

'THIS SUMMER WILL BE MY BEST EVER!'

Anthea Turner reveals why she's finally ready to face the future with a smile...

TV presenter, author and businesswoman Anthea Turner, 56, has had a rollercoaster couple of years with her high-profile divorce hitting the headlines. But with a new self-help book in the pipeline, the support of her closest female friends, and looking better than ever, she's ready to have the best summer of her life.

You've been through a tough time lately. What are your tips for staying positive and strong?

Even when you don't want to, stand up straight, smile and do yourself up. Do your hair and make-up, then go out looking like you mean business. Have your 'war cabinet' – AKA your solid group of girlfriends around you. Any problems

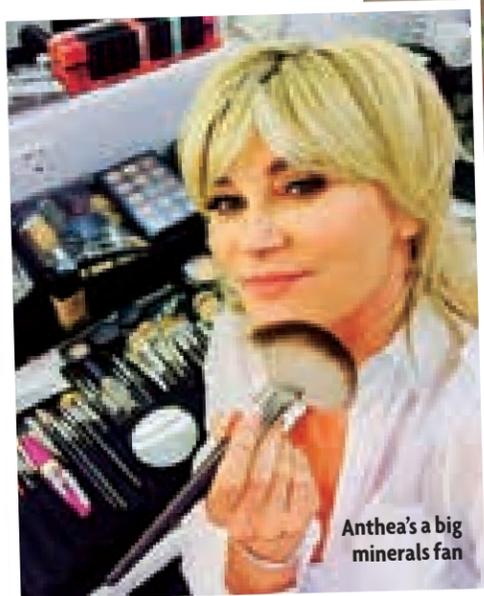
we may have, we are all there for each other.

Your love life has had some ups and downs, so what's your trick for surviving the emotional bad times?

Know that you won't be down for long – the worst thing you can do is be on your own in the prison of bad thoughts. Make sure you go to your group of girlfriends and do not stay in the house and go into the bad place – accept support from the people who love you.

You said on *Loose Women* recently you're feeling upbeat and looking to the future – what are your plans to have the best summer ever?

Whatever way you look at it, I've got more years behind me than in front of me. I'm 56 this year – if I have a good run, I've got another 30 years on this

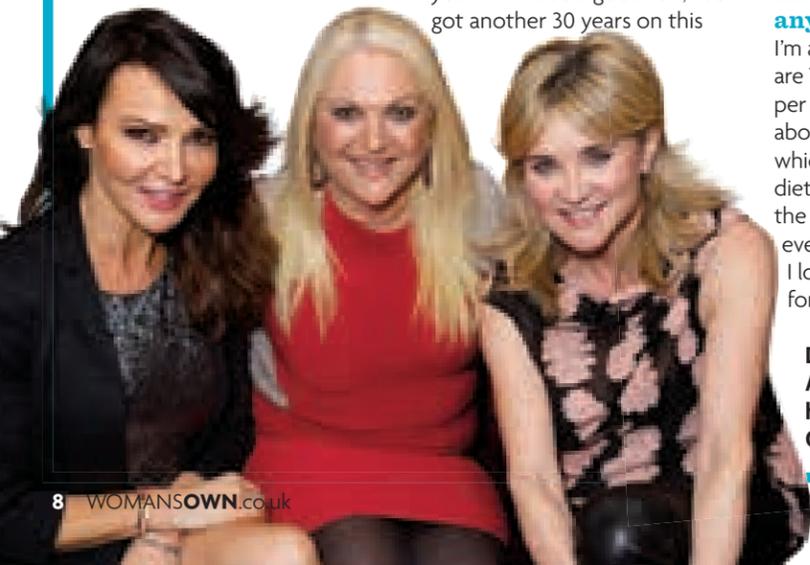


planet! I can either be miserable or seize the day, so this summer will be spent working and having a few city breaks with some good friends. Perfect!

Have you been following any kind of diet?

I'm all about moderation – we are 75 per cent genetic, and 25 per cent we can do something about. I'm a healthy size 10, which is sensible. I'm not into dieting as I think it confuses the body, but I try to have everything in moderation. I love everything that's bad for you, but it's a treat for

Despite her recent troubles, Anthea is still enjoying the high life, here with Lizzie Cundy and Vanessa Feltz



'Even when you don't want to, stand straight and smile'

me. I've trained myself to like dark chocolate and there are so many amazing ones on the market. Your sweet craving is satisfied and you don't eat as much. Watering down wine with a little sparkling water helps too.

Lorraine Kelly loves revealing her bikini-fit body – do you think women in their fifties should be proud to show off their bodies?

She looks amazing! I think it's whatever you're comfortable with. If you feel comfortable in a bikini, then wear one. But if you don't, then you shouldn't feel that you have to. People can still be proud and 50 without wearing a bikini.

Are you using anything right now that's working well for your skin?

I'm a big fan of mineral make-up – it works for me and it's really easy to put on. Marks & Spencer has the PÜR range, which is just right for my routine. I apply in the morning and it stays put all day.

You've admitted to having Botox in the past. Do you think women should be happy to say they use these kinds of treatments to stay younger looking?

I don't know why people lie about treatments – for me, I would rather be honest.

Words: Abby Knight Photos: Alpha, Rex

What are your look-younger secrets?

I'm a bit DIY when it comes to my face – my rule for facials is have one that you can't do yourself at home. I've been having CACI facials since I started at GMTV and I still have them now. Also, I always take my make-up off – it would have to be a really bad night for me not to! I will literally be crawling to bed, but I will still take my make-up off. Plus, I use the Obagi skincare range, which is brilliant for an older skin.

So what's your best beauty tip?

Drink lots of water, get eight hours of sleep when you can and have things in moderation.

Despite some amazing role models like Helen Mirren, Joanna Lumley and Sharon Osbourne, do you think women feel under pressure to stay looking young?

Yeah, we are under pressure, absolutely, because society wants us to always look young, unfortunately. It also depends on the individual woman – I think we all want to look the best we can within our budget. My advice is to spend money on your hair – the high street has never been so good.

Which female celebrity do you think looks fab for her age?

Lorraine Kelly looks better now than she did years ago. I think Liz Earle, the skincare guru, looks great too. And you always have to look at people like Barbara Windsor and Gloria Hunniford – they are amazing and have never let themselves go. They always make an effort.

You always seem so cool, what's your key to staying calm and collected, no matter what?

I have a great group of friends who I adore and they help me stay calm and collected – and also I have learned to relax a lot more as I've got older!

