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ULTIMATE SHOPPING GUIDE

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ON LOVE &
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I usually sleep in the nude or in vintage T-shirts (I love but never wear Bowie T-shirts, since I'm already in bed with him!).



IN BED WITH: IMAN

The legendary supermodel reveals her morning and evening routines

AM **6:00 A.M.** I wake up to a vintage Hermès clock (with a snooze button!). I start the day with a double espresso/macchiato made by my Nespresso machine while I read *Daily Reflections*. For breakfast, I have a David Kirsch Vanilla Protein Plus shake with strawberries, blueberries, and blackberries or an Organic Avenue Green Coco juice. **8:00 A.M.** I take my daughter Lexi, 12, to school, and then head to the gym. I mix up my workout routine between yoga, cardio, and weights, or I take a class at Equinox. My favorite is a mind-body fitness class called IntenSati. **9:30 A.M.** I run back home for a quick shower before moving on to the rest of my day. I love to use Fresh Sugar Face Polish on my body. I'm also obsessed with Tom Ford Neroli Portofino Body Moisturizer; I mix it with a bit of Neroli Portofino Body Oil. My wardrobe depends on what I have to do that day, but it almost always consists of pants—either 7 for All Mankind or J Brand jeans, or something tailored. I live in Rachel Zoe pants; I have numerous pairs.

PM **8:15 P.M.** I start to get ready for bed by washing my face with SK-II Facial Treatment Cleanser, and then I apply my Iman Time Control Skin Tone Evener to keep my hyperpigmentation in check, followed by Iman Firm Defense Eye Cream. During the winter months, I also use SK-II Skin Signature Melting Rich Cream, and I apply Fresh Sugar Lip Treatment Advanced Therapy for added hydration. **8:45 P.M.** I get in bed with Lexi, and we have girl talk and chat about her day before she goes to sleep, around 9:15 or 9:30. We have a Cavanese (half Havanese and half Cavalier King Charles), Max, who always sleeps with her. **9:45 P.M.** After that David and I get in bed. We love watching movies or BBC documentaries or just catching up on family matters. **11:30 P.M.** I'm always in bed by 11:30. My bed linens are all Pratesi. I usually sleep in the nude or in vintage T-shirts (I love but never wear Bowie T-shirts, since I'm already in bed with him!), and I love sleeping in vintage Fernando Sanchez teddies. **AS TOLD TO CHRISTINE WHITNEY**