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the Sun



Angelina FAKING IT?

ANGE'S 'TV TEARS'
AS SHE BREAKS
DOWN OVER BRAD



**PROUD
CHERYL**

'I FEEL SO
BEAUTIFUL'



APPROVED!

Meg passes
the Prince
George test



LOOK AWAY, TAY

KATY & ELLIE'S
NIGHT ON
THE LASH



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#AGELESS

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ON THE COVER

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Celeb EMPLOYEE OF THE WEEK

Every issue, we award a star this prestigious honour for services to celebrity that go above and beyond the call of duty...



KATY PERRY'S BACKING DANCER

FOR BRINGING DOWN THE HOUSE AT THE BRITS

The Left Shark is so 2015, you guys, now we're all about the House Crash. During Katy Perry's amazing performance of new single *Chained To The Rhythm* at last week's BRIT Awards, one of her bizarrely dressed dancers stole the show once again. The dancer, wearing a house on her head, fell spectacularly off the

stage and into the audience, immediately inspiring a thousand Twitter jokes about the housing crisis knocking down millennials. An insider told us the dancer is "OK" and that Katy went to check on her after the show. Campaign starts here for a reality show based around the antics of Katy's backing dancers.



#3



heatworld heatradio) f /heatworld @heatworld

Angelina EXPOSE

She's finally spoken out on her divorce – but is it also about fixing her image?

#4

Cross-legged on the floor, welling up over her “very difficult” divorce from

Brad Pitt, the newly soft and sweet Angelina Jolie giving interviews on TV last week seemed worlds away from the vengeful version of recent months – the one that some claim is hell-bent on bringing her ex down at any cost. But insiders say last week's TV interviews were part of a carefully choreographed plan to rehabilitate Ange's image.

We spoke to the author of *Brangelina*, Ian Halperin, who predicted the actors' divorce last year, and is currently making a documentary about their dramatic split. He told us Ange, 41, and her team are on “damage control”, after a bad few months. “The coverage when the divorce first broke in September was a PR nightmare,” says Ian, who claims to have spoken to around 900 people close to the former couple while researching his book. “Angelina got all this horrendous publicity when she appeared to attack Brad so publicly, and now she's trying to restore and reinvent herself. She means it when she says the last few months have been very rough for her – it's been a tough period and she was vilified by some people. So she decided, instead of sitting at home and wallowing, she would come out and restore her reputation by

pushing her charity work and the mother image. She is the real deal when it comes to philanthropy. I would say she is the most powerful female figure for charity since Princess Diana. She makes the trips, she meets with brave victims of war-torn countries – she does make a difference. But last week's PR push was about also making sure we knew it. She is a master at this.”

BBC World News was the outlet Angelina chose for last week's big interview – her very first since she announced the end of her 12-year relationship with Brad, 53, last September. During the chat, to promote her new Netflix film about war-torn Cambodia, *First They Killed My Father*, Angelina gets emotional when asked about the end of her

marriage. Taking a deep breath and with her voice wavering on the brink of tears, Ange says, “I don't want to say much about it, except to say that it was a very difficult time. And we are a family, and we will always be a family, and we will get through this time, and hopefully be a stronger family for it.” She then adds, “Many people find themselves in this situation. We've all been through a difficult time. My focus is my children – our children – and my focus is finding a way through. We are, and forever will be, a family.” She filmed a second video for the BBC with her children, Maddox, 15, Pax, 13, Zahara, 12, Shiloh, ten, and twins Vivienne and Knox, eight, showing them laughing together as they eat bugs (below).

Ange gave another interview later that week to *Good Morning America*, once again pushing her softer side, confirming Brad is a “wonderful father” and insisting, “We will always be a family.” But not all online commentators were buying the new Ange, and accused her of shedding “crocodile tears”. “Her tears are fake – she's an actress,” wrote one. Others said, “She isn't fooling anyone,” and told her to “shut up and stop using your kids as weapons”.

PR guru Mark Borkowski tells *heat*, “The interview would've been considered from every imaginable angle, to a ridiculous degree. Of course she is hurting and what she said was real, but her goal was also to show audiences she's vulnerable,

The Evidence: PR GURU MARK BORKOWSKI REVIEWS ANGE'S BBC WORLD NEWS INTERVIEW



LOTUS POSITION

“The setting was pure theatre: sitting cross-legged in the lotus position on the floor with nature sounds around them, as if about to undergo a spiritual confession or ‘cleansing’.”



WATERWORKS

“She says little, but intimates a lot. She's trying to convey some sense of the pain, anguish and turmoil she's found herself in, without saying anything explicit.”

DEEP
heat

Diving into the
big story of the week

D

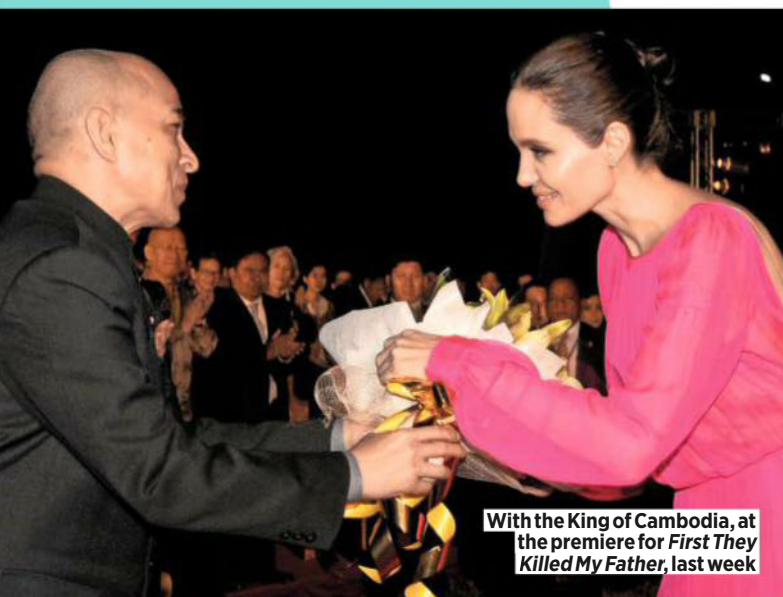
#5



SHOWING OFF THE KIDS

"Choosing BBC News was a tactical move – it's 'world' news, not celebrity or Hollywood news."

Ange is back
in control



With the King of Cambodia, at the premiere for *First They Killed My Father*, last week

with a touch of humility. It was a conscious effort to create a space away from Hollywood, that subliminally says, 'I'm a different person now.' There's no doubt the last few months have been difficult for her, but make no mistake Angelina is in control. She's trying to convey the pain, anguish and turmoil she's in, without saying anything explicit. The whole thing seemed guarded, and not very searching."

It's been a tricky few months for Angelina. As *heat* reported in January, since Brad was

coming on the scene and trying to play mother to the kids. This new woman has children, too, and that could be a problem for Angelina. She is not open to some kind of Brady Bunch scenario. She wants control of her family and to dictate the direction of their future. She has been well advised not to throw Brad under the bus anymore, but things could get worse again if Brad moves forward with another woman. And there's still a long way to go in the divorce settlement. They've yet to work

"Angelina wants control of her family and their future"

accused of child abuse allegations denied and then dropped by investigators Ange has been blacklisted by Hollywood. A-listers made it clear whose side they were taking when Brad made a surprise appearance at the Golden Globes to rapturous applause. We also told you how Angelina has been spending a fortune on teams of lawyers, working non-stop pursuing sole custody of their children. It was only recently that the pair finally agreed to a truce and to sealing future court documents.

But Ian says things could easily blow up between them as Brad starts to date again. "There have been a lot of rumours about Brad and Kate Hudson," says Ian. "They have been seen together, but my sources say there may be another woman and Ange is naturally wary about anybody

out the child support, and this will likely be the biggest in Hollywood history. There are six children, so it could be several hundred thousand dollars a month in child support."

For those who might already be sick of Angelina's beatific new image, Ian says there's a lot more to come. "We'll see more of this kind of earth mother thing in the coming months. We'll see more of her children. She wants a couple of the kids to pursue acting careers, and one of them is very musically talented, so you will definitely see them more in the public. There is no doubt about that, and it will enhance her reputation. She wants to revamp herself and we may even see Angelina go through a complete physical change in the next few months. It could involve a change in hairstyle she may even dye her hair blonde!" ■

DEEP
heat



Happier times: At the *Salt* premiere in 2010

'Brad wanted to end the marriage'

HE WAS "SADDENED" - BUT FAMILY SAY IT'S LIKE HE'S BEEN RELEASED FROM PRISON

When the news of the break-up broke back in September, details were confused. Headlines screamed about Angelina filing for divorce over an "incident" onboard a private jet between Brad and son Maddox. Rumours - later discredited - circulated about the actor having an affair with *Allied* co-star Marion Cotillard. Brad released a statement saying he was "saddened" and Angelina claimed she'd done it for the "health of her family". But one thing we didn't hear then: it was Brad who wanted out of the marriage first.

"Brad wanted to leave because the truth is, in some ways, they never really knew

each other," says Ian. "They fell in love with each other's character on the set of *Mr & Mrs Smith* back in 2004, and when they finished filming, they didn't know each other at all. People fall in love with each other's Hollywood persona, not who they really are."

And though this has been the most acrimonious divorce in Hollywood history, Ian says those closest to Brad feel nothing but relief that it's over. He tells us, "From what I have heard, everyone around Brad was just happy it was over. They believed that Brad was miserable in the relationship and one of his family members apparently said it's like he's been released from prison."



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I'm 97% sure you don't like me, but 100% sure I don't care

htse100



The STAR Exchange

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

CASHING IN

▲ SAFE BET

THE HILLS 2035

With Lauren Conrad, Whitney Port and now Jason Wahler all expecting, the series starring their kids will be, like, soooo dramatic.



▲ STOCK RISING

TRINNY WOODALL'S RIGHT BOOB

Got flashed to her 10,000 Facebook followers during a video blog. Fame at last!



▲ BUY! BUY! BUY!

SISQO

He's got an impersonator crashing Fashion Week, which is good news for the '90s star: it means he's still famous enough to get into celeb parties.



▲ WORTH AN INVESTMENT

THROWBRAGGING

AKA posting irrelevant #tbt pics to Instagram solely to show off your hot body. AKA Chloe Lewis from TOWIE, who may as well write, "Look how flat my stomach is here, guys."



▶ GOOD PERFORMANCE

PINK SUNGLASSES

This is Calvin Harris' new look, debuted on Instagram, and we're *not* into it. What is with that jacket?



▼ GOING DOWN

DOING CASUAL

Tom Hiddleston, get back in your suit, please. It's like seeing a teacher outside of school.



▼ STOCK FALLING

CHELSEA

It's all about the TOWIE boys this week, because Jesy from Little Mix is dating Chris Clark, and we've spotted that ex Essex lad Tom Kilbey hanging out with actual Paris Jackson. Blimey.



▼ SELL! SELL!

NUDE LIPPY

Veronica from Netflix's Riverdale is our vampy lippy queen. We need her make-up bag.



CASHING OUT

#9

This week
**WE'RE
OBSESSED
WITH...**



Cheryl's BIG BABY REVEAL



The bump's finally out, but has Cheryl already given birth?

#10

At first, it seemed like Cheryl was happy passing the limelight over to boyfriend Liam Payne, 23, and his band One Direction (who won the Best British Artist Video award) on BRITs night. Uploading a #TBT pic to her Instagram page, she wrote, "Wishing all the Brit nominees and performers good luck for the show tonight, looking forward to it." But hours later, she stole everybody's thunder with the photos we'd all been waiting for.

After managing to keep her pregnancy largely under wraps, shortly after the awards ceremony came to a close, photographs and a video were released of Cheryl promoting a new L'Oréal campaign – huge bump very much in the limelight.

Wearing a tight black jumper and pencil skirt in the campaign, Cheryl, 33, gave fans their first proper gawp

at the bump, appearing on screen as one of 15 ambassadors – including Dame Helen Mirren and TV presenter Katie Piper. The joint campaign between L'Oréal Paris and The Prince's Trust aims to raise the confidence of young people. And speaking to the camera, pregnant Cheryl's message was clear, "We're all worth it. Because what makes us different, is what makes us beautiful," she said.

CHIAM JUNIOR'S FIRST FEW WEEKS

While there's some debate about the baby's arrival date, it sounds like it's all hands on deck chez Chiam. Our source reveals, "They'd planned for both parents to be there – Liam's mum would come down especially and Cheryl's mum will be doing a lot of the cooking. It's just going to be close family and friends visiting, but they have a full-time housekeeper and Liam also has a chef. Cheryl's determined to do what feels right for her, and she'll be happy to have more visitors when she's ready." While

Liam is up for ringing in the celebrations with a huge bash, Chezza apparently has other ideas. "He'd love a full party, but he's happy to go with her rules," our source tells *heat*. And party or no party, Liam's ensuring he's right by Cheryl and baby's side at all times. Our insider adds, "Liam went to the BRITs and is due back in LA in March for recording sessions, but he's tried to clear his schedule as much as possible so he can be there. The whole thing is so crazy, and although he's still such a young guy, he's loving it."





Style the baby bump

GET INSPO FROM CHEZZA'S STYLE. IF YOU'RE PREGGERS, THAT IS...

But could there be another reason for the timing of the pictures being released? The shoot took place over a month ago in January – a sneak peek appeared online, then was delayed – and some fans have been speculating whether the singer has already given birth, with one paper running the headline “9 and a half months pregnant”. The star was thought by some to have been eight months pregnant in the shoot. *heat* is also hearing from several sources that the baby could be here, given that the due date has been speculated to

‘She was thought to be eight months pregnant in the shoot’

be around March time, but there was no announcement as *heat* went to press.

Our source explains, “Because the shoot was done in January, she thought she might have had the baby when it came out – so revealing the photos would be a good way of distracting from that news.”

Either way, a big reaction was exactly what Cheryl was after. Our source tells *heat*, “Cheryl jumped at the idea of doing the shoot. The Prince’s Trust and L’Oréal are her two big brands, and it was ideal timing. As much as she’d wanted to hide the pregnancy, she always wanted to do one thing at the very end that would ‘surprise’ everyone. This was it.” ■ SOPHIE GODDARD



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This week
**WE'RE
OBSESSED
WITH**

**Caitlyn
begs Kourtney:**

'MAKE ME A KARDASHIAN AGAIN'

She wants back in the family – and Kourt's the key

We haven't seen Caitlyn Jenner with the Kardashian family since Kanye's fashion show in February last year, and *heat*'s been hearing reports that things between Kris Jenner, the older Kardashian sisters, and their former stepdad have been tense for over a year now. Who can forget the episode of *KUWTK* where Khloé screamed at Caitlyn down the phone for "betraying the family" and "upsetting my mom" by slugging Kris off in an interview?

Now, *heat* can reveal that Cait has written an emotional letter to family peacemaker Kourtney, begging her for forgiveness. "Caitlyn thinks Kourtney will be key to getting back in the fold. If you can win over Kourtney, you can win over the whole family. Cait understands she hurt the girls by trashing Kris in that interview, but she's determined to build bridges," says our insider. "She's written a heartfelt letter to Kourt that calls on her experiences as a mother [Kourt has three kids: Mason, seven, Penelope, four, and Reign, two] to understand how Cait feels losing her as a daughter."

The friend says that Caitlyn "spent hours writing and rewriting this letter", adding, "She must have asked about ten people to read it – even her therapist. Getting it just right was a huge deal – she

feels like this might be her only shot."

The family fallout started when Caitlyn – formerly known as Bruce – revealed to a magazine in June 2015 that she'd transitioned to become a woman, and claimed that Kris knew about her struggle throughout their 23-year marriage, and was unsympathetic. That's when Kourtney and Khloé cut her off. Kim stayed in contact for a while, until Kris confronted her on the family's reality show, but Cait's daughters Kylie and Kendall still see her regularly.

"Cait might not be related to Kourtney by blood, but she absolutely considers her family, and being ostracised like this is killing her. She poured her heart out in the handwritten letter, which was over three pages long," says the friend. "She reminded Kourt of all the special times they'd shared and apologised for hurting them all. Caitlyn misses them so much, and hates not seeing her grandchildren."

Kourtney's read the letter, we're told, and while she's thanked Cait for it, she hasn't responded further... yet. "Kourt's still pretty angry about the way Caitlyn hurt her mom. Kris is always going to have her loyalty, but this letter has broken down her walls a lot. She seems to be softening. Cait is very hopeful that this could be the start of forgiveness."

A process that, we're sure, will be captured on camera... ■ **ISSY SAMPSON**

Cait's getting
chilly out in
the cold

Kourt is
still on
the fence

LAST PICTURE TOGETHER



This we
WE'RE
OBS
SED
W

The girls
who move
together...

#14

Katy steals Taylor's squad

She's BFFs with Ellie Goulding now – soz Tay

Ellie Goulding and Taylor Swift have been tight for years now – from Ellie appearing in Tay's *Bad Blood* video to supporting her at 2015's Hyde Park gig, she's a long-serving squad member. So, when *heat* watched Taylor's rival Katy Perry specifically select Ellie to party with her at a very public event last week, we were shocked. Then a little bit impressed at Katy's brazen shade...

At the Universal and Soho House BRIT Awards after-party, *heat* looked on as Ellie was summoned from her table to Katy's exclusive VIP

area, and the two girls chatted for a while, before Katy, 32, got up to dance behind the decks, where Nick Grimshaw was DJing – and she insisted that Ellie, 30, danced with her. And, of course, the photo was front-page news the next day.

It's a very public jab at Taylor. Katy and the singer have a rivalry going back to 2014, when Taylor admitted that *Bad Blood* was about an

"enemy" who'd "stolen back-up dancers" and Katy retaliated by tweeting a *Mean Girls* reference, "Beware the Regina George in sheep's clothing."

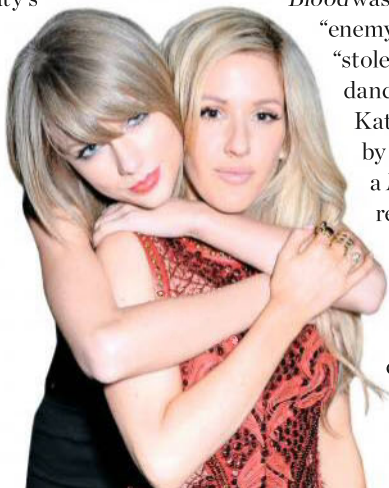
Now, a friend of Ellie's tells *heat*, Katy has been looking to "steal" squad member Ellie for a while, and the star's friendship with Taylor has been rocky for months. "They haven't hung out in ages – I think Taylor doesn't like that Ellie has stayed close to Adam [Taylor's ex-boyfriend Calvin Harris' real name]," says the insider. "Still, I don't think Tay will be pleased to see these pictures of Ellie with Katy."

The friend adds that Katy and Ellie have met in LA in the past and have grown close. "They've got a lot of mutual friends and Ellie gets on well with Katy's boyfriend Orlando Bloom, too."

We're sure it's a *total* coincidence that Katy decided to publicly debut this new friendship at the one of the music industry's biggest nights of the year...

And Ellie's not the only squad member Katy's been cosyng up to – last week, Ed Sheeran gatecrashed her radio interview with Nick Grimshaw and the two instantly became mates, with Katy making fun of Ed's single *Shape Of You* keeping her track, *Chained To The Rhythm*, off the No.1 spot, reminiscing about the first time they met, and sympathising with him over losing Grammy awards.

It's not good news for Taylor. As *heat* has previously reported, her friendships with former best friends Selena Gomez and Emma Stone are on the rocks, and with Ellie and Ed defecting to Team Katy, the squad's looking a bit empty. At least she's always got her cats. There's almost no chance Meredith and Olivia are going to go partying with Katy Perry. ■ ISSY SAMPSON





...Schmooze together



Three's a crowd, Grimmy

TURN OVER FOR MORE BRITS GOSSIP

We've got everything crossed for these two...



Meanwhile...

Ellie & Dougie: FOURTH TIME LUCKY?

They partied together and shared a cab home...

If there's a celebrity couple *heat* is still shipping three years after they first got together, it's Ellie Goulding and Dougie Poynter. And last week, it looked like our hopes for a romantic reunion had come true, when the singer and McFly bassist went to not one but two events together.

We spotted the couple who've been on and off three times already since first getting together in December 2013 sitting FROW at Vivienne Westwood. They then went on to a mutual friend's birthday party, and insiders tell us they got in the same car to head home. And, even more encouragingly, Ellie is single again after splitting with her fitness instructor boyfriend of three months, Bobby Rich.

"She was full-on with Bobby for a while he didn't move in with her, but he did spend a lot of time at her house," says a friend. "In the end, the constant press about him being her boyfriend freaked her out, and she ended it."

However, the friend says Ellie's not

officially back with 29-year-old Dougie just yet. "They sat together at the show, then had a friend's birthday it wasn't like they set out to go public, but they aren't embarrassed to be seen together either. Ellie definitely misses Dougie and likes him a lot. He's got a piece of her heart."

"They got a taxi home together because they're neighbours now that Ellie has moved in round the corner from him in south-west London. Actually, it was a bit of a red flag to her friends when she got the place. She'd always been more of a central London person before, so everyone was surprised when she chose to be so far out of the city, and wondered if Dougie was a factor. He was one of the first to visit, and they've hung out locally a fair bit. They had missed each other's company. I think she would entertain the idea of something else, but right now, he is happier being friends."

Come on, Dougie Ellie's moved to your postcode and she's newly single what are you waiting for?

