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BAGS!**

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LOOK

THIS WEEK WE'RE OBSESSED WITH...

FASHION WEEK

Ah LFW, a magical five-ish days in which the hoity-toity movers and makers and clothes horses amass in London to make a shopping list for the year ahead. Five-ish days that in no way resemble an actual week, but if anything can morph time, fashion can.

In real-world terms, this means we get to marvel and/or scoff at the trends swinging our way in September, screen grab shots of street stylists and shop the FROW like it's going out of fashion. Which it won't, for six months at least. It also means we get to use Fashion Month as an excuse to satisfy our new season shopping urges, for nothing gives us buyers butterflies like a brand new look, which is why *Look* has all your retail needs covered with an 84-page special.

See what our Editors wore for LFW on pg 16, before blagging your way to Insta-fame on pg 20. We'll also be bringing you Fashion Month's best bits 24/7: simply search the hashtag #LookLIVE and follow us on Facebook, Instagram and Snapchat for instant fashification when you need it most. But first? As VB says: 'Start with the shoes' (pg 48). Because, well, VB...

@GillyFerg

Gilly



#LookLIVE: Shop Fashion Month live via @Lookmagazine and Look.co.uk



MOST LIKED

LOOK OF THE WEEK

ADELE

WHAT SHE'S WEARING:

The mother of all Givenchy gowns, featuring a checkered bodice and beaded sleeves.

Who wouldn't marry that?!

Vote for your Look Of The Week



@LookMagazine



ON THE COVER...

- 20 5 STEPS TO BECOMING INSTA-FAMOUS
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WHAT'S NOT

AWARDS SEASON

Over in seven-odd days. Farewell 'so fancy' Feb. Next up, Crufts in March. Woof.



'POO' NEWS

Champagne (AKA 'poo'); wine and Prosecco prices are set to soar in 2017, so say forecasters.



BALLER TOTS

Blue Ivy has a £1k Gucci suit. We do *not*. Steal her style for less on pg 15.

Trendr

PANTONE

NICOLL BLUE

Pantone and LFW created a new hue for the late Richard Nicoll.

WHAT'S HOT

PEPTO-BISMOL BOOTS

Made cool by VB's AW17 show (pg 12). Yours right now from River Island, £65.



MRS PRO GREEN?

Engagement bling or not, how big is that ring?! We thought the old lady dropped it into the ocean at the end.



FIND YOURSELF AT
RIVER ISLAND

#ImWearingRI



WE LOVE!

This week we CANNOT stop thinking about...

WARNING
YOU MAY BE ABOUT TO
EXPERIENCE SERIOUS
SHOPPING URGES

#1

STAR BUY OF THE WEEK

Unless you've been hiding in a box somewhere, you'll have heard of Manu Atelier. These It bags have been around since this time last year, but now they're back in a plethora of pastels and we want them *all*. OK, at £330 they're slightly more spenny, but considering the brand has almost 50k Insta followers and boasts Gigi Hadid as a fan, we reckon they're worth it, don't you?

**Bag, £330,
Manu Atelier**



Turn The Page
For More Of What
We Love...



WE LOVE!

MEET THE TEAM
Q. Who/what should win an Oscar?



EDITOR: GILLY FERGUSON
Damien Chazelle



FASHION EDITOR: CHLOE JACKSON
Emma Stone's stylist, The Pressure



FASHION NEWS ASSISTANT: BRIDIE WILKINS
Manchester By The Sea

Found! 22 treats we need in our lives!



2. MUST-HAVE MULES

Mules, £15, Dorothy Perkins



5. GREEN WITH ENVY

Trousers, £65, Sister Jane



8. SHINE ON

Top, £55, River Island



3. BARGAIN BEAUTY BOX

Glossybox La Mer Collection, £40 (worth £118!)



9. STARRY EYED

Jacket, £16.99, TK Maxx



4. RED HOT

Dress, £87, Littlewoods



6. TRENDY TEA

Mug, £10, House of Fraser



10. MELLOW YELLOW

Top, £45, Marks & Spencer



7. PETAL POWER

Bra, £8; briefs, £4, both Primark



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**BEAUTY
WRITER:**
**GABRIELLE
DYER**
Ryan Gosling.
Obvs reasons



**PICTURE
RESEARCHER:**
AMY WARD
Octavia
Spencer



**LOOK
INFLUENCER:**
LIV PURVIS
La La Land,
obvs



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network of style ambassadors



12. COULD-BE-CHLOÉ

Bag, £24.99, Bonprix



16. VAMPED UP VINTAGE

Dress, £155, Comino Couture



13. CHECK REPUBLIC

Skirt, £65, Studio by Preen at Debenhams



17. MINT TO BE

Clock, £35, Oliver Bonas



14. EAU DE LOVE

Chloé Love Story Eau Sensuelle 30ml, £47



18. TRUSTY TRENCH

Coat, £115, Topshop



21. FINE-APPLE

Necklace, £174, Alex Monroe



GOLD DUST

YSL Touche Éclat 25 Star Edition, £25.50



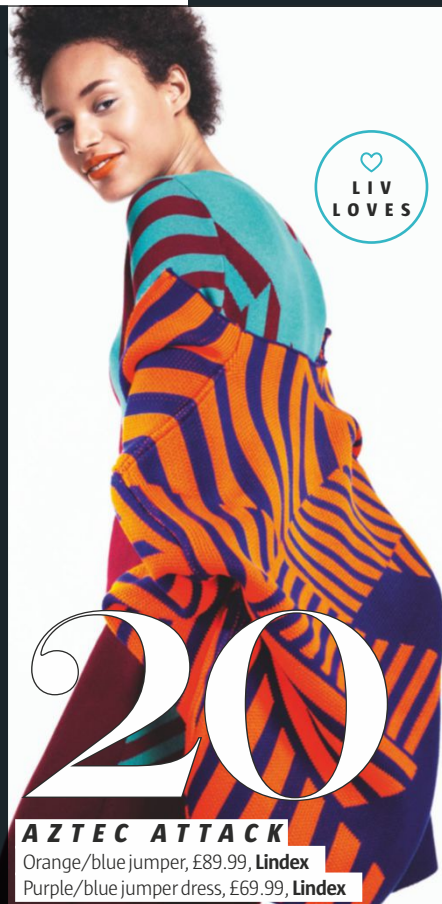
19. MUSE-ONI

Pillow, £128, Missoni at Amara



22. SUPER STRIPES

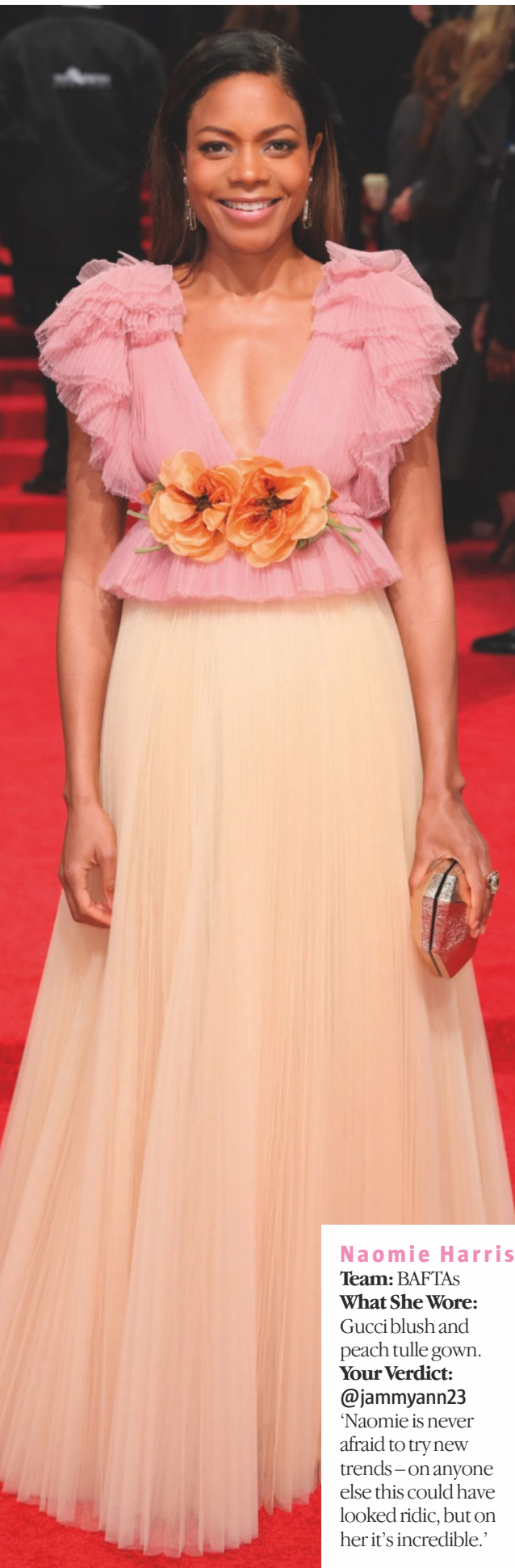
Jumper, £279, Jigsaw



AZTEC ATTACK

Orange/blue jumper, £89.99, Lindex

Purple/blue jumper dress, £69.99, Lindex



Naomie Harris

Team: BAFTAs
What She Wore: Gucci blush and peach tulle gown.
Your Verdict: @jammyann23 'Naomie is never afraid to try new trends – on anyone else this could have looked ridic, but on her it's incredible.'

BAFTAs vs

YOUR BEST DRESS

Because who doesn't love a good

One night, two *major* events on the A-list social calendar. This year, both the Grammy and BAFTA awards ceremonies fell on the same fateful Sunday night – not that we're complaining, though. For us, it meant twice the gossip and, naturally, double dreamy dress dosage (try saying that at speed). While you crowned Adele your outfit Number One (see p3), here's the best of the rest – complete with your own super-honest verdicts. Consider yourselves fully fledged fashion pros...



Beyoncé Knowles

Team: Grammys
What She Wore: Peter Dundas dress.
Your Verdict: @abi_mark 'I LOVE it. This is how to do maternity dressing.'

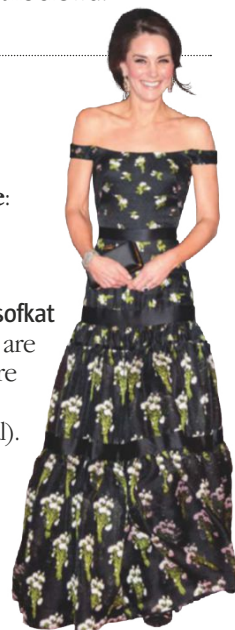


Millie Mackintosh

Team: BAFTAs
What She Wore: Sarah Baadarani.
Your Verdict: @styled_by_lucy 'She stands out from the crowd.'

Kate Middleton

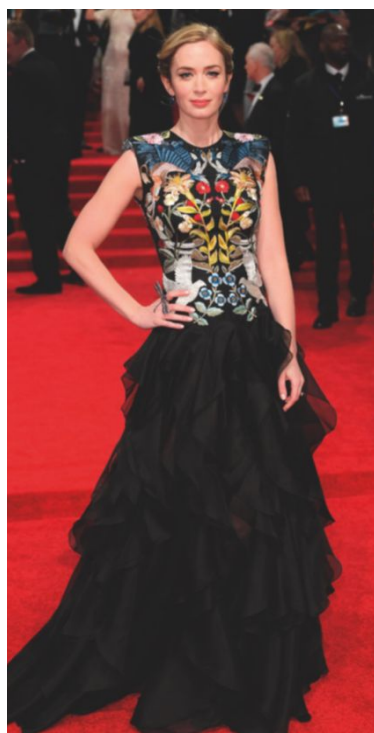
Team: BAFTAs
What She Wore: Alexander McQueen.
Your Verdict: @unitedcoloursofkat 'The dark florals are edgy and the bare shoulders are risqué (for a royal). I love it when people step out of their fashion comfort zone, which is why it gets my vote!'



Grammys

SESS REVEALED

old-fashioned A-list frock off?



Emma Stone

Team: BAFTAs

What She Wore: A stunning Chanel midi dress, layered over matching cigarette trousers. Next level.

Your Verdict: @unitedcolours ofkat 'I applaud the fashion risk; plus I can also imagine the dress and trousers working on their own too...'

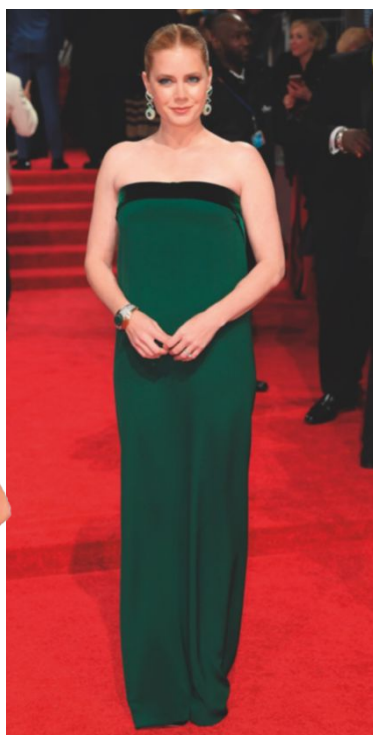


Emily Blunt

Team: BAFTAs

What She Wore: Alexander McQueen.

Your Verdict: @alwaysafashionparade 'That embroidery is amazing. Stunning.'



Jennifer Lopez

Team: Grammys

What She Wore: Ralph & Russo.

Your Verdict: @aloizou74 'J-Lo is the queen. Hands down. Always classy, always spot on. This woman is on fire at any age.'



Amy Adams

Team: BAFTAs

What She Wore: Tom Ford.

Your Verdict: @thestylesetuk 'This colour really suits her skintone.'



Solange Knowles

Team: Grammys

What She Wore: Liquid gold Gucci.

