

Rochelle



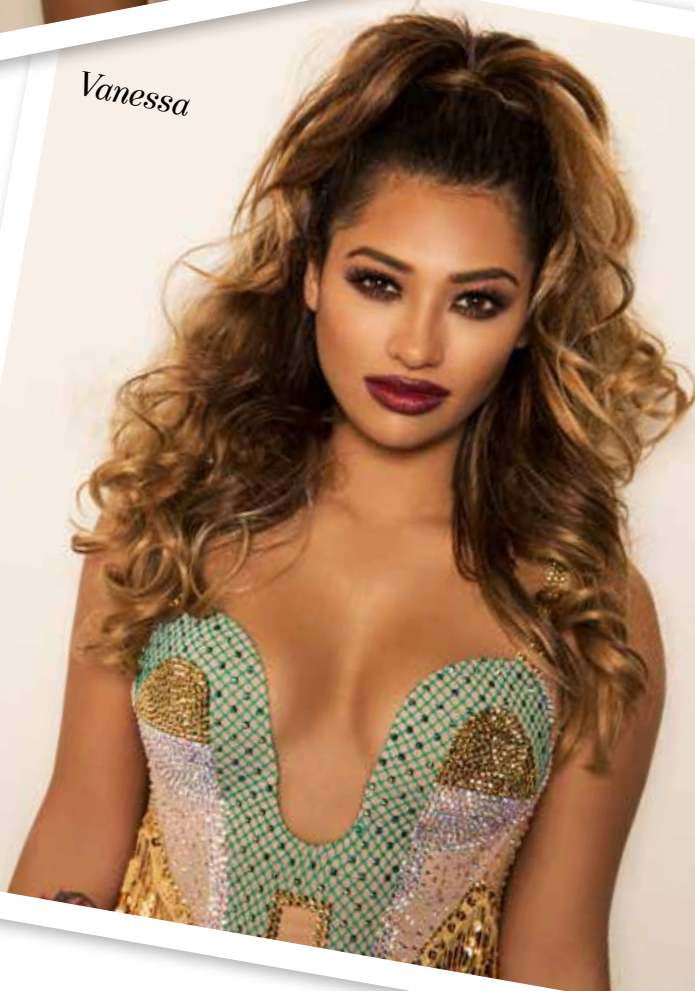
Mollie



Frankie



Vanessa



Una



BEAUTY

HAPPY DAYS

They are used to selling out stadiums and belting out chart-topping hits, but how do The Saturdays ensure they look good in the spotlight? We joined the girls backstage on their Greatest Hits Live! tour to find out

Trying to get a word in edgewise when chatting to the five Saturdays stars is quite an achievement. There is baby news from second-time mother-to-be Una Foden, *Strictly Comes Dancing* gossip from the newlywed Frankie Bridge, who is a contestant on the latest series, fashion and beauty chatter from Vanessa White and Mollie King, who are both signed with modelling agencies, and TV tips from Rochelle Humes, who has enjoyed a stint as a *This Morning* presenter alongside her pop star husband Marvin.

There is no doubt that The Saturdays are a multi-tasking creative collective, and it's also obvious from spending time with them during their recent *Greatest Hits Live!* tour that they are not only band mates but best friends too. While the costumes are custom made for each singer, backstage the girls – who range in age from 24 to 33 – share a hairdresser, make-up artist and beauty products.

We were lucky enough to be given an exclusive VIP tour pass to join forces with The Saturdays and Garnier Ultimate Blends to discover their tried and tested style secrets...

Your *Greatest Hits Live!* tour could not have come at a busier time for you all. Why did you agree to do it last month?

Una: "We hadn't been on tour for a while and it's our favourite thing. We've been gigging loads, but a tour is a chance to get out there, perform our hits and meet the fans. It's the greatest thing."

Rochelle: "It's also a good opportunity for us to get out of London and meet our fans across the country."

Frankie: "And to be honest, planning it is fun too – all the rehearsals and set design and costumes and make-up; that takes a month and then we tour for a month."

Still, that seems like a long time to put your other commitments – professional and personal – on hold...

Rochelle: "Yes, but it's good for us as it's the only time we have a set routine in our jobs. For those two months at least, we can predict where we will be and when, and for how long."

Each concert is like a two-hour workout in full costume, hair and make-up. What are the secrets to ensuring it all goes smoothly?