ISSY SAMPSON

#15

GETTYIMAGES.COM; WENN.COM

This
WE
OB
WI

Little Mix were the big winners on the night, but that doesn't mean they were acting like stars. Jade Thirlwall fed heatworld.com's Carl her homebaked chocolate Rice Krispie cakes backstage – bless

BACKSTAGE AT THE BRIT

BRIT OF A B

#16

heat hit the after-parties to bring you the bits you

Sara Cox raises the roof at the Universal Music party

During the awards, Holly Willoughby was sat between Christine and Frank Lampard, who were so loved up that they kept leaning over her to whisper to each other. When Holly went to present her award, the pair reached across her chair to hold hands.

Aww

Holly Willoughby and Caroline Flack get the after-party started

Later on, *Game Of Thrones* star Maisie Williams had a face like thunder leaving the Warner Music and Ciroc party – maybe because it was VERY crowded and sweaty



Maisie gives good Flamenco Ladyemoji

Hey Mr Dermot, put a record on



IG NIGHT

didn't see on telly



Jedward were turned away from one of the bashes. Awks!



James Arthur arrived at the Universal and Soho House party with former *X Factor* mentor Nicole Scherzinger, telling people he couldn't decide what to wear as he'd put on a stone



Brooklyn Beckham tried to get a selfie with Peter Crouch at the Warner Music and Ciroc party, but Pete's so tall it was ages before the footballer realised Brooklyn was there!

ELLIE HIDES OUT

Spotted! Ellie Goulding at the Universal and Soho House party, sitting in a chair with a furry white coat placed over her head by her sister. She was left like that for around three minutes. The coat was only removed when another friend came to tell Ellie where her reserved table was. Was Ellie shy? Avoiding selfie requests? Getting treated like a squawking parrot? We have no idea.



ELLIE IS UNDER HERE



#17

This week
**WE'RE
OBSESSED
WITH**

By George,
she's won
over the
Prince!

"One
applauds
Harry's
choice"

Meghan gets the Prince George seal of approval

#18

Prince Harry's girlfriend has met the No1 royal...

With rumours swirling of an engagement later this year, *heat* can reveal that Prince Harry's girlfriend Meghan Markle is now firmly in there with the royals. After meeting Princess Charlotte a few weeks ago, the *Suits* actress has finally met the Windsor whose opinion *really* matters Prince George. And the pair are said to have hit it off in spectacular style, leaving Prince Harry delighted.

Back in January, Prince Harry, 32, introduced Meghan to Kate

who brought one-year-old Princess Charlotte with her at Kensington Palace, with Wills rumoured to have met Meghan, 35, two months earlier.

It doesn't sound like Meghan's skills with George went unnoticed by Harry. "He joked that if he and Meghan had kids, he hoped they'd look more like her and wouldn't be ginger like him," we're told. Meghan's love of charity has further cemented the couple's relationship. "They're becoming really serious Harry's getting her officially involved in his

charity work and, next year, she might join him at a Walking With The Wounded event in the US," our source adds.

And, with constant murmurs of Meghan making a permanent move to London to live with her boyfriend of seven months in Kensington Palace, it sounds like meeting Prince George was well overdue. But perhaps the biggest sign of Harry's commitment? "He turned down a shooting trip last week to spend time with her," says our source. *Posh voice* That's a big deal, chaps... ■ SOPHIE GODDARD

She's on the path to Her Maj

WITH GEORGE ON SIDE, MEG'S JUST TWO STEPS AWAY FROM WINNING OVER THE QUEEN



PRINCE GEORGE



THE ROYAL CORGIS



SWANS



QUEENIE

MEET THE MASCARA UK WOMEN PREFER TO FALSE LASHES*...

X FIBER
BY FALSE LASH



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'The results are amazing...it really did look like I'd used false eyelashes'

- Leanne

'Who needs fakes when you can get this, and it's 2 steps...simple'

- Fleraflav

'Wow! This is the best mascara I have ever used'

- Nicole

'If I could give this product more than 5 stars I would'

- Rachymom

'My lashes actually look like I'm wearing falsies (which I've never managed to apply properly!!)'

- LucieJ



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FALSE LASHES



X FIBER MASCARA



L'ORÉAL
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*73% of 108 users of false lashes

Reviews received via La Belle Famille review panel, details at labellefamille.loreal-paris.co.uk

This week
**WE'RE
OBSESSED
WITH**

MIAMI

Becks needs to
be Stateside

POSH & new relation

He's off to Miami for six months

They've only just survived the Beckileaks scandal, and now David and Victoria Beckham are facing another hurdle and this one involves six months in separate continents. As the sporting legend whose reputation took a knock when emails were leaked where he ranted about not being knighted makes plans to finally launch his US football team, the couple could be spending the spring and summer apart, with David, 41, in Miami, and Victoria in London.

"Victoria needs to be in the UK for work and the kids she can't move with David to America," says a friend of the fashion mogul, 42, who is mum to Brooklyn, 17, Romeo, 14, Cruz, 12, and Harper, five. "Her main offices are in London, the kids are all settled in their schools here, this is her home. She wants her and David to be a family unit in the UK and doesn't like the idea of their lives becoming too independent of each other. It also bothers her how often David gets papped with other women when he's in America. It seems like every time he gets a coffee or goes to the gym, he gets approached by another blonde fan. Of course, she trusts him completely, but seeing all the stories

#20

Brooklyn: NOT PAYING ATTENTION

Last week, the eldest Beckham offspring claimed he didn't know his parents were famous until he was 13. How could he not?

SPICE GIRLS TOUR!



A-LIST FRIENDS!



BECKS' Relationship test

ns, and pals say Vic is worried

whenever he talks to another girl understandably upsets her."

But the couple, who've been married for 18 years, might not have much choice. "It's been three years since David announced this plan to start a football team and it's gone nowhere," says an insider close to the former footballer, who confirmed at a glitzy press conference in February 2014 that he was bringing a Major League Soccer team to Miami. The league's commissioner, Don Garber, has now reportedly given David a deadline of September this year to finally get the project on its feet. The insider goes on, "David can't expect to run everything from London. The amount of work that's needed to get it up and running means he would need to be over in the US, meeting with investors and giving the project his full attention. He's only been to Miami once in two years. He can't let this fail his brand doesn't need any more bad press at this point.

"Victoria has talked to him about binning the whole thing, but he won't. Unfortunately that does mean time apart, and friends are worried it could have an impact on them. They'll try to see each other as much as they can and are planning regular Skype dates, but it's not the same." ■ LUCY VINE

LONDON

But Posh is staying put



#21



Welcome to Miami!



GCIMAGES, GETTYIMAGES.COM, REX FEATURES, SPLASHNEWS.COM

This week
**WE'RE
OBSESSED
WITH**

In last week's *heat*, we exclusively revealed pictures of Emma Stone and ex-boyfriend Andrew Garfield getting very cosy at the BAFTAs after-party, and brought you the joyful news that Hollywood's cutest twosome were finally officially back on.

But Emma's *La La Land* co-star Ryan Gosling is being slightly more cautious. After hearing about the constant ons and offs of the couple's tumultuous relationship (Emma, 28, dated Andrew, 33, for four years before splitting for a supposedly final time a year ago), he wants to make sure his friend's being careful this time round. "After spending hours discussing kids, marriage and her shaky love life on the *La La Land* set and press tour, Emma and Ryan have formed a very close bond," says the insider. "Ryan's the only person who's straight up with her about it. He tells her exactly what is what. Ryan talks about his own relationship and the lessons he's learned, but he's very optimistic about

#22

Meet Emma's new love coach: Ryan!

He won't eat his cereal, but he *will* dish up dating advice

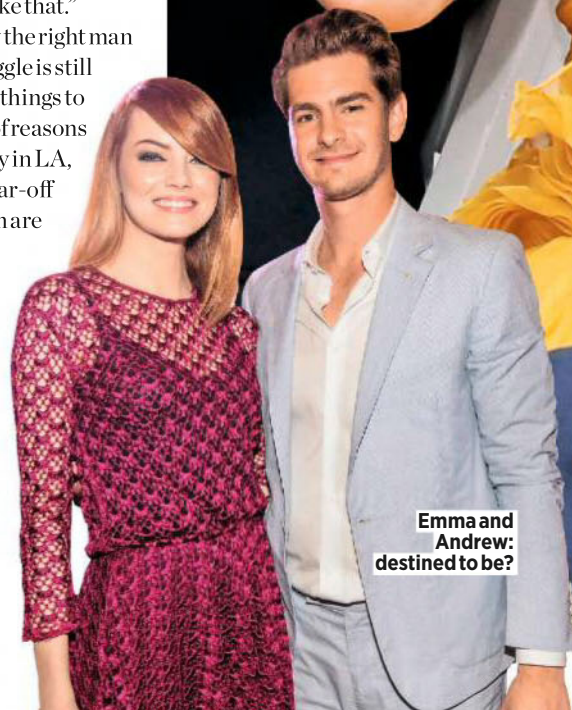
Emma's future. He knows her very well, so it's easy for him to break it all down for her. Ryan would never tell her who she should or shouldn't date but, as far as he's concerned, she deserves the best."

And, our insiders says, Emma's listening to the love guru after all, Ryan's happily loved-up with actress Eva Mendes (the pair are reported to have secretly married last year), and they're parents to Esmeralda, two, and Amada, nine months. "It's hard for Emma not to envy Ryan and his happy little family. He just seems to have it all mastered. He's still got this super-hot career and a thriving marriage," our source explains. "He makes the effort in his relationship and takes it seriously. He skipped the BAFTAs to help Eva because one of the girls had a cough.

Emma wants a husband like that."

But is Andrew definitely the right man for her? "Emma's big struggle is still Andrew. She really wants things to work, but there were lots of reasons it didn't. Her work's mostly in LA, while he chooses roles in far-off places, and neither of them are willing to compromise."

But with Ryan's help, maybe it can work this time. Our insider adds, "Emma is a workaholic and that can get in the way of relationships, but Ryan's told her to be confident in herself and what she wants, and to never let anyone mess her around." ■ **SOPHIE GODDARD**



Emma and Andrew: destined to be?

Hey girl...

RYAN'S LOVE LESSONS

“ I GREW UP IN A FAMILY OF STRONG WOMEN, AND I OWE ANY CAPACITY I HAVE TO UNDERSTAND WOMEN TO MY MOTHER AND BIG SISTER. THEY TAUGHT ME TO RESPECT WOMEN. ”

“ IF I HAVE ANY APPEAL TO WOMEN, MAYBE IT'S BECAUSE I LISTEN MORE THAN OTHER GUYS DO AND APPRECIATE HOW THEY THINK AND FEEL ABOUT THINGS. ”

“ I DON'T THINK ANYONE CAN TEACH YOU HOW TO BE A MAN BUT A WOMAN. YOU ONLY LEARN BY LEARNING WHAT THEY NEED. ”

Hey, I give good advice, too

“Come hither, sexy French ex”

Bonjour, Olivier

Kylie: Can't get Olivier out of her head

#23

The singer is back in touch with ex Olivier

Martinez – but friends are worried

Everyone knows the worst way to get over an ex is to get under another ex, right?

But weeks after splitting from actor Joshua Sasse, Kylie Minogue has spoken out about “moving on”, and friends tell *heat* she's back in touch with “the one that got away” Olivier Martinez.

“Olivier reached out to Kylie after he heard about her break-up, and the two have been in contact since,” says an insider close to the star, who dated French actor Olivier, 51, for five years before splitting as “very close friends” in 2007. Kylie, 48, credited Olivier for helping her through her 2005 cancer battle, and it's thought her 2014 song *Beautiful* is about him. In it, she sings, “*It used to be you and me, love like no other... nothing's changed.*”

Last week, Kylie spoke publicly for the first time since her split from

fiancé Joshua, 29, amid rumours he'd cheated. “It wasn't meant to be and so I look forward to moving on, richer for the experience,” she said. “I haven't had the white picket fence and happy ever after in my life.” But insiders say Olivier – whose divorce in December from actress Halle Berry was said to be over his “explosive temper” and “anger management issues” isn't her white-picket-fence man, either. We're told, “Kylie's friends are worried she may be looking for something to fill the hole in her heart. They want her to make sure she doesn't end up getting hurt on the rebound. But it seems Kylie's not listening, her friends worry she may be rushing into things, as she tends to do. She and Olivier have plans for a meet-up in LA in the next few weeks.”

Oh, Kyles... ■

This week
**WE'RE
OBSESSED
WITH**

#24

“Briana wanted to get back with Louis”

But then the 1D star got back with *another* ex, says her mate

Is there anything more complicated than Louis Tomlinson's love life? The One Direction star dumped long-term girlfriend Eleanor Calder back in March 2015, announced he was having a baby with stylist Briana Jungwirth in July that year, started dating *The Originals* actress Danielle Campbell five months later, became a father in January 2016, split with Danielle in January this year and, just weeks later, hooked back up with original girlfriend Eleanor. All caught up now?

Well, it just got a whole lot more

complicated, as Briana's friend Luke Poole tells *heat* that Briana wanted Louis back earlier this year and had no idea he was reuniting with fashion blogger Eleanor. When Danielle and Louis broke up, Luke says, “I think that maybe, for a second, she did [hope they'd get closer].” But Briana was

blindsided when Louis got back with Eleanor — as revealed in *heat* last week — with Luke confirming, “I don't think she knew about that at first.” When we asked if it'd be hard to compete with Eleanor, who Louis dated for three and a half years, Luke simply answered, “I don't think it's ever going to get to that level where they get back together now.”

When Louis was dating actress Danielle, there were a few issues with Briana tweeting, “You can pretend all you want but you will NEVER be my baby's mother”, and insiders told *heat* that she'd banned Danielle from even holding baby Freddie. And Luke who speaks to Briana regularly says that to avoid any problems with the new relationship, there are definite ground rules around Eleanor's contact with the baby. “Louis and

Baby Freddie with his mama



BRI'S FRIEND
TALKS TO HEAT

Briana are getting along right now, and everything is going well,” he says, but adds that Eleanor's off babysitting duty for now. “Freddie wouldn't be allowed to stay with the new girlfriend unless Louis was there too.” Luke goes on to say that photos of Eleanor acting like Freddie's mum or putting baby pics on her Instagram wouldn't be OK, and it

says, “Anything can change; there's always the possibility it could be more confrontational.”

Luke says that Briana hasn't met Eleanor yet, but she wants to. “I definitely think so, because I'm sure if [Eleanor] is going to be around Louis, then the kid will be around her. Briana is protective, so she is definitely going to want to know her. They will definitely

‘Briana wants to meet Eleanor – it'll be awkward’

would be an issue if “they [Louis, Eleanor and Freddie] posted a picture together”. Official photoshoots are out, too, but Luke adds, “I don't think Louis would do that, I don't think he is trying to step on anybody's toes. At this point, everyone is just coping with the situation.” Of course, they all want to get along for Freddie's sake. However, as Luke ominously

have to meet, for sure.” But it's not going to be a comfortable meeting after all, there wasn't much of a break between the split with Eleanor and Louis meeting Briana. “It may be awkward,” Luke tells us. “It will be awkward for Eleanor, not Briana as much.”

We're going to guess that it'll be more awkward for Louis, to be honest. Good luck everyone. ■



Louis and
Eleanor reunited

Briana's laying
down the law



BRIANA'S BABY RULES!

ELEANOR'S **NOT**
ALLOWED TO:

FEATURE
FREDDIE ON HER
INSTA POSTS

ACT LIKE SHE'S
FREDDIE'S MUM

BABYSIT
FREDDIE WHEN
LOUIS ISN'T
AROUND

POSE FOR
PHOTOSHOOTS
WITH LOUIS
AND FREDDIE

JOIN IN
SOCIAL MEDIA
PICS WITH
LOUIS AND
FREDDIE

#25

XPOSUREPHOTOS.COM; SPLASHNEWS.COM; AKM-GSI-XPOSURE

This week
**WE'RE
OBSESSED
WITH**

Sofia
Vergara:
glowy



Kim is an
Epione
regular



IT'S **SURGERY** SEASON!

**Celebs have started planning their summer bodies
(with, er, a bit of help from their surgeons)**

With the immortal words, "I've been so scared to do it, thinking it hurts so badly, and it didn't hurt that badly," Kim Kardashian just pronounced Surgery Season officially open for business. After a long winter, the reality star has visited her local surgical clinic twice in two weeks, once for "skin tightening", then, last week, to get rid of her stretch marks. And she's far from alone, with everyone from Sofia Vergara to Eva Mendes heading to their local body doctor. So, what the heck's going on?

"Right now, people are paying attention to their bodies again," says Harley Street cosmetic surgeon, Dr George Samouris, revealing that this time of year is the most popular for celebrities getting themselves sucked and tucked. "There are a few reasons. We're a couple of months out of Christmas and everyone has had enough of the effects of all that extra food and drink. Most patients have had time to shop around and find the appropriate surgeon for



Been treating
yourself, Eva?

Lady Gaga visited just last week

'Celebs need summer



'Celebs need to be ready for summer earlier than us'

the procedure they want. But most people's ultimate goal—particularly for stars who are analysed from every angle—is looking good for the summer. Soon we'll be showing more skin, so many celebs are turning to surgery now to be ready."

Over in Beverly Hills, under the cover of awards season stealing all the headlines, an influx of A-listers were visiting the ever-popular Epione clinic, run by celeb fave Dr Simon Ourian. As well as Kim's two visits, Mariah Carey spent the afternoon there on 18 February, just days after both Eva Mendes and Lady Gaga were pictured leaving the clinic, which Sofia Vergara is also a fan of. Kim's sister Khloé has been a regular visitor this month, too, and she's getting her "tramp stamp" tattoo removed. Dr Ourian hinted that momager Kris Jenner had also popped by, posting a picture of her on his Instagram.

Meanwhile, in the UK, bum lifts are all the rage this month, as both Ferne McCann and *Geordie Shore*'s Holly Hagan shared pics of theirs, and Katie Price told the world about getting her *tenth* procedure.

But Dr Samouris says surgery season is more about perfecting your front than your backside. "The most popular treatment is VASER liposuction—it's the indisputable king," he tells *heat* of the procedure, which uses ultrasound instead of lasers to blast unwanted fat.

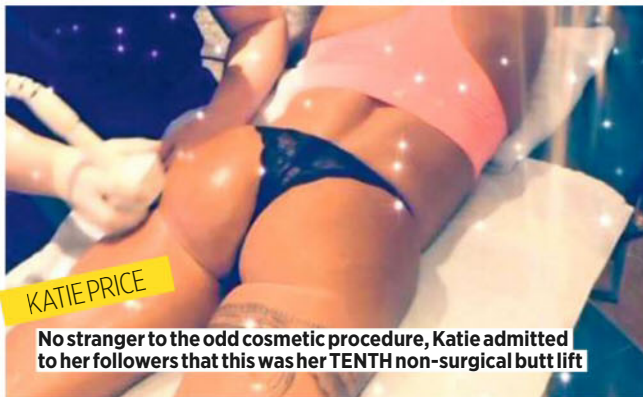
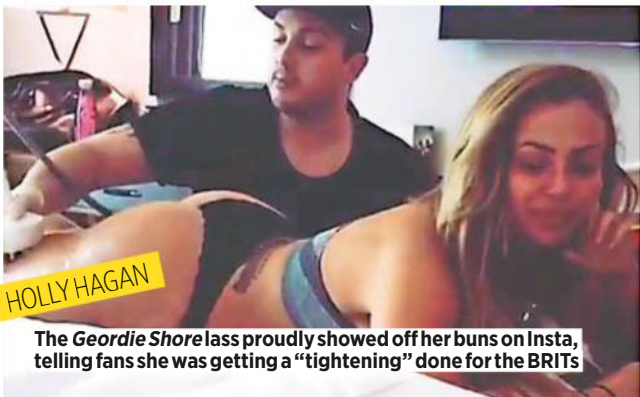
“A close second is breast augmentation, followed by tummy tucks. The majority of procedures require a healing period of four to six weeks, so this is a good time of year for celebs to do it. Often they need to be ready much earlier for summer than most of us, as they will start filming for summer appearances on TV and doing skin-baring photo shoots.”

We might just stick to squats, ta. ■

For more information on Harley
Street surgeon Dr George Samouris,
go to Samourisplasticsurgery.co.uk

Bum's the word...

THESE CELEB LADIES WILL STOP AT NOTHING TO GET A CRACKING (SORRY) BUTT



This week
**WE'RE
OBSESSED
WITH**

#28



You're supposed to take your clothes off before you get in the water, Drew

It's always
wine o'clock
somewhere



DREW'S 'DON'T GIVE A F**K' HOLIDAY

Her new show flopped – but, whatevs, there's always the beach. And wine

Ever wondered what you'd do if you were an A-list actress who needed to escape reality? Well, Drew Barrymore's got the right idea – hitting the beach in Tulum, Mexico, with her closest mates. As our pictures show, the star had a blast, sipping her way through *all* the wine with her girl gang and splashing around in the water with her clothes on.

And it seems like poor Drew, 41, might need the break, because she's been on the receiving end of some pretty harsh reviews for her new Netflix show *Santa Clarita Diet*, in which she plays a zombie living in the suburbs with her husband. Critics panned the show, calling it “weak” “try-hard” and “half-baked”.

Our source tells us, “Drew is definitely

having an empowering, heart-healing holiday – she's been through so much. Tulum is her special place – she first visited it after Demi Moore recommended a Bikini Boot Camp there, which Drew signed up for when she wanted to lose weight. She now goes with her girlfriends twice a year – she's taken Cameron Diaz with her in the past, and Reese Witherspoon, too.”

