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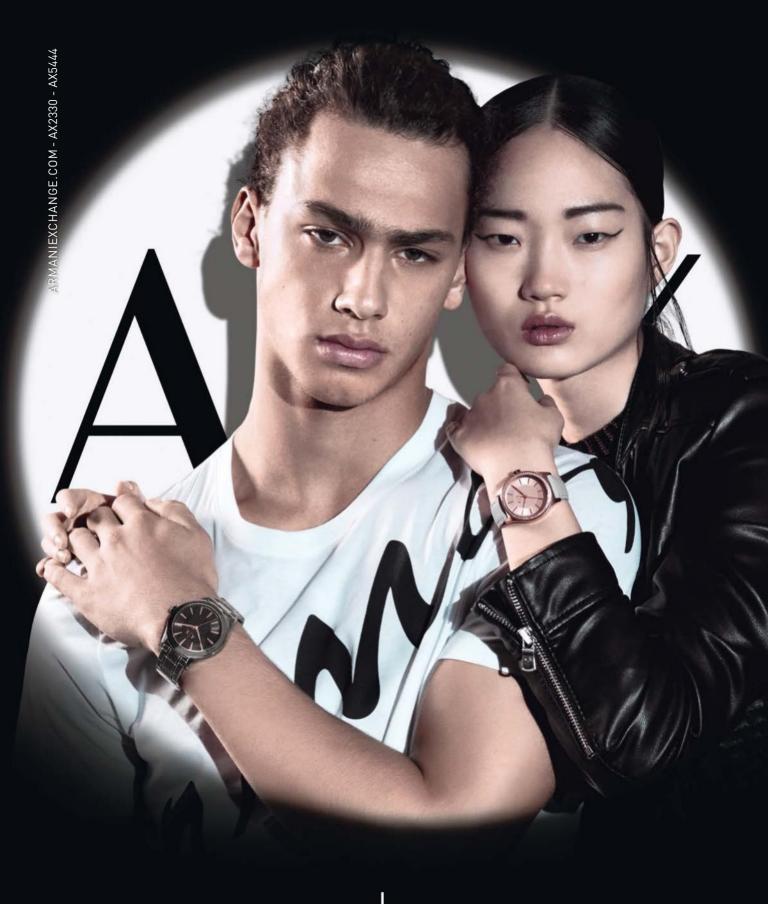
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Jourdan Dunn photographed by David Slijper Art Director Lisa Rahman Fashion Director Karen Preston Hair Ben Skervin at Streeters NY Make-up Renee Garnes at Next Management Nails Rica Romain at LMC Worldwide Senior Fashion Assistant Molly Haylor Top, jeans and earrings all Saint Laurent by Anthony Vaccarello

Get the look: Hair Supreme Oil Hair Treatment £14.30, Gloss Veil Shine Spray £13.80 and Edge Taming Gel £12.70 all Mizani. Make-up Brow Drama Sculpting Brow Mascara £4.99, Master Ink Liquid Eyeliner in Satin £4.99, Color Show Mono Eyeshadow in Lustrous Beige £4.99, The Falsies Push Up Angel Washable Mascara £5.99, Dream Satin Liquid Foundation £7.99, Master Contour V-Shape Duo Stick £6.99 and Color Sensational Lipstick in Mocha Pearl £6.99 all Maybelline



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DIOR



Own your mistakes

SOMETIMES, I THINK WE HAVE A TENDENCY TO LOOK AT SUCCESSFUL PEOPLE AND IMAGINE THEY JUST SPRANG OUT OF A BOX SOMEWHERE, AS A READY-MADE POP STAR, OR DOCTOR, OR EVEN A MAGAZINE EDITOR.

But everyone has a career history. And within that history, everyone's made mistakes. On a day-to-day basis, we're all terrified of messing up. No one wants to look stupid, or feel they've failed, even in a little way. But mistakes are often the most expedient route to knowledge. The badges we can wear that show we survived and we grew from the experience.

The stupidest incident of my early career taught me a significant lesson. It was my first day at my job as a publicist for the TV show Neighbours. I had to photocopy some stuff. Standard. The photocopier looked like it had travelled back in time from the year 2082. So complicated. But how embarrassing, right, to ask how to use a photocopier? So I didn't. And when, almost immediately, the paper jammed, I was frustrated and embarrassed and skulked away, figuring I would choose Day Two to learn how to use the photocopier from the alien planet.

Minutes later, an enraged man came bursting into the office I shared with six other people, clutching some scraps of paper. "WHO left this jammed in the photocopier? I found it there,

smouldering. YOU COULD HAVE BURNED THE PLACE DOWN."

Well, the only thing burning was my face as I tried to apologise in a shaky, mousey voice. Lesson: if you don't know something, just bloody ask. It was the Work Fails feature on page 64 that had me reliving this mortifying moment all over again. And to ease the shame, I asked the Glamour team to share some of their work clangers as well. Feel our pain. And

"If you don't know something, just bloody

"In my first months as the most junior person on a film mag, I interviewed Patrick Stewart and got a very mild X Men exclusive - then got home and accidentally recorded over my file. I literally screamed. Work were so kind about it the next day that I almost cried again." Kat Brown, Social Media Editor

"I was interning at a fashion magazine, filling a lift with three rails of couture when one rail collapsed. It split my face and I was buried for three floors. When the doors opened, the assistant yelled -I thought from concern, but she was panicking that I'd get blood on the couture. I then had to sign a form saying it was my fault and take myself to the hospital." Gregory Allen, Beauty Assistant

"I was invited, via email, to the book launch party of a reality TV 'star' at 3pm on the same day, and I forwarded it to my desk mate, saying, 'I'm not sure what I'm more insulted by, that they think

I'm interested in this, or that they've invited me so late that I'm clearly a second-tier invitee.' Yup, sent it to the star's PR by mistake. Realised the second I hit 'send'. The only thing I could do was call the PR and apologise profusely." Helen Whitaker, Entertainment Editor

"When I was an eager intern, I got invited to a fab Fashion Week party and got really drunk. The next morning, I woke up to a call from my editor asking me where I was. It was the morning of the Oscars, when I'd been expected to be

at work at around 5.30am. And I was still drunk. I slurred/shouted: 'I'M IN MA BED.' I rocked up an hour later, mortified and bleary-eyed. I've never got drunk on a work night since." Leanne Bayley, Content Editor

"I was spraying myself with perfume at my desk. I'd only been in the role for a couple of weeks, and I sat next to my boss. She asked if I'd just sprayed anything because she'd started to feel unwell. Turns out she's severely allergic to perfume. Great start." Ali Pantony, Deputy Features Editor



laugh with us. We can do that now. Just about.

Jo Elvin, Editor-In-Chief

Contact me at: editor@glamourmagazine.co.uk. Follow me on Twitter at Twitter.com/jo_elvin and Instagram @joelvinglamour. Tweet us at @GlamourMagUK Cover star Jourdan

Dunn tells us all about learning from her experiences on page 164







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"Feeling proud to be me" STAR LETTER

Never has an article struck such a chord as My Mission To Love My Body by Daisy Buchanan. I cried relating to her courage, and held my breath as I read how she walked through the gym changing room naked. I don't know how many years I've spent looking through squinted eyes at myself to try and blur the imperfections. I am inspired to learn to love my body - to take on a 'naked challenge' and to feel proud of the woman I am.

Anna, by email

This month's star letter wins an award-winning BaByliss 3Q Hair Dryer, worth £120. It has a lighter-weight body to make styling more comfortable, and super-advanced brushless motor technology. The perfect solution for smooth hair. babyliss.co.uk

hard to explain the bond you have with a pet, and Katie Glass absolutely nailed it. Kylie, by email

A vital topic

I loved Panicking 9 To 5. After working all hours and lying awake every night, I was diagnosed with work-related anxiety and depression. Nearly all my girlfriends have pushed themselves to the brink with work stress. Thank you - please keep raising these issues.

Rebecca, by email

@ laurenhickey @Amy Abrahams @GlamourMagUK I loved When Did Wellness Get So WTF? YES to "leaving insecurities, self-shaming and angst behind". Thank you for writing this.

Bossing 2017

After reading your February issue, from Sarah Knight's Brutal Life Advice, Anyone? to Anna Kendrick's down-to-earth interview, I've never felt more refreshed! After a difficult break-up and a cancer diagnosis at 25, I now feel more positive and ready to kick 2017's ass. Cat, by email



@glamouruk

#INSTA-PIRATION OF THE MONTH

@davlozada YAAAAAAAAAAASSSS @viktorija.kuncyte I adore her 💗 @mybeautysquad Word! 🦾



GLAMOUR-TO-GO

This month's winner is Su Field, pictured skiing in Avoriaz, France. Su wins an Instax Mini 70 camera, with selfie mode and high-performance flash; instax.co.uk. For your chance to win, send us a photo of you with the latest issue of Glamour (with your name, address and location). Good luck!





We want to hear about you - about Glamour, your life, anything. Email letters@glamour magazine.co.uk or write to Glamour We Hear You, 13 Hanover Square, London W1S 1HN



a back or even back-to-front).

03 '80s CURLS

No perm required, just tongs and the right product.



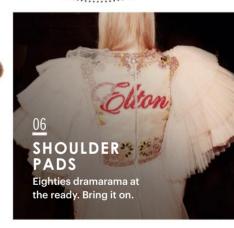
04 BRALETTES

Preferably over your buttoned-up shirt (a tricky trend, but one we can guide you through).



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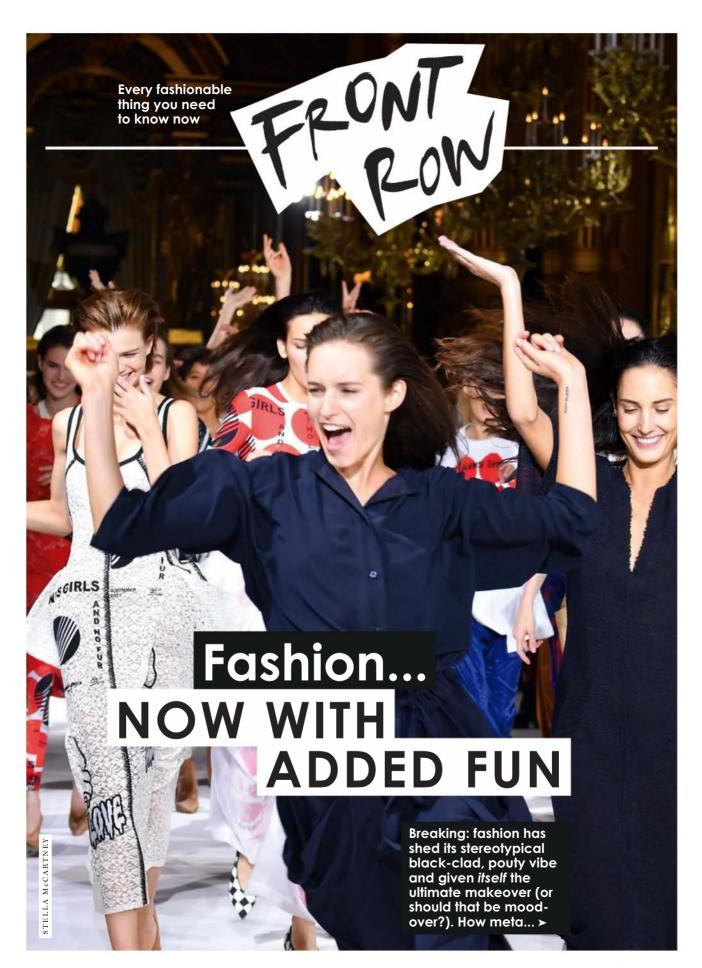




spotted this on my way to work.









Right: The models were carried away at Dolce & Gabbana's show in Milan by a street dance troupe





Above: Gigi Hadid and her fellow models enjoyed the Tommy Hilfiger show during New York Fashion Week

plifting tunes and jazz hands: not your usual fashion-show fare. And yet, there was Rufus Wainwright at the Michael Kors S/S17 show, joyously belting out Judy Garland's Get Happy while the front row beamed on. Hang on. Who stole the fashion crowd's surly seriousness and swapped it with pure positivity?

It wasn't a one-off, either – you can see this upbeat spirit in what we're already wearing now: psychedelic florals, cascading ruffles, yellow (you try wearing a canary-coloured dress and not feeling cheerful). Matches Fashion buying director Natalie Kingham says this new optimism is "an upbeat blend of unexpected proportions and colour combinations; it appeals to the magpies among us."

Eclectic style is the beating heart of this new positivity (thank Gucci for that) – think style icons Giovanna Engelbert (née Battaglia), Leandra Medine and Iris Apfel, with their happily haphazard wardrobes. They know how to have fun with fashion. Isa Arfen's Serafina Sama says that, for her, optimism translates into, "Less rules and more freedom with colour and texture."

You'd be forgiven for wondering what the heck there is to celebrate, considering 2016 was the year the world went mad. Indeed, but this is the response to last year's craziness; the sartorial equivalent of love trumping hate. As Alessandra Rich – the eveningwear designer whose spring collection is "full of love" – puts it, "I don't think fashion should be a mirror of reality, but a way to express ourselves." "It's a reaction to the darkness," agrees Serafina. "As fashion designers, we are just making clothes, we're not saving lives, but we can send out a message of positivity, inclusiveness, togetherness."

And the epitome of this new feeling? Michael Kors' LOVE-emblazoned sweater, of course – just accessorise with a smile.



"As fashion designers we're not saving lives, but we can send out a message of positivity"





















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How would vay wear ...

THE BOLD SHOULDER?

As souped-up silhouettes make a return this spring, Fashion Editor LUCY WALKER gets in on the action

PHOTOGRAPHS by KASIA BOBULA

PUFFED OR PADDED, big shoulders are, you know, big right now. If fashion is supposed to reflect a wider cultural context, what can this trend for dressing like an American quarterback mean? Is it about squaring up to the men in the office, '80s-style? Or is it less to do with posturing and more to do with bravery, daring to wear outlandishly proportioned shoulders because, well, you can? Who knows? What I do know is that I have always ruthlessly attacked any new piece of clothing that has even the gentlest shoulder padding with a quick unpick, and tossed the offending material into the nearest bin. But, like many other trends I've dismissed as 'not my thing', over the past few months, a puff here and a pad there have crept into my wardrobe. Maybe it's time to up the ante... and my silhouette.

Despite my initial doubts, here's what I learned: 1) Big shoulders must be worn with trousers (a skirt feels v Joan Collins in *Dynasty*).

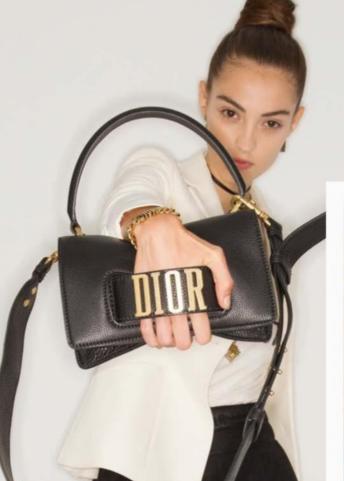
2) Heels make me feel sexy rather than overtly blokey. 3) A slimline silhouette elsewhere helps make this a flattering look. I opt for a faux-leather jacket with rounded shoulders, teamed with a roll-neck, jeans and heels. The roundedness feels less sharp-edged and aggressive.

Inside the office, I feel fine; but this is a fashion magazine where playing dress-up is actively encouraged, and therefore not the best barometer for what works IRL, where, I have to admit, I do feel a bit too 'fashiony', like I'm trying too hard. I also don't think I imagine the odd raised eyebrow (mainly from men, funnily enough). But gradually, I find my feet and imagine this is a look I'd love to wear for an important meeting – like an armour. I'm easily visualising myself holding my own, arguing my point, and getting things done. So I guess this really is about power dressing after all...



Merino wool roll-neck £130







Right Maripol captured the details of the collection; **below** Maria Grazia with the Dior models



Below Rihanna, a brand ambassador, was on the FROW

POLAROIDS by MARIPOL

Girl power goes CHIC

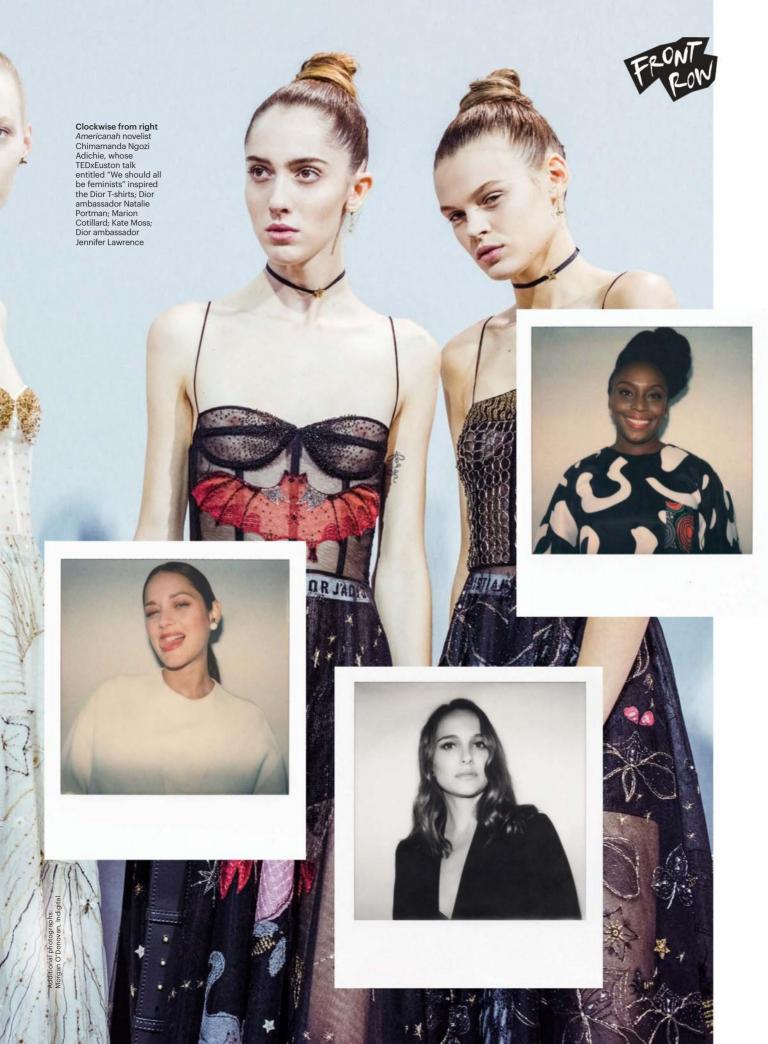
Dior's new artistic director is taking the FROW to the frontline of feminism by Helen Whitaker

> he first woman at the helm of iconic fashion house Christian Dior was always going to be a style event, and Maria Grazia Chiuri made sure that women - and feminism - were at the heart of her debut S/S17 collection in Paris. Everyone was talking about those T-shirts, and the romantic gowns layered over bold logo underwear that referenced Dior's archive with a punky, 'anti-pretty' twist.

To capture her debut collection, she brought photography and style legend Maripol - the









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made it look like a well-curated pop video rather than the usual family portrait. And her wedding day transport? She rode a bicycle, wearing a cream jumpsuit, of course.

Agyness Deyn, meanwhile, wore a Molly Goddard babydoll tulle dress with blue pumps to wed hedge fund manager Joel McAndrew last year. And model Hanne



Hanne Gaby Odiele (right and below) and Agyness Deyn (bottom) getting their cool bride on

> "Anything that ramps up your individuality is a bonus"

Gaby Odiele, a street-style favourite, played with convention in low-slung Alexander Wang trousers and a silk bra top at her wedding to fellow model John Swiatek.

Knowles, Deyn and Odiele are of the millennial generation – they want a wedding look that celebrates their personal style, even if it does prompt an eye-roll from traditionalists. This emphasis on personal style is something the brides I know – all part of that same generation – all get. Susie Ekelund, 30, bespoke manager at jewellery brand Alex Monroe, got married last September in a top and skirt, rather than a dress, by French designer Laure de Sagazan. "My wedding outfit definitely represented a feminine version of me – I can be pretty boyish – but without making me not feel like myself," she says.

Ellie Hay, 34, founder of lifestyle site Patter, had her dress made by her designer sister Loukia – an elegant Céline-like shape worn with black Prada

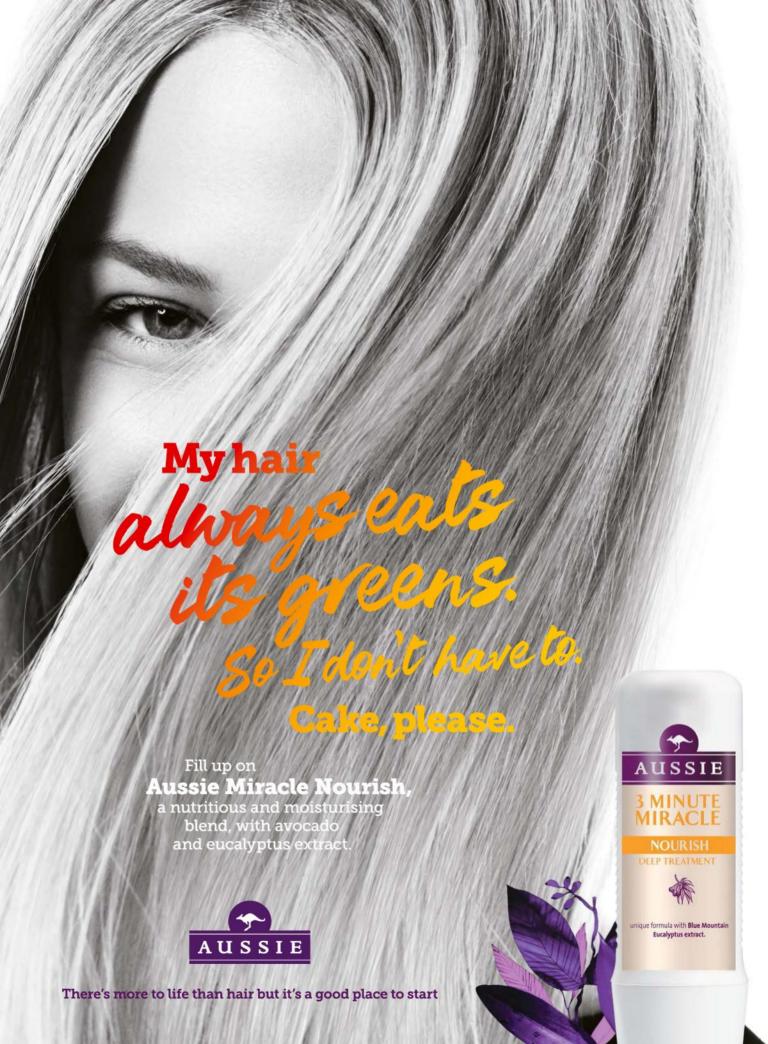
shoes. She echoes Susie's thoughts: "I didn't want to feel like a different version of myself that fitted into the idea of a bride. I realised I didn't have to wear cream satin courts – so I went to Prada and bought a really nice pair of shoes."

