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Now, aged 54, the presenter is still looking as fresh and perky 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...

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Do you worry about wrinkles?

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What do you keep in your skincare kit?

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Are you still using Botox?

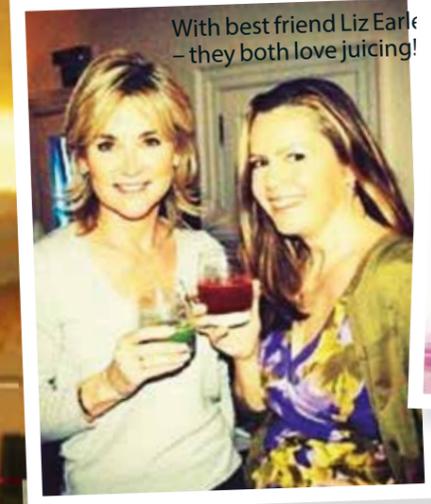
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What comes top of your favourite make-up?

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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 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.

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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Words Abby KnightPhotos Alpha, Capital Pictures

Anthea's super green juice

Full of healthy fruit and veg, try this for breakfast

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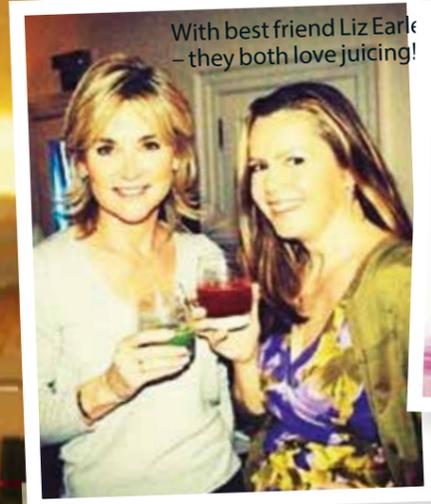
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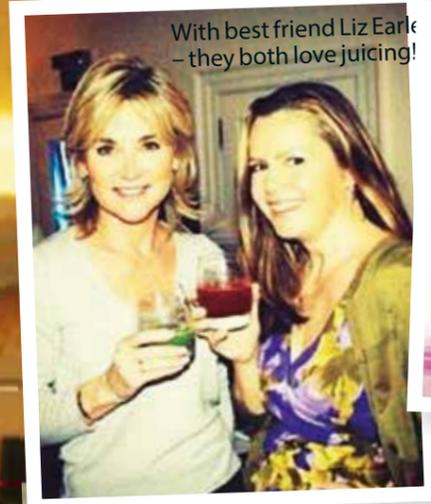
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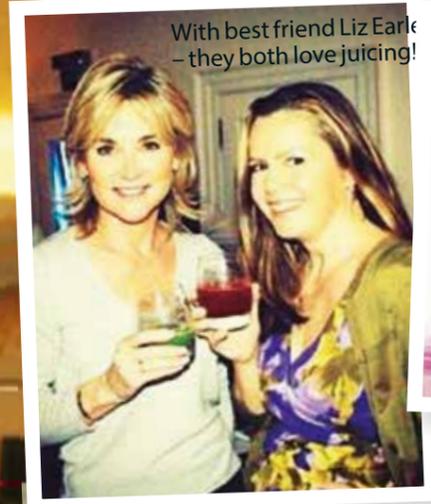
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