



Could there really be a dazzling, talented, gorgeous Angel right here on earth in the \$2m Fantasy Bra? There sure is

ADRIANA LIMA

Interview Danielle Prescod

When we caught up with Adriana Lima last week at her fitting for the \$2 million Fantasy Bra, we could tell she's been busy getting into fighting shape (or...even better shape than she's already, usually in?). And while she told us "I love to work out, it's a passion of mine, and even if I did not have this job I would be working out," we have to wonder if the fact that she does one of the most fun and easiest-to-do-anywhere workouts sparks some of that enthusiasm.

How do you get in the mindset to train like an Angel?

I love to watch boxing on TV; it's something that fits my personality. I think that's the secret about working out, to find something that fits your personality. I'm very energetic. I can't stay still. I'm all over the place, and I need to move around. So that's something perfect: You're always moving, you're constantly moving no matter what.

Did you play sports growing up?
Yes, I was an athletic child, yes. I did play sports, everything like football—I mean soccer—basketball, handball, running, everything. I did everything, but my passion is and always will be boxing.

Have you ever gone head to head with anybody in the ring?
I actually train in the ring, yeah. I use it as exercise. I don't do it for anything else. Boxing for me is great. It takes so much of your concentration. You need a lot of focus. If I go running, I will be thinking about everything: what I'm gonna do, what's the next thing. I think about everything. When I do boxing, it brings me to a zen place, because you have to focus and you can not think about anything else. And I love that.

What about your diet and eating habits, especially in the month coming up. Do you have cheat days?

Of course I do have my cheat days, sometimes more than I'd like.

But do you try to keep on track, especially knowing you're going to be in front of millions of people very soon?

Honestly, it's different now because I'm not young anymore. I'm 33, so you need to watch what you eat. I want to live very long, so I definitely believe that you are what you eat and the only way for you to have a long healthy life is really to take care of your food habits. That's where everything starts. Also I have two kids at home. I want to be a good example for them. I really try to eat as healthy as I possibly can. Vegetables, protein, knowing how to balance the right amount of carbs—that's for me not my kids. Because my metabolism is slowing down right now, I have to be careful now.

SEE IT
We love Adriana so much, we made her ELLE Model Of The Week. Go to elle.com/motw



What about after you finish working out, do you have a snack that you eat?

After I work out I always have a protein shake. I make it with a banana and you can use almond milk, water, or whatever you like. Every day it's important after you work out, especially if you do muscle-building work.

What about after the show? Do you have a ritual, like a post-show meal?

Usually I have my mom with me at the show and some friends, so after the show we all go and have dinner together. This year my whole fam-



ily is gonna come to London, so we're probably gonna go to Nobu and have dinner since my mom loves sushi.

Are you excited to go to London? Is it going change your preparation at all because it's going to be in a new place?

A little bit, but I will work out there. I'm not sure how many days in advance we're going to arrive there prior to the show. I will have my jump rope with me; it's something easy I can do. And I can do some exercises in the room. I don't need a full gym. That's something about boxing: You can just do some shadow boxing and that's it, you don't need a fully equipped gym to do it. You actually don't need to own a lot of fancy gym equipment or pay for boutique workout classes to train like an Angel—just some gloves and maybe a jump rope.

The Victoria's Secret Fashion Show premieres December 9 on CBS

VANITIES

"She is really intense, it's not really the amount of time she spends working out: she jumps rope, boxes, lifts weights, but gets bored doing that."



BEHATI PRINSLOO

Q&A

"I eat a lot of protein; my metabolism is really fast, if I work out too much I get smaller. I'm excited to have I eat a lot of protein because my metabolism is really fast, and if I work out too much I get smaller. My first spurge meal is going to be something light."

"I ate a lot of organic salmon and vegetables. I couldn't have worked harder - maybe I'm not as tiny as I used to be, but I'm usually now and I'm proud of that."

"We can't escape from the truth. There are millions of people watching - and even people watching live - so it's really important to work out a lot, which do, and I definitely change my diet."

Maintaining Angel Physique

Candice Swanepoel ON PREPARING FOR THE VICTORIAS SECRET FASHION SHOW

Candice Swanepoel, last year, 2013's Fantasy Bra model, was on hand at the Victoria's Secret Herald Square store to promote the retailer's holiday collection. Sparkly, lacy, frilly bras and panties in hues of red, lavender and black were on display as Candice, looking very sexy and chic in a high-slit asymmetrical skirt and black turtleneck, stopped by to chat with the press. The leggy South African beauty towered over us in her Christian Louboutin So Kate pumps, so we stood on our tiptoes and dished with her on everything from her pre-VS fashion show diet to refitting.

theFashionSpot: This is Victoria's Secret's first time showing in London. What are you most excited for?

Candice Swanepoel: I'm most excited for a totally different crowd. It's been amazing here in New York, but I think the British people are going to freak out because it's such an extravaganza. I feel like in America, we've gotten used to the luxury of VS, so for [the Brits] it's going to be really exciting. I'm also looking forward to seeing different faces at the show. Plus, it's always nice for us [models] to travel. The past few years, we've been here in New York, running around like crazy. It's going to be nice — we're all going to get on a plane together.

