

# Dannii Minogue

## “I wasn’t good enough for *Young Talent Time*”

The singer, mother and queen of TV talent shows sits down with **Sheree Mutton** and explains why, at 45, she is embracing a new chapter in her life.

**S**he first appeared on our television screens at the age of seven, before signing a record deal in her teens. Since then, Dannii Minogue has carved out a successful career both here and in the UK. Now back in Australia, the younger of the Minogue sisters reveals all about growing up in the spotlight and why her hair is not the only part of her life that has undergone a change.

**It takes a lot of hard work to have longevity in the arts industry. Are you happy with where you are now?**

Yep, I am. It's nice to be able to use all of my experience and put it to use. *The X Factor Australia* was great because I got to mentor people and put that knowledge into it. And coming up are the *TV Week Logie Awards*. I'm going to be judging and mentoring nominees for Most Outstanding Newcomer and also mentoring the Best New Talent nominees. I'm excited about that. I don't know what they want to ask me, what they want to know or how I can help them, we'll just go with it. I get

nervous some days thinking about what's going to happen, but the good thing with age and experience is you can move into new phases. I wouldn't have been able to do that before.

**Do you feel that you work well as a mentor because you started out in a similar way on *Young Talent Time*?**

I know what it feels like to be up there. I love the psychology of what it takes to get on stage. It's a strange job some days. It's so rewarding when you give them direction that works. You see the joy. I love it.

**What has been the greatest moment in your career?**

Oh, it's hard to put it down to one thing, but back in the day, getting chosen to be on *Young Talent Time* was the one. I definitely wasn't good enough to be on it. I shouldn't have been chosen. There were all these kids that could sing and dance way better than me. For Johnny Young to make that decision, it was absolutely life-changing. From then on, of course, you have to make your own luck and work hard, but it kind of shouldn't

have happened, but it did. Every time I see him, I'm like "thank you". I've had the best fun and such a great life. This is what I love doing and if I didn't do this as a job, I would be doing something creative, but thankfully, I was lucky enough.

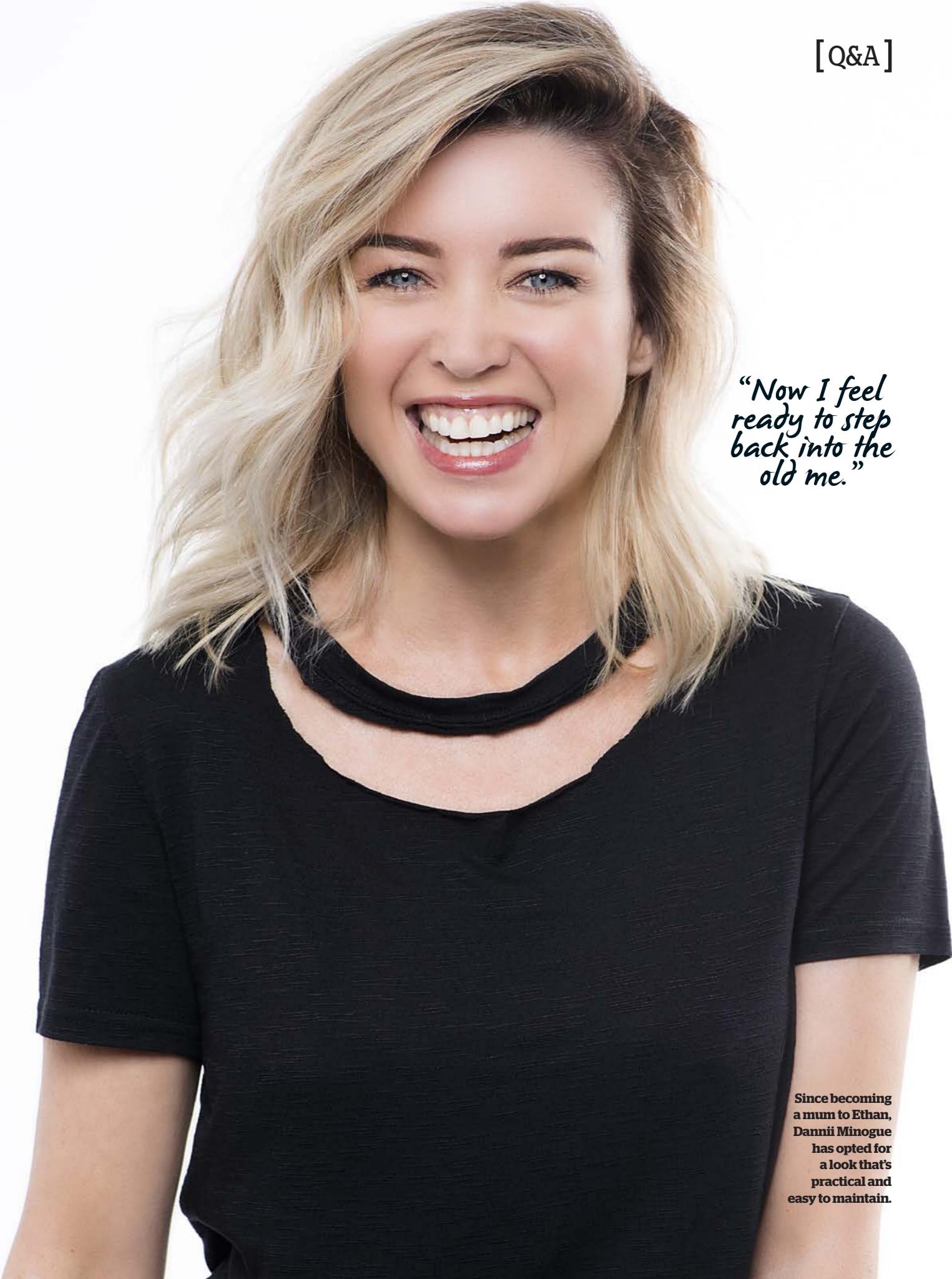
**You have been open in the past about having Botox. What are your thoughts on cosmetic procedures?**

