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#Hands off our rights

Stop Trump's
war on wombs

THE Fashion ISSUE

BOLD, BRIGHT & BEAUTIFUL

Plus

Christina Ricci,
Goldie Hawn,
Christine And
The Queens





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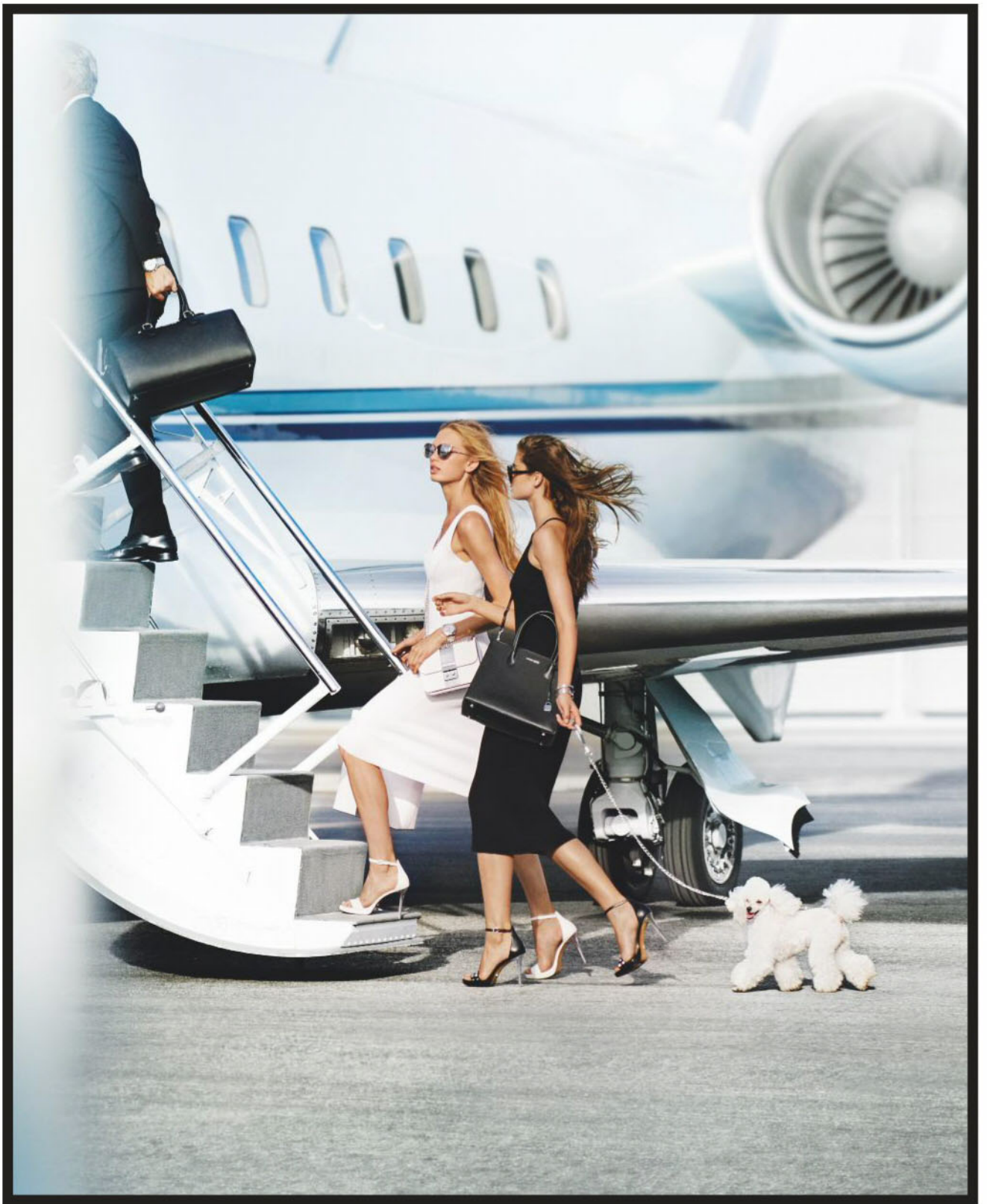
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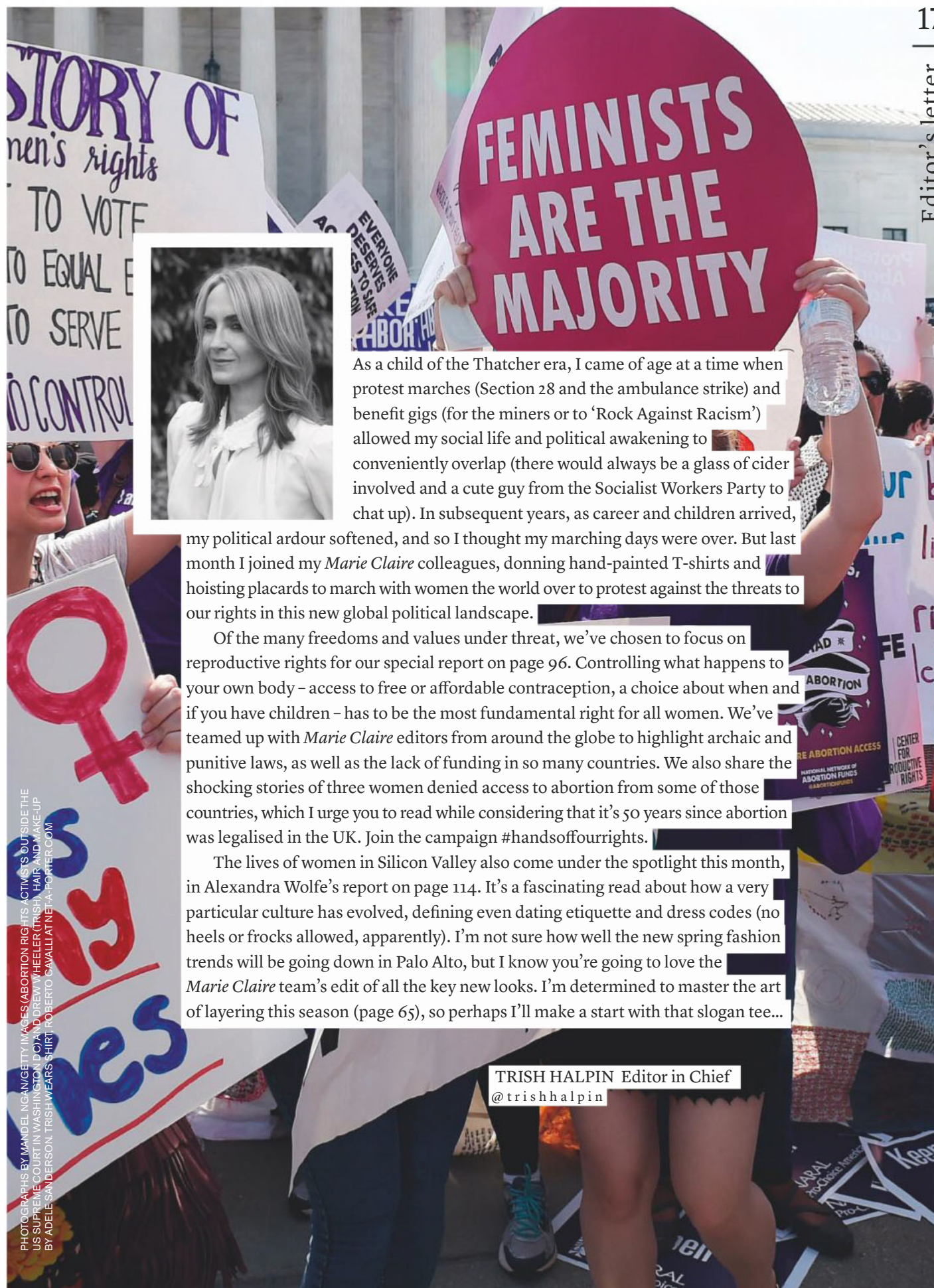


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DOLCE & GABBANA
#DGCAPRI



As a child of the Thatcher era, I came of age at a time when protest marches (Section 28 and the ambulance strike) and benefit gigs (for the miners or to 'Rock Against Racism') allowed my social life and political awakening to conveniently overlap (there would always be a glass of cider involved and a cute guy from the Socialist Workers Party to chat up). In subsequent years, as career and children arrived,

my political ardour softened, and so I thought my marching days were over. But last month I joined my *Marie Claire* colleagues, donning hand-painted T-shirts and hoisting placards to march with women the world over to protest against the threats to our rights in this new global political landscape.

Of the many freedoms and values under threat, we've chosen to focus on reproductive rights for our special report on page 96. Controlling what happens to your own body – access to free or affordable contraception, a choice about when and if you have children – has to be the most fundamental right for all women. We've teamed up with *Marie Claire* editors from around the globe to highlight archaic and punitive laws, as well as the lack of funding in so many countries. We also share the shocking stories of three women denied access to abortion from some of those countries, which I urge you to read while considering that it's 50 years since abortion was legalised in the UK. Join the campaign #handsoffourrights.

The lives of women in Silicon Valley also come under the spotlight this month, in Alexandra Wolfe's report on page 114. It's a fascinating read about how a very particular culture has evolved, defining even dating etiquette and dress codes (no heels or frocks allowed, apparently). I'm not sure how well the new spring fashion trends will be going down in Palo Alto, but I know you're going to love the *Marie Claire* team's edit of all the key new looks. I'm determined to master the art of layering this season (page 65), so perhaps I'll make a start with that slogan tee...

TRISH HALPIN Editor in Chief
@trishhalpin

A fashion advertisement featuring a woman with dark hair pulled back, wearing a white ribbed off-the-shoulder top and black pants with white stitching. She is carrying a large black bag with multiple straps and buckles. The background is a blurred city street with a glass-fronted building. A large, white, bold 'DK' logo is superimposed over the center of the image.

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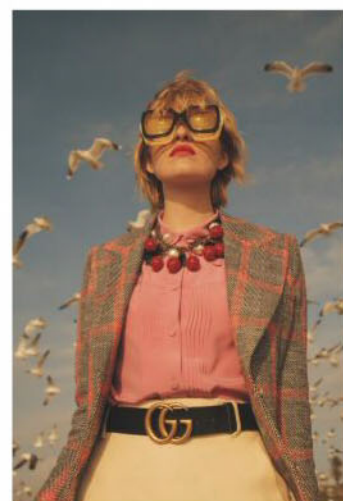
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Photograph by David Roemer. Styled by Jayne Pickering. Hair by Keith Carpenter for Kérastase at The Wall Group. Make-up by Christine Cherbonnier for Message Organics at The Wall Group. Nails by Yuko Wada using Chanel Le Vernis in Ballerina and Body Excellence Hand Cream. Valery Kaufman wears: blouse, Gucci. Recreate Kaufman's make-up with: Illuminating Perfecting Primer, £25; Double Wear Nude Cushion Stick Radiant Makeup in Ecru, £28; Double Wear Stay-In-Place Flawless Wear Concealer SPF10 in Light, £22.50; Genuine Glow Blushing Crème For Lips And Cheeks in Peachy Keen, £19; The Brow Multitasker in Light Brunette, £21; Brow Now Volumizing Brow Tint in Clear, £17.50; Pure Color Envy Defining Eyeshadow in Magnetic Rose, £20; Double Wear Infinite Waterproof Eyeliner in Espresso, £18; Sumptuous Knockout Defining Lift And Fan Mascara, £25; Pure Color Envy Lip Lacquer in Potent Petal, £20, all Estée Lauder

A full-body fashion advertisement for Max Mara. A woman is captured in a dynamic, mid-stride pose against a plain white background. She is wearing a knee-length, long-sleeved dress with a bold tropical print featuring large green leaves and various birds. On her head is a large, dark hat with a wide brim and a green and black patterned band. A dark green, structured shoulder bag is slung over her right shoulder. She is wearing dark, pointed-toe shoes with a small heel. The brand name 'MaxMara' is printed in a large, black, serif font across the center of the image, partially overlapping the woman's dress.

MaxMara



Jacket £60 942-866 Jeans £26 753-740 Shoes £35 456-096 Boots £68 981-225 Earrings £8 436-033



next



Sweater £32 416-046 Top £12 766-428 Trousers £36 949-649 Shoes £65 466-562 Jewellery from £4



next



DOLCE & GABBANA

light blue



#DGLightbluewater

A full-page photograph of Miranda Kerr sitting in a field of tall, dry, golden-brown grass. She is wearing a black long-sleeved button-down shirt and black trousers with a white side stripe. She is looking directly at the camera with a slight smile. Her hair is dark and pulled back. The lighting is warm, suggesting late afternoon or early morning. The word "MARELLA" is printed in large, white, sans-serif capital letters across the center of the image, partially over her shirt.

