

Jo Hansford, 58, hair colourist and Mayfair salon owner – whose clients include Liz Hurley and Nigella Lawson – lives in London with her son (johansford.com).

I have my hair blow-dried weekly and my colour done every three weeks.

I don't feel groomed otherwise. It's important that I represent my business well, and I need to practise what I preach. It's good for your own self-esteem too, especially as you get older.

I've only ever washed with soap and water. I keep my skincare simple.

At night I take my make-up off with Crowes Cremine, a theatrical make-up cleanser, which is cheap and amazing at taking the lot off. I moisturise using Sarah Chapman Skinesis as it's not greasy and suits my skin.

I always wear make-up. Even if I am home alone, make-up makes me feel good. I have a semi-permanent tint on my eyebrows and I love Lancôme Hypnôse mascara. I wear a pale lipstick in the daytime and something deeper for evenings out. Every week I have a manicure and I wear my nails short and square with Essie Wicked polish.

My treat is a lovely hand cream. I've recently discovered Crabtree & Evelyn Avocado, Olive & Basil Hand Therapy. It's not expensive but it really works. My indulgence is Crème de la Mer body lotion, which doesn't compare to anything else – my skin stays soft for ages.

Once you hit 40 you have to re-evaluate yourself every five years. Look in the mirror and change your hair accordingly. Sharpness in a haircut is much nicer than long, straggly hair, and it's important for your hair to be in good condition, too. I use a mask instead of a conditioner and have a cut that is easy to manage.



Beauty

INSIDER

Hair colourist Jo Hansford shares her festive grooming tips and stress-busting secrets

Choose a colour to suit your hair's texture. Highlights, for example, make hair look thinner, so fine hair suits solid colour better. Your colour should also suit your hair and eye colour. It's important to talk ideas through with your colourist so you know that it's right for you.

For the festive season, a good blow-dry will keep your hair looking good. Have a dry shampoo on standby to put

the bounce back in, and don't sweat too much in the kitchen!

I don't do stress at Christmas. My whole family and I go away to Barbados. I don't miss any of the traditions and enjoy a delicious fish curry on Christmas Day followed by a long walk on the beach. For New Year we'll head into the local town. It's quality time together that we don't usually have and a great escape that I really look forward to.



'Once you hit 40, you have to re-evaluate your hair every five years'



Jo Hansford's essentials
Essie nail polish in Wicked, £7.99 (asos.com); Skinesis Dynamic Defence, £43 (spacenk.com); Crabtree & Evelyn Avocado, Olive & Basil Hand Therapy, £14 (crabtree-evelyn.co.uk); Color Riche Collection Privée by L'Oréal Paris in Cheryl's Nude, £8.16 (loreal-paris.co.uk); Jo Hansford Intensive Masque, £27 (johansford.com)