

EDWINA INGS-CHAMBERS



OUR BEAUTY DIRECTOR'S HERO BUYS

The 8 wonders of my world

In my final column, I gift you my most
important feel-good lessons

It isn't just time that marches on – we must march with it, following its band leader's baton into the future. And so it is that, after five years in this wonderful job, it is time for me to move on and bid you adieu.

In talking about my upcoming projects someone asked me to look back and say which piece I'd felt most proud of having written for YOU magazine. While I'm proud of everything I put my name to (what is a life – or career – without that?) the answer was simple: a personal essay about my lifelong struggle with body confidence and emotional eating. It even made me a cover girl in my 50s (right).

That article was almost two years ago, so what have I learnt since then? Well, firstly, a problem shared really is a problem halved: daring to talk so openly about my issues led to an outpouring of support – a support that hasn't wavered, and for which I thank you. I have learnt some more beauty-related lessons, too. Don't be misled by the term 'beauty': increasingly brands want to talk about embracing, rather than perfecting, our flaws. This trend chimes perfectly with my own desire to really get to grips with self-acceptance instead of harbouring self-esteem issues. It's still a work in progress (a journey I'll continue on my Instagram account, see opposite, so please join me there), but these are the things that have helped me:



Making conscious choices

To feel good about myself I like to make good choices for others when I can. A key new favourite is **The Natural Africa Rosehip Oil** (£45, thenaturalafrica.com), a great face hydrator from a brand that farms responsibly and provides economic opportunities for rural communities.