

DAILY  
**STAR**  
SUNDAY



**TRIED & TESTED**  
**Intensive hair treats**

How and do you have any tips to help other women feel more confident about their looks? I'm feeling really good at the moment. I've been going to the gym every day and I feel really great about my body. I want to see a hypnotist to help with my willpower and she helped me feel that I want to go to the gym every day. Now I feel bad if I don't go. I think eating healthy and exercising are the best things to help you feel good about yourself.

What do you think about the pressure put on young women to look good? I think it's a real shame that the whole age zero model culture is still raging on. Girls should just be happy with themselves and not focused on their weight the whole time. It's really important just to accept yourself the way you are and not worry about what other people might think.

Have you ever had a hairstyle you're regretted? Yes, I experimented lots when I was younger but now I feel like I've got the perfect style. I really love having long hair and I like it when it's really straight and shiny. I like my fringe at the moment and definitely love it being black.

How do you look after your skin? I don't have a specific beauty regime. I'm quite lucky my skin is pretty clear but 'Source One' concealer is my best friend. It's my secret weapon for looking healthy. I drink lots and lots of water and find fresh mint tea really helps. I also like honey and lemon tea.

Lily is the face of the new Pantene Smooth & Sleek Intensive Treatment. For more information visit [www.combiklub.com](http://www.combiklub.com)

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**Intensive hair treats**

Paul Mitchell Super Strong Treatment, £13.75  
*Revamps damaged locks*

Garnier Repair & Shine Fortifying Mask, £3.99  
*Smells great*

Tigi Catwalk Oatmeal & Honey Treatment Conditioner, £13.75  
*Deep down nourishment*

Australian Organics Nourishing Restorative Conditioner, £3.99  
*Super moisturising*

Pantene Pro-V Smooth & Sleek Intensive Treatment, £3.99  
*Glossy and manageable*

**GOOD with Lily**

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