MARELLA

MIRANDA KERR
LOS ANGELES, SEPTEMBER 2016
SHOP AT MARELLA.COM

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Lust list Ti

Timeless elegance with a hint of sparkle

Watch, **£690**, Maurice Lacroix

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A woman with long, wavy blonde hair is the central figure, looking slightly off-camera. She wears a black dress with a dense, colorful floral pattern. The background is a clear, bright blue sky. The brand name 'maje' is printed in a large, white, lowercase sans-serif font across the middle of the image.

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Fashion first

STELLA MCCARTNEY

HOT RIGHT NOW...

Tribal takeover

Work ethnic add-ons, a desert queen palette, and give it some tassel

Directional layering

Wearing trousers under a dress is officially a thing for spring. Cue the layer players

Handbag hits

Wristlets, buckets and supersized totes: here's our guide to best in bags

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Join the style warriors in earthy tones,
exotic prints and ethnic accessories

VICTORIA BECKHAM

STELLA
MCCARTNEY



ETRO

01 Trousers, **£500**, Isa Arfen **02** Sandals, **£30**, Next **03** Top, **£99**, Hobbs **04** Bag, **£520**, Lemaire **05** Earrings, about **£240**, Jennifer Fisher **06** Sandals, **£14**, Matalan **07** Jacket, **£295**, Isabel Marant Etoile at Liberty **08** Bangles, **£350** each, Issey Miyake **09** Dress, **£270**, Masscob **10** Belt, **£69**, Maje



Do it bright

Supercharge your wardrobe with these high-octane hits

01 Jacket, £350, Rejina Pyo **02** Skirt, £75, Finery London **03** Earrings, £265, JW Anderson at Matchesfashion.com **04** Belt, £105, Elliot Rhodes **05** Bag, £475, Coach **06** Dress, £49, Warehouse **07** Trousers, £55, Topshop **08** Shoes, £425, Mansur Gavriel at Matchesfashion.com **09** Blouse, £145, Topshop Unique **10** Bag, £695, Jimmy Choo

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NARS



01 Bag, £220, MSGM 02 Bra, £109, Marc Cain 03 Trousers, £69.99, H&M Studio 04 Dress, £1,550, Versace 05 Watch, £85, Fossil 06 Sandals, £220, Miu Miu 07 Shorts, £190, Tommy Hilfiger 08 Sandals, £490, Prada 09 Sunglasses, £225, Michael Kors Collection 10 Jacket, £598, DKNY





Walter Pfeiffer - London, November 2016

MSGM

THE ONE Haute hippie

Styled by ABISOYE ODUGBESAN

Nail this season's **FRESH** boho vibe
in **FLOATY** silk and **CHUNKY** platforms

Dress, **£4,210**,
shoes, **£605**, and
earrings, **£575**, all
Roberto Cavalli

watch the video at marinarinaldi.com

NYC_Rooftop

Ashley Graham

Be confident

Be yourself

MARINA RINALDI

#WomenAretheFuture

#SHOESFIRST

Kitten play

Get your claws into these cute little numbers



01 £42, Next 02 about £548, Céline 03 £650, Simone Rocha 04 £645, Manolo Blahnik 05 about £464, No 21 06 £35, ASOS 07 from a selection, Isa Arfen 08 £760, Prada 09 £695, Loewe 10 £430, Emporio Armani 11 £671, Dries Van Noten 12 £80, Dune 13 £650, Dior

LUST ITEM

Bring your arm candy up to date with this pink Dolce & Gabbana bag – perfect for your inner princess.

From a selection,
Dolce & Gabbana



Fashion DETAILS

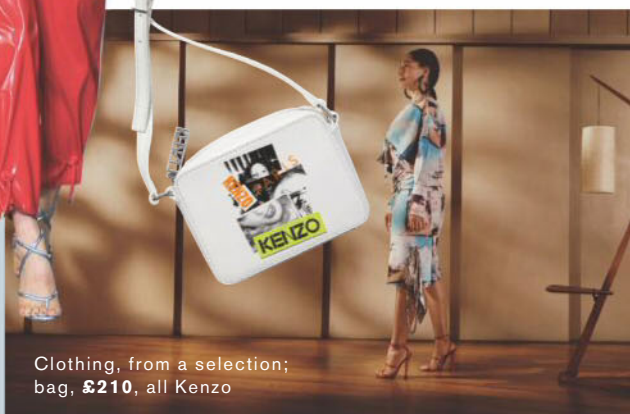
Hot ideas and chic looks for an Instagram wardrobe



KENZO

DRAW A CROWD

Kenzo is paying homage to the late artist Antonio Lopez this season with a new line showcasing his most celebrated fashion illustrations. Reinterpreted for the modern woman, Lopez's gorgeous designs grace Kenzo dresses, tops and bags. Decisions, decisions...



Clothing, from a selection;
bag, £210, all Kenzo



ASHLEY WILLIAMS

SPACE-AGE SUNNIES

Wacky = chic in the world of sunglasses right now, so wear your most outlandish SS17 specs with pride.

CELINE



£1,100 (for a pair), JW Anderson

£260, JW Anderson



£460 (for a pair), Marni



ALEXANDER McQUEEN

£9.99 (for a pair), Mango

PLAY IT BY EAR

Statement earrings are still the most on-trend way to accessorise. But forget matching pairs – it's all about the mash-up.





Thomas Sabo
JEWELLERY

THOMASSABO.COM



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Xiao Wen Ju, Lara Stone, Luma Grothe.

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*Sulfate surfactants

L'ORÉAL
HAIR EXPERT/PARIS



— the — ART of LAYERING

Thought it was just for the winter months? Think again. From super-stacked jewellery to dresses over trousers (yes, really), meet SS17's cool new style combinations

THE DRESS & TROUSER COMBO

Go all out and play with different colours and textures. One style rule: dresses have to be past the knees or just above the ankles.



01

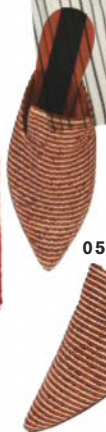


02

03



04



05

06



SIMONE ROCHA



LEMAIRE

01 Belted dress, **£702**, AWAKE **02** Dress, **£200**, Warehouse **03** Trousers, **£120**, Modern Rarity at John Lewis **04** Dress, **£39.50**, Marks & Spencer **05** Shoes, **£590**, Sanayi 313 **06** Dress, **£475**, Rejina Pyo



BAGS, BAGS, BAGS

If you can't fit all your daily essentials into your mini bag, why stop at one? The more the merrier, we say. ►

01 & 02 **£455** each, Tod's **03** **£1,090**, Tod's **04** **£740**, Valentino **05** **£590**, Valentino **06** **£100**, Kenzo **07** **£285**, Manu Atelier **08 & 09** **£250** each, Anya Hindmarch

DSQUARED2



01 Earrings, £10, Accessorize
02 Top, £29.99, Mango
03 Bralet, £24.99, H&M
04 Top, £29, Warehouse
05 Top, £355, Tibi **06** Top, £495, Vilshenko **07** Sandals, £225, Russell & Bromley **08** Trousers, £420, Marques'Almeida



UNDERWEAR: THE NEW OUTERWEAR

From corsets to bandeaus and bralets, smalls are making a big statement. Wear them over anything and everything – just make sure they're on show.



ANTONIO BERARDI

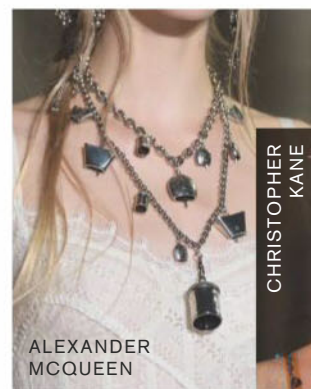


SHEER INSPIRATION

A see-through dress is a key piece this spring – layer over skirts, jeans or another frock. Add fashion kudos to a suit by wearing it over sheer trousers, as seen at Céline.



01 Dress, £55, River Island **02** Dress, £29.99, New Look **03** Top, £29, Urban Outfitters **04** Skirt, £65, Debenhams Studio by Preen **05** Shoes, £42, Next **06** Trousers, £420, Markus Lupfer



ALEXANDER
MCQUEEN

CHRISTOPHER
KANE



STACK 'EM UP

When it comes to layering your necklaces, think eclectic. Mix chunky gems and delicate pieces for an updated look. ■

01 £249, Swarovski **02** £190, Dinny Hall **03** £686, Gemporia **04** about £690, Oscar de la Renta

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THE HOT LIST

Our edit of the new high-street drops

1 Bag, £12, Matalan 2 Shirt, £38, Debenhams 3 Dress, £59, Monsoon 4 Sandals, £75, Karen Millen
5 Bag, £15.99, New Look 6 Shoes, £55, Next 7 Jeans, £59, Warehouse 8 Earrings, £20, Phase Eight
9 Jacket, £199.99, H&M 10 T-shirt, £8.95, Gap, and bralet (worn over T-shirt), £25, ASOS



the new intense fragrance

paco rabanne



STYLE SPOTLIGHT

NICOLAS GHESQUIÈRE for LOUIS VUITTON



When you have a fashion house built on bags, how do you make sure the clothes get their share of the spotlight? Louis Vuitton made his first trunk in 1858, but it was only in 1998 that the house branched into ready-to-wear, and the Vuitton woman's wardrobe is still evolving. In his three years as artistic director, Nicolas Ghesquière has turned the woman into an entirely new breed – with fitted silhouettes, tractor-soled boots and sci-fi references, she's more of a warrior girl beamed in from a retro-tinged fashion planet far away. And her clothes are certainly giving her cult Petite Malle bag a run for its money when it comes to attention. The chisel-jawed Ghesquière, 45, developed his signature combination of technology and couture techniques in his previous role at Balenciaga. During his 15-year tenure, he pulled one of the most revered labels in the world out of the doldrums with 'robo-woman' leggings and heels inspired by Lego blocks.

For the past few seasons, the Vuitton show has taken place in the glittering modernist glass surrounds of the Frank Gehry-designed Fondation Louis Vuitton, on the outskirts of Paris. But for SS17, it was staged amongst the rococo elegance of the house's new soon-to-be flagship, in the Place Vendôme. In a rare chat, Ghesquière tells us about his love for Manga, Paris and Paloma Picasso...

Heavy on the embellishment: Ghesquière's SS17 collection takes inspiration from opulent 80s Paris

Picasso, an emblem of Parisian bourgeoisie whose love of opulent gold jewellery echoes 80s glamour. We wanted to create full sets of jewellery – pieces to be worn together that create a statement as important as the clothes.'

What is your favourite new-season bag?

'The Eye-Trunk [right] for iPhones. It has the same details found on an original Louis Vuitton trunk and the Petite Malle bag [left]. It's been very successful and it was such a simple idea, but no one had ever thought to develop it before.'

How does it feel to work at a house with such a famous leather-goods heritage?

'Louis Vuitton is an iconic house ►

If you had to choose three words to describe the SS17 collection, what would they be?

'Tailored Parisian heritage.'

What were your references?

'Paris and its Left and Right Banks. They are two halves of one whole and each has its own sartorial particularities. The French capital is a magnificent vortex that absorbs artistic ideals from around the world, and the Place Vendôme, designed by architect Jules Hardouin-Mansart, is the epicentre of elegance. The heads of the 18th-century fauns on the façade of the Vendôme are particularly wonderful.'

The new collection has a softer feel than usual. Was that a deliberate decision?

'This is the most "French" or "Parisian" line I've ever produced. It sets Paris in a specific era, perhaps the 80s, when the city was awash with a mix of designers – all completely different, but all focused around the Louvre, the Palais-Royal and the heart of the city. It's a dressed-up look, and purposely so. The make-up is heavier, the clothes are more

embellished, and the dresses are more fluid. But the tailored shoulders are very strong and imposing.'

Were there any elements that you became obsessed with?

'I love reinterpreting materials and altering their function – like making evening gowns in jersey and the tailored undergarments in latex.'

The jewellery was major. Tell us your starting point...

