

207

## START BOX

## MILO'S PERSONAL BEAUTY REGIME

I wake at 8.30am. My personal trainer, Will, brings me 4 eggs, scrambled, and either two rashers of bacon or a sausage with a plate of raw spinach, a cup of black coffee and chilled San Pellegrino or Perrier. I have not drunk tap water since 2005.

My figure has improved dramatically from a year ago. I have started to look excellent in clothes. Though I have lost five inches off my waist in the last six months and over fifty pounds, I still have my bubble butt. Often I will remove my pajamas and examine myself for a few minutes in the mirror, appreciating the subtle curves of my upper body and the more obvious shapes of my lower body.

Push ups and curls are making my arms bigger. Every other day I do military presses to ensure my shoulders and back grow in proportion to my biceps. It's important not to exercise just one muscle group if you want an attractive physique. I burn between 400 and 600 calories a day on the treadmill walking for 45 minutes at an incline of 13.5 degrees. I walk instead of running because I am usually in the Eastern time zone and I often take calls with my European staff early in the morning.

Will stands on my feet and we do crunches. I don't really need him to stand on my feet any more but I enjoy the human contact. It is not sexual. Now my body fat percentage is dropping, my abs are starting to come through. I can imagine finding myself attractive in a nightclub or bar.

In the shower I use a menthol and eucalyptus foaming gel, because I like to start my day feeling fresh and alert. I wash my body carefully and thoroughly. Because soap can be drying, I apply body butter or Kiehl's moisturising cream to my arms, chest and back. I use La Mer hand lotion.

I shave twice a week. I use a mid-priced green shave gel because I prefer to see the hair as I remove it. I use an aftershave balm with tea tree oil, even though I have never had a pimple.

Every day I use La Prairie skin cream, which is expensive but the best I have found. Sometimes I apply it over a serum if I will be outside in low temperatures. I enjoy kissing my boyfriend often, so I ensure my lips are plump and soft with a mint or mango lip balm.

I blow dry my hair enough to apply a moisturising base texturiser followed by a harder wax, usually one from Aveda. I use softer finishing cream from the same brand to add shine and glossiness, and a new hairspray I found in a boutique salon in East London. It is called Bumble and Bumble and it holds the hair in place without residue.

**Comment [A490]:** This feels like a Patrick Bateman joke. If so, not worth making. If you intend it sincerely, this is not that kind of book

END BOX

**Comment [A491]:** DELETE ENTIRE CHAPTER