

WEIRD OR *wonderful?*

Putting spices in their make-up and not washing their hair – A-listers swear by some bizarre beauty tricks! But which are as clever as they are crazy?



Weird

Thandie Newton adds spices to her foundation
Gorgeous Thandie, 41, mixes her tinted moisturiser with the yellow Indian spice turmeric to combat ashy or pink tones. 'It's anti-inflammatory too,' she explains. But consultant dermatologist Nevianna Tomson (suffolkskin.co.uk) isn't convinced. 'Turmeric contains curcumin which is said to have antibacterial and anti-cancer properties. But there is very little evidence to show it can help skin – especially when applied topically rather than being eaten. It could also stain,' she says. We reckon the actress should try EX1 Invisiwear Liquid Foundation, £12, thisisbeautymart.com, a foundation designed for olive complexions.

Lupita Nyong'o slathers her face in avocado
Lupita's get-glowing skin secret? Avocado! The 12 Years A Slave star, 31, slaps on the fruit when her skin's feeling dry. 'It really seeps in, leaving it nice and lush,' she reveals. The trick gets a thumbs up from celeb facialist Nuz Shugaa who's worked with Amanda Seyfried. 'I recommend avocado masks to all my A-list clients,' says Nuz. 'It's full of vitamin E which nourishes and heals. Cleanse with a warm flannel then massage the mashed avocado over your face and leave for 20 minutes before wiping off,' she reveals. Or get the goodness from Fushi Organic Avocado Oil, £9.50, fushi.co.uk



Wonderful

Kim Kardashian West mixes sugar with her shower gel
Kim's secret weapon for a silky bod? She creates her own scrub by adding sugar to her body wash. 'The glycolic acid in sugar helps moisturise and protect from toxins,' Kim, 33, reckons. Celebrity facialist Nichola Joss is all for it. 'Kim's right – sugar is jam-packed with glycolic acid which helps to eat away at dead skin cells. And massaging in the granules has a smoothing effect so it gives a double whammy of exfoliation. I'm not sure there's any evidence to show this will protect from toxins though,' she says. Get a similar effect from The Sanctuary Hot Sugar Scrub, £12 – Michelle Keegan and Abbey Clancy love it!



Wonderful



Weird

Lauren Conrad rinses her mouth with coconut oil
Fashionista (and *The Hills* star) Lauren Conrad, 28, is the latest celeb to champion the 'oil pulling' trend. Derived from ancient Indian beliefs, swishing a tablespoon of coconut oil around your mouth daily is thought to whiten your gnashers and fight cavities. A top dentist's verdict? 'There's no scientific evidence at all behind this craze. If the aim is to remove bacteria, an electric toothbrush is much more effective! I suggest using one with a good quality toothpaste like Oral B's Pro-Expert Deep Clean Toothpaste, £3.49, and a tongue cleaner,' explains Dr Uchenna Okoye. Try DenTek Breath Remedy Tongue Cleaner, £4.09, amazon.co.uk



Wonderful

Rihanna takes a humidifier with her wherever she goes
RiRi, 25, puts her flawless, dewy skin down to the steamy atmosphere in her native Barbados. So when she's jetting off elsewhere? She brings the Caribbean air with her! 'Keep humidifiers in your room, right next to your bed so the moisture can go into your skin and you look all fresh when you wake up,' the star recommends. Nevianna Tomson agrees: 'Humidifiers add moisture to the air so may benefit people with dry skin or those prone to skin conditions like eczema. Just make sure the machine is kept clean as dirty humidifiers can breed mould.' Want in? Try Bonaire Compact Ultrasonic Humidifier, £34.95, John Lewis.

Gwyneth Paltrow doesn't use shampoo



Weird

Celebs are on a shampoo strike! While Gwyneth Paltrow kick-started the 'no poo' movement after concerns about chemicals, superstar singer Adele shuns it for more manageable locks. Gwynnie's really got people talking now though, as she's upped her vitamin C intake. She takes Altrient C, £32 for a box of 30 sachets, cultbeauty.co.uk, as she believes it helps her scalp produce sebum which makes her mane feel fresher. Trichologist Mark Blake (markblake.co.uk) says: 'Not washing creates a build-up of pollution, bacteria and dead skin. And I can't see why you'd want to increase sebum production. Many shampoos contain an ingredient called sodium lauryl sulphate (SLS) which can be stripping on sensitive skin. If you're worried, try an SLS-free one instead,' he says. We recommend Liz Earle Botanical Shine Shampoo, £8.75.