



# AMANDA HOLDEN

The actress and *Britain's Got Talent* judge, 38, lives in London with her husband, music producer Chris Hughes, and their daughter Lexi, three

## FACE FACTS

### What is your beauty routine?

In the morning I use a range called SkinCeuticals. First, a few drops of the alpha-hydroxy acid serum, which I know is getting rid of all those dead skin cells the moment I put it on. Next, an oil to help fade freckles and sun damage, and on top of that, a vitamin B5 moisturising gel. At night I use Cowshed's rose-scented night cream.

### Your make-up bag staples?

Avon's Supershock mascara – it has an amazing turquoise brush that gives you the thickening effect of two coats in one go, but the mascara is black not turquoise! I also use an Avon Anew moisturiser; L'Oréal mineral foundation; a sugar-pink blusher by Bobbi Brown; YSL Touche Eclat, and Mac's Spice Lip Pencil, which I use under all my lipsticks.

### You look flawless on *Britain's Got Talent*, what's your secret?

It's down to a silicone-based foundation, which is sprayed on, and not too much powder. At 38, shine looks better – powder just sits in the cracks.

### Would you have plastic surgery?

I might think about a lift in my late 40s – my mum only started to look older in her mid-50s, but I wouldn't wait that long.

## INDULGENCES

### Who is your favourite designer?

I commissioned Ralph & Russo to make my dresses for the *Britain's Got Talent* final. Dannii Minogue got me on to them.

### Do you have a signature scent?

Molecules 01. Your own pheromones bring out the smell, so it's completely individual.

### Who is on your beauty speed dial?

The Hand and Foot Spa, Richmond, London

[tel: 020 8940 8884]. Ever since [BBC drama] *Cutting It*, in which the character I played was quite posh, I have had gel nails done there.

## BODYWORK

### How do you keep fit?

When I'm not filming, I train three times a week with my trainer Gareth from Motive8 (m8group.net) in Twickenham, London. We run outside in all weathers – I can't stand the gym.

### Is there anything about your body you would like to change?

My feet – my husband calls my toes cocktail sausages, and I hit him! I did gymnastics until I was 14, which has taken its toll.

## EATS AND TREATS

### Do you eat to live or live to eat?

I'm always thinking about what I'm going to

have for my tea. Today at work I was thinking about doing the chilli and seafood dish that I made with Gordon Ramsay on his *Cookalong Live* show. I'll fry garlic and chilli in olive oil, then throw in prawns and add it to linguine with a little lime.

### Favourite eatery?

I know it's very showbiz, but when I'm in town I love to go to the Ivy.

### Do you take vitamins?

Lexi is at nursery and brings home every bug, so I am

now taking a selenium, zinc and vitamin C supplement every day.

## CHILLING OUT

### Your ultimate great escape?

Norfolk – I've had a cottage there for more than ten years and it's the place I want to be the most. Picking apples in the orchard, playing in the sandpit with Lexi, building fires... We go there every month.

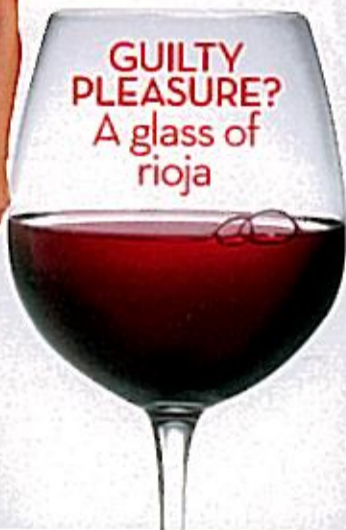
The *Britain's Got Talent* final is on 30 May

## MOST EXOTIC BEAUTY TREATMENT?

A facial at the Huvafen Fushi hotel in the Maldives [left]



## THE IVY



GUILTY PLEASURE?  
A glass of rioja



YOUR BEAUTY CON?  
Iron Stone  
ly ever puts  
oot wrong  
n it comes  
o fashion