

WE'RE TAKING TO...

SADIE FROST

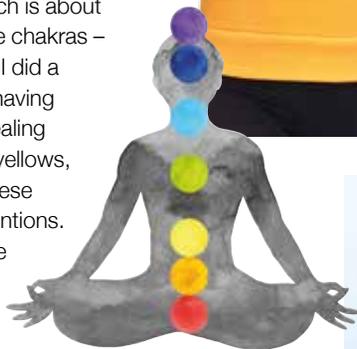
The actress, film producer and fashion designer, 54, shares her passions in life

1 WHY DID YOU CREATE A YOGA CLOTHING RANGE?

'Last summer, I realised I could only find really masculine, crazy, overprinted Lycra to practice yoga in, when I wanted to be wearing gentle, loving clothing in calming colours. So, I started designing the FROST yoga line (frostlondon.com), taking things right back to basics with fabrics that support the body and let the skin breathe. I've kept the whole thing really creatively close to me, starting out small by being stocked in genuine yoga stores like Triyoga, Yoga Matters and Urban Retreat. It's not about competing with the big boys. It's about doing something I'm truly passionate about.'

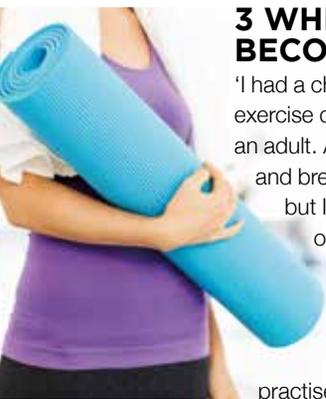
2 WHAT INSPIRED THE COLLECTION?

'I wanted it to be feminine and soft, with positive affirmations. Kundalini yoga – which is about being grounded and balancing the chakras – was a big source of inspiration as I did a teacher training course in it. And having a stepdad who was into colour healing had a big influence, too. Indigos, yellows, oranges – I wanted to combine these powerful colours with positive intentions. The collection features sustainable fabrics, and I also plan to launch yoga mats and chakra sprays.'



3 WHEN DID YOGA BECOME A PASSION?

'I had a childhood lung disease and was told to exercise dramatically if I wanted to be healthy as an adult. At 16, my mum introduced me to yoga and breathwork, which became very medical, but I've been practicing daily and going on yoga retreats all over the world for decades. It was sometimes difficult when raising four children, but I'm more likely to go to bed at 9.30pm and get up at 5.30am now, so I can practise at home or head to an early class.'



4 HOW DO YOU STAY SANE?

'I like to have two hours before everyone else wakes up to practise breathing, yoga, meditation and to do creative writing. Being a mum is a huge commitment and, while my kids are the most important thing to me, those are my special hours. Bizarrely, I've just done my last school run ever after 26 years of ferrying my kids around, so I'll soon have much more time to myself. But I'm not grieving. I've seen this coming for a while, so made sure I've got other things in my life that make me happy and complete.'



5 HOW DO YOU MAINTAIN YOUR YOUTHFUL GLOW?

'Western food can be really carb-heavy and drying, but from ayurvedic medicine, I've learnt the importance of keeping the body internally well-oiled by eating lots of oily foods. I still have vices like pizza, chocolate and a glass of wine, but my ratio of healthy foods to treats is now 95:5 instead of 80:20. I also love having facials, and regularly do facial massage at home to work on lymph drainage, often using a Cryoball to depuff my neck, jawline and undereye area before a photoshoot or event.'

WORDS: Joanna Ebsworth