

salon

SUMMER 2013
t o d a y



There Is No Perfect
Anti Ageing

Summer Celebrity
Lady Gaga

Beautiful Bottoms
Cellulite

celebritybeauty

Not Just a fashion princess on the rise, **Tanille** is a budding songstress, her health and beauty secrets revealed

What is your best beauty advice?

Eat lots of watermelon. It makes your skin look amazing. No matter how many hours of sleep you've gotten you always wake-up looking refreshed if you make watermelon your favorite desert.

Would you ever consider plastic surgery?

No, I think the benefits can be great but, there is too much risk for the reward. That of me would like to think of plastic surgery as a fall safe for aging. However, I don't like to think about all the bad face lifts I've seen. Or what about the people who have died from a tummy tuck gone wrong!

What are your feelings on extreme beauty treatments like Botox?

I think I would consider Botox. By the time I need it I bet it will be so advanced, there will be virtually no risk. On the flipside, I have heard of Vampire facials with real blood. I don't want blood on my face, even if it is my own! If you want to produce more collagen by eating more fruits and vegetables with vitamin C.

Best Low Price Beauty Product You Would Recommend to a Friend

One Oil. I love this stuff. I mix a little in with my facial moisturizer. I put it on my hair when I know I'm going to be out in the sun for a few hours. It's a protector and it provides real moisture. At night I put a little around my eyes and on my lips.

What is your biggest no, no?

Hair Gel. I hate anything that hardens my hair. I think it can potentially cause breakage. I never use gel, not even for photo-shoots. I do have curly hair. If I want to wear it out curly I apply a leave-in moisturizing conditioner, like Aveda Curl Enhancer.

Do you have a favorite spa?

I do. I go to Oasis Day Spa in Manhattan and I will only see Evelyn. She is like a skin psycho. She knows all of my habits. If I've been sleeping late, or drinking too much coffee or eating dairy. And she is a master at product analysis. I can't be an expert in skin products. There simply aren't enough hours in the day to read and understand product labels. So instead, I go to the expert, Evelyn. She gives a mean blueberry peel that will change your life.

What are your feelings on organic beauty products?

I like the concept. I am just being introduced to them. I like brands



like Origins. I probably could do a better job of seeking out organic make-up. I think that's my next step. As for skincare, I am beginning to think gang organic makes total sense.

Which regular beauty treatment do you undertake?

I cannot live without my monthly facial. My skin can get very congested, especially while living in New York. The air is just not that clean. A monthly facial and a bi-monthly natural skin peel are a must.

How do you relax after a hard day?

I meditate. I started meditating daily about three years ago. I like to release the events of the day and let go of any thoughts I'm holding onto. I know it sounds crazy but sometimes I really feel pressed to complete something and at I do to think about it until it gets done. It's so stressful and unproductive. Meditation helps me to create a peaceful mental space that I can create in.

What are your top 5 must haves?

- SPF 15 Broad Spectrum Moisturizer
- Slippers
- Eyeliner
- Lip Balm
- Condoier

How do you stay looking so healthy?

I go to the gym at least 3 days a week. I do yoga. I make time for sleep. I must have 8 hours of sleep. And I drink 8 to 10 cups of water a day. I also think feeling good from the inside makes you look good on the outside.