



Selfie portrait: Lily shows off her new range of stick-on nails in a series of snaps (right). "Nail art is part of my style," says the singer. "It's all about glitter and colour and animal print"

## BEAUTY

# Gilding

## LILY

*Lily Allen is cool, calm and always in control. Having mastered the worlds of music and fashion, she's now busy nailing the beauty business too*

**Winning over Lily Allen** is a little like trying to be best friends with the cool girl at school. Slow to smile and quick to quip, the sharp-witted lyricist has now turned her talents to creating nail art. To help her, she's teamed up with Elegant Touch to launch the Lily Loves range of easy-to-use stick on nails. **HELLO!** sat down with the singer to talk style secrets and discovered that, despite her too-cool-to-care persona, she's a real beauty aficionado.

**This is your first hook-up with a beauty company; what made you decide to create Lily Loves?**

"Nail art is part of my style and Elegant Touch are the best. They are the market leaders and know what they are doing. I'm a real fan. It just made sense as people associate me with my nails now."

**Why do you love nail art so much?**

"Just because it's LOL. And because my real nails are covered in ridges and are terrible. I hardly ever see them, as I usually wear acrylics, but when I take a break I wear press-ons. I try to look after them as best I can and use cuticle oil, but it's not easy."

**You are wearing Littlest Things today. Which are your other favourites from the range?**

"I love them all, but I particularly like LDN with the iconic buildings of London on them, and Sheezus [*LDN* is the title of a 2006 hit single for Lily, while *Sheezus* is a single from her new album of the same name]. It's all about glitter and colour and animal print."

**Long or short, square or oval nails?**

"I like long and pointy."

**Who usually looks after your nails?**

"Michelle Humphrey in the UK, Naomi Yasuda in New York and Clara H in Australia."

**You often tweet and Instagram your nail art. What's your take on the selfie – creative outlet or curse?**

"I like Instagram and recently I've gotten into the selfie because I understand that my fans are interested in what I'm wearing and how I've done my make-up or nails, so that serves a purpose. But I don't know why everyone is quite so obsessed with taking carefully posed pictures of themselves, then putting them on the Internet. Mine tend to be a bit of a LOL; I don't take myself too seriously."

**Is the fact that you're in control a big part of the attraction of interacting with fans via social media?**

"I'm always in control of most things. But I like it because I'm nosy. For me, it's not so much about self-promotion but because I'm genuinely interested in and fascinated by people."

**What's your biggest beauty bugbear?**

"I hate feeling like my face is dirty, so I have a big beauty regime. For day, I start with ZO Skin Health Exfoliating Cleanser, then SkinCeuticals C E Ferulic, followed by their Hydrating B5 Serum and SPF. At night, the same thing but with a Clarisonic brush, then ZO TE-Pads to exfoliate and a retinol night cream."

**Sounds like a pretty serious skincare routine for someone who is only 29...**

"My mum's got really great skin and I would like great skin when I'm her age."

**Apart from Clarisonic, are you a fan of any other beauty gadgets?**

"Once a week I use this body brush by Elle Macpherson. I also have my own Gelish nail machine, so when I get a great nail art or polish I can apply my own gel top coat and make it last."

**Do you ever have facials?**

"I see Dr Zamani at the Cadogan Clinic in Knightsbridge, who gives me glycolic peels. I suffer from rosacea, so she might prescribe a red light treatment or an extraction facial."



**Are there certain products you rely on to create your signature look of lots of lashes and liner?**

"I use all sorts of liners, but at the moment it's Charlotte Tilbury Rock 'n' Kohl Eye Cheat inside on the bottom, and sometimes Nars Eye Paint gel liners in Tatar, which is purple, and a green called Snake Eyes. Those and Eylure False Lashes 116."

**What's your signature scent?**

"I have two – Oud Wood by Tom Ford and Incense by Comme des Garçons."

**You are also a fan of statement hair colours. Which salon do you go to?**

"In London I visit Alex Brownsell, who runs Bleach. She does these great bright colours that I use."

**Despite having two small children – Ethel, who's nearly four, and Marnie, who's two in January – you're in the best shape ever. What's your secret?**

"During the week I exercise daily for about an hour, following a workout devised by my personal trainer Belinda Scriven. I know her regime so well and even when I'm on the road I know what to do. It's all fast-paced with lots of repetitions. I wasn't motivated by getting skinny but by having the energy to get on stage and perform. At one point I was struggling to get up the stairs without getting out of breath."

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

"I take cod liver oil and zinc every day – I have to have all of my vitamins to feel good. I also take a hair, skin and nail supplement. But I like starchy foods – it's true I eat a lot of crisps – which tend to make me feel lethargic, so I rely on coffee for energy."

**Professionally, what's next for you?**

"My UK tour runs from November until mid-December and I'll be in Scotland for Hogmanay. Then there's my US tour and I go back into the studio for a new album. I also have another musical in the pipeline, but I can't say any more than that."