But this year it's not a boot camp Drew's signing up for. Our insider explains, “This trip isn't about weight loss – she's going with the girls, drinking wine and having a laugh. She's putting all the troubles of the past couple of years behind her and is *finally* getting into a decent headspace.”

And Drew – who last year announced

her divorce from third husband Will Kopelman, after three years and two daughters together – was determined not to let anything ruin her fun-filled trip. Our source says, “Even though her series was panned, she feels like it was a step in the right direction – she hasn't worked that much in years, and she had a great time making it.”

Two weeks ago, Drew told *heat* that filming the show had worked wonders for her, calling it “the most fun therapy session I've ever been to... I was definitely a happier person when I wrapped this show than when I started on it, and that means a lot.”

Our source adds, “She's looking forward to the next chapter in her life – a very female-orientated, empowered one.” We're right behind you, Drew. ■





If you're happy
and you know it...

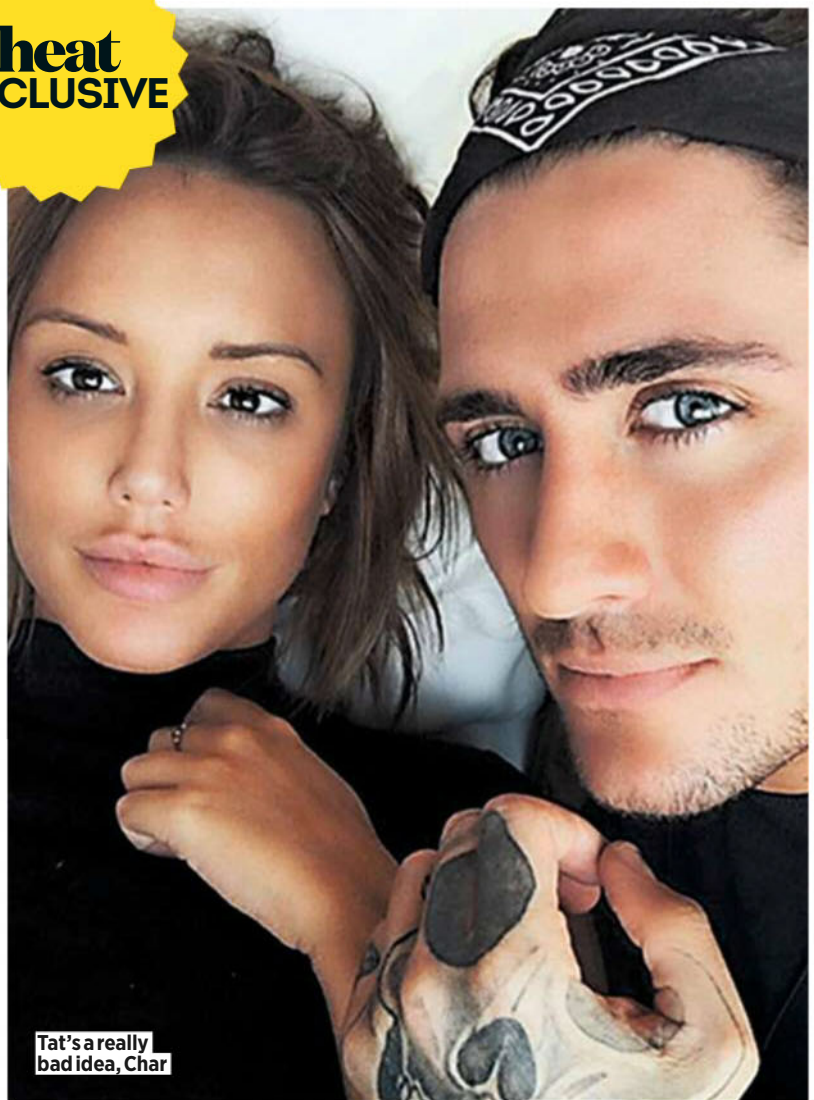


Drew and
her crew



Mexican
wave!

heat
EXCLUSIVE



Tat's a really
bad idea, Char

#29

Charlotte lets Bear **TATTOO** her

You *do* know that ink is permanent, right Char?

Charlotte Crosby has been pretty coy about her relationship with Stephen Bear even though he's basically told *heat* that he wants to marry and have kids with her. But we can reveal she's made the ultimate commitment to him by letting Bear give her a tattoo.

Charlotte and Bear's new show, *Just The Tattoo Of Us*, has couples choose a tat for their partner, then actually ink it on them, without telling them what the design is. Brave. And insiders tell *heat* that the show's finale sees new couple Char and Bear pick each other's tattoos and it did not go well.

"Bear decided to tattoo a half-cheetah, half-bear face on Charlotte's lower back. When she found out, she was *not* happy," the friend tells us. "She went crazy and they had a massive row.

She's calmed down, and it's not even that bad. But she was very angry."

Clearly, Charlotte got over it, as the pair shared a hotel room when they were promoting the show in Barcelona last week, with *heat* reader Jo telling us that she saw the couple "snogging each other's faces off tongues out of mouths and everything" at Gatwick Airport.

"Now Bear has been kicked off *Celebs Go Dating*, the pair are free to be seen out and about with each other. It was the worst kept secret anyway," says our insider. "They have an intense relationship and when they argue, they can both really go for it. Neither of them is willing to back down. Despite everyone thinking Bear is bad for her career, Charlotte always rules with her heart rather than her head."

Let's hope they make it work: tattoo removal is painful and expensive...■

AKM-SI-EXPOSURE



Delicious Spoonable treat



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.

Next year,
let's be
unicorns

This week
**WE'RE
OBSESSED
WITH**

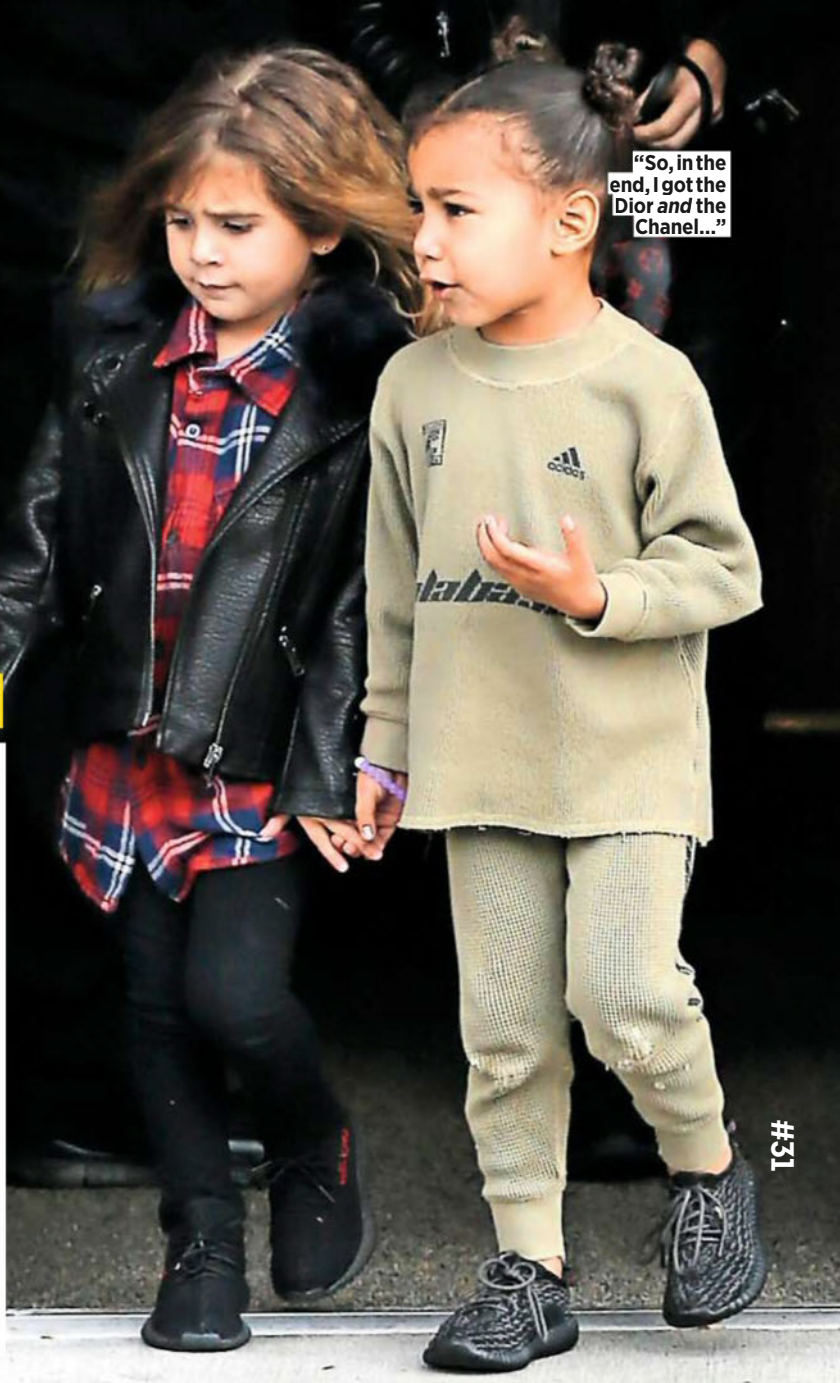


Keeping up with the **KOUSINS**

Pen and North = total friendship goals



Remember when your choice of best friend was based solely on the extent of their Pog collection and willingness to make you a friendship bracelet? For North West and Penelope Disick, we're betting their bond is more to do with how mad their joint families are. The cute cousins proved their BFF status yet again last week, holding hands as they headed to a local restaurant during a family outing in Calabasas. Penelope Kourtney Kardashian and Scott Disick's four-year-old daughter and North, three, whose parents are Kim and Kanye West, were clearly having a D&M* as they strolled about, chatting. Maybe planning how to top last year's joint mermaid-themed birthday party? ■



"So, in the
end, I got the
Dior and the
Chanel..."

#31

Northelope: their best bits



SHOPPING

Those faces
are pure glee



POSING

Dressing up is
more fun with two



PLAYING

They even have
a secret language



CHILLING

The casual arm
rest is too cute!

*DEEP AND MEANINGFUL

PLANETPHOTOS.CO.UK/XPOSUREPHOTOS.COM

This week
**WE'RE
OBSESSED
WITH**

Scarlett: on
the telly, not
watching it

PRO GREEN 14 FEB

A "proposal"
versus...



A YEAR ON FROM Millie's st one-up P

She wants to move on *better*

When you break up with someone, there's always the temptation to get, well, a bit competitive, isn't there? You want to be the first to move on, you want the better-looking rebound romance and, most of all, you *have* to look good on Instagram. So we can relate to Millie Mackintosh who, just days after her ex-husband Professor Green "got engaged" to his girlfriend Fae Williams, announced that she was moving in with boyfriend Hugo Taylor.

You must have spotted it Pro Green Instagrammed the massive rock he got his girlfriend for Valentine's Day, then captioned a pic of her wearing it on her engagement finger with, "Fingers crossed this time ay." He later claimed it was a joke. Less than a week later, Millie announced her own news, also on Insta, calling Hugo "my new roomie" and posted a picture of their new home, adding "new selfie mirror!"

But her happy news was met with a bit of a backlash. Some fans were quick to accuse her of "always having to one-up Pro Green" while one Instagram commenter claimed, "They're trying to outdo each other now."

A friend of the former *Made In Chelsea* star claims that Millie thinks her announcement was "way classier" adding, "Millie looks at Stephen's Instagram and has checked out the competition, for sure. She thought the

Scarlett's guilt over Gogglebox

She's "gutted" her parents have been kicked off

With Scarlett Moffatt's telly career taking off she's landed presenting jobs on *Saturday Night Takeaway* and *Streetmate* it's no wonder she doesn't have time to film *Gogglebox* anymore. But, last week, it was announced that the entire Moffatt family have been dropped from the show, leaving Scarlett's parents, Betty and Mark, without the extra work that supplements their income a monthly wage of £1,500 for 12 hours of filming a week.

Scarlett tweeted that she was "gutted", adding, "Thought my Mam and Dad (and

little Ava) would still be able to do it." And our insider says, "Scarlett feels terrible that her family was axed because of her fame. It made them more comfortable financially [by day, Betty works in Burtons, while Mark's a welder who makes JCBs], but now that is gone. Scarlett feels that her mum especially supported her so much through her recent break-up [with boyfriend Luke Crodden last month], so she feels she owes them. She has promised that she will share her future earnings with them. While they are grateful, they really just loved being on *Gogglebox*. However, Scarlett is looking into other endorsement and reality TV deals for her parents, as she feels they deserve something, since it's because of them she's famous."

To make matters worse, Piers Morgan (yes, him) stuck the boot in on *Good Morning Britain*, saying, "It will be a bit tense in the Moffatt household. Young Scarlett becomes a big star through *I'm A Celebrity* and has now effectively ended her parents' TV career." Thanks, Piers. That'll really make things fun over Sunday lunch. ■





Excellent
game face

1 THEIR SPLIT...

Still trying to Pro Green

r and classier. Got it?



whole 'engagement' thing was tacky, immature and really showed her how far she's come since the break-up. Moving in with Hugo was planned for a long time and she would have announced this on Instagram regardless, but she thinks the way she announced [her news] is far classier."

Millie and Pro split exactly a year ago this week, and while she got back with former boyfriend Hugo five weeks after the break-up, Pro didn't find love until hooking up with model Fae last November.

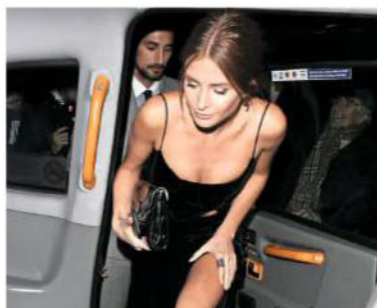
Let the Insta wars continue... ■



#33

MILLIE & HUGO: NOT ON THE LIST

THE RED-FACED COUPLE KEEP GETTING TURNED AWAY FROM THE VIP AREAS...



AWKS

They tried to get in to the Love Magazine LFW party last week, but were denied at the door. A mag spokesperson added, "Millie was not a guest at this event."



SAD

The pair also attempted to party in the VIP area at Glastonbury last summer – the same one Pro Green was already inside – but got directed back into the "normal" area. Oh.



BORED

They're not even fast-tracked like VIPs at the Eurostar, and have to join the queue with the rest of the normal people. Sorry, guys.



We've reduced the total amount
of salt in a typical Happy Meal® by 47%*

good to know

*Based on Chicken McNuggets, Fries and a Fruit Shoot now and in 2003. Happy Meal® served after 10.30am. Subject to availability. © 2017 McDonald's

Quote UNQUOTE

They talk. We listen
(sometimes)

"SHE HAS A BIT OF A TEMPER. GOD FORBID I LEAVE A PLATE IN THE SINK FOR MORE THAN FIVE SECONDS"

Um, does **FRANK LAMPARD** even like wife **Christine Bleakley**?

"I WOULDN'T UNDERSTAND SOMEBODY WHO HAD A DESK JOB OR HOW TO DO THAT. I COULDN'T. I LITERALLY AM INCAPABLE OF BEING IN THE REAL WORLD AND SURVIVING"

MARIAH CAREY: finally being honest...

"THEY STARTED MAKING BABY CRYING NOISES"

GEORGE CLOONEY's friends were very supportive when he revealed he was having twins

"I TRY TO BRUSH IT MORE SLOWLY THAN YOU'D BRUSH A DEAD PERSON'S HAIR"

ALLISON WILLIAMS is being a little bit **TOO** careful with her new blonde locks

"HE'S A LITTLE BIT TOO YOUNG FOR ME"

J-LO, 47, draws the line at dating 23-year-old **Harry Styles** (30-year-old **Drake** was fine, though)

"KIM'S DEFINITELY ONE OF THE SMARTEST PEOPLE I KNOW"

Clearly **KENDALL JENNER** doesn't know many people

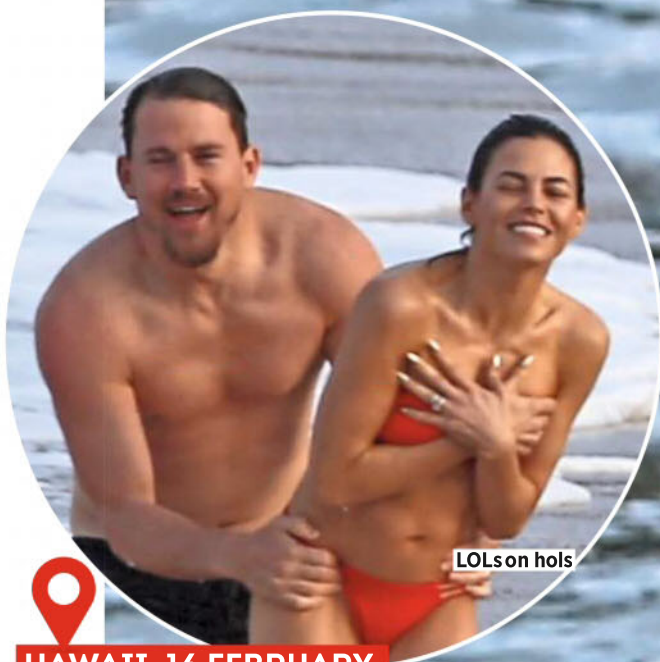
"WE HAVE TO DO IT. I'LL WRITE THE TREATMENT IF **TINA FEY**'S TOO BUSY"

Would **Mean Girls 2** be as good if **LINDSAY LOHAN** wrote it? We're going to say no

the week in PICTURES

Like Shakira's hips, our lens does

#36



LOLson hols



HAWAII, 16 FEBRUARY

Channing gets Jenna legless

WHERE? The island of Kauai.

WHAT? Um, who's gonna tell Channing Tatum and his wife Jenna Dewan-Tatum that the casting director told them to "wait and see" not "play in the sea"? Awks. Or maybe they're just frolicking on their holidays, practising the impressive moves that brought them together for 2006 film *Step Up*.

SO? We'd still cast them. *Step Up: The Holiday*, anyone?

"Keep going until we're past the stony bit"



SOUTH AFRICA, 18 FEBRUARY

Nicole rides inside giant invisible wheel

WHERE? Cape Town.

WHAT? Fitness buff Nicole Scherzinger threw on a load of tight Lycra and jumped in the air for some yoghurt adverts. Because that's just what people do when they really like dairy, dontcha know?

SO? If getting yoghurt down our necks gives us this body, hand it over already.



Just think of the money, Nic

#37

FAMEFLYNET.COM; GETTYIMAGES.COM; I-IMAGES; MIRRORPIX; SPLASHNEWS.COM; THE MEGA AGENCY; WENN.COM

Abbey:
"Ooh, 5p!"



LONDON, 22 FEBRUARY

Crouching model, hidden face

WHERE? The street outside a Brit Awards after-party.

WHAT? BNTM judge Abbey Clancy proved she married footballer Peter Crouch for a reason – she loves a good crouch. Which is lucky, because after one too many at the Brits, that's who was lumped with taking her home.

SO? Wish we looked like this after a night out.

the week in PICTURES

That moose has got
the horns for Bey

NEW ORLEANS, 19 FEBRUARY

Beyoncé takes one for the team

WHERE? Smoothie King Center.

WHAT? You're pregnant with twins and you'd rather be sat at home reading your Grammy performance reviews with your husband massaging your feet, but *someone**cough Blue Ivy* wants to go out. So you throw on your \$22k Gucci kimono and hit up the NBA game so your firstborn can meet the blimmin' Moose Mascot. Are you a saint, or what?

SO? Jay-Z has 99 problems, but a moose ain't one.

#38



Mick Hucknall's
looking well

FLORIDA, 20 FEBRUARY

Nicole proves she's still just a big kid(man)

WHERE? Disneyland.

WHAT? After the success of tearjerker flick *Lion*, we heard rumours that Nicole Kidman wants to focus on comedy next. We like to imagine she's doing a spot of promo work here, as one half of new comedy duo Nic'N' Mic (soon to be hailed as "the new Chuckle Brothers").

SO? We honestly don't know whose face looks blanker.



"One thanks God for Greggs"

LONDON, 20 FEBRUARY

Claire eats like a queen

WHERE? The Crownset.

WHAT? Actress Claire Foy does a stellar job staying in character as Queen Elizabeth, so when some prankster from the wardrobe department suggests doing the Mannequin Challenge mid-pastry, One is *not* amused.

SO? You win, Claire, you can eat the pastry now.



Pedigree chums

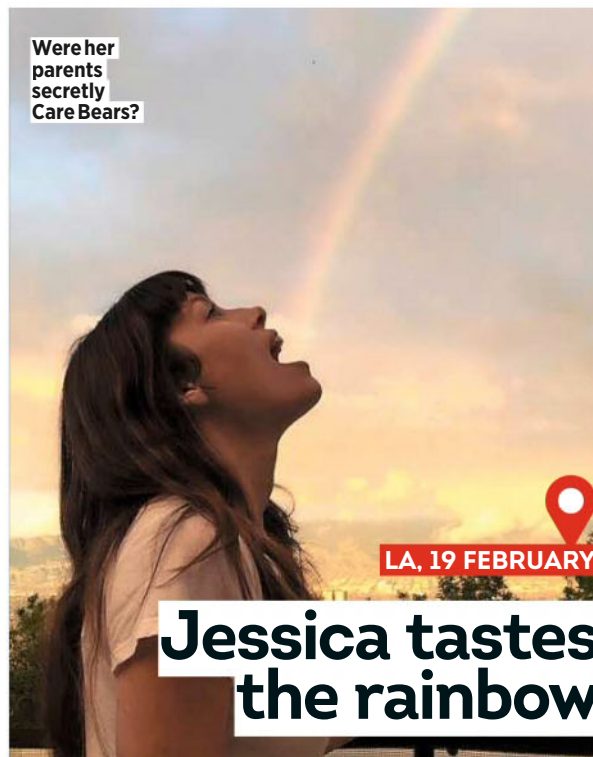
MANCHESTER, 18 FEBRUARY

Sheridan finds Donald Trump's wig

WHERE? The Palace Theatre, London.

