People, Thinking, Beautiful, Important, Fun, Workout, Home, Work Out, Hair, Secret, Fashion, Years, Night, Way, Morning, Girl, Yoga, Personality, Matter, Special

Sexiness is all about your personality, being genuine and confident, and being a good person.

~Erin Heatherton

I have way too many candles. Theres always a candle burning at home.

~Erin Heatherton

Photoshop makes things look beautiful just as you have special effects in movies. It's just a part of life.

~Erin Heatherton

My favourite beauty look is definitely '70s beauty - sun kissed skin, wavy hair and defined eyes.

~Erin Heatherton

I actually wear two fragrances. It's a layered mystery.

~Erin Heatherton

I always love a side of guacamole with everything.

~Erin Heatherton

My interest in fragrance is really a personal thing. I've always gravitated toward them and appreciate the subtle, meaningful way they express who you are.

~Erin Heatherton

I love the responsibility of being a Victoria's Secret spokesmodel. It's a great life skill.

~Erin Heatherton

I don't think people should confuse fantasy and reality because no one is perfect - we all know that.

Inner beauty radiates from within, and there's nothing more beautiful than when a woman feels beautiful on the inside.

~Erin Heatherton

Even if you don't have time for a big workout, stretching in the morning and night really changes your body.

~Erin Heatherton

I'm gluten free, but that still allows me some chocolate!

~Erin Heatherton

Fragrance for me is never after or only, it's everything. I am a fragrance connoisseur.

~Erin Heatherton

I've met some of my best friends in the world working for Victoria's Secret.

~Erin Heatherton

Rest is the best thing for your body rather than working out or dieting. Sleep can change your whole metabolism, so it's my number one priority when it comes to looking good.

~Erin Heatherton

I get so busy that I forget to eat, and that's really hurt me in the past. I gained weight from that.

~Erin Heatherton

I definitely only want to do charity work that I'm hands-on involved in. I don't want to get a dress on and go to a stupid event.

~Erin Heatherton

I love just going into stores and testing fragrances. The smell of a fragrance is kind of like hearing a song, it makes you feel something

that's really unique to you and can be quite exciting.

~Erin Heatherton

I make sure the foods I eat will benefit the appearance of my hair, skin and nails.

~Erin Heatherton

Healthy body image is not something that youre going to learn from fashion magazines.

~Erin Heatherton

If you work hard and you do your best, you can do anything.

~Erin Heatherton

I can't maintain the body of a 16-year-old anymore. That's just a really boring life to me. You really just cannot do anything fun, ever.

~Erin Heatherton

The most important thing for staying in shape is having fun with your workouts.

~Erin Heatherton

You can put in a curl or put on a lip color or mascara, but the important thing is that the health of your skin and hair is shining through.

~Erin Heatherton

The thing that motivates me most in my workouts is when I can learn something new.

~Erin Heatherton

After I workout I always wash my face. It's important to keep your pores clean after a good sweat.

All my makeup tricks are from modeling jobs! It's my favorite part of the job - learning new tricks!

~Erin Heatherton

There is just something about starting your day with something luxurious like a bath.

~Erin Heatherton

Coming from an athletic background, the scientific aspect is a really big part of understanding beauty and how the body works.

~Erin Heatherton

Definitely, starting my own brand would be really exciting.

~Erin Heatherton

I love to exercise because I grew up always playing sports - almost everyday. It's big part of my identity, a time when I can connect with my body, and block out the rest of the world for a while.

~Erin Heatherton

The short amount of time I'm out on the runway is like going on a rollercoaster. It's such a happy, exciting feeling. I'm more like a racehorse ready to go - I just want to get out there.

~Erin Heatherton

Perfection is really boring!

~Erin Heatherton

It's important to be fit, but you shouldn't get too skinny. You need to have curves.

~Erin Heatherton

People like to be around those who give off positive energy.

I am genuine, fun and passionate.

~Erin Heatherton

I shopped a lot on 1stdibs.com when I first started modelling. Just whenever, I've always been on and bought all my furniture on 1stdibs.com.

~Erin Heatherton

I swear by my Clarisonic Mia 2! I use it every morning when I wake up and every night before bed.

~Erin Heatherton

It's really not important what my personal life is.

~Erin Heatherton

I need to pay people to make me work out, or I wouldn't do it.

~Erin Heatherton

I never thought I was cute, ever.

~Erin Heatherton

I love going on dates and talking.

~Erin Heatherton

I love doing my own make-up.

~Erin Heatherton

I love being in Chicago.