A cluster of brands are beginning to notice the cool-bride market. Self-Portrait designer Han Chong ventured into a bridal line because he "found there aren't many brands out there

offering gorgeous timeless and feminine dresses that aren't over the top". Meanwhile, designer Sophia Kokosalaki now concentrates on an elegant Grecian take on bridal, for women who are "aware of trends, with good taste and aesthetic – and who don't want to look like a cake".

Anything that ramps up your individuality is a bonus. Hermione de Paula's bespoke embroidery – where phrases are sewn into the lace on the bride's dress – appeals to a generation that loves customisation. "It tells that girl's own story," says Hermione. "It's like their own personal artwork." Rachel Crome, digital engagement specialist at Amnesty, 30, wore a de Paula dress,







buy something that I would wear again," she says, "but the sweet idea of in-jokes embroidered in the

lace really appealed." For the registry office ceremony a few days before her wedding, Rachel wore a black cold-shoulder jumpsuit she already owned and "possibly Solange-inspired," she says now.

Cost-cutting hacks like this make sense when the average cost of a wedding dress in 2016 was nearly £1,400. Happily, the high-street bridal market is growing - and provides great options for a modern look without the blow-out budget. Asos started a bridal collection last year that now features a full range of designs under £200, while Debenhams has bridal wear by Savannah Miller for the bohemian end of cool, from £320. Whistles launched Whistles Wedding last month, with seven limited-edition styles (including the brand's signature jumpsuit) under £699, all with that clean, cool Whistles aesthetic. "There is an element of princess, but not in a fairytale way," says creative director Nick Passmore. "It's more about looking contemporary, but also special." And that sounds pretty cool to us. •

How to be a bridesmaid to a *cool* bride

Theme your dress to the bride

Hermione de Paula savs she sometimes makes bridesmaid dresses with similar embroidery to the bride, but coloured so the bride stands out - and the wedding party look co-ordinated in a Solange-like way.

Everyone knows clashing is cool - and a wedding is no exception. Nick Passmore recommends a hydrangea-printed jumpsuit as bridesmaid-wear, to contrast with the white the bride is wearing.

Embrace your moment as part of the day's event, says Han Chong. A dress that complements you as well as the bride - like Self-Portrait's classic Azalea - will do the trick.

Channel your favourite girl band

Think Little Mix and go for outfits that complement each other, but all have their own thing going on: Asos suggests an outfit to suit each personality. The bride, of course, has the final say - just think of her as your manager.



Organza £549 Whistles

> Polyester £120 Asos







ands up if sometimes you wish you could go without a bag, just for one day. Imagine the hands-free bliss; the unencumbered lightness of not having a strap weighing on your shoulder. The relief of not wondering if some villain is emptying the contents of your Burberry backpack. Well, one solution is to carry less. Perhaps three lipsticks, two pairs of sunglasses and all those spare pens really aren't necessary. Overstuffed wallet? Soon redundant thanks to the contactless revolution.

he new place to keep your essentials?

Anywhere but in your hands, says

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Fashion's smartest designers have come up with the stylish answer to our hands-free prayers. Last season saw Prada suggest the nomadic traveller look – strapping pouches and pockets on the body, including its mini-me notebooks, perfect for the urban wanderer – while this S/S17 has welcomed Marni's utility-luxe dresses, with supersized pockets that serve as strapped-on saddlebags, just waiting to be stuffed full of essentials. Elsewhere, emerging label PER/se offers a new version of its signature coat every eight weeks. A versatile tailored piece, it has generous tech-friendly pockets plus a loop for your earphones.

But let's be realistic. There's a reason we love our handbags that's got nothing to do with function. Rather than simply being a receptacle, our bags are also tools for self-expression. So maybe it's about searching out hands-free bags rather than

going cold turkey. Suki Waterhouse and Poppy Jamie have the right idea. Their Pop & Suki transformer bags convert from clutch to bumbag to backpack in seconds, while Eastpak X Vetements' cross-body clutch is the fashion insider's choice. But for sheer prettiness, we adore Valentino's lipstick-holder-compact-meets-minaudière-meets-necklace. Three accessories for the price of one – we'll take it.







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you you you

PUT YOUR FEET UP AND LET'S TALK YOU...

Hey, it's OK..

...to greet a friend with one cheek kiss, only to end up, err, 'meeting in the middle' when she goes for two. What's a casual snog between friends?

...to think that Adele is more in touch with your feelings than you could ever be

...to post throwback pics of your mum, your nan and, heck, even your mate's mum on Mother's Day. Share the love, people

...if you have a VERY specific way of eating a Creme Egg and shame anyone who does it differently (we're looking at you, little-finger users)

"Did I tell you how much I love

...to freak out that everyone around you is having kids or getting married and you can't even commit to a handbag (thanks to Glamour reader @shay_ruth)

...to have a bottle of fizz in the fridge at all times. You never know when you're going to achieve something monumental, like hoovering the flat. *Clink*

...if a 'quick catch-up' turns into a night-long DMC, sponsored by Pinot Grigio

...to send a friend request to the hot guy at work even though you've never spoken to each other

...to Google all the acronyms you see on social media because you can't work out what the hell they mean. IYKWIM, anyone?! (thanks to Glamour reader @Elprincesso)



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inspiration

How I



reclaimed

my body...

AND MY

LIFE"

Just a few years ago,
Sarah Beilfuss, 36, was
burned-out and bedridden.
Now a bodybuilder, she tells
Julie McCaffrey about her
remarkable journey from
struggle to strength

ast September, wearing a bikini too small for the beach and heels too high to be subtle, I stood on stage to have my body publicly appraised. I made eye contact with the audience, just as my 'posing coach' had taught me, while flexing my quads and tightening my abs. Judges scrutinising every inch of me could see my months of strict nutrition plans, daily six-hour training sessions, seven layers of fake tan and a topcoat of glistening oil. What they didn't see, though, was how violently I was shaking as I walked up the steps to the stage. They didn't know how I almost vomited, or that I needed months of psychological therapy to be able to stand in that spotlight. But during those five minutes, I had an overwhelming epiphany: 'I've done it! I've reclaimed my body from the rapist who stole it.' His attack had been the lowest point in my life but, here, showcasing myself - feeling invincibly strong, mentally and physically - was now my highest.

Exhausted and bedridden

I'd always trusted my body's strength and stamina, believing I could meet new challenges by working and training hard in everything. If something scared me, I'd face it head-on. When I realised I had a fear of heights, I went on a rock-climbing course. When I wanted to boost my confidence, I took dance classes. When I started working for one of the UK's biggest consultancy firms, I was determined to keep up with my male counterparts and landed three promotions – from secretary to project manager – within five years.

In 2010, aged 29, I was offered an assignment on a massive IT project in Libya and I left London, keen to impress. But clocking up 80 to 100 hours a week took its toll, as did the oppressive local culture. Men would spit at me in the street when I went running, and after a sleazy gym manager asked me for payment in sex, I quit working out altogether. Still, I stayed in Libya for 14 months until political unrest forced my employers to bring us back home.

For the next two years, I powered on with my job, and adrenaline masked my dwindling energy levels. But it all came to a head when deep, debilitating exhaustion meant that, one winter morning, I couldn't get out of bed. Doctors signed me off work with chronic stress, exhaustion and burnout. Weeks off work stretched to months of me moving

"After a year on sick leave, I lost my job, and something inside snapped: I had to do *something*"



from lying on the bed to lying on the sofa, while walking to the shops to get groceries would wipe me out for days. Friends rallied to help, cooking, cleaning and staying over, but I felt lazy, miserable and useless. After a year on sick leave, I lost my job, and something inside snapped: I had to do *something* to get my health back.

I found online support groups where ME sufferers mirrored my extreme fatigue symptoms and naysayers insisted I'd never recover. They made me tearful, but also furiously fired up. 'I'm only 31,' I remember thinking. 'I will NOT be written off.' Studies showed exercise could help, so I started yoga and swimming. I spent most of my first yoga class huddled in the child pose before leaving early, and just five minutes in the pool left me with quivering legs. Slowly, falteringly, though, as my energy returned, I was able to increase my exercise. But being physically useless for months had drained all my confidence. That's where dancing came back into my life.



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The darkest night

As soon as he walked into the room at the dance show, we caught each other's eye. He was hot, which instantly made me think that he'd never be interested in me, but that night we danced together, lots, and when he asked for my number, I felt a flicker of excitement I hadn't felt in years.

> Those close to me said I deserved some fun, so when he messaged to ask me out for a date, I thought, 'Screw it - why not?' After dinner, we went back to his to watch a film. We got close and I was happy with kissing. I liked the closeness, but I made it clear it was too early for sex, asking him to make up the spare bed for me. When he tried to go further I said, "No, I've just met you!" He gave up, but we did end up sleeping next to each other. The next morning, he tried it on again - rougher than the previous night. He tried to pull my knickers off and when I heard them rip, I panicked – suddenly scared of how far he'd take it.

I placed one hand between my legs to cover myself and used the other to push him away. "No! Please don't!" I kept saying. I still struggle to understand why I didn't scramble off the bed when he got up to put a condom on. Instead, I froze with fear. He pulled my hand away and continued. I spent the rest of the morning in a numb state of shock before he suggested I leave.

It took three months before it sank in that I'd been raped. I was watching TV and a rape-awareness advert showed a teenage couple at a party in a bedroom full of their friends' coats. They were kissing, and when he pulled down her pants she said, "No, no, no, stop it. I don't want this." She then went limp and didn't say anything while he carried on. The same guy was shown watching himself through the window and shouting, "Stop! She doesn't want to!" Then the words: 'If you could see yourself, would you see rape?' appeared on

the screen - and the realisation of what had really happened to me smashed my mind like a hammer.

The first person I told was a therapist. She helped me cope with the vivid nightmares that had been terrorising me, and my post-traumatic stress disorder diagnosis. I'd rebuke myself for not fighting him hard enough, but therapy eventually taught me to remove emotion from my memories and to think logically. Because I was damn clear that night. I did not want to have sex - I said no; I pushed him away - but I just couldn't bring myself to report what he did.

Time, therapy and friends helped me come to terms with being raped, but the emotional scars of the attack reared in tiny details of my life. I struggled to accept a gift or dinner from a guy because I regretted letting him pick up the bill that night. I considered low-risk situations dangerous because I felt I paid heavily for my 'fuck it' moment by agreeing to that date in the first place. And, when I caught sight of my body in a mirror,

it didn't feel like mine. I could

only see it through his eyes.

And then, just as I was starting to feel stronger, I saw him again. He turned up at another dance event that I'd mustered the courage to attend - and all my progress collapsed immediately. I hid in the toilets, trembling and crying. I couldn't shake the thought of him meeting another woman there and doing the same to her. That overwhelming fear drove me to finally call the police. Officers dealing with my case were respectful and sensitive and he was called in



for questioning. He brought a lawyer, a written statement was made, and he answered "no comment" to all questions. It didn't reach the courts because a lack of witnesses and forensic evidence made it a 'he said, she said' case. I was crushed, but determined this would not make me ill again. He had stolen my body in the most violent and sickening way, but I would build myself back up. >

"I didn't win a trophy, but I won much more: I'd seized back ownership of my body"

A show of strength

Exercise had helped me overcome my physical weakness in the past, so it made sense that it could help me mentally, too. I hit the gym more and more and, one night in January 2015, I ventured into the free-weights section for the first time. Bodybuilding always seemed a challenge that was out of reach, but I'd recently heard the biggest bloke at the gym boast that it was the hardest, most disciplined aspect of working out. And a quiet but daring voice inside my head said, if I was going to challenge myself, why not pick the biggest challenge of all? "It fills your head, monopolises your time, transforms your body," the guy had said. So, that night, I attempted to deadlift a light barbell. My legs strained against the weight, my grip tightened and my face reddened. And as I stood upright, I stared at my reflection and that familiar rush of facing my fears and pushing myself to the extreme rushed through me. 'This is it,' I thought. 'I'm going to become a bodybuilder.'

My neighbour Johanna, also a weightlifter, gave me my first training programme, which involved five different exercises, three times a week, focusing on increasing weights, not reps. Over the next six months, I learnt about isolating muscles, perfecting technique and lifting heavier weights. Last January, I approached three men (who looked the size of a wardrobe) for some advice. They became my training partners, and my support network. I couldn't keep up with them *every* time, but I wasn't far off. Because, after everything I'd been through, I realised: I *don't* give up. I would rather fail to lift a weight than give up trying. One day, I'd be able to deadlift 85kg, and if I couldn't the next, instead of beating myself up, I'd remind myself it wasn't so long ago that I couldn't even get out of bed.

One of the men, Phil, was a personal trainer. He recognised my determination and said he'd help me

prepare for the United Kingdom Drug Free Bodybuilding Association Show in Learnington Spa if I wanted to. I did, but it was intense. During the fortnight before the competition, I was eating 15 egg whites, 450g of turkey and drinking 13 litres of water a day. The weightlifting part was the hardest, most excruciatingly painful thing I've ever done in my life. But I loved every second.

For me, bodybuilding is not about winning competitions. Looking and being physically strong has helped me feel so much stronger mentally, too. Burnout floored me – but I got back up again. Being raped was the lowest point in my life

- but standing on that stage last year as one of the most muscular girls in my category, knowing how close I came to withering away, was my part in tearing up that tired stereotype of women being the weaker sex. I didn't win a trophy, but I won much more: I'd seized back ownership of my body. The feeling was so powerful it made me cry the moment I left the stage, and whenever I relive it now.

I have vowed to ensure something good will come

from my experiences. Along with my business partner, Jannette, I set up a company called Scarlet Ladies Talk, which is a London-based community for women looking to make positive changes in their lives. We host talks and workshops to help women 'find their fierce', whether it's through panel events or sexual empowerment discussions. And we look at the positive ways of dealing with misogyny by encouraging people to share their stories – from smashing glass ceilings at work to dealing with sexual abuse. I like to think it has a domino effect and inspires others to make little changes in their life, or do something they didn't think was possible. Hearing a woman talk about her mental struggle, or watching her lift weights at the gym, gives me such an empowering thrill. Because even when we feel weak, we all have the ability to rise up and be show-stoppingly strong. •



Photographs: Bill Cullen/AllSports Photography. Sarah dedicates her bodybuilding competitions to Rosa, a UK charitable fund that supports women's projects. Find Sarah's fundraising page at uk.virginmoneygiving.com/strongforgirls

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WORLD (THE 2017 WAY)

Kimberly Wyatt (left) and fellow celebs (above) doing their bit for Comic Relief. Below: Scarlett with her mum. Emma Freud

Making a difference isn't a pipe dream - it's something we can all do now, says kick-ass activist SCARLETT CURTIS

y parents save lives. It's not as glamorous as it sounds; they're more likely to be found wearing pyjamas at midday than capes. But they do save lives, every day. As the daughter of two of the founders of Red Nose Day - Richard Curtis and Emma Freud - it's hard to know how to follow that. Growing up, my parents' passion for fundraising was fed down to me like an inherited tendency to snore. I baked for every bake sale, danced in every danceathon and even did a 16-hour knitting challenge, which led to some very dodgy toilet visits but a lot of very generous donations.

The majority of the work my parents do is focused on Africa. To me, their projects always seemed deeply important, but far away. It only started to feel more real when I realised that most of the issues they fought for weren't confined to people I'd never met. We all live in a world where equal pay still isn't a reality, and where millions live in fear: fear of not having enough money, fear of not being accepted for their sexuality, fear of not being able to achieve their dreams because of their race or gender. These issues are universal and affect all of us. But the amazing, mind-blowing news is that there is something we can do.

As we navigate increasingly unstable political times, feminist groups, environmental activism and racial-equality campaigning are more crucial than ever. But before throwing yourself into activism, it's easy to get put off by two very big, very scary realities. The first is the massive amount of causes out there. One of the best starting points for finding your cause

is reading. Bad Feminist by Roxane Gay, Sister Outsider by Audre Lorde and This Changes Everything by Naomi Klein are good places to start getting into some of the theory. And major campaigning sites like avaaz.org and globalcitizen.org are great ways to do your research, too.

The second problem is the overwhelming feeling that you're just one person trying to make a difference in a very big world. This is one that can only be cured by proving the opposite. Activist legend Gloria Steinem once said that, "The future depends entirely on what each of us does every day; a movement is only people moving." And what my parents' work has ultimately taught me is that making a difference isn't the thing of pretentious daydreams. It's a cold, hard reality. Yes, it takes work, but it is achievable.

Our generation will undoubtedly be remembered as the one that queued for hours to buy a cronut, but wouldn't it be awesome if we were also the ones who saw what was wrong with the world - and decided to change it? Yep, this is the rise of the generation that gives a damn; and all you have to do to join it is start doing something, anything, today.

Red Nose Day is on Friday March 24. For more information and to donate, head to rednoseday.com. Follow @scarcurtis and @theunidlecollective

FIVE SMALL WAYS TO MAKE A BIG DIFFERENCE

GET INSTAGRAMMING Use social media to increase awareness - one post could reach thousands of people. The UN has 'Global Goals' - guidelines for politicians to save our planet. Visit globalgoals.org to choose one - from gender equality to climate action - download an image and share with #GlobalGoals

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ext month. That's when my new novel *The Cows* comes out. It's about three women who don't live up to what society expects of them, and how they negotiate life around judgement. It's different from anything I've ever read, and for that reason alone I am epically proud. But I'm also terrified at the thought of people reading it. Because while sticking your head above the parapet is brave. it also opens you up to criticism.

But here's the thing, I always wanted to be a writer. At 14, I sent a comment into a magazine, and when it got published, the buzz I felt was off the charts. I've chased that feeling ever since with journalism and books. Work-wise, I moved in other directions – TV presenting, designing – but writing has been the most consistent thing in my adult life (apart from my cat of 12 years). It's what I've fallen back on and what's caught me when times were tough.

I have friends who aren't passionate about their job, but sacking it off to do what they really love means throwing too much caution up into the air, and not having much control over where it lands. But I'm that annoying friend who tells them to do it anyway. One is burning to be a gardener, but is scared to walk away from a steady office job in case she doesn't get clients. Another wants her own nail business, but says the competition is too tough. I say, "BE the competition." Why? Because I don't think we take the expression 'you only live once' seriously enough. And the fact it might be 'hard' isn't a good enough reason not to try.

I'm lucky to do what I love, but it's still the most stressful part of my life. I signed a deal for *The Cows* when I was seven months pregnant and promised the manuscript a year later. But writing a novel with a baby is hard. I had countless breakdowns and finally told my editor the book would be late: very late. With my confidence shattered, I then stared at a blank page for months, begging the universe for inspiration, while my husband at home whispered, "She'll be done soon," to my sweet little quy.

In the end, I realised I had to stop making excuses. I gave my self-doubting voice a good talking to and, like a gentle bolt of magic, the words found their way to my fingertips. I went from wanting the book the hell out of my life, to not being able to draw a line under it. I read it over and over, rewrote section after section and fluffed and buffed until the deadline DEMANDED it. And finally, there it was, bound in yellow and black, my name bold on the cover.

For me, when I'm creating – writing – and ideas are (eventually) flowing, there's no feeling like it. That's why I'll continue to put myself through such gruesome tasks that push me. The grind is part of the thrill; the hard process makes the pay-off more amazing. There's always a risk a project won't work, but wouldn't you rather know you tried than spend a lifetime wishing you'd gone for it? Criticism, competition and self-doubt are scary reasons not to jump, but they can also be overcome with persistence. Imagine being able to answer that, "So what do you do?" question with: "I do what I love."



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The office - if you're even in an office - can be a confusing place these days. Here are a few life lessons...

ou've probably heard these workplace adages: Don't leave before your boss. or swear in the office - and definitely don't get drunk at the Christmas party. We're not saving those rules don't apply any more - let's be real, it's never ideal to knock back multiple wines in the same room as the person who determines your salary - but things have changed. You're more likely to hear people drop an F-bomb while on the clock (research shows it can actually bring employees closer), and a younger workforce is blurring hierarchical lines. So how should you behave now? Heed this advice.

Don't wait to do areat work

Stuck at a job you don't love? Yep, been there. Young people now are more likely to be unemployed than past generations. But the biggest mistake you can make is to act like you're above the menial tasks you're given, says Deborah Rivera, founder of The Succession Group, an executive search consulting firm. "I've seen employees who aren't even trying to excel," she says. "They think. 'When I start my real job, I'll do well.' But no one will recommend you if you don't take your current one seriously. Find value in every task, and do it better than everyone else."

Don't talk sh*t on the record

"A client asked for some recommendations for an ad agency," says Jackie, 45, a communications director. "So I contacted a great agency and wrote about my client's existing publicity campaign, 'My client needs you; you've probably seen their hideous ads around the city.' When the agency said yes, I forwarded their contact info to the client, and that little titbit was forwarded as well. The client called

my boss to complain. Thankfully, my boss was nice about it - he reminded me to be careful - but I learnt a valuable lesson. Nowadays, everyone does work on their phone, where it can be harder to see an entire email thread. If you're not sure, don't forward. Just start a new chain to be safe."

Don't hook up on the clock

Dating a co-worker? Totally happens these days. But be warned: "Because the work environment is less formal and we work weird hours, there have been increasing reports about people actually having sex at work," says Roy Cohen,

"You have to be upfront, no matter how awkward it may be"

career counsellor and executive coach. "When you're working. you're being paid to work." Plus: Hello, boundaries.

Don't ignore the pecking order

"I was working at a huge media company, and an opportunity came up to switch into a department I knew I'd be a lot happier in," says Nora, 29, an editor. "I had no idea how to go about it, so I took several meetings behind my boss's back to try to make it happen. Of course, she found out and was upset. Things ended up working out - she let me split time between the two departments. People my age are always looking for professional growth and purpose,

but you have to be upfront, no matter how awkward it may be."

Don't pretend to be someone you're not

"Weeks into my first job, my boss offered to take me out to lunch," says Lauren, 30, a marketing director. "I'd heard he was a history buff, so when he asked about my interests, my desperate-to-getahead self blurted out, 'I love history!' My boss was eager to dive into the subject. But when he asked about my favourite books, it became clear I knew nothing about the topic. It's so easy to stalk your boss on social media to find out his or her interests, but now I know: if I want to make a real connection, it's best to be myself."

Hide-and-seek wasn't her strong suit



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SORRY, WHAT YOU WEAR DOES MATTER

MARISA BATE thought caring about how she looked at work was shallow. Until she realised it might be the thing holding her back

PHOTOGRAPHS by CHARLOTTE PATMORE



o, it's finally happened. Someone has given me the 'S'-word. My job title is now *senior* editor, which roughly translates to: 'I occasionally, sort of, sometimes, know what I'm doing.' And there's something about the arrival of the S-word on my email signature that has slipped into my working wardrobe. The second-hand sequins and shabby dresses have been replaced by black, sleek lines and ironed dresses. The blazer, the tailored trousers and the monochrome flats spell out 'responsibility'. As a journalist, I'm always trying to persuade somebody to do something, and after ten years, I've learnt that I have to use every weapon I have. 'Looking the part' can be one hell of an arsenal.

