

Amanda Holden says she'll 'let herself go' at 70 - and will never 'lose her sexuality'

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Amanda Holden has revealed that she plans to "let herself go" at 70 - but vowed she'll never "lose her sexuality".

The 50-year-old loves to keep in shape and is not afraid to show off her hard work in risque outfits.

Amanda Holden has revealed she'll allow herself go to "seed" at 70

The radio presenter has admitted she'll never "lose her sexuality"

And it seems like she doesn't plan on stopping any time soon.

Amanda said: "I'm going to allow myself to go to seed at 70.

"Chris and I say we'll just eat and drink what we want and not care.

"But probably you and I will meet then and I'll say, 'No, it's going to be 90!'"

She confessed that the likes of Kylie, Jennifer Aniston, Sharon Stone and Jennifer Lopez are her inspiration as there is "no one hotter" than them.

The Britain's Got Talent judge, who has received a number of Ofcom complaints in the past about her outfits that she's worn on the show, added: "Look at Jane Fonda in her 80s.

"If you're like her and have been iconic for your looks as well as your brilliant acting then you don't want to let that go.

"Why should you? Why would you want to lose your sexuality and how you're perceived physically?

"Of course we all care about the inside but it's not wrong to keep up appearances."

Amanda's confession comes after she flashed her endless legs in a VERY short mini dress as she stretched out on a grand piano in a sizzling snap.

The star showed off her timeless beauty in her revealing frock as she took a break from filming BBC show I Can See Your Voice.

Amanda completed her look with killer silver heels as she revealed her toned figure in the asymmetric one-shoulder dress which clung to her every curve.

The mother-of-two wore a nude pallet of make-up and a slick of lippy with her hair styled into a chic three-quarter

parting to frame her face.

Just days before the BGT star had a Marilyn Monroe moment when she whirled around in a floaty white dress - and showed off a little more than she planned.

Amanda isn't afraid to strip off on Instagram either.

Earlier this month she showed off her unbelievable figure in a yellow bikini while on holiday in Dorset.

Amanda wore a floaty white shirt off her shoulder, tied her hair back and finished the look with sunglasses.

She captioned her snap: "Squeeeeeeezing the last drops out of #summer back on @thisisheart Monday."

Kerry Katona fangirled over the shot and said: "Omg lend me your body for the day!!!!"

Amanda loves to dress to impress at work

The star wowed in a yellow bikini earlier this month

Amanda also gave her best Marilyn Monroe impression

- The Sun