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## Casualty's Hannah Spearritt: You can't underestimate how important sleep is

CASUALTY actress and former S Club 7 singer Hannah Spearritt, 34, shares her beauty tips.



Hannah has joined the cast of Casualty on Saturdays at 9.05pm on BBC1

### Which beauty products do you swear by?

I love La Roche-Posay Tinted BB Cream with SPF 50 – it's a great all-in-one product and the SPF is really good for my fair skin. It's quick to apply and gives me a nice glow.

### What's your best beauty tip?

Right now, given my long filming days, getting a decent night's sleep is vital. You can't underestimate how important sleep is.

### Which women do you consider beautiful?

There are so many beautiful women, but Mila Kunis is stunning. She's got an exotic, sexy, smouldering look without looking like she's trying too hard.

**Looking back now, I really hate the outfits I wore in the S Club 7 videos**

Hannah Spearritt



**What's your signature fragrance?**

I've just run out of my favourite Jo Malone Amber & Lavender perfume – it's quite an unusual combination of scents, but I like musky, masculine smells. And when I came back from Rome recently, I bought YSL Black Opium at the airport – the bottle seduced me!

**How do you like to pamper yourself?**

As I'm away filming during the week, just being at home and having a relaxing bath is bliss. I have a great selection of smellies at home. Sometimes, I might treat myself to a massage, too.

**Do you diet?**

Not per se, but I have cut out sugar – it was really hard initially, but I knew I was better off without it, given the highs and the lows eating it gave me. My energy levels are a lot steadier now. To satisfy any cravings, I eat Vivani organic chocolate which is 92 per cent cacao with coconut blossom nectar.



In 2014 at the press conference to announce new plans for S Club 7

**How do you stay in shape?**

I'm a big yoga fan, especially Bikram. Luckily I have found a studio near where I stay during the week, which is vital because at the end of a long day, you need something close by.

**If you could change one part of your body, what would it be?**

I would give myself thicker, fuller hair. I use a product called XXL Volume by Batiste, which gives me more volume, though.

**Do you have a style icon?**

I love Sienna Miller – she always looks effortlessly chic, no matter what she wears.

**How would you describe your style?**

Comfort is key. I love tracksuit bottoms and hoodies. I also love my Doc Martens, ripped jeans and my trusty leather jacket.

**Do you have a favourite shop or designer?**

My leather jacket is from All Saints – they're a bit more edgy than most high street stores. I do prefer vintage stores, though, because I know I'm going to get unique items. I'm not really a fan of designer clothes. I just can't justify spending so much money.

**What's your all-time favourite outfit?**

A 60s dress with pink polka dots – it only cost me a fiver!

**Any fashion disasters?**

Oh, I've worn some shockers. Looking back now, I really hate the outfits I wore in the S Club 7 videos.

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