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HOW THE STUNNING MUMS ARE MAKING WAVES IN ST BARTS

INSIDE: WE UNVEIL THE DRESSES OF THE DECADE
the #1 facial cleanser in america.*

*Source: The NPD Group, Inc. / U.S. Prestige Beauty Total Measured Market, Skincare Product Layer Dollar Sales, Annual 2015-2018

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*Source: The NPD Group, Inc. / U.S. Prestige Beauty Total Measured Market, Skincare Product Layer Dollar Sales, Annual 2015-2018
Artist Inés Salinas has never had to look far for inspiration. Her father Manuel Salinas, one of Spain’s foremost abstract painters, was rarely without a brush in his hand as little Inés was growing up, and the family home is itself a work of art – a masterpiece of Renaissance style with roots in Andalusia’s Islamic past and glimpses of the glory of ancient Rome.

Here, in the centre of the city of Seville, in the district of Santa Cruz, Inés celebrated many of her life’s milestones surrounded by family, friends and art. In December 2018 the sprawling house, with its exquisite tiled walls, Moorish fountain and many stained-glass windows, made the picture-perfect venue for her wedding to Fernando Yñiguez.

The house was originally built in 1565 by Baltasar Jaén, a rich merchant.
Artist Inés and her painter father Manuel Salinas relax in the magnificent Renaissance courtyard of the family home in Seville alongside one of Inés's artworks. Intricate mudéjar plasterwork arches surround the courtyard (far left).
who profited from Seville being the first port of call for ships laden with gold and silver from the Americas, entering Spain via the Guadalquivir river. Since then the house has served as a theatre, school, Masonic lodge – there are rumours of buried treasure – and a billet for Napoleon’s invading troops. It has seen many changes over the centuries, and after the Salinas family acquired it in 1930, it underwent a comprehensive restoration.

“It was bought by Manuel Salinas Malagamba and he began to bring it back to its former splendour by restoring features that had been lost over the years,” says Inés who, before becoming a full-time painter, studied nutrition and nursing with a view to following her mother into medicine.

Known for her colourful, joyful abstract paintings, she says her work “must speak for itself”. And it’s been speaking rather a lot lately, beguiling art lovers at a recent exhibition in Seville, with more shows planned in Madrid, Barcelona and Portugal.

‘I have such happy childhood memories of the times we have spent here’
Inés poses against a beautiful carved wooden door with typical Moorish geometric decoration. One of the living rooms (above left) features elaborate tiling, a 16th-century painted wood ceiling and an artwork by Manuel. Inés (left) takes a seat in front of a wall painted ochre – a colour known locally as sangre del toro, or bull’s blood, after the city’s bullfighting traditions.
Inés, tell us more about the history of your house, its architectural details and works of art...

"Casa de Salinas was built on the site of several small houses that Baltasar Jaén bought on high ground in 1565. His family lived here for two centuries. Highlights include the 16th-century tiles in the central courtyard and a second-century mosaic of the Roman god Bacchus, from the Roman city of Italica [near present-day Seville] in the mosaic courtyard.

"Also notable is the Madonna, the Virgen de los Remedios, dating from the 17th century and originally from the convent of the same name. The great navigators [Ferdinand] Magellan and [Juan Sebastián] Elcano prayed to her before setting out to circumnavigate the globe.

"Also worth mentioning are the leaded, stained-glass windows in the upper gallery, the mudéjar coffered ceiling over the main staircase, and the painting by Francisco..."
Inés enjoys a moment of reflection. “The silence of a painter is important when it comes to his or her work,” she says. The main sitting room on the upper floor (above) is dominated by Francisco Pacheco’s painting The Resurrection of the Lord and also features a Renaissance frieze below the wooden ceiling. A bedroom (far left) and the sitting room (left) have traditional floors in terracotta and wood.
I loved watching my father paint. He'd put on a little white coat then give me some brushes'

Pacheco, from 1621, which was notable even at the time.

What is your favourite part of the property?

"The central courtyard and the courtyard with the Roman mosaic. I have such happy childhood memories of the times we’ve spent in them, from family reunions to my First Communion and my 'coming out' ball. But the most important celebration was my wedding. Fernando is from Seville, like me, though we met in Madrid."

With Manuel Salinas as your father, you no doubt learnt to paint when quite young...

"From a very young age I loved watching my father paint. He would put on a little white coat then give me some brushes and I'd try my first brushstrokes on the canvas. I could spend hours like that. With brushes, the smell of paint and classical music, my father instilled in me a love for art."

What's the most important lesson he has taught you?

"In both art and life I have been taught that the most important thing is to feel passion for what I do, to be humble and to learn every day."

You initially seemed destined to be a nurse. How did that come about?

"I studied nutrition and nursing in Madrid because medicine was another of my great passions. My parents advised me to study and get qualified in something before making any decision about what path to follow. That way I'd be free to choose what I wanted to do."

And you decided to be a painter...

"Even when I was doing something else, I never stopped painting. Becoming a painter was a natural process – it happened by itself. And now painting is all I do."

The Renaissance courtyard (above) with its cooling central fountain features a gallery enclosed with leaded stained-glass windows (below). Inés and Manuel find creative inspiration beside the house’s large colourful windows (right), the work of Ricardo Escribano in 1899 and installed by the previous owners. Beautiful 16th-century tilework leads up the monumental staircase (left)
How would you describe your style?
“Artists are not generally in the habit of analysing their own work. The silence of a painter is important when it comes to his or her work. The work must speak for itself.”

Has anyone else in the family inherited your dad’s artistic talent?
“My sister has an incredible voice and is a magnificent photographer.”

How would you describe yourself?
“I don’t know what to say – I like peace and tranquility.”

The curtained entrance to the courtyard is through an L-shaped hallway (right), typical of Arab-inspired Andalusian houses. One of the family’s prized possessions is the 17th-century statue of the Madonna, known as the Virgen de los Remedios (above right).
‘In both art and life I have been taught that the most important thing is to feel passion for what I do, to be humble and to learn every day’
Princess Beatrice and fiancé Edoardo Mapelli Mozzi gave a glimpse into who is likely to be at their wedding as they celebrated their engagement with an intimate party for famous friends and family.

The pair, whose marriage will be one of the royal highlights of 2020, were joined at celebrity hang-out Chiltern Firehouse by showbiz and society couples – including Ellie Goulding and art dealer Caspar Jopling, who married last year, singer James Blunt and wife Lady Sofia Wellesley, plus Ayda Field and her husband Robbie Williams.

Sarah, Duchess of York, the excited mother of the bride-to-be, attended with Beatrice’s younger sister Eugenie and her husband Jack Brooksbank, whom she wed at St George’s Chapel in Windsor in October 2018. Another royal newlywed, Lady Gabriella Kingston, was all smiles as she attended with husband Tom; they married last May. Also present were the Duchess of Cambridge’s sister Pippa Middleton, her husband of two years James Matthews, plus Pippa’s younger brother James, who arrived hand in hand with fiancée Alizée Thévenet.

 Strictly Come Dancing star Viscountess Weymouth waltzed along to the bash along with the Duke of Sussex’s close friend, nightclub owner Guy Pelly, and his wife Lizzy Wilson, and actor-director Dexter Fletcher. Around 20 guests were treated to an intimate dinner with Ruinart Blanc de Blans champagne and Barolo wine.

Ringing endorsement
Beatrice, 31, has been dating the handsome property developer, known to friends as Edo – since the autumn of 2018 and the couple announced their engagement on 26 September last year. “We are both so excited to be embarking on this life adventure together and can’t wait to be married,” they said. “We share so many similar interests and values, and we know that this will stand us in great stead for the years ahead.”

Edo hails from Italian aristocracy and is the son of former skier Count Alessandro Mapelli Mozzi, who competed in the 1972 Olympics. His mother Nikki is a close friend of Beatrice’s parents Sarah and the Duke of York, as was his late stepfather, Christopher Shale. Sarah is godmother to Edo’s brother Alby.

Beatrice and Edo’s wedding is due to take place later this year. Buckingham Palace is expected to announce details soon.

**Sarah, Duchess of York (far left), James Middleton and fiancée Alizée Thévenet (left) and Pippa Middleton (below) arrive to celebrate the engagement of Beatrice and Edoardo Mapelli Mozzi. The news was announced in an Instagram post last autumn next to a photo of the happy couple (above left) shot by Bea’s sister Eugenie.**
Here come the brides: Singer Ellie Goulding, who married in September, Ayda Field (right), the wife of Robbie Williams and former The X Factor judge, and beaming May 2019 royal bride Lady Gabriella Kingston (far right).
There is nothing like a Dame

Greatest hit star Olivia Newton-John said she was “grateful beyond words” to be made a Dame in the Queen’s New Year’s Honours List.

The British-born singer and actor, who moved to Australia as a five-year-old, receives the award for her services to charity, cancer research and entertainment. She joins stars including film and theatre director Sam Mendes, Sir Elton John, sports presenter Gabby Logan and the heroes of the World Cup-winning England men’s cricket team in this year’s list.

Olivia, 71, who was diagnosed in 2017 with a recurrence of the breast cancer she first had in 1992, said: “I am extremely excited, honoured and grateful beyond words to be included with such an esteemed group of women who have received this distinguished award before me.

“As a girl born in Cambridge, I am very proud of my British ancestry and so appreciative to be recognised in this way by the United Kingdom.”

Awarded a knighthood for services to drama, Sam, 54, who directed the James Bond films Skyfall and Spectre among other hit movies and stage productions, said: “I have stood on the shoulders of so many collaborators and colleagues over the last 30 years – actors, writers, designers, producers, technicians – to whom I owe a huge debt of gratitude. I would not be receiving this honour without them.”

Film director and artist Steve McQueen, 50, whose 2014 film 12 Years a Slave won the Oscar for Best Picture, is also knighted.

Sports presenter Gabby Logan, 46, is made an MBE for services to sports broadcasting and promoting women in sport while the England men’s cricket team have been showered with honours.

BBC Sports Personality of the Year winner Ben Stokes, 28, receives an OBE while World Cup captain Eoin Morgan, 33, is awarded a CBE and teammates Joe Root and Jos Buttler, both 29, are honoured with MBEs.

Sir Elton John, 72, who was knighted in 1998, gets a title upgrade; he is appointed to the Order of
the Companions of Honour. The award, of which there are only ever 65 recipients at one time, is given to those who have made a major contribution to the arts, science, medicine or government. Current holders of the title include singer Sir Paul McCartney, author JK Rowling, TV cook Delia Smith and actress Dame Maggie Smith.

In the culinary world, TV chefs Ainsley Harriott, 62, and Nadiya Hussain, 35, receive MBEs, while cookery writer Nigel Slater, 61, is awarded an OBE.

In entertainment, 69-year-old singer Billy Ocean receives an MBE for services to music and Queen drummer Roger Taylor becomes an OBE. Floella Benjamin, already a life peer, is made a Dame for services to charity. TV nature presenter Steve Backshall, 46, gets an MBE, while Olivier-Award-winning actor Giles Terera, 43 – who starred in the original London cast of Hamilton – is awarded the MBE.

Olivia Newton-John is “extremely excited” by her damehood, while Gabby Logan (top) is awarded the MBE and director Sam Mendes (left) is “amazed, delighted and extremely proud” to be made a Sir.

‘I am honoured to receive this distinguished award’
ANNOUNCING HER JOY AT EXPECTING BABY NUMBER THREE
LADY NATASHA RUFUS ISAACS
CELEBRATES ON HOLIDAY WITH CLOSE FRIEND NATALIE PINKHAM

Beulah London co-founder Natasha is expecting her third child – a brother or sister for her daughters Georgia, four, and Cienna, two.

"I'm very excited to be a mum of three, so I've always wanted three children of my own," Natasha says. "Georgia and Cienna can't wait to be big sisters," she adds. "Cienna asks me every day when my baby is going to pop out."

"It's amazing, I'm delighted for them," says Sky Sports presenter Natalie, 41. "Nats is looking beautiful. She really suits being pregnant."

Sharing her pregnancy joy with "Pinks", as Natalie is known to her friends, was the highlight of the luxurious Sani Resort on the Kassandra peninsula as she made the most of her precious downtime before she and lawyer husband Rupert Finch become officially outnumbered in June.

With two young children herself, Natalie – mum to Wilf, four, and Willow, three, with husband Owain Walbyoff – was equally delighted to have some time for herself.

"It was quality time with best friends, which is very rare," she says. "Nats and I barely come up for breath. We talked about work and gave each other advice. It was food for the soul."

FIRM FRIENDS

After meeting ten years ago when they shared a taxi one night, Natalie and Natasha and their families are regular holiday buddies – the two women even went on a babymoon to Barbados together when they were both pregnant with their first children.

"Being pregnant at the same time bonded us closer as friends," says Natasha, whose father is the 4th Marquess of Reading. "We'd call each other up about everything and ask: 'Are you feeling like this?'"

While Natalie isn't on her own pregnancy journey this time round, she will be there for Natasha every step of the way.

"I'll be as hands-on a friend as I can be," she tells us. "The squad keeps growing – next year we'll be going on holiday with another little one."

Delighted as she is for her friend, the presenter has no plans to add to her own number.

"I'd love three, but we're not going to do it," she says. "In a dream world, I would. But I had so many complications after both births that I don't want to risk it. Plus, I love our little team. It's man-on-man marking at the moment."

With children of similar ages – Wilf and Georgia were born six weeks apart – the children were able to entertain themselves for hours on end on holiday.

"We were dragging them out of the pool when it was getting dark," Natalie says, laughing.

"Will and Georgia have done everything together: christenings, first day at school, first Christmas. There's a real bond and sense of connection between them that will last for ever. It's gorgeous."

The loving mums also made...
‘Cienna asks me every day when my baby is going to pop out’ Lady Natasha

Natasha relaxes beside the Aegean with husband Rupert Finch and daughters Georgia and Cienna as they look forward to becoming a family of five in June.
the most of the children-friendly activities on offer at the resort. “We took pedalos out one day and we pretended we were going all the way to Africa,” Natalie says. “Sani was amazingly geared up for kids. They’d thought of everything.”

EXCITING TIMES AHEAD
After spending Christmas with their families – Natalie and Owain hosted at theirs while Natasha and Rupert visited Cape Town in South Africa – the two friends are looking ahead to a bright 2020.

“As a family, we sit together and talk about what we hope for each other. We want to work hard and have a healthy 2020,” says Natalie.

There are plenty of fun times ahead, as Willow is preparing to join her big brother Wilf at school in September.

“She can’t wait, she’s so ready,” Natalie says. “When Wilf started school, everyone asked how he was getting on but it was Willow who really struggled. She’d spent every waking minute with her brother, so to be separated from him was upsetting for her.”

However, she adds, the little girl soon adapted: “They call her the queen of nursery now.”

Natasha is also looking forward to another successful year – Beulah, whose ethically conscious brand is a firm favourite with style icons ranging from the Duchess of Cambridge to Holly Willoughby, has just launched its first Resort collection, featuring “holiday and transitional wear with an injection of colour”.

Most of all, she’s looking forward to being in a family of five.

“We’re undecided whether to find out the sex,” she says. “We might let it be a surprise, but I’m bad with surprises so I may end up finding out.”

