

MARIE HELVIN

THE ORIGINAL SUPERMODEL REVEALS THE SECRET TO STAYING FABULOUS AT 50 AND BEYOND



"Some of the proceeds will go to charity, but I need to make money to live," she says candidly.

As well as admitting to wearing a 20-year-old dress, Marie, who is promoting *STUP*, a revolutionary anti-aging device, has another surprising confession.

"I ate two big pieces of pizza for breakfast today. I am so busy that I don't have time to cook or eat at the moment. But my health guru, Dr Rajendra Naraina [of the Diagnostic Clinic], who I've been consulting for over 25 years, would be horrified. I'm a health fanatic and don't normally do this. I've been a vegetarian for 25 years. The only meal I've ever eaten in my life was a hamburger. When McDonald's came to Hawaii [where Marie was brought up], me and my brother and two sisters were so excited, but Dad never allowed it in the house. I'm a true believer that you should look after your mind and body from the inside."

It hasn't all been easy for Marie, however. The death of her sister Susan, her divorce from photographer David Bailey, and the steady list year of her beloved mother Linda from a brain tumour, have all taken their toll, but she believes she has emerged a stronger person.

Here, she tells *HELLO!* about the good times and the bad... and shares her secrets of staying so young...

What was it like being one of the original supermodels?
"We were called 'top models' in those days and were all very spoilt and thought we were wonderful. Jerry Hall

'I live a very hedonistic lifestyle compared to most women my age'

and I were nicknamed the 'Terrible Twins' because of our demands over hair and make-up. I think modelling is easier today - you have so much help. Kate Moss has her own make-up artist, hairdressers and manicurist, whereas we only had one person for those things. On location work with Bailey I did all my own makeup. Models today earn more too."

Who did you inherit your looks from?

"I got my height from my dad, who is French-Danish-American, and my appearance from my mum, who was Japanese. She once told me that Japanese women look great for years and years, but suddenly wake up one day looking 1,000 years old. Luckily that hasn't happened to me yet!"

Talking of which, tell us about this new anti-aging device, *STUP*.

"From the very first time I used it, I swear it tightened my

skin. I concentrated on my forehead, around my eyes and jaw, and after only five goes my skin is smoother. It's a radiofrequency device that works a bit like a laser, and for the first time it's available to use at home. It's very relaxing, like a warm facial massage. You use it after applying a special gel."

Would you ever resort to Botox?

"I would do anything to avoid it. Don't get me wrong, I have nothing against plastic surgery, but if I can prevent it, I will."

Your skin and bone structure are amazing...

"I have good skin but also a lot of sun damage. Years ago, we didn't have sun block, we just went out and by it, I'm also covered in freckles and my cheeks are beginning to droop. I don't smile anymore like I used to (like my front lines)."

What is your skincare routine?

"Everyone is horrified when I tell them this, but since I was 14 I've cleaned my face with soap and water. But I've been maintaining right down to my chest since I was 15. I don't do facials. I don't like my face being fused over, after being constantly touched and patted by make-up artists when I was a model. So all the stuff I do is homemade. I do myself. I use a tissue regenerative cream, which is great."

Do you exercise?

"I run and walk for miles through London. I used to ▶