WHAT? In a huge international security breach, Donald Trump's straw-coloured wig was stolen from the White House last week, and who should find it but theatre luvvie Sheridan Smith? Her shortsighted assistant mistook it for Shezza's pet Pomeranian, Pandora. Someone's getting fired...

SO? Don't worry, the President had a brand-new wig specially made at the scarecrow factory in Kansas.



Were her parents secretly Care Bears?

LA, 19 FEBRUARY

Jessica tastes the rainbow

WHERE? Somewhere recently soggy in Hollywood.

WHAT? Naive celebs are just the best, aren't they? When Justin Timberlake told wife Jessica Biel that rainbows have less calories than kale, she immediately jumped in on the #rainbowdiet action. Quite peckish she was, too, after waiting a week for one.

SO? She's gonna Cry Me A River when she finds out it was a prank. Shame.



SPOTTED!

Seen a celeb in the wild? Tweet us with your sightings #Spotted

Win
£100*

Send your
non-selfie selfie™ to
heat@heatmag.com

TOP SPOT



Oscar-tipped actor **Andrew Garfield** dining alone in Canteen at the Royal Festival Hall, London. Spotted by Allison

#40



Professional WAG **Lizzie Cundy** dressed up to the nines outside Hard Rock Cafe in London. Spotted by Jamie

CRAP SPOT



MICHAEL BUERK

SPOTTED Well done, Terry Barwick, for snapping the *I'm A Celebrity* star tucking into a meal in London. We're guessing it wasn't kangaroo butt...

SPOTTED London Mayor **SADIQ KHAN** riding the Tube. He gave me a cheeky wink when he saw me taking his pic. **Seen by Olivia**
SPOTTED **MARIAH CAREY** wearing a gold bomber jacket and shopping with her kids at Hamleys in London. **Seen by Grace**
SPOTTED Hollywood actor **LIAM NEESON** filming *Red Nose Day Actually* for Comic Relief on London's South Bank. **Seen by Dawn**
SPOTTED **DAVID HASSELHOFF** looking very tanned and relaxed while on holiday in Barbados. He even posed for a pic with us. **Seen by Jennie & James**
SPOTTED Jungle queen and *SNT* star **SCARLETT MOFFATT** enjoying the scares at

The London Dungeon. **Seen by Pam**
SPOTTED McFly singer **TOM FLETCHER** and his author wife **GIOVANNA** in the queue for *Harry Potter And The Cursed Child* in London. **Seen by Chloe**
SPOTTED **ASHLEY BANJO** and **PERRI KIELY** from *Diversity* getting off a flight at Glasgow Airport. **Seen by Emma**
SPOTTED Star of *The Trip* and *Gavin & Stacey*, **ROB BRYDON**, having a mooch around the London Aquarium. **Seen by Pamela**
SPOTTED **MARK FRANCIS** from *Made In Chelsea* on the platform at South Kensington. I was surprised he was getting the Tube with us commoners, but he was very well dressed. **Seen by Helena**

Spotted
AT THE
OPENING
OF AN
ENVELOPE



GEORGIA TOFFOLO

SPOTTED The *MIC* star was at the launch of ex-castmate Stephanie Pratt's latest fashion collection for Goddiva.

*WINNERS MAY BE CONTACTED AND BANK DETAILS WILL BE REQUIRED. PLEASE NOTE: PAYMENTS MAY TAKE UP TO 28 DAYS TO ARRIVE. PICS MAY APPEAR (FREE OF CHARGE) ON HEAT MOBILE, THE CELEBS NEWS SERVICE ONE, VODAFONE, 3 AND O2. PHOTOS: CAPITAL PICTURES; LANDMARK MEDIA; SILVERHUB

Torso OF THE WEEK

Who's showing up the rest
of mankind this week?



HUSBAND GOALS #031 CRISTIANO RONALDO

✓ Into football? It doesn't matter, tbh, because this week sees the release of Ronaldo's side project: his S/S17 CR7 Underwear campaign. Based on this promo shot, we'd pick the Portuguese footballer for our team any day.

✓ The 32 year old might spend all his time on the pitch, but diet is key to that bod. "I eat lots of wholegrain carbs, fruit and vegetables, and avoid sugary foods," he says. His fave dish? Fish or steak with salad. Oh, and no booze. Sorry, lads.

✓ Ronaldo's son, Cristiano Jr, was born in 2010, and the identity of his mother is a closely guarded secret. "I've never told anyone and never will," is all he'll say on the matter. A fit man who can keep a secret? Swoon.



WHAT WOULD YOUR BABIES LOOK LIKE?

Our picture above is perfect for Face Swap. Just take a picture on your phone, merge it with your face on Snapchat and voilà! Tweet us with your snap @heatworld



#41

HEMS- WATCH

WHAT HAVE OUR FAVE SIBLINGS BEEN UP TO? Liam spent Valentine's Day on a romantic beach stroll with girlfriend/fiancée/ex/we can never keep up, Miley Cyrus, and dogs. Too cute.



Sex and THE WITT

Catastrophe duo Rob Delaney and Sharon Horgan tell Boyd Hilton about

the new season, filming raunchy scenes, and their memories of Carrie Fisher

Mmmm,” says Rob Delaney, inhaling as we enter a large room at Channel 4 Towers in central London. “Smells like armpit in here.” Sharon Horgan chuckles in agreement. “Yeah, it’s, like, almost just above Uber level,” she says. “Delightful,” adds Rob.

The duo, who co-write and co-star in the Bafta-winning comedy *Catastrophe*, deal with the whiff issue in much the same way they grapple with the weightier matters of relationships, marriage, having kids and, of course, sex in their ground-breaking show: with raw honesty while being totally hilarious at the same time. We’re chatting as season three arrives on C4 this week. It’s a show that became an instant critical hit on both sides of the Atlantic (it’s on Amazon Prime in the US), and led Sarah Jessica Parker to work with Horgan on their HBO comedy, *Divorce*. *Catastrophe* came about

after Brit actress and writer Sharon, 46, “met” American stand-up Rob, 40, via Twitter, where he’s carved a niche as one of the funniest tweeters ever. Together, they decided to create a TV comedy that depicted marriage with brutal frankness. They named their characters Rob and Sharon after themselves, mainly because it was easier, but also because most of the incidents in the show were inspired by things that really happened to them.

Rob and Sharon both say there’s less real-life stuff in this new series, but luckily there is more Carrie Fisher. The legendary star, who died so suddenly at the end of last year, had just filmed her role at the heart of the sixth episode of this season, and as soon as we mention her name, the pair light up, oozing with pride that they got to know her and became good friends with her.

So, before we get to the nitty gritty of the excruciatingly funny new series, we have to start our chat with memories of Carrie...



Y

#43





With the legendary Carrie Fisher

What comes to mind now when you think of working with Carrie Fisher?

Sharon: [To Rob] Oh God, you go first.

Rob: For me, it's more like the cumulative effect. Working with her on this third series was more exciting than working with her on the first series, because back then we were so nervous, just thinking, "Carrie Fisher is about to be on our set... that's just ridiculous." So then, by season two, I was like, "Holy mackerel apparently this is really happening. Carrie Fisher is really working with us!" And by the third, it was like a massive treat and really fun to be with her. We could watch her mastery. And, of course, we didn't know it would be her last....

S: [Looking distracted] Sorry, while you were talking, I was just trying to remember this thing that happened with Carrie but I kind of missed what you said.

R: [Laughs.]

What I said was great.

S: I'm sure. But, yeah, there's this great story about Carrie that [the actress] Frances Tomelty told me. A friend of hers had a weird lizard thing for a pet, and she was describing how it ate. She said, "You know, you just tie a lump of raw chicken to the end of this piece of string and throw it at him." And Carrie said, "Oh, that's so funny; that's show I like to eat, too..." She had such a brilliant f**k you attitude but, on top of that, she was really witty *all* the time.

R: My big regret now is that when we were shooting with her, I didn't spend the whole time in her company. Like, 50 per cent of the time, I sat at her feet to be entertained and educated by her, but the rest of the time I might have been making a phone call

or having a yoghurt, and now I think I should have gone and hung out with her between every take. Stupid me.

S: But you know what? She liked her alone time as well.

When she was filming series one, you told us she didn't really know what you were doing or who you were...

S: [Laughs.] Yeah, she had no idea what the show was. She just agreed to do it because she quite liked the idea, and it was good craic to come to London for a few days and do some shopping. We were completely enamoured with her, but she just wasn't as enamoured with us at that point. By series

three, she knew us better and we all grew to become friends.

As for the start of this new series, did you always plan to pick up the second where you left off?

S: Yes, although we started to think about other options when we realised how hard it would be, because I'd lost the costume from that scene...

R: And I think I gained, maybe, two stone.

S: [Laughs.] We just thought it would be fun to pick it up from the second he opened his mouth in that last episode.

R: We jumped in time between the first and second series, so we

thought we'd show that we don't have to jump. You think we can't handle it? We can!

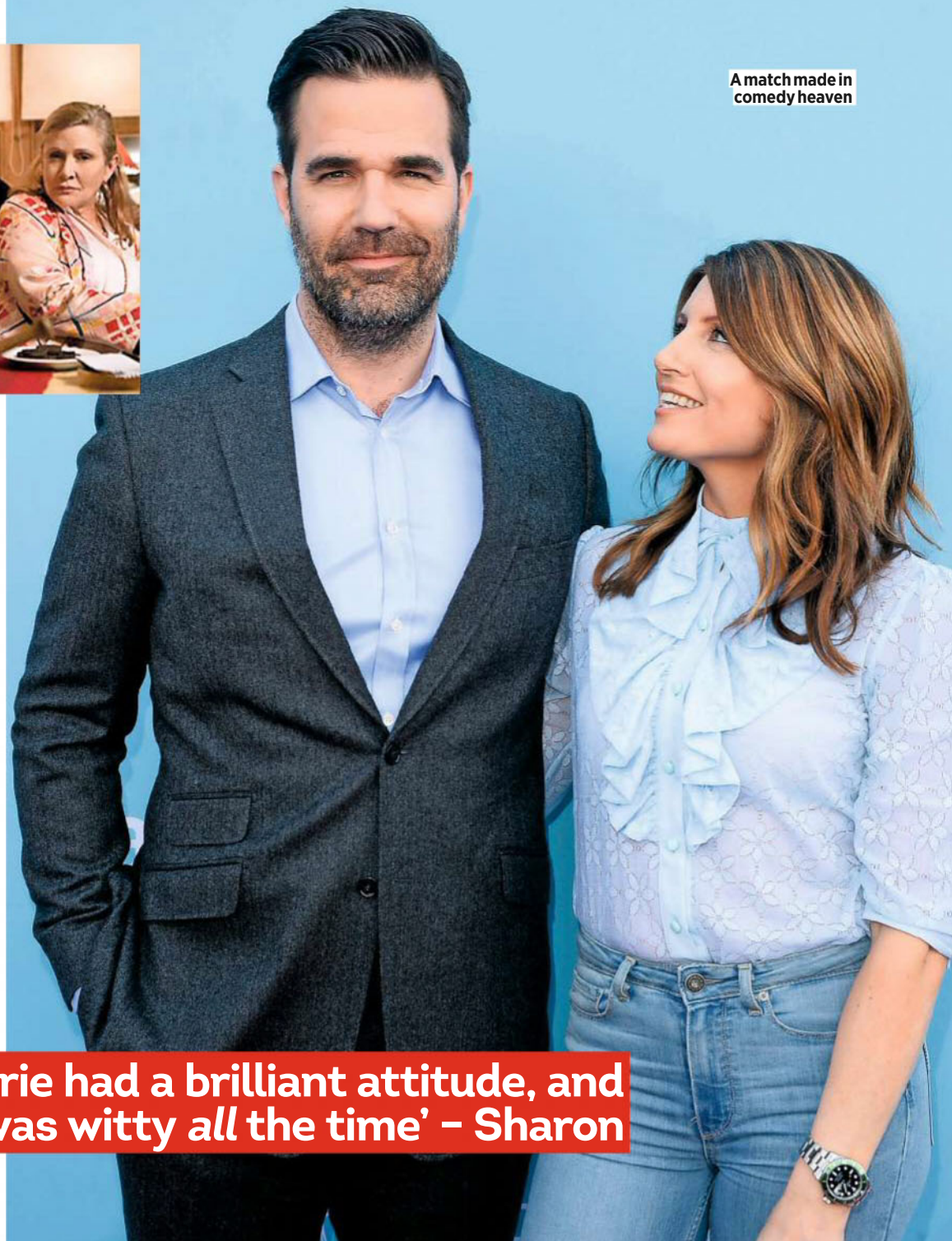
You also handle such issues as nipple-hair electrolysis. Is that an actual thing?

S: A friend of mine had hairy nipples...

R: And I think you can probably get electrolysis for pretty much any hair.

S: Yes, we didn't specifically do research on the nipple hair, but we do know nipple hair exists, and it's fun to give Sharon things that are wrong with her body. [Laughs.] So other people out there with nipple hair can feel they're not alone, and that they're being represented.

A match made in comedy heaven



'Carrie had a brilliant attitude, and she was witty *all* the time' – Sharon



Too busy for sex? Now that really is a catastrophe

Are there some more highly realistic sex scenes in this new series?

S: [Laughs.] Well, there is a little bit of sex, but then again they have been married for longer now, and they both have a lot of shit to deal with, so it takes them a while to get back to that kind of thing. I think there's less of it this time, but what is in there is pretty good.

R: I think there's less sex partly because there's only about three things you can do about sex, whereas there are loads of other topics they can talk about that are just as funny.

S: Yes, and it was weird, because when we were making series two, we were worried there wasn't enough sex in it. Then, when we finished, we thought, "Jesus, there's so much sex in it!" This time we just didn't worry about it.

R: Also, whenever I see a couple on TV who've been married a long time and they're still having all this sex, I just think, "Give me a break!" And so we didn't want to be mean to our audience by showing a couple who have been married a long time and are having loads of sex, because we're not lie merchants!

What's the best sex bit in this series, though?

R: The best sex scene in this series doesn't involve me...

S: Oh yes, that's in the opening episode.

The one which involves a hot young guy?

S: [Nods.] His arse is very impressive.

R: Sharon was like, "Oh, we'll have to do that take again."

S: Ha! Everyone was taking the piss, because I was moaning about this sex scene and it's always embarrassing doing them but they were like, "What are you on about? You f**king wrote it and obviously designed it so you'd have this sex scene with this guy!"

Have you had famous fans wanting to be in the show?

S: We went to the Emmys and just

walked around like a couple of dorks, gawping at all these people from our favourite shows.

Then Jeffrey Tambor from *Transparent* asked if he could be in the new series.

R: And we forgot to write a role for him...

S: This is going to make us sound like a couple of...

R: [Interrupting] A-holes.

S: Ha! But it is a really lovely thing that people like the show so much, and we still get super-giddy about it.

Finally, there's a reference in the opening episode to how Sharon has a secret obsession with "the fat Johnny Depp". What's that all about?

R: You know we've all seen photos where Johnny Depp seems a little bigger than he normally does, and that's quite exciting because he's such an amazing sex symbol. But I'd still f**k him.

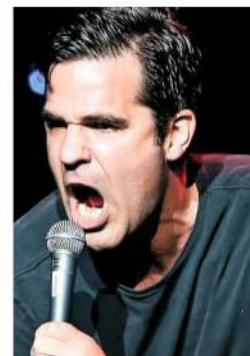
S: [Cackles.] Yeah, it was to have something a bit niche that Sharon was turned on by.

R: And we all have stuff we use for a wank, don't we? We're all human. ■



Sharon with SJP, who stars in her HBO drama series, *Divorce*

Catastrophe is on Tuesdays, Channel 4 at 10pm



ROB'S BEST TWEETS

WHAT'S ALL THE FUSS ABOUT HORSE MEAT? WHO GIVES A SHIT? I'LL EAT A HORSE. I'LL EAT YOUR DOG. I'LL EAT YOUR F**KING FAMILY.

WHICH MUMFORD IS THE DAD?

I CANNOT PSYCHOLOGICALLY AFFORD FOR MY WIFE NOT TO BE ELECTED PRESIDENT OF OUR CONDO ASSOCIATION.

WIFI AT MY UNCLE'S FUNERAL IS A F**KING JOKE.

CHINESE BABIES MUST BE LIKE, "F*****K..." WHEN THEY REALISE THEY'RE GONNA HAVE TO LEARN CHINESE.



Laura Palmer:
prom queen or,
um, prostitute?



Rich kid Audrey and
Agent Cooper



Red room +
this guy = a million
teenagers' worst
nightmare



heatipedia

TWIN PEAKS

Everything you need to know about the brilliant, bonkers '90s TV classic in time for the forthcoming

Back in 1990, American TV drama was dominated by the likes of *Dallas* and *Dynasty*. Then along came the coolest film director in the world, David Lynch, who'd made cult movie classics like *Eraserhead* and *The Elephant Man*, and his writer mate Mark Frost (*Hill Street Blues*). Together, they had a vision for a series that would mix the creepy small-town setting of *Blue Velvet*, the soapiness of cheesy prime-time dramas and an intriguing murder mystery, which might never be solved. And it would all be filmed in the style of a proper movie.

Within a few weeks of airing, *Twin Peaks*' all-round weirdness and daring subject matter (drugs, murder, brothels, supernatural entities, and a woman who carried a log around) turned it into ABC's highest-rated new drama for years. Before it went pear-shaped and was cancelled half-way through season two, that is more on that later. But now, after five years of fevered

speculation, it's back in May, in what promises to be one of the TV events of the year. This gives you two months to binge-watch all 30 episodes. So, here's what else you need to know...

THE PLOT

There's been a murder! Specifically of a seemingly all-American prom queen called Laura Palmer, who lived in the picture-perfect (fictional) town of *Twin Peaks*, somewhere near the US/Canada border. It all kicks off when a local logger finds Palmer's naked body, wrapped in plastic, on the banks of a river, and FBI agent Dale Cooper is called in to investigate.

It turns out Palmer lived a double life. By day, she was in a romance with the college football captain, by night she was having affairs and getting into drugs and

prostitution. And wouldn't you know it? Pretty much everyone in town has deep, dark secrets.

But the real game-changer is when Cooper has a surreal dream set in a plush red room, where he meets a very small spirit called Mike (aka "The Man From Another Place") who says Laura's killer is an even creepier demonic entity called Bob. This recurring dream is key to the eventual solution of the mystery.

THE CAST

Co-creator David Lynch cast a lot of his favourites – starting with Kyle MacLachlan, from *Blue Velvet*, as Agent Cooper, plus Grace Zabriskie (*Wild At Heart*) as Laura Palmer's psychic mother, and Jack Nance

(*Eraserhead*) as Pete Martell, who discovers Laura's corpse.

As for Laura herself, Lynch cast a random local called Sheryl Lee. When it turned out she could act, her



Everyone's
favourite
Log Lady



heat
INSIDE TV

The '90s
most famous
TV corpse



S
ing reboot



David Lynch
appears as
Cooper's boss

role was expanded via flashbacks and home footage, and she became a phenomenon. She was even given a second part, as Palmer's almost identical cousin Maddy Ferguson. The show also made a star of Sherilyn Fenn, as rich kid Audrey Horne, who's in love with Agent Cooper.

FILMING NOTES

1. Lynch and Frost never intended to solve the mystery. Until ABC pressured them for a solution, which backfired as ratings plummeted.
2. The theme music by Lynch and his longtime collaborator Angelo Badalamenti was key to establishing the show's intense atmosphere.
3. Lynch himself appeared as the show's funniest character, the hard-of-hearing boss of Agent Cooper who speaks very loudly.
4. Cooper's enjoyment of the local "damn fine coffee" became the show's global catchphrase.
5. After the series was cancelled, Lynch made the mind-bendingly eccentric film prequel *Fire Walk With Me*. It got booed at Cannes, but does feature a David Bowie cameo. ■ **BOYD HILTON**

WHAT WE KNOW ABOUT THE NEW SEASON...

In October 2014, US channel Showtime confirmed a new, limited series had been commissioned from Lynch and Frost, and that the new series would be set 25 years later. Earlier this year, they told the world the new run will consist of 18 episodes, featuring many of the original cast, including MacLachlan, Fenn and Lee, plus loads of newbies from *Juno*'s Michael Cera to Italian screen icon Monica Bellucci. The story kicks in after a dossier is discovered by a female FBI agent, detailing, "Secrets about the lives of the town's residents, as well as reports from Dale Cooper, who has since vanished..." The whole series is directed by Lynch, and is set to start on Sky Atlantic on 22 May at 2am, in a simulcast with the US premiere.

You can watch *Twin Peaks* Seasons 1 & 2 now on Sky/Now TV Box Sets and iTunes



The show made Lara Flynn Boyle, Sherilyn Fenn and James Marshall stars



GYM BAGS AT DAWN!

INSIDE THE WORLD OF FITSTAGRAMMER FEUDS

#48

Greensmoothies, inspiring workouts and the skimpiest of (sponsored and tagged) gym gear, all accompanied by a smile, rippling abs and a killer filter – the life of a Fitstagrammer can appear perfect. But *heat* can reveal things are more cut-throat behind the scenes... and it could be damaging *your* health.

