

# Life's a beach for Elizabeth

If there's one woman with an eternally enviable bikini body, it's Elizabeth Hurley. Here she tells us how she does it, while showcasing her own range of super-flattering swimwear

**Model, actress, businesswoman,** mum and now fiancée, Elizabeth Hurley is finding life busier than ever. Nevertheless, at 47 she still looks as fresh-faced as she did when she became a household name nearly 20 years ago. The globe-trotting star has added regular trips to Australia and India to her itinerary to see fiancé Shane Warne and, thanks to the success of her beachwear line and her campaigning work for Estée Lauder, her agenda is packed. Luckily, she still found time to sit down with HELLO! to share her beach beauty and travel-in-style tips.

**Can you tell us about your spring beauty regime?**

"I don't like looking pasty and pale in the winter months, so once a week I mix Estée Lauder's Bronze Goddess self-action tanner into my body moisturiser and anoint myself. I look and feel a whole heap better.

"Keeping my skin looking moist and dewy is the most important part of my beauty routine; Estée Lauder has an amazing product called Advanced Night Repair and I'd hate to be without it. It's truly a miracle substance and I have used it every day for over 17 years. I also use Resilience Lift moisturiser – both the day and night cream – which feels amazing on the skin. Throughout the day, I use Crème de la Mer's The Mist facial spray. I squirt it on frequently and it's really hydrating."

**Can you tell us your biggest beauty secret?**

"Sounds dull, but probably getting plenty of sleep, avoiding junk and processed food and getting as much fresh air as possible. I also always use sun protection."

**You're not only known for having great skin, but also great hair. How do you look after it?**

"I use Origins hair products, which smell



'I have to watch what I eat, particularly since hitting my 40s. I have sinful lapses when I'll devour 100 jelly babies in one sitting'

gorgeous and contain good ingredients. Every so often, I mix up a solution of olive oil and thick conditioner and leave it on my hair all day. I have a great colourist, Jo Hansford, to whom I've been going for years."

**These latest photos for Elizabeth Hurley Beach look wonderful. Where were they taken?**

"Our shoot was in Turkey, with the wonderful photographer Nihat Odabasi. The setting was lovely and the lighting perfect for the vibrant colours of the new beach collection. It's been our most successful collection to date, but I have to say, the one I'm working on now is looking to be equally gorgeous – if not more so. I'm choosing colours and prints for summer 2014."

**How do you stay in such great shape? Do you follow a specific workout?**

"I'm pretty active and rarely sit still for long, although I don't use a gym or do any regulated exercise. I have to watch what I eat, particularly since hitting my 40s. I have sinful lapses when I'll devour 100 jelly babies in one sitting, but I try to atone by punishing myself with an almighty dog yomp."

"Before a swimwear shoot, I make sure that my skin is well moisturised, tanned and gleaming and will do the odd sit-up and bottom exercise. And a girlfriend just lent me her bicycle, so I have every intention of going for a few rides in the countryside."

**You must surely be Estée Lauder's longest serving ambassador. What did you think when they first asked you to be their face?**

"I started working for them 18 years ago and consider myself one of the luckiest women on the planet for having been given such an opportunity. I was stunned when they approached me as I'd never modelled before. They've been amazing to me and



**'A beautiful and heartfelt smile is the most moving thing to me and makes any physical flaws fade into the background'**

have stood by me through thick and thin."

**What's been the best thing about your role with the company?**

"Without a doubt my involvement with the Breast Cancer Research Foundation, an incredible cause founded by the late Evelyn Lauder. My friendship with the Lauder family has been invaluable to me and I was – and still am – devastated by Evelyn passing away."

**As you spend a great deal of time flying, do you have any great in-flight beauty tips or post-flight advice?**

"I try to sleep on the plane and slather on a lot of moisturiser as flying is hideously dehydrating, particularly long-haul flights. And it's really easy to get a sore throat when travelling so I always have a scarf with me."

**Yet you always emerge at the airport looking**

**glamorous. How do you overcome jet lag so successfully?**

"It's important to force yourself to stay awake when your body is trying to tell you that it is bedtime. That said, I do sometimes get felled by appalling jet lag when I get back to the UK from Australia and have been known to go on email rampages at 3am."

