

The Complete Woman

How the stylish look and feel their best

Rosa Roberts is the founder of Sketchout (sketchout.net), a series of art classes held in London's most famous galleries, from the National Portrait Gallery and Tate Britain to the V&A. A sparkling personality with a fresh complexion, she likes to think differently about wellbeing: "I try to eat with three words in mind: fresh, rich and whole. I eat more calories, not less. Otherwise I'd be tired. Last night I made vegetable stew and mopped up the juice with chipolatas. I love the richness [of pork]; I think my skin's better for it."

Roberts grew up on a fruit farm in Norfolk. This means lashings of fruit and vegetables with a salad or, in winter, a vegetable soup. "I cook like a perfumer. I'm a fan of spices, woody herbs and

ROSA ROBERTS

Artist, 29

orange and lemon rind." Her father – a gardener and homeopath – and family are all foodies whom she credits with her "interesting" taste in food.

She takes an unorthodox approach to exercise, finding yoga "too boring". A county lacrosse player as a teenager, she is drawn to more social sports. A new favourite is 5Rhythms (5rhythms.com), a kind of freeform dance turned moving meditation. "You are encouraged to be whatever you want to be at that time. Last time, there was a huge group of us, dancing in a circle. It's very tribal."

Perhaps this non-verbal communication helps her craft. After graduating in fine art from Central Saint Martins she set up classes giving visitors the chance to draw in front of some of the world's most precious artworks. "I'm so lucky to live in London," she says. "It's full of material for an artist." **O**



Rosa's essentials

• **I make my own bathroom products**, such as a salt scrub with lemon, almond oil and black pepper, using Neal's Yard (nealsyardremedies.com). Apparently, the smell you crave is what your body needs at that moment.

• **I use a lot of scented oils instead of perfume.** I like Nuxe Dry Oil (from lookfantastic.com) on my hair; it's gold and shimmering. I use Ayuuri Natural oils as body moisturiser. They are cheap but smell really good, especially the Detox one (ayuuri.co.uk).
• **I was spending all my money on coffee** and

feeling jittery, so now I just drink tea and feel much better for it. I like Yumchaa Darjeeling (yumchaa.com), Drink Me chai (drinkmechai.co.uk) and Tea Pigs (teapigs.co.uk).
• **I cook with a lot of butter and cream.** I recently switched the yogurt in my breakfast to single cream and I find

it much less acidic. I eat it with banana and a little maple syrup.
• **I'm a fan of Nigel Slater and Jamie Oliver.** I also like Molly Wizenberg from the blog Orangetta (orangetta.blogspot.co.uk). I have her book *A Homemade Life*.
• **I use Mac and Nars make-up** (maccosmetics.co.uk and narscosmetics.co.uk). I wear a dark-red berry lipstick on my eyes – a cheap one I picked up in Brixton. The creamy texture is nicer than eyeshadow.

Words: Rena Niam Smith
Photographer: Alice Whitby
Hair/make-up: Camilla Hewitt, using Estée Lauder