



This Easter, discover the treat that has it all. Kids love peeling back the two halves, for two times the joy. In the first half, they can spoon up layers of creamy milk and cocoa filling topped with delicious crispy wafer bites. In the second, there's a fantastically fun toy for them to enjoy.

neat

ONTHE COVER

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predicting all the big wins

MEET 2017'S

WEIRDEST

CRUSHES



KATY PERRY...

..FOR NAILING HER COMEBACK

Katy Perry is back and we are stoked about it. With a new cool AF look (we'll see you at the hairdressers for a lot of bleaching), a reggae-soaked banger (Chained To The Rhythm) that we'll be dancing to for most of 2017 and a Grammys performance that blew us away, we couldn't be

happier. It's Katy's first real new music since 2013's Prism (we'll forget last year's Olympics song Rise if you will too, yeah?) and we're now revved for the album and tour that's surely to come. 2017's looking a little better through her rose-tinted glasses.





We so want

this look



heatradio) **■** /heatworld **■**@heatworld **heatworld**

GAGA SCORES

10sn&T INSIDETHEIR WORSTWEEK

tension is mounting between Victoria and David tshould be a time for huge celebrations: next month Victoria and David Beckham will be celebrating 20 years together as a couple. But instead of making romantic plans, the pair spent last week 3,500 miles apart, dealing separately and very differently with the biggest scandal to hit Brand Beckham since that incident with Rebecca Loos. "This whole 'Beckileaks' debacle has been a total nightmare," says heat's insider, after emails sent by the former footballer were leaked online last week. In the exchanges with his PRSimon Oliveira and best friend Dave Gardner, David, 41, allegedly complained bitterly about not being knighted, refused to donate personal funds to Unicef, because "it's my f**king money", and demanded a private jet for a charity trip. His reps subsequently released a statement saying the emails hadbeen "taken out of context", "hacked" and "doctored". It was later claimed that the hackers had previously tried to black mail David and his advisors by David wasn't demanding £1million to stop wearing the release of the messages. his wedding

show at Fashion Week, who was really suffering. "She was stressed out enough about her new collection and how it's going to be received, without all this scandal coming outjust before her show," the insider says. "She's terrified this could fatally damage her brand - just when everything was going so well. It's cast so much doubt over things. Instead of everyone talking about her work, they're all gossiping about her family. Her fashion label has been under scrutiny recently [after she was forced to borrow £4million from David to keep it in the black]. This show was meant to prove Vicwas back on top. She's devastated. She doesn't sleep much at the best of times with her intense schedule, but right now, she's hardly sleeping at all."

Meanwhile, back in London, David was pictured smiling and laughing for the cameras as he went to buy coffee and hit the gym. "They've had very different reactions to what's happened," says another insider close to the ex-England player, who was spotted without his wedding ring last week - a very unusual occurrence, as he usually wears it even when working out. "Of course, Davidis upset about the email leak, but he just wants to forget about it and for everyone stop talking about it. He takes the long-term view that it will blow over eventually. It helps that he's

But it was Victoria, 42, over

in New York preparing for her



friends, and even celeb mates have been calling him up to sympathise. He feels like it will be OK, but Victoria doesn't see it that way. She has people whispering about her and her family, while online trolls blame her for everything. It's a bitter pill to swallow, especially when the spotlight should be on her fashion show. Of course, she knows that David didn't have anything to do with the timing, but she's still upset. She was in New York for a whole seven days without David after the scandal broke, and was on the phone to their team non-stop, while also preparing for the show. She'd have to get up around 3am to speak to everyone back in London. She carries the emotional burden with her, worrying about the kids. Brooklyn and Cruz have both been on the phone, worrying about the impact on their careers and the family business. David's always been better at shaking these things off." The Beckhams' brand

getting a lot of support from his

The Beckhams' brand expansion was going perfectly. Brooklyn had launched his

'It's the biggest blow to the brand since the Rebecca Loos scandal'

Looking unshakable in November last year

career as a photographer and brand ambassador, Cruz has signed up with Justin Bieber's manager to become a pop star,

and the family's fortune was only getting bigger. As heat reported earlier this vear, even though the Beckhams are worth more than the Oueen (around £500m), Victoria still wants the family to become "super-rich", with ourinsidertellingus that she wants to be "billionaire level". And with David making the bulk of his cash through advertising, it's essential he's liked by the public.



Until now, David's
'Goldenballs' image has
been that of a selfless
charity campaigner, and
all-round nice guy and
family man. So it's a real
blow that these emails
have leaked now. Aside
from the rants about
charity trips, he also
complained about singer
Katherine Jenkins
getting an OBE for
"singing at the rugby

eva Longoria

NTHI

and going to see the troops plus taking coke," called the honours committee "unappreciative c***s", and discussed billing a business-class flight to a charity during a "goodwill mission" (his rep says this did not happen in the end). Also revealed in the emails? How David missed out on the knighthood because he was "red flagged" for taking part in a tax-avoidance scheme and now Victoria's use of the scheme has also been dragged

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ILET



Notes on their scandals

HOW DO THE REBECCA LOOS AND BECKILEAKS SITUATIONS COMPARE?

ack in 2004, Rebecca Loos claimed she'd had an affair with David Beckham when she worked as his PA. David was living in Spain and Victoria was at home in London, and Rebecca alleged that they'd had sex four times as well as exchanged sexy text messages. David called her claims "ludicrous". Posh and Becks were then spotted on a skiing holiday, with photographers capturing every special moment, including Victoria gazing at her husband adoringly. Back in the UK, they went on an OTT charm offensive, including lots more loved-up public appearances.

But faced with a new scandal last week, the response was a bit more.. modern. Brooklyn posted a cute photo of family man David cuddling Harper, and for Victoria, it was very much business as usual, literally. She posted about Selena Gomez wearing a Victoria Beckham dress, she alerted fans to limitededition shades in her Estée Lauder make-up range and thanked US store Saks for stocking her collection. See? Everything's just fine.







up in the press, too.

E

As heat went to press, the couple were due to be reunited in New York to watch VB's fashion show, along with their kids, Brooklyn, 17, Romeo, 14, Cruz, 11, and Harper, five. The family regularly attend mum's shows, and by now it's practically a tradition. "At first, Victoria wasn't sure if David should come," says the insider. "She thought his presence would be too distracting, but then realised that didn't make sense.

Everyone's going to be talking about the emails anyway, and David's integral to her fashion brand. He knows so many people in the industry and has an extremely good rapport with [US Vogue editor-in-chief] Anna Wintour. David is still very important to her fashion career and she needs him."

It doesn't mean the situation has relaxed, though. The insider adds, "There's no denying this has damaged them. The fact of the matter is, both Victoria and David take their brand seriously. They are in constant meetings and discussions with their managers and PRs about where to take their careers next, and how to keep strengthening and building the brand. This is a huge blow to that. It's the first major disaster they've had on their hands since the whole Rebecca Loos scandal back in 2004."

But Brand Beckham will go on, and to that end, insiders say

we should expect a lot more of those cute family pictures on David's Instagram account as they battle to repair their image. "He knows the family man thing is key," says the source. "So they'll all chip in to put on a united front. It doesn't mean Victoria isn't incredibly worried behind the scenes, though.

"She's wondering what could be in the other emails the hackers have, and she fears it's not over yet." ■ LUCY VINE





GIVE CHOCOLATE THE FINGER. DECHOX DECHOX

Challenge yourself to give up chocolate for March



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

The STAR Exchange

Whose stock is rising and falling in the celebrity market this week?



CASHING IN

▲ SAFE BET

Where Queen Bey leads, everyone follows. Twins are now the new celeb must-have after George and Amal Clooney announced they're expecting double joy, and Madonna adopted twin girls from Malawi.



ASTOCKRISING BEING BENJAMIN

BUTTON

We're off to buy every skincare product on the shelves since we saw Christie Brinkley, aged 63, look this incredible in swimwear for a Sports Illustrated shoot with her daughters. The woman is ageing in reverse...



HOLIDAY OBAMA

Hanging with Richard Branson, wiping out doing water sports and giving us the gun show. We're very much enjoying ex-President Obama. Especially the guns.



If your friends haven't told you E4 show Search Party is eight billion times better than the ads suggest, let us be that friend. The comedy/mystery/we're-not-quite-sure about a group of NYC milennials searching for their missing friend is on All4 and you must watch it now.



▼ BAD PERFORMANCE

NEW-MUM DIETS

How we love you, P!nk. Last week, the pop star admitted she hasn't lost any weight since having son Jameson Moon six weeks ago, and doesn't care because she's "just normal".



▼STOCK FALLING

SHAGGING ON TELLY

Blind Date is being remade by Channel 5 a show where the main thrill was PG innuendos and the couple going on a holiday stroll. Vicky Pattison looks set to host and we're excited.



▼ GOING DOWN

FEUDING

Olivia Newton-John says she's now totally fine that Delta Goodrem is playing her in an unauthorised biopic, after previous reports said she was NOT happy. Don't worry, Liv, you're still The One That We Want.



▼ SELL!SELL!SELL!

SHOWMANCES

Bianca Gascoigne and Jamie O'Hara's *CBB* romance is over already, after he hit a strip club and announced their split in an interview... without tellingher.



CASHING OUT



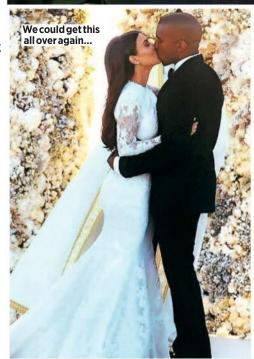
Kanye begs Kim: 'Marry me again – on TV!'

He's trying to get back in her good

books by renewing their vows

ou know things are bad when your wife goes on holiday without you. And you know things are really bad when there are moving trucks outside your home while she's in Costa Rica with your kids. But after months of tension between Kim Kardashian and Kanye West, the rapper is keen to work on his marriage. In fact, he's told friends he'lldo "anything" to make things better with Kim, including agreeing to a money-making deal to renew their wedding vows on camera.

"He's desperate to fix their relationship and is on his best behaviour," says heat's source close to Kanye, 39, who spent last week with his in-laws shooting footage for Keeping Up With The Kardashians, and deleting his controversial tweets supporting President Trump which had been a thorny issue for Hillary-fan Kim, 36. "Kanye's turned over a new leaf during the last couple of weeks," the insider continues. "He's taken responsibility for his recent behaviour and is writing long letters apologising to everyone in the family. That's why he's suggested the TV wedding-





Kimye:
"Desperate"
to fix their
relationship

North: 'Your clothes are yuck, Mom'

THE FIRST REVIEWS ON KIM & KANYE'S KIDS' FASHION LINE ARE IN. AND THEY'RE NOT GOOD

This week, Kimye officially launch their kids' clothing collection – which they debuted on Instagram and Snapchat two weeks ago, modelled by daughter North, three. But, heat can reveal, opinionated Nori's told her parents the clothes are "yuck yuck" – even though Kim let her help design the range.

"North picked out the sequins when Kim and her team were choosing fabrics for the line, but that doesn't mean she wants to wear them," an insider close to the family tells heat. "When you ask a pre-schooler to help you design clothing, you have to remember that what they like to touch is not what they like to touch is not what they like to hanges her mind 20 times a day.

"There's a PVC dress that she says squeezes her like a snake, and North told her parents the sequins are itchy and the yellow is 'the colour of pee'," the friend adds. "She puts on a terrible frowny face every time she is asked to model the clothes, so it's a bit of a PR disaster. To get one decent photo of her in an outfit, Kim had to get a professional photographer take about 200 photos in two hours."

TBF, that sounds like a typical Kim Kardashian selfie shoot to us.

to show everyone that he's serious."

It's quite a turnaround for Kanye, who refused to let cameras into their actual wedding back in May 2014, and said he didn't like going on his wife's reality show because he didn't "like the way the producers shoot some of the shots". But insiders say he's now changed his tune.

"Kanye is letting them film him all the time now," says the source. "He

'Kim isn't sure another publicity stunt is the answer'

seems just as addicted to the attention as the rest of the family. The funny thing is that Kim has recently started to shun the spotlight a bit. It's almost like they've switched places. She does want a 'happily ever after' with Kanye, now he's toned down his egomaniac rages, but she isn't sure another publicity stunt is the answer."

But Kanye's plan has added benefits. "It's no secret renewing their vows on the show will bring in a huge pay day," says *heat*'s insider. "And right now, Kanye needs it. When he tweeted that he was \$53million dollars in debt back in October, he wasn't joking and that was before he cancelled his entire tour.

"He spends money faster than he can make it, and not being able to support his family was one of the big factors in his breakdown last November. He's back on his feet now and wants their finances sorted. He knows the kind of money they can earn from a wedding special would get him back into mother-in-law Kris' good books, too.

"Kim's starting to believe they have a chance of making this work, but as far as she's concerned they are still in a trial period. She's told him to ask her again in a few months. If things are still OK between them, then she'll say yes." ■





A child discovers the world with their mouth.

Sometimes it is fun but sometimes it can be dangerous.

Never risk your child's safety!

Close the pack and store your PODs away now.







'n the past few weeks, we've seen Liam Payne partying at LA's Peppermint Club and working in the studio on his debut solo album. But last week, he rushed back to the UK to be with his girlfriend of 14 months, Cheryl, who was in the late stages of her pregnancy. And he was just in time: as heat went to press, we were hearing that Chervl was already in a private hospital in central London preparing for the birth (who knows, there may be a baby Chiam in existence as you read this).

And now Liam's back on UK soil, a source close to Cheryl says she's told him that his clubbing days are over. "Cheryl has made it very clear to Liam that she wants and needs him around now. The baby comes first. Liam

is completely on board with that. There will be no clubbing in London in the next few months," we're told. "Cheryl wants the very best for her child, and that means a full-time adoring father so Liamknowshe's on nappy duty and night feeds. And, of course, he agrees, he's so excited about being a dad. He's been getting tips from [One Direction bandmate] Louis [Tomlinson], who's been telling him how exciting those first few weeks with a new baby are."

Until now, Cheryl and Liam had been leading separate lives, to an extent with Liam working in LA and Cheryl keeping a low profile since the start of the year. "Liam will still need to go back to LA at some point, but he can work on his album in London or use his home studio for now," says the source.

And we're told that Cheryl and Liam's families will be down south for the birth. Cheryl's original due date was the day of the 2017 BRIT Awards 22 February, exactly a year after the couple were spotted in public together for the first time.

