

Presenter Liz McClarnon, 29, reveals her beauty secrets

Which beauty products do you swear by?

Batiste dry shampoo is great for those days when you just can't be bothered. I have very sensitive skin so I only use Dynasty products by beauty therapist Jenny Harding.

What are your essential cosmetic products?

My hair is constantly being messed about, which can leave it coarse and damaged, so I use Daniel Galvin repair products when I get out of the shower.

Do you have any beauty tips?

I hate to lecture but water makes such a difference. My skin gets very dry and I get spots when I forget to drink it for a few days.

How do you stay in shape?

I've started to do a bit of yoga and play polo, but other than that I just pray!

Do you diet?

Sometimes I'll do a "clean" foods diet of cutting out junk rather than a strict detox, but to be honest I haven't for a while. With my 30th birthday coming up in April, I should think about it.

If you could change one part of your body, what would it be?

I hate these questions as it draws attention to that specific area, but I'll say my thighs and muffin top.

Which other women do you think are beautiful?

I think Denise Richards is gorgeous.

What is your signature fragrance?

Chanel Coco Mademoiselle. I do wear others but I've been coming back to this one for about nine years.

CELEBRITY BEAUTY SECRETS

Would you ever consider cosmetic surgery?

Yes. I don't know what will happen in the future so I guess the more open-minded I am the better.

How do you pamper yourself?

A visit to Champneys health resort in Tring.

Who are your favourite designers?

I love Victoria Beckham but I also like New Look, Boohoo.com and Gorgeous Couture.

What is your all-time favourite outfit?

It's a grey silver number from Reiss. I hope to wear it to Sandown Park Racecourse on July 2, where I'm the face of Ladies Day.

Denise Marshall

Liz McClarnon is the face for Sandown Park Racecourse's Coral-Eclipse Ladies Day on Saturday July 2, 2011. Visit www.sandown.co.uk or call 01372 470047.

BEAUTY SPOT

FOR VOLUME, WORK YOUR HAIR AT THE CROWN AROUND A ROUND BRUSH, THE OPPOSITE WAY TO HOW IT USUALLY LIES, AIMING HEAT AT THE ROOTS. ONCE DRY, BRUSH YOUR HAIR A NUMBER OF TIMES INTO YOUR CHOSEN STYLE.



TIGI Catwalk Sleek Mystique Fast Fixx Style Prep
£10.30 (0844 844 0944, www.tigihaircare.com)

Slicked back hair is the ultimate grown-up style. Get the look with this leave-in conditioner. Rich in antioxidants, it will detangle, hydrate and seal the hair's cuticles.

Redken Fashion Work 12 Hairspray

£11.75 (0800 085 4956, www.redken.co.uk)

If you avoid hairspray because you like to play with your tresses, then you should give this a try. The fast-drying, fine mist lets you work and shape your hair until you're happy with it and offers long-lasting humidity resistance and control.



Kadus Professional Flat Ban Root Mousse

£7.95

(01264 334466)
Volume is important this season. Spray this strong mousse through your roots before blow-drying your hair back and away from your face to emulate that sexy 70s Farrah Fawcett look.

Aveda Be Curly Style-Prep

£18 (0870 034 2380, www.aveda.co.uk)

Big, loose curls are the epitome of elegance, so prep your hair with this all-day frizz controlling and curl defining lotion. New on counters this month, the organic, sustainably sourced babassu oil helps to seal, soften and moisturise hair.

