

BEAUTY

Louise

LOVES

Fresh from Strictly Come Dancing, in the best shape ever and ready to share her health and beauty secrets, Louise Redknapp finally gets a chance to put her feet up as she chats to HELLO!

To say it's been a busy few months for singer and media personality Louise Redknapp is putting it lightly. Fresh from a full series of *Strictly Come Dancing*, where she reached the final with her partner Kevin Clifton, Louise joined the nationwide *Strictly Live Tour* and, as we chat to her, she is finally finding time to put her feet up and enjoy her free time again, despite having a rotten cold. The good news is that she wants to keep dancing. "I love it too much to give up and I intend to keep on dancing for fun and hopefully for work," she says. So with so many opportunities on the horizon, we want to know how she keeps her energy up to look and feel her best.

You were brilliant on *Strictly Come Dancing* and surprised even the harshest critics. Did you enjoy it?

"Do you know, I did, and I wasn't expecting to. I went into it purely for the experience. I have two boys at home and I hadn't done anything for ages. Everybody thought it was a great idea but I wasn't so sure, so I was so pleasantly surprised by how much I loved it. I think it reminded me how much I love to perform and why I got into show business. Over the years that can get very watered down because you have a family, or the work is not there, or you become a certain age and so it's not feasible to be a pop star, and before you know it you're working on something that you didn't set out to do. So going back and doing *Strictly* reminded me why I got into this industry. It's because I love singing and dancing – it brought back amazing memories for me."

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So will you carry on singing and dancing?

"I think the West End is the route that I'd love to go, given the opportunity. But the opportunity might not be there..."

Oh it will be there – there is so much love and support for you ...

"Thank you. When I was doing *Strictly* I was in a bit of a bubble, a bit like the home bubble I was in with my boys, so it was hard to believe that people were out there supporting me and wanting me to do things. And that people who had bought my records were voting for me. But doing the tour and turning up at an arena with 9,000 people in the audience makes you realise – when they call out your name, saying that you've won – that people have sat there and phoned up

and voted for you. It's been amazing for my self-esteem. So yes, the West End is my goal. It's not about being famous or earning money – it's about loving something."

Do you think that a name like yours on a West End billboard can bring in a whole new generation to enjoy theatre?

"I hope so because I was raised on going to the theatre as a treat for a special night out or birthday. And I take my boys all the time and, even though they love their football, they also love going to the theatre and sit there mesmerised for the whole two hours, so that's definitely where I would love to end up."

Are you in the best shape that you have ever been?

"Certainly in a long time. Maybe not compared to when I was really young, but definitely since having children – 100 per cent. I think it's just the daily routine of dancing. The fittest I have ever been was during *Strictly* at the end as I was training up to 12 hours a day as we were doing two dances but, to be honest, since then I've been on the tour and we do like the odd glass of wine and tequila."

Talking of exercise, what are you doing now the tour has finished?

"I'm going to go back to my reformer Pilates because it strengthens and lengthens and it is great for my core. I work with an instructor who is a friend of mine called Sian Marshall at Core. I'm not a yoga person at all. But I'm also going to carry on dancing. I'm going to do some commercial hip hop and street stuff to keep fit. Me and [fellow *Strictly* contestant] Daisy Lowe are going to try to do it together. We've promised each other to try to get together once a week with the *Strictly* WhatsApp group and do a two-hour dance class."

You're an ambassador for Actimel yoghurt drink. Tell me about it?

"It fits into my life. I always have it in my fridge and I believe its ethos that looking and feeling good comes from within, especially at this time of year. Coming off the back of *Strictly* and the tour, I am pretty shattered, so anything I can take to make myself feel better is great. It's a brilliant on-the-go snack and my kids love it."

You were recently featured in an online article as having the abs that every woman wants. Did you see it?

"I didn't [laughing], but my husband [ex-footballer Jamie Redknapp] rang me up to say how proud he was and how could he get abs like mine? To be honest, they've gone a little bit since I've been on tour because, trust me, these guys love a glass of something. I kept saying, 'Honestly guys, I'm going to go home fatter than when I started'."





Fresh faced and fabulous

How do you keep your energy up when having to perform night after night?

"I have a daily Actimel Multifruit and keep it on hand as a snack. And I drink lots of water and just try to eat a well-rounded diet. I lost about a stone doing *Strictly*."

Do you have to watch what you eat?

"On tour I was eating anything and everything, but back home I am careful what I eat. I try not to cut out entire food groups because in the past I've done the whole no carbs, no sugar, but I find it a quick fix and it doesn't last for me. I might lose a couple of pounds, but it's not sustainable and it's not fun – it's an unrealistic way to live. And you're forever chasing your tail trying to lose weight and putting it back on. So I just try really hard to not overeat. I have good and bad days, but I just try not to overdo the amounts I eat. So if I'm having a Sunday roast, I just have one roast potato and lots of vegetables. I'm not someone who can just eat anything and everything. And I find really consistent exercise does help me to keep the weight off."

What would I always find in your make-up bag?

"My Wild About Beauty [the make-up range co-created by Louise and make-up artist Kim Jacob] Golden Skin Glow. At this time of year I need a bit of bronzer and I don't do the heavy fake tan. My Wild About Beauty Concealer is essential after late nights performing; it never cracks or sits in my lines. And Weleda Skin Food – I have so much make-up on when I perform that when I take it off at the end of the night, I feel like I need some goodness on my face and this soaks in. At night I'm also really loving Sunday Riley Lunar Night Oil – it's lovely."

How do you take off your make-up after coming off stage?
"I use a really good foaming wash from REN. For me, less

is more when it comes to my skin and if I overthink it, it tends to break out. So I like to keep my routine simple."

How do you prevent breakouts?

"I love Dr Frances Prenna Jones Formula as it really gets the grime out. A lot of people tell me that I've got great skin, but a lot of it is due to her. She has been looking after my skin for 12 years now since I had my eldest son, which is when I got my bad pigmentation. She is the only one I trust to get my pigmentation under control and she really sorted me out. In one treatment, she halved it. So now I always use a high SPF50 on my face and I like the one from Lancaster."

What's your biggest beauty bugbear?

"I'm not a fake-tan fan – I hate the smell."

How do you look after your hair?

"I love Oribe Texturizing Spray from Space NK – it really adds volume. I've been seeing Billi Currie for years for my cut and Tom Smith for my colour. I think colour is so important as you get older to get the right tone for your skin. I keep it dark at the roots and then I like the ends to be picked up. I describe it as that Brazilian beach colour."

Last song you danced to?

"It was *Uptown Funk* with Ore Oduba on the dance floor – that was our warm-up. It's the longest song in the world and we use it as a test."

What would I always find on your bedside table?

"Always a book. The last one I read was one that Will Young bought me, called *Tarka the Otter*."

What makes you happy?

"Dancing – and my family."

We reveal Louise's smart moves for a quick-fix healthy glow as she spills her make-up and skincare bag:

1. Sunday Riley Luna Sleeping Night Oil, £85, from cultbeauty.co.uk
2. REN Evercalm Gentle Cleansing Gel, £15, from M&S Beauty
3. Wild About Beauty Sheer Glow Moisture Tint, £22, from myshowcase.com
4. Weleda Skin Food, £10.95; visit weleda.co.uk
5. Dr Frances Prenna Jones Formula, £145; visit drfrancesprennajones.com
6. Wild About Beauty Smooth Cover Concealer Kit in Medium, £19.50, from myshowcase.com
7. Actimel, £3.50 for 12, from supermarkets
8. Wild About Beauty Golden Skin Glow, £22, from myshowcase.com