

# The Gross, Guilty Pleasure Lucy Hale Shares With Millions Of People

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Guilty pleasures: We've all got one (or five). By [Oxford definition](#), it can be anything someone "enjoys despite feeling that it is not generally held in high regard" — which, maybe for you, means spending your entire Sunday alternating between [The Real Housewives](#) and [Keeping Up With The Kardashians](#) reruns. For [Lucy Hale](#), and millions of other people, it's [watching pimple popping videos](#).

"No one will admit that they like them, but I gladly will — I'm obsessed," she gushes over the phone while being ushered between various SXSW appearances in a packed car. "There's something so gratifying about those popping videos. [I love skin care](#), and I used to struggle with [\[acne\]](#), but they just make me so happy.

And the grosser the better!" (Heads up, [Dr. Pimple Popper](#): She will *definitely* be watching your new TLC show.)

And yes, she knows you're not supposed to, but "I pop my own sometimes," Hale admits with a laugh. "I once dated a guy where I would always be like, 'Please let me!' I used to pluck my mom's eyebrows growing up, too. I love that gross stuff."

Ahead, Hale walks *Refinery29* through her other juicy (but maybe not as oozy) beauty secrets.

### **Her Dream Job**

Despite landing a starring role in the CW's just-released *Life Sentence*, not to mention a sweet new gig with Degree deodorant, Hale does have one profession she'd like to check off her list: "If I weren't an actress, I would love to be an aesthetician," she says. "It'd be so much fun. I've been going to my facialist Molly Lucio since I was really young and she has transformed my skin. Plus I always feel the best after leaving a facial, so it would be really nice to make other people feel that way."

### **The Beauty Products She Hoards**

Anyone who knows Hale knows she's somewhat of a beauty aficionado — but it's rare for her to stock up on multiple products at once. A few exceptions? Bioderma's Micellar Water (because "I can never find it in stores so I'll buy it [online] in bulk," she says), Degree's Dry Spray in Pure Rain (which "gives women 48-hour sweat protection and has a really fresh, clean scent"), and the Biologique Recherche line. "It's this European skin-care company you literally can't find anywhere, and the products are *amaziiiiing*," she says. "I was just in New York and bought three of everything."