Mollie: "We have to wear more make-up on stage than

we would normally, and we have quick changes, where our make-up and hair and wardrobe people are backstage to get us quickly in to our next outfits."

Frankie: "And we all have our own lip glosses, powder and make-up with our names on them, lined up to quickly apply as we get changed."

Rochelle: "Frankie is the master of the quick change – she can get dressed really quickly so she has more time for her make-up."

Mollie: "I'm always last out – running – while Frankie is sitting back waiting. Every second counts."

Any costume mishaps?

Rochelle: "Oh yes! My zip wouldn't do up. The girls were trying to help me in the lift up to the stage but it wouldn't close, so I got on stage then ran off as quickly as I could."

Your shows are quite physical – do you up your fitness routines beforehand to prepare your bodies?

Una: "We pretty much have to keep in shape all of the time anyway, and the month-long rehearsal with all of the choreography is enough to get us in really good shape. It's like a dance boot camp, learning 20 dance routines."

Vanessa: "But I don't think even dancing six hours a day in rehearsals is enough for me; I need more. On tour it's very challenging because it really is non-stop for two hours."

Mollie: "You have to be fit even before rehearsals. And I find that for the first few shows I'm nervous, which also leaves you a little short of breath. Then, as you get into it, so it becomes easier. By the end of the tour – boom! – you are really fit."

Frankie: "I have a trainer who I do Pilates and cardio with. I also like boxing and TRX. I sweat so much and feel like I'm going to faint but it's worth it; I feel great."

How do you ensure your hair and make-up goes the distance and does not get shiny under hot stage lights?

Frankie: "We have this spray from Urban Decay; it's like hairspray for your face. It really sets your make-up to last."

Mollie: "And Elnett hairspray. You need a good hairspray that holds, but brushes out to change style. We go through 13 cans a tour."

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Rochelle: "I even know what Elnett tastes like, we get sprayed so much with it."

Do you have an army of people getting you ready?

Mollie: "We have one make-up artist and one hairdresser, that's all, because we all only ever agree on Celena [Hancock], our make-up artist, and Nick [Peters], our hairdresser. For all of us to get ready takes just five hours. Then James and Frank look after our wardrobe and help us to get dressed and quick change. We think we work hard on tour but, honestly, they work the hardest."

Frankie: "Poor Celena doesn't even get a toilet break, and by the end of the night she is desperately grabbing at any food she can get hold of because she hasn't had time to eat at all."

In the run-up to a tour, do you manage to fit in any pampering beauty treats?

Una: "We have to ensure our hair is in great condition beforehand, so a hair oil is essential. Then, on tour, every night you get in and take your make-up off and put on a conditioning treatment."

It must help that for this tour you teamed up with Garnier Ultimate Blends haircare. Do you each have an individual favourite?

Mollie: "My blend is formulated to create silky hair and my hero product is the dry shampoo, which means I don't have to wash my hair every day. So it saves me time on my down days, and then I use it on tour to give my hair extra body."

Rochelle: "My products are for dry and frizzy hair and they smell of coconut – my favourite smell. My favourite product is the oil, which I can apply before and after I blow dry."

Una: "I sometimes use a semi-permanent to keep my colour really vibrant as it is prone to fading. My favourite product from the range is the one-minute treatment; I put it on in the shower when I'm shaving my legs."

Vanessa: "My chosen range is for dry and damaged hair. Because my hair is long and gets styled so much it can get easily damaged so I love the shea butter and avocado-rich one-minute treatment."

Frankie: "Well, I've got normal hair [cue all of the other girls laughing and jeering] so my favourite is the oil to add healthy shine. I use it after I've styled my hair, just on the ends."

Any other beauty must-haves?

Mollie: "Tom Ford Black Orchid fragrance, Maybelline Fuchsia Flash Lipstick, and I love L'Oréal Paris [Glam Bronze] Duo bronzer."

Rochelle: "My favourite fragrance is 3 by D&G. I love my HD Brows palette, but I struggle when it comes to foundation – they are either orangey or chalky – and so I mix MAC, Iman and Bobbi Brown."

Una: "Perfect Blur [from Garnier] is a great primer and Armani Luminous Silk in 6.5 is my perfect base. I love Ralph Lauren Romance scent during the day because it's a lovely floral, and then at night I wear La Prairie Midnight Rain – it's such a beautiful smell."