~Erin Heatherton

I like to work hard and see the results of my hard work.

~Erin Heatherton

I had a boyfriend for a long time and I've never really been single as an

adult.

~Erin Heatherton

I can shoot a basket pretty well.

~Erin Heatherton

Being yourself is very sexy, you know?

~Erin Heatherton

I love lipbalms in general; they're very important!

~Erin Heatherton

I really believe in less is more. It's more sophisticated to look look and fresh and make a statement in one place.

~Erin Heatherton

Music is definitely my mood master. It's a must have for me on set, and in my life to inspire and motivate me.

~Erin Heatherton

Goldie Hawn has always been a beauty and fashion icon to me. She radiates joy and infuses beauty into everything through her smile and spirit. She is a great example of what real beauty means to me.

~Erin Heatherton

Rome is one of my favourite cities in the world.

~Erin Heatherton

Rudeness, I think, is the worst.

~Erin Heatherton

'Summer Heights High' is one of my favourite shows of all time. I'm obsessed. I re-watch it all the time.

I played sports growing up in high school.

~Erin Heatherton

At home, I don't like to be just sitting around; I like to go out and do things. It's when I'm the happiest.

~Erin Heatherton

As a model, you're such a gypsy, so that 'home' element is kind of taken from you.

~Erin Heatherton

I work out twice a day, once in the morning and once before bed. I'll start with half an hour of running and then some yoga to stretch everything out so everything is warm.

~Erin Heatherton

I think that, like any art, fashion is about expression. It allows you to express yourself and your identity through what you choose to wear.

~Erin Heatherton

I love seeing new places and meeting new people. I'm sort of addicted to traveling.

~Erin Heatherton

A mistake a lot of girls make is that they work out but don't eat enough. If you're not eating enough, all the work outs are doing, it's not going to show.

~Erin Heatherton

You really dont need to wear any make-up most of the time; keep your eyebrows the way they are, and find your own natural beauty signature.

I always stay active, even if Im on vacation.

~Erin Heatherton

My style is simple, kinda girly, but with a bit of an edge.

~Erin Heatherton

Australian people are dope. They're so fun. They want to just have a good time, and they have a great sense of humour.

~Erin Heatherton

Backstage at the Victoria's Secret show is pure madness. Big personalities, big hair, and tons of press.

~Erin Heatherton

I modeled for 4 years before I felt like I had my big break.

~Erin Heatherton

It doesn't matter if you are model or not; confidence is something that comes from inside.

~Erin Heatherton

I think a lot of women have back problems.

~Erin Heatherton

I think New Orleans is the best city in the United States.

~Erin Heatherton

I think there's something special and timeless about girls getting ready together.

~Erin Heatherton

I'm a homebody, but I make people come to me, like, 'Everyone just come over, and we can have fun at my house.' I love to entertain.

I've worked for years with Michael Kors, and he's just like this funny, charismatic guy.

~Erin Heatherton

I use Rodin Luxury Face Oil at night, and it keeps my skin hydrated and refreshed for the day - not tired from all the makeup.

~Erin Heatherton

I've been to Australia several times, and I just like the earthiness; it's part of the culture. That's a really good vibe to be around.

~Erin Heatherton

I work out at least 5 times a week.

~Erin Heatherton

Life would be pretty boring if we didn't have vices.

~Erin Heatherton

Ballet Beautiful is really good for me, and it doesn't hurt my back, and it's a way for me to kind of get my heart moving and tone every part of my body.

~Erin Heatherton

I actually have a little routine I do before every shoot. I put a face mask on before bed and make sure I go to sleep early. Then, I get up early and make myself breakfast and get in a workout.

~Erin Heatherton

I love to learn, and Victoria's Secret has given me more opportunities than I ever thought possible. I like doing things that scare me - I've learned never to doubt myself.

~Erin Heatherton

I went to a private Jewish school before high school, and a lot of the

kids had beautiful homes, but my parents don't really care about those kinds of things.

~Erin Heatherton

It's people's own prerogative to be able to look at something and know the difference between 'this is what someone looks like with make-up on' and 'this is what they look like in real life.'

~Erin Heatherton

My favorite memory from school was going to football games with my friends. We always had so much spirit and dressed up to go to the games, even though our team was pretty bad.

~Erin Heatherton

Working out gives me the opportunity to let go and listen to my music; it's a big stress reliever.

~Erin Heatherton

Love yourself no matter what!

~Erin Heatherton

My best friend is Lily Aldridge. Her daughter's my godchild.

~Erin Heatherton

People should embrace themselves.

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