INTERVIEW: EMILY HORAN
PHOTOS: DIMITRIS ANDRITOS
MAKE-UP: MAKIOU MAKE-UP
HAIR: MARTA

Prices at Porto Sani in a suite with terrace/balcony start from £180 (€152) per night, on a half-board basis. For more information or to book, visit saniresort.gr or call 0800 949 6809.
The squad keeps growing — next year we’ll be on holiday with another little one’ Natalie
When it comes to festive traditions, the Middleton and the Matthews families always set the bar high, and this year was no exception, as they saw out the decade in idyllic style on the exclusive Caribbean island of St Barts. Cooling off in the turquoise waters in a white polka-dot Heidi Klein bikini, 36-year-old Pippa Middleton, the younger sister of the Duchess of Cambridge, showed her toned physique, which she credits to swimming and weekly Pilates sessions. She was joined on the paradise island by her financier husband James Matthews and their son, 14-month-old Arthur. Making it very much a family affair, Pippa’s parents Michael and Carole, and James’s younger brother Spencer with his wife Vogue Williams and their little boy, 13-month-old Theodore, also made the trip. But there was no sign of Pippa’s brother James, who saw in 2019 on St Barts with his now fiancée, Alisée Thevenet. The family photos show 34-year-old Vogue was true to her word when she shared her holiday plans with HELLO!.
Ringing in the new decade must have been all the sweeter for the Matthews family as Spencer and James’s parents own the island’s luxurious Eden Roc hotel, which reopened in November after a two-year renovation following damage caused by Hurricane Irma in 2017.

Vogue enjoys a sunset cruise (right) and playing with Theodore on the sand (above). Barefoot on the beach with husband Spencer (together below left).

REPORT: JANE DOWDESWELL
Davina McCall (above and left) was feeling anything but blue as she soaked up the sun in Australia in a cornflower two-piece. But while she was making the most of her period of rest and recuperation, she wasn’t resting on her laurels, telling her Instagram followers that she was attending reformer Pilates classes in Sydney. “Talk about toning and strengthening,” wrote the TV presenter, who released her first exercise DVD in 2004 and has since become a fitness guru with her own company, Own Your Goals. Her dedication speaks for itself; she later posted a photo of herself in denim shorts with the caption: “Cracking out a daisy duke at 52. No shame.”

It wouldn’t be Christmas for the Cowell family without a trip to Barbados, so it was no surprise when The X Factor mogul Simon, his partner Lauren Silverman (right, with one of the family’s dogs) and their son Eric, who turns six in February, were spotted on the Caribbean island. Simon (left, with Eric) was showing off the results of his year-long vegan diet, which has resulted in significant weight loss and a more toned physique. “Part of the reason I changed everything in my life,” he has said, “is I see my life through [Eric’s] eyes now and it’s much more simple and it’s much more fun.” Joining them on their annual excursion was Lauren’s son Adam, 13, from her former marriage.
From the sandy beaches of Australia and Barbados to the crystal-clear waters around St Barts, celebrities followed the sun this festive season. **HELLO!** takes a peak inside their winter holiday albums.

Pop star Rita Ora was certainly channelling her hit *Hot Right Now* as she chilled out on sun-drenched St Barts. “Holiday starts now,” she wrote on Instagram, posting a selfie showing her wearing a blue bandeau bikini top aboard a luxury yacht (below right). She made the most of a stop-off at one of the island’s beautiful beaches, where she sunbathed on the golden sands and enjoyed a stroll with her mum Vera. Rita (right and below left, showcasing her swimwear) deserved the break after a particularly busy 2019, which saw her film Sky Cinema's *Oliver Twist* reboot, *Twist*, alongside Rafferty Law and Sir Michael Caine, complete her world tour, film for new ITV talent show *The Masked Singer*, on which she is a panellist, and launch her own tequila brand. “It’s been… busy,” she wrote.

**RITA ORA**

25
Former Olympic skier and mum of two Chemmy Alcott, 37, can recall the exact moment last year when she decided to get back in touch with her body. “I looked in the mirror and I wasn’t comfortable with who I was,” she tells HELLO!. “I didn’t know who was looking back at me. I had been a professional athlete for 20 years, then I became a mum and I lost who I was. I wanted to find myself again and be confident in myself as a woman and mother.”

Determined to get back to her best, she knew just who to call: speed skater turned personal trainer Sarah Lindsay. And the 39-year-old fellow Olympian, who was about to open her second London gym, Roar City Bank, knew exactly what needed to be done.

As the two women try on workout gear at HELLO!’s exclusive photoshoot and chat excitedly in the gym – known as Roar 2 – it’s clear they share a strong bond. But despite both competing in the 2002, 2006 and 2010 Olympics, their paths didn’t cross until they commentated for the BBC at the 2018 Games in South Korea.

“We bonded straight away,” says Chemmy. “I was brought up with a really strong, determined, vivacious mother who is all about female empowerment, and Sarah is an incredible businesswoman who is very driven. I try to gravitate towards people who will bring out the best in me and she does, too.”

HEALTHY RELATIONSHIP

The pair became friends, but after Chemmy and her husband Dougie Crawford – himself a former British champion skier – welcomed their second son Cooper last January, Sarah soon realised something wasn’t right.

“Sarah could see that I was getting really low in my self-esteem, which is something very foreign to me,” says Chemmy. “She picked up on my self-negativity and said: ‘We can do something when you are ready.’ Then I got back to her and said: ‘Spring is here, Sarah. I am ready to do this.’ It was just amazing to have that support system.”

Roar, the UK’s leading transformation gym, supports clients as they undergo a complete body transformation, led by elite trainers, over a period of eight to 12 weeks. It’s opening its third London gym later this year. The programme includes a personalised weight-based exercise plan and a bespoke nutrition programme.

“The fact that we really care makes a difference,” says Sarah. “I do every single consultation myself. My team are amazing.”
Chemmy is thrilled to be back in shape after rebuilding not just her fitness levels, but her confidence. She showed off the results at the recent Olympic fundraising gala (left, alongside Sarah and former bobsleigh star John Jackson).
I wanted to find myself again and be confident in myself as a woman and mother. They love the brand and are super proud of being part of it.

Sarah’s celebrity clients include BBC Radio 1 DJ Nick Grimshaw, designer Henry Holland and rapper Professor Green.

Chemmy’s first task was to cut out the sugar she’d been snacking on to help her cope with her busy schedule. As well as a new baby to look after, along with Cooper’s older brother Locki, she was also presenting for BBC2’s Ski Sunday.

I had the most horrendous first ten days,” Chemmy laughs. “I was getting migraines and feeling awful and I was messaging Sarah all the time, asking for a cheat food I could have. And she kept saying: ‘No, stay strong, stay strong.’ She talked to me like a professional athlete and I needed that. She talked to me like the old Chemmy, the skier, and I think she could only do that because she knows me so well.”

MIND OVER MATTER

Chemmy’s weight-training involved three to four gym and home workouts a week plus one Pilates class. She didn’t just lose weight – the pain she’d suffered since shattering her leg in a 2010 accident also eased.

“Aesthetically there is an outward transformation but, for me, it wasn’t really about that – it was having the confidence inside and knowing who I was again,” says Chemmy. “I wanted to give myself a break from the mummy guilt, too. I felt like people were going to judge me. It takes confidence to say: ‘Now is the time to think of me.’ It makes you a better mother.”

At the end of the 12-week programme Chemmy’s body was totally transformed. “I am now the weight I was when I was 17. I started at 83.7kg and now I am about 68kg. And my pain is so much better. Since I have done this, I have found more time for self care. I’m now seeing a physio for my leg for the first time in five years. It’s triggered my respect for my body again.”

Adds Sarah: “Chemmy looks incredible. She is an absolute dream and, as we have very similar backgrounds, I knew what would get her. She can handle the tough love and she’s very straight-talking, so I just tell her the truth.”

Now on a more relaxed training plan, Chemmy is looking forward to presenting the new series of Ski Sunday, which starts this weekend. Meanwhile, Locki is following in his parents’ ski tracks.

“He first skied when he was 14 months old, but it wasn’t really skiing – he was holding our hands,” says Chemmy. “Now he is nearly three and the other day he skied properly. He loves it.”

Later this month she and Sarah, who live just 500 yards apart in Surrey, will enjoy a girls’ skiing trip to St Anton in Austria, after which they will turn their attention to a charity cycle ride in Rwanda in October. The initiative, which aims to raise £300,000 for the charity Right to Play, will see the pair lead a group ride from the capital Kigali to Cyanika on the Ugandan border.

“We are ambassadors for Right to Play, which uses sport to teach life skills, and we have both grown so much through sport,” says Chemmy.

The challenge will be physically and mentally exhausting, but Sarah knows they have a rock in each other. “We can be tough on each other when we need to because we support each other one hundred per cent of the time.”

INTERVIEW: LAURA BENJAMIN
PHOTOS: DAVID VENNI
STYLING: RACHEL STORY
HAR & MAKE-UP: CHARLIE DUFFY & NARA KUTWARO
AT CAROL HAYES MANAGEMENT

For more on Chemmy and Sarah’s charity ride in Rwanda, visit righttoplay.org.uk.
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LOVE & LIFE
It was a star-studded affair when the two youngest Beckham children were baptised in the lead up to Christmas, surrounded by family and friends, including some Hollywood A-listers.

Fashion designer Victoria described it as the “proudest of days” as she and her former football star husband David watched Harper, eight, and her 14-year-old brother Cruz take centre stage at Holy Trinity Church in Chipping Norton, a stone’s throw from their Oxfordshire home.

“I couldn’t be more proud of my children and thankful to my family, and the most wonderful Godparents,” wrote Victoria, 45, on Instagram.

David, 44, meanwhile, said his “babies” were “looking as beautiful and as handsome as ever”.

Among the celebrity guest list was former Desperate Housewives star Eva Longoria Bastón, who now has a special role in Harper’s life.

“What an honor to serve as Godmother to the sweetest little girl in the world! Love you #HarperSeven,” she wrote.

Hair stylist Ken Paves became Harper’s godfather, while US singer Marc Anthony (ex-husband of Jennifer Lopez and the father of her twins), and sports agent David Gardner took on the position for Cruz.

FUN FOR THE FAMILY

Following the service, David and Victoria hosted a celebration at private members’ club Soho Farmhouse, with the family arriving in Land Rovers driven by David and eldest son Brooklyn, 20.

Inside, the group was joined by film-maker Guy Ritchie and England women’s football manager Phil Neville to mark the momentous day, with Eva hitting the dancefloor with 18-month-old son Santiago to an energetic set by the Jersey Boys.

Sadly missing the fun was music icon Sir Elton John, the family’s long-time friend and Brooklyn’s godfather, who is on tour. “Wish we could be there!! We love you all dearly!!” the Rocket Man singer posted beside one of Victoria’s Instagram photos.
RACHEL RILEY AND PASHA KOVALEV
ADD TO THE FAMILY NUMBER WITH BABY MAVEN

Arranging a super-speedy delivery in the run-up to Christmas can be troublesome and expensive – but not for Countdown star Rachel Riley and her husband Pasha Kovalev, whose baby daughter Maven arrived well before the big day.

After keeping her parents waiting for two weeks, the couple’s new plus-one made her entrance in the bathroom of their London home.

Sharing the news on Instagram, Rachel, 33, said: “She came so quickly we didn’t have a chance to get to the hospital and was born in our bathroom with our amazing doula and wonderful St Mary’s midwives rushing over to be with us in the nick of time. “Pasha and I are in newborn bliss. Couldn’t be more in love.”

Born weighing 7lb 4oz, Maven looked sweet as Pi in the images, dressed in a knitted rainbow onesie and cradled in her mum’s arms (above right, with Pasha looking on), while another shot showed her snuggled on her 39-year-old dad’s chest (right).

The celebrations continued a week later, when Maven marked a milestone (left) as she celebrated her first Hanukkah.

ANGELINA JOLIE
TALKING SHOP WITH ZAHARA AND SHILOH

There’s nothing like a mother-and-daughter shopping trip, as Angelina Jolie showed while hitting the stores with her two eldest girls. Getting in some last-minute goodies, the Oscar-winning star was spotted with Zahara, who turns 15 next week, and 13-year-old Shiloh on a trip to a Los Angeles bookstore before indulging in some festive hot chocolate.

Angelina, 44, kept it chic in a black pencil skirt, white shirt and long dark cardigan, while the two teenagers opted for a more casual style, wearing trainers to shop in comfort.

However, the family fun wasn’t over as the actress then had a trip to the mall with her two youngest children, 11-year-old twins Knox and Vivienne.

After being in both the UK and the Canary Islands shooting the upcoming Marvel superhero film Eternals last year, Angelina reportedly spent the holiday season in California so her ex-husband Brad Pitt could have some time with their six children. “They will share time with the kids equally over Christmas,” a source told a US website. “That is how they did it last year and this year will be no different.”
Known for her determination, Tamara Ecclestone put the horror of being burgled behind her to enjoy the Yuletide festivities with her family. The businesswoman spent Christmas jet-setting with husband Jay Rutland and their five-year-old daughter Sofia, travelling between London, Lapland and Switzerland. They also shared their adventures on social media, treating fans to a family photo with one of their pets in front of their magnificent tree (left).

The couple refused to let December’s raid on their central London home put a shadow over their fun, despite having an estimated £50m worth of jewellery taken shortly after they set off on their holidays. Defiantly vowing to enjoy the festive season, 35-year-old Tamara posted photographs of her and Sofia hitting the slopes in Gstaad (above right) and the family at Santa’s home in Lapland (above left). “We will continue full of love,” she wrote on one pic, while Jay, 38, posted a message saying: “Never ruin a good day by thinking about a bad yesterday.”

Burglars reportedly entered the family’s Kensington mansion via the garden and made straight for two safes in the couple’s dressing rooms. It’s thought they left after 50 minutes.

With her fifth child due just after Christmas, it wasn’t just the New Year Rebekah Vardy was counting down to as she posed for a family photo.

Standing proudly in front of a tree with her four existing angels and a single wise man – her Leicester City footballer husband Jamie – (all right) 37-year-old Rebekah wished all her social media followers: “Merry Christmas from our family to yours.”

Smiling happily in the photo were the two children she shares with Jamie – Sofia, five, and two-year-old Finlay – plus Rebekah’s daughter Megan, 14, and son Taylor, nine, from previous relationships, all joined by the family’s pet dogs.

News that the couple were expanding their youth squad came in August, when Rebekah posted a snap of the children holding messages such as: “I’m so cute, Mummy and Daddy wanted another.” The proud mum said: “When 4 becomes 5… so excited and so happy.”

Rising numbers are also a goal for Jamie and he had cause to celebrate after scoring last month (left). Despite his team losing to Liverpool on Boxing Day, the 32-year-old striker saw in 2020 as the Premier League’s top goalscorer.
Charity begins at home, they say, but the Prince of Wales showed it doesn’t stay there when he visited Fishlake in Yorkshire to see recovery efforts following November’s floods.

As well as meeting some of the firefighters, soldiers and police officers involved (above and left), Prince Charles donated to flood relief funds in the area via the Prince of Wales Charitable Foundation, Clarence House announced.

Charles, 71, spent around two hours chatting to rescue workers and locals, who lined the streets to meet him. He also praised café owners Louise and Claire Holling, who turned their eatery into a relief centre during the crisis. “They’re amazing those two, aren’t they?” he said.

And arriving at the Hare & Hounds pub, Charles was treated to an offer too good to refuse. “We were just going to get you a pint when you got here. You might have needed one by this time,” landlord Scott Godfrey said, to which the Prince replied: “I do,” before nipping inside for a quick sip of bitter.