Good luck with those 4am nappy changes, Liam. We're sure that after a few accidents you'll get the hang of it. ■



Put Liam on the naughty



'CHEAT' JOSH wants Kylie back

He's sending her begging messages,

but the singer's having none of it

his is the point where you'd be telling your best mate to stay strong, guuurl. After cheating allegations and a dramatic public dumping, friends say Kylie Minogue's ex-fiancé, Joshua Sasse, is back in touch and begging for another chance. But don't despair, Kylie fans, because friends say the pop princess is standing firm. "Kylie is pretty cut up after what happened," says an insider close to the singer, 48, who split from actor, Joshua, 29, exactly a year after getting engaged, amid reports he'd become too close to Spanish actress Marta Milans. "She's awreck, and it's so much harder to move on when he's still trying to contact her. Josh says he was selfish and wrong and wants to make it up to her. Kylie's been gracious towards him in public. which he thinks means he stillhas a chance of getting her back."

In the aftermath of the split, the Aussie startweeted, "We wish only the best for each other as we venture towards new horizons." But insiders say Joshua shouldn't mistake Kylie's classy response for forgiveness. "She is still really angry," says heat's source. "After all the reports that have come

out recently, she's not thinking about taking him back. It seems like she's finally realised she was doing all the work in the relationship paying for holidays, letting him live in her £10 million London house, flying all over the world to see him."

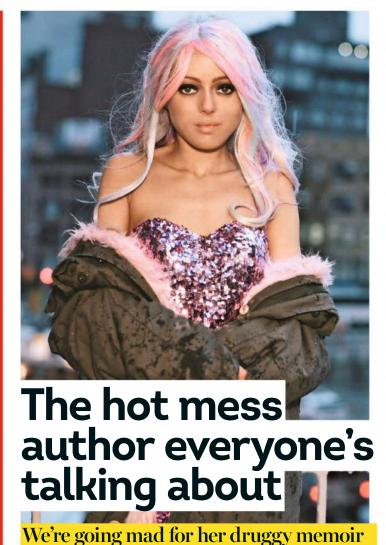
And following stories that Kylie's friends were worried Joshua had used her to increase his profile, actor Vinnie Jones who co-starred with them both on USTV show Galavant appeared to refute Joshua's earlier claims that he had no idea who Kylie was when she turned up on set, saying, "I knew about them before anyone. Joshua was moving into her hotel the night before she came on purpose. His opening line to her was, 'You do know all our guest stars have dinner with the star of the show on Galavant?' He's hilarious."

The insider adds, "Kylie finally saw the writing on the wall. She won't take Josh's calls, or respond to his messages or emails, and is talking about changing her number. She feels like an idiot and just wants to ensure she never has to see him again." ■LUCYVINE

'She feels like an idiot - she never wants to see him again'

_ Too many broken hearts in the world





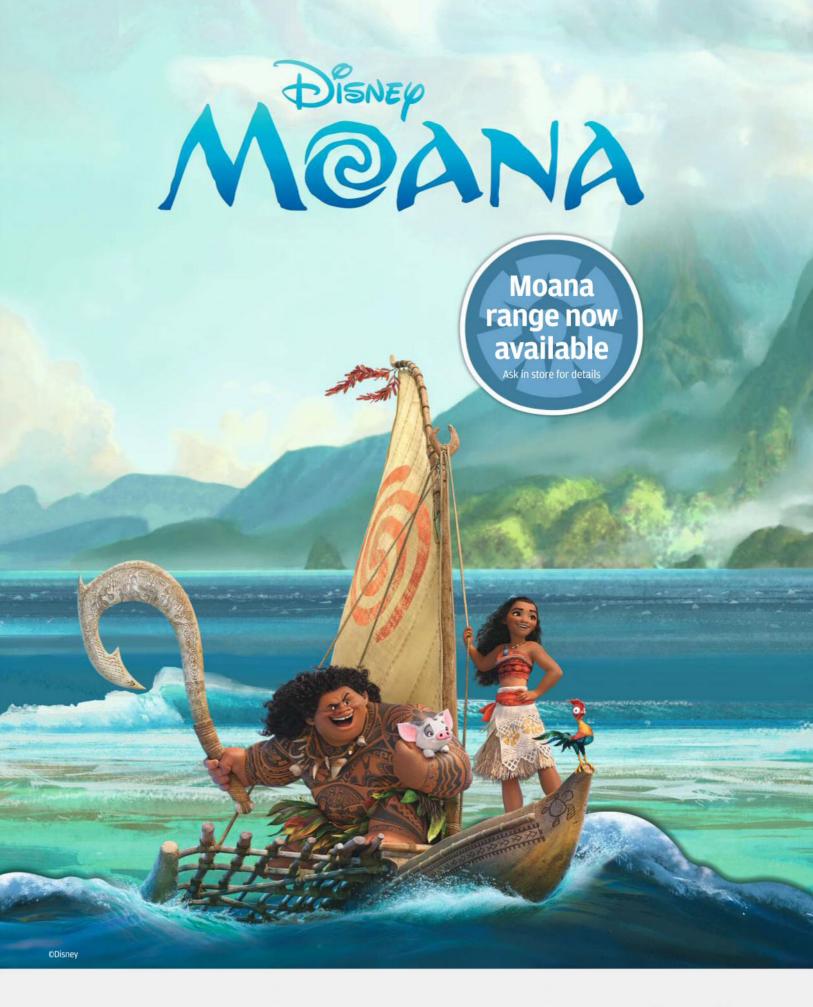
t's the book everyone across from you on the train is reading. That woman gasping? She's just got to the bit where author Cat Marnell describes getting committed to Bellevue mental institute after taking so many drugs she couldn't stop hallucinating rats.

How To Murder Your Life is the hot-mess memoir currently topping every best-seller list and taking over everyone's Instagram. It's written by failed magazine editor and rehab enthusiast Cat, who was given an advance of half a million dollars to write about the ups and downs with less of the

ups of a life spent being obsessed with drugs and parties. After trying ADD drug Ritalin aged 15, Cat quickly progressed to harder stuff, and was expelled from school weeks before graduation.

Despite her addictions and a dangerous eating disorder, Cat ended up as beauty editor at a US fashion mag. Cue a bunch of name-dropping about hanging out with Courtney Love, Dev from Catfish and Gwen Stefani. But as you'd expect things soon fall apart. It's the most compelling, disturbing memoir we've read in years, and we're now living on Cat's Instagram. See you there?





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Why fly a private jet to Rome when

one can Netflix and chill at home?



Meg & Harry's normcore Valentine's Day

Forget a swish mini break – these two are having a night in with a DVD

ne is TV royalty, the other is literal royalty, so you'd think they'd have something fairly epic planned for their very first Valentine's Day together. But you'd be wrong, because Prince Harry and Meghan Markle will be staying in having the most basic, ordinary, non-glitzy nightyou can imagine.

"Meghan loves that they're openly a couple now, and things are going incredibly well between them," says an insider. The pair have been dating since last summer and have so far enjoyed luxury mini breaks to Norway, the Cotswolds, Balmoral (the Queen's holiday home) and Toronto, where Meghan is based. "They've been having fun flying about to different countries, but it doesn't really feel that romantic because they have to be with a bodyguard and everyone stares. Which is why Meghan told Harry she just

wants a quiet night in with him this Valentine's Day."

But it doesn't mean it won't be a romantic evening for the pair, who have "virtually moved in together" in his cottage at Kensington Palace since Christmas, while she's on a break from filming her TV show Suits. "Meghan just wants to cook for her

boyfriend like they're a normal couple, instead of doing something fancier," we're told. The pair have quickly become serious, with Harry, 32, publicly calling the

Stand by your (Spanish) flan

actress "my girlfriend", and Meghan's *Suits* co-star Patrick J Adams recently admitting that she "seems to really be into [Harry]".

La La Land means I love you

"It'll be quiet but special," says our insider. "Meghan's planning the perfect menu and trying out recipes. Her favorite dish is stuffed peppers and artichoke salad, with almonds and apples as a starter. And she loves making Spanish flan for dessert, setting it on fire with rum. She's also made a romantic playlist on Spotify for the night, and has a pile of movies they can watch. As an actress, she gets sent all the Oscarnominated films, and she says she just wants to curl up on the couch with Harry and watch La La Land." ■ LUCYVINE



•4 MASSEUSES

•1 DOG CUDDLER

•1 EYELASH TECHNICIAN

How Gaga SLAYED the Super Bowl

The 25-strong squad behind her sensational performance

obody outside the US watches the Super Bowl for the sport, right? It's all about the massive money-no-object half-time show, featuring the world's biggest musicians. Lastweek was Lady Gaga's turn, and 117.5 million viewers tuned in to watch her kill it

following her around. Any time she sat down they began dutifully rubbingher. Another person was there to de-shine Gaga's brow mopping her face during the quickwardrobe changes while someone else reapplied that glittery foundation with a sponge. Even [Gaga's French Bulldog] Koji $a \, cool \, 6m \, more \, than \, watched \, the \quad had \, a \, specially \, assigned \, `cuddle' \, a \, cool \, for \,$

'It takes a whole village to keep Gaga feeling her best'

actual game with a climax that sawher literally flying. And the whole world loved every minute ofher set. But heat can reveal it took a whole (non-football) team to prepare her for the show.

"It takes a village to keep Gaga looking and feeling her best especially during a high-pressure performance like the Super Bowl," says an insider close to the singer. "She had her usual entourage of 25 people with her, but most of them were just there to pamper her. At least ten of them were her 'glam squad', including a false eyelash specialist, who was simply there to monitor her lashes. On top of that, she had four masseuses

buddy'. She didn't want her baby feeling neglected, so someone was there to pet, feed and talk soothingly to the pup."

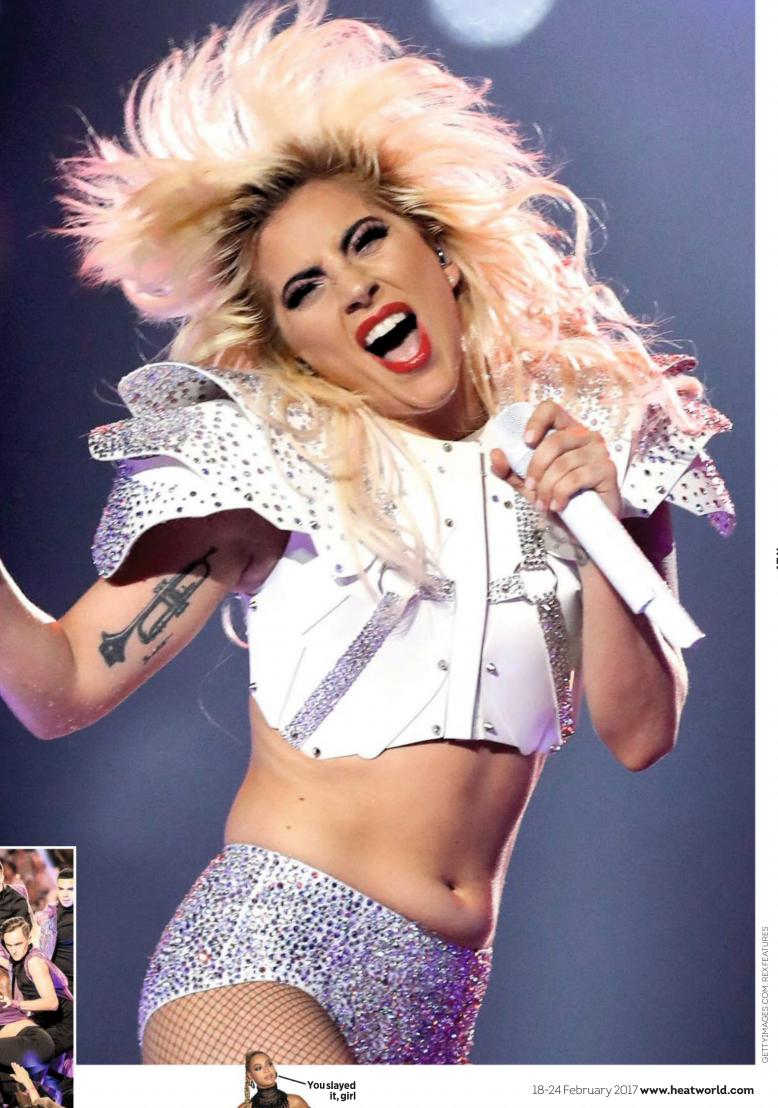
In fact, we're told the 30 year old's preparations began long before then. "Even before Gaga got out of bed on the day of the show, she had an army of assistants preparing things," says the insider. "They propped her up among the pillows and sheets with her sleeping dog at her feet for promo photos. At the venue, she needed someone nearby at all times to pull her up off the turf during another photo shoot. She was wearing a high-splitskirt with a very unruly train before the show, and one

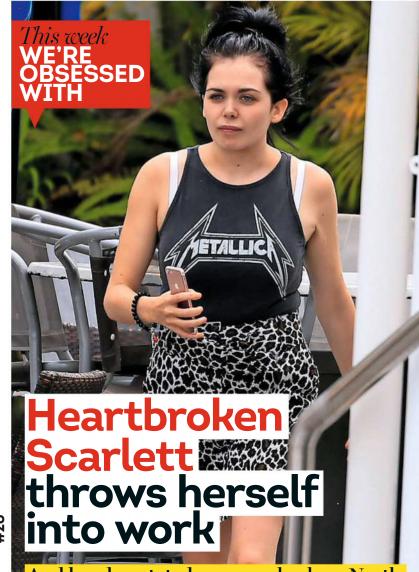
assistant's role was to unravel the material whenever it was needed."

But even with all those helpers, Gaga still had a cry when it was all over. "She was a blubbering mess backstage afterwards," says the insider, as sales of Gaga's music soared by 1,000 per cent. "She bawled like a baby in her sister's arms, but it was relief, not sadness. She was so terrified something was going to go wrong she couldn't believe it went OK. Gaga was also a little sad that Taylor [Kinney, her ex-fiancé] didn't make it down to watch, as they're still close. She'd offered him a ticket, but he'd turned her down." ■ LUCY VINE



"l'm flying"





And her devastated ex moves back up North

ince her shock split with Luke Crodden, Scarlett Moffatt has been throwing herself into work: she's been filming long hours on Saturday Night Takeaway with Ant & Dec, as well promoting her fitness DVD non-stop.

In fact, she's barely been home, which is probably a good thing as sources have told *heat* that her heartbroken ex, Luke who she dated for a year before suddenly splitting with him two weeks ago



has moved out of their shared London flat and back in with his mum, Angie, in County Durham.

