

BEACH babe

With beach season in full swing, we spoke to model, face of Speedo and quintessential Aussie beauty Lara Bingle about bikinis, bronzing and getting swimwear-ready.

What are your new year's resolutions? To be happy and healthy, spend time with Michael (Clarke) and work really hard.

How do you get "swimwear-ready"? I eat really healthily most of the time but especially before summer. Through a girlfriend I discovered Eat Fit Food, which prepares a tailored menu and delivers meals to my home. I love doing this before a campaign shoot as I know I'll eat the right things and feel great, plus it's fresh and healthy and tastes incredible. I also work out with a trainer and run every other day.

How do you stay fit? With the help of a trainer to keep me motivated.

What's your favourite holiday destination? New York is my

favourite city and holiday destination, and anywhere exotic and hot – I love the Maldives.

Which do you prefer – bikinis or one-pieces? Bikinis, although I also love Speedo's outer-wear so I can go to and from the beach without fuss.

What is your tip for women who dread buying swimwear? Pick a style that accentuates your favourite part of your body. If you feel good, you look good.

What tips do you have for women wanting to achieve a bronzed glow this summer? Exfoliate and use a tanning product – I love Le Tan. The spray tan gives an amazing bronzed glow and is super easy to apply. Dior is another favourite.



How would you describe your style?

“ When I'm not working it's all about comfort. I live at the beach so my look is very thrown together – a Speedo bikini top with a singlet and denim shorts. When I dress up I prefer more structure in the things I wear. I think it's important to dress for your own body shape and this suits mine best. I'm also starting to experiment more with colour. ”