

# Ashley's Beach Bag Basics

*After conquering the Australian jungle as well as pop charts all around the world, fitness fanatic and former Pussycat Doll Ashley Roberts reveals the beauty secrets that help to keep her feline great and looking sun-kissed all year round – despite our unreliable British weather*

**An all-American** golden girl from Arizona, Ashley Roberts is making quite an impression here in the UK. The runner-up on last year's *I'm A Celebrity... Get Me Out of Here!* and more recently a *Dancing on Ice* judge, the 31-year-old singer is busier than ever shuttling back and forth between the UK and the US. As we get swimsuit-ready for summer, we ask the new face of Garnier's No Streaks Bronzer for her tips on finding the perfect bikini and how she gets a flawless do-it-herself tan.

**You spend a lot of time here. Is London your home now?**  
“Not technically, as I'm renting here and divide my time between London and LA. I'm going to see what happens this year, then decide if I'm going to move here. At the moment I still have my house in LA and I must admit I miss all my friends out there.”

**You seem to have no trouble making new friends. Did you imagine you'd come so close to winning *I'm A Celebrity*...?**  
“No. I didn't even know what I was getting into and thought I would be out really quick and just have a nice holiday with my friend. My mom asked me why I didn't fly her out to Australia and I was like, 'I didn't expect to win.' And I certainly didn't expect the show to have the impact it's had. I walked into a dressing room recently and Robbie Williams told me I was great on the show and my reaction was, 'You watch the jungle?'”

**So what's coming up next for you?**  
“I am working on my new single and an album, due out in the summer. I need to remind people that I am still singing. Then, if that all goes well, a tour.”

**Are you still in touch with the other Pussycat Dolls?**  
“I am, but I don't know where all of this reunion stuff is coming from. We are all on our own individual journeys now, so it's not happening – although I can't say it won't happen in the future.”

**Could you ever see yourself taking to the London stage?**  
“Yes, for the right role. But it would have to be a good one, as theatre is in one place every night and I get quite frustrated being in the same space, doing the same thing all the time; it clips my wings a little bit.”

**Now that summer is finally on its way, what's your idea of a perfect holiday?**

“Oh, give me a tropical beach, sunshine on my face, my feet in the sand and a margarita and I'm in heaven.”

**And your beach beauty essentials?**

“Lip balm – I love Burt's Bees; a BB tint, purple nail colour and my new Garnier primer. It's amazing, it gives the appearance of perfect skin without make-up. Used with a BB, it gives a hint of summer colour.”

**You recently became the new face of Garnier's self-tanning range. Are you a fan of faking it?**

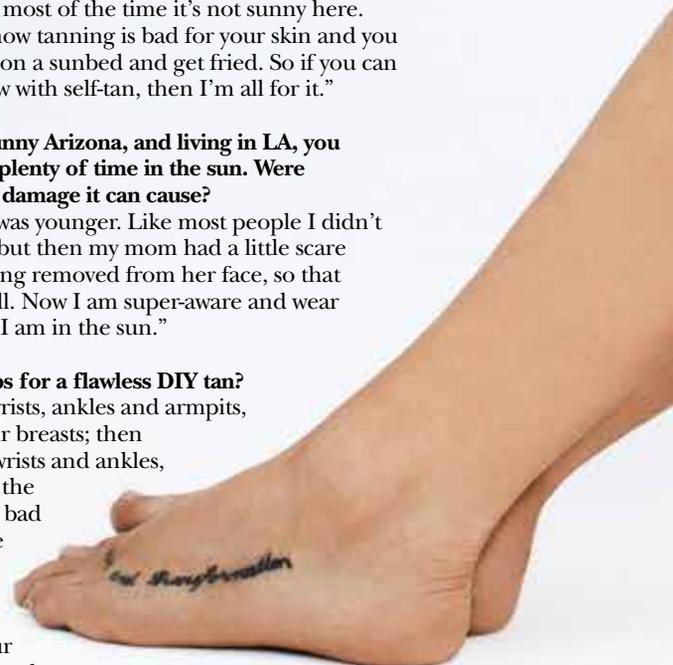
“Let's be honest, most of the time it's not sunny here. Anyway, we all know tanning is bad for your skin and you don't want to go on a sunbed and get fried. So if you can get a healthy glow with self-tan, then I'm all for it.”