Your Verdict: @trizah_ngesa 'I love this gown on Solange. She looks so stunning and edgy, which is exactly how I'd describe her overall style. She nailed it.'

*ELLIE
GOULDING*

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EXCLUSIVE!

Backstage At The BAFTAs

We were there and saw it all – and FYI, Amy Adams is so unbelievably lovely...



AMY ADAMS Snake Bun

★ Use Charles Worthington Volume & Bounce Express Blow Dry Primer, £6.99, and blow-dry.

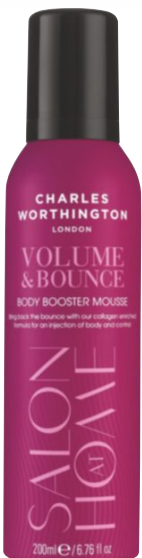
1. Scrape your hair back into a tight ponytail and secure with elastic. Then split the pony into two sections and rope-braid them.
2. Pin the twisted rope down to the nape of the neck. Finish with a shine spray and some hairspray to hold.



MILLIE MACKINTOSH Side-Part Knotted Bun

★ Apply Charles Worthington Volume & Bounce Body Booster Mousse, £6.99, to dry hair.

1. Create a deep side parting and a low ponytail.
2. Split the pony into three and braid each section, then twist into a bun and pin.



NAOMIE HARRIS Peach Smoulder

- ★ **Base** Teint Idole Ultra Wear Foundation 06 and 10, Belle De Teint 06, Blush Subtil 022
- ★ **Eyes** Ombre Hypnôse Stylo 08, Hypnôse Palette ST4, Crayon Khol 01, Hypnôse Waterproof Mascara 01
- ★ **Lips** Shine Lover 218, Le Contour Pro 210, Gloss In Love 351

All Lancôme



7 Things To Take Away FROM NYFW!

It's officially Fashion Month and things have kicked off in stellar style in the Big Apple. From VB's new season must-haves to SJP's Carrie homage, consider this your ultimate New York Fashion Week cheat sheet...



1 JOIN VICTORIA'S BOYS' CLUB
'Emancipation with optimism' is the name of Victoria Beckham's AW17 game and, man, is it the wardrobe respite we needed. A self-proclaimed move away from body-con and all of its restricting connotations, the collection saw models sport billowing overcoats, heritage tweeds, buckled brogues and boxy top-handle bags juxtaposed with chiffon skirts as light as air and with a hot pink boot thrown in for good measure. We're not sure if damage control for brand Beckham was a post-show goal, but the rave reviews it received (and the fact David and the kids were sat FROW-side) have gone a long way to drown out the negative noise of late.



2 SJP'S CARRIE MOMENT
Extra! Extra! Read all about it! Remember Carrie Bradshaw's iconic Dior newspaper dress that made not one but two appearances on Sex And The City? Well, at Prabal Gurung, Sarah Jessica Parker stole the show in a reworked version of the frock that had everyone talking about how good she looked. Obviously, this is a hint that you miss SATC just as much as us and a third instalment is on the way, eh SJP?



3 FEMINISM FOCUS
If protesting is the new brunch, then it's no surprise street stylers have reinvented themselves as modern-day suffragettes. Sartorially blessed show-goers sported tees emblazoned with 'Feminist AF'. Pay homage with this It tee...



T-shirt, £44.99, Heewan



4 AIN'T NO PARTY LIKE AN ALEXANDER WANG PARTY

Mr Wang made sure everyone knew there'd be #NoAfterParty following his AW17 fashion showcase. The invite said so – heck, even the models' tights said so. So what did he do? Made the show a party, obvs. Peroni kegs offset the flashbulb frenzy that erupted as stars partied the night away, while King Kylie (Jenner) added another string to her bow as DJ (of course she did).

ALEXANDER WANG



T-shirt, £45, Calvin Klein



Jeans, £40, Topshop



Boots, £29.99, Zara

5 CALVIN KLEIN'S 90s MOOD

Raf Simons' debut at Calvin Klein was one of the most anticipated, but it was guest Kate Bosworth's nod to nostalgia that got us talking. ACK T-shirt (with new logo) and jeans was too good. The best bit? We can get the look without going bankrupt...



KATE BOSWORTH



OLIVIA PALERMO



Cardie, £49.99, New Look



Cardie, £36, Topshop

6 FROW IT ACCESSORY: THE CARDIE

This classic sweater appeared as the most versatile layering piece. Take Olivia: she wrapped hers around her waist like a belt. Key: go for the 'I just woke up like this' look and wear as an accessory.



SELF-PORTRAIT



Heels, £430 Self-Portrait x Robert Clergerie

7 SELF-PORTRAIT'S RUNWAY DEBUT

Self-Portrait finally made it to the NYFW catwalk. So much more than pretty occasion frocks, the addition of edgy separates means every day can be a Self-Portrait day. Oh, did we mention SP's just launched a killer shoe collection?



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The Million-Dollar Tot TAKEOVER

Don't judge, but two five-year-olds are our biggest outfit inspo R.N. Harper Beckham and Blue Ivy Carter both stepped out looking so cool last week

✱ WORDS: BRIDIE WILKINS @BRIDIEWILKINS

With Victoria and David Beckham and Beyoncé and Jay Z for parents, you'd expect these kids to be stylish, wouldn't you? But we never thought we, AKA grown women, would find ourselves wanting to re-create their looks.

Just like VB, Harper always looks flawless and her latest get-up, featuring a \$1,800 'Yona' Goyard bag and £240 Gucci Chelsea boots, was no

exception. As for Blue Ivy, she stole the Grammys style show in a Prince-inspired pink Gucci suit with a frilly white shirt and silver brooch. Just to prove how good these looks are, Digital Writer Anna Duff spent the day dressed as her new idols...

'I was apprehensive about Blue Ivy's look since it was so bold, but everyone loved it,' Anna says. 'I felt seriously chic wearing Harper's outfit. A five-year-old championing sophistication? Who knew?'



Blazer, £17, **Primark**
Trousers, £13, **Primark**
Shirt, £35, **River Island**
Shoes, £25.99, **Zara**



Coat, £98, **Oasis**
Jeans, £29.99, **New Look**
Boots, £70, **Office**
Bag, £39.99, **Zara**



WHAT TO TO LFW*

(*No Ticket Required)



@gillyferg

Dress, £255, RIXO
Boots, £325,
L.K. Bennett
Bag, vintage
Mulberry

Gilly Ferguson, Editor

'Every LFW, I vow I won't buy myself something new. And then I do. This season I talked myself into RIXO – a label so hot even your nan's heard of it – then satisfied my more sensible urges with a timeless pair of L.K. Bennett boots. The dress is all 'party' at the front, bringing all the pizzazz after-show shindigs truly deserve. Oh, and the bag? That's a vintage 2010 LFW buy. Yes, it's an ongoing problem...'

Maxine Eggenberger, Fashion News & Commercial Content Editor

'Ruffles have become as much of a sartorial staple as Breton stripes. Often too fussy for my liking, this khaki number offers much-needed respite. Made from gorgeous cotton, the rigid fabric gives the super-sized frills just the right amount of structure, without being reminiscent of an art installation at the Tate Modern. And block heels, oh how I love thee! Comfortable enough to wear when I'm running from show to show, I'll be wearing these lattice Zara beauties all week long.'



Dress, £59,
Marks & Spencer
Shoes, £29.99,
Zara
Bag, £29.99,
Mango
Necklaces, from
£3.99, H&M

@maxfashioneditor



@chloeanejackson

Chloe Jackson, Fashion Editor

'It's jeans ALL day EVERY day for me and my Topshop Binxes are my go-to for comfort, with a frayed hem for a little bit of excitement at ankle level. It's never about tight or clingy, particularly at LFW, so a billowy embroidered shirt (and they are EVERYWHERE) is the perfect topping. Bag lovers, take note: this Cath Kidston bag has interchangeable straps so can adapt to any outfit.'

Shirt, £25.99, Zara
Jeans, £42, Topshop
Shoes, £30,
River Island
Bag, £25,
Cath Kidston

WEAR...

See how our team and fave #LWTW street-style stars navigate the shows while remaining camera-ready...

**Lydia Thompson,
Beauty Editor**

'I need to keep it pretty casual at FLW, as I spend most of my time in very unglamorous backstage areas reporting on the latest beauty looks, but I still need to look smart enough in case I do watch a show. After years of sweating profusely or carrying multiple layers while trying to take notes, my fail-safe outfit is now a simple shirt and jeans, a thick coat I can throw on and off and some designer accessories to flash at people so they think I'm important!'

@britishbeautyeditor



Coat, £89.99, Zara
Shirt, £95,
Ralph Lauren
Jeans, £152, Paige
Bag, £1,230, Chloé
Shoes, £620,
Valentino

**What Our Look
#LFW Gals Wear:**

@martystylist



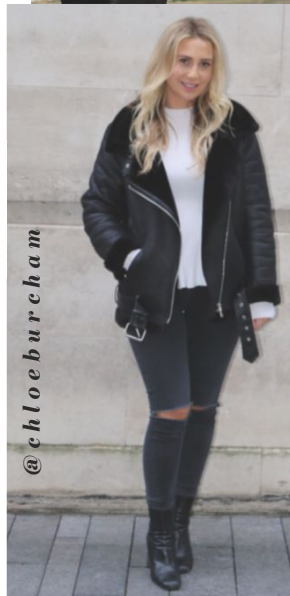
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IS THIS THE SECRET TO BECOMING A STREET STYLE STAR?

Having your outfit papped is no mean feat, and with Fashion Week approaching, we reckon we've nailed the formula. Here's exactly what you need to wear to reach peak #ootd stardom...

* WORDS: BRIDIE WILKINS
@BRIDIEWILKINS

Granted, if you're going to get snapped by a street style photographer, it's likely going to be at Fashion Week. For upwards of five days, the snap-happy pros descend upon the same city but still, even with the heightened odds, there's so much sartorial competition out there, it's hard to stand out from the suitably well-dressed crowd. Ahead of the shows, then, we took it upon ourselves to uncover what makes the most sought-after street style look – and it all boils down to these six buys. 1. Beret. AKA shortcut to sophistication. 2. Kenzo jumper – obvious reasons. 3. Seam-front jeans. Because if anything'll be mistaken for designer, it's these. Plus, they're super-slimming and leg-lengthening. 4. Ring bag. Blue, to be precise, because no photographer can ignore that. 5. Loafers. For jumping in front of said photographers (accidentally). Get ready for your close-up...



STREET STYLE TRIAL

Bridie proved the outfit works when she headed to Fashion Week, but what was it really like being papped all day? Head to [Look.co.uk/streetstyletrial](https://www.look.co.uk/streetstyletrial) to watch the highs and lows of being a style superstar...





THE JUMPER

DESIGNER: Kenzo
HIGH STREET DUPE: Er, Kenzo. Even we can afford this if we stop buying spenny lunches e'ryday.
TOP STREET STYLE TIP: Layer up. Wear over a bell sleeve shirt and roll your jumper up for billowy results. Jumper, £200, Kenzo at Very Exclusive

THE BAG

DESIGNER: J.W.Anderson
HIGH STREET DUPE: Kurt Geiger
TOP STREET STYLE TIP: J.W.Anderson's Pierce bag is everywhere, but only the brightest make the cut. Bag, £50, Miss KG at Kurt Geiger



THE JEANS

DESIGNER: Vetements
HIGH STREET DUPE: Next
TOP STREET STYLE TIP: Clash against fishnet socks. A foot snap is better than no snap, right?! Jeans, £32, Next



THE BERET

DESIGNER: Gucci
HIGH STREET DUPE: M&S
TOP STREET STYLE TIP: Classic black is a no-brainer, but if it goes with your outfit, choose a bold red and triple your chances of being snapped. Hat, £15, M&S

THE SHOES

DESIGNER: Again, Gucci
HIGH STREET DUPE: Toppers
TOP STREET STYLE TIP: Choose plush velvet to stand out from the crowd. It will look super-expensive too... Shoes, £75, Dune



THE VERDICT

Fashion News Assistant Bridie put the look to the test, and here's what happened:

'I wore the outfit to brunch and everyone loved it, but when I got to Fashion Week, people went mad. I had my photo taken seven times, while at least five people asked me where my bag was from. Their faces when I told them it was £50... Priceless.'

Which character will they be?

Alice in Wonderland
3-12 years
from

£14

Golden Belle
2-10 years
from

£13

World Book Day

2nd
March

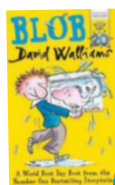
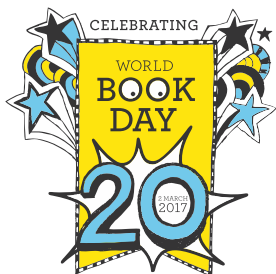
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THE £5 BUY

Look's Legit Losing Sleep Over

Can a belt change your life? Well, no, but it can damn well drive you bonkers. Maxine Eggenberger recounts her descent into madness as she frantically searched for a buy that was yet to be...

✦ WORDS: MAXINE EGGENBERGER @MAXFASHEDITOR



Belt, £4.99, H&M

For the last two weeks, my morning routine has gone like this: I wake up and, before my eyes can adjust to the shock of being open for the first time in six (read: 11) hours, my phone is in hand as I begin frantically scrolling through H&M's new arrivals.

This may sound like standard protocol for someone who works in fashion. It's not. Since I was a teen, getting up has always been a gargantuan chore; I'm a serial snoozer and, I tell you, it takes more than a Bardot top to disturb my slumber. And yes, I did just quote Aladdin's Cave of Wonders.

Why then, I hear you cry, have I succumbed to this incessant behaviour? Because of a £4.99 belt, that's why. Now, before you dismiss me as some sort of crazed shopping beast – mouth-froth and all – hear me out: this is no ordinary accessory. This is *the* accessory that *everyone* will beg, borrow and, quite possibly, steal to get their hands on (NB: *Look* in no way

advocates the latter, just so we're clear). However, it's definitely worth splashing your cash should the opportunity present itself.

