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SEVENTEEN

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HALE**

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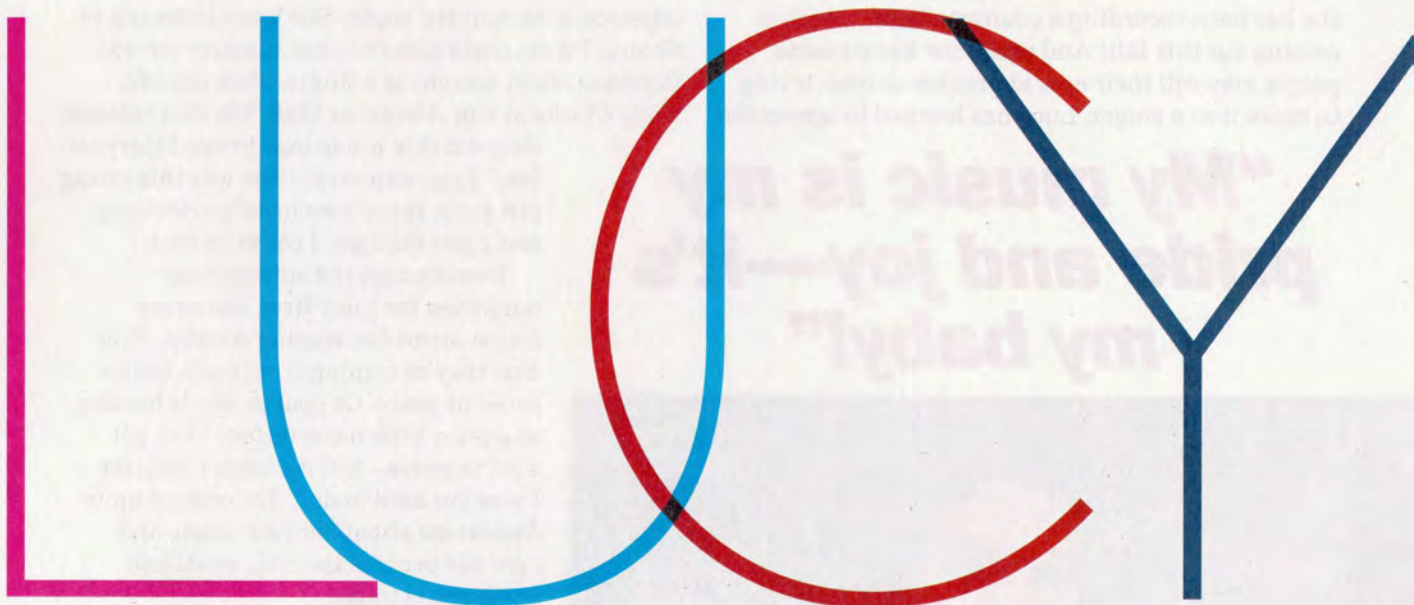
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“I’m not all unicorns and glitter.”

ON LUCY: Dress, Guess; necklace, Erickson Beamon; bangles, Juicy Couture; gold ring, Loud Love Jewelry; black-and-gold ring, Iosselliani.



Think you know the *Pretty Little Liars* star? Well, there's a whole other side she's been dying to reveal.

Curled up on the couch in a trendy Hollywood hotel, Lucy Hale looks cute and sporty in leggings, a Nirvana tee, and a green hoodie. But then she spots little drips of pink nail polish staining her shirt. “What is going on?!” she says, laughing. “I’ve always got, like, food in my hair or something.” That’s what’s so cool about Lucy: Even though her life looks glossy and fabulous from the outside, she’s willing to admit that it’s not always so perfect.

In fact, Lucy reveals that she has really struggled with the idea of being “perfect” in the past. Five years ago, the 24-year-old would go for days without eating much. “That’s how I was channeling my frustrations and insecurities,” she says. “I’m a control freak, and that amount of control felt really powerful.” But Lucy got tired of feeling crappy all the time and realized that being happy means not *always* stressing over your appearance. “I still have bad skin or hair days,” she says. “I know we always look glamorous on the show, but we are human! I never want to be that girl who seems high and mighty on this pedestal. I’m not all unicorns and glitter!”

by Amy Spencer
photographs by Matt Jones

Finally accepting the fact that no one is perfect all the time made Lucy more comfortable with herself. "I *am* way more confident now," she reveals. Tapping into her inner strength, Lucy decided it was time to reveal a side of herself that she's pretty much kept hidden up until now . . . her country side! Over the past year, when not filming *Pretty Little Liars*, she has been recording a country album, which is coming out this fall! And while she knows some people may roll their eyes at another actress trying to make it as a singer, Lucy has learned to ignore the

haters and just focus on what makes her happy. "I know there's a lot of, 'Oh, God, here goes another one,'" she admits. "But this is something I wanted to do way before I dreamed of acting. People always laughed at me because I say *y'all*. I'm a little Southern belle in L.A.!"

Raised in Memphis, Tennessee, Lucy grew up obsessed with country music. She loved listening to Shania Twain and Faith Hill, but she first started thinking about becoming a singer when she saw Kelly Clarkson win *American Idol*. "On that episode, they did this whole background story on her," Lucy explains. "She was this young girl from Texas who loved performing, and I just thought, I could do that!"