While the world of Fitstagrammers – fitness bloggers who use social media to publicise their workouts, create vast followings and command huge sums of money – is currently under fire from the clean-eating backlash, it's also struggling within. YouTubers, like Zoella, Tanya Burr and all their crew, might collaborate, but you rarely see Fitstagrammers appear in each other's videos. "It's hugely competitive –

they're all vying for more followers and more attention, and it can get nasty," an insider tells us.

Perhaps it shouldn't be surprising. The wellness industry is estimated to be worth \$3.4trillion and the career can prove massively lucrative. Just look at The Body Coach, Joe Wicks. He has 1.7million Insta followers and last year, revealed he turns over £1million a month – a figure which is bound to have rocketed since his diet book *Lean In 15* became the most successful since records began.

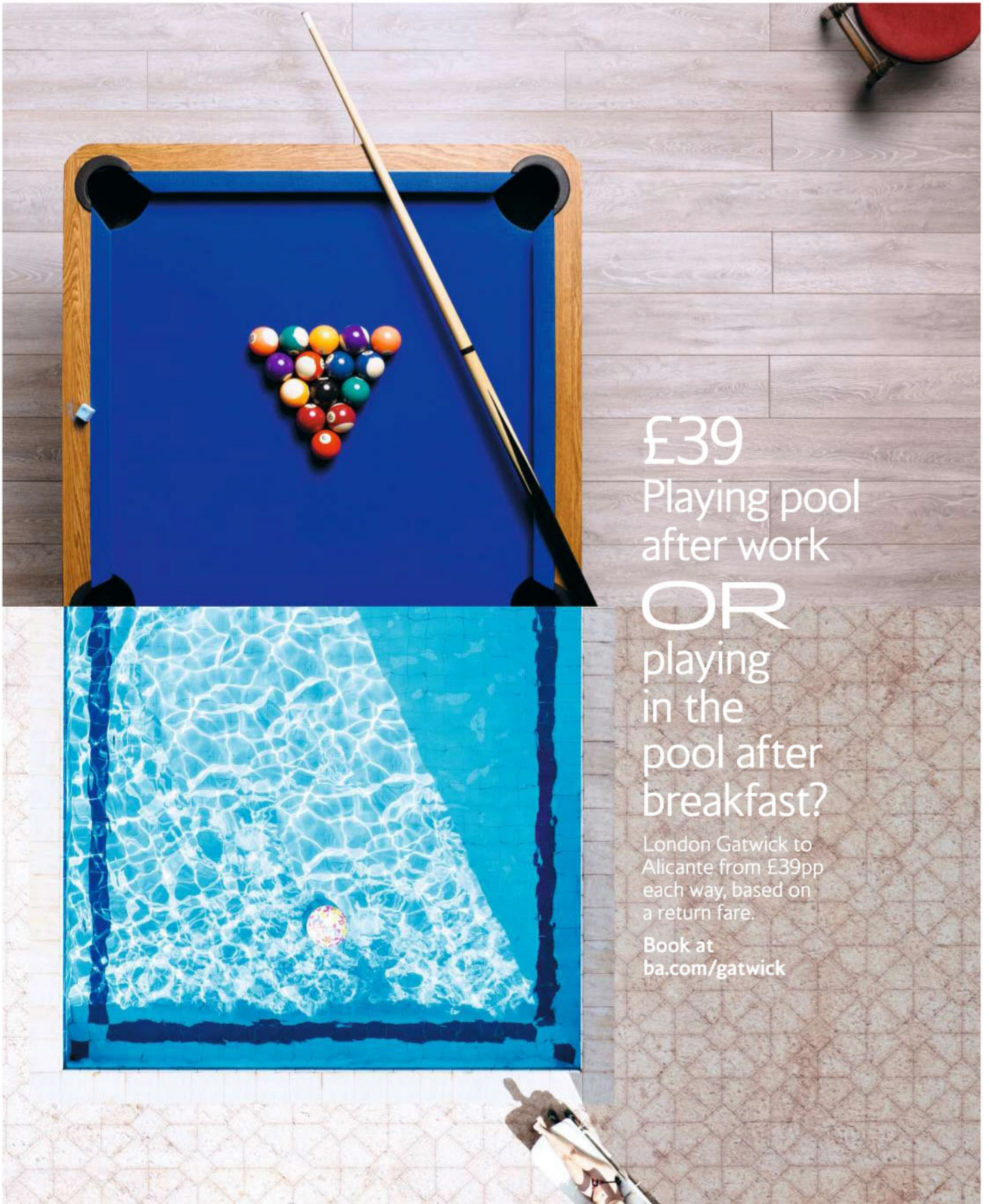
But you don't have to scratch far beneath the surface to reveal that kind of fame has got people scrapping. Just last month, fitness coach Matt Cooper caused an outcry amongst Body Coach fans by posting a side-by-side of one of Joe's meals and a KFC Original Recipe Ricebox,

showing the calories and fat content of the KFC meal were lower. "No amount of fresh ingredients can outweigh 1,120 calories and 76 grams of fat in a single meal for one. And it's promoted as a meal that's supposed to help the average person with weight loss," Matt said. Joe's fans hit back, as did the man himself, saying, "That's unfair, I'm encouraging people to eat unprocessed food, drink water and learn to cook for themselves. It's not the same thing at all."

It's one of many examples of smaller Fitstagrammers attempting to take down Goliaths. In December last year, vlogger Grace Fit UK, who gathered a following while using Kayla Itsines' *Bikini Body Guide*, released a video criticising Kayla's nutritional and exercise plans, which was viewed 105,670 times. Miaow, Fitstagrammer and personal







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"Bring it on, Kayla!"

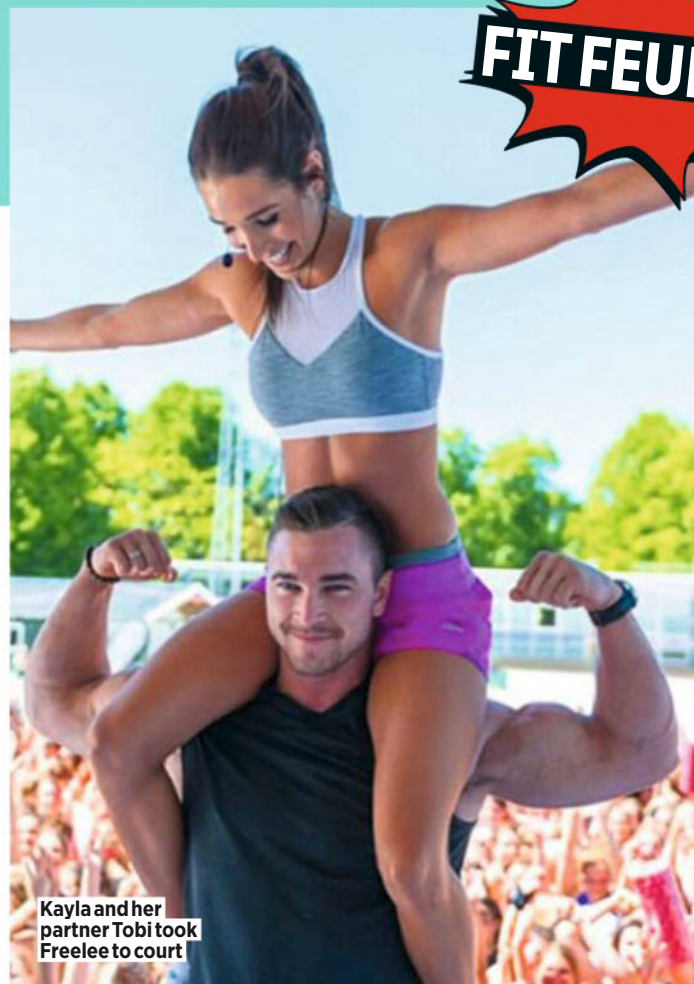
trainer Callum Melly told *heat* that he thought the video was "snoopy", adding, "She's now launched her own guide seemingly without having any personal training qualifications. More fool anyone who buys into these fitness influencers, who don't always have the qualifications or case study evidence to back up what they're selling."

It's not the first time Kayla who has 6.4 million Instagram followers has been involved in a battle. In 2015, Australian Kayla, and her boyfriend and business partner Tobi Pearce, took Leanne Ratcliffe, aka Freelee The Banana Girl who you might have heard of as the raw vegan blogger who claims she eats 51 bananas a day and her boyfriend to court for defamation. On her Facebook page, Kayla said Freelee made, "False claims that my partner takes steroids, claims I'm starving myself, claims that I promote anorexia, claims I am starving people,

'This new era of fitness influencers have no idea'

claims I am a fraud." The case was settled out of court.

Callum says, "I am all for social media, as it allows me to share my expertise in exercise and nutrition with others. [But] the issue I have is that every Tom, Dick and Harry these days is either a 'fitness model', 'sponsored athlete', 'health expert' or 'nutritionist'. This sudden influx of fitness influencers isn't just increasing the competitiveness



Kayla and her partner Tobi took Freelee to court

amongst Fitstagrammers, it's increasing the competitiveness amongst industry professionals.

"I am sick and tired of people offering bad advice and depicting a life that appears so perfect and glamorous that sadly others buy into. The most concerning thing of all is that this new era of 'fitness influencers' have no idea they are doing anything wrong and neither do their unassuming followers." And he adds that some are so fed up that

they've started a parliamentary petition to make 'nutritionist' a legally-protected title.

Sports physiotherapist and trainer Lilly Sabri (73.1k Instagram followers) told us, "In the physio world, to get your degree, you need straight As, so as soon as I started going down the social media side, a lot of traditional physios didn't understand – sometimes it's a lack of will to understand," she told us.

"A stereotype is building around younger Instagrammers, where they're not necessarily as qualified, and that's where it gets tricky."

Fitness PR and blogger Stephanie Bradbeer told us a kind of athletic competition is inevitable. "Seeing other people achieving goals can be inspiring. But the negative side is that you can fall into the trap of comparing yourself to others," she tells us.

As one of the biggest Fitstagrammers around, Joe Wicks should understand better than anyone the competitiveness in the industry. But speaking to *heat*, he said, "I never think about it in those terms. I never set out to be the best – I just want to help people. For a long time, no one was watching what I was doing on Instagram – my mates all thought I should give it a rest. But I kept going because I really felt like it was an important message to get out there. Since then, things have snowballed. I'm just doing my own thing and my focus is always on how I can help people get lean and feel amazing, not about what other people might be doing." ■

FIT FEUDS!

INSTA'S MOST FOLLOWED



10.7 million

@JENSELTER

Queen of the 'belfie', Jen says, "It's been said my glutes don't stop traffic – they shift it into reverse."



6.4 million

@KAYLA_ITSINES

Kayla's fans are so dedicated to her bod-toning workouts, they call themselves #Kaylasarmy.



2.1 million

@MASSY.ARIAS

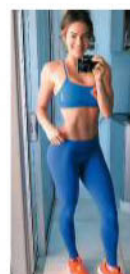
The trainer amazed followers when, at 18 weeks pregnant, she showed off a six-pack.



2 million

@YOGA_GIRL

Eight months pregnant and she's still more bendy than us.



1.9 million

@EMILY SKYEFIT

The *insanely* hot model posts pimple and bloat pics, so she's just like us. Kinda.

#SUMMERLOVIN

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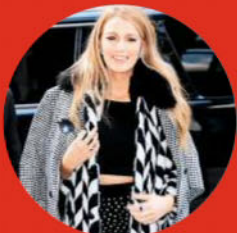


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Wear it's at

The week in chic

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



Papped at Michael Kors, we're enjoying Blake's modern Cruella de Vil vibe.



This fierce Gucci lookalike jacket is top of our pay-day purchase list. Rare London, £49.

THE RADAR

What's making our style senses tingle this week

Mango's launching its first sustainable collection: Mango Committed. Go green with this co-ord jacket, £79.99, and trousers, £49.99.



Happy birthday, Touche Éclat! Join in the celebrations with this starry limited-edition of the classic concealer. YSL, £25.50.

Working her own style



STYLE STALKER

ADWOA ABOAH

MODEL OF THE MOMENT

On 24-year-old model Adwoa Aboah's CV, you'll spot fashion heavyweights from Marc Jacobs to Topshop Unique, as well as US *Vogue* she's on the March issue diversity cover. The British-born model (who is bezzies with Cara Delevingne) is the face to follow this fashion month. She's way more than just a pretty face, though in 2015, she launched Gurls Talk, a platform for women to open up about mental health, body image and sexuality. Sounds like our kinda girl! Follow her at @adwoaaboah.



Just hanging with Cara D

Make a statement

Fashion Weeks aren't just about the fabulous clothes. NYFW was full of political moments, with statement tees being the street-style garment of choice. Join the revolution!



£19.99
Red Bubble

THE FUTURE IS FEMALE

WE SHOULD ALL BE FEMINISTS

£9.95
Amazon

No more
fashion
fomo

Right now, the shops look a bit like Barbie's wardrobe. But don't panic about the girliness of it all – pink's had a makeover. Forget cute dresses, it's all about slick tailoring, cool separates, layers and mixing up your textures.

BE A POWER DRESSER

This dress will steal the show as a standalone piece, but also pack a style punch when worn over tailored trousers and flats.

Dress, New Look, £34.99
Necklace,
Accessorize, £10
Bag, Asos, £18
Shoes, New Look, £22.99



Rethink PINK

No longer just for *Mean Girls* Wednesdays, the sugary shade is spring's hottest colour

Stick to the same
tone of hot pink
– it'll give your
outfit a more
expensive feel

FLIRT WITH A SHIRT

These relaxed-fit jeans work brilliantly with an unbuttoned shirt and heels. Go for lighter shades on top to avoid any '80s *Blue Peter* presenter vibes.

Bralet, Dressed In Lucy, £11.99
Shirt, New Look, £19.99
Jeans, Topshop, £40

For extra S/S17 style points, wear a co-ordinating bralet under your shirt

This season, it's not just your jeans that are distressed – jumpers get the holey treatment, too

#55

BE A MIXOLOGIST

Silky fabrics worn with knitwear always look chic – especially when you're doing the tonal dressing thing. Don't be try-hard and wear with heels, this look works way better with some Stan Smiths.

Jumper, River Island, £38
Dress, M&S, £49.50
Trainers, Adidas @ Schuh, £70

No more
fashion
fomo

#56



This super-flattering style cinches beautifully at the waist. Hourglass figure ahoy!

GET ENTRENCHED

If you don't want to go the full outfit monty, this trench is the perfect spring buy. Plus, it's giving us serious Burberry feels.

Coat, River Island, £75
Jumper, Next, £38
Skirt, Boohoo, £12
Shoes, Autograph by M&S, £59

Jumper, Topshop, £34
Skirt, Topshop, £42
Trainers, Puma @ Schuh, £65



Swap bog-standard laces for ribbon to achieve a more feminine edge

BE A FRILL SEEKER

Styling up dressy separates with a sweater or classic tee is the smart girl's way to get more wear out of them. This ruffled skirt works just as well with a ribbed jumper and trainers as it does with a fitted top and heels.

Camisole, Lipsy, £25
Dress, Glamorous, £27
Jeans, Miss Selfridge, £36
Shoes, Office, £68



Wear a silky cami under this dress and tuck in to keep your outfit streamlined

BE A DENIM DOLLY

The dress-over-jeans look is going nowhere. Mixing a sheer baby doll number with classic denim toughens it up nicely. Keep accessories minimal and stick to the same tones of pink.

Jumper, M&S, £25
Trousers, Lavish Alice, £62
Trainers, Adidas @ Schuh, £70



Stay laid-back with box-fresh kicks, or sliders when the days warm up

KEEP IT CASUAL

Going slouchy? Keep your knit fine to avoid Michelin Man vibes. The buttons down the side of these trousers give the outfit something special, without killing the downtime mood.

PUMP UP THE VOLUME!

YOUR ULTIMATE PLAYLIST HAS ARRIVED!

IN ASSOCIATION WITH
heatradio

#reheat

◀ REWIND BACK TO THE 90s & 00s



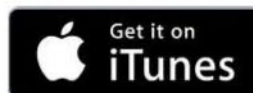
40 HUGE NOSTALGIC HITS INCLUDING
BRITNEY SPEARS / ALL SAINTS / PETER ANDRE / SUGABABES / FIVE / BUSTED / EAST 17 / BLUE
MARK MORRISON / NSYNC / MCFLY / BACKSTREET BOYS / HANSON / BOYZONE / MELANIE C

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

AVAILABLE NOW



TESCO



Wear it's at

Steal
her style

Fashion Connect

Choose one item from each row for maximum style points.

This week: Alexa Chung's Fashion-Week fix

1 START WITH A STRIPED SHIRT



£12
Primark



£29.99
Mango



£17.99
H&M

2 ADD A FAUX FUR COAT



£89
Topshop



£80
Simply Be



£40
Boohoo

3 THEN CROPPED JEANS



£40
Miss Selfridge



£40
Monki



£35.99
Mango

4 FINISH WITH METALLIC BOOTS



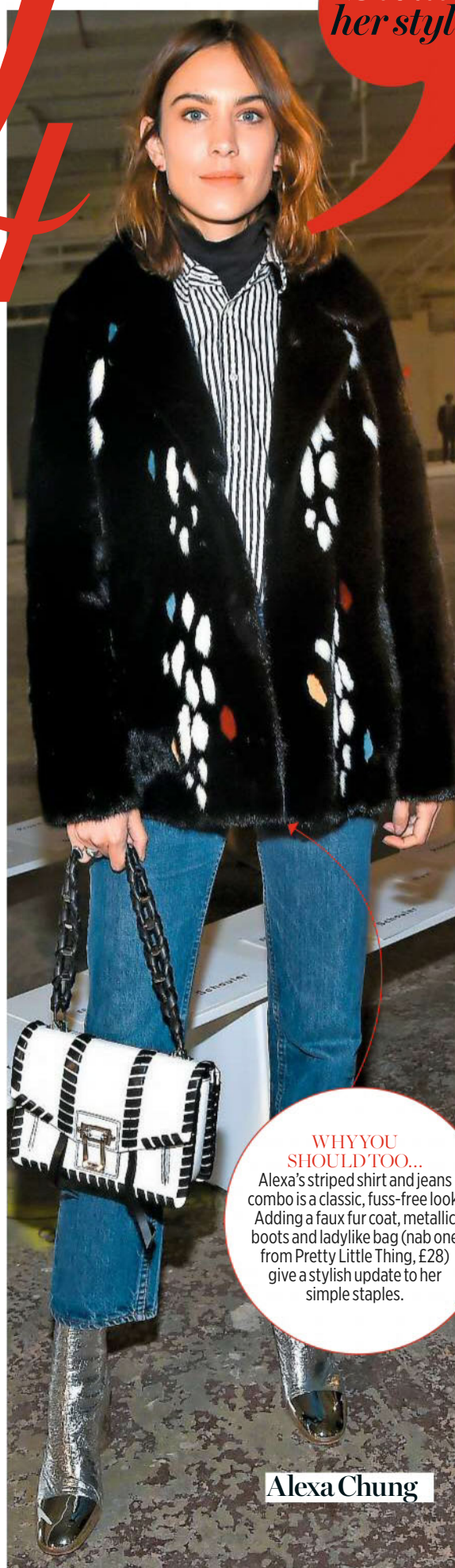
£50
River Island



£70
Office



£39
New Look



WHYYOU SHOULD'TOO...
Alexa's striped shirt and jeans combo is a classic, fuss-free look. Adding a faux fur coat, metallic boots and ladylike bag (nab one from Pretty Little Thing, £28) give a stylish update to her simple staples.

Alexa Chung

#59

7 days
7 ways

It's a curl thing

Where do you fall on the wave scale? Style writer

Jazz Harris puts the full spectrum to the seven-day test



Maisie Williams

Vintage Curls

- ◆ Section off a small portion at the front of your hair to form the fringe.
- ◆ Taking a large barrel tong, curl the back of the hair section by section, away from the face. As each section is coiled, loop the curl at the scalp and pin.
- ◆ Next, wrap the fringe section around the curling tong, holding it horizontally. Remove all the pins and finish with a high-shine hairspray.



HEAT'S VERDICT:
This took some practice, but I felt like a 1940s movie star when I got it right.



£15.50
BedHead
Masterpiece
Hairspray



Chrissy Teigen

Beachy Waves

- ◆ These curls are all about texture, so prep by spritzing the hair with a salt spray.
- ◆ Using a small-sized curling wand, take 1in sections and curl the hair completely.
- ◆ Brush lightly through the curls to pull them into waves, and add a final spritz of salt spray.



£17
Redken
Beach Envy
Wave Aid



HEAT'S VERDICT:
I loved the natural feel of these waves. Plus, the messier they got, the better they looked.

Soft Bends

- ◆ Using a large-barrel curling tong, take 1-2in sections and wrap them around it.
- ◆ These waves are about uniformity, so wrap the hair in the same direction each time.
- ◆ Once the full head is curled, brush out with a paddle brush. Finish by spraying a shine spray onto your hands and running it over the waves, so they all fall in one direction.



£9.95
GHD Final
Shine Spray



Sophie Turner



HEAT'S VERDICT:
This was my favourite look - so glossy and luxe. I'll 100 per cent be doing this again.



Sienna Miller

Tousled Waves

- ◆ Take a large-barrel tong and start curling the hair midway down, leaving the top half straight.
- ◆ Alternate the direction of the curls at random for a non-uniform finish.
- ◆ Once the full head is done, brush through the curls. Smooth a straightener over any tight curls, turning it in different directions as you reach the ends. Run your fingers through.