**Growing up in sunny Arizona, and living in LA, you must have spent plenty of time in the sun. Were you aware of the damage it can cause?**

“I wasn't when I was younger. Like most people I didn't protect my skin, but then my mom had a little scare and had something removed from her face, so that was a wake-up call. Now I am super-aware and wear SPF30 whenever I am in the sun.”

**What are your tips for a flawless DIY tan?**

“Exfoliate your wrists, ankles and armpits, also between your breasts; then moisturise your wrists and ankles, because they are the telltale areas of a bad self-tan. Hold the spray about 12in from your skin and mist. Three strokes down your face, then down each section of your body. I've done a video tutorial showing how I do it. If you're worried, try the No Streaks bronzer, which is brilliant for a night out. It gives instant colour, so you can see where it goes, doesn't transfer to clothes – even whites – and has a nice vanilla and





Golden girl Ashley – the new face, and body, of Garnier Ambre Solaire's self-tanning range – has a tattoo on her foot that reads: "Love and transformation." The singer says the motto is there to inspire her through good and bad times

apricot smell. It gives a warm glow, then washes off the next day. I love it."

**Who does your back for you?**

"I do! Honestly, I've had a lot of success doing my all-over tan. I think I learnt from being airbrushed by make-up artists over the years."

**You always look great in a bikini, even in the jungle. How do you find one that flatters?**

"Try on lots and find one that doesn't cut into your flesh. That and, let's be honest, a lot of hard work. I love hot yoga, metabolic training, spinning, cardio, circuits... I saw an e-card the other day that said, 'My diet pill is that I work my ass off.'"

**What's the best thing about exercising: the results or the buzz it gives you?**

"It's about how I feel. It's in my blood – my mom was a personal trainer and kick boxer and I grew up working out and doing track at school. I'm a trained dancer, I've been at it since I was three. If I'm not performing, I'm getting my friends to go dancing."

**Do you have a personal trainer?**

"In London I love W10 Performance, these three guys that work out of a warehouse and do metabolic training, circuit training. You never do the same thing twice, so your body never gets used to it."

**Does that mean you eat what you want?**

"No, I exercise so I can have the occasional fiesta of Mexican food, but I do try to eat a balanced diet. Even if I drink, I tend to drink vodka with lots of soda and fresh lime juice."

**What are your top skincare secrets?**

"Always take your make-up off at night and moisturise. It's as simple as that. And drink lots of water; it's pretty much all I drink. I'm also very specific about what I buy. I've been doing my own hair and make-up at dance competitions since I was eight, so I know what works."

**Who or what makes you happy?**

"Cooper, my white Maltese named after [actor] Bradley Cooper, who my best friend was obsessed with. We thought, 'Cute name for a dog.'"

**And, finally, tell us something most people don't know about you?**

"I have a tattoo on my foot that says 'Love and Transformation.' I got it after the Pussycat Dolls broke up. I went to see a lot of gurus and did mantra chanting and all kinds of self-help things. It is a promise to always love myself and to keep transforming, constantly moving, through good and bad times. That's part of life's evolution." 

• Ashley Roberts is the face of Garnier No Streaks Bronzer; visit [garnier.co.uk](http://garnier.co.uk).

**ROBERTS REVEALS**

**ASHLEY'S BEST BEAUTY BUYS FOR SUMMER**

1. Garnier Ambre Solaire No Streaks Wash Off Matte Bronzer, £6.99
2. Garnier 5 Second Perfect Blur Primer, £12.99
3. Garnier BB Miracle Cream Skin Perfector in Medium, £9.99
4. Essie Nail Polish in DJ Play That Song, £11
5. Burt's Bees Beeswax Lip Balm Tin, £3.69
6. Tom Ford Black Orchid Eau de Parfum 50ml, £68. "It suits my darker side; I'm a performer after all"
7. Garnier Ambre Solaire No Streaks Bronzer Mist in Medium, £11.22



INTERVIEW: NADINE BAGGOTT; PHOTOS: MARK HAYMAN FOR GARNIER; AMBRE SOLAIRE NO STREAKS BRONZER, TAN: JAMES HARKNETT USING GARNIER AMBRE SOLAIRE NO STREAKS BRONZER; MAKE-UP: CIONA JOHNSON KING USING MAYBELLINE FIT ME; HAIR: BIANCA TUOVI USING GARNIER FRUCTIS STYLE; NAILS: MICHELLE HUMPHREY USING MAYBELLINE COLOR SHOW