

*Fabulous does...*

# A PEDICURE WITH JULIA BRADBURY

We treat our tootsies with the *Countryfile* presenter, 43, and talk babies, beauty tricks and what it's like to have perfect pins

Where Michaeljohn Medispa, Belgravia, London

So, Julia, we're having a pedi today - do you have spa sessions very often?

I don't have a lot of time, but I have very scraggy nails because of work. I love having a pedicure and a manicure because it helps get them back in shape!

**Does being on TV mean you have to be high maintenance?**

I do a lot of outdoor programmes, so it's more about being very low maintenance. Your make-up is completely DIY, so I put on Alpha-H Daily Essential Moisturiser SPF50+ and then primer, foundation, blusher, eyeliner, mascara and eyeshadow. I try to look natural, but sometimes I watch myself on high-definition TV and it looks like I've got nothing on at all.

**What products do you swear by?**

I love YSL's Effet Faux Cils Baby Doll mascara. When I'm off air, I don't wear a lot of make-up, but I'll never leave the house without blusher or a bit of bronzer.

**Did you know that "Julia Bradbury legs" is a predictive search on Google?**

Ha, no, I didn't know that! I walk a lot. I don't really like the gym - I'm lucky that my job takes me to lots of places where I can stay active out in the hills.

**Are you a country girl or a city slicker?**

I'm both. I split my time between my homes in Rutland, Leicestershire and west London. I'd go mad if I was in one exclusively.

**Where should we go for our next UK hol?**

The Isles of Scilly, off the coast of Cornwall.

BEAUTY  
ISSUE

**Btw**

Julia chose Essie's deep red Bordeaux polish for her nails, because "it's such a good wine, too!"

Her son Zephyr is named after Zephyrus, the Greek god of the west wind.



With son Zephyr as a baby



Julia and Fabulous Delphine put their feet up

It's beautiful there - the water is so turquoise, it almost looks like the Caribbean. And the marine life is incredible; you can see loads of varieties of fish, seals and dolphins.

**Your new quiz show, *Take On The Twisters*, is pretty nail-biting [contestants battle it out against giant timers - the twisters]...**

You need to have excellent general knowledge and operate well under pressure. It's all about being able to do at least two or three things at once.

**Can you multitask?**

You have to in live television. You've got someone talking in your ear, you're talking to everybody at home and you're also interviewing somebody next to you.

**After being diagnosed with endometriosis, you gave birth to your son, Zephyr [with partner Graham Cunningham, 54, a property developer] two years ago. How has life changed since then?**

Pregnancy wasn't a certainty and I wasn't sure it could even happen, so I was gobsmacked and overjoyed when it did. Having a baby changes everything. A lot of people described motherhood to me as a whole new level of love that you never knew existed, and it's completely true. **F**

● Watch *Take On The Twisters*, Saturdays, ITV1.

**Fabulousmag.co.uk is changing**

From August 1 we'll be part of the exciting **Sun+** entertainment bundle

**Sun+**

REGISTER NOW AT [THESUN.CO.UK/SUNPLUS](http://thesun.co.uk/sunplus)

**Next week...**

**WE CATCH UP WITH BOY BAND 5IVE!**

**STREETS AHEAD**

**Corrie star Georgia May Foote talks life on the cobbles**

**JUGGLING ACT**

**How to have a career and kids**