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“Your skincare can’t fix the absence of a good night’s sleep”

Beauty secrets, working together and sustainable living; this is what we discussed when we grabbed five with queen of wellbeing and botanical beauty, **Liz Earle** and her daughter **Lily**...

Health and wellbeing has been a 30-year journey

LIZ: I began writing for magazines when health and beauty started being linked together; before that, health was seen as quite medical and separate, but in the early days of women's magazines the two subjects were joined. I think people began to realise that we are what we eat; you can't expect to have good beauty and vitality without good health and wellbeing. So, whole health and beauty departments were set

up, which is where I worked, and I loved the research side of the business, and as someone who suffered from eczema, I was really keen to find out how I could help my own skin through natural remedies. This then took me on a journey to discover plant oils, especially essential fatty acids. I wrote my first book 26 years ago – I judge it on how old Lily is – she is 25 and I wrote it when I was pregnant.

My new book is a bit of a home-coming

LIZ: I've gone back to revisit a

lot of my original research, which, reassuringly, has actually stood the test of time. In terms of plant oils, it's the same science that I was talking about two decades ago. It's not a fad; it's not a quick fix and then on to the next big thing. The inspiration behind the book was coming back full circle from where I started. I also have Liz Earle Wellbeing, which is my new venture; it's an online website and print publication. I'm less involved with the beauty company now and this has given me more time to focus on my original love, which is research and writing.

“You can't expect to have good beauty and vitality without good health and wellbeing”



The Bowl of Goodness is one of my favourite recipes

LIZ: It's so easy to put together and it has everything that you need in one delicious bowl. It contains one of my favourite ingredients which is short grain brown rice – I find it soaks up the flavours really well. The recipe is packed with green veggies, it's very alkaline, it has onion and garlic which are very cleansing, plus fennel, which is so nourishing, especially during the autumn. My other favourite has to be the roasted pepper ricotta soufflé – it seems to go down well with every age group! I make it for my children, plus it looks quite impressive. It contains quite a lot of eggs in it, which I think are the ultimate skin food. They are packed with high-quality protein, which helps to promote smoother, stronger skin, through supporting elastin and collagen creation.

LILY: I love making the tropical beauty bombs to snack on. The dried mango is just like a holiday in a mouthful – it's delicious!

The book is aimed at every age and stage of life

LIZ: I think if you're a teen with troubled skin, then I hope you can dip into it and find a solution to keep your complexion clear and smooth. If you're like me, and I'm in my 50s, my skincare needs are very different from Lily's – my skin is more mature, it's quite dry and our skin is very much linked to hormonal activity. I hope it is a book that is enjoyed by mothers and daughters; I have two daughters, one in her 20s and one in her teens, so I'm always very mindful when I'm writing that I'm passing on my wisdom to my family, as well as my wider circle of friends and readers.



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My top beauty tips are free, which is always a good start!

LIZ: Firstly, we need to remember to drink plenty of water. Our bodies are so reliant on staying well-hydrated and that's really true of our skin, because when we drink, our vital organs obviously get first call on the amount of water we consume. So, if we don't drink enough then our skin will end up being dehydrated because it won't be getting the extra reserve. It's important to drink a little bit more water than you think you need and never allow yourself to become thirsty – if you're thirsty then you've probably been dehydrated for about 20 minutes!

Sleep is so underrated

LIZ: We can't function without

good quality sleep, plus when we're asleep our skin does a lot of its repair work. We're creating fresh skin cells all the time, which is why we can make such a difference to our complexion, because every 28 days or so we've got fresh new cells on the surface of the skin. We can't think that our skincare is going to fix the absence of a good night's sleep – a lack of sleep shows up very quickly on your face.

I love working with my mum

LILY: I learn so much from her. I've grown up absorbing the world of health and beauty, but I'm learning so much about the business, and with Liz Earle Wellbeing being a relatively new venture compared to the Liz Earle Beauty Company, I'm seeing the business being

built from the ground up. It's also really great to work with someone that you know so well and who you can talk openly and honestly with, as well as bringing a multi-generational approach to the business; mum has all her knowledge, wisdom and scientific insight, and I'm the digital editor for the website, so I look after everything online, social media and video campaigns; I'm bring the new technology in and we're drawing on all these skills together, which is a great combination.

LIZ: I think Lily has her finger more on the pulse with what's going on now, in terms of new trends. What I love about working with Lily and a younger team is that there are all these bright young things who can go out and gather all this information and new ideas and bring them back into the studio – that's very energising. Hopefully I can balance that with a little bit of maturity, wisdom and experience.

There aren't any downsides to working together

LILY: But, it can be tempting not to switch off. If we're back at home on the farm and we need to quickly discuss something, it's a very efficient way of working, but we have to be careful not to natter away about work when the rest of the family are around. There are no hard and fast rules to striking the work-life balance, but we try to ensure downtime with friends and family, and we have no-phone zones and times in order to switch off completely.

LIZ: I am very lucky to do what I do, as I never really think of it as real work. And, I also like working with members of my family! Lily and I get to hang out together, which is really nice. A lot of what I do is based around family life, so for example, if I'm writing about food or recipe

testing, then I'm doing those things with the family in mind.

