

FOR IMMEDIATE RELEASE
SEPTEMBER 5, 2025

LIZZO RELEASES SURPRISE MIXTAPE *MY FACE STILL HURTS FROM SMILING* OUT NOW

A CONTINUATION OF HER VIRAL HIT MIXTAPE RELEASED EARLIER THIS SUMMER

LISTEN [HERE](#)



[DOWNLOAD HI-RES ARTWORK](#)

September 5, 2025 (Los Angeles, CA) –

Showing no signs of stopping or slowing down in 2025, GRAMMY® and EMMY® Award-winning artist **Lizzo** releases *MY FACE STILL HURTS FROM SMILING*, out now via Nice Life Recording Company & Atlantic Records. This is the follow-up to Lizzo's surprise hit summer mixtape and doubles down on joy, self-love and artistic expression.

Listen to *MY FACE STILL HURTS FROM SMILING* [HERE](#).

Widening her grin and extending her most prolific season yet, it marks her second body of work in less than three months and accelerates the momentum ignited earlier this summer—listen to *MY FACE HURTS FROM SMILING* [HERE](#).

Across the project, **Lizzo** delivers bold vocals, memorable stadium-size hooks, and unmatched confidence. Among the standout tracks, “**BOP IT**” showcases the artist's signature boldness,

with memorable lines and a soaring chorus. On “**STFU (FEAT LIL JON)**”, she joins forces with the Atlanta legend for a dynamic collaboration. The accompanying visual was directed by **Rafatoon** and produced by **Dreambear**. **Lizzo’s** creative vision for the video pulls no punches as a surreal effects-laden world brings another dimension to the track in vivid technicolor and leaves audiences mesmerized. Watch the teaser for “**STFU (FEAT LIL JON)**” [HERE](#).

Since arriving in June, **MY FACE HURTS FROM SMILING** has already reeled in **32** million-plus United States streams highlighted by “**IRL**” (FEAT SZA), “**YITTY ON YO TITTYS**,” and “**STILL CAN’T FUH**” (FEAT DOJA CAT). [Rolling Stone](#) proclaimed, “*Lizzo is rested, restored, and ready to rumble,*” and [Billboard](#) assured, “*Lizzo is back in rare form, delivering swaggering bars and vivacious energy that would’ve made her middle school classmates scream.*” [UPROXX](#) dubbed it “*a fun surprise,*” and [VIBE](#) stated, “*It’s a pleasant surprise—and a strong entry that deserves hip-hop heads’ attention.*”

Lizzo is keeping her foot on the gas though and will be sharing more soon.

She’s going to leave you **still smiling**...

MY FACE STILL HURTS FROM SMILING – Tracklist:

1. IT’S THAT DEEP
2. STFU (FEAT LIL JON)
3. BOP IT!
4. BE A BITCH (INTERLUDE)
5. IDGAS
6. LACE LIFTERS
7. SLOW DOWN
8. I LUV BEING MYSELF
9. INTERNET (FEAT TIERRA WHACK)

ABOUT LIZZO

There’s nobody like Lizzo. The four-time GRAMMY® Award-winning, Emmy Award-winning superstar singer, songwriter, rapper, and actress has left an indelible and incomparable mark on popular culture. She has garnered numerous accolades, notched two Hot 100 #1 smashes, earned dozens of gold, platinum, and multi-platinum certifications, packed arenas worldwide, and shined in blockbuster films. Lizzo notably made history in 2023 when she emerged as “*the first black woman to receive ‘Record of the Year’ at the GRAMMY® Awards since 1994*” for the 2x-Platinum “About Damn Time.” Prior, she shook the charts with the 9x-Platinum “Truth Hurts.” It enshrined her as both “*the third female rapper to top the Hot 100 without a featured artist*” and “*the first black solo female R&B singer to claim the top spot since 2012.*” It dominated the Hot 100 for seven weeks, becoming “*the longest running #1 by a solo female rap artist ever.*” [Rolling Stone](#) hailed it as one of the “*500 Greatest Songs Of All Time.*” She has appeared on a myriad of television shows, including *Saturday Night Live*, *TODAY*, *Watch What Happens Live With Andy Cohen*, *Jimmy Kimmel LIVE!*, *CBS Sunday Morning*, and more. Not to mention, she

headlined her own HBO special *Lizzo: Live In Concert*, capturing her sold-out show at Kia Forum in Los Angeles. Along the way, her presence could be felt at the box office and on streaming networks, spanning roles in the animated *UglyDolls* and *Hustlers* in addition to producing and starring in the #1 Multi-Emy Award Winning, Prime Reality TV show: *Watch Out For the Big Grrrls*. She joined forces with Fabletics for her own shapewear line, Yitty, inclusive of plus-sized body types. She returns this year with her new surprise viral rap mixtape “*MY FACE HURTS FROM SMILING*,” followed by her fifth full-length LP “*Love In Real Life*” later this year.

FOLLOW LIZZO:

[INSTAGRAM](#) | [X](#) | [YOUTUBE](#) | [TIK TOK](#)