BEAUTY

Ellie Goulding's beauty shelfies: "I am always having my photo taken, so my priority is to make sure my skin looks hydrated and fresh"

By Fiona Embleton
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Photo: Getty

Singer-songwriter and UN environment ambassador, Ellie Goulding talks to us about the importance of cryotherapy for a natural skin glow, eating your way to healthy hair and the power of facial massage

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What does beauty mean to you?

Beauty to me is feeling like the best version of myself. It's about knowing that beauty is not just the skincare I use, but also the food that I eat. It sustains my body, and therefore keeps my skin and my hair looking healthy.

Talk us through your morning beauty routine...

My morning routine starts from within - literally! I start by drinking a huge glass of water and maybe a herbal tea. I also love to make myself a warm drink every morning with collagen/biotin, ashwagandha and non-dairy milk. My favourite collagen powder to use at the moment is Ancient and Brave Cacao + Collagen.

The first thing I do beauty-wise is spray my face with Vintner's Daughter Active Treatment Essence before a workout, or I use a little of the Retrouvé Conditioning Tonic With Chamomile.