Reports claimed that the break-up came after Luke who works in sales forghd struggled to cope with Scarlett's new-found fame after she won I'm A Celeb and landed a place on the Virtually Famous panel. And we definitely saw signs he was uncomfortable with the spotlight at the National Television Awards just days before they split. Despite seeing Scarlett and Luke cuddled up to each other at the show's after-party, when they came into *heat*'s photo area (below), Luke was reluctant to jump in the photoshoot with his girlfriend, who practically had to beghim to sit next to her.

However, insiders say there's still hope that the couple who quit their jobs and flat in Newcastle to move to the capital in December might get back together. "They still follow each other on social media, and their families are still friends on Facebook," we're told. Let's hope this story has a happy ending. ■





fter an astonishing seven years together (that's aruby anniversary in celeb years), it's an exciting time for Marvin and Rochelle Humes. Nearly four years after the birth of first daughter Alaia-Mai, the couple are awaiting the imminent arrival of their second child and seem as loved-up as ever apart from when it comes to celebrating Valentine's Day...

Hi, Marvin - how's Rochelle?

She's doing so well. Women go through so much during a pregnancy if us blokes had to deal with that, the world would know about it. There's not long to go now four or five weeks. It's really exciting, we can't wait to meet him or her.

Do you have a preference about whether it's a girl or a boy?

I've never been one of these dads that has to have a boy, but I would of course love that. It would be nice to have some testosterone around the house. But I'm not fussed we're very lucky to have a second child. If it's a girl, great, I'll

have another daddy's girl, and if it's aboy, it's great for Rochelle, too,

because it's different for her. I had a dream the other night it was a boy it's funguessing.

Have you been helping out around the house and with Alaia more?

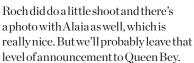
I always help around the house! It's really interesting, from a child psychology point of view, for Alaia. It's going to be so different, cos she's only ever known it be the three

ofus. You've got to be so careful about introducing the new baby. Alaia's at that age where she's so aware, so she knows mummy's pregnant, you have to be gentle, you can't clamber all over her, you have to touch her belly very gently. And when the baby's here, she'll know it's her little brother or sister, and she'll look after them, and she'll know mummy and daddy love her as much as before. I'm sure it'll be OK.



Rochelle did a photo shoot to announce the pregnancy - what did you make of Beyoncé's lavish announcement?

Queen Bey is Queen Bey. She can do that stuff.



working with

What are your Valentine's plans?

I wanted to make it extra special. I had it all booked and then I got a WhatsApp saying, 'What we doing? Can we change plans and go to watch Drake?' Roch wants to spend Valentine's evening with Drake and I'll just tag along. [Laughs.] Nah, I'll probably be screaming as much as she is.

Have you been watching *The*Voice? [Marvin left the presenting line-up when it moved to ITV]

Yeah, of course I think it's brilliant. Jennifer Hudson has breathed some new life into the show. It's great to have Tom back. It's great to see Emma doing her thing and smashing it. I was fan before the show and I'm still a fan. ■

Cadbury Dairy Milk and Marvin Humes have teamed up to portray classic and modern music to mark the launch of Cadbury Studios, where music can predict what Cadbury Dairy Milk flavour you're in the mood for

e cancelled ntine's to with Drake'

s even hot pop-star husbands can be upstaged by the singer



Goodbye to the original 'It' girl

The world will be a less fun place without Tara

Palmer-Tomkinson, says heat's Kay Ribeiro



Tara Palmer-Tomkinson was full of life, a kindhearted, generous ball of hyperactivity.

The last time heat spoke to her, we asked what she did with all her fancy cast-off clothes, and she saidshe would send us some, because, "If you don't ask in life, you don't get!" The next day, a bag of designer clobber arrived, complete with a Miu Miu dress and lots of other labels we'd never be able to afford. Her generosity was just one of many traits that made her a one-of-a-kind star.

So, last Tuesday's news that

Promoting her

TV show *Dirty* Cowsin 2007

the 45-year-old socialite had

passed away in her west London home was shocking. Only a few months earlier she revealed she had been diagnosed with a brain tumour, and her death has been shrouded by reports she'd relapsed into the cocaine addiction that marred much of her life. First known as a'90s party girl with connections to the royals her godfather is Prince Charles TPT stole our hearts on the first series of I'm A Celeb in 2002, winning second placebehind Tony Blackburn.

Agood friend of heat, she was one of the first celebs to sign up to our Stars Without Make-Up campaign, along with Davina McCall and Claudia Winkleman, and over the years has been the subject of innumerable heatinterviews. And in a world of hypersensitive, media-trained stars, her honesty and willingness to talk about anything was a breath offresh air. From deciding to have surgery after years of cocaine abuse damaged her nose ("I'm shit-scared of hospitals, but you

need a push to do something, and

Robbie Williams ("There's a lot to be said for having a night with your dream man"), nothing was out of bounds. Goodbye, TPT. We will miss you. ■

Always the of the party

this [photo] is it") to her fling with

Ruling the Celeb

jungle in 2002

Tara's greatest heat shoots







FI.CO.UK, REX FEATURES

reasons to move on from your man

- 1. He's got a tattoo. Of himself.
- 2. He thinks the G-Spot is a nightclub.
- 3. His idea of fine dining is a kebab.
- 4. A quick pint ends at 2am.
- 5. He calls your mum 'babe'.
- 6. He uses more hairspray than you.
- 7. If being lethargic were an Olympic event, he'd win gold.
- 8. He'll 'get round to it later'.
- 9. He uses the floor as his laundry basket.
- 10. The only photo in his wallet is of his car.

reason to move on from your tampon

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It's time to move on.



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ant to be best mates with Taylor Swift? Youmightgetyour chance, as her squad has a few vacancies right now... Lastweek, heat revealed she was no longer speaking to former best friend Selena Gomez, after Selena started dating fellow Squad member Bella Hadid's ex, The Weeknd, Now sources claim that Emma Stone has also ditched Taylor. Tay once said La La Land actress Emma was "like a sister tome", but heat's insiders tell us that the friendship is over after Emma felt "frozen out" by Taylor's infamous squad.

"Emma and Taylor are no longer close friends," says our source. "It's been a long time coming. Emma often thought there was a power imbalance between them. Taylor was always this big star, so they would have to meet up when it suited her. At first, Emma didn't mind, as she was a real fan of Taylor. But as Emma became more successful and famous in her own right, things never really changed in their friendship and Taylor would often still act like a megastar around her."

Taylor and Emma have been friends since meeting at an awards ceremony in 2008. Emma later revealed that they had bonded over email, and the pair were spotted on a junk-food shopping trip in New York a year later. In 2010, Emma invited Taylor to be her red-carpet date at the premiere of her movie Easy A. The following year, they attended the Oscars parties together, and Emma presented her mate with a Teen Choice Award live onstage. At the time, Taylor said, "My friends are

amazing... the ones that are like sisters to me are Selena Gomez and Emma Stone." In 2014, Emma and then-boyfriend Andrew Garfield got an invite to Tay's 4 July party and Tay went to see Emma onstage in Cabaret, Instagramming that Emma had "inspired me since the day I mether 7 years ago".

Butin 2015, Taylor formed her legendary "squad" the gang of super-famous models and pop stars who appeared in her Bad Blood video and things started to fall apart in the friendship. While Emma went to see the 1989 tour, insiders claim she refused to get onstage with Tay, while the rest of Swift's A-list mates (including Ellie Goulding, Lena Dunham and Karlie Kloss) did. "Emma felt frozen out by the squad," says our insider. "Trying

to keep up with them all was exhausting. She didn't want to always have to jump on a plane to follow Taylor, and Emma often felt intimidated by Taylor's friends."

Emma has now defected to a new friendship group, going for dinner with Jennifer Lawrence and Adele. "She knows not all A-listers need to act like 'stars'," says the friend. "She finds Jen and Adele very down to earth compared to Taylor."

With awards season in full swing, our insider says Emma and Taylor are avoiding each other, but, "If they were to come face to face with each other, they'dbe professional. Emma's glad she could get out of the friendship while things were still civil."

To be honest, we'd rather go down the pub with J-Law and Adele, too... ■ ISSY SAMPSON









couple of weeks ago, $it was \, reported \, that \,$ Spencer Matthews, 27, was enjoying après ski hook-ups with both Irish model Vogue Williams-who left the competition early due to a knee injury-and Olympian Jade Jones. And, having spent time in Austria with the ex-Made In Chelsea star, heat's seen first-hand how he charms them. When asked about hisparty tricks, he flirtatiously toldus, "We'dhave to go to my room for that," before adding, "I've gotan Amazon Echo, which is amazing and I'd love to show it to you." Sure you would, Spenny.

And it turns out Spencer has wanted to show his Amazon Echo to quite a few ladies on the show, who've all had Spencer banging on their hotel room doors at midnight. "Me and Lydia [Bright] are next door to each other, so if Spencer comes knocking [at night], we just

shout, "Help! Help!" Amy Willerton tells us.

Lydia isn't up for any nocturnal visits. "I'm one of the few girls who won't sleep with him, and he knows there's no chance," she laughs. "I don't get the knock on the door at night, but I have in the morning, sometimes. He says, 'I need to talk to you about something."

Comedian Mark Dolan says that, thanks to Spencer, we could see the first Jump baby. "However many women you think Spencer's shagging, it's probably twice that," he jokes. "In a year's time, there's going to be a lot of Austrian children with posh English accents, gilets and bighair."

The Jump, C4, Sunday, 7.30pm Share your parenting super powers and you could

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You have the

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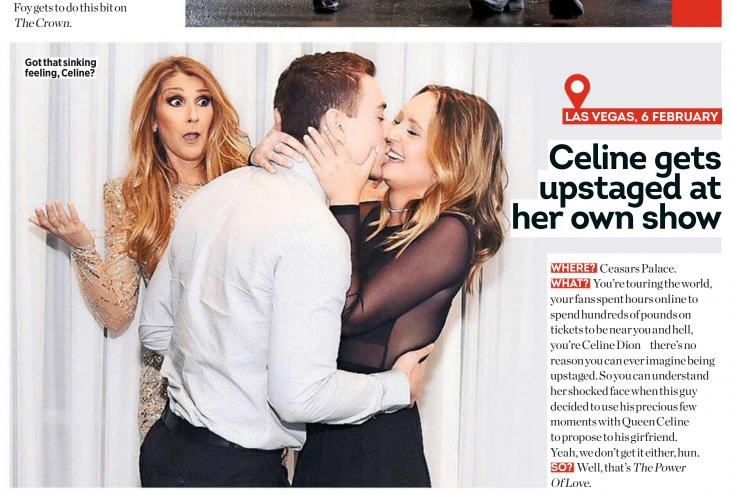




"Is he our new daddy?"







LONDON, 3 FEBRUARY

Phillip-in 'eck, look at these!

WHERE? ITV Studios.

WHAT? We wouldn't normally ask this of TV professionals, but given this pair's history... are you guys drunk? No, apparently not. It's something to do with Jamie Dornan making a bet to wear a mankini while on This Morning. Why Phillip Schofield then balled it up and put it in his pocket to take home, you'll have to ask him or his wife.

50? We've now got a very vivid mental image that we didn't ask for.







You Geordie Shore that's a good idea?

WHERE? Tignes ski resort.

WHAT? Mistake 1: taking the skimpy-clothes-loving cast of *Geordie Shore* to a ski resort. Mistake 2: letting them choose their own shoes for a night out. Mistake 3: not getting them chauffeured from door to actual door. Always a mistake: shots. It had all started so well for Chloe Ferry and Marnie Simpson... until they tried to move.

These guys were born slippy. Taking them on the ice, ice, baby, was a bad idea.

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DWAYNE "THE ROCK" **JOHNSON** grabbing ajuice in Malibu, California. Seen by JoJo **SPOTTED** Masters Of Sex actor MICHAEL **SHEEN** browsing the racks at Fopp record shop in Covent Garden, London. Seen by Tom SPOTTED WAG COLEEN **ROONEY** shopping with her mum in Harvey Nichols, Liverpool. Seen by Zoe **SPOTTED** The Inbetweeners' BLAKE **HARRISON**, looking very cheerful and sporting abrilliant'70s'tache, at ITV Studios, on London's South Bank. Seen by Lisa **SPOTTED** The Saturdays' **MOLLIE KING** walking along Fulham Road in west London checking her phone. Seen by Kate

SPOTTED Actor

getting off the EuroStar at Garedu Nordin Paris, France. Seen by Lucy SPOTTED T2 Trainspottingactress KELLY MACDONALD, her husband, Travis bassist **DOUGIE PAYNE**, and their kids walking along Renfrew Street in Glasgow, Scotland. Seen by Fiona **SPOTTED** The X Factor 2016 runner-up. SARA **AALTO**, and her fiancée Meri at Mildred's restaurant $in \, London's \, Soho \, .$ Seen by Kat **SPOTTED** Coronation Street actor **SHAYNE WARD** and his girlfriend, former Hollyoaks actress SOPHIE AUSTIN, in the Bulls Headhotel in Castleton, Derbyshire. Seen by Jennifer

SPOTTED Comedian and

actor SIMON AMSTEL



Former Valleys

and BBstar

Laytesha Grace outside

the Playboy

Club in London's

Mayfair.

Paul |

"WINNERS MAY BE CONTACTED AND BANK DETAILS WILL BE REOUIRED, PLEASE NOTE: PAYMENTS MAY OF CHARGE) ON HEATMOBILE. THE CELEBNEWS SERVICE ON EE VODAFONE. 3 AND 02, PHOTOS, EROI





Kids can swap their fries for a fruit bag in their Happy Meal®

good to know





His ex-girlfriend, Kate Wright, may now be dating multi-millionaire, ex-England footie legend Rio Ferdinand, but Dan still seems to be able to raise a smile while filming TOWIE in Tenerife with the laaaaaaads.

Before becoming famous on the show, Dan was an electrician, so he can light your fire/make sparks fly/trip your switch anytime. Appealing.

