

## BEAUTY

## COTTON CANDY

*TV and radio presenter and champion of the “imperfect” selfie, Fearne Cotton can put a smile on anyone’s face with her infectious laughter and perfect presenting skills, but what beauty buys does she rely on to make her smile?*

**Type Fearne Cotton’s name into an internet search and the first word that comes up is “hair”;** little wonder, given that she has perfected the ultimate undone/done London look. It’s a style that says, “I try, but not too hard,” and one that has garnered her a legion of fans keen to emulate it. We persuaded the mum-of-two to let us rummage through her make-up bag and share her beauty secrets.

**Despite posting those make-up free shots on Instagram, you are a self-confessed lover of all things beauty. What’s your latest discovery?** “The fact that I can get a gel-like finish to my nails at home. The thing that has really fallen by the wayside since I had kids is taking time to get pampered or have my nails done. I just don’t have the time and, even if I did, I would spend it thinking that I should be doing something else. Any mum will say the same.”

**So you are a fan of gel nail colour?**

“Oh yes, painting my nails normally is pointless – they would be chipped in no time. Now I can put the kids to bed at seven, set up my little lamp in the kitchen, put on some rubbish TV and I’m ready. And it lasts – my most recent DIY colour lasted two weeks. You add it half and half to your everyday nail polish, set it under the UV light for 15 seconds, then add a special top coat and set it again under the light. Genius!”

**When it comes to nails, are you short and sweet or long and elegant?**

“Short, for practical reasons; I can’t do those stiletto Khloé Kardashian nails or I would be constantly scratching my children. Plus, I have so many emails to do and I’m finishing my cookery book, so I couldn’t type. But I do like bright colours – orange, lilac, turquoise. Not red; somehow that seems too grown-up and lady-ish – even though I am 34 [laughs].”

**Your hair always looks great – what’s the secret?**

“I am lucky I have lots of hair; I mean – a lot. I get Nicola Clarke to colour it. She is the queen of blondes and does Cate Blanchett, Kate Winslet, Kate Moss... Then Paul Percival styles and cuts it. I ask him to do a sneaky trim when we are shooting together. We’ve done some tutorials for BaByliss and he has taught me so much.”

**Are you confident about doing your own hair?**

“Yeah, especially since working with Paul. He has taught me little tricks, like how to wave my hair. I rely on the BaByliss Soft Waves – its jumbo tong. It gives that done/undone look.”

**That is exactly how I would describe your whole look, kind of cool London, done but a little undone...**

“I hope so, because that’s the look I go for.”

**What products always have a place in your make-up bag?**

“Elizabeth Arden Eight Hour Cream as I hate having dry lips. Charlotte Tilbury make-up, Nars, bareMinerals. I’m fickle with mascaras, not loyal – I just use whatever I have. And my current favourite is a blue eyeliner, which is weird for me. When I first saw it, I thought, ‘Oh no, far too 1980s,’ but it’s a dark blue and it really works – I have an Arden one and a Bobbi Brown one.”

**Do you have a signature scent?**

“Yes, Molecule 01. Although my mother-in-law [the gorgeous Jo Wood] bought me a Byredo fragrance with patchouli top notes. I love it as it’s like going back to the 1970s. I wear that loads.”

**Do you ever fake tan?**

“I did once, for a magazine shoot. And although it looked okay, it’s just not me. I hate it when you can see the orange tidemarks and grubby bits. I would never have one out of choice. I love having that natural, pale is interesting vibe; it’s elegant and lovely, especially if you are fair or have red hair.”

**Are there any body products you particularly love?**

“I have so many oils and creams – I’m still using up my stretchmark creams from my last pregnancy. I also love Neal’s Yard and Sisley, but they are so expensive.”

**Do you think stretchmark creams work, then?**

“I don’t know. I think if you are gonna get them, then you will. I expanded quite massively in both pregnancies. I used lots of creams and I managed to just have one or two stretchmarks on my hips. They don’t bother me at all.”

