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Rebecca Hall on "The Beauty," Baths, and the Best Beauty Advice She's Received

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THE ONE THING

*Our series **The One Thing** is a Sparknotes version of the products, rituals, and moments your favorite celebrities and influencers swear by —their go-tos, must-haves, and can't-live-withouts. So go ahead—take a*

brief, intimate peek into the lives of your favorites through the things (and people, and moments) they hold dear.

We've all heard the phrase "beauty is pain" at least once in our lives, but in true Ryan Murphy fashion, the director and producer amplified that message to fit his new horror thriller, *The Beauty*, on FX. The show follows FBI agent Jordan Bennett, played by Rebecca Hall, as she investigates a series of high-profile, gruesome deaths in the fashion world. We're talking twisted (literally) glow-up transformations and women exploding on the streets of Paris, all caused by a mysterious STI.

Although *The Beauty* focuses on the horrors of beauty, we caught up with Hall in between travels to talk about the beauty world in a much less chaotic and dangerous manner. Touching on topics of career, lifestyle, and self-care, we got the details on how she approaches each of those areas in her life. Keep reading to learn what practice helps with her insomnia, her life as a bona fide bath person, and the one beauty product she'd mourn if it were ever discontinued.

The One Word to Describe Her Relationship to Beauty

"Living. As in it's alive and changing, and I'm responsive to it."

The One Thing She'd Tell Her Younger Self

"Start [meditating](#). It's taken me until my forties to have a regular meditation practice. As a lifelong insomniac, I wish someone had told me to do this a long, long time ago. I do TM. It's not for everyone, and I would never force anything on anyone, but that said, everyone should probably meditate in some way. So yes, I am forcing it on everyone."



Rebecca Hall standing outdoors with a cityscape in the background

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The One Piece of Advice She'd Give to Her Character On *The Beauty*

"Don't sleep with him."

The Beauty Product She'd Mourn If Discontinued

"There was a red-brown Givenchy eye pencil that I mourned. I grieved hard. For a minute, I realized you could still get it at the duty-free counter in Heathrow, and I think I personally exhausted the remaining supply. Thankfully, [Victoria Beckham](#) makes an almost identical one. If that goes, I'm in trouble."

The One Song She'll Never Get Tired Of

"Peggy Lee singing 'Baby's First Morning' from *Lady and the Tramp*, for very personal reasons to do with my daughter."

Her Go-To Self-Care Ritual

"I am a [bath taker](#). I love [baths](#). I like reading in the bath. I like thinking in the bath. Musing. Resetting. The ritual goes: Turn everything off. No phones, no podcasts, no music. Candle on. [Dry brush](#) (I like the one from [Higher Dose](#)). It's the supercharged copper body brush. I'd also like to have their [infrared sauna](#) in my house one day. It's my dream to incorporate it into our current house renovation. Luxurious bath oils (probably something from Kindred Black or a really good lavender oil) followed by equally luxurious body oils from Kindred Black. I also like to meditate on my PEMF heat mat. I think I must run cold. Most of my self-care rituals involve getting extremely warm."

How She Got Into Character for *The Beauty*

"I got the extra-large [LYMA laser](#). I got permission from Ryan Murphy to be myself for this one, so I didn't do too much getting into character. But good skincare never hurts."



Rebecca Hall standing in a stylish outfit in an indoor event setting with other attendees in the background

The One Thing She Always Travels With

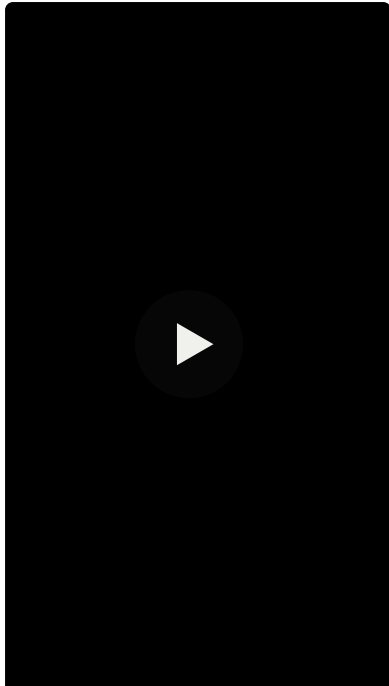
"Aside from a toothbrush, my Lyma laser and the [MMSkincare](#) [MMSphere2Go](#) are always with me. They're different gadgets that do different things, but together they keep my face in fighting order despite inevitable bouts of jet lag."

The Best Piece of Beauty Advice She's Ever Received

"Be careful with [exfoliation](#). I used to think the more I attacked my skin, scrubbing it to within an inch of its life, the more likely some peachy fresh baby skin would emerge. Actually, my [skin barrier](#) is delicate, and building it up has done better for me recently than breaking it down. I recently discovered this Australian brand, [AMPERNA](#). They focus on building the skin barrier with a concoction of post-biotics, whatever those are, but I'm all about it."

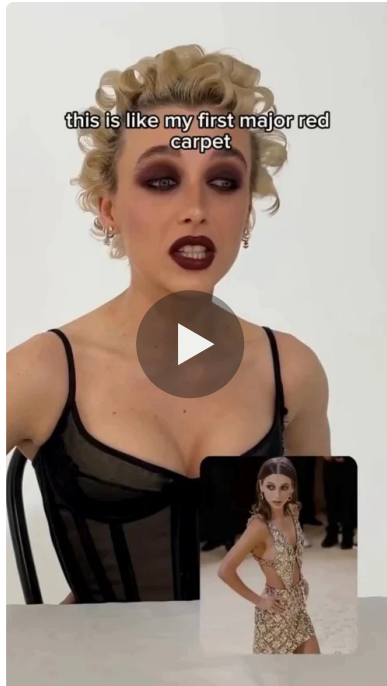
What She Loves Most About Her Job

"Genuinely, all of it."



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