

Celeb beauty secrets

How does she do it?

We caught up with the gorgeous **Nicole Scherzinger** to uncover her top hair and beauty secrets...

Your hair is in such fabulous condition, Nicole. What's your secret and what hair products do you use?

Thank you! I love having long hair and know how important it is to look after it. When I'm working out or recording in the studio I tie it into a top knot or messy ponytail. When I'm chilling at home, I'll give my hair a break from the curling tongs and hairdryer and just rub in some mousse when it's damp, after I get out the shower to give it volume. I use hair masks regularly and apply coconut oil on the tips every once in a while, to keep them hydrated and healthy-looking.

Who styles your hair?

I'm fortunate enough to have my hair done by many fantastic stylists all over the world, which is great because they all have their own style and I get introduced to new looks by top experts all the time.

Have you ever had any hair disasters?

I dyed my hair lighter when I was younger and it turned out really brassy and even a bit green!

How do you keep your skin looking so beautiful?

I'm very strict with myself about removing make-up before bed - as this also means I have less to do with my morning beauty routine! I cleanse in the morning and use a SPF moisturiser. At the end of the day I use a foaming cleanser to remove all traces of make-up and then apply a nourishing night cream to repair the wear and tear of my busy schedule! I drink lots of water and grab as much sleep as I can, which I know sounds clichéd but it really does work.

We love your nails. Who does them for you?

I do them myself in five minutes flat, using imPRESS nails, which give a really convincing gel-look manicure. I love that they are incredibly easy to use - there's no glue, you just press them on. My schedule is so hectic and it's nice that I can take them with me on the road and have a salon-perfect manicure in minutes, with no drying time or mess! They stay looking perfect for a week without chipping, like nail polish. Plus

they are super shiny, just like a UV gel manicure - a look I love! At the moment I'm matching my manicure to my mood and outfit. I've been wearing plain shades on all fingers except my ring fingers where I'll add a crackle effect or leopard print design for a funky twist.

How do you stay in such good shape?

Dancing keeps me fit! My performances are very high energy so if I want to give my body a rest but still be healthy, I'll do Yoga or Pilates. If I'm not performing or doing promo work, I'm likely to be rehearsing, so in a sense, my fitness regime never really stops.

What are your favourite beauty products?

Well the imPRESS nails are my new best friend and I've always got a couple of packs in my handbag. MAC is great for lip glosses; they're not gloopy and are long-lasting. I also love Diorshow Mascara and YSL Dessin Du Regard Waterproof Long-Wear Eye Pencil.

Who is your hair and beauty icon?

That's a tough one; I'm inspired by so many women from Diana Ross to Beyonce to J. Lo, and think all of them have really beautiful hair and skin. I think any woman that is comfortable and confident inside and knows how to look their best, qualifies as being a beauty icon.



Diana Ross is one of Nicole's all-time beauty idols



Nicole gives her eyes a fabulously feline look by using Diorshow Mascara and YSL Dessin Du Regard Waterproof Long-Wear Eye Pencil, while her talons stay chip-free with imPRESS press-on nails.