Created to mark the coronation of the country’s first king in 1907, National Day in Bhutan is always a cause for celebration. But this year there was as much reason to look to the future as the past when King Jigme Khesar Namgyel Wangchuck announced he and Queen Jetsun Pema are expecting a second child.

The new arrival will join their three-year-old son Prince Jigme, who was by his mum’s side (left) at Changlimithang Stadium in Thimphu to hear his proud dad say how they were “very happy and looking forward to the birth”.

Wearing traditional dress, young Jigme charmed the celebrating crowds as he happily posed with his dad and a couple of the event’s mascots (above), who seemed to be vying for the two royals’ Druk Gyalpo (Dragon King) and Druk Gyalsey (Dragon Prince) titles.
Claudia and Mary
Strictly cooking up a new show

She’s seen her last waltz for Strictly Come Dancing until the autumn, so Claudia Winkleman has hot-footed it over to the kitchen instead.

This week sees the 47-year-old TV presenter join baking queen Mary Berry to search for Britain’s Best Home Cook. But while things will be heating up for the ten contestants, the two stars have been decidedly chilly.

“Mary and I would have hot water bottles down our trousers on set because we were always getting cold,” Claudia (above; and right, beside Mary, and fellow judges Chris Bavin and Angela Hartnett) tells HELLO!. When it comes to her own home cooking, the star keeps it simple: “I make straightforward dishes. When I fell in love with my husband, I knew he loved chilli con carne so I learnt how to make it to impress him.”

Mary, of course, is more adventurous, but even she is not immune to a kitchen catastrophe. “I once catered for a photoshoot and I made a smashing game paté,” she says. “We were ready to serve it when it fell on the floor and a labrador started eating it. There was nothing else to serve so I picked it up, chopped parsley across the top and served it.

“That was 40 years ago and they’re all still alive.”

Britain’s Best Home Cook begins on BBC1 on Thursday 2 January at 8pm.

Mariah Carey bags herself an ideal break in Aspen with boyfriend Bryan

Twenty-five years after she penned her hit festive song, it looked as if Mariah Carey finally got all she wanted for Christmas.

Looking full of the Yuletide spirit, the 49-year-old singer was smiling widely as she walked hand in hand with dancer boyfriend Bryan Tanaka, 36, during a pre-Christmas shopping spree in Aspen, Colorado.

Showing that being fashionable is no joke, Mariah accessorised her black salopettes and matching boots with a red Louis Vuitton scarf and a bag by Hermès estimated to cost $116,000 (more than £88,500).

When it came to the big day itself, however, Mariah knew that being with family was priceless and spent it with her eight-year-old twins Moroccan and Monroe and their father, ex-husband Nick Cannon.

Adding to the celebrations, last month saw her holiday anthem All I Want For Christmas Is You top the US Billboard charts for the first time since its 1994 release, complete with new video featuring Mariah and a posse of dancing Santas (above).

“Merry Christmas everybody we love you so much,” she wrote on Instagram. “Thank you for making this the most wonderful Christmas in the entire history of my life.”
In an instant the Duchess’s spectacular, sculptural Alexander McQueen wedding gown became a fashion icon. All eyes are on Kate – and her iconic McQueen gown – as she and Prince William leave Westminster Abbey.

The Duchess of Cambridge

On 29 April 2011, royal fans lined the streets of London and millions more tuned in to see Kate Middleton marry Prince William. The instant the future Duchess of Cambridge emerged from her car outside Westminster Abbey, her dress – and its designer, Sarah Burton for Alexander McQueen – became fashion icons. The spectacular, sculptural gown was constructed of satin gazar arches and pleats with lace appliquéd hand-made by the Royal School of Needlework.

Tabitha’s Verdict: “Beautiful, serene, elegant and perfectly designed. This will go down in history as a fashion moment.”
OUR TEN TOP FROCKS OF THE DECADE

This last decade has been marked not only by some of the most stunning sartorial creations but also the most influential. In this social-media-driven age, certain dresses have not only transformed the celebrity wearing them but even sparked a global trend or defined a social movement.

Some standout outfits have flashed the flesh – quite literally in the case of Lady Gaga’s infamous meat dress and Angelina Jolie’s thigh-slit Versace number, which instantly made a Twitter star out of her right leg.

Some designs have been imitated around the world since the moment they appeared, such as the Duchess of Cambridge’s now iconic Alexander McQueen wedding gown. Other dresses have attained worldwide fame more accidentally – such as when Jennifer Lawrence tripped gracefully over her Dior gown while collecting her Best Actress Oscar. Then there are dresses which have made overnight household names of their designer, such as London-born Central Saint Martins graduate Molly Goddard when her frothy pink dress was worn by Jodie Comer’s TV villain Villanelle.

Here Hello! column and top fashion designer Tabitha Webb gives her expert verdict on the ten top gowns of the past ten years.

“You look amazing,” whispered Prince Harry as Meghan Markle joined him at the altar of St George’s Chapel at Windsor Castle on 19 May 2018. She certainly did: simple, timeless and pure white, her wedding dress was a masterclass in bridal elegance. Designed by Clare Waight-Keller, the first female artistic director at Givenchy, it featured a boat neck and three-quarter-length sleeves, with a 16ft silk veil included floral detail representing the 53 countries of the Commonwealth.

Tabitha’s Verdict: “No lace or embroidery, just clean lines with a simple cut – it was beautiful.”
For 2018’s Heavenly Bodies: Fashion and the Catholic Imagination-themed Met Gala, Rihanna drew on divine inspiration. Her John Galliano for Maison Margiela mindress, maxi skirt and OTT overcoat took 750 hours to hand-embroider with pearls, jewels and silver thread. Worn with a vintage Cartier crucifix and mitre by Stephen Jones, it made headlines around the world. “She and John worked so closely together on that very triumphant look,” said US Vogue editor in chief Anna Wintour. “There’s real love for fashion that Rihanna has and how lucky are we to be able to enjoy it.”

**TABITHA’S VERDICT:** “Rihanna looked insane in this outfit, taking the idea of Heavenly Bodies to a whole new level. I love it.”

Ahead of the 2013 Academy Awards Jennifer joked she would “probably wear sweatpants”. Luckily for fashion fans, she didn’t. “That’s the problem with the Oscars,” the Silver Linings Playbook star said before the ceremony. “They’re at the end of awards season, where you’re just exhausted from dressing up, so I never care,” she said. “Now, I will. Fashion.” On the night, she was a vision in strapless haute couture Dior – tailored by Raf Simons for Jennifer, the face of the couture house. The voluminous gown was no breeze to wear, though: she tripped on the heavy skirt on her way to collect her Best Actress Oscar, perhaps the most graceful fall of all time, receiving a standing ovation from the starry audience.

**TABITHA’S VERDICT:** “The fit is just beautiful, the silhouette simple. This dress is a classic.”
‘The fit is just beautiful. The silhouette simple. This dress is a classic’
Lady Gaga’s meat dress was a political statement and, as such, it did exactly what she set out to do’

It may seem like an odd choice for a vegan, but Lady Gaga has never been conventional. In perhaps her most daring look to date (and there have been many), the pop star draped herself in raw meat for the 2010 VMAs, where she picked up eight gongs – and all the headlines. She said the sartorial statement was a protest against the US military’s “don’t ask don’t tell” policy relating to the rights of gay soldiers. “For me this evening it’s [saying]: ‘If we don’t stand up for what we believe in, if we don’t fight for our rights, pretty soon we’re going to have as much rights as the meat on our bones.”’

Tabitha’s Verdict: “This dress was a political statement and, as such, it’s not high on my list.”

Jodie Comer as Villanelle

In September 2018 British designer Molly Goddard became a household name when Jodie Comer’s character Villanelle in hit drama Killing Eve wore a super-voluminous bubblegum-pink dress with Balenciaga biker boots. It soon became the hottest look around, making waves on the catwalk with “big dress energy” spreading across the spring/summer 2020 runways.

Tabitha’s Verdict: “This image of Villanelle dressed in frothy pink tulle was the perfect contrast to the dark character she plays.”
She's wowed us with her fashion sense since marrying Hollywood heartthrob George Clooney, so it was difficult to pick a standout outfit from the human rights lawyer. But, as an activist for gender equality, her decision to wear trousers with a silver foil bustier and dramatic train to the 2018 Met Gala was no surprise. “[It was] her way of depicting female empowerment and modern religion by referencing the stringent oppression women faced,” said designer Richard Quinn, who masterminded her stunning outfit.

TABITHA’S VERDICT: “Amal looked so damn cool in this.”
The First Lady of the United States rocked a pillarbox-hued halterneck dress by one of her favourite designers at husband Barack’s second inauguration ball in 2013. And New York-based Jason Wu – an emerging designer when she chose one of his gowns to wear five years earlier when her husband first became President – was full of praise for the fashion-forward figure. “It used to be that women in ‘men’s worlds’, especially in a political environment, were afraid to express their femininity in case they risked not being taken seriously, or not looking professional,” said the Taiwanese-Canadian designer, now creative director of Hugo Boss as well as his own label. “What Michelle has brought to the political field is that you can wear something feminine, a little bit sexy, but not compromise your power or your intelligence.”

**TABITHA’S VERDICT:** “The colour is just glorious, and the cut perfect on her. This will stand the test of time.”
Few women could wear a dress they first donned nearly two decades previously and look even better – but then, few are as ageless as J-Lo.

The star recreated her 2000 Grammys look (right) by wearing an updated version of her plunging chiffon Versace number to close the designer’s spring/summer Milan Fashion Week show, earning a standing ovation from the fashion pack.

**TABITHA’S VERDICT:** “Jennifer embodies female empowerment and quite frankly looks insane!”

Forget the films and the acting talent; Angelina’s right leg was the breakout star of the 2012 Oscars. There was even a Twitter account set up in its honour. Her black velvet Atelier Versace gown with thigh slit also became an overnight sensation. “I had a more complicated dress and I wore the more comfortable dress, which was that one. I think I was just so comfortable,” she said later.

**TABITHA’S VERDICT:** “This is my absolute favourite frock. Sexy and romantic, perfection.”
A RECIPE FOR ROYAL TOGETHERNESS
PRINCE GEORGE SPREADS FESTIVE CHEER WITH THE HELP OF THE QUEEN, HIS FATHER WILLIAM AND THE PRINCE OF WALES

Wooden spoon in hand and with a look of concentration on his face — to the evident delight of his dad the Duke of Cambridge, granddad the Prince of Wales and great-grandmother the Queen — Prince George looks every bit the star baker in precious photos showing four royal generations mixing Christmas puddings together.

The royal quartet are pictured at a table in Buckingham Palace’s ornate Music Room. In front of a Christmas tree decorated with tiny crowns and corgis, miniature thrones and soldiers, they’re clearly thrilled to be getting into the spirit of The Royal British Legion’s Together at Christmas campaign.

The initiative aims to combat the loneliness and isolation felt by some members of the armed forces at what can be a difficult time of year. The royal puddings will be among 99 sweet treats — marking the Legion’s 99th year — to be distributed in time for get-togethers next Christmas across the charity’s network at home and abroad.

The family stirred four puddings together — said to bring good luck — and placed commemorative sixpences into the mixture, ready to be found by those attending the get-togethers next year.

Little George, looking smart in a shirt by Rachel Riley, is very much the centre of attention in the photos as he gets to grips with the mixture, the recipe for which is printed in full overleaf.
George was the star baker as the four royal generations stirred puddings together – said to bring good luck.

Prince George wields the spoon in the pudding prep with members of his family and (above, from left) veterans Liam Young and Colin Hughes, chef Alex Cavaliere and veterans Barbara Hurman and Lisa Evans. George, his father the Duke of Cambridge, grandfather the Prince of Wales and great-grandmother the Queen were launching a new initiative for the forces community by The Royal British Legion, with footage shown in the Queen’s Christmas Day broadcast.
**INGREDIENTS**

- 120g/4¼oz suet
- 10g/¼oz crystallised ginger
- 150g/5oz apples
- 120g/4¼oz sultanas
- 120g/4¼oz currants
- 120g/4¼oz raisins
- 80g/3oz mixed peel
- 20g/¾oz prunes
- 60g/2¼oz flour
- Pinch of salt
- ½ tsp mixed spice
- 80g/3oz breadcrumbs
- 20g/¾oz ground almonds
- 80g/3oz brown sugar
- Pinch of poppy seeds
- Zest and juice from 1 orange
- Zest and juice from ½ lemon
- 1 large egg, whisked
- 1 tsp milk
- 1 tsp brandy
- 1 tsp rum
- 75ml/3 fl oz stout
- 12.5ml/½floz Madeira
- 12.5ml/½floz sherry
- Butter, for greasing

1. Chop the suet and crystallised ginger.
2. Peel, core and finely chop the apples.
3. Wash and dry the dried fruit and mixed peel. Stone and chop the prunes.
4. Sift together the flour, salt and mixed spice into a large bowl. Add the suet, ginger, apples, dried fruit and peel, breadcrumbs, almonds, brown sugar, the orange zest and lemon zest. Stir well to combine.
5. Make a well in the centre of the mixture. In a jug, add the whisked egg, the orange and lemon juices, the milk, brandy, rum, stout, Madeira and sherry and whisk together. Pour into the well.
6. Mix all the ingredients together thoroughly, then cover with a clean tea towel and stand in a cool place for 24 hours.
7. Grease a 1.5 litre/2.5 pint pudding basin with butter. Three-quarters fill with the mixture, cover with greaseproof or silicone paper and steam or boil the pudding for four hours.
8. If not for immediate use, recover with fresh paper and store in a cool, dry place until required.
9. On the day of serving, boil or steam the pudding for a further two hours.

**THE ROYAL BRITISH LEGION CHRISTMAS PUDDING**

Makes 1 pudding (8-10 servings)
TOASTING ANOTHER ALPHA YEAR
THE ALPHA CLUB CHRISTMAS BALL COMBINED FESTIVE CHEER WITH FUNDRAISING ON A GLAMOROUS NIGHT TO REMEMBER

West End stars Ruthie Henshall and Ben Forster were among the big names helping the Alpha Club celebrate an amazing year at its 2019 Christmas Ball.

Accompanied by the London Musical Theatre Orchestra, the two musical marvels enraptured guests at the Natural History Museum in London with a medley of theatre hits – all sung under the giant skeleton of Hope the blue whale.

Alpha’s mezzo-soprano Ambassador of Arts Friederike Krum kicked off the night’s entertainment, while Britain’s Got Talent finalists Jack Pack performed a mix of Rat Pack and festive favourites to rapturous applause.

The 2019 Christmas Ball was the pinnacle of an incredible year for the exclusive Alpha Club, which offers members business-driven events and luxury experiences while raising funds for a host of worthy causes.

Never forgetting its aim to offer members top-tier networking opportunities with a starry lifestyle to match, Alpha sprinkled a large dose of seasonal spirit over its philanthropic celebration.

To begin the suitably glittering affair, chauffeur-driven Maseratis transported the night’s VIP guests to and from the five-star Baglioni Hotel in South Kensington.

A champagne reception greeted them at the museum, where 250 leading business members mingled around one the world’s most important dinosaur collections before making their way into the awe-inspiring Hintze Hall for a three-course dinner.

The fun continued back at the Baglioni Hotel, where soloist Jack Savoretti headlined a glamorous afterparty hosted in partnership with La Dolce Vita. Food and drinks were served as a festive midnight feast and guests partied until the early hours.

