

Departures



THE BEAUTY INTERVIEW

Emma Willis

The 33-year-old TV presenter and wife of Matt Willis likes her hair short and wants beauty acupuncture, says **Anisha Patel**

The minute you have a baby, pampering goes out the window. I wear so much make-up for work [presenting *Live From Studio Five*] that I try not to day-to-day but I don't leave the house without mascara.

I lost a lot of hair after having Isabelle [her daughter], so I've been keeping it quite short, neat and easy. But I like it.

After I was pregnant, I got a trainer and did a few sessions, but I didn't feel pressure to lose more weight than I needed to.

I think celebrity mothers put pressure on themselves to lose weight, rather than the media. I'd rather be at home with my family than killing myself on a treadmill.

I'm intrigued by beauty acupuncture. It has a similar result to Botox, but without the scary chemicals or frozen face effect. It doesn't quite get the wrinkle-free look but it's meant to relax and rejuvenate your face. I've heard John Tsagaris is meant to be incredible, so I'm contemplating it.

Holly [Willoughby] had her baby around the same time as I had Isabelle. It's nice to have friends who are in the same boat. It's her son's first birthday soon and Isabelle's been invited to the party.

Matt [Willis, her husband and former member of Busted] is a big snowboarder, so he likes snow holidays. We go skiing every year, but I adore chilling out on a beach somewhere. So we also go to the beach for a few weeks every summer in the Med.

If people like Lily Allen want their own TV shows, good luck to them. I don't sit there and think to myself, "I can't believe that she got that job." If you're focusing on other people, you're not really focusing on yourself.

Emma Willis is the face of beautycycle