



I continue to challenge that, and look for parts that were maybe written for someone of a different race. If I identify with the story, I can identify with the character, and hopefully people will open their minds about how they see a doctor or a lawyer. There's no rule that says a lawyer can't be a black woman with tattoos.

I was raised vegan, so using organic skincare was instilled in me from a young age. Simply Divine Botanicals does great

organic face washes. Sunscreen is key, too – I use Isun Antioxidant Sun Butter SPF27 [£46], which contains zinc instead of chemicals. I also like Retrouvé skincare. It's not organic, but contains natural antioxidants and makes wonderful serums, like the Nutrient Face Serum [about £304, retrouve.com]. I don't wear much make-up over the top – just YSL Beauté Touche Éclat High Cover Radiant Concealer [£26] to even out my skin and brighten under my eyes.

As someone who has struggled with bulimia and anorexia, all I can say is be gentle with yourself. The most important thing is you have to be the one who wants to get better. Even after being supported by family and friends, and going to therapy, it wasn't until I got so tired of torturing my

body and mind that I made a deal with myself to try to silence all the negative voices. I still have to remember that I've made this promise, because recovery is an ongoing thing. That's vital for everyone to hear, as you could be fine for years and then have a relapse. People think, 'If I'm not totally better, I'm weak', but the truth is, it's a battle. Think one day at a time, allow yourself to struggle and keep your goal of being healthy at the forefront of your mind. I have days when I realise, 'OK, I'm focusing too much on what I've eaten or how I look', and those thoughts are just unhealthy. What's important is that I eat when I'm hungry, take care of myself and work out.

Emotional health – it's all we've got, right?

I mean, if you're not doing well mentally, then it's almost impossible to do well in any other area of your life. I love that it's something we're focusing more on, because for a long time mental health was something that people thought a) wasn't important and b) could be fixed with just medication. It's essential to get to the root of what's going on inside them and not numb their feelings. Spending time with your family, going outside and breathing fresh air – these little things make a big difference.

Social media can make us more insecure, especially when we tend to only post the happy times. You look at someone's Instagram and think, 'Oh, everyone else's life is perfect.' But we're all having the same in-between moments.

The internet isn't real! I don't even listen to a mindfulness app. Even though the idea is cool, what's vital for me is to turn off my phone occasionally and just be with my thoughts.

I definitely run on adrenaline. I'm excited to get up in the morning and go to work. I sometimes don't even realise when I'm exhausted until I take a break. Plus, these days we're always *on* and not stopping and reflecting, 'What did I do today? That was amazing!' So, I have to remind myself to slow down, take time to rest and soak things up. As an artist, you need to refill your gas tank so you have something more to draw from.

My biggest boundary issue is being recognised and people constantly wanting to take pictures. At first, it's exciting and a huge compliment, and you just want to meet everyone. But I also have to remember that when I'm not working, I'm not working. Although it's hard to say no, sometimes you feel vulnerable and don't want your photo taken. Also, the time that I have with my friends and family is now so valuable and necessary for my mental health that I want to focus that energy on them. I'm trying to find the right balance, but doing normal stuff like going to the grocery store is so important. Just making sure I take the time to be a human being, really. ■

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'TO ME, BEAUTY IS A WAY OF LIFE. IT'S SEEING SOMEONE EMBRACE WHO THEY ARE'

