

## Make-up Made Easy

In one of the quiet leafy lanes of Parwich near Ashbourne, is the welcoming home of celebrity make-up artist and trainer Joanne Jewett. Joanne, whose infectious warmth and enthusiasm is immediately evident, is on a mission to revolutionize the way we use and choose make-up.

Her distinguished career began in the late 1970s as a consultant for Helena Rubinstein in London but her passion to learn the intricacies of the art of make-up soon took her to Paris. She was singled out by Helena Rubinstein's MD and became a specialist trainer with a growing reputation that led many celebrities to call on her talent.

Among those she advised was Diana, Princess of Wales, who – Joanne told me – understood that the likelihood of being photographed at any moment meant she needed a make-up technique that could be applied easily, would suit her image and was manageable on a daily basis. One of her favourite clients included Bob Hope's wife, Delores, who recommended Joanne to Barbara Streisand and Bette Midler when they were visiting London. She has also worked with Madonna and Princess Alexandra. Joanne was also instrumental in growing the Armani brand with fashion showcase events,

photo shoots, and she worked on Live Aid (Scotland).

A move to the USA seemed the likely next step then Joanne met her husband and they returned to Sunderland to start a family. They moved to Derbyshire 17 years ago but she has never forgotten her early career. She firmly believes that, 'Confidence and make-up go hand in hand! If you look good you tend to feel good. So many of us lose touch with make-up as we get older. With the pressures of life we tend to forget about ourselves. It also gives a person a tremendous confidence boost if they have a little bit of make-up on and look good.'

Joanne saw the need for a fast, easy and transforming make-up style and has developed her own distinctive technique, described in her book *The Beautiful Truth: Make-up made easy, don't believe the hype*. At first you carefully follow each step then before you know it has become a way of life. The clever use of blending, contouring and highlighting is key to the technique with the emphasis on showing off your best features and hiding the rest. As Joanne says 'Every woman is beautiful – just learn how to choose and use make-up, that's it!'

*The Beautiful Truth* has also put several of Joanne's Parwich friends in



the limelight, using them as models and applying her technique to every age group from 13 to the over 70s. To conclude with one of Joanne's favourite sayings: 'Make-up is something to be taught not bought.'

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Dawn-Elizabeth Rudd meets Joanne Jewett, a woman on a mission, and reveals her own thoughts on starting the autumn in style

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Our skin often takes a bit of a battering over the summer from exposure to the sun and sea and now is the time to remedy this. Never underestimate the importance of simple methods and if you do not have a favourite cosmetic brand then it's easy to make your own with a few simple ingredients. Exfoliation is the key, then finish with a good nourishing cream and you will soon have perfect skin. Jo-anne Jewett recommends Nivea as a great moisturizer, massage cream and make-up remover. She tells me it's the 'secret' product considered a skincare essential by most celebrities and models. Gently massage the skin upwards and outwards and around the eyes from the browbone around the eye bone – never pull the skin around your eyes. If funds allow other classics to invest in that have stood the test of time are Elizabeth Arden's Eight Hour Cream for seriously dry patches and Lancôme's Nutrix.

### Homemade Exfoliation Recipe

4 tbsl extra virgin olive oil  
2 tbsl pure honey  
1 tbsl organic brown sugar.

Mix the ingredients together, massage over your face and neck, then rinse off. Apply moisturising cream to your face and massage upwards and outwards to rejuvenate and tone your skin and facial muscles. Remove with kitchen roll – it's much more absorbent and strong to 'buff up' the skin. Repeat this process two or three times a week for amazing results. The best time to do this is before bed and you'll wake up to a polished skin.

This is also a good time of year to reassess your make-up colours. Peaches and creams or heathers and berries are two alternatives, but remember that whatever you choose for your eyes, you need to follow through with your cheeks and your lips. Be yourself but better!



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Autumn is a favourite season of mine; there is something wonderful about the nights drawing in and the changing colours in our gardens. I have fond childhood memories of 'autumn pickings', brambling and finding late raspberries or preparing and bottling damsons and sloes. Here are two favourite recipes of mine to make use of our hedgerow finds.

### Blackberry tippie

This makes a pleasant variation to the more common damson, sloe and raspberry liqueurs which are much in evidence.

400g blackberries  
150g granulated sugar  
500ml gin or vodka

Place blackberries and sugar in a pan over a low heat for 10-15 minutes until the berries are soft and the sugar has dissolved. Cover and

simmer for 10 minutes, then add the gin or vodka. Remove from the heat and press through a sieve into sterilised bottles and chill. Serve in little shot glasses with a good cheeseboard.

