

Beauty Talk

Julia Roberts

The actress and supermom dishes on her new fragrance, her sneakiest beauty weapon, and the secret behind That Hair



"Being confident in my looks came with being confident in myself and getting a true understanding of who I am."

Your looks get so much attention. Has it ever been hard to deal with? If I had ever considered myself classically attractive or I had been the pretty girl in high school, it probably would've messed up my head going into show business and having everyone lining up to scrutinize me. But because my face is a little crooked, I just laugh myself off.

So you don't take it seriously? It's impossible to! Like any girl, I enjoy dressing up and looking pretty, and I'm clearly not one of those people who go, "Oh, I don't think I'm attractive." But at the same time I do think I've grown into my looks.

What's the best beauty tip you've picked up over the years? Well, I learned a lot from Kevyn Aucoin. He was the makeup master! He had these giant hands—imagine two porterhouse steaks slapped onto your face—and he'd always say, "Mascara, mascara, mascara!" He was right. It just makes you look like you've had a good nap.

If you need to be out the door in two minutes, would mascara be the one thing you'd put on? No, I'd brush my teeth. Sometimes that's all I do as far as a regimen goes. Look, I'm happy if I have on moisturizer and Chap Stick! When you're dressing three people [twins Hazel and Phinnaeus, 7, and Henry, 5] besides yourself, something has to fall away. I've learned to always have a big pair of dark sunglasses within arm's reach before going out. ►



**LANCÔME LA VIE
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DE PARFUM**
\$75/1.7 fl. oz.;
lancome-usa.com.

"In a world where everyone puts their name on everything, this huge company launches this huge fragrance and packages it in this quiet, beautiful bottle."

Beauty



LANCÔME HYPNÔSE MASCARA

"It's thick, creamy, and yummy, and it goes on lashes like frosting on cake."

\$26; lancome-usa.com.

JO MALONE ORANGE BLOSSOM CANDLE

"I love orange blossom, and Jo Malone got it right. This candle smells like there's a little orange tree outside my door."

\$65; jomalone.com.



WELEDA SKIN FOOD

"I put it on my hands after I wash dishes and wind up putting it on my elbows and feet. Before you know it, I've squeezed this poor little green tube into a twist."

\$12; amazon.com.

JULIA'S TOP MUST-HAVES

LOTUS LOVE BEAUTY BATH SALTS

"I like a good soak, and these bath salts are amazing. I have them in my bathroom, and I've noticed them popping up in some of my girlfriends' bathrooms too."

\$16; lotuslovebeauty.com.



SERGE NORMANT META LUSH VOLUMIZER

"This stuff is like a magic serum. I go crazy spraying it on my hair until my fingers get tired. Then I let my hair air-dry."

\$23; sergenormant.com.



AKASHA NATURALS IMMUNE SUPPORT

"Akasha Naturals is my go-to for supplements. The Immune Support turns away any sickness I feel coming on."

\$22; akashanaturals.com.



ARM & HAMMER COMPLETE CARE TOOTHPASTE

"Thank goodness they've turned baking soda into toothpaste! It's much easier than using the powder."

\$4; drugstore.com.

Speaking of teeth, what's the secret to that gorgeous smile of yours? I brush with baking soda. I learned it from my grandfather. He'd put a big heaping mound of it on his toothbrush. He had only one cavity his entire life.

Do you have any bad beauty habits? I'm devoted to cheese. If cheese were a religion, I'd be the highest priestess. I've never met a cheese that I couldn't have at least one conversation with. That can't be good for me in the long run!

What's your workout routine? My friend [Bizzie Gold, of Buti Fitness] developed a program of yoga and plyometrics that I do five times a week. After 90 minutes I'm lying in savasana like, Phew! I'm so glad that's behind me!

Do you diet? A few months ago Bizzie suggested that I take gluten out of my diet. And since I'm the chief cook in my house, I changed my whole kitchen to gluten-free. I've definitely seen results. It kind of took that winter layer off.

As the evil queen in *Mirror Mirror* you had some pretty outrageous beauty habits, including bees stinging your lips. What's the most out-there thing you've done in the name of beauty? I once randomly cut my hair off before a shoot. A girlfriend of mine cut it in another friend's kitchen. I sat there without even a mirror, and she chopped it. What was fascinating was that moms would stop me in the grocery store and say, "It will grow back." Hair has a strong effect on people. ►

Beauty

How important is your hair to you?

It's interesting. I thought of myself as someone who's "above" hair, until my daughter asked me if she could shave hers off, and my hands began to tremble. She has long hair, and I suddenly thought, Oh, no! I've become that person. I'm equating beauty with hair! I was disappointed in myself.

Did you let her cut it? Yes, the barber put her hair in a ponytail and cut it off with these huge shears. He started shaving the back of her head, and all of a sudden she had this adorable little cut. That was a few years ago, so her hair is all grown back now. But the other day she started talking about shaving it again. I was like, Whatever you want.

You're the face of Lancôme's new fragrance, *La Vie Est Belle*. Since you've said that you'd never attach your name to a fragrance you wouldn't wear, what drew you to this particular scent? I have an aversion to perfumes that are too powdery-smelling, and this is the complete opposite. It's not too flowery or too girly. It has earthy notes, like sandalwood, that ground the sweeter flavors. And it smells a bit different on everyone, which is nice.

The French name means "life is beautiful." What do you find beautiful? Oh, all the corny stuff—my family, my husband, hearing my kids giggle. My mom was at my house on Mother's Day and I was pretending to tickle her while her back was against me. My kids started laughing so hard. They were screaming, and their cheeks were turning red. If I'm not having a great day, all I have to do is put my mind on those freaking faces during moments like that.

What's your view on plastic surgery and fillers, and trying to defy gravity? Everything I've ever said about this has been misconstrued—"I'm anti-Botox, I'm anti-facelift." I'm pro whatever works for you. I certainly don't think everyone getting the same face is the answer. But for me, at this point, I'm clinging to my good genes and lots of hugs and kisses from my husband. —KAHLANA BARFIELD

How to Do the Do

The trick to Roberts's famously overflowing locks? **Serge Normant**, the man behind the magic, gives a step-by-step

"We've been doing effortless waves forever," says Normant, who has been styling Roberts's hair for nearly 20 years. To create the look, Normant works volumizer through damp locks from roots to tips, then blow-dries with a medium-size round brush for bounce. "I blow the upper half really straight because I like the style to be smooth on top and wavy at the bottom," he says. Using a 1-inch curling iron, he loosely wraps random sections around the barrel, from midshaft to ends. "There's nothing I hate more than uniform curls," Normant says. "They should look alive—a bit messy, with nice movement." A touch of pomade around the hairline eliminates frizzies. According to Normant, the actress has learned to use these tricks herself over the years. "She's good! Sometimes I see her and I'm like, 'Who did your hair?'"



"Julia's hair is best when it looks like I didn't work on it—even though I did."

SERGE'S SECRET WEAPONS



SERGE NORMANT META FORM SCULPTING POMADE
\$25; serge-normant.com.



SEDU REVOLUTION PRO 60001 DRYER
\$160; folica.com.



KENT LBR2 BRUSH
\$27; kent-brushes.com.

HOT TOOLS PROFESSIONAL 1" CURLING IRON
\$30; ulta.com.



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