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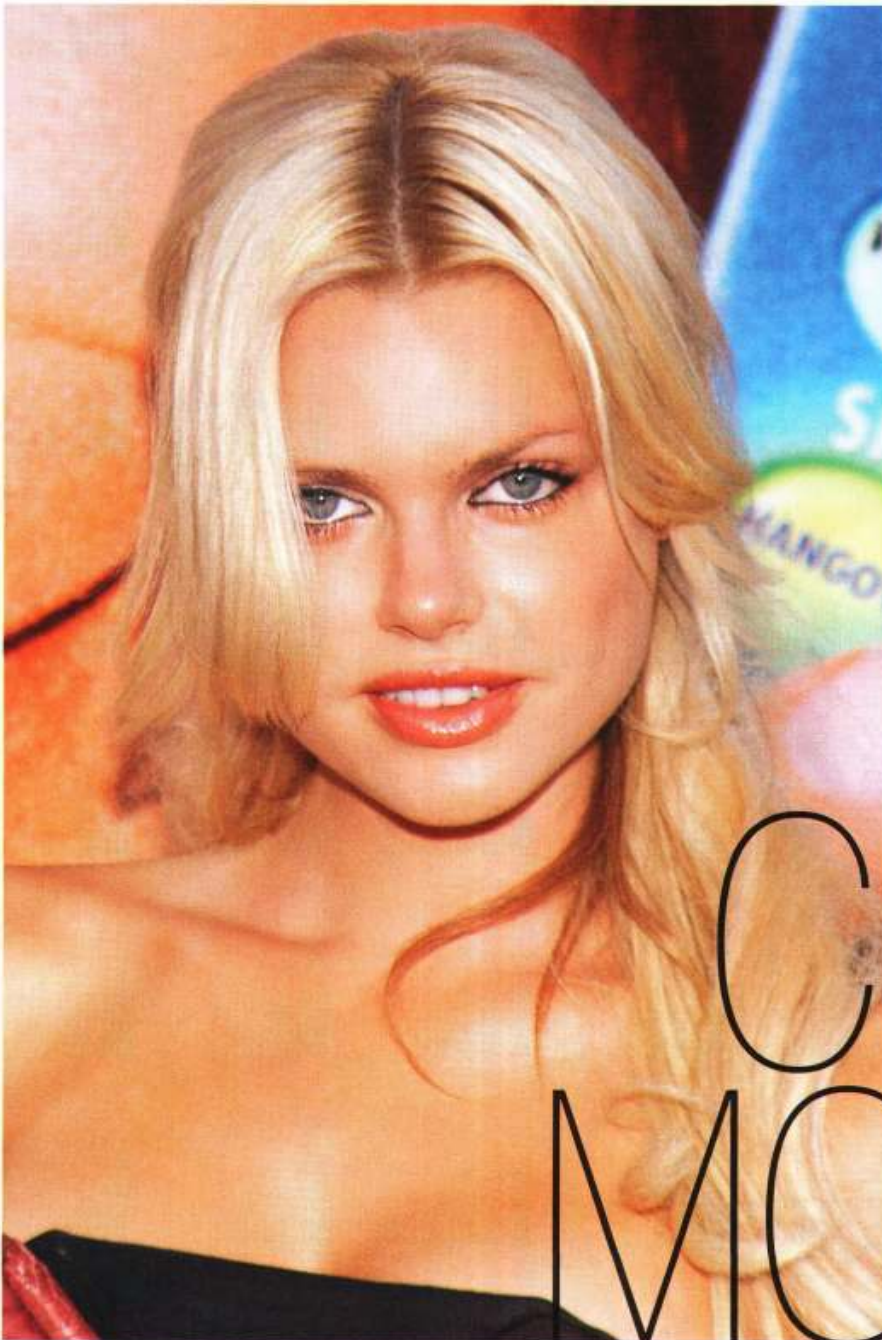
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HONESTYPOLICY
cleo.com/articles/survey.htm

"I'd like to see **MORE**
STEP-BY-STEP HAIRSTYLES
AND MAKE-UP IDEAS –
a girl can never get
enough!" *Nadin Porter*

Beauty

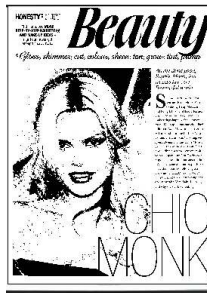
Gloss, shimmer, cut, colour, sheen, tan, grow, tint, pump



Aussie done good, Sophie Monk, lets us into her very Beauty-ful world.

