

SEX DROUGHT? CONFRONT THE ELEPHANT IN YOUR BEDROOM

G D A I A

6 February 2017
graziadaily.co.uk

£1
HALF PRICE!

PLUS
40% OFF

GAP
ALL WEEK!
T&Cs APPLY

BREAKING NEWS

IS K-STEW
SCIENTOLOGY'S
NEW RECRUIT?

EMMA
STONE

• WHY HOLLYWOOD'S GOLDEN GIRL
IS HIDING HER A-LIST ROMANCE

HIGH STREET SPECIAL

TIME TO
'DO' LSD*

*that's the long-sleeve dress!

PLUS
BAD KITTY!
FASHION'S
HOTTEST
NEW SHOE

THE JOY
INDEX:
HOW TO
GET YOUR
HAPPINESS
BACK!

ISSUE 613

SPAIN 3.55 GREECE 05.50

9 771745 956990 06>

JIMMY CHOO

L'EAU

THE NEW FRAGRANCE



CONTENTS

SUBSCRIBE
TO GRAZIA!
SEE PAGE 52

10 HOT



16



BEAUTY



73

FASHION



53



NEWS

- 7 Fashion charts
- 11 Chart of lust
- 12 **COVER STORY**
Emma and Andrew's
award-season pact
- 16 **COVER STORY**
10 hot stories, including is
K-Stew Scientology's new
recruit?, how to do LSD
(that's long sleeve dresses)
and fashion's hot new shoe
- 38 Brief sheet
- 39 Polly Vernon
- 43 Fashion jury
- 51 Party people
- 95 And finally

FEATURES

- 40 **COVER STORY**
Where do you rate on the
joy index?
- 45 **COVER STORY**
So how do you address the
sex elephant in the room?
- 49 'Whenever I want to feel
Mia's spirit I just have to
follow the sun'

FASHION

- 53 How to be in fashion now
– the spring forecast
- 70 **COVER STORY**
40% off at Gap*

HEALTH/BEAUTY

- 73 Blurred lines
- 74 Beauty's big hits
- 79 Flash facials
- 80 Fit files
- 81 Beauty charts

WEEK IN WEEK OUT

- 83 Supper club
- 85 *Grazia* Film Club
- 87 Culture
- 88 Screen time
- 89 Would like to meet
- 90 Cool clutter

AND THE REST

- 94 Letters
- 97 Horoscopes
- 98 My, my selfie and I

@natashaGrazia
graziadaily.co.uk

6 February 2017



For years we've been told about the 'lipstick index' – where, in times of recession, sales of lipstick or high heels surge. (Although I've always found the term a bit patronising – you too?)

Now, let us introduce you to the joy index (page 40). Post Trump, post Brexit, post so many idols passing away last year, we've become a nation of thrill seekers – and this time, experience counts. We're trading misery for happiness – and we're doing it in droves. Real-life night at the museum, anyone? Bookings at London's Natural History Museum have soared since Brexit, apparently. And Kuoni has seen a 40% rise in long-haul holiday bookings. See ya!

Fashion is also in on the act – and as President Trump last week signed order after order (the Mexican wall, weighing in on a woman's abortion rights), the couture designers presented their most fantastical collections in decades (see page 16). While very few humans on earth can afford those clothes (look and dream), find some joy with LSD (erm, long-sleeved dresses, obvs – see page 24 for our high-street special) and the arrival of the 'bad kitty', the hottest shoe of the season (page 30).

On page 45, Josh Burt confronts the sex elephant in his bedroom (not as kinky as it sounds) and on page 12 we reveal why Hollywood golden girl Emma Stone has been covering up her A-list romance.

Enjoy the issue,

NATASHA PEARLMAN

PS We always love to hear your views. Email us at feedback@graziamagazine.co.uk – and don't forget the letter of the week wins a gorgeous prize!

GRAZIA

Editor NATASHA PEARLMAN

PA/Editorial assistant MELISSA HENRY 020 7520 6454
Deputy editor CAROLINE BARRETT Assistant editor EMILY MADDICK
Creative director CAROLYN ROBERTS Fashion director REBECCA LOWTHORPE
Executive fashion & beauty director CHARLIE MILLER Beauty & health director ROSE BEER
Production director LISA HOWARD Picture director NATHAN HIGHAM-GRADY
News and entertainment director JOE STONE Features director EMILY PHILLIPS
Managing editor DANIELLE O'CONNELL Acting managing editor SOPHIE PRICE

ART

020 7520 6493
Deputy art director ISABELLE EMMERICH
Art editor JESSICA SNOW
Senior designer (and digital) BEN NEALE
Contributing art director ANNA GYSEMAN

PICTURES

020 7520 6498
Senior picture editor: digital
and print ANNA DEWHURST
Acting senior picture editor
CLARE PENNINGTON
Pictures intern LAUREN DUDLEY

COPI

020 7520 6489
Production editor JENNY CROALL
Chief sub editor MARIA O'CONNOR
Deputy chief sub editor ZOË CRONIN

NEWS

020 7520 6416
Junior news and entertainment editor
HANNAH FLINT

FEATURES

020 7520 6409
Junior features writer ANNA SILVERMAN

FASHION

020 7520 6442
Senior fashion editor GEMMA HAYWARD
Casting and bookings editor
HOLLY SCOTT LIDGETT
Style editor CHLOE BLOCH
Shopping editor POLLY KNIGHT
Fashion assistant FENELLA WEBB
Fashion intern JESSICA SKEETE-CROSS
Contributing fashion editor-at-large
NATALIE WANSBROUGH-JONES
Contributing fashion editors RACHEL
BAKEWELL, JANE TAYLOR-HAYHURST,
ESPE DE LA FUENTE

FASHION NEWS & FEATURES

020 7520 6473
Fashion news and features editor
CHARLIE GOWANS- EGLINTON

HEALTH & BEAUTY

020 7520 6417
Associate beauty editor
SAMANTHA FREEDMAN
Junior beauty writer PHOEBE MCDOWELL
Beauty assistant CHANELLE HO

LIFESTYLE

grazialifestyle@graziamagazine.co.uk
Lifestyle editor RACHEL LOOS

EDITORS-AT-LARGE

POLLY VERNON, ANGELA BUTTPOLE

WEBSITE

graziadaily.co.uk
Director of audience development CATHY MA
Deputy digital editor REBECCA COPE
Digital writer KATIE ROSSEINSKY
Junior digital writer DANIELLE FOWLER
Digital graduate trainee ELLIE WISEMAN

iPAD

Digital content coordinator intern
CAITLYN HOBBS
Digital sub editor MELISSA HENRY

CONTRIBUTORS

Contributing editors FIONA COWOOD,
LOUISE GANNON, ANNABEL JONES,
MARIA LALLY, MELANIE RICEY,
SHANE WATSON, NICOLE MOWBRAY,
POLLY DUNBAR US contributing editor
JANE MULKERRINS

ADVERTISING

020 7295 5000
Group MD, advertising ABBY CARVOSSO
Group commercial director SIMON KILBY
Head of magazine media
CLARE CHAMBERLAIN
Commercial head *Grazia* brand TAMSIN
SPIRES 020 7295 5599 Brand director
DEBORAH FIELD 020 7295 5481
Head of beauty RUTH BELLAMY
UK fashion director CHARLOTTE FOORD
Fashion account director LILY RICHARDSON
Project and shoot director JO O'CONNOR
Creative solutions art director VANESSA
CLOVER-NICHOLS Production coordinator
MARIA BISSENDORF Media planner ISABEL
BOAR 020 7295 6719 Group heads KATE
BARKER, TARA O'CONNOR, ANNA
SMILES, VANESSA WILES Creative solutions
SAM VERNON, HANNAH MORRIS,
JO KNOWLES, CHRIS MOORE, RICK
WILLIAMS Regional office KATIE KENDALL
0161 288 5053 Advertising production
controller HELEN MEAR Advertising manager
international DANIELLA ANGHENEN

MANAGEMENT

020 7295 5464
Group managing director ROB MUNRO-HALL
Publisher LAUREN HOLLEYOAKE
Marketing director ANNE-MARIE LAVAN
Head of finance LISA HAYDEN
020 7295 6736 Production and workflow
manager JAMES MARONI

MARKETING

Head of marketing NATALIE WILKINS
Marketing executive GIORGIA SMITH
Newtrade marketing manager DAVE CLARK
Newtrade marketing executives ANISHA
BAINS, MICHAEL PAY
Direct marketing manager JULIE SPIRES
Direct marketing executive FREDERIQUE
CAMPBELL Digital archive assistant DONNA
FREEMAN 01753 468552 Head of consumer
PR JESS BLAKE 020 7208 3424 Acting head
of consumer PR EFFIE KANYUA

BAUER MEDIA

CEO PAUL KEENAN

For internships and work experience opportunities
at *Grazia*, please head to gothinkbig.co.uk

PROMOTION ENQUIRIES

grazia.promotions@bauerconsumer.co.uk

SUBSCRIPTION ENQUIRIES 01858 438884

Subscribe to *Grazia* at
greatmagazines.co.uk/grazia



Printing SOUTHERNPRINT Cover printer WYNDEHAM PETERBOROUGH
Grazia magazine, Endeavour House, 189 Shaftesbury Avenue, London WC2H 8JG; www.graziadaily.co.uk

Grazia is published by Bauer Consumer Media Limited, a company registered in England and Wales with company number 01176085, registered address: Media House, Peterborough Business Park, Lynch Wood, Peterborough, PE2 6EA. ISSN 1745-9567. Unregistered trademarks © [2005] Arnoldo Mondadori Editore S.p.A. All other intellectual property subsisting in this magazine © [2005] Bauer Consumer Media Limited. All rights reserved. Published by Bauer Consumer Media Limited under licence granted by Arnoldo Mondadori Editore S.p.A. Reproduction in any manner in any language in whole or in part without prior written permission is prohibited. *Grazia* and all related registered and unregistered trademarks © [2005] Arnoldo Mondadori Editore S.p.A. Printed by Polestar Sheffield Ltd.

COMPLAINTS: Bauer Consumer Media Limited is a member of the Independent Press Standards Organisation (www.ipso.co.uk) and endeavours to respond to and resolve your concerns quickly. Our Editorial Complaints Policy (including full details of how to contact us about editorial complaints and IPSO's contact details) can be found at www.bauermediacomplaints.co.uk. Our email address for editorial complaints covered by the Editorial Complaints Policy is complaints@bauermedia.co.uk

To ensure that you don't miss an issue and for the best subscription offers visit www.greatmagazines.co.uk. For subscription or back issue enquiries, please contact CDS Global at bauer@subscription.co.uk. Phone +44 (0) 1858 438884 (UK and Overseas).

Dior FOREVER PERFECT CUSHION

— NEW —
PERFECT FRESH MAKEUP
EVERLASTING 16H* LUMINOUS MATTE FINISH
PORE-REFINING EFFECT / SPF 35 - PA+++

A unique matte glow,** an addictive freshness and the flawless coverage of an ultralight, everlasting fluid foundation housed in a refillable compact case.

For even more correction, rediscover Diorskin Forever fluid foundation, now available in 22 shades.

AVAILABLE AT DIOR.COM



* Instrumental test after application of the cushion. Number of participants: 20 women. ** At Dior.



the new intense fragrance

paco rabanne

FASHION CHARTS

Go giddy in GINGHAM, do DOUBLE DENIM and personalise your ARM CANDY – thanks to this week's Top 10



1.

CHECK MATE

Coat, £175, Topshop (topshop.com). Girly gingham + masculine tailoring = high street buy of dreams.

2.



GET WAISTED

T-shirt, £15.99, Bershka (bershka.com). Not since Lil' Kim's star turn in *Lady Marmalade* has the corset been such big news. Thankfully, Bershka has made tackling this trend a whole lot easier with a waist-cinching T-shirt hybrid.

3.

SIGNATURE STYLE

Bag, £790, CH Carolina Herrera (carolinaherrera.com). Seen adorning the arm of many a



street-style star, the Editor's tote from CH Carolina Herrera comes in 10 colourways and can be personalised front and back with your initials. Sold.

SHOP THIS PAGE!

INSTANTLY ON THE GRAZIA APP

4.

WILD THING

Shoes £209, Marc Cain (marc-cain.com) OK, we know it's -1° outside, but fashion isn't always practical. Wear these slides with everything from jeans to this season's asymmetric skirts – and maybe socks. Br.



5.

ATTEN-SHUN!

Shirt jacket, £585, and dress, £435, Atea Oceanie (ateaocanie.com). This XXL military jacket and maxidress combo is the perfect alternative to denim for easy weekend dressing. ▶



FASHION CHARTS

6.

GAME ON

Top, £199, Sandro, Sandro (sandro-paris.com). As seen on the catwalks of Alexander Wang and Versace, retro-inspired sportswear is huge for S/S '17. Layer under your favourite winter coat for a much-needed injection of colour.



7.

BRIGHT SPARK

Bracelet, £126, Carat London (caratlondon.com). Why save statement jewellery for after dark? We'll be wearing this sparkler to brighten up our everyday knits.



8.

HIGH STREET HERO

Skirt, £199, Marks & Spencer (marksandspencer.com). Raise your workwear game

with this A-line leather skirt. Pair with an oversized white shirt and block-heel boots, then go ask your boss for a pay rise...



9.

BLUE CRUSH

Jacket, £54.95, T-shirt, £12.95, jeans, £54.95, and belt, £19.95, Gap (gap.co.uk). Canadian tuxedo meets '90s Winona – double denim has never looked so good.



10.

SHOE IN

Mules, £720, Gabriela Hearst (mytheresa.com). We're already fans of her ready-to-wear garms and cult-buy bags, and Gabriela Hearst's debut shoe collection doesn't disappoint.



PANDORA



CELEBRATE LOVE

Let love shine with beautiful hand-finished sterling silver jewellery inspired by romance.
Discover fabulous new Valentine's designs at pandora.net

AND THEN ELNETT CREATED ITS FIRST CRÈME DE MOUSSE
THE HOLD OF A MOUSSE, THE CARE OF A DELICATE CREAM

NEW



LEGENDARY ELNETT HOLD

- 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

Discover more at loreal-paris.co.uk/creme-de-mousse

GRAZIA'S

CHART OF LUST

This week, who we LOVE, want to TWEET, and, yes, even actually BE

1. UP

DEV PATEL

Nommed (awards speak: 'nominated for an Oscar'), and nommed hard for his role in *Lion*. We remember him from *Skins*! They grow up so fast.



2. NON-MOVER

TOM HANKS

Not nommed (see left) despite him being a fine actor and, by all accounts, adorbs. We proffer lust, by way of consolation.



3. NEW IN

KODO NISHIMURA

Buddhist monk by day, celebrity make-up artist/Instagram sensation by... well, not night, but when he's got some free time. Excellent combo.



4. NEW IN

NINA AGDAL

Leonardo Di Cap's latest, hanging out by a pool. Say what you like about Leo: he's consistent where the ladies are concerned.



5. UP

SELINA MEYER FROM VEEP

Top of our list of fictional politicians we'd take as real President of the United States, over Trump. (Claire Underwood from *House Of Cards* is number 2).



6. NEW IN

SASHA PIVOVAROVA

Incoming star of the Frame Denim ad campaign, in which she exudes air d'everything we ever hoped we could be. Or rather: look like.



7. NON-MOVER

DAMON ALBARN

The Trump situation has inspired the Gorillaz to release a protest song, their first music in six years, which reminds us of Damon's pretty blue eyes. So it's not all bad, eh?



8. NEW IN

MAYE MUSK

Grandmother and 68-year-old model, among the most sought-after for New York Fashion Week; mother of PayPal's Elon Musk, possessor of fine bones and a finer look.



9. UP

BEN CHAPLIN

Of Apple Tree Yard's sex scenes fame. Professionally, dastardly handsome. We've known we totally would since first becoming acquainted with his work/face/swagger back in the '90s.



10. DOWN

THE GARISHLY ATTIRED

Those who dress in an attention-grabbing manner are likely to be experiencing jealousy, according to a new study. (And by 'those' I do mean 'us', yeah.)



EMMA AND ANDREW'S

AWARD-SEASON PACT

They're the darlings of Hollywood and the closest exes since Gwyneth and Chris. But insiders say there's more to Emma Stone and Andrew Garfield's 'close bond' than meets the eye – Grazia reports

WORDS HANNAH FLINT





AS EMMA STONE WALKED ON

stage to accept the Golden Globe for Best Actress in a Musical earlier this month, all eyes were on her ex Andrew Garfield.

Andrew, who had also been nominated for a Best Actor award at the ceremony, was spotted proudly giving her a standing ovation – despite Emma telling a reporter in December that they had split.

Then, last week, the pair found themselves in the unique position of being nominated for both Best Actress and Best Actor at this year's Oscars. And while a red carpet run-in is a nightmarish prospect for most A-list exes, Andrew and Emma have already proven it will be anything but.

Indeed, just two days before the Golden Globes, the pair were spotted looking 'very animated and excited' ▶



Left: Emma at the Globes. Below: Andrew has been nominated for an Oscar for his role in *Hacksaw Ridge*



Behind the scenes, they are as devoted as ever, but PRIVATELY they agreed they should each have this time to SHINE

together at the AFI Awards Luncheon, where Emma reportedly made a beeline for his table.

Admiration for their close bond intensified when Andrew claimed to be 'Emma's biggest fan', adding, 'We care about each other so much, that's kind of this unconditional thing.'

Throw in trips together to the supermarket and brunches in LA and it's hard to believe the pair really split. According to insiders, that's because they never truly did.

'Emma and Andrew have always hated the attention they garner as a power couple and they knew it would be heightened during awards season,' said one well-placed source. 'That's why Emma told a reporter in December that she was single. Behind the scenes they are just as devoted as ever, but privately they agreed that they should each have this time to shine.'

The news comes as both actors' careers skyrocket. Emma has already become Hollywood's golden girl thanks to her much-lauded appearance in *La La Land* alongside Ryan Gosling, while Andrew has been praised for his depiction of Desmond Doss, a US army medic, in *Hacksaw Ridge*.

'Anyone who has spent time with Emma and Andrew knows that they're total soulmates,' continued the associate. 'But they shy away from being a typical Hollywood power couple. They've never been comfortable with it and they prefer

to be known for their own achievements rather than for their relationship.'

The pair first met in 2011 on the set of *The Amazing Spider-Man*, in which they played on-screen lovers Peter Parker and Gwen Stacy. Andrew later

commented, 'It was like I woke up when she came in... It was like diving into whitewater rapids and having no desire to hang on to the side. Throughout shooting it was wild and exciting.'

In 2015, rumours of a split surfaced when Emma walked the red carpet alone at the Oscars, where she was nominated for Best Supporting Actress in *Birdman*. In October that year, it was reported that they had broken up 'months ago', but pictures of the pair on a cruise in the Aegean Sea the following summer appeared to quash those rumours.

Back in 2015, the pair refused to comment on any claims of a split, while Emma has previously said, 'I understand the interest in it completely. But it's so special to me that it never feels good to talk about, so I just continually don't talk about it.'

The source added, 'They've taken breaks before at times of high pressure, when they wanted to allow each other to do their own thing, and that's what they did at the end of last year, when they realised they were both going to be contenders during awards season. They want to go under the radar, but there's no one else in Andrew's mind. It's always been Emma. She finds it more difficult with their prolonged separations for shooting, and in the past that's been a problem. But she can't imagine her life without him.'

So can we expect to see a public reunion after awards season? 'There's no doubt in anyone's mind that once all of the Oscars buzz has died down, Emma and Andrew will regroup. But they'll do it quietly,' said the insider. 'They've been supporting each other, speaking every day and meeting up behind the scenes. Even during this hiatus, it's clear that they mean the world to each other.' ■

LA-LA-LEMON

From Liz Taylor to La La Land, the life cycle of the yellow dress...