I think it's a personal choice. I don't think anyone is pressured to do it. There's a lot of talk about it because [people are] interested. It's about why you want to have it done. Is it for ageing or stress or realigning your face? There are so many reasons why people get it done.

**You have spoken about being unwell after giving birth to your son. Can you explain what happened?**

I noticed a lot of hair coming out and some hairdressers I worked with said that it was normal. You retain your hair when you're pregnant, but, you know, everyone talks about the glow of being pregnant – your skin is gorgeous and you have thick hair – »

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**Since becoming a mum to Ethan, Dannii Minogue has opted for a look that's practical and easy to maintain.**

# The Dannii style file



1998



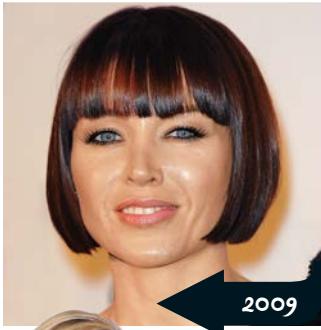
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 and then afterwards the extra hair thickness goes away. I was losing more and more, and I thought this can't be normal. I had no energy and felt very sick. The thyroid can be affected after birth – the body has just gone through so much. I had

no idea what the thyroid was, where it was, what it did or anything. I had all of these symptoms. Now I know it was clear as day and I probably should have been able to diagnose it earlier. I was always very cold, my hands were like ice and I could never have enough layers on. I experienced extreme weight loss. I weigh around 50 kilograms now, but at the time, I went down to 41 kilograms. Losing that much weight and trying to pick up a child – and he was a good eater, a hefty little thing – was hard.

## You're a busy working mum with the new UK TV talent show *Let It Shine*. What goes in your make-up bag to the set?

My make-up bag is so much more minimal since being a mum. I cleaned out my cupboards at home because I just don't have the time. Anything that's really quick is good for me.

## You're famous for reinventing your look and now you're partnering with L'Oréal Professionnel Australia for the launch of its new hair colouring system, Smartbond.

### So how did you decide on blonde?

I was fully blonde in the '90s and now this is really an update or reboot on it. It is something that's a bit different and probably a bit more practical being a mum. The darker roots give me a chance to maybe stretch out the visits to the salon. When you are running around after a child, you can't always do those things for yourself that you want to do.

### Were you ready for a change?

I was ready for it. There was a lot that I put aside when I had my son [Ethan, six, with former partner and model Kris Smith]. You can't wear earrings for ages because babies pull at any jewellery you have on. I was doing my work, but I wanted everything to be low-maintenance. I see some mums do it and keep up the beauty stuff, and I think, "How can you do all of that?" It just wasn't for me. I had to take a step back. I got him settled into school last year. I wanted to get my head around that and now I feel ready to step back into the old me. I was always very adventurous with my hair – I probably tried too much – I had it shaved at the sides, shaved underneath. Because my hair grows fast, I would try whatever. **AWW**