



PROMOTED CONTENT

LA MER

# UNDER THE SKINCARE

*Why age is nothing but a state of mind*

Actress T'Nia Miller talks to Rosie Mullender about embracing her inner child - and how curiosity keeps her young

“What’s important isn’t your age but how you feel in your skin.”

Dress, Simone Rocha.  
Jewellery, Miller’s own



So far, T’Nia Miller has packed a lot into her life. A mum of two, the actress powered through young motherhood while honing her craft, transforming from a budding thespian who lived off packet noodles to a star of major TV dramas including Russell T Davies’s *Years and Years*, Netflix’s *Sex Education* and Apple TV+ sci-fi epic *Foundation*.

Through all her struggles and successes, Miller has somehow maintained the glowing complexion of a twentysomething, which she looks after with the help of La Mer skincare. Although her age isn’t public knowledge and, she believes, that particular number should be irrelevant for all of us.

“In Western culture we revere the young, but I don’t understand why we have this need to constantly aspire to look like we’re in our twenties,” she says, shaking her head. “Quite frankly, you know sod all when you’re young. In African and Eastern cultures, it’s the elderly who are revered, because they have wisdom.

“I’m from a strong line of matriarchs, and I remember being young and looking forward to getting old and developing those strong lines and white hair. There’s something quintessentially beautiful about that to me. Ageing is a privilege, so we should celebrate it more. What’s important isn’t your age but how you feel in your skin.”





Miller hasn't always loved the skin she's in - "I grew up thinking I was butt ugly, and it wasn't until I was about 23 that I embraced my looks" - but she's recently begun to take better care of it, after years of neglectful hydration and falling asleep in her make-up.

Shoes, Jimmy Choo. Dress,  
earrings and ring, all Miller's  
own

Today, she helps keep her enviably taut skin looking luminous with a twice daily skincare regimen featuring La Mer's The Treatment Lotion, The Concentrate, The Eye Concentrate and the classic Crème de la Mer.

"How I approach my skin has changed as I've grown older, because when I was a kid I just thought: OK, let's put on all the products and all the make-up," she says. "But now, it's about paring back and taking care of my skin - because it's got to last a lifetime, right?"

"I tell my daughter: 'Don't do what I did. Start looking after your skin now, while you're young.' And she's actually better at that than I am now. I'll be half asleep and have to force myself to go through my routine, but it's the first thing she does when she comes home."



Your inner child will keep you young for ever.  
And inside, I feel like a five-year-old



Shirt, Zara. Trousers, Cos.  
Shoes and earrings, both  
Miller's own

And does her daughter enjoy using Crème de la Mer as much as T’Nia does? “We share everything – and judging by what’s left in the pot, yes!”

Although Miller’s new skincare regime keeps her feeling rejuvenated, she firmly believes that beauty begins from the inside, and that the secret to ageing well is all about a positive attitude. It’s an approach that clearly works: a vibrant, constantly moving presence, she dances her way through our photo shoot, frequently deploying her generous, throaty laugh.

“The secret of not caring about getting older is living in the moment, and having a whale of a time,” she says. “Your inner child will keep you young for ever; and inside, I feel like a five-year-old. When you approach life like a child, nothing’s taken for granted and everything feels new. Staying in that place – of innocence and appreciation – and continuing to explore keeps you youthful.”

It’s an approach, Miller says, that helps her find the positives in every day and makes her grateful even through the bad times.

“Ultimately, age is nothing but a state of mind,” she says. “We all have bad days, but when I’m at my absolute worst, I tend to say: ‘Today is the best day.’ We only have this moment, this breath, so we should always try to see the glass as half full, if not full to the brim. And sometimes my cup runneth over. Because even when things are hard, what can you do but go to bed smiling?”

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