

With *Fashion Star* just getting its start on NBC, a new show *Pop Style* slated to air this summer on the Style Network and a new line of shoes and bags for Stylistpick.com, TV host Louise Roe is a busy lady. And somehow the down-to-earth fro-yo loving star manages to look absolutely stunning through it all. We spoke to the British beauty to learn how she stays fit, gets those perfect waves and keeps her skin glowing.

**How would you describe your anti-aging philosophy?**

I'm open to trying new products. I think at-home peels and facials are incredible nowadays and will hopefully completely eliminate the need for facial surgery.

**What are your secrets to such great skin?**

I'm strict about always washing off my makeup and applying serum, eye cream and night cream before bed. I also exfoliate about three times a week.

**Is there anyone you would describe as your beauty inspiration?**

I'm an eyebrows girl, so the late 80s images of Brooke Shields and Yasmin Le Bon were—and still are—a massive inspiration. I cannot live without my eyebrow pencil!

**What are some of your must-have products?**

Maybelline Great Lash Mascara—I have used it forever and it just works. Maybelline FIT Me! Foundation—it's thin enough to not clog pores and has SPF in it too, which is very important. Benefit Erase Paste gets rid of my under-eye circles when I'm tired. Luzern Pure Cosmeceuticals serum is great for making the skin gleam and DNA Phyto Collagen Night Creme is like a drink of water for my skin.

**What is the best beauty advice you've ever gotten?**

The face is not a Christmas tree. Decorate either the lips or eyes, not both.

**What beauty advice would you offer to others?**

Learn how to apply false lashes; it completely opens up the face.

**What are some of your favorite hair-care products?**

Serge Normant Meta Revive Dry Shampoo is great to get bed-head second-day hair, Bumble and bumble Surf Spray (my fiancé steals it from me) and Suave Professionals shampoo and conditioner leaves my hair very thick and shiny, which I love.

**How do you stay in such great shape?**

I am probably not as fit as I should be! I try to take a reformer Pilates class a few times a week and in the winter I love to ski as much as possible. I like to eat a lot, but I do like to eat healthily. For breakfast I love crunchy organic peanut butter on pumpnickel toast. Lunch is usually a shrimp or chicken salad and I'll make turkey burgers, a vegetable curry or fish and green 'veg' for dinner.

**What foods are your weaknesses?**

Dim-sum, frozen yogurt, gin and tonics.

