

INTERVIEW BY
JESSICA TIBBITS

We love how you experiment on the red carpet. Do you have any rules?

It depends on what I'm wearing and how I'm feeling. I love a bright lip if it's great weather, and I always think a bit of highlighter on top of the cheek and around the eyes gives skin a nice glow. Oh, and I love eyeliner.

Do you enjoy the whole ritual of getting ready for an event?

No. It annoys me to death! The difference in time between me and my husband getting ready is ridiculous – I take at least an hour and a half, and he'll be listening to music, doing his thing. So I'll call him when I'm putting on my dress, and he'll *still* be ready before me.

So we won't expect to see any false eyelashes on your down days...

Definitely not – I don't like fuss and I'm not very girlie. On my days off, I won't wear a single bit of make-up, and my hair will be a total mess – I love it! It's like, no one in this house cares what I look like, and they think I'm beautiful any way I look.

In a beauty salon, what's your go-to treatment?

I love a massage, and I really love acupuncture – it helps balance energy in the body and it's very relaxing. I also exercise three or four times a week. I'll do different things every time – boxing, kick-boxing, yoga, weight training, running, swimming – I keep it varied so I don't get bored.

Impressive! Are you a dieter?

I don't eat meat, so stick mainly to fish, vegetables and grains, but I think everyone should have a treat once in a while. My favourite is pound cake – it's really rich and they use so much butter to make it. So, no, I'm not strict to the point where it's not fun – it should *always* be fun.

BEAUTY TALK

Alicia Keys

The Grammy award-winning singer on the power of a bright lip, the importance of eye cream, and why she's a sucker for a bit of cake