In true Christmas spirit, it was announced all proceeds from the raffle and auction would go to the John Conteh Foundation, which supports charities that help the underprivileged in the UK and US.

It was, said Alpha Club director Angus Dudgeon, a “first-class celebration of all things Alpha”.

“We don’t just meet expectations – we exceed them,” he told guests.

Alpha aims to take business out of the boardroom and add a bit of sparkle – and the Christmas Ball was no exception.

To discover more about Alpha Club or find out how to become a member, visit alpha-club.co.uk or tel: 0800 042 0299.
Prince George and Princess Charlotte stole the show at Sandringham as they joined their great-grandmother the Queen at church on Christmas Day for the first time.

The royal siblings charmed the crowds as they walked to and from St Mary Magdalene Church with their parents the Duke and Duchess of Cambridge, stopping to accept gifts and even hugging well-wishers lining the route.

Charlotte, four, looked thrilled to receive a doll, a pink inflatable flamingo and a posy of cream roses after the service, and she and six-year-old George impressed the members of the public with their good manners.

Kate and Charlotte walked hand in hand to church alongside three future Kings – the Prince of Wales, Prince William and George – while the Duchess of Cornwall, wearing a deep blue velvet coat and hat, accompanied the Queen in her car.

There were sighs from the crowd when little Charlotte dipped into a perfect curtsey, copying her mother, as the Queen, whom she calls “Gan Gan”, left in her Bentley with the Countess of Wessex.

It may have been her very first Christmas Day church outing, but four-year-old Princess Charlotte is picture-perfect as she performs a faultless curtsey at St Mary Magdalene Church.

CHILD’s PLAY
Kate was seen crouching down to speak to her daughter as they embarked on their walkabout, and Charlotte and George proved to be naturals, waving and chatting to people, despite the Duchess revealing that their day had got off to a “very early start”. Future King George
The royal siblings charmed the crowds as they walked to and from St Mary Magdalene Church.

We three (future) Kings: Charlotte and mum the Duchess of Cambridge join heirs to the throne (from left) the Prince of Wales, the Duke of Cambridge and six-year-old Prince George.
Perfectly coordinating with Kate in bottle-green and grey, Charlotte follows her mum in royal form as well as fashion as she accepts gifts from well-wishers – including (far right) a pink flamingo and a hug, from Gemma Clark, 39, who has cerebral palsy.
looked smart in a Brogan blazer by Marie Chantal and a tie, and he led the way in hugging royal fan Gemma Clark, 39, who has cerebral palsy and was in a wheelchair.

Gemma had already caught the Princess’s eye thanks to her bright pink flamingo Felicity – a £1.50 toy that comes for a ride in her wheelchair.

Gemma, of Long Sutton, Lincs said: “Felicity was a 39th birthday present from my older sister Fran and she goes everywhere with me. She’s like my lucky mascot. But Charlotte kept looking at Felicity and I thought: ‘I wonder if the Princess would like her?’ So when she came over with Prince George and their parents after the service, I asked her: ‘Would you like Felicity?’ Her face lit up and she said: ‘Yes please.’ I told Charlotte: ‘You don’t have to call her Felicity if you...”
don’t want to. You can call her whatever you want.’

“Then she and George gave me a hug and I was on cloud nine. They were so sweet and it is a moment I will remember for ever as being special.”

Gemma’s father Paul added: “It was staggering seeing the little royals giving Gemma a hug. I was never expecting anything like that... When we got back home for our Christmas lunch, it was all we could talk about. It’s amazing to think of Charlotte playing with Felicity. I hope she gets lots of fun from it.”

Wearing a bottle-green Amaia Razorbił coat over the label’s Lou dress with navy Mary Jane shoes, and her hair held back with neat braids tied with a navy ribbon, Charlotte coordinated perfectly with mum Kate’s shoes and bag by Emmy London and hat by Lock & Co in the same colour. Kate opted for a bespoke mocha mohair and faux fur coat by Catherine Walker over a Michael Kors Peacock dress, and finished her outfit with Kiki McDonough green amethyst and diamond earrings.

Charlotte also...
The youngest royal at the service shows she’s already a dab hand at royal protocol, graciously receiving eagerly proffered flowers and even a baby doll.

‘Charlotte is a beautiful, lovely princess. She’s just so much fun. She’s definitely got a little cheeky side’
There were sighs from the crowd when Charlotte dipped into a perfect curtsey.

With Princesses Anne and Eugenie watching, the youngest Princess joins mum Kate descending the steps of the 16th-century church.
looked thrilled to be offered a doll by royal fan Karen Anvil of Watlington, Norfolk, who captured lovely images of the moment.

“I said: ‘Would you like her?’ She stood up on her tip toes and looked down and she nodded her head really quickly,” said Karen. “She was holding on to her mum and everyone burst out laughing. She was just so cute and so polite. She was a beautiful, lovely princess. She's just so much fun. She’s definitely got a little cheeky side.”

PERFECT PRINCESS
Karen, an A&E nurse, who was at Sandringham with her daughter Rachel, said of the royal children: “You can tell they were raised well. They’re not stuffy, they're not uptight. They've got fantastic parents. Their parents have been all about talking to the public and they are very empathetic.”

There was another sweet moment as Charlotte accepted flowers from six-year-old James Heather. His mother Nakita said: “When they left the church, Kate came over and said: ‘Are these for Charlotte?’ And James said: ‘Yes’ and handed them over. Charlotte looked really shy and coy, but you could tell she was happy and then she said: ‘Thank you.’ James was so excited, but I think he was quite starstruck by her.”

The Princess was delighted with the flowers and was determined to hold on to them, refusing to hand them over to an aide who offered to carry them.

George and Charlotte also chatted to twins Thomas and Theresa Richman, nine, who gave them flowers.

The twins, who have Charcot-Marie-Tooth disease and use wheelchairs, were with their mother Michelle, from Bircham, Norfolk, who said: “It was absolutely stunning. I survived breast cancer six years ago so to still be here and see that today with the children was absolutely tremendous.”

The Queen, radiant in red, was no doubt boosted by the presence of her grea-
The Earl and Countess of Wessex with their children Viscount Severn, 12, and 16-year-old Lady Louise.
while her majesty’s husband did not join her at church, she was surrounded by other family members

while her majesty’s husband did not join her at church, she was surrounded by other family members, including the princess royal and her husband, vice admiral sir timothy laurence.

the earl and countess of wessex – the latter in a tailored beige coat with burgundy hatband and matching clutch – walked with their children lady louise windsor, 16, wearing her own pink hatband, and 12-year-old viscount severn, who looked smart in a suit and tie.

princess beatrice attended with her fiancé edoardo mapelli-mozzi, making his debut at sandringham a week after the couple celebrated with friends at their engagement party.

and princess eugenie and her husband jack brooksbank were all smiles as they walked ahead of the queen’s niece lady sarah chatto, her husband david and sons arthur and samuel.

the duke of york did not join the family outing, having already attended a private service at 9am with the queen, walking there with his elder brother prince charles. he chose to stay at home with their father during the later service.

report: emily nash
As a child, I never imagined that one day a man would walk on the moon. Yet this year we marked the 50th anniversary of the famous Apollo 11 mission.

As those historic pictures were beamed back to Earth, millions of us sat transfixed to our television screens, as we watched Neil Armstrong taking a small step for man and a giant leap for mankind – and, indeed, for womankind. It’s a reminder for us all that giant leaps often start with small steps.

This year we marked another important anniversary: D-Day. On 6 June 1944, some 156,000 British, Canadian and American forces landed in northern France. It was the largest ever seaborne invasion and was delayed due to bad weather.

I well remember the look of concern on my father’s face. He knew the secret D-Day plans but could of course share that burden with no one.

For the 75th anniversary of that decisive battle, in a true spirit of reconciliation, those who had formerly been sworn enemies came together in friendly commemorations either side of the Channel, putting past differences behind them. Such reconciliation seldom happens overnight. It takes patience and time to rebuild trust, and progress often comes through small steps.

Since the end of the Second World War, many charities, groups and organisations have worked to promote peace and unity around the world, bringing together those who have been on opposing sides.

By being willing to put past differences behind us and move forward together, we honour the freedom and democracy once won for us at so great a cost.

The challenges many people face today may be different to those once faced by my generation, but I have been struck by how new generations have brought a similar sense of purpose to issues such as protecting our environment and our climate.

My family and I are also inspired by the men and women of our emergency services and armed forces; and at Christmas we remember all those on duty at home and abroad, who are helping those in need and keeping us and our families safe and secure.

Two hundred years on from the birth of my
great-great-grandmother, Queen Victoria, Prince Philip and I have been delighted to welcome our eighth great-grandchild into our family.

Of course, at the heart of the Christmas story lies the birth of a child: a seemingly small and insignificant step overlooked by many in Bethlehem.

But in time, through his teaching and by his example, Jesus Christ would show the world how small steps taken in faith and in hope can overcome long-held differences and deep-seated divisions to bring harmony and understanding.

Many of us already try to follow in his footsteps. The path, of course, is not always smooth, and may at times this year have felt quite bumpy, but small steps can make a world of difference.

As Christmas dawned, church congregations around the world joined in singing *It Came Upon the Midnight Clear*. Like many timeless carols, it speaks not just of the coming of Jesus Christ into a divided world, many years ago, but also of the relevance, even today, of the angel’s message of peace and goodwill. It’s a timely reminder of what positive things can be achieved when people set aside past differences and come together in the spirit of friendship and reconciliation. And, as we all look forward to the start of a new decade, it’s worth remembering that it is often the small steps, not the giant leaps, that bring about the most lasting change.

And so, I wish you all a very happy Christmas.
Crouching down to plant a kiss on his youngest son’s cheek, the Duke of Cambridge shows he is the perfect doting dad.

In this charming image taken by his wife the Duchess, Prince William is seen with his children Prince George, Princess Charlotte and little Prince Louis in the garden of their Anmer Hall home in Norfolk.

He and Kate shared the previously unseen photo from the family album on social media on Christmas Day, with the message: “Merry Christmas to all our followers!”

A GREAT PLACE

The black-and-white image, taken last spring, shows Charlotte with her hands on Louis’s shoulders, while George smiles for the camera as he sits in a wicker chair. Kate captured her family shortly after they had been for a swim, and Charlotte and George still have damp hair.

It shows the family in a relaxed moment during what was a happy year for them all.

“They have had a great year,” said a royal source. “They are in a good place.”

The Duchess is a firm believer in the benefits of spending time outdoors and recently revealed how the royal children go out to play come rain or shine.

“They do love it,” she said in the BBC documentary A Berry Royal Christmas, which was broadcast in December. “Sometimes when it’s chucking it down and it’s freezing cold and I’m dragging them out, they would probably rather be staying inside, but I think it’s so important. It’s such a great, safe environment for kids to learn – they don’t realise that they’re learning.”

REPORT: EMILY NASH
‘The Cambridges have had a great year. They are in a good place’

The Duke of Cambridge gives Prince Louis a peck on the cheek as they and Princess Charlotte and Prince George pose for a photo in the grounds of Anmer Hall.

The Duchess (inset opposite page, taking more photos for the family album in 2011) took the sweet family image in the spring.
The Duchess of Cambridge coos over a tiny newborn baby in newly released images from her visit to Kingston Hospital in south-west London in November.

The photos were taken when Kate spent two days shadowing staff on the hospital’s maternity unit to highlight the impact the early years of childhood have on lifelong health and happiness, and how even before a baby is born, its future development can be affected by its mother’s own health.

In an open letter to the UK’s midwives, published here in full, the Duchess praises them for their “amazing work bringing new life into our world” and says their role is of “fundamental importance” to the early years development of children. It is an issue that has become the cornerstone of her public work in recent years.

Kate also shared more details of her visit to the hospital, saying: “I accompanied community midwives on their daily rounds and was welcomed into people’s homes. I was truly touched by the trust that people placed in me, sharing their experiences and voicing their fears openly. I also spent time in hospital clinics and on post-natal wards.”

Her letter was published before the start of the World Health Assembly-designated International Year of the Nurse and the Midwife 2020.

Frances Rivers, the hospital’s homebirth team lead midwife, said: “We were thrilled and honoured to have the Duchess come out with us on our rounds... Several of the families discussed the challenges common to all new parents of managing a newborn’s round-the-clock needs with their own wellbeing and the adjustment required to daily life.”

England’s chief midwifery officer, Professor Jacqueline Dunkley-Bent, who helped deliver Princess Charlotte, said: “It is a huge honour for the Duchess to recognise the importance of our profession and, as we look ahead to 2020, her support will no doubt be a massive boost for all those working in maternity services as we celebrate the year of the nurse and the midwife.”

Gill Walton, chief executive and general secretary of the Royal College of Midwives (RCM) said they were “delighted” that Kate had recognised the work of midwives and maternity support.

“Having spent time with RCM members at Kingston Hospital, she has seen firsthand the positive impact good maternity support can have, not only for mother and baby, but the whole family,” said Gill.
‘The Duchess’s support will no doubt be a massive boost for all those working in maternity services’

Kate meets a newborn and the baby’s parents at Kingston Hospital. After her visit, the Duchess praised midwives for their "amazing work bringing new life into our world"
Next year the world turns its attention to the International Year of the Nurse and Midwife, and recognising and celebrating the humbling work that you and your colleagues do day in, day out, to improve the lives of others. You are there for women at their most vulnerable; you witness strength, pain and unimaginable joy on a daily basis.

Your work often goes on behind the scenes, and away from the spotlight. Recently however, I was privileged enough to witness a small section of it first hand, spending several days at Kingston Hospital’s Maternity Unit. Although this was not my first encounter with the care and kindness provided by midwives across the country, it gave me a broader insight into the true impact you have on everybody you help.

Over the last few years, I’ve dedicated a significant amount of my work to the Early Years - the pivotal period of development between pregnancy and the age of 5 where children build crucial foundations for life. Your role in supporting this critical phase of development extends far beyond the complicated task of delivering a baby successfully. The help and reassurance you provide for parents to be and parents of newborns is just as crucial. It goes a long way in building parents’ confidence from the start, with lifelong impact on the future happiness of their children.

The Early Years are more critical for future health and happiness than any other moment in our lifetime. Even before we are born, our mother’s emotional and physical health directly influences our development and by the age of 5 a child’s brain has developed to 90 per cent of its adult size. Your role at the very start of this period is therefore of fundamental importance.

During my time at Kingston I accompanied community midwives on their daily rounds and was welcomed in to people’s homes. I was truly touched by the trust that people placed in me, sharing their experiences and voicing their fears openly. I also spent time in hospital clinics and on post-natal wards. No matter the setting, I was continually struck by the compassion that those of you I spent time with showed, and the incredible work ethic you demonstrated on behalf of your entire profession - not only performing your rounds but working tirelessly through the night to support people that were at their most vulnerable.

The founder of modern nursing, Florence Nightingale - whose 200th anniversary we celebrate next year once said: “I attribute my success to this: I never have or took an excuse” and it is that mantra that I have seen time and time again in all of my encounters with you. You don’t ask for praise or for recognition but instead unwaveringly continue your amazing work bringing new life into our world. You continue to demonstrate that despite your technical mastery and the advancement of modern medicine, it is the human to human relationships and simple acts of kindness that sometimes mean the most.