£99
Cloud Nine
The Waving
Wand



HEAT'S VERDICT:

This look was foolproof – if a curl went rogue, brushing it out only added to the texture. Easy win.



Diane Kruger

£24
Babyliss Pro
Ceramic Dial
A Heat Tong

Corkscrew Curls

- ◆ Using a medium-sized curling wand, wrap the hair around in 1in sections, curling as close to the root as possible.
- ◆ Wind curls loose from the curling wand, ensuring they keep their spiral shape.
- ◆ Curl the full head completely, and then just finish with a spritz of hairspray to hold in place.



HEAT'S VERDICT:

These curls had serious bounce – a great look for shorter hair.

Chopstick Curls

- ◆ For perfectly tight curls, work with small sections of hair and a thin curling wand.
- ◆ Wrap small sections of the hair around the wand, hold for 2-3 seconds, then wind the curl loose. Repeat until the whole head is complete.
- ◆ Run your fingers through the curls to break them up. Part your hair and backcomb slightly at the root for added lift.



HEAT'S VERDICT:

Time-consuming and not for the unadventurous. Better on day two when they've popped to waves.



Ella Eyre

£19.99
Lee Stafford
The Original
Chopstick Styler
Curling Wand

Loose Curls

- ◆ Using a medium-barrel curling tong, take a 1in section of hair and curl, turning the barrel in towards your face.
- ◆ Next, take a second section of hair and curl, this time turning the tong away from the face. Alternate the direction of the curls until the full head has been tonged.
- ◆ Run your fingers through to pull the curls into loose waves. Finish off with a spray of strong-hold hairspray.



£22
Bumble & bumble
Strong Finish
Hairspray



Eleanor Tomlinson



HEAT'S VERDICT:

The curls needed a good dose of spray, but the effect was very wearable.

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#62



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TRENDING: Hydra

Treat your skin to a much-needed drink with these thirst-quenching fixes

*Tried
& tested*



Beyoncé

THE EYE OPENER

This super-light, refreshing serum glides across the skin easily – meaning no tugging, which minimises any unwanted fine lines.

Pure Super Hydrate Eye Serum @ M&S, £11



THE MAGIC MICELLAR

While we all love the quick fix micellar water offers, they can leave our skin feeling stripped. Step in Hydro Boost. It removed stubborn eye make-up, but didn't leave our face feeling tight.

Neutrogena Hydro Boost Micellar Water, £7.99



THE QUENCHING CREAM

Bey's make-up artist uses this to fight winter skin. Unlike trad dry skin creams, which take half the morning to disappear, this soaked in quickly. A pea-sized amount = moisture with no greasiness.

Bliss Fabulous Drench 'n' Quench Lock-In Moisturiser, £29.50

THE PRO PRIMER

Ignore its frogspawn-esque appearance, this little pot of jelly is a miracle worker. With no silicone rubberiness, it feels slightly tacky when first applied, but quickly sets to leave a smooth base for make-up.

Illamasqua Hydra Veil Primer, £32



THE SUPER SERUM

A serum for those who don't have time for serum. A few drops absorbed in no time, leaving our face hydrated. Actress Olivia Culpo's make-up artist swears by it and now we do, too.

Vichy Aqualia Thermal Dynamic Hydration Serum, £22.50



THE NIGHT NURSE

We slathered on a thick layer of this before bed, so that it could really get to work. When we woke up, our skin looked plumper and more radiant.

Garnier Moisture Bomb Super Recharging Antioxidant Gel Cream Night, £7.99



THE MIRACLE MASK

Unlike other masks, this doesn't set and can be massaged into the skin rather than washed off. We slept with ours on and let it work its magic overnight for a nourishing treat.

Bioderma Hydrabio Mask, £15

THE GEL FIX

With a consistency lighter than any moisturiser we've ever tried, Clarin's new cooling gel slips across the skin to leave it silky soft with a matte finish.

Clarins Hydra-Essentiel Cooling Gel, £36



Olivia Culpo

Closer

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& HEART-WARMING**
real life stories



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TOP 10 Pom-poms

These balls of fun tick the embellishment trend and brighten up your wardrobe

1 These adorable pastel-coloured block heels will add a splash of colour to your outfit. Pair with cropped, flared jeans for a kitsch daytime look. *ASOS*, £35

2 Is your wardrobe selection taking itself too seriously? *Made In Chelsea's* Rosie Fortescue schools us in adding some razzle dazzle to an all-grey ensemble with a colourful pom-pom sweater. Get a similar one from *ASOS* (£30).

3 Get quirky with a cute twist on the drop earring. Wear with a sleek LBD and be the belle of the ball. Earrings, *Forever 21*, £3.50

4 Turn crafty and revamp your basics with a DIY pom-pom trim from *Not On The High Street*, £2.50. Dress, *New Look*, £19.99

5 This top may be an investment, but with its fun flamenco sleeves and rainbow poms, it's also hard to resist. *Shoptiques*, £93

6 Pink is the colour for S/S17 (see page 54). Just add a pair of metallic boots for extraglam. Jeans, *Topshop*, £46

7 Double up on the pom-pom love like this New York street stylist. Monochrome tones keep the outfit from looking too cutesy.

8 Ella shows us how to do London Fashion Week chic. Follow her lead and layer your bag charms along your strap. *New Look*, £4.99

9 A charm is the ultimate piece of bag candy, and a purse-friendly way to get involved. Bag, *Accessorize*, £39

10 Sliders aren't going anywhere, so if you didn't get in on the trend last year, what better way to start than with these beauties? *Zara*, £29.99



Ella Eyre

Rosie Fortescue

Street Style

Shhhh! The style team share their **WARDROBE SAVING SECRETS**



Jazz - Heat stylist

Bizarre they may be, but we've got the tips
and tricks to solve your wardrobe woes...

Ever pulled a cool bottle of beer out the fridge, poured yourself a glass... and then used it to clean your gold jewellery? Probably not, but if you did, you'd be surprised to see it come out sparkling and shiny. Team *heat* have put the most surprising style hacks to the test to bring you the lowdown on the tricks you really need to know. We promise your wardrobe will thank you for it.



1 STRAIGHTEN UP
Unwanted creases? Don't waste time with the iron simply switch your straighteners to a medium heat and smooth away. Be sure to wipe off any excess hair products before you start, though, or you'll be left with unwanted smears.
HEAT'S VERDICT: We've done this on more than one occasion when running late. Great for straightening collars and removing light creases.

2 STRETCH YOUR SHOES

Nobody wants painful feet while breaking out their best moves on the dance floor. Give yourself extra room by popping on a pair of socks and heating your shoes with a hairdryer before you go out. The leather will stretch to fit your feet better.

HEAT'S VERDICT: Works a treat, but the shoes have to be leather. It won't work on those sneakers you just had to have, despite the pinch.



3 BE FUZZ-FREE

Breathe new life into clothing by running a razor along bobbled threads. It's also great for removing loose strands, as the sharp blade will cut neatly without causing the fabric to pull and wrinkle.

HEAT'S VERDICT: Putting a razor near our favourite clothes was terrifying. It removed bobbles on smooth fabrics easily, but avoid knitwear as it can pull more threads than it neatens.



4 SLICK YOUR ZIP

There's nothing quite as annoying as a zip that gets stuck every time you try to take off your jacket. Wonder product to the rescue. Grab your Vaseline from your bag, smooth it onto the zip and voilà!

HEAT'S VERDICT:

Who knew we'd have another reason to love Vaseline? It fixes chapped lips AND tricky zips.



5 SAVE YOUR SUNNIES

We're all guilty of throwing our sunnies into our handbag, only to find the arm has come loose when we next put them on. Give your glasses a longer life by applying clear nail polish onto the screw.

HEAT'S VERDICT: Use a light hand or you'll end up with dried polish over your lenses. It will save them, though.



6 LADDERS BE GONE

Avoid laddering your tights by giving them a spritz of hairspray. The spray will bond to the fibres, making them stronger and less likely to tear.

HEAT'S VERDICT: First time, we did this while wearing the tights, which is a big no-no, unless you want sticky legs. Spray tights before you put them on, however, and you should stay ladder-free all day.

MORE SUPER-QUICK FIXES



Lipstick on your collar is a common mishap. Spray hairspray on the stain before washing with a cap of Ariel. Even tough stains disappear straightaway.



Get your jewellery back to its best with kitchen essentials. Light beer will bring the shine back to gold, while ketchup will have silver sparkling.



Foundation on your top? Apply shaving foam and pop in the wash with Ariel 3in1 pods. Its advanced technology removes stains and keeps colours bright.



Overwashing denim can lead to fading. Instead, spray jeans with a freshening mix of water, a shot of vodka and a few drops of essential oil.

NEED TO REFRESH YOUR LOOK?

Ariel is offering three readers the chance to win £500 of shopping vouchers! Plus, ten lucky winners will win a year's supply of Ariel. To enter, visit Heatworld.com/ariel*



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Travel, food, fitness... Because your Instagram feed won't fill itself

Desk GOALS

Steal these celeb style ideas for your own office...

Famous types don't spend all their time partying. Some of them do actual work. From a desk and everything. Luckily, we've stalked their Instagrams to show you how A-listers arrange their work spaces, so you can borrow their tricks, using 2017's key spring trends. Even if you are really just doing a Sainsbury's online shop.

Pencils at the ready, LC

#69



Like Insta on a wall...

ECLECTIC

The Hills star-turned lifestyle maven, Lauren Conrad's office mixes brass and marble with vintage prints and quirky mirrors. The gallery wall above her desk is perfect for those moments when you're in search of inspiration.

Mojo Touch Table Lamp, Wayfair
£13.99



Print, Wayfair
£49.19



Tray, Zara Home
£19.99



Pen Pot, Wilko
£2.50



Wild & Wolf Telephone, Paperchase
£65



CRAFTY

Zoella's corner in the "Zalfie pad" reflects her sense of fun, and makes spending a few hours tied to a desk less of a chore. She's accessorised this simple space with colourful storage, meaning she can change it up easily when she gets bored. Ideal for fidgety creative types.



Nala blinking loves working from home

Flap Wall Clock, Habitat £150



Pug Pom-pom Cushion, Pugs Might Try £30



Cloud Shelf, Urban Outfitters £30



Finnvard Desk, IKEA £75



Fairy Lights, Festive Lights £9.99



#70

"Details of your incompetence do not interest me"



LUXE

Anna Wintour runs her US *Vogue* editrix empire from this predictably stylish space. Using glossy surfaces and glass with muted colours will create a setting for you to plot your own power moves.

Desk, Made.com £259



Kate Spade Stapler, Amara £25



Echo Nest Of Tables, Very £59



Westbury Chair, Cox And Cox £550





Sewing Machine,
John Lewis
£59



INDUSTRIAL

Catherine Zeta-Jones has her own she-cave in her sprawling New York estate, where she spends time reading and sewing (yes, really). Recreate the trend with clashing textures like wood and metal, and luxurious touches like velvet and muted pops of colour.

Hoxton Multi
Chest, Next
£499



Morphis Paper
Tray, Wayfair
£26.26



Footstool,
Wayfair
£234



It's log-cabin
chic at CZJ's pad



SFW STATIONERY



Flamingo Notebook,
Dotcomgiftshop £2.95



David Shrigley Notepad,
Flying Tiger £2



Mega Blooms Notebook,
Paperchase £10



Futile Attempts Notepad,
Hintonshome.com £7.50



Papersalad Notebook,
John Lewis £10

#71

PAINTERLY

Hills alum Whitney Port's romantic retreat is tailored to make her workspace feel calm. Flowers, scented candles and a watercolour print are ideal ways to keep her head clear even if she is struggling with blogger's block.



"Just thinking of
baby names..."



Artificial Plant,
New Look
£6.99



Wire Basket,
HEMA £15



Print,
Wayfair £19



Glass Jar,
HEMA
£2.50



Scented
Candle, H&M
£2.99



Vase,
Habitat
£15



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ANATOMY OF *an A-lister*

Model Bella works hard to maintain that Victoria's Secret bod...

#017 Bella Hadid

The younger Hadid is so much more than just Gigi's little sis. Bella was recently made the face (and abs) of Nike and voted 2016's Model of the Year. She was one of the most in-demand models during fashion month, walking for the likes of Chanel, Givenchy and Alexander Wang. Her approach to maintaining that Victoria's Secret's body? Have that pizza, but knuckle down when the catwalk's calling. Here's how Bella stays looking Instagoals...

THE DARK SIDE

Bella went from blonde to brunette in 2015 in an attempt to step out of her sister Gigi's very famous shadow. "I just wanted to show people we are different," she said.

Jet-lag lessons

Bella spends a lot of time jetting around as the face of Dior, and she has some good tips for keeping her skin fresh: concealer applied with a BeautyBlender sponge (£19.50), followed by Dior's Dioblush contour stick (£28.80) to create definition. She's also "obsessed" with Kiehl's hydration mask and spot treatment.

KNOCK OUT

Bella's often spotted at Gotham Gym in New York with Gigi – in fact, she hit the ring after *that* news about her ex The Weeknd and Selena Gomez came out. Inspired? Her trainer Rob Piela recommends alternating ten minutes of cardio-tastic boxing with crunches, planks and leg raises.

CARB CONTROL

You don't have to scroll through Bella's Insta for long to discover she has major heart eyes for pizza, insisting her philosophy is, "If you want to have a piece of bread, go have a piece of bread." That said, when she's travelling, Bella follows a high-protein diet and makes sure she drinks plenty of water.

Head space

"I think every single person in the world has insecurities," she says. "It's crazy, because I think that when other people look at all of the VS models, they're like, 'They're not human. They don't have any insecurities.' But I think every single girl who's going to be walking probably has an insecurity."

SADDLE UP

Those toned pins? They're down to horse riding, which Bella's been doing since she was two (she nearly made it to the Olympics). So when it comes to exercise, she'd rather be outside. "I'm not really a big 'working out' person, but I like to do cardio when I do. I run sometimes, and drink green juices once a week."

Celeb guide to FLORENCE

Swoon at this view

Make like a famous tourist in this Instagrammable Italian city

Everyone from Beyoncé to Bieber has been flocking to Florence to snap themselves alongside the historic sights and soak up the Italian culture. Kim and Kanye even chose it as the location for their much-hyped wedding three years ago, after falling in love with the city during a mini break in 2012. Now its cobbled streets and ancient artefacts have a starring role in *Inferno*, the third film starring Tom Hanks as Robert Langdon, and based on author Dan Brown's books, which started with *The Da Vinci Code*. So, chuck out your guidebook because the celebs have go all the tourist hotspots covered.

Kimye are fans of the city



"Hang on, Bey, just gotta get this right..."

1 TAKE A SELFIE ON THE PONTE VECCHIO

This pretty medieval bridge is #Instagoals, so it's no surprise even celebs can't resist a cheeky selfie overlooking the Arno river. Built in 1345, it's fitting that its name translates as "old bridge" and although the shops on it sell mostly jewellery and over priced souvenirs now, they used to house butchers and leather works.

www.heatworld.com 4-10 March 2017

2 OGLE THE STATUE OF DAVID

There are statues everywhere in Florence, but none as impressive as Michelangelo's sculpture of David, who's said to have overthrown Goliath. Although a replica stands outside the Galleria dell'Accademia, you need to go inside to see the real deal. And it really is pretty awe-inspiring – just resist the urge to add an aubergine emoji.

Try and keep your hands off, Rebel Wilson



Katy Perry:
Gucci girl!

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ICONSTORE
10.00 - 20.00

CAFFÈ/RESTAURANT
09.00 - 23.00

BOOKSTORE
10.00 - 20.00

3 VISIT THE GUCCI MUSEUM

Spend an hour or two taking a look at the fascinating history of the iconic Italian fashion house. Exhibits at the suitably stylish museum include a Gucci car (complete with the famous G logos on the tyres – not flashy at all, eh?) and some stunning outfits from the past few decades. Guccimuseo.com



Jay and North
enjoy a vineyard
visit. No booze
for the kid, though

Life
hacks
TRAVEL



4 DO A WINE TOUR

Do some serious wine drinking while you're here. Grape Escapes (Grapeescapes.net) organise wine-based excursions, with a tasting session – and the cheeses, meats, olive oils and breads that go with them – and a walking tour of Florence, from £111 per person.



Put that mask
back, Hanks!

5 SEE THE PALAZZO VECCHIO

One of the most imposing buildings in Florence houses the beautiful Hall of the Five Hundred, where Tom Hanks and Felicity Jones hide above the intricately painted ceiling in *Inferno* (not to be attempted IRL), and Dante's death mask, which Hanks' character steals in the movie (also not to be done IRL).

6 FIND A VIEW

There's as much to admire about this gorgeous destination from afar as there is exploring the winding streets. Kim and Kanye picked the perfect spot to enjoy panoramic views of the city from the 16th-century fort where they had their wedding. Forte di Belvedere is reached by a 15-minute uphill stroll. Entry is free and there are various artworks and sculptures to admire. Or do a Scherzy and get your picture taken against the jaw-dropping backdrop.



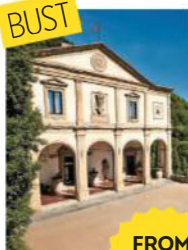
Nicole: as pretty
as the scenery

#75

FLORENCE HOTELS

CHECK IN TO OUR CHOICE STAYS

BUST



FROM
£450
ANIGHT

BELMOND VILLA SAN MICHELE

Set back in the hills, this stunning luxury retreat offers incredible views of Florence, and is where Kimye spent their wedding night. Belmond.com

BUDGET



FROM
£160
ANIGHT

HOTEL BRUNELLESCHI

This beautiful four star boutique hotel is right in the heart of the city, with some rooms offering a view of Florence's famous cathedral. Brunelleschihotel.florence.com

BARGAIN



FROM
£50
ANIGHT

SANITOURIST HOUSE

Set in the medieval quarter (right by the house where Dante lived, *Inferno* fans!), this basic but cosy bed and breakfast is the perfect base for budget explorers. Sanibnb.it

Whoever
you are...

Whatever
you drive



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Bite me

Life
hacks
FOOD

The latest food news, because it's rude not to share

Eat the rainbow

It doesn't have to be Shrove Tuesday to get flippin' excited about pancakes. And this stack of technicolour treats is the perfect excuse to pig out. Take a simple recipe for American pancakes and turn up the volume with colour. Easy to make, but so impressive, we suggest you invite everyone you know round to show off your bright brunch.

Colour-pop pancakes

Makes one stack of 6-8 pancakes

- 200g self-raising flour ● 1tsp baking powder ● 1 medium free-range egg, beaten ● 300ml semi-skimmed milk ● 20g butter ● Food colouring ● Squirty cream ● Drizzle of honey

Method

- 1 Sieve the flour into a large bowl, add the baking powder and make a small well in the centre.
- 2 Mix the milk in with the egg and add to the flour a little at a time, whisking continuously until you have a smooth, thick batter.
- 3 Divide the batter into six portions and add the food colouring to each portion until you have the shade you want.
- 4 Heat the butter in a large non-stick frying pan and spoon in the batter for the pancake you want to be on the bottom of the stack.
- 5 Cook for 2-3 minutes before flipping and cooking for a further 2-3 minutes, until golden.
- 6 Repeat with the rest of the stack, building as you go.
- 7 Finish with cream and honey.



#77



Add some love to your pancake mix with this heart-shaped mould. We can't guarantee it'll make them taste better, but they'll definitely look cuter.

■ Pancake Ring, Flying Tiger, £2

Bring on the ooze

Pour this delicious Toffee Apple & Cinnamon Caramel Sauce on your pancakes, and it will lift them from "yeah, not bad" to seriously epic. Plate licking is obligatory. **Joe & Seph's, £4.99**



heat radio))

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ON THE FREE HEAT RADIO APP, AND AT HEATRADIO.COM

UNION J'S Josh Cuthbert

SUNDAYS 12PM-2PM

JOIN JOSH FOR
BOY BAND CLASSICS,
FUN GAMES AND ALL
THE BEST GOSSIP
FROM HIS WEEK

YOUR SUNDAY SOUNDTRACK SORTED

The Unmissables

Hundreds of hours
of entertainment



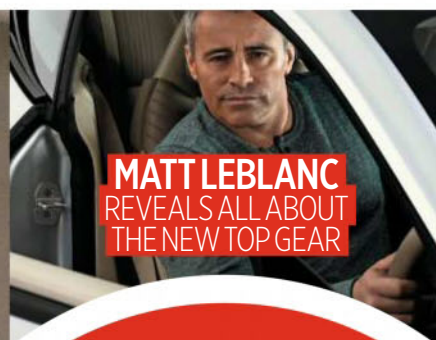
heat's expert
reviewers



The only edit
you need this week



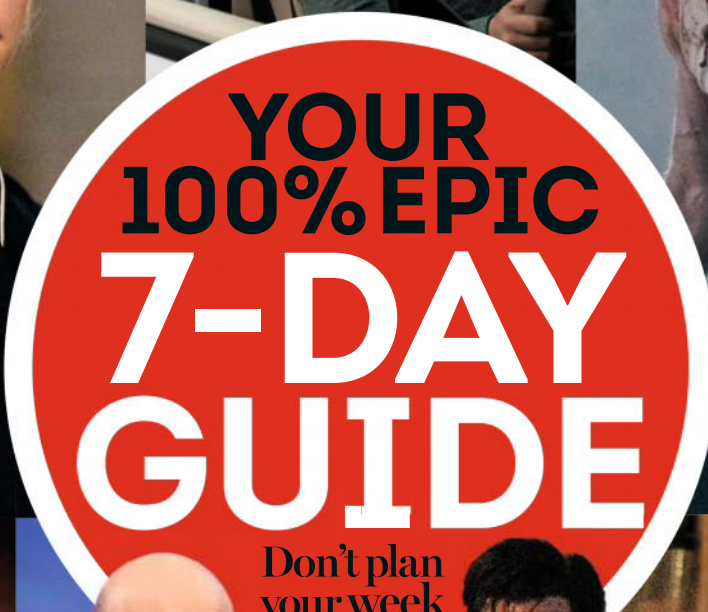
STEFANIE MARTINI
SHINES IN PRIME
SUSPECT 1973



MATT LEBLANC
REVEALS ALL ABOUT
THE NEW TOP GEAR



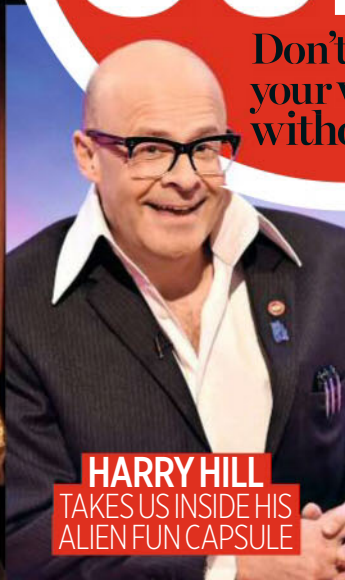
HUGH JACKMAN
BEEFS UP BIG TIME
FOR LOGAN



Don't plan
your week
without it



GILLIAN ANDERSON
ENTERS THE GLAMOROUS
VICEROY'S HOUSE



HARRY HILL
TAKES US INSIDE HIS
ALIEN FUN CAPSULE



DOCTOR STRANGE
COMES TO DVD IN ALL
ITS GLORY



MEL & SUE
ARE BACK
FOR COMIC RELIEF

GET IN
EARLY!



