

Celebrity Interview: 'The Real' Co-Host Jeannie Mai Shares Recycling Tips and Beauty Advice



Interviewed by [Lori Bizzoco](#). Written by Meranda Yslas.

We all know that, when we take care of ourselves, it not only makes us look good, but it makes us feel good too. And if you're single and looking for that special someone, that positive attitude and glow will project in everything you do. In our [celebrity interview](#) with *The Real* co-host, fashion expert, and reality TV star Jeannie Mai, she explains the importance of taking care of our planet by recycling and shares her best beauty advice for summer date nights.

Reality TV Star Jeannie Mai Talks About the Importance of Recycling

Mai isn't just promoting recycling for the sake of it; she's married to hunter and conservationist Freddie Harteis, who stars in the reality TV show, *The Hollywood Hunter*. Giving back by recycling and helping to keep our land beautiful and healthy for generations to come is something that is very dear to the celebrity couple. This beauty guru says that, for many, recycling means just throwing their cans in a separate garbage bin, but there's actually so much more to it. She explains that recycling isn't only limited to the kitchen, saying, "Most people do know that you can recycle – that's fair bones. But other people don't realize you can recycle many things that happen to be in your bathroom. Today, most Americans have at least eight bottles of plastic in their bathroom." All that plastic could be used and recycled in many different ways, but unfortunately, it's ending up in the trash.

The reality TV star goes on to say, "I think that, once people are educated about it [recycling] and when they see the difference it makes, when they see what it does to relieve the amount of waste in the landfills, it will make people feel differently," she shares. Mai goes on to explain that "there are 29 million tons of plastic that end up in landfills every single year, just because we're not aware."

Related Link: [Celebrity Couples Saving the Earth](#)

Beauty Advice for Summer Date Nights

As host of the Style Network's *How Do I Look?* and digital correspondent for NBC's *Fashion Star*, Mai not only knows how beautiful it is to recycle, but she knows what women can do

to look their best when it comes to date night too. Here, she gives us her best three tips:

1. Take care of your skin: “When it comes to the way that you feel and the way that you look, your skin is everything,” she says. “It’s what your guy feels; it’s what he’s looking at; and it’s the way that your expression glows on top of the beautiful skin on your face.”

2. Consider the lighting: The daytime host warns, “God knows what kind of lighting you’re going to walk into in that coffee shop or restaurant or wherever you’re going to meet your guy! So I always focus on having a good highlighter. I love a good powder that’s a little pigmented, like either a gold or a tawny bronze, just to highlight the planes of your face so that your skin shines and has that luminescent glow.”

3. Create angel eyes: “Take a quarter-lash and just stick it on the very ends of your eye lashes so that your eyes project a beautiful, soft bedroom eye,” the beauty expert explains. “It’s super easy, and you don’t need much makeup at all to apply them.”

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When Mai isn’t out recycling or working on her fashion segments, she is one of the five hosts on the talk show *The Real*. “Every single day before the show, we pray that the women who are watching feel like we are their girlfriends,” she reveals in our celebrity interview. “It’s loud; it’s exciting; it’s energizing; and it’s funny.”

The other hosts are celebs Tamar Braxton, Tamera Mowry-Housley, Loni Love, and Adrienne Bailon. The *Fashion Star* correspondent shares, “I’m learning something new about the ladies everyday. These ladies are ladies I want to know and

learn more about. I want to become more like them in different ways. It's so cool to be a part of a group of women that are just awesome in every way."

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It's not surprising, then, that Mai has created strong relationships with her fellow co-hosts. "I'm close to all of them for different reasons. If I want to talk about spirituality and motherhood or if I have questions, Tamar and Tamara are really helpful to me. Tamar also helps me to stand up for myself. Sometimes, I have problems voicing my opinion if I'm afraid it's going to hurt someone's feelings. She helps me with that – to be able to just be real and know that it comes from a good place," she candidly says. "Lonnie helps me laugh; she makes everything brighter every day. Adrienne is that girl who teaches me to have fun and party and have a good time because she does that all the time."

To get people more conscious and excited about recycling, Mai is promoting a giveaway hosted by Unilever. To enter the giveaway, contestants just have to take their picture and post it on Instagram or Twitter with the hashtags **#reimaginethat** and **#sweeps**. "All they have to do is take a picture of how they recycle," she says. "It can be in their bathroom – that's where I took mine that I put up on Instagram. It can be anywhere – by your recycling bins or by your plastic containers."

To keep up with Jeannie Mai, you can follow her on Twitter @JeannieMai. For more information regarding the giveaway, check out Unilever's website, <https://brightfuture.unilever.com/>.