Not so subtly inspired by Gucci's iconic £240 double G belt, I've been able to think of little else since the fateful day I happened upon H&M's homage, which I saw styled on a model shot. Indeed, it is not yet available online, hence my hourly, hyper-panicked hunts. It's set to grace the website on 28.2.17, but the brand's insiders have only now revealed it's already snuck its way into stores. The *actual* shops. Of course!

For all the modern advances the internet has bestowed on us (an endless stream of cute animal videos being paramount) in turn it has made my shopping appetite all the more insatiable. And sometimes, seldom as those occasions may be, it still can't keep up with the IRL shops. Now, excuse me while I quit hitting refresh and head out into the ~~unknown~~ high street to find me a £4.99 belt. What a time to be alive.



Fashion News Editor Maxine *finally* gets her hands (read: waist) on H&M's belt...

THE INSPO

One belt; hundreds of street style looks...



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Panasonic TX-40DX700B 40"
4K Ultra HD Smart LED TV Item: 79QW3



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Parlez-Vous Français?

While some of us may not speak French, our wardrobes are certainly fluent in the language of love this season...

✦ WORDS: MAXINE EGGENBERGER @MAXFASHEDITOR

Maybe there's something in the Evian water, but French girls have got the art of curating off-duty outfits down – Breton stripes, Brigitte Bardot-esque skinny jeans and ballet pumps are practically national uniform. We, however,

lack that certain je ne sais quoi to pull off the look. Now, though, we can cheat our way to that French girl chic. From 'bonjour' to declarations of love, French sayings have been emblazoned on everything from jackets, sweaters and tops to, thanks to Kurt Geiger, shoes. *Shoes!* Zut alors!



1 T-shirt, £45, Whistles 2 Jumper, £20, Next 3 Sweater, £24.99, Lindex 4 T-shirt, £7.99, H&M 5 Shoes, £150, Kurt Geiger

PHOTOS: GETTY, WHATILVIADID.COM

FASHION Cheat Sheet

We just can't get enough of the new embroidery trend

WEAR IT

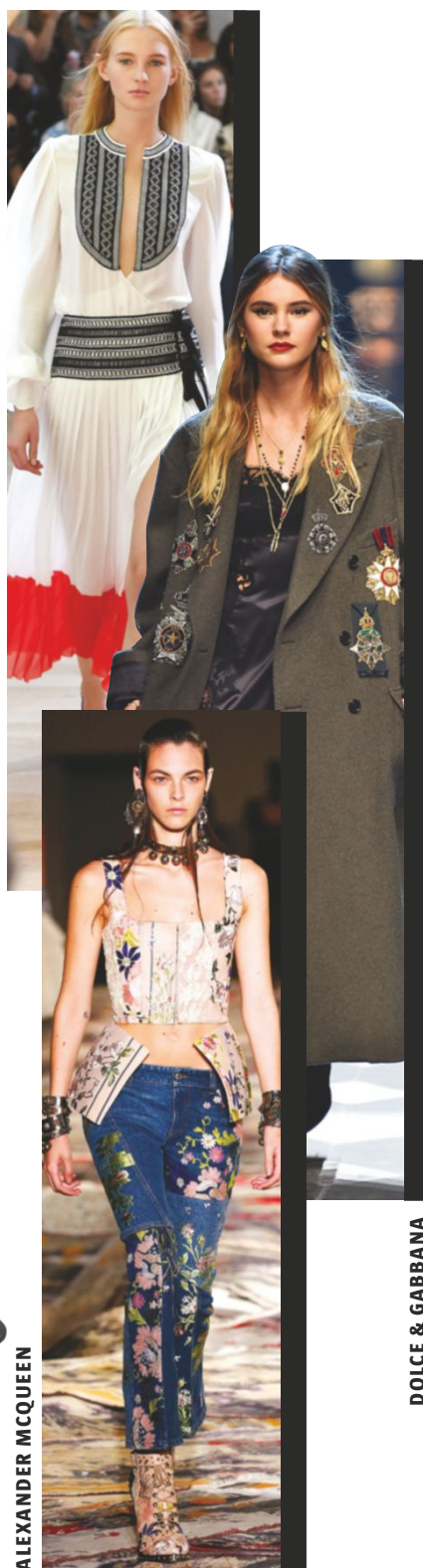
THE ULTIMATE STITCH-WORK

Get ready to welcome embroidery into your wardrobe big time this season. We're taking cues from the latest ready-to-wear collections. Who's with us?



1 Shirt, £18 2 Jeans, £18 3 Bag, £15
4 Jacket, £30 5 Sandals, £20. All from Matalan

OSCAR DE LA RENTA



ALEXANDER MCQUEEN

DOLCE & GABBANA

SHARE IT

MANTRA

WHO WANTS A BLANK CANVAS?

EMBROIDERY
TURNS CLOTHES
INTO
WORKS OF
ART

SHARE IT

WHAT'S YOUR PREF?

METALLIC BROGUE ORRR...
TEXTURED TRAINER?



Silver brogue, £18



Raffia trainer, £16



WATCH #THESHOW

Denise Van Outen and Ferne McCann reveal their top picks from Matalan's SS17 collections.

Tune in at matalan.co.uk

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SMOOTH



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WEIRD SCIENCE

Unusual ingredients like snail snot and seahorse plankton are becoming less bizarre additions to our skincare. Here are the ones to look out for...

TURMERIC

Derived from a deep orange-coloured root, beauty's buzzword of 2017 is an anti-inflammatory wonder. It helps soothe flare-ups and fights nasty acne-causing bacteria.

TRY: Kiehl's Turmeric & Cranberry Seed Energizing Radiance Masque, £28



SEAHORSE PLANKTON

This 100 per cent natural and vegan friendly microalgae is known to stimulate skin cells and encourage renewal. It's also deeply moisturising.

TRY: Seahorse Plankton Everlasting Radiance Cleansing Gel, £14.99



DIRT

Clever clogs at Belif found that peat, as in boggy dirt, has skin boosting properties. It tightens skin, increases elasticity and is antibacterial.

TRY: Belif Peat Miracle Revital Cream £43.99 @ amazon.co.uk



SAKE

During the yeast fermentation process of sake (rice wine), a super-hydrating potent extract called Pitera is released. It gives skin a youthful, dewy glow by naturally renewing cells.

TRY: SK-II Facial Treatment Essence, £123



BEE VENOM

Used in skincare to reduce fine lines and wrinkles. The efficacy of venom is supported by lots of research so it's worth a try!

TRY: Rodial Bee Venom Super Serum, £160



SNAIL MUCUS

Snail slime (or mucin, to be correct) is wondrous because it helps to create collagen and elastin. Skin becomes more resilient and less prone to wrinkling.

TRY: Dr Organic Snail Gel Cream, £20.99

SHEEP GREASE

Did you know lanolin is actually sheep serum? The woolly animals naturally produce it and we use it to deeply moisturise anywhere dry.

TRY: Lanolips 101 Ointment, £10.99



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Scherzinger

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hair are radiant
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which contribute to the maintenance of normal hair and nails.

*UK's No1 beauty supplement brand for skin, hair and nails. Nielsen GB ScanTrack Total Coverage Unit Sales 52 w/e 3 December 2016.


VITABIOTICS



Jacket, £45
T-shirt, £10
Skirt, £15
All **Boohoo**



Shirt, £15
Shorts, £8
Boots, £25
Hat, £10
All **Boohoo**

Boohoo? Don't Cry...

T H E R E ' S 2 0 % O F F !

At last! Winter is waning and just in time Boohoo's got everything you need to nail those Cali cool vibes. Here's how to afford the whole lot...

Google 'when does spring begin?' and it'll tell you 20 March. Give or take a few days, that gives us one month to form the spring/summer wardrobe. Sure, bare legs and cold shoulders are hard to imagine RN, but after seeing Boohoo's new collection, it's all we can think about (bar chocolate and puppies, but you get the idea).

Now for the best bit: the brand is offering you 20 per cent off every. Single. Thing. Bell-sleeve frocks, Bardot tops and embroidered leather jackets make for the ultimate daytime look, while metallic pleats and body-con numbers work at night. But you don't have to choose, because 20 per cent off means you can bag everything, forgoing any guilt.



Top, £15



Dress, £18



Dress, £15



Dress, £20



Skirt, £18



Boots, £20




Have a friend who loves Boohoo too? Snap and share this offer and make her day!

***LOOK READERS GET AN EXCLUSIVE 20% OFF BOOHOO!**

Fancy 20% off at Boohoo? Of course you do! Get just that when you use the code LOOKtwenty at the online checkout*. Happy shopping...

WORDS: BRIDIE WILKINS. *TERMS AND CONDITIONS: CODE 'LOOKTENTY' VALID FROM MIDNIGHT ON 20 FEBRUARY 2017 UNTIL 11.59PM ON 27 FEBRUARY 2017 AND ENTITLES CUSTOMERS TO 20% DISCOUNT ON THEIR ORDER. DISCOUNT CODE TO BE REDEEMED AT BOOHOO.COM. THIS DISCOUNT CODE DOES NOT APPLY TO BOOHOO MAN, SALE ITEMS OR TO DELIVERY COSTS. DISCOUNT CODE CAN ONLY BE USED ONCE PER TRANSACTION. CANNOT BE USED IN CONJUNCTION WITH ANY OTHER PROMOTION OR OFFER AND IS NOT VALID FOR THE PURCHASE OF GIFT CARDS OR VOUCHERS. ALL TRANSACTIONS ARE SUBJECT TO BOOHOO'S TERMS AND CONDITIONS WHICH CAN BE FOUND AT BOOHOO.COM/RES/STOP-WORLD/TERMS-CONDITIONS/PCAT/TERMS

A full-page photograph of Rihanna. She is wearing a bright orange, sequined, one-shoulder top and a black strap across her back. She has long, wavy brown hair and is looking over her shoulder towards the camera. She is wearing large, ornate earrings, multiple bracelets on her right wrist, and a ring. A tattoo is visible on her lower back. The background is blurred, showing other people in a social setting.

“
*She feels
more
liberated
than she has
in years*
”

Rihanna: 'I DON'T GIVE A F**K!'

Following that bitter love triangle, the singer's ready for a fresh start...

When *Look* heard that Rihanna had sworn off men to focus on her career, we thought we couldn't love her more. Then we saw her sipping from a bejewelled hip flask at the Grammys and blowing kisses to Beyoncé. The 29-year-old seemed totally happy and carefree, and she looked incredible. We're pretty sure it's no coincidence that in the last couple of weeks she's decided to ditch the drama for a clean break, focusing on her career and putting a certain Hollywood feud behind her.

As *Look* reported last week, Rihanna's been tangled up in a bitter love triangle between on-off beau Drake, 30, and former BFF Jennifer Lopez, 47, since Christmas. With Rihanna and Drake finally smoothing things over in the last few

weeks (Drake called her 'queen of everything' at a recent gig), she's vowed to put the drama behind her.

'Rihanna's totally at peace with herself right now and super-excited about what's in store the rest of the year,' an insider tells *Look*. 'She's determined to make her movie career a success, so she's getting acting lessons on a regular basis. She had a blast filming *Ocean's Eight*, but she wants to step things up and land a major role or at least a significant supporting one.'

While Rihanna may be winning in her professional life, she's also nailed a pretty enviable work-life balance too. 'Her life had gotten so hectic. The men she dated were so needy, it was all too much,' says our source. 'She ended things with Drake, cut back on the partying and halved her schedule of events and appearances. She

had such a blast at the Grammys, mainly because she hadn't been out in a while.'

Rihanna arrived at the Grammys fashionably late and was spotted partying with Selena Gomez and The Weeknd. Revellers said she caused a stir and 'stole the show' at the after-party in a revealing pink Marc Jacobs dress – but in true Rihanna style, she didn't bat an eyelid and took to Instagram the next morning to post a video from the night before of herself mouthing: 'I think it's time for another shot.'

Despite the fact she missed out on any awards (she was nominated for eight Grammys, including Record Of The Year), the singer was overheard telling friends she was 'cool with it'.

'After all the chaos in her life, she knows where she's going and plans on focusing her efforts with a relaxed state of mind,' says our source. 'At the Grammys she felt liberated and more at ease with herself than she's been in years.'

While Rihanna's previously been taking a break from men, a close friend has revealed to *Look* that the star could be ready to date someone new. Chris Brown, 27, reportedly sent Ri – and her mum – flowers on Valentine's Day as an apology for bringing her into the drama with rapper Soulja Boy recently – the two are feuding over Soulja's claims he slept with the singer while she was dating Chris back in 2009.

'Ri just wants someone who's cute, cool, secure and kind. Someone who makes her laugh – nothing dysfunctional like she had with Chris,' says the pal. 'While she and Drake will always have something, she's moving on.' We reckon there's already a huge queue.



When Drake honoured Ri with a VMA last year...



Rihanna stars in the upcoming *Ocean's Eight*

Emma FROM U-TURN

Emma Stone is really having the best awards season. She's wearing Chanel, she's ticked off Best Actress gongs at both the BAFTAs and Golden Globes and Meryl Streep has heaped praise on her. Not only that, we hear there could be a big change in the 28-year-old's personal life, as she's considering reconciling with ex-love Andrew Garfield.

When the pair called off their four-year romance in 2015, we were crushed. Both had been so open about their love for one another, we had this down as an Eva Mendes and Ryan Gosling go-the-distance relationship. As *Look* previously reported, they remained close friends following the split, while Emma focused on her career and relocated from the couple's former NYC home to LA.

Since then, she's had roles in *Birdman* and, of course, the award-winning *La La Land*.

And now our insiders say she's letting her ex back into her life.