Even though the acting thing happened for Lucy first, she never forgot about her singing dreams. Now that they're coming true, Lucy feels a sense of peace. Of course, she *is* human, so she's a little nervous too! "I've got a lot to prove—but it's what I feel like I was put here to do." She opened up to *Seventeen* about her new music and how she became the cool, confident chick she is today.

17: What fun stuff can you reveal about your album?

Lucy Hale: It's something I'm really, really, really proud of. I've intentionally been quiet about it because I want the music to speak for itself. People are either going to love it or hate it. But I think that once they hear it, they'll be like, "Okay, she loves this and is serious about it." This is my pride and joy—it's my baby! I worked my butt off on it.

17: What's one of the most important life lessons you've learned so far?

LH: As a young female, you don't know who you are yet. You hate your hair, you have braces, you have bad skin, you feel fat, or you can't afford the clothes you want to wear—so you're frustrated! And I feel like girls sometimes take out their frustration on other girls. But I've learned you just have to rise above it all. If someone is rude or makes a snarky comment, I'm just like, Lucy, keep in mind they're obviously going through something, so be understanding.

"My music is my pride and joy—it's my baby!"



ON LUCY: Romper, Marc by Marc Jacobs; necklace, Dannijo; gold chain bracelet, Biko; bauble cuff, Love Obsessed; gold cuff, Sugar Scout; belt, Guess.



ON LUCY: Dress, Nanette Lepore; necklace, Elmelm; ring, CC Skye; woven and rhinestone bracelets, Gypsies and Debutantes; chain-and-thread bracelet, Biko; silver bangles, Julcy Couture.

17: So if people get rude or nasty, you really just try your best to ignore them?

LH: Well, I can be feisty. Here's the thing: I really try to be kind to everyone, but I will stick up for myself or my family. I don't scream or yell, but there is a look I get in my eye where you know I'm serious. One thing I hate is disrespect toward anyone, so I will call someone out on that. I won't be rude, but I definitely have some sass.

17: Are there still moments when you don't feel 100 percent awesome about yourself?

LH: Every day! Even this past year, I struggled with my skin. I had bad acne. I would cry because of it, and they'd have to do special lighting for me when

I was filming. It makes you appreciate the days you feel great about yourself.

17: What advice would you give other girls who want to feel more confident?

LH: Find something you love to do and put your energy into it. I love music. So when I was working on the album, I would focus on that, and before I knew it, a whole week would go by without thinking about my skin or body. There has to be one thing you like about yourself—focus on that!

17: What makes you the most happy?

LH: In the past year, I've weeded out negative people, and now surround myself only with people who are uplifting. I really am happier than ever before—I know what I have to offer and I feel good about it! I got the word *light* tattooed on my side. That's what *Lucy* means [in Latin]. I want to have a nice reputation and be kind to other people. At the end of the day, that's all that matters, so I got that message tattooed on my body! It's such a weight off your shoulders to wake up and say, "Oh, this is who I am! There's no other Lucy and that's cool!" **17**

MY FIRST...

Get juicy deets on some of Lucy's major life moments!



celebrity crush

"Zac Hanson. He's the drummer in Hanson. He was the only one who was around my age, and I liked his long blond hair."



song i sang

"'Tomorrow' from *Annie* was the first song I ever performed. My grandmother made me the Little Orphan Annie outfit, and I performed at a fair."



concert

"Britney Spears. It was her 'Baby One More Time' tour. I made a sign—it said something super-unoriginal, like 'I love you, Britney!' and I had this lime-green Britney Spears shirt and butterfly clips in my hair. I thought I looked so cute. But the outfit was awful!"

HANSON: PAUL DORN/WATER/NBC/ARCO PHOTO BANK VIA GETTY IMAGES; ANNIE: MONISTORE COLLECTION LTD/ALAMY; SPEARS: KEVIN MAZUR/WIREIMAGE

Contributing Style Editor: Mary Alice Stephenson. Hair: Campbell McAuley for Soloartists.com/Wella Professionals. Makeup: Mai Quynh for Lancôme at StarworksArtists.com. Manicure: Kimmee Kyees for Orly International/Celestine Agency.

behind the scenes

with Lucy Hale

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If she'd had a vote, Lucy totally would have taken home these six-inch-high Brian Atwood heels!

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Lucy said this style was "so her." To get it, keep hair loose and make two small braids on either side—easy!

72% OF READERS CHOSE THESE PEEKABOO BRAIDS!

get the cover look



ON THE COVER:

Dress, REDValentino; red necklace, Melanie Auld; bauble necklace, Dannijo; belt, Raina; gold bangle, Sugar Scout; chain bracelet, Biko.



blush

Mark Touch & Glow Shimmer Cream Cubes All Over Face Palette, \$16, meetmark.com

eyeliner

Mark No Place to Run Longwear Eyeliner in Indigo Girl, \$9, meetmark.com

Contributing Style Editor: Mary Alice Stephenson. Hair: Campbell McAuley. Makeup: Mai Quynh. Manicure: Kimmie Kyees. Photographs: Matt Jones.