



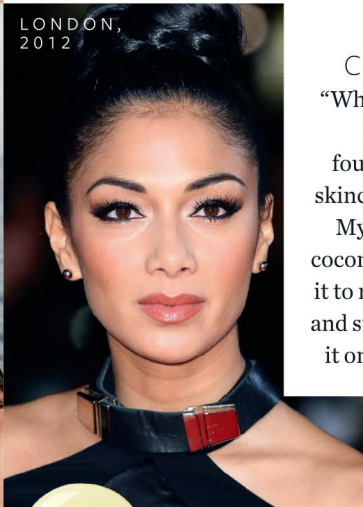
Hello Hydration Shampoo, **£3.89**, Herbal Essences (available nationwide)

BALANCING ACT
 “I’ve been on every diet in the world and I don’t believe in any of them. It’s all about balancing what you eat. The only rule I try to stick to is not eating late at night. If you don’t eat after a certain time, about five hours before going to bed, it makes all the difference in the world. If I’m going to have a treat, my new favourite thing is sea-salted caramel truffles.”



Touse Me Softly Finishing Touch Cream, **£4.99**, Herbal Essences (available nationwide)

MAKE-UP MAESTRO
 “Alex Babsky did my make-up for *The X Factor* and I learnt a lot from him – he introduced me to YSL eye gel pads, which help tighten the under-eye area. I love Dior’s Diorshow Mascara, YSL Lip Glosses and Stila Convertible Color for my cheeks.”



CHEAP TREATS
 “When I’m in the UK I pop into Boots and pick up No7 foundation, but my favourite skincare treat is raw coconut oil. My aunt extracts it from her coconut tree in Hawaii and sends it to me in jars. It’s anti-bacterial and super-hydrating; you can use it on your body and your face.”

FAVE SCENTS
 “I love wearing Thierry Mugler’s Alien at night: it’s a unique, sensual smell. In the daytime I’ll stick to florals, such as Viktor & Rolf Flowerbomb; it’s a bit sweeter and softer.”

MOISTURE BOOST
 “I’m constantly drying out my hair using straighteners, so I rely on Herbal Essences Hello Hydration Shampoo and Conditioner to rehydrate my hair. They contain Hawaiian coconut extract, and being of Hawaiian descent and a real nature girl, I fell in love with it.”



Left, Flowerbomb eau de parfum, **£48**, Viktor & Rolf (020 7318 1358); Above, Diorshow Mascara in Black, **£23**, Dior (020 7216 0216)

SEE NICOLE SCHERZINGER'S BEST BITS AT instyle.co.uk/celebrity/Nicole-Scherzinger

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