A redhead in yellow? Rules were made to be broken



A classic: the ballgown from *Beauty And The Beast*

Kate Moss sidelines her LBD for buttercup yellow



Emma's on-screen dress was inspired by this yellow red-carpet look from 2014



Kirsten does canary in Cannes

Beyoncé paired her Gucci ruffles with a baseball bat

LE VIAN®

Life's Eternal Chocolate™



RASPBERRY RHODOLITE™
COTTON CANDY AMETHYST™
SEA BLUE AQUAMARINE™

SEE THE FULL COLLECTION AVAILABLE FROM £650 TO £6,999 INSTORE OR ONLINE

EXCLUSIVELY AT

ERNEST JONES
LOVE & LIFE

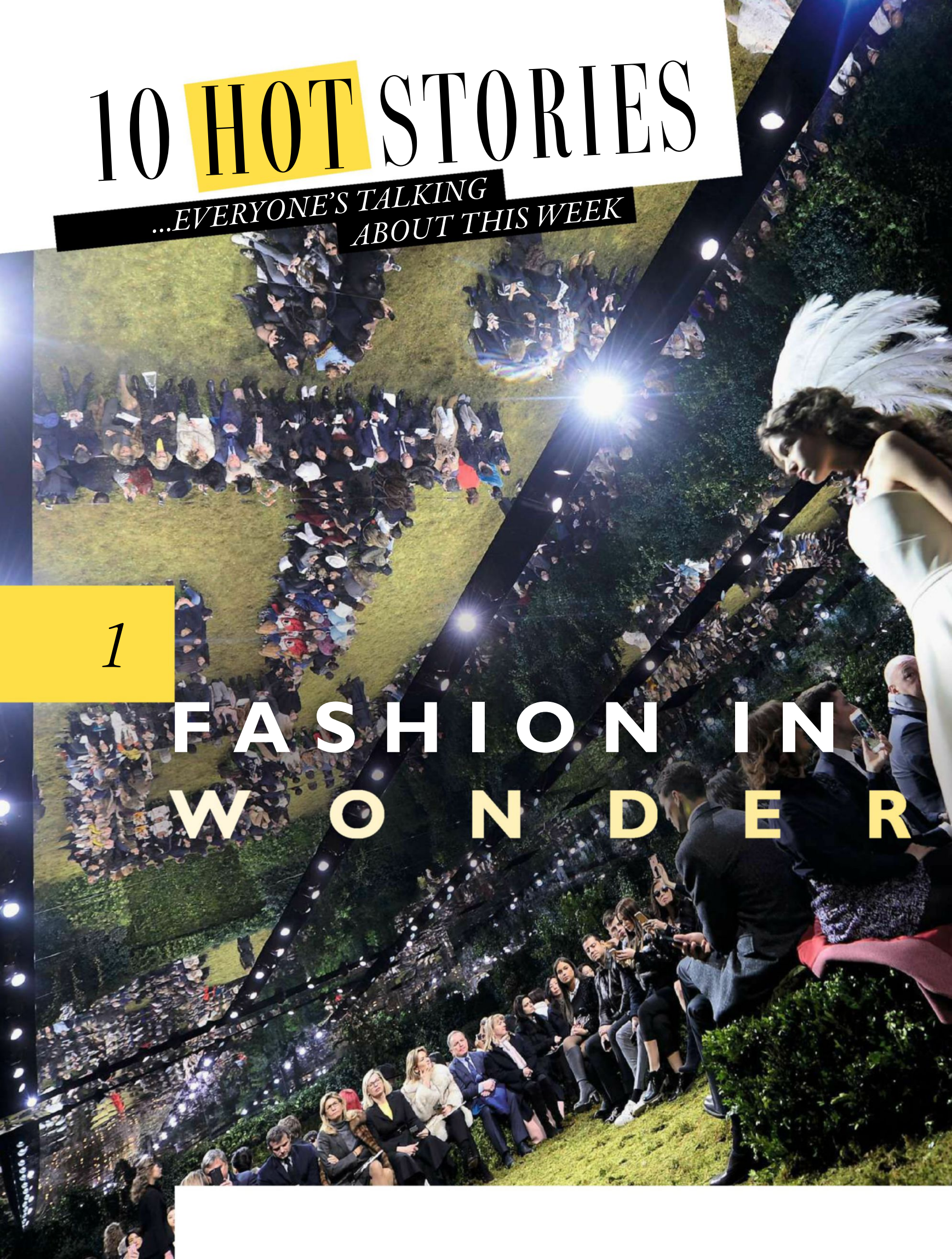
ernestjones.co.uk

10 HOT STORIES

...EVERYONE'S TALKING
ABOUT THIS WEEK

1

FASHION IN W O N D E R





LAND

BY GRAZIA'S FASHION DIRECTOR
REBECCA LOWTHORPE



Here comes the
bride... Lily-Rose
Depp closes the
Chanel Haute
Couture show with
Karl Lagerfeld

IN THE SAME WEEK that Donald Trump was withdrawing US government funding from organisations that perform or promote abortions and laying the foundations for his Mexican border wall, the couture shows were being unveiled in Paris. The most precious and exclusive clothes in the world were being displayed for the few mega-rich who can afford them and have the occasions to wear them, along with a smattering of celebrities and the world's fashion press. To say that the elitist bubble of escapism that is Paris Couture Week was an even more surreal event than usual would be to put it mildly. Particularly as the three-day event felt like one big rallying cry for ultra-femininity and not least because it highlighted the craft of a largely female workforce – the so called 'petits mains' (little hands) or seamstresses who make these collections.

Just a week after the Women's Marches took the globe by storm, Dior's first woman designer (in its 75-year history) was unveiling her debut couture collection for the storied house. Maria Grazia Chiuri, she of the 'We Should All Be Feminists' T-shirts, presented her collection in a purpose-built garden within a mirrored box in the grounds of the Rodin museum. With ivy walls and moss for a runway, the models wore her version of the iconic nipped-waist Bar jacket in black and ivory but with loose, wide culottes – ie, wearable and comfortable, not restricted or trussed up in any way. And alongside the tailoring that looked uber-realistic – pieces that were as achievable as they were beautiful – came full-on fantasy gowns, 40 or so of them, that rammed home her expert credentials, not just as a designer, but as a couturier. Remember, much of her career has been spent marshalling the couture atelier at Valentino. So from nymph-like slivers of satin suspended by the finest of spaghetti straps to grand bell-skirted gowns, it all had the air of realism about it.

The same could be said of Chanel, where the octogenarian Karl Lagerfeld presides. Taking the temperature of the times and turning it into fashion is Lagerfeld's greatest talent – he does this as effortlessly as he breathes or trots out the one-liners. And so this season the Grand Palais had been transformed into an art deco salon, designed to replicate Coco's atelier on Rue Cambon, the multifaceted mirrors ▶

DIOR HAUTE COUTURE

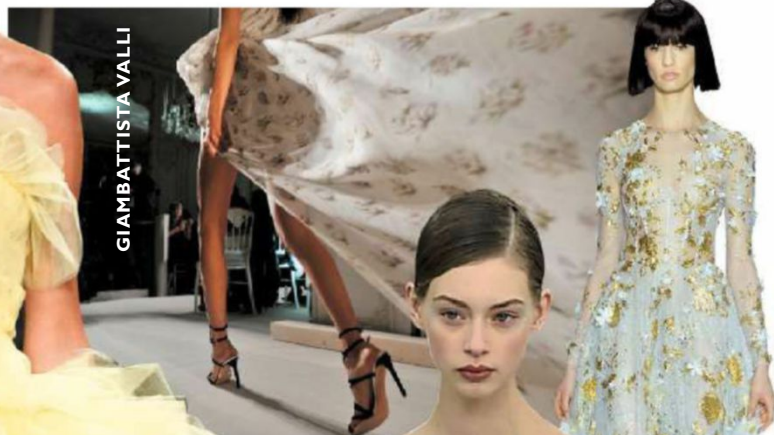
reflecting the front-row clients in head-to-toe Chanel perched on cream sofas alongside the Korean K-pop star G-Dragon, who wore Chanel earmuffs around his neck; the better to show off his ears drenched in Chanel diamonds. At first, Lagerfeld put the emphasis on tailoring that, despite being cut from all shades of ice-cream tweed, looked ultra-doable (remember, couture ladies have no problem with extortionate dry-cleaning bills and merely have to ride a chauffeur-driven limo; no Tube, Metro or subway for them). And even if his new 'spoon' silhouette (ahem, no doubt of the silver variety) added extra width to the hips, it was also designed to emphasise the tiniest of waists. Everything that followed was light and luminescent or 'the extraordinary lightness of being' quipped Lagerfeld's chief collaborator, Amanda Harlech. 'In my dreams I'd wear that,' she said, pointing to a trouser suit which appeared to have been made out of multiple shards of mirror and then embellished all over with diamonds, 'but in reality, a cream tweed suit would do nicely, thank you very much, Karl!' As for the gownage, columns of crystal exploded with great feathered hems that resembled giant powder puffs.

But it was the bride who drew gasps. Lily-Rose Depp, a vision in pale pink ruffles, said after the show, 'I've never seen a dress so beautiful or impressive. I've been coming to Chanel since I was a little kid and I've always seen the bride as the icing on the cake so I was really nervous and wanted to be able to live up to that fantasy in my head.' As for how she tackled the honour of wearing the show's star piece, she answered as only a young, famous millennial could: 'The Chanel bride is always confident and comfortable in her own skin so I wanted to try to embody that.'

Ultra-femininity and a sense of realism may have been the over-arching themes in Paris, but let's not forget that haute couture is a parallel universe where fantasy is brought to life and reality is in the eye of the beholder, namely the client. Cue Ralph & Russo, the 30-something London-based Australian couple, Tamara Ralph and Michael Russo, who served up the kind of old-school Hollywood glamour that had their fur-cocooned clients tapping eagerly on their phones, ordering via What'sApp before the models had even left the stage. Every dress was a red-carpet-ready creation, every day-suit a traditional, unthreatening, ladylike ensemble with a distinct whiff of 1960s Jackie O. A clear reminder that this collection is not so much geared to the critical acclaim of the fashion press as it is to clients' orders. And those orders may cost upwards of £50,000 a pop. It's a similar story over at Elie Saab, where the aesthetic is not for the faint-hearted: Saab's clients might not have the confidence to step through the hallowed portals of the more directional fashion houses, but they've certainly got the chutzpah to wear sheer nude tulle dresses encrusted with hundreds of thousands of golden sequins, glass beads, crystal jewels



GIAMBATTISTA VALLI



RALPH & RUSSO



DIOR HAUTE COUTURE



DIOR HAUTE COUTURE



CHANEL



CHANEL



GIAMBATTISTA VALLI



ARMANI PRIVÉ

VALENTINO

RALPH & RUSSO

MAISON MARGIELA ARTISANAL

ARMANI PRIVÉ

ELIE SAAB

10 HOT STORIES



VIKTOR & ROLF

and embroidered with palm trees and sailing yachts. As for the exceedingly rich young clients who descend on couture week – yes, they do really exist – they head straight to Giambattista Valli, and for good reason. Valli knows his customers only too well and offered them silky minidresses drizzled with diamanté, a fleet of taffeta gowns with stiff frilled hems that went up at the front and flowed in trains at the back and, of course, his trademark clouds of tulle. In fact, this season's tullathon was so frothily exaggerated that the finale models had to have a tulle-off to pass one another on the catwalk, so voluminous were their great frothing sea-foam skirts.

Nothing like that would ever happen chez Armani, where the models are the epitome of ice-cool control, elegantly drifting by in... orange. Yes, *orange* is the new black, according to the silver-haired Italian grand master whose signature colour is famously greige. From tangerine to turmeric, marigold and saffron, sinuously elegant pant-suits drifted by, followed by a series of asymmetric jewelled column dresses and floaty layers of organza that more than hinted at Indian saris. The chief distraction here was trying to second-guess what Armani's front rowers Nicole Kidman and Isabelle Huppert, Best Supporting Actress and Best Actress nominees respectively, would choose for the upcoming Oscars.

It's doubtful if we'll see Maison Margiela's Artisanal collection gracing the red carpet – more's the pity. If only there was an A-lister brave enough to wear John Galiano's incredible deconstructed-reconstructed creations, stitched with political graffiti, February's Academy Awards would be a far more interesting place. Galiano had downloaded the idea of social media app saturation, and the results were an explosive burst of imagination and skill that included a sweeping long white coat wrapped in a cloud of black chiffon that had been meticulously stitched into a woman's face, as clear as any photo selfie.

But my money's on Valentino. At least it would be if I had enough of it. Pierpaolo Piccioli, flying solo at Valentino couture for the first time, declared, rightly so, that couture was all about dreams. In this case, divine Greek goddess cloaks, capes and gowns had been stripped of their usual elaborate encrustations (maybe that was Maria Grazia Chiuri all along?) and marked his all-important independent shift towards pure, unadulterated, easy-to-wear simplicity. Long, clean lines whooshed to the floor in concertina pleats and looked even more beautiful in motion than any pictures could possibly do justice to. Backstage, the note on the wall to models said: 'You are living a dream, keep walking in your dream, feel your dream and breathe your dream.' Sound advice for the clients on Planet Couture. And as for the rest of us, dream on.



VALENTINO



Left: the Scientology Center in Hollywood. Below: Kristen fundraising with ex Alicia Cargile and Ryan Smale. Bottom right: with actress – and Scientologist – Juliette Lewis in 2015

SCIENTOLOGY GETS A BAD RAP.

There've been allegations of physical violence, organised harassment and mysterious disappearances. Still, one person who apparently hasn't been put off is actress Kristen Stewart – with insiders claiming that she is 'close to converting' to the controversial religion.

According to Hollywood sources, Kristen has been introduced to the church by the little-known actor Ryan Smale. The pair met through her ex-girlfriend, Alicia Cargile, when

they teamed up to fundraise for a school in Nicaragua last summer, and he has since persuaded Kristen to visit the Scientology Information Center on Hollywood Boulevard.

While a representative for Kristen denied that she was involved with Scientology, a source close to the actor told *Grazia*, 'Ryan is heavily involved in the church, and Kristen has begun to take a keen interest. She's met with senior figures from the religion and has been reading up about Dianetics. While she isn't yet calling herself a Scientologist, she's not far off. The church is thrilled at the prospect of having another major star on-board, especially following the recent bashing it's had from Leah Remini.'

One of Scientology's most high-profile defectors, actress Leah's documentary series, *Scientology*



And The Aftermath, contained explosive accusations – among them that members were forced to have abortions, minors were raped, and families were forcibly separated. (In a statement, the church said, 'Leah Remini's "reality" show is nothing more than a scripted, rehearsed, acted and dramatised work of fiction. [She] needs to stop blaming the church and others for all of her personal and professional setbacks.')



IS KRISTEN CONVERTING TO SCIENTOLOGY?

The source continued, 'In light of these kind of claims, friends of Kristen are worried about her potential involvement. Her personal life has been very tumultuous recently, and her self-esteem can be quite up and down, which leaves her vulnerable to being taken advantage of. Nobody is quite sure what to do.'

While Kristen hasn't previously had any known links to Scientology,

which is opposed to psychiatry, in 2015 she railed against antidepressants, saying, 'Why lessen the feeling of anything? Why numb yourself? I'm not on antidepressants. I think it's bizarre.'

The source added, 'Kristen's always been interested in different ways of thinking, but those close to her are concerned that she may be getting in over her head.'



Photos: INF, Instagram.com/smaaba, Planet Photos

3

The refugees freezing to death on Europe's doorstep

PHOTOGRAPHS HANNAH MAULE-FFINCH



Above: Hamza, 17, fled Taliban death threats but feels no safer at the Barracks. Main pic: Alima and Maliha at Obrenovac refugee camp



The so-called Barracks of Belgrade are fast becoming the new Calais 'Jungle' – a makeshift home to thousands of freezing refugees. Lena Corner reports...

'IF I'D KNOWN it was going to be this bad, even though I am running for my life, I don't think I would have come,' says 17-year-old Hamza, rubbing his filthy, freezing hands together. He left his home in Afghanistan after the Taliban threatened to kill him. But now he finds himself in Serbia's notorious Barracks of Belgrade – a series of abandoned warehouses – living among piles of stinking rubbish and human excrement along with 2,000 others.

The Barracks is Europe's latest refugee dumping ground. It has been dubbed the new Jungle, only even more desperate and chaotic. Here there is no running water,

no toilets and no beds. In November, the Serbian Government requested that aid organisations steer clear of the camp to avoid encouraging more arrivals. When temperatures recently plunged to -16°C, many were literally on the brink of death. To keep warm they burn creosote-soaked railway sleepers, which give off fumes so toxic I can barely breathe. The rasping coughs of multitudinous respiratory infections echo round the warehouse. Desperate graffiti is daubed on the soot-blackened walls, proclaiming: 'No one leaves home unless home is the mouth of a shark.'

But despite these horrors, refugees



10 HOT STORIES



Below: Ahmed, 24, has been repeatedly beaten trying to cross the border.
Bottom: the Barracks are a filthy dumping ground



survived years of war, violence and deadly journeys to safety are now freezing to death on Europe's doorstep.'

We meet Alima and Maliha who have been on the road for more than a year. Like most here they are from Afghanistan – the local park has even been nicknamed Afghan Park. The Barracks is so dangerous that few women and children stay and Alima and Maliha have moved on to a refugee camp in Obrenovac, 20km outside Belgrade. 'If there was no trouble in our homeland we wouldn't have come,' says Alima. 'We have been on a long, dangerous journey and seen some bad things, but here is by far the worst.'

Today, three buses arrive at the Barracks to try and move people on to official refugee camps, but many are too scared to board. Rumours have spread that they are being lied to and that the buses are actually taking them away to be locked up. It's understandable. In a Europe that has been slamming its doors shut to refugees since March last year, the reality is many of these people are now stranded. Serbia says it's full, neighbouring Hungary is taking in just 10 people a day and Bulgaria, to the east, notorious for its brutal mistreatment of refugees, has become a no-go zone.

Nobody wants to stay here. Ahmed, a 24-year-old Afghan, has been at the Barracks for four months and hasn't seen his 14-month-old daughter in a year. 'The Taliban threatened to kill me and my family,' he says. 'As the whole world focused on the crisis in Syria they have

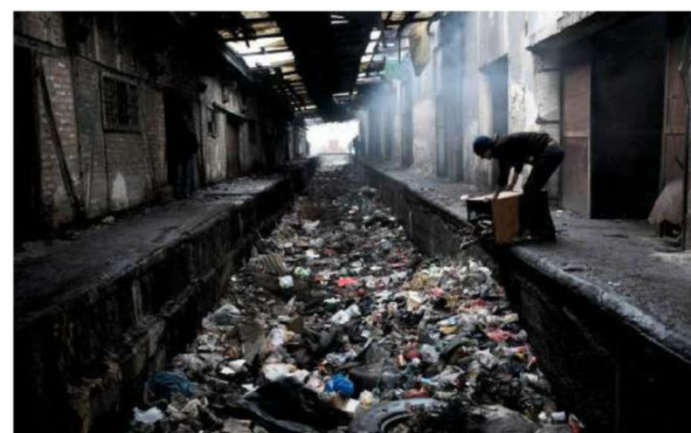
taken over in Afghanistan. You can't go to the police because it's run like the mafia. If I go home I die.'

Ahmed believes he has no alternative but to take matters into his own hands. He has attempted to cross the border into Hungary or Croatia 10 times, only to be beaten and sent back on each occasion. Once they broke his arm; another time they took his clothes and shoes and sent him back through the snow in his underwear. He says his only hope now is to pay a smuggler. He's in the right place. The Barracks has become a feeding frenzy for unscrupulous men preying on the refugees' desperation. Ahmed points out a brutal-looking well-known local smuggler who ducks behind a warehouse door as soon as he spots us. 'This is all I am left with,' he says. 'I have to get my family out of Afghanistan before it's too late. The people of Europe are good but they are not helping me. Smugglers are my only hope.'

To donate go to savethechildren.org.uk

continue to come. Save the Children estimates that 100 people arrive daily. And as places on the freezing floor of the Barracks fill up, they spill out into a public car park next door, where they sleep in biting winds and melted-snow puddles, with the threat of cars reversing over them. What's most shocking is that it's all taking place just off the main square of a major European capital, complete with luxury shopping and plush hotels.

'The EU's failure on the refugee crisis is leaving thousands of people literally out in the cold,' says Kirsty McNeill of Save the Children. 'These human beings, who have





1.

4

HIGH
STREET
SPECIAL

LSD, anyone? That's

THE NEW SEASON'S IT BUYS

might be hitting the shelves, but we're between a rock and a (really cold) hard place. Should we buy them now, when it's too chilly to wear them, or buy a puffer jacket and risk S/S '17's statement stuff selling out? Neither. You can have your cake and eat it too, thanks to LSD – erm, that's short for Long-Sleeved Dresses, obviously. In bright patchworks, animal print and punchy florals, these are the only frocks to be seen in this summer – and the best bit is, you can wear them right now. All you need is a roll neck (if you don't already have one, where have you been hiding?) to layer underneath, plus a pair of knee-high boots, and Bob's your super-stylish, cosy-but-chic uncle. Oh, and did we mention they're all from the high street? New Look's cherry blossom will update your staple suede boots – with change from £30 – or dress down Finery's blue-ruffled devoré over a grey marl polo. And if you're feeling adventurous, Warehouse's belted LSD will even work over that spangly knit that seemed like such a good idea at Christmas... Trip to the shops, anyone?

Floral dress,
£38, and shoes,
£35, both V by
Very (very.co.uk)





1. Mixed print, £255, Rixo (rixo.co.uk).
2. Floral, £12, George at ASDA (asda.com).
3. Floral, £140, Whistles (whistles.com).
4. Tie-neck, £65, Next (next.co.uk).
5. Bold, £29.99, New Look (newlook.com).
6. Belted, £65, Warehouse (warehouse.co.uk).
7. Oversize shoulders, £25.99, Bershka (bershka.com).
8. Leopard, £179.95, Scotch & Soda (scotch-soda.com) ▶



LONG-SLEEVED DRESSES!





9.

*All you need
is a roll neck
to LAYER
underneath and
some knee-high
BOOTS*



10.



11.



12.



13.



14.

9. Animal-print, £80, Myleene Klass at Littlewoods (littlewoods.com). 10. Devoré, £199, Finery (finerylondon.com). 11. Floral, £39.99, Zara (zara.com). 12. Mixed print, £39.99, H&M (hm.com). 13. Polka dot, £42, Miss Selfridge (missselfridge.com). 14. Graphic, £85, Topshop Boutique (topshop.com)

Words: Charlie Gowans-Eglinton. Shopping: Polly Knight

Paris with her musician boyfriend Michael Snoddy



5



“

Concern is GROWING for the model – people are worried that she is going down a SELF-DESTRUCTIVE path



On the FROW with Carine Roitfeld last week

FEARS FOR 'FRAGILE' PARIS JACKSON

MICHAEL JACKSON'S 18-YEAR-OLD DAUGHTER, PARIS, last week became the latest A-list progeny to carve out a career in fashion. Amid reports that she was to become the face of Chanel, she was pictured with Carine Roitfeld at the Givenchy show in Paris, and seen front row at Dior alongside Boy George and the rapper A\$AP Rocky.

But it was in stark contrast to what came next. In a candid interview with *Rolling Stone* released last Tuesday, Paris claimed that her father's death in 2009 had been murder, that she had been sexually assaulted at 14 by a stranger and that she had tried to kill herself on several different occasions. '[My dad] would drop hints about people being out to get him. And at some point he was like, "They're gonna

kill me one day,"' she told the magazine.