We were at the BAFTA Nespresso Nominees' Party when we spied the duo embracing, and the following night at the main ceremony, one insider said they barely left each other's sides.

'They care deeply about one another,' a source close to the pair reveals. 'They've just needed

She and Andrew split in 2015 after four years together

'S ANCE

N Emma Stone is winning big – and it seems she might have found Mr Right, too...



Emma and Andrew were snapped embracing at the BAFTAs party

some time apart to really appreciate what they had together. I know Andrew thinks the world of her.'

Andrew, 33, recently revealed that he'd choose Emma to be stranded on a desert island with, gushing: 'I love Emma. She's alright. She can come.' And speaking about their break-up in an interview in October, Emma also admitted Andrew is 'someone I still love very much'. If that's not saying something, we don't know what is.

But while the exes appear to be reuniting, why are they so keen to keep things on the down-low? According to a pal, Emma wants to make sure she's making the right decision before committing again.

'Emma had insisted on a no-contact rule in recent months,' says a source. 'She wanted to focus on her work and now that's winding down, she realises what she really wants: Andrew.'

'Andrew was the first love of her life,' adds another insider. 'Being apart has made them even more passionate about one another. Both have agreed to keep things low-key this time, because the pressure for them to succeed was too much. But this time, they think they can do it.'



CHERYL:

'I Won't Hire A Nanny'

The star wants to be hands-on with her new arrival

While the *Look* office are overjoyed for Cheryl, we're just dying to know whether we're getting a diva baby à la North West or a cool kid like Blue Ivy. The jury's still out. But one thing we do know is that Chezza, 33, and Liam Payne plan to be hands-on parents. Rather than handing over the parenting reins to a nanny, it's believed Cheryl and Liam, 23, plan to do it all themselves.

According to pals, while it's down to wanting things to be as 'normal as possible' for the baby, it's a lot to do with Cheryl's concerns about privacy. She's



(Above) BFF Kim posted this pic (Right) Cheryl's mum Joan



said in the past: 'I've come to the conclusion that I don't trust anyone in my life except my mother.'

'Motherhood for Cheryl is all about doing it properly,' says our source. 'She wants that bonding time for her, Liam and the baby and has said there's no way she'll have a nanny, at least at first.'

While Cheryl had stayed quiet on social media, apart from posting about her charity, as *Look* went to press, her ex-bandmates Kimberley Walsh and Sarah Harding had been posting pics of her – hmm, subtle congrats? We think so.

MEGHAN Hits Back!

She's broken her social media silence to strike back against the Harry haters

Meghan Markle is usually quite outspoken online, but since her romance with Prince Harry was revealed in November, she's stayed quiet. As *Look* revealed last week, she's received abuse from unhappy Hazza fans, while there were concerns her acting work was suffering following low ratings for *Suits*.

But this week, Meghan, 35, took a stand, posting: '#goodvibesonly' after being comforted by Harry, 32. 'He really spoiled



(Above) Meghan. (Inset) Harry's ex Cressida



her on Valentine's Day,' says a pal. 'He's reassured her.'

Meghan's post came after Harry's ex Cressida Bonas, 27, claimed her romance with the Royal overshadowed her work. 'I think everyone's put me in a box because I was with you know who. It's frustrating because I work really hard,' she said. Ooh-er!

A woman with long, wavy red hair is sitting on a green tufted couch. She is wearing a white off-the-shoulder top and blue jeans. She is smiling broadly, showing her teeth, and looking upwards and to the right. The background is a light blue wall with a window on the left.

ANGELA

*‘I’m Doing
It For The
Redheads!’*

ANGELA SCANLON INTERVIEW

TV presenter Angela Scanlon talks to *Look's* Lucy Devine about partying with Prince Harry, social media haters and the difficulties of live TV...

Hang out with Angela Scanlon for longer than five minutes and you'll come away with three things: beauty tips for life, stories to make you belly laugh and a feeling you've known her for way longer. Standing next to us in a Stella McCartney leopard print coat (which she says she nabbed on sale), she's explaining what makes the perfect pair of jeans (more on that later) and demonstrating her flawless hair-curling technique.

The Irish-born journalist, fashion guru, and TV presenter, 33, has had an impressive career. Angela's first big TV gig was online for *The Voice UK* in 2015 and last year she co-hosted BBC Two's *Robot Wars*. Now, not only is she holding the fort over on *The One Show*, standing in for Alex Jones who's on maternity leave, she's just been revealed as Garnier Nutrisse's new brand ambassador. Angela is one to watch...

Hi Angela, congratulations on becoming the new face of Garnier Nutrisse! Do you ever have bad hair days?

Thanks! I feel like I'm doing it for the redheads. People used to say: 'Do you like blondes or brunettes?' Red hair was never even a consideration. We've got our own emoji now! Yes, I have bad hair days. I have a little fisherman's cap I often hide in. Some people find it quite questionable, but I love it.

You're joining Davina McCall and Holly Willoughby, who are also ambassadors. Davina accidentally revealed the news a little early...

We all got a bit excited. We were very giddy [on set] and Davina uploaded a picture of us having a ball and suddenly we just thought: 'Oops!'

What's your number one beauty tip?

SPF. I don't spend much on make-up, but I'm very fair and my skin burns easily. I just put it on under my make-up every day.

What's your favourite item of clothing?

Jeans. They're my uniform.



With fellow Garnier ambassadors Davina McCall and Holly Willoughby

I love Topshop ones. I have a pair I've worn so much they have a rip in the bum. I still wear them, but only with long tops – it can get a bit draughty [laughs]! Also, Marks & Spencer's men's cashmere jumpers are the best – a bit more boyish and cheaper than women's ones.

Will you be at London Fashion Week?

I like to dabble. I used to do Fashion Week hardcore, but now it's mainly about friends who are designers or if there's a fun party. I think it's brilliant that everybody can be

Sharing the air with Prince Harry is quite the thrill



Red hot: Angela's currently hosting *The One Show*

involved and feel entitled to an opinion.

What's the best celebrity party you've been to?

I don't go to many fabulous things, but there's the Audi Polo Challenge at Coworth Park in Ascot and Princes William and Harry are always there – sharing the air with Hazza is quite the thrill for me. We don't really do polo in Ireland, so it's quite fantastic.

You've had great feedback from fans since you've been on *The One Show*, but how do you handle the haters?

I try to ignore it and take it with a pinch of salt. I think: 'Head down, do your best.'

What's been your career highlight to date?

Hosting *Robot Wars*. Obviously I'm sitting in for

Alex on *The One Show* – that's very much her programme – but *Robot Wars* is very special to me. It's just an absolute celebration of brilliant people who have an intense passion for something.

Do you have any quirky hobbies?

I collect crystals. I'm quite into it, so I burn sage and incense – my flat is like a little cavern. It's so relaxing. I usually carry things in my bag, so if somebody needs it I whip out a bit of sage! [Laughs]

Has anything really awkward ever happened on TV?

Last year, I hosted the BAFTAs for BBC Three. I was on the red carpet and heard Michael Fassbender was en route. I have quite a soft spot for him, so I got prepping. Anyway, I turned around and there was this lovely grey-haired gentleman standing behind me [Angela falls about laughing] – I'm just so embarrassed about this! I was imagining he was my dad and had somehow stumbled on to the red carpet.

I said: 'Is this your first time at the BAFTAs?' I found out later it was Steven Spielberg.

Which three people would you invite to a dinner party?

Meryl Streep – I think she'd be really good fun. Michael Ball – I co-hosted *The One Show* with him and he's a hoot. And Mary Berry. You always see Mary in her little floral bomber being so demure, but my favourite moment was when she punched the air at the NTAs. So yeah, Mary Bezza. I'll chuck a bit of sage around the room, too.

Angela is the new ambassador for Garnier Nutrisse and Garnier Ultimate Blends in the UK & Ireland*

TOP PICKS



1 BaByliss Boutique Soft Waves Hair Styler, £40 2 Garnier Ultimate Blends Maple Healer Shampoo, £3.89 3 MAC Lipstick in Lady Danger, £15.50 4 Jeans, £29.99, New Look

PHOTOS: ANGELA SCANLON/INSTAGRAM, FEATUREFLASH/SILVERHUB, ROBERT HARPER *#BLENDEDWITHLOVE WWW.GARNIER.CO.UK

Is Your **BOSS** **SPYING** *On You?*

Ever feel like you're being watched at work? You might be...

It's 9.30pm and you're wide awake, yet swapping the new series of *First Dates* for an early night. You're not ill or hungover – just terrified of being scolded by your boss for staying up late. Welcome to a new way of working, where fitted 'badges' count each loo break, analyse every email and ruthlessly scrutinise our sleep and exercise routines. Long gone are 4pm lulls spent devouring the latest celeb gossip on Look.co.uk, cooing over videos of kittens or sending the obligatory 'What shall we have for dinner?' message to your other half. In fact, you might be better off checking the latter with your boss – she'll probably have a say on that too.

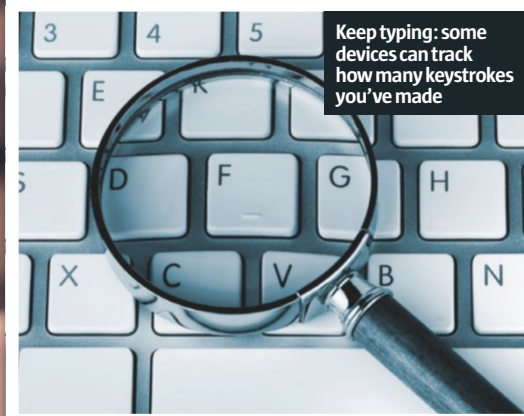
The wearable devices, created by 'people analytics' company Humanyze,

use sensors to collect staggering amounts of data – from what time we hit the sack to assessing how well we get along with colleagues. The product is just one in a wealth of tracking devices aimed at yielding productivity. Too shy or too loud, passive in meetings or a serial interrupter, they have the ability to, at best, encourage a more productive version of ourselves or, at worst, showcase our flaws.

It's easy to see why some employers want to keep tabs on their staff. According to a recent survey, 89 per cent of employees admitted to wasting time at work, with at least four per cent spending half their day on unrelated tasks. Clare Gower, a freelance copywriter, was regularly monitored in a previous role.

'My last client insisted I installed a time-tracking programme called Hubstaff,' says Clare. 'It takes screenshots of your computer every few minutes, which are then uploaded onto a server for the employer to review – the employee has no access. The software – which I dubbed "that f***ing tracker" – also monitors how many keystrokes you've made. I was only allowed to pause the tracker when I went to the bathroom or ate lunch.'

Clare adds: 'If I forgot to turn it back on, I'd lose money. It's also used to calculate pay, so even if I'd been working for eight hours, I'd get paid for less. I can see why it appeals. The "if you've got nothing to hide it shouldn't matter" logic prevails and megalomaniac managers love it. However, I think an eight-hour working day is



predicated on thinking, doing, conversing and having breaks to recover from periods of high concentration. This way of working effectively bills the employee for the human element of work.'

A recent study by social networking company The Draugiem Group revealed that 17-minute breaks followed by 52 minutes of work is the 'optimum' amount of downtime needed for maximum productivity. While this might be tricky in most places, it does go some way to acknowledging the need for time out.

Rachael Beech* is a PR account executive. During her previous role, she not only felt pressured to maintain uninterrupted periods of work but she was also tracked through emails. 'If I was emailing journalists I'd have to blind copy-in my managing director,' she says. 'I felt like I was in school. They would also often log into my account and send emails on my behalf, using my name.'

At least four UK companies are believed to be using Humanyze's badges, including parts of the NHS and a major high street bank. While it might sound daunting – and in some cases illegal – it's not uncommon. 'It may come as a surprise, but many kinds of monitoring are completely legal, whether it's a tracker on your company car or visibility of your email,' says Ben Taylor, consultant and cyber security expert at BestVPN.com.

With this in mind, it's not surprising that wearables at work are set to rapidly

increase – and not only among office-based jobs. According to market research company Tractica, shipments of wearables to industrial customers and businesses are predicted to rise from 166,000 units in 2013, to 27.5m by 2020.

Craig Hall is an operations director at Glass Digital, a marketing agency in Newcastle, where monitoring employees is an everyday practice. The company uses Rescue Time, which tracks every website visited and knows when colleagues are away from their desks.

'We first implemented monitoring due to issues with people taking their roles for granted,' says Craig. 'Since, it's evolved into finding aspects of the job that staff are struggling with and creating a process to help them reach their potential.' Melissa Gannaway works for Craig as an outreach executive and says she doesn't have any issues with being tracked. 'I have nothing to hide. In fact, it's good for your professional development as you can work out areas you can be more productive in.'

Many people dislike the idea of being 'watched' at work – but should

*I had to
pause the
tracker
when I
went to
the toilet*

employees be more open-minded? Can this kind of monitoring lead to increased productivity? We asked the founder of SEVEN Career Coaching, Evelyn Cotter, for her verdict. She believes we should focus on how the information is being used and reminds us that we might not even realise we're being watched...

'Although monitoring is probably "right" for

certain businesses, for example security firms, it can be counterproductive for others,' Evelyn says. 'Data for businesses is obviously hugely valuable – it's just about how the information is being used. I'm sure there are organisations already doing this without the employee knowing. But monitoring toilet breaks, interactions and email content could create an unhappy working environment.'

'More importantly, how people are managed will determine how they behave – people rise to our expectations and lower to them too. Companies could consider their recruitment approach. Hiring the right people could mean these products are unnecessary.' We agree. But it looks like they're here to stay. You have been warned. The boss is watching...

THE FACTS

89% of people in a recent survey admitted to intentionally wasting time at work

91% of men waste time compared to 87% of women

23% of people surveyed blamed social media for their distraction

Look out, she's behind you!

