



Lisa Snowden

CELEBRITY · MEDIA PERSONALITY

Fashion expert, TV presenter, and wellness advocate with a vibrant media career



About:

- **Gender:** Female
- **Nationality:** United Kingdom
- **Languages:** English
- **Travels from:** United Kingdom

Engagement Types:

- Awards Hosting
- Event Hosting
- Moderating and Emcee

Topics:

- Health & Wellbeing

Podcasts:



[Get Lifted with Lisa Snowden](#)

Biography Highlights

- **Television Presenter:** Known for hosting shows like Britain's Next Top Model and This Morning.
- **Fashion and Beauty Icon:** Former model with a deep expertise in fashion, beauty, and lifestyle
- **Wellness Advocate:** Passionate about promoting health, wellbeing, and positive body image across various platforms.

Biography

Lisa Snowden - one of the nation's best loved radio and TV presenters.

Lisa is fashion correspondent on ITV's This Morning, giving the nation fashion tips and tricks each week. Previous TV credits include being crowned as the Celebrity MasterChef Champion, along with being a head judge and host of Britain's Next Top Model on Sky and co-host of Weekend Kitchen with Waitrose, which aired on Channel 4.

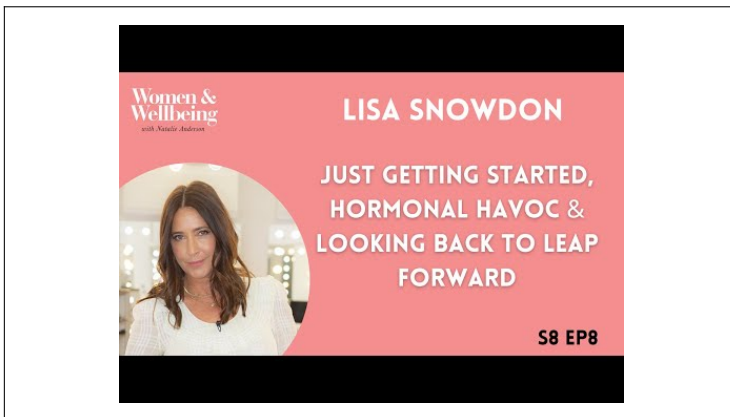
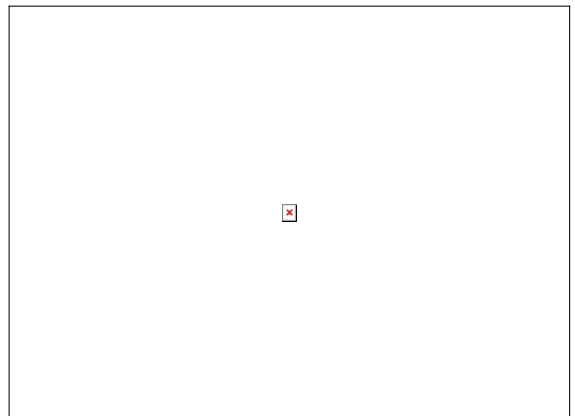
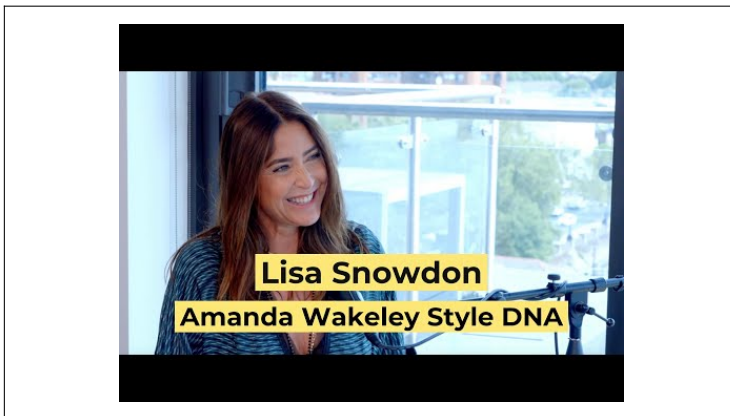
Lisa is a huge menopause advocate, breaking the taboo about discussing the Menopause and turning 50. She co-hosts a weekly educational series on her Instagram, 'Midweek Menopause Madness'.

Lisa released her debut book, Just Getting Started: Lessons in life, love,

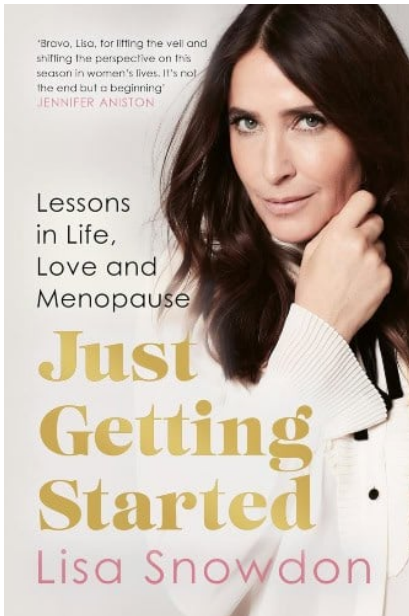
and menopause in 2023.

She has fronted a handful of successful campaigns across the fashion, food and beauty spaces, brands have included Debenhams, Current Body, Tesco, L'Oreal, ProCook, Vinted and Nip & Fab.

Videos



Books



Just Getting Started

Lisa Snowdon is on a mission to spread the word: growing old just means getting better! Having struggled for over a decade after starting her menopause in her early forties, Lisa Snowdon has come to realise something she wants all women to understand. This new phase of life is actually a golden opportunity: a chance to become an even stronger, even bolder you. In *Just Getting Started*, Lisa will support you through the life stages, from fertility to pregnancy, menopause and beyond. By being patient, kind and open-minded, by learning and listening to what your body needs, you too can make it through the menopause with a smile on your face. With no subject off-limits, Lisa guides you through every issue she herself faced, from dealing with weight gain, fighting her hormones, reigniting her sex life and finding a renewed sense of self-love. Refreshingly intimate and hugely inspirational, this is your essential companion to embracing life and enjoying your second spring. Because, really, the best is yet to come.

[BUY THE BOOK](#)

Speaker Bureaus And Talent Agencies

Lisa Snowdon is available to book via these agencies

✔ Recommended



Speaking Agency



Speaking Agency