

BEAUTY

# All About EVE

*As Captain Kirk's love interest in the latest Star Trek film, Alice Eve's career is about to go stratospheric. Here she gives HELLO! the heads up on how she keeps her hair – and the rest of her – looking out of this world*

**Busy dividing her** time between London and Los Angeles, actress Alice Eve, daughter of actors Trevor Eve and Sharon Maughan, is equally at home in blockbusters such as *Star Trek Into Darkness* and indie movies such as the forthcoming *Cold Comes the Night* and *Some Velvet Morning* with Stanley Tucci. In demand off screen as well as on, she has just landed her first cosmetics contract, with Charles Worthington Salon at Home haircare range. We persuaded her to talk buzz cuts, brows and burgers.

**Congratulations on becoming the face of Charles Worthington Salon at Home. Are you a fan?**

"I've wanted to work with Charles Worthington since I used his Dream Hair range growing up. It was the prettiest haircare and it worked so well."

**Long or short, your hair always looks great. How do you look after it?**

"Well, just now it's still growing out from having a really short bob with a shaved buzz undercut for *Star Trek*. But I'm lucky with my hair; it naturally falls straight, which I appreciate as my mother has curly hair and she always talks about having to straighten it. My hair does get abused, though. It gets coloured and styled, so I always deep condition it and leave the conditioner on for that extra five minutes to repair the damage. I also try to give my hair the weekends off. I don't wash or style it, I just use dry shampoo."

**What's the best piece of beauty advice you've ever been given?**

"Don't pluck your eyebrows from above, it distorts your expression. I do my own. I don't trust anyone else as they are the defining feature of your face."

**Do you have a must-have make-up item?**

"Yes, this amazing Chanel bronzing cream, but I think they are discontinuing it. I am horrified as it gives skin this gorgeous soft, golden glow that mimics the sun. That, and black kohl, which I can smudge into my lashes. And a great body-building mascara."

**When it comes to style, are you more London or LA?**

"They are very different. In London we have a great sense of street style – it's so varied and easy to achieve just by going to Topshop. We wear clothes with ease and confidence. In LA it's much more regimented."

**And would you say you are high or low maintenance?**

"Both. It depends. If I am in the country with my girlfriends then I barely shower, but in city life when I'm working I have to look a certain way with hair and make-up. I've learnt to enjoy getting ready for the red carpet by having fun with the people I work with, who are friends now."

**You certainly looked amazing at the Tribeca Film Festival last month – what's your shape-up secret?**

"When I'm in London I go to see personal trainer Dalton Wong. He is a real bossy boots and gives me green Radiance Cleanse juices to drink and checks up on what I eat – he tells me to stop eating burgers. He has made a difference. In an ideal world I work out with him for an hour, two or three times a week – the same amount of time I used to spend doing sport in school. I think that's a good guideline as I loved hockey and tennis and I felt healthy then. I do cardio, then circuit training like squats and star jumps and planks. I always tell Dalton I don't want to do any more and he just tells me to keep at it."

**Do you also have to watch what you eat?**

"Some days, yes, I do. But I love a really good





Charles Worthington works his magic on his new "face"



Lights, camera, pose... capturing the actress at her most glamorous

burger with my brothers when I am home. Then every now and then I do a good cleanse."

**Do you step up your fitness and healthy eating to prepare for a role?**

"Well, it depends on the role. For *Star Trek* I did, as I play a super-futuristic weapons specialist. I had to be fit. I did stunt and weapons training and even had to learn how to run in movies, which is surprisingly hard. But in *Cold Comes the Night* I play a single mother on hard times, so I lived as she did: pancakes, burgers, fried foods..."

**Does being judged on your looks bother you?**

"I knew that was the standard in this industry, so it's pointless trying to change it or criticise it."

**Was the *Star Trek* set as amazing as it seems?**

"It blows your mind. They built the *Enterprise* on the Sony set and it doesn't get more realistic than that. Even if you're not a Trekkie, it was a real wow moment."

**Appearing in a huge blockbuster is likely to have a big impact on your life. Are you ready for that?**

"I feel that each thing I've done since leaving university has led to more work on bigger projects, and I hope that continues to happen. But I really want to continue working at roles that I love. I want to take on leading roles and tell the story of women through film. I don't want to be recognised on the street – that's not why I act."

**Do your parents offer any advice?**

"They used to at the start of my career, but now I have more experience so I need it less. But to have two parents who know the industry was instrumental in helping me to establish myself. It is an advantage. They are incredibly proud, but

it's not a topic of conversation any more. The novelty has worn off around the dining table."

**When are you happiest?**

"Surrounded by friends and family when everyone is laughing."

**Any plans for the summer?**

"I love Ibiza. It's the perfect blend of yoga and parties, it's hot and chilled, and I'm a bit of a hippy at heart, so that bohemian feeling definitely appeals to me. I pack sarongs, bikinis and jewellery and end up coming back with even more jewellery." ❏



**ALICE SPRINGS THE ACTRESS SHARES HER BEST BEAUTY BUYS:**

**1. Chanel Soleil Tan de Chanel Bronzing Makeup Base**, £30. "I tracked this down in New Zealand; please tell Chanel it can never stop making this product." From boots.com or visit chanel.com **2. Charles Worthington Salon at Home Secrets Collection Miracle Repair Elixir Oil**, £14.99. "Has collagen and Argan oil in it and really suits my hair." Visit charlesworthington.com **3. Lancôme Doll Eyes Mascara in Black**, £21 **4. Charles Worthington Salon at Home Volume & Bounce Root Lift Backcomb Powder**, £5.99. "It's perfect for me at the weekend

– you put it in at the roots, ruffle your hair and it gives it back body and life." **5. Givenchy Le Prisme Blush in Inspiration Rose**, £29.50 **6. Chanel Nail Enamel in Blue Boy**, £18. "My current favourite shade." **7. Charles Worthington Salon at Home Strength & Repair Longer and Stronger Hair Masque**, £5.99. "The one I keep on for as long as possible in the shower." **8. Giorgio Armani Maestro Eraser**, £27.50. "Doesn't block the pores and gives a soft-focus finish without covering the skin. In fact, I love the entire Maestro range as it's oil-free."