'It's obvious. All arrows point to that. It sounds like a total conspiracy theory, but all real fans and everybody in the family knows it. It was a set-up.'

Now, Hollywood sources claim concern is growing for the young model, who was pictured looking tearful as she landed in LA following her visit to the French capital.

The fact that her mother, Michael's ex-wife Debbie Rowe, is back in her life following a cancer diagnosis last summer is said to have prompted particular worry. Insiders say the family cut Debbie out after believing she had sold medical records and stories to US gossip websites. She also came under fire after using the racial slur 'Oreos' on Twitter to describe her children and

labelling herself an 'equal opportunities racist'.

Then there is Paris's relationship with 26-year-old musician Michael Snoddy, which insiders say is only adding to tension. The pair are thought to have met at an Alcoholics Anonymous meeting and are both known to have struggled with addiction.

'Her friends think he is clingy, especially now that she's moved in with him at a dingy apartment in Koreatown, LA,' said one insider. 'She's been touring with his band, Street Drum Corps, and has ditched sessions with her therapists at the Alpine Academy in Utah, which is where she went after a suicide attempt in 2013. People are worried that Paris is going down a self-destructive path, and are questioning whether now is the best time to launch her fashion career.'

After the march: time for action

JUST 24 HOURS after Donald J Trump was sworn in as the 45th President of the United States of America, the scene outside his new Washington DC home was a sea of witty placards and pink pussy hats, as more than a million people gathered there to protest his inauguration (with not one single arrest). The Women's March was the largest ever day of protests in US history – with up to three million taking to their feet across America. Around the world, in almost 200 sister protests from India to Iceland, an estimated 1.9 million more came out in solidarity.

The marches were, incredibly, pulled together in just eight weeks by an alliance of activists – such as Linda Sarsour, the Islamaphobia-fighting director of the Arab American Association of New York – politicians and partner organisations as diverse as Greenpeace and Grandmothers Against Gun Violence. But the question now for the prominent members of the new resistance who mobilised the masses is: what next? Meet the women galvanising the power of millions of people and putting it into action...



CECILE RICHARDS
REPRODUCTIVE RIGHTS

Trump's administration has stated its clear intention to repeal Roe v Wade, the landmark 1973 ruling that legalised abortion in the US, and has already signed orders to de-fund overseas organisations that assist women with family planning in developing countries.

Cecile Richards, president of US healthcare and family planning organisation Planned Parenthood, was one of the first speakers to the stage at the pre-march rally in Washington DC,

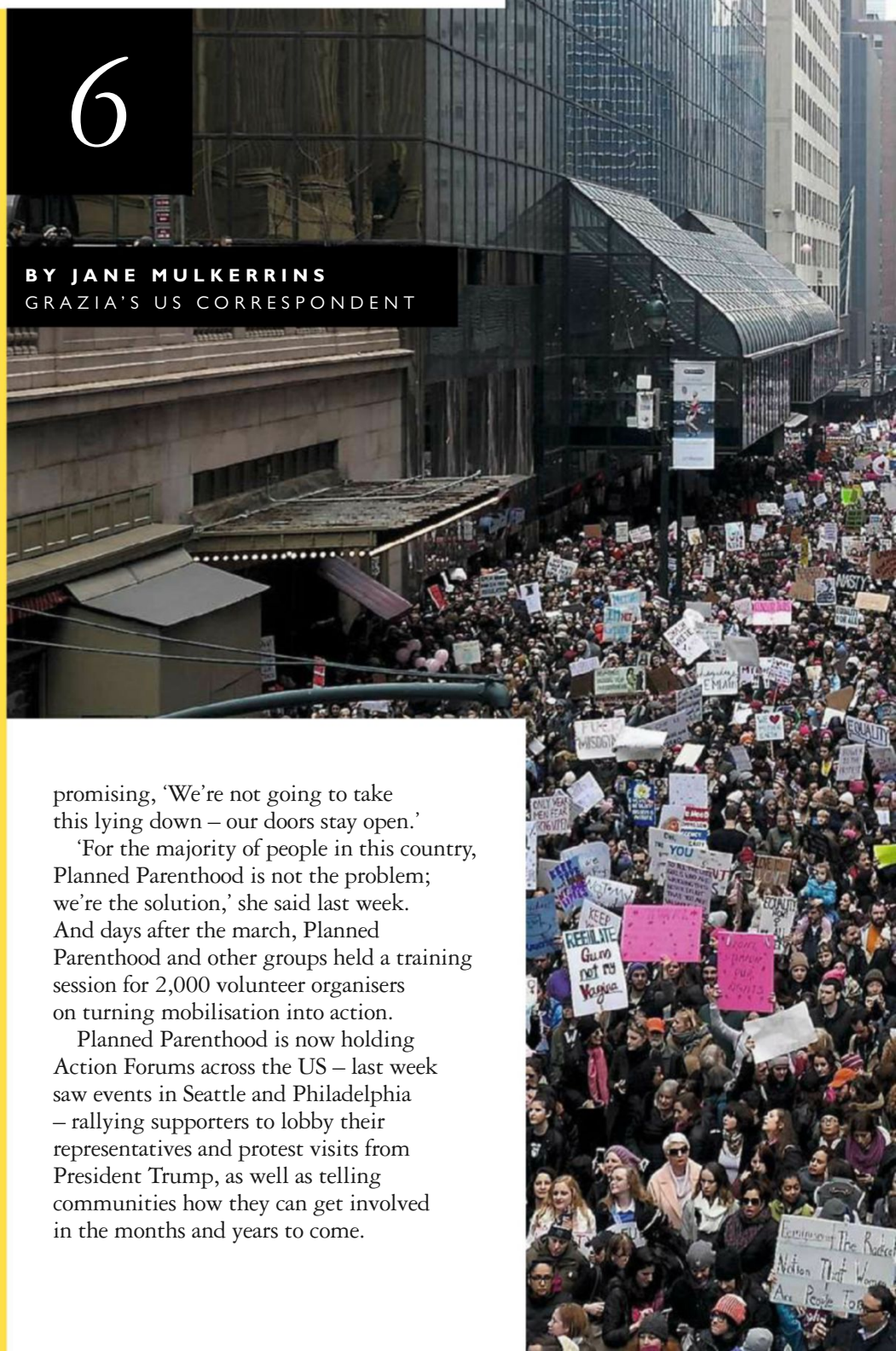
6

BY JANE MULKERRINS
GRAZIA'S US CORRESPONDENT

promising, 'We're not going to take this lying down – our doors stay open.'

'For the majority of people in this country, Planned Parenthood is not the problem; we're the solution,' she said last week. And days after the march, Planned Parenthood and other groups held a training session for 2,000 volunteer organisers on turning mobilisation into action.

Planned Parenthood is now holding Action Forums across the US – last week saw events in Seattle and Philadelphia – rallying supporters to lobby their representatives and protest visits from President Trump, as well as telling communities how they can get involved in the months and years to come.





On 21 January, marches took place across America. In New York (left) an estimated 400,000 protestors took to the streets



KIRSTEN GILLIBRAND EQUAL PAY

New York Senator

Kirsten Gillibrand greeted Washington's marchers with a rallying cry that, 'Hillary Clinton [whose former Senate seat she now occupies] put 65 million cracks in that glass ceiling.'

'We don't have equal pay for equal work in this country, and we don't have a national paid-leave plan,' she says. And the statistics are the most dire for women of colour: 'White women make 78 cents to a white man's dollar, while African-American women make just 60 cents, and Latina women make 55 cents. America doesn't pay its men and women equally and it's unacceptable that we are still fighting to fix this problem.'

She is one of eight Democrat Senators sponsoring the Equal Rights Amendment, the proposed 28th amendment, that 'equality of rights under the law shall not be denied or abridged by the United States or by any state on account of sex'.



KAMALA HARRIS IMMIGRATION

California's new Democratic Senator is the first ever

Indian-American in the House, and a rising star in her party. Just a month into the job, she is already being compared to Barack Obama.

'Our immigrant communities represent the heart and soul of what it means to be an American,' she told the crowds. But Trump is already signing orders to build his promised wall with Mexico, as well as to block anyone applying for visas – including refugees – from seven Muslim countries, including Syria, Iraq and Somalia. 'California has the largest

number of immigrants, both documented and undocumented, in the US – and I will fight for them,' says Harris, herself the daughter of immigrants. 'Our ideals are at stake right now, and we will have to fight for who we are.' Her missions include creating a pathway to citizenship for the children of undocumented immigrants, and a minimum wage for all workers, regardless of their immigration status.



STEPHANIE SCHRIOCK (LEFT) & ERIN VILARDI BOOSTING WOMEN IN POLITICS

Schriock, president of Emily's List, which seeks to boost the numbers of Democrat women in office (currently, 20% of Congress and 21% of the Senate is female), told marchers, 'We either run for office or we support a sister who is running and, together, we are going to win.' The day after the march, the group held a training session for more than 500 women keen to be that sister, focusing initially on how to overcome the feelings of intimidation and vulnerability that come with applying for a public role.

VoteRunLead, a non-partisan organisation that trains women for careers in politics, also reports a huge increase in the number of applicants for its training webinars, with more than 2,500 women signing up since the march. 'Women now believe that they're qualified,' says Erin Vilardi, its executive director. 'We have a President, for the first time, who has no political or military experience. Things that women thought were holding them back are now assets.'

Photos: Wire Image, Getty Images, Twitter/erinvilardi



10 HOT STORIES

BAD KITTY HEELS

Black suede, red patent and backless, the new kitten heels reveal the full ankle. Wear with black skinnies or cut-offs to flash this erogenous zone to full effect...

1.



2.



3.



4.



1. Red patent, £450, Attico (luisaviaroma.com). 2. White, £345, Mansur Gavriel (net-a-porter.com). 3. Black suede, £85, Uterqüe (luisaviaroma.com). 4. Silver, £29.99, Zara (zara.com)

Right: fashion blogger LornaLuxe shows off Chanel's bad kitties



7

WHAT A FASHION CARRY ON!

We may be British, but sex is back on the table – or at least in our wardrobes – says Charlie Gowans-Eglinton

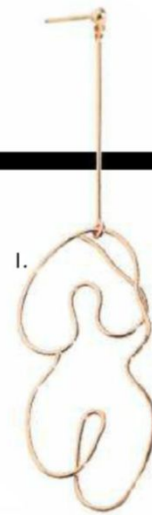
IT STARTED WITH A SHOE.

Not just any shoe, of course – this was a Chanel kitten heel. A sexy little mule-kitten hybrid, with none of the prim'n'proper naughtiness of kitten heels of yore – which explains how it had found its way on to the feet of Emmanuelle Alt (left), editor-in-chief of *Vogue Paris*.

There's something rather racy about the bared-heel-and-pointed-toe combo – which is why we're calling these 'bad kitties'. On hearing this, *Grazia's* Polly Vernon declared she wanted a pair – despite having always hated kitten heels. Imagine her delight when I informed her that the minxy mules were only the tip of the iceberg, and that VBL – Visible Bra Layering – was a 'thing'. Polly's a fan of 'accidental' bra action and now the street style set are too. Don't go from 0 to 60, mind – set your course somewhere between star-shaped nipple pasties and a grandad knit; try Intimissimi's triangle bra under a white tee, or M&S's black lace under a white shirt if you're more curvy. Even if you're not ready to shed the layers, you can flash some flesh, thanks to jewellery labels Anissa Kermiche and Knobbly Studio (yes, really), whose rude bits come cast in gold. Suffice to say, NSFW...

RUDE BITS

Small, but perfectly formed. Go abstract or anatomically correct.



1.



2.

1. & 2. Earring, approx £67, brooch, approx £54, both Knobbly Studio (knobblystudio.com).
3. & 4. Necklaces, £323, and, £390, both Anissa Kermiche (anissakermiche.com)



4.

VISIBLE BRA LAYERING

Ranging from accidental to obviously intentional – but stick to black bras only, please!



£32, Topshop
(topshop.com)



£17, COS
(cosstores.com)



£32, Intimissimi
(intimissimi.com)



£75, James Perse
(net-a-porter.com)



approx £123, A.P.C.
(apc.fr)



£20, Marks & Spencer
(marksandspencer.com)



KENDALL JENNER



Get 4 points per £1

offers on 1000s of skincare, haircare & make-up



Discover more amazing beauty buys in store today



let's feel good

Order at [boots.com](https://www.boots.com) or in store today by 8pm and collect free from 12pm tomorrow at a store near you

Offers end 14 February 2017. Available in most Boots stores, subject to availability. Normal Boots Advantage Card terms and conditions apply. See [boots.com](https://www.boots.com) for details. Monday – Saturday. Geographical exclusions apply. For full terms and conditions about the order and collect service please see www.boots.com/ordertodaycollecttomorrow.

'I was never scared until I became an MP'

Nine out of 10 female MPs have been abused online and 80% verbally attacked, a new report revealed last week. We talk to Labour MP Jess Phillips...

'PLEASE CAN you leave, you're scaring me.' Instead of joining the empowering Women's March, I was uttering these words to a male constituent at my surgery in Birmingham. His behaviour was very worrying; I was genuinely frightened after what happened to my friend Jo Cox.

The sad reality is this sort of thing happens often. So when I read the 5 Live report last week, which detailed the confidential responses from female MPs about their safety, I wasn't surprised that more than half of the 73 women MPs who took part said they'd received physical threats. I've received my share of death and rape threats from anonymous keyboard warriors. People have sent me messages about how they want to bind and gag me. There have been emails about how they hope I come home to find my children hanging. An age of instant social media access and delicious anonymity online has created the perfect storm of abuse against politicians.

Some of my colleagues, like Stella Creasy

and Luciana Berger, have led the charge in fighting back and have successfully secured prosecutions for their abusers. This is a problem and it's not going away.

Thankfully, the vast majority of these threats are completely empty. The murder of Jo Cox in June 2016 was a tragic and painful anomaly and very few politicians have been physically assaulted. But make no mistake, these threats are damaging.

The atmosphere created by a barrage of hate makes me nervous. The way some people view me and abuse me for my beliefs means that situations such as public meetings, community events and surgeries I once coped with without breaking a sweat, now make me alert, aware and suspicious. When someone comes into my surgery, I want to see them, hear their problems, reach out and hold their hand. Instead, I must sit near an exit, stop them at the door, make them fill in forms before they can see me. This is not a healthy environment to work in and it's not good for our democracy.

Threats 'directed at most women MPs'

I've worked with vulnerable and volatile people all my life. I've worked in services such as rape crisis and Citizens Advice centres with open-door policies, where anyone could walk in off the streets. I was never, ever scared before I became an MP. Not once.

Worse even than the fear is the effect this has on young women who might consider stepping forward to become an MP. What message does this abuse send? The survey made grim reading, women MPs talking about having panic buttons in their homes where their children live, and stories of having to call the police about threatening emails. But I was buoyed by their response in the face of such danger. When asked whether they would still stand for Parliament if they were just starting out, knowing what they do now, the majority said they would. One said, 'The good I can do is 100% worth the flak I get,' which make me incredibly proud of my colleagues.

Much more needs to be done to stamp out online hatred. I expect over the next few years increasing prosecutions and action from social media sites will do some of that. Women politicians won't give up because, at the end of the day, what's the alternative? No women in power? I can't see any female MP I've ever met settling for that. While I might be scared of abuse and threats from time to time, I'd be terrified for the country if we all gave up. *'Everywoman: One Woman's Truth About Speaking The Truth'* by Jess Phillips is out on 23 February (Hutchinson Hardback and Ebook)

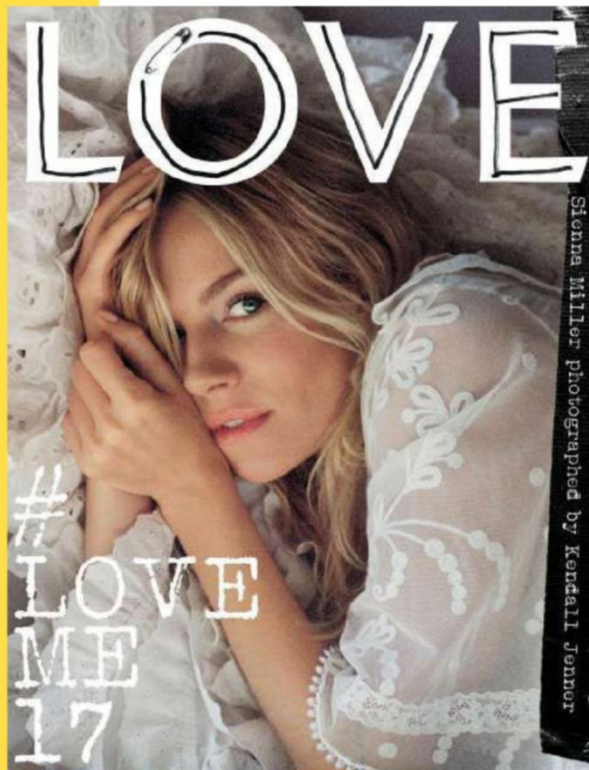


From top: Jess Phillips; Jo Cox, who was murdered last year; Luciana Berger; Stella Creasy

A photograph of Sienna Miller sitting on a white lounge chair outdoors. She is wearing a white lace dress and has her hand on her head. In the foreground, there is a white platter with fruit. The background shows a white railing and a wooden deck.

SIENNA: 'MY PARTYING HURT MY CAREER'

9



10 HOT
STORIES

Sienna, *LOVE*
magazine's cover
star, wears dress by
Burberry February
2017 Collection

SIENNA MILLER HAS ADMITTED

that her career is only just recovering after years of her infamous partying lifestyle. Discussing her on-screen resurgence – including recent roles alongside Ben Affleck and Bradley Cooper – in *LOVE* magazine, she said, 'I probably could've had all that I'm experiencing now if I'd been savvy and smarter. But I just wanted to have fun and not taper my behaviour in any way, and it was hurtful, somehow, to my career.'

'I grew up in the '90s watching everyone getting away with what they got away with. I was like, oh, the Gallaghers [did it], f**k it.'

Back then Sienna had earned a reputation as one of the London party circuit's most reliable faces, but these days the 35-year-old's evenings are more likely to be spent at home in New York, where she relocated in September to concentrate on work. 'I wasn't focused in the way that I am now. I'm also a lot more boring. Anyone can say anything and it doesn't bother me. I'm secure in my ability to do my job. Anything else that's extraneous I don't care about. I just became a mother and grew up.'

It comes only weeks after *Grazia* revealed that Sienna is still living with her ex-fiancé Tom Sturridge as they bring up daughter Marlowe, now four, together.

Sienna said of her New York home, 'I'm not living a realistic life. I rented this amazing house that I can't afford for long. I thought, I'll have an amazing year and chuck a load of cash at it, so it's only downhill from here. But I love it.'

The actor has enrolled Marlowe in a school in the city, about which she told *LOVE* magazine, 'It's so progressive. On the first day they gave us a leaflet saying, "How to raise an activist". It's so me, it's perfect. In London it's a bit more formal and I got freaked out and I just spent my life saying sorry the whole time.'

The interview appears in the magazine's Spring/Summer 2017 edition, The Fans Issue. Sienna was shot by supermodel and budding photographer Kendall Jenner.

Kendall – who helped to create 72 pages of photography shot in the Mojave Desert – said of Sienna, 'She was awesome. She's so natural and completely goes into a zone, which I guess comes from how brilliant an actress she is.'

'We've met before but we've never hung out. But Sienna knows Cara so well that it was great to have the chance to hang out with her.'

See the full shoot by Kendall Jenner in *LOVE* 17 The Fans Issue Spring/Summer 2017, on news-stands 6 February; thelovemagazine.co.uk

Left: Sienna wears dress by Burberry February 2017 Collection, vintage collar from Alfies, vintage shawl from Cenci.
Photographer: Kendall Jenner. Fashion editor: Panos Yipapanis.
Creative director: Katie Grand

Words: Hannah Flint. Christopher Bailey granted *LOVE* Magazine exclusive access to the Burberry February 2017 Collection, which was photographed by Kendall Jenner, three months before its unveiling at London Fashion Week

Fashion genius – or one big joke? *Grazia's* fashion director Rebecca Lowthorpe decodes the people's couture show in Paris...



WHAT FRESH fashion weirdness is this? You may well ask. Last week, at the Paris Couture, Vetements – the designer collective that has for seasons now been at the forefront of the new guard revolutionising Paris, and fashion in general, by way of hoodies, £900 jeans, puffer jackets and the like – hijacked day two of the collections with a show that was as eye-boggling as it was subversive.

Their shtick? Real people. Not just beautiful people who don't happen to have a professional modelling contract. Real people, as in a carefully chosen cross-section of society – fat, short, old, young, quirky, beautiful – modelled the clothes. It was a ramshackle cast representative of the stereotypes typical of any big city street and the kind of uniform they might wear: pensioner, punk, broker and bride, with the odd thrash metalhead, gypsy, vagabond, tourist, soldier, bouncer, policewoman and, hilariously, 'couch potato' thrown in for good measure. The latter wore a padded bathrobe coat over woollen pyjamas.

But was this hyper-reality one big joke at the industry's expense, a big middle finger up to its bourgeois traditions? Was it a pointed comment on the bleak realities of the world? Was it a positive demonstration, in the face of uber-right-

wing politics, that we all pretty much rub along well together? Or was it fashion in all its diverse and surprising glory? All of these, perhaps. The irony of such a reality show taking place at Couture Week, where only the most expensive of hand-crafted bespoke fashion is displayed on the world's most beautiful (and thin) women, was lost on no one. Was it true couture? Yes, in the sense that it had been crafted to fit short and round bodies as well as tall and skinny. And no, in the sense that it will be sold on a shop rail at the end of the day, not to individual clients. Also, a pair of grandad cords (as seen on a grandad) hardly represents the art of the craft that traditionally celebrates the painstaking time it takes to make something. In other

words, if said cords had been made by Chanel or Dior, they would be inlaid with jewels, sprout feathers and be covered in embroideries – they would represent 5,000 hours of work. The reason Demna Gvasalia, chief troublemaker of the Vetements gang, chose to show his men's and womenswear together at Couture Week is to allow him time to work on his other design gig, Balenciaga (which shows in Paris in March).