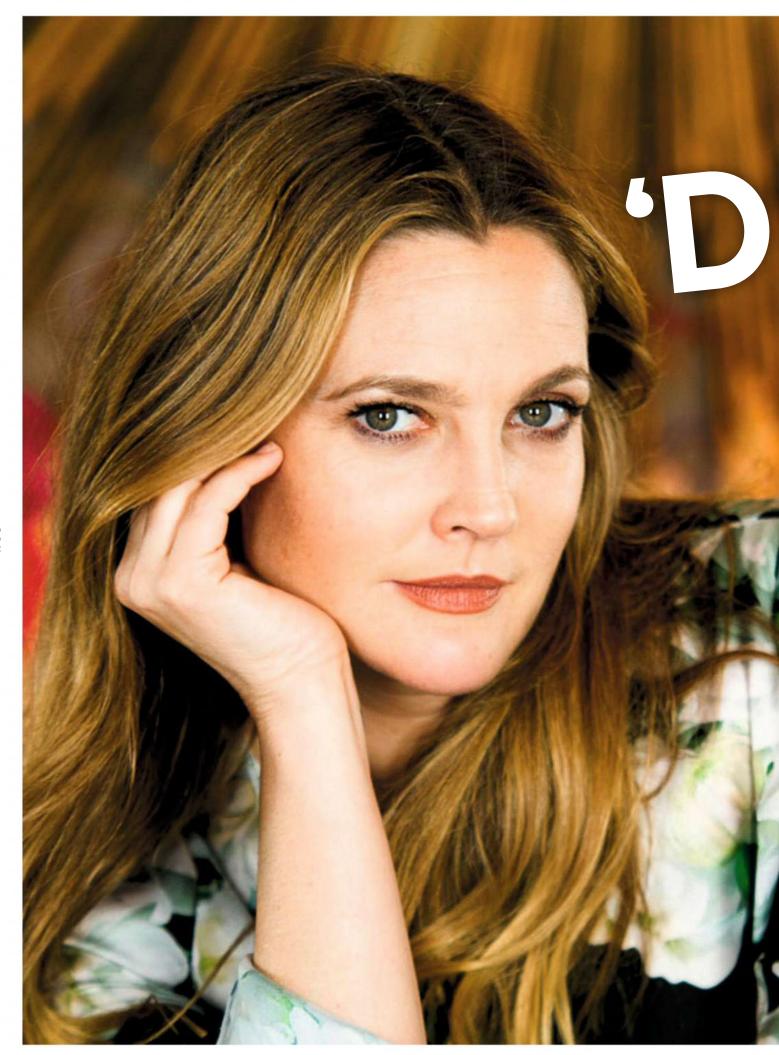
Dan is a regular gymgoer and protein-shake lover, and often posts pics of his sessions on social media. Which we may have looked at once or twice...

REX FEATURES; XPOSUREPHOTOS.COM



HEMS-WATCH

unbearable cuteness of watching Chris play superhero for his kids. But, also, he is topless.





YORCE made me feel like a EAILURE'

In a startlingly honest chat, Drew Barrymore tells *heat* why playing a zombie cannibal helped mend her broken heart



ho'd have thought the adorable little girl from ET would grow up to become a man-eating zombie? Well, that's what happened to

Drew Barrymore, who after an array of pretty decent romcom movies has gone down a whole new route for her first major TV role. In the no-holds-barred horror-comedy series Santa Clarita Diet, currently streaming on Netflix, Drew plays a middle-class real-estate sales woman, wife and mother who suddenly develops a ravenous appetite for eating flesh. It's a brilliantly bold new turn for her,

and the timing seems like it's no coincidence. She took on the project last year, just when she was divorcing her third husband, Will Kopelman after three years of marriage and two daughters (Olive, four, and Frankie, two) together and she tells us playing a zombie provided the perfect antidote to the experience.

Drew, 41, is extraordinarily honest and entirely happy to reflect on this brutal period in her life now she's over it. Get set for one of the most refreshing A-lister interviews you'll ever read...

So, why did you get involved with Santa Clarita Diet?

I read the script and it made me laugh. I was going through some dark stuff at the time, so it was exactly what I needed. Life's so complicated,

sometimes humour should be the only deciding factor. And when you're going through a divorce, your life is falling apart, you feel like a failure, you've gained, like, 20lbs... [Laughs.] I'd let myself go, I really had. Everything I had planned was suddenly turned on its head. So, maybe what I really needed was to play a zombie and laugh about it. This is not The Walking Dead!

Did you identify with your character at all?

With Sheila, what I saw and what I connected with was her sense of purpose. I needed that sense of purpose, because I had lost my own way a little. I had lost my confidence, my get-up-and-go. It was perfect timing, like a total

'My life was falling apart I'd really let myself go'

blessing to find a person whose awakening sort of equates with vour own when you're going through a huge change in life, like I was. You can grow and rebuild together. That was avery significant personal need in me. I needed a goal.

What was it like filming the show?

I was definitely a happier person when I wrapped this show than when I started on it, and that means a lot - it makes this experience very poignant and special. Plus, who doesn't want to pretend to eat people? When was I ever going to get to leap on someone and rip out their neck? I'm not an advocator of violence in any way, but there's a lot of fun to be had with allowing your inner, primal beast to come alive and break free. It's almost like this series was therapy for you after

your break-up...

Yes, the most fun therapy session I've ever been to [Laughs.] And what was great, in a specific aspect, I got to be a part of the perseverance and success of a marriage through adversity, to see a relationship excel

and endure. It gives me hope for the future. This couple were at a point where their spirit was sapped, work and grind had replaced spontaneity and vigour, and the irony is this insane situation



as a viewer,

I don't want

to see that. I don't want to see anything depressing. People might be surprised at your candour...

I don't think of myself in that way. What I go through in my life isn't unique - we all go

> breakdowns, we all question our decisions and choicesand gothrough dark times, buttalking aboutitis therapeutic, healingand nurturing. But I definitely keepsome things for

through relationship

myselflike we all do. I'm only human.

Are you an optimist? I think I'm

of a very sunny disposition. Not to a point of vomiting, let's be clear, but I am an optimist. I have to be an optimist, with what I've done in my life. I see everything I go through as part of the path. Everything that happens along the way, I try to see the silliness and the goodness in it. Which sounds very after-school special, but it's true.

Drew: hippie

And you seem to like laughing...

My default wiring is to laugh. I do it all the time - I laugh when I'm nervous, I laugh when I'm sad. I surround myself with people who are always laughing. My daughters are the funniest people I know. It's amazingit's like we created these little comedians who do stand-up on tap. [Laughs.] It's so necessary, to focus on the light, it powers you through the dark. I want to be laughing till the day I die, and then I want everybody

www.heatworld.com 18-24 February 2017





at my funeral to be clutching their stomachs, remembering all the times we had.

Your girls are still young, but do you see them following your footsteps?

At four and two, it's not something that really crosses your mind. [Laughs.] How would you feel if

they wanted to, given your own history?

I think I might have to put my mom foot down and say, 'Not till you're 18!' Till then, I want them to flirt with different kinds of passions, to find what inspires them and makes them happy. Their childhood comes first. [That] remains the priority.

time, it was like a summer vacation in California. I only worked four days a week, so we went on lots of road trips and went to the beach. It was exactly what we all needed.

What was it like for you, being covered in guts?

It was gross and delicious at the same time. I literally had to thank the universe for allowing me to be in such fun, absurd situations, eating this weird sugary glucose syrupy crap, like wet cake. I really hate sugar, I don't eat it, so I wasn't in love with that aspect. Some of the stuff I ate, I still to this day have no idea what it was. It tasted awful. The smell and texture was which actually smelt worse than real vomit. But that's OK. That's my calling in life. [Laughs.] Can you even look at meat

any more?

Oddly enough, I can. I'm not fully repulsed yet, which I'm actually quite surprised about. It seems my insides are more resilient than I gave them credit for. Although I was a vegetarian for 26 years, so I think my body is making up for lost time.

You play a zombie who eats people. Who would you eat in real life?

Now, OK, is this if I want to eat someone to savour them and absorb their wonderfulness, or eat them because I want them gone and eradicated off the face of the Earth?

Let's go with the second. it's more fun...

It IS more fun. Malevolent and macabre is always more fun. $Idon't \, really \, want to \, name$ a person I want gone, because I feel like that's wishing them dead, technically, and that can't have good karma for anyone involved. But I can think of a few there are some names that immediately sit like, you know, right there in my mind.



DREW ON...

I do this one not-so-cool thing: shoving my room service tray in front of someone else's door. I don't want to be caught being the pig that I was at two in the morning.'

BEINGAHIPPIE

"I bought an old red bike with the words 'Free Spirit' written across its side - which is exactly what I felt like when I rode it down the street in a tie-dye dress.'

BODYIMAGE "God made a very obvious choice when he made me voluptuous. Why would I go against what he decided for me? My limbs work, so I'm not going to complain about the way my body is shaped."

EATING "I hate women who say they can eat whatever they want, because I don't relate to that at all. It isn't fair! I absolutely live for food."

'If I could eat anyone, it would be Cate Blanchett'

What did they make of you on set, soaked in blood and gore?

Are you kidding? There's no way I would ever allow them to see any of that I'd scar them for life. [Laughs.] Oh my God, can you imagine how horrifying that would be? They had a really great

abominable. But I loved it I loved the gore. I haven't ever really done that, so I had a blast. Getting into the shower and hosing blood off yourself every night, and being like, 'I do this for work. This is really f**ked up!' I spent three days sitting in a room full of fake vomit,

Yeah, they deserve to be eaten. I think I can quess who one of yours is...

I'm sure you can, but let's not say the name out loud. [Laughs.] But if I could eat someone, because I love her so much and she would probably make me a better person in every respect? Cate Blanchett. There you have it I'd like to eat Cate Blanchett.

■

Santa Clarita Diet Season One is available now on Netflix



ast month, we asked you to open your hearts and reveal a dirty little secret – the unconventionally hot celebrity men you secretly lust after. We promised not to judge you, and – with the exception of

a couple of suggestions (you know who you are) – we didn't. You voted loudly and proudly in your droves, and now we can reveal the top 25 unusual stud muffins that are currently making your pulses race. Ready, steady, swoon...



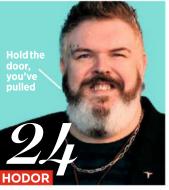
The one *CBB* housemate to keep his shit together. That's why we love this gentleman that and the fact he looks like a giant teddy.



If he's good enough for Jennifer Lawrence, he's good enough for us. The *Master Of None* star has very cute funny bones.

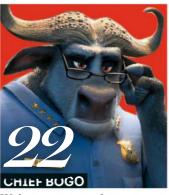
We're really not sure what you're seeing in the over-opinionated breakfast host. We can only assume you love a bad, BAD man.

This one-time Weird Crush winner oozes excitable, fresh-faced charm, like your younger brother's best mate. Or a puppy.



PIERS MORGAN

The Game Of Throneshero is the perfect date he'll hold the door for you, and let you talk all night and not say a single word back.



We love a man in uniform, even a cape buffalo from *Zootopia* (with Idris Elba's sexy voice). Chief Bogo can handcuff us any time...



Holmes is very much where the heart is for some of you. We have a real soft spot for his Irish charm and mega-lols banter.





JONATHAN STRANGER THINGS

Weheart Stranger Things' moody teen/troubledartist/doomed lover, played by Charlie Heaton.

Are you

sure you didn't

Gandy?

mean

on the fact that we'd love to be part ofwillbeyour Dan, babe your vids are @AmazingPhil.



Anew entry this year, and only based sweet YouTube duo Dan And Phil. We



Ed's dad dancing on Strictly was strangely hypnotic, and we watched his performance of Gangnam Style more times than was necessary. Balls by name, ballsy by nature.

DEAN GAFFNEY

Ex'Endersstar Dean (AKA Robbie Jackson) makes you Wellard... or something. Dean says, "You cheeky gits. There's nothing remotely weird about having a crush on me have you seen my girlfriend? Seriously, though, I'm approaching my forties, so I'll take this as a compliment."



He might not have the chiselled charms of his TOWIEco-stars, but cuddly Diags wins our lust by being a nice guy. He says, "It's an honour to be shortlisted alongside robots, celebrity dads and gingers."



Oh, we love a stern man in uniform. So, hello, $Line\ Of\ Dut\ y$'s DCI Steve Arnott, who we'd be VERY happy to have taking down our particulars.



K-2SO ROGUE ONE

We've always loved a Rebel and this Star Wars CGI characteris fast, dangerous and surprisingly very funny. Who knew?



MICHAEL WHITEHALL

Jack's dads ays, ``I'm thrilled to be rankedhigher than Ed Balls. Maybe I'll get to do Strictly.... With an adjustment to the rules, I could be partnered with Jack."

February 2017 www.heatworld.com





 $Fans \, of \, The \, Missing$ will totally get the allure of troubled cop Baptiste (Tchéky Karyo), with hissexyaccentand endearinglimp. How we want to soothe that furrowedbrow

I've got the X Factor

The be-quiffed presenter says, "I'm surprised and grateful I'm even a weird crush! This is probably more exciting than the NTA nomination, to be fair. I will now dine out on this for genuinely at least two weeks. Godbless heat!"

RYLAN CLARK-NEAL

Finally, I placed

higher than

The sexy silver fox $of\,day time\,TV\,has$ captured our hearts andnotjust because he comes into work with a hangover and gets thegigglesdiscussing rude stuff.

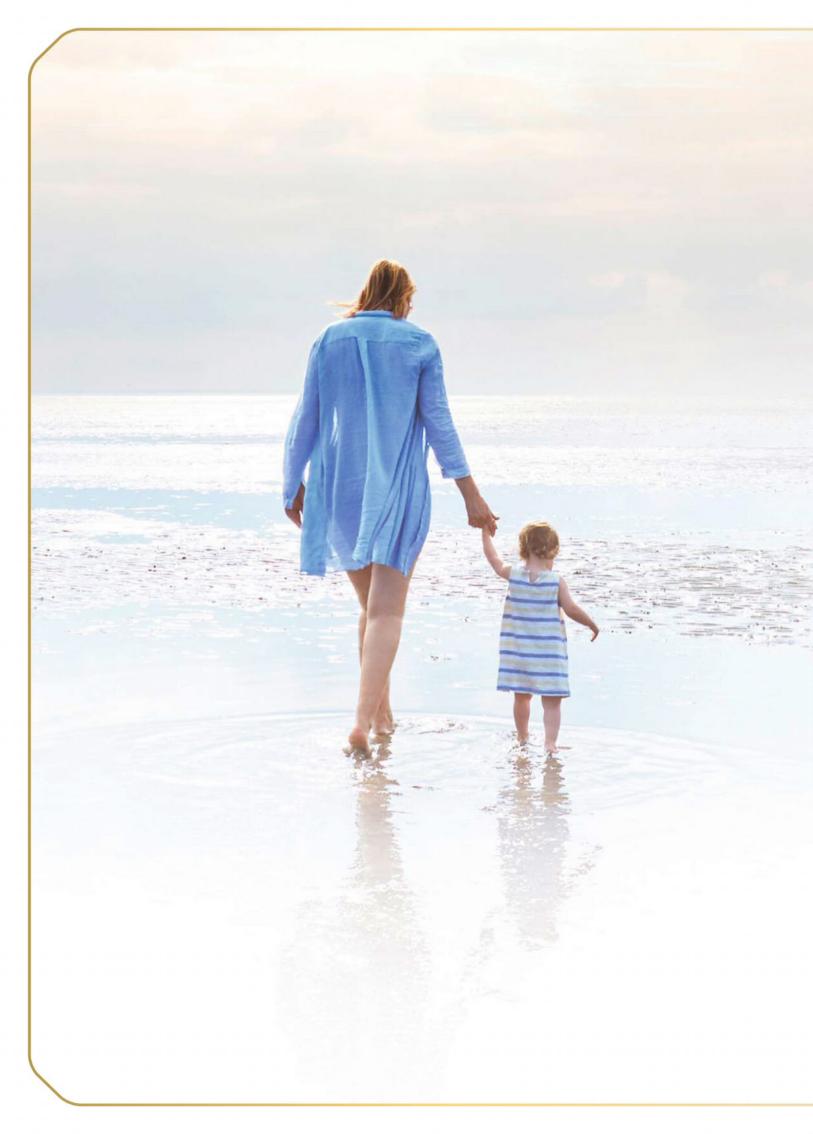
PHILLIP SCHOFIELD

The 'Enders extra's mod hat has been making you weak at the knees. Actor Ben Champniss says, "Thankyou EastEnders for letting Jake and I slip through the net. I'd also like to thank my parents for blessing me with these looks, and my fiancée, for

settling for the UK's second weirdest crush."







