

# Lisa B's top tips for leading a model life

BY SAM WYLIE-HARRIS

LISA B tells me she was up until 3.30am last night, yet shows not one sign of tiredness on her beautiful, ageless face. As the 37-year-old model recalls being 'papped' by Hello! at a party in Venice recently, she flicks her thick dark brown hair, her big brown eyes sparkling and those whiter-than-white teeth gleaming.

But Lisa was not partying last night, she was adding content to her new website - www.lifestyle-essentials.com - which aims to teach the rest of us how to live a more glamorous and contented life, a la Lisa.

At 5ft 9ins with a fragile build, olive skin, a sensuous mouth and a sexy transatlantic accent, no wonder property tycoon Anton Bilton fell for her.

So much so, he proposed in Italy, and presented her with a diamond so big she thought it was fake.

"I'm very not bling, very low key and understated so when this thing came out, I just thought he was making a joke!

"For me, less is more," adds the mother-of-two. Admiring the solitaire on her finger, I could get used to a little of Lisa's "less".

You could be forgiven for thinking Lisa's life is one big party - but there's more grit to this Brooklyn babe than first meets the eye.

Half Puerto Rican, half Italian and born into a working-class family, she started out as a music and dance student at the High School of Performing Arts in New York.

"Above us was a modelling agency and I got discovered in the lift," she says. She was 15, left home at 17 and came to the UK "not knowing anyone".

Lisa Barbuscia went on to make a career out of smiling for the cameras - from catwalk model to singer, to actress. She appeared in Highlander, played Hugh Grant's American love interest in Bridget Jones's Diary and became a fixture on the London society circuit.

Now mother to Orlando, two-and-a-half, and Noah, 18 months, she says she's about to go on holiday with Anton for the first time without the children since they were born.

"We're doing a week on a boat to sail around Turkey. After this project, I need a vacation so badly."

The project is the lifestyle website and the book that accompanies it, Lisa B Lifestyle Essentials: Get The Most Out Of Life which features advice on everything from organising your wardrobe, to looking after your health and being green - all proceeds are donated to charity.

"I think there are key things that are essential to your life - it doesn't matter who you are, what you do or how much money you have to spend," she says.

"As one gets older, you get more of a life and so many more elements come into it. You buy your first house and as your career grows, there's so much more to be responsible for and in order to be successful at it, you need to be organised.

"Take into that marrying someone and what they bring to it and if you are someone who travels a lot, it just becomes this huge ship to



**BROOKLYN BABE:** Lisa B and her husband Anton Bilton and inset, Lifestyle Essentials: Get the most out of life by Lisa B published by Icon Books priced £12.99

run and in order to facilitate it moving smoothly and swiftly along, you've got to keep things in order.

"In order to juggle it all, I almost have a protocol for everything in my life. I had to do it, for my own sanity, and in doing so, created something."

The book is littered with inspirational quotes, including: "The absence of flaw in beauty is itself a flaw" by Havelock Ellis. Does Lisa have any flaws, I wonder?

"Oh yes, I have flaws, oh yeah!" she laughs. "I look at myself every day and I see flaws. Well, you know, you struggle as you get older with keeping your body toned and looking as great as it did when you were a teenager in a bikini."

Lisa is Anton's second wife; he has a son and daughter from his previous marriage. The pair are about to celebrate their fourth wedding anniversary and are planning for another baby at the end of the year.

From where I'm sitting, her life reads like a fairytale. Does she see it like that?

"I wouldn't say I live a fairytale life, I'd say that I'm very grateful for the life I lead, because I live a life that gives me pleasure and enjoyment and fulfilment - but that is because I've worked at it."

#### LISA'S TOP LIFESTYLE TIPS

**STYLE:** Remember - not every fashion trend will suit you, so don't force yourself into an impulse purchase just because fashion magazines tell you to.

**SHOPPING:** Try before you buy - I always do. Sizes for women's clothes vary greatly



between stores and brands. Even when the queue stretches for miles, remember how much more of a hassle it will be to return another day.

**KEEPING FIT:** Walking is probably the easiest form of exercise to do and costs nothing at all. It's good for your heart, lungs and leg muscles and increases your oxygen intake, which helps burn calories, and is less likely to cause injury than other types of exercise.

**DIET:** Don't skip breakfast! A healthy breakfast refuels your body and jump-starts your day. I usually have two slices of toast with peanut butter, or two eggs - either boiled or scrambled. During winter, love a bowl of porridge with a sprinkle of brown sugar. Yum!