



## BEAUTY

# ALLOUD & PROUD

*After saying goodbye to one of the UK's most successful female bands, Girls Aloud, Sarah Harding is going it alone as a solo artist and actress. But she will always be one of the girls when it comes to make-up and skincare, as she happily reveals to HELLO!*

**With her first** solo album due out and a wealth of acting opportunities looming, 2014 looks to be an exciting time for Sarah Harding. The 31-year-old singer and actress divides her time between Los Angeles, where she is auditioning for film and TV roles, and her home in the Buckinghamshire countryside, which she shares with DJ boyfriend Mark Foster, three French bulldogs and two Persian cats. Busier than ever after landing a new Boots skincare campaign, Sarah sits down with HELLO! to talk cleansers, health and the joys of exercising at home.

**You're looking really well. What's the secret to your healthy glow?**

"I've just got back from LA. I was working but the weather was gorgeous. So it's sunshine. And juicing. I did a juicing break in Portugal and lasted six days. It was hard – I was in bed by 8pm, because that's when I was really hungry, then I was up the next day doing 5km hikes and yoga. I really wanted to detox, get clean and also get more energy – to get away and really switch off."

**You're a juicing convert, then?**

"Totally. When I was touring, I juiced with ginger and honey for my throat, too. I juiced every day to maintain my energy levels and vitamins. It works."

**And have you kept up the good work at home?**

"I have, although I did have to dust off my juicer. Every day now I have a green juice – kale and spinach, cucumber, celery, courgettes, spirulina, lemon and apple blended with avocado and ice. Even Mark drinks it, although he draws the line at my beetroot juice shots with lemon."

**Any other health tips for us?**

"I take lots of vitamins, too – omega 3, vitamin B, B12, iron, multivitamins, vitamin C; all sorts."

**Surely you must indulge sometimes? What's your diet weakness?**

"Fry ups. I don't have them often but if I have to

get up really early to get to an airport, then I crave one."

**Tell us about your new beauty campaign for Boots FaceB4...**

"It's a new range of antibacterial skincare: a cleanser and serum that is proven to tackle the cause of spots. And guess what? I woke up with a spot this morning. I understand what it's like to suffer from breakouts and I'll try anything I see that works. I wear a lot of make-up when I'm working and sometimes I use cleansing wipes and then toner and still my face doesn't feel really clean. But this foaming cleanser also has a toner in it so it gets skin clean and gets rid of bacteria."

*'How do I stay in shape? Honestly, by walking my dogs. That and I have a cross trainer in my home. I used to work out with a personal trainer but in the end I couldn't stand to talk to them while I worked out. I just want to get it done'*

"I've been using it for a while now in the shower every morning and it doesn't dry out your skin."

**But your skin always looks great...**

"Yeah, right – that's just a good make-up artist. At school, I got breakouts quite a bit so I was very self-conscious, especially around boys. Bad skin can really affect your self-confidence. I've grown out of my bad skin but everyone gets a breakout now and then. Sometimes it's my hormones, sometimes it's too much make-up..."

**And I guess when you get a spot, the whole world can see it too...**

"Yes, I hate that – my spots caught on film and camera forever. It's like those unflattering facial expression pics when you are on stage, or the cellulite shot."

**What's your favourite on-the-spot concealer?**

"MAC Studio Fix. It comes in a little pot and blends really well."

**Do you wear foundation every day?**

"I have lots of different ones but at the moment, I really like Rodial BB cream because it's light and has a sun protection factor. I also like MAC Face and Body but, because I have combination skin, I have to be careful that I don't get too shiny. So I also use Youngblood Mineral Powder."

**What's your fail-safe make-up style?**

"I tend to go for smoky bronze, brown shadows and a nude lip. I love the MAC Spice colours."

**Biggest beauty secret?**

"I have my eyebrows tattooed. I see this eyebrow queen called Nilam Patel in Milton Keynes and she is brilliant. At first, they are a little scary and dark, but then they settle and are brilliant and so natural. I look back to those early days of Girls Aloud and think, 'Oh no!'"

**Is there one product you can't live without?**

"Elizabeth Arden Eight Hour Cream – I just put some on my lips. And I like shellac on my nails. I like the longer, pointy nail and I have a local salon where I get my gel polish done."

