



a manicure with... Kim Kardashian

It's rare for Kim Kardashian to get a day off. When the 29-year-old Californian socialite and TV personality isn't dancing with the stars, she's making cameos in movies, producing fitness DVDs, developing beauty products and starring alongside her family in reality show *Keeping up with the Kardashians*. It's no wonder she breathes a sigh of relief when she settles into the chair for a manicure during a trip to the UK to promote the show's fifth season. While getting her nails done the dark-haired beauty – who has dated sports stars Cristiano Ronaldo, Reggie Bush and Miles Austin – tells HELLO! why she's happy being single and how she's not panicking about turning 30.

Q: Do you enjoy being pampered?

A: Oh my God, I love being pampered. I get a manicure and pedicure once a week and if I find myself with a day with a little time off I'll get a facial or a massage.

Q: What's your idea of ultimate relaxation?

A: Going on a vacation somewhere tropical, not making any plans, sleeping in as late as I want and just seeing where the day takes me.

Q: Do you find it easy to switch off?

A: Absolutely. My body always tells me when I need to relax – I start to feel a little bit ill through overwork and that's the sign that I need to slow down.

Q: What's your beauty regime?

A: In the morning it's the usual thing of getting up, brushing my teeth, and using moisturiser from my PerfectSkin line. I developed the skincare line because I'm one of those people who gets up and rushes out the door so I needed something fast and effective.

Q: And how about fitness?

A: I do what I can to stay in shape so I work out a lot. I run on the treadmill and I lift weights. Watching what you eat is the key, but that's hard for me. I like cookies and ice cream too much and avoiding having too many, that's the problem. I don't drink alcohol too much – I'm a lightweight. My favourite drink is a White Russian but I only

I love wearing make-up, I love getting myself ready for a day or night out. But every once in a while if I'm home I'll just put on a robe. I have so many robes to choose from – everything from gorgeous long, soft and fluffy ones to short, sheer ones.

Q: Are you a homebody or are you happy living out of a suitcase?

A: I adore being at home, but there's something wonderful about staying in hotels. I'm such a neat freak so to have housekeeping tidy up every day is fabulous. Room service is also fantastic – you can get anything you want whenever you want it, which you can't do at home.

Q: Does being filmed for *Keeping up with the Kardashians* ever feel like an intrusion?

A: They're pretty good at giving us our space and I've never felt the need to say: "Turn the cameras off, I need a me moment."

Q: Is there anything you wouldn't do on camera?

A: I admire [my sisters] Kourtney and Khloé for being so open about their relationships, but if I'm seeing someone I like to keep mine as quiet as possible. I find it tricky dating people on the show because I can't be sure what their intentions are. Are they dating me because they like me, or do they just want to be on TV? I don't want to put people on camera if I'm not sure they're into me for me, you know?

Q: How is it being single?

Q: Would you like to settle down and have a family some day?

A: Absolutely, when the time is right. But you do rush it – it'll happen when it happens.

Q: Having appeared on American TV ballroom dancing show, *Dancing with the Stars*, who would be your dream dance partner?

A: Probably Prince. He's an amazing mover as a musician. He's small, I know, but then I'm only 5ft 2in myself. He's such a genius that I'd probably be starstruck, though.

Q: How do you feel about your impending 30th birthday in October?

A: It's bittersweet for me. You think of turning as getting old and being an adult, but then I don't feel old so why freak out about it? I'll be celebrating with a party in Las Vegas, as I always do.

Q: What's the stupidest rumour you've ever heard about yourself?

A: There are so many. Often it's that I'm dating this or that person when I'm not. It's also been claimed I've had butt implants, which isn't true of course. There are so many crazy rumours, I try not to pay attention to them.

INTERVIEW: SIMON BUXTON
PHOTO: IAN JONES

Keeping up with the Kardashians is on E!, Sundays at 10pm

Nailing it

Kim is pictured with a manicurist from Return to Glory – London's largest home-visit beauty and massage company. The network across London and parts of the South East, delivering beauty treatments, massages, therapies and hair and make-up for an