**What are your must-have, can't-live-without beauty products?**

"The already mentioned Estée Lauder's Advanced Night Repair and Re-Nutriv moisturisers are indispensable, as are their Sumptuous Extreme mascara, Bronze Goddess Bronzer, Onyx eye pencil and pale-pink lip glosses."

"I'd also be lost without eyelash curlers and tweezers and would cry if I couldn't sink into a bath with a Jo Malone oil at the

end of the day."

**Are you a low or high maintenance person and why?**

"I think I'm relatively low maintenance, but I do try to be well groomed, with clean hair and non-chipped nails. Of course, I have lots of ponytail days at home but I always wear make-up and

can get ready alarmingly quickly."

**What advice would you most like to impart to your best friend – and my readers?**

"We're all scared of breast cancer but if it is diagnosed at an early stage and is localised, there is a 90 per cent chance of survival. That's why it's so important to get the message out and tell every woman to see their doctors regularly and get a mammogram every year if over the age of 40. I know many women who discovered their tumours by self-examination. Examine your breasts regularly and report any changes to your physician."

**Do you think that beauty comes from within or do we judge people by their exteriors?**

"A beautiful and heartfelt smile is the most moving thing to me and makes any



Elizabeth poses off the coast of Turkey in the latest photos for her beachwear line. Although regular exercise regimes are not for her, she does admit to the "odd sit-up and bottom exercise" before a shoot



Now that she has an Australian fiancé, cricket ace Shane Warne, Elizabeth has added even more airmiles to her busy schedule. She swears by lashings of moisturiser to offset the dehydrating effect of flying and keep her looking dewy

physical flaws fade into the background.”

**What’s your signature scent and why?**

“My all time favourite is Pleasures by Estée Lauder. It smells of all my favourite flowers and makes me feel instantly happy. My mother wears it too!”

**What inspires you?**

“I feel inspired by nature and by travel. I love

observing different cultures up close and always bring back textiles and mementos. I’m also a great tearer-out of magazines and have piles of cuttings of furniture, destinations, dresses etc.”

**When are you happiest?**

“When I’m curled up with Shane, my son and the dogs and I know where all my loved ones are and that they are safe.”

**What makes you smile and laugh?**

“My son makes me scream with mirth, as does *Fawlty Towers*.”

**If you had to choose, would you rather be beautiful or smart and why?**

“I believe women can be both beautiful and smart. We can all make the most of our looks by getting into shape, looking after our skin

'We can all make the most of our looks by getting into shape, looking after our skin and hair and learning how to use make-up'

## ELIZABETH LOVES...



1. Estée Lauder Bronze Goddess Soft Shimmer Bronzer, £28.
2. Origins Ginger Up Aromatic Shampoo, £13.
3. Estée Lauder Double Wear Pencil in Onyx, £16.
4. Estée Lauder Advanced Night Repair, £44.
5. Crème De La Mer The Mist, £50.
6. Estée Lauder Pure Colour Gloss in Pink Innocence, £17.
7. Estée Lauder Sumptuous Extreme Mascara in Bold Black/Rich Brown, £22.
8. Estée Lauder Re-Nutriv Replenishing Comfort Creme, £100.
9. Jo Malone Orange Blossom Bath Oil, £38.
10. Estée Lauder Bronze Goddess Self-Tan Golden Protection Self-Tanning Milk, £23

and hair and learning how to use make-up. We can all be smarter by opening our eyes and reading more."

### What's next for you workwise?

"Our summer 2013 beach collection is just hitting the shops and of course our website, [elizabethhurley.com](http://elizabethhurley.com). My second bed linen collection will be launched in House of Fraser

stores and other retailers next month and I'm about to shoot a new campaign for Australian fashion brand Queen's Park. I'm also planning a beautiful coffee-table book to raise funds for the Breast Cancer Research Foundation." ❑

Elizabeth is offering HELLO! readers 20% discount on any EH Beach pieces bought from the website - simply type in the code: HELLOBEAUTY at check out to redeem.