IFS: We're sure there are a lot of guys who would love to be on that plane!

C.S.: We're all going to be like [miming putting on a sleep mask]. "Don't talk to me!"

IFS: Hah! Are you going to indulge in any English treats once the show is over?

C.S.: I grew up on English treats because South Africa has such a big English influence, so I do love a full English breakfast. Eggs, bacon, the whole thing, which actually, I don't cut out during the show because breakfast is just...you can eat whatever! There's also shepherd's pie.



"I have been working out quite a bit doing pilates, yoga and strength training with weights and resistant bands and I eat super healthy."

English food is all about homey and yummy potatoes and mash, so I'm definitely going to be indulging in that.

IFS: What's the hardest workout you do to prepare for the show?

C.S.: The hardest is boxing, but I really enjoy it because it allows me to get a lot out. But the slow, resistance training that I do mostly is what really kills me. People think because it's slow it doesn't hurt, but [laughing] it's that slow burn that gets me!

IFS: How does your diet change in preparation for the show?

C.S.: I eat really healthy in general throughout the day. I just feel better that way, but I'll eat more protein that way I try and build more muscle because I like strong legs and a bum on the long runway. Usually, I don't think too much about what I eat, other than if it's fresh or healthy, but in the next few weeks, I'll be thinking of mixing in veggies and protein with my meal. Maybe even a green juice, so I can feel like I'm doing good to my body.

IFS: The holidays are coming up — what's the worst Christmas gift you've gotten?

C.S.: Thank God...when I was a kid, I usually got the things I wished for. But I think I got a weird box of biscuits from an aunt or something one year. I was like, "Umm, thanks? My mom could have bought me those!"

IFS: Do you prefer a warm Christmas or cold Christmas?

C.S.: I've never had a cold Christmas, so I couldn't really tell you, but I'm a summer baby. One day I'm gonna live somewhere where it's summer all the time! It's actually so nice to be able to do that for my mom and aunts and friends. I get so many beautiful things, it's not my style, if you have not opened it, it's fine.

Q&A WITH BARBARA PALVIN

The Ultimate Beauty Hero

Insider Beauty Tips For Smooth Skin

How the new L'Oréal spokes model worked her way from using the make up products to becoming L'Oréal's new ambassador and ruling their runway!

Interview Natasha Khemraj



We managed to snatch a few minutes with model Barbara Palvin at the Cannes Film Festival, where she was in attendance as part of her role as a L'Oréal Paris spokes model. Naturally we used the time to discover all of her insider beauty tips and why milk is her one and only ultimate beauty hero product.

Are you good at applying your own make-up?

Of course! I started modeling when I was 13 so I learned a lot of things. I actually love doing make-up on other people too. My mother, aunts, sisters, everyone would allow me to do their make up. It served as great practice for me and I'm glad they actually trusted a thirteen year old.

Have you ever had any beauty disasters?

Like bad make-up? No. Never. Because I always have a professional make-up artist. And when I do it myself, if I don't like my make-up then I just go for an easy look. That's my safest choice and I always stick with it. Easy make up is simple and beautiful and I love doing it. It's way better than going all out when you definitely don't even need to.

What's in your make-up bag?

L'Oréal Paris foundation or BB cream, L'Oréal Paris Superliner Black-buster Intense and the Rouge Caresse Lipstick too. I love Loreal products and I can't believe that I am the new Loreal girl. There were so many other choices but that the fact that they chose me means so much more than I could ever describe.

What's your go-to beauty look for the red carpet?

It depends on the outfit. It's team work really - putting the dress, the hair and the make-up together. We always decide in the last minute! Shocking I know, right? Celebrities spend weeks, maybe even months on their red carpet look.

How do you keep your skin looking good?

When I'm not working I prefer not to use any make-up, so my skin can breathe. And I always moisturize daily. It is very important both to let your skin breathe and relax, and have your pores unclogged as well as giving your skin a good, healthy clean.

What's your ultimate beauty tip?

To wash your face twice a day with cold water, and drink a lot of milk because it's good for your skin. Everyone thinks that hot water is preferable and that is what you should wash your face with. But it is not. Cold water keep your skin revived and looking fresh and bright unlike hot water.

How do you stay healthy?

I'm not really a fan of healthy food - I love eating! But of course I do work out. I work out about four to five times a day very rigorously. It wakes me up and gets me moving as opposed to being an old couch potato.

What do you love most about being a model?

You get to go to different places, to meet with different cultures and with different people that have different senses of humor. You have a lot of fun! I have been exposed to so many wonderful things, places, and especially people. I LOVE meeting new people and being out so often, traveling the world and being exposed to so many languages and diverse cultures is a real eye opener. It is all so intriguing to me. Oh! The food is always amazing, and I've always enjoyed trying new things. I always get a rush when I'm out with them. Everyone is so nice and very sweet to me. They all welcomed me with open arms and I could not be any happier than I am right now.



SEE IT
We love Barbara so much, we made her ELLE Model Of The Week. Go to elle.com/motw