



CAMILLA RUTHERFORD ACTRESS

The Gosford Park star looked the part even when pregnant, despite craving crisps

Have you managed to avoid the dreaded stretch marks? Yes. I think it must be genetic because my mother didn't get any either. I did also use a wonderful Japanese body oil by Elemis. Generally, my skin was plumper, because of water retention, and less spotty – which is great – due to my being well rested.

Did you have any cravings while pregnant? Unfortunately, yes. I couldn't stop eating carbohydrates. I had an obsession with pasta, bagels and crisps.

How did you stay in shape? I didn't do yoga or anything like that, but I swam regularly and tried to eat moderately.

Best body treatment you've ever had? A mother-and-baby treatment at the Elemis

Day Spa (tel: 020 7499 4995). It was so relaxing to have a massage when pregnant.

Did you have a natural birth or every painkiller under the sun? I had nothing to prove so I took whatever I needed.

What essentials did you pack to go to hospital? Revive products, from Bliss, which I love and were introduced to me on a shoot, and Vaseline for my lips. I also keep a Chanel powder blush, Max Factor mascara, lip balm or matt lipstick, and a hairbrush in my make-up bag.

What are your tips for getting a good night's sleep? Well, I haven't had many since my son, Hector, was born. But exercise and being well hydrated and relaxed make all the difference.

Did your mother give you any beauty tips? Don't fiddle with your appearance in public.

Do you still have time for pampering? It's obviously a lot more difficult, but I have a fantastic girl called Toni (tel: 07931 718667) who comes to the house to do my manicure and pedicure. And my hairdresser, John Chapman (tel: 020 7713 5432), who

MODELLING IS LIKE ACTING. I ALWAYS USED TO ACT MY WAY THROUGH EACH SHOOT

is usually at the London Hair Academy at the Aveda Institute (tel: 020 7759 7360), does home visits, which has saved my life.

Do you commit any beauty sins? Yes. Staying out late.

What's your biggest beauty indulgence?

The Ritual at the Spa, the Mandarin Oriental (tel: 020 7235 2000). It's five hours long and so spoiling – essential oils from top to toe. Or an oxygen facial at Bliss (tel: 020 7584 3888).

Biggest beauty disaster? I was on the Eurostar on the way to a shoot and a friend decided to pluck my eyebrows. Once she started, she couldn't stop. It looked so dreadful.

Have you ever had to change your look radically for a role? I've never been wholly transformed, though I've obviously had many changes to make-up, hair and clothes.

Do you have one role that you have always wanted to play? Elizabeth I and Byron's famous lover, Lady Caroline Lamb, whom I did very nearly play recently. Unfortunately, the film never went ahead.

Do you think it helped being a model before going into acting? Yes, I think that there are a lot of similarities. As a model, I would always act my way through the shoot.

What did you think about your look in Gosford Park? It was precise in its period detail, which helped me to get into character.

Who are your beauty idols? Grace Kelly and Vivien Leigh. The climate of celebrity had more mystery then. This added to their beauty.

What's your beauty philosophy? Health and happiness. **Fiona Jolly**