

Courtney's



Facing facts

Roll out the therapists! Everyone else may think she's stunning, but Courteney doesn't agree. She sees a face and body teeming with problems.

Nose: "My nostrils are different sizes," she says. In fact, Courteney's so hung up on her nose she even checks her nasal hairs in the mirror each morning. She also says she has one eye smaller than the other, thin lips and too many freckles.

Crow's feet: When Courteney saw herself in the movie *Scream*, that's just what she did! On the big screen she thought the wrinkles around her eyes looked horrible. Friends say she was even muttering about cosmetic surgery. But she's said that's a no-no: "It's just too risky. If it looks bad, you're stuck."

"I have a lot of freckles. It's just part of that all-American thing. But I'd much rather look exotic like Isabella Rossellini."

Eyebrows: She is fanatical about plucking her eyebrows. "It's really an addiction with her," a friend claims. But Courteney says: "It's more of a hobby."

Smile: Oh, and she bleaches her teeth. "But I don't do it all the time," she says.

Make-up

For someone who says she hates to wear make-up when she's not going out, Courteney's cleanser collection is mind-boggling. She has more than 150 types in her bathroom, all lined up by size. "It looks like a pharmacy," she confesses. "I try every new facial product."

"Decent means filling in my eyebrows, slicking on lipstick, curling my lashes and putting on mascara."

Bare necessities: Even on a no make-up day, Courteney likes to look "decent". "But if there were no blusher in the world, I wouldn't care," she says bravely. "As I get older, I realise the less make-up I wear, the better. Too much makes me look weighed down!"

Down to basics: Courteney's big on moisturising and uses Dove for her skin and Chanel Quick Cover to ease her fixation with what she calls "the thin, dry skin under my eyes". But she's still looking for the perfect foundation. "It never stays put," she moans. "Sweat makes it streak and change colour." She paints her lips browns, earthy tones and occasionally red. Nails stay sedate. "I don't like weird colours - I tried blue once but it was not for me."

Hair hassles

Courteney used to perm her raven hair: "I tried it for years!" she says. Now she's less eager to tamper with it. "I just don't feel comfortable wearing it big or flashy any more."

Colour: "I'm not big on people poking around on me," she says. But she went all out for her role in *Scream* - she even had highlights so she wouldn't look the same as her TV character, Monica. But she swears she'll never go all blonde.

Style: She has regular trims only because she has to for *Friends*, but vows she'll never cut her hair ultra-short again, the way it was when she was "discovered" for Bruce Springsteen's *Dancing In The Dark* video. "I love the way short hair looks on some women ... but I don't feel sexy with it," she says.

"I don't even like to blow-dry my hair. I feel better at times with it slicked back in a ponytail than styled."

Body Obsessions

She's sultry and sexy, but Courteney Cox is so hung up about herself she thinks her nostrils are odd sizes. We take a look at the *Friends* star's bizarre body fixations

Clothes choices

She has a wardrobe full of snazzy Calvin Klein outfits, but the sexy star prefers to potter around at home in plain old jeans and a T-shirt, or to shrug into sensible outdoorsy stuff for casual outings. With her figure, she can wear almost anything and look good, but she likes her clothes simple. "You can't have enough black pants that fit right," says Courteney – and underneath them she is likely to be wearing thong knickers because she hates worrying about panty lines. She also enjoys lashing out and ordering sexy lingerie from the Victoria's Secret catalogue. When she's glamming up, she slips into a slinky Valentino, Giorgio Armani or Richard Tyler.

Body business

She's 165cm tall and weighs in at a mere 50 kilos. Even so, Courteney admits she's not happy with her body, and says it needs constant improvement. She complains that she has "hippo hips". It's no wonder that whenever she gets a break during *Friends*, she treks off to the studio gym.

"Power yoga is fantastic. It tones and elongates every muscle. It has made me really strong. It's a form of empowerment."

Exercise: Other stars do yoga to relax, but Courteney's variety has punch. That's why she calls it "power yoga". She also does regular sessions on the treadmill, plus a three-hour Pilates workout each week – exercises done on a sprung platform – to tone her shapely bottom. "There is something called a Pilates butt," she says. "If you do it right, you get a great butt!"

Diet menu

Because she's so slim but is a self-confessed lolly addict and is often seen wolfing down huge quantities of fattening food – chips, doughnuts, even raw cookie dough – Courteney's been hit by claims she's bulimic. "Everyone says I'm too thin," she says. "But I have a fast metabolism." She says she has a sensible diet. Breakfast is often a hollow bagel with cream cheese; lunch is pasta, dinner a protein meal. "I know what and how to eat. If I eat pasta for dinner, I gain weight. If I eat protein for dinner, I lose weight."

Smelling good

Courteney says she feels sexy when her hair looks good, her legs are shaved and she wears perfume. She's been wearing the same fragrance for 10 years. But she won't reveal what it is. "I don't want to give it away because I don't like to smell like other people."