She went from working at Warner Bros. Movie World to dating Benji Madden and being BFFs with Nicole Richie. Sophie Monk sure knows how to make things happen. Since moving to the US, Sophie has parodied Paris Hilton in *Date Movie*, and starred with Adam Sandler in the hit flick *Click*. Comedies seem to be her thing, with *Spring Breakdown* and *Scary Movie 5* expected to hit theatres soon. She's also adding horror to her repertoire with the upcoming film *Pearblossom*. Sophie is now a familiar face on the LA party scene and her sexpot looks have the paparazzi following her every move. CLEO has a girlie chat with the actress about make-up, her obsession with Yves Saint Laurent, and why she's anti-sunbaking. →

CHIC
MONK



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Beauty

Career: The new face for Hollywood Fashion Tape, Sophie was recently in Sydney to promote the brand's new Hollywood Shapes lingerie line. She credits her fabulous figure to the range. Soph is also the face of Pleasure State's Biofit bras, not to mention a long-time vegetarian (she even stripped down for a recent PETA campaign).

Love life: Sophie quickly settled into the LA scene and nabbed herself a tattooed-rocker fiancé in Good Charlotte's Benji Madden. Since their split in early 2008, Sophie has been linked to several Hollywood hotties, including Jude Law and, more recently, *American Idol* host Ryan Seacrest.

"I NEVER GO IN THE SUN FOR A NATURAL TAN, I'M JUST TOO FAIR. I GET A SPRAY TAN INSTEAD. OH, AND I ALWAYS WEAR SUNSCREEN WHEN I'M RUNNING."

Maintenance:

"I'm not fastidious about body moisturiser. I'd say I'm more of an every-other-day body moisturiser. I wear more if I've had a fake tan – to help it last longer."

Perfect foundation:

"My favourite foundation from The Body Shop was discontinued. I now use a fabulous foundation from Napoleon Perdis."

"I ALWAYS TAKE EVERYTHING WITH ME, INCLUDING ALL MY MAKE-UP. YOU NEVER KNOW WHEN THE PAPARAZZI MIGHT JUMP OUT FROM BEHIND A TREE!"



"When fans see me, the first thing they say is that I'm not as tall as they'd imagined."

Make-up: "It definitely depends on what I'm wearing. I usually go for a light concealer under my eyes, mascara, and black eyeliner if I'm looking tired."

Celeb who always gets it right: "J.Lo – she looks amazing all the time!"

Most prized fashion item: "I have an amazing pair of YSL shoes. Think high and sexy. I love, love, love them!"

Haircare: "My hairdressers and stylists keep my hair in top condition. I personally don't do that much to it. However, I did used to sleep with conditioner in my hair."

"SHOES ARE MY BIGGEST SPLURGE. YSL DOESN'T COME CHEAP, YOU KNOW!"

Beauty must-have:

"I don't really spend a lot of money on beauty products. However, I do splurge on a dermabrasion treatment at an LA clinic once a month."

Make-up disasters:

"I've had plenty. When I was around 16, I'd get dressed up and pack on the make-up. I looked like a crazy lady – think loads of red lipstick and blue eyeshadow ... yuck!"

Her flawless skin:

"I don't put that much time into a skin regimen, so thank God for airbrushing! And also genetics – my mum has excellent skin."

Good luck charm:

"My manager, Yoon. Only good things happen when she's around."

Soph's weapons of choice

1. Gillette Venus Embrace, \$15. 2. Maybelline Great Lash Mascara, \$14.95. 3. Hollywood Fashion Shapes 1/2 Body High-Waisted Shaping Shorts, \$49.95. 4. Napoleon Perdis Loose Eye Dust, \$25. 5. ModelCo Eyebrowz Designer Brow Kit, \$48. 6. Nivea Body Nourishing Care Lotion 400ml, \$7.42. 7. Chanel No. 5 Eau Premiere EDP 75ml, \$180.