

STAR SECRETS

Stunner!

The dazzling Kangana Ranaut reveals her beauty secrets to Bhavana Doifode.

With her flawless skin, gorgeous curls and fabulous sense of style, Kangana Ranaut is ruling the hearts of her admirers. Here, she shares her look-good mantras...

Skin Win: Having grown up in the mountains (Himachal), the only beauty brand I relied on was the very popular Emami. Even now, I use Emami Boroplus moisturizer, cleanser and lotion.

Beauty Routine: In spite of my hectic work schedule, I do follow a proper beauty routine. I cleanse, moisturize and remove my makeup before going to bed. I also make sure that I drink lots of water, and eat healthy food and fruits.

Hair Flair: One thing I've realised is that sporting different hairstyles for different roles in films can damage your tresses. But I pamper my hair with regular spa and deep conditioning treatments.

Diet Cues: I am basically a vegetarian. And I follow a balanced diet which includes lots of raw food like salads and fruits. I believe in eating in proportion and don't really stuff myself. And I never skip meals.

Workout Routine: I exercise for 45 minutes — it could be yoga or CrossFit — five times a week.

Beauty Essentials: A good lip balm and blush are a must for me.

Fave Clothes & Jewellery: In jewellery, I love wearing chokers; and in clothes, I like wearing saris, lehengas, churidars or dresses... depending on the occasion.

Style Icons: Marilyn Monroe and Audrey Hepburn.

Photographs Yogen Shah

