THE TV PRESENTER, RADIO HOST AND MODEL, 48, HAS STARRED IN I'M A CELEBRITY! AND STRICTLY COME DANCING.

What scares you?
Losing people I love.

What’s your favourite word?
Eclectic. I like the way your mouth has to articulate the word - and I like the meaning.

What’s your worst habit?
Starting things and not finishing. I’ll be excited about cleaning out a cupboard, then I’ll get bored and start on a bookshelf!

Who is the love of your life?
My fiancé George [Smart, 40, creative director and entrepreneur] and my nieces and nephews bring me so much joy.

What’s your experience of grief?
I suffer badly with it. I’m thinking of my grandparents’ deaths in particular.

Who makes you laugh the most?
George and my seven-year-old niece Willow. She’s absolutely bonkers.

All-time favourite movie?
Almost Famous. It was Kate Hudson’s breakout film and it’s got the best soundtrack. It reminds me of one of my best friends in America.

Favourite TV show as a child?
Top of The Pops. I loved it for years and then went on to host it [in 2002].

What’s your earliest memory?
Being at a wedding when I was two or three, and never wanting to go home. I was bouncing around like a Duracell bunny.

Have you ever said I love you and not meant it?
Yes.

If you could travel back in time, where would you go?
I’m a hippy at heart, so the ‘60s and ‘70s. There were amazing bands such as The Doors and it looked so much fun.

What song would you play at your funeral?
Prince’s Let’s Go Crazy or 1999. Something fun and uplifting to summarise my life.

Do you have a party trick?
I do a cheeky tap dance!

The Final Say: Lisa Snowdon

‘I wish I hadn’t dated certain people’

Lisa with fiancé George Smart

How do you relax?
I put music on and cook or I’ll have a bath with candles and aromatherapy oils.

What’s the worst pain you’ve ever experienced?
When I had meningitis, the head pain lasted three weeks. I was in agony.

What’s your greatest achievement?
Having a career that’s spanned more than 30 years that I still love.

What do you think happens when you die?
I think your spirit is still around. The energy we have must still exist in some way.

Who’s your celeb crush?
Jodie Comer in Killing Eve. I love her character in that.

What don’t you leave the house without?
A product called Moon Mist. It’s an aura spray with aromatherapy essential oils that my friend Paolo makes when it’s a full moon.

What are your best and worst qualities?
I’m thoughtful, generous, loving and kind - but I’m negative and critical about myself.

What’s your biggest regret?
Sometimes I wish I hadn’t smoked or dated certain people, but it’s done now. Regret is a wasted emotion.

Find Lisa’s Self Care Sunday Series @Lisa_Snowdon #SelfCareSunday and Youglow-girl.com.

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