

MailOnline

BEAUTY BUZZ: Team GB rower Helen Glover's glow-to guide

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PUBLISHED: 18:08 EST, 30 July 2016 | UPDATED: 18:08 EST, 30 July 2016



She's the reigning Olympic gold medallist in the women's coxless pairs and is about to defend her title at Rio. We caught up with Helen beside the water...

What is your fitness superfood? Berries. I have a smoothie every morning.

How does training affect your hair? With the amount of training – and sweating – we do, I need to wash my hair every day. I keep it conditioned with Charles Worthington Moisture Seal Hair Healer Leave-In Conditioner [£6.99, boots.com].

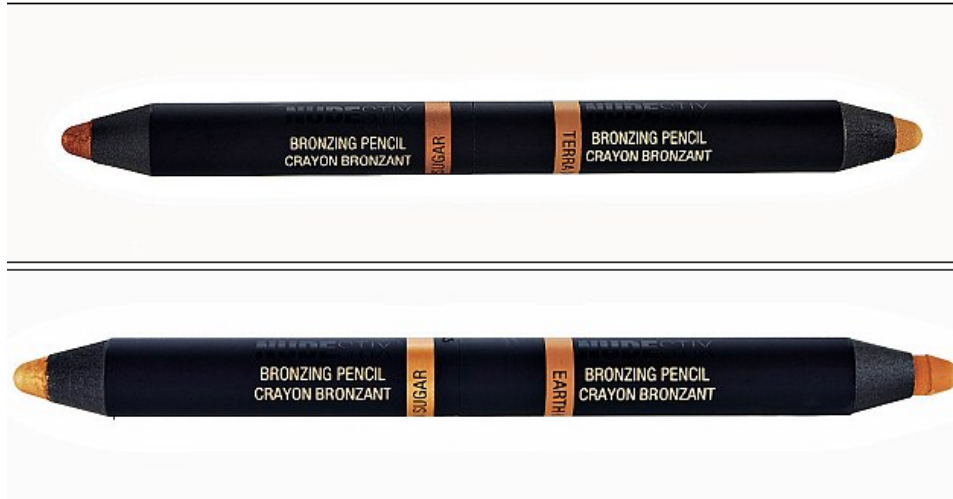
How do you care for your skin? Nivea In-Shower Body Moisturiser [£3.56, nivea.co.uk] ensures my skin won't dry out after being in the sun.

Your top beauty confidence booster? St Tropez Gradual Tan In Shower Lotion Golden Glow Medium [£14.50, boots.com] leaves my skin a healthy colour, despite all the sunscreen I apply. Plus, it fits effortlessly into my daily schedule.

How will you celebrate if you win gold? I don't drink alcohol during the four-year Olympic schedule, so I would celebrate with a rare glass of champagne!

NUDESTIX

For a travel-friendly make-up bag, banish bulky pots and palettes. Hourglass Vanish Seamless Finish Foundation Stick – a base and concealer in one – corrects flaws in a trice (£42, liberty.co.uk, from tomorrow); Nudestix Bronzing Pencils in Golden Sugar Earth and Brown Sugar/Terra (£24 each, spacenk.com), and Maybelline Baby Lips Pop Art Lip Balms (£2.99 each, superdrug.com) are the way to shed pounds from your holiday packing.



Nudestix Bronzing Pencils

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