But more than anything, this Vetements show represented a brand that wants to disrupt the status quo and cement its reputation as arch leader of Fashion's New Order, not to mention stay ahead of the rest and keep us guessing and wanting more.

The real question is, will you buy into it? Couch potato coat, anyone?

What do you think? Email us at feedback@graziamagazine.co.uk

VETEMENTS' EXTREME REALITY SHOW



Sometimes you need a change
Try contact lenses free

Need an appointment? Visit [specsavers.co.uk](https://www.specsavers.co.uk) or call 0800 0680 241



One pair of monthly lenses or five pairs of daily disposable lenses. Trial subject to suitability and includes easyvision and Acuvue® lenses only. Excludes coloured, gas-permeable or hard lenses. One free trial per person per year, from one store only. Current prescription required. Alternatively, an eye test will be required at our standard charge. ©2016 Specsavers. All rights reserved.

THE BRIEF SHEET

The other burning issues of the week*



PARKS & REC DEFIES TRUMP'S CENSORSHIP

Badlands National Park, South Dakota, lived up to its name when it tweeted about climate change despite President Trump's order for a media blackout. In its wake, unofficial @AltUSNatParkService popped up to challenge global warming-denier Trump, saying, 'You can take our official Twitter, but you'll never take our free time!'

*AT GRAZIA TOWERS



RYAN GOSLING WAX(WON'T) WORK

Let's face it, we all danced out of *La La Land* with the insatiable desire to gaze into Ryan Gosling's eyes. But if your only option is to stare longingly at his waxwork in Madame Tussauds in Berlin, don't bother. It went viral for its pointy moustache, shiny forearms and eyes that are too close together for lustful stares.



NAZANIN LOSES HER APPEAL

Nazanin Zaghari-Ratcliffe, the British-Iranian mother serving five years' jail in Iran on secret charges, has lost her final appeal. Husband Richard has vowed to continue the fight.



HE'S A STAMPMAN, WAITING IN THE POST

Royal Mail's new collection of Bowie-inspired stamps will have you ch-ch-ch-changing from email to letter, just so you can use one of the 10 designs. They pay tribute to the Starman, who died last year, aged 69.



HARRODS TELLS JOB CANDIDATE: 'STRAIGHTEN HAIR'

A black woman applying for a job at Harrods was told she would have to chemically straighten her hair to get the role, MPs at the Women and Equalities Committee revealed as they investigated sexist clothing rules in the workplace.

STAT

40%



...of people say they avoid mirrors because they don't like what they see.*



POLLY VERNON

DON'T GET HER STARTED... ON HER SCANDI TREND



I am delighted to report that hygge – the Scandinavian trend for swaddling yourself in smug, lighting some scented cashmere and never leaving the house – is over, according to various sources (none of which credited me as being instrumental in its downfall, though you may remember I penned a stout repudiation of hygge at the end of last year, based on it being the Enemy of Glamour, also: farty).

ANYWAY. Hygge's been replaced by 'lagom', which is Swedish for 'just the right amount' or 'life, moderately lived', a notion that'll start annoying me as much as hygge, which is why I'm counter-attacking by launching my own semi-spiritual Scandinavian lifestyle-in-a-word. Allow me to introduce you to 'blopp', a gentle revolution in a single word, one I intend to brand-extend into a money-spinning book called *Be More Blopp*, a podcast series (*Blopp Like Me*, *I Blopp Like A Scandi*), a beauty vlog (Bloppity), and a blopp-approved lip salve. And I shall do all this, just as soon as I've worked out what blopp actually means. Perhaps you can help. I've narrowed it down to:

1. The relief experienced on realising the reason you've felt on edge – irritable, out of sorts, at odds with the world – all day is not, as you first feared, because everyone

you know hates you but can't bring themselves to tell you, but rather because the underwire on your bra is pinching.

2. The confidence/self-acceptance achieved via coming out of the closet about exactly how much you don't 'get' the Netflix series *everyone on Facebook* says they love more than their firstborn child.

3. The jolty thrill of awkwardness on seeing a colleague for the first time after you had a sex dream about them.

4. The rush of validation one feels on calling tech support because your computer's messing about – and hearing the tones of superiority drain from their voice as they realise they don't know how to sort it out either.

5. The particular self-congratulation of acquiring a new canvas tote and realising it's got the sort of internal structure that means you will always be able to find your keys easily.

Any of those grab you? If not, I have more... Not that it matters. The joy of Scandi pseudo-trends is they're so opaque, they defy translation/definition, and thus can be applied to almost any sort of circumstance, which means I could say: 'The way you've done your hair today is so damn blopp!' and you'd have no clue what I meant – yet you'd still be dead pleased.



KAREN WALKER'S NEW SEASON OPTICALS

The gold frame Jacques is so blopp. AM I RIGHT?

@CRESSIDAJAMIESON'S CUSTOMISED TEES

She did one for Dree Hemingway (aka the Dree-shirt). Now we all want our own.



SEZANE'S 1958 JEAN

Sexy French take on the mom jean? Yeah.



WOODEN FLOORING

This La Redoute Scandi rug is so popular, it's got its own Instagram.



WOMEN'S MARCH SHAMING

(See Taylor Swift for details.) Some people didn't march, they had their reasons.



VICTIMS OF LOVE SCAMS

Online romance fraudsters took a record £40 million off people in 2016. Too mean to bear.

GRAZIA
AGENDA

WHERE DO

YOU RATE ON THE JOY INDEX?

Think 2016 was the year that killed happiness? Well, 2017 is the time to get it back. Alix O'Neill investigates...



UNICORNS EXIST. IT'S TRUE

— there are over three million of them on Instagram alone. They're on phone covers, cakes and, last week, a guy turned up to my yoga class in purple leggings emblazoned with a psychedelic print of the elusive creature. The latest craze is unicorn toast — all jazzed up with a generous smear of cream cheese in a rainbow of natural dyes, including beetroot juice and freeze-dried blueberry powder.

You've heard of the lipstick index, right? How, during times of economic hardship, consumers buy small luxuries such as cosmetics to boost their mood? Well, now we've identified the brand spanking new joy index. Not only are we suspending disbelief by fixating on ▶

mythical beasts, we're also indulging our inner child to take our mind off Trump, Syria, the passing of so many creative geniuses and basically everything else that's wrong with the world lately.

Within four days of launching last November, Nintendo's NES Classic Mini console sold out across the UK. Kidult activities are on the rise – we can't get enough of London's recently opened Ballie Ballerson, a cocktail bar-cum-adult ball pit, and the Natural History Museum has experienced a huge demand for its grown-up bimonthly sleepovers, which include a three-course dinner, breakfast the following day, live music, a chance to explore the exhibitions, a science or comedy show and an all-night movie marathon. Then there's *La La Land*, the all-singing, all-dancing, isn't-life-swell Oscar frontrunner that's got us all strapping on our tap shoes and dressing head-to-toe in yellow.

So what's going on? Why have we all turned into joy-seekers? Wasn't 2016 – the year celebrities hastily instructed lawyers to prepare wills, populism reared its ugly head and 'Hiddleswift' entered the love lexicon – the death knell for happiness? 'When people are feeling down they're more likely to look for rewards in terms of consumer behaviour,' explains Michelle Baddeley, a professor of economics and finance at UCL and author of *Behavioural Economics: A Very Short Introduction*. 'We impulsively seek rewards, especially in stressful conditions. There are parallels here with addiction: people are more vulnerable when they're experiencing difficult personal circumstances. The most everyday example is overeating when stressed.'

In other words, we're spending our money on feel-good purchases to escape the horror show that was the past 12 months. There's proof that retail therapy got us through the shock of the US election – just weeks after Trump's victory, online sales on Black Friday were up 7% from 2015, with the high street doing particularly well. M&S reported a rise in Christmas clothing and homeware sales for the first time in two years.

But what are we spending on to perk ourselves up? Baddeley cites colour as an emerging trend: 'A lot of designers have used exuberant colour in their spring/summer '17 collections – bright candy pinks, yellows and neon, and there's been a revival of flower power and acid florals.' And forget having a few highlights to lift flagging spirits



WE IMPULSIVELY SEEK REWARDS, ESPECIALLY IN STRESSFUL CONDITIONS

– glow-in-the-dark locks, pioneered by US-based colourist Guy Tang, are tipped to be the next big thing in hair.

Colour and pattern are also making an appearance in the home, with consumers demanding cheering, whimsical motifs to brighten up their living spaces. Last year, John Lewis revealed an increase in requests for all things flamingo – from cups to fairy lights, while the company's sales of hummingbird wallpaper rose a staggering 94%. In 2017, we can look forward to 'playhouse interiors – fun furniture resembling building blocks or climbing frames that's designed to increase creativity,' says Hayley Ard, head of consumer lifestyle at innovation research company Stylus. 'Design Academy Eindhoven graduate Mandy van der Heijden has come up with a collection of brightly coloured classroom furniture,

made for jumping, spinning, rolling and climbing.'

We're getting our kicks through experiences, too. Last year saw a spike in spa treatments – London's Rosewood Hotel claimed a big increase in bookings for its signature treatment, which includes an additional massage for deep relaxation, while beauty concierge app Ruuby said bookings soared by 30% in the weeks following the EU referendum. There was a 40% rise in long-haul holiday bookings at Kuoni and, in October, cinema trips were up 50% on the previous year. And who could forget Pokémon GO!, the augmented reality phenomenon that hauled us out of our Brexitenital crisis. Over the coming months, novelty gyms, such as R2R's spin studio on wheels, will be where it's at, according to Ard.

We're determined not to let the state of the world get us down. And with good reason, says Miami-based joy strategist (yep, professional happiness-spreading is now a thing, folks) Inés Battistini. 'Looking for the joy in life allows you to be more present in the moment, develop deeper and more meaningful relationships and gives everything more colour.' Following a health crisis and divorce, Battistini quit her accounting job in 2011 and now coaches clients in how to lead a more joyful, fulfilled life. She started calling herself a 'joy strategist' in 2016. 'I felt such a failure at the time, but my quest to find happiness led me to my purpose, which is showing others how to navigate their potential, find clarity and heal wounds.' She says a positive outlook 'really does make a difference. For many, the past year had a lot of lows, but it's important to be optimistic about the future.'

Just the fact that the job 'joy strategist' – a consultant to help you find your happiness – exists is another point on the joy index. 'Regretting the past isn't helpful,' says Battistini. 'Instead, we should be reflecting on the things that happened, see what worked and what didn't work and find out a way to move forward.' A happiness consultant may seem like a somewhat nebulous job title, but in uncertain times, holding on to joy can be tricky. Perhaps we need people like Battistini to help us get our groove back?

Of course, we can't Pollyanna our way out of every situation. Sometimes, finding the silver lining can be pretty damn hard. But maybe joy is a bit like unicorns – believe it exists and you'll see it everywhere. ■



HOW TO ADD MORE JOY TO YOUR LIFE

Life coach and joy strategist Inés Battistini on staying upbeat

- Get to know yourself. What do you really want? What lights you up? Then get creative. Discover new experiences. Maybe learn a skill or take dance classes.
- Practise gratitude, even when you're having a horrible day. Keep a diary by your bed and jot down a couple of things you're thankful for every night. You're less likely to lie awake mulling over all the things that didn't go well that day.
- Make self-care part of your daily routine. Light some candles, take a long shower, put on some bright lipstick, buy fresh flowers or go for a walk. Small acts can make a big difference.
- Realise that it's OK to say no sometimes.
- Smile. It really does work.

YOU THE FASHION JURY

OUR PANEL



HOLLY SCOTT LIDGETT
Grazia's casting and bookings editor knows a good face when she sees one and is a firm believer in a good shoe being the key to success!
@bollyscottlidgett



HANNAH FLINT
Will.i.am once nicknamed junior news and entertainment editor Hannah 'Lil cheeks' on account of her phenomenal facial elasticity. Likes blue jeans.
@hannahflint_

AND YOU

GIVE US YOUR
CHIC CRITIQUE
EVERY MONDAY
@GRAZIAUK ON
INSTAGRAM



JURASSIC jumpers! Caped CRUSADERS! Just another day on celeb street



**VICTORIA
BECKHAM**

HOLLY SAYS:

Smashing it on every level. B for Beckham, B for Blue, B for Burgundy, and a bit of orange thrown in for good measure. Yay. Yay. Yay.

★★★★☆

HANNAH SAYS:

Shouldn't work, it does, love the orange, etc, etc. But I hope one day VB will combine a wide-leg trou with shoes. Or at least feet. Deeply unsettling.

★★★★☆

YOU SAY:

Bit bored of the shirt tucked into trousers look. Shake it up, V!

★★★☆☆

@MCCANN7360



**DIANE
KRUGER**

HOLLY SAYS:

Love what you have done here, Diane. Don't even get me started on the brilliance of those shoes. You are owning this look!

★★★★☆

HANNAH SAYS:

First I thought, 'ARGH! DIANE!' But then, 'Wait a minute, the choker! The hair! The SHOES!' Who knew a black dress could prompt such an emotional roller coaster? And I still don't know if I actually like it.

★★★★☆

YOU SAY:

Diane looks like the evil stepmother that you love to hate. Damn!!!

★★★★★

@GAIA.EDINBURGH ▶



**OLIVIA
PALERMO**

HOLLY SAYS:

You are a sartorial queen and I do love the trouser shape, but Olivia – what were you thinking? The cape... it's hurting my eyes!

★★★★☆

HANNAH SAYS:

All hail the return of lampshade chic! This jacket is way too fussy for me, but the kick-flares are impeccable.

★★★★☆

YOU SAY:

Great look and I see the effect she's going for with the overall silhouette, but something's not quite spot-on.

★★★★☆

@LYNNECOOK26



**BELLA
HADID**

HOLLY SAYS:

What's not to love about a khaki parka and a red lace combo? Everything is right about this, Bella. Happy days.

★★★★★

HANNAH SAYS:

Genuine question: is Bella trolling us? I can think of no other reason for this. There is no redeeming part to that jacket.

★★★★☆

YOU SAY:

Bella takes fringing to a new level, but looks like she's borrowed it off a big old cowboy.

★★★★☆

@FLICKERINGEMBER



**SELENA
GOMEZ**

HOLLY SAYS:

A roll neck under a knit. Tucked into an ankle-grazing jean. YES Selena! And to top it off, your shoes and sunglasses match... winner.

★★★★☆

HANNAH SAYS:

I hereby vow to wear sassy-as-F pink sunglasses the next time I wear anything this great. Which will be never, because this is flawless.

★★★★★

YOU SAY:

The three Rs.. roll neck, ripped hem and Rex!

★★★★★

@THEFASHION_GOTH

PHOTOGRAPHS ANNA HUIX

SO HOW *DO* YOU ADDRESS THE SEX ELEPHANT IN THE ROOM?

After almost a decade together, Josh Burt wonders exactly how jiggy with it he and his wife should be getting (and even how to start the conversation)

LET'S FACE IT, if you watch movies, there are really only two depictions of love. On one end of the spectrum there are the first throes. It's romantic, they're excited to be together, they have great sex. Then you get doomed love: whether it be Jack drifting into the chilly depths in *Titanic* or, more tragically, love that has died of its own accord. That version is often characterised by either bad sex or literally none. Totting it up using my rudimentary Hollywood maths, the amount of bonking you do is directly proportional to the intensity of your love.

Now, in real life, I'm not sure this is true. Or rather, I really hope it isn't.

See, I've been with my wife for nine years now, and I love her as intensely as I ever have. And yet we have markedly less sex than we used to. Like most normal non-fictional un-Hollywood couples, we met (in a pub), we went at it like rabbits for a while, we made hay, we got hitched, we ultimately made babies, then, more often than not, as time wore on, we chose sleeping over shagging. Now we're at the stage where a quickie three or four times a month seems about right (and, according to the famous Kinsey Institute, it is – for around 45% of married couples).

But here's my dilemma – is it *really* about right? Because 'young me' would assume I was kidding if I told him my current sex stats. I mean, look at the ▶



facts: I'm in bed every night with a woman (who has boobs), and I'm not taking every opportunity to ravish her? It seems preposterous. Can a couple really be happy when they're doing it less? Have my legendary sex moves become predictable and mundane? Is she quietly yearning for a stallion in the sack?

These worries had long been echoing in my mind like cruel Shakespearean ghosts, so I decided to silence them once and for all. I devised a plan, split into three key stages.

STAGE 1: ASK OTHER MEN LIKE ME ABOUT THEIR SEX LIVES

I know girls are different but, for guys, sex talk tends to dry up once you're in a committed relationship – it's as if to discuss it would somehow diminish the intricate complexity of your 'love journey'. Or something. Hence, my strategy was to approach the subject delicately and with caution. So I sent out a massively intrusive group email brazenly asking bedroom questions.

'How often do you do it?' 'Is it still as good as it was?' 'Do you wish you were doing it more?' 'Is it still important to you?' 'Have you tried any new moves lately?'

After a little while, my less appalled friends got back to me. 'Thing is, Josh,' confided one (let's call him John), 'I don't wish I was doing it more. We don't do it nearly as much as we did, but that's totally fine with me.'

'My sex life pretty much dried up after childbirth,' says another (let's call this one Paul), 'but we have a frank dialogue about it, and that's been a real pleasure.' I still can't work out if this is sarcastic.

The responses continued, and were candid and welcome. 'I think guys don't talk about sex as they get older because we don't do it as much.' Fair. 'I tried to introduce porn into the bedroom, which was a big mistake – seems we have very different opinions on how many girls should be involved.' Hilarious. 'We actually book in sex on a calendar.' Good idea.

On the whole, this all came as a great relief. No one seemed to be at it five times a week like in the old days. We've all mellowed in our thirties/forties.

STAGE 2: TALK TO AN EXPERT

Next I spoke to Dr Petra Boynton, *The Telegraph's* agony aunt. I still had so much I wanted to ask, but the crux of it was still essentially: am I OK? And from an expert point of view, should we be doing it more?

'You need to get away from this idea that there's a right amount of sex to have,' she told me. 'There isn't a right amount, there isn't a wrong amount – if you think about what is going on in your life, there are often good reasons why you feel like having sex, or not having sex.'

I thought about it for a second, making a small list of recent pressures in my head: big mortgage, loud toddler, my relentlessly tenuous job situation as a freelance writer. The fog of why I wasn't feeling up for it began to clear.

'Now think about the times when you've had more sex,' she continued. 'It's often when



TOP TIPS FOR BROACHING THE SUBJECT

1. Don't romanticise those early days

'You forget how anxious and insecure you felt at the start of a relationship,' says agony aunt Petra Boynton. 'But sex might have been tricky then too.' Hence the key here is to accept your situation as normal – ie, don't wind yourself up.

2. Don't be afraid of your own awkwardness

'It's OK to feel silly with one another,' says Petra. 'If you want to try something out or mix things up, don't shy away from discussing it.'

3. Don't think of sex as just shagging

'Sex isn't all willies and vaginas,' says Petra, 'it can be just being together, having fun, or having a cuddle. Being valued, being kind, not feeling pressured to live up to other people's standards.'

4. LISTEN to each other

This one is super-important. 'Discussing the issues you might have with your sex life doesn't mean that the relationship is somehow doomed,' insists Petra. 'You can talk, and listen, and work out how to simply be happy together.'

you're on holiday, or when there's nothing distracting you or stressing you out. And the truth is that sometimes you have to accept that you might want it more and they might want it less, or vice versa. But the important thing is to talk about it.'

So with Petra's wise words and sage advice still reverberating, and feeling a little bit worried about how to open the conversation, I moved on to the final stage of my quest towards sexual enlightenment.

STAGE 3: DISCUSS WITH MY GAL

Truth be told, having less sex has never seemed to bother my wife. Possibly because she has a more balanced take on life, or maybe because she isn't driven by a petty male ego that needs constant validation (ahem).

And to further this spirit of full disclosure, in a physical sense – in terms of things like my actual 'sex drive' – I'm pretty satisfied with the amount we have too. My main concern has always been that she was happy with her lot. Because I suppose, on a subconscious level, sex has always been a good barometer for how things are going in our relationship.

'I love sex and I love our relationship,' she reassures me, as I stand naked before her clutching a rose between my teeth (KIDDING! We were just having a romantic dinner). 'And whenever we do it, I always think we should do it more. But sometimes it's hard to put yourself first when there's so much else to do, and being intimate can just be a nice cuddle.'

'Also,' she continues, totally unprompted (much), 'I am still very happy with your moves.'

It felt good to talk, to expose ourselves in a more figurative sense. Deep down, I think we all just need to feel valued and *fancied*, and I've also learned that it's OK to have a quick smooch on the sofa without it mushrooming into an acrobatic seven-hour sex marathon.

Although that's OK sometimes too. ■
Is there a sex elephant lurking in your bedroom?
Email us at feedback@graziamagazine.co.uk

Lift off with our best ever value pay as you go Rocket Packs.



Choose from six different Rocket Packs starting from just £5.

Text 'Rocket' free to 65666 to get your free SIM | Tesco Stores

Rocket Packs: Purchased from available credit; expires after one month; renews automatically each month. Only £10, £15 or £20 Rocket Packs available for initial purchase; all other Rocket Packs available after initial purchase. Included minutes/texts are to calls/texts to 01, 02, 03 and UK mobile numbers only. Requires Tesco Mobile or unlocked 4G enabled phone.



The Polo Event.

27th Jan – 14th Feb.

Don't let true love get away.