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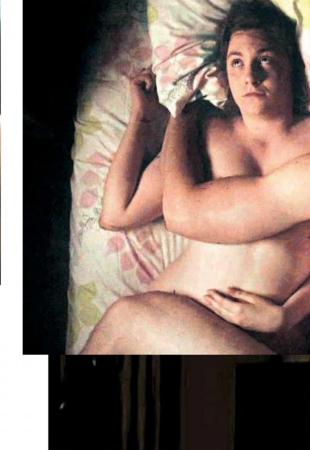
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If you thought rolling around with Jamie Dornan all day would be

hot, you would be wrong, say the stars behind those saucy scenes...



exis, well, sexy, right? Especially when you're rubbing bits with the hottest of A-list actors. Well, not according to them. With the release of *Fifty Shades Darker* this week, stars Dakota Johnson and Jamie Dornan have confirmed that shagging for the

camera is actually gross. Dakota said faking sex with Jamie was "tedious" and "petrifying", and even declared she's "over it". But how bad can it really be? Time for heat to investigate...

THE AWKS

Sex can be awkward at the best of times, but how hard is it when you're forced to do it for hours and hours with a work colleague? Well, Kate Winslet can tell you. "I hate it!" she says. "You can literally be tangled in sheets, and you turn to the other actor and say, 'What the f**k are we doing?' Imagine it: 'Dear Mum, at work today, I had so-and-so's left nut sack pressed against my cheek."

You've also got your actual partner to think of. "I'm alone with a man who's not my husband, who also has a husband," says Rosamund Pike, who filmed *Gone Girl* alongside Neil Patrick Harris. "He's in his underwear, you're in your underwear and you're sort of dry humping on a bed."

And what happens when you're klutzy AF?
"They called action and we went to kiss and it was, like, donk! Our heads couldn't reach each other," says Jennifer Lawrence about filming Passengers with fellow goofball Chris Pratt. Or pity poor Robert Pattinson in Map To The Stars with Julianne Moore, who reveals, "It was so hot. She's one of these people who doesn't sweat at all, but I sweat like

a f**king crazy person. I was literally trying to catch drops of sweat to stop them hitting her."

DONNING THE VAG PAD

One big question is, what do you wear to preserve your modesty? The answer isn't glam. "We like it to be realistic but not real, so I wear something I call the Vag Pad," says Emmy Rossum, star of the US version of *Shameless*. "It's kind of a little triangular panty liner that you stick to you." Idris Elba, meanwhile, says he wears "a little sock and brown tape", and Jon Hamm dons "a weird flesh-coloured thong". But most actors who film sex scenes tend



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I found that every time I put my robe back on, it rubbed all the body make-up off, and that added another 20 minutes to filming."

HORNY CO-STARS

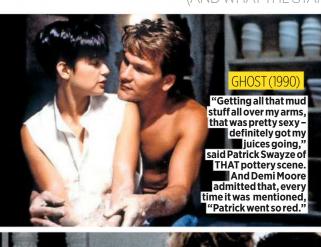
Despite all that fuss, there are some actors who still enjoy the process a little too much. Like Henry Cavill during shooting for *The Tudors*. "I hadn't rearranged my stuff into a harmless position," he says. "My co-star was rubbing herself all over me and it got a bit, um, hard. I had to apologise profusely afterward. It's not great when you're in a professional environment and some body gets a boner, is it?" Or *Desperate Housewives*' Jesse Metcalfe, who said of his first scene with Eva Longoria, "We were rehearsing and then the director was like, 'OK, get out of bed, we have to reset the set.' And I was like, 'I need a minute..."

But at least those two were embarrassed, unlike Hugh Grant, who creepily admits, "I've always enjoyed sex scenes, though you're not supposed to. The classic answer is, 'Oh, it's not sexy because there are so many technicians standing around.' But I've always found them extremely arousing." Maybe there's something Jamie Dornan isn't admitting... ■ LUCYVINE



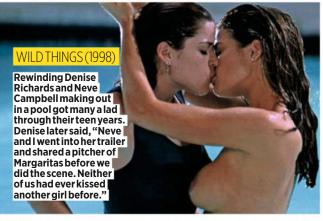
Cinema's most NSFW scenes

(AND WHAT THE STARS SAID ABOUT THEM)











Wear its at

The week in chic

Anyone who says you can't buy happiness hasn't read these pages



beauties (£79,99) are set to be a

ell-out. Get



Dropping soon...

Jourdan Dunn's given us a sneak peek at her upcoming Missguided collab. The line of athleisure gems, includes these satin tracksuits and hoodies, as well as branded undies, and drops mid March. Need.



The new denim he



No more fashion fomo











Wear it's at

From shirts to sweatshirts, the denim top has never been more diverse. Have fun with textures by rocking a denim vest with leather trousers or use a blue jean shirt to toughen up a floral midi.



JACKETS

The denimjacket is a go-with-everything style staple that can be thrown over dresses and trousers alike. Right now, boxy, oversized shapes are the perfect nod to the grunge trend. This style is also nice and roomy, so you can layer up underneath.











SKIRTS

If you thought the denim skirt was left firmly in the '90s, think again. This season, they're just as mini but with added fringing and embroidery. Wear under a longline coat to play with proportions (and also ensure your pins don't freeze).







Ever since Rihanna pulled on her denim boots, we've been desperate for a pair. Go for simple shapes and straps to keep the look classic.







Wear it's at





fthere's one thing we like more than shopping, it's shopping with a discount, which is why heat has teamed up with New Look to bring you this brilliant 20 per cent discount on all full-price buys.

Stock up and save on spring essentials like embellished denim, neon brights and strappy sandals. All the big S/S17 trends are ticked, so whether you're looking for that must-have colour-pop dress or picking up cute

separates, New Look has got it covered. To claim your discount, simply present the barcode below at the till, or head to **Heatworld.com/newlook** to receive your unique code.



TERMS AND CONDITIONS: 1. This offer entitles you to a saving of 20 per cent offfull-priced items when spent in a single transaction. 2. This offer is valid in any participating New Look store within the UK & ROI between 14 - 20 February 2017. 3. This offer can be redeemed online between 14 - 20 February 2017 by entering your online code at the checkout at Newlook.com. 4. Offer excludes concessions. 5. This offer cannot be used to purchase New Look Gift Youchers or Gift Cards, E-top up youchers (where applicable) or used towards payment of an outstanding balance on a New Look Store Card. 6. No cash or any other alternative will be given and this discount can only be redeemed once. 7. This offer cannot be used in conjunction with any other discount. 8. The return value of the items purchased using this voucher shall be the applicable return value under New Look's return policy less the discount obtained. 9. Copied, damaged or expired vouchers will not be accepted. 10. Your statutory rights as a consumer are not affected. PROMOTER: New Look Retailers Limited, Mercery Road. Weymouth, Dorset DT3 5HJ. Registered number 1618428.

Tried

& tested

Charcoal Charcoal

Its cleansing and detoxing properties are fast making it THE must-have celeb ingredient



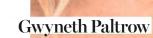
THE NATURAL SPONGE

Gwyneth raves about this cleansing sponge, so we had high expectations. It left our skin feeling extra-soft and fresh, and made our cleanser go further – score! Konjac Sponge @ Cult Beauty, £8.99

DOUBLE DEFENCE

Acting as both a mask and a scrub, we applied a thick layer that hardened nicely. When washing off, we could feel itexfoliating away any dirt. The result? Aspa-level facial glow. Clinique City Block Charcoal Clay & Mask Scrub, £29





THE GENTLE GEL

Ideal if you have sensitive skin, this cleanser leaves faces squeaky clean without dryness or irritation. It removed our make-up and calmed breakouts. A great all-rounder. Sukin Purifying Gel Cleanser, £9.99

THE BODY BUFFER

A faff to apply, but still a great athome alternative to a spa treatment.
We tested it on our face and body, and the results were impressive on both.
The Body Shop Himalayan
Charcoal Body Clay, £18



Not being able to see the make-up you're removing does make knowing when you've got the lot off tougher. Still, these wipes are great for on-the-go cleansing, and left our skin feeling super-hydrated.

Yes To Tomatoes Detoxifying Charcoal Face Wipes, £4.99

THE PORE PENETRATOR

Not only did this charcoal soap remove surface oil, but it kept on working, making our skin less greasy after repeated use. Bioré Pore Penetrating Charcoal Bar, £4.99







THE MAGIC MASK

Khloé Kardashian's blackhead-busting mask of choice, application was easy and it hardened without feeling tight. Jump in the shower to avoid a mess when washing it off and you'll be rewarded with baby's bottom skin. Origins Clear Improvement Mask, £24



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Decuty Ouzz BRANDS TO TRY NOW!

Learn their names because these ranges will take over your make-up bag in 2017



3INA

GET IT @ 3INA.COM

Pronounced "Mee-nah", this UK-founded brand only launched last year, and already has stores stretching from Milan to Melbourne. While the packaging may be simple, the products are big, bold and pack a serious colour punch. From a hyper-bright eyeliner that won't budge no matter what you throw at it, to lipsticks in every formula you could need, it's time to get some 3INA on your face.



Wanthigh-quality skincare at low prices? Almost all of this fab range costs less than a tenner and features in-vogue ingredients such as hyaluronic acid and rosehip oil, with each itempackaged like a serious deal. Next month, they'll be launching a make-up line, too. Get involved now.



The Matte Lipstick in 407

The Lip Oil Balm in Strawberry

The Eyeliner

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Beauty Pie sells make-up
without the mark up. With
products that rival the top
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a member from £10 a month.
The bargainous factory
prices mean you can buy
foundations for under £5
and lipsticks from as little
as £2.24. Cha-Ching!









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WIDEBOYS
AND MORE!



THE LITTLE BLACK Cress test

Who doesn't love an LBD? The possibilities are

endless with this style staple...

he LBD is a wardrobe musthave – not only because it's timeless, there's also a style out there to suit everyone, which makes it a great investment.

What's more, the styling possibilities are endless – from layering with a bright knit to adding a crisp shirt underneath or wearing on its own, the LBD will take you from the office to date night, and it also works with a casual white tee and trainers.

There's nothing worse than stains on your new dress, though – so keep your LBD looking clean with Ariel 3in1 Pods. They aren't just great on black – they work on whites and colours, too. So, keep your LBD looking clean with Ariel 3in1 Pods, and wear the clothes you love again and again...

WORKWEAR CHIC

Shirts are hot right now, and statement sleeves are big news for S/S17. Layer one underneath your LBD for a fresh take on office-wear. Pair with tonal accessories to keep your look smart and stylish.

NICE KNITS

Add a bit of zing to your look with a bold-coloured knit the brighter the better. There are loads of great wool-mix options available in the shops at the moment, which wash really well. Contrasting accessories, such as a hot-pink clutch, give your look a chic edge.

EDITOR'S FAVE Cape a denim jacket over your shoulders for extrastyle points.



DRESS-DOWN COOL

Don'tthinkyour LBD has to be restricted to smarter looks it can $easily be \, dressed \, down \, for \,$ off-duty days (or trips to the pub). Trainers and a white tee are perfect for a laid-back vibe.

Have a favourite PIECE? TELLUS...

vouchers! To enter, visit heatworld.com/ariel where you can also check out more great ways to wear your LBD as styled by style editor, Laura. Good luck and happy shopping!

TO HEATWORLD.COM/ARIEL **#CLEANLIKENEW #ARIEL**





PUMP UP THE VOLUME!

YOUR ULTIMATE PLAYLIST HAS ARRIVED!



WHEN THE GOING GETS TOUGH, JUST PUSH THE BUTTON AND TURN IT UP...

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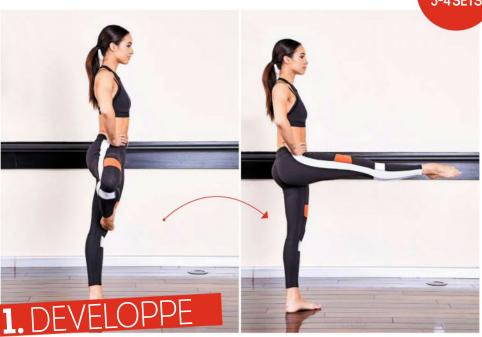




LET'S DANCE

BURN IT LIKE A BALLERINA WITH DANIELLE'S EASY-TO-DO HOME WORKOUT

10-16 REPS 3-4 SETS



Danielle says: "This one works your core and legs, and is all about control. Drawyour leg up to the top of your thigh before you extend it out as close to 90 degrees as you can. Hold it for a

couple of seconds and then bring it down. If you're wobbling, you can hold onto a wall or a chair, but the aim is to hold your abs and stay as still as possible."

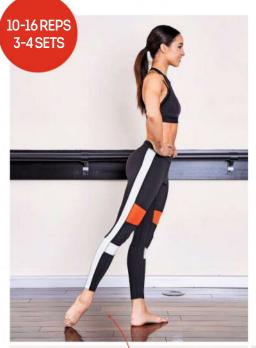


Danielle says: "This is good for the oblique muscles [your side abs], and will help to keep your back nice and mobile. Strong obliques will give you those defined six-pack lines that Victoria's Secret models have got, so we really want to work them. This is a classic ballet

posture. Crouch with your legs as far apart as you can get them. Raise one arm above your head and drop one between your legs and crunch sideways, but too far. Repeat on the other side. Imagine you are wearing a corset and you are pulling yourself up and bending over."



