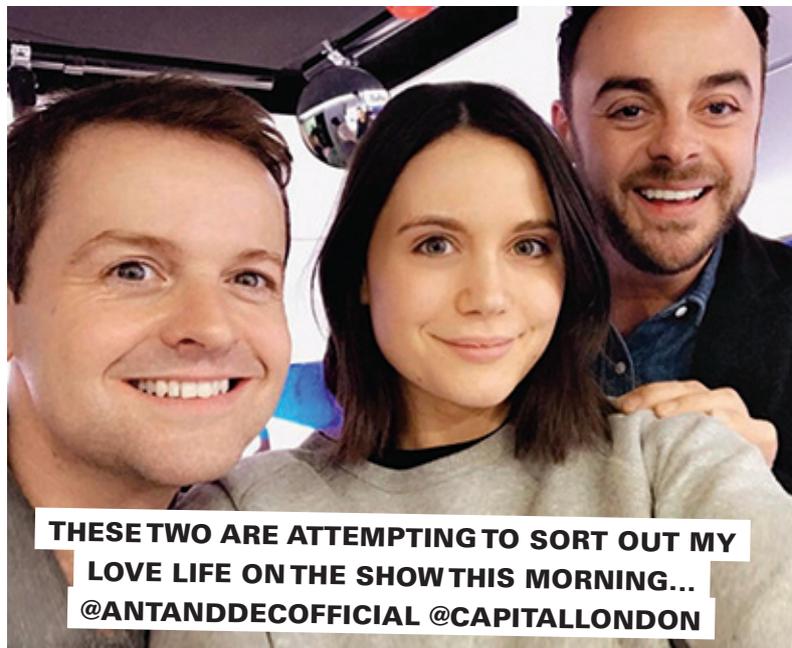


EXPRESS YOUR SELFIE!

DJ Lilah Parsons reveals what happened when Ant and Dec tried to help her find a fella...



THESE TWO ARE ATTEMPTING TO SORT OUT MY LOVE LIFE ON THE SHOW THIS MORNING... @ANTANDDECOFFICIAL @CAPITALLONDON

Lilah Parsons might have met a lot of celebrities during her time on Capital's breakfast show but only two have tried to play Cupid – and those two are Ant and Dec. Yep, the boys decided they were going to do their bit to fix 29-year-old Lilah's "disastrous" hunt for a man – and they were going to do it live on air! Here, Lilah tells **new!** all about it and how taking a selfie once nearly resulted in a broken nose...

Hi Lilah! What's the story behind the selfie?

I was at work and Ant and Dec came in for a chat and we ended up talking on air about my slightly disastrous love life. I'd been trying out different apps – Tinder and Happn – and I never seemed to have much luck. As a surprise, my producer got Ant and Dec to call up one of the guys who

I'd been talking to on Tinder. Ant and Dec gave him a quick little interview to find out more about him.

So what did they discover?

I'm not going to lie, after that little chat I didn't chat to him any more! We didn't meet up. In one of his pictures, he was holding a dog. I think Ant was much more interested in finding out about the dog than finding out about him.

What do you think about the selfie craze?

They can be fun but I try not to put too many on my social media. Sometimes I think that selfies can be really unflattering. It's like when you're on Skype or FaceTime, I swear no one ever looks good!

How many selfies do you take before you get a good one?

Probably about ten. You have to get the right lighting and the

right angle. You can take one selfie where you look hot and then one where you look hideous within the space of two minutes.

Do you use any filters?

I sometimes use the editing things on Instagram. When you go to edit, you can adjust the brightness and add a bit of shadow. I quite like doing that.

Have you ever taken a selfie you later regretted?

I tried to take one in bed once, holding my phone up while I was lying down and then dropped my phone on my face. I nearly broke my nose!

Who would you most like to take a selfie with?

Tom Hardy. I'd also like to marry

him, then we'd take loads of selfies together.

Do you ever read the comments under your photos?

If anyone has any questions like, "Where's that dress from?" I'll always answer. If people are taking the time to comment, it's nice to reply.

AMBAR PARDILLA

Lilah Parsons is supporting Fashion Targets Breast Cancer 2017 in collaboration with M&S, Debenhams, River Island, Topshop and Simply Be. To find out more about the campaign and to shop the collection go to Fashiontargetsbreastcancer.org.uk

SOCIAL ME...ME... MEDIA!

Catch up with what the stars have been saying online

IMOGEN THOMAS VIA INSTAGRAM

Best sisters - best friends
WEDNESDAY, APRIL 26
Imogen's adorable daughters Ariana and Siera rock matching swimwear!



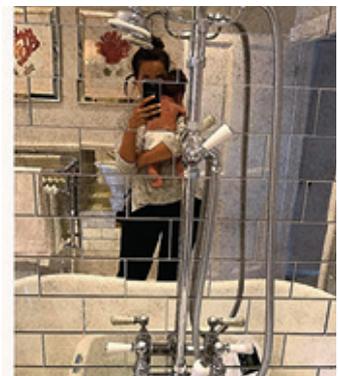
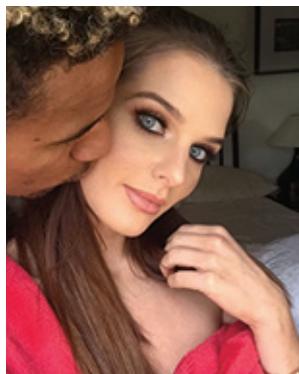
GIGI HADID VIA INSTAGRAM

MONDAY, APRIL 24
Zayn treats girlfriend Gigi to an amazing cake for her 22nd birthday! Whether she eats any remains to be seen.



HELEN FLANAGAN VIA INSTAGRAM
SUNDAY, APRIL 23

Get a room, guys! Oh... they already have. Helen and baby-daddy Scott Sinclair enjoy a smooch.



ROCHELLE HUMES VIA INSTAGRAM

Lovely Sunday, home for bath time
SUNDAY, APRIL 23
Rochelle's daughter Valentina Raine is seriously cute. Nice mirrored tiles too!

new!

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