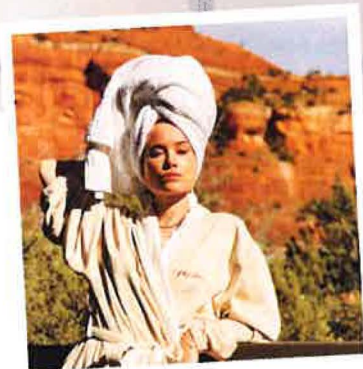


Sunday SESSIONS

Curious about the beauty routine of a true fashion force? Julia Hobbs, creative content editor at Condé Nast International, shares her must-have products and the relaxing rituals she relies on...



Comfort meets care on Julia's packed bathroom shelf



Spa selfie: Julia works top-to-toe towelling for a pampering beauty moment

THE WIND DOWN

I probably start winding down at about 9pm on Sundays. I wish it was slightly earlier, but I am naturally quite a night owl. Sundays are when I do most

of my weekly exercise, so it takes me a while to be still. Beauty is important every day and night of the week, but it's only at the weekend that I have the time to tackle overarching beauty issues (pigmentation, open pores etc) and set about eliminating them. I'm quite ruthless. My dream Sunday evening would be spent having a facial with Debbie Thomas, and then collapsing into a bed covered in silk pillows. I light candles sometimes but my boyfriend is always worrying that I will forget to extinguish them, which dampens the relaxation somewhat. I'll be moving

swiftly between my bathroom and bedroom (and back again, and again) wearing a pair of towelling slippers, and I'll tune in to David Rodigan's radio show. I make lots of iPhone lists, which feature anything from what I need to pack for a work trip, to people I want to cast in a shoot or a reminder to pick up my dry cleaning. Generally I feel exhausted on a Sunday night but I delay going to bed until the very last minute.

THE ROUTINE

My skin is erratic. Sometimes oily, sometimes dry, sometimes susceptible to redness. Usually all of the above at the same time. I'm always on the hunt for the perfect cleanser. I like a classic deep clean that doesn't leave my skin feeling parched. May Lindstrom The Honey Mud (£80) is one of my favourite formulas (especially when I'm travelling as it doubles as >

MY BEAUTY LIFE



Tutu fabulous: from costumes to couture - it's all in a day's work

a mask) and I keep a vitamin C cleanser on rotation - my skin always looks noticeably brighter after I've used one. I make a point of massaging my face when I cleanse, using the palms of my hands rather than my fingers, to avoid dragging at my skin. Once my pores are open and my skin is warmed, I use a salicylic-acid cleanser to tackle blemishes. Afterwards, I'll pat my skin dry with a soft towel and reach for a purifying mask, such as Sisley Radiant Glow Express Mask (£81). It's fast enough to use while you're in the shower, when the steam will help it get to work. Sometimes, I follow this with a short LED light treatment, which is great for the psoriasis patches that plague my cheeks when I'm run down or lacking sun exposure. If I'm feeling really indulgent, I'll also do a sheet mask, such as La Mer The Hydrating Facial (£200) - I do up to three a week. I pat on a toner before the final step, applying Algenist Splash Absolute Hydration Replenishing Sleeping Pack (£44) for a moisture surge or Sunday Riley Luna Sleeping Night Oil (£85) for clarity. A dab of Rodin Luxury Lip Balm (£25) and an eye cream such as Révive Moisturising Renewal Eye Cream (£95), and I'm done.

I always use a pillow mist and sleep on a stack of silk pillows



Sunglasses in bed? Naturally

I was formerly a bathing obsessive, but recently reverted to being a shower girl. I'm obsessed with Aromatherapy Associates Deep Relax Bath & Shower Oil (£49), which is instantly soothing. Afterwards, I moisturise religiously. There's something reassuring about having a large pot of Kiehl's Creme de Corps (£48) on my bedside table. For my hair, I rely on Leonor Greyl Crème aux Fleurs Cream Shampoo For Very Dry Hair & Sensitive Scalp (£19.50) and Leonor Greyl Crème Regeneratrice Conditioner For Coloured, Dry And Damaged Hair (£20.50) because I'm always doing daft and detrimental things to it (colouring, perming etc). I let it air-dry in front of Netflix.

BEDTIME

On Sundays, I get into bed at 10.45pm. I'm not a bedtime minimalist - my super-soft white duvet is usually smothered in books, plus my two laptops (work and personal) and piles of clothes. I always use a pillow mist, like Ren & Now To Sleep Pillow Spray (£18) and I sleep on a stack of silk pillows. I apply lip balm and moisturise my neck and hands one last time, then, if I'm stressed or overtired, I'll listen to a 45-minute binaural guided meditation track through headphones. I've weaned myself off ear plugs, but I am at a loss as to how anyone can sleep without a blackout eye mask.

I've mislaid my favourite silk mask and am bereft; it's tricky to find one that won't leave deep impressions on your face that make you look like Ernst Stavro Blofeld. I like liquorice tea, but I'm normally too lazy to make it at bedtime and instead drink warm water. I take magnesium malate, zinc, omega-3 fatty acid and agnus castus. I finally turn out the light at (eek!) 1am. I need more sleep than I usually get and I'm a nightmare sleeper - sleeptalking, sleepwalking, you name it. I terrorize anyone sleeping near



Picture perfect



Soothing products are Julia's go-to

MONDAY MORNING

My alarm is set for 7am on weekday mornings. I turn on Radio 4, eat a few squares of chocolate Ombar and turn the shower on.

@juliahobbs_