



SKINCARE SHOULD BRIGHTEN, NOURISH AND PROTECT. I splash my face with cold water first thing, then apply **ARK Radiance Serum 30ml** (£45, arkskincare.com), which brightens and minimises pigmentation – I baked in the sun in my youth, and this helps even my skin tone out.

I'M FAMOUS FOR MY BOBBED HAIR thanks to TV drama *Dempsey and Makepeace*, and I have had a version of it ever since. I use organic products to make hair shiny, and **Green People's** scent-free range is a favourite. **Scent Free Shampoo 200ml** (£17, greenpeople.co.uk).



MY BEAUTY PHILOSOPHY

Actor Glynis Barber shares her health and beauty secrets

WORDS JANE DRUKER

MEET GLYNIS

Glynis Barber, 68, starred in 1980s TV drama *Dempsey and Makepeace*, and is now appearing in *Hollyoaks*. Find her health, beauty and wellbeing advice at agelessbyglynisbarber.com

KEEP EXERCISING. I have a dog, so playing and walking in nature is very important. I try and do regular exercise every day. Yoga happens twice a week, and weights are so important – as we age we lose muscle mass, which may increase your risk of falls and fractures. I used to go to the gym five times a week, but find walks and weights are just as beneficial.

STRESS MANAGEMENT MATTERS. We are all juggling so many balls. It is a priority for me to make self-care top of the agenda – even if that means a glass of wine while watching *Married at First Sight Australia*, which is my favourite!

I KEEP MY EVENING ROUTINE SUPER SIMPLE. I take my make-up off, apply serum especially around my eyes, and practise deep breathing, which takes the body out of that anxiety-inducing fight-or-flight mode (there are tutorials on my website).



I TAKE MAGNESIUM, D3 AND K2 SUPPLEMENTS, which work together to support the immune system, aid sleep and maintain bone density. **Viridian Vitamin D3 & K2** (£28.50 for 90 capsules, viridian-nutrition.com). pharmacyonlinecoulk.com.



BRUSHES MAKE ALL THE DIFFERENCE. I use a variety to create that chic canvas effect. **Real Techniques Essentials Brush Set** (£20.99, lookfantastic.com).

KISS GOODBYE TO BLACK EYELINER AS YOU AGE. The aim is to look dewy with greys, browns, and an apricot blush. **Perfect Lash Mascara** (£28) and **Brows Lift Perfecting Pencil** (£25, both studio10beauty.com) do what they say on the tin. I love **Charlotte Tilbury's Pillow Talk** range. **Eyeshadow Palette** (£46, sephora.co.uk).

PHOTOGRAPHS: GETTY IMAGES

LIVING WELL