BOOK NOW!
Tom Hiddleston
battles big beasts
in *Kong: Skull
Island*, arriving
in cinemas on
10 March.



PRE-ORDER!
Ben Affleck
is mightily
entertaining in
The Accountant,
out on DVD
on 13 March.



**GET SET TO
STREAM!**
The latest Marvel
superhero *Iron
Fist* gets unveiled
on Netflix on
17 March.



My Kingdom
for a heat

BOYD'S TV LAND

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

MY TOP 3 SHOWS ON TV



Broadchurch

As Ellie and Alec continue to investigate the men in Trish's life, three suspects emerge, in the latest episode of the brilliantly judged crime drama.

ITV, Mondays, 9pm



Saturday Night Takeaway

Ant & Dec's joyous new serial *The Missing Crown Jewels* begins this week, with roles for Joanna Lumley, Emilia Fox and Dame Shirley Bassey.

ITV, Saturdays, 7pm



Rivers With Jeremy Paxman

If you've always wanted to see the enthusiastic, fun side of Paxo, here he is in delightful form exploring four great British waterways.

Channel 4, Sundays, 8pm

Edge-of
your-seat
stuff



MY VERDICT ON...

The Replacement

BBC1, Tuesdays, 9pm

There's a glorious moment in the opening episode of this intense psychological thriller that sums up why it's so special. The heavily pregnant architect Ellen (Morven Christie) is trying to work out whether the turmoil in her mind over her maternity leave replacement Paula (Vicky McClure) has any basis in reality, or if she's just being paranoid about her because she's so smarmy and ambitious. And just at the precise juncture when Ellen's sure Paula really is trying to replace her entire life, so Paula decides it's OK to touch Ellen's baby bump. Ellen instinctively recoils, then looks embarrassed, and Paula does her best not to seem too offended. It's a scene which wittily addresses the obvious fact that unsolicited bump touching is fundamentally wrong, while also helping to show just how awkward the relationship

is between these two spectacularly incompatible women. Pretty much every other sequence in this taut three-parter also does an incredible job in advancing the plot, making us believe in the characters, and keeping us on a tightrope of tension as we wonder just how awful Paula really is and what she's capable of. It helps that Christie and McClure are two of the best actors around, sinking their teeth into these roles with total gusto. As for writer/director Joe Ahearne, his sense of tone is so finely tuned, the whole thing feels as confident and assured as a classic Alfred Hitchcock melodrama. Paranoia is such a perfect subject for drama, but it's rarely been as cleverly or compellingly portrayed as it is here. Don't miss watching every riveting moment of *The Replacement*. It's what everyone will be talking about as soon as they clap eyes on it.

IF YOU LIKE...
BAKE OFF
THEN TRY...
MARY BERRY
EVERYDAY



No, we don't actually get to watch Mary on TV every day, that's just the title of her latest series showcasing the great lady's simple recipes. (BBC2, Mondays, 8.30pm).

WALLIAMS BITES INTO RATBURGER

The latest David Walliams children's novel to get the TV drama treatment is *Ratburger*. It's about a girl who befriends a dancing rat, and David will star alongside Sheridan Smith, who plays the girl's mean stepmum. It will be shown on Sky1 this Christmas.



CHANNEL 4'S NEW TEACHERS?

No, the classic series isn't coming back, but Channel 4 has got a new drama set in a school, which sounds very much like a *Teachers*-style show for the 21st century. The series is called *The ABC*, and centres on a multicultural Yorkshire comprehensive school. The cast includes Jo Joyner, Paul Nicholls, Arsher Ali and Adil Ray, and it'll be shown in an 8pm slot later this year.

Bring on the funny!



NETFLIX NABS LOUIS

One of the world's finest and most daring stand-ups, Louis CK (right), is getting two specials on Netflix. The first, titled 2017, was filmed in Washington DC, and will premiere 4 April on the streaming service.

Get ready for more of Moore



DEMI MOORE JOINS EMPIRE SEASON FINALE

Hollywood star Demi Moore will appear in E4's US drama *Empire*, as a "take-charge nurse with a mysterious past", and her character will then recur in the next, fourth season. She joins her daughter Rumer Willis, who will appear as a singer/songwriter.

IWAN TO STAR IN INHUMANS

The Brit star of *Game Of Thrones* (in which he played psycho Ramsay Bolton) and *Vicious* has been cast as the lead in the big Marvel drama series *Inhumans*, about super-powered beings who first appeared in a '60s comic book. Iwan Rheon will play power-hungry Maximus the Mad, and the show will air this autumn on ABC in the US. We're sure a UK channel will snap it up, too.

Only inhuman after all...



IS CASTLE ROCK THE NEXT STRANGER THINGS?

We reckon the new TV drama collab between author Stephen King and *Lost*/*Star Wars* guy JJ Abrams could be the next *Stranger Things*. The series, which will air on streaming service Hulu, promises to be a psychological horror saga set in Maine woodland. No cast deets yet, though.



'ENDERS

Make. It. Stop.

No one's buying the Michelle and Preston love fest

Look, this isn't a rant about the woman who isn't Susan Tully. I've made peace with the fact that Jenna Russell is a fine actress and doesn't deserve stick just because someone cast her as Michelle Fowler, an *'Enders* institution who cannot be replaced. No, this is about Michelle's relationship with boy toy Preston.

When she waltzed back to Walford and 'fessed up to Sharon that she left her old life in America and husband Tim because she'd had an affair with a student, it seemed plausible-ish. But then, on Valentine's Day, Preston jetted in with his tussled hair and strong jaw, looking like a *Gossip Girl* extra, and reality flew out the window. Were we really expected to believe this handsome young buck had fallen for the cardie-wearing,

moaning Minnie? And that's the thing this isn't *just* about their mismatched hotness and huge age gap (although, seriously, WTF?), it's about their personalities. In teacher-terms, Michelle's the dragon who told you off for talking when you weren't, while Preston's the cool kid everyone fancied. Them getting together makes no sense.

Next week, Michelle panics when Preston's mum calls, and denies all knowledge of where he is. Things go from bad to worse when she realises Tim's cleared their joint bank account, and Dennis starts asking difficult questions. But when Preston finally agrees to leave Walford, the pair struggle to resist each other and one thing leads to another. Yep, vom. Please, someone stage an intervention for the sake of our eyes and our stomachs.



SPOILER ALERT!



EMMERDALE

Life behind bars

Jason and his thug mates are still making Aaron's life hell, and when cellmate Ethan offers him a joint to relieve the pain after his latest battering, Aaron says no. But how long will that be his answer?

PIC OF THE WEEK



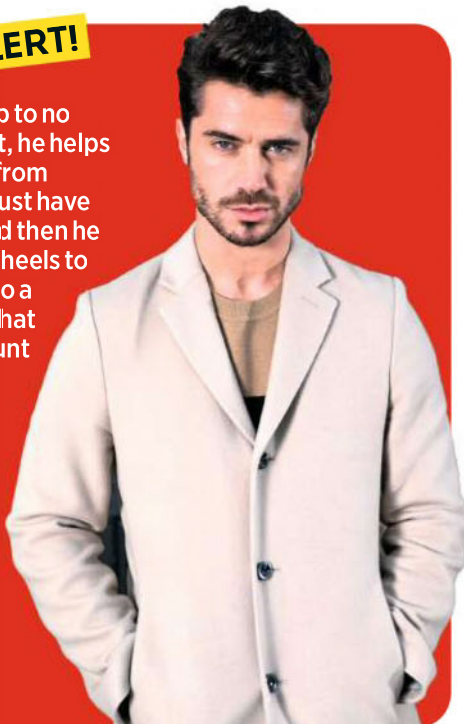
EMMERDALE

You've been cuffed

You've got to admire Rebecca's approach to getting a job done. She wants Lawrence and Chrissie to sort out their Ronnie-related differences but they won't listen, so she cuffs them. Simple.

SPOILER ALERT!

Corrie Adam's up to no good again. First, he helps himself to £100 from Tracy's till (he must have a death wish) and then he borrows Ken's wheels to meet Ronan to do a drug deal. But what he doesn't account for is Ken later finding his stash of drugs cash and setting fire to it. Yes, really. Ken's a twisted fire-starter. Fingers crossed Adam buys into the concept of tough love, eh?



ALSO THIS WEEK...

'ENDERS



Bex appeal

Martin talks to Bex's headteacher about recent events and demands that the police are bought in, but he's later shocked with their findings. Meanwhile, Lauren gets relationship advice from Whit (because she's an expert), Ian gets his test results and Shirl comes up with a cunning plan to help Mick.

CORRIE



Daddy Daniel?

Daniel and Sinead are walking on eggshells around each other after babygate and Daniel later confides in Rana, who tells him not to make any hasty decisions. Peter makes extra cash by driving Chloe around (who obvs wants more), and Gemma takes new employee Cathy out on the razz.

EMMERDALE



Sexy times

Yes, this is toe curlingly cringe. Rhona tries Laurel's sexy underwear stock out for Pierce and as she does an awkward striptease for him, he decides to record it. Like *that's* not going to come back and haunt her. Elsewhere, Emma's worried when Finn tells her he's packing up and moving to Oz.

HOLLYOAKS



Putting a ring on it

John Paul and Ste are feeling downbeat as their decree absolutes come through, so James decides to cheer John Paul up by proposing. That should do it. Also, Warren is desperate to find Shane, so threatens Goldie for help, Sally makes Frankie doubt Diego's intentions, and Nick plans a German-themed night after over-ordering Lederhosen.

!The Unmissables REVIEWS

Everything that gets a big yes from us this week

"Come on, Jackman, you can go faster than that..."



1



LOGAN

CERT 15, 137 MINUTES, OPENS 1 MARCH

Starring: Hugh Jackman, Dafne Keen, Patrick Stewart, Boyd Holbrook **Director:** James Mangold

THE PLOT The first two Wolverine spin-off movies didn't exactly set the world on fire – can Fox and Marvel make it third time lucky with this gritty, bloody franchise extension? A weary Logan (Jackman) is now working as a limo driver and tending to an ailing Xavier (Stewart), who's hiding out near the Mexican border. When a young mutant called Laura (Keen) is thrust into his path, the cross-generational trio hit the road, pursued by ruthless goons.

WHAT'S RIGHT WITH IT? Offering something genuinely different from all the previous *X-Men* movies, and the first to earn a 15 certificate in the UK, *Logan* delves deep into the Wolverine character, and adds a component that has hitherto been rather lacking: emotional heft. Spanish-born Dafne Keen is a riveting watch as the initially mute mutant child who's on the run from the

biotech corporation that raised her as part of a sinister military experiment.

WHAT'S WRONG WITH IT? Fans of the western genre will certainly appreciate James Mangold's explicit references to the 1953 classic *Shane*, in which a weary gunslinger returns to the fray in defence of a homestead family, but the price paid here by an innocent family that shelters the mutant outlaws feels gratuitously callous.

VERDICT The ninth film with Hugh Jackman as Wolverine is the most satisfying of them all.

★★★★ Charles Gant



"Katniss who?"

Good luck getting
that stain out,
Wolvie

2

Hot documentaries

Hidden Restaurants With Michel Roux Jr

CHANNEL 4, WEDNESDAY 8 MARCH, 8PM

This doesn't strike us as the smartest business model, but some restaurants have taken to hiding themselves away in remote and/or secret locations. Michel Roux Jr is a man on a mission to hunt down these eateries, sample their mysterious cuisine and maybe pick up the odd cooking tip himself. Across this four-part series, he'll visit the likes of a floating restaurant that is only accessible by boat, and another that's essentially a fine-dining garden shed, seating eight people. Each episode will follow one restaurant from the build to the opening night. And meanwhile, Michel will create some meals in his own "tiny hidden kitchen". Weird, but intriguing. ★★★★★ **Jason Arnopp**



Walks With My Dog

MORE 4, THURSDAY 9 MARCH, 9PM

We'd love to have been a fly on the wall in the pitch meeting for this one. Basically, as the title suggests, it's celebs walking their dogs around pleasant parts of Britain. We reckon the commissioning exec might just have been a dog lover. Tonight's episode sees Phil Spencer enjoying a lovely stroll around Faversham with eight-year-old Jessie and new puppy Scout. Robert Lindsay hits the Cornish coast with his two Labradors, Billie and Lola, where he revisits an old theatre he once appeared at as a young actor. Then there's Angela Griffin, striding across the Yorkshire Dales with her cavapoo named Smith. Oh, the giddy drama of it all. ★★★★★ **Jason Arnopp**



THE CULTURE KEY



TV



MUSIC



FILM



BOOKS



APPS



THEATRE

3

TASTY TV BOX SETS



Unforgotten Series 2

DVD, out Monday 6 March

The second series of this ace detective drama – starring Nicola Walker and Sanjeev Bhaskar as DCI Cassie Stuart and DI Sunil Khan – kicks off when a suitcase containing the remains of a dead body is washed up from the River Lea, in London. With a gaggle of intriguing suspects, you'll be guessing right to the end.

★★★★ Boyd Hilton



No Second Chance

DVD, out Monday 6 March

Perfect for an obscure binge-watch, this French TV series is adapted from a crime novel by genius American writer Harlan Coben (Skyl's *The Five*). It's about a doctor whose husband is killed in a brutal home attack, before her baby daughter is kidnapped. She then embarks on a twisty hunt for the missing girl and those responsible.

★★★★ Boyd Hilton

4

Holly SYNNOVE KARLSEN

Holly is smart, an outsider who refuses to play the emotional games of her peer group. But she can feel her friend Georgia is slipping away.

Rachel RACHEL HURD-WOOD

Rachel is a smart interpreter of human behaviour. She could be the perfect new friend for Holly, but Rachel is a more dominant figure.

Phoebe ELLA-RAE SMITH

At first, Phoebe seems like a posh doof, but while she may not be a financial genius, she uses her charm to the full. She's a party animal who won't let anyone get in her way.


Louise SOPHIA BROWN

Maths genius Louise has worked long and hard to get where she is in the clique. She's lacking in people skills, but she knows it, and is too smart and too honest to fake it.

Georgia AISLING FRANCIOSI

Franciosi, who played troubled babysitter Katie in *The Fall*, stars as fun-seeking and childlike Georgia who is beginning to think her square best mate is holding her back.

Clique

 BBC3, from Sunday 5 March, 10am

Created by Jess Brittain (*Skins*), this six-part drama is that rare thing: a true original. Sure, it has similarities to *Skins* and such sharp studies of female friendships as *Mean Girls*, but it's also totally its own thing. Two best friends – Holly and Georgia – embark on their first weeks at university in Edinburgh, where hedonistic parties

are the norm. They're soon drawn into an elite group of alpha girls who are in thrall to feminist economics lecturer Jude McDermid (Louise Brealey). Quite what hold Jude has on them and why is just one element of the compelling set-up. After lots of sexy pleasure-seeking, the opening episode's climax packs a powerful punch. ★★★★★ Boyd Hilton

Fay EMMA APPLETON

Fay was the first person to be admitted to the Solasta Women's Initiative, run by Prof McDermid. She seems to have it all, but something is haunting her...



Harry's
thinking
outside
the box

Harry Hill's Alien Fun Capsule

ITV, Thursday 9 March, 8.30pm

Last week, we previewed this lovely new panel show in which Harry Hill presides over two teams tasked with saving Earth from alien invasion by finding good things to put in a capsule. We said the first guests would be Kathy Burke, Ainsley Harriot, Joe Lycett and Lorraine Kelly. Then ITV changed the running order after we

went to press. In fact, that fine line-up will be featured on this week's show instead. What will undoubtedly happen every week is the two teams will present Harry with funny items, which he decides whether to put in the Fun Capsule. Like the opposite of *Room 101*, but more freewheeling, as Harry explains below. ★★ ★★ Boyd Hilton



5

A quickie with... **Harry Hill**

How did you come up with the format?

I was looking for vehicles for myself and was thinking about doing a panel show, which could also just be a chance for people to be funny. The idea I came up with originally was called *Is This Funny?*, where comedians would bring in their clips or props and skits, and they would ask me if it was funny. Everyone told me I can't call a series *Is This Funny?* Because critics would just say, "No!" And having come up with a musical about *The X Factor* called *I Can't Sing!*, I learned my lesson. [Chuckles.]

How did it evolve into *Alien Fun Capsule* then?

The fun capsule thing was just a way of packaging the show. I went for the most silly and far-fetched thing I could think of. And in the end, we only use the alien capsule three or four times in the series. [Laughs.]

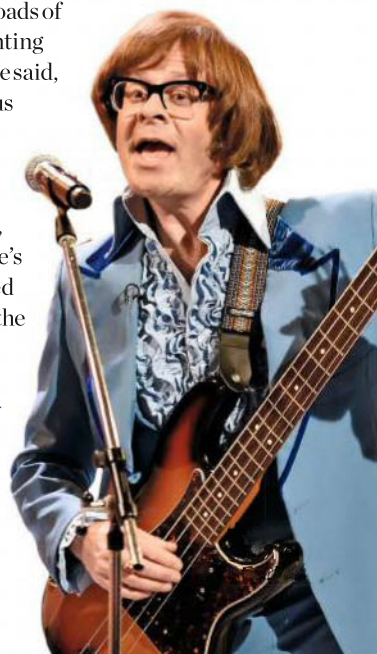
We don't remember seeing you on any panel shows before...

No, and this is the irony I'm hosting one but I've never even appeared on one. I did do a battle of the soap show years ago, and I sat next to [*Enders*] Wendy Richards, who was miserable and it didn't go well. Once, Bruce Forsyth said to me, "Don't do other people's shows, just do your own."

Does the whole *X Factor* musical experience feel like one of the most bizarre periods of your life now?

It was the most fun. It seems like a dream, though. Even pitching it to Simon Cowell was surreal. First, I suggested a musical about *The X Factor*, and he said yes. Then we had a second meeting where I told him the story, and he liked that. Then there was the workshop where he turned up and we performed it and he loved it. So he'd been

involved every step of the way, but two weeks before we opened, I got this email from him with loads of notes, about lighting and stuff, but one said, "I'm a bit anxious my character is portrayed as something of an idiot." I thought, "Oh no, the game's up." But I ignored it. Then we had the opening night, where he stood up and basically claimed responsibility for the whole thing! [Laughs.]



#87



Films on DVD

The best flicks to enjoy
at home this week

Not your
average
scrubs

6

Doctor Strange

DVD/Blu-ray, Sky Store
& BT TV, from 6 March

The idea of Benedict Cumberbatch taking the superheroic lead in a big Marvel blockbuster was always going to get us overexcited. Luckily, the end result is one of the Marvel Cinematic Universe's finest yet. Cumberbatch plays arrogant genius of a surgeon Stephen Strange, who suddenly discovers visually stunning parallel worlds after a near-fatal car crash. It's beautifully handled throughout, but the mind-bending, time-twisting ending is a corker. ★★★★★ **Boyd Hilton**

American Pastoral

DVD/Blu-ray, from 6 March

For his directorial debut, Ewan McGregor attempted something pretty ambitious: a movie adapted from a borderline unfilmable and deeply brainy novel by US veteran Philip Roth. If the results aren't exactly perfect, there is at least lots of intrigue in this '60s-set story of a former high-school jock-turned-businessman (McGregor) whose daughter (Dakota Fanning) disappears after she's accused of a terrorist act. ★★★ **Liam Wright**

Mad fer it,
lads

The Young Offenders

DVD/Blu-ray, from 6 March

This charming low-budget comedy – vaguely inspired by the true story of Ireland's biggest-ever drug seizure – was a huge €1m hit at the Irish box office. A pair of doofus Cork teenage lads pedal off to the west coast of Ireland with dreams of riches when a large bale of cocaine is reported missing. And, you guessed it, they're soon out of their depth. ★★★★★ **Charles Gant**

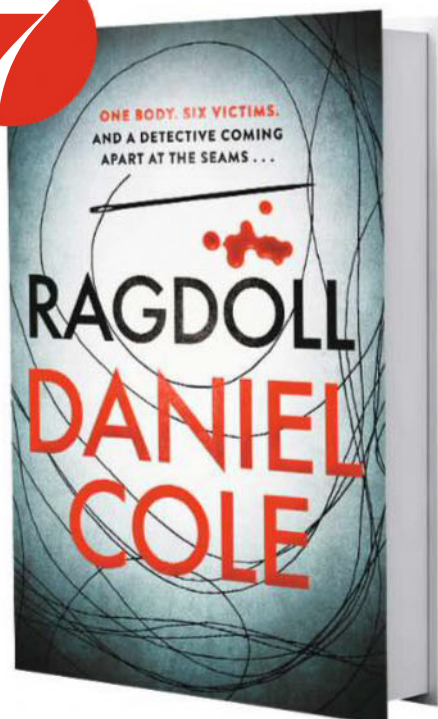
"What are
we looking
at again?"