'I was hugely inspired by Paloma

Statement jewellery and accessories pull the collection together



Brazil's futuristic Museo de Arte Contemporâneo de Niterói, where LV's cruise collection was shown. Left: Ghesquière's jewellery muse, Paloma Picasso



Bag, from a selection, Louis Vuitton



All jewellery, from a selection, Louis Vuitton

that's so rich in tradition and patrimony. But it's also open to trying new concepts and innovation, and has retained a real sense of authenticity in its craftsmanship. It's quite extraordinary.'

Where does your love of futurism come from?

'I've always been inspired by technology and I find the Manga aesthetic fascinating. I'm also intrigued by the space between the virtual and real worlds. And then, of course, there's the digital sphere, where we can enlarge everything and all must be perfect. It's absolutely linked to my thinking.'

How do you combine that with referencing older eras?

'There are often sartorial nods to the 60s, 70s and 80s in my designs. The Louis Vuitton woman is strong and confident, and she doesn't hesitate to clash her clothes or combine the decades. One of the most interesting things in fashion today is the way luxurious, classic lines can mix with the more modern, technical textures.'

What's the first thing you do when you start designing a new collection?

'I begin by escaping, using the time alone to become inspired. Then I meet with my team, share my ideas and we create an extensive mood board, which is then whittled down little by little and refined into a more polished concept.'



Jacket and boots, both from a selection, both Louis Vuitton



Virtual reality: where Manga meets fashion



Are there any parts of the world that inspire your collections?

'One country that I find myself returning to every season is Japan. Its energy and modernity is infectious. It's a country that looks towards the future, but it's also anchored in tradition and heritage – a lot like Louis Vuitton, in fact.'

Tell us your favourite Paris spot to hang out in right now...

'I love where I live. I recently moved right next to the Place des Vosges, into a house with a garden in the centre of the city, which is special.' ■



JIMMY CHOO

L'EAU

THE NEW FRAGRANCE



FIND YOURSELF AT
RIVER ISLAND

#ImWearingRI



01 £575, Coach 1941 **02** £450, Aspinal of London **03** £100, Calvin Klein Accessories **04** iPhone case, £800, Louis Vuitton **05** £1,510, Prada **06** from £1,700, Dior **07** £1,095, Anya Hindmarch **08** £1,450, Gucci **09** £1,350, Salvatore Ferragamo **10** £430, Emporio Armani

THE bag drop

From fashion-forward minis to gloriously roomy maxis, we get a handle on spring's most coveted bag trends



WRISTLETS

The quirkier bag shape of SS17, the wristlet wins fashion points for style and originality. Pick a bright colour to lift your look or a neutral shade for understated chic. ►

01 £770, J&M Davidson **02** £119.99, Mango Premium **03** £845, Victoria Beckham



SONIA RYKIEL



STELLA MCCARTNEY



01

MAXI POWER

Bigger is better was the bag motto at several key shows. The maxi is ultra cool and roomy enough to fit everything you could possibly need and more. What's not to love?

01 £350, Bimba Y Lola **02** £1,235, Givenchy **03** £1,440, Marni **04** £1,085, Balenciaga



02



03



04



CHANEL



02



03

BUCKET LIST

The bucket bag is back on the fashion map, and we can see why. Sleek and spacious, it's ideal for both work and play. This is one investment you won't regret. ■

01 £680, Max Mara **02** £924, Emma Charles **03** £460, Longchamp



MARQUES'ALMEIDA



BIMBA Y LOLA

Style edit

From punchy prints to statement sleeves, supercharge your wardrobe with these major spring trends

Styled by DES LEWIS Photographs by BRIDGET FLEMING



LAYER GAME

Bralet, **£28**, River Island; shirt, **£170**, trousers, **£205**, and sandals, **£180**, all Bimba Y Lola; earrings, **£165**, Eshvi; ring (worn throughout), **£275**, Pandora

**THE REWORKED TRENCH**

Trench, £80, River Island; dress, £34.99, H&M; earrings, £170, Isabel Marant



80s REVIVAL

Dress, **£65**, Finery London; leggings, **£12.95**, Roch Valley; earrings, **£190**, Jessie Harris; rings, **£630** (for a set of three), Charlotte Chesnais

SHIRT TALES

Blue and white shirt, **£39.99**, and white and red shirt (worn around waist), **£35.99**, both Mango; white and grey shirt dress, **£225**, MICHAEL Michael Kors; shoes, **£185**, Marc Cain; earrings, **£165**, Nina Kastens



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- 84% of women showed a clinical reduction in lines and wrinkles



Elizabeth Arden
NEW YORK



STANDOUT SLEEVES

Left: shirt, £30, Next; trousers, £430, Toga Pulla; earrings, £165, Eshvi



SHEER DELIGHT

Above: shirt, £65, and bralet (worn underneath), £125, both & Other Stories; skirt, £460, Carven; earrings, £250, Jessie Harris; briefs, £37.99, Baserange



STATEMENT EARRINGS

Above: top, £229, Mother Of Pearl at Fenwick; shirt, £27.99, New Look; trousers, £69, Finery London; earrings, from a selection, Altuzarra

COCKTAIL HOUR

Right: dress, £45, M&S Collection at Marks & Spencer; shoes, from a selection, Isa Arfen x Charlotte Olympia; earrings, £260, Orion





LET YOURSELF SHINE

SIF JAKOBS
JEWELLERY



CARRY A TUNE

With a limited-edition, hand-beaded guitar strap, Ralph Lauren's 'Sullivan Saddle Bag' hits all the right style notes. Available in five vibrant designs, you can also personalise it with your name. From **£399**, ralphlauren.co.uk

marie claire GOES SHOPPING

All hail the hottest hero buys...



FASHION GOLD

Tick off the rose-gold trend with Emporio Armani's 'Kappa' watch. Rose-gold plated with 11 glass stones, we can't wait to get our hands on it. **£249**, armani.com



ONE-STOP SHOP

Label, the online style hotspot that offers an amazing array of brands and Next's renowned delivery service, has launched its spring campaign. We love this Warehouse shirt (above).

£45, labelonline.co.uk

COMPILED BY TANYA PHILIPSON



FIT BITS

On your marks, get set, go for Marc Cain's new capsule collection, Fitwear. Stylish yet functional, it includes everything from jackets to leggings in a mix of bold and candy colours. Bra, **£109**, marc-cain.com



TWINKLE TOES

Shoe guru Stuart Weitzman is celebrating his label's 30th anniversary with a Swarovski crystal 'Pave Nudist' collection. 'Black Python Snake', **£2,700** (above) and 'Crystal Volcano' **£2,800** (right) are top of our wish list. Visit stuartweitzman.com



HOT KIT

When temperatures rise, keep cool in simple shorts and a prettier-than-pretty blouse

Top, **£18**, shorts, **£10**, and bag, **£8**, all Matalan

Feel the heat

With its warm, rich shades and standout prints, Matalan's Santa Fe collection will put you on the fast track to new-season style

ALL IN THE DETAIL

For spring, the It-knit is striped and the jeans are embellished

Sweater, **£16**, jeans, **£18**, and shoes, **£12**, all Matalan



EASY ELEGANCE

Equal parts casual and sophisticated adds up to a wear-everywhere outfit

Top, **£10**, skirt, **£14**, and shoes, **£12**, all Matalan



CLASS ACT

This jacket and trousers duo is trans-seasonal magic

Jacket, **£30**, trousers, **£16**, and trainers, **£16**, all Matalan



FRILL SEEKER

Ruffles are still making waves for spring – and so are spice shades

Top, £16, Matalan



MATALAN



WATCH THE SHOW

See more of Matalan's SS17 collections and get expert styling advice by tuning into *The Show* at matalan.co.uk.

PATTERN PLAY

Discreet prints are long gone – it's all about going bold and big

Cardigan, £14, T-shirt, £8, skirt, £14, and bag, £12, all Matalan

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Kids club subject to availability and available in selected hotels. *Offer applies to new First Choice brochure package summer 2017 (1st May 2017 – 31st October 2017) and winter 2017 (1st November 2017 – 30th April 2018) holiday bookings only and excludes accommodation-only and flight-only bookings for a limited time only. Low deposit amount on short and mid-haul destinations is £50 per person, for long-haul destinations it is £125 per person. The rest of the deposit will be due within eight weeks of booking your holiday, or you will be required to pay the remainder of the total holiday cost, whichever date comes sooner depending on when you booked your holiday. Offer may be changed or withdrawn at any time. Please see www.firstchoice.co.uk or the relevant brochure for full booking terms and conditions that apply. Dreamliner flies on selected routes and to selected destinations. All the flights and flight-inclusive holidays are financially protected by the ATOL scheme. When you pay you will be supplied with an ATOL Certificate. Please ask for it and check to ensure that everything you booked (flights, hotels and other services) is listed on it. Please see our booking conditions for further information or for more information about financial protection and the ATOL Certificate go to: www.atol.org.uk/ATOLCertificate. First Choice is a trading name of TUI UK Limited, a member of the TUI Group. Registered Office: TUI Travel House, Crawley Business Quarter, Fleming Way, Crawley, West Sussex, RH10 9QL. Registered in England No: 2830117. ATOL No: 2524, ABTA V5126.



Back in the groove:
dance teacher Derek
Auguste on Harlem's
Lexington Avenue (left)

NEWS

feed



A Kiki ball at the Rutgers
Community Center in
Manhattan (right and
above); practising Kiki
moves in Harlem (below)



WORLD IN PICTURES

Strike a pose

It's the LGBT club scene taking New York by storm,
but what's the story behind the Kiki subculture?

'It's a space where I can be myself,' says Gia. 'And there aren't many spaces where people like me – a trans woman of colour – can be ourselves.' Gia is talking about Kiki – the colloquial term for 'just having fun' and the name of the modern 'ballroom' subculture, which emerged as an extension of New York's drag circuit during the Harlem Renaissance of the 20s.

By the 60s, Harlem's black community had finessed the angular body movements and model-like poses that would

inspire Madonna's *Vogue* routine 30 years later. But Kiki is more than entertainment. 'It has a history formed out of radical resistance to homophobia, transphobia and racism,' says LGBT advocate Twiggy Pucci Garçon. 'It was created out of struggle.'

Today, things have moved beyond Kiki. 'On Facebook, we talk about everything to do with race and transphobia,' adds Gia. 'I think this generation is more open-minded. We are having progressive conversations about our situation.' ►





A young Edward with his influential mum

Why every man needs a feminist mother



From lessons in masculinity to tips on dating smart girls, writer Edward Docx reveals how his mum set him up for life

1 YOU GROW UP GENDER BLIND

My mother's mantra was: see the human being first. My brothers and I learned to respond to who someone was – how smart, generous, passionate or talented they were – rather than define them by their gender or appearance. Mum was a biochemist who went on to run her own business while raising seven children. She defied stereotypes.

2 YOU INHERIT A FEMINIST LENS

My strong, outspoken mother gifted me with an inner feminist commentary that I can't switch off. It sounds something like this: 'Is this girl band actually performing for the male gaze?' 'Is this TV ad masquerading as feminist to repackage another form of oppression?' 'What is behind the anger directed at Hillary Clinton's success?' 'Why should a female MP be judged on her ability to be a mother?' I don't have all the answers, but I've always been aware of the questions.

3 YOU REALISE THAT INTELLIGENCE IS SEXY

Mum taught me that a woman with an attractive mind is never going to be anything other than captivating and beautiful. Result? I've always loved rather than been threatened by intelligent women. It's surprising how many men prefer women who don't challenge them. Plus, clever women make for more interesting parties!

4 YOU LEARN TO BE A REAL MAN

There's a great deal of confusion about modern masculinity, but having a feminist mother teaches you how to be a man. A boy who learns to recognise and respect the basic principles of feminism has a better chance of becoming an empathetic man; a supportive partner; a loving dad. He'll have the right kind of male confidence.

Edward Docx is a prize-winning novelist, journalist and screenwriter. His fourth book, *Let Go My Hand* (£16.99, Picador), is published in April



REPORT

Green is the new black

In a stressful world, young women are increasingly choosing the great outdoors over social media. *Clare Thorp* reports

As with baking before it, gardening is having a moment thanks to its popularity among a young, hipster crowd. 'There's a childlike joy to getting covered in mud and digging up a wonky carrot that you grew all by yourself,' says new enthusiast Hollie Newton, 34 and head of a creative agency. Today, one-third of British adults grow their own food. 'It gives me a sense of calm, and a longer-lasting buzz than the quick-fix high of an Instagram like,' Newton adds.