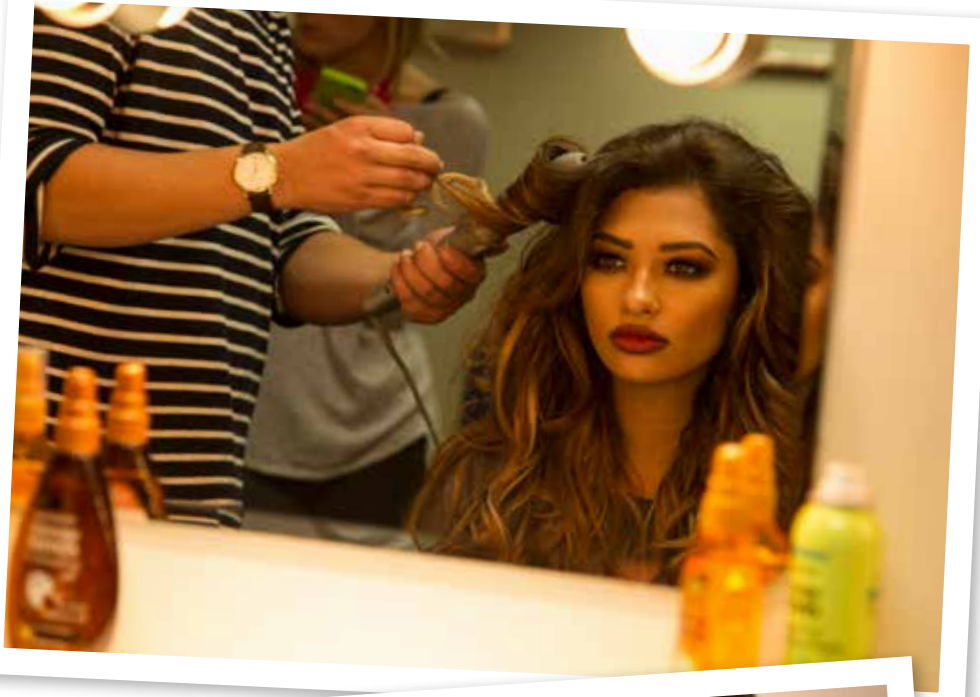
Vanessa: "My ultimate scent is La Prairie Gold Threads. I like to moisturise my lips and Maybelline Baby Lips is great."

Frankie: "I like Shiseido Zen fragrance and am obsessed with moisturiser so I love Kiehl's Creme de Corps."

Any top tips for keeping your skin looking good?

Una: "For me, it's water and sleep. But then I'm a mum and am also expecting, so on tour I need to keep my energy levels up."

Frankie: "Taking my make-up off is essential –



especially now that I'm on tour and on *Strictly*. Stage and TV make-up is so much heavier than you would normally wear because of the lights."

Mollie: "My little make-up tip is to put a touch of light shadow on the inner corners of my eyes; it brings them to life."

Rochelle: "I swear by eye cream, especially when you haven't had much sleep or are jet lagged."

After seven years in the public eye do you now consider yourselves beauty aficionados?

Mollie: "To be honest, I feel like I'm still learning. I tend to use the same products all of the time; ones that I feel comfortable with."

Frankie: "I don't really know what I'm doing. If I read something is being used on someone who looks good in a magazine, I think: 'Oh, I must try that.'"

Who are your beauty icons?

Rochelle: "I think Miranda Kerr is incredible; she always looks so fresh. I read the other day that she puts coconut oil in her green tea. I tried it and it didn't taste good."

Vanessa: "J-Lo – she walked past us in America and she looked incredible. I'm obsessed."

Mollie: "Eva Longoria, too. They all have that gorgeous, glowy skin."

How will you be pampering yourselves after the tour?

