



PERFECTLY IMPERFECT

Actress T'Nia Miller talks to Rosie Mullender about taking sartorial risks, family and redefining the rules of beauty

Sitting back in a chilly but sun-infused south London garden, T'Nia Miller looks striking in a patterned Y.A.S shirt and clashing vintage tie. The look is topped off with a sleek black coat from her wardrobe on the drama *Years and Years*, and accessorised with a slick of mascara, a nude matt lip and glowing skin – which, she says, contributes to her sense of style as much as the clothes she wears.

“I might choose one piece of clothing, like a great pair of shoes, and build that day’s outfit around it,” she says. “When it comes to beauty, the same goes for my skin. I’m not about labels – the majority of my clothes come from charity shops and cost £5 – but then I also have some that cost hundreds.

“As long as the look works, that’s all that matters. I see a good-quality skin cream as the equivalent of a statement piece of clothing. It might cost a bit more but you need to

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invest in the areas where it’s important – on an average day my “make-up” look is just Crème de la Mer and some earrings.”

Despite the luminosity of her skin – which, for all her claims of emerging laughter lines, looks flawless close up – Miller, who can currently be seen in the epic sci-fi series *Foundation* on Apple TV+, is a recent convert to a skincare regime.

“It’s a very new thing,” she says. “I was a bit of a tequila-drunk, falling asleep in my make-up kind of girl. But I’ve discovered that taking my make-up off gives my skin a massive boost, as does using a really good moisturiser. I also spend 10 or 15 minutes on pampering in the mornings and evenings, because it’s not just about the skin care – it’s about taking time to look after yourself.

“The confidence a bit of self-care gives you extends into the rest of your life. When you step out of the house feeling good, it impacts on the kind of people you meet that day. It’s so important to invest that time in yourself.”

Miller’s pared-back style of beauty was almost accidental. Shaving off her relaxed hair in her early twenties with the intention



This page Jacket, Richard Quinn. **Opposite** Taffetta and lace dress, Fyodor Golan. Earrings, Miller’s own. Bracelet, stylist’s own

of growing it back naturally, she fell in love with her new look. Today, it’s part of what makes her fashion choices speak a little louder. “Suddenly, there was nothing to hide behind,” she says. “There’s something empowering about having no hair and saying, ‘Here I am, warts and all – now you can see me.’”

Despite being a mother of two, and her growing career portfolio, Miller’s eclectic style hasn’t moved far from her younger days, when she would adapt the latest fashions to suit her style using a pair of scissors and a laissez-faire attitude.

“I come from a family of tailors and dressmakers so I was able to experiment with fashion,” she says. “Starting out in acting, I was poor and didn’t have anywhere to wear my best clothes, so I’d sometimes take my children to school wearing a big Ascot hat and a ballgown. My son would be mortified; if my look has evolved, I’d say it’s been toned down since then. But I still see fashion as art.”

As well as allowing her style to shine, Miller believes a minimalist make-up look is about being honest, both with herself and with other people.

“I’m not one to use filters on social media, because they give young people a false idea of perfect beauty,” she says. “I prefer to say, ‘This is me, including my flaws.’ When your confidence grows, you can aspire to be whatever you want to be. You’re perfectly imperfect – and when it comes to beauty that, to me, is perfection.”

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