The turbulent events of the past year may be partly responsible for this increasing interest in nature, as we look for simpler and more positive ways to engage with our surroundings. *Planet Earth II* even beat *The X Factor* in TV ratings, with more young viewers tuning into Attenborough than Cowell.

Newton is convinced that pottering in the small garden of her basement flat helped to lift her from a 'near-obliterating depression'. Now she's written a book, *How To Grow* (£20, Orion Spring) – the first of several titles out this year aimed at urban, millennial gardeners.

Billie Gianfrancesco, a 27-year-old PR manager, is another convert. 'I find it difficult to relax because I'm constantly distracted by social media and the news,' she says. 'Gardening helps to slow my mind down. I'm on the second floor, with no garden, but I've grown strawberries, mint, basil, lavender and rosemary on my little balcony. A green oasis is instantly soothing.'

And there is considerable evidence that exposure to nature can significantly boost wellbeing. 'Nature allows us to replenish our mental and psychological "batteries",' says Dr Stephanie Wilkie, an environmental psychologist at the University of Sunderland. 'It provides us with a sense of respite.'

Just ask Hillary Clinton, who dealt with defeat in the US election by hiking in the forest. And to prove nature is officially trending, the Pantone Color Institute has declared 'greenery' its shade of 2017. 'It's the colour of hope and connection to the natural world,' says executive director Leatrice Eiseman. ■

How To Grow: A Guide For Gardeners Who Can't Garden Yet is published this month



THREE FLOOR

threefloorfashion.com
harveynichols.com

#HANDS OFF OUR RIGHTS

Compiled by ANDREA THOMPSON



1971, London: Britain's first Women's Liberation Movement march

It may be 50 years since abortion was legalised in the UK, but across the globe women's basic reproductive rights – their power to control when and if they have children – are under attack. On International Women's Day *Marie Claire* teams all over the world will be joining forces to fight back, and we urge you to make your voice heard too.

October 2016, Poland:
women strike against
the abortion ban

April 2016, Belfast: Pro-
choice campaigners march

December 2016, Brazil: the
fight for Zika victims' abortion
rights rage on in Rio de Janeiro

November 2016, Ecuador:
activists demand justice
for gender crimes

**June 2016, Washington
DC:** feminists rally against
abortion-clinic restrictions



Imagine you have accidentally fallen pregnant with a child that you are unable to physically, emotionally or financially support. Now consider being forced to carry the pregnancy to full term by the government or community, changing the course of your life and robbing you of control over your own body. It's a situation women across the world find themselves in every day.

In the UK, where abortion has been legal for 50 years, women have options if they are faced with such an agonising dilemma, as well as precautions to avoid it in the first place. But it may surprise you to know just how many democratic countries deny women the same liberties by limiting or barring access to vital health services.

At *Marie Claire*, we think this is an issue worth campaigning about, because it is a fundamental human right. A woman with the freedom to decide when and if she has children has control over her destiny: she can stay in education, get a job and empower herself.

To highlight these affronts, we're launching our campaign this International Women's Day (8th March). Yes, 2016 was a turbulent year in politics, but it was also a year many governments attempted to restrict women's autonomy over their bodies further; a year women fought like never before to stop the slow chipping away of our rights.

In Poland, after a petition to outlaw abortion was put before parliament (making abortion punishable with five years in prison) 100,000 Polish women took to the streets brandishing wire hangers. As a result, the proposal was scrapped. In the Republic of Ireland, where abortion is illegal under the Eighth Amendment, the pro-choice movement Repeal the 8th carried out high-profile stunts, including women 'live tweeting' their agonising 'abortion journeys' to England. Angry demonstrations in Dublin followed.

In America, where anti-abortion Indiana governor Mike Pence was named vice-president elect following Donald Trump's win, women took to the streets and social media in their thousands to protest, while in Ohio they attached coat hangers to the Statehouse fence in anger at a new bill set to make abortion illegal after a fetal heartbeat is detected.

It's worth reminding ourselves too, that many women are denied sex education and contraception services across Africa, Asia and Latin America, forcing them to endure teenage pregnancies with devastating consequences. In Burkina Faso, where HIV and AIDS are prevalent, women cannot access life-saving contraception due to high costs. Closer to home, there is little room for complacency. In the UK, a December 2016 report by the Advisory Group on Contraception found that a third of British women (4 million) face restrictions in access to contraception due to financial cuts, while doctors admit they don't have time to offer the consultations women need. It's no surprise a rise in abortions and unwanted pregnancies is predicted.

We believe that every woman deserves affordable, accessible reproductive care. Depriving women of this is a step back in time. That's why we're calling on you to support our campaign. Do not let politicians chip away at our hard-won rights – contraception and abortion services affect our advancement as women. Join us this International Women's Day* and use your voice to say #handsoffourrights. ►

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Abortion: stories from the front line



“The state succeeded in undermining my power over my own womb”

Katherine, 24, Texas, America. ‘I was 21, and five months away from graduating when I discovered I was pregnant. I had been in a serious relationship and I was taking the Pill, but somehow the contraception failed. Neither of us were ready financially or emotionally to be parents, but we were mature enough to know we didn’t want to bring an unwanted child into the world.’

‘Fortunately, we live in the United States, where abortion has been legal since 1973. But the reality is that many states restrict the practice. Texas (my state) is among the worst, resulting in more than half of its 42 abortion clinics having to close. Texas has a population of 27 million. That’s a lot of women robbed of a service – and their basic human right.’

‘The closest clinic open to me was 200 miles away, but it wouldn’t take me because I’m not a permanent resident of that county. The two clinics that would consider me said I wasn’t far enough along at four weeks for a surgical abortion. To have a medical procedure, I’d be forced to see the doctor four times and watch a sonogram of my baby before making the decision. The cost is anything from \$500 and \$800 (£400-£650), and it’s not covered by most medical insurance packages.’

‘I felt betrayed by officials who would never lay eyes on the child that they were cornering me into having. They wouldn’t have to worry about balancing expensive childcare with a low-paid job. It was like being violated by a faceless figure. I had always felt passionately that couples have the right to choose, but the way I was treated brought home the reality of how our state succeeds in robbing women of their power. How can this be happening in a Western democracy that champions equality?’

‘I finally had my abortion at just over four weeks in Oklahoma, 200 miles away. The rights that had been taken from me were suddenly given back. And, with them, the gift of being the best mother I could – by choosing not to be one yet.’

“Being forced to carry my rapist’s child made me suicidal”

Juana, 15, Guatemala. ‘I was raped at the age of 13 by my older half-brother. It was bad enough to experience this assault on my growing body as a child, but then I discovered that I was pregnant too. I was shocked. I had never had sex education and didn’t understand what was happening. I was told that it was my fault and then forced to carry the baby to term.’

‘I live in a country that is Catholic and very anti-abortion. During the pregnancy, I became extremely depressed, almost suicidal, and suffered many indignities being an unmarried mother-to-be. Latin America is the only region in the world where births among girls under 15 years old is on the rise. And nearly 90 per cent of pregnancies in girls under 14 years old are the result of rape.’

‘I gave birth to the baby of the man who raped me and I am now raising the child. But I wish for a world where every woman has the right to determine what happens to her body.’

“My country made me feel like a criminal for making the right decision”

Katrina, 29, Dublin, Ireland. ‘I was 20 when I found out I was pregnant. It was just a couple of months before my final exams at university, and a huge shock that threatened to change the direction of my life. I was financially and emotionally ill-equipped to be a parent; I still felt like a child myself. But I live in Ireland where abortion is illegal. I couldn’t tell my family, so I borrowed money to travel to the UK and pay for the procedure myself. The total cost was over £700 – a huge sum for a student (though exponentially less than the cost of raising a child).’

‘As I flew to Liverpool for the abortion, I knew my decision to defer parenthood was mature and considered, but I felt like a criminal. When I woke up from the procedure, a mother of three, in her forties, was in the bed next to mine. It was the first time I realised that there are many circumstances leading a woman to make the choice I did. Guilt only adds to the burden.’

‘Later I discovered that other women I knew at university had also had abortions. Of course, none of us spoke about it – it’s the great untold secret of Irish society. But it only compounds the isolation. These women feel so ashamed, so alone. Yet beside them on the bus, on the street, in church even, are other women who share the same secret.’

‘Today, I have a fulfilling career and I’m a mother of two in a stable relationship. I had these children at the right time, when I could provide them with the support they need. I’m glad I didn’t cede to the moral tyranny that reigns in Ireland and have a baby out of a misplaced feeling of guilt. Pro-choice is not pro-abortion. Women should be supported, respected and empowered to make the decisions that are right for them.’ ►

Marie Claire editors speak out

From US Republicans vowing to restrict affordable contraception to unprecedented numbers of unsafe abortions in South Africa, *Marie Claire*'s global editors reveal how women's rights in their countries are under threat

Anne Fulenwider, Editor in Chief, Marie Claire US

In 2016, US state governments enacted 46 abortion restrictions, adding to the 288 anti-abortion laws passed between 2010 and 2015 – the most in any five-year period since the procedure was legalised in 1973.

The litany of legislation includes proposals that would ban abortions as early as six weeks and establish fetal personhood (giving fetuses the same rights at conception as people).

Women's rights groups predict Republican state legislatures will submit an unprecedented number of anti-abortion laws in 2017, while the Trump administration vows to overturn the Affordable Care Act, putting contraceptive access and affordability at risk.

Marie Claire US is deeply concerned. We must fight this unprecedented attack on our reproductive rights.

Marina Caruso, Editorial Director, Marie Claire Brazil

In Brazil, women do not have the right to control their own bodies. Abortion is considered a crime, with the exceptions of when a pregnancy threatens a woman's life, is a result of rape, or when the baby has anencephaly.

Since the 2014 election, some politicians have become intent on making legal abortion even more difficult. Facing this retrograde scenario, I think it's time to stand up and raise awareness about women's reproductive rights in Brazil. We need to tell governments to stop limiting women's power.

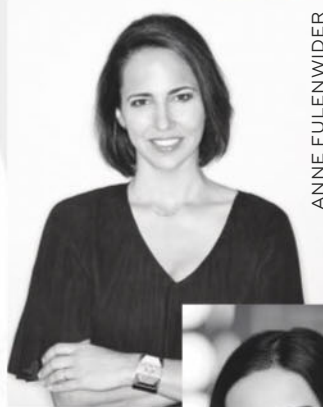
Jackie May, Editor Marie Claire South Africa

The South African constitution promises equality, dignity, and the right to make our own decisions about reproduction. Those promises are important, critical even. But so, too, is the gap between these promises and the realities in which we live.

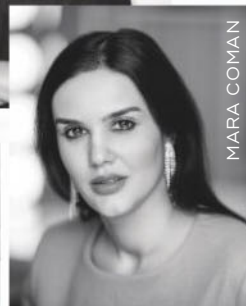
Although our reproductive rights are legally protected, women's actual choices are shaped at least as much by social prejudices and violence, especially sexual violence.

In 2014, the police recorded over 43,000 rapes. Those stats can't tell us how many women went to police stations and were turned away. Nor how many women didn't even try to report it. But we do know that about 150,000 women a year have illegal and dangerous abortions.

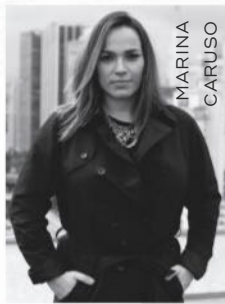
Attitudes need to change. We are committed to spreading advice about our rights and where to get help.



ANNE FULENWIDER



MARA COMAN



MARINA CARUSO



MARIANNE MAIRESSE



JACKIE MAY



HANDE TOKMAK

Mara Coman, Editor in Chief Marie Claire Romania

I watched the protests in Poland last year with sadness as women took to the street to demonstrate against the government's plans to make abortion illegal. It seemed astonishing that in 2016 anyone would want to restrict women's rights, sending us back in time to an era where so many women died because they didn't have autonomy over their bodies.

In 1989, when the revolution brought the end of communism to Romania, I was just ten years old. In the communist era, abortion was a crime, sex was acceptable only after marriage, and there was no contraception at all. As a result, women self-aborted at home. Most became ill; many died in agony. We must not let them drag us back.

Marianne Mairesse, Editor in Chief, Marie Claire France

We are currently in an election period where some candidates are calling women's rights into question: Marine Le Pen may not be against abortion but she is opposed to it being funded. Republicans aim to return to a law where assisted reproduction and adoption rights remain strictly reserved for infertile heterosexual couples.