But 'looking the part' is a phrase I used to wince at. After four years of studying Sylvia Plath and rummaging through Brighton vintage stores, I graduated with an earnest determination that I should be judged on hard work and talent alone. I should be respected for who



WHAT TO WEAR; WHEN TO WEAR IT Clothes are everywhere in Marisa's house. Above: Taking a leaf from her mother's book, she

plans her outfits the night before

I was; chipped nails, unwashed hair, faded sequins and all.

In some ways, it's quite peculiar that I had that mindset. I'd grown up watching my mum use her working wardrobe to carry her further and higher along. Working in Westminster, she wore DVF-esque dresses with Russell & Bromley boots and Jaeger blazers. She smelt of Chanel No5. Her lips were glossed and her handbag was a mini-manifesto for being a successful

woman: stylish, organised and smart. "Clothes are an armour," she's always told me. They gave her strength when she was the only woman in the room.

Yet, despite seeing those outfits for years – often a week's worth planned out on a Sunday night, like a commander strategising battle plans – I entered the workplace as an editor's PA with the most dangerous of attitudes. I thought I knew best. I would be defiantly me – shabby dresses and all – and that was the proper,

feminist thing to do. My job involved making tea, booking lunch reservations and stuffing envelopes. I could get away with looking like I was popping to the shops for a pint of milk, hungover on a Sunday (to be fair, at that stage, I probably *was* hungover. It just happened to be a Thursday). I lived in ripped, baggy jeans and tatty tops.

And then when I landed my first full-time journalism role, working on a new TV show, I found myself surrounded by a lot of my journalism heroes at the launch event. Looking around the room, knocking back a glass of free Champagne, I was starstruck. "Can I take your coat?" someone asked. But I declined. All the women looked professional, knowledgeable and impressive. They looked *smart*. Of all the places in the world, it was here I wanted to be taken seriously, but that morning I'd run out of the house looking more like someone who'd offer to braid your hair at a festival than someone destined for the top of the career ladder. Wearing my very old floral dress that was coming away at the seams with a scuffed pair of brown boots *hadn't* been 'defiantly me'

"Looking impressive says you know what you're doing"

- I'd let myself down. Not looking the part meant I looked like I didn't care - and, boy, did I care.

And there's that phrase again. What does looking the part in 2017 actually mean? Once, it meant looking 'appropriate', and more often than not, appropriate was

a byword for keeping women in their place – they must look maternal, wifely, respectable. But now we're shouting down the policing of women's clothes in the workplace. Last year, there was outrage when a woman was sent home for wearing flat shoes to work. In December, The Dorchester hotel came under fire after demanding that staff shave their legs. While some offices have workwear codes, we also have discrimination laws, ensuring the issue is smartness, not sexism. So who are we looking appropriate for now?

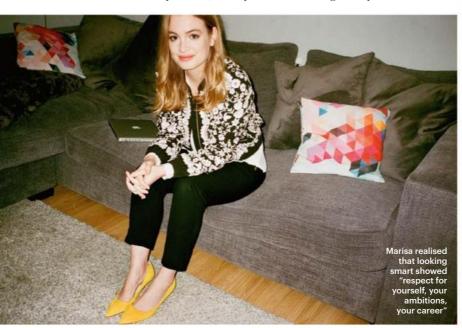
Therein lay my epiphany. I began to learn to dress for me, not in spite of everyone else. And the people who taught me I needed to look smart in the workplace to get ahead were the women around me – at that launch event, in office meetings, at conferences. Somehow, in the cut of their trousers, the sophistication of their Chelsea boots, their immaculately ironed shirts, looking the part wasn't about being appropriate; it was about being confident, keen, and respectful. Their glossy hair and unchipped nails, their midi skirts with cashmere jumpers, and coats without >

a torn lining said they took their jobs *and* themselves seriously. No wonder opportunity came their way: looking impressive says you know what you're doing. Walking into a meeting or auditorium, first impressions go a long way. These women had everyone on their side before they began to speak. In the hyper-codified world of work – be it an office or a theatre – we need all the help we can get to navigate our way through. Their Paul Smith trench or Cos shirt-dress said they knew *exactly* where they were going.

That was my second epiphany: what could be more feminist than that? Giving yourself enough respect to bother to show up and look the part, look like you care, look like you're prepared, that you're capable and responsible? It's respect for yourself, your ambitions, your career.

Gradually, as I rose from writer to reporter, I began to fill bin liners with clothes that were not doing me justice – my hole-ridden jeans, my old, bobbly jumpers – and invested in clothes that told the world I was serious, such as crisp shirts, chic jumpsuits. My hair was brushed and styled, my boots clean, not scuffed. Then I landed an interview for a deputy editor role, and I wore a grey dress from Whistles with a zip down the back. That was the sort of journalist I wanted to look like – and when I walked into the interview I felt in control, I felt like people were taking me seriously. Soon came my first appearance on-stage, conducting an interview in front of 800 people. I bought a white shift dress that felt like me, but the *best* me – the sort of me who knew how to hold my own in front of all those people. I can't say that one outfit got me my dream gig, but I will say that when I began to take myself seriously in how I presented myself to the world, the world started to take me seriously back.

And now, here I am with an 'S' in my job title and hard-earned confidence when walking into a room, a meeting, or an interview. I don't overspend, but I do make sure everything is dry-cleaned, ironed and in good nick. My hair is washed and I don't wear nail polish during the week, to avoid chipping. I always feel comfortable but, crucially, smart. I feel senior. Clothes are my armour, and my feminism hasn't gone anywhere. •











Five women's workwear hits

1. Emma Watson's first UN speech, 2014

The actress had a touch of Jackie O as she called on men to join the fight for equality, launching the HeForShe campaign. The hourglass-silhouette dress paired with clean, modern hair and make-up was a fresh look for 21st-century feminism.

2. Katharine Hamnett at a reception with Margaret Thatcher, 1984

Wearing her own T-shirt emblazoned with "58% Don't Want Pershing" as a protest against American missile plans, the fashion designer used the opportunity to make a political statement in front of the then-Prime Minister.

3. Michelle Obama's final state dinner, 2016

Talk about going out with a bang. The First Lady said goodbye to the White House in an Atelier Versace dress that reflected both her love of fashion and what seemed to be a dazzling celebration of the significance of her time as the first African-American First Lady.

4. Beyoncé and her dancers at the Super Bowl, 2016

Putting the issue of racism on America's most-watched stage, Beyoncé's dancers were a nod to the Black Panthers and the fight against racial discrimination.

5. Sharon Stone at the Oscars, 1996

She was the actress on everyone's radar, especially after playing the leading lady in Casino, but Sharon Stone defied everyone's expectations. When she attended the ceremony of the year wearing a Gap turtleneck and a smart long-sleeved coat, she proved that actresses don't need to wear slinky designer gowns to go down in Oscars fashion history.



dating & relationships

MY BOYFRIEND

"I moved in with my boyfriend –

AND HIS WIFE"

You meet the perfect guy, find out he's married

- then he asks you to join their relationship.

That's what happened to ZACHARY ZANE

arolyn walks into my bedroom, dressed in a bra and knickers, while I'm hunched over my laptop, trying to do some last-minute work before bed. "Hey," she says, squeezing my shoulders. I reach over and hug her. "So," she says, pushing her hair from her eyes and biting her lip, "I'd really like to sleep with my husband tonight. Would that be OK?" "Sure," I nod, as Jason lazily gets out of my bed and kisses Carolyn.

Wait, WTF? Let me back up. Carolyn is the wife of my partner, Jason. The three of us have been living together for nearly six months, in a polyamorous relationship. Carolyn has a serious girlfriend. Jason and I both go on dates with other men. While I don't see myself as in a 'relationship' with Carolyn – we've never had sex – she's now one of my closest friends. And I know it may sound complicated, but I'm happier than I've ever been – even if it means that I sometimes have to sleep solo, hearing Carolyn and Jason having sex next door.

I never actively sought out polyamory. In October 2015, I'd just got out of a long-term relationship with a woman and was exploring different aspects of my sexuality. I identified

HIS WIFE



myself as bisexual but found the label complex - men and women didn't believe that I could be equally attracted to both genders. In fact, the night I met Jason I was at a gay club, in a passionate argument with two older gay friends about why bisexuality existed. They seemed sceptical. But half an hour later, one of them came back from the bar, triumphantly dragging a muscular, tattooed man behind him.

"Look!" my friend said. "This guy says he's bisexual. You guys should talk." My breath caught as I surveyed his tattoos and piercings - just my type. The two of us began chatting: Jason introduced himself and explained that he was married, but dated men - and also shared a long-term girlfriend with his wife, Carolyn. "Really? That's fascinating," I replied, instantly switching into reporter mode as I wrote him off as a prospective partner. Yes, he was attractive, but he also sounded busy.

We exchanged numbers, and I thought I might interview him for a future story as part of my job as a writer. A few days later, he texted me, inviting me to a 'game night' at his house with his wife, their mutual girlfriend, and a few other people. I had no idea what to expect. Did 'game' mean a threesome? An orgy? Intrigued, I decided that whatever games he meant, I was up for it. Then, when I got there, part of me was disappointed when Jason ushered me into a crowded apartment, and a game of Cards Against Humanity was in full swing among fully clothed participants. Still, the mood was different than I'd experienced before – there were a *lot* more PDAs between the people in the room. Jason would kiss his wife, then his wife would kiss the girlfriend they shared. People were touching - thighs, shoulders, hands grazing against breasts. I looked away, feeling guilty for staring, but intrigued at the same time.

Jason and I hung out platonically a few more times before he invited me on a date. I accepted, but didn't think we would be a 'thing'. The more I thought about it, the more I liked the fact his calendar was full. I was busy with work and friends, and I thought that if we ended up being friends with benefits, hooking up every week or so, that would be perfect. Instead, things got intense, fast. We were soon hanging out five or six nights a week.

We could easily sit in a bar or café for four or five hours, just talking, and we clicked in a way I hadn't experienced before. We loved ending the night with karaoke, we would chat about other men and women we thought were cute, we would come up with

> inside jokes that would make us crack up while other people gave us dirty looks. Pretty quickly, I knew that I loved him. And here's the weird thing: in the past, this realisation would have terrified me. When other relationships became serious, I was always so afraid that something would happen, that there might be some future betraval. But there was none of that with Jason.

I would see Carolyn when I dropped my stuff off at his place, but it was easy in the moment to pretend she was just his housemate. It wasn't that I was jealous, it was just so hard to wrap my head around the situation. They were married. They shared a house, a bank account, a history that spanned more than a decade. That's when I decided that I wanted to go out with >

Three's not a crowd for Carolyn Zachary (middle) and Jason



"I realised that I wasn't jealous of *sex*, I was afraid of having my trust broken"

Carolyn solo. After all, we had one huge thing in common: Jason. The two of us went out to dinner, and to my surprise, we clicked. "You make him so happy," she said. She locked eyes with me when she said it. And I realised that this could actually work.

A few months later, I moved in. We live in a three-bedroom flat, and we each have our own bedroom. Carolyn has a serious girlfriend who she sees multiple nights a week, so most of the time Jason and I sleep with each other. Jason also dates around, and so do I. Jealousy rarely comes into play - in fact, the only time it came up was early in our relationship, when we both had crushes on the same guy, and he chose Jason. But that was it. Which, again, is really strange, because I've always been a pretty jealous guy. When I was in a relationship with my last girlfriend, my heart would clench if I imagined her with another man. But I was fine with Jason sleeping with Carolyn or another guy - even hearing them in the house didn't bother me. I had to unpick that a lot in my head. But what I realised was that I wasn't jealous of sex, I was afraid of having my trust broken. And that doesn't happen in polyamory: for us, everything is discussed, everyone is honest. We even have a shared Google calendar where we write all our date nights, just so we can plan accordingly. Because if everyone is having sex but you, it can give you serious FOMO. So, on nights when Jason has a date, I'll make plans with friends or go out on my own.

But that doesn't mean it's easy. At first, I had trouble getting used to the logistics – dating multiple people means the house is always busy. People are always coming and going, and as a writer who likes his solitude, I had a tough time adjusting to all the sounds in the house. But that was more of a housemate problem than a polyamory one.

Right now, Jason is my only partner, but I'm 25 and have the freedom to sleep around – so I do. I'm on PrEP – a daily medication that helps prevent potential HIV infection – and I use condoms with everyone except Jason. Occasionally, there's a slip-up – the condom will break or I won't be as careful as I should have been – and I'll immediately tell Jason. Then, he

and I will use condoms until my test results come back clear. That's the type of honesty that you have to have in a polyamorous relationship. If I had unprotected sex and didn't tell Jason, it would be just like cheating in a monogamous relationship.

I don't think people understand just how respectful a polyamorous relationship can be. Many assume it's an excuse to cheat or sleep with whomever you like, without commitment. My mum had a hard time accepting our arrangement when I first told her. She's very liberal and supports everything I do, but her biggest worry was about Carolyn – she was worried Jason and I were leaving her a lonely third wheel as our relationship blossomed. But once I explained a bit more – that Carolyn had a serious girlfriend, and that we all communicated – she started to come round. But she still has concerns. After all, Carolyn and Jason are married, and even though it's 2017, in our society 'marriage' still sounds more serious than 'love' or 'commitment'.

And I understand that fear. Being polyamorous means that you no longer see a relationship as an escalator – when you meet, flirt, have sex, move in together, get married and then live happily ever after. We take each day at a time. I know things could change in a moment. Jason could meet another guy he wants to get serious with and, in that case, I would need to tell him: "Hey, have fun, but I need you, too."

There's a saying in polyamorous communities: 'Love is infinite, time is not.' What this means is that even though you *could* fall in love with everyone you cross paths with, there just isn't time to do so. That's why Carolyn will sometimes ask if she can have a night with Jason, and why I'm prepared to let Jason know if I feel like I need extra TLC.

Polyamory works because we make it work. We know some polyamorous partners who have spreadsheets and documents of 'rules', but we're more organic – we just make sure we talk, constantly, making sure everyone's needs are being met, and the bills are being paid, and the dishes are being done. Is it right for everyone? No. But it's perfect for me. I'll take the occasional lonely night in exchange for a full heart. •



${\it 5}$ dating green flags



favourite radio programme

- Woman's Hour, on BBC Radio
4 - on the way to work, so that
we can discuss things that
are affecting women's lives.
Recently, we talked about how
he never realised sexism was
still rife in the workplace – he
was so passionate about it."
Katherine, 33

He's a keeper because... "He's paying attention to what is important to you, and taking time to learn more," says dating and relationship coach Ané Auret. "It means you are important to him."

She looked after me

"For our third date, we went for drinks at a rooftop bar. The evening was chilly, but when she went to the bar, she came back with two big blankets. She placed one on my lap to keep me warm. That was the moment I knew she was special." Matt, 32

She's a keeper because... "We hear so much about the 'dangers of being too keen' that we often avoid showing our nurturing side," says Gillian McCallum, CEO of Drawing Down The Moon dating agency. "But if we want a mutually nurturing relationship, we can't be afraid to show that side of us early on."

We find fun in the small things

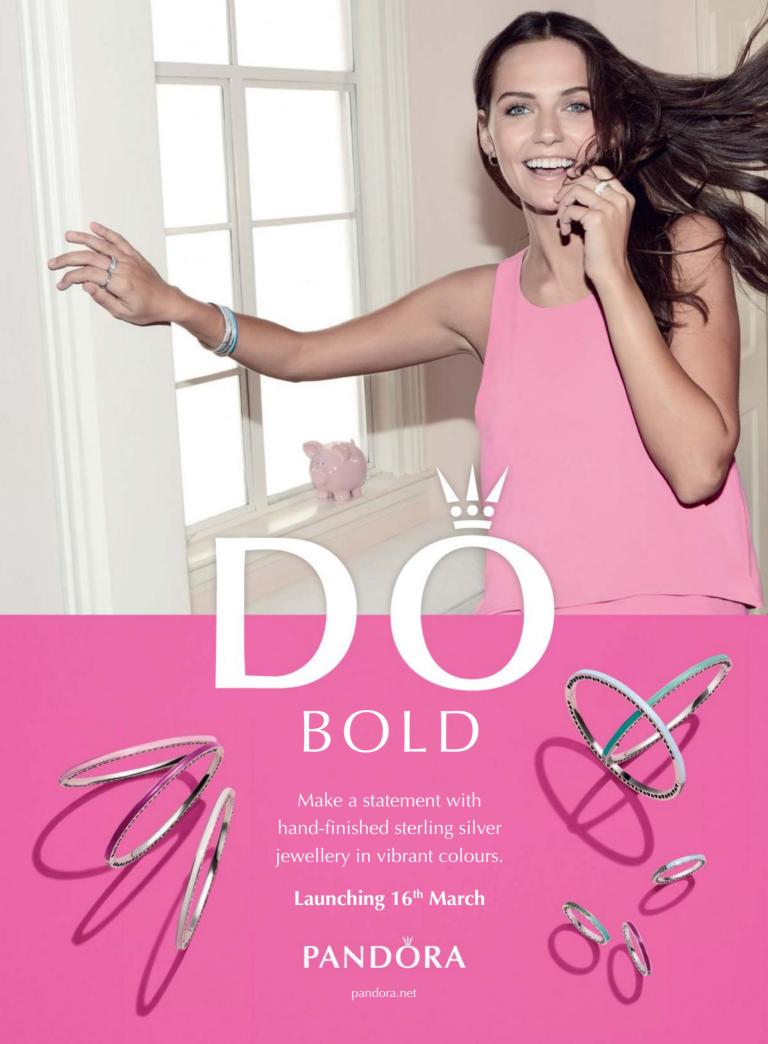
"My boyfriend and I manage to make boring tasks fun. The washing-up, the laundry - if we do it together, it's enjoyable. We always have something to talk about - shared memories, favourite TV shows. holiday plans - and we know how to make each other laugh." Lucy, 29 He's a keeper because... "Being able to make even the most tedious task fun is a sign of a healthy relationship." savs Caroline Brealey, matchmaker at Mutual Attraction dating agency. "You need to prove you can share and enjoy life - for all its routine and humdrum tasks - as partners."

He made a small but lovely effort

"It was my birthday just a month into our relationship, and he made me a card. Despite being totally rubbish at drawing, he 'drew' what I can only describe as a puppy holding a cupcake. I hadn't had a homemade card in years. I loved it." Matilda, 26 He's a keeper because... "Expressing love verbally doesn't come naturally to everyone," says Caroline. "We care so much about big, romantic declarations, it's easy to overlook thoughtful gestures. But they're key signs of how important our happiness is to our partner."

She put me in my place

"I was so nervous during our first dinner date. I'd been blabbering for 15 minutes when she stopped me. 'I like listening to you,' she said, 'but now I'd like you to ask me an interesting question.' I realised all I'd done was talk about myself. I wasn't offended, I was impressed by her candour and honesty." Simon, 29 She's a keeper because... "Most of us are looking for a partner who'll bring out the best in us, not one who doesn't say if they're unhappy," says Gillian. "She's showing she wants an equal partnership and prioritises respect and honesty."





This page Ruffle-sleeved shirt £34; sequin shell top £32; embroidered jeans £35; gold-tone hoop earrings £7 Opposite page Patch sweater £30; sheer overhead jacket £46; gold-tone hoop earrings £7



Give your spring style a refresh with Next's latest
collection; take your denim and layer it
up for a relaxed, cool, covetable look

PHOTOGRAPHS by LAURETTA SUTER

STYLED by NATALIE HARTLEY





 $\label{eq:leaved_loss} \textbf{Velvet-tie-sleeved blouse} \ \pounds 35; \ \textbf{distressed jeans} \ \pounds 28; \ \textbf{blush cone mules} \ \pounds 30; \ \textbf{gold-tone hoop earrings} \ \pounds 7$





Oversized denim jacket £32; striped shirt £32; balloon-sleeved lace dress £45



life & happiness



Yep, it's a thing – and for Jen Glantz, business is booming. Turns out, you can also learn a lot from walking strangers down the aisle

LOOKING FOR 'THE ONE'

After 60-plus weddings, Jen has tried every style of outfit there is — from sequins to sundress — but is yet to find the one that's 'perfect'.









ave you ever had a crazy, yet potentially genius, business idea and found yourself wondering 'what if'? What if you pursued it? What if it could change your life? I had one of those ideas two years ago, after two friends asked me to be a bridesmaid on the same night.

I was 26, and living in an overpriced New York apartment where my tiny wardrobe held mostly bridesmaid dresses and my fridge was covered with save-the-dates. It seemed like everyone in my life had decided to get married all at once. Not me. I spent my precious time working as a copywriter for a tech start-up, working my way up the career ladder to star of the creative department. At weekends, I was more likely to be dancing the cha-cha slide as a bridesmaid than going on dates. In just one year, I was a bridesmaid four times. That's four polyester dresses, four male strippers twerking in my face on a hen do, and four times drying the bride's tears before walking down the aisle.

So, that Friday night, when I was asked to do it all again – twice – I flirted with a crazy idea of offering my bridesmaid 'services' out to strangers. 'Why not?' I thought, three glasses of wine later. 'I'm good at this stuff. Why not get paid to help out other brides?' I didn't have the acumen or experience to know how to start a business, so I decided to test my idea out on a website where you can find anything – old sofas, part-time gigs, and apartments: craigslist.com.

In my ad, I told women that I'd be there for them when their real friends were too busy or far away. I said I'd do the 'dirty work' – hold their 18-layer dress when they needed

to pee, dance with their drunken uncles or track down the best hen party venue in town. I would be their human Xanax; their voice of reason; their wedding whisperer, using the tips I'd picked up from my own friends' weddings.

The post got thousands of views and, within two days, I had over 200 emails from brides all over the world. Some

"The cake went flying...
I lunged forward to try and catch it"

friends thought it was crazy, and maybe it was, but I gave it a go, working my first wedding in Minnesota for a bride who'd fired her maid of honour a few months earlier. It was a success, and when she said I'd saved her day, I knew I was on to something. I quit my job and 'Bridesmaid For Hire', with services and virtual packages from \$300 to \$3,000, was born.

I've now worked with over 60 brides and worn dresses in every colour, fabric and length. I've pretended to be Jen Smith from Texas, Jen Chase from yoga and Jen Glass from school so that the bride's guests and family – even fiancés – never need know I was, in fact, a stranger. But to me, there's nothing strange about it. I've met people from all over the world and had unforgettable experiences. Most importantly, I've learnt more about weddings, love and happiness over the past two years than I have throughout my entire life. Lessons like these...

THE MISHAP THAT TAUGHT ME ACCIDENTS WILL HAPPEN

Newsflash: you can't plan to have the perfect day, and weddings are no exception. Some things will always be out of your control: sick guests, thunderstorms, the best man's speech. Almost every time I've been a bridesmaid, something has gone wrong, sometimes seriously wrong, from a groom going MIA to a stained wedding dress right before the ceremony.

A stressed-out New York bride once asked if I would help two of the groomsmen move a small table with her ceiling-high

wedding cake to the middle of the dancefloor. But as the three of us began moving the table, it broke beneath us and the cake went flying. The guys gasped, the bride screamed and I lunged forward to try and catch – yes, catch – it. Most of the cake splattered all over my aubergine-coloured dress but, somehow, I managed to present the bride with one undamaged top tier. To my complete >



surprise, she burst out laughing and everyone cheered her reaction. That hiccup brought some much-needed realism to her day and she completely chilled out.