So as we look ahead to next year, I want to thank you for all that you do. It has been a real privilege learning from you so far, and I look forward to meeting and learning from even more of you in the coming years and decades.
‘I want to thank you for all that you do. It has been a real privilege learning from you’ The Duchess of Cambridge

Kate joins in a team meeting. Following her visit to the hospital she described in her letter to midwives how she had been “truly touched by the trust that people placed in me, sharing their experiences and voicing their fears openly.”
To mark the first day of the new decade, the Duke of Cambridge has unveiled a major global project to reward individuals and organisations working to save the planet.

Called the Earthshot Prize, the multi-million pound scheme will challenge the world’s problem-solvers to find solutions to some of our biggest environmental problems.

Announcing the prize, which was launched as the New Year began in the Pacific, Prince William said: “The earth is at a tipping point and we face a stark choice: either we continue as we are and irreparably damage our planet or we remember our unique power as human beings and our continual ability to lead, innovate and problem solve.

“Remember the awe-inspiring civilisations that we have built, the life-saving technology we have created, the fact that we have put a man on the moon.

“People can achieve great things and the next ten years presents us with one of our greatest tests – a decade of change to repair the Earth,” he added.

Helping William, 37, set out his stall was TV environmentalist Sir David Attenborough, who supplied the voiceover to a stunning short film detailing the new project.

“This year, Prince William and a global alliance launch the most prestigious environment prize in history – the Earthshot Prize,” Sir David said. “A global prize designed to motivate and inspire a new generation of thinkers, leaders and dreamers to think differently; visionaries rewarded over the next
decade for responding to the great challenges of our time."

Every year for the next ten years, the prize will be awarded to five winners working on solutions for problems involving climate and energy, nature and biodiversity, oceans, air pollution and fresh water.

There will be challenges announced at special events around the world, while different cities will be chosen to host the awards ceremony each year.

William hopes Earthshot will inspire collaborative projects, sparking a global movement that encourages governments, businesses and communities to prioritise environmental issues. The prize embodies the Duke’s desire to challenge pessimism about the future of the planet by driving positive action – a long-term goal that will define his public work for the coming years.

It will also allow him to continue the work of his father the Prince of Wales and grandfather the Duke of Edinburgh, who have championed the protection of the natural world throughout their lives.

A spokesman for Kensington Palace said: "For some time the Duke has been exploring how to drive positive global change in this space and has spoken with a wide range of individuals and experts about the best way to achieve this.

"He wanted to build on his father’s work on climate change, his grandfather’s work on conservation and his own work on the illegal wildlife trade."

"The Duke has spoken with his family about the project and..."
looks forward to involving as many of them as possible.”

William has long focused his royal work on the environment and conservation. He has led projects such as United for Wildlife’s Transport Taskforce to tackle wildlife crimes such as poaching and trafficking and is patron of the Tusk Trust and other green charities.

In 2016 he helped feed orphaned baby elephants at the Centre for Wildlife Rehabilitation and Conservation in Kaziranga during his tour of India with the Duchess.

The environment was also in the couple’s thoughts when they visited Pakistan last October. Seeing a melting glacier, William warned that the world risked losing “many of the precious things we care about” if we did not act on climate change.

WORKING FOR CHANGE

The Duke has worked with Sir David several times, most notably at the World Economic Forum at Davos last January, when the royal interviewed the 93-year-old naturalist on stage.

Three months later, William was joined by Prince Charles and the Duke of Sussex at the premiere of Sir David’s Netflix series Our Planet, while Kate was by his side to name the polar research vessel RRS Sir David Attenborough in September.

The Duke has been working on the Earthshot idea for more than a year, developing it in consultation with more than 60 organisations and experts. Its inspiration comes from the 1969 moon landing, the realisation of a ground-breaking, ambitious goal – known as a moonshot – which led to innovations such as Cat scans and satellite TV. The prize will reward progress across all sectors and could go to scientists, activists, economists, leaders, banks, governments, businesses, cities and even entire countries.

Environmental leaders around the world hailed the prize, which will be supported by a global coalition of philanthropists and organisations.

Colin Butfield, executive director of WWF-UK, said: “Advances in science, technology and global communications mean we now know with astonishing detail what happens if we don’t reverse the damage to our planet. But what if we use those same advances to change direction? In just ten years, we can go from fear to hope, from disaster to discovery and from inertia to inspiration.

“The Earthshot Prize challenges us all to make this the decade that we build a future to be proud of.”

US conservation scientist Dr M Sanjayan, chief executive of Conservation International, said: “We have a very small window – ten years – to jolt Earth onto a path of sustainability. It can sound terrifying or it can sound like one of history’s greatest opportunities.

“The challenges are daunting, but how we react is still, in this sliver of time left, entirely up to us and that is what the Earthshot Prize is all about. “It’s about this opportunity in front of us, right now, to choose to put our energies towards taking action and uncovering solutions, to choose to create the future we want over settling for the one we fear.”

REPORT: EMILY NASH
WHAT IS AVAX HOME?
AVAXHOME - the biggest Internet portal, providing you various content: brand new books, trending movies, fresh magazines, hot games, recent software, latest music releases.

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‘The Duke wanted to build on his father’s work on climate change, his grandfather’s work on conservation and his own work on illegal wildlife trade’ Kensington Palace

William and Kate view the melting Chiatibo Glacier in the Hindu Kush mountain range during their visit to Pakistan last October.
Harry, Meghan and Archie (pictured in Cape Town in September) spent the festive season in Canada, where they took advantage of the natural beauty on offer. The royal couple’s Christmas card showed them in front of a Christmas tree, with Archie taking centre stage (top).
For their seven-month-old son Archie's first Christmas, the Duke and Duchess of Sussex chose a very special destination, close to nature and to their hearts: Canada.
The family delighted Canadians by choosing Greater Victoria on the southern tip of Vancouver Island for such a memorable moment. Its principal city, Victoria, is named after Queen Victoria, Harry’s great-great-great-grandmother.
The couple, who were joined by Meghan’s mother Doria Ragland, who lives in Los Angeles, were spotted jogging together, hiking in North Hill Regional Park and enjoying the breathtaking shoreline of North Saanich.
It may well have been familiar territory for Meghan, who lived in Canada for seven years while filming US TV drama Suits, before marrying Harry. According to a statement, the Duke and Duchess were taking some “private family time” during an extended break from royal duties and were “enjoying sharing the warmth of the Canadian people and the beauty of the landscape with their young son”.
The country’s Prime Minister, Justin Trudeau, tweeted warm words of welcome: "Prince Harry, Meghan, and Archie, we’re all wishing you a quiet and blessed stay in Canada. You’re among friends, and always welcome here.”

TheSussexes’ Christmas card, first shared on Twitter by the Queen’s Commonwealth Trust, of which Harry and Meghan are president and vice president, shows the couple in front of a Christmas tree watching Archie crawl towards the camera. The photo was taken by Meghan’s friend, US actress Janina Gavankar, who wrote on Instagram: “So proud to have taken the Christmas photo for one of my best friends and her family.”

SOLDIERING ON
Over the festive period Harry also spread some cheer to bereaved British forces children at a party held by military charity Scotty’s Little Soldiers. In a video message, the Duke, dressed in a Father Christmas costume, greeted his audience with a “ho, ho, ho”.
“I hear there’s 190 of you there this year, so please cause as much chaos as humanly possible,” he said, before telling the children: “Losing a parent is incredibly hard but… your parents, they will never be forgotten, and you will never be forgotten.”
Ending by pulling down his fake beard, Harry said: “Have a fantastic Christmas and happy new year.”
THE FUTURE IS LOOKING BRIGHT FOR HELLO!’S RISING STARS OF 2020 WHOSE DESTINY IS TO MAKE IT BIG IN THE NEW DECADE

As the world welcomes a new year, HELLO! presents this glittering crop of talent set to hit the big time. We have a knack for getting it right – in previous years, we’ve featured BBC Radio 1 DJs Greg James and Maya Jama and Capital’s Roman Kemp and Vick Hope, as well as Geraint Thomas, who went on to add Olympic and World Championship golds and the Tour de France to his achievements, and Sarah Storey, now a dame and one of our most decorated sportswomen. So, from TV and radio stars to West End wonders and the gymnast hoping to bring home a medal from Tokyo – here is our selection of the faces to watch out for in 2020.

HELLO!’s stars of the future: (from left) gymnast Giarnni Regini-Moran, radio presenter Yinka Bokinni, singer dodie, actor Sam Tutty, actress Aimie Atkinson, wildlife presenter and cameraman Bertie Gregory and actress Tala Gouveia.
She’s already hugely popular on YouTube, where her videos rack up almost 15 million views, and now singer-songwriter Dodie Clark – who performs under the name dodie – is ready to win fans among a wider audience.

The 24-year-old from Essex began uploading her performances on YouTube when she was 16, but had no idea how successful she’d become – she has 1.87 million subscribers on the video site and more than a million followers on Instagram.

“I’d always been musical, but I didn’t really think it would be my job,” she tells us.

Since then, she’s worked with musicians such as Scottish singer-songwriter Tom Walker, who featured on her single *Humans*, which he called “a truly beautiful song”. Dodie is also full of praise for Tom, saying: “We were kind of put together. He was just so nice and humble.”

Our photoshoot comes at an emotional time for the singer, who is working on a new album due for release this year, followed by more tours. The day previously, she had recorded a track with a 13-piece string section that left her in tears.

“I’d been working on it for a month or so then as soon as they started playing, I cried,” she says. “You can spend so long working on something so it’s amazing when it comes together.”

Inspiration comes from “everywhere and anywhere”, she says, adding: “I don’t have a particular way of writing. I always say that I want to write in my bedroom, but I can be walking home and think of an idea – I have so many voice notes of ideas.

“Sometimes I’ll write a song in three minutes and sometimes I’ll write something, leave it for years and come back.”

It seems as if Bertie Gregory could be this generation’s answer to Sir David Attenborough. Obsessed with wildlife “since I was knee-high to a grasshopper”, the 26-year-old wildlife presenter and cameraman’s work includes filming for the BBC’s *Seven Worlds, One Planet* – he shot the drone footage for the opening scenes and spent two years working on six of the seven episodes – and he’s also presented online programmes for National Geographic.

It means he spends little time in the UK – indeed, he came straight to the HELLO! photoshoot from Heathrow, after flying in from Zambia.

The Bristol University graduate grew up photographing wildlife, using his images to share his passion. “I want to show that we shouldn’t just care about wildlife because it makes us feel warm and fuzzy inside, we should do it because we need it,” he says.

After six years in the industry, Bertie doesn’t hesitate when asked his favourite onscreen moment. “On *Wildlife: The Big Freeze*, we were filming in the Canadian Arctic and I got this tip-off that a pack of wolves were trying to take on polar bears,” he tells us. “This had never been filmed before – there wasn’t even a photo – so I thought: ‘That’s worth a go.’

“Wolves are powerful hunters, but they were taking on the biggest land predator on the planet. I saw one small to medium-sized bear surrounded by wolves, but he was like: ‘No way.’

“We can spend weeks on what ends up being a three minute sequence but when you capture that moment, you kind of forget about all the time spent in the freezing cold or trying to stay awake.”

'I want to show we should care about wildlife because we need it' Bertie Gregory
Actress Aimie Atkinson is “still in shock” at being chosen to step into Julia Roberts’s shoes in Pretty Woman: The Musical when it opens in London. “I don’t know how it’s happened,” she says, laughing. “I honestly didn’t think I had a hope in hell of getting it.”

It’s a role she wanted from the moment she heard the stage adaptation of the hit 1990 film was transferring from Broadway to the West End. “Julia Roberts was a legend, but I thought I could do my own version,” she says. “I feel like this is a life-changing role. It couldn’t be more of a dream.”

Aimie, 32, has been making waves since she won the BBC Radio 2 Voice of Musical Theatre competition in 2006, taking on roles such as Daniela in In the Heights, Princess Jasmine in Aladdin and Katherine Howard in Six, the sell-out musical about Henry VIII’s six wives.

She was the first actress to play Henry’s fifth wife. “In musicals, you dream of creating a role that no one has done before,” she says. “When we got the script we were like: ‘Wow, this is really cool and funny and fresh.’ We didn’t know it was going to blow up the way it did.”

Having girlfriend Genesis Lynea play Anne of Cleves in the original line-up made the role even more special, she says: “My agent phoned to say I’d got the part while I was on my way to meet Genesis. She’d just had the call to say she was playing Anne of Cleves, so we mouthed: ‘Did you get it?’ to each other across the street and ran towards each other.”

At the Piccadilly Theatre from 13 February; visit PrettyWomanTheMusical.com.
"I’ve been working towards this my whole life"  
Giarnni Regini-Moran

All eyes will be on Giarnni Regini-Moran at Tokyo this summer if his dream comes true to pick up a medal at the Olympics four years after he feared his career was finished.

In 2016, the 21-year-old gymnast – then Youth Olympic and European Junior champion – had a bad fall while practising, causing major damage to his knee and fracturing his shin.

"It was the worst pain of my life," he says. "I couldn’t breathe so they had to give me oxygen."

The injury required surgery and left Giarnni having to learn to walk again. “It was a really low time,” he says. It took almost two years for him to recover physically and mentally, during which he had nightmares and flashbacks. But then he broke his ankle and all the progress was lost.

Despite the heartbreak, Giarnni was determined to return to the sport he loves and underwent tough and painstaking rehabilitation. Now he’s back training six days a week and represented the UK at the World Championships in Germany last October; a medal at Tokyo is in his sights.

“I’ve been working towards this my whole life,” he says. “When you’re standing on a podium with a medal around your neck, there is no better feeling.”

TALA GOUVEIA

After appearing in the likes of Cold Feet and Holby City, Tala Gouveia has landed her first lead TV role and couldn’t be happier.

The Nottingham-born actress is starring alongside Jason Watkins in the ITV drama McDonald and Dodds, playing the “tough, feisty and ambitious” DCI Lauren McDonald.

“I so wanted this job,” she says. “She’s a really well-written female character. I love that she isn’t there to support a man. She’s a woman who isn’t afraid to take up her own space, which is important.

“I did a chemistry reading with Jason and straight away we both bounced off each other. When you’re working with someone who is that good, it automatically makes you up your game,” she adds.

“He’s amazing. He makes everyone laugh and keeps the set really calm.”

With parents who worked in theatre, Tala became interested in acting at a young age and studied at the Bristol Old Vic.

“We did some filming for this show in Bristol, so I was about ten minutes from my old school,” she says. “It’s amazing to think that I was there training and hoping for all these things to happen and now I’m doing this amazing part.

“That sweating in the dance studio was worth it.”
Radio and TV presenter Yinka Bokinni has already made history: she and Shayna Marie Birch Campbell are “the first double-header of women of colour on a commercial radio show,” she tells us.

As well as co-hosting the Capital Xtra breakfast show, the law graduate also presents Fresh Forward on 4Music and is working on a documentary for Channel 4.

“I get up at 4.30am every day but the second I get to work, I think: ‘This is what I’m meant to be doing,'” says Yinka.

She grew up in Peckham, South London, with six siblings and was friends with ten-year-old murder victim Damilola Taylor. The presenter says she wants to use her success to help others: “I’m proud to be from Peckham and I want to help create a new legacy and reputation for the area.”

Presenting was not something the young Yinka had thought about. She studied law at university, but knew her heart wasn’t in it – “My dad wasn’t best pleased” – and after graduating at the age of 24, she was inspired to move into radio.