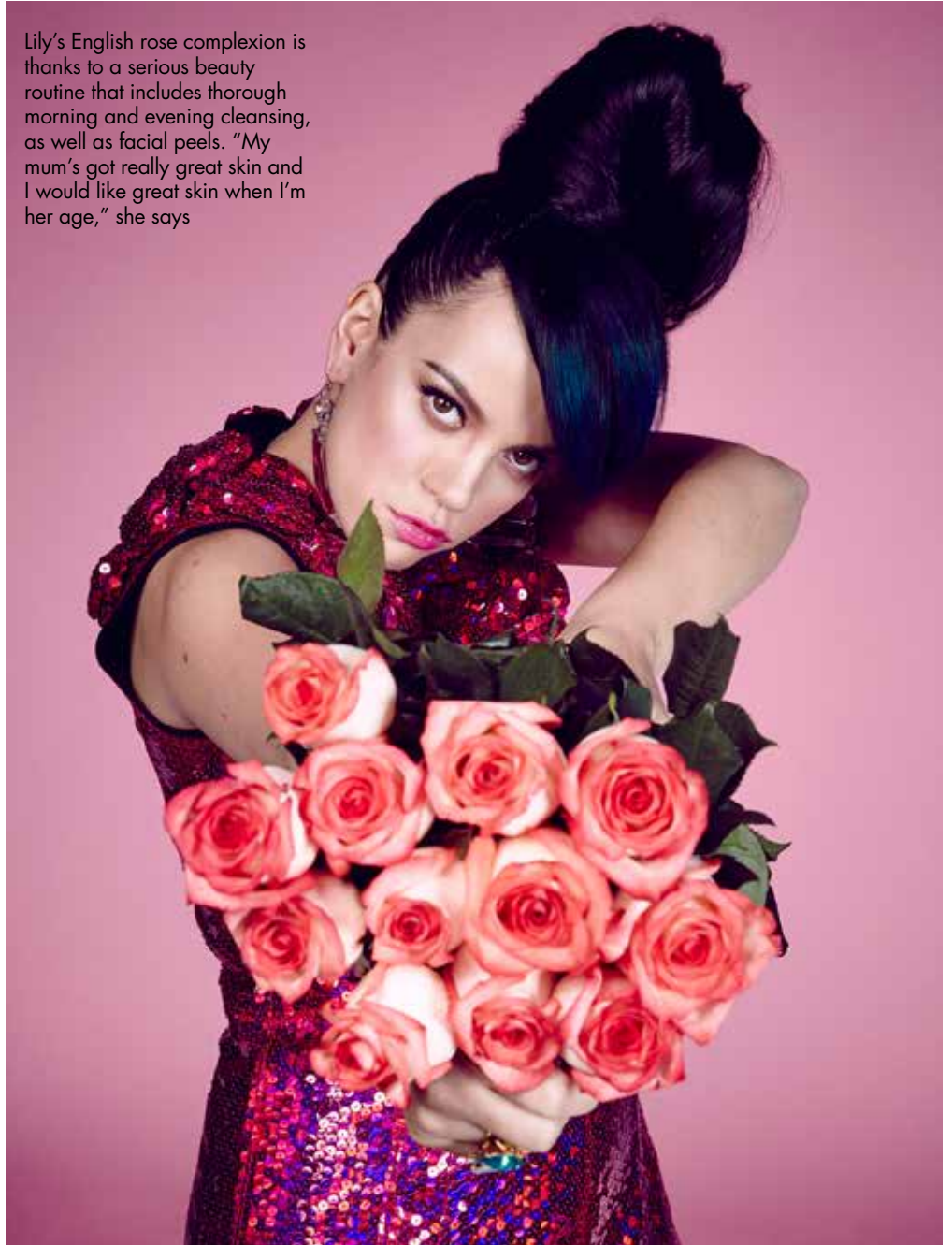
**What makes you laugh?**

"My children."

**What one piece of advice would you give to your younger self?**

"Stop hiding your parking tickets under the bed – they will come back to haunt you in a big way." 🚗

Lily's English rose complexion is thanks to a serious beauty routine that includes thorough morning and evening cleansing, as well as facial peels. "My mum's got really great skin and I would like great skin when I'm her age," she says



**LILY LOVES...** 1. Seche Vite Dry Fast Top Coat, £9 2. Eylure False Lashes 116, £5.06 3. Elegant Touch Lily Loves in Sheezus, £8.99 4. Elegant Touch Lily Loves in LDN, £6.99 5. SkinCeuticals C E Ferulic, £128 6. Clarisonic Mia 2, from £125 7. Charlotte Tilbury Rock 'n' Kohl Eye Cheat, £19 8. Elegant Touch Lily Loves in Littlest Things, £7.99 9. NARS Eye Paint in Snake Eyes and Tatar, £18.50 each 10. Tom Ford Oud Wood, from £142