Perhaps more than obsessing about having an Insta-perfect wedding, it's important to remember that what really makes the day memorable are the people around you. Guests not getting a slice of coconut sponge with spiced rum buttercream isn't going to make the day any less special, trust me.

THE BRIDESMAID WHO WAS A LESSON IN HOW NOT TO FIND LOVE

There are very few things I'm better at than catching a bouquet at weddings. I reckon I have a 91% success rate, even though I throw my hands up like I just don't care because, honestly, I don't. I've caught them more times than I can count on both hands, and you know what's come from it? Nothing. I was not the 'next' girl to get married. And yes, some modern millennials still believe in this.

"The bride

grabbed me:

'I don't want to

do this,' she

said, firmly"

A fellow bridesmaid once pulled me into the toilets, begged me to skip trying to catch the bouquet and handed me a \$20 bill. 'Nice one,' I thought, as I popped it in my purse, 'that's my cab fare home later.' I just wish she could have seen that bagging the bouquet wouldn't lead to a proposal. It's crazy how many people think that love should simply fall into their laps. I understand that meeting someone – no, the *right* someone – can be hard and we often have to work at it. But a few bad

Tinder dates doesn't mean the next swipe will be, too. Her bribe was a wake-up call to throw myself into dating again. We don't know where we'll land, but taking control and giving it a go is better than relying on some hand-tied peonies, right?

THE BRIDE WHO REMINDED ME NEVER TO SETTLE

Seeing so many couples make googly eyes as they vow to stay together, no matter whose waistline expands first, always sparks my curiosity. I can't leave a wedding without asking every new Mr and Mrs how they knew they'd met The One. I once asked that question of a bride in a coffee shop 12 days before her wedding. "He's not," she replied with sad eyes. "But he's *someone*, and I'm ready to do this."

I never thought my future husband would be perfect, because I'm wise enough to understand that no one is. But I liked to think I'd marry someone I'd never want to live without. Seeing how empty that bride looked made me realise that settling is the quickest way to heartache. Yes, being single can be lonely sometimes, but life is too short and too valuable to waste it with someone who, deep down, you know isn't going to make you happy. There's no sell-by date when it

comes to finding a partner and, quite frankly, being true to yourself is far more important than any relationship status.

THE PEP TALK THAT SHOWED THE IMPORTANCE OF HONESTY

Some people get a case of cold feet before the big day, but they usually disappear once the 'I Dos' are said and done. But I've also worked with brides who, a month before the wedding or even five minutes before the ceremony, pulled a Julia Roberts in *Runaway Bride* and called the whole thing off.

At one wedding, all the guests were seated and I was handing out lipglosses to the other bridesmaids when the bride grabbed me by my wrists and pulled me into another room. "I don't want to do this," she said, firmly. "I hate the groom and this is all wrong." I was gobsmacked. "You don't have to," I said. "We can sneak out and get... pizza?" Her maid of honour started banging on the door, shouting at me to "step

away from the bride" and for her to "just walk down the aisle". I suggested the bride talk to the groom, first. She did and they agreed their relationship was over.

It can be difficult to face up to our feelings. I've seen clients get swept up with the excitement and romance, while pushing those 'Is this really what I want?' thoughts to the back of their mind. But that niggling feeling is often there for a reason. Having doubts yourself? Step back, take some time to figure out how you truly feel, but above all else, tell your partner. A strong

relationship will be able to work through them. And if you don't feel you can talk it out as a couple, there's your answer.

THE VOWS THAT SPOKE OF TRUE LOVE

After hearing so many couples say their personalised wedding vows, they do start to sound the same. "I can't wait for our happy ever after..." Those vows set an unrealistic tone for a perfect marriage which, just like a wedding, doesn't really exist.

I was recently bridesmaid at a Florida wedding where the bride and groom broke the vow norm. They spoke about future rows over the washing-up or Netflix. It made everyone laugh, and made me cry. It's what marriage is all about: finding someone to love, and love you back, through life's hurdles. There should be excitement and fun, but it's how you deal with tough times, how you get through the day-to-day and grow together that matters. My job isn't conventional, but when it teaches me these lessons, nothing else comes close. I can't see myself tiring of a career which, despite the collapsing cakes, runaway brides and crazy requests, is ultimately filled with so much love. •

Jen's book, Always A Bridesmaid (For Hire), is out April 1. bridesmaidforhire.com

Happy skin starts here

Get in touch with your sensitive side, thanks to The Body Shop's luxurious new range

hen it comes to innovative skincare that nourishes and feels amazing, The Body Shop is leading the charge. Awareness of naturally derived, high-quality ingredients and a 100% vegetarian proposition means that products are not only dedicated to enriching your skin but the planet, too. Catering to all skin types, The Body Shop has something for everyone - and its newly launched Almond Milk & Honey bodycare range targets sensitive skin, which one in three of us perceive ourselves as having. Occasionally, those with such skin experience discomfort using products containing colourants, fragrances based on essential oils, or surfactants such as SLS. Devoid of such ingredients, the new

range ensures that your skin is pampered. Dermatologically tested, the pioneering formula boasts the most nourishing ingredients imaginable, such as organic almond milk, Community Trade honey from Ethiopia's Sheka forest and Community Trade almond oil from Spain (a new ingredient within The Body Shop's Enrich Not Exploit™ Commitment). Our top pick? The Soothing & Restoring Body Lotion, which is delicately scented with hypoallergenic fragrance and promises 48-hour moisturisation. The range joins The Body Shop's already popular Aloe and Camomile skincare collections, further enhancing the credentials of Britain's go-to skincare shop. It's official: it's time to celebrate your sensitivity.

DISCOVER ALMOND MILK & HONEY BODYCARE

From crushed almond shell exfoliating scrub, to soothing body lotion and creamy bath milk, find your answer to sensitive skin at The Body Shop.

Restorative and sumptuous – make way for your routine's new essentials.

Discover the Almond Milk & Honey range in-store, online or book a party with The Body Shop At Home. Visit thebodyshop.com for more information.





"Being called ugly taught me the true meaning of beau

bu OLIVIA GORDON

At 12 years old, I was 5ft tall with a face covered in freckles.

I had noticed my body was changing and getting curvier, but I didn't worry about my looks - I was more concerned with getting stuck into a Judy Blume book, or laughing with friends about what Mrs Mangel got up to in last night's Neighbours.

But that innocence was lost one day during English class when a friend placed a white exercise book on my desk. On the cover, scrawled in multicoloured pen, were the words 'Slam Book'. Each page had a heading - 'Most likely to meet a hunky 17 year old', 'Most likely to become an exec' - and as the book was passed around, everyone had to come up with new headings and write a classmate's name under each one.

Riveted, I flicked through. But as I turned the page, one heading, scrawled in spiky black pen, sent adrenaline coursing through me. 'Ugliest'. There were two names written underneath. And mine was first.

I sank in my chair with shame, heart pounding, cheeks burning. I wanted to disappear. Terrified of anyone else seeing it, I stuffed the book into my bag, too shocked to cry.

Ugly. It was a word that had hardly crossed my mind, except about something fictional, like a villain in a novel. But this meaning was far more loaded, far more venomous. Until that point, I'd marched towards adolescence with confidence, recently dancing with a cool boy at my first 'proper' party. But now, painful thoughts flooded my mind. "Everyone thinks I'm hideous," I remember telling myself. "And they've all been laughing at me."

This critical self-talk plagued the rest of my teenage life. I became fixated on my beaky nose, lank hair, pudgy tummy, freckly face and sticky-out ears. That summer, after reading about how to make freckles fade, I bleached mine with lemon juice. As my teens progressed, I dieted repeatedly,

yo-yoing between 6st and 10st. I was consumed by one concern: whether people thought I was attractive or not. I even kept a tally of how many stares and catcalls I received. It sounds crazy, but it gave me fleeting relief from the idea I was hideous.

It was only in my twenties, with great friends and a burgeoning journalism career, that I started to gain a new perspective. I was growing up, realising the importance of ambition, open-mindedness and kindness, leaving the pain of adolescence behind. At 26, I was sent to report on the Miss England beauty contest. Instead of agonising over why I didn't look like the girls on the runway, I thought about what I liked about myself - I was a sparky, compassionate young reporter - and I felt proud to be me. My inner beauty mattered, not the shape of my nose or the number on my scales. Then, in my thirties, I had my children, and 'beauty' took on a new meaning. Nothing had ever seemed more beautiful than my babies - my disabled son and my daughter with curly red hair. I was determined they wouldn't experience the same crushing lack of confidence I had, and would grow up knowing that kindness is more important than looks.

Yes, people's words can stay with us for a long time, even those from our school days. But part of growing up is learning to leave behind the nasty remarks - and the hurt - and turning them into a positive lesson. For me, it was understanding that 'ugliness' is something on the inside. Hatred and cruelty is what makes a person

truly ugly. So, I will tell my handsome son never to feel insecure about his short stature; I will tell my daughter her sweet freckles, distinctive red hair and the curves she may inherit from her mother are beautiful, because they contribute to what makes her her. But more importantly, I will tell them that their fun, spirited nature and kind hearts are what makes them truly beautiful - inside and out.



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ULTIMUNE Power Infusing Concentrate





VAGABOND

SHOEMAKERS

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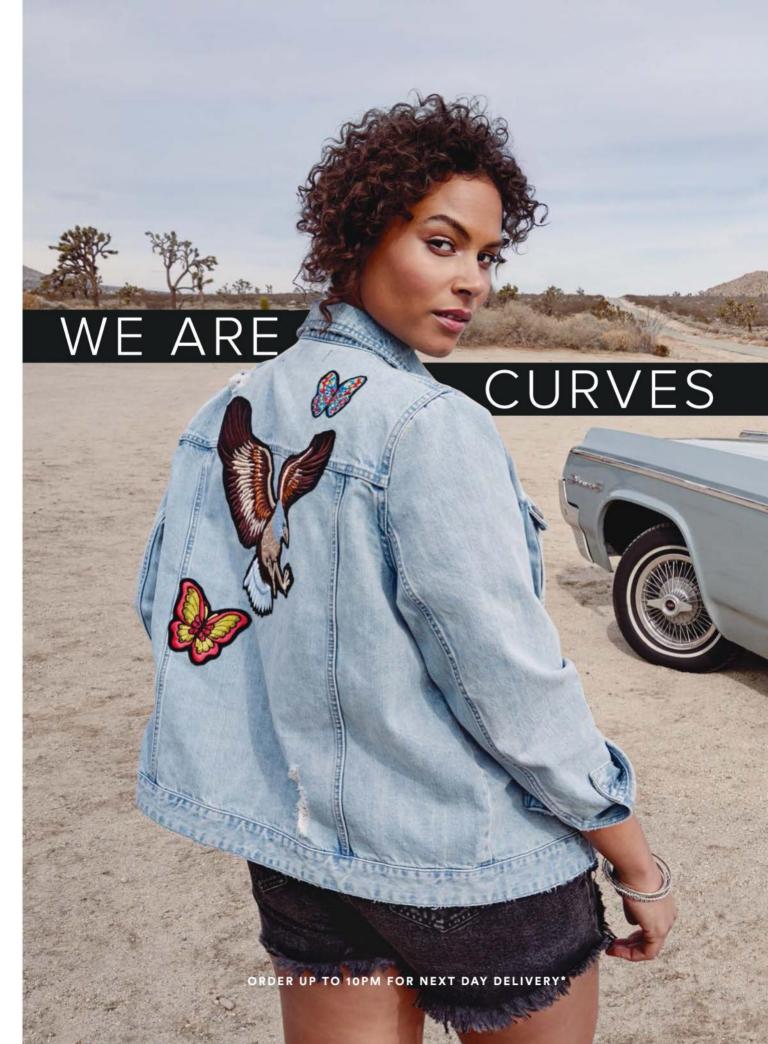
Photograph: Benjamin Mallek



the glamour edit

F A S H I O N









Facial cleansers are made to cleanse, not hydrate. Oh, really?



F A S H I O N





FIND THE ONE THAT MOVES YOU

TRIUMPH.COM





From our signature styles to the brands worth investing in, here's Glamour's denim 101



The SKINNY JEAN

by Emma Hargadon, Fashion Assistant

"Skinnies flatter nearly any body type, and you can switch from a thigh-high boot to a ballet flat in seconds (try that with flares). My favourite is the Middi Ankle by AG – they have the perfect amount of elasticity to tuck and lift in all the right places, and they're cropped just above the ankle bone, which is ultra-flattering with a pointed flat. Most versatile style? I think so."



The CROPPED FLARE by fo Elvin, Editor-In-Chief

"Victoria Beckham once said she feels like she looks like a golf club in skinnies and flats, and I feel the same. For me, there is no more flattering jean than the cropped flare. And the modern take – with the skinniest, subtlest little 'kick out' just at the end – has made them chic enough to wear with a blazer for work. They look equally great with summer sandals, a flat pointy boot, or even a court shoe and a sparkly sock. My top picks are Mother's

Nomad Crop Fray and Frame's Le Crop Mini."

by Charlotte Lewis, Shopping Editor

"The journey to find my denim life partner wasn't an easy one. My style of choice is a dark denim straight leg, but a straight-leg fit is mostly made of no-stretch denim – if they fitted my waist they were too tight on my thighs. Finally, after years (no exaggeration), I bought a pair from Vanessa Seward and my prayers were answered. They are now part of my daily uniform. We're in it together, for the long haul."







sandals £115 MICHAEL Michael Kors 6. Denim jeans £110 Tommy Hilfiger 7. Acetate sunglasses £17.99 Mango 8. Denim jacket £135 G-Star RAW

Con Ton,

The beauty event of the year!

March 11 & 12, Saatchi Gallery, London

A weekend of great talks, star speakers, in-depth advice and luxury treatments from some of our favourite beauty experts



Still life: Josh Caudwell. Pictures: Becky Maynes, Ambra Vernuccio

MAKE-UP • SKINCARE • NAILS • HAIR • WELLNESS

F A S H I O N







KEEP CAPSULES AWAY FROM KIDS

LOCK AWAY YOUR DETERGENT CAPSULES NOW







From breakfast to office to drinks – say hello to your wardrobe's most versatile trousers







By Emma Hargadon. Photographs: Indigital. Still lifes: 30bjectives

SPRING/SUMMER PRINT







F A S H I O N



Can you beat the baker?











Can you beat a Great British Bake Off winner? Using Dr. Oetker's quality chocolate, John Whaite has created this scrumptious Easter Delight cake, layered with Dark Chocolate ganache and Turkish Delight cream.

Take up the challenge at webake.co.uk for a chance to compete in a bake-off judged by John Whaite and win* a chocolate filled holiday in Belgium.



Find John's recipe at www.oetker.co.uk/Easter

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*T&Cs apply. See webake.co.uk for details.

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- CREATES AND HOLDS DEMANDING STYLES
- NO COLLAPSING OR FADING AWAY

NATURAL SATIN-SOFT FINISH

- CRÈME FORMULA DELICATELY MELTS ONTO THE HAIR
- EACH HAIR FIBRE LEFT FEELING NOURISHED AND PROTECTED

L'ORÉAL PARIS

the glamour edit beauty

Photographs: Jason Lloyd-Evans, iStock

Pastel shades, bold looks and a $f^{**}k$ -it attitude. It's time to get playful...

the glamour edit

BEAUTY





TIPS

"Pastels are a statement shade of make-up and best worn in singular, block colours. Anything from a strong wash of colour over your lids to a muted bubblegum pink lip will look great," says make-up artist Caroline Barnes

"A matte pastel lip is super wearable and a fun take on the trend. Pink, blue and lavender will suit all skintones," says make-up artist Zoe Taylor

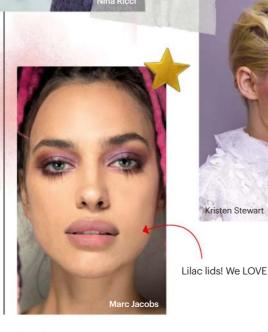
"Pastels look best on matte skin, so prep your lids, lips or your base with a combination of concealer and translucent powder," advises Caroline



PASTELS

Ice-cream shades for lips, cheeks and eyes... you'll look good enough to eat











B E A U T Y



B E A U T Y



Can be applied to pretty much any style. You can take weight out of your hair (AKA thinning) or create height and thickness, depending on your natural texture. Layers determine how your hair moves.



POINT CUTTING

You can do
this technique
when your hair
is wet, dry or when
layering. It creates
a softer, effortless
finish; this works
best on someone
with medium to
thick hair.

RAZOR

considering this daring choice,

think about your face shape, as it is

an extreme style not easily reversed!

You can razor
any length of hair.
This technique
will take more
from underneath
and less from
the top layer,
which will create
movement without
having strict layers.
This style is great
to accentuate
a dishevelled bob.

THICKENING CUT

Haircutting is moving in a new direction, thanks to genius techniques that offer unexpected results. Usually, if someone has fine hair, you'd cut it super-blunt to add volume, but this new technique means you can heavily layer your hair through the mid-lengths and ends, leaving you with maximum volume, weight and shape.

BLUNT CHOP

Sharp cuts are the latest hair craze, and involve cutting super sharply so ends are heavier – think Uma Thurman in *Pulp Fiction*.

BOB

The bread and butter of hairdressing.
A one-length style aligned with your jaw. Go bespoke by altering the length to suit your face shape.



DRY CUTTING

Most stylists will finish by dry cutting, as hair changes its texture from wet to dry, and when dry you can see how it will rest and move. Then you can add a little more shape if needed.

UNDERCUT

An undercut will drastically lift weight from your style, and involves cutting hair shorter underneath while maintaining your length on top.

DUSTING

Commonly known as a trim. It can mean a fringe chop, softening layers or a subtle touch-up to your existing haircut without changing the shape or style.



Beauty-full Volume

TRY OUR FIRST REVERSE SYSTEM FOR 2X VOLUME, 2X SMOOTHNESS*

#Reversetheroutine: condition first to soften, then shampoo to wash away weight. For touchably, soft volume.



*pre-wash conditioner and shampoo. Smoothness vs. non-conditioning shampoo. Volume vs. unwashed hair



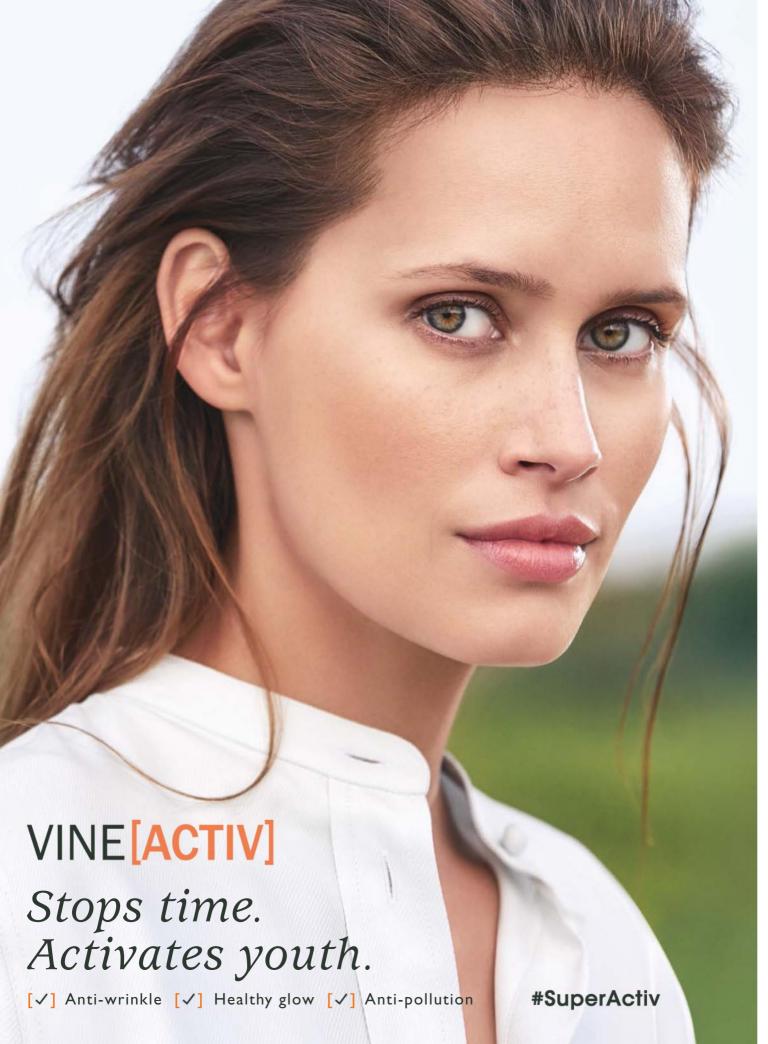
Living a fast-paced life? Your skin is working hard to keep up!

Caudalie's new Anti cell burn-out complex™ patent is rich in grape-seed polyphenols, Vitamin C and Vitamin E.
Found in the new Vine[Activ] range, it activates your skin's natural production of anti-oxidants, restores your complexion's healthy glow, protects your skin from pollution and corrects wrinkles. So your skin doesn't have to share your hectic lifestyle.



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A LITTLE EXTRA

I love everything about roses they are so pretty and their smell is heaven. The iconic By Terry Baume De Rose lip balm is now expanding into a collection of creams for face, body and hands a dream. From £32.

MAKING IT LAST

GIORGIO ARMANI

A foundation that stays put and doesn't budge all day seems to be top of everyone's make-up wish list. Here are two that deliver on that elusive promise while still making your skin look alive, rather than buried under layers of gunk.

STEP 1 Keep lids bare and trace Voyeur Waterproof Liquid Liner £28 Hourglass along your top lashline, extending it into a kitten flick. STEP 2 My all-time favourite mascara just got an upgrade, delivering even more super-lush, fat, fluffy lashes. The Shock Mascara Volume Effet Faux Cils £22 YSL Beauty seriously challenges the need for falsies.

CHANEL



Wash today away. Start tomorrow fresh! New Herbal Essences DAILY DETOX gently removes everyday

New Herbal Essences DAILY DETOX gently removes everyday impurities like pollution,* sweat, and buildup. It's clean haircare with no silicones,** colourants, or heavy residues.

*Air pollutants such as dust **in shampoo

B E A U T Y



the glamour edit

B E A U T Y



BEAUTY



1. Ibuki Softening
Concentrate
£23.50 Shiseido
2. Hydro-Dynamic
Quenching Essence
£59.50 Murad
3. Peony SpotCorrecting
Brightening
Essence £52 Fresh

4

(6)

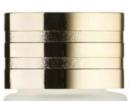


JHIJEIDO IBUKI Softening Concentrate Lotion Adoucissante



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DARK SPOT'S &
EVEN'S SKIN TONE
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ESTEE LAUDER 4. Facial Treatment Essence £139 SK-II 5. Micro Essence Skin Activating Treatment Lotion £48 Estée Lauder 6. Iris Extract Activating Treatment Essence £36 Kiehl's

YOUR NEW





It's called an essence, and it's the hottest new product taking skincare by storm. What does it do? Here's the deal



ou've probably heard that skincare junkies are obsessed with the in-depth ten-step (yes, T.E.N.) facial routine from Korea. It's a militant, tailor-made programme that focuses on nourishment and prevention – seriously, Beauty Director Alessandra practically lives in a sheet mask. Chief among its genius (and 5th step on the list, we believe) are essences. "These are used to provide immediate hydration, improve skin's ability to retain moisture and reduce signs of ageing through hydration," explains Dr Howard Murad, Board-certified dermatologist and founder of Murad Skincare.

