

BEAUTY

Kimberley Glow it Alone

Former *Girls Aloud* star Kimberley Walsh is now stepping out on her own. Here she reveals the summer essentials that help her shine in the sun – and the spotlight

After a starring role in London's West End, a crowd-pleasing turn in *Strictly Come Dancing* and a sell-out farewell tour and album with *Girls Aloud*, Kimberley Walsh has the golden touch right now. As the 31-year-old fronts a campaign to help women discover their inner glow, the famously down-to-earth star lets us in on her body and beauty secrets.

Now the dust is starting to settle after a packed year, have you managed to schedule in some R&R?

"I've been ridiculously busy, so I'm hoping to get a few holidays in this summer. First off I want to get away with my mum, sister and little nephew, so I can spend some quality time with him. Then I want to escape and get away with Justin [boyfriend Justin Scott] as well."

Where would you like to escape to this summer?

"Capri – I have always wanted to go there. And then South America, but I think I'd need to take a couple of months off for that."

Where are you happiest – on holiday or at home?

"Of course I love to go on holiday, but I am happiest at home. I love that I can come home, shut the door and just be me, if that makes sense. When you do this job it's very hard not to feel like you are always on show."

What are your beach beauty essentials?

"A really bright Essie coral nail polish for my hands and toes – I don't like boring neutrals. For summer I often go for a long-lasting gel colour on my feet."

Anything else in your summer make-up bag?

"I love not having to wear too much make-up in warmer weather, especially if I have a tan. It gives my skin a chance to breathe. I prefer peachy, bronze colours and I love a Tom Ford lip colour called Wild Ginger; it's amazing. I've looked for a cheaper alternative but nothing compares. My favourite mascara is Wild About Beauty, which is really thickening and lengthening. And finally Benefit Hoola bronzing powder – nothing too orangey."

When you hit the beach are you a bikini or swimsuit fan?

"Bikini, definitely – anything by Melissa Odabash. I am smaller through the waist so bikinis flatter my shape. I have to let it all hang out, but hopefully not too much. And I choose tie sides or separates so I can wear a size larger on the bottom. I think it's daft that not all companies sell tops and bottoms separately."

After months of non-stop dancing, the prospect of slipping into your bikini should hold no fear for you...

"I'm in pretty good shape because everything I've done has been very physical, but now that I've stopped I definitely have to work out more. I don't want to let it all go to pot after so much hard work. I am back in the gym doing lots of toning, light weights, squats and lunges, and then I'll do a run for half an hour or some aerobic exercise for 20 minutes to get my cardio in. But what I love is the toning – the squats and stuff – because it really works your muscles and then you keep on burning calories because your muscles keep working."

Can you eat whatever you want, then?

"To a degree – if I work out, then yes. I still have to watch what I eat but I actually like a lot of healthy foods. If you're prone to putting weight on you tend to lean towards the healthier options. But if I work out I think it's fine to have bad days because I know I can get back to the gym and healthy eating afterwards."

Tell us about the Ready to Glow campaign, which features well-known brands such as Veet, Scholl and E45.

"It is about looking your best without spending loads of money. I really like that. I've never been one to fall for gimmicks or fads or really expensive beauty products. I like products that work really well; that's what counts."

Would you say you are quite low maintenance?

"I think I am, especially in my private life. I hate going to a salon to get stuff done, especially waxing as it's embarrassing when you're in the public eye. So I do my own waxing using a Veet plug-in hot wax roll-on, and even my own pedicures. Hairwise, I go for a simple



beachy look and love Fudge salt spray to give my hair texture. Rather than washing it every day, I just spray it in at the weekend then scrunch it dry naturally."

You've recently gone shorter and much blonder, what prompted the change?

"Well, I've been shorter for a while as I got fed up with the same long hair. Lisa Laudat, who has done my hair for ages, added some super blonde tips; I think it's nicer to be blonder for summer. It feels more fresh and summery and it's low maintenance, which is great."

What is your daily beauty routine?

"I start with a shower and always do a full body moisturise. I know some people think it's too much effort, but for me it's really worth it. I like to apply a body lotion on damp skin so it sinks in quickly, and I don't believe in it costing lots of money; E45 is one of my favourite products and it suits even sensitive skins."

And what about that lovely J-Lo-esque glow? Are you a fake tan fan?

"I'm lucky that my skin turns brown easily so I don't really do fake tans. But I look after my skin; I always wear a minimum of SPF30. The truth is, it's not worth damaging your skin for a tan. My favourite tanning range is Piz Buin; to me, that is the smell of summer."

How about fragrance? Do you change your perfume according to the weather?

"Definitely not. If I change my perfume even for a day people notice. I guess you could say I have a signature scent. I always wear Marc Jacobs, the original, classic one."

You seem very loyal. Are you the same with friends?

"I have a friend from school who I've kept in touch with since we were four or five years old. I am also close to Nicola [Roberts] and Cheryl [Cole]. They're like sisters to me, we spent so much time together. It's kind of weird not to be around them so much, so we need to plan a girly holiday together."

After taking a well-earned rest, what is next for you?

"It's kind of a big time for me. With Girls Aloud over I can concentrate on me and what I want, which is musical theatre, films and acting. It's where I began and what I really want to do, so I've come full circle." 

• For more information, visit readytoglow.co.uk.



KIMBERLEY'S GLOW-GETTERS

The busy star treats us to a quick peek at the go-to favourites on her bathroom shelf and inside her make-up bag

1. Marc Jacobs Woman, £75 for 100ml
2. Scholl Express Pedi, £39.99
3. Essie Meet Me at Sunset nail colour, £7.99, from Boots
4. Benefit Hoola Bronzing Powder, £23.50, "I've used this for years; it's still my favourite bronzer"
5. Tom Ford Lipstick in Wild Ginger, £36, "It's expensive but, oh, it's worth it"
6. Fudge Sea Salt Spray, £11.45, "Gives my hair that messy, beach texture"
7. Optrex Activist Eyespray, £3.90, "Essential for flying, especially long haul, as well as for hotels with air-con and for when I am just plain tired"
8. E45 Nourish and Restore Body Lotion, £3.99
9. Wild About Beauty Mascara, £18, "From the new range by Louise Redknapp, and I really like it"
10. Veet Easy Electrical Wax, £29.99
11. Piz Buin 1 Day Long SPF30, £12.99