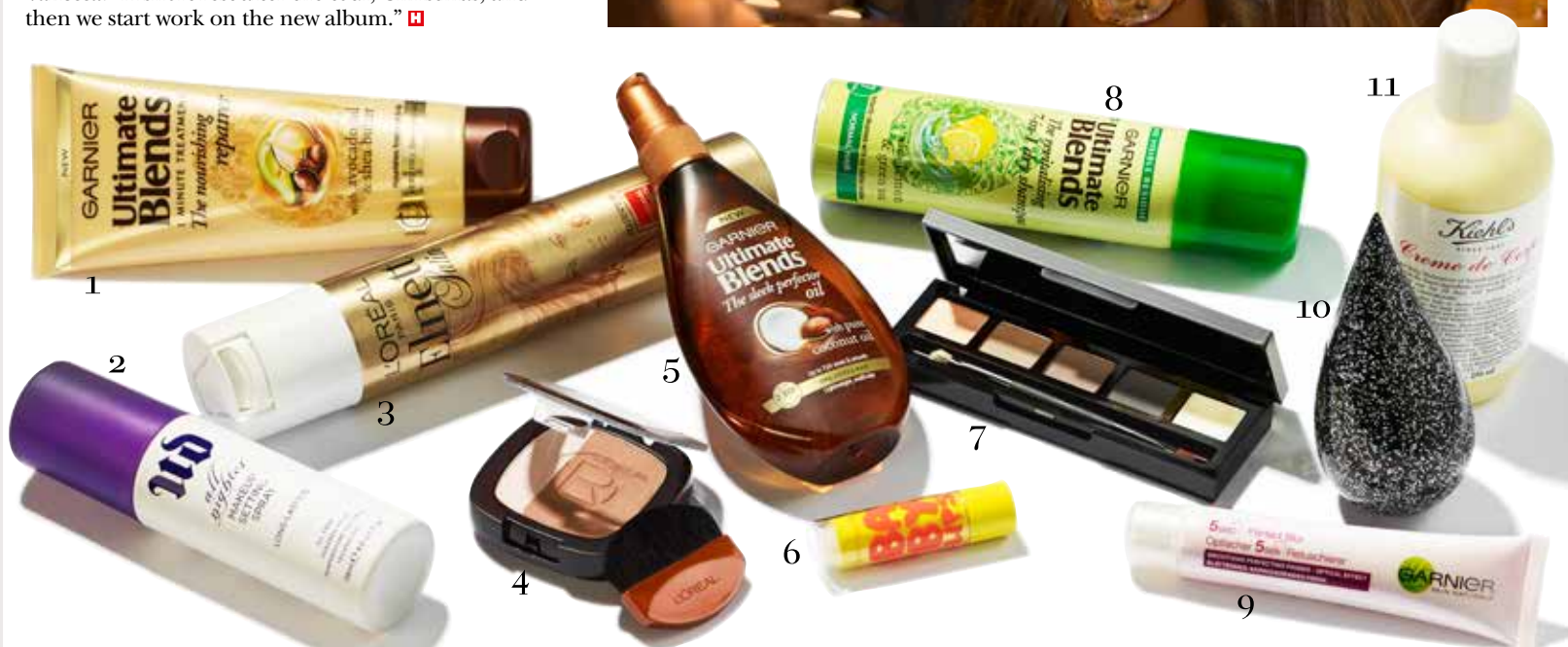
Mollie: "A holiday in the sun."

Frankie: "I think you need a bit of a beauty overhaul. So I plan to have a massage, a manicure and a pedicure. I love to not wear make-up, to let my skin breathe and just relax. My theory with massage is that if it doesn't hurt, it doesn't work."

Vanessa: "I have a really great extraction facial with this brilliant woman called Fere Parangi. I discovered her after Mollie first tried her, and she's brilliant; she really squeezes every pore clean. You might leave a little red-faced, but two days later you are really glowing."

Professionally, what is next for The Saturdays?

Vanessa: "A short rest after the tour, Christmas, and then we start work on the new album." 📺



THE SATURDAYS' TOP HITS THE SINGERS REVEAL THEIR BEAUTY BEST BUYS

1. Garnier Ultimate Blends The Nourishing Repairer 1 Minute Treatment, £4.49, for stockists, visit garnier.co.uk/ultimateblends
2. Urban Decay All Nighter Makeup Setting Spray, £20, from feelunique.com
3. L'Oréal Paris Elnett Satin Spray, £6.60, from Boots
4. L'Oréal Paris Glam Bronze Duo Palette in Foxy, £29, visit hdbrows.com
5. Garnier Ultimate Blends The Sleek Restorer Oil, £9.99
6. Maybelline Baby Lips Intense Care, £2.99, from Boots
7. HD Brows Eyeshadow Palette in Foxy, £29, visit hdbrows.com
8. Garnier Ultimate Blends Revitalising 7in1 Dry Shampoo, £3.99
9. Garnier Perfect Blur 5 Second Primer, £12.99
10. La Prairie Midnight Rain, £78, from Selfridges and John Lewis
11. Kiehl's Creme de Corps, £27, visit kiehls.co.uk