Essences comprise of a "lightweight, concentrated formula that penetrates into skin quickly and addresses various skincare concerns," says Dr Nadine Pernodet, vice president of R&D Skin Biology & BioActives at Estée Lauder Companies. "They are formulated to hydrate skin, but many come with secondary benefits such as brightening, firming, toning,

exfoliating or lifting," adds Alicia Yoon, founder of Asian beauty online shop Peach & Lily.

But how do we use them? "Simply apply by sprinkling some on clean fingertips and lightly tapping and pressing onto the face until fully absorbed," suggests Charlotte Cho, author of *The Little Book Of Skin Care* and co-founder of Korean beauty online shop Soko Glam. And the pay-off? "They create a perfect canvas for subsequent application of additional skin treatments, moisturisers or make-up," says Dr Murad. Think of it like the ideal warm-up in your skincare workout.





Kellie, 25

SERIOUSLY?! THAT'S AMAZING!

Many demanding hair aficionados, from around the world, couldn't believe the gorgeous results from NEW Head & Shoulders in a recent blind-test. Now it's your turn to be wowed!

New Tri-action formula cleanses, protects and moisturises hair and scalp for gorgeous, up to 100% flake free' hair.









"Using red on the eye is so flattering and a big make-up trend this season, says Zoe. "There's no reason to be scared of red - allow it to be the dominant shade and mute it slightly with your pink hue."

"Pink and red is universally flattering for all skin types," explains make-up artist Jade Bird.

"Incorporating this trend into your look doesn't have to be bold," says Zoe. "A subtle way to add a pop of colour is a smattering of pink blusher over your lids, paired with red nails."

Rouge Edition Velvet in 20 £8.99 Bourjois

ouboutin Nail £36 Christian utin Beauté

Colour's new POWER COUPLE

It's official: pink and red are S/S17's hottest match. Here's how to ace this tricky combo

he rules of make-up state that bold shades should be worn alone. But as we head into spring, designers and make-up artists are breaking those rules, taking these two contrasting colours from a 'No' to 'Oh-so pretty'. "Pairing pink and red is the ultimate way to wear bold colours. It's a perfect nod to '80s punk, but with a modern approach," says make-up artist Zoe Taylor. But finding the right way to balance these two hues in one look is a delicate task, so we've asked the pros how to seamlessly add this colour duo into your make-up wardrobe. Here's how...

Pure Color Envy Sculpting Lipstick in Envious £25.50 Estée Lauder

Powder Blush in 004 £12.50 Paul & loe

DON'TS...

"Avoid adding any other bold colours to your look. Red and pink make the perfect pair, as they are from the same colour family," says Jade.

"Keep clothes subtle so that your make-up is the one thing that stands out," says Zoe.

"Be careful with red on your lids, as you want the result to be warm and brighteyed, rather than dull and dark," says Jade.

SUPERCHARGE

your cleanse

Want radiant skin? Meet the game-changing formulas that will make it happen Transforming Powder Dual-Action Cleanser & Exfoliator £25 Murad

MIXA

POWDERS

Cleansing powders are

water-activated formulas

that transform into liquid

cleanser for improved

cleansing," says Dr Tom

Mammone, Clinique vice

president of skin physiology

and pharmacology. "They

deliver the ideal amount of

mechanical and chemical

exfoliation, without the risk

of over-exfoliating, which can lead to irritation and skin

damage," adds Dr Howard Murad, dermatologist and founder of Murad.

leansing has long been the foundation of any proper skincare routine: a key step to remove the day's make-up and bacteria, while balancing and prepping the skin for the products to follow. And it's seeing a renaissance, with up-to-date balms, milks and powders being created in response to growing awareness of the importance of an in-depth regimen. Pick your state-of-the-art first skincare step:

BALMS

"Cleansing balms hydrate and moisturise dry skin. and balance out oil-prone skin," says Katie Gray, head global facialist at Emma Hardie. "A balm is a gentle, effective way to cleanse skin morning and night. Using an oil-based one at night removes all traces of dirt and makeup, while the cleansing facial massage tones. brightens and drains the build-up of fluid and toxins that get stuck in lower layers of the skin.

Aromatic Cleansing
Cleansing Balm £38
Balm With Emma Hardie
£33 Darphin

MILKS

"Cleansing milks are an emulsion containing water, oils and emulsifiers, and they're good for removing even very advanced make-up," says Dr Véronique Delvigne, scientific director of Lancôme. "It's the first step in skincare, and they're more comfortable for drier skins, too."

Fresh Pressed Renewing Powder Cleanser With Pure Vitamin C £24 Clinique

Galatéis Douceur Gentle Softening Cleansing Fluid Face & Eyes £23.50 Lancôme

ALATÉIS DO

ANCOME

Soothing Cleansing Milk £32 Bobbi Brown By Gregory Allen. Photograph: Kenneth Willardt/Trunk Archive Still lifes: Benoît Audureau, Jody Todd

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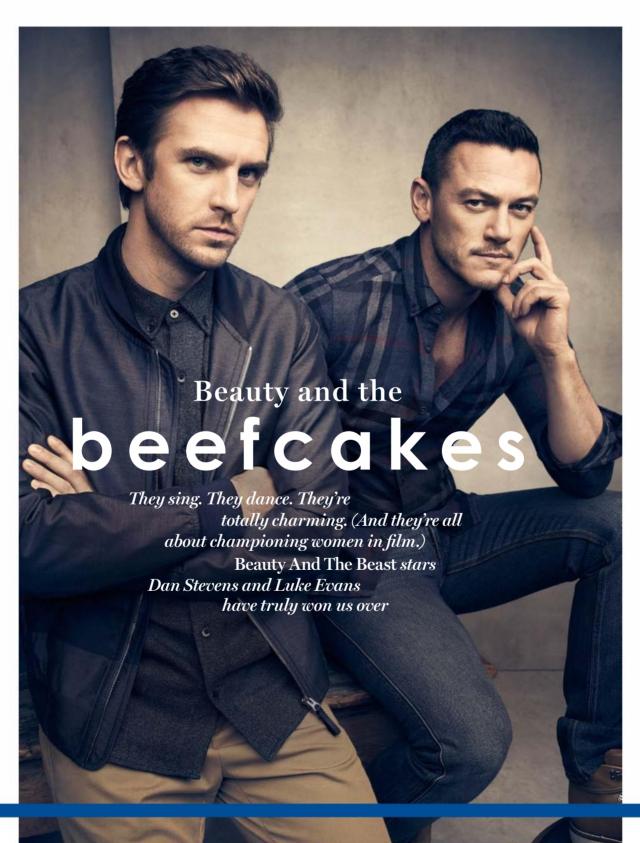
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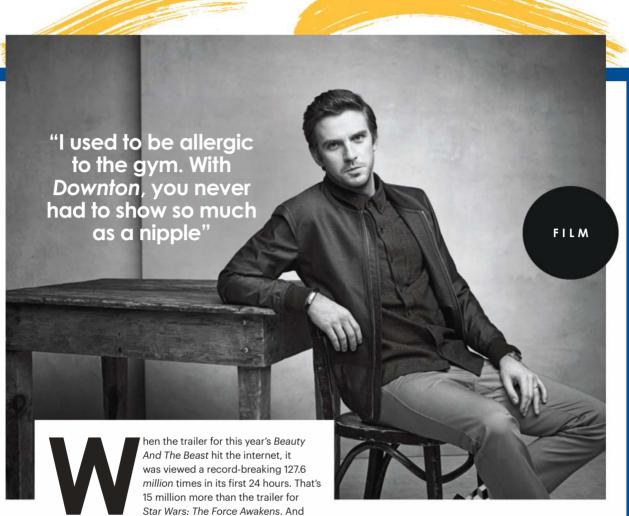
CREAM

C

OBSESSED

EVERYTHING WE'RE BINGE-WATCHING, DOWNLOADING + LOVING THIS MONTH





live-action remake of the Disney classic.

With Emma Watson playing (an updated, more feminist)
Belle, snagging one of the two lead male roles – the
eponymous Beast, and arrogant town hero Gaston – is
a pretty big deal. "It's been amazing," says 37-year-old Luke
Evans, whose ripped physique and rugged good looks
make him perfect to play alpha male Gaston. "All actors
have been in those films where you have to really sell them,
and even then they don't get seen enough. And then you
get something like this where it's just loved universally."

proof that the world is just a teeny bit excited about the

Dan Stevens, of *Downton Abbey* fame, plays Prince Adam, and spends most of the film in CGI-enhanced



prosthetics to transform him into the monstrous Beast who imprisons Belle. The 34-year-old actor credits co-star Emma with shaping this particular Disney prince. "She really helped me engage with what kind of Beast he should be opposite her vision of Belle," says Dan. "That was a conversation we continued right the way through shooting."

The guys join an all-star cast that includes Ian McKellen, Ewan McGregor, Emma Thompson, Gugu Mbatha-Raw and Stanley Tucci. Not bad company to be in. In fact, Luke and Dan are carving out some serious success in Hollywood.

Dan's three-season run as Matthew Crawley in *Downton Abbey* (nothing short of a phenomenon in America, winning Golden Globes and Primetime Emmys galore) was followed by the lead role in *The Guest*, and parts in *The Fifth Estate* and *A Walk Among The Tombstones* alongside the likes of Alicia Vikander and Liam Neeson. Now, he has his own *X-Men* spinoff series, *Legion*, playing a superhero with psychic abilities.

And for Luke, after playing the dragon-slaying Bard in two of *The Hobbit* films, he starred in *High-Rise* with Tom Hiddleston, and in the box-office-busting adaptation of *The Girl On The Train* as the brooding (and often topless) Scott. Hollywood casting agents have been paying attention, and he has three more projects out this year.

While Luke is based in London, Dan lives in New York (with his wife and two young children) – but we got them both in a Manhattan hotel room (ahem) to discuss dance routines, objectification and, er, nipples.

GLAMOUR: Why do you think the *Beauty And The Beast* remake - more than other Disney films - has got everyone so excited?

DAN: "It's a universal tale, there's a version of it in almost every culture. I've noticed that it's the one fairytale that my guy friends are more ready to admit that they like, too. Less so with, say, *The Little Mermaid*."

LUKE: "I think it's because there are several prominent masculine characters in it, it's not just the prince."

D: "Belle is a very strong female character and a great role model for girls..."

L: "And boys."

D: "Having that curiosity and fearlessness..."

L: "Wanting more from life."

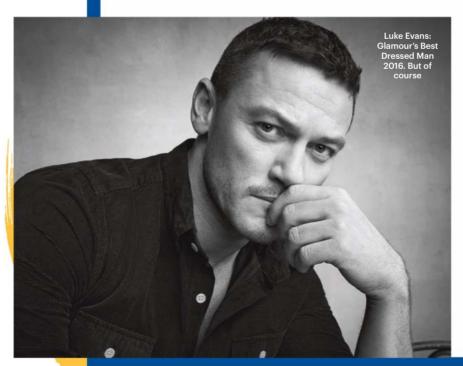
Luke, you started out in West End musicals like *Miss Saigon* and *Avenue Q*, so you've been singing your whole career...

L: "Yes, to everyone's dismay. They're all like, 'Shut up!"

But Dan, we haven't seen you sing on screen, or stage, before. How did you fare with the Beast's songs?

D: "I did musicals at school, but it was never something I was called on to do when I went professional. I started off doing Shakespeare, musicals never came up. So it was

"Sex sells.
I don't take it too seriously"



a big challenge to step up and pick that up for Beauty And The Beast."

L: [To Dan] "You sound amazing. And you have your own original song in the new film."

D: "I'm sure the Luke Evans cover version of it will be available soon."

L: "The rest of us had to jump onto other people's songs and pray we could hit the notes."

D: "I watched Luke rehearsing the big Gaston number – and I'm not just saying that because he's here – it's one of my favourite scenes in the film."

And how did you both get on with the dancing elements for the film?

D: "There were two months of prep to do before shooting those scenes. The dancers who are in the chorus are absolutely incredible."

L: "I was actually in musicals with some of those guys, back in the day."

D: "Were you?"

L: "Yeah, the head dancer - he was in the first show

I ever did in college. It's so funny to be in a film with him now."

There are some proper legends in the *Beauty And The Beast* cast - Ian McKellen and Emma Thompson - did you turn into star-struck fanboys when they were on set?

L: "I was just so sick of them asking for selfies. 'God, leave me alone. Emma, not another selfie, seriously!"

D: "We were usually on set with them for big group scenes like the finale; those were quite special days, they had a festival feel. I remember I was dolled up as the prince and Ian McKellen said to me [puts on Ian McKellen voice], 'You look very pretty.'" L: [Hysterical laughter]

Your co-star Emma Watson is a big advocate for gender equality and launched the UN's #HeForShe initiative. What can two male actors do about sexism in Hollywood?

L: "Well, without even realising, the last two films I've shot [drama State Like Sleep and biopic Professor Marston & The Wonder Women] have had female directors: Meredith Danluck and Angela Robinson. My next film [10x10] is also shot by a woman – Suzi Ewing – so that's



three back-to-back. And that's not me looking for it, it's just happened to be that way, which I think is fantastic."

Emma Watson as Belle in

D: "For me, it's not just seeking out female writers and female directors, it's also about championing them. Women are very different to work with than men, aren't they? They're nicer."

L: "The energy is different. They approach a project or a scene in a different way. It's refreshing."

Luke's character, Gaston, is a total narcissist. How vain are vou both?

L: "I do take more pride in my appearance when I'm going to an event. I like dressing up. [To Dan] Did you know I won Glamour's Best Dressed Man 2016? I'm going to ruin it and start wearing clown outfits now."

D: "Well, I'm gunning to win the Best Dressed title this year."

L: "When it comes to working out, I like to be in a semi-fit state, but not every job I do necessarily means I'm going to take my top off."

D: "I've taken better care of myself in the past four or five years - I used to be allergic to the gym. That's maybe part of growing up a bit and becoming a dad. There have been certain roles, like for *The Guest*, which I worked hard for. But with Downton, I was

Beauty And The Beast is in cinemas March 17

'Thank you very much."

There are so few sexy Welsh men that they had to

bring in people that have no connection to Wales."

D: "I was thrilled. When it comes to these kinds of

lists, generally vou're judging how good a guy looks

in a tux. So if someone wants to call me 'sexy', I say,

SCREEN

QUEENS

Sisters (and sex workers, wives, mothers, and students) are doing it for themselves

he Hollywood big hitters are out in force in Big Little Lies, the Sky Atlantic drama based on Liane Moriarty's novel of the same name. Shailene Woodley plays young mother Jane, who moves to Monterey and tries to infiltrate the hyper-competitive mum circle which is ruled by queen bees Nicole Kidman and Reese Witherspoon. But they're not as perfect as they appear.

Samantha Morton plays a brothel owner in ITV's 18th-centuryset Harlots, a series based on the stories of real women. Lesley Manville plays a rival madam trying to muscle in on her business, and Downton's Jessica Brown Findlay a courtesan.

Meanwhile, BBC Three's thriller Clique explores what happens when one friend gets selected by the popular crowd while the other is left behind: it's Mean Girls meets uni.

QUICK FLICK

Your five-minute drama fix



Five By Five

Idris Elba stars in 'a few' (his role is being kept deliberately vague to avoid ruining the twist) of the short films written by emerging writing talent and airing on BBC Three this month. The five five-minute stand-alone short films of the title are set in London and use chance encounters to explore the nature of identity. A series you can binge-watch during a bus journey - sign us up.







7am The alarm goes off, and Trixie [10 months old] normally wakes around the same time. Matt [Willis, Emma's husband] usually gets the kids up and gives them their breakfast. He lets me stav in bed until 7.45am, then I do the school run. I come home and have breakfast, and dye my roots if I need to. I always mean to do it the night before, but babies' sleep patterns are unpredictable so I do it in the morning in a panic. 10am I normally get a text from

my make-up artist saying: "Slap a bit of fake tan on your face," so I do that before getting in the car to go to work.

11am It takes about an hour to get to the studio. I dump my stuff and go straight into a script read with the production team. We get updates on who's in whose team. what the rules of play are at the minute - all the telly admin. Then we do a camera rehearsal with all the camera positions and where the director wants them. 2pm We break for lunch, I'm nervous about the show, but never too nervous to eat. I have a salad, and chuck in a pudding - Eton mess and banoffee pie are my favourites. It gives me an energy boost. 4pm A full dress rehearsal of the

show with everyone there.

6pm We've got two hours to have dinner, check the scripts and get ready - loads of time. I have meat and veg, and start hair and make-up, then somehow I need to be downstairs in five minutes and I'm still not ready. I sometimes get dressed and then realise I have nowhere to hook my mic or earpiece pack, so have ended up taping them to my back before.

8pm My tummy flips a thousand times and I'm on air. I'm monitoring the autocue, the producers are talking in my ear, and I'm talking at the same time as listening to a coach, while also keeping an eye on the contestant next to me. 9pm I step offstage and am still

buzzing with the adrenaline. I take all my make-up off straight away, put my comfy clothes back on and go home.

10.30pm I have a cup of tea - white with one sugar - and maybe a brownie if there's one kicking around. I have a chat with my parents if they're there, or Matt if he stays up. It takes a good couple of hours before I stop reliving the show. I sit there and replay it all in my head, pick apart what I might have done wrong, worry a lot about everything and then, if I am brave enough, I'll watch it back. Then I might watch an episode of Grey's Anatomy to wind down. 12.30am I try not to get into bed

later than 1am on a show day because I want to spend the next day with the kids and not just be in bed all morning.

The Voice UK is on ITV on Saturdays at 8pm

"If I am brave enough, I'll watch the show back"

0353380

Yes, gardening is hip, and bonus: we know how to pronounce it!





BOOKS

ardening? It's not just for OAPs, you know no....
Newton's glossy, gorgeous OAPs, you know! Hollie How To Grow (out now) is for "gardeners who can't garden yet", urban gardener Alice Vincent has written How To Grow Stuff (out March), and cult east London florist Nik Southern of Grace & Thorn is demonstrating how to bring the outside in with How Not To Kill Your Plants (out June). Of course, it helps that a penchant for pruning gives seriously good Instagram: the authors are, respectively, @noughticulture and @hollienuisance and @graceandthorn. Think of gardening as hygge rejigged for spring - feel-good, wholesome, at-home fun for when the sun finally appears. So, does this make gardening guru Alan Titchmarsh a new hipster icon?





INSERT NOSE HERE The page-turners your commute will thank you for

The Roanoke Girls by Amy Engel

Lane Roanoke
goes to live in
rural Kansas with
her cousin and
grandparents after
her mother's suicide.
There she uncovers the
curse of being a Roanoke
girl. There's a very bleak,
twisted secret at the heart
of this hotly tipped debut.

The Fifth
Letter
by Nicola
Moriarty
Four thirty-ish

fifth letter

school friends spice up their annual reunion by writing anonymous letters confessing their innermost secrets. But an extra missive arrives with a chilling revelation. Erotic Stories For Punjabi Widows by Balli Kaur Jaswal

Nikki starts a creative writing class for a group of ultra-conservative Indian women. Jaswal tackles serious themes (arranged vs forced marriage, traditional vs modern

traditional vs modern culture) with a light and funny touch.

Everything But The Truth by Gillian McAllister

Doctor Rachel is newly pregnant by her handsome, sensitive boyfriend, Jack. She couldn't be happier... until he starts being shady about his past. Is she just hormonal

and paranoid?
Toxic relationships,
secrets and lies
- this is a tense
morality tale.

085ES5ED



VOTE NOW FOR YOUR

GLAYOUR WOMEN of the YEAR

n association with C

Tell us about the amazing, inspiring, hilarious women you love – and you could win tickets to party with them

hat's better than one talented, kick-ass woman?
A whole room of them. Yes, we need you to vote for the musicians, actresses, writers, entrepreneurs, designers and athletes you think deserve to be celebrated at our 14th annual awards. Who's made you laugh 'til you cried? Had you glued to your TV? Or cranking up the radio? Once again we're thrilled to be teaming up with high-street fashion heroes Next to make this year's Awards, on June 6 in London, the very best yet. And you could win a pair of tickets to the after-party. Simply pick your favourite in each category (or nominate someone you think we've missed) and head over to glamour.com to vote. With so many awesome women to choose from, prepare to feel inspired.

UK TV ACTRESS

- ☐ Andrea Riseborough,

 National Treasure
- ☐ Claire Foy, The Crown
- ☐ Eleanor Tomlinson, *Poldark*☐ Emilia Clarke,
- Game Of Thrones
- ☐ Emily Berrington, Humans
- ☐ Gemma Chan, Humans
 ☐ Jenna Coleman, Victoria
- ☐ Keeley Hawes, The Missing
- ☐ Lena Headey, Game Of Thrones
- ☐ Maisie Williams, Game Of Thrones
- ☐ Olivia Colman,
 Broadchurch
- ☐ Ruth Wilson, The Affair
- ☐ Sophie Okonedo, *Undercover*
- ☐ Sophie Turner, Game Of Thrones
- ☐ Thandie Newton, Westworld
- ☐ Vanessa Kirby, The Crown
- ☐ Vicky McClure, Line Of Duty
 ☐ Other

INTERNATIONAL TV ACTRESS

- ☐ Alexis Bledel, Gilmore Girls
- ☐ Caitriona Balfe, Outlander☐ Christina Ricci, Z: The
- Beginning Of Everything
- ☐ Claire Danes, Homeland☐ Evan Rachel Wood,
- ☐ Evan Rachel Wood, Westworld

- ☐ Gillian Anderson, The Fall
- ☐ Herizen F Guardiola, The Get Down
- ☐ Kathy Bates, American Horror Story
- Kerry Washington, Scandal
- ☐ Lauren Graham, Gilmore Girls
- ☐ Robin Wright,
 House Of Cards
- Sarah Paulson, American
 Crime Story: The
- People v OJ Simpson
 ☐ Taraii P Henson, Empire
- ☐ Tatiana Maslany, Orphan Black
- ☐ Taylor Schilling, Orange Is The New Black
- ☐ Viola Davis, How To Get Away With Murder
- ☐ Winona Ryder,
- Stranger Things
- ☐ Other

COMEDY ACTRESS

- ☐ Anna Kendrick, Mike And Dave Need Wedding Dates, Table 19
- ☐ Annette Bening, 20th Century Women
- ☐ Aubrey Plaza, Mike And
 Dave Need Wedding Dates
- ☐ Ellen DeGeneres, Finding Dory







☐ Kate and Laura

Mulleavy, Rodarte

Fantastic Beasts And

Where To Find Them

☐ Man of the Year

□ Trailblazer •

☐ Gaby Hinsliff,

The Guardian



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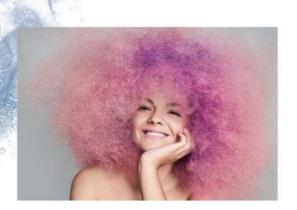


04/17

fashion & Standard & S



Oh, spring, what took you so long?!