In France, single women do not have access to assisted reproduction. Surrogacy is also prohibited. The rise of religious fundamentalism is now being felt, too. Our job is remaining vigilant and we plan to interview all candidates for the 2017 presidential election, asking each of them to disclose their position on women's rights.

Hande Tokmak, Editor in Chief, Marie Claire Turkey

In Turkey, there's a common phrase about being a woman: 'difficult to live'. No matter how hard we fight patriarchal ideology, the brutal reality of life means that four in ten women are exposed to violence. We are ruled by democracy, yet even in Istanbul, Ankara and Izmir, women's rights are threatened daily. Recently, a law was drafted by the government legitimating the marriage of girls under 18 to their rapists. It was withdrawn after a public outcry, but while our government has this attitude, we can't expect equality. Despite this, women are still standing strong, fighting for success and pushing their limits. ■



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DREAMWORKS
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eOne



IT'S COMPLICATED

You've found 'the one' and fallen in love, but there's something you hadn't bargained on – and it could derail it all. Here, three writers reveal their relationship journeys

Loving a man with depression

ALIX O'NEILL, 33, MET HER HUSBAND MATT* AT UNIVERSITY. THEY'VE BEEN TOGETHER FOR 13 YEARS AND MARRIED IN 2012.

We'd been looking forward to our friends' engagement party all week. But as I breezed into the kitchen, my lips newly rouged with Chanel Pirate, I realised with a sinking dread that we wouldn't be going anywhere that evening.

My husband was pacing the room, hands wringing, his features distorted by fear. He was so, *so* sorry, but he couldn't face all those people. He didn't want to ruin my night – please go without him, he said, there's nothing to worry about. I felt deflated; it was the second time he'd done it that month.

I used to believe him when he told me everything was fine. Perhaps I convinced myself that it was, because – and here's the unpalatable truth – depression is a pretty damn depressing thing to accept and I never truly understood the depth of his pain.

Matt has been suffering from mental illness since the suicide of a close friend 13 years ago, shortly before we started going out. He's part of a tight-knit group and comes from a large, loving family, though neither are demonstrative. As a result, he has always been skilled at putting on a brave face. In the early days of our relationship, he masked the severity of his symptoms behind a sybaritic existence of extravagant nights out and big romantic gestures. He briefly talked about his darker periods, but it was hard to reconcile my charming new boyfriend – the last to leave the party – with the established image of depression. I thought that ►

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depressives were introverts who stayed in all day. In contrast, Matt carried a silver hip flask and wore jaunty Paul Smith socks. He loved food and culture and history – and me. Every day with Matt was an adventure and I didn't want the good times to end.

However, when we moved in together, it became harder for Matt to hide the extent of his illness. There were days when he'd struggle to get out of bed, yet still managed

“ To me, the darkness
is just a small part of that BIG,
BEAUTIFUL brain ”

to crack a joke and throw me a compliment before I left for work. Later, he admitted it was physically exhausting trying to keep up the pretence that all was well. Shamefully, I was frustrated by his lethargy. If he knew exercise made him feel better, why didn't he just go to the gym? I thought a positive attitude would fix him, that he could will himself back to happiness. I've long since realised you can't Pollyanna your way out of depression.

Two years ago, Matt went through a particularly bad episode and was struggling to get help on the NHS. He told me for the first time about his black days, the ones where he lingers at the edge of the Tube platform or spends hours staring at the kitchen knives while I sleep, thinking, 'I could end it here.'

Those five words changed us, they changed me. Somehow, I had reached my early thirties with all the trappings of adulthood – a marriage, mortgage and a steady job – and yet, I never felt fully-grown up. Until that point, Matt had supported me through my childhood hang-ups and emotional crises. Now, it was my turn. It's a huge responsibility being the strong one, making the person you love feel safe, reassuring them that everything is going to be OK when all you have are doubts.

Things have been better lately. Matt has found a great therapist, he exercises regularly, we eat more oily fish, he has one of those SAD lamps. Most importantly, we talk. Every day. He knows we're feeling our way for the light switch together. We'd like to have a baby soon, yet Matt worries he'll be unable to step up to the challenge. Sometimes, he wishes he could remove his brain and wash it out. But to me, the darkness is just a small part of that big, beautiful brain. Matt's strength of character, his bravery, his infuriating knack for telling stories better than his wife who writes for a living – that's the stuff that will shine through as a parent.

Life is less carefree than it used to be. Sometimes, it's really sad. But I wouldn't go back to the way things were before. We appreciate the good times more these days. The adventure hasn't stopped – the ride's just a little bumpier.

Loving a divorcee with children

KATE BARRATT, 30, AND DAN, 42, HAVE BEEN TOGETHER FOR OVER A YEAR. DAN HAS TWO CHILDREN FROM HIS FIRST MARRIAGE.

I first met Dan seven years ago when he was married to someone else. They had a child, and another on the way, so although there was an instant attraction he was off-limits. In the past, I'd always swiped left on a man with an ex-wife or kids. I pictured myself starting a family with a partner who was new to it all, too. But I've had to accept the fantasy of doing it afresh with someone is over; life doesn't come packaged neatly into the boxes you want. After 30, most people come with some sort of baggage. It's our experiences that make us who we are.

The fact that Dan was going through complicated divorce proceedings when we met again through work last year made me very reluctant to get involved. His mind was often preoccupied with the stress of the divorce, as well as the pain he felt at only seeing his children every other weekend. But Dan was also funny and great to be around. He's more emotionally mature than the other men I'd dated and we fell in love. I find it comforting to know that unlike many of the commitment-phobic men I've met, he is actually capable of being a husband and a fantastic father – he's proved that.

But being with someone who has crossed those milestones already is a journey. You will always come second to his children; they will always be his priority. In the beginning, I would make plans for us, only for them to be cancelled at the last minute because he unexpectedly

“I'll always come second to his kids -
and his ex will always be part of his life”

had to have the children. It was hard to deal with the contrast in our reactions when this happened. While I felt let down, angry even, he would – naturally – be delighted by the opportunity to see them.

I also expected regular phone calls when we were apart. Naively, I imagined that when he took them on holiday or away for the weekend, I'd talk to him every day. But he didn't have the mental capacity to speak to me when he was with them.

There is this huge part of his life I have no place in. And that hurts. I'm hopeful this will change once I've met the children. Until the divorce is finalised, we've decided it's best that they don't know about me, but I long for the day when I can attend his daughter's assembly or his son's football match – to share our lives with each other completely.

It may not be typical to chat about having a baby on the third date, but that topic came up earlier for us – I can't afford to waste time. Many of his fears about starting a family with me arise from his failings in his previous relationship. For my part, I have to accept that his ex will always be part of his life.

Dating a divorcee means I've faced opposition, but despite the difficulties, I wouldn't want the relationship any other way. I love him for his complexities, not in spite of them. ►



Loving an alcoholic

FLISS BAKER, 34, HAS BEEN IN A RELATIONSHIP WITH HER BOYFRIEND, 43, FOR TWO YEARS. HE HAS A SUCCESSFUL CAREER IN THE MUSIC INDUSTRY.

I am in love with a tall, handsome, hilariously funny and thoughtful man who loves me back with all his heart. I know how fortunate I am to have a man like him: a great career in the music industry, a good salary and a wide circle of friends. But he's also battling secret demons that make the relationship feel, at times, impossible.

Looking back, despite him being totally functional in every area of his life, the signs of alcoholism were there from the beginning – the mood swings; the lies when his eyes used to dodge my own; the day he went out to 'buy milk' but returned an hour later argumentative and defensive – I just didn't know how to spot them. There were so many times I questioned my own sanity.

When he drank, he became angry and critical, ridiculing me for my flaws. His work in the music industry had exposed him to drink and drugs, and normalised his reckless behaviour. It was only six months in when, after a particularly heavy drinking session, the admission came coldly: 'I'm an alcoholic'.

I initially thought, 'Great, he's admitted his problem, things will get better now', but I was hopelessly naive. An admittance is far from a resolution and I was advised by AA family support that his addictive behaviour was ingrained; his father was a heavy drinker, too. Even if he could abandon the drink, the pattern of behaviour was likely to continue. He might perform well at work, have a wide social circle and appear to be functioning in every way on a high level, but he was secretly battling an addiction that was ultimately tearing him apart.

Addiction was not part of my family background, but my dad battled depression, which really affected me. Some say you are attracted to those who resemble your own parents and I think I have grown up always trying to see the good in people. Maybe this led to me being a 'fixer' and wanting to help others, often putting their needs before my own.

After the admission he began counselling. He'd be totally dry for weeks and we'd celebrate with a lovely evening meal. But the following day, he'd slip back again, a false sense of security and a desire to celebrate his success triggering another episode. One such occasion began at 8am after a perfect night together. As I woke up bleary eyed, I watched him stumble into the room and fall into the chest of drawers, whisky bottle in hand. You

think you'll cry with disappointment but the truth is, you don't. A numbness takes over as your fear becomes real and you're forced to accept it has happened again.

I love my boyfriend dearly, and want to have children with him, but we live life on a cycle of unpredictability, constantly wondering when he'll turn to drink instead of loving me. I used to question why I wasn't enough until I accepted one simple fact: he's an addict – I never will be.

I've learned that part of being with an alcoholic is cutting yourself off emotionally when the shit hits the fan. It's being supportive as well as recognising when to walk away. I've lovingly cuddled him while he cries with frustration but

“ There are three people
in my relationship. Me, him
and ADDICTION. ”

I've also angrily walked out the door when his drink has spewed negativity and self-destruction. I am there for him, but I have to protect myself.

The thing is, I know I could walk away at any point but I have chosen to stay. Why? Because I accept that he's battling an illness and that the positive things about his personality outweigh the bad.

Thankfully, I've had excellent therapy and have amazing friends and family, all of whom are broad-minded, insightful and supportive. They have helped me to realistically set my expectations, reminding me to look after myself, and I've developed great empathy as a result. I now respect that every day is a challenge for him and I truly believe we can win the battle together. As his therapist says, it's one day at a time. Not just for him but for me, too. ■

SNEAKERISSIMA

by

Lelli Kelly



LELLI KELLY **SNEAKERISSIMA**
is available in the best children shops

Who can give a beloved British brand a cool new face post the It-bag era? Johnny Coca, that's who. Mulberry's creative director talks about being in the hot seat, school uniform stripes and his surprising SS17 collaboration

Interview by CAROLINE LEAPER

I should Coca





It's 4pm on a Sunday afternoon during London Fashion Week. We're inside an abandoned printworks, where now-silent machines once produced the *London Evening Standard*. A diverse line-up of models walk an enormous metal runway in pyjama-striped blazers with matching asymmetric skirts, pinafore dresses featuring exaggerated ruffles, and liquid-lamé shirt dresses in primrose yellow and silver.

At the end of the show, Mulberry's new creative director comes out to take his bow. Johnny Coca is just under 5ft tall and looks even smaller at the end of his 200ft runway, but in his deckchair-striped suit and dazzling white trainers, it would be impossible to miss him.

The spring/summer 2017 collection is Coca's second for Mulberry. Before his arrival, the fate of the brand was hanging in the balance. His LFW debut was one of the most anticipated in years, and the pressure was on from Mulberry's executives to deliver something that would turn the lights back on at the fashion powerhouse.

After previous designer Emma Hill departed in 2013, Mulberry slightly lost its way. In the 18 months that followed, bosses at the national treasure searched high and low for the right hire to take the helm, but the man they found was not a famous face pulled from another major design house. In fact, hardly anyone had heard of Spanish-born Coca. But Céline's former accessories guru was the brains behind some of the most coveted bags of the decade – a hire from behind the scenes who, it was hoped, could do for Mulberry what Alessandro Michele has done for Gucci. No pressure, then.

'I felt far more relaxed this time [after the second show],' Coca says a few weeks later. 'We did a lot of dancing in the showroom – the whole design team doing the Macarena!' You'd probably dance, too, if your collections had been warmly received by the press and you'd returned your company to profit after big losses. But Coca's most important achievement may be that he has made Mulberry cool again.

This season, the designer has taken inspiration from British uniforms, twisting them into looks that are simultaneously sleek and edgy. 'On my moodboard there were pictures from the 50s and 60s of school and military uniforms,' he says. 'It made me reflect on when I was younger – when you're wearing a blazer that's too big, with a little kilt, layering all of your college colours and ►



Coca's frill-seeking Mulberry accessories revamp (above), includes a new take on the Piccadilly (right)



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“

Fashion in the UK can be extreme

”

stripes.’ (Coca’s school uniform was clearly less scratchy and uncool than ours.) He took those references and layered them over embellished silk blouses and bias-cut skirts. ‘I thought, what if you took out the pleats on one side of that kilt to make all the fabric fall down in asymmetry?’

