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positive, though, because as [US feminist and journalist] Gloria Steinem was saying not that long ago, the thing is, now women are being believed. We can put lipstick on and still be clever.

Great skin comes from minimising stress, which is very hard. Sometimes, when I’m rehearsing, or even at the dinner table, I’ll suddenly hear myself exhale. Relaxing is something as basic as breathing, and we forget to breathe. **I come from Australia and grew up with a mother who was very big on sun protection.** The Giorgio Armani Crema Nera Extrema Essential Defense Fluid [about £139, below left] I use defends against UV rays and also pollution, which is really great because I’m a traveller. Over the winter I used the Crema Nera Supreme Reviving Cream [£330, bottom left], which has been fantastic. I love the Supreme Reviving Serum [£360], too, and for make-up the Luminous Silk Foundation [£42, below centre]. I also take a liquid skin vitamin called Aethern Advanced Skin Beauty Program [£255 for 28 doses, bottom centre] every day and a multivitamin.

I love the Eastern idea that beauty contains an essential flaw. For instance, if you have a beautiful ceramic pot, there would be a flaw in it, and that flaw is beautiful. Or a Bonsai tree that’s profoundly beautiful because it’s old and gnarled, but there’s been an incredible amount of love, care and time that has gone into creating it. Women have always thought about beauty as being perfection, rather than something that has evolved. This Japanese approach is a really modern sense of beauty, and it’s where women are arriving at. We want people to see who we are. We’re not pretending to be what we’re not.



Family meals and conversations are so important.

We [husband Andrew Upton, daughter Edith and sons Dashiell, Roman and Ignatius] go out to dinner a lot. A couple of weeks ago, my ten-year-old saw a family who were all on devices and he said, ‘Look at that mum, isn’t it tragic?’ I have negative associations with a lot of social media, but the good thing about it is that multivarious stories get out there.

By saying no to some things, you’re saying yes to yourself. As women, we naturally think we have to put things out in the world and we’re taught from a very early age to nurture the aspirations of other people. But at a certain point you can’t take everybody else’s problems on board. You must make some space, even if it’s just locking yourself in the loo for five minutes. Or maybe shutting down your social media account for six months – see what that does for you. Our emotional health is where so many of our ideas and connections spring from. It’s important to feed it.

I’d describe myself as a ‘practical romantic’. It’s the two parts of my personality. I think being true to myself is when I try to, in the face of adversity, remain open-hearted. We get confronted with a lot of things as women – challenges and difficulties – and it’s vital not to encounter hatred or narrow-mindedness with a closed heart. ■

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