

Strictly Come Dancing star Laila Rouass, 38, shares her beauty and weight loss secrets

What beauty products do you swear by?

I use La Prairie Advance Marine Biology Tonic on my body for a nice sheen, as well as on my face under moisturiser. I've just discovered Artistry skincare.

What are your essential cosmetics?

Armani Foundation and Kiehl Lip Gloss. Also, MAC Spice Lip Liner for a natural look.

What are your beauty tips?

A Fantasy Tan once a week. It doesn't look right on camera if my glow is too dark, but this is bespoke. I also love Lash Perfect. You come out looking like Bridget Bardot.

Do you diet?

I come from a North African background and we like to eat, but four times a year I detox with the '7lbs in 7 days' plan and spend a week drinking juices.

If you could change one part of your body what would it be?

You get to an age where you think in the famous words of Ivana Trump, "it is what it is".

Which other women do you think are beautiful?

I'm working with Jo Brand on More 4's *The TV Book Club* and she's a goddess. Meera Syal has got the most gorgeous legs you've ever seen, but she keeps them under wraps. I also love exotic blondes like Shakira.

What is your signature fragrance?

Jo Malone Orange Blossom. You can put the oil in your bath and then use the body lotion. It is orange overload, but divine.

How would you describe your style?

Eclectic, but by your mid thirties you've got to be careful. You can look a bit desperate trying to be a fashionista. Jo Wood rocks at 52. In a vintage jacket, skinny jeans and Dr Martens, she's a style icon.

What's the most money you've ever spent on an item of clothing?

Now I'm a mum I would feel too guilty spending hundreds on a pair of shoes. I have invested in a Chanel watch for a few thousand pounds and



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handbags. When my daughter Inez is older I'll say, "if you don't go to university you won't inherit my bag collection".

What is your all-time favourite outfit?

Saris can be so sexy, but subtly so. I've got a beautiful black one at home. I just need a wedding so I can wear it.

Denise Marshall
Laila is launching the Carbon Reduction Label with the Carbon Trust, to help shoppers know at a glance which brands are taking climate change seriously by committing to reduce their carbon footprint. For more details, visit www.carbon-label.com.