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The Sunrise's on Aspen

"Nelson's Top Tips for Looking Your Best!"

THE LIVIA AMERICAN REVIEW
BEAUTY

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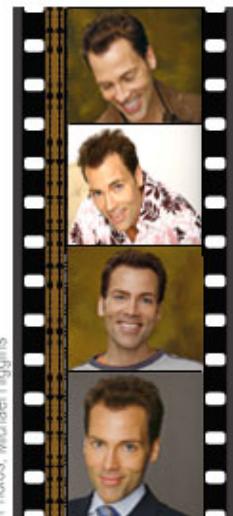
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Photos: Michael Higgins

Livia Talks to Nelson Aspen

He may be "The King" of Hollywood goss on Seven's *Sunrise*, but this author, marathon man and all-round nice guy knows a thing or two when it comes to "male-grooming"



Photos: Michael Higgins

Men are paying more attention to their grooming habits than ever, which is great. Taking care of yourself, like having good manners, not only gives you confidence, but is a courtesy to others. David Beckham, George Clooney, and Jude Law have really influenced us guys to keep our ears clean, teeth flossed and nose hairs trimmed. Believe me, the women appreciate it.

- Nelson Aspen -

Livia: Firstly Nelson, thank you so much for agreeing to do this interview. Perhaps you would like to tell our readers, what is your regular grooming routine?

Nelson: I have a heavy beard, so just daily shaving is excellent exfoliation. Additionally, I'm a big believer in washing my face 2x daily and using lots of moisturiser. Joan Crawford said "Water your face like a flower." I'm down with that!

Livia: What is one product you can't live without and why?

Nelson: Definitely moisturizer. And I don't think you have to use a fancy, expensive brand...as long as you find one that feels good on your skin type and/or doesn't make you break out. I don't think it's fair that, after 30, we have to deal with worrying about pimples AND wrinkles! But, oh well. I also have to contend with razor burn!

I think it's great that most moisturizers now contain SPF, which is so important. I'm an avid runner, so slathering on sunscreen is messy, ineffective and gets in my eyes when I perspire. Just having it within my regular moisturiser is great.

Livia: So, now you're doing two daily Hollywood reports for *Seven's Sunrise*, how do you ensure you always look your best in front of the cameras?

Nelson: Sleep, diet and exercise all contribute to staying healthy looking. Of course genetics, too (I am part Cherokee Indian, so I have naturally oily skin and can hold



See Nelson on '**Sunrise**' for the Hollywood Report at:
6:50am & 8:50am
(Network Seven)

a tan, as well!). All I really need for TV under the lights is some translucent powder to keep from being too shiny. My colleague, Louise Pennell, turned me on to Mac Blot Powder for that.

Livia: I know Nelson that you're a humble, down to earth guy, but what would you say is your best physical feature?

Nelson: Oh, come on Livia! I'm my own worst critic. My best physical feature!?? Umm....my parents!? They've always looked great in their 40s, 50s, 60s, 70s and--soon--beyond! They make me appreciate that the physical changes of age aren't to be feared or frantically fought!

Livia: What part of your body do you have to work on and how?

Nelson: I became a late-in-life athlete, having been an obese teenager and generally out of shape young adult. At the risk of sounding like a "man-orexic," what I have to combat the most is my own perception of my body image. Fortunately, I favor a diet that is akin to the "South Beach" plan...and my perpetual charity runs and marathon training keep me pretty lean. My last body fat count was around 13%...it might be a bit lower now that I've added pool-running to my regimen. Like most guys, my abs are the biggest challenge.

Livia: So Nelson, we know from your reports on Sunrise that you rub shoulders with the glam A-listers, so what is the best beauty tip you've got from tinsel town?

Nelson: Tippi Hedren...so gorgeous still...correctly advises that one should ALWAYS wash his/her face before bedtime, no matter how tired!

Livia: What is the craziest thing you've heard stars do to keep young and beautiful?

Nelson: Anything with a knife!! I'll get microdermabrasion a couple times a year and, like everyone else around here, I've tried Botox (not a fan...it doesn't last and I hate needles!) but that's as extreme as I'll get. My face is unique to me...like a fingerprint. Why would I want to alter it to look like everybody/anybody else?

Livia: What is one piece of advice on beauty/grooming you would give to our readers? (Especially our men!)

Nelson: I'm a clean freak. Clean skin, clean teeth, clean hair, clean diet. Keep it all clean and the health & beauty should follow easily.

Livia: Ok Nelson, most people have a home made remedy that they swear by? What's yours?

Nelson: A zit pop out the night before you have something important? A dab of milk-of-magnesia on it should dry it up dramatically by morning!

Livia: Lastly, If you could take 3 items with you to a deserted island what would they be and why?

Nelson: humm I can't really come up with an answer for it... sensible? funny? beauty or survival related? Ummm.... really at a loss. Id rather skip that one, please! I was never cut out to be Gilligan (laugh!) In fact that will be my answer. I'm not cut out to be Gilligan. I turned down the chance to be a celebrity contestant on a reality survival show, in fact, because I decided to save all my blood, sweat and tears for my marathon training!"



Nelson is a proud member of **Team Snickers Marathon!** For more on his running & race endeavors, visit his website:
www.nelsonaspen.com



*Nelson has told The Beauty Review that he has just signed on to **TEAM SNICKERS**. Congratulation Nelson! The chocolate company is launching a great new nutrition and sports apparel line in the US. This will help Nelson's athletic endeavours.*

From talking to Nelson, I can tell he's a guy with a heart of gold. His giving spirit and charitable endeavours makes him one of the nice guys of Hollywood. We look forward to seeing more of him on morning SUNRISE. Maybe he could even give Kochie some grooming tips!

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