Embracing a more thoughtful approach to fashion is really important to me

LILY: I think it is taking wellbeing in its broadest sense of the word. It's essentially about the wellbeing of the planet – has it been made sustainably? Is it looking after the planet? Is it looking after the people who live on the planet? It's a case of asking ourselves, 'do we really need this?' and 'will we feel silly wearing this in a few weeks time?'. I'm at a point in my life where I know what suits me, I know my skin tone

and I'm starting to realise what looks good on me, so I'm trying to create a more mindful, capsule wardrobe, rather than constantly buying the latest trends.

Living sustainably is incredibly important to us

LILY: Mum and the family live on an organic farm in the West Country – when I go home for dinner, nearly everything on the plate has come from the farm (minus the salt and pepper!). I know that's not attainable for everyone, we can't all grow our own food, but what we can do is shop locally and protect the resources that we have.



Cinnamon-toasted Oats with Yoghurt and Summer Fruit

E EF V F T GF

SERVES 1
READY IN 10 MINS

25g jumbo oats
1 tsp mixed seeds, such as linseeds, poppy seeds, sunflower seeds, sesame seeds
½-1 tsp ground cinnamon
good pinch ground ginger (optional)
100g summer fruits, such as strawberries, raspberries, blueberries
125g natural organic yoghurt

- 1 Put the oats and seeds in a frying pan and toast over a medium heat for around three minutes, until the seeds start to pop. Toss the pan every now and then to ensure everything toasts evenly.
- 2 Stir in the cinnamon and ginger, if

using, and toss again. Cook for one minute more.

3 Spoon the fruit into a large glass, top with the yoghurt, then spoon over the toasted oat mixture.

There'll be a satisfying sizzle as the hot oats hit the cold yoghurt. Enjoy straight away.

Per serving: 275 cal, 10.1g fat

LIZ'S TIP

Make your own yoghurt – it's very easy to do. Pour 600ml of milk into a saucepan and place over a medium heat. Heat until the temperature reaches around 80-85C – just before it starts to boil. Remove the pan from the heat, cover with a lid and wrap the whole pan in a clean tea towel or two. Set it aside and keep checking the temperature every half hour until it drops to 45C. Put two heaped tablespoons of natural organic yoghurt into a bowl, then stir in a couple of tablespoons of the

milk. Return this yoghurt mixture to the pan. Cover with a lid, then wrap the pan in towels to keep the heat in and put it in a warm place, such as a just-turned-off oven. The mixture will set at around 43C. Transfer the mixture to a clean container, cover and chill. If the mixture has separated slightly, whisk it together to make a creamy yoghurt. Enjoy within one week. When you've used almost all the yoghurt up, make another batch with the last two heaped tablespoons of this yoghurt, and start the process all over again.

Broccoli and Feta Crustless Quiche

E EF V F T GF

SERVES 4-6
READY IN 1 HR

350g broccoli, stalks separated
2 spring onions, finely chopped
8 medium free-range eggs



100g feta, chopped
2 tbsp chopped fresh parsley
4 cherry tomatoes, halved
salt and freshly ground
black pepper

1 Preheat the oven to 200C/400F/
Gas 6.

2 Bring a large saucepan of water
to the boil, and add the broccoli.
Cook for 3-5 minutes, until the
broccoli is tender. Add the spring
onions to the pan and cook for
another 30 seconds – this just
blanches the spring onions, to take
the raw edge off the flavour. Drain
well, then arrange the broccoli
florets and spring onions in a round
20cm flexible cake tin.

3 Beat the eggs in a bowl and
add the feta, parsley and
seasoning. Whisk again to break
the feta into smaller chunks. Spoon
the mixture over the broccoli,
then arrange the halved cherry
tomatoes over the top.

4 Bake in the oven for about 35
minutes, until the egg has set and
the top is golden. Great served hot
or cold.

Per serving: 153 cals, 9.8g fat

Rich Chocolate Pots

E E F V F T G F

SERVES 4

READY IN 1 HR, 30 MINS

5 dried prunes, stoned
and chopped
60ml apple juice
¼ tsp ground cinnamon
1 tsp vanilla extract
50g dark chocolate (minimum
80 percent cocoa solids)
1 free-range egg, separated

TO SERVE:

4 tsp Greek yoghurt

1 Put the prunes and apple juice
into a small saucepan with the
cinnamon and vanilla extract. Bring
to the boil, then set aside to soak
for 30 minutes.

2 Melt the chocolate in a bowl
resting over a pan of boiling water,
making sure the base doesn't
touch the water. Set aside to cool a
little. Alternatively, you can put the
chocolate in a bowl and melt it in
the microwave on low.

3 Whiz the prune mixture in a
blender until smooth, then
strain through a sieve into a
bowl to extract a smooth purée.
Stir the egg yolk into the prune
purée, then carefully stir in the

melted chocolate.

4 Whisk the egg white in a
spotlessly clean, grease-free bowl
until soft peaks form. Fold a large
spoonful of egg white into the
prune mixture, then carefully fold
in the rest, taking care not to knock
too much air out.

5 Spoon the mixture between
four little pots (each measuring
60ml) and chill for 30 minutes, or
up to one hour. When you're ready
to serve, finish each pot with a
spoonful of yoghurt on top.

Per serving: 113 cals, 7.5g fat



BOOK SHELF
Recipes taken from
*SKIN: Delicious recipes and
the ultimate wellbeing plan for
radiant skin in 6 weeks** by Liz
Earle, (£25, Orion Spring)



*Includes non-vegetarian content