

SO WHAT DO YOU DO ...

# Kylie Minogue

**A PERFORMER FOR THREE DECADES**, Minogue has been exercising in front of an audience much of her life: "The most high-impact workouts I've done are my shows," she says. "I mean, I stomp about in crazy stupid heels, and a lot of the outfits weigh a ton, so [I'm] basically weight-training. Even when you're doing nothing on a riser or balancing on some tiny disc... it's not a cardiovascular workout, but it's work." Off tour, her favorite exercises are "low-impact or no-impact," but a traveling lifestyle helps keep her in shape. Minogue, a breast-cancer survivor, also knows the value of a daily time-out. "I'll do as my 98-year-old grandmother says: Lie flat on your back, put your palms up, and take 10 minutes. She wouldn't have called it meditation, but it *is* meditation." A kind of "fancy power nap," Minogue says, "is one of life's greatest healers."



Charlotte Tilbury Natural Beauty Instant Look in a Palette, \$75; charlottetilbury.com. RMS Beauty Living Luminizer, \$38; rmsbeauty.com.



**BABY YOUR SKIN**

"I try to incorporate as much natural skin care as possible," Minogue says. "This rose cream is rich. When you have it on, people will not only comment on your nice skin, but they'll say, 'Someone smells amazing!'"

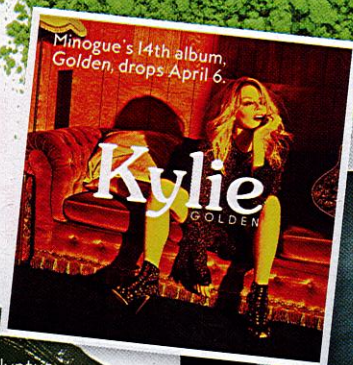
The Organic Pharmacy Double Rose Rejuvenating Face Cream, \$88; theorganicpharmacy.com. Eve Lom Muslin Cloth, \$22; spacenk.com.

**SHINE ON**

Minogue has channeled everyone from Brigitte Bardot to Marilyn Monroe for her looks. And now she just keeps glowing. "I like the brand RMS. Their Living Luminizer is really lovely. And Charlotte Tilbury's face palette with [shades for] eyes and cheeks has been a quick go-to recently."



"I actually really like matcha tea. And a cup of good English tea at 3 or 4 P.M. can literally transform your life."



Minogue's 14th album, *Golden*, drops April 6.

**SCRUB AWAY**

"I love exfoliation. This eucalyptus gel has a consistency that's very particular—it's a little hard to get used to—but it's my [pick]. For my body, I'll use this with a little mitt. It's like dry-brushing. You feel soft, and whatever you put on your body afterward is going to absorb better."

Berber's Treat Black Eucalyptus Gel, \$22; berberstreat.com.



**GO OUT DANCING**

True to its name, the video for her new country-inspired single, "Dancing," is full of challenging moves. "I lived to tell the tale!"