SHIRT STORY

Crazy-brilliant sleeves, mega ruffles, killer cut-outs...
this wardrobe wonder has never looked so cool

 $\begin{array}{c} {\tt PHOTOGRAPHS} \ by \ {\tt NICK} \ {\tt HUDSON} \\ {\tt FASHION} \ {\tt DIRECTOR} \ {\tt KAREN} \ {\tt PRESTON} \end{array}$



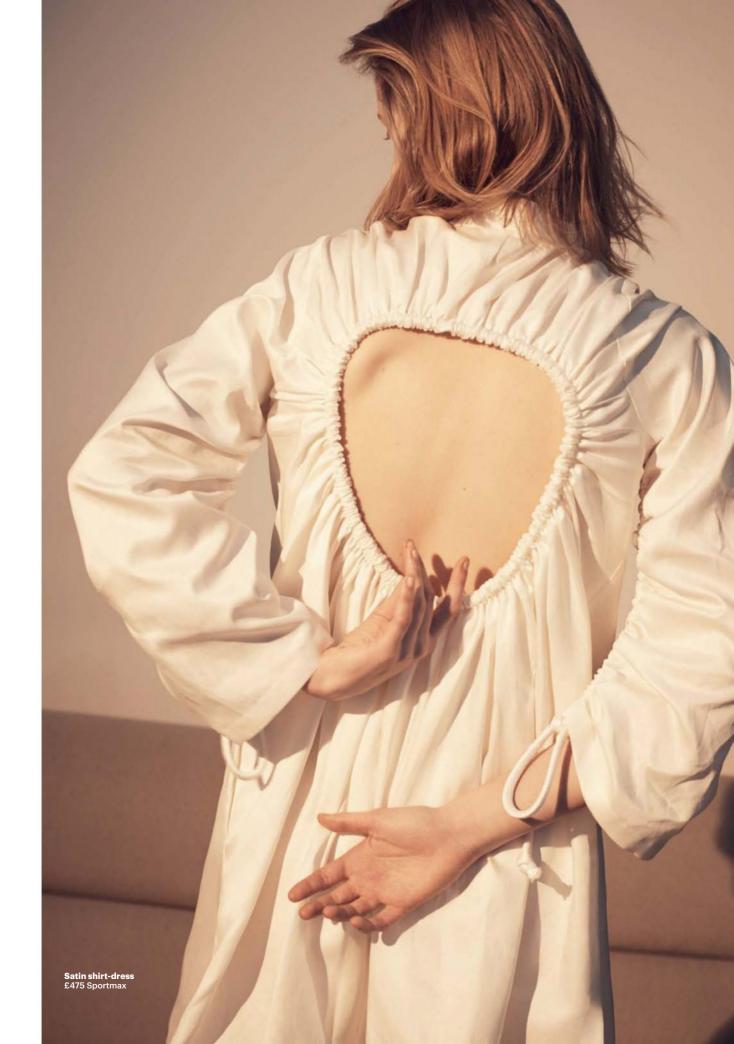
























Wool and cashmere knit (around waist) £650, wool and cashmere dress £845 and wool and cashmere vest £650 all Pringle of Scotland; cashmere jumper £249 Polo Ralph Lauren; leather trainers £225 APC









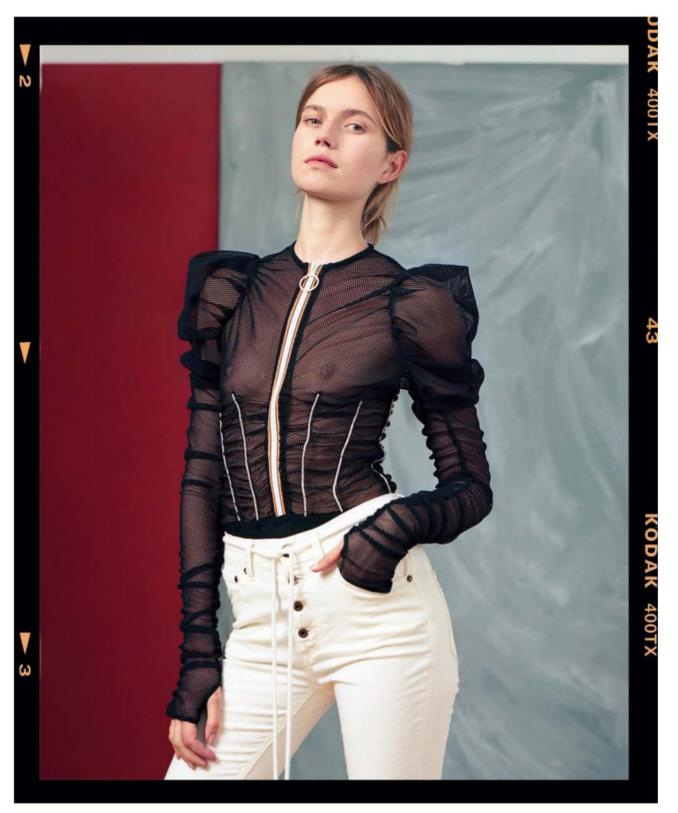


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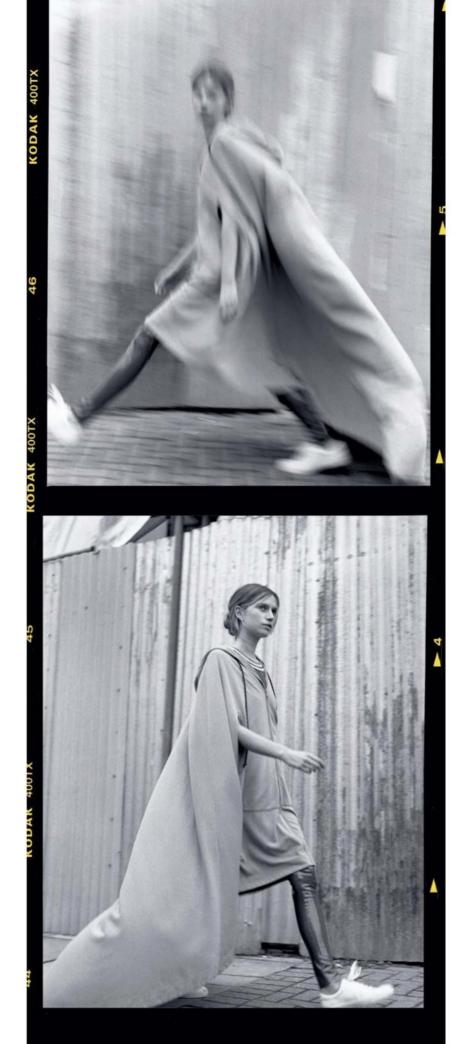
KODAK

400 I X









Tan cotton cape £390 Koché; blue cotton-crêpe dress £275 Longchamp; red PVC leggings £174 Pinko; white leather trainers £225 APC

Hair: Shiori Takahashi Make-up: Natsumi Narita, using Chanel Coco Codes and Chanel Blue Serum Model: Cato Van Ee at Viva London Fashion Assistant: Emma Hargadon

\mathbf{W} \mathbf{E}

L O Y E

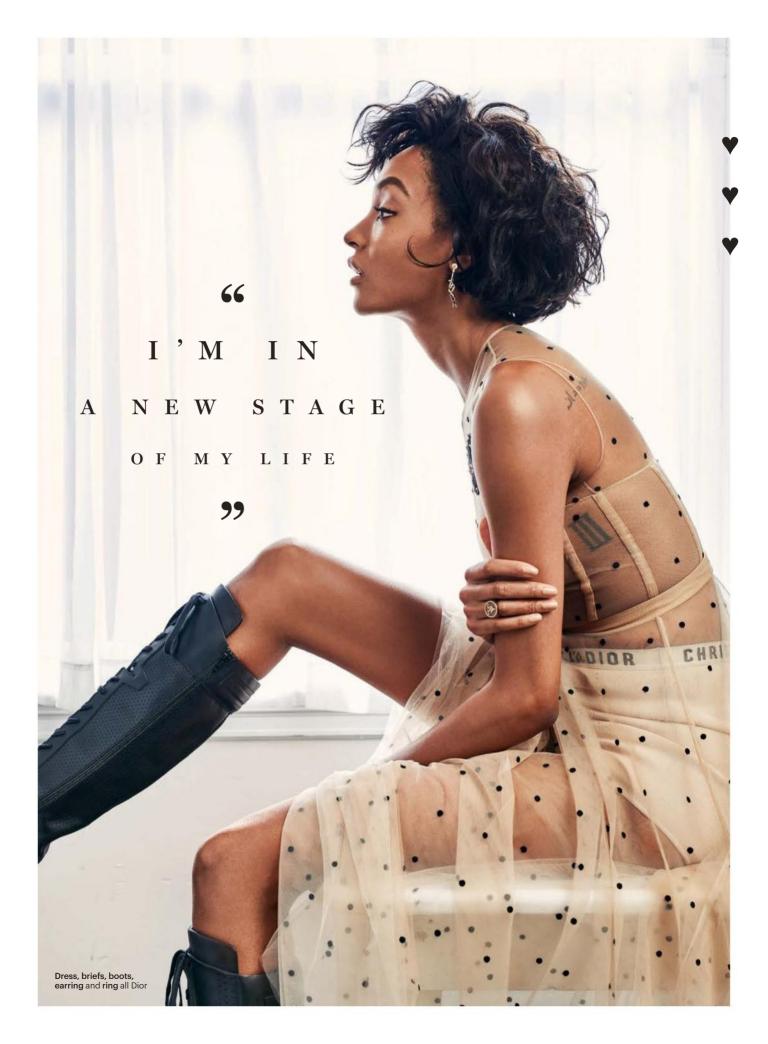
JOURDAN

#Girlboss, #Mumboss, $just\ call\ {\it Jourdan\ Dunn\ The\ Boss}$ >

by HELEN WHITAKER









66

 I ' M
 A
 B I G

 B E L I E V E R

THAT IF YOU VISION

IT, IT WILL

HAPPEN

"

Jacket, vest and **shorts** all Alexander Wang; **boots** Dr Martens





n hour after Jourdan Dunn has to leave Glamour's cover shoot in New York to catch a flight to LA, she posts an Instagram story. It shows her reading material for the journey and is captioned: "I should have read this before my interview today." The book is TED Talks: The Official TED Guide to Public Speaking. The interview she's talking about was with me.

So what went wrong? Did she give one-word answers, ramble on without actually saying anything, or walk out? Nope, nope and nope. She was open, friendly and happy to talk about anything, a far cry from some of the subjects I've profiled (yes, actor-who-didn't-want-to-be-there and refused to answer even the most innocuous of questions, I'm talking about *you*). It just wasn't, she tells me later, the best she could do.

"I'm in a new stage of my life, a new chapter, and I want to give something interesting. I was just so disappointed in myself," she tells me in London a week later. "At school, I would always know the answer, but be scared to put my hand up because I get nervous and start muddling my words up and stutter. Sometimes in interviews, in my head I know how I want it to sound, but it comes out scrambled."

For the record, that's not at all how she came across, but what's clear is that when the 26-year-old model-turned-businesswoman does something, she's all in.

Our second meet-up is on the set of the campaign shoot for LonDunn + Missguided by Jourdan Dunn, the 96-piece clothing collaboration she's launching with the brand this month. Plenty of 'collaborations' begin and end with the celebrity linking their name to the label, but when the online retailer approached Jourdan, she immediately concerned herself with the minutiae of the project. "They'd say, 'You don't have to come for the design meeting,' and I was like, 'What do you mean? That's the whole purpose of it," she says. "I want to be there for the casting and the design, and for everything. I want to have the final say, because it's my name on it and it's a representation of me. I don't want to have my name on it if other people have done all the work. And also, if it all goes to shit, it's got my name on it. It's something I truly believe in and want to have longevity." A second collection is already planned for later this year, with Jourdan determined to top this one.

Her 2016 kids' clothing line with M&S, Lil' LonDunn, sprung from a desire to design for her eight-year-old son, Riley, but she had more selfish motivations for this range: creating clothes that she wanted to buy and, more importantly, that would fit her.

"The struggle was real when I was growing up," she laughs about her 5ft 11in height. "I was like, I need sleeves that are long enough." She was a tall and skinny teenager; too self-conscious for it to cross her mind that her proportions were ideal for a modelling career until she was scouted by Storm Management in a London branch of Primark at age 15. She quickly went from London teen to one of the UK's most in-demand models. In the 2008 S/S season, she walked in 75 catwalk shows, and she's appeared in campaigns for Burberry, Topshop, H&M, Kate Spade New York and Maybelline. These days, she splits her time between her place in New York and her mum's house in Greenford, where Riley also lives. And yes, she is stunning. Even before hair and make-up get to work at the cover shoot, the willowy frame, flawless skin and perfect bone structure are unmistakable.

It's hard to imagine that a collection designed with that raw material in mind would translate well for us real women. "One thing," Jourdan says politely, "I don't really like the term 'real women'. When you compare 'real women' to models, it's like they are not real, and it's like, what do you mean? I live on earth. I have breasts, I have a vagina. I am very much real."

For women without model proportions then, I modify. "I want people who are 5ft 5in and skinny, or 5ft 5in and curvy, or 5ft 10in – all types of women – to feel comfortable in it and feel good. So, once I got the mindset of how I wanted it to be, I had to then think, 'OK, maybe that fabric might not be too complementary to this kind of woman or that kind of woman.' We played around."

To her 2 million Instagram followers, Jourdan is very much real, and that's why they love her, even if her candour on social media has occasionally got her into trouble. "I don't regret it at all, but I'm a bit smarter about it now," she says, with a wry grin. Her feed is still updated daily, but these days her output is more considered. Because, well, monetisation. "It's a business," she says in New York, "I'm getting my head around the fact that social media is also a way to brand yourself and show everybody who you are." But she's still committed to keeping up the flow of selfies that her fans love (average likes: 45k) – and she makes a conscious effort at both shoots to take some to post.

But will we ever see anything as candid again as the 2014 post that showed off her stretch marks and caused the internet to have a bit of a meltdown? "I honestly didn't post it *because* of my stretch marks," she says, laughing. "I posted it because I thought my crop top looked cute, and my stomach looked quite nice and flat. Then I looked at the comments and everyone was going on about my stretch marks. But I just thought, 'Oh, OK, that's just the norm, no?' It wasn't my reason, but I'm happy I did, because I'm real and even 'someone like me' has stretch marks."

Because aside from branding, authenticity is Jourdan's other 2017 buzzword. "I'm not just going to put my name to >



I HAVE DOWN

MOMENTS, BUT

I JUST LET

T H E M B E

MOMENTS AND

NOT DRAG ON

something random. With the kids' line, it was authentic because I have a child [Riley appeared in the ad campaign], and with Missguided, I want to be able to dress women." What else fits the remit? "Cooking." Jourdan was helping her grandma in the kitchen from age seven or eight and has already hosted cooking shows online (Well Dunn on Jay-Z's Life+Times YouTube channel, and How It's Dunn on i-D's lifestyle platform – you've got to admire a woman who loves a pun as much as Jourdan). Now, she's applying that laser focus to a cookbook that focuses on spice: "But not just heat. Different flavours, like turmeric, cumin, cinnamon, that liven up dishes." She spends evenings researching recipes and trying to come up with the perfect hot sauce, with a view to getting the cookbook out later this year.

Jacket and trousers both DKNY; hoodie LonDunn + Missguided by Jourdan Dunn

Nothing stands in the way of Brand Dunn. Except her inner critic, she says. Right now, she's in a good headspace, but she says it wasn't always that way. Just a few years ago, she says, "I was having negative thoughts about myself, and I had to change that because it doesn't get you anywhere. I had to reprogramme my mind for positivity, and really look hard at myself so I could find something I actually liked about myself."

Jourdan is a big fan of a self-help book, and that's what helped her start thinking positively. "My favourite was Louise L Hay's *How To Love Yourself*. It reshaped my whole mindset. Everything makes sense, it all does start from self-loving and forgetting, blocking out negative thoughts and other people's thoughts of you." She credits regular morning meditation and writing down five small, achievable goals each night for keeping her focused. "I'm a big believer that if you vision it, and write it down, it's going to be like that." But that doesn't mean she never wavers.

"I have down moments, but I just let them be moments and not drag on," she says. "Because then it will just affect me and my energy and other people. I'm allowed to have those moments, but I'm like, 'Be a big girl, get on with it, you've got shit to do."

You heard the woman: buckle up; she's got shit to do. •





Pop sensation Louisa Johnson talks cool collabs and her debut album as she rocks this season's playful take on dyes

by ALESSANDRA STEINHERR

PHOTOGRAPHS by DAVID OLDHAM

hen Louisa is nervous, she channels Beyoncé. And let's face it, who doesn't try to bring out their inner Sasha Fierce? "It's just the way she performs. She's so genuine, but when she gets on stage she's a superstar." In 2015, the Essex girl – and current L'Oréal Paris ambassador for Colorista – was crowned the youngest-ever winner of *The X Factor* at 17 years old. After Louisa's powerful rendition of James Brown's *It's A Man's Man's Man's World*, Simon Cowell named her the best singer he'd ever seen on the show. "The feeling was indescribable," she says. "I was doing what I'd always wanted to do."

Last year, there was no mistaking her vocals on Clean Bandit's huge summer track *Tears*. The contagious *So Good* followed, with her highly anticipated debut album promised for release this year. "The new album is like a diary," says the now 19 year old. "There are so many different feelings in there. I think there are things that will be quite unexpected. It's pop, R&B, a little bit of soul."

And can we expect more collaborations? "Yes! Quite a few. My dream would be to do something urban with Nicki Minaj. I grew up listening to her." We predict a future girl boss in the making.

SHOW YOUR COLOURS

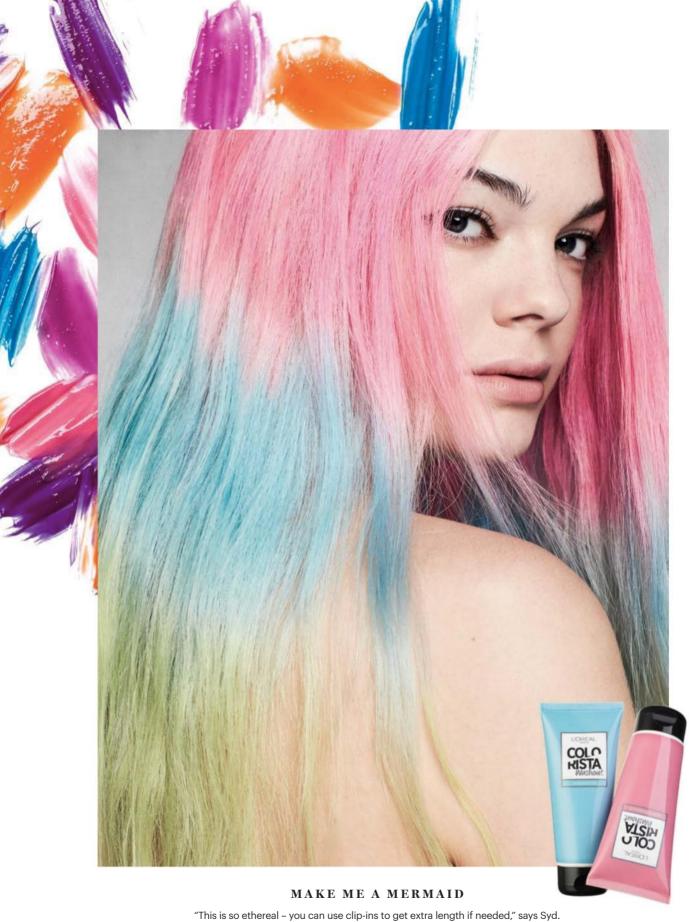
"The idea for vibrant hair colour isn't new," says Syd Hayes, UK ambassador for L'Oréal Paris. "It originates from punk, but the colours have changed." While they were once garish greens and oranges, "now they are prettier and softer on the skintone. I look at it like make-up – it's there to enhance the skin." And if social media and red carpets are anything to go by, we're into having fun and not getting stuck with just one look. "With temporary colours, you can do it on a Friday, and by Monday morning, when you return to work, you're back to your normal hair." Get inspired...











"This is so ethereal – you can use clip-ins to get extra length if needed," says Syd.

GET THE COLOUR Here, the layers are... Colorista Washout in #PinkHair £6.99 L'Oréal Paris on roots, faded into Colorista Washout in #BlueHair £6.99 L'Oréal Paris, with Colorista Washout in #MintHair £6.99 L'Oréal Paris over ends and Colorista Spray in #MintHair £6.99 L'Oréal Paris on top. Tip: for a more vibrant result, pre-lighten hair with Colorista Bleach £7.99 L'Oréal Paris.

STYLE IT For a natural messy look, blow-dry hair out using your fingers and rub dry shampoo lightly over lengths.







That's the Big Lip Guide, don'tchaknow? Time to get lippie...

by DOMINIQUE TEMPLE

PHOTOGRAPHS by SARA MORRIS



econd to foundation, finding your ultimate lipstick is possibly beauty's most overwhelming task. If you're the person who always says, "I wish I could pull that lipstick off, but I've tried it and it just doesn't suit me," then look no further. The truth is, anyone can wear lipstick. The secret to nailing a rocking pout is to choose the right shade and texture to best suit your skintone. After that, it's all about how you wear it (equally wow hair and bags of confidence, FYI). Here is your guide to take you from rookie to expert, as well as some of the hottest shades out there.