Danielle says: "This will burn, butit's amazing for your legs. Start with one foot in front of the other, knees slightly bent and hands on your hips. Jump both feet out to just wider than shoulder-width, landing on tip toes. Then jump back to the start position with the opposite foot in front and repeat."



4. ARABESQUE TO ATTITUDE

Danielle says: "This will make your bum look really peachy! The aim is to keep your knee high. So lift your leg a few centimetres off the floor behind you, keeping your toes pointed. Lift it higher, keeping your hips straight and then bend your leg. Hold for a few seconds, extend and then lower back to the floor."





10-16 REPS

5. PLIE IN SECOND

Danielle says: "The difference between this and a squatis that you need to keep your back upright and abs tense. You might think you're just working your legs and your bum, but this works your core, too. Imagine you're in between two brick walls and you are going up and down in between

PHOTOGRAPHY. LIZ GREGG.. THANKS TO VIRGIN ACTIVE. TO FIND OUT MORE ABOUT THEIR BODYBARRE CLASS, GO TO VIRGINACTIVE. CO.UK





KEEP YOUR ENERGY LEVELS UP WITH THESE MEALS



CHERRY AND COCONUT GRANOLA

"I batch make this, so I don't have to worry about breakfast every morning. Mix jumbo oats, dried cherries, coconut flakes, mixed nuts, egg white and honey. Spread it onto a baking tray and bake for half an hour."



OPEN PRAWN AND EGG SANDWICH

"This looks complicated, but it's so easy – top a slice of toasted bread with a yoghurt and chive mayonnaise, prawns, tomatoes and hard boiled egg."

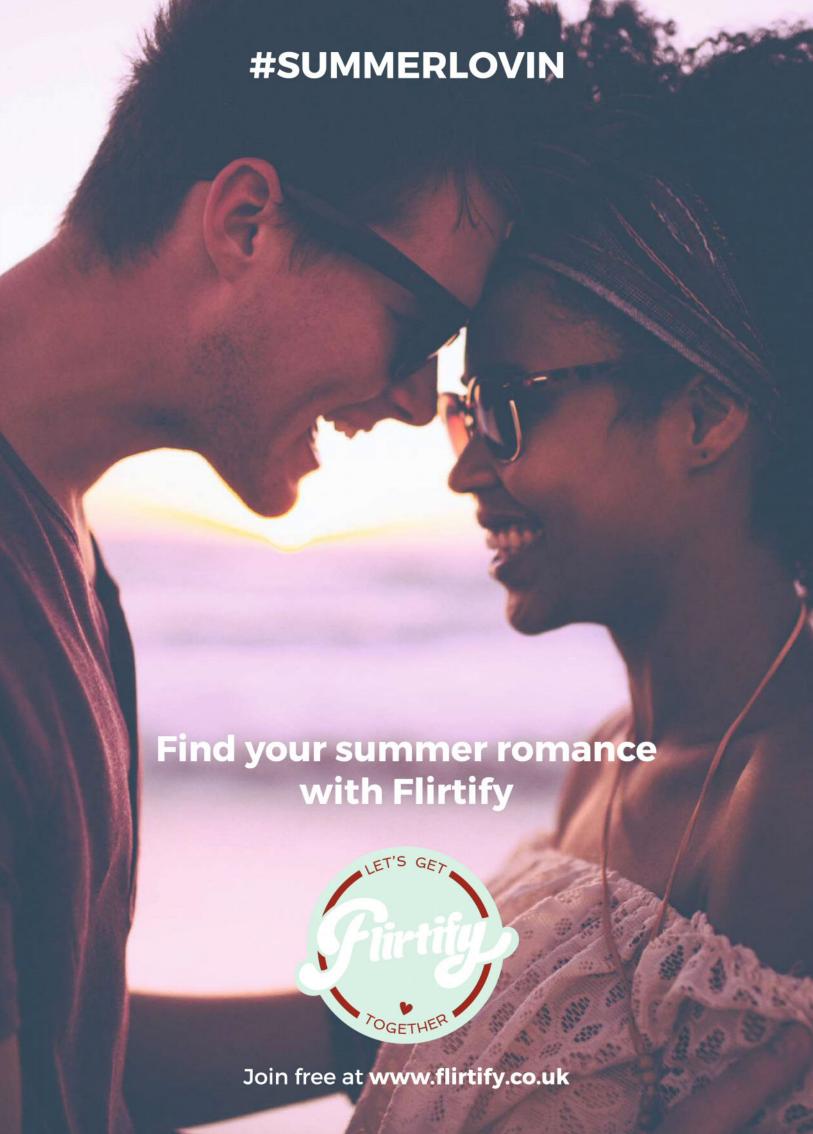


WHOLEMEAL PIZZA WITH RICOTTA, TOMATOES AND KALE PESTO

"I've just taken the food I love and given it a healthy twist. I'm not an expert in the kitchen. And I shop in Sainsbury's – if I can't buy the ingredients I need there, then I'm not eating it."



Danielle's 12
Week Body Plan
is available to
download from
Weheartliving.com/
daniellepeazer/
bodyplanfor
£35.99. heat readers
can get £10 off this
week using the code
DPHEAT.









How to ORDER COFFEE LIKEA BOSS

ith Brits chugging 55million cups every day, coffee is having a bit of a moment right now and Scott Bently, founder of brew bible Caffeine Magazine, reckons the UK is leading the way in new trends. "We're at the forefront of coffee culture at the moment ahead of Australia, birthplace of the flat white," he says.

Why are we getting snobbier than a Gilmore Girl over our cup of Java, then? "Everyone is more $socially \, aware \, about \, where \, they \,$ buy stuff," says Scott. "And if you're paying nearly £3 for a cup of coffee, you want it to be good."

Want to get your money's worth? Then it's time to get expertaboutyour espresso...

CHOOSING THE RIGHT BEAN

Coffee variations are as extensive as wine lists, so finding your perfect brew can be a bamboozling project. "You will either have a blend or a single-origin," says Scott. "Ablend is a number of different beans fromdifferent places that are put together to create a consistent-tasting cup, and that's what you'll get in places like Costa Coffee, Starbucks and Caffé Nero. If you order single-origin coffee, you're going to get a lot more of the taste of where it comes from. If it's a good coffee shop, then you can usually trust their house cuppa, as they'll have chosen a coffee they believe in."

ESPRESSO YOURSELF

If you're looking to elevate your caffeine fix, Scott recommends looking for specialty coffee, which provides a much better flavour. "Specialty coffee is looked after much better at every stage of the process. Anything which is graded 80 out of 100 on the Q Grade [the Coffee Quality Institute's grading system] qualifies as a specialty coffee."

a frappe

Scott reckons that the staff at your local grind should be able to help you negotiate your journey through the brave new world of coffee.

"Coffee shop staffget a bad rep, but they will be happy to guide you," he says. "Ask the baristas if they are servingspecialty coffee - if they know what you're talking about, they're likely to be passionate enough about the subject to give you good advice."

WHAT'S THE NEXT BIG **COFFEE TREND?**

Already huge in America, Scott says that cold-brews are, ahem, filtering down to the UK high street. Not to be confused with sickly sweet iced coffee, Scott says that cold brew enhances the taste "by brewing it with cold water over 18 hours, rather than 30 seconds using hot water. It produces a much mellower taste with less acidity. We're even seeing Sainsbury's and Ocado stocking micro cold brew brands like Minor Figures and Sandows."







FLATWHITE

1 part espresso

2 parts steamed milk

180 calories



3 parts milk foam 80 calories One quarter espresso is topped with three quarters foamed milk for a rich, milky drink. Originated in Portugal.

1part espresso



2 parts water 9 calories Espresso is topped with hot water to produce a light layer of crema (a kind of foam).



1 part milk foam 40 calories Espresso is cut with a small amount of lightly textured foamed milk to take the edge off the acidity.

CORTADO

2 parts espresso



LATTE 2 parts espresso 1 part steamed milk Topped with milk foam 200 calories Espresso is balanced with steamed milk and



2 parts espresso 1 part warm milk 60 calories Two ristretto shots (pulled using less water than traditional espresso shots, giving a fuller flavour) are topped with warm, silky milk.

PICCOLO



MACCHIATO 2 parts espresso Dot of steamed milk 10 calories Two shots of espresso are topped with a small amount of steamed milk, to "mark" the coffee.

So, when should you drink coffee?



12am-8am: Caffeine interferes with your body's abilty to produce cortisol, the hormone that wakes you up. This is usually at its peak at 8am, so any coffee you have before then could interfere with

Karlie Kloss

Fearne

8am-12pm: This is when your cortisol levels are dipping, so the best time for a mid-morning grind. Experts recommend a strong espresso hit just before you start working out, as it will



12pm-2pm: An espresso at the end of a meal stimulates the adrenal glands, which produce adrenaline, suppressing digestion.

2pm-5pm: You don't need to ban your brew until three hours before bedtime, so you can get your Java on now.

5pm-12am: Late-night coffee may make you feel like you're in a French movie, but you'll struggle to sleep.
Also, caffeine won't sober you up,
but just trick you into thinking you're



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NAME: SARAH-JANE CRAWFORD PLACE OF BIRTH: LONDON

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OCCUPATION:





I went to Miami with a couple offriends for New Year's Eve and we got tickets for Soho House. It was amazing night everyone was dressed in gold and then we went to Space to see Jamie Jones DJ. But I hadn't been drinking for six months, so even though I didn't have that much, Istill had a three-day hangover.

Most Instagrammable place you've been?

Cartagena in Columbia. The streets are painted these beautiful colours, and it's where they filmed Romancing The Stone.

Where is on your wish list?

Bali. I read about a silent retreat there. How hilarious would that be? Although part of methinks it would be alife-changing experience.

Where's your holiday happy place?

Jason Vale's Juice Retreat in Portugal. If you go in the summer, you can go for walks

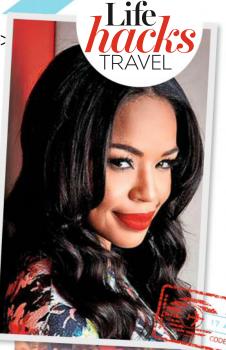
and sunbathe, and in the winter you can get in the Jacuzzi in the evening, it's a completely different vibe. There's always something going on, whether it's yoga at 7am, a 10k hike in a beautiful landscape, orvolleyball Ijustknowwhen Igothere, I'm going to relax.

Craziest place you've spent 24 hours in?

I had a six-hour stop over in Dubai once. I managed to visit the Burj Khalifa [the world's tallestbuilding] for a drink, and popped to a Harper's Bazaar party before I had to get on my next flight.

What three things do you always pack?

Mylaptop, as it has about 8,000 songs on it. Agym kit, so that no $matter\,where\,I\,am\,I\,can\,sneak$ in a little jog, which is a great way to see a place. And a good pair of PJs. I could survive anywhere with just those things.







Sarah releases vegan app Viappi next month. Visit Viappi.co.uk.



Best

hotel you've

stayed at?

Hôtel Costes in

Paris is out of

Burj Khalifa:

super stopover

Balcony

pre-NYE in Miami

drinks



Ideal travel buddy?

I'm lucky in that I have lots of friends who live all over the world, but I like travelling alone. My timetable is so last-minute that other people need time to plan, which I don't have.





Selasi's INSTA-GRUB

nhonour of Valentine's Day, heat's Mr Laid-Back is working his kitchen magic with a romantic bake guaranteed to earn you some serious (chocolate) brownie points. $\hbox{``This is the perfect pairing of red velvet sponge'}$ and white chocolate," says Selasi. "It's the ultimate treat for you and your special person." Cake and Selasi? Oh, we're in V-Day heaven...

Berry Red Valentine's Cake

Serves 4. Prep time: 90 mins. Cook time: 30 mins

● 120g butter ● 250g caster sugar ● 2 medium eggs, beaten separately ● 20g cocoa powder, sifted ● ½tspredfoodgelpaste ● 1tspvanilla extract ● 230ml buttermilk ● 32ml sunflower oil • 300g plain flour, sifted • 1tsp bicarbonate of soda • 3tsp white wine vinegar

For the frosting: ● 190g butter ● ½tsp vanilla extract ● 650 gicing sugar, sifted ● 20 ml milk

• 100g white chocolate, melted

For the decoration: ● 50g white chocolate, melted ullet Freeze-dried raspberries ullet Freshmint leaves (optional) ● Fresh raspberries Follow Selasi on Twitter and Instagram @selasigb



STEP 1 Preheat oven to 180°C (160°C fan). Grease and line three 6in round sandwich tins. Beat the butter and sugar on medium speed until light and fluffy (around 5 mins). Fold in the beaten eggs one by one, until well incorporated. Add the other ingredients and mix until well incorporated. Divide the mixture evenly into the tins and bake for 20-25 mins. Leave to cool.



STEP 2 Make the frosting by beating the butter until fluffy, adding the vanilla and gradually incorporating the icing sugar. Add the chocolate and milk, and mix on low until smooth. Cut away any raised tops on the sponges. Spoon some of the frosting on top of the bottom layer, and spread. Place the second layer and repeat the process, and again with the third. Spoon a generous amount onto the top layer and crumb coat the whole cake.



EP3 Chill the cake for 15-20 minutes to set the frosting. Gently spread the remaining icing all over the cake to finish. Melt the white chocolate, spread and sprinkle with the freeze dried raspberries. Leave to set in the fridge for 15 minutes then, using a heart-shaped cutter, cut out the hearts and decorate the top of the cake with the chocolate hearts, raspberries and mint leaves, if using.



YOUR SATURDAY MORNING PLAYLIST SORTED

nissables

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All the week's news, views and erm, things to amuse from Boyd Hilton, **heat**'s King of Telly™

MYTOP3 SHOWS ON TV



Taboo

As we reach the closing stages of Tom Hardy's riveting drama, Delaney suffers a devastating betrayal and realises his freedom is in jeopardy.

BBC1, Saturdays, 9.15pm



Four Rooms With Sarah Beeny

Like Antiques Roadshow, but with the greed up front, as the public try to sell their objects to ruthless dealers.