£1400 towards your deposit at 6.2% APR
representative with Solutions PCP.*

A free Service Plan.^

One year's insurance included.†

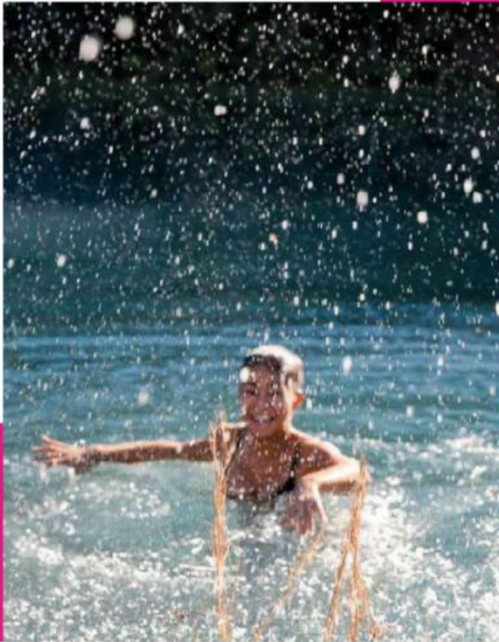


Volkswagen

*At the end of the agreement there are three options: i) own the vehicle: pay the optional final payment; ii) return the vehicle: subject to fair wear and tear, charges may apply; or iii) replace: part exchange the vehicle. Available on Solutions Personal Contract Plan. ^Covers first two consecutive services (limited to 1x oil service and 1x oil and inspection service). 18s and over. Subject to availability. Finance subject to status. Terms and conditions apply. Excess mileage charges up to 4.8p per mile. Offer available when ordered by February 14th, 2017. Offers are not available in conjunction with any other offer and may be varied or withdrawn at any time. Accurate at time of publication. Freepost Volkswagen Financial Services. †One year's insurance included at no extra cost from Volkswagen Insurance is available on new Polo models ordered from 21st December 2016 to 3rd April 2017 and registered by 30th June 2017 for drivers aged 18-80 (BlueGT and GTI is 25 and over). Drivers under 18 are not eligible. Residents of Northern Ireland must be aged 19-80 and must have held a full driving licence for a minimum of 2 years. Drivers aged 18-24 are required to share their driving style data with a telematics product. Other eligibility criteria apply. Go to www.insurewithvolkswagen.co.uk/polo for full terms and conditions. This offer may be extended, changed or removed at any point. Volkswagen Motor Insurance from Volkswagen Financial Services is arranged and administered by Carrot Risk Technologies Limited. Standard EU Test figures for comparative purposes and may not reflect real driving results.

Official fuel consumption figures for the Polo range in mpg (litres/100km): urban 39.2 (7.2) – 48.7 (5.8); extra urban 60.1 (4.7) – 68.9 (4.1); combined 47.1 (6.0) – 74.3 (3.8). Combined CO₂ emissions 140 – 97g/km.

Mia was living her dream of seeing the world when she was killed



Bottom: Mia's mother Rosie has started a campaign to highlight the problems of backpacking in Australia



AS TOLD TO ANNA SILVERMAN



Mia Ayliffe-Chung, 20, was stabbed to death by a fellow backpacker while working on a farm in Queensland last August. Her mother, Rosie Ayliffe, 53, from Derbyshire, describes the pain of losing her only child and tells us why she's launching a campaign to protect backpackers in Australia

“
Whenever I want to feel Mia's spirit, I just have to follow the sun

THERE'S A GREEN DOT THAT

flashes up on Facebook messenger next to a person's name when they come online. While Mia was travelling, that light had become my beacon of hope. When it blazed green, I was reassured of her safety, and when it turned grey for more than a few days, I'd start to panic. But she'd always pop back up, saying something like, 'I've been in the desert without internet, Mum. I've just ridden a camel!'

So when police knocked at my door at 10pm on 23 August, 10,000 miles from where Mia was working on a farm in Australia, I was filled with dread. When they told me she'd been 'fatally injured' ▶



Mia adored travelling and beach life



all I could manage was, 'Do you mean she's dead?' Over and over, I muttered, 'Are you telling me my daughter is dead?!'

Shaking with fear, I rang the consulate and they confirmed the true horror of it: Mia had been dragged from her bed, then stabbed and killed by French backpacker Smail Ayad, along with a British man who had tried to save her: Tom Jackson. I collapsed in shock on the floor.

It had been nearly a year since I'd waved her off at Derby train station when she set off on her momentous trip around the world. We'd hugged goodbye with tears streaming down our cheeks and I told her to promise me she'd stay safe. 'Of course, Momma!' she'd laughed. 'What do you think I'm going to do?'

The horrific news of her death felt oddly distant at first. It had been so long since I'd seen her and held her and, because of this, she remained very much alive to me. In my head, she was still sunning herself on a beach in Surfers Paradise or messing around with her friends in the nightclub where she also worked.

I couldn't bear the thought of bringing her body back here, so my partner Stewart and I flew to Australia, along with Mia's dad and some other family. I veered between hysterical tears and a zombie-like daze on that flight. Her friends from the club crowdfunded the memorial service, which took place in a chapel near where they worked. That's where I saw her again, a year after hugging her goodbye.

I could see the mottling on her skin and her body was traumatised from the stab wounds, but she looked like a sleeping beauty, lying there peacefully like a stunning waxwork doll. I stroked her hair but her death still didn't feel real. I don't believe the body is the soul, and it was the soul of Mia I was searching for. I knew I wasn't going to find her in that



I'M ANGRY AT THE WAY BACKPACKERS ARE EXPECTED TO WORK IN HORRENDOUS CONDITIONS

church, so I went down to the sea, alone.

As I walked towards the white sands, I recognised the beach Mia had told me so much about. And suddenly, there she was, right in front of me. She was playing in the sea trying to surf with her friends and running along the shore, collapsing in a heap of laughter. I turned around and she was lying in the sand posing for photos that would pop up online a few hours later. She was everywhere. I could feel her, visualise her. So I ran too. I ran with my arms outstretched, laughing as I chased my daughter through the waves. I cried uncontrollably on the empty beach. I had found Mia's soul.

From that moment on I knew whenever I came back to that beach, Mia would still be there. She loved the sun and I can still feel her whenever it shines. We returned to the UK the following week but I struggle here because it's cold and I feel further away from her; as winter set in, grief hit me hard.

Good people emerge after awful events. A total stranger made me a stained-glass window so my kitchen could be eternally sunny. It's a sunflower made out of Mia's colours: blue and gold, the colours of sand, sun and sea. Sometimes I stand and let it wash over me for hours. If Mia could

see, I know she'd laugh and say, 'You're crazy, Momma, get a life.'

I talk to her friends regularly and they evoke her presence in anecdotes, pictures and filmed clips. She had so many friends, we decided to cremate her and put her ashes into vials so everyone could take a bit of her with them. Friends and family are scattering her all over the world in the places Mia had planned to visit but hadn't reached yet on her trip. They always record a video of themselves scattering the ashes so I can see her float into the sea or flutter away in the mountain air; I can't explain how much it helps my grief.

I've given her clothes away to friends. One of them laughed, 'I should hope so too, she's got enough of my stuff.' Another told me that asking if you can borrow an item of clothing you're already wearing is called 'doing a Mia' among her friends on the Gold Coast. I suppose I'm 'doing a Mia' every day now, because I always wear her favourite necklace.

One thing I've tried to avoid is the agonising 'what-ifs' because it exacerbates the grief. But I'm angry at the way backpackers like Mia and Tom are expected to work in horrendous conditions in Australia. Young travellers who want to extend their visas are obliged to carry out 88 days of work, often doing extremely back-breaking labour in terrible conditions. To accommodate them, hostels have sprung up, which act as employment contractors as well as offering bed and board. Mia didn't dare blow the whistle about the uneasy atmosphere in the hostel where she stayed for fear of it jeopardising her visa application. That risk and pressure shouldn't be put on young people.

Tom's family and I have launched a campaign called Mia and Tom's Legacy. In the long-term, we want changes implemented by the Australian government so young people don't have to do this work. And in the short-term, we want to raise awareness.

Most days, I still catch myself staring at the greyed-out dot next to her name on Facebook, half expecting it to flash green as she comes online. I know the only way I can really cope with the loss is by telling myself Mia's time had come and that wise little girl was here for a reason. Part of my journey will be to find out what that reason was. Until then, whenever I want to feel her I just need to follow the sun. ■
Go to change.org/p/malcolm-turnbull-persuade-australian-government-to-implement-regulation-of-obligatory-farmwork-service

PARTY PEOPLE

Fashion's hottest happening this week

THE A-LIST HAVE A BALL AT DIOR



MASKED WONDERS

WHAT Dior Masquerade Ball

WHERE Musée Rodin, Paris

WHO Kendall Jenner,
Bella Hadid, A\$AP Rocky

Kendall Jenner did nothing to quash rumours she is dating rapper A\$AP Rocky as they headed to a masked ball to celebrate Christian Dior's S/S '17 show in Paris. Best friend Bella Hadid was also in tow, as SoKo, Eva Herzigova and Natalia Vodianova celebrated Maria Grazia Chiuri's first couture collection for the French fashion house.

GRAZIA ATE
Quail eggs on toast
GRAZIA DRANK
Ruinart champagne

RECEIVE A MAKE-UP DUO FROM benefit

WHEN YOU SUBSCRIBE TO **GRAZIA**

LONG, LUSCIOUS LASHES are an absolute necessity in our book, which makes Benefit's They're Real! – the number one selling prestige mascara in the UK† – essential kit. Now it's yours – together with the brand's Hoola, the UK's number one selling prestige bronzer* – when you subscribe to Grazia. They're Real! lengthens, curls, volumises and separates with a long-wearing formula that won't smudge or dry out. Hoola bronzing powder delivers a sun-kissed glow when you dust over chin, cheeks and forehead with the natural-bristle brush. It's also great for contouring. 'This pair form a perfect capsule collection for your make-up bag,' says Grazia beauty and health director Rose Beer. 'Get ready to experience killer lashes.'

SUBSCRIBE TODAY AND RECEIVE:

- * Benefit welcome gift duo, worth £43
- * Free delivery to your door or instant download to your device every week
- * The Big Fashion Issue – more than 240 pages of hot trends straight off the catwalk – subscribe before 10 Feb to get your copy!

@ GREATMAGAZINES.CO.UK/GRAZIA

☎ 01858 438884 & QUOTE BDAA

PRINT ONLY

26 issues for £30
paid by recurring
payment every
6 months*

DIGITAL ONLY

26 issues for £26.50
paid by recurring
payment every
6 months*

PRINT & DIGITAL

26 issues for £35
paid by recurring
payment every
6 months*



**FREE
GIFT
WORTH
£43**

PLUS
Subscribe by 10 Feb
and you'll receive the
**BIG FASHION
ISSUE**
with an *exclusive*
subscribers' cover

*Terms and conditions: Subscriptions will start with next available issue. Minimum subscription term is 12 months (51 issues). Prices quoted apply when paying by recurring payment. Offer ends 13/02/17. We reserve the right to replace the gift with one of equal or higher value or offer a three-issue extension if the offer is oversubscribed. Gift limit is £500. Allow up to 28 working days for delivery. Other payment methods available, see website for full details. UK gifts only. Overseas subscription discount's available. After your first direct debit payment your six-monthly subscription will continue at the price you paid on this offer thereafter unless you are notified otherwise. You will not receive a renewal reminder and the direct debit payments will continue to be taken unless you tell us otherwise. Cost from landlines for 01 numbers per minute are (approx) 2p to 10p. Cost from mobiles per minute are (approx) 10p to 40p. Costs vary depending on geographical location in the UK. You may get free calls to some numbers as part of your call package – check with your phone provider. Order lines open 8am-9.30pm (Mon-Fri), 8am-4pm (Sat). Calls may be monitored for training purposes. For full terms and conditions visit greatmagazines.co.uk/offer-terms-and-conditions. †The NPD Group: unit and value product sales of total prestige mascara segment 2016, Jan to Dec. *Source: The NPD Group: unit and value product sales of the total prestige bronzer powder & blush make-up segment 2016, Jan to Dec

LOVE

HOW TO BE IN FASHION NOW!



LOVE

LOVE

Black suede, pointed toes and silver hardware?
Tell me about it, stud... .

SHOES, £72, **TOPSHOP** (TOPSHOP.COM)



PHOTOGRAPHS LOUIS CHRISTOPHER
FASHION GEMMA HAYWARD

*Your new-season inspo, courtesy
of the catwalk collections*

THE SPRING FORECAST



THIS PAGE

T-shirt, £480, tulle skirt, £10,500, shoes, £670, earring, from £260, and choker, £240, all Dior

OPPOSITE

Silk and lace slip coat dress, £7,390, silk and lace slip dress, £4,905, tweed skirt, £4,755, cap, £670, earring, £460, and necklace, £4,325, all Chanel



Tulle gown, **£21,255**,
Valentino

Tulle coat with sequin embroidery, Leo dress in silk chiffon, and crown with Swarovski crystals and LED lights, all price on request, **Dolce & Gabbana**



Leather biker
trench, £4,130,
Tod's; earrings,
£885, Lanvin





Hand-painted leather jacket, **£5,645**, organza dress with tulle overlay, **£8,265**, knee boots, **£1,825**, earrings, **£1,195**, and choker, **£1,595**, all **Alexander McQueen**



The Cavalry jacket,
£4,395, shirt, **£650**,
shorts, **£395**, and
boots, **£1,295**,
all **Burberry**
September
Collection

Tulle dress, £3,400,
Giorgio Armani;
earring, £330,
Simone Rocha
at Browns



Tuxedo jacket,
£2,360, Céline





Leather jacket,
£2,495, skirt,
£1,505, sandals,
£580, and belt,
£200, all **Prada**



Lurex shirt, **£2,030**,
lurex trousers,
£1,300, sandals,
£480, felt headband,
£770, and socks,
£325, all **Gucci**;
earring, **£135**,
Simone Rocha



Coat, £1,735,
shawl, £725,
and hat, £560,
all Miu Miu

Alexander
McQueen alexander
mcqueen.com
Burberry Burberry.
com **Céline** 020 7491
8200 **Chanel** chanel.
com **Dior** dior.com
Dolce & Gabbana
dolcegabbana.com
Giorgio Armani
armani.com
Gucci gucci.com
Lanvin lanvin.com
Miu Miu miumiu.com
Prada prada.com
Simone Rocha
brownsfashion.com,
020 7629 6317 **Tod's**
tods.com **Valentino**
020 7647 2520

Fashion assistants
Josie Johnson, Fenella
Webb **Lighting**
assistant Callum Toy
Digital technician
Harry Serjeant **Hair**
Peter Lux at Frank
using Bumble and
bumble **Make-up**
Kentaro Kondo at
Eighteen Management
using NARS Cosmetics
Model Maria
Kudryavtseva at M&P
Casting
Holly Scott Lidgett

THE WAY WE WEAR...



OFF-WHITE

1.

ROSE TINTED



Jeans
£29.99, New Look
(newlook.com)



Jacket
£185, Topshop
(topshop.com)



Earrings
£18, Dose of Rose
(doseofrose.com)



Boots
£39.99, Public Desire
(publicdesire.com)



WAREHOUSE

2.

REMIX RED

Be bold and bright in scarlet

Colour-block dressing is big news for S/S '17, and it doesn't get more statement than scarlet. To avoid looking like a walking, talking post box, mix one statement piece with neutrals such as black, grey and white. Or, for the brave of heart, clash red against snake, camo and zebra print. Well, in for a penny...



Skirt
£17.99, H&M
(hm.com)



Bag
£170, Karen Millen
(karenmillen.com)



Jacket
£89.99, Zara
(zara.com)



Earrings
£70, Thomas Sabo
(thomassabo.com)



Shoes
£68, Office
(office.co.uk)

RED ALERT

3.



PARIS



Trousers
£222, Intropia
(intropia.com)



Trainers
£145, Rose Rankin
(harveynichols.com)



Sunglasses
£5, Boohoo
(boohoo.com)



Jacket
£190, Ganni
(ganni.com)

WARMING UP

JUST
ONE
THING

1.



RAINBOW RINGS

Get your glitter on with these technicolour sparklers

2.



3.



4.



5.



1. Gem stone stacking rings, from **£29 each**, **Gemporia** (gemporia.com). 2. Rose gold and green solitaire, **£1,550**, **Thomas Sabo** (thomassabo.com).
3. February birthstone and sterling silver, **£40**, **Pandora** (pandora.net). 4. Blue pavé crystal, **£85**, **Swarovski** (swarovski.com).
5. Gold with gem-set half-circle, **£380**, **i+i** (iandijewellery.com)



Trainers, £29.99, Zara (zara.com)



PROENZA SCHOULER



MSGM



Dress, £25, Monki (monki.com)

MORE FASH LESS CASH



Coat, £60, River Island (riverisland.com)



Sunglasses, £75, Les Specs (matchesfashion.com)



Earrings, £12.99, Mango (mango.com)

Bag, £35, Urban Outfitters (urbanoutfitters.com)



FENDI



JOSEPH

S SPORTING STRIPES

This trend is two parts athleisure, one part colour-blocking – with a generous pinch of go-faster stripes. To stop this looking too ‘run round the block in’, we’ll be adding metallic ankle boots and some XXL earrings, à la Proenza Schouler...



Top, £19.99, Bershka (bershka.com)



Trousers, £65, Finery (finerylondon.com)



PROENZA SCHOULER



DKNY



Dress, £69.99, Mango (mango.com)



Jumper, £39.99, Topshop (topshop.com)



Puffer coat, £95, Warehouse (warehouse.co.uk)



Boots, £165, Carvela Kurt Geiger (kurtgeiger.com)



OPENING CEREMONY



OFF-WHITE



Jumper, £35, Ivy Park (topshop.com)



SPRING STYLE RESET

Need a new-season wardrobe update? Try one-stop shopping with 40% off Gap's S/S '17 women's range. Talk about more bang for your buck!

WITH JANUARY'S GREY days (and thin wallets) behind us, now's the perfect time to pack away your bobbly knits and sort your new-season wardrobe. Head to high-street favourite Gap to upgrade your wear-forever must-haves. And with 40% off their women's range for *Grazia* readers now until 6 February in-store (5 February online), plus an extra 5% off with the Gap+ app, you can bag everything you need to look polished and on point under one roof. First on our shopping list? The humble shirt is hot property for S/S '17 – from classic white to striped blue blouses with off-kilter cuts and flared

sleeves. Take your cue from the street-style set and wear this season's polo neck tucked into our new jean go-to, the '70s-style flare with tie belt. Throw on a military khaki jacket with embroidered details and you're done. Rock deceptively simple chic in a classic tee paired with coloured chinos – comfort and style combined. Or, if you're looking for an on-trend twist, play with proportion in a pair of cropped dungarees and shrunk denim jacket. That's S/S '17 sorted!

Download the Gap+ app from the App Store or Google Play for an everyday 5% off at Gap and follow @UKGap on Instagram

Left: swing jacket, £49.95; turtleneck, £34.95; belted flare jean, £44.95. Below: pinstripe bell-sleeve dress, £49.95; wide-leg raw hem crop, £39.95; saddle bag, £24.95. Right: Icon denim jacket, £54.95; culotte overall, £49.95; scarf, stylist's own. Below right: tee, £14.95; wide-leg raw hem crop, £39.95; belt, £19.95; tote, £34.95. Shoes all stylist's own



**ENJOY
40% off!***

To claim your women's wear discount, take this page to a Gap store or enter **GRAZIA** at gap.co.uk



*Terms and conditions apply: offer applies to regular-priced women's merchandise only. At participating Gap stores and concessions in the UK and Ireland only, from and including 31 January 2017 to 6 February 2017, and online at gap.co.uk from and including 0:00 GMT 31 January 2017 to 23:59 GMT 5 February 2017 only; subject to stock availability. To redeem offer in-store, present page with offer details from *Grazia* edition 613 or show web page with offer details from graziadaily.co.uk at the till; single use only. To redeem offer online, enter discount code GRAZIA at checkout. Discount applied at register in-store and at checkout online. Gap reserves the right not to apply discount where it suspects fraudulent use. Excludes SALE items; collaborations with third-party designers, cashmere and leather goods, purchases of gift cards. Additional online exclusions: shipping costs. Offer does not apply at Gap Outlet stores and cannot be combined with any other discount or offer. Not valid for cash or cash equivalent. No adjustments on previous purchases. Exchanges for different sizes permitted; discount not applied to exchanges for different merchandise. GPS (Great Britain) Limited, (company number 2275771), C/O TMF Corporate Services Limited, 6 St Andrews Street, London, EC4A 3AE Gap 2017. Reason code: 335

GRAZIA DAILY

Don't miss a thing!

Wherever you are, connect with Grazia online, 24/7



HEALTH & FITNESS

5 Steps To Take If You're Ready To Change Your Life

WHAT TO EXPECT...

