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BEAUTY

Lily Collins: all the beauty tips she borrowed from the French

By dint of filming in Paris, the cover girl of our December/January issue has spotted the best care made in France and has even appropriated some of our little aesthetic manias... Between revisited make-up and daily maintenance of her bangs, Lily Collins, Lancôme muse, reveals what makes her feel even more French today.

BY FREDERIQUE VERLEY

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While she shot season 3 of *Emily in Paris* last summer in the capital, **Lily Collins** gives us her vision of French beauty. The actress, and Lancôme muse, reveals to us the care and cosmetic habits she borrowed from us and which still inspire her back home...

Lily Collins shares her vision of French beauty with us

Vogue France: Your point of view on the allure of French women?

Lily Collins : “I like their *effortless* style and this particularly seductive self-confidence. And then there's a real acceptance of age in France, coupled with a natural aesthetic that's quite special and unique to French beauty, I think.”

A French woman whose beauty particularly inspires you?

LC : “There are several. I would cite **Françoise Hardy**, **Audrey Tautou**, the Franco-English **Jane Birkin** and the Franco-Danish **Anna Karina**. Without forgetting my makeup artist on the set of *Emily in Paris* : **Aurélie Payen**, who inspired me every day on set.”



Lancome

French habits acquired by becoming Emily?

LC : “I probably learned more from being surrounded by French women on set than from playing **Emily** as such. But there are 2 lessons that I have learned from my life in France: 1) the *less is more* in terms of make-up, 2) the almost daily maintenance of my bangs, two habits that I find typically French.”

Fetish products bought in pharmacies?

LC : Yes, every time I come, I always stock up on **Cicalfate from Avène** and **Cicaplast from La Roche Posay** : they are incredible soothing repairing balms for my sensitive skin . And **Biafine** , of course, ideal for burns and sunburn.



Avène Cicalfate+ Protective Repair Cream

40ml

Avène via Nocibé.fr €8.90


[BUY NOW](#)



Cicaplast B5 Repairing Balm - La Roche-Posay

La Roche-Posay via
Newpharma.fr
€10.62

[BUY NOW](#)



Biafine Emulsion
Cream

The French Pharmacy £13.99

BUY NOW

Loyal or adventurous in cosmetics?

LC : “I would say faithful to certain brands that I have used for years, but I like to test unknown products, especially when I am working. In fact, I am a fan of new experiences: health and well-being are like a playground for me. Precisely, I discovered **Hydrafacial** when I was working in France. I really saw the difference. I have never felt my skin so clean and luminous.” *List of institutes that practice the original treatment (and not a copy): hydrfacial.fr/find-a-provider/*

A beauty routine that works for you?

LC : “The one that suits me anyway, from Lancôme, is super simple, but both gentle and effective for my sensitive skin. To prepare it: the **Comfort Cream-Mousse** , followed by the **Comfort Tonic** , because I like to feel my face pure and revitalised. To treat it: the **Advanced Génifique Yeux Light Pearl** eye contour (which works really well on my dark circles) and the **Advanced Génifique** serum , which I can mix with a touch of **Teint Idôle Ultra Wear** , for a smoother but still look. natural. Finally, to protect it: a touch of **Aqua Gel UV Expert SPF 50** . That's all my skin needs.”



Comfort Cream-
Mousse - Lancôme

Lancome.fr €23.96

BUY NOW



Comfort Toner -
Lancome

Marionnaud.fr €30.99

BUY NOW



Lancôme -
Advanced
Génifique Yeux
Lightpearl

Lancome via Sephora.fr
69 €

BUY NOW



Lancôme
Advanced
Génifique Serum

30ml

Marionnaud ~~€83.99~~ 49 €

BUY NOW



Lancôme - Teint
Idole Ultra Wear
Foundation

Lancome via Nocibe
~~€50.90~~ €29.90

BUY NOW



Expert UV Gel -
Lancome

Sephora.co.uk 92 €

BUY NOW

A good-looking tip?

LC : “My top three: being happy, laughing and staying perfectly hydrated all day.”

A hair protocol that makes them more beautiful?

LC : “I’m a fan of **Living Proof** products because they are sulphate-free, paraben-free and silicone-free. They really make my hair stronger and silkier. Their **dry shampoo** in particular allows me to maintain a hair style for several days in a row without washing them.”



Living Proof -
Perfect Hair Day
Dry Shampoo

Sephora.co.uk 24 €

BUY NOW

Rather sober manicure or nail art?

LC : “I love to have fun on special occasions and I would like to be more daring with my nails, but I always end up choosing a warm, classic and clean nude.” (*like the **Essie Ballet Slippers** polish , pictured*)



Nail polish - Essie

Shade 06 - Ballet Slippers

Nocibé.fr €9.50

[BUY NOW](#)

A beauty address discovered in Paris?

LC : “This summer, during the filming of season 3, I tested **Cible Skin** 's **HydraCare** treatment (*31 Rue François 1er, 75008 Paris, 01.44.13.61.30*). This hydra-dermabrasion protocol exfoliates and purifies the skin before infusing its surface with a cocktail of nutrients, vitamins and antioxidants. These sessions really rehydrated my face in depth, while it was hot, and gave it a great glow .”

Rather cardio, yoga or alternative medicine?

LC : “A bit of everything! Last year I started bodybuilding, which made me feel incredibly strong. I also like to run a lot. But the older I get, the more I try to incorporate yoga , Pilates, and isometric exercises into my routine. At the same time, acupuncture and lymphatic massage help me stay calm and centered.”

A daily wellness ritual to make you feel better?

LC : “I started journaling, 5 minutes every morning and every evening, for 2 years and it has really changed my life by helping me set goals, redefine my priorities and practice gratitude. ”

A technique to fight against stress?

LC : “Journaling just to stay centered, and I do acupuncture once a week, which helps bring me back into balance. Music is also a great source of calm for me, as is laughing as often as possible. The more I laugh, the less anxious I feel.”

An easy tip to boost your self-confidence?

LC : “To be surrounded by people I love and in whom I have absolute confidence, to be able to be myself. Also telling yourself that you are fine the way you are, whether by writing it down or saying it out loud, is important.”

An address to recharge your batteries?

LC : “Walking in the Danish and English countryside calms me down and recharges my batteries. The hills and forests are truly my sanctuary. My husband and I spent a lot of time adventuring in nature, which is always a super-rejuvenating feeling for me.”

Dietary supplements that do you good?

LC : “My acupuncturist gives me special teas every day that I have to drink. I can't say they taste amazing, but knowing they're healthy for me really helps.”

An anti-fatigue weapon par excellence?

LC : “My husband's almond milk cappuccinos.”

A beauty misstep to confess?

LC : “At the age of 14, I went through a phase where I only wore frosty blue lipstick , no matter how I was dressed: clearly not my best look at all!” (laughs)

A revelation about yourself while filming all this time in Paris?

LC : “I really realized how important it is to live as much as possible in the present moment and to live everything more fully. I learned how multitasking I am too, and that I can really be resilient in the face of stressful experiences.”