

BRIGHT & BEAUTIFUL

As she shares her beauty secrets, TV star and new mum Lydia Bright tells us why the only place is Essex for her this summer

It's been five months since an overjoyed Lydia Bright introduced baby daughter Loretta Rose to the world with an exclusive photoshoot in HELLO!. Not even the start of lockdown could spoil the former *The Only Way Is Essex* star's happiness at becoming a mum, declaring back in April she'd had: "The best two months of my life."

Since then, Lydia's had socially distanced "mummy meet-ups" with best friend Lucy Mecklenburgh and her son Roman (born two weeks after Loretta), including Loretta's first trip to the seaside (below). "Oh how I cherish making memories with you Loretta Rose," she wrote on Instagram.

Another moment shared by Lydia was when she "finally" got back to the hair salon, taking her "little, best friend" – who was born at the end of February – with her. "Me and Loretta were over the moon," Lydia, 29, wrote.

Here, as she joins forces with Superdrug for their #MakeoverYourSummer campaign, the star tells us about her top beauty and skincare products, how she keeps well physically and mentally and the secret to her sunkissed looks.

THE ONE PRODUCT I COULDN'T LIVE WITHOUT

"I love setting sprays. As well as using them to fix my make-up in place, I always pop them in my bag and keep spritzing throughout the day to refresh my face, which has been especially nice in this hot weather.

"I simply mist **B. by Superdrug Pro Make-up Setting Spray** [£6.99] all over my face once I've finished applying my make-up in the morning, after Loretta's had her nap, to set the look and keep it in place and to add a boost of hydration.

"It's my top beauty tip. A setting spray is super refreshing and hydrating without ruining your look – as long as it isn't too watery. It also means I don't really need to touch

up my make-up throughout the day, other than a quick dab of lip balm."

MY TOP TREATMENT

"I had my eyebrows micro-bladed about two years ago, but due to being pregnant and the UK then going into lockdown, I've not had the chance to have them touched up. I swear by the **Revolution Pro Microblading Eyebrow Pencil** [£4.99] to pencil in my eyebrows and keep them looking natural. I like my eyebrows to look full and bushy, so I often brush the ends of my brow hairs upwards and then use **B. Eyebrow Gel** [£5.99] to set them in place."

MY SKIN SECRETS

"Since becoming a mum, I'm constantly reaching for **E.L.F. Hydrating Satin Camo Concealer** [(1), £5] to lighten the area under my eyes and help me to look more awake. It's really great for concealing any dark circles after sleepless nights with my baby and helps to make my eyes pop.

"I try to keep my skin looking as natural as possible with a BB cream or tinted moisturiser, going over any spots or blemishes with concealer to finish the look. I'm loving the dewy, glowy make-up look at the moment.

"After I've finished perfecting my base, I like to go over my cheekbones, bridge of my nose and cupid's bow with **Revolution Reloaded Highlighter** [£4], to illuminate those areas and get a subtle glow, and I use **Revolution Mega Bronzer** [(4), £5] to contour and define my cheekbones and jawline.

"Finally, I couldn't do without the **B. Baking Powder**, [£6.99]. It's an absolute make-up bag essential for me. Whether it's a hot summer's day or if I've been out for an evening, I never want to step out with a shiny face. I take my baking powder with me whenever I know I'm going to be touching up my make-up."

MY LOCKDOWN BEAUTY ROUTINE

"My go-to look during lockdown has definitely been that glowy and sun-kissed look. When I was on *The Only Way Is Essex*, the full face, lashes and heavy eyebrows look was really popular and fake tan sales were through the roof. However, now the less-is-more approach is on-trend.

"With lockdown having taken us through spring and some of summer, I've been out in the garden quite a lot to make the most of the sunshine. I'm loving using make-up to brighten up my summer. I always apply a touch of **B. Liquid Blush** [(2), £6.99] to my cheeks to create a natural and dewy flush. I've also been using **B. Bronzing Gradual Tan Sunkissed** [£9.99] daily to help build up a bit of a base colour.

"As I wear make-up every day, I've been trying to keep it light using a tinted moisturiser to let my skin breathe instead of a full-coverage foundation. I finish off with a sweep of **Revolution highlighter**, **B. Waterproof Mascara** [£9.99] and a pop of



INTERVIEW: ALICE MANNING. PHOTOS: GETTY IMAGES, LYDIA BRIGHT



"Self-care is really important to help me feel good in myself"



Gosh Luxury Nude Lips [(3), £8.99], followed by a spritz of setting spray."

MY BEAUTY MUSES

"I really look to Kendall Jenner and Gigi and Bella Hadid for my beauty inspiration as they always look natural, but put together."

MY SUMMER PLANS

"My mum has booked a house in Whitstable, in Kent, for all the family to go and stay at for a week, but I'm a little bit reluctant to leave Essex. I've just finished renovating the house, which has been my project at the moment, so I'm really enjoying being at home all the time. I've also managed to get Loretta into a great routine and she's sleeping well, so I might just go away for a couple of days instead so I don't need to haul the whole house with me.

"A lot of my friends have babies now so I can't wait to go on walks and trips to the beach with our children. I'm really looking forward to being able to get dressed up and enjoy some nights out with my friends when we're able to again."

MY LOVE FOR FITNESS

"I've always been massively into my fitness – not for vanity reasons, but because of the positive effect it has on my mind. The endorphins that are released make me feel much more motivated and ready for the rest of the day. I made sure to continue exercising throughout my pregnancy as much as I could and I absolutely loved Pilates because while it isn't too high intensity, it's a great workout.

"Now I have Loretta, I don't have the time to be focusing on long gym sessions so I aim to get in a workout while she's napping. I'm also loving having yoga sessions in my new garden at the moment."

WHY I SWEAR BY SELF-CARE

"Self-care is really important to me to help me feel good in myself. I find getting showered and going outdoors for a walk or some exercise energises me and puts me in a great mood. I do, however, think it's important to listen to your body and allow yourself to have those lazy days where you chill out and unwind, especially if you've had a busy week.

"Finally, I love a project to keep me on track. It's always good to have a challenge. I think now is a good time to learn something new and be productive so I've signed up to a spiritual-awareness online course, which teaches all about meditation and therapy. I'm much more likely to feel stimulated when I have a goal or purpose to work towards and I think it's a great way of improving yourself."

Follow Lydia on Instagram at @lydiabright. To shop all Lydia's favourite beauty products, visit superdrug.com.