- * Trending topical stories, interviews and opinion pieces
- * The latest fashion edits and trend round-ups
- * Beauty tutorials and product reviews
- * Celebrity exclusives and red-carpet coverage



SHOPPING

The Best Camel Coats This Season

GRAZIA DAILY

Fashion Hair & Beauty Diet & Body News & Real Life Celebrity Magazine Win Grizzoescapes

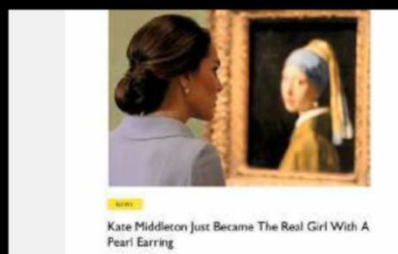


Kate Middleton Just Became The Real Girl With A Pearl Earring



OPINION

Why 'Ghosting' Can Be The Kindest Option



Two Minute Makeover: Celine's Elegant Hair

By @celine - 17/10/2019 10:12



Two Minute Makeover: How To Get The Celine Look

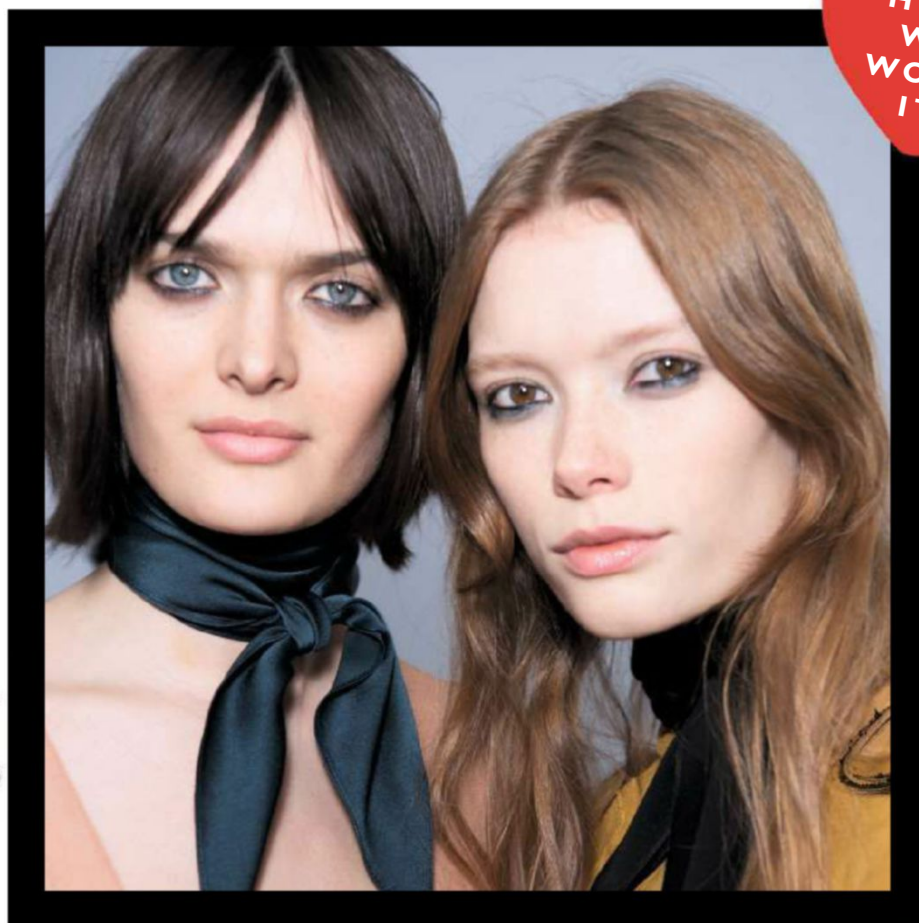
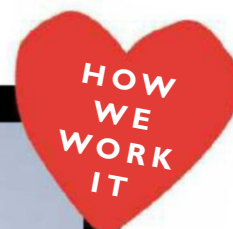
By @celine - 17/10/2019 10:12

ROSE BEER

ROSE BEER

VISIT [GRAZIADAILY.CO.UK](https://www.graziadaily.co.uk)

GRAZIA BEAUTY



BLURRED LINES

Where we spotted it

Backstage at Chloé, where models channelled 'the morning after' look, courtesy of make-up artist Aaron de Mey.

Why we love it

We love a twist on a classic. In this case, the glamorous smoky eye made modern by smudging out the lower lash line alone.

Ways to work it

Described by Aaron as 'tough without being extreme', the key is to blend and blend some more. Swipe black pencil along the lower lash line, adding kohl to the waterline to intensify.

1. Sigma Beauty E30 Pencil Brush, £12. 2. Giorgio Armani Eyes to Kill Solo in 01, £27.
3. Sisley Phyto Blush Twist in Glow, £43 (available from 1 February). 4. Beauty Pie Ultra Colour Wondergel Eyeliner in Intense Black, £17 (or £2.41 for Beauty Pie members). 5. Guerlain Météorites Happy Glow Blush, £38

WORDS GEORGIA DAY

BEAUTY'S BIG HITS

PHOTOGRAPHS MARCO VITTUR

We're having a spring fling with this lovely lot and so should you...



TA-RA TOUCH-UPS!

Long-lasting lip colour used to be dodgy territory fraught with cakey textures and dry, uncomfortable formulas, but three new options change all that. **Revlon Colorstay Overtime Lip Color**, £8.99, provides glossy, hardwearing colour in a double-ended dynamo, while **Bobbi Brown's Art Stick Liquid**

Lip, £21.50, comes in a whopping 16 shades (available March) and imparts semi-matte, super-pigmented colour with a squeeze of the pen. Also check out **L'Oréal ParisLip Paint/Matte in Apocalypse Red** (left), £6.99. It combines intense colour with a chic, silky texture.



IMMACULATE COLLECTION

When it comes to a new make-up collection, there's normally a few shades that get admired but not used. Not so in the case of Chanel's Coco Codes collection, which features such a conglomerate of covetable products that you'll be desperate to get your hands on every one. From embossed blusher, to creamy lipsticks and punchy polishes, each shade is totally spot-on and the pigments second to none. From £20.



THE EYES HAVE IT

New mascara is a seasonal must, but whenever we make the switch we like to ensure we're getting a formula upgrade as well as a box-fresh tube. Elizabeth Arden's Lasting Impression Mascara, £22, is formulated with their signature ceramide technology to protect lashes, while providing glossy colour. ▶



BEAUTY BLENDING

Anyone whose eyeshadow skills leave a little to be desired should rejoice at the sight of **Benefit's They're Real! Duo Shadow Blenders**, £18.50. Compact little palettes with mini sponge applicators perfectly shaped for the eye contours, they take the hassle out of blending but leave you with a pro-looking pay-off.



2.



BLUSH GOES BOLD

Terracotta, salmon and cherry all adorned cheeks on S/S '17's runways. Darker skin tones will suit YSL's **I Have A Blush On You Face Palette** (2), £42.50, an earthy orange that leaves a matte flush, while olive complexions will love the depth of **NARS Blush in Bumpy Ride** (3), £23. **Paul & Joe's Face & Eye Colour in Mon Petit Chat** (1), £25, blends shades of pink for a universally flattering tint.



3.



THREE COLOURS BLUE

Make-up brands must have sensed we hadn't quite got over last season's blue fever because they've pulled it out the bag with ample inky treasures. **Givenchy's The Mascara Top Coat in Blue Ink** (right), £21, is the perfect way to add a chromatic component to

everyday lashes, while the **Liner Vinyl in Black Blue Ink**, £24.50, slinks on to lids to give them a dose of elegance when needed. **Dior's Colour Gradation palette in Blue Gradation**, £42.50, provides sufficient blue hues to satisfy our colour cravings.





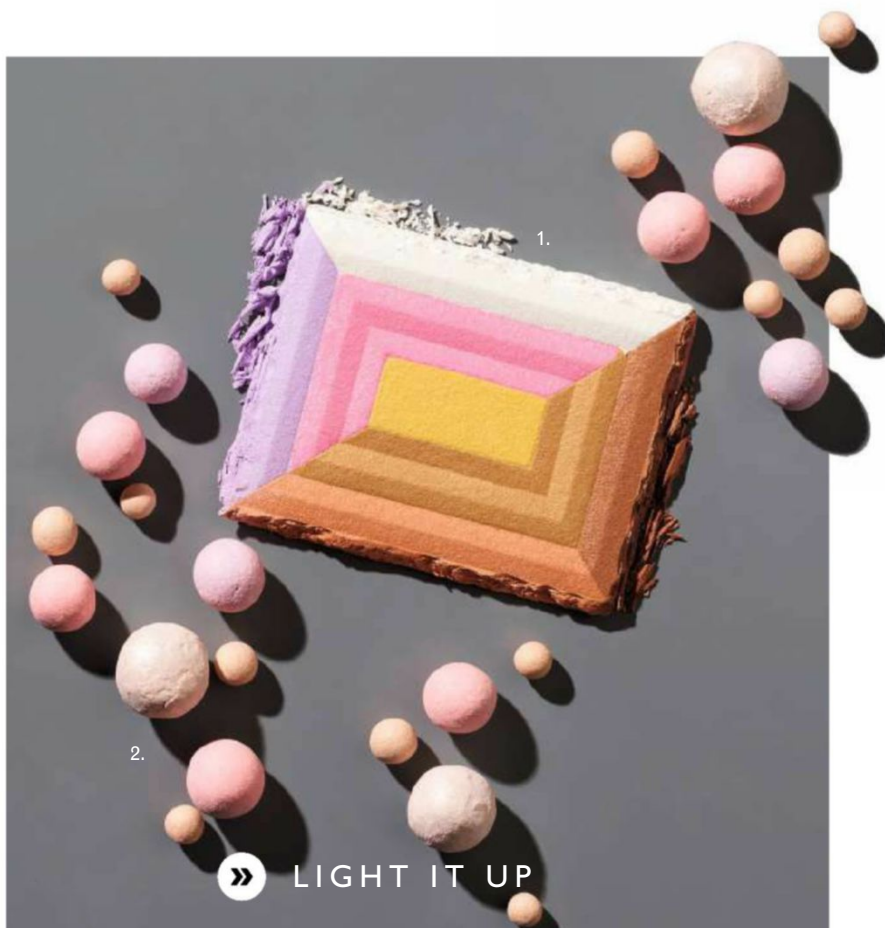
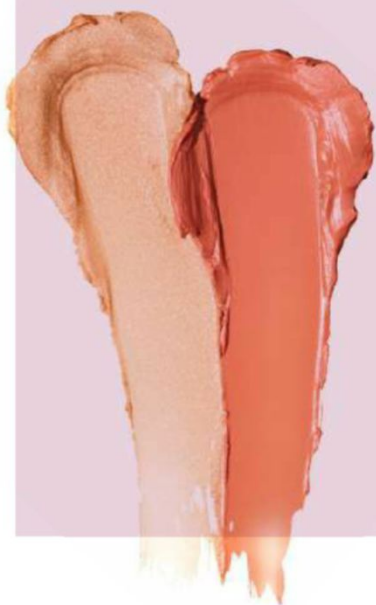
A PALATABLE PALETTE

Created in collaboration with Harrods, the purveyor of all manner of chicness, the Harrods/MAC Eyes X15, £49.50, features not four, not six, not even eight gorgeous, totally wearable shades, but a stonking 15, people! That's a different eyeshadow every day of the week for a fortnight! We instantly felt like a pro when we got this in our paws, so if you fancy some beauty make-believe, we suggest you snap it up, sharpish.



BAKED GOODS

When summer's sun-kissed skin is still months away and your skin is pale to the point of translucent, satisfy your bronzing urges with Tom Ford's Shade and Illuminate Cheek, £58. Now available in the kind of dusty terracotta tones that will make you look like you spent winter with the celebs at Sandy Lane, its sheer, blendable formula means **no one** need know that you **actually** passed it at the pub.



LIGHT IT UP

Fresh, glowing skin will never go out of fashion. If you need a helping hand, allow us to introduce two bona fide brighteners. Shiseido's 7 Lights Powder Illuminator (1, available from 2 Feb), £40, is a vintage product revamped with radiance-

inducing colour-correcting pigments. Guerlain's Météorites Happy Glow Pearls (2), £53, meanwhile, will not only perk up any dressing-table situation, their light-reflecting pigments dispel dull, wintry skin tones with one swipe of your buffing brush. ▶



SPRING NAILS

Gorgeous and healthy nails need no longer be mutually exclusive.

Orly's Breathable Treatment + Color (2, available from March), £15.90, uses technology inspired by contact lenses alongside vitamin C and argan oil to keep nails healthy. If crystals are your thing, Nails Inc's A Very Mindful Mani collection (1), £15 each, has it covered. Infused with the healing power of gemstones, each apparently boasts the ability to boost your mood.



A FRESH MAKE-UP MASTER

When follicle favourite Oribe dips his toe into the beauty world, we take note. Purveyor of some of the best-looking (and most brilliantly performing) hair products, his first foray into make-up comes courtesy of a standout edit of cheeks, lips and nails. The polishes are loaded with high-shine, intense pigments and the lip colours offer creamy but comfortable pay-off, while the cheek colours add a luminosity to skin that usually comes via a lifetime living off alpine air. From £24.



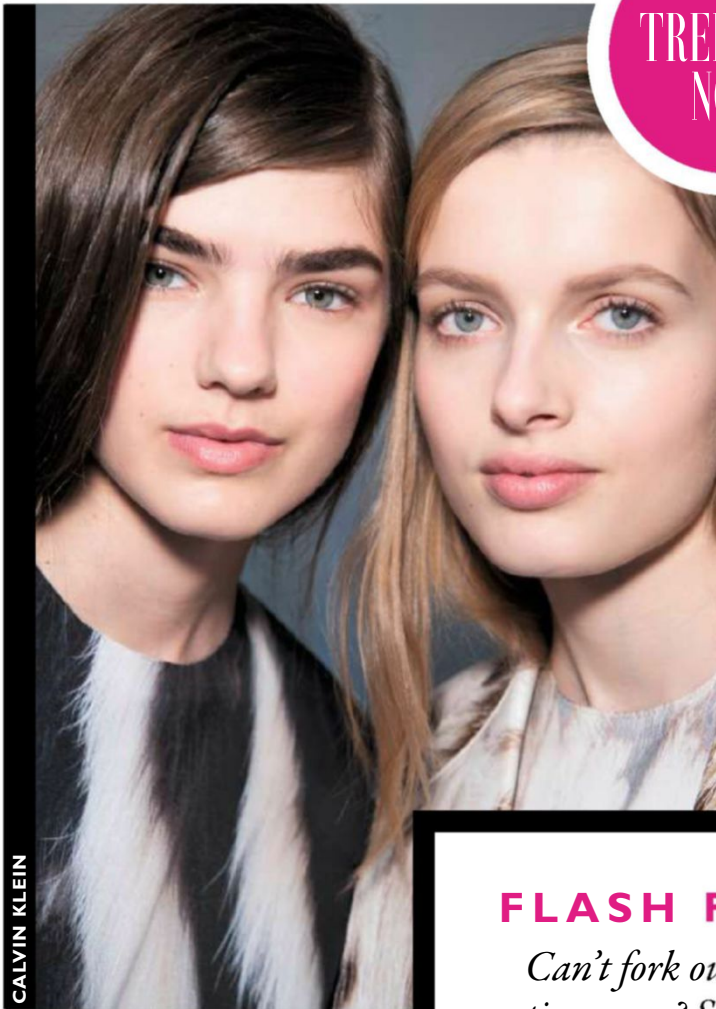
THE NEW NUDE

Topshop's Nude Collection is a want-them-all gang of fleshy excellence. The 12 totally wearable flesh tones range from deepest mocha to palest pink. Although suited to all manner of tools, we reckon both Nude Lips, £8, and Smoke Sticks, £6.50, are best smudged in with fingers and worn with an insouciant attitude. ■



Benefit: benefitcosmetics.co.uk, Bobbi Brown: johnlewis.com, Chanel: 020 7493 3836, Dior: dior.com, Elizabeth Arden: elizabetharden.co.uk, Givenchy: debenhams.com, Guerlain: escentual.com, L'Oréal Paris: boots.com, MAC: maccosmetics.co.uk, Nails Inc: nailinc.com, NARS: narscosmetics.co.uk, Oribe: net-a-porter.com, Orly: graftonbeauty.co.uk, Paul & Joe: selfridges.com, Revlon: boots.com, Shiseido: houseoffraser.co.uk, Tom Ford: selfridges.com, Topshop: topshop.com, YSL: yslbeauty.co.uk

TRENDING
NOW



Words: Samantha Freedman. Photos: Jason Lloyd-Evans, Marco Vittur. Dior: dior.com. ESPA: espaskincare.com. Eve Lom: evelom.com. Lancer: lancerm.com. NIOD: victoriabeauty.co.uk. Pixi: pixibeauty.co.uk. REN: renskincare.com. This Works: thisworks.com

Wear **Lancer Radiance Awakening Mask Intense**, £118, to bed and the genius technology will brighten and diminish dark spots as you sleep.

ESPA Tri-Active Advanced Instant Facial, £58, is packed with ingredients that enhance skin's elasticity while blurring and smoothing any imperfections.

Dior Capture Totale DreamSkin 1-Minute Mask, £51.50, contains illuminating pearls that pop on contact, releasing luminous pigments to make you glow.

FLASH FACIALS

Can't fork out for a facial anytime soon? Super-charge skin with these one-stop wonders

Cortisol production can increase by 50% as we wake. Replenish moisture and calm irritation with **This Works Stress Check Face Mask**, £32.

For a quick one-two punch pre make-up, **Pixi Glow-O2 Oxygen Mask**, £26, is your go-to. The treatment acts like an espresso shot booster for brighter skin.

NIOD Mastic Must, £27, uses densified sap from mastic trees to cling on to congestion, cleaning out blocked pores and shrinking them down to size.

Use **Eve Lom Time Retreat Radiance Boost Treatment**, £75, as a multi-functional serum or an anti-ageing mask to boost cell turnover and refine skin.

To soothe sensitive skins, **REN Evercalm Ultra Comforting Rescue Mask**, £28, uses white mushroom extract to block irritation.



HEY HONEY

Antibacterial, antioxidising and anti-inflammatory, manuka honey packs a serious health punch. To get the real deal, choose MGO rated, 100% unblended, raw manuka. Our favourite is newly launched Real Health, from £23.99. It comes in four antibacterial grades and tastes delish.



Apps can make fitness fun – because sometimes we all need a little push.



Set health goals with **Pact** and earn cash when you hit them. Simple.



Straight-talking A.I. personal trainer **Carrot Fit** will whip you into shape.



A zombie in pursuit is guaranteed to up your pace – see **Zombies, Run!**

FIT FILES

Everything you need to be fighting fit in body and soul

IN BLOOM

Looking to jazz up your workout look as we head towards spring? Allow us to introduce Cath Kidston's debut activewear range. The print maker extraordinaire has launched a capsule collection of oh-so-pretty pieces, featuring everything you need to promote (or kick-start) a healthy lifestyle. From performance workout wear to exercise accessories (think fruit-filter water bottle, £16, gym bag, £55, and iPhone armband, £18), all printed with her signature florals.



Words: Georgina Lucas Photos: Marco Vittur, Stocksy, Getty Images, Cath Kidston: cathkidston.com, FearFighter: itunes.apple.com Pack'd: packd.co.uk Real Health: realhealthwholefood.co.uk



AXE ANXIETY

With 160,000 mental health apps now available, it can be a trawl to find one that's actually worth the effort. Few earn the NHS and Big White Wall seal of approval – but then there's FearFighter, from £129 per course (or free with a GP referral). It's designed to tackle anxious thoughts before they become a habit, using cognitive behaviour therapy. The nine weekly sessions last an hour each and come with homework. Clinical trials shows an improvement in symptoms after just one month, so put in the hard work and you should reap the rewards.

SMOOTHIE TO GO

We love a post-gym smoothie. But the faff of prepping? No thanks. Pack'd's frozen pouches, £3.50 for two, contain the perfect blend of fruit 'n' veg, plus a superfood booster. Choose from Energy, Detox or Defence. Pop in the blender and you're all set.



1.

NAIL THE BASICS

First came colour-correcting for our faces, now nails follow suit with Essie's Treat Love & Color Strengtheners in Laven-dearly, £8.99. A sheer lilac shade that neutralises uneven nail tones and is pretty enough to wear even when nails don't need TLC.

boots.com

2.

FLORAL FETISH

Just the thing to brighten up our murky mornings, L'Artisan Parfumeur La Chasse aux Papillons Body Lotion, £30, is heady with white flowers and makes us think of lazy summer days. Well, we can dream, can't we?

selfridges.com

5.

EAU TO DANCE!

As the name suggests, Diana Vreeland Full Gallop, £180, is a vibrant, punchy (and very wearable) confection of amber, jasmine and pepper. Inspired by Diana's love of dance, this will get us skipping and sashaying into spring.

harrods.com



This week, we're championing a purple reign with the prettiest perfumes and powders...

4.

POWDER POWER

This nifty, handbag-sized Givenchy Prisme Libre Travel in Mousseline Pastel, £27, banishes shine and softens yellow tones to give skin a more even appearance. The in-lid powder puff also means no more grubby brushes at the bottom of our bags.

debenhams.com



3.

THE DIRT DISSOLVER

Serious skincare that's fun to use is a rarity, but Oilixia's Gummy Facial Cleanser, £24, is exactly that. Its unique tacky texture literally sucks out make-up, dirt and grime, leaving skin noticeably softer and brighter. Thank us later.

thisisbeautymart.com





DARE YOU GO CHOCLESS?

DECHOX™

Challenge yourself to give up chocolate for March

**FIGHT
FOR EVERY
HEARTBEAT**

Help raise money for life saving heart research
Sign up by 28 Feb at bhf.org.uk/dechox

© British Heart Foundation, a registered charity in England and Wales (225971) and Scotland (SC039426)

WEEK IN WEEK OUT

Food / Culture / Interiors

A foodie hot property, guest editor Alex Hely-Hutchinson gives us one of her signature porridge dishes that's perfect comfort food, plus ideas for cooking veggies differently...

SUPPER CLUB

NORDIC PEAR PORRIDGE

This conjures up feelings of warmth, cosiness and contentment – everything I believe a bowl of porridge should be.

