Makeup Foundation in Honey, Elizabeth Arden Eight Hour Cream, Mac Eye Kohl, Bobbi Brown Beige Shimmer Brick Compact and Lip Color in Beige.

Do you emphasise your eyes or lips?

I like heavy eyes and nude lips – I look about 97 and deranged with strong lipstick on.

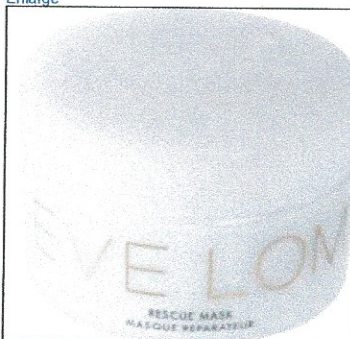
What is your fail-safe beauty fix?

If all else fails, wash your hair with something that smells nice and wear mascara.

Desert island essentials?

An electric toothbrush, Euthymol toothpaste, Eve Lom Rescue Mask, Riemann

Enlarge



Eve Lom Rescue Mask

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'You have been my guardian angel!' Kim Kardashian releases FIRST picture of baby Saint to mark late father Robert Kardashian's birthday



'I'm madly in love with him': Stephanie Davis insists she and Jeremy McConnell are STILL an item as he claims they have split
Make up your minds



Grimacing Professor Green ditched his wedding ring as he steps out with a pretty female pal after announcing split from wife Millie Mackintosh



Peace at last? Katie Price and ex-husband Peter Andre surprise fans as they break public silence and exchange friendly tweets



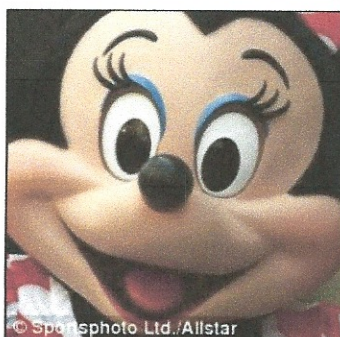
Little princess North West gets her hair done by Kardashian stylist while dressed as Frozen's Elsa
She's pictured studying her part in Frozen



Doting mum Fearne Cotton looks stunning in mismatched bikini as she larks around poolside during family break to Rio de Janeiro
Looked fab on family trip



Pucker up! Lauren

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Claudia with her mother Eve Pollard© Sportsphoto Ltd./Allstar
Claudia's beauty icon**Your worst beauty disaster?**

I found a bottle of Sun-In when I was 14 and my hair looked like Toyah's the next day.

What beauty secret have you picked up from your mother, Eve Pollard?

Perfume on the back of your neck – not on the sides, or wrists. Don't ask me why – it just feels sexier and naughtier.

Who is your beauty icon?

It's got to be Minnie Mouse.

Would you have plastic surgery?

I don't like the idea of it – I'm so squeamish I can't handle a plaster – but when my face falls off, then I might think differently about a nip.

LITTLE LUXURIES**Who is your favourite designer?**

Alice Temperley.



Alice Temperley's designs

Do you have facials?

I've only ever had one – all the steam and fiddling made me go slightly bananas.

BODYWORK**How do you keep fit?**

I don't. Just uttering the words makes me feel slightly out of breath.

Do you have a tip for body confidence?

I used to be full of angst about my arms (too long) and my eyebrows (they meet in the middle), but none of it matters.

EATS AND TREATS**Do you have a guilty pleasure?**

Peanut butter sandwiches.

**Food love?**

I can eat Japanese until my ears bleed.

Do you have a slimming secret?

Fall in love.

What keeps you going through the day?

Carrot sticks and the odd Creme Egg.

CHILLING OUT**How do you relax?**

By sleeping – I could sleep 14 hours a day. I'm part human, part cat.

What self-help books have inspired you?

Can I say *Nigella Christmas*?

What is your ultimate great escape?

My house. I turn off the phone, have a hot shower, wrap up in towels and get into bed.

playsuit as she packs on the PDA with beau Jake McLean on Caribbean holiday



Howard Donald wraps up in a Shearling coat as the doting father enjoys a family day out with his wife Katie Halli and baby son Bowie in West London

'Married this angel seven years ago': Jack Tweed shares tribute to late wife Jade Goody on wedding anniversary
Paid tribute to reality show favourite



Newly-single Lucy Mecklenburgh cuts the mustard in stunning yellow coat and tight jeans to attend star-studded Aspinal London Fashion Week show



PICTURE EXCLUSIVE: Kendall Jenner comes over all shy as she enjoys cinema date with friend to the stars Leon Anderson in London
Not ready for close up



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KATIE HOPKINS: Today surgeons cut into my brain to try to cure my epilepsy. While I'm scared for my kids I'm not scared for myself. So, bye for now.



Samia Ghadie shows off her incredible post-baby body as she returns to Coronation Street for first day of filming after maternity leave



Emotional Jennifer Aniston wipes away tears as *Friends* stars reunite for TV special while David Schwimmer jokes that cast sex contract was 'broken'



Jeremy Renner's ex Sonni Pacheco shows off new blonde locks after four-hour visit to luxe Beverly Hills salon amid bumper divorce settlement