> Channel 4, Wednesdays, 10pm



Last Week Tonight With John Oliver

Just what we need in these trying times, the hilarious voice of reason giving his satirical views on the news. **Sky Atlantic, Mondays, 10.45pm**



superhero fatigue right now. Sky has agaggle of DC shows, from The Arrow to Supergirl, while Netflix is home to an everexpanding family of way-too-long Marvel series, with a new one, Iron Fist, about to arrive. Ilive in hope that it moves faster than Luke Cage, whose 13 episodes felt like ten too many. Oh, and those Agents Of SHIELD are still having a plucky go on E4. But don't hold this vast swathe of less-thancrucial shows put you off from what is, hands down, the most exciting and distinctive example of the superhero genre since the Doctor Strange movie (granted, that was only a few months ago...). Legion is actually an X-Men spin-off, focused on David Haller. Diagnosed with schizophrenia at an early age, he has spent most of his life in institutions. buthe might just be a mutant with rather super

week's extended openerwasa psychedelic thrill ride, in which we tried to work out what the hell was going on in David's fevered mind, why some scary government types were after him, and if he could form a relationship with the delightful Syd Barrett (Rachel Keller), who won't let anyone touch her. Characters broke into song, moved across timelines, and exploded stuff with their minds. The level of invention was up there with Stranger Things and The OA, while the central performance by Dan Stevens, in the greatest possible move away from the period quaintness of Downton, showed super-human commitment. If vou aren't too exhausted by all the weirdness, stick with Legion. It could turn out to be very special.





challenge shows will lap up the amateur potters featured in this lovely series, effortlessly hosted by Sara Cox (BBC1, Thursdays, 8pm).

Fans of warm British

Strike



announcements by the streaming service, including the 9 June premiere for the new, fifth season of *Orange* Is The New Black. Stranger *Things* itself isn't back until Halloween, annoyingly.

be back as co-hosts for the new. revamped version of Let's Dance For Comic Relief. The BBC1 Saturday night show will now be called Let's Sing And Dance, and will feature celebs including Russell Grant and Sally Lindsay having to croon as well as re-creating classic dance routines. It airs in March.



BY TRUMP

New reason to hate Donald Trump: his address to Congress on 28 Feb means US network NBC has had to put back the season finale of the fab drama *This Is Us* by a week to 14 March. Luckily, Channel 4 is still a few weeks behind US transmission so we won't be affected. But still.

BRITAIN'S NEXT TRANS MODEL

Great news: The OA,

Netflix's second-most

a second season and it

amazing cult series after

Stranger Things, will have

starts filming soon. This was

Britain's Next Top Model will feature its first-ever trans contestant when it returns to Lifetime on 16 March. Talulah-Eve Brown (top row, third from left) is a 22-year-old beauty queen and trans-rights activist from Birmingham, and will join the 11 other hopefuls facing judges Abbey Clancy, Paul Sculfor, Hilary Alexander and Nicky Johnston.



to Sky

DRIVE DIRECTOR GETS AMAZON SHOW

Drive/Neon Demon director Nicolas Winding Refn is creating a ten-part series for Amazon Prime. *Too Old* To Die Young will explore the criminal underbelly of LA. No confirmation on cast yet, but big names are said to be in the frame. Fingers crossed for Gosling?



18-24 February 2017 www.heatworld.com





Robron finally tie the knot?

There's nothing like a surprise wedding. But while romantic Robert has managed to secretly arrange the perfect setting for him and Aaron to get hitched, he didn't quite factor in the cops turning up.



Déjà vu

John Paul is stunned when Ste reveals he thinks he and Harry are over. And Ste wants to prove to John Paul how romantic he is, so recreates the day he proposed in a rowing boat. Is a reconciliation on the cards?



a damp problem. *Insert own Whitney joke here*



Leanne gives birth, but will the truth come out, too?

The last like Leanne Batters by has been waddling down the Street with her gigantic bump for years, but, in fact, it's only nine months. And baby Oliver's set to make an appearance next week... in a lift. Yep, soap births are like soap weddings (see top left) they never run smoothly. So, of course, Leanne's waters break in a broken-down lift with only sister/arch-enemy Toyah for company. But will the sisters make up in time for the birth and will the paternity secret come out? Actress Jane Danson explains...

Is Leanne's relationship with sister Toyah salvageable?

I thinkso. They're sisters and when push comes to shove, no matter what's gone on with Peter, they'll always be there for each other.

So, how do her waters break?

In typical Leanne style, she is having a row with Toyah. All day she's been getting twinges but ignoring it. Then mid-argument, her waters break!

Does Toyah help?

Yes. Toyah has this softer side, so she calms Leanne down.

What was it like to film?

I've never acted giving birth before, although I've done it twice in real life. It was weirdly exhausting. She

doesn't make it to hospital or have medical assistance, so it was intense. Is she worried the secret will come out?

Given that Steve has said all the way along he doesn't want anything to do with it, she wasn't at all worried, but then Michelle lost the baby and that changes everything.

How has Michelle and Steve's losing Ruairi affected her?

Leanne has lost a baby herself, so she knows how Michelle is feeling. She just feels incredibly guilty.

Now Oliver has arrived, can she deal with the reality of bringing him up so close to Steve?

She knows she has to and she can only hope Steve will keep his side of the bargain. She is also bringing up Simon round the corner from Peter it's like an episode of The Jeremy Kyle Show!

What would your advice to Leanne be?

She should have come clean a lot sooner. She puts things off and thinks she will deal with them later, but here we are eight months on... Nothing is ever simple for Leanne, but being a mum first and foremost is what will drive her.



ALSO THIS WEEK...



The Beale meal deal

lan has a check up at the quack's and gets a rude awakening mainly that he's overweight and needs to be healthier (stop the press). Elsewhere, Ben and Jay's excitement at moving into No.18 is short lived, Denise gets embroiled in an argument with gobshite Keegan, and Dot takes Matthew for a drive.



Liar, liar, pants on fire

Oh Bethany, the last person you can lie to about spending the night at a bloke's house is your been there done that ma. Sarah grills her about Nathan, but when Bethany says she didn't sleep with him, is she telling the truth? Also, Robert is crushed when Steve tells him Michelle regrets their kiss.



New admirer alert?

On the anniversary of Daniel's death, upset Laurel confides in Will, but she's shocked when Gabby later tells her she thinks Will has a soft spot for her. In other romantic news, Paddy and Chas have a heart to heart about their relationship, and Liv's pleased to have her friend back when Jacob dumps Gabby.



Sandy goes dating

Sally's mortified when Neeta catches her looking at a lonely hearts column. Neeta encourages her to go to the LGBT speed dating event at the pub, but Sally's already got her eye on someone. Plus, Joel is stunned when he witnesses Sienna being abducted, but Warren's not interested – until he receives pics of Sienna tied up, that is.

!The Unmissables REVIEWS



Everything ents that gets a big yes from us this week

MOONLIGHT

CERT 15, 111 MINUTES, OPENS 17 FEBRUARY

Starring: Alex Hibbert, Ashton Sanders, Trevante Rhodes, Mahershala Ali, Naomie Harris, Janelle Monáe Director: Barry Jenkins

THE PLOT Three distinct chapters in the life of an African-American man (played by three different actors) brought up in the tough neighbourhood of Liberty City, Miami. We first meet Chiron (Hibbert) in the '80s, when he's ten years old and being chased by his bullying neighbours to a drugs den. There, he meets dealer Juan (Ali), who takes him under his wing, helped by his sweet girlfriend (Monáe). This calm, caring home becomes a refuge for Chiron, away from his drug-addicted mother (Harris). We catch up with the boy a few years later when he's a high-school teen (Sanders), and finally as an adult (Rhodes), all the while trying to come to terms with his sexuality.

WHAT'S RIGHT WITH IT?

Exquisitely filmed and flawlessly acted, this is a tender, lyrical depiction of an outsider in a community of outsiders. The heartbreaking scene in which the child Chiron asks his surrogate parents what a "faggot" is – and if he is one – is just one of many stunningly affecting moments.

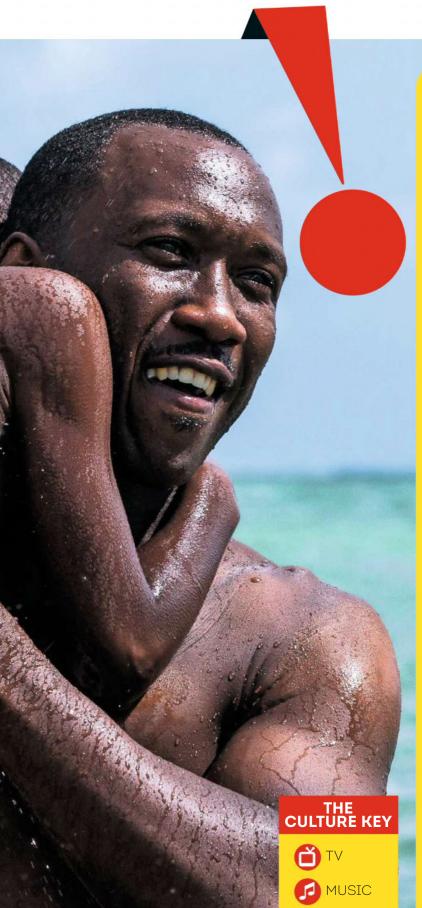
WHAT'S WRONG WITH IT?

The lack of traditional narrative may feel too arty for some, and the sharp turn taken by the adult Chiron may seem a bit of a stretch.

VERDICT This heavyweight Best Picture contender could be considered the antidote to La La Land's old-school Hollywood froth. Yet, while Moonlight does take place in a much harsher world – where people have to deal with the daily realities of poverty, drugs and brutality, rather than fretting over their next audition – both movies are, in their very different ways, swoonsomely beautiful. And it's OK to love them both.

**** Boyd Hilton





New US Comedies

Crashing SKY ATLANTIC & NOW TV, TUESDAY 21 FEBRUARY, 10.10PM

This first of two tasty new cult comedies on Sky Atlantic this week is created by and stars comedian Pete Holmes, and is directed and produced by Judd Apatow, of *Girls* and *Trainwreck* fame. It's nothing to do with the Channel 4 sitcom Crashing, but is instead about the fallout from a struggling stand-up's marriage ending when he finds out his that wife is having an affair. While he tries to make it in comedy, he ends up crashing on the sofas of fellow comedians he meets along the way, including stars such as Sarah Silverman, who play themselves. It's disarmingly frank and slyly funny. ★★★★ Boyd Hilton



High Maintenance SKY ATLANTIC & NOW TV, THURSDAY 23 FEBRUARY, 10PM

This show started out as a web series on Vimeo. Building up a head of steam between 2012 and 2015, it scored enough hits and critical praise for HBO to open its chequebook. Like the web series, this TV version follows the life of low-key New York pot dealer The Guy, played by co-creator and writer Ben Sinclair. Each episode is set to feature various interesting characters from across New York's society, who all have some reason to do business with The Guy. In this opener, The Guy visits a macho client and it all gets a little uncomfortable. ★★★★ Jason Arnopp

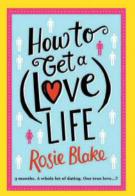


BOOKS

THEATRE



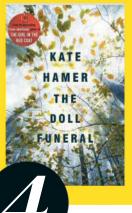
THE WEEK'S BEST BOOKS



How To Get A (Love) Life

ROSIE BLAKE (CORVUS, £7.99)

This hilarious story follows single girl
Nicola, a self-confessed control freak who's
about as keen on the idea of dating as we
are of licking Donald Trump's armpit. But
Nicola's colleague challenges her to go on
as many dates as she can in a bid to find
love before Valentine's Day. If you prefer
your romance stories gutsy and real rather
than mushy and clichéd, you'll gallop
through this.



The Doll Funeral

KATE HAMER (FABER & FABER, £12.99)

Thirteen-year-old Ruby lives with her adoptive parents deep in the Forest of Dean, and one of them is abusing her. Ruby prefers to spend her time wandering with Shadow, a lost soul who's been with her since childhood. The thing is, Ruby isn't a normal girl – she can see death – but all she really wants is to find her real parents and be reunited with them. Written with poetic lightness, it's as compelling as it is unsettling. ** ** * * Sarah Hughes



^O The Founder

Cert 12A, 115 minutes, opens 17 February

Starring: Michael Keaton, Nick Offerman Director: John Lee Hancock

THE PLOT Milkshake machine salesman Ray Kroc (Keaton) sees the fast-food future when he encounters the McDonald brothers' Californian takeaway in 1954 and creates a national franchise. But the siblings live to rue the day they handed over the McDonald's brand.

WHAT'S RIGHT WITH IT? It's a fascinating illumination of an idea

whose time had come, with strong acting performances all round.

WHAT'S WRONG WITH IT? As
Ray goes from plucky underdog to corporate raider, your rooting interest is likely to take a battering.

VERDICT An amply interesting tale of US capitalism, but this not-so-happy meal won't fill you with satisfaction. ** Charles Gant



"Do you want

fries with

Strictly was a bit different in the '40s

murdered by a British resistance fighter. When Archer investigates, he gets into all kinds of trouble. And when girlfriend

Sylvia (Maeve Dermody) puts herself in danger, he has to think about whose side he's really on. *** Jason Arnopp

OVD BOX SETS OF THE WEEK



Apple Tree Yard DVD/Blu-ray & BBC iPlayer Box Sets, out Mon 20 Feb

Emily Watson stars as a top scientist who gets embroiled in an illicit affair with a mysterious stranger (Ben Chaplin) before tragic incidents turn her life on its head. Brilliantly adapted from the best-selling novel by Louise Doughty, this four-part psychological thriller makes for perfect binge-viewing, and will have you pondering its many moral dilemmas for days.

★★★★★ Boyd Hilton



Uncle

DVD, out Mon 20 Feb

This BBC3 sitcom has steadily built up a cult following across its three seasons, and it's well worth investing in this complete collection now the final series has just aired. Droll stand-up Nick Helm plays a cynical musician who forges an unlikely alliance with his neurotic nephew when he's asked to look after him by his sister. *** Liam Wright





So, what can we expect from series two of Lucky Man?

It opens six months after the end of season one, and Harry is trying to live without his bracelet. He's also been trying to rebuild things with his wife and daughter, which seems to be going well. Baddie Golding is still out there, but Harry has some control over his life and gambling addiction. Until he's lured into a casino and meets a mysterious woman...

James: not past it

Why do you think the show has been so phenomenally popular?

Because you believe in the characters

and want them to do well. You need to see the battle between good and evil, but you hope your hero suffers the same fears that

you do. And who would have thought that Sky would create a show where there are so many strong female characters? That's really attractive about it, too.

Harry is a complex character what's it like playing him?

Harrydoesn't want to be a hero and he doesn't act like one, which makes him compelling to me. We needed to find the ordinary in the man to play the extraordinary in the story, so we created a flawed

superhero. I also

like the fact he's a bloke from Northern Irelanddoing all this heroic stuff when he should be well past it. [Laughs.]