A further indication of Mulberry’s cool new direction was Coca’s decision to work with Russian stylist Lotta Volkova. Muse to Vetements’ Demna Gvasalia, she is the woman behind the white-hot label’s street-couture mash-up. ‘I liked the way she was working with Vetements and Balenciaga, and that she is eccentric and extreme,’ says Coca. ‘The UK can be extreme. Fashion here can be very classic or rebellious. Lotta has a modern eye that is fresh and strong, and I liked that it was quite unexpected for a brand like Mulberry to work with someone like her.’

He’s right: Volkova’s gritty aesthetic is a surprising influence for the label. She couldn’t be less of an English country dweller, or less like Alexa, Cara or any of the other polished girls once immortalised by the brand in bag form. ‘A thing that was interesting to me about taking this job was that Mulberry is this symbolic brand in the UK,’ he says. ‘This was a chance to make it stronger, more directional and more international.’

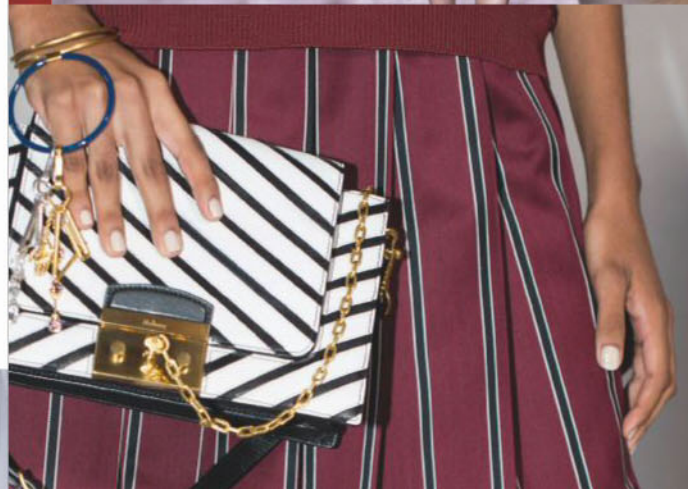
Founded in Somerset in 1971, Mulberry became a symbol of British wit and charm in the noughties under the creative direction of Stuart Vevers (now at Coach) and then Hill (now with her own label). Its iconic bags – like the Bayswater, the Lily and the Alexa – brought phenomenal success, leading to star-studded LFW shows and record profits. But in its recent leaderless period, share prices fell by 67 per cent when an interim chief executive hiked up the prices – a strategy that Coca was quick to overturn, taking the average price for a handbag back to its £600 sweet spot.

Naturally, his bags are the most-discussed topic on both the front row and social media, and Coca’s biggest indicator of success. This season he introduces the Cherwell, a lunch box-style case with pockets on the front, as well as a fresh take on Mulberry’s classic Piccadilly. He’s added other new styles since he joined the label – the Maple tote, Camden hobo and Clifton cross-body – but he’s also enhanced some of the house classics. Coca decided that the original Bayswater design from 2003, for instance, could do with some functional tweaks, so he made the internal pockets easier to reach and redesigned the straps, which used to flop down to reveal unsightly joins.

The riskiest of his updates, though, was to the brand’s logo. Removing that emblem of Britishness, the mulberry tree – designed in the 70s by founder Roger Saul’s sister – was a bold move indeed. ‘The reaction has been very positive,’ Coca says of his new logo, an understated ►



Military-meets-school-uniform stripes and shiny yellow shirt dresses get put through Coca’s new Mulberry filter for SS17



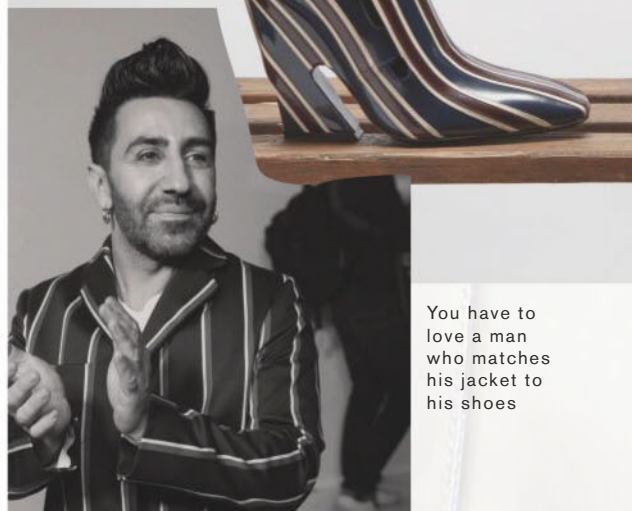
rendering of the label's name alone. 'It is actually based on the 70s original. It's part of Mulberry's DNA, which I think people remember fondly. I thought we could make the logo feel more British.'

So what qualifies Coca to be so, um, picky? Even most die-hard accessories addicts drew a blank when Mulberry announced his appointment in November 2014. But if we didn't know his name, we certainly knew his work – Céline's Trapeze and Trio bags remain some of the most desirable in the world, years after he launched them. 'I left Spain in 1992 to study architecture and furniture design in Paris at the École Boulle,' Coca says of his unconventional route into the fashion world. 'Because of this, everything I do is about construction and proportion first. I thought I would love to design bags, because it's just like a baby piece of architecture.'

As a 21-year-old graduate, he found himself working on window displays for Louis Vuitton. 'I was arranging all the bags in the windows from the catalogue, and I found it so exciting,' he recalls. 'I showed some of my drawings to Louis Vuitton and they offered me the chance to join the design team. Marc Jacobs had just arrived and it was like a school for me.'

One of Coca's first hits (aged just 24) was the Vuitton Musette, a bag designed to carry vinyl records. After four years, he approached the LVMH bosses to ask for a change. They offered him the role of head of accessories at Céline, under Michael Kors, where he managed a team of 25, added sunglasses, shoes and jewellery to his repertoire and created hit bags like the Boogie.

Blown-up bags and asymmetric hems give the Mulberry girl a cool new silhouette



You have to love a man who matches his jacket to his shoes

In 2005, he moved to Milan to brush up on his Italian (Coca is now fluent in four languages) and spent five years as accessories director for Bally. 'LVMH called me at that point and asked if I would be interested in working with Phoebe [Philo, who had just been appointed Céline's creative director],' he recalls. 'I said, thank you so much. I love her and she is such a strong, interesting person.' Under Philo's lead at Céline, and with his now extensive experience, Coca created some of his most successful products to date. He moved to London seven years ago, when Céline's headquarters were relocated from Paris to a studio near Oxford Street.

When the big job offer came from Mulberry, it presented Coca with an opportunity to fill the gap in his fashion knowledge – ready-to-wear design. 'I've learnt to do everything step by step,' he says of the challenge. 'Every time I have moved in my career, it was to learn something new. Sometimes these people are creative directors and they just have a strong vision, but they don't know the details of how everything is made. I love to work on the details of each product, whether it's how to sculpt a heel or the colouring for the leathers and skins.'

Coca's clothes have so far been well-received, as has his evolved idea of what makes a hot bag in 2017. 'You never know if you have designed an It bag before it goes on sale,' he says. 'The first time I know I've done well is when I see a lot of women wearing a particular style out and about. For any bag to be successful now, it has to be both stylish and practical. Great quality is also very important and so is value for money.'

It's on this last point that we're really sold. Creating must-have bags named after girls of the moment was a winning formula for the old Mulberry, but in the new era of subtle

luxury, fashion has moved on. Women don't necessarily want bags that are instantly recognisable (and easily replicated). Coca's new Mulberry creations are sleek and well-made, with just a hint of a logo to impress our in-the-know friends. And he actually wants us to be able to afford them, too. ■





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ALPHA GIRLS OF



SILICON VALLEY

When power dressing means a vintage Facebook T-shirt and dating is strictly online, what's life like for women in the ultimate tech Mecca? *Alexandra Wolfe* reports

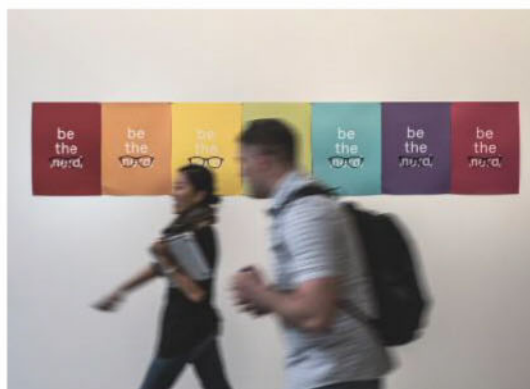
When I first met 22-year-old Laura Deming she had just arrived in Silicon Valley and was realising that being female here was different to the East Coast. 'Someone told me I was dressing like an idiot, because I was parading around in a bunch of teenager-style dresses from college without thinking about how I looked,' Deming remembers. 'The advice was basically to lose the skirts and start wearing blazers and stuff.' She followed the advice for the most part, tossing out anything delicate, lacy or detailed, which could make her appear weak, but she kept the miniskirts and a pair of combat boots.

I was in California to research my book *Valley Of The Gods*. The state spawned 23 new billionaires in 2015 and is home to a quarter of America's ten-digit club, so competition in California is fierce – and the Valley's race to create 'the next Facebook' is fast and palpable. On the surface, it may appear that nobody tries too hard – the tech 'uniform' of tomboy hoodies, backpacks and sneakers is a far cry from the heels and power suits of the New York banking scene – but the signifiers of wealth are still there, you just have to look closer.

Designer handbags and brand logos are a no-no, replaced instead by tech company emblems or slogans – preferably Facebook, Google or Apple. The earlier in the company's history the T-shirt is made, the better – 2005 is almost nascent, for instance – because that would signify how wealthy you could indirectly say you are.

Wearing a Facebook T-shirt made in 2007 is a stronger status symbol than driving a Ferrari, since the car costs about \$150,000, while an employee at Facebook in 2007 could have made tens of millions of dollars after the IPO. Some men wear Steve Jobs' favourite New Balance sneakers to prove that they have something in common with the tech master.

Walking through Mountain View, Sunnyvale or Palo Alto in a dress is akin to getting ready for the prom at noon – you are labelled an East Coast tourist or a costume-party guest. The less cutesy, feminine and frilly you can be as a Silicon Valley woman, the better; proving that you're not a slave to stereotypes



of sexuality is essential. Jeans are typical for both sexes. Women's can be loose or tight, but trousers are a must. Skirts are only OK if they have pockets or resemble construction-type attire, showing one's toughness. If a lady wants to feel and look attractive, it should be through fitness, rather than an expensive dress.

Weekend pursuits in the Valley aren't about long brunches, but high-intensity workouts or cycling trips around Woodside. The focus is on keeping the body and mind fit – and certainly for a lot of men, the goal is to look young. The ethos is 'the younger the better', and one guy in his thirties admitted to me that he stayed thin to look more youthful.

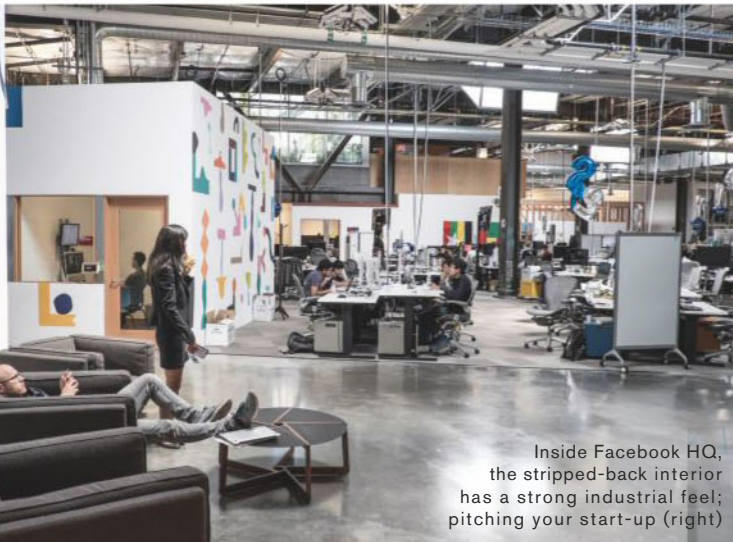
The lacklustre of the tech wardrobe extends to dating, too. Many coders found that Silicon Valley was a sexual wasteland at first. Men, who make up roughly 60 per cent of the population, are too busy coding to do anything else. When they are in 'flow' (racing against the clock to build a program before the next person does) nothing else matters. Unlike the testosterone-fuelled bankers on the East Coast, their sexual rage doesn't come out in boozy pool parties, but on late-night online 'dates', if they are lucky.

