

The Complete Woman

How the stylish look and feel their best

Like Aimé, the fashionable boutiques she runs with her sister, Val Heng Vong's life is kept fully stocked with all things French. Half-French, half-Cambodian, she has lived in London for 16 years but Paris still feels like home. "It's great for beauty products. I buy Bioderma's Sensibio H2o Micelle Solution cleanser, Reviviscence Shampoo and Masque Fleurs de Jasmin by Leonor Greyl, and my favourite perfume: Voyage d'Hermès."

Naturally her clothes are also French. "I finish every outfit with an Isabel Marant jacket or my leather jacket by Saint Laurent but I don't like to look like I try too hard," she says. Her eating habits are Continental. "Lunch and dinner are more important to me than breakfast. I wake around 5am

VAL HENG VONG

Retailer, 36

with my baby, Inès. It's too early to eat so I have coffee and fresh carrot, apple and ginger juice."

Exercise keeps her energy up. "Even if I am really tired from travelling I have more energy when I train." She favours substance over style. "What matters most is not state-of-the-art equipment but the trainers. I see Rob or Adam twice weekly at W10 Performance [w10performancegym.com]."

During buying trips for her shops (in east and west London) she takes organic ginseng and royal jelly, which help her fight fatigue. The Alexander Technique "taught me about posture and breathing and helped with backache". She's getting to grips with meditation. "I'm reading *Wherever You Go, There You Are* by Jon Kabat-Zinn. It's mindfulness meditation for everyday life. I try to enjoy each day as it comes, and laugh a lot." ●

Val Heng Vong's essentials

● **I don't drink alcohol, and try not to use too much salt.** My husband is a great cook and dinner is either meat from Lidgate's (lidgates.com) or grilled fish. I have a sweet tooth but try to replace refined

sugar with agave syrup.

● **I have a monthly facial with Tarryn at Sarah Chapman**

(sarahchapman.net). She introduced me to Environ's beauty products, which are great. I also see Dr Nick Lowe every three months for an overall skin consultation (drnicklowe.com).

● **I use Chantecaille Ultra Sun Protection SPF50 during the day** and Sisley Black Rose Cream Mask (both from liberty.co.uk) twice a week for an amazing, instant beauty boost.

● **I used to suffer from hayfever until I met Dr Ray Choy** at the Nightingale Allergy

& Nutrition Clinic on Wimpole Street, London W1 (020 7436 2135). He makes me bespoke drops each spring.

● **I prefer to wear Repetto ballet pumps** (repetto.com) than struggle on the school run in eight-inch Louboutins.

● **Being with my family slows me down.** Once

a year we escape London for the Maldives, and at least twice a year we go to Babington House in Somerset (babingtonhouse.co.uk).

Words Ellen Burney
Photographer Alice Whitby
Make-up Camilla Hewitt, using Estée Lauder