Found! Fashion's best bits – dropping in store and online this week...

FA**LOOK**SHiON

Primark



Parka, **£30**



Bag, **£9**



Dungarees, **£17**



Top, **£10**



Dress, **£13**
T-shirt, **£5** (both
sizes 6-20)
both **Primark**



Dress, **£12**



Coat, **£20**



Sunglasses, **£3**



Sliders, **£4**



Jacket, **£23**

New Look

Sweatshirt, £19.99
Skirt, £19.99
(both sizes 6-16)
Boots, £39.99
Bag, £12.99
all **New Look**



Dress, **£22.99**



Bag, **£15.99**



Jeans, **£19.99**



Dress, **£24.99**



T-shirt, **£14.99**



Jeans, **£29.99**



Jacket, **£34.99**



Boots, **£37.99**



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FASHION
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Of New Look At
Look.co.uk/Fashion

Zara



Dress, **£17.99**



Top, **£25.99**



Jacket, **£45.99**



Jeans, **£25.99**



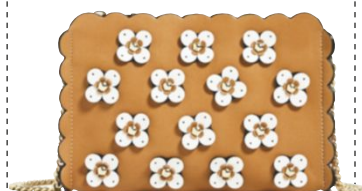
Jumper, **£25.99**



Skirt, **£19.99**



Jacket, **£69.99**



Clutch, **£19.99**



Boots, **£45.99**

Jacket, £69.99
T-shirt, £15.99
Trousers, £39.99
(all sizes XS-L)
Trainers, £45.99
all **Zara**



NEW IN
FASHION

Want More?!
Shop Look's Daily Edit
Of Zara At
Look.co.uk/Fashion



Dress, £55

Very



Trousers, £25



Jumper, £28



Trousers, £28



Skirt, £35



Jacket, £35



Shoes, £20



Heels, £32



Jacket, £35



Jumper, £28



Jacket, £60



Jumpsuit, £42



Dress, £38

Next



Jumper, £22



Bag, £42



Shirt, £28



Top, £36

Shirt, £38
Skirt, £46
(both sizes 6-22)
Boots, £68
Bag, £20
all Next



Dress, £50



Cargo pants, £36



Skirt, £24



Trousers, £38



Bag, £30



Shoes, £32



Shoes, £35

Urban Outfitters



Jacket, **£76**



Bag, **£35**



Trousers, **£42**



Jumper, **£34**



Earrings, **£12**



Belt, **£27**



Jeans, **£55**



Top, **£29**



Pink top, **£39**
Black top, **£39**
Trousers, **£46**
(all sizes XS-L)
Shoes, **£39**
all **Urban Outfitters**

Miss Selfridge



Bag, **£40**



Dress, **£55**



Jacket, **£79**



Dress, **£49**



Skirt, **£95**



Top, **£49**



Bag, **£49**



Blouse, **£45**



Dress, **£120**



Jacket, **£110**



Heels, **£39**



Heels, **£45**

Jacket, £65
Top, £28
Trousers, £45
(all sizes 4-16)
Shoes, £32
Bag, £29
all **Miss Selfridge**



George at Asda



Blouse, **£14**



Skirt, **£14**



Jeans, **£16**



Bomber, **£25**



Rucksack, **£12**



Jumper, **£14**



Blouse, **£10**



Shirt, **£14**

STYLING: LAURA MARTIN PHOTOGRAPHER: WILLIAM ROBINSON HAIR: ALICE OLIVER USING KIEHL'S SINCE 1851 MAKE-UP: MOLLY PORTSMOUTH USING KIEHL'S SINCE 1851 MODEL: KIRSTY DAVIS AT MODELS 1 FASHION INTERN: LAUREN WELCH

Shoes, Bags,
Shoes, Bags!

The Best To Shop Now



CHIARA FERRAGNI

Our shopping habits aren't always logical but shoes and bags always make sense – they complete every outfit and transcend seasons. Here's what you should buy now...



@hannaheroskey

Red Hot

As much as we want to be sauntering around in sandals RN we're still, for the most part, restricted to our ankle boots. Our fave bloggers don't seem to mind, though, and have been stepping out in red styles en masse. Just add cropped denim, a cable knit and a baker boy hat for major style cred.

- 1 £79.99, **Mango**
- 2 £34.99, **Public Desire**
- 3 £85, **Office**
- 4 £55.99, **Zara**
- 5 £99, **Topshop**



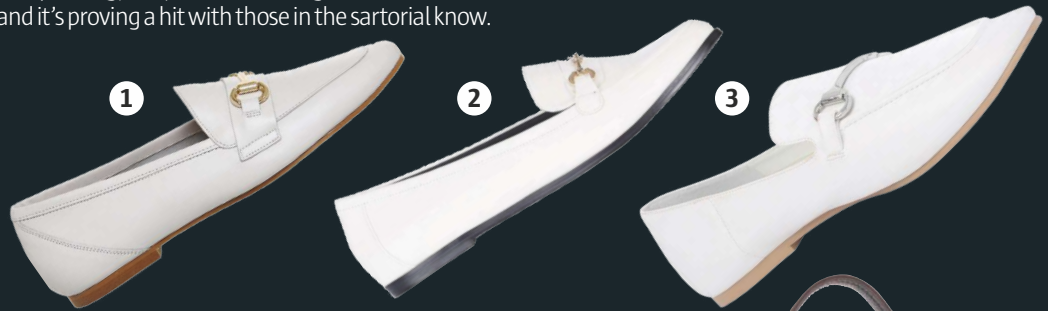


KARLIE KLOSS

Total White Out

We couldn't curate a shoe special without a nod to the loafer. The trend that just won't quit (not that we're complaining) has just been reimagined in fresh white and it's proving a hit with those in the sartorial know.

- 1 £68, Office
- 2 £29, Topshop
- 3 £10, Primark



241 Totes

If you thought BOGOF Jaffa Cakes were tempting, these gorgeous holdalls complete with freebie clutches are going to be impossible to resist...

- 1 £30, River Island
- 2 £35, Apricot
- 3 £169, Ted Baker
- 4 £17.99, H&M
- 5 £18.99, New Look





Newbie Nikes

For the very first time, Nike has re-created its Air Max Thea in Flyknit, AKA the world's comfiest type of shoe. You'll basically feel like you're walking on clouds *and* there are a whole load of new colourways to choose from. Tell us we ain't dreaming...

Trainers, £110 each, **Nike**



Bowled Over

If you're anything like us, chances are you carry approx 3.5 bags with you on a daily basis. Your handbag's a given. A gym bag, obvs. A canvas tote for your heels (which you may or may not switch into) and, most likely, a paper bag you've employed to transport your next meal/snack/green juice. Well, what if we told you there's a handbag out there that'll hold *all* your essentials in one? Meet the bowling bag, SS17's answer to all your sartorial woes. Prepare to be 100 per cent more organised with one of these catwalk homages on your arm.

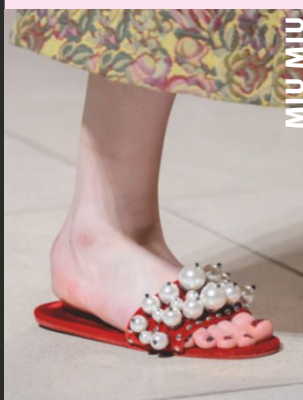
- 1 £85, **Dune**
- 2 £32, **Dorothy Perkins**
- 3 £120, **Bimba Y Lola**



RALPH LAUREN



GUCCI



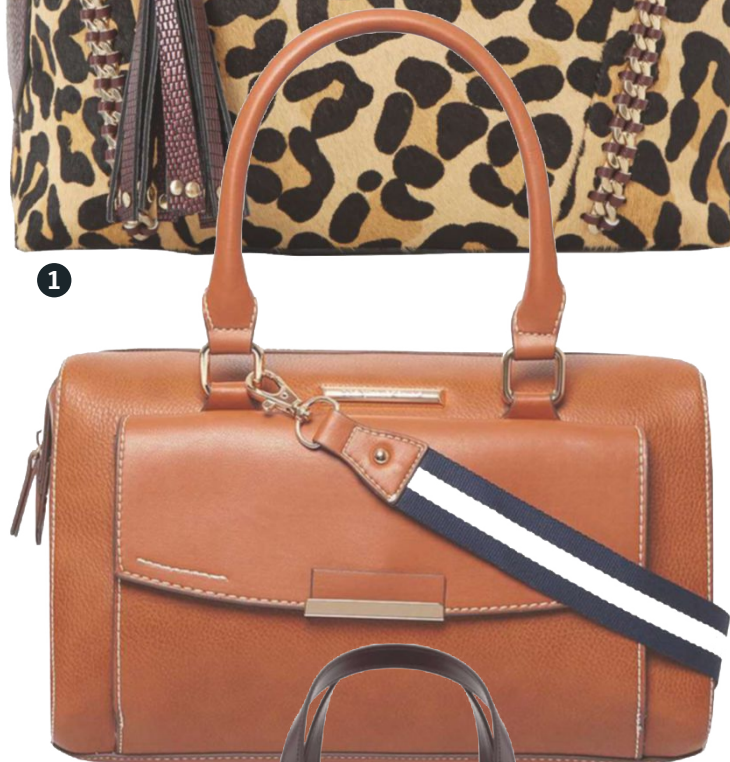
MIU MIU

Pearl-fect Slides

Sporty sliders have been given an Upper East Side overhaul with the addition of freshwater pearls. Buy now, be suitably smug come summer.



1



2



3



1

1 £120, Kurt Geiger
2 £35, River Island
3 £28, VbyVery
4 £70, Dune



2



3



4



£59.99, H&M

H&M's Designer Dupes



Squint and you'd be forgiven for thinking these satin slippers really were the £490 N°21 styles that have been dominating Instagram of late. Sure, they may not be the most practical shoes on earth, but who cares when they've got so much #fvis potential? Here's how to wear them for maximum impact...

Dinner date: Just add flares and a crisp white shirt.

Off-the-clock: Pair with a chunky cardie, mom jeans and your fave T-shirt.

Work, work, work: Offset with a pencil skirt and a rollneck in a similar hue.



Twist It

Just like Coach's catwalk cross-body, these cuties feature a secure twist lock, which not only minimises the risk of dropping your phone (huzzah) but also looks seriously premium. A win-win, then.



£13, Primark



£25, Marks & Spencer

OP's Loafer Love-In



Pretty Ballerina has always been on our radar but now, thanks to its new sister label Pretty Loafers, it's cemented itself once again as the need-to-know flattie. Olivia Palermo's already a fan, and that's good enough for us...

£229 each, **Pretty Loafers**



£29, Accessorize



£27.50, Marks & Spencer



£22, River Island

Mental For Oriental

Yes, we are, and so is everyone else by the looks of things. We've spied approx 472 street stylers sporting oriental-inspired shoes and bags, making for a sophisticated upgrade to the florals we've seen so much of.

- 1 Boots, £35, Boohoo
- 2 Rucksack, £22.99, New Look
- 3 Bag, £90, Kurt Geiger
- 4 Shoes, £59.99, Mango
- 5 Heels, £30, Missguided at Schuh



V-Neck Courts

Classic courts with a twist? Yes please! The new V-front style is literally *everywhere* at the moment and bears a striking resemblance to one designer in particular. Cough, Céline, cough.



- 1 £69, Urban Outfitters
- 2 £59, Topshop
- 3 £14, George at Asda
- 4 £100, French Connection
- 5 £55, Marks & Spencer
- 6 £68, Office

Heavy Metal

Rucksacks have changed our lives, freeing up our hands to do more important stuff, like texting. Or eating doughnuts. Now, it's all about super-shiny styles; we suggest pink and blue sweetie-wrapper shades.



- 1 £19.99, New Look
- 2 £30, Next
- 3 £35, Therapy London
- 4 £25, V by Very





All The Animal

Snakeskin, leopard, zebra prints... put them together and what do you get? A statement bag to suit every fashionista, that's what. Make Burberry-inspired menagerie arm candy the focal point of your outfit by pairing with neutral tailoring.

- 1 £39, Accessorize
- 2 £19.99, New Look
- 3 £39, Accessorize
- 4 £39, Rare London



Boden's Bloomin' Sneaks

Why you need these stylish sneakers in your life

- They're trainers – read: the comfiest shoes on earth.
- The flat sole and intricate embroidery mean they're smart enough to wear on dressier occasions.
- Try working with a pastel suit on a #BNO.
- Influencers are already stocking up on them, which means waiting list territory is imminent. Go, go, go!

Trainers, £95, Boden



Ruffle Ranks

- 1 £14.99, H&M
- 2 £29.99, H&M
- 3 £45, Miss Selfridge
- 4 £85, Topshop
- 5 £38, V&A
- 6 £45, Marks & Spencer
- 7 £32, Dorothy Perkins

OCCASION: Winter wedding
STYLE: Metallic short block heels

1



OCCASION: Date night
STYLE: Stiletto ankle boot

2



OCCASION: GNO
STYLE: Nude block heel

3



OCCASION: Shopping
STYLE: White ankle boot

4



OCCASION: Brunch
STYLE: Mules

5



OCCASION: Work
STYLE: Silver block heels

6



OCCASION: Drinks
STYLE: Pink strappy block heels

7



Tote A Triangle

1 £20, ASOS
2 £80, Topshop
3 £12, Boohoo
4 £119.99, Mango



One of the more niche trends in our round-up, pyramid bags are in fact cropping up all over the high street. OK, so you'll probably need to leave your hair brush/spare shoes/4-pack of Mars bars at home, but for arm candy this cool, it's worth it.

Wallis's Mega Mules

Statement-making ✓
Spring-ready ✓
Versatile ✓ Comfortable ✓
We'll take *all* of Wallis's super slides.