She “hounded” community radio station Rinse FM, eventually landing a presenting role in 2015, before moving to Capital the following year. Three years on, she landed her dream job: co-presenting the breakfast show.

“I feel very grateful to even be able to call myself a presenter,” she says. “To think that I get paid to play music.”

When actor Sam Tutty picked up the phone to hear he’d landed the lead role in the London production of Dear Evan Hansen – beating 8,000 hopefuls – he asked: “Are you sure you’ve got the right number?”

It had taken him 13 auditions, including a trip to New York City to see the Tony-winning show on Broadway.

Dubbed “the West End’s hottest new leading man”, Sam’s performance has seen him nominated for Best Actor in a Musical in the 20th annual WhatsOnStage Awards alongside Charlie Stemp – a HELLO! Rising Star in 2017.

“I’m very, very lucky. This role is such a privilege,” says the 21-year-old, who graduated from the Italia Conti Academy for performing arts just months before the show opened in November.

“I hear stories at the stage door about how the show resonates with so many people, so it’s been a real honour to perform,” he adds.

Dear Evan Hansen is at the Noel Coward Theatre in London until 30 May. Visit dearevanhansen.com/london/.
He made a sparkling return to TV on the Strictly Come Dancing festive special, but that wasn’t the only dose of glitz and glamour for Mark Wright in the countdown to the new year.

Looking stylish in tuxedo and bow tie, the TV and radio presenter stepped out with his wife Michelle Keegan for the Justin Edinburgh 3 Foundation Gala, where they were joined by Mark’s parents Carol and Mark Sr and his footballer brother Josh and Josh’s wife Hollie.

“It’s just the sense of pride – being a Wright,” Mark has told HELLO! “We’re all so close and stand by each other through thick and thin.”

Family was at the forefront of everyone’s mind at the fundraiser, held in memory of the former Tottenham Hotspur footballer and Leyton Orient manager, who died after suffering a cardiac arrest last June, aged 49.

“I wouldn’t have missed this for the world,” Mark tells HELLO!. “Justin was an incredible inspiration to so many people. How he would have loved to be here with us tonight.”

Justin was responsible for signing Josh to Leyton Orient last year, making it an emotional night for the family.
"Justin was always the life and soul, whether at the training ground or a celebration," Josh said. "He would always lift you with his loud voice and even louder laugh. He got the most out of me and others, and that's what made me look up to him so much."

Josh is a trustee of the foundation, which was founded by Justin's widow Kerri and her children Charlie and Cydni to provide support for UK heart and brain health charities.

Justin's former Spurs team-mate Teddy Sheringham and his wife Kristina were also at the event at The Willows in Essex, where guests enjoyed drinks by sponsor Nero Vodka and a silent auction raised funds.

CHRISTMAS RELAXATION
The night was part of a busy few weeks for Mark and Michelle leading up to Christmas. Following his Strictly return, when he was partnered with dancer Janette Manrara, the TV presenter finally had a chance to put his feet up.

After exchanging gifts on Christmas Day with his actress wife, who has recently finished filming the second series of Sky One comedy Brassie, the pair headed to his family home for dinner.

"It's my favourite day of the year," Mark tells HELLO!.

"It brings pure happiness and joy."

There are more big dates on the horizon, too. In addition to Mark's 33rd birthday later this month, he and Michelle will celebrate their fifth wedding anniversary on 24 May.

"Each year is special," he says. "We always do private celebrations for our anniversary."

REPORT: JANE DOWDESWELL
PHOTOS: DAVE HOGAN
Visit justgiving.com/crowdfunding/justinedinburgh
STILL on cloud nine after his sensational Strictly Come Dancing win, Kelvin Fletcher is looking forward to a busy 2020.

"I'm ringing in the new year with a real sense of optimism and enthusiasm," the actor tells hello! in an exclusive interview after his Glitterball triumph, before flying to Dubai for a well-deserved family holiday. "Doing Strictly has made me see anything is possible. It's taught me to keep my mind open to any opportunities."

Kelvin, 35, has had no shortage of offers after waltzed to victory with dance partner Oti Mabuse on the BBC's hit show in December. "There are some West End opportunities, which is amazing because I'm a huge theatre fan," he says. "I'd love to perform in the West End, there's no question."

Reports say that a lead role in Joseph and the Amazing Technicolor Dreamcoat could be on the cards, but Kelvin gives a wry smile and says: "You can't always believe what you read."

His dream role would allow him to "showcase some talent", he says, adding with a laugh: "I'd love to play Gavroche [the street urchin] in Les Misérables, but I'm a bit old for that."

Beside giving Kelvin the chance to show off his newfound fancy footwork, a musical would also require the use of his vocal cords. "I'm all right at singing," he says. "But like with the dancing, I've proved to myself that with training, anything is possible."

"I still can't quite believe what I achieved," he says. "Oti had an expression: 'The sky's not the limit. There is no limit.' That's something I'll take away from the show – to set my aspirations a bit higher."

AN ACTOR'S LIFE
Despite his love of dance, Kelvin's passion very much lies in acting – he played Emmerdale's Andy Sugden for 20 years before leaving in 2016.

"As an actor, I may now have opportunities on different platforms – stage, TV, radio, film – and that's still where I want to be and what I want to do," he says.

For now, he's concentrating on spreading the Strictly magic around the UK on the show's tour, dancing with Janette Manrara due to Oti's commitments with BBC show The Greatest Dancer.

"I can't wait. Janette is absolutely lovely."

And while the new year looks to hold many exciting professional developments, Kelvin is clear where his priorities lie: his wife Elizabeth and their children Marnie, three, and one-year-old Milo.

"There are things I want to achieve over the next decade," he says. "The main thing is remaining committed to my family and my work, whether it's on stage or TV. I want to give my best and enjoy the fruits of life, as and when I'm lucky enough to get them."

INTERVIEW: EMILY HORAN
‘I’d love to perform in the West End. There are some opportunities, which is amazing as I’m a huge theatre fan’
A galaxy of stars – along with several Sith Stormtroopers – aligned for the European premiere of Star Wars: The Rise of Skywalker in London’s Leicester Square.

Daisy Ridley, who plays the lead role as the formidable Rey in the final film in the treble trilogy of blockbuster sci-fi films, was a force to be reckoned with on the blue carpet. The 27-year-old braved the cold in a royal blue corset gown by Vivienne Westwood Couture and looked out of this world, accessorising her look with sapphire jewels and a pair of matching heels.

Speaking about the end of filming on the final episode, directed by JJ Abrams, Daisy said: “It really felt like the end and you felt it on set. The last day was horribly emotional. I can’t remember a word of what I said in my speech because I was crying so much. It was terrible. Even JJ said: ‘That was embarrassing.’”

The actress was keen to keep mum about the plot. “All I can tell you is that it is basically all we love...
about Star Wars. Good versus evil, love and finding the people you choose to be your family. There are lots of laughs and lots of tears. It’s insane that they’ve managed to finish off all nine films,” she said.

Daisy was joined by her co-stars John Boyega, 27, who celebrated his Nigerian heritage by wearing traditional dress, and Kelly Marie Tran, 30, who returns to the big screen as Resistance fighter Rose Tico. Wearing a red Phuong My gown, Kelly gave a nod to the latest Star Wars additions: a group of Sith Stormtroopers, who descended on the carpet along with the fan favourite droids C-3PO, R2-D2 and BB8, who made the journey from a galaxy far, far away.

Also shining at the starry extravaganza were Star Wars actor Warwick Davis, ex-Olympic champion rower James Cracknell and The Voice coaches Olly Murs and Meghan Trainor.

REPORT: BRITTA ZELTMANN

The fashion force is strong with these two: Daisy stuns in a deep-blue corseted Westwood gown. Co-star John also hits a blue note and honours his Nigerian heritage in traditional dress.
For many, the Queen’s Speech is must-see TV on Christmas Day. But royal-watchers were in for a double treat this year when the Princess of Pop Kylie Minogue broadcast a special message, too.

Taking part in a multi-million dollar tourism campaign to promote Australia, the 51-year-old singer starred in a new musical advert encouraging Britons to take a trip Down Under.

The tongue-in-cheek commercial, which premiered shortly before the monarch’s message on Christmas Day and was filmed for Tourism Australia, begins in Sandringham – a Melbourne suburb – before Kylie joins in various Aussie pastimes, including cricket, exploring the Outback and hitting the beach. The singer stars alongside Australian tennis ace Ash Barty, comedian Adam Hills, ex-cricketer Shane Warne – and a koala.

The performance capped a big year for Kylie, who in June became the most-watched Glastonbury performer when playing in the legends slot.

In the Matesong video Kylie tells UK fans they’d be so lucky to holiday Down Under in scenes that see her hang out with a koala at Sydney’s Taronga Zoo (above) and meet indigenous elders near Uluru (below)

REPORT: LAURA BENJAMIN
STARS PUTTING ON THE GLITZ

A glittering crowd brought some sparkle to Fitzrovia as artist Leah Wood, daughter of Rolling Stones legend Ronnie, designer Alice Temperley and their fashion expert friend Scott Wimsett hosted a glitzy get-together at London’s Mandrake hotel. Model Poppy Delevingne, photographer Diana Gomez and Leah’s mum Jo were among guests who checked in for the evening to enjoy champagne and dancing before a late supper in the boutique hotel’s restaurant Yopo.

SPIRITED CELEBRATIONS

Daisy Lowe gave a lesson in seasonal style in a shimmering scarlet blazer dress by Retrofête as she partied at swanky London bar Liquorette. The model was in high spirits as she took part in a cocktail-making masterclass along with famous faces including singer and reality star Tallia Storm, TV presenter Alex Zane and This Morning’s Eamonn Holmes at vodka brand Absolut’s Crackers Christmas Party. Guests sampled their creations before dancing the night away.
Surrounded by his famous friends and the “full squad” of his family, Ronan Keating was in his element when he took to the stage to perform his hit *Life is a Rollercoaster* at the 13th annual Emeralds & Ivy Ball.

The former Boyzone singer also took the opportunity to serenade his wife Storm, who is expecting their second child together. And to the delight of guests – among them the couple’s close friends Zara and Mike Tindall – Ronan and Storm’s son Cooper, who turns three in April, ran on stage and was lifted up by his proud dad to help the couple welcome everyone to the fundraising event, in aid of Cancer Research UK and in partnership with the Marie Keating Foundation.

Ronan and his family set up the foundation in 1998 following the death at 51 of his mother Marie from breast cancer. There is no doubt in Ronan’s mind that she would have doted on his children. His son Jack, 20, and daughters Missy, 18, and Ali, 14, from his first marriage, also attended the occasion, which raised more than £1m.

Other famous faces included Jodie Kidd and Kelly Hoppen, while entertainment was provided by Will Young and Billy Ocean, who sang his hit *When the Going Gets Tough, the Tough Get Going* joined by Ronan.

“What a night. Head is in a sling. Still celebrating raising over 1 mil last night… So proud to have my full squad with me,” Ronan wrote on Instagram the following day alongside a photo of him with his four children and Storm.

He later said: “Since our first ball in 2006 the Marie Keating Foundation has raised a staggering £9.6m for Cancer Research UK, to help fund their teams of nurses who share vital information about cancer with people in their own communities. To everyone who has taken part, attended or given their support, a big thank you from myself, Storm and the whole of the Keating family.”

Storm poses for with model Jodie Kidd and (above right) with Ronan and their son Cooper and Ronan’s children Jack, Missy and Ali.

**BEST WISHES**

After the ball, Ronan and Storm headed to Australia for Christmas and now have much to look forward to with the arrival of a younger sibling for Cooper. Storm spoke earlier this year about adding to their family, saying: “It would be nice for Cooper to have a little brother or sister… there is certainly a possibility for Coop to have a little buddy.”

Now their wish is coming true in 2020.

**REPORT: JANE DOWDESWELL**

Visit mariekeating.ie. For further information about Cancer Research, visit cancerresearchuk.org.
‘Still celebrating raising over 1 mil last night... So proud to have my full squad with me’

Ronan
As Dancing on Ice makes a dazzling return to our screens this week, it’s offering more than just sequins and daring head-banger lifts: the show will be gliding into the history books.

Ian Watkins, better known as “H” of pop band Steps, is teaming up with American professional skater Matt Evers as the first same-sex couple to compete in a TV dance series.

“It’s about time,” says Ian as HELLO! joins him and his fellow contestants, who include Caprice and Diversity star Perri Kiely, at the series launch. “When I auditioned, I asked to be in a same-sex partnership and there were lots of conversations,” says Ian, who’s dad to three-year-old twin boys Macen and Cybi. “I said if it didn’t happen, I would bow out of the show. It feels incredible that it has happened. Growing up in the valleys in Wales, there were no visible role models for me. If I can make a change to someone watching who’s feeling lonely, then let’s do it.”

Ice dancing in a same-sex pair comes with some new challenges.

“Lifting is a work in progress,” says Ian. “But there’s no precedent so we can make things up as we go along. I’m not small so I won’t be floating around the ice like Tinkerbell. We’ll be doing strong Cirque du Soleil lifts.”

And as singer John Barrowman prepares to replace Jason Gardiner on the judging panel, he says he couldn’t be prouder of the show’s “huge step”.

“I’m so proud that there is now a couple who represents someone like me. They’re skating how my husband and I would skate,” says John, who’s married to architect Scott Gill. “I hope that in future series we’ll have two women skating together or someone who’s transgender.”

“We’re pushing the boundaries with the show this year; it’s all about inclusiveness,” adds ice skating legend Christopher Dean, who, along with skating partner Jayne Torvill, will cast his expert eye over the skaters alongside John and Diversity’s Ashley Banjo, while Phillip Schofield and Holly Willoughby are back as hosts.

Among the 12 celebrities nervously practising their skating techniques in a bid to melt the viewers’ hearts is Libby Clegg, a Paralympic gold-medal-winning sprinter, who has the eye condition Stargardt’s Macular Dystrophy and will be the show’s first blind contestant.

“It’s very different from being on a track and it’s a bit scary, but my partner [Mark Hanretty] is amazing – he has changed the way he coaches to work with me. We’ve got hand signals we do to communicate the steps,” explains Libby, who adds that she’s delighted to be swapping her usual tracksuit for the glitzy sequinned costumes.

DIVERSITY ON THE RINK

Also hoping not to be left out in the cold when the competition hots up is Love Island star Maura Higgins, who won’t “be afraid to say if I disagree with the judges”, she assures us. “It was my mouth
that got me to the final of Love Island but it’s my feet that need to do the talking now.”

Perri, who found fame at the age of 14 as the energetic backflipping member of dance group Diversity, is certainly feeling the pressure and insists his fellow Diversity member and Dancing on Ice judge Ashley will show no signs of favouritism.

“There’s no chance Ashley will go easy on me. He knows exactly what I’m capable of so if there’s something out of place, he’ll tell me.”

Given his dancing background, the pressure is on for the 24-year-old. “Everyone thinks this will be easier for me because I can dance, but my trainer said they would rather work with someone who has never danced before than with me,” he laughs.

“Whereas I’m a blank canvas – I’m the best person to teach,” chips in Joe Swash, who by his own admission still has some way to go in honing his skating skills. “I’m holding back because I’m on a journey.”