Serves 2

Preparation time: at least 30 mins
Cooking time: 5 mins

For the porridge:

100g oats, soaked in 250ml water for at least 30 mins or overnight
¼ tsp cardamom
¼ tsp ginger
¼ tsp cinnamon
¼ tsp turmeric
125ml coconut milk
Pinch of salt

For the toppings:

2 tbsp mixed seeds
1 tbsp cacao nibs
1 pear, cored and diced
2 tbsp natural yogurt or coconut yogurt
1 tbsp maple syrup

- 1 Put the soaked oats, with the water that they've been soaked in, into a pan over a medium heat. Add all the spices, coconut milk, 125ml water and a pinch of salt. Cook for 3-4 minutes, stir constantly, ensuring the spices are mixed in well.
- 2 Pour into two bowls and top with all or any combination of your favourite toppings. I like to add crunch to the soft oats and a refreshing yogurt blends well with the spices. ▶



PHOTOGRAPHS
HAARALA HAMILTON

MEET THE CHEF

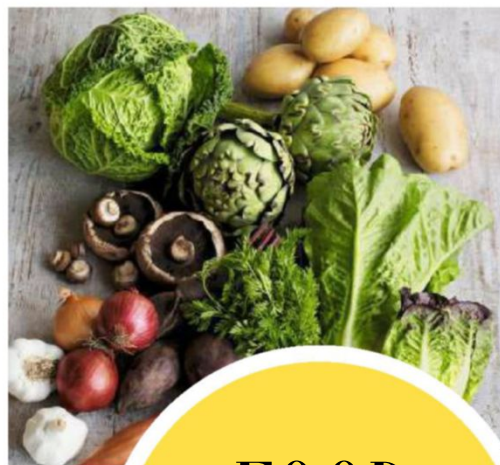
Alex Hely-Hutchinson began selling her slow-cooked, hot porridge pots from a pop-up stall in London's Old Street Tube station two years ago. Now she's opened her first café in London's Covent Garden, and launched her debut cookbook, *26 Grains* (£20, Square Peg) which features more-ish recipes using nine main grains from amaranth to millet. 'There are endless ways they can be cooked and are so much fun,' she says.



MENU INSPO

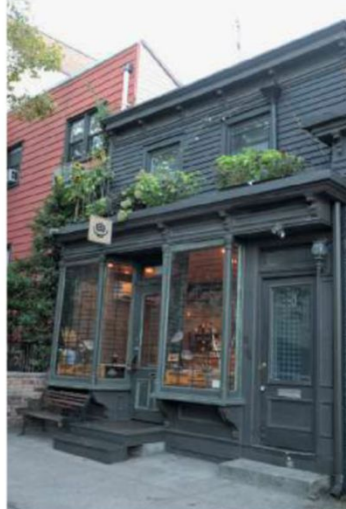
VEG OUT

Embrace the subtle differences among winter's endless supply of root veg, squashes and cabbages. I love onion squash, which has a buttery flavour – roast, purée or make it into soup. Or try the cabbage family's romaine lettuce – roast with garlic and butter, or char over a high heat in a pan and add Parmesan and anchovies.



FOOD NEWS

Warning: don't read this page if you're hungry

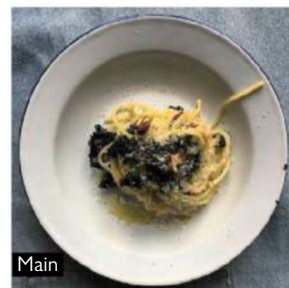


JAPANESE GEM

If you're ever in New York, do stop by Okonomi (okonomibk.com), a gem of a Japanese restaurant in Brooklyn, which really is super special. As my sister lives in the city and I often play with the idea of opening a second 26 Grains café there, I go there quite a bit, and Okonomi is always on my must-visit list. There is only enough space for 12 guests at once and the set meal only allows you to choose your fish (superb quality, locally sourced blue fish, tuna or king mackerel) and rice served with egg or sea urchin. But the flavours are complex, yet at the same time subtle, and the dishes are seasoned perfectly. Also included are lightly pickled radishes, blanched greens and six grain rice. I always wash it down with purple daikon miso. Complete heaven.



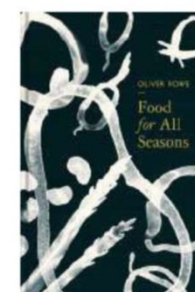
Charred chicory and orange Created with delicious soy and sesame oil.



Spaghetti with cavolo nero A perfect supper with the kale and almonds.



Rhubarb and elderflower gallete A very special pudding! All @mkarstad – simple, delicious food.



KITCHEN BIBLE

Food for All Seasons by Oliver Rowe (£20, Faber & Faber) Provides a wealth of knowledge, as well as a beautiful collection of recipes. You'll learn as you go and be pushed to try new ingredients.



THE
GRAZIA
COLLECTIVE

FILM CLUB



Get inspired by new movie *Hidden Figures*, which celebrates the women behind NASA's space success. See it first and for free at one of our special screenings



HOW
TO GET
TICKETS

JUMP THE QUEUE

For your chance to see the film exclusively with Grazia Film Club, please go to showfilmfirst.com and enter code: 782745. Tickets are limited and on a first-come, first-served basis.

IF THERE'S ONE thing that can bring us together, it's a great film about amazing women. And for an exclusive one-off Grazia Collective Film Club, we are offering you the chance to see *Hidden Figures* across the country for free on one special day.

Based on a true story and starring Taraji P. Henson, Octavia Spencer and Janelle Monáe, it follows three African-American women: Katherine G. Johnson, Dorothy Vaughan and Mary Jackson, who changed the course of history with their involvement in NASA's bid to launch a man into orbit. Their rousing journey across gender, race and professional barriers will leave you feeling like the sky's the limit.

In cinemas 17 February

HIDDEN FIGURES

IN ASSOCIATION WITH



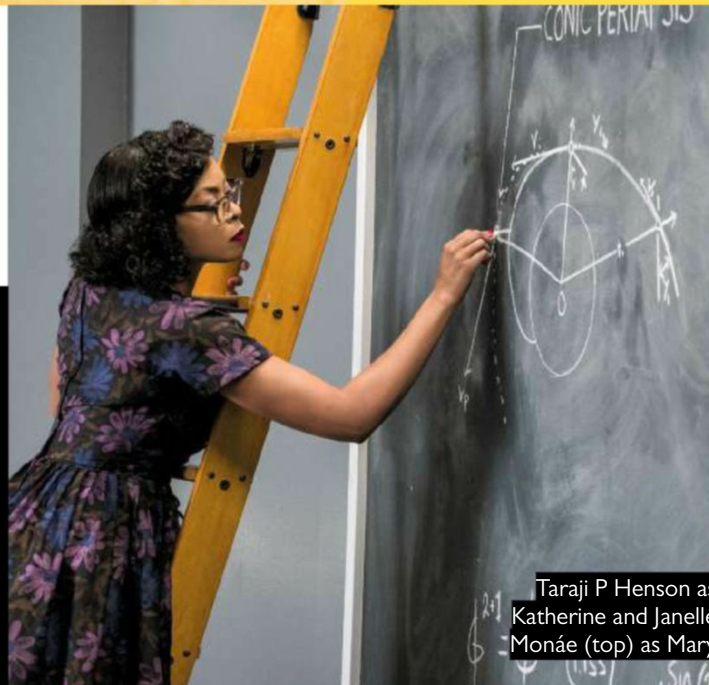
SEE YOU THERE

WHEN

Tuesday 7
February 2017

WHERE

Various locations*



Taraji P. Henson as Katherine and Janelle Monáe (top) as Mary

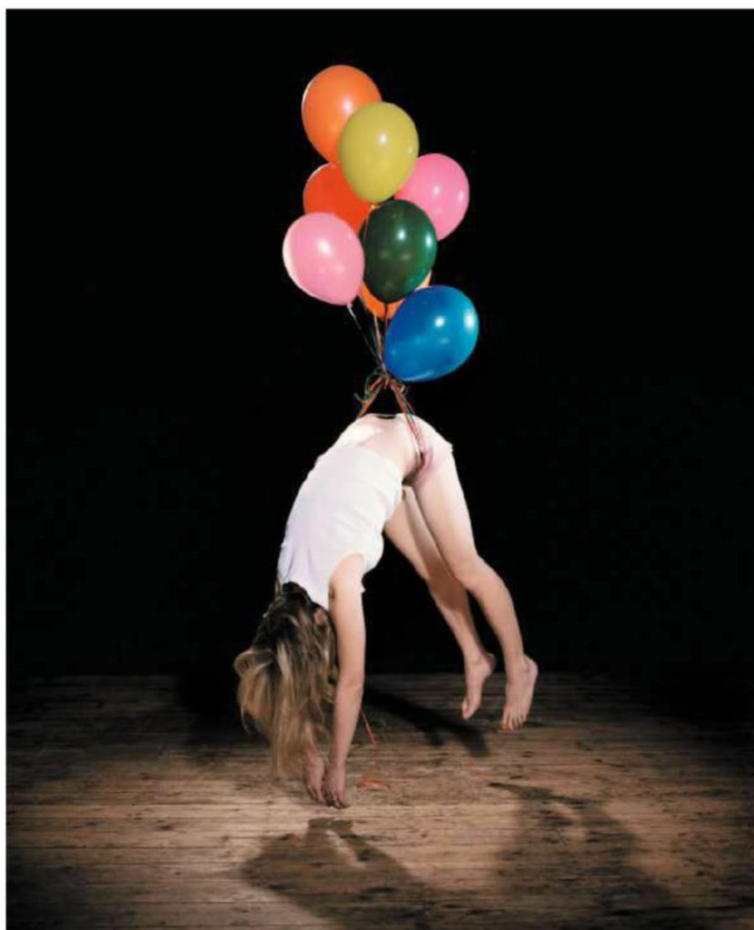
*SCREENINGS: Vue locations (starts 6.30pm): Birmingham, Cheshire Oaks, Edinburgh Omni, Glasgow Fort, Islington, North Finchley, Norwich, Piccadilly Circus, Portsmouth, Stratford, Showcase locations (starts 7pm): Bluewater, Bristol CDL, Cardiff, Derby CDL, Leeds, Leicester CDL, Manchester, Nottingham and Reading. ©2017 Twentieth Century Fox. All Rights Reserved

National Art Pass_

Misha Newby
Exp 31.12.2016
Individual

Please show your card for free admission and reduced price entry to participating museums and galleries

this card can set you free



Sam Taylor-Johnson, *Escape Artist (Multicoloured)*, 2008, Nottingham Castle Museum and Art Gallery, Art Funded 2009, © the artist, courtesy White Cube

See more art with free entry to over 240 galleries and museums and 50% off major exhibitions.

🔍 National Art Pass

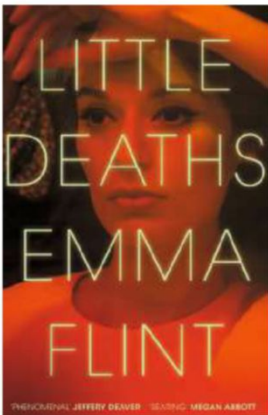
_with Art Fund

Art Fund is the operating name of National Art Collections Fund, a charity registered in England and Wales 209174 and Scotland SC038331. National Art Pass is issued to Art Fund members. Subscriptions start from £65.



CULTURE

Emma Flint's atmospheric debut *Little Deaths* is sending ripples through the publishing world. Here's what *Grazia* thought of *Little Deaths* (£12.99, Picador)



sizzling summer of 1965 in Queens, NY, is as far from mundane as you can get. Provocative mother Ruth is an enigma to the police and the young reporter covering her case, but a horrifying discovery calls it all into question.



MELISSA HENRY
Grazia's editor's PA

★★☆☆☆

Not your typical crime novel, *Little Deaths* – inspired by a real case – opens with young single mother Ruth locked up in prison. Portraying her as guilty simply because she drinks, takes care of her appearance and has lovers, the ingrained misogyny and cultural stereotypes of '60s society supersede fact in this tragic story.



POLLY DUNBAR
Grazia's contributing editor

★★★★☆

Emma Flint's debut novel drew me in from the first, sharply evocative page and kept me gripped throughout. Thanks to Flint's remarkable eye for detail, the character of Ruth – a chain-smoking, sexually liberated, glamorous single mother, whose louche lifestyle sparks judgement by the police and public – leapt from the page and lodged in my imagination.

NEXT WEEK

'Hold Back The Stars' by Katie Khan. Join the conversation @GraziaUK

RAINY DAYS

SWIMMING LESSONS

Claire Fuller

Unable to tell her husband the truths of their marriage, Ingrid squirrels away letters in all of his books. One day she writes her final one and disappears from a beach, leaving him and their daughters behind. (£14.99, Fig Tree)

MY (NOT SO) PERFECT LIFE

Sophie Kinsella

Katie looks like she's got it all – according to Instagram. But when she gets the sack from her lowly job, her social media fakery unravels. (£18.99, Bantam Press)



EMILY PHILLIPS
Grazia's features director

★★★★☆

A mother wakes to find her two children missing... so far so thriller plot. But Flint's opulently rendered vision of a mysterious crime set in the

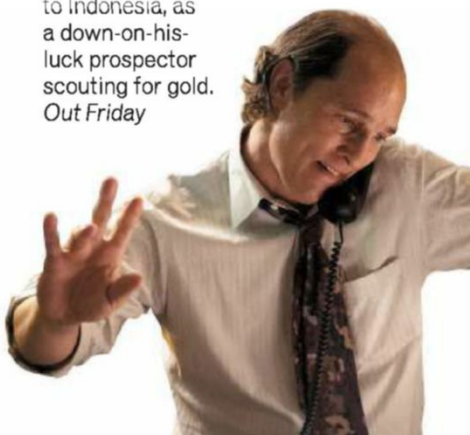
Photos: Capital, LMK

Get your fix of watercooler films and music...

1.

GOLD

With yet another physical transformation, a pot-bellied, snaggle-toothed Matthew McConaughey updates the spirit of the Wild West to Indonesia, as a down-on-his-luck prospector scouting for gold. *Out Friday*



2.

SAMPHA – PROCESS

After picking up buzz for collabs with Solange and Drake, Sampha's basking in solo glory. *Blood On Me* is enveloping trip-hop soul.



3.

LOVING

Witness Ruth Negga's Oscar-nominated performance as Mildred Loving, one half of the interracial couple (with Joel Edgerton) fighting for the legitimacy of their marriage in '60s Virginia. *Out Friday*



4.

BOOK NOW FOR TEGAN AND SARA

There's still a little time to get your tickets to see power pop duo Tegan and Sara in cities across the country this February. teganandsara.com/shows





SCREEN TIME

WITH PAUL FLYNN



Drew Barrymore aims to make your flesh crawl, more celebrities line up to break bones, and let us count the ways we ♥ Emily Watson

DROPPING THIS WEEK

US realtors have provided surprisingly fertile soil for growing screen legends. To a list that includes *Modern Family*'s perfect embarrassing dad Phil Dunphy and Annette Bening's crazed wife in *American Beauty*, we must add wipe-clean suburban couple Joel and Sheila Hammond in *Santa Clarita Diet*. He's got a secret pot habit and every shade of chino. She's got slick hair and a flesh-eating habit. Because Sheila is played with feelgood merriment by the inestimably lovable Drew Barrymore and because zombies are always the new aliens, *Santa Clarita Diet* clearly has an eye on doing a *Winona/Stranger Things* for another Hollywood-grande-dame-in-waiting. It's slapstick, absurdist and has a keen eye for gross-out comedy. In all other regards, the show *SCD* (Strictly alert: unfortunate Google search acronym) most brings to mind, in frothy, bite-sized half-hour chunks, is *Bewitched*, Sol Saks' spritely '60s exploration of what happens when a wife finds herself with a permanently twitching nose and no drug habit. The camera adores Drew. Timothy Olyphant is perfectly serviceable – and very Phil Dunphy – as Joel. The zombie sequences are suitably vile. As Sheila undergoes complete character reversal from straight-laced mom to bloodthirsty ghoul, there's plenty enough casual wit here to warrant an elongated binge. Begins streaming Friday, 8am, Netflix



Undead Drew Barrymore makes a meal of her neighbours in *Santa Clarita Diet*

SKI SUNDAY

The absence of death in a British reality show so far feels almost like an act of the gods. The closest we have yet got is *The Jump*, the strangely addictive and absolutely terrifying competition drama in which a strange assortment of celebrities attempt to ski jump for no reason. Ready for A&E this year: Caprice, Spencer Matthews, Robbie Fowler and – the prize draw – mod cyclist Sir Bradley Wiggins. Expect massive audience. Begins Sunday, 8pm, Channel 4

POWER PLAY

Like *The Good Wife* before it, there is something about *Scandal* that seems to accrue an even more arresting vintage as it ages. Now into season 6, Kerry Washington's Olivia Pope is baddest ass of them all in a Washington political trouble-shooting agency. Now, more than ever, is the time to mourn the casual spitfire efficiency of black women in the White House. This time it stings. Begins Thursday, 9pm, Sky One

HEROINE CHIC

While we're on the subject of complete American moral collapse – and when aren't we? – the return of *Supergirl*, a genuine and pretty amazing female superhero for blossoming young adults, feels like a neat and necessary move too. Melissa Benoist inhabits the role of our favourite Krypton-ite with just the right touch of knowing vigour. Begins Wednesday, 8pm, Sky One

THE EVOLUTION OF...

Emily Watson

1996



FIRST BROKE HEARTS IN...

Breaking The Waves Star of Lars Von Trier's harrowing epic of sexual dysfunction. Apple TV/ iTunes

2011



WON ALL THE AWARDS FOR...

Appropriate Adult As the conduit between Fred West, his wife Rose and justice. Amazon Instant Video

2017



CURRENTLY THE BEST THING IN...

Apple Tree Yard Amazing in the edge-of-seat thriller, about a moment of madness. Sundays, 9pm, BBC One



LAURA JANE WILLIAMS

WOULD LIKE TO MEET...

Laura Jane Williams is looking for love – and she's not afraid to say it...

This week: can a dating columnist stop dating?

I'VE DELETED ALL MY DATING APPS.

I'm a dating columnist who has stopped dating, because my well of optimism – my belief in the point of it all – has run dry. I tried to count how many dates I went on throughout the whole of last year, and I couldn't: it was that many. Do you know what I can count, though, and on one hand? The number of orgasms another human gave me. I can live without love. But. I cannot fathom a world without lust.

I love sex – as, obviously, a lot of us do. Time suspends, and bodies clash, and dance, and melt into each other, all at the same time. I am my body when I have sex, not my brain. Giving myself over, losing myself that way is – and I genuinely believe this, so shut up – a pathway to the divine. Good sex makes you see stars.

The thing is, though, that for at least a year now this has not been my experience. From maybe 80 dates I went home with a handful of men, but I did it too soon, too hopefully, too invested in what it might mean. That is to say: not 'casually'. And aside from the orally gifted film trailer editor who I referred to as the



Above: the sky was blue and I had full conversations with two strangers because I'm not app-based dating. Laura Jane is on Instagram @superlativeLJ



I'M A FEMINIST,
VOCAL ABOUT
THE PAY GAP BUT
NOT THE GENDER
ORGASM GAP.
IT'S MORTIFYING

'Wet Cabbage' with friends (he wasn't what you'd call assertive in public, and it was maddening, so we parted ways), none of them have made me climax. Not a single one. So I kinda feel like, right now, what's the point, then? I once declared a year-long vow of celibacy: while I don't want to skip bumping uglies for that long again, I'd rather go without for a while than keep up this charade.

A few tried their best, and a few more just weren't bothered but, either way, since I turned 30 I've resolved to stop faking it. Because I have faked it, before. God, now I think about it, I think I've been terrified to be a high-maintenance lover. Bloody hell. I'm a feminist, vocal about the pay gap but not the gender orgasm gap, because... because why? Because I just want to be loved? Not to be a nuisance? A sexual bother? That realisation is mortifying.

When I didn't orgasm with The Peacock the first time (WHO ORGASMS THE FIRST DRUNKEN NIGHT THEY SHAG A MAN ANYWAY?!) he just... stopped trying. Sex was about him, in the end, and I've spent my whole sexually active life prioritising a man's climax over my own. Until that magic 3-0 birthday I thought that's how you knew when sex was over: that he had come.

That's so not when sex is over. So. Things are changing. My new mantra takes a cue from Nicki Minaj: I demand that I climax. Like the *Sex And The City* girls say, 'It's my clitoris, not the Sphinx.'

For a gobby woman, I've been shy about the kind of sex I like and need and desire, and that's because what I want is something that you can't teach: genuine connection. So I'm opting out of dating for a while. Out of sex. At least until I meet a man who wants to give an orgasm as much as he expects to receive one.



WHO LIVES HERE? Benedikte Ugland, interior decorator and photographer, and her two daughters, Emilie, four, and teenager Elina.

WHERE IS IT? A three-bedroom apartment just outside Stockholm. Benedikte has gone for pale walls but minimalism this isn't: 'I would rather take things that are usually put away in drawers and hang them on the walls.'

1.

PICTURE PERFECT

The large black and white print by fashion photographer Peter Lindbergh (try artnet.com), combined with black floorboards, give drama to the elegant living-room area. Black floorboards work here because of the light that floods in through the windows. A rug helps define the space (check out rocketstgeorge.co.uk) and transparent tables stop the room from feeling overcrowded.



BIBA CUSHION, £45, HOUSEOFFRASER.CO.UK

SIDE TABLE, £159, AMARA.COM



COOL CLUTTER

If minimalism ain't your thing, then check out Benedikte Ugland's pad, filled with an eclectic mix of things for a super-chic look...

WORDS RACHEL LOOS



2.

OFF THE WALL

Benedikte has created a funky corner by decorating a wall with an offbeat mix of items including pages cut from magazines, ballet shoes, furry hats and jewellery, and the large letter B which adds graphic impact. The black cabinet anchors it all, as does the largely monochrome colour palette – what colour there is, is matched by the boxes on top of the cabinet.



