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The buzz on the hottest beauty news. Plus, do you have a beauty bother? Beauty Bee will find AND provide the perfect solution.

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When Beauty Bee Met Lisa B

Lisa loved the Beach Hive bag by soul water



When I met Lisa B at a launch for Xen Tan in House Of fraser, I decided I wanted whatever she had...

In person, Brooklyn born Lisa is a picture (and tower) of cool collectiveness combined with a groomed-to-perfection appearance - How does she do that? - I, on the other hand, don't have time to dry my hair and am well overdue for a cut...

A Mother, a model, an actress, a singer, founder of kids charity, Mothers4Children and now lifestyle guru, it's fair to say, Lisa's done it all.

Her new book, *Lisa B Lifestyle Essentials* has become my Bee bible. A girl's guide to getting the most out of life, the book is separated into nine, positive parts, like *The Beautiful You* and *The Aspirational You*. It promises to sort every aspect of your life from home to work, everything in between *and* after hours. Furthermore, the partnering website <http://www.lifestyle-essentials.com> which is now live, but officially launches in October, will provide your own profile for you to save personal, organised info. 'It'll be almost like having your own PA, online' says Lisa. Lisa B as our online, personal assistant? Fabulous!



As Lisa chats to me, I listen carefully for focal pointers on juggling a hectic lifestyle without *jumbling* my look...

'Being still is sometimes harder to do than all the tasks you have to get done. The hardest thing to do is nothing! Knowing when to stop and take time out is essential. I like to book in for a massage at least once a month.' She reveals.

And her secret to glowing skin?

'I haven't *taken* the sun in 12 years.' She confides. 'I used **Xen Tan Transform Gradual Self Tan** (177ml, £14.95 - above, centre) and really liked it. Most of the tanning products I've used have *that* smell, but Xen Tan is different. Plus, it doesn't go orange'

So what are Lisa's other essential beauty must-haves?

'It was instilled in me by my Grandmother to wear a moisturiser with SPF15 every day. I use **M.A.C Studio Moisture Fix SPF15** (50ml, £19 - Above, right), because the sun is the most harmful factor in ageing skin. That, and smoking.'

Lisa continues 'I carry the *Ferrari* of tweezers by **Tweezerman**, (£16) with me, always. I'm obsessed, I OCD on tweezering! I do it in the car...' See, even Lisa grooms on the go. 'And I use **Jo Malone Vitamin E Lip Conditioner SPF 15** (15ml, £20) to keep my lips smooth and moist'

Feeling inspired and armed with Lisa's beauty-must list, I head straight for the cosmetic counters...

WIN! Lisa B Lifestyle Essentials book and more in this month's

**Beauty Bounty
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