



I've even started to dress more sexily

DEE Barshon was 40 in February. She lives in South London with husband Phil, 37, with whom she is setting up a photography website.

"I'm a product junkie. I have a bathroom cabinet overflowing with everything from reasonably-priced Olay to £100-plus Creme de la Mer.

"I exfoliate every other day, moisturise twice daily and give myself weekly facials.

"There are a couple of things I definitely credit with my youthfulness. I always make sure I get plenty of sleep. My mother gave me cod liver oil from three months old and I've taken it ever since. I'm sure it helps keep my skin supple.

"I do eat reasonably healthily and don't drink that much alcohol but I don't do any exercise as I haven't the time. When I look back at photos taken 20 years ago, I think I look so much better now. Yes, my boobs might not be quite so firm but I look softer, more feminine.

"And I definitely dress more sexily - and why not? Years ago, being 40 meant covering up

but women like Madonna have proved you can still look hot.

"I've only just married, I've just passed my driving test and I'm about to start trying for children. Thanks to my husband, I've also started snowboarding. I feel 16 again!"

Having babies later keeps you youthful



BEAUTY therapist Suzanne Bull turned 40 in April. She lives in Broxbourne, Herts, with partner Graham, 46, and children Alistair, three, and one-year-old Robyn.

"In my job I suppose I've always been aware of doing all I can to stay youthful-looking. I avoid the sun because it does the most damage to the skin and I've never smoked.

"I'm lucky that I genuinely enjoy fruit, vegetables and fish rather than fast food and red meat. I have a sweet tooth, though, and have to watch myself around the biscuit tin!

"I've always worked out and go running or do aerobics two or three times a week. I walk the dog every day, too, and that helps me keep my size 10 figure. I also think the fresh air is good for your body, your mind and your skin.

"People may expect me to use top-of-the-range products but I use a Boots own-brand moisturiser that I slap on morning and night.

"I do spend money on a product I order over the Internet called Pure-Col, which has made a difference. In my early 30s, I noticed my skin looked less plump - particularly around my mouth. I'd read good things about collagen supplements and decided to give them a whirl. Five years on, my skin looks relatively line-free.

"Having babies later in life helps keep you youthful, too - they keep me on my toes - and, thankfully, they haven't altered my figure. It doesn't bother me that I'm by far one of the

AGELESS BEAUTY: From left, Suzanne, Minouche, Louise and Dee
 Pictures: BOB POWELL



We're all 40 and fabulous!

next to
 ag about
 couldn't
 be back.
 Northern
 n I joined
 en he does

 m Cruise
 wo weeks
 lloving a
 attled to
 re.
 oop
 en, and
 wcastle
 as been
 e army

 and-
 en he does
 about