



IMAGE: MARK LIGHTFORD, FAUXTOGRAPHY

# S L O

With a music tour this year, and a move into TV in the pipeline, things couldn't be more exciting for ex-Atomic Kitten **Liz McClarnon**. Rebecca Twomey finds out her beauty secrets

#### How do you stay fresh and fabulous when you're touring?

I sleep a lot. I'm lucky because I can put my head down anywhere and fall asleep easily. And, even if I don't fancy a drink, I'll always ask for water to make sure I'm sipping it in meetings or when I'm in the studio. Also, a beauty expert once told me that if you don't take your make-up off at night, you age eight days, so I always remove it.

#### Do you religiously stick to your beauty regime?

I'm very strict. About a year ago, I developed eczema on my forehead and cheeks, and after spending more than £2,000 on steroid creams and tablets, I discovered Dynasty Clinic's Jenny Harding, a former nurse who has suffered from acne herself. After a two-hour facial and using her Soft Rain cleanser and Pink Heaven moisturiser daily, I've not had eczema since. And people now tell me I've got lovely skin.

#### You must really protect your skin now, what do you do?

Every morning I use cleanser on my face, wash it off with a flannel then do exactly the same again, followed by moisturiser. Pollution in cities attacks your skin so I let my skin breathe by having no make-up on when I'm in the countryside. I wear foundation the rest of the time to act as a protective barrier for my skin.

#### How do you like to relax?

With a massage — I love all types. My favourite is an Indian head massage at the Sanctuary Spa. I have a free-standing bath at home and I like the water really hot so I relax in that, but I don't add anything to it. I've got sensitive skin and have to be loyal to the products I trust.

#### You used to dance a lot with Atomic Kitten. Now you're a solo artist, how do you keep your figure?

I was given a Power Plate for Christmas and go on that. I've been trying to do Pilates via internet videos but it's hard to find the time. I've started skipping in my self-defence class — it tones and is classified as cardiovascular exercise.

#### Do you visit spas abroad?

When I broke up with my last boyfriend, I went to the Elemis Spa in Dublin with two girlfriends. It's a stunning place and exactly what I needed at the time. I've also stayed at the Oberoi Hotel in Mauritius, which was phenomenal as it was pure luxury.

#### Have you any breaks planned?

If I haven't seen my mum in a while, we go to Hoar Cross Spa in Staffordshire — that's where I discovered organic Champagne and they tailor the menu to suit whatever eating plan or diet you're on. I'm desperate to go on a cruise around the Caribbean, but I'll do it properly, really go for it — with treatments a must.

#### What's the best beauty advice you've been given?

To eat eight prunes daily. They contain all the antioxidants you need to have in a day.

#### Your image has changed since the Atomic Kitten days, do you experiment with you look now?

I've started to try red lipstick but I'll wear it with a simple outfit. When it comes to eyes though, I'll try anything. I did a shoot recently and pinned my hair back and had dramatic black eye shadow up to my eyebrows — it looked wicked.

#### Question from last issue's celebrity Lisa Snowdon: What's your biggest regret?

I don't regret much, but I regret everything I ever had to wear when I was part of Atomic Kitten and we were touring in Japan. We had a clothing range there and I was too tall for the sizes they made — nothing fitted me but I still had to walk down a catwalk in the clothes.

#### Question for the next celebrity:

What would your job be if you weren't doing what you do now?

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