**Are you into high-tech products?**

"High-tech or high-maintenance? I just love trying different products – full stop."

**And do you have a favourite fragrance?**

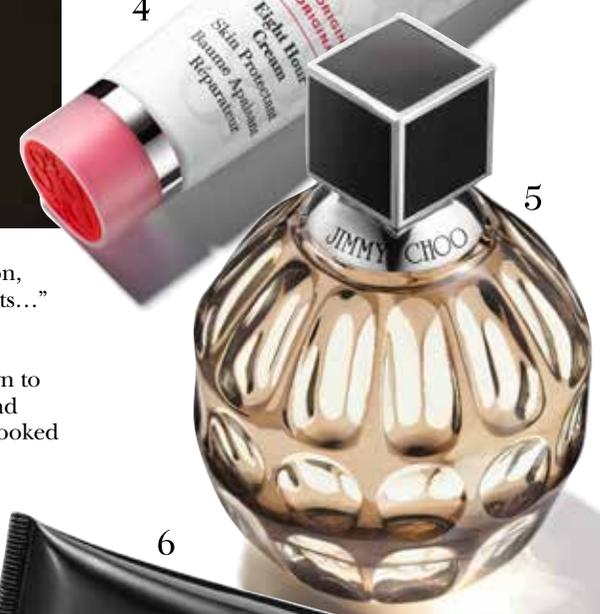
"Right now, it's Jimmy Choo. I love it. But I like Issey Miyake if I want something light and fresh and also Valentina for something cute and girly."

**Fashionwise, are you designer or high street?**

"Both. I like to mix a little designer with a lot of high street. I mean, there is nothing worse than top-to-toe designer, is there? Like Gucci threw up over someone."

**Whose style do you admire?**

"I think Rihanna has great fashion sense. I love her jewellery and the way she puts things



together and accessorises things. But she is quite out there. I could never get away with some of the stuff she wears.”

**Who is your beauty icon?**  
“Oh, Marilyn, of course.”

**You're in great shape. How do you stay that way?**  
“Honestly, by walking my dogs. Right at the back of my garden are bridleways and hills – it is beautiful and on my doorstep. That and I have a cross trainer in my home. I used to work out with a personal trainer but in the end I couldn't stand to talk to them while I worked out. I just want to get it done and it's easier to work out from home when you are in the countryside.”

**Do you miss living in London?**  
“No, I've always been a real country girl, it's where I am happiest. I'm a real home bod and am happy just pottering around. Is that sad?”

**What about work? What's next for you?**  
“I've been in the studio and my album hopefully launches next year. That's top of my list, but I've

also been busy in LA – doing the pilot season, taking acting lessons, doing meets and greets...”

**What would be your dream acting role?**  
“I'd love to do a big studio movie. I got down to the last two for a role in *X-Men: First Class* and then January Jones got it – but I thought I looked more badass in the costume.”

**Have you mastered the American accent?**  
“Ha! I've taken something called GenAm to learn to speak like an American. It annoys the hell out of Mark when we're in LA and I practise my accent on everybody. Although, to be honest, everyone over there thinks that I'm from Australia.”

**Who or what makes you smile?**  
“My doggies: Claude, Pickles and Yogi. I did have a BooBoo but he now lives on my auntie's farm.” 🐶

• FaceB4 is available from Boots. For information on the FaceB4 HealthB4Beauty challenge go to [faceb4.com](http://faceb4.com)

**HARDING'S HOT LIST** 1. Boots FaceB4 After Cleansing Serum, £14.95 2. MAC Lip Pencil in Spice, £12, and MAC Tinted Lipglass in Spice, £14, visit [maccosmetics.co.uk](http://maccosmetics.co.uk) 3. MAC Splashproof Lash in Black, £14 4. Elizabeth Arden Eight Hour Cream Skin Protectant, £25, from Boots 5. Jimmy Choo Eau de Parfum, £67.50, from Boots 6. Rodial BB Venom Skin Tint, £35, visit [rodial.co.uk](http://rodial.co.uk) 7. NARS Orgasm Illuminator, £22, visit [narscosmetics.co.uk](http://narscosmetics.co.uk)