

# JO WOOD

The 53-year-old model, author and founder of Jo Wood Organics lives in Kingston upon Thames with her husband, Rolling Stones guitarist Ronnie, with whom she also tours

## What is your beauty routine?

In the morning, I apply Ila facial oil and sunscreen before make-up. My mother taught me always to take my make-up off at night and I've always done it. I use Ila cleansing milk, apply their facial spray and put on the night cream.

## Your latest beauty discovery?

Epicuren – it does a good sunscreen and has really interesting products, such as an immune-boosting facial serum made from cow's colostrum.

## What's in your make-up bag?

Mac powder and lipsticks – including one in Myth – an under-eye mineral cream, eye pencils, Laura Mercier mascara and a few make-up brushes.

## Do you highlight your eyes or your lips?

My eyes. I outline them with black pencil, smudge it in and, if I'm going out, put Organic Glam black liquid eyeliner on top and lots of mascara.

## MY BEAUTY ICON

'Brigitte Bardot – she was so beautiful, so sexy'

## Would you have plastic surgery?

I've had it on my tummy. I think it works wonders for some people; it changes their lives.

## LITTLE LUXURIES

### The most heavenly treatment?

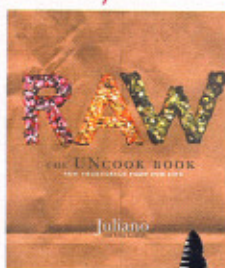
I recently had an incredible ayurvedic head massage at the Miraval Spa in Tucson, Arizona [miravalresort.com].

### Do you have a signature scent?

I've loved Chanel Cristalle for years, but I'm now looking for a great organic perfume.

### Bath or shower girl?

When I'm on tour, I can't wait to have a bath because I'm always showering. I'll have one with lots of salts and oils – I love Dr Hauschka's. I turn the lights down and light one of my candles – Usiku has a really calming smell.



6

## JO'S HOT BUYS

- Ila Face Oil, £55; Cleansing Milk, £36.50; Energy Spray, £15, and Night Cream, £55, ilarspa.com
- Epicuren Zinc Oxide Sunscreen SPF20, £28, and Colostrum Serum (1), £65, tel: 01256 345605.
- Mac Lipstick in Myth (2), £11, and Mineralize Skinfinish powder, £16.50, tel: 0870 034 2676.
- Laura Mercier Mascara (3) £16, from spacenk.co.uk
- Organic Glam Liquid Eyeliner (4), £16.95, theorganicpharmacy.com
- Chanel Cristalle, £38 for 50ml, tel: 020 7493 3836.
- Dr Hauschka Lemon Bath oil (5), £16, tel: 01386 792642.
- Jo Wood Organics Body Oil, £35, and Usiku Natural Soy Wax Candle (6), £30.
- Pokka Japanese Green Tea, 69p for a can, from ocado.com
- Raw: The Uncook Book (7) by Juliano and Erika Lenkert (HarperCollins), £25, from amazon.co.uk

## BODYWORK

### How do you keep fit?

I think it's healthy to do a bit of everything. You get a stronger heart by using a treadmill and yoga is good spiritually and for the whole body – I do Ashtanga and Hatha. I also ride my bike around Richmond Park.

### How often do you exercise?

At least three times a week.

### What part of your body would you change?

My bottom. Ronnie loves it, but I have to do all those bottom exercises, lunges, donkey kicks...

## EATS AND TREATS

### Do you eat to live or live to eat?

Live to eat – I love food.

### What kind of diet works for you?

A good breakfast. I make my own muesli with goji berries, blueberries and dried cranberries and have it with goat's yoghurt and honey. For lunch, I eat protein and carbs on alternate days. I went to the Mayr Health Spa in Austria where I was put on a strict diet and taught how to eat properly [mayrandmore.at].

### What is your guilty pleasure?

Green & Black's organic chocolate.

### Your favourite pick-me-up?

Green tea. Waitrose sells an authentic Japanese green tea in a can.

### How organic are you?

I only eat organic. In the supermarket I won't buy anything that is not organic, except for HP Sauce. I also have weekly deliveries from Abel & Cole [abelandcole.co.uk].

### Do you take vitamins?

On tour I take them every day but at home I don't because I eat healthily. Every now and then I take vitamin C, vitamin B complex and garlic, for its many health benefits. Before a tour, I'll see Dr Joshi at the Joshi Clinic, who tells me which vitamins to take. It keeps me healthy and my immune system strong [theljoshiclinic.com].

### An inspiring foodie read?

Raw: The Uncook Book. Raw food is full of vitamins because it's uncooked. I'm going to try making their raw hamburgers with vegetables and nuts.

Jo Wood Organics has just launched Everyday, a new line of bath and body products which includes two new fragrances, Tula and Langa; from £15 for Foaming Body Mousse. Available from Harvey Nichols, harveynichols.com