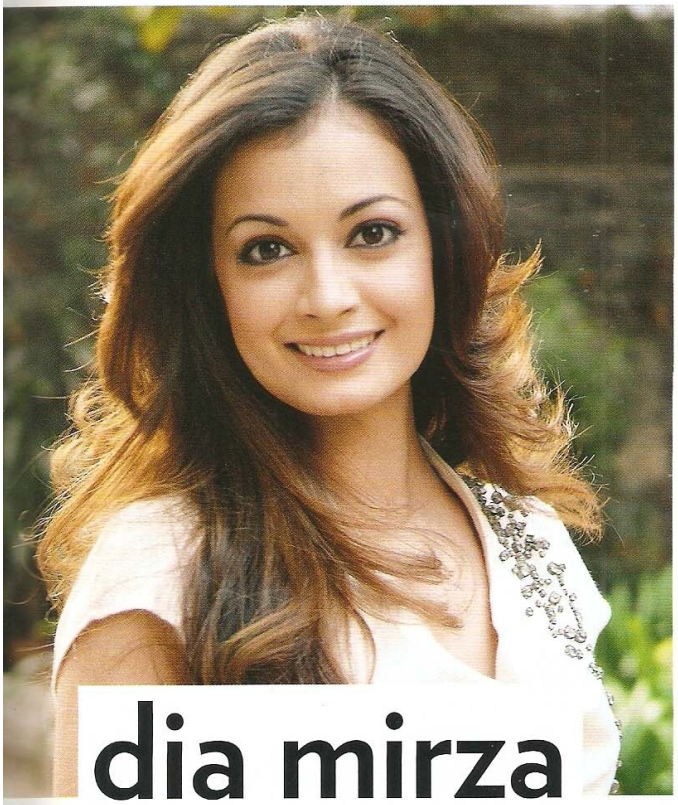
MY BEAUTIFUL LIFE

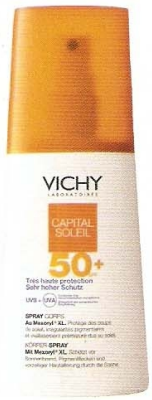


dia mirza

The porcelain-perfect actress spills her beauty secrets to **Pearl Shah**

ALTERNATIVE THERAPY

While getting dressed I play music by Coldplay, U2 or Dave Matthews Band. Dancing is my greatest stress buster—that and painting.



DIVA DIET

I start my mornings with warm water and fresh lime to detox. When I eat simple food without too much spice and oil, my skin stays healthy. I eat lots of fresh and wholesome fruit and veggies. At home I remember eating lots of mangoes and hot Hyderabadi cuisine, which caused my skin to break out. Anything in excess is a no-no.

FITNESS MANTRA

I sweat out toxins and stay fit by working out four to five times a week with cardio exercises like running and skipping. Right now I'm on an intensive routine that includes free-hand exercises, weight training and kick-boxing.

SHADY LADY

I don't even step outside without sunscreen. Right now I'm using Vichy Capital Soleil with SPF 50, so my face stays protected for up to eight hours.

MAKE-UP MUST-HAVES

A tinted strawberry flavoured lip balm, a mascara and a techna kohl pencil, all by M.A.C

MOISTURE FIX

I have combination skin, which can be both oily and dry, so I religiously moisturise twice a day with a water-based hypo-allergenic moisturiser I've discovered from French brand Uriage. I get my supply of Uriage from Watson's in Singapore.

LITTLE BLACK BOOK

My facialist I go for a clean-up every 25 days to TINA GREWAL at her salon Shizuka in Juhu. *Tel: 022-65009932*

My trainer I'm working out on a specially designed one-on-one programme with my personal trainer RAKESH UDIYAR. *Tel: (0) 9820767224*

My practice Sudarshan kriya. I am following the ART OF LIVING course. *www.artofliving.org*

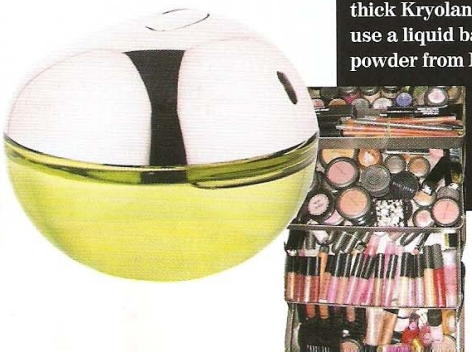
My hairstylist I get my hair cut and styled by DILSHAD PASTAKIA. *Tel: 022-67305912*

RED CARPET ROUTINE

I like to keep it simple. I use a light coverage of M.A.C Studio Fix foundation. I enhance my eyes with Bobbi Brown eyeliner, curl the lashes and then brush on mascara. I add a little shimmer from Make Up For Ever to highlight the cheekbones and finish with gloss from Bobbi Brown.

HEAVEN SCENT

My signature fragrance is DKNY Be Delicious.



GOING PRO

I insist on using professional make-up and carry my own kit everywhere. Unlike other actresses, I can't use thick Kryolan panstick; instead I use a liquid base and translucent powder from M.A.C Pro. I first learnt how to use make-up professionally by watching Michelle Tung, who did my look for my debut film.

THE TIMES OF INDIA (MAIN) | T DASTOOR. PIC: PAINTING AND MAKE-UP BOX COURTESY OF DIA MIRZA