**You seem very happy and comfortable in your own skin – was it always like that?**

“You have to try, but for me the biggest game changer is not getting older but having kids. I am so in awe that my body has done it. I think it’s amazing that it has grown these two humans and gone back to nearly how it was – bar a few jiggly bits and loose skin. I am happy with that and proud that my body has done it. And with that comes a whole heap of acceptance. I’m at that point now where I am happy to be healthy. I had terrible morning sickness with my second pregnancy, so just to feel healthy and normal is all I really care about. If I’m feeling toned and trim then that is the cherry on the cake, not the cake. My goal is to stay calm, healthy and happy.”

**So any worries about your looks are well and truly in the past?**

“Honestly, when you are younger you worry about everything; your bottom is too fat, your arms look strange. Now my stylist



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asks, 'Do you want to wear this?' and I just say, 'Yes, whatever you want; I don't care, it's fine.' If it's comfy, I'll wear it."

**I know that you go to the gym to help you stay healthy and in shape – what is your workout regime like?**

"Nothing crazy. A bit of cardio on the running and rowing machines, a bit of weights. I love yoga and have just joined a new place called Bhuti, where you do yoga in a gorgeous glass conservatory. It has treatment rooms and a vegan café; it's heaven for me."

**What is your biggest beauty bugbear?**

"My hands, from pushing the buggy in cold weather. I have the hands of an 80-year-old, they are so red and dry and chapped. I can't keep up with the hand creams because I constantly need my hands and am on the move."

**Who inspires you?**

"For work, my heroes are Joanna Lumley and Jennifer Saunders – I admire everything they do and every project they are involved in. Presenter-wise, I love Davina [McCall] and Claudia Winkleman. Then, for beauty I love Cate Blanchett, who is always amazing; and for style Lupita Nyong'o – her style and beauty are so on point."

**Why did you decide to write a cookbook?**

"I am constantly battling sleep deprivation, yet I want to feel energised and nourished. I've called it *Cook Happy, Cook Healthy*, and it's all about food that tastes great but is good for you. Doing this book has made me do research into nutrition; it's my passion. Eating has so much to do with energy; if I didn't eat well I'd be on the floor. I have so much going on with the kids, and my husband is on tour a lot, so I need lots of energy. I cannot have an off day."

**It's early to bed for you, then...**

"Yes. Maybe when the kids are a bit older I'll start having a few crazy nights out. But at the moment, no."

**What was the last book you read?**

"*The Danish Girl*, which I loved."

**And the last song you danced to?**

"I've been listening to a lot of David Bowie, so *Rebel Rebel*. But we have a massive dance-athon every day in my kitchen."

**And who – or what – is guaranteed to make you smile?**

"My beautiful babies' cheeky faces – every day, all day." 🍷



FEARNE'S FIXES 1. Chanel Le Vernis Nail Polish in Espadrilles, £18, from Selfridges or House of Fraser (available from 27 May) 2. Sensationail Polish to Gel Transformer Starter Kit, £49.99; visit sensationail.co.uk. Contains all you need to turn everyday polish into gel, including the UV lamp 3. Bobbi Brown Eye Shadow in Shell, £17.50; visit bobbibrown.co.uk 4. bareMinerals Frame & Define Brow Styler in Universal Light, £14; visit bareminerals.co.uk 5. Charlotte Tilbury Beach Stick in Las Salinas, £30; visit charlottetilbury.com 6. Elizabeth Arden Beautiful Color Precision Glide Eye Liner in Sapphire, £17, from Boots 7. BaByliss Boutique Salon Soft Waves, £30 (was £40); visit babyliss.co.uk 8. Bobbi Brown Longwear Cream Shadow in Ballet Pink, £19 9. bareMinerals Pure Brightening Serum Foundation in Bare Porcelain, £26 10. Bobbi Brown Perfectly Defined Gel Eyeliner in Sapphire, £18.50 11. Hourglass Ambient Lighting Powder in Ethereal Light, £38, from Space NK

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