1 £45, Wallis 2 £48, Wallis 3 £48, Wallis

PERSONAL STYLIST

IT'S A SPRING THING

Over winter? Give your wardrobe a respin that's fit for spring

STYLIST: SARAH BARLOW PHOTOGRAPHY: PAUL WHITFIELD



EASILY SUEDE

● Whether it's winter or high summer, suede is always a winner in our wardrobes – and we're not just talking about the black and tan kind. A berry red colourway, like this miniskirt, will go with anything and everything (even animal print) and is also an easy way to nail the colour-blocking trend.

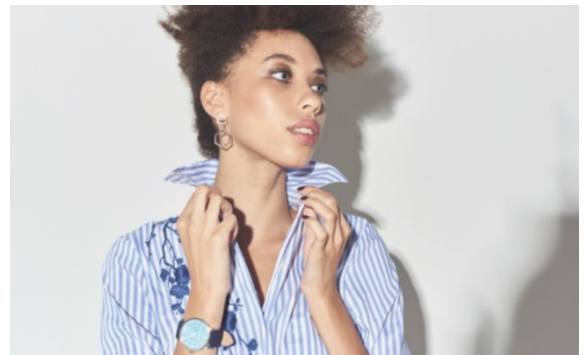
Jumper, £16
(sizes 8-20),
Matalan
Skirt, £129
(sizes 8-20),
Marks & Spencer
Mules, £50,
Office
Earrings, £3.99,
New Look
Bag, £129,
Topshop



Shirt, £29.99
(sizes XS-XL), **Zara**
Trousers, £49
(sizes 4-16)
Heels, £49,
both **Topshop**
Earrings, £6,
Accessorize
Watch, £115,
Shore Projects

GET SHIRTY

● So you're a fan of a classic cotton shirt but getting bored of white shades? Enter this little blue embroidered number. Try teaming it with statement spring shades like hot pink.



'I love how this outfit mixes two very different shades of pink together...it shouldn't work, but it totally does!'
Imogen, size 18



Coat, £159 (sizes 8-22),
Monsoon
 Jumper, £49.99
 (sizes XS-L), **H&M**
 Jeans, £58 (sizes 14-28),
Junarose at Navabi
 Mules, £39.99, **Zara**
 Earrings, £5,
Marks & Spencer

THE CLASH

● It's easy to amp up your staple skinny jeans thanks to OTT outerwear like this coral pink coat. Why not take the look one step further by colour clashing your cover-up with a candyfloss pink jumper?

Sweater, £25.99
 (sizes S-L)
 Bag, £29.99,
 both **Zara**
 Poloneck, £8.99
 (sizes 6-18),
New Look
 Skirt, £60
 (sizes 4-16),
Miss Selfridge
 Heels, £19.99,
H&M



3 Simple Steps To Styling Success...

1 Who said blue and green should never be seen? An ivy pleated midi and cobalt knit go together like a match made in fashion heaven.

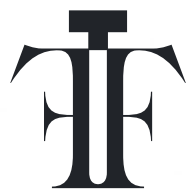
2 A pair of gold heels will help give this sporty ensemble a more feminine feel.

3 A quilted utility bum bag or rucksack will finish off this look perfectly.

ROLL UP, ROLL UP

● It's time to ditch your boring black knits in favour of a bold blue rollneck. A zipped neckline is not only a totally trending design feature (thanks, Marques'Almeida!) but also perfect for adding an extra layer if the weather turns chilly.





THE FRAGRANCE FOUNDATION

National Fragrance Day

Tuesday 21st March 2017

A week long celebration of fragrance



#ScentMemories

Your stories through scent...

 FragranceFoundationUK  @FragranceFDN_UK  fragrancefoundation  FragranceFoundationUK

WWW.FRAGRANCEFOUNDATION.ORG.UK

Made YOU LOOK

SPRING GLOW

Warm up your skin and add an all-over glow without looking like you're wearing any make-up at all!

GOOD MORNING GLOW
5
MINUTE
TRICK

MAKE IT WORK (IRL*)

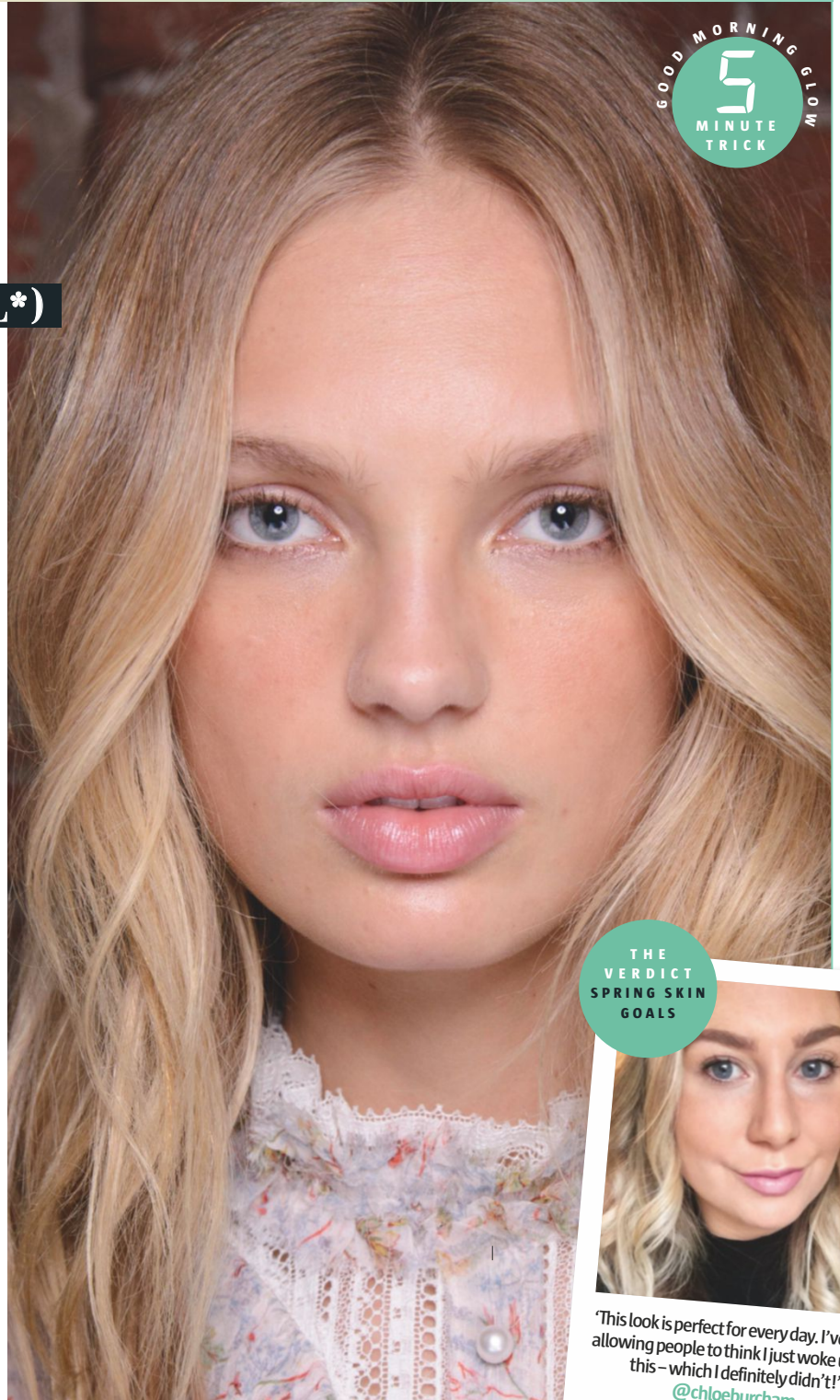
- 1 Start by warming up your skin tone with a matte bronzer. Apply over the nose, top of the cheekbones and across your forehead for a Scandi-esque tan.
- 2 Use a brown eyeliner close to the lash line and smudge out to create the illusion of thicker, fuller lashes.
- 3 Finish by coating your lips in a deliciously luxe lip balm, and that's it... You're good to go!

1 Too Faced Chocolate Soleil Bronzer, £25

2 MAC Eye Kohl in Teddy, £14

3 By Terry Hyaluronic Sheer Nude in Bare Balm, £29

*In Real Life



THE
VERDICT
SPRING SKIN
GOALS



'This look is perfect for every day. I've been allowing people to think I just woke up like this - which I definitely didn't!'
@chloeburcham

WORDS: CHLOE BURCHAM
PHOTO: GORUNWAY.COM



THE *Foundations* **OF BEAUTY**

Cheat your way to perfect skin with these game-changing bases

WORDS: CHLOE BURCHAM @CHLOEBURCHAM

ALL BASES COVERED



SHEER SKIN FINISHES

These are lightweight and let your own skin shine through for a more natural look.

Pixi H2O Skin Tint, £24
Dolce & Gabbana Perfect Luminous Liquid Foundation, £38
Bobbi Brown Skin Foundation, £32.50
Revlon PhotoReady Insta-Fix Make-up Stick £9.99
YSL Fusion Ink Cushion Foundation, £35



Perfect for every day

MEDIUM BUILDABLE BASES

With a semi-matte finish, these are excellent for areas that require a bit more coverage.

Smashbox Studio Skin Foundation, £29
Chanel Le Teint Ultra Tenue, £37
Dior Skin Forever Cushion Foundation, £35
Stila Aqua Glow Serum Foundation, £34.50

Great for that big night out



FULL FACE MAKE-UP

To stop shine and hide blemishes, these new formulas contain more pigment than ever, so they deliver full coverage, without the cakey feel.

L'Oréal Infallible Total Cover, £9.99
Giorgio Armani Power Fabric Foundation, £40
Kat Von D Lock-It Liquid Foundation, £27
Re(Marc)Able Full Cover Foundation Concentrate, £37



Best for spots and uneven skin tone



Skincare SAVVY FORMULAS

Merging the line between expert skincare and flawless make-up, these multitasking formulas are packed with hydrating ingredients, anti-ageing properties and vitamins. Count as one of your five a day!

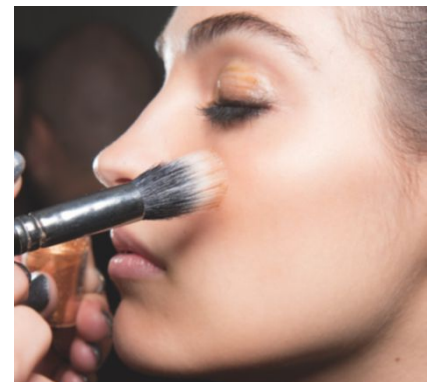


1 Rimmel Fresher Skin, £7.49 2 Delilah Time Frame Future Resist Foundation, £34
3 Hourglass Illusion Hyaluronic Skin Tint, £50 4 Bourjois Healthy Mix Foundation,
£9.99 5 Chantecaille Future Skin Foundation, £60 6 Laura Mercier Mineral
Powder, £31

*If you're going
to invest in one
area, make it
foundation. Look
for multitaskers
with added
skincare benefits*

THIS WEBSITE WILL CHANGE THE WAY YOU BUY FOUNDATION

Buying a new foundation, especially if you're shopping online, can be difficult as colour matching often takes a lot of guesswork. Enter Findation.com, a clever website that will match you to thousands of foundation shades, based on the ones you already wear. Genius!



B l e n d I T O U T

How you apply your foundation can completely change its finish. Opt for a damp sponge if you want sheer coverage, a fluffy brush for a more medium finish and a flat dense brush for areas where you need full coverage.



1 YSL Fusion Ink Cushion Foundation Sponge, £35 (comes with foundation) **2** beautyblender, £16 **3** ZOEVA Bamboo Buffer Brush, £14.50 **4** Real Techniques MultiTech Large Point Brush, £15.99 **5** Sisley Fluid Foundation Brush, £39 **6** Bobbi Brown Full Coverage Touch Up Brush, £26



Did you know that European forests, which provide wood for making paper and many other products, have grown by 44,000km² over the past 10 years? That's more than 1,500 football pitches every day![†]

Love magazines? You'll love them even more knowing they're made from natural, renewable and recyclable wood

[†]UNFAO, Global Forest Resources Assessment 2005-2015.

Two Sides is a global initiative promoting the responsible use of print and paper which, when sourced from certified or sustainably managed forests, is a uniquely powerful and natural communications medium.

There are some great reasons to [#LovePaper](#)
Discover them now,
twosides.info



It's Easy Being Green

It's often considered to be a no-go in beauty, but according to the authority of colour predictions Pantone, this is set to be the colour of 2017. It's time to go green, guys



1 Zina The Nail Polish in 184, £4.95 2 Illamasqua Powder Eyeshadow in Pivot, £16.50 3 MAC Pigment Pot in Chartreuse, £16 4 Kiko Smart Colour Eyeshadow in Pearly Lime Green, £2.50 5 Urban Decay 24/7 Eyeliner in Freak, £15.50 6 Urban Decay Liquid Eyeliner in Kush, £16 7 OPI Infinite Shine Nail Lacquer in To The Finish Lime, £13.95 8 MAC Eyeshadow in Lucky Green, £13

WORDS: GABRIELLE DYER PHOTOS: PIRELLES

LOOK

F a s h i o n | B e a u t y | L i f e | F i t



*O n s a l e e v e r y T u e s d a y
o r h e a d t o l o o k . c o . u k f o r
y o u r d a i l y s t y l e f i x*



 @lookmagazine  lookmag  lookmagazineuk  @lookmagazine  lookmagazine  lookvideo

BEAUTY

Advisor

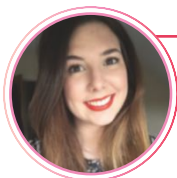
Your Number 1... Non-cakey Concealers



Rimmel
Match Perfection
Illuminating Concealer, £5.99
This absolute beauty steal literally covers every blemish without being remotely cakey, and the ivory shade matches PERFECTLY to my skin. My eye bags thank me on a daily basis! [@mformegandraws](#)



Rodial
Airbrush
Concealer, £32
After a mass breakout of adult acne two weeks before my wedding day, concealer fast became the most important item in my make-up bag. I stumbled across this one and I haven't looked back since. Its coverage is unrivalled and lasts all. day. long.
[@maxfasheditor](#)



bareMinerals
bareSkin
Concealer, £22
I love this because it has a really high coverage without being thick or heavy. It's super-easy to blend and can be used under the eyes or on blemishes – I use it on my stubborn hormonal acne and it completely covers and smooths it! [@fidlare](#)



Kat Von D
Lock-It
Crème
Concealer, £20
I'm obsessed with concealers and rely on them more than a foundation for coverage. My favourite is this one because it has such an incredible formula, so it doesn't cake and is super-flexible with a beautiful finish. It's borderline camouflage on redness and spots and creates a flawless base for the rest of your make-up.
[@stylelobster](#)



Benefit
Boi-ing
Concealer, £17.50
This is the best thing ever! It's so light yet the coverage level is amazing and there's no mess so you can top up on the go.
[@sarahrosegoes](#)



Next Time

We reveal your number 1 best hold hairspray. Want to have your say? Head over to Look.co.uk/beautyadvisor to vote for your favourite products...