It's certainly action packed...

Itis. I enjoyit, but it gets harder as you go on. You get a bit stiffer and you're like, "Oh Jesus, here we go again." I remember filming this one underwater scene, in a 12ft tank in the studio. When you go in, they don't know if you're going to be a floater or a sinker, so they put weights in your pockets. Of course, I sank like a f**king stone. I sank like all the f**king stones. It was really murky, so it took a while for the guys with the oxygen to find me, which was scary. And because I had the weights in my pockets, it took ages for me to get back up. When I finally hit the surface, the whole crew was standing there terrified. I could just see them all thinking, "F**k, we've killed him."



INTERNATIONAL GROUP

Williams, Little Mix, Skepta,

Ed Sheeran, Bruno Mars and

Emeli Sandé will be providing

be interesting.

Nominees: A Tribe Called Quest, Drake & Future, Kings Of Leon, Nick Cave & The Bad Seeds, Twenty One Pilots

Who we want to win... Twenty One Pilots. Last year, we'd never heard of 'em. This year, they're selling out UK gigs, on the *Suicide Squad* soundtrack and all over Spotify. Who'll actually win... Kings Of Leon, because they're in town.







!The Unmissables



about her, *Don't*. And we a random, left-field choice, "wonky-funk" singer Nao.

Nominees: The 1975 - I Like So Beautiful Yet So Unaware Of It, Davie Bowie - Blackstar, Kano - Made In The Manor, Michael Kiwanuka - Love & Hate, Skepta - Konnichiwa It's amazing, but because the title's so flipping long, we've run out of space to tell you why.



MASTERCARD BRITISH ALBUM OF THE YEAR

It When You Sleep, For You Are Who we want to win... The 1975. Who'll actually win... Skepta. He managed to get the godlike Pharrell on one track.





BRITISH GROUP

Clyro, Little Mix, Radiohead

Nominees: The 1975, Bastille, Biffy

Who we want to win... We're torn

between Bastille, who made a song

Little Mix, because the BRITs can be

whose red-carpet outfits will not be

a sausage-fest and we want to see

some girls take away prizes. Who'll actually win... Radiohead,

as good as Little Mix's.

about a dead friend into a 100 per cent party anthem (Good Grief), and

BRITISH MALE SOLO ARTIST

Nominees: Craig David, Kano, Michael Kiwanuka, Skepta, David Bowie

Who we want to win... Craig David. Because he's had such an amazing comeback, right? He's gone from *Bo' Selecta* joke to actual credible artist with loads of songs in the charts, and we think he needs recognition for that.

Who'll actually win... David Bowie, because he was totally brilliant.

There's an album, too... BRIT AWARDS 2017

If you're some kind of BRIT fiend/just can't get enough of all the banging British tunes out at the moment, then check out this triple CD compilation of the year's biggest tracks, including music from

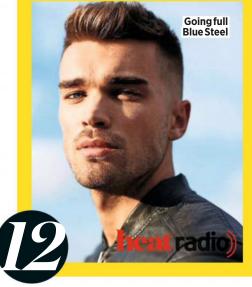
The Weeknd, Ellie Goulding, Little Mix and 2017 Critics' Choice winner Rag'n'Bone Man. Your BRITs immersion is complete. ★★★

Kay Ribeiro

■ Out 17 February on CD and download.







Josh Cuthbert Joins heat Radio!

Heat Radio, Sundays from 19 February, 12noon-2pm

Hey, Josh from Union J! You've joined heat Radio - how did you get the gig?

My friend Scott Mills works at Radio 1 and he put me in touch with heat Radio. Firstly, I had a meeting and expressed how much I'd love to get involved with heat and to be on the radio.

What's more nerve-wracking: modelling on the catwalk for Dolce & Gabbana or presenting your own radio show?

The first radio show will be nerve-wracking.

Saying that, making sure you walk in a straight

The first radio show will be nerve-wracking. Saying that, making sure you walk in a straight line... I know that it sounds easy – it should be really f***ing easy – but when you've got that pressure and you can't walk too quick or slow,

you've got to keep your head dead straight, concentrating makes it harder.

What plans do you have for your show? Loads of stuff. I just want to make it fun and get some callers in. I want to have loads of interaction and set up decent competitions for the Sunday listeners. I want to play all of the classics and fun-filled songs mixed with current chart-toppers.

If you could have anyone on the show, who would your dream guest be? Probably Ed Sheeran. The last time I saw Ed, he'd beaten Union J's song to Number One and apologised! He said he was "really really sorry".





You can stop watching all those *BBT* repeats, because the rest of Season 10 starts here. So far we've seen Leonard and Penny's second wedding, Sheldon becoming convinced he was addicted to energy drinks (he so wasn't), Sheldon and Amy deciding to live together, the birth of Howard and Bernadette's baby, and a guest appearance from Professor

Stephen Hawking. So, what's next? It's after the holidays, and Sheldon and Amy are recovering from their visit to Sheldon's mum, who confessed she never thought he'd find a partner. Meanwhile, Leonard and Penny's yuletide was tainted by their ordeal while trying to chop down a Christmas tree to bring it home. *** Jason Arnopp

Billions

Sky Atlantic & NOW TV, Tuesday 21 February, 9pm

As Series Two begins, we're relieved that both Damian Lewis and Paul Giamatti have come back for more. It just wouldn't be the same show without them: the first season was so captivating because of the constant cat-and-mouse struggle between their entertainingly egodriven characters. Hedge fund billionaire Bobby Axelrod (Lewis) boosts his fortune with bribery and dodgy insider trading, while Chuck Rhoades (Giamatti) is the US attorney determined to bring Bobby to justice by any means necessary. By the end of the last run, they'd fought tooth and nail, using all kinds of surveillance, informants and dubious back-room deals. In the process, they managed to push away Wendy (Maggie Siff), who was both Bobby's employee and Chuck's wife until she finally headed for the hills. So, here's Round Two, in which the battle between Chuck and Bobby shows no sign of letting up. They each blame the other for Wendy's departure, and Bobby files a lawsuit against Chuck for harassing him in his workplace. Oh yes, we're totally up for another season of real-life *Tom* And Jerry-style conflict. ★★★★ Jason Arnopp



jungle, done a presenting stint at the National TV Awards and will soon appear as a regular on Ant & Dec's Saturday Night Takeaway, it'll be very surprising if she pops up on this new run of the show that

up on this new run of the show that made her a star. But fret not, we'll still get to see such fine regular *Goggleboxers* as June and Leon, Ellie and Izzi and The Siddiquis

Ellie and Izzi and The Siddiquis discussing the week's TV highlights.

★★★★ Boyd Hilton

Alan Davies As Yet Untitled

DAVE, TUESDAY 21 FEBRUARY, 10PM
In each episode of As Yet Untitled,
Alan settles down for unscripted
chat with comedy celebs,
and tonight he's joined by
the fine quartet of Davina
McCall, Jimmy Carr,
presenter Alice Levine
and US stand-up comic
Reginald D Hunter, for
banter about meeting
their heroes, crisps,
shopping queues and
Davina's '90s dating

*** Jason Arnopp

show Streetmate.



Fascinating, funny and profoundly moving documentary from comedian David Baddiel about how he and his two brothers are dealing with their father Colin. Now 82 years old, Colin's suffering from a rare form of dementia called Pick's disease, which makes him prone to extreme outbursts of swearing and massively inappropriate behaviour.

★★★★ Boyd Hilton

Ross Kemp: Libya's Migrant Hell

SKY1, TUESDAY 21 FEBRUARY, 9PM

For his latest doc, the hard man is off to North Africa to discover why thousands of migrants leave Libya in search of a better life. He soon learns how the breakdown of Libya is making everything worse, and witnesses the dangers migrants encounter in the desert and at sea. **** Jason Arnopp





Sky Atlantic, Monday 20 February, 10pm

Since this is the last-ever series of Girls, we make no apologies about previewing it every single week. In this week's outstanding episode, Marnie foolishly heads off to Poughkeepsie on a secretive weekend excursion with her total doofus ex, Desi, who whisks her away for some supposed music-based bonding (they are still a duo of some sort) while she's very much supposed to be with Ray. Hannah reluctantly

gets embroiled in the trip, which climaxes with a fantastically farcical confrontation and a revelation about just why Desi is such a massive dick. Elsewhere, Shosh ropes Jessa and Elijah into joining her at a networking event for young professionals organised by two particularly awful business gurus who have their own app and everything. Gruesomely awkward things proceed to happen. ★★★★★ Boyd Hilton







THE UNMISSABLE heatradio) THIS WEEK...



JAMIE LAING

SATURDAY, 10AM-12NOON, REPEATED SUNDAYS, 6PM Chelsea's cheeky chap takes to the mic to make sense of the crazy week in showbiz. Join him for silly games, MIC gossip, as well as his "unique" take on the big news stories.



LUCIE CAVE

SUNDAY, 10AM-12NOON heat's editor-in-chief is joined every week by our entertainment experts Boyd Hilton and Charles Gant to tell you what's good on the TV, and the films you should be seeing at the cinema.



REZZY

WEEKDAYS, 4PM-7PM Rezzy kicks off each day with the wonderful and daft OMG Song. There's throwbacks a-plenty in the epic 5 o'clock #reheat, as well as top celeb gossip, MASSIVE guests and the best bits of YOU.





LISTEN ON DAB DIGITAL RADIO, FREEVIEW 716, HEATWORLD.COM/RADIO OR THE FREE HEAT RADIO APP

THIS WEEK'S **BURNING** QUESTION

In honour of Drew Barrymore's new show, if vou could eat anyone as a zombie, who would it be?

Kim Woodburn

she's basically

a massive cow

"A shaved

badaer

"Mary Berry!

Thet she tastes like

Fondant Fancy

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"Just to destroy her, Kellvanne Conway

"I wouldn't mind

a tiny nosh on

Tom Hardy...

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...And I'd suck the life out of Dean Gaffney"

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Heatoscopes

The all-seeing *Jan Jacques* tells you what the stars have in store this week

ARIES 20 Mar-19 Apr

You're the whirlwind of the zodiac, and this week, a nifty Mars aspect propels you to work at an even higher speed. But beware of little mistakes – check, check and check again. Elsewhere, you could make like fellow Aries Kate Hudson and shine at the sporty stuff.

LUCKY SPEED: Lightning

TAURUS 20 Apr-20 May

Many Taureans are spookily astute, and Venus in your 12th house of spirituality sharpens those instincts this week. But do resist the urge to blurt out words that could bruise a pal's ego. Mercury's aspect hints a pay rise or bonus may be on its way. LUCKY DESCRIPTION: All-knowing

GEMINI 21 May-20 Jun

You know that where there's a will, there's a won't. While you're employee of the month, thanks to a strong 10th house of career at work, a colleague slows you down. Carry on regardless. Elsewhere, a minor health niggle should disappear if you de-stress at home.

LUCKY TALENT: Keeping cool

CANCER 21 Jun-22 Jul

You're bouncing with energy right now, thanks to the sun's harmonious aspect. You'll need it when your talent as problem solver to your friends is tested. Remember you can only do so much. Elsewhere, a family drama resolves itself without your help. **LUCKY MINDSET:** Knowing it all

LEO 23 Jul-23 Aug

When life gives you lemons, you hurl them right back. A minor setback at work won't faze you, as long as you are prepared. Elsewhere, if others don't see you as you see yourself, simply put them right. It may be a tricky week, but you get through it.

LUCKY GIFT: Ability to bounce

VIRGO 24 Aug-23 Sept

You could do with a sat nav to direct you down the path of true love. Proceed warily flawed relationships are in danger, but good ones will survive. You're still in a yearly social peak, though, so your friends will be there to lean on. LUCKY GRAIL: Understanding

LIBRA 23 Sep-22 Oct

Atough week at work could turn into a triumph. Rules may change and people may criticise, but keep your nerve. Sia's song *Bulletproof* sums you up. Elsewhere, don't dismiss a friend's seemingly strange ideas for an outing or holiday.

SCORPIO 23 Oct-21 Nov

Most Scorpios like clearly defined relationships, and you need to know where you stand with your partner. This week, the confusion clears. Elsewhere, since you may feel a little impulsive, be cautious with social media.

LUCKY FORECAST: Clear skies

SAGITTARIUS 22 Nov-21 Dec

Mercury's aspectshows you're popular socially, but need to slow down and really listen. Trust your instincts with a new look. Sassy Sagittarian Rita Ora says, "Every person has a signature. Just some people don't know it yet." Now's the time to discover yours.

LUCKY SPEED: Slowed down

CAPRICORN 22 Dec-19 Jan

You know what you want and how to get it. Not everyone respects this and you may get flak at work, but don't take any notice. Elsewhere, disregard morbid feelings, caused by a strong 8th house of regeneration. Think positively and all will be well.

AQUARIUS 20 Jan-18 Feb

It should be wine and roses for you, as you're in a yearly pleasure peak. You deserve to be spoiled, but don't over-splurge. You'll need spare cash for an important purchase soon. Elsewhere, avoid reacting to a family drama, possibly with a younger relative. LUCKY EMOJI: Full glass

PISCES 19 Feb-19 Mar

You're so generous with your time, it's no wonder your friends adore you. But changes are happening at work and home, so it's your turn to ask for help. You're kind in other ways, too, but no splashing out on others as you need to conserve cash. LUCKY PLAN: Lean on your friends





A-List



CELEB SUDOKU

Because doing it with numbers is way too easy

Each of the four blocks must contain all the celebs - Taylor, Ryan, Beyoncé and Brad within its squares. Each celebrity can only appear once in a row column or box.



See the celeb sudoku answers revealed every Saturday on our Snapchat, heat_mag



Nipplegate rocks Janet & Justin

Funfact: didyouknow there is a whole Wikipedia page dedicated to this, er, boob? Back in 2004, 144million Americans tuned into the Super Bowl to find Janet Jackson's nipple making a surprise cameo. The half-time-show-stealing tit was exposed by Justin Timberlake as he and Miss Nasty performed. They later claimed it was a "wardrobe malfunction" (coining a phrase!), but nobody bought the excuse. The ensuing prudish outrage meant CBS

was fined a record \$550,000 and there was a crackdown on broadcast "indecency". Janet took the brunt of the blame and was forced to apologise, saying, "The whole thing went wrong in the end. I am sorry if I offended anyone that was truly not my intention." She later added, "It's truly embarrassing for me to know that [millions of] people saw my breast. But there are much worse things in the world." But is there anything better?





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