‘I haven’t time to worry about wrinkles!’

Anthea Turner shares her stay-young-looking secrets…

From Blue Peter and Top Of The Pops to GMTV, Anthea Turner has been on our TV screens for more than 20 years. Now, aged 54, the presenter is still looking as fresh and perk as ever. With her own home-storage range at TV’s Ideal World, Anthea explains how she’s embracing the ageing process and why juicing has been the best thing ever for her complexion...

Your skin looks great! What’s your secret?

Why, thank you! I’ve been fairly lucky; I never really suffered from spots when I was young. The one thing my mum drummed into me was to stay out of the sun if you want to keep your skin looking good. Pigmentation can be a real problem if you’ve been a sun-worshipper and I’m pleased to say my skin is pretty clear.

Do you worry about wrinkles?

I don’t have time to worry about them. It’s realistic to have some at my age and I think it shows you’re a smiling person. I’ve got a wide face, which means my jawline is strong, and I think it’s a good thing. I don’t have a problem with Botox, if it’s used well. I’ve tried it and if you can keep it looking natural, it can give you a real boost. I have a little scattering every six to nine months, but I’d never take it too far.

What else helps you look good?

Pull faces! Eva Fraser’s face exercises were invented years ago but they really work. You go to the gym to get fit and this is a workout for your face. I do it in the car. It probably looks really funny if anyone’s looking, but it helps to keep your skin taut.

What comes top of your favourite make-up?

Mineral make-up has been a big revelation. I use the Jane Iredale range and the textures are great. The bases feel light and don’t make it look caked or clogged. I keep my make-up natural for the day but I do love to get glammed up at night. I wear false lashes but always take it off at the end of the night.

Who’s your stylist?

I’ve been going to the same stylist for years, Lino at Daniel Galvin. He did my first layered cut, which people seemed to love. Although he’s mixed it up a bit over the years, my look hasn’t changed drastically. My hair’s thick and quite curly, so I have to have lots of layers to keep it tamed.

How do you stay in shape?

I try to eat healthily. My favourite make-up?

Anthea’s super green juice

Full of healthy fruit and veg, try this for breakfast

• 4 broccoli florets
• Handful of spinach
• 1 carrot, chopped
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• Piece of ginger
• Handful of mint

Place all in a blender and serve over crushed ice.
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What about salon treatments?

If I do have a spare moment, I’ll go and have a CACI treatment. It’s been around a long time and was the first of the non-surgical type facelifts. It definitely helps tone your skin. Now I’ve got the hand-held version you can use at home. It’s really simple and only takes around 10 minutes to give yourself a quick toning session, which you can do in front of the TV. It’s brilliant!

Are you still using Botox?

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What do you do to stay in shape?

I go to the gym. I think as you get older it’s important to exercise, not just to stay in shape but to help keep your bones strong too. I worry about osteoporosis. I do weights at the gym, which helps to keep my arms tamed, and a class every so often. Anthea Turner uses the CACI Microlift, £350, available at Boots or visit cac-microlift.co.uk

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How important do you think diet is to looking young and feeling good?

Very! I’ve never been on a serious diet but I do try to eat healthily. My friend Liz Earle introduced me to juicing and now I do it all the time. I’ve bought a Nutribullet, it’s so quick to use, and I’ve noticed my skin looks brighter since I’ve been drinking juices.

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What comes top of your favourite make-up? Mineral make-up has been a big revelation. I use the Jane Iredale range and the textures are great. The bases feel light and don’t make it look caked or clogged. I keep my make-up off at the end of the night. I wear false lashes but always take it off with a cloth. I use products from Environ, which have a good SPF – because I think that’s really important, even in winter.

What do you do to stay in shape? I do try to eat healthily. My favourite make-up? The bases feel light and don’t make it look caked or clogged.

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What do you do to stay in shape? I go to the gym. I think as you get older it’s important to exercise, not just to stay in shape but to help keep your bones strong too. I worry about osteoporosis. I do weights at the gym, which helps to keep my arms toned, and a class every so often.

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Anthea’s super green juice

Celebrity

With best friend Liz Earle – they both love juicing! Anthea turns her facial muscles.

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Do you worry about wrinkles?

I don't have time to worry about them. What do you keep in your skincare kit?

I'm a big fan of washing my face otherwise. I use a cleanser by Organic Surge, which is fairly cheap but feels lovely, and I rinse it off with a cloth. I use products from Environ, which have a good SPF – because I think that's really important, even in winter.

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