WHAT DOES LIFE LOOK LIKE DURING YOUR PERIOD?

#LooksLikeThis

Life looks great with Tampax Compak Pearl.

Unlike the leading non-applicator tampon*,



to better fit your unique shape for superior anti-leak protection.



power
OVER PERIODS™

TAMPAX

*Nielsen July 2016 data. Comparing the "Super" 3 drops variant of the leading non-applicator tampon and Tampax Compak Pearl.

LOOK Fit!

TONE WHAT YOU OWN

Your Marathon Prep Guide

With only a month to go, we asked Adidas runners captain James Heptonstall to share his top tips ahead of 23 April...

WE'RE NERVOUS. WHAT SHOULD WE EXPECT?

'The crowds, fellow runners and the sense of achievement all add up to a day you won't forget. To make that race day enjoyable, you need to get your body acclimatised to increased mileage. Being able to sustain a comfortable pace over a long period of time is critical to making the most of your marathon experience.'

SO WHAT'S THE PLAN?

'As a beginner you may run three times a week and as a regular you may do five. The key is quality sessions, not quantity. Introduce interval, hill sessions and fartlek [intervals of fast and slow-paced running] into your training plan. Don't neglect core stability either. A good core gives you a great base for an efficient running technique.'

HOW LONG SHOULD WE RUN?

'Build up the distance or time you run slowly each week.'

Generally, get your longer training runs done at the weekend and shorter runs in the week. Aim to run a half marathon (13.1 miles) a month before your marathon.'

DO WE EVER NEED TO RUN THE FULL 26 MILES?

'No, I'd suggest only running 20 miles as your maximum distance, around three weeks before the marathon.'

WHAT ABOUT PRE- AND POST-TRAINING FUEL?

'Slow-release carbohydrates are good before a training run to give you a sustained energy release throughout. Eat at least an hour before your session so you have time to digest. Porridge, peanut butter on brown toast and bananas are all favourites of mine. Fast-release carbs replenish energy stores straight after training. White pasta, white rice and potatoes are good as well, as protein for muscle repair.'



Ashley's tips...

- 'Run on the inside lanes. I had my Nike app measure my distance last year and I ran 28 miles instead of 26 miles.'
- 'Take your time at the beginning and don't be tempted to chase someone in front you.'
- 'Bring headphones as music really helps to set the pace.'

Celebrity Runners

1 Pippa Middleton

K-Mid's little sis was the seventh overall female to finish the 2015 Safaricom Marathon in Kenya and last year was the 13th fastest female to complete China's Great Wall Marathon. Bravo, Pippa!

last year, Ashley says she's taking training 'a bit more seriously' for 2017. 'I've set myself a running goal each week and will increase it week by week. I'm also doing other classes to mix it up and keep my fitness levels up.'

2 AJ Odudu

The fitness blogger is running for the first time but is determined to do it justice. 'My three main priorities are: to not hurt myself, not ruin a pair of undies and to trip anyone dressed as poultry!'

3 Ashley James

Completing the race in four hours 10 mins



RUNNING ACCESSORIES

All the gear to keep you going



Headphones, £99.99
Panasonic at Very



Phizz tablets, £7.99
Ocado



Map My Run GPS running
tracker, free
iTunes & Android



Armband, £24.95
Ted Baker at Proporta



Endurance Gel, £1.99,
Holland & Barrett

IF YOU ONLY FOLLOW ONE PERSON...

 **@alt_health_becki**

Becki Rabin has an Insta page that's got us hooked. Food pics, transformation photos and ab selfies; this chick is fit and we want in.

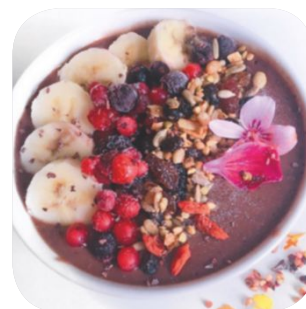


Becki's Mantra:
'Do what you
love, love what
you do'



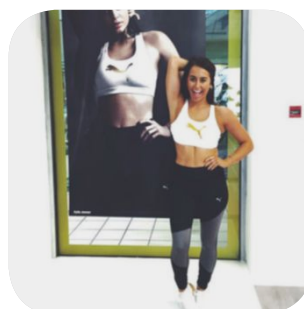
Eat Up!

'Enjoy the food you eat and don't restrict yourself. Cutting out certain food groups not only has a huge effect on your body, it does your mind too.'



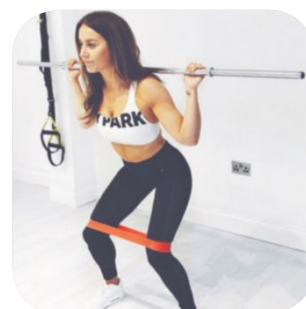
Sweet Tooth

'I swap my sweet treats for healthy protein smoothie bowls. I'm obsessed with mixing Sambazon acai with protein powder right now.'



Kitted Out

'Puma is my favourite brand. I love activewear that meets everyday wear. It's all about blacks, greys and colour blocks I'm obsessed with trainers too.'

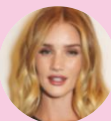


Get Squatting

'They target your glutes, hamstrings and lower back as well as your core. There are so many variations, which allows you to stay motivated.'

That Model Life

We're swooning over the LFW models, but what does it take to be one?



'I drink a lot of water; I always find that when I haven't been drinking enough, I get more bloated.

Probiotics are great for keeping things moving as well – I throw them in a smoothie or take them in pill form.'

Rosie Huntington-Whiteley

THE SEASON'S NEW ARRIVALS

The gym never looked so hawtttt!



THE SPORTS BRA

Bra, £33.15, Victoria's Secret

THE TRAINERS *KARLIE KLOSS APPROVED*

UltraBOOST X, £150,

Adidas

The classic Boost trainers just got better. We're obsessed.

THE LEGGINGS

£30, Myprotein

Look's Lucy LOVES these.



Jodie Kidd's Model Body Tips

Having walked for some of fashion's biggest names, including Chanel, Ms Kidd knows about getting runway ready...

I Ditch Weights

'It's almost a work of art to get a toned body. Yoga and Pilates are very good for this. There's no point doing weights because you'll get too strong and bulk up.'

I Eat Clean

'For me, at 38, to get to a model body would be difficult and really quite traumatic! But I try to eat clean and choose fresh foods.'

I Follow A Diet

'Follow the Sirtfood Diet, 100 per cent. It's really good and allows you have a glass of wine and a bit of chocolate.'

I Drink A Lot

'Flush through a lot. I try to

drink about two-and-a-half litres of water a day.'

I Sleep More

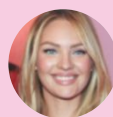
'Sleep is a massive factor. I get about seven hours a night. Try Epsom salts in your bath, yoga and a book before bed.'



JODIE KIDD IS THE NEW AMBASSADOR FOR FITBIT UK

Jodie's Day On A Plate

- **BREAKFAST** Homemade quinoa bread with avocado, tomato and ham.
- **LUNCH** Fish or chicken with veg.
- **DINNER** Homemade chicken curry with a side of spicy black dahl.
- **SNACKS** I rarely snack. If I do, I have nuts.



'Boxing works my arms and core, ballet elongates my muscles and jumping rope is a great way to warm up before any workout.'

Candice Swanepoel

COMMEMORATIVE EDITION

People



1963-2016

George Michael

A POP STAR LIFE

- Rarely-Seen Photos
- Unforgettable Stories

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Hey Bussy Girl!

HOME

TRAVEL

FOOD

...AND RELAX

LIFE HACKS FOR THE TIME-POOR

10

MINUTES TO... TO BOOST YOUR 9-5

Need some career zen? We spoke to Oli Doyle, author of *Mindfulness At Work* (£6.99, Orion) for his tips on embracing inner calm...

1 Start With A Clear Mind
Walking to work, feel yourself breathing and look around. Notice colours and patterns – see how much detail you can take in. When you feel calm, take time to plan your day and prioritise tasks. Having a clear mind will ensure you get the best out of yourself.

2 Stop Multitasking

Do one thing at a time; multitasking has been proven to be inefficient.

Whenever possible, give each task your total attention and see it through to its end.

3 Embrace Stress

If stress is there, allow it to be. When you fight it, that very resistance creates worry. Take 10 seconds then focus on the task as best as you can, without fretting about the outcome.



4 Deal With Conflict (The Right Way)

Conflict isn't a problem, it's the thoughts and feelings generated that cause trouble. Allow these thoughts to be there, but don't let them control how you handle the situation. Instead, let them

pass through you before addressing the conflict.

5 Incorporate Daily Breathing Exercises

Throughout the day, take a few seconds to focus on your breathing. Whenever thinking grabs your attention, return to your breathing. This allows you to refocus.

6 Live in The Present

Practise concentrating on what is happening now and leave the past and future alone. When you are at work, be there fully and keep your home life separate. At the end of the day, shift your attention to your journey home. Stay in the here and now.

Hey
Busy Girl

Homes

ACCESSORISE ALL AREAS



1

2

True

Blue

Open your wardrobe and, aside from black and white, the colour you're most likely to find inside is blue. Be it navy, baby or cobalt, we're drawn to the shade thanks to its built-in calming superpowers. So, if wearing it makes you chill, just imagine how relaxed you'd be surrounded by it in your home. From statement lights to directional furniture, the interiors world's feeling seriously blue right now.

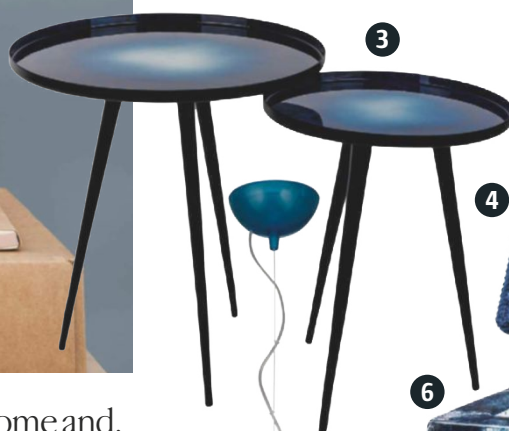


Denim Drift Matt Paint, £24.49 for 2.5 litres, Dulux.co.uk



'I'm in the midst of redecorating my home and, after discovering this gorgeous shade, it's set my blue theme in motion. Paired with white satin furniture and black accents, it's the perfect paint for minimalists looking to broaden their colour horizons.'

MAXINE EGGENBERGER, FASHION NEWS EDITOR



3

4

6

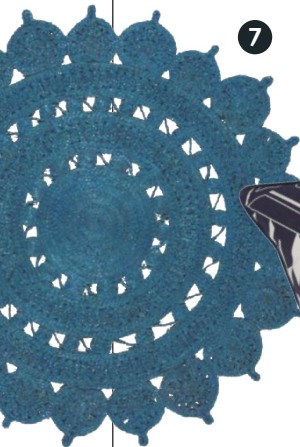
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12



7



8



9



10



11



1 Print, from £45, [Amy Sia](http://AmySia.com) at [John Lewis](http://JohnLewis.com) 2 Pot, £16, [Butterfly Home](http://ButterflyHome.com) by [Matthew Williamson](http://MatthewWilliamson.com) at [Debenhams](http://Debenhams.com)

3 Tables, £176 for set of two, Cuckooland.com 4 Throw, £39.99, [H&M Home](http://H&MHome.com) 5 Light, £161, [Kartell](http://Kartell.com) 6 Votive holder, £24, [Kosta](http://Kosta.com) 7 Rug, £169, [The Rug Seller](http://TheRugSeller.com) 8 Cushion, £15, [Marks & Spencer](http://Marks&Spencer.com) 9 Chair, £268, [Pols Potten](http://PolsPotten.com) at [Amara](http://Amara.com) 10 Vase, £2, [Primark](http://Primark.com) 11 Photo frame, £16, [Oliver Bonas](http://OliverBonas.com) 12 Globe, £80, [Wolf & Wild](http://Wolf&Wild.com)

Hey Busy Girl Travel

VACAY THE A-LIST WAY!

Escape winter drudgery and book yourself into a blissful, sunshine-filled break that's just four hours away...



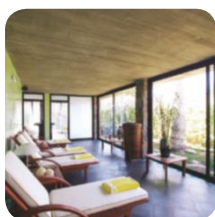
PERFECT
FOR A...
SUNNY SPA
BREAK**

Look's Rose Owens went in search of winter sun with a chilled out twist. Could the island known for its mad partying really offer relaxation? Er, hell yes. With beautiful beaches, luxe hotels and stunning spas, Gran Canaria should be on your destination list – and with flights starting from around £70pp for May (and an average temp of 24 degrees) it's ideal for a break with mates...