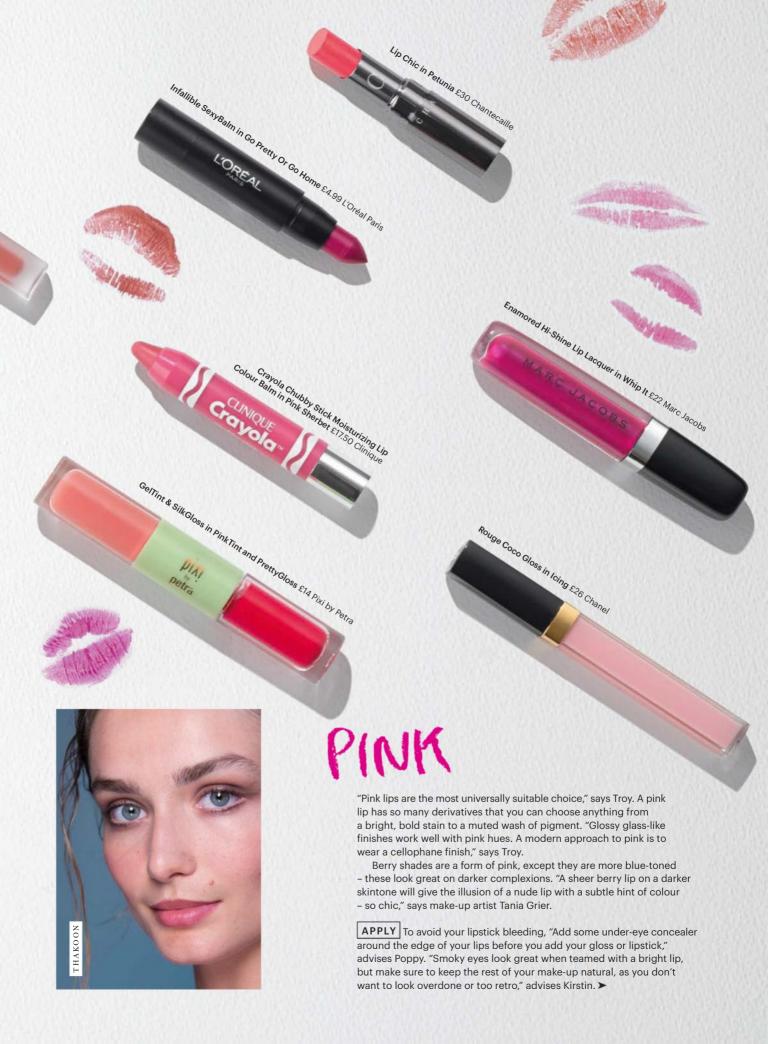
Volupté Tint-In-Balm in Touch Me Red £26 YSL Beauty



Kate 15th Anniversary Lasting Finish Lipstick in Idol Red £4.99 Rimmel London







DARKS

You may not believe it but, "Everyone can wear lip colours that have a mix of cool and warm tones, such as plums and darks," says Kirstin. Wearing a dark lip is a commitment, though: "You have to always be aware of it and may need to touch up throughout the day," advises Troy. "Dark lips are powerful and offer a great go-to pout for special occasions. The more dramatic, the better."

"If you fancy being daring, frosted lips or embellished pouts are on the rise and look great with a dark base," says Tania.

APPLY "The latest It trend is to wear a bold, dark lip with a matte finish," says Poppy King. If your lips are thin, fake a fuller pout in your choice of bold colour by "pencilling just outside your natural lipline. Reverse this to minimise fuller lips by similarly pencilling on the inside of your lipline," explains Kirstin.

Stay All Day Matte'ificent Lipstick in Bordeaux £15 Stila









CAN YOU BUY BETTER SLEEP?

If you've not been able to sleep, you know you'll try anything.

But is it worth paying for a decent kip? Team Glamour finds out...



hat comes to mind when you think of a luxury?
A massage? A Gucci tee? A super-yacht? What about a good night's sleep? Because when was the last time you woke up really refreshed? Exactly.
Last year, The Sleep School in London (the UK's largest insomniac treatment centre) found that we're losing the equivalent of an entire night's sleep each week. Out of the 11,000 people surveyed, 39% were suffering with chronic insomnia, and only 1% believed they woke up feeling refreshed. One per cent. Let's just let that sink in.

"We're in the middle of a sleeplessness epidemic, and my biggest fear for 2017 is that insomnia is becoming normalised,"

says leading sleep psychologist Dr Guy Meadows. "Sleep should be a fundamental priority, but now it's having to fight for a chance in our lives." But as we're drifting along like an extra from *The Walking Dead*, the sleep industry has woken up with a money-making bang. There's everything from gadgets to luxury hotels offering comprehensive sleep retreats. It's a huge market – growing to £59 million in 2016 – but for us, the consumer, it's pretty overwhelming. And expensive. Realistically, eight hours of quality shut-eye might not be priceless (how many of us can afford to drop £6,000 on a mattress?), but it's definitely valuable. So, what's worth the investment?

I WANT TO...

CURE MY DIAGNOSED INSOMNIA

Tester: Holly, Deputy Chief Sub Editor

THE PRODUCT Backed by clinicians, the Alpha-Stim AID is a pocket-sized device that comes with electrodes that clip onto your earlobes and sends tiny electric currents (known as cranial electrotherapy stimulation) to the brain to increase 'alpha' (relaxing) activity. Sounds scary, but it's totally safe. MY VERDICT Name an insomnia treatment and there's a good chance I've tried it (and it's failed), from prescription medication to 5-HTP (serotonin-boosting) supplements, so I was cautiously optimistic about this sci-fi-sounding gadget. Following a phone consultation, I was instructed to get into bed, attach the clips and set the timer for one hour on level one (of five) for my sleep-onset insomnia. I fell asleep within the hour. The effects were cumulative - I trialled it for ten days and each night it seemed to bring me to a relaxed state, helping me to sleep better than I had in months. It's not the most comfortable thing to wear in bed but, for me, the results make up for it. Available from alpha-stim.co.uk

I WANT TO...

FEEL MORE RESTED BEFORE BED

Tester: Natalie, Deputy Picture Editor

THE PRODUCT H7 Insomnia Control is a rubber disc secured with a patch which activates the body's natural ability to calm down by 'gently massaging' the H7 insomnia pressure point on your wrist. You're supposed to put it on 30 minutes before bed (and take it off in the morning) for ten nights, then on alternate nights. MY VERDICT At first, I was applying the disc roughly to the area shown on the diagram, and not specifically to the natural groove in my wrist which aligns with my little finger. Once I nailed the application, I noticed a slight difference. After ten days, I wasn't tossing and turning as much before I fell asleep, and after 20 days (one pack), I was waking up, on average, once instead of my usual three times. It doesn't seem very scientific, but since I've stopped using them, my restlessness has returned, so it must have been doing something.





THE ONLY SLEEP BOOK YOU NEED?

The One-Week Insomnia Cure by Jason Ellis, the only professor of sleep science in the world, is set to shake things up. Pulling together ten years of pioneering research, he promises to solve your sleep disorders in just seven days for £12.99. Visit glamour.com to see if it worked for us...

HIT AN
EMERGENCY
SLEEP RESET

Tester: Hanna, Entertainment Editor

THE PROGRAMME Sleep With Six Senses is a five- to seven-day better-sleep regime, created by the hotel group and doctors. Before arriving at the Six Senses Douro Valley in Portugal, I filled in a questionnaire for my 'sleep ambassador'. At the hotel, I was shown my room, complete with bamboo-fibre PJs to stop me overheating, a supportive Hanse pillow for my sore neck, and a mattress sensor connected to a sleep-tracking gadget. My ambassador ran a wellness screening where sensors measured 13 body processes affecting sleep. My main issues were high heart rate at 93 bpm (it should be 70-80), and a high score on the HRV Stress Index (which measures heart rate variability). My body was too 'wired' at night, meaning that I couldn't relax into the first 'transition' phase of sleep, and then once I did, I struggled to get into the 'delta' phase - the part that helps you wake up feeling refreshed. My prescription? Morning ashtanga yoga to boost serotonin, the feel-good hormone that regulates sleep cycles, followed by afternoon meditation. MY VERDICT After four days, my heart rate had dropped to 70 bpm and my stress score from 175 to 100. By the final night. I was asleep within 14 minutes, my delta sleep increased by 60% and I woke up just twice. Since returning home, I've kept up the daily yoga via YouTube tutorials on the KinoYoga channel and love my PJs (try bambooclothing.co.uk) but, crucially, I'm over my sleep angst. Four nights of good sleep gave me a much-needed reset and showed me that I can sleep properly. My sleep ambassador taught me that the optimum amount of sleep is five cycles (each lasting 90 minutes), and setting my alarm seven and a half hours from when I fall asleep means it goes off when I'm in a lighter phase, so it's easier to wake up. It's expensive, but thanks to the high-tech tests, the programme was 100% personalised and gave me an insight into my body that I couldn't have achieved on my own. Prices start from £1,229 for a five-night stay at Six Senses Douro Valley, including the four-night Sleep With Six Senses programme and return flights with TAP Air Portugal from London Gatwick. Book via itcluxurytravel.co.uk. Visit sixsenses.com





19 million people in the **UK suffer from insomnia**

I WANT TO...

FEEL LIKE MUM'S JUST TUCKED ME IN



Tester: Natasha, Digital Strategy Director

THE PRODUCT "Have a bath before bed" is hardly a new tip, but what about soaking in magnesium? Research links magnesium levels and the body's ability to follow its sleep cycle efficiently. It seems 11% of us are magnesium deficient, leading to fatigue, restless legs, headaches and anxiety. It is absorbed through the skin, so sleep practitioner James Wilson suggests dissolving 250g of BetterYou Magnesium Flakes in a hot bath, and soaking for 20 minutes before bed, three times a week. MY VERDICT Usually, I'm so exhausted at night (three kids will do that). I fall asleep clutching a glass of wine in front of the TV. The first time the water hit my skin, I felt a tingling sensation. I'm still using the flakes and, after four weeks, it's cleared rough skin so I'm less itchy during the night (point score), and on 'bath days' it induces a soothing, soporific state to my pre-sleep routine (triple point score). Magically, it seems magnesium shifts calcium out of the muscles, making my body relax. Available from betteryou.com

I WANT TO...

STOP WAKING £390 **UP AFTER NIGHTMARES**

Tester: Ali, Deputy Features Editor

THE TREATMENT Acupuncture - inserting fine needles into specific points - is often used for sleep issues. Studies have even found it to be as effective as medication. "It stimulates the central nervous system to help reduce the production of the stress hormone cortisol," explains Colette Assor, founder of Acupuncture Works North London, at my first session. "This promotes deeper sleep, and if we can reduce stress hormones, which continue to pump at night, you should wake less." MY VERDICT Ten minutes after needles are inserted into my head, ears and feet, I'm asleep on the treatment table. That night I stir, but I don't have a nightmare. After three visits, Colette says: "Your body is starting to self-regulate and is producing less cortisol." After my last session, I wake less and recall fewer dreams. It's hard to tell if it's the treatment, but it supposedly has a cumulative effect.

£65 per session for six to eight weeks; acupunctureworks.co.uk. Find a practitioner at acupuncture.org.uk



CAN YOU LEARN GOOD SLEEP?

Yes, according to The Sleep School's new online course. Arguing that an insomniac's struggle for sleep actually fuels the condition, the personalised video tutorials blend science and eastern-style mindfulness techniques to help sufferers 'accept' the issue, before retraining them to sleep naturally. Intrigued? Sign up at thesleepschool.org (from £29 for a one-month subscription).

I WANT TO...

SILENCE MY SUNDAY NIGHT ANXIETY

Tester: Kat, Social Media Editor

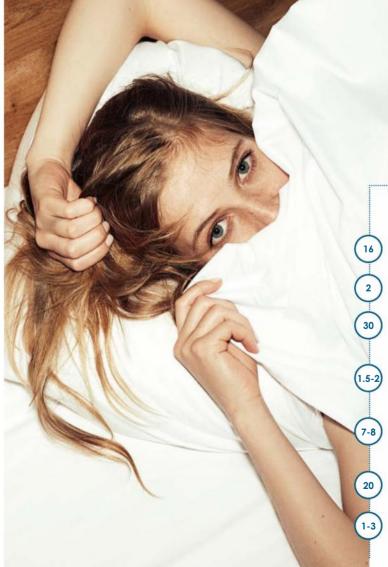
THE TREATMENT Sleep With Me is a wildly popular podcast designed to distract your mind from racing thoughts by telling long, boring stories. MY VERDICT I loved it. Sleep With Me's premise is that it is monotonous, dull, and ridiculous - and that ends up being weirdly comforting. Unlike listening to

an audiobook, there's no plot to keep track of and stories are at least an hour long, which gives my brain enough to cling on to, while letting it zone out. I wasn't expecting much, but it gave my buzzing mind something else to focus on other than the week ahead. > Available on iTunes and Android

Tester: Alice, Senior Writer

THE PRODUCT This Works Scent Well Portable Diffuser charges from a USB to heat up an aromatherapy 'sleep-enhancing super blend' of lavender, camomile and vetivert (sold separately, £18). One step up from a pillow spray, these essential oils are designed to waft around your room, making it as relaxing as possible.

MY VERDICT A diffuser? Really? As someone who's tried leaving her phone outside of the room, to listening to Spotify's 'Sleep' playlist, I wasn't convinced. Still, I persevered. An hour before bed, I'd switch it on, jump in the shower, potter about and when I re-entered my bedroom, I was cocooned in soothing scent. Now, it doesn't feel like bedtime without it. I've read about having a healthy sleep routine, I've just never made it a priority, until now. It's reminded me how important it is to have a 'wind down' signal. Available from thisworks.com



I WANT TO...

STOP HITTING THE SNOOZE BUTTON

Tester: Leanne, Content Editor

THE PRODUCT Lumie invented the 'wake-up light' back in the '90s, and Bodyclock Luxe 700 is their most advanced. It mimics a sunrise to help us stir naturally and keep our sleep cycle on track, boosting mood and productivity. The clock features over 20 wake-up and sleep sounds (white noise, traffic, background café chat), a sunset setting, and cuts out blue light (the type of light used by your phone) that can lower sleep-inducing melatonin levels at night. MY VERDICT On the first night. I set my morning light alarm and chose the waves audio setting, because who doesn't like drifting off on the beach? But it was too distracting, so I stuck with the light function - and it worked. Thirty minutes before my alarm, a gradual sunrise filled the room, reaching 50% brightness (you can alter the settings for a longer, shorter or brighter one) and I woke up every morning before the alarm - unheard of. I also felt ready to get out of bed, instead of relying on snooze to bring me round. Available from lumie.com, John Lewis and amazon.co.uk

YOUR SLEEP-BY-NUMBERS GUIDE

- HOURS: the amount of time we should aim to be awake each day.
- PM: the time we should stop drinking caffeine if we want to sleep well.
- MINUTES: how long we should 'prep' ourselves for sleep by switching off tech, dimming lights or reading a book.
- HOURS: how often we cycle between the four stages of sleep – transition, light, deep and rapid eye movement (REM).
- HOURS: the average amount of sleep we need (although depending on your age, it ranges from 7-17 hours).
- MINUTES: how much more sleep women need than men per night.
- PM: the best time to take a nap 26 minutes is all you need to boost productivity and alertness.

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In this t



If anyone knows how to do that, it's Kate Spade New York creative director Deborah Lloyd

Is there a nicer way to invite guests than simply adding them to your 'We're cooking, who's in?' WhatsApp group?

I love sending traditional invitations like handwritten notes. It's a nice way to engage with somebody, and I love the old-fashioned idea of having an invitation on your mantelpiece as something to look forward to. In the crazy world of everything being digital, there is a return to hand-crafted personal touches. It's a way to customise and make your own mark as well; a very creative thing to do. It doesn't have to be formal, you could just write 'Dinner?', the date, the time, and 'We'd love to see you.'

It sounds like you also do a fine line in thank-you notes.

Often, I'll write my thank-you notes on something cool like a postcard, or something that's connected to the event, or something that makes you smile. I like writing it by hand, then drawing a little heart or some kind of motif with a bright pink or gold Sharpie.







How do you get your space ready for guests without actually redecorating?

I love being connected to the seasons, so the obvious thing is seasonal flowers. Also, there's nothing like lots of candles or tealights - they create incredible moods. Traditional English bunting is always good, and I love those big paper pom-poms that fold out and have a lot of energy to them and are fun to put up. I love clustering things to make a real statement. There are all sorts of things you can do, you can get quite crafty but still look chic.

Can we expect welcome drinks when we come over?

Recently, I've reignited my love of the Cosmopolitan. A friend taught me how to make a big batch, so I love making a signature cocktail in advance - you can keep it, and as quests arrive you shake it with ice, add a twist of lemon and you're good to go. I also like doing seasonal things. In the summer, I've got so much mint, it's growing like crazy, so I'll do Mojitos. Or if basil is growing, I'll do an alcoholic lemonade with basil. Or you could make a Bellini - fresh peach purée with Champagne is lovely.

What spring colour schemes should we be looking out for?

I love a table with a strong black and white stripe through the middle, then a bowl with either soft pink or bright pink peonies really jumps out. I love sprinkling gold dot confetti. I also like gingham for spring/summer. A check runner or tablecloth looks amazing, and again it works with pink flowers, but it's also really lovely with orange or yellow flowers.



What would you recommend to use as a table centrepiece?

Again, I'm very much into the seasons, so a bowl of cherries or strawberries or green apples, if it's the right time of year - they give a lovely scent. Moroccan lanterns create a beautiful mood, too.

Are you a big entertainer?

Most weekends. I'm at our place in upstate New York. There aren't really any restaurants around, so I do a lot of lunches. I'll head to the farmers' market and work with whatever is there. It's lovely to have the luxury of that escape; I love the time to cook and be a bit more at one with nature.

Formal sit-down or low-key buffet?

I like to mix it up. At dinner parties, I always end up having more people arrive than I've got table space for, so we end up having to do a table juggle. Normally, for the main course, I try to sit everybody down, then for dessert we'll move around so everybody meets everybody else. I like people to feel at home; I'm not going to curate it too much.



Pink is a key colour for decorating your dining space this season

"I love the idea of having an invitation as something to look forward to"



Thank you card set £15 Kate Spade New York



If you're the guest, what gift would you bring for the host?

I like to get creative. If I've got time, I'll get something monogrammed that means something special to them; I like matching the gifts to the person. We've had funny aprons or tea towels with funny phrases that are appropriate to them. I love giving people something they don't expect. One time, I went to a friend's and took a huge bouquet of herbs I'd grown in my garden, so she could use it to cook with. >



ONE DREAM BAG

Introducing the new lust-have handbag brand, Complét. We can't get enough of the super-practical shape and colourway of this beauty. £575 complet-o.com

MIRANDA MOTHER

Mother Denim has created a 12-piece capsule designed by Miranda Kerr (previous collaborators have included Freja Beha Erichsen and Candice Swanepoel). Taking inspiration from the '60s, think slogan tees and embroidery. Proceeds go to The Royal Hospital for Women Foundation, so you can look good and do good. Bargain! T-shirt £80, jeans £170



Our guide to this month's must-haves

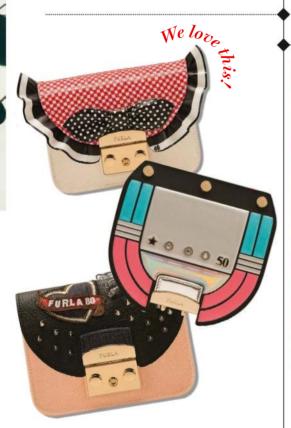
by CLAUDIA MAHONEY





YOUR SUNSHINE MUST-HAVE

Warm weather loves a stripe, and this cute Guess tie-waist shirt has got us daydreaming about sunny days.



HAPPY 90TH, FURLA

It's a big year for Furla. Not only is it celebrating its 90th anniversary with these iconic bags representing each decade of design, but a new flagship boutique on Brompton Road, London, is opening, too!

LOVE IT? BUYIT!

Exciting times at H&M. S/S17 will see its first ever 'see now, buy now' show. When the collection was shown at Paris Fashion Week, it became available online after the show and in stores the very next day! It was hard to choose, but this look edged it as our favourite from the Studio collection.





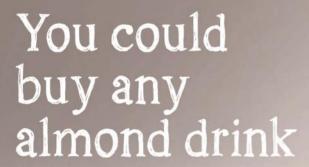
The slipper-style backless loafer continues to be the shoe of the moment, and a jazzy gold hue really elevates this fab pair from Aldo. £60





Still lifes: 30bjectives









For more fashion updates, follow Executive Fashion & Beauty Director Claudia Mahoney on Instagram: @claudiamahoney



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Currently Trending...



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www.bonnieandbuttermilk.com



VANITY VILLE LONDON the independent fashion brand perfect for the ready to wear partydresses! Gettheglamlookwiththe 'JOURDAN' dress £79.99. Use code GLAMOUR for free standard shipping. Valid until 04/05/2017 follow on Instagram @vanity_ville_london or visit www.vanityville.london

the full collection at

GEORGIA MAE is an Australian

creators love for texture, colour

and stand-out pieces. All pieces

are designed in Melbourne and

www.georgiamae.com.au and

follow @georgiamaethelabel (IG).

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the desire to paint the world with joy,

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collection is inspired by the 80's TV series "Murder She Wrote." Lazer cut skirts, knitted merino dresses with crime victims print and kaftans with weapon prints are found amongst her collection.

collection gives the feeling of playfulness and fun with its bright www.eygloreykjavik.com



colours and politically incorrect prints. Free worldwide shipping.



Rein Tote Collection by VOE: made with manmade Énviroleather trim and suede lining that is upcycled. VOE is an ethical line

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is a brand where creativity is core.

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visit www.voeofficial.com

FLOPZ Beautifully colourful flip flops with a unique massaging sensation. These comfortable flip flops with fun coral reef designs will revolutionise your holiday footwear. Find them online at www.flopz.com £30



Street meets sweet from all-girl style collective **GIRLSWITHGUNZ** based out of Hamilton, Ontario Canada. GWG looks to the future, while reminiscing on the past. Inspired by futuristic nostalgia, GWG offers out of worldly tees and custom apparel. Shop and see more at

www.girlswithgunz.com or at @gwgshop (Instagram).



FIAZ CO is a unique line by Miami-based designer Kat Salas. Each intricately handwoven piece features an awe-inspiring and entrancing 3D geometric design.

Shop these gorgeous statement pieces at www.fiazco.com and follow **@Fiaz_co** (IG).



fashion brand, presenting her newest collection of loosely embroidery. She emphasizes loungewear comfort and balances it with graceful construction, while her embroidered denim jackets that signals the creator's unique modern edge Visit www.jacquelynchow.com





NICOLE SHANTE Fresh, classic, sophisticated Style. View the line at **NicoleShante.com**



H&L strive to bring you the latest women's fashion and trends at affordable prices. H&L take pleasure in searching for the best looks so you don't have to. It brings us great joy to showcase the clothing we love. Shop at **www.HLfashions.com** and follow their instagram **@HLfashions** Get 10% off your first order with code: GLAMOUR04 (valid until 30/04/17).



BB CASHMERE by Italian fashion designer Elisa Giordano present their luxury babygang t-shirts and sportswear, designed for 'It Girls' of all ages. Shop the full collection at **www.bbcashmere.com** and follow **@bbcashmereofficial** (IG).



Must-have: rapidly growing brand, MISHA VAIDYA, hosts all the pieces you need to achieve that it-girl style. With separates, dresses, jackets, tees and accessories, the brand will take you from conference-to-celebration in a matter of minutes. Shop the looks we love

www.mishavaidya.com @mishavaidya



ODELLIN introduces their collection of luxurious silk scarves for SS17. Using bold geometrics and a dazzling palette of jewel and powdery tones, these playful large squares will add a touch of modernist pop to any wardrobe. For more visit **www.odellin.com**



COLOURFUL REBEL is ready to take on the world. So take their hand because they know a thing or two about making a tonne of fun. Laugh, Love and make Memories! Shop at **www.colourfulrebel.com** and follow **@colourfulrebel** (IG, T). Get 20% off on your first order with code: WELCOMEUK (valid until 30/03/17).

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Newcomer **YARN STUDIOS** is one of the most promising labels this year. Their collection 2.0 is a liaison of streetwear and high-end fashion serving the needs of a new generation. Their rebellious unisex looks are a reflection of our cultural Zeitgeist. Offered with a democratic price tag everyone can buy into their vision. Visit: **www.yarnstudios.com** and follow **@yarnstudios** (instagram).

Glitter With Glamour...



Down With The Kids...

