



BEHIND-THE-SCENES EXCLUSIVE CLAUDIA SCHIFFER THE MODEL MUM ON TURNING 40

Claudia Schiffer has been modelling for more than 20 years and is as much in demand today as she was when she started as a teenager.

When we caught up with one of the world's original supermodels, she'd been filming the campaign for Alberta Ferretti's signature perfume and spent an hour signing bottles of the scent at Harrods in London. But she still has time to plan the perfect family Christmas...

HELLO! sat down with Claudia, who has two children – Caspar, six, and Clementine, four – with her husband, film producer Matthew Vaughn, to discover how she manages to stay ahead of the game as she approaches her 40th birthday.

You'll be 40 next year, yet are as much in demand as you were when you started out more than 20 years ago. How does that feel?

"It's a great feeling. I worked very hard at the beginning and now I'm in the perfect position because I can pick and choose what I want to do. I say no to 80 per cent of offers that come in but I can say yes to what I really want to be involved in. And that's the perfect position to be in when you have a family because I can take time off to do normal things but still have the challenge of working. I feel very lucky."

How do you feel about turning 40?
"I don't mind; every decision I make I ask myself, 'Is this going to be good for me, my family and for my life and my health?' I think more about that than if this is going to make me have more wrinkles. I don't smoke and don't really drink."

"My friends are my age and we all look the same so we don't think, 'Ooh I am getting older.' I feel very confident in myself and I feel better at my age today than I did when I was 20 or 30. So if someone said they had a magic wand and could make me 20 again I wouldn't want it. I feel much, much better about myself today and I'm in much better shape and healthier today than ever before."

How do you stay in such great shape?
"I try to eat everything organically grown then follow general healthy rules about eating lots of fresh fruit and vegetables, fish and not a lot of meat. And I started Pilates recently. It has made a huge difference to my body. I never used to work out much in my twenties or early thirties but I've discovered Ten Pilates with a trainer called David Higgins. It's the first time in my life that I'm enjoying working out. It's done to music and there's also some weight training. It's very hard work but it's worth it. I enjoy it. It is good for my posture,

well-being and energy levels. Now all my friends are going."

Do you have any beauty secrets?

"It is all common sense. I try to drink lots of water. And when it comes to having beauty treatments I try to choose things that make me feel better about myself. Doing things for yourself is important when you're a busy mother. So whether I have a massage or reflexology or a long, hot bath, it's about taking time to look after yourself and be happy. That for me is the secret."

How do you feel about being the designer Alberta Ferretti's muse?

"I've known her for many years and we have collaborated on many projects. I did some of my earliest work with her in 1988. I'm a huge fan of hers, not only as a woman but as a designer and I have worn a lot of her dresses. When she asked if I wanted to be in the campaign for her first fragrance I said yes immediately."

You caused quite a stir when you wore one of Alberta's dresses to the Venice Film Festival last year...

"It was a metallic grey, long chiffon gown; very sensual but contemporary and light and beautiful. It got so much coverage everyone was beyond surprised. There's a letter from the festival organisers saying there was too much attention on the dress and

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not enough on the actors and film."
Do you have any advice to give to the new generation of models?

"Take it very seriously. I notice with a lot of young models that there is a lot of partying going on. But if you want to succeed in the long term you have to work hard and take it seriously as a career. You have to focus, be disciplined, turn up on time, look your best and be fresh and not tired; then you have a really good chance of having a long career, otherwise you burn out quickly. Cindy Crawford, Linda Evangelista and Christy Turlington are still in demand and going strong. That's because they're very professional."
You've never been known as a party girl...

"To be honest, I am quite a private, shy person so that's one reason why I don't really like being in the public eye or going to parties. I am happiest at home with my family."

You have lived all over the world. Why did you choose to settle in London?

"I love everything about London. It's the perfect place to raise a family. It has a big city feel but lots of parks and green spaces and you feel like you can live in a small village within it. I like the art museums and in particular the modern art galleries like White Cube and the Tate Modern. I love to collect art. I also enjoy walking in Hyde Park with my family and the great restaurants like Locanda Locatelli. I love Italian food."

Any plans for your 40th birthday?

"I don't have anything planned yet but I want to do something really special which involves all my family and best friends. That's hard as it's in the middle of the holidays. Whatever I do, it'll definitely be something great."

Any New Year's resolutions?

"I would love to learn to cook. And to carry on with my charity work as an ambassador for UNICEF. This year I've done a lot of pep talks to companies to raise much-needed funds and awareness. In the past I've done field trips to Africa to raise awareness for vaccinations. I want to take the time to be available when they need me."

What are your plans for Christmas?

"Always the same – in the countryside at my house in Suffolk and my family come over to stay. I love to decorate the house in the traditional German way – with lots of hand-carved wooden ornaments from markets around Germany – and we have a great big tree. It's very traditional, beautiful and family orientated. The way Christmas should be for me."

And what's on your Christmas list?

"For me it's a great handbag because you can wear a black T-shirt and jeans and still look great with a beautiful handbag."

INTERVIEW: NADINE BAGGOTT

Alberta Ferretti Fragrance from £35, available nationwide. For stockists, tel: 020-7574 2714.



Claudia during the shoot for Alberta Ferretti's signature scent (main photos). "I arrived at the studio and everything was going so smoothly," says the designer (above, on the right), "Claudia looked beautiful in a lightweight dress, the photographer and art director got on, there was a really relaxed atmosphere and Claudia looked sexy and divine." Alberta has known Claudia since she was starting out. "She's my muse, because she represents the ideal woman," she says. "Elegant, sensual, intelligent, beautiful and with life experience. I could have chosen an 18-year-old but she wouldn't be a woman. Claudia is not only beautiful but a wife, a mother and a career woman"