Ragdoll

Daniel Cole
(Trapeze, £12.99)

Every now and again, a literary character comes along who is so real, so enigmatic and so endlessly fascinating, that you wonder how you ever did without them. This is very much the case with Detective William "Wolf" Fawkes, the hero of this thrilling and compulsive crime drama. It all starts with a body made from the stitched-together parts of six victims, and quickly progresses into a frantically fast-paced and intriguing game of cat and mouse, as the police try to find the killer before he murders again. As smart as it is darkly funny, this is the most exciting debut we've read in a very long time. ★★★★★ **Isabelle Broom**

7



Viceroy's House

Cert 12A, 106 minutes, opens 3 March

Starring: Hugh Bonneville, Gillian Anderson, Manish Dayal, Huma Qureshi
Director: Gurinder Chadha

THE PLOT In 1947, Lord Mountbatten (Bonneville) arrives to oversee Indian independence as the country's last-ever Viceroy. The solution he reluctantly accepts – partition of India and Pakistan – will tear apart Muslim, Hindu and Sikh communities.

WHAT'S RIGHT WITH IT? Director Chadha's "upstairs downstairs" conceit adds an accessible human dimension to the political intrigue, finding focus in the chaste romance between a Hindu servant (handsome Dayal) and a Muslim interpreter (Qureshi). Gillian Anderson steals all her scenes as the enlightened, refreshingly modern Lady Mountbatten.

WHAT'S WRONG WITH IT? Although Chadha conceived this long-in-development tale before *Downton Abbey* aired, you might find its masters-and-servants perspective a tad familiar.

VERDICT A vital slice of history that packs an emotional punch – all the more so because of Chadha's family's personal connection to the wrenching events of partition.

★★★★ **Charles Gant**

8



A whole
new game
of thrones

#89

MATT LEBLANC: 'I DIDN'T FORCE CHRIS EVANS OUT'

The ginger one might have gone, but Matt

LeBlanc has returned to put the show back on track

Top Gear is returning to BBC2 and it's got a new look, with Matt LeBlanc, 49, taking over the main presenter role from Chris Evans (who exited the show last July, following heavy criticism in the press), alongside co-hosts Chris Harris and Rory Reid, both survivors from last year's reboot. The trio will be making films together and driving against each other on trips to exciting locations like Monaco and Kazakhstan, and across the US. We caught up with the ex-*Friends* star, who explained all...

Can we expect a controversy-free series this year?

Was there a controversy last year? What happened last year?!

OK, what did you think of all the flak Top Gear came under last year?

Me personally – and this is just my opinion – I thought the show was alright. I don't think it was as bad as everyone said, I thought it was pretty good. It was fun, the films were good, the studio portions were good and the people had a good time. I didn't have a problem with it, really.

Come on, spill the beans! Did you ask for Chris Evans to resign?

I didn't know that was coming. I read it in the paper, and I didn't know it was coming. I also read that I forced him out, and that's not true. I didn't have anything to do with it.

So now Chris has gone, are you worried about people turning on you?

I am certainly prepared for a lot of that to land in my friggling lap now. But we will see. People are going to throw rocks at whatever they want to throw rocks at, all you can do is hope they won't hit you on the head.

How different is the show now?

Well, there is a lot more drinking now... Things are discussed a little more openly than they were last year, but I would say a lot of it feels the same.

But is it more enjoyable now?

For me, it's about the same.

Will you still be inviting celebrities on the show?

Yes, but that is still evolving as we speak. It's going to be different to last year. The idea is to hopefully weave the celebrity throughout the show in multiple small segments.

What are your co-hosts like?

They are great. Chris has this vocabulary that I need to carry a pocket dictionary around for. And Rory has this boyish quality to him.

How have you found the switch from actor to presenter?

I look at it like any role. Act like a presenter! It's pretty straightforward. My background is comedy. I am the first person to crack a joke at a funeral, and it's really fun to find a balance between car porn, if you will, and what the show can be, with the beautiful images of the cars sliding and the technical aspect of it. But for me, the jokes are as important as the cars.

Why do viewers love Top Gear?

It all starts with the cars. And we are having a good time making it. I believe in the show, I really do. ■



The 2017 Top Gear team: (L-R) Chris Harris, Matt LeBlanc, Rory Reid



The Stig looks a bit different this year

9



Top Gear

BBC2, Sunday 5 March, 8pm

For *Top Gear*'s 24th series, the trio of Matt LeBlanc, Chris Harris and Rory Reid are now in charge, and the end result feels more streamlined than the Chris Evans-era show, where there seemed to be dozens of presenters just wandering around. For this series opener, the team test the ultra-exclusive Ferrari FXX-K, race across Kazakhstan in three high-mileage cars, and James McAvoy guest stars in the studio. And it's all exciting enough to stop you from dwelling on how odd it is that actual Joey from *Friends* is hosting a British car magazine show. ★★★ Liam Wright

Astar near some very expensive cars



10

Robot Wars

BBC2, SUNDAY 5 MARCH, 7PM

Sometimes it feels like these robots might never stop fighting each other. And we're fine with that, as watching automatons knock the springs out of each other is weirdly enjoyable. Dara Ó Briain and Angela Scanlon return to present the first group heat, as eight robot teams battle for a place in the grand final. All your favourite arena hazards are present and correct, plus a new randomly-activated enemy, the Rogue House Robot. Terrifying.

★★★★ Jason Arnopp

#91



11

5 Gold Rings

ITV, SUNDAY 5 MARCH, 6.40PM

Despite the title, *5 Gold Rings* has nothing to do with either Christmas or the Olympics. Instead, with Phillip Schofield serving as quizmaster, two teams of contestants use large gold rings to encircle whatever they believe to be correct answers on a huge, circular LED floor. But as the game wears on, they lose rings and the rings also become smaller. Download the 5GR app and you can play along at home, answering all the same questions. ★★★★★ Jason Arnopp

12

Trespass Against Us



Cert 15, 100 minutes, opens 3 March

Starring: Michael Fassbender, Brendan Gleeson

Director: Adam Smith

THE PLOT An ill-educated housebreaker (Fassbender) wants better for his own kids, but he must defy his own bullying father (Gleeson) if he is to escape his close-knit traveller family.

WHAT'S RIGHT WITH IT?

It's a very convincing depiction of a traveller community, elevated by a class cast.

WHAT'S WRONG WITH IT?

Escaping the suffocating embrace of a criminal family is a familiar theme. And we love actor Sean Harris, but his work here feels like one underclass misfit too many.

VERDICT TV director Smith (*Skins*, *Dr Who*) makes an intriguing debut, but this is a tough sell for UK cinema audiences. ★★★ **Charles Gant**

Not quite the way you want to wake up

13

Helen Mirren wouldn't have worn that shirt



Prime Suspect 1973

ITV, Thursday 9 March, 9pm

We're enjoying the full-on '70s vibe of this new *Prime Suspect* reboot – it's flares and dubious 'taches a-go-go. Things move on swiftly tonight, as newbie Jane (Stefanie Martini) discovers Eddie was hassling Julie Ann before she died. When she goes to tell DI Bradfield all about it, she finds him hitting the sauce in the pub and the pair bond. Our money is on that getting complicated. Meanwhile, the same name keeps cropping up in the investigation, so the team try to trace the mystery man. ★★★★★ **Lisa Howells**



A Quickie With... Stefanie Martini

Tell us about *Prime Suspect 1973*...

It follows the young Jane Tennison, as she starts out in the police force. We get to see her as a middle-class Maida Vale girl, completely out of her depth as she's thrown into a murder investigation in Hackney. We also see glimpses into Jane's family and private life, as well as her at work.

What's your Jane Tennison like?

She's a very different character to the

Helen Mirren originals – it's her when she doesn't know what she's doing and making lots of mistakes. It's the complete opposite end of the power scale to the originals – she's still doing her exams!

How do you hope viewers respond?

I'd like it to be perceived as gritty. The originals were so daring with the issues they addressed, in a way that would be very difficult to do now. But the vibe is still dark – exploring the criminal underworld and the police force, which isn't much better!

Jane and Bradfield seem to get on...

[Laughs.] Yes, she's definitely drawn to

him. He's the only one who isn't a sexist pig and she responds to that. He gives her opportunities and experience, so it might all get a bit complicated.

Was it fun to make a '70s drama, with all the clothes, hair and music?

The best thing was the boys having that facial hair for four months and not being able to shave it off – although one kept it for quite some time after! The fashions are very unforgiving. I had to wear these flares that needed three people to get me into. My mum found it weird seeing the stills. She was like, "My God, that's me."



Top TV Treats

Inside No.9

 BBC2, Tuesday 7 March, 10pm

Another superbly inventive episode of Reece Shearsmith and Steve Pemberton's show, which provides a completely new story with completely new characters and cast each week. This time, it's set in a karaoke booth, where moany Roger (Pemberton) is celebrating his promotion

with friends and colleagues in full fancy dress. Except Roger, who's just got a plastic red nose. The entire episode is made up of different karaoke performances from characters played by Pemberton, Shearsmith and guest stars including Tamzin Outhwaite, Sarah Hadland and Javone Prince, with bits of

dialogue during and in between. But it's way more than just one song after another, as various rivalries, flirtations, hopes and bouts of professional and personal intrigue unravel. And there are loads of ace '80s songs, too, sung with varying degrees of success...

★★★★★ **Boyd Hilton**



Mutiny

Channel 4, Monday 6 March, 9pm

After 1789's mutiny on HMS Bounty, Captain Bligh and his crew were cast adrift and left for dead. Fast-forward to this survival reality show, and nine insane men in a replica wooden boat put themselves in a similar position. Their challenge involves facing starvation, raging seas and cameramen eating in front of them. ★★★ **Jason Arnopp**



Drunken Histories

Comedy Central, Wednesday 8 March, 10pm

The weird but wonderful show, in which a comedy person tells a historical tale while imbibing real alcohol as it gets acted out, returns for a new run. In this opener, we get Chris O'Dowd and Alexander Armstrong as Dambusters, narrated by Joel Dommett. ★★★★★ **Boyd Hilton**



Hand Of God

Amazon Prime, from Friday 10 March

Ron Perlman returns as Pernell Harris, the judge who suffered a breakdown and believed that God wanted him to go on a vigilante mission. Now, Harris has hit rock bottom, as he stands trial for the murder of a cop, before the alleged ghost of his dead son leads him to a conspiracy. Ten new episodes pop up in your life, all at once. ★★★★★ **Jason Arnopp**

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SATURDAY NIGHT TELLY



The Voice UK Live

ITV, Saturday 4 March, 8pm
& Sunday 5 March, 7.45pm

After the trauma of the battle rounds, it's the first two knockout shows this weekend, with the Saturday show focusing on Jennifer Hudson's six remaining acts, who will become three. Then, on Sunday, Sir Tom Jones' six acts will be slashed, too, and it's down to the public to decide the two who will go through to the quarter final next week. ★★★★★ Liam Wright



Let's Sing & Dance For Comic Relief

BBC1, Saturday 4 March, 6.45pm

This year, the lead-up to Red Nose Day on 24 March features the return of *Let's Dance* – now with added singing. The celebs taking part in this opener include Radio 1 DJ Matt Edmondson, stargazer Russell Grant, stand-up comic Sara Pascoe, Kiss DJs Rickie and Melvin and *Ab Fab* actresses Helen Lederer and Harriet Thorpe. Mel and Sue will host – hurrah! ★★★★★ Jason Arnopp



How'd You Get So Rich?

Channel 4, Monday
6 March, 10pm

This fun format was originally a vehicle for the late Joan Rivers in the US, and now Canadian stand-up Katherine Ryan is doing her version, in which she literally goes up to very rich people and asks them how they made their money. In this opener, she meets the husband and wife team that went from running a market stall to becoming the founders of the £50million retail chain, Poundland.

★★★ Boyd Hilton

A quickie with... Katherine Ryan

So, what attracted you to do your own version of this US format?

I guess it's a licence to snoop through people's homes and use a bit of charm to find out about their wealth. And I'm a naturally curious person. Plus, don't we all want to know how to get rich?

Do you think rich people are different to the rest of us?

I expected they would be very different, but the self-made millionaires I met mostly seemed very normal. They did have an unwavering self-belief and passion, which I guess was key to helping them get rich.

Who was the most surprising rich person you met?

I met a child – the world's youngest self-made millionaire – who is six. She was part of a TV show in America called *Toddlers & Tiaras*, and she and her mother parlayed that into their own fashion and beauty business. You might think it was the mum exploiting her daughter, but actually it was the little girl who pushed her mother to help her.

And what was the most incredible home you visited?

I went shopping for villas in Spain, and one of them was worth 15.9million euros. There are also palaces in the Middle East, which are designed by people who used to work for Disney. They're incredible.

Did you ever feel envious?

I didn't. It made me very curious, but the homes were too big for me. And I'm now as rich as I need to be. I have the freedom to get a taxi if I don't want to get a bus, and I can order takeaway if I want to. That's about as rich as I ever wanted to be.

"Hey, big spenders"



16



"Lend us a fiver, mate"

17



Girls

Sky Atlantic, Monday 6 March, 10pm

In a recent interview on the excellent *WTF With Marc Maron* podcast, Lena Dunham explained that this final season of *Girls* is spilt into three sections. Episodes one to three were stories she'd always wanted to tell fairly separately from the general goings-on of the show, and now we're into episode four, which will take us back to the central plot, before the last few will apparently

be pretty out-there and bold. As for this one, Hannah interviews another influential writer played by Tracey Ullman, and Adam storms off the set of his latest acting job, leading Jessa to suggest they embark on a creative endeavour of their own. Oh, and Marnie is confronted with her narcissism. About time! Expect all the usual enjoyable brilliance.

★★★★★ **Boyd Hilton**



Certain Women

Cert 12A, 107 minutes,
opens 3 March

Starring: Laura Dern, Michelle Williams, Lily Gladstone, Kristen Stewart
Director: Kelly Reichardt

THE PLOT The lives of three women in rural Montana are spotlighted in this trio of tales adapted from Maile Meloy short stories by hip US indie director Kelly Reichardt.

WHAT'S RIGHT WITH IT? While the first two episodes – about a lawyer (Dern) dealing with a desperate client (Jared Harris), and a married couple (Michelle Williams, James LeGros) building a new home – fall short of riveting, the film hits its stride with the story of a stable hand (Gladstone) crushing on an adult-education teacher (Kristen Stewart).

WHAT'S WRONG WITH IT? You might be disappointed that these three slow-burn stories are barely connected.

VERDICT Reichardt delivers another affecting, female-driven film, which lingers in the memory.

★★★★ **Charles Gant**



18

#95

heatradio)) Jamie Laing

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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.

RYAN SEACREST

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I know everybody in showbusiness. Fact

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REX FEATURES

Heatscopes

Tuesday 28 February - Monday 6 March

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

ARIES 20 Mar-19 Apr

You're walking taller than Gaga in her crazy heels. Venus in your sign signals that love and money are following you – just take care to curb the wild excitement that sometimes leads to dodgy decisions. Having weird dreams? Don't look for deeper meanings.

LUCKY SKY: Cloudless

TAURUS 20 Apr-20 May

Sorry to bring you down to earth, but now is the time to decide your career goals. That Taurean ambition is hard to beat, and now that it's time for action, your clarity will put you ahead. Elsewhere, you're needed in a family dilemma, thanks to the solar eclipse.

LUCKY TALENT: Seeing for miles

GEMINI 21 May-20 Jun

You're in a yearly career peak, but you might need more self-belief to make important changes. Talk to friends who'll give you a boost. They know you're worth it. Independence is coming (your planetary power is strong), but make time for family this week.

LUCKY BELIEF: You will succeed

CANCER 21 Jun-22 Jul

Forget always keeping the peace among your pals. Sensible Cancerian Selena Gomez says, "You can't be afraid of what people are going to say, because you'll never make everyone happy." Elsewhere, Neptune's aspect says avoid foreign travel for now.

LUCKY LOGIC: You can't do it all

LEO 23 Jul-23 Aug

The lingering effects of the last solar eclipse may propel your partner to make some changes. Be ready, as they'll need your support. Mercury's aspect suggests a financial detox will ease your mind. Don't stop there – how about a general declutter?

LUCKY PATH: Beautifully clear

VIRGO 24 Aug-23 Sep

You tend to fulfil people's impression of you as the one who knows. But the solar eclipse affected your spiritual side, and now it's time to ask serious questions of loved ones. Elsewhere, go easy on a ditzy colleague.

LUCKY MINDSET: Always seeking

LIBRA 23 Sep-22 Oct

Like smiley Libran Scarlett Moffatt, you should be beaming this week. A strong 6th house of work and health means you can tackle just about anything in your job and in the gym. Things should look up money-wise as well, provided you don't hiteBay.

LUCKY EMOJI: Sassy dancer

SCORPIO 23 Oct-21 Nov

How well you get on with others affects you this week (blame the solar eclipse). Remember your own needs – you're not just a people-pleaser. Elsewhere, children in your life assume even greater importance than normal.

LUCKY TARGET: Happiness



OLIVIA PALERMO
28 FEBRUARY 1986



JUSTIN BIEBER
1 MARCH 1994



JESSICA BIEL
3 MARCH 1982

SAGITTARIUS 22 Nov-21 Dec

As the saying goes, you choose your friends, but family is sent to try you. Not true for you. A powerful 4th house of relatives and home makes you feel secure, warm and thoroughly spoiled. Elsewhere, brace yourself a friend needs an uneasy truth.

LUCKY STATE: Unconditional love

CAPRICORN 22 Dec-19 Jan

Those sluggish feelings you've been experiencing should vanish, and you'll be back on form at work. Catch up on emails, letters and reading – a strong 3rd house of communication will help. A good night out with friends is in the works, but go easy on the cocktails.

LUCKY SPEED: 90mph

AQUARIUS 20 Jan-18 Feb

You're in a yearly financial peak and it's time to spend on something you might have been avoiding. Elsewhere, a friend needs a confidence boost, but honesty isn't always the best policy. You may have to fudge the truth for the best.

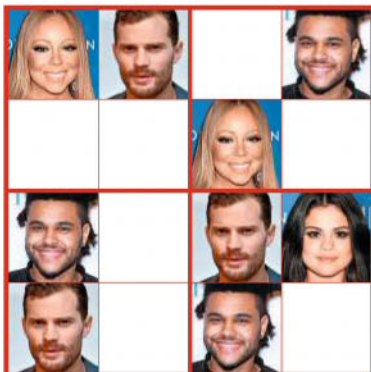
LUCKY STATE: So considerate

PISCES 19 Feb-19 Mar

Your friends will need shades this week, as you're dazzling. The sun in your sign gives you confidence and a real glow. Push yourself at work as you're more likely to succeed. Elsewhere, a family member needs your sensitive advice.

LUCKY SMILE: 100 watt

A-List

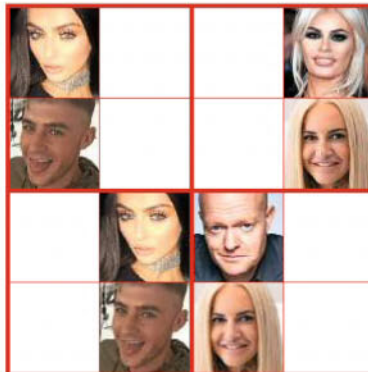


CELEB SUDOKU

Because doing it with numbers is way too easy

Each of the four blocks must contain all the celebs – Selena Gomez, Mariah Carey, Jamie Dornan and The Weeknd – within its squares. Each celeb can only appear once in a row column or box.

Z-List



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

heatworld

Welcome to the (looking) Back Page

"This is just like
a movie"

#98



HOLLYWOOD, 24 FEBRUARY 2013

Could Adele BE any more of a Rachel fangirl?

Back in February 2013, surrounded by the entirety of Hollywood's elite on the Oscars red carpet, there was only one person who could make the notoriously down-to-earth Adele completely lose her shit. And that person was everyone's favourite *Friends* actress, Jennifer Aniston. As the singer came face-to-face with her idol, who was dressed in an amazing red Valentino gown, Adele became every single one of us as she openly gawped.

But this wasn't even the singer's most awkward fangirl moment with Jen. Back in 2011, Adele described bumping into her in the loos at a New York party. "I went for a wee with Jennifer Aniston in New York and I could hear her psssss," Adele mortifyingly explained. "Through the cubicle, she was like, 'How are you, honey?' And I said, 'I'm fine, thank you, Rachel'. I called her Rachel!" Oh, you just know Adele had THAT haircut when she was a teenager.

GETTY IMAGES

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Thy of Sophie's BIG knickers

They don't get out much these days. Not since Sophie switched to drinking a2 Milk™. The bloated tummy seemed to just disappear.

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