

Bollywood star **Shaana Diya** reveals her favourite beauty secrets which include a cup of her mum's tea.

What is your best beauty advice?

Love a lot, live a lot, laugh a lot!

Would you ever consider plastic surgery?

I hope that I age gracefully and learn to love the lines that represent the memories of my life.

What are your feelings on extreme beauty treatments like botox?

Botox scares me due to possible repercussions it may have on you years down the line. No one is 100% what exactly it could do, and to take that risk for a temporary solution is not worth it in my eyes.

Best low price product you would recommend to a friend?

The body shop's vitamin e cream is an old affordable favorite-smooth, soft and delicious!

What is your biggest beauty no no?

Sun exposure without protection and smoking are two big contributors to ageing!

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Do you have a favourite spa?

Parrot Cay in the Turk and Caicos Islands for absolute bliss!

What are your feelings on organic beauty products?

The benefit of organic products is the fact that they have less preservatives and chemicals. The fresher the ingredients the more nutritious and nourishing they are for the skin.

Which regular beauty treatments do you undertake?

I have a deep cleansing, lymphatic drainage facial once a month to rejuvenate my skin. I make sure that I cleanse, tone and moisturise daily and remove all traces of make up at night however tired I am!

How do you relax after a hard day?

A cup of my mum's chai (indian tea) and a hot bubble bath!

What are your top 5 beauty must haves?

1. Jo Malone 'orange blossom' body creme



2. Illuminous Silk Armani foundation
3. The Body Shop's chamomile eye make up remover
4. Benefit's hula bronzer
5. Any type of yummy tasting lip balm!

And finally how do you stay looking so healthy?

For me looking healthy on the outside means feeling healthy on the inside. I practice Ashtanga yoga regularly which keeps me energetic, and makes me sweat out all my impurities. Also for me getting 7-8 hrs of sleep is essential to feeling healthy!