

'I'm finding out what I'm made of'

Loose Women panellist **Saira Khan** chats confidence, beauty and what makes her feel good

Saira Khan stepped out from behind the *Loose Women* desk on to the *Dancing On Ice* skating rink earlier this year. Taking on such a big challenge was no mean feat for the 49-year-old mum of two. And she hasn't stopped there, launching her own podcast, *Living Your Best Life*. Here, Saira tells *TV Life* how she found the confidence to make these leaps...

Hi Saira, tell us about how you've been stepping outside your comfort zone this year? On *Dancing On Ice* I learned a lot about myself. When you're my age, putting yourself out there and learning something new, showing your vulnerability, is hard. I was picking up a totally new skill and one that is physically difficult at my age. But I know now that I like pushing myself and finding new strengths, so I'm enjoying finding out what I'm made of.

What makes you feel confident? Happiness and healthiness shine through and having that helps your self-esteem. For me it's about being as happy as you can and making the most of your natural self. So that means with my beauty regime, for example, stripping it right back down to skin. I think if you spend time on your skin, you look after it, you use good products with even a simple routine then that's the basis for everything else. Your make-up goes on top of that, your hair styling

and so on. You have to make the most of your natural self. **What products do you use on your skin?** I haven't always had good skin, I've had eczema for most of my life. So I set out to learn about the benefit of natural ingredients, like oils. It was only when I started using oils that my skin started to shine and now you'd never know I had the skin condition. I don't tone, I don't use an under-eye cream. I launched my skincare brand, Saira Skin, for this purpose, so I just exfoliate and then I put oil on every morning and every night. I have a good facial, I have had a tiny bit of Botox on my forehead, but I only do that once a year for a very deep crease.

Have you not been tempted to have any other procedures? I'm not saying to anyone don't do this, don't do that. But when I was 20 it was just a bit of blusher and mascara – my generation wasn't about appearance, your eyebrows, your nails... I think these young women now, it's all to do with self-esteem. Yes, look after your skin but if you're tampering with it with laser peels, fillers and all that when you're young I just don't think it bodes well for your future. Happiness and healthiness

shine through, not surgically-enhanced this and that. **You're in great shape – how do you stay slim?** After turning 35 my metabolism really slowed down. I watch what I eat, but I don't go without, ever. I go to the gym to do strength training because after the menopause your bones become more brittle. I do a lot of yoga, HIIT exercises, or go running with a friend. For me it's about the balance and just being active.

You've got a gorgeous smile. What do you do to look after your teeth? I was always conscious of my teeth when I started working in TV and started to do photo shoots. I would just always notice one tooth popping out – the front ones were a little crossed over and my bottom teeth were a bit gappy. So I started looking at what I could do to feel more confident when I was smiling. I found out about Invisalign clear braces and they seemed like the

perfect way to achieve that, while also not having wires. **How has the treatment changed the way you feel about your teeth and smile?** Doing that little thing has just made me feel so much better and not worry about my teeth or bother about the way I smile to cover up the imperfections. I'd learned how to hide my teeth and smile, so now I've reprogrammed my brain that I can smile and chat. The tooth that was sticking out doesn't bother me any more and now I love my teeth and my smile. **What challenges would you like to take on in the future?** I was gutted to leave *Dancing On Ice* early on because I was just getting into my stride, I was just getting into it and having fun. But because the show taught me I like pushing myself and finding new strengths, I'd love to do the jungle. That opportunity to have a total adventure and a real one-off experience would be amazing.

Felicity Cross

Saira's smile was treated by Dr Hanel Nathwani of Reading Smiles. For more information on the treatment, visit invisalign.co.uk

'I like pushing myself and finding new strengths'

How to get your own showbiz smile

What is Invisalign? This procedure involves wearing a series of clear retainers to move your teeth into shape over time. Treatment can take anything from three months to three years, depending on the work you need. The retainers have to be worn for 22 hours a day, but they're so invisible you won't mind wearing them around the clock. Invisalign braces cost from around £2,500, but almost all dentists offer payment plans. **Do they really work?** *TV Life* tried the braces and can confirm they really do change your smile. The retainers are initially strange to wear, but we quickly became used to the feeling. It wasn't long before friends and family noticed a difference, which really spurred us on. Soon, we realised that we were grinning broadly for

photos instead of posing with a small closed-mouth smile. The treatment is not the cheapest, but if you're really keen to make changes then it's definitely an investment.



Saira is a fan of Invisalign clear braces



Saira with Mark Hanretty on *Dancing On Ice*



With her children, Zac and Amara