



My state of mind.

My poison I don't think anything beats a glass of good wine, but everything is coloured by a situation: the perfect cup of tea, or an expertly timed dirty martini or water scooped up in my hands out of a brook in the Welsh hills can be just as transforming.
Great escape The Arctic – I was humbled.
Beauty secret Smiling.
Guilty pleasure Narcissism.
Favourite time of day Dawn, especially when the moon is still hanging as the sun is rising.
Favourite decade This one. It's a constant revision of what has been and will be.
Greatest phobia Seeing a tidal wave closing in on me.

My close-up

AMANDA, LADY HARLECH

How Karl Lagerfeld's English muse maintains that ethereal beauty



My entourage.

Hairdressers I see either Bantika Elsley or Ivan Ferreira at Realhair.
Masseuses My chiropractor is called Avril Sanders-Royal and my acupuncturist is Daian Zou at St John's Hill Clinic in Shrewsbury.
Spiritual gurus Ernest Hemingway, Samuel Beckett and William Shakespeare.
Confidantes My close friends all have code names: the Duchess, the Huntress and the Fox.
Make-up artist If I'm really blessed, Peter Philips (global creative director for Chanel make-up).
Manicurist Heather Sayer at Realhair. She uses Essie nail colour in Wicked.
Personal trainer If I saw Simon at Core in Shrewsbury every day, I'd have a ripped body.

My war paint.

Foundation I like Bobbi Brown Foundation Stick in Natural because it's non-drip and small enough to keep in your pocket.
Lipstick I use the dark-red gloss that is part of the Chanel Luminous Cream Quadra Eyegloss palette. It also has a black, a gold and a cream. They can all be mixed or used separately.
Mascara I wish I had long lashes, but I don't. So I dye them, curl them and go to Sue Marsh at Eye-tec for extensions.



My details.

Skincare regime I cleanse with Delarom milk and moisturise with Sisley Hydra-Global and Dr Sebagh's Crème Extrême Maintenance.
Dietary requirements Fresh, organic fruit and vegetables from my garden – cooked with love and abandon.
Fashion survival kit Great clothes, great shoes and all my friends who work in the mad fashion circus.
Skin treat I mix my own body creams. Right now I'm using Bio Sure Body Milk with olive oil, shea butter and rose geranium oil. I also love a bath with Santa Maria Novella Melograno bath oil.



Bits and bobs.

- I FEEL MOST BEAUTIFUL WHEN I GET OUT OF BED IN THE MORNING AFTER A NIGHT WITH SOMEONE I LOVE.
- I'VE NEVER UNDERSTOOD MONEY. I WOULD PREFER A BARTER SYSTEM.
- HAPPY TIMES ARE RETROSPECTIVE. WHEN I AM HAPPY I HAVE NO IDEA WHY... UNTIL MUCH LATER, WHEN I'M SAD.
- FASHION IS BRILLIANT, FAST AND DOOMED.
- THE MOST INTERESTING CONVERSATIONS ARE THE SILENT ONES.