In the offline world, there is nowhere to go after 10pm on Palo Alto's minimal bar scene. Rumour has it that at one tech conference on a boat, women were hired in from a Miami university to pretend to be tech students and redress the gender imbalance.

For single women, the most desirable men are employees number five, six and seven of the big tech companies. One day at University Café, a popular hangout in Palo Alto, I saw a girl point to a guy ►



Clockwise from opposite page: a tech-lover tries out an Oculus VR headset at a Game Developers Conference; words of wisdom at Facebook HQ and a view of Silicon Valley from the office rooftop



Inside Facebook HQ, the stripped-back interior has a strong industrial feel; pitching your start-up (right)

ahead of her and squeal, 'He was number five!'

Women commonly hook up with younger men, because they are the wealthy ones, having grown up as early-stage employees at the main tech giants. Single women prey upon them at places like the Rosewood Sand Hill hotel in Menlo Park.

The über-go-getting cabal of Silicon Valley females working in tech and venture capital worship some women and despise others – often the more feminine ones eclipsed by their husbands. As a result, many of the married women never talk about their partners.

Deming never felt out of place when she was the only woman at a party or in her house, which she once shared with six men. But she recounts stories of women around her who were angry about the gender imbalance. These women complained that a lot of men were in fact 'beta' (read: weaker), while women were 'alphas', especially those who followed Facebook COO Sheryl Sandberg's *Lean In* ethos that encourages women to take control of their careers. One in particular resented the perceived notion that women should act like they could play with the boys.

One night, in 2014, sitting in jeans and a T-shirt outside on the deck behind the Rosewood, Aileen Lee, a partner at influential venture capital firm Kleiner Perkins Caufield & Byers (KPCB), told me: 'People are racially sensitive and disability sensitive, but they're just not gender sensitive. I mean, the Tinder situation?' She was referring to Whitney Wolfe, the Tinder co-founder who sued the company for sexual harassment in 2014. The case was ultimately settled, and Wolfe left the company to start Bumble, a competing dating app, that same year.

Then there was Ellen Pao, the KPCB partner who had charged the venture capital firm with gender discrimination in 2012. Pao famously claimed she was routinely passed over in favour of male partners, excluded from men-only company ski trips, and subjected to harassment from a male colleague.

'Women are the routers of the social web and the rocket fuel of e-commerce'



Pao lost her case in 2015, but she opened up a conversation about gender equality in Silicon Valley.

Lee started her own firm, Cowboy Ventures, in 2012 to seed early-stage companies that improve daily life through technology. She argued that women shopped online and played more social games than men. She saw them as responsible for the success of many tech companies. Lee now believes that Silicon Valley has made some improvements in its attitude toward gender – in part because of the dust-up over Pao. 'The number of women in venture capital has actually decreased in the past decade, but the awareness and sensitivity has improved in the past five years,' says Lee. 'If you look at tech companies, they are starting to report their diversity numbers publicly. Women are the routers and amplifiers of the social web, and they are the rocket fuel of e-commerce. If you figure out how to harness the power of female customers, you can rock the world.' As a result, companies have been forced to treat women better, both as employees and customers.

To Deming, the so-called promised land of Silicon Valley felt like a place of contradiction – fierce ambition disguised as casual demeanour and loose definitions of fidelity, people married instead to their ideas. The buzzword was to 'hack', so everybody sought out ways to appear as 'other', as a disruptor to the norm, despite their samey appearance. Here, Deming realised, she could be whoever she wanted. ■

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8 SMART

SEX HACKS

Words by REBECCA NEWMAN

It's time to try out the sex tips you didn't even know you needed. From role play to technique perfectors, we asked the best experts for some inspiring advice on a between-the-sheets reboot

1 GET ON EDGE One discovery from award-winning sexual education website OMGYes is the power of edging – or repeatedly nearing orgasm then pulling back just before it happens. For two thirds of women edging builds longer, more intense orgasms. Explore it during solo or mutual masturbation, during love-making, whenever you like.

'There are three variations of edging,' says Emily Lindin of OMGYes. The first is 'pausing', in which you stop what you're doing during sex, cool down and start again. The second is 'distraction', for instance you take time out to kiss, or to take up a different position before resuming. The third is 'continuous' edging, in which you shift your touch slightly as you approach climax until the feeling quietens a bit, then bring yourself closer, then back. Do this several times before finally letting go.'

2 RESPIN A FAVOURITE While there are endless terms for sexual positions, many of them are just variations on the basic missionary, cowgirl, rear entry. So why not just explore the myriad twists you can add to your old favourites? 'Notice when you get into patterns, and explore the opposite,' says sexual therapist Mike Lousada. 'If you like slow sex,

then speed it up.' So, whisper in your lover's ear, or text them, that tonight you want to try things super slow. Or that you've brought a toy to play with. 'Try using lubrication – it changes the quality of touch,' adds sex coach Sarah Rose Bright of Sensualhealingharmony.com. 'Massage his testicles and perineum (the area between the anus and the penis), pulling and squeezing,' even tickling his skin while you are in your favourite position. You might try a vibrator you can wear during love-making, such as the We-Vibe 4 (£106 at lovehoney.co.uk). Or use a butt plug while in doggy (check out the ceramic anal toy Livia, which should be nuzzled into place with a water-based lube such as Anal H2O – £140 and £12 at pureeros.com).

3 GO SOLO, THEN SHARE 'We all have go-to masturbation techniques,' says Lindin. After interviewing more than 2,000 women, OMGYes discovered that 'breaking away from the routine to explore other styles of touch can improve pleasure for the rest of your life.' If, say, you like to work directly on your clitoris, try stimulating it indirectly by moving your fingers on your labia. Explore coming on your own in a way you haven't before, then share this new technique ►

with your partner. While it may feel weird at first, realise it's not all about you – think of how happy your partner will be to find a new way to bring you to climax.

4 TALK OUT OF BED This can be daunting, but it can also be most rewarding: put a date in your diary just to talk.

Pour a glass of wine, sit down and set aside an hour to discuss what you need more or less of; what things you love and what things he might be doing that don't do it for you. Then, let him have his say. Be brave. Perhaps clarify the words you speak during love-making ('When I say, "Stay there!" I mean, "Stay there!"'). It may be worth making an honest appraisal of your sex drive, and what affects it – from the time of day, work stress and tiredness to your time of the month. This might even stretch to how his failing to put his plates in the dishwasher kills your mood stone dead, but his fixing the brake on your bike is weirdly hot.

You may also consider talking about how the kind of stimulation you want changes. Lindin says, 'A specific type of touch might feel awesome for you one day, and a different variation is better the next day.' Discuss how best to communicate this next time you are in the heat of the moment.

5 GO MULTIPLE Instead of finishing at your first (hard-won) orgasm, why not try working towards having more? 'Many women think they have to stop after their first orgasm, because the kind of touch that led to it is uncomfortable after climax,' says Lindin. 'We found in our OMGYes research that many women realise, usually in later life, they should treat their body after the first orgasm like it's new, with different likes and dislikes. And there are specific ways they like to touch after the first orgasm to rebuild to multiples, often going back to the stimulation they used in the initial warm-up.'

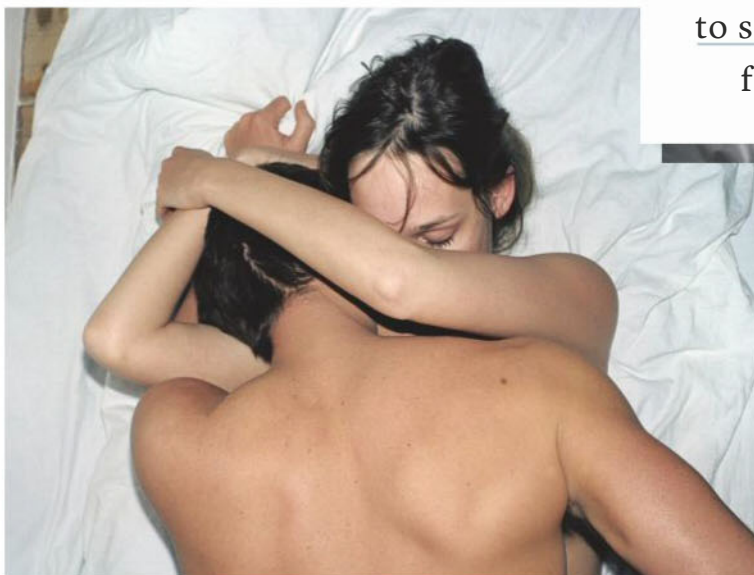
You might continue with a 'palm hug', cupping your genital area with a warm hand to exert gentle pressure. Other approaches include stroking in large circles over the labia, downward swipes from the top of your hood to the bottom or slow, clockwise ovals that glide over your hood skin.

6 RECREATE THE FIRST TIME It may sound obvious but try replaying a sex scenario from your first weeks of dating. Or re-enact one of your first sexual experiences from before you met. Was it with that hot guy from the year above, him kissing you up against a wall; a moment of passion in a bathroom while there were people waiting outside? Recreate

the scene: tell your partner you have a fantasy about them being your first kiss, and plan it. (You might meet in a bar and dance together a while, then he pushes you to the edge of the room, raises your hands over your head, runs his fingertips down your body to pinch your nipples hard etc.)

Or play with the scenario in your head and immerse yourself in that heightened first-time excitement.

“ Many WOMEN THINK they have to stop after their first orgasm ”



Lousada adds, 'If you act like you are experiencing the electric feelings you remember from the early days, you will feel them all over again.'

7 THE ADORATION RITUAL The essence of this ritual is that you take complete control of a love-making session, guiding your partner every step of the way.

'Design an experience that will make you feel divine,' says tantric coach Elena Angel. 'Is there a sensation you'd like to explore? A setting you'd love to find yourself in?' It may be that you want your partner to kiss every inch of your body before sex. Or you might ask them to dress up as a soldier and give you cunnilingus all afternoon. Whatever it may be, this is your time. Discuss your fantasies with your partner beforehand. It's a good idea to plan a whole afternoon or evening, so there's no time pressure. And of course choose a day when they are worshipped in return.

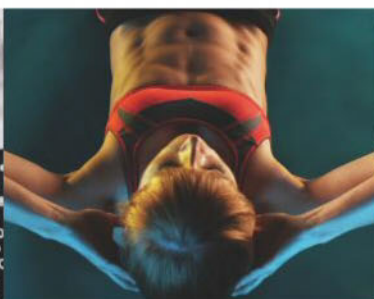
8 CLIMAX CREATIVELY This one is about rekindling the experimentation of the early days by bringing each other to orgasm in creative ways that don't involve penetrative sex.

'Make a list by yourself of everything you think might turn you on. Be specific, using words like licking or sucking a specific body part in a certain way,' say MJ Barker and Justin Hancock, authors of *Enjoy Sex (How, When And If You Want To)* (£7.99, Icon Books). 'Take the pressure off if you don't fancy writing it out by instead sharing fiction excerpts, images or video clips that involve a technique you would like to try.'

During your session, take the focus away from penetration by using one or two of these techniques on each other. It will bring you both back to that inventive state you enjoy when you first take one another's clothes off. It's about trying to climax in a different way instead of falling back on what you know. ■

LOOK

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THE
talented

M S

Ricci

Hollywood veteran Christina Ricci is no stranger to edgy roles, but her latest incarnation as Jazz Age icon Zelda Fitzgerald is making her the most nervous. Here she talks to *Lucy Pavia* about full frontals, industry politics and keeping it real

If you don't know much about 20s icon and the 'first American flapper' Zelda Fitzgerald, you soon will. Not only are there two Hollywood biopics about the Jazz Age writer and socialite in the pipeline (with both Jennifer Lawrence and Scarlett Johansson lined up to play Zelda), but this month Christina Ricci is bringing Zelda's turbulent life story to the small screen.

Ricci got the idea for her new series *Z: The Beginning Of Everything*, which she both executive produces and stars in as Zelda, after reading a biography that sheds fresh light on the woman so often referred to simply as 'the wife of *The Great Gatsby* author F. Scott Fitzgerald'. The book indicates that Fitzgerald may have pinched some of Zelda's writing without credit and calls into question whether she was mentally ill or just an inconveniently outspoken woman. Ricci, who has been acting for over a quarter of a century, says she's never felt this nervous about a project. 'I've never really cared,' she says from her home in New York, 'but I'm so invested. This [show] means the most to me.'