1. CANDY LANE KIDZ is a California based children's lifestyle boutique offering the most stylish pieces for your unique child. Check out their unisex clothing and accessories at www.candylanekidz.com and follow

@candy_lane_kidz (IG).

2. MAX AND THE STAR, an online emporium of handmade quirky clothing and accessories for ages 0-4. Made from t shirts old and new, their popular upcycled rompers are a comfortable alternative outfit for your baby. View their range at www.maxandthestar.co.uk

3. TULLULAH BELLES the cutest brand for your little girls andboys! Theirbeautiful threads range from 6 months to 10 years. Clothing that every child will want to have! View the collection at

www.tullulahbelles.london and follow on Instagram **@tullulahbelles** Enter code

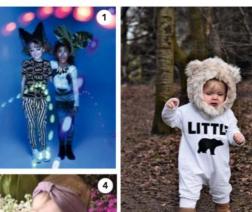
'GLAM10' to receive 10% off items, valid until 30/04/2017



- 5. SWEET N SWAG™ designs shoes that stay on babies' feet. Known as a leader in the Moccasin industry, Sweet N Swag™ just released their Moxford™ which is an Oxford style shoe handmade with the traditional moccasin functionality. Follow their work @sweetnswag to see more styles added to the MOXTM collection this year. Visit www.sweetnswag.com
- 6. CHIEN KIDS a new kids label launch their Earth Wind + Fire, spring/summer collection. Naturally vibrant; practically unique and economically sound, Chien Kidsarekeepingitreal! CatchthemliveonSpitalfieldsand Netil market London. For more adorable and unique wares visit www.chienkids.co.uk
- 7. MAVEN'S FIRST STEPS A new and innovative product that creates parent bonding by being part of your baby's first-steps-milestone! Asafamilybusiness, they have created a pair of portable and detachable leather - and vegan option - shoe attachments which allows your baby to walk on your feet safely! Apatenteddesignthatcomesina keepsakeboxtotreasureforyearstocome! Handcraftedin the UK! Visit www.mavensfirststeps.com
- 8. JAMES VINCENT DESIGN CO. invite modern mums to encourage their littles to embrace the spirit of childhood with heirloom quality, humble luxuries that are comfortable, ethical, and made to grow with your child. Instagram:

@jamesvincentdesignco Visit www.jamesvincentdesignco.com Photographer: Twyla Jones.

- 9. Make sure your little one is well and ready this season, watch their every cute moment with iBaby Monitor M6S, while iBaby Air tracks and purifies the air your precious one breathes in. Learn more by visiting www.iBabyLabs.com/Glamour UK
- 10. JUXTAMOD KIDS is a children's apparel boutique bringing fashionablechildren'sweartoyourfingertips! Theteamseasonally hand-select brands and pieces they adore, for those seeking quality and style for their mini fashionistas. Visit **www.juxtamodkids.com** and follow @juxtamodkids (IG).
- 11. RADICOOL KIDS is the latest buzz in childrens wear. Offering limited release, New Zealand designed threads for the coolest kids around. Using premium fabrics, pop printsandfunstylesthateverykidwilllovetowear! Shoptheirlatestcollectionnow at www.radicoolkids.com
- 12. TINYRAIN KIDS was started in early 2016 by two mothers who love clean style and unique design. Inspired by their own kids, they combine fun prints and quality so that your tiny humans have fun and enjoy wearing every piece. The clothing is made with carefully selected fabrics and GOTS certified organic cotton.

























Visit www.tinyrainkids.com

Glamour's Beauty Box.



1. DAUGHTER OF THE SOIL is a pioneering, Britishblended, African-Heritage beauty brand driven by the benefits of nature. Founded on the principles of lavishing the

www.solosh.co.uk 型so.lash

body with natural goodness, they incorporate time-tested African botanical oils into each product to deeply protect and moisturise the skin against the stresses of daily life. This stunning luxury brand focuses on skincare with a purpose, aiming to develop specific markets for female farmers in Africa and empower marginalised women through training and leadership. Visit

www.daughterofthesoil.co.uk and use code GLAMOUR for 15% off until 31/05/17. Follow their journey @daughterof_soil (IG). Also available online at

www.notonthehighstreet.com or www.naturisimo.com and at John, Bell and Croyden.

2. SOLASH is used in some of the best make up combinations. The lashes are 3D mink with a new technique cotton band providing extra flexibility, easy application and lightweight comfort. Wear over and over again and pair with eye shadow, brows and highlighter for the perfect party look. Visit www.solash.co.uk and follow on instagram: @so.lash

3. SECRET VEIL HAIR EXTENSIONS. The Secret Veil is the only hair extension technique with no visible attachments - voted #1 hair extension method by licensed stylists. Safe. Comfortable. Invisible. Go ahead and

rock those high ponytails – no one will see a thing! Instagram: @theSecretVeil

www.secretveilhairextensions.com

4. BYALEGORY offer a range of the highest quality, premium acrylic beauty organizers to help keep your productsanddressingtableincheck! Shopworldwide at www.byalegory.com and at Amazon, and keep up

to date by following them @byalegory (IG).

5. SKÔT BEAUTÉ: In addition to their luxury, all natural vegan

skincare line, Skôt also offers 7 colours of all natural, nontoxic, organic lip care line. Lusciously glides on your lips for the ultimate effect. Lips are soft and nourished with moisture from organic oils and plant butters. Featured here is the Pink Blush perfect for spring.

Visit www.skotbeaute.com

6. Get the perfect smile with POLISHED WHITENING. All products are safe and easy to use, that will cause no irritation or sensitivity due to their safe non-peroxide formulas. Their whitening products include whitening powder and whitening strips. For more information visit www.polishedwhitening.com

7. PARTY-EYES is an intensive eye serum designed to help skin look likeithashadafullnight'ssleep! Containinghyaluronicacidwhich nourishes the skin with moisture helping to tackle the signs left by lack of sleep, use daily as part of your skincare regime. Vegan, cruelty free and suitable for all skin types. Join the Revolution against tiredness at www.party-eyes.com

8. LIN&LO Mineral Make-up combines the highest standards of purity and has been created by make-up artists Alina and Laura. Their liquid foundations can be beneficial to all skin types, even the most sensitive and provide a flawless look. Available in 19 shades. Visit www.linandlo.co.uk and the new London store at 20 Denman Street. Get 10% off with the coupon GLAMOUR2017 at checkout (until 30/06/2017).

9. VERTUE is the ultimate destination for a clean, green and cruelty-free lifestyle. Bi-monthly box from £18. Shop and subscribe at www.vertuebox.co.uk and follow @vertuebox

10. JENNIFER JOAN is an emerging luxury face oil brand created in the heart of the Canadian Rockies. These vitamin-rich botanical elixirs moisturise and deeply penetrate leaving the appearance of a brighter, softer, more luminous complexion. Excite the skin and senses with these beautifully-scented, all-natural oil blends for the face, body, and beard (treat your man!). Visit: www.JenniferJoan.ca and follow @jenniferjoanskincare on Instagram.

11. DEFINEME Audry Fragrance Mist is the perfect scent to welcome in Spring with notes of jasmine, peony, rose and sandalwood. Audry is empowered by love and believes it is always the answer. Made with fresh fragrance, coconut oil and organic alcohol derived from sugarcane. Made in California. For every bottle they give \$1 to girls' education. \$68 USD. \$10 Flat Rate International Shipping use code GLAMOURLOVE until 30/04/17.

Visit www.definemefragrance.com









12. It's all about the brush and so is our name **dome BEAUTY**. Application made simple with ultra-fine bristles of the softest synthetic fiber. Uniquely designed handles provide the control you need for a fluid, flawless application. The Eye Brush Set includes the Eye Blender, Eye Shadow and Eye Liner brushes wrapped in the exclusive dome Beauty Brush Armor to protect your tools everywhere you go. Available for \$65.00 USD at **www.domebeauty.com**

13. Hey tampon! Where you going? I, like, really need you right now.' Forget to stock up for the millionth time even though you're meant to be an adult now? Sign up to PINK PARCEL for your monthly period supplies (plus a whole lot more) and never get stuck in the loo again. Visit www.pinkparcel.co.uk

14. DEVENIR have created a gorgeous collection inspired by classical beauty regimens from around the world, when everything was derived from nature. All products contain organic herbs, botanical extracts, essential oils and fruits that help to enrich our skin. Shop online at

www.devenirnewyork.com and follow @DEVENIRNEWYORK (IG).

15. Feel carefree and fabulous this Spring with the **DORCO** Eve 6 razor. Featuring six blades split into a unique 'double 3 blade' format you can be sure you'll have silky smooth legs! With over 60 years of expertise, Dorco is one of the most trusted brands in the industry. Enjoy a 10% discount on all products by entering 'GLAMOURDO17' at

www.razorsbydorco.co.uk Offer expires 30/04/17.

16. REPCILLIN Crocodile Oil 83% Skin Rescue Treatment suitable for people with dry and sensitive skin and those exposed to harsh climate conditions. This unisex skin treatment contains no artificial fragrance or colour.

Visit www.repcillinpure.co.uk

17. HELLO AGLOW Clear Skin Elixir is an overnight face mask designed to help skin look and feel clearer. Containing luxurious French pink clay and raspberry seed oil, this mineral rich mask can help to improve the appearance of problematic skin, leaving you feeling confident and glowing. Shop the full line of natural products at helloaglow.com





Developed to provide even greater nutritional support, **Perfectil Plus Nails** includes selenium and zinc, which help to maintain normal nails. Perfectil Plus Nails also provides vitamin E which contributes to the protection of cells from oxidative stress. Plus vitamins C, B2 and B3 which contribute to the maintenance of normal skin.

www.perfectil.com

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tablets

A traditional herbal medicinal product used for the symptomatic relief of minor skin conditions such as spots, pimples, blemishes, mild acne, and mild eczema based on traditional use only

60 TABLETS

SPOTS A PROBLEM? Treat your skin naturally from within. HRI Clear Complexion is a traditional herbal medicinal product to help treat spots, acne, pimples and eczema, exclusively based upon long-standing use as a traditional remedy. Available from Holland & Barrett, Tesco, Asda and leading Boots stores.

www.HRIHerbalMedicine.co.uk

Always read the label.

Spring Into Shape...





- **1. EPIRUS** creates beautiful tennis bags that allow you to seamlessly transition from the court to work, to the gym and then out to dinner in style. See the full collection at **www.epiruslondon.com** and get 10% off with code GLAM10 until 30/04/17.
- 2. The electrical stimulation created by **BLUETENS** wireless is identical to a natural process controlled by the brain, for generating muscular contractions that provide treatment and relaxation. Depending on frequency, intensity and duration, Bluetens will treat you, relax you or fortify you in total freedom. For more information visit **www.bluetens.com**



- 3. HALLOW + PLANK's luxury activewear was designed for the girl on the go that wants to look and feel her best at all times. You can easily transition each piece from yoga mat to lunch date and everything else in between. Made with only the finest fabrics and designed with a curved back seam to give you the appearance of an instant lift, you need these in your life. Shop the collection at www.hallowandplank.com and save 15% off your purchase through 30/04/17 with code: GLAMOURPLANK.
- **4. VIVA KOKO** Miniature bars of dairy-free and refined sugar-free chocolate, delivered in monthly subscription boxes. It's hand made using simple ingredients, so you can be safe in the knowledge that contains no nasties. There are ten flavour combinations available, each one packs a nutritional punch, so you can indulge without the guilt!. Buy now from **www.vivakoko.com** use VK2017FB at the checkout to get £10 off your first box. Valid until 01/05/17.
- **5.** Greet the Spring in the dazzling Sky sports bra from **WORKOUT EMPIRE.** More colours and new releases available. Use Code GLAMOUR15 for 15% off expires 30/04/2017 **uk.workoutempire.com**

All About The Boy...

1. Introduced in 2002, **ZAC POSEN** is a collection of daywear, suiting and red carpet eveningwear. The brand's iconic aesthetic has established a leadership position in glamorous daywear and evening dressing and it is available in the finest luxury department and speciality stores worldwide. Zac Posen Farrow in Mulberry £165 at **www.zacposen.com**

2.DOWNSTAIRS- JEWELRYFORMEN — is an exclusive masculine brand offering slightly revisited classics, combining semi-precious stones and fine metals. All one of a kind and handmade in Belgium. Visit them at

www.downstairsjewelry.com and @downstairsjewelryformen (IG).

3. Make your boy stand out with this exquisite unique piece from **DESERT DUST MEN.** On the image – men's slim bracelet with black ceramic tone seed beads, raw hand cut larimar stones and Ethiopian artisan copper spacers – RRP £21.11. Wide range of bracelets

at www.desertdustmen.com

4. MR AND MRS CORK. Update your man's wardrobe this season with the most modern, stylish accessories, made from eco-friendly material cork! Theseinnovativeproductsareenvironmentalandsocially responsible as well as a must have accessory. Visit

www.mrandmrscork.com and follow on Instagram @mrandmrscork

5. Looking for the perfect gift for your bearded man?2 GUYS BEARD COMPANY offers premium beard care products.

The Giovanni line has a sweet, smooth cologne scent guaranteed to leavehisbeardshiny, moisturized, and smellinggreat! Use "Glamour" for 20% Off your purchase (expires 31/03/17).

Visit www.2GuysBeardCo.com

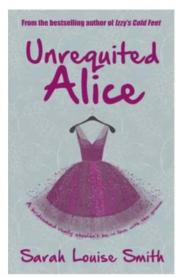
6. The Arran 10 Year Old Single Malt Whisky is produced by the independent, Scottish owned **ISLE OF ARRAN DISTILLERY**. It is a smooth and richly rewarding whisky with creamy notes of vanilla, apples pears and sweet spice. The perfect exclusive Valentines gift for the whisky lover which can't be found on every supermarket shelf. RRP £34.99, available from specialist whisky shops or from **www.arranwhisky.com** call **01770 830264**.

- **7.** Inspired by Scotch Whisky culture, Distiller and Horticulturalist Marcus O'Shea set out to create a gin with the same subtlety, complexity and smoothness as the Malts he savoured back home. The result? **GENTLE GIN**, an unbelievably smooth blend of botanicals, perfect for sipping straight or mixing in cocktails. Visit **www.gentlegin.de**
- **8.** Pairing their signature "Dry Blend" of light and quick absorbing oils with artfully crafted scents that evolve as you wear them, **PEREGRINE SUPPLY CO.**'s handcrafted beard oils embody a simple confidence, essential to the modern man. Find them at **www.peregrinesupply.com @peregrinesupply**





The Book Club...



UNREQUITED ALICE by **SARAH LOUISE SMITH**

A bridesmaid really shouldn't be in love with the groom, but Alice just can't help herself. Until she meets Toby, who offers to help her move on... "Ahiddengemintheworld ofchicklitauthors... shouldbeup there with Sophie Kinsella, Marian Keyes etc."

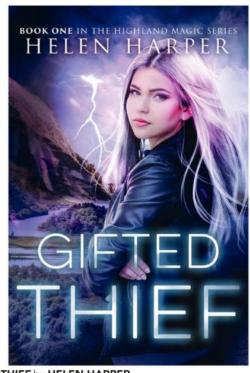
www.sarahlouisesmith.com



SUMMER AT SEA by **BETH LABONTE**

Summer's been booked on a cruise to Bermuda with her anxiety-ridden parents. Despite the nightmare of being trapped aboard a cruise ship with Mum and Dad, Summer sees an opportunity to fulfill The Prophecy – her mother's declaration that she'll live at home until she's married. With two thousand passengers onboard, at least one of them must be husband material, right? "One of the funniest books I have read to date!"

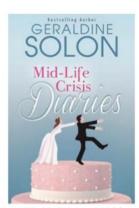
Visit www.bethlabonte.com



GIFTED THIEF by **HELEN HARPER**

Orphan. Runaway. Thief. Integrity Taylor has spent most of her life avoiding the magical Sidhe Clans – that is until her beloved mentor lands himself in disaster. The only way to save his skin is to steal a priceless jewel from Sidhe bad boy Byron Moncrieffe. What could possibly go wrong? The urban fantasy Amazon series readers are calling fast-paced, fresh and a whole lot of fun.

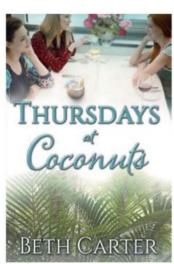
Visit www.helenharper.co.uk



MID-LIFE CRISIS DIARIES by GERALDINE SOLON

Renowned therapist and Love Guru, Marsha Caufield, thought she had her life figured out, until her twenty-fifth wedding anniversary when husband Blake leaves, turning her world upside down. Lost and confused, Marsha crosses paths with uninhibited sex coach, Dr. Lee who invites her to participate in a mid-life crisis study in Puerto Vallarta, Mexico. On location. Marsha meets twentyseven year old businessman, Åndre Lopez, who helps her nurse her wounds, and learn about herself and what she's been missing. Right when Marsha's ready to move on, Blake comes running back. Will Marsha embrace her new life or take him back? Visit

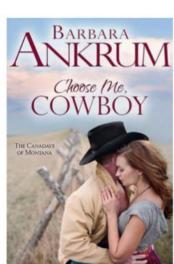
www.geraldinesolon.com



THURSDAYS AT COCONUTS by BETH CARTER

Suzy, the go-to wedding planner, can't find her own wedded bliss, yet deftly handles neurotic brides—until her son brings home a bombshell. Alexandra, a banker with a "touch" of OCD, falls for a sexy bad-boy cop. But is he a stalker? Hope hates her body and hair. As a school counselor, she dishes out advice, enables her deadbeat hippie parents, and discovers a deadly secret. Award-Winning Author Over 175 rave reviews! Available on Amazon UK

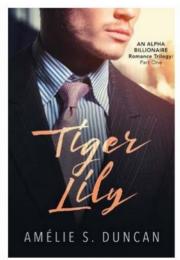
www.bethcarter.com



CHOOSE ME, COWBOY by BARBARA ANKRUM

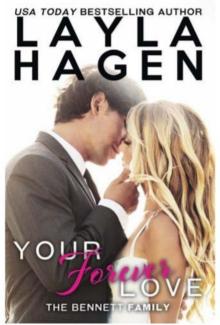
Kate Canaday is doing perfectly well without the ex-love of her life mucking up her intention to stay gloriously uncommitted. Ex-love Finn Scott's defection six years ago proved men come with an expiration date. But when Finn returns, needing help in a custody battle for his twins, Kate sees her chance to seal off the hurt from her past once and for all. After all, expiration date, right? Not if Finn has anything to say about it.

available on Amazon, iTunes, Barnes & Noble and Kobo.



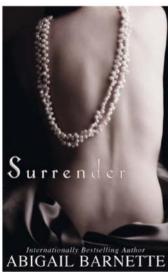
TIGER LILY by AMELIE S. DUNCAN

With a past like Lily Salomé's there's not much that can surprise, or scare her. Jonas Crane is a sexy, brooding business mogul who just isn't interested. When their paths collide, Jonas doesn't seem quite as resistant. As their companionship blossoms, obstacles arise that challenge everything they've worked for. Is this mouth-watering billionaire too far out of Lily's league? Visit www.ameliesduncan.com



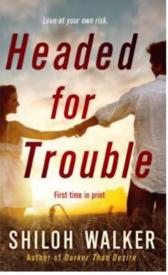
YOUR FOREVER LOVE by LAYLA HAGEN

Eric Callahan is a powerful man, and his sharp business sense has earned him the nickname 'the shark.' Yet under the strict façade is a widower who adores his daughter. When moving to San Francisco for three months, he has one thing in mind: expanding his business on the West Coast. Until he meets Pippa Bennett. She captivates him, and what starts as unintentional flirting soon spirals into an undeniable connection. When it's time for Ericandhisdaughter to headback home, will he give up on the woman who has captured his heart, or will he do everything in his power to remain by her side? Visit www.laylahagen.com



SURRENDER by ABIGAIL BARNETTE

A deaf woman in Victorian England hires a dockworker as her companion for five scandalous days and nights, never dreaming that their arrangement could become far more complicated. Visit www.jennytrout.com



HEADED FOR TROUBLE by **SHILOH WALKER**

Sometimes the very last thing you're looking for is exactly what you need...After nine long years, Neve McKay returns home. All she wants is to mend fences with her estranged family. What she finds is trouble of the very best kind...in the form of a sexy bartender by the name of lan.

www.shilohwalker.com

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We are inviting applications from candidates who graduated in 2016 who are currently available for our Spring Induction.







Welcome to The Laser Treatment Clinic, 1 Harley Street London. The clinic was founded in 2000 and has over 17 years practice and experience in cutting-edge Laser Skin Care Treatments for All Skin Types. A Multi-Award Winning Clinic, our Laser Skin Care Experts offer honest expert advice, whilst our Laser Practitioners produce unrivalled work to reveal your healthy beautiful

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For current special offers visit; www.thelasertreatmentclinic.com

Glamour Gap Guide



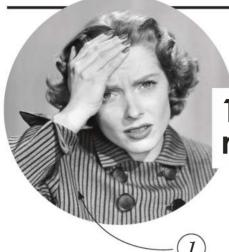
Must book by 30/06/17, quote code 225544.



GLAMOUR REMINDS YOU that all cosmetic surgery of course carries a risk,and this could include disappointment with the results.If in doubt, please consult your GP.







12 decisions we can never make

by KAT BROWN

"WHAT THE HELL DO I WEAR?"

STEP 1: TRY ON LITERALLY EVERYTHING.

STEP 2: THROW A TANTRUM.

STEP 3: WEAR THE JEANS YOU WORE YESTERDAY.

2

You: "I'll be stuck with these gel nails for weeks, I'll go for a classic red."

Also you: "Ooh, look at that fluorescent yellow!"



TO ADULT, OR NOT TO ADULT? You could spend Saturday doing chores. OR you could go to the zoo and hang out with the penguins.

4 Next holiday? You want to go to all the *Planet*

Earth II locations, but that racer snakes scene still gives you nightmares. Spain it is, then. Nice, safe Spain.



I HAVE FOR
LUNCH?" As IF it's
not going to be
another chicken
and avo sandwich
from Pret.



"I'M JUST A GIRL, standing in front of 25 seemingly identical cleansers in Boots, asking one of them to love her."



5 TO KEEP OR DELETE TINDER?

The "hi" messages are wearing thin, but what if Gary, 33, from Newport, is *The One*?



NETFLIX?" Cue
60-minute scrolling
spiral of torment.



"I NEED ONE SHADE OF BLUE PAINT FOR THIS WALL, but Whispering Spring Cerulean and Veil Of Azure look the bloody same!" Going off-piste at a fave restaurant.

You could be discovering the best pasta in existence. Or it could taste like balls.



"HMM. THESE CROPPED, RIPPED, FLARED JEANS make my ankles look kind of weird, but they are 50% off."

12

It's Wednesday. You'll regret going out-out in the morning. And yet... #YOLO





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With its elegant Sera Blue exterior and chrome details, luxurious hand-painted mahogany dashboard with maple inlay work, lvory Leather seats with blue piping and Riva logo, everything on board will make you think of a yacht, except for the comforting hum of the 16" blue diamond finish alloy wheels on the road below. It's available in either hatchback or convertible.

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