Meanwhile, Coronation Street’s Lisa George and chat-show host Trisha Goddard, 62, hope to inspire women of a certain age. “I’m hitting 50 next year and I want women my age to be inspired to go back to something they loved and try it again,” says Lisa. “I loved skating when I was a kid but stopped when I was nine after an accident. It’s brought back a childhood passion for me.”

Adds Trisha: “I want to show women that menopause can be a beautiful thing – having a hot flush on the ice helps. It warms you up!”

REPORT: EMILY MORAN

The new series of Dancing on Ice starts on 5 January at 6pm on ITV.
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Jaime King has chic covered in West Hollywood

PHOTO: GETTY IMAGES

Actress Jaime King wrapped up in seasonal style for a recent Hollywood Christmas party. Attending the annual Brooks Brothers holiday celebration to benefit St Jude Children’s Research Hospital, which specialises in cancer treatment, Jaime teamed an elegant belted, longline Max Mara coat with a chocolate dress, green floral drop earrings and sparkling white boots. A bright red leather pouch by hot label Bottega Veneta provided a pop of colour, matched by a slick of pillar-box-red lipstick.

Emerald petite flower earrings, £42, Rosaspina Firenze, from wolfandbadger.com

High-neck merino wool dress, £69, Cos; visit cosstores.com

Gucci Rouge à Lèvres Voile Lipstick in 25 Goldie Red, £34; visit gucci.com

Sofia leather ankle boots, £422, By Far, from mytheresa.com

Slouchy mini weave clutch bag, £15, Boohoo; visit boohoo.com

Belted wool-blend coat, £175, & Other Stories; visit stories.com

Jaime King
STEAL HER STYLE

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As we sit down in Selfridges to preview her swimwear collection Tropic of C, Candice Swanepoel muses: “London never disappoints with its rain.” Launching her range in the UK, Candice’s brand ethos is to reduce the environmental impact and practise sustainable production— from fabrics made from upcycled plastic waste to finishing touches. She cites nature as her biggest influence and this collection is a love letter to her birthplace, South Africa. We chatted to the 31-year-old supermodel and mum to sons Anacã, three, and 18-month-old Ariel, about swimwear, family life and model BFFs.

Candice, your latest collection is inspired by Africa, where you grew up. Do you miss it?

“Yes, all the time. I grew up on a farm and left when I was 15, so it was all I really knew before I got into this crazy fashion world. All the memories of growing up in Africa stay with you. It’s profound; it kind of made me who I am.”

Which piece in the collection is your favourite?

“Ooh, every piece is my favourite because they’re all my babies. I love a one-piece; I think it accentuates the body so beautifully—there’s one called Savanna, it’s a burnt orange colour and I’ve been wearing the hell out of it. It’s got certain cut-outs and it’s super high-cut.

“It’s funny how it came to life in the office. I was playing with some of the styles that already existed and starting to tie things...
As well as designing the range, you’re also your own model…

“Yes. I have to think about the girls with the bigger boobies, though – I have to get a different model for that!”

What’s your go-to swimwear shape?

“I love an even tan, so if I’m going to get sun then the everyday bikinis are the best. But looks-wise, it’s a one-piece. We designed them so they can also be worn as a body – it’s good to have something where you can go from day to night. If you’re on the beach and you’re going out for dinner you can just throw on a skirt.”

The range is eco-friendly – how important is sustainability to you?

“Extremely important. I started with the packaging, as nowadays we receive so many things wrapped in a million bits of packaging; it’s crazy. Then we began researching fabrics. We’ve been going for two years now and in that time it has changed so much. It’s amazing to see how much fabric development. “For me, it’s more about feeling good about what I’m doing. People know me as a huge nature lover and advocate and it’s where I find inspiration and peace, so I obviously want to maintain and protect that.”

What causes are you passionate about?

“First of all, nature. I’m also working with mothers2mothers [a charity devoted to ending paediatric HIV in Africa] in South Africa, which is close to my heart, especially after becoming a mother. They’re doing amazing work. The Duchess of Sussex recently went to visit them and they were so excited. I haven’t worked with Meghan but I’m so happy she went to see the charity.

“Throughout the brand I’ve always donated a percentage of proceeds to something close to my heart. I feel it’s our duty to do those kinds of things. I’ve received so much in my life and it’s good to give back.”

Tell us about your exercise routine…

“I stay fit taking care of my kids because they are so heavy. They’re getting so big I’m like “agh!!!” when I lift them. But I do try to go to the gym at least twice or three times a week. I go for an hour and do weight training, I like to build – I have to drink a lot of protein shakes to keep weight on. People know this from years of Victoria’s Secret interviews because everyone would be like: “What’s the first thing you want to eat?” and I’m like: “Hold up…”. People don’t see it as a difficulty but with all the travelling and running around I do, I need to fuel up constantly. I also started yoga for quietening the mind. I love stretching it out.”

What tips would you give to anyone looking to start yoga or the gym for the first time?

“There’s nothing to be scared of. Nobody needs to be a yoga expert – when you get on the mat it’s about you and where you are. One day I might be amazing and super-flexible and another day I just want to be in child’s pose – but I made it to the mat, so it’s about getting yourself there and not putting too much pressure on yourself.”

Where are you looking to go for winter sun?

“I’m still trying to plan and book my holidays. I need a beach and some tropical vibes to wear all my new swimsuits. I’ve never been to Thailand, but it’s so far and I can’t go there right now with two little babies.”

Your boys are so gorgeous. Would you like to develop the line to include kidswear?

“Thank you! Yes, I would. I’ve already said to my team: ‘When are we going to do baby suits?’ They’re so cute and I love the matching ones for mummy and baby girl.”

Who would you call up to go on a night out?

“Hmm… I’d probably call Joan [Smalls] and Doutzen [Kroes]. They’re my wild friends.”

You obviously made great friends through the Victoria’s Secret fashion show – though it was cancelled this year. Anything you miss about the show?

“It was nice because we got to be together and experience something together. We had a good run. I met Doutzen through VS and Joan from doing high-fashion shows.”

How do you feel about the show ending?

“I don’t know if it’s going to come back but I’m excited not to be freaking out about working out right now. I put a lot of pressure on myself. For two months of your life you’re like: ‘I need to go to the gym!’”

How do you juggle work and family life?

“It’s all about planning and scheduling. If I need to pull out of something, my team really understand. So it’s all about balance because I love to work and I love what I’m doing, which makes me a better person for them. I like to think I’m a good example.”

Do you have any New Year’s resolutions?

“I make my resolutions on my birthday [in October], my personal new year. Just to enjoy life and not to overthink things. There’s such a bombardment of information; it’s important to focus on what you’re doing and to enjoy it, too. I want to continue that.”

What are you passionate about?

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What are you looking forward to most in 2020?

“I don’t tend to look that much into the future, I’m trying to get through the next month. Just continuing what I love doing and creating. I love to create, so dreaming up our shoots and dreaming up new collections. I like to have themed things so this collection was Africa – you see it in the colours and the shoot.”

The Tropic of C photoshoot took place on safari in Kenya; what can you tell us about that?

“It was incredible. We were in the Masai Mara and it’s like Kruger – where I’d go as a child – on steroids. We went as the migration was starting. In some shots there were lions maybe a hundred metres [300ft] away, on the hill. I was like: ‘They’re not going to move, right?’”

‘All the memories of growing up in Africa stay with you. It’s so profound; it kind of made me who I am’
Irina Shayk

GET THE LOOK

Echoing the subtle sparkle of her Burberry suit, the Russian model needed only a touch of make-up on her flawless skin at a recent awards do in New York. "For daytime, less is more – a little bit of concealer but no foundation," says the 33-year-old. Drinking plenty of water is essential, and Irina says she "loves" Dr Barbara Sturm serums. Her top tip? A daily massage with an ice cube to "wake up" her skin "I learnt it from my mother," she says.

Dr Barbara Sturm
Glow Drops, £110, from net-a-porter.com

Hourglass Vanish
Airbrush Concealer in Cotton, £32, from Harvey Nichols, available from 10 January

Lanolips
Lemonaid Scrubba-Balm, £13, from cultbeauty.co.uk

L’Oréal Elvive
Extraordinary Hair Oil, £9.99, from Boots

Lanolips
Lemonaid
Scrubba-Balm, £13, from cultbeauty.co.uk

BareMinerals Poreless
Oil-Free Moisturizer, £31; visit bareminerals.co.uk

L’Oréal Elvive
Extraordinary Hair Oil, £9.99, from Boots

Collection Bounce
Back Eye Colour in Hello Angel, £2.99, from Boots

Irina Shayk

GET THE LOOK

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Ready for some R&R after the festive frenzy? Seek serenity close to home and chill with the A-list at some of the UK’s finest spa hotels.

**THE HOTEL:** Set within 100 acres of Cumbrian countryside, this resort makes for an indulgent romantic getaway. As well as the six-bedroom Lake House – complete with hot tubs, saunas and swimming pool – five Scandi-inspired Spa Lodges provide all-out privacy; you’ll have your own en suite spa, featuring a convertible treatment area, outdoor sauna, steam room and hydrotherapy hot tub surrounded by a walled garden.

**THE SPA:** Suspended in a tree canopy above the lake, the Jetty Spa (top and left) offers truly pampering couple’s treatments. Choose the Jetty Spa Trail and awaken your senses with a private aromatherapy consultation, followed by a salt-scrub shower and an invigorating full-body massage using a bespoke mix of essential oils. Then – glass of fizz in hand – revel in your blissed-out state in the hot tub and enjoy the beautiful scenery. It’s little wonder this Lake District oasis is a hit with mini-mooners.

**THE STARS:** Charlize Theron, Angelina Jolie (far left) and Taylor Swift have all spent time in the Lake District.

**THE DETAILS:** Rooms at Gilpin Hotel & Lake House begin at £245 per night including breakfast. The Jetty Spa Trail treatment is £200 for 2 people. Visit thegilpin.co.uk.

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**SPA ESCAPES**

**Gilpin Hotel & Lake House, Lake District**

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**Pure Lakes**

- Rose, Jojoba & Frankincense Facial Oil, £15
- Lavender & Chamomile Massage & Bath Oil, £12
- Black Pepper, Ginger & Chamomile Muscle & Joint Bath Soak, £12; visit purelakes.co.uk
**Sopwell House, Hertfordshire**

**THE HOTEL:** Behind the immaculate stucco façade of this Georgian manor house, on a sprawling estate in the historic city of St Albans, is a state-of-the-art hotel and the UK’s first private members’ spa. The accommodation is split between sumptuous rooms in the main country house and self-contained private Mews Suites, while the restaurant is award-winning. The recently renovated spa is the jewel in Sopwell’s crown.

**THE SPA:** Luxuriously appointed, the three-storey Cottonmill spa is filled with inspiring art, Tom Dixon marble wall lights and open fireplaces. If you’re spending the day here, the Sitting Room serves superfood pots and Cottonmill’s own prosecco, and the spa garden (above right) is a beautiful spot for lounging. We recommend Cottonmill’s Sound & Sand massage, on an amber and quartz crystal bed; immerse your body in hot sand, easing tension, before singing bowls chime as you enjoy a scalp, back, neck and shoulder massage.

Post-treatment, head to the rose relaxation room (right).

**THE STARS:** Rochelle Humes (inset, above right) and husband Marvin have visited.

**THE DETAILS:** £174 for bed and breakfast in a superior room. Cottonmill Sound & Sand massage, £104 for 60 minutes. Visit sopwellhouse.co.uk.

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**Ockenden Manor Hotel & Spa, Sussex**

**THE HOTEL:** Tucked away in the picturesque village of Cuckfield near Haywards Heath, this 28-bedroom Elizabethan manor house boasts a Michelin-starred restaurant with lovely views of the surrounding countryside. There are nine acres of peaceful gardens and parkland to enjoy and plenty of creature comforts. Junior spa suites are contemporary (below left) while four-poster beds and wood-paneling are typical of rooms in the main house.

**THE SPA:** Next to the hotel but a world away in its design aesthetic lies a strikingly contemporary building housing six spacious spa suites, complete with roof terraces, and eight treatment rooms. The impressive facilities include an in-and-outdoor pool (left), sauna, steam room, rain shower, Isopod flotation tank, hot tub, gym and relaxation room. Treatments feature Elemental Herbology, with an emphasis on natural and organic therapies to soothe, smooth and balance. For complete tranquillity, try one of the Light Technique treatments, developed by holistic wellness coach and facialist Katie Light; the Mind, Body and Soul Soother will truly melt away all your worries.

**THE STARS:** Claire Foy (above right), Eddie Redmayne and Ewan McGregor have visited the spa to relax.

**THE DETAILS:** The See the Light Spa break starts from £399 per person per night. Price includes a three-course dinner, English and Continental breakfast and full use of the spa facilities and swimming pools as well as a Mind, Body and Soul Soother treatment for 120 minutes; visit ihshotels.co.uk.

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**Elemis De-Stress Massage Oil, £40; Elemis Frangipani Monoi Body Oil, £40; visit elemis.com**

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**Elemental Herbology Metal Detox Bath and Body Oil, £28; Hyaluronic Plus Intensive Moisture Serum, £85; Vital Glow Overnight Resurfacing Cream, £57; visit elementalherbology.com**
Firstly, it feels so good to be back writing my page for you. I’ve had a few months off after the year turned into possibly one of my most challenging. In the summer, a routine appendix op went horribly wrong, resulting in further surgery and months of recovery. And in November, I lost my dear mother after a long, brave, dignified battle with lymphoma. But I know she lives on; I can hear her saying: “Crack on, Louise!”

This week I suspect the most I shall do to improve my health is ease off the Stilton and Sancerre. Never one for painful resolutions, I’m all for picking the lowest-hanging fruit first. Start with little habits, and build on them weekly. It makes for a more comfortable landing into the new year.

With that in mind, I’m going to tackle bloating first. When I have overconsumed, it really feels as though I have lead in my boots. And more and more studies show that optimum health starts in the gut. When in the grips of a physical and emotional tsunami, it takes all of a person’s energy just to get past the next obstacle. There were days I forgot to eat, painkillers numbing my ambition and appetite, and when the gut’s microbiome (an ecosystem of organisms, such as bacteria and yeasts, also called gut flora) is out of whack, you feel sluggish, your skin can suffer, your mood can dip and, crucially, your immunity is suppressed. A healthy digestive tract also aids optimum weight loss. The good news is, you can improve your intestinal health in less time than it takes to ferment your own kimchi.

Too many processed foods, too much alcohol, the stress of festive prep, pesticides in poor-quality meat and veggies, travel and late-night meals take their toll on gut flora. Swap the processed beige foods for whole foods, which needn’t all be organic. Aim for at least 20 portions of veggies per week along with some fruit, yoghurt, a little cheese and naturally fermented food. This will provide all the good probiotics and polyphenols (natural plant-derived chemical compounds that act as antioxidants) you need.

I take probiotics – they’re a supplement we recommend to most clients. Different strains of probiotics have different functions; some can help symptoms of IBS, for instance; others can help treat bacterial vaginosis. Do consult a healthcare professional; your GP, a dietician or pharmacist can advise whether you’d benefit from taking a probiotic. But make sure you start with dietary changes – that’s imperative.
A new year is the perfect opportunity to set new targets – and if you’ve always dreamt of losing weight healthily without sacrificing delicious and filling food, it’s time to discover that Slimming World feeling.

