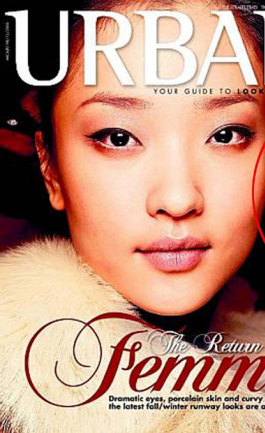


# URBAN

YOUR GUIDE TO LOOK



## NADYA HUTAGAUNG, 32

Fly Entertainment artiste (above) and mother of two

This gorgeous babe of Australian and Indonesian descent has been modelling since she was 12 and is Urban's cover girl this week. She doesn't rule out having cosmetic surgery done as she ages – but only if she needs to look good for a living. She is currently filming commercials for Indonesian mall development Serayan City and has just set up her own jewellery line, O-Sel, available at [www.o-sel.com](http://www.o-sel.com).

### What skincare products do you swear by?

Biotherm Line Peel Yeux for the skin around my eyes, which is really dry from growing up in Australia. I have really sensitive skin, so I use a lot of products prescribed by my dermatologist at The Sloane Clinic. These include an enzyme concentrate to improve elasticity, balance and clarity of the skin, and a probiotic emulsion – it's like yoghurt and helps

pimples and took a while to recover. I tried all sorts of creams to cure the problem, but it didn't really save my life with the right prescriptions.

### Who is the most beautiful woman you have ever met?

My mother, Diane, who at 55 is so beautiful inside and out. Another is Clara, my grandmother – I call her that but she's really the mother of my uncle's wife. She's a politician in Indonesia, a country where corruption is a part of everyday life. Yet, she's the most uncorrupt person I know, displaying such integrity and passion and working very hard even though she's over the age of 70.

### What beauty mantra do you live by? Why is it important?

I don't drink water one hour before I go to sleep because my eyes tend to be puffy in the morning. I also visit the dermatologist once a month.

### Do you eat certain foods to improve your skin and complexion?

I eat as much organic food as I can. I tried planting

detoxify the skin from within.

**What is your make-up bag essential?**  
Benefit's Pocketpal Benetint. It works both as a blush and lip colour and is really long-lasting. It's not available in Singapore, so I stock up on it when I'm in the United States, Australia or England. I can't live without my Elizabeth Arden 8-hour Cream, which I apply on my lips, cheeks and cuticles. There's also lipa concealer, which contains three colours in one compact so I can blend them according to whether I've got a tan. Make-up for me is minimal – some concealer, blush and light powder around the eyes and I'm good to go.

### What is the best beauty advice you have ever received?

My Mum taught me to do cheek exercises to fill out my cheeks so I don't look gaunt. You basically smile and tense up the cheek muscles resistively.

### What is, or was, your worst beauty nightmare?

Three years ago, I had to just stop some beauty products and had to test a brand new stuff. I broke out in

pimples. Papaya, melon, guava, jackfruit, tomatoes, basil – anything in my backyard. Only the papaya survived. Which is more expensive – to have to seek treatment for cancer, or to choose what you eat?

### Do you go for facials? What does it do for your skin?

Yes, once a month, depending on my schedule. I go to my dermatologist and say, "Can you make my face fresh?" I have no idea what she does. But it involves applying vitamin C, microdermabrasion and an anti-ageing "LED-red photomodulation" treatment.

### I'll never step out of the house without first putting on some...

Blush and concealer, just to look vibrant and healthy, not green or sallow.

### If you were marooned on an island, what cosmetic/skincare product must you have?

Sunblock. The sun's UV rays can cause skin cancer and speed ageing. On top of that, I develop freckles easily.

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