Gran Canaria

SPECIAL

Where To Stay

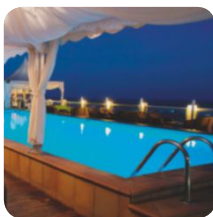


SEASIDE PALM BEACH

WHAT'S IT LIKE? A charming, retro-inspired hotel with a beautiful Art Deco aesthetic.
AND RELAX: We love the daily yoga and tai chi classes, the Finnish sauna and stone bath.
BEST TREATMENT: The Pantai Luar, a massage using herb-filled bags to relieve tight muscles.

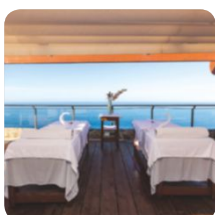
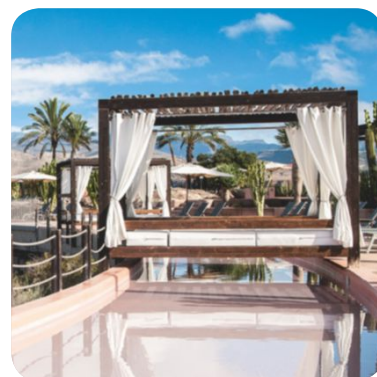
GLORIA PALACE SAN AGUSTÍN THALASSO & HOTEL

WHAT'S IT LIKE? A beautiful, modern hotel with a focus on all things wellness.
AND RELAX: Try Thalasso, a bathing therapy which uses seawater to replenish the skin.
BEST TREATMENT: The hydromassage.



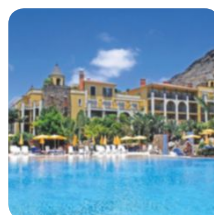
SHERATON GRAN CANARIA SALOBRE GOLF RESORT

WHAT'S IT LIKE? Golf lovers should look no further than the Sheraton Salobre 36-hole golf course.
AND RELAX: Head upstairs to the Sunset Bar and hire one of the Balinese beds. Enjoy bed to bar service with unique panoramic views in a tranquil setting.
BEST TREATMENT: The Aloe Wellness Centre has an outdoor area with heated pools, hydro massages and bubble beds. Be sure to check out the Finnish saunas and Turkish baths, secluded from the rest of the hotel.



GLORIA PALACE ROYAL HOTEL & SPA

WHAT'S IT LIKE? Built into the natural stone cliff face, this hotel has mind-blowing views.
AND RELAX: Head up to the restaurant before enjoying some spa action.
BEST TREATMENT: The 25-minute massage is the perfect way to revive before a light lunch.



HOTEL CORDIAL MOGÁN PLAYA

WHAT'S IT LIKE? This hotel boasts some of the largest green gardens in Gran Canaria.
AND RELAX: The spa offers bubble beds, a Jacuzzi, waterfalls and swan neck massages.
BEST TREATMENT: For couples (or friends) ask for a double room for your massage.

TEMPTED? BOOK NOW AT GRANCANARIAWELLNESS.COM

NEW

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POT**



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Hey
Busy Girl

Food

GIRLS GOTTA EAT

This week we're all about the humble vegetable – what's in season and what to do with it, all without compromising on all that delicious flavour



SERVES 8

- Olive or coconut oil for sautéing
- 3 garlic cloves, minced
- 30g mushrooms, chopped (you can use a mix of different mushrooms)
- 1 tbsp tamari (gluten-free soy sauce)
- 1 tsp dried thyme
- ¾ cup raw cashews,

- soaked for a few hours (overnight is best), drained
- 1 cup vegetable broth or stock
- 2 big handfuls spinach
- 250g gluten-free lasagna sheets
- 4 cups marinara sauce or passata
- Nutritional yeast (optional)

1 Preheat the oven to 180°C. In a large frying pan, heat a glug of oil. When the pan is hot, add the garlic and sauté for about a minute until it becomes fragrant. Add the mushrooms, tamari and thyme. Cook, stirring regularly, for 6-8 minutes or until the mushrooms release their water and a little broth starts to form.

2 Combine the cashew nuts and vegetable broth in a food processor and blend 'til completely smooth. Pour the cashew sauce into the pan with the mushrooms. Reduce the heat to medium-low and simmer for a couple of minutes to thicken the sauce, stirring frequently. Throw in the spinach and stir for another minute.

3 Prepare the lasagna sheets according to the package instructions.

4 Spread a third of the marinara sauce on the bottom of a 8x11in baking dish. Add a layer of sheets. Cover the pasta with half the mushroom cream. Add a layer of pasta. Use another third of the marinara to cover this pasta. Add the remaining mushroom cream. Add the last layer of sheets and cover with marinara sauce.

5 Cover the lasagna with tin foil and bake for 30 minutes. Remove the foil, add a sprinkle of nutritional yeast if you like, and bake for another 15 minutes. Let the lasagna rest for five minutes before serving.

Creamy Mushroom Lasagna

After discovering that her endometriosis symptoms could be eased with a new way of eating, Jessica Murnane took to the kitchen, serving up recipes that not only taste great but are good for you too. Her book *One Part Plant*, with a foreword by Lena Dunham, is out on 23 March and available to preorder on Amazon.



'Tis The Season

Not only is eating seasonal veg cheaper but nature knows what nutrients we need and when. Here are our Top Three this month...

CAULIFLOWER: Roast small florets with cumin or garam masala. Toss in tahini and finish with pomegranate seeds and chopped coriander.

LEEKs: Sauté in a little apple cider vinegar, butter and salt and pepper.

BLOOD ORANGE: Peel and marinade in Campari before serving with panna cotta for a boozy hit.



Hey
Busy Girl!

& Relax...

BRA OFF • HAIR UP • SWEATS ON

NEWSFLASH!
THE OA SERIES 2
CONFIRMED!



The Big BRITs Battle



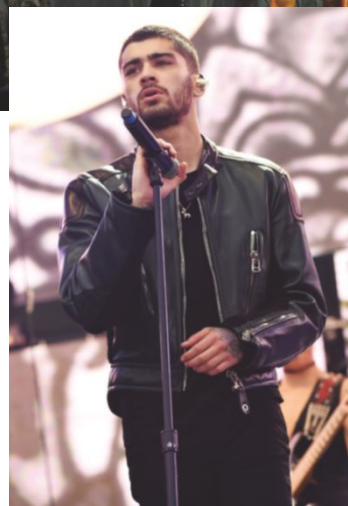
Beyoncé vs Solange

With both Knowles sisters up for International Female Solo Artist this year, let the diva battle commence! It'll be a tough one – Bey's the queen but how we *love* Solange...



Perrie vs Zayn

Yikes! Not only could Little Mix's Perrie Edwards and ex-fiancé Zayn Malik be in for an awkward RCRI (red carpet run-in), they'll both be fighting for the title of Best British Single. Sorry Zayn, we're kind of rooting for Little Mix.



Rihanna vs Drake

Drizzy and Ri might be back on speaking terms after the whole J-Lo drama, but with both stars nominated for male and female International Solo Artist, we're pretty sure things are about to get very competitive...

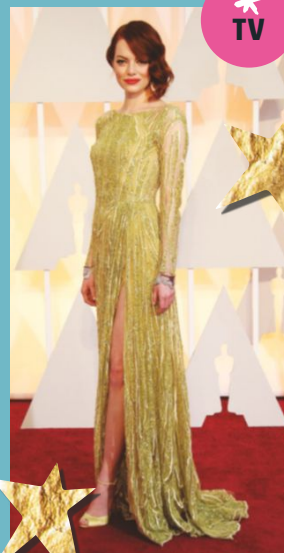


Watch the BRITs live on ITV at 7.30pm on 22 February – plus we'll be #LOOKLive from the red carpet!

The Oscars Red Carpet Coverage



Got plans for Sunday 26th? Cancel them immediately. We'll be glued to E!'s red carpet coverage of this year's Oscars (starts 10.30pm). We can't wait to see what the likes of Emma Stone are wearing...



*
TV

FASHION WEEK

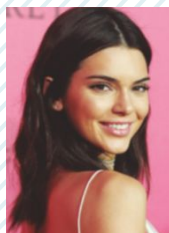
Model Behaviour

What the fash pack are watching between shows...



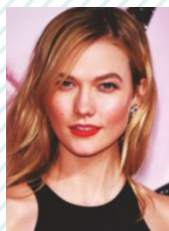
GIGI HADID

'I just started **Narcos**, which is about Pablo Escobar and his life. I'm on the third episode – I'm obsessed.'



KENDALL JENNER

'I just started **Doctor Zhivago**, but I need to finish it. It's really long!'



KARLIE KLOSS

'**Gossip Girl** or episodes of **The Office**.'



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Editor **Gilly Ferguson**

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CAN'T STOP WATCHING



* SS-GB

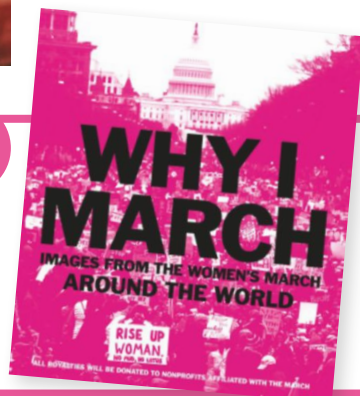
This is not a drill: more than two years after it was first announced, the BBC adaptation of Len Deighton's novel is finally here – and we're already hooked. Starring Sam Riley and Kate Bosworth, the five-part miniseries is set in a parallel world where the Nazis won World War II. All eyes are on Kate's vintage wardrobe for the show – her 40s outfits are stunning. So chic! **BBC One, 9pm, Sundays**

OUT THIS WEEK

Why I March

Four weeks on, get ready to pore over images of the five million people who marched for women's rights on 21 January.

RELEASE DATE: 21 February



...& One
More Thing

The Oscars By Numbers

It's *the* glitziest and most extravagant event on the awards season calendar, but you still might be surprised by these stats...

20...

is the number of nominations Meryl Streep has received – more than any other actor.

14in...

is the height of the Oscar statuettes.

£29,000...

is how much it costs, on average, to get red carpet-ready, according to Hollywood stylist Micaela Erlanger. That's £4,100 for hair, £7,200 for a stylist, £3,500 for make-up, £200 for nails and £14,000 for jewellery. Wow.

4 hours, 23 minutes...

is the longest-ever Oscars ceremony, in 2002. Since then, speeches have been restricted to 45 seconds.



500ft x 33ft...

is the size of the red carpet the stars walk down.

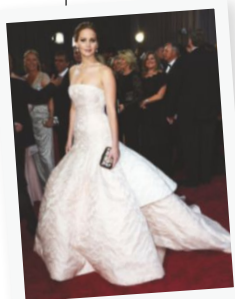


3...

is the number of Oscars actually won by Meryl Streep.

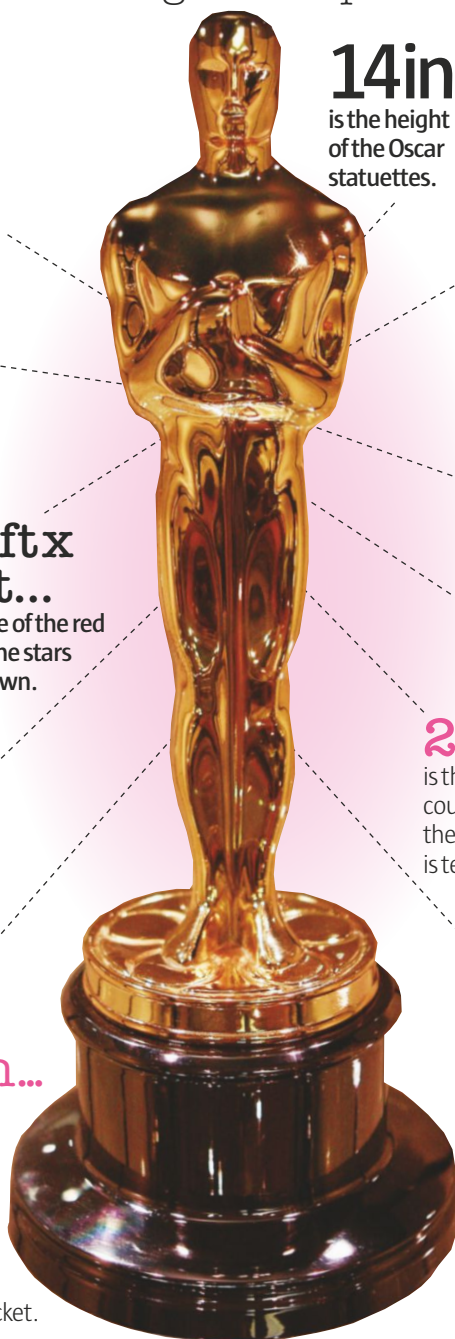
£160,000...

is the value of this year's goodie bag. It includes three nights at Lake Como's £800-a-night Grand Hotel Tremezzo and a 10-year supply of oxygenating make-up products.



£3.2 million...

is reportedly how much Jennifer Lawrence's Dior Couture gown from the 2013 Oscars is worth. J-Law famously tripped on the stairs, resulting in huge publicity and causing the value of the dress to skyrocket.



225...

is the number of countries where the ceremony is televised.

80p...

is how much the statuettes are worth. Every winner has to sign an agreement and if they ever want to sell their award they first have to offer it to the Academy for 80p (\$1).

20...

is how many noms sound re-recording mixer Kevin O'Connell has had and not won. Better luck this year! #FingerscrossedforKev



London Fashion Week: DID YOU MISS IT?

The *Look* team stormed LFW to bring you the hottest trends, news and gossip. Check out all our exclusive #LOOKLive BTS action on Facebook, Twitter, Instagram and Snapchat and read all about it at Look.co.uk.

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