With a 50-year heritage, Slimming World uses the science of energy density and satiety, where you’re encouraged to fill up on healthy “Free Food” such as lean meat, poultry, fish, rice, potatoes, pasta, eggs, fresh fruit and vegetables, with no need to weigh them or count calories. You can also enjoy moderate amounts of bread or cereal and dairy, plus daily treats mean you’ll never feel deprived.

Lisa and Graeme Wharton (right) from Sunderland lost 10st 4lb between them over 15 months, and have maintained their target weights for six years. Lisa tells us: “We’d struggled with our weight all our lives. Inspired by a friend, we joined our local Slimming World group. Our Consultant talked us through the plan and we were amazed at how easy it was and how much we could eat. We swapped ready meals for healthy home-cooked versions of our favourites like meatballs, pasta, curry and rice.”

Graeme adds: “I was surprised to find I loved the group! You get so much encouragement each week – as we lost weight we had a lot more energy. We’re so glad we joined Slimming World and I promise you will too.” So, discover that Slimming World feeling for yourself and make your weight-loss dreams come true.

For more about Slimming World’s healthy weight-loss plan and support, visit slimmingworld.co.uk/hello or call 0344 892 0489. Slimming World costs just £4.95 per week. There are more than 19,000 groups; use the online postcode checker to discover your nearest one. Join in January and enjoy half-price membership, saving £5 – pay £9.95 on week one. Sign up for a 12-week Countdown course before 18 January and receive free membership plus two free weeks (worth £19.90) – pay £49.50 on week one.

**SPECIAL OFFER**
Pick up your free fresh start guide when you join before 18 January – it’s packed with easy recipe ideas for breakfast, lunch and dinner.
turn January blues into January oohhs

new meals in stores from 2nd January

Italian-style sausage pasta

Chicken supreme

Vegan cottage pie

diet cola chicken

Free pack of Müllerlight* bakery inspired yogurt when you buy any 3 Slimming World FreeFood meals or meats*

Starts 2nd January

Exclusively available at Iceland the food WAREHOUSE

*Offer valid on £3/€4 & £3.50/€4.25 products only. Offer valid from 02.01.20 to 04.02.20. Subject to availability. While stocks last. Excludes Channel Islands. Low in saturated fat. Reducing consumption of saturated fat contributes to the maintenance of normal blood cholesterol levels. Enjoy as part of a varied, balanced diet and healthy lifestyle. Please check your local store for more details. ©2020 Iceland Foods Limited.
TERIYAKI TOFU

Serves 2  Preparation time 20 minutes  Cooking time 10 minutes

“...one of the best ways I know of cooking tofu. Frying it in a really hot pan with just a smattering of spices and some cornflour to give it delicate crisp edges works a treat. Here it’s dished up with a protein-rich mixture of salad sprouts, so it’s a modest snack that packs a punch, with nearly half the recommended intake of protein for the day. It is also high in calcium and manganese.”

INGREDIENTS

- 200g/7oz firm plain, smoked or fermented tofu
- 1 heaped tsp cornflour, sifted
- ½ tsp five-spice powder
- Sea salt
- 3 tbsp sesame oil
- 1 tbsp teriyaki sauce
- 60g/2½oz sprouting seed mix
- 40g/1½oz salad sprouts
- 3 tbsp lemon or lime juice
- Sesame seeds, for sprinkling

1. Press the tofu block between double layers of kitchen paper to absorb the excess liquid, changing the paper once or twice to dry it well. Cut the tofu into 1cm/½in dice. Combine the cornflour, spice blend and some sea salt in a bowl. Add the tofu and toss to coat.
2. Heat 1 tbsp of sesame oil in a large non-stick frying pan over a high heat. Add the tofu and fry for 6-8 minutes, stirring frequently, until golden. Drizzle over the teriyaki sauce and cook for a further minute until the tofu is dark and crisp at the edges.
3. Meanwhile, toss the seed mix and sprouts in a bowl with 2 tbsp of sesame oil, 2 tbsp of lemon or lime juice and a little salt. Divide between 2 plates. Spoon the tofu on top or alongside, sprinkle over the remaining lemon or lime juice, then scatter with sesame seeds.

PROTEIN PICKS

Veganuary sees thousands of people trying a plant-based diet for the month of January. Here we share protein-rich recipes for vegetarians and vegans from Annie Bell’s new book...
A modest amount of lentils give this soup its plant power, leaving the butternut to shine through.

“With two types of protein – the legume and the seeds you’re getting a good range of amino acids. The soup is also high in vitamin A and a good source of vitamins E and C and potassium.”

INGREDIENTS
• 25g/1oz coconut oil
• 2 red onions, peeled and chopped
• 1 celery heart, trimmed and sliced
• 1 tsp finely chopped medium-hot red chilli
• 2 cloves garlic, peeled and finely chopped
• About 1kg/2¼lb butternut squash, skin and seeds removed, flesh coarsely chopped
• 1 heaped tsp garam masala
• 300g/11oz small tomatoes, halved or quartered
• 150g/5oz dried red lentils, rinsed
• Sea salt

To serve
• Finely sliced piquillo peppers from a jar
• Sticky toasty seeds (recipe right)

DEVILLED BUTTERNUT SOUP WITH STICKY TOASTY SEEDS

Serves 6  Preparation time 25-30 minutes  Cooking time 35-45 minutes

1. Heat the coconut oil in a large pan over a medium heat. Add the onions, celery and chilli and fry for 7-8 minutes until softened, stirring frequently and adding the garlic just before the end. Add the squash and cook for 1-2 minutes, then stir in the garam masala. Add the tomatoes, lentils, 1ltr/1¾pt water and some sea salt. Bring to the boil, cover and simmer for 25 minutes.
2. Once done, whizz the soup in batches in a food processor (but retain some texture), then taste for seasoning and adjust if needed. Serve hot, scattered with strips of piquillo peppers and toasted seeds.

STICKY TOASTY SEEDS

Serves 8  Prep time 15 minutes  Cooking time 50 minutes

INGREDIENTS
• 1 tsp vegetable oil
• 100g/4oz pumpkin seeds
• 60g/2¼oz sunflower seeds
• 40g/1½oz sesame seeds
• 2 tsp tamari or soy sauce
• 2 tsp maple syrup
• 2 tsp lemon juice
• Cayenne pepper

1. Preheat the oven to 160°C, 300°F, Gas 2. Brush the base of a large roasting pan with the oil.
2. Mix the seeds in a bowl. Spread them in the roasting pan and toast in the oven for 20 minutes.
3. Blend the remaining ingredients together, adding cayenne pepper to taste. Drizzle over the seeds, stir to coat, then roast for a further 30 minutes, stirring halfway through. Loosen with a spatula, then leave to cool. They will keep for several weeks in an airtight container.
QUINOA & COURGETTE NOURISH BOWL WITH ALMOND BUTTER DRESSING

Serves 4 Preparation time 20-25 minutes Cooking time 15 minutes

“This almond dressing is a personal favourite. It’s worth making plenty as it’s fab drizzled over any number of salads. Among nuts, almonds are especially high in protein.”

INGREDIENTS
• 70g/2¾oz quinoa
• 4 baby courgettes, ends trimmed
• 2 tbsp lime juice
• 1 tbsp extra virgin olive oil
• 2 small avocados, halved and stone removed
• 4 small handfuls of ready prepared baby spinach leaves
• 4 tbsp pomegranate seeds

For the dressing
• 100g/4oz almond butter
• 1 tbsp lime juice
• 1/3 tsp cayenne pepper
• ½ tsp ground cumin
• Sea salt

1. Bring a small pan of salted water to the boil. Add the quinoa and simmer for about 15 minutes until just tender. Drain into a sieve and leave to cool.

2. Meanwhile, make the dressing. Put the almond butter in a bowl and gradually work in the lime juice and 50ml/2floz water. Add the cayenne pepper, cumin and some sea salt. Stir or whisk until smooth. If making in advance, thin it before serving by adding a tsp of water at a time to achieve a thick pouring consistency.

3. Using a vegetable peeler, shave the courgettes into thin ribbons. Toss in a bowl with 1 tbsp of lime juice and the olive oil. Slice the avocados into strips lengthways in their shells, then use a dessertspoon to scoop these out in one go into a bowl. Toss with the remaining 1 tbsp lime juice.

4. Select 4 large, shallow soup bowls and place the quinoa, spinach leaves, courgette and avocado around the outside. Scatter over the pomegranate seeds. Spoon the dressing into 4 small dishes and place in the centre of the bowls, or serve separately in a bowl at the table.

If you’re vegetarian or vegan or just don’t eat much meat or fish, getting enough protein is not that simple. In Plant Power (published by Kyle Books, £17.99), from which these recipes are taken, Annie Bell shows you how to source plant proteins from high-quality unrefined wholefoods. She explains which foods contain protein and offers simple and delicious ways to include a broad range in your diet, with no need for supplements.

‘This dressing is a personal favourite – it’s fab drizzled over any number of salads’
If there’s one woman who defines the word “positivity”, it’s Lorraine Kelly. The popular ITV presenter has been a mainstay on our screens for the past three and a half decades, imparting to her viewers the feeling that she would make the perfect confidante.

And her warm, easy charm radiates just as strongly through her latest book, *Shine: Discover a Brighter You*. Part self-help tome, part memoir, it contains tips on hair, beauty and exercise as well as advice on topics including miscarriage, depression, anxiety and the menopause.

“I was turning 60 and wanted to share the knowledge that I had amassed over the years from all the different people that I had spoken to,” she says. “I wanted to share experiences and hopefully, from what I’ve learnt, make people’s lives a little bit better.”

While there are contributions from experts including Lorraine’s make-up artist Helen Hand and stylist Bronagh Webster, *Shine* also touches on deeper issues that affect women.

“It’s much more about what’s going on in the inside and how to give yourself a little bit more confidence. I talk in the book about social media and the way life is very, very fast. Sometimes all of us can feel a bit overwhelmed, and it’s just trying to provide the tools to deal with that.”

Lorraine believes that the hectic pace of modern life has led to a rise in anxiety and other mental health problems among young people. “Generally speaking, we live in a very pressurised environment. Hence, I think we do have a massive rise in anxiety and mental health issues.

“Sometimes it’s nice just to sit in the bath reading a magazine or take my dog for a walk – that always makes me feel better’

The TV presenter also touches on other health issues,
Lorraine is joined on her show on her recent 60th birthday by former The Great British Bake Off winner Candice Brown (above). She celebrated her milestone again at Christmas with daughter Rosie (together below, far left), who lives in Singapore. Her constant companion is her dog Angus (together left).

Exercise is an important part of Lorraine’s life. Not only does it keep her trim, but it also helps her mental health. Zumba, the Latin-inspired dance workout, is her great passion. She started classes in her local hall and has found a great community in her classmates.

“I’d love to write more books. I also love travelling. I want to go to Greenland and Mongolia and Alaska, and I want to go back to Antarctica.”

BOOKS

**THE FALL AND RISE OF SADIE McQUEEN**

Sadie McQueen has leased a house in Cherry Blossom Mews, a diverse corner of London. Aiming to heal herself from tragedy, she focuses on turning the property into a spa. But when the mews looks as though it’s going under, and a mystery man makes her believe in love again, Sadie has to learn to put herself out there. An uplifting read by Juliet Ashton.

Out now, published by Simon & Schuster.

DON’T MISS THIS WEEK...

**TELEVISION**

**DOCTOR WHO**

Jodie Whittaker is joined by guest stars Stephen Fry and Lenny Henry as she returns on New Year’s Day for another stellar series as the Time Lord. Promising plenty of new intergalactic adventures – and some terrifying monsters – the Doctor and her companions (played by Mandip Gill, Tosin Cole and Bradley Walsh, right with Jodie) will light up our screens.

Season 12 starts on BBC1, 1 January at 6.55pm.

**BOOK NOW**

**MY BEST FRIEND’S WEDDING**

Alexandra Burke (left) stars in the stage adaptation of the wickedly funny film. She plays fiery food critic who tries to derail her best friend’s wedding to win back her ex-sweetheart. Expect tunes such as *Walk on By* and *I Say a Little Prayer* – and lots of laughter.


**THEATRE**

**& JULIET, HER MUSICAL**

The most famous love story of all time, Romeo and Juliet, is reworked in a fun-loving new West End musical that asks: what if Juliet’s famous ending was just her beginning? Searing with pop anthems like *Baby One More Time*, it’s a riotous extravaganza, starring Miriam-Teak Lee (right), that proves when it comes to love, there’s always life after Romeo…

For tickets, visit andjulietthemusical.co.uk.

**FILM**

**THE GENTLEMEN**

Director Guy Ritchie assembles a starry cast for this sophisticated action comedy starring Matthew McConaughey and *Downton Abbey*’s Michelle Dockery (together left). When word gets out that drug lord Mickey Pearson (Matthew), wants to cash out of the business, it triggers repercussions in the underworld. Also starring Hugh Grant and Colin Farrell.

In cinemas from 1 January.
You’ll find the best of the Caribbean in these tropical islands, which offer relaxation, fine white sands and azure waters.

**Turks & Caicos**

**STAY**
Gazing out over the turquoise waters on the western shores of the island of Providenciales, Amanyara is an exquisitely designed slice of paradise. Its pavilions and villas – some with private dipping pools and oversized tubs (2) for starlit soaks – are as sleek as they come; the snorkelling is spectacular, and the can’t-do-enough-for-you team take every want and whim in their stride. You’ll be plotting a return trip by the time you check out.

**TASTE**
The citrusy conch salads at laid-back Da Conch Shack are best washed down with an ice-cold bottle of locally brewed Turks Head beer. With its breezy sun deck and glorious views, The Beach Club at Amanyara is a particularly beautiful spot for a languid lunch of snapper ceviche, nigiri sashimi and zucchini linguine with garden basil pesto. As the sun begins to set, pad down to the elegant bar (3) for a pre-dinner tipple, and for a truly memorable evening, the team can lay on the most magnificent supper beneath the stars in one of the secluded, silk-sanded coves.

> Black Tomato can arrange a seven-night stay at Amanyara on a B&B basis from £6,255pp, based on two people sharing, including transfers and flights; visit blacktomato.com.

**INDULGE**
Set around a mind-mellowing reflecting pond, the Aman Spa at Amanyara is as striking as it is serene. The guided meditation sessions in the yoga sala are profoundly calming, and many of the treatments are based on local healing philosophies. The Grounding Scrub & Wrap Ritual begins with an amethyst rubdown and culminates with the application of smoked body butter, while the Four Handed Massage sees two therapists working to restore harmony to the mind and body.

**EXPLORE**
Empty beaches (1), crystalline coves and verdant forests teeming with birds provide an almost transcendental level of beauty. The on-site Nature Discovery Centre curates a stellar line-up of expeditions. Head out on a scenic ramble, join the resident marine biologist on the vast reef, or explore the coastline on a small sailing catamaran and paddleboard.

**WHAT TO PACK**

Carrie blush silk slip dress, $320 (about £240), Sleeper; visit the-sleeper.com

Chanel Soleil Tan de Chanel – Bronze Universel, £40; visit chanel.com

**Report:** Harrriet Charnock-Bates. Photos: Getty Images
Wellwoman supports * UK’s No1 women’s supplement brand. Source: Nielsen GB ScanTrack Total Coverage Value and Unit Retail Sales 52 w/e 7 September 2019.

To verify contact Vitabiotics Ltd, 1 Apsley Way, London NW2 7HF.

From Boots, Superdrug, Holland & Barrett, supermarkets, health stores, pharmacies & wellwoman.com

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