RANKIN STORAGE UNIT, £499, MADE.COM

3.

TOUGH LOVE

In the kitchen, cupboard frames from Ikea are fixed with doors made from wooden boards stained black for an interesting textured look that works with the white metro tiles (toppstiles.co.uk). The worktop is concrete (see designfinger.co.uk) that has been painted black. A statement light was created by wrapping light bulb pendant lights around a metal bar.



LOME CLUSTER PENDANT, £325 FOR A GROUP OF 5, MODERN CLASSIC.CO.UK

4.

TABLE FOR TWO

Also in the kitchen is a space-saving table and chairs. 'This is where Emilie and I spend cosy times, eating sandwiches and talking about our day,' says Benedikte. Attached to the wall like a shelf, it's made of concrete so it's strong, and the shelving above it balances the look. For similar chairs, see the French school chairs at cultfurniture.com. Benedikte's vintage crockery is contained in an open-shelved cabinet, softening the industrial vibe of the room. Find a gold-lined lampshade at lovefrankie.com ▶



LAMP SHADE, £34-£110, LOVE-FRANKIE.COM



MURPHEY, £40, HABITAT.CO.UK



5.

COOL COMBO

The mixed look of the dining table set-up perfectly fits the eclectic style of the apartment, and works with the display of objects on the white shelf (Lack at ikea.co.uk). The table was made by a carpenter using rustic-style planks that have been whitewashed, and

around it are classic Tolix chairs (madeindesign.co.uk) along with vintage Swedish Allmoge chairs bought on lauritz.com. Hung low over the table, the silver Mirror Ball pendant light by Tom Dixon (find it at heals.co.uk) is a modern foil to the vintage chandelier of the living room.



BALTIC TABLE, £499.90, MAISONSDUMONDE.COM



TOLIX-STYLE METAL CHAIR, £59, [CULT FURNITURE.COM](http://CULTFURNITURE.COM)



6.

HANG YOUR HATS!

The apartment's funky look begins in the entrance hallway with a collection of black hats that fit with the black and white photographs taken by Benedikte. Unlike the open-plan living space, the hallway has a floor of poured concrete (you need a professional such as lazenby.co.uk) that, with the pale grey walls, is a contrast to the black woodwork.



LIGHT, £189, LIGHTINGSTYLES.CO.UK



HERBARIA #3, FROM £120, LUMITRIX.COM



ORNATE FRAMED
MIRROR, FROM
£14.95, ROCKETT
STGEORGE.COM

7.

BOHO BOUDOIR

The bedroom has a very definite boho vibe thanks to the collection of things above and on the bedside table, which include a pair of gold shoes that, along with the mirror, catch the light. The walls are white because, says Benedikte, 'I have so much stuff that I needed a colour scheme that creates calmness.' Instead of a table lamp, Benedikte has strung a light from the main socket, which is a clever way to get light where you want it.



9.

ROUGH CHIC

Despite the mass of exposed piping, the small loo has style with cool concrete walls, plus the Moroccan tiles and tap, which are the same design as the bathroom for a cohesive feel across the two rooms. ■



IRIS HANTWERK
TOILET BRUSH, £47,
AMARA.COM



8.

MOROCCAN MOOD

Moroccan tiles on the floor style up the bathroom (find similar at encaustic.net) and the brass shower (see homary.com/uk) and tap (check out the Pau tap at livinghouse.co.uk) add a lovely shot of shine.



SAHARA 454, FROM £69
PER SQUARE METRE,
ENCAUSTIC.NET



NOW OVER TO YOU...

This week, you're debating attitudes to late motherhood, making the case for Team Angelina and hitting peak frazzle



LETTER OF THE WEEK

DOUBLE STANDARDS?

It's nothing but a niggling feeling: will I be mistaken for the grandmother? Will I be the oldest by quite a way at the school gates? I read Mariella Frostrup's 'What's wrong with a woman having a baby at 64 - if my friend Mick can do it at 73?' (30 January) with interest. I also had my kids late in life but, like Mariella, that meant early forties, not early sixties. We all nod in acceptance when Mick or Ronnie 'roll their stone' late in life, but baulk at any female procreating over the age of 50. Is this because women are seen as the nurturers and in need of huge reserves of energy to be an older mum? Are we accepting of older men in a different way? With Rod, is it just seen as cool? So many questions, but one thing is for sure: an older dad is deemed a bit rock'n'roll but for a woman it's simply 'really hard work'!

Julie B

I understand Mariella's argument regarding the double standards of older women vs older men having a baby, but I disagree that it's a good thing that science is able to extend fertility for either gender. The fact is, regardless of how 'fit and well' Dame

Julia is now, when her child is just 16 she will be 80. That is old. My mum was older (38 when she had me), extremely fit and healthy. Then at 60 she had a stroke, which transpired to be the start of vascular dementia. I was 22 and completely unprepared to deal with such a grown-up thing. What happened to her came decades too soon, but the point remains that she was older, so when things got tough because of age-related illness, I was way too young to cope.

Angela

I had elderly parents and my mum was always being mistaken for my grandmother - as a child I was very embarrassed. I became an orphan at 34 and married a man who also had elderly parents. Our son has never known his grandparents and has no cousins of the same age. My husband and I have struggled with having no parents to turn to. I feel it is selfish to be an older parent.

Karen

A TRUE ROLE MODEL

Reading 'I've written 21 goodbye letters to my little girl' (30 January) made me feel humble. It's hard to believe that in a world not far away from ours, women aren't allowed to ride a bicycle. Shannon Galpin could enjoy being a mother and make the most of the safe place she was born in. Instead, she chooses to risk her life in order to help women who weren't born into circumstances as lucky as hers. Some people may argue that it



is irresponsible for a mother to go to a place as dangerous as Afghanistan. I believe that she is a fantastic role model and her actions make a huge difference to so many lives.

Veronika

DON'T JUDGE ANGELINA

This is the first time I've bought you! And I'm delighted to find great fashion plus well-written features. But I'm wondering about your stance on Brangelina (*Why Brad's moved back into the family home*, 30 January). We used to love them both, but now they've split up, we seem to need to take sides. But just because Brad managed to garner 'wild applause' at the Golden Globes, we mustn't

forget how the Hollywood world works. The most-loved actors are generally the ones who have the best PR teams. We don't know what spin has been put on the divorce proceedings. Let's remember that we always thought of Angelina as a devoted parent and that her actions will be driven by this now. I've been through a difficult divorce and can't imagine what it would be like for a woman constantly under scrutiny to endure the process I went through. I admire her dignity. She is probably in no place mentally or physically to be dressed up at awards ceremonies. She has children to take care of.

Jenny

SPOT THE PEOPLE PLEASER!

'Have you hit peak frazzle?' (30 January) was wonderfully funny and struck a genuine chord with me, as I recognised myself as 'The Peak Frazzled People Pleaser'. I actually teared up as I read '...liable to shatter into a million tiny pieces if anyone shows her a modicum of genuine concern'. To be fair, it was the first day of my period when I read it, but still, great writing!

Emma



The letter of the week wins luxury skincare worth £150 from Ermana. Made in Britain from a blend of botanicals, essential oils and natural ingredients, Ermana's nourishing products are preservative-free and contain no parabens, sulphates, artificial fragrances or colourings.

TO HAVE YOUR SAY, EMAIL US AT FEEDBACK@GRAZIAMAGAZINE.CO.UK, POST YOUR COMMENTS ON [GRAZIADAILY.CO.UK](https://www.graziadaily.co.uk), TWEET @GRAZIA_LIVE OR FIND US ON FACEBOOK AT GRAZIA UK

*AND FINALLY...

Break-ups, put-downs and the trackie bums of dreams



Scarlett Johansson and her French husband Romain Dauriac have split after two years of marriage, according to reports. The actor and journalist remain business partners – they co-own popcorn brand Yummy Pop – and were pictured putting on a united front as they attended an art exhibition last week.



MODEL CHRISSEY TEIGEN

continues to rival Cher as queen of Twitter. During a spat with 'alt-right' activist Richard Spence last week, she executed the ultimate mic drop when she tweeted, 'You are literally a Nazi. I don't even need to come up with a comeback. Really takes the pressure off. Thanks, Nazi!'



GROWN WEARY OF your winter wardrobe? It's time for a spring update, courtesy of high street go-to French Connection. Its new collection boasts deconstructed shirting, bright red colour-blocking, and this dove grey gem of a bag, yours for £60. frenchconnection.com

SHOPPERS, REJOICE:

athleisure just got a very luxe upgrade, and Gigi was the first in line. Olivia Von Halle's cashmere trackies might be pricey, but we'll be lowering the cost-per-wear by styling them out in the office (with a blazer), the pub (just add heels)... oh, sod it, we're going to wear them *everywhere*, and nothing will stand in our way. £950, [olivia vonhalle.com](http://oliviavonhalle.com) ▶





Is Madonna adopting twin sisters from Malawi? Last week she denied reports she was, saying 'the rumours are untrue'. But a Malawi judiciary spokesperson insisted 'we have all the documentation'. The pop icon previously adopted David and Mercy, both now 11, from the country in 2006 and 2009.



*AND FINALLY...



THIS WEEK'S HIT of sunshine comes in the stylish form of Olivia Palermo in Coast's nautical new-season drop. But while Olivia will likely wear her cold-shoulder co-ords on-board a yacht, we mere mortals will have to make do with a day trip to Margate... *Top £69, trousers £89, coast-stores.com*

ANOTHER DAY, another fashionable Hadid sibling: meet 17-year-old Anwar, who's joined big sister Bella to front Zadig & Voltaire's S/S '17 campaign. Looks like cheekbones and smouldering gazes run in the family... zadig-et-voltaire.com



TOM HARDY TOOK a much-needed break from starring in our dreams to attend 'Season of the Force' at Disneyland Paris. The galactic *Star Wars* experience – on until 26 March – promises to transport you to a galaxy far, far away...

Words: Joe Stone, Charlie Gowans-Eglinton, Photos: Getty Images, Rex Features, Barcroft Media, Jon Furniss



HOROSCOPES

BY PETER
WATSON



AQUARIUS

21 Jan – 19 Feb

People you see on an everyday basis might wonder why you've been keeping yourself to yourself with regard to one particular topic. Don't underestimate the impact of Mercury at right angles to your ruler, Uranus. It's making you unsure of the best way in which to handle this situation, which seems to have come at you out of the blue. However, there's one person close by whose advice will prove invaluable. It's time to trust.

PISCES 20 Feb – 20 Mar

Having tried to ignore the extra spending or increased bills of the past few weeks you should now see whether it's possible to balance the books. Don't panic if there's more of a deficit than you expected. If you do your sums carefully, you should be able to see how and when you'll break even.

ARIES 21 Mar – 20 Apr

Refuse to let unreasonable doubts and fears get in the way of a plan or project about which you have every right to feel fairly optimistic. You are having to cope with Mercury's sharp link to Neptune, which is why you're dwelling on the worst-case scenario rather than remaining hopeful and buoyant. Stop it.

TAURUS 21 Apr – 21 May

Those picking holes in your means of handling a tricky situation are best ignored. You certainly shouldn't try to outsmart them with pithy comments – that will merely create more problems. So long as you know that your thinking is sound, you should carry on regardless of what's being said or suggested.

GEMINI 22 May – 21 Jun

In your enthusiasm to involve certain other people in an arrangement, contract or piece of work, you might promise them more than is sensible and reasonable. You're falling foul of Mercury's run-in with Jupiter, which is urging you to talk in terms of high hopes, bells and whistles rather than sticking with plain facts.

CANCER 22 Jun – 23 Jul

Show everyone around you that, when it comes to managing a business or keeping your family and social life running smoothly, you know what you are doing. And certainly don't allow one particular person to criticise every move you make without justification. At times like this you have to believe in yourself.

LEO 24 Jul – 23 Aug

Try as you might to ignore the pessimistic comments of colleagues or friends, you'll feel unusually insecure about a particular journey or venture. Your fears, which you'll know are irrational, are a result of Jupiter beginning to move backwards through your chart. That's why minuscule problems may seem major ones.

VIRGO 24 Aug – 23 Sep

Some kind of joint arrangement will sound promising. But deep down you'll know there will be times when you and whoever else is involved could find yourselves singing from different song sheets. Don't worry about it. Focus on those factors about which you do agree. The odd difference of opinion will soon be forgotten.

LIBRA 24 Sep – 23 Oct

Take your time and reassure someone special that recent upheavals need have no bearing on the way your relationship develops in the future. Venus is on your side as it enters Aries, encouraging you to focus on the true worth of this relationship which, like any other, sometimes hits a bump in the road.

SCORPIO 24 Oct – 22 Nov

It seems that someone needs the kind of help or support that you could provide. But before you discuss what part you might play in this situation, make it clear that you're doing it out of affection for the person concerned. You don't want to be perceived as interfering, patronising or an out-and-out control freak.

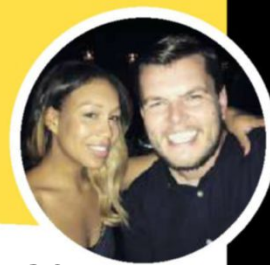
SAGITTARIUS 23 Nov – 21 Dec

Allow those who wish to be part of what you're doing to join in wholeheartedly. But first point out that they'll be expected to conform to essential guidelines. One or two individuals will assume they can make up their own rules as they go along. They most certainly cannot and should be told as much.

CAPRICORN 22 Dec – 20 Jan

Don't take too seriously those who rubbish the way in which you manage home or family situations. If you can remain calm and friendly and show that you're unwilling to do battle with anybody involved you'll be given a similar response. Sometimes we have to rise above unfair criticism and write it off as unimportant.

ME, MY SELFIE AND I



REBECCA FERGUSON, 30

We ask the singer-songwriter to take an exclusive selfie – and reveal all

Who is your best friend?

Lee [above], who works in music management. We met on a night out and then, about a year later, we realised that his nan and my nan used to be best friends. It was bizarre!

What's your biggest regret?

There are so many. I lost my stepmum recently, and I spent as much time as I could with her, but I wish I'd taken a month and spent every day with her. But life doesn't work that way.

What's your biggest extravagance?

Harrods. I'm terrible – I love the make-up department.

When was the last time you were embarrassed?

I can't say what it was, but a boy said something to me on the phone, and I turned into a 15-year-old giggling girl. It was something quite rude.

What's your type?

In the past I've always gone for a bad boy, but I've been burnt and learned lessons from that. Now I like men who are kind and sensitive.

When did you last lose your temper?

Somebody hadn't done their job properly, so I sent them a fiery email. I like to send a fiery email every now and again.

What from your past would you like to delete from the internet?

My relationship with Zayn Malik. Only because I can't ever say anything right. I'll say, 'His girlfriend is beautiful and I wish them well,' but it always gets twisted.

Who owes you an apology?

My ex-boyfriend. He left me, with a new baby, so he definitely owes me an apology at some point.

Who or what would go in your Room 101?

Snobbery. I got out of Liverpool and got mixing – now I'm friends with all sorts of people, and I hate it when some look down their noses at others. I can't bear rudeness to service people.

Tell us a secret?

I love writing. I've written two children's books (they're not published), and I'm doing my autobiography next year.

What's the biggest misconception about you?

If I don't know people I'm quite shy, but when it's the BRITs after-party I'm the one getting the whole gang to slut-drop.

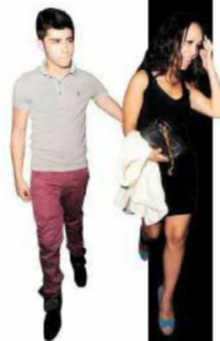
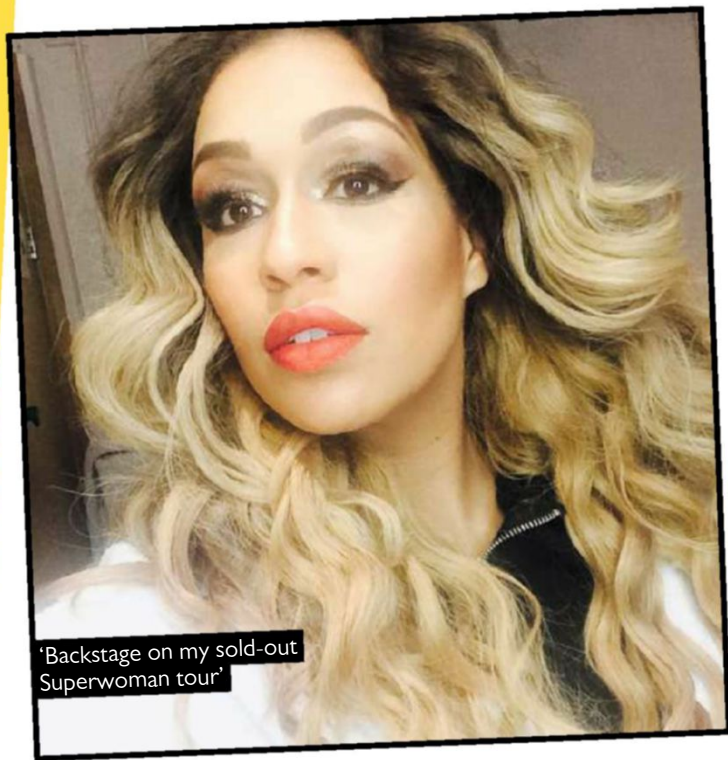
Who do you miss most?

I miss my nan, and phone calls with my stepmum.

What's your biggest life lesson so far?

Knowing to trust my gut. I don't know why I haven't listened to it, with ex-boyfriends and people who have robbed from me, because it's always right.

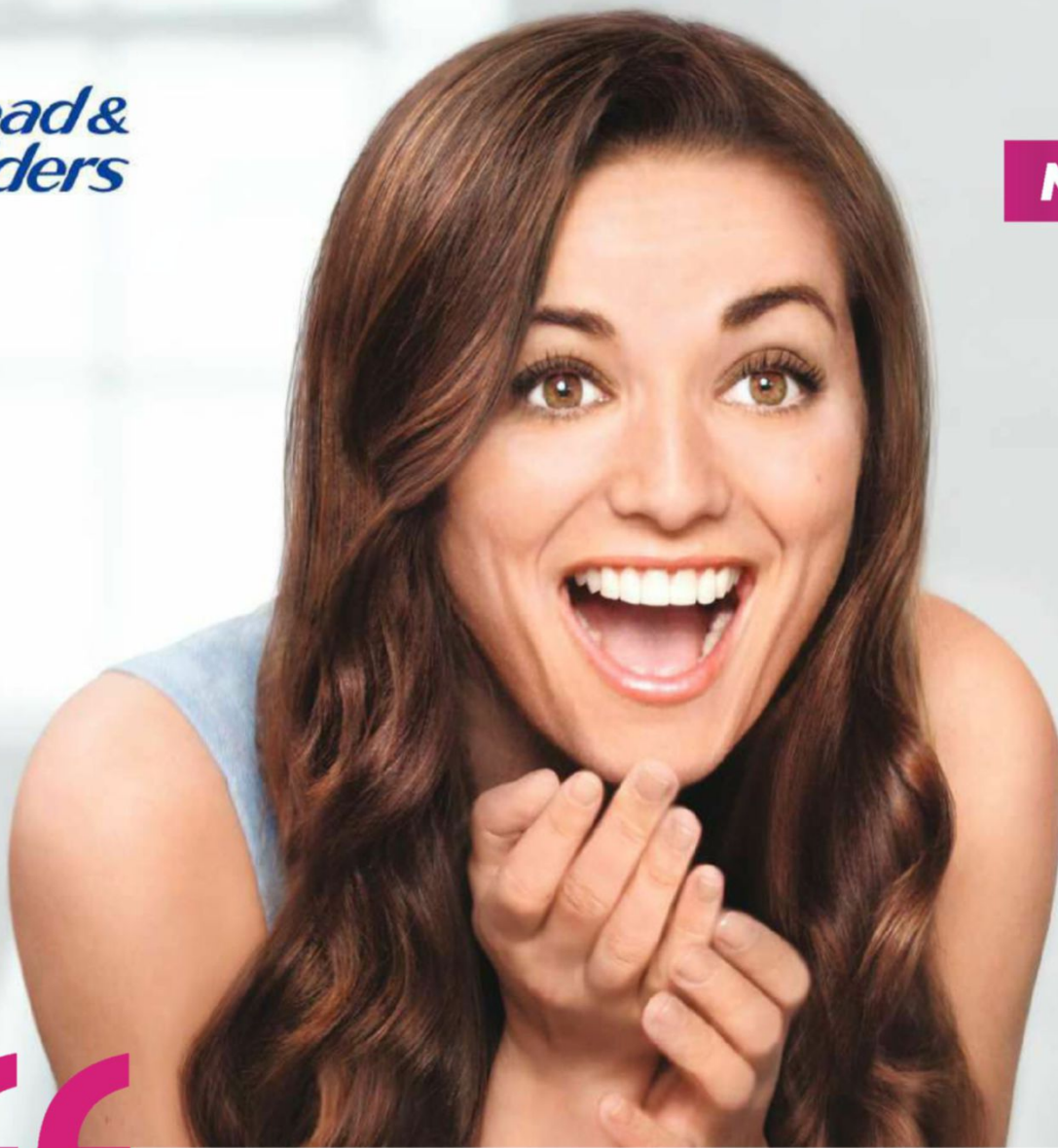
Rebecca's new album *Superwoman* and single of the same name are out now



'WHAT WOULD I DELETE FROM THE INTERNET? MY RELATIONSHIP WITH ZAYN MALIK'

 **head &
shoulders**

NEW  **TRI-ACTION
FORMULA**



“

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.

”



PERFECTION IN MOTION

NEW LE TEINT ULTRA TENUE
ULTRAWEAR FLAWLESS FOUNDATION

CHANEL

CHANEL.COM