Being in front of a camera has been the norm for Ricci since she was ten years old. Her breakout role, aged 11, as Wednesday Addams, who burned the summer camp Thanksgiving feast to the ground with a cool, triumphant smile, made her a 90s Gothic heroine. It also propelled her on to teenage movie stardom in films like *Now And Then* and *Casper*. Unlike many other young actors of her generation, Ricci then successfully weathered the showbiz transition to adulthood by working her way through a selection of smart indie roles, scoring a Golden Globe nomination in 1999 for *The Opposite Of Sex*. More recently she's taken Emmy-nominated guest spots on TV (*Grey's Anatomy*), as well as starring in the short-lived air hostess drama *Pan Am*. It was on the set of *Pan Am* that she met and fell in love with camera technician James Heerdegen. They're now married and live in New York with their two-year-old son Freddie, who briefly interrupts our interview when he wakes up early from a nap...

So why the sudden burst of interest in Zelda Fitzgerald? 'I really don't know. There are tons of fascinating women in history, but Zelda has a particular mix of things that I think are very appealing to an actress. Dramatically [her story is] extremely rich, but in a way it's also quite glam.'

She's often referred to as F. Scott Fitzgerald's 'muse', but she was far more than that. 'Yes, he lifted entire passages from her journals; she wrote short stories that they decided should be published under his name. She's a huge contributor, rather than a muse.'

The drama explores her mental breakdown, too. 'And there's the question of whether she was, in fact, mentally ill at all. The circumstances that precipitated her nervous breakdown were extreme exhaustion – at 27, she had been training with the Paris Ballet and had secured a spot in Spain, but he [Fitzgerald] wouldn't let her do it. That's when she had her breakdown. And at the time, the second you entered hospital you were given a diagnosis [and] what they would do is immediately give people electric-shock therapy to calm them, which alters your brain forever. People also referred to her as having an odd way of speaking and having ideas that tripped over each other, but that doesn't necessarily mean she was mentally ill. I would be mentally ill if that was the case!'

We weren't expecting the full-frontal scene in episode four. 'I was just saying to someone, "Well at ►

“
Zelda has a mix of
things that are
very appealing to an actress
”



“
I told Freddie
that Mummy
pretends for a
living - he just
accepts it
”

least they included full-frontal nudity – thank god that’s in there!” It wasn’t such a big deal to me because I had a merkin on. It just feels like wearing underwear... fur underwear!”

You’ve been in the industry for over 25 years. What’s the biggest change you’ve noticed? ‘It really is constantly evolving and changing. The politics and rules of it change, and if you don’t work in movies for a couple of years you come back and it does feel like, “Wow – things are completely different.” That is the thing that’s been most frightening for me in terms of my career.’

Have you ever wondered what it would be like to come of age now? ‘Yeah, I have. I think it’s remarkable how poised many of the young people are managing to be. There’s this expectation to willingly give up even the smallest amount of privacy. It’s interesting, it is probably easier for them because it seems to be something that is true to their generation, but I can’t imagine what it feels like to be part of that.’

Wednesday Addams is now this huge Gothic icon. Do you go into hiding on Halloween? ‘No, I think it’s

kind of fun and it’s a nice shot to my ego every year!’

Have you dressed up as her since? [Laughs] ‘Never!’

What do you like about living in New York instead of LA? ‘I feel more connected to the real world here. I have a more normal day-to-day experience than I would in Los Angeles. I like that a lot, because I think as an artist it’s really important to have real-life experiences to draw on, otherwise you don’t grow and change. I like being exposed to things that, you know, might be a little unpleasant but are also a reality check.’

Do you come to the UK a lot? ‘I do. Besides the States it’s the place I’ve worked the most. I love London, and I’ve been to the Isle of Wight and the Isle of Man, which are beautiful.’

Are the Brits pretty good at leaving you alone? ‘Oh yeah. It’s amazing. I get completely left alone.’

How is being a mum? ‘It’s great. The best thing ever. I can’t get enough!’

Has it had an impact on the jobs you now take? ‘Definitely, I have to be more aware of it. Specifically, I made a decision a long time ago that I wouldn’t do any television outside of New York City because I wanted to be able to come home and be with my family. It’s a constant struggle being a working mum, how you manage and balance your time.’

Has your son Freddie recognised you on screen yet? ‘Yeah, he has. I don’t know what he thinks is going on in that situation! I told him that Mummy “pretends” for a living and he just accepts it.’ ■

For more on the Amazon Original series, *Z: The Beginning Of Everything*, visit amazon.co.uk/primevideo



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GOLDIE



Words by MICHELLE DAVIES

HAWN



Hawn getting her big break on *Rowan & Martin's Laugh-In*



Clockwise from above: as a dancer in 1964; showing off her moves with Liza Minnelli in a 1980 TV special; starring in *Private Benjamin*, her most pivotal role

She made her career as a ditsy blonde, but this Oscar-winner is one smart cookie. Now, after a 15-year career hiatus, she's back on the big screen with fellow comedy actress Amy Schumer

At the Carter Barron Amphitheatre in Washington DC one June evening in 1956, the cast is preparing for the start of *The Nutcracker* when the star due to play Clara is taken ill. Her understudy, 11-year-old Goldie Hawn, steps in, but the director neglects to give the young dancer stage directions for the close of her pivotal scene with the Sugar Plum Fairy. Instead of slipping into the wings as Clara is meant to do, Hawn cheekily steps to the front to take a bow alongside the prima ballerina, much to the audience's delight. 'I stay right where I am, curtsying from the waist repeatedly to the crowd, [then] I flounce off stage,' Hawn recalled. It was that night her career truly began. Now 71, Hawn is one of the world's best-loved actresses. This year, she celebrates the 50th anniversary of her first screen appearance and in May returns to acting after a 15-year hiatus to star with Amy Schumer in comedy *Snatched*.

Born Goldie Jeanne Hawn in Washington DC on 21 November 1945, Hawn's father, Edward, was a musician, while her mother Laura worked at a jewellery shop and taught dance. It was no surprise when Hawn, one of three children, followed in her parents' creative footsteps. In 1961, aged 16, she made her acting debut as Juliet in a Virginia Shakespeare Festival production of *Romeo And Juliet*. After graduating she enrolled at a private university in DC to study drama but dropped out at 18 to run her own dance school.

Although irrepressibly pretty, Hawn thought her best attribute was her ability to make people laugh. 'I never considered myself beautiful at all and I still don't,' she said. 'A homely girl always has to develop that [comedy] muscle.' It's what launched her screen career. In 1967, she was cast as the ditsy girlfriend of a DJ in sitcom *Good Morning, World*. The next year she won her breakout role as the female stooge on the acclaimed sketch show *Rowan & Martin's Laugh-In*. Other actresses might have bridled at critics labelling them as a "perky dumb blonde", but Hawn didn't mind. '[People] wanted me to be happy and jovial... I thought, "Why not?"'



Her Zen attitude was in part due to her first husband, *West Side Story* actor Gus Trikonis, who introduced her to Buddhism, sparking a life-long interest. The couple eloped to Hawaii in 1969. 'He opened up new worlds to me - of philosophy and of art - and taught me to ask the bigger questions in life,' she wrote in her 2005 autobiography, *A Lotus Grows In The Mud*.

Only two years after her TV debut, Hawn won the Best Supporting Actress Oscar for *Cactus Flower*, a comedy in which she played the suicidal lover of a dentist, stealing the show from her veteran co-stars Walter Matthau and Ingrid Bergman, and gaining a rave review from *The New York Times*. But in 1974, she experienced her first career low. Steven Spielberg cast Hawn in his first film, *The Sugarland Express*, a crime drama in which she played a wife on the run with her ►





With second husband Bill Hudson (below), and current partner and long-term love Kurt Russell (left). A throwback photo posted on Instagram by Hawn's daughter Kate of herself with her family: Goldie Hawn, Kurt Russell, Oliver Hudson, Boston Russell and Wyatt Russell



Wives Club and *Housesitter* had healthy box-office returns – but acting acclaim eluded her.

By then she had endured another divorce, her marriage to Hudson ending in 1982. In 2011, he penned a memoir alleging Hawn had cheated on him with other men, including her *Shampoo* co-star Beatty, claims she denied. Hudson said he was moved to speak out because Hawn's long-time love Kurt Russell had replaced him in his children's lives and they called him 'dad' instead [Oliver and Kate say Hudson 'abandoned' them].

Hawn first met Russell when she was 21 and he was 16, on the set of *The One And Only, Genuine, Original Family Band*. 'I thought he was adorable, but he was much too young,' she said. 'Years later, we met up again [in 1983 on the set of *Swing Shift*] and I remembered that I liked him very much.' Today, the pair remain happily unwed, having had their son, Wyatt, in July 1986. Hawn's daughter Kate, now an actress herself, commented: 'I think what they have... is really rare and beautiful and something to strive for.'

Wanting to help children in a way that reflected her interest in Buddhism, Hawn withdrew from making films in 2002 and founded The Hawn Foundation in 2003. With psychologists, scientists, teachers and meditation practitioners, she created the MindUP programme to help children cope with modern life – now more than a million youngsters worldwide practise MindUP at school or at

prison fugitive husband. Spielberg wanted to show Hawn in a serious light, but the movie bombed. Disappointed, Hawn reverted to type for her next role as the girlfriend of Warren Beatty's philandering hairdresser in 1975's *Shampoo*.

Privately, she was also struggling. She sought therapy to combat panic attacks induced by the stress of her work and marriage. By early 1976, she and Trikonis were divorced. 'There are few men who can live with a woman who is, or is perceived to be, more powerful than they are,' she said. As soon as her divorce was finalised, she married Bill Hudson, a singer she'd met at a party. Their son, Oliver, was born in September 1976 and a daughter, Kate, arrived in 1979.

While pregnant with Kate, Hawn landed the role of her career – as a spoilt, rich young woman who joins the army in *Private Benjamin*. Keenly attached to the project, Hawn took on the role of producer – unheard of for an actress at the time. Released in 1980, the comedy earned Hawn a nomination for the Best Actress Oscar. But the men who ran Hollywood didn't like a woman producing her own films, and word spread that Hawn was 'difficult' to work with – the effect was brutal. 'I kept hearing things like, "But Goldie does her own films,"' she said. 'Even though I met with many wonderful, strong directors... none of them hired me. I began getting a complex, thinking they didn't want to work with me. In truth, they didn't want the baggage of "Goldie Hawn". [It was] crushing.' That reputation stayed with her during the 90s. She could still draw audiences – *The First*

'I thought [Kurt Russell] was adorable, but he was too young'



Visiting pupils following her MindUP programme in 2015



Mother and daughter at Paris Fashion Week in January 2015



Hawn with *Snatched* co-star Amy Schumer

home. 'We think they're just kids, that they just play and go to school, but they are so stressed. When we are able to give them tools to recognise their own stress, it puts them in the driver's seat,' she said last year.

It was only when funnywoman-du-jour Amy Schumer approached her about *Snatched* that Hawn considered a film comeback. 'I'd meet her at different things saying, "We're making this movie together,"' said Schumer. 'Eventually some people got in her ear and told her I wasn't crazy.'

The reaction to Hawn's return to acting shows how loved she is. Even when pictures suggesting she's had cosmetic surgery appear in the press (which she neither admits nor denies), people don't judge her as harshly as they do other stars (she credits her years as a dancer for giving her the figure of a woman half her age).

After *Snatched*, she'll reunite with her *First Wives Club* co-stars Bette Midler and Diane Keaton for the Netflix movie *Divanation*. It's not a FWC sequel – the trio rejected that when the studio refused to increase their pay. 'Had three men come in there, they would've upped their salaries without thinking,' Hawn said. If the 'bittersweet sting of *Private Benjamin*' taught her anything, it's to fight for her worth: 'I came to know this about myself: for better or worse, I don't give up.' ■

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Working with Bieber, duetting with a Spice Girl and writing number ones. It's all part of the day job for Denmark's hottest musical export, MØ



'BELIEVE THE HYPE'

NEW YORK POST



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Girl of the moment MØ

Your track *Lean On* [with Major Lazer and DJ Snake] is one of the bestselling singles of all time. Did you have any idea it would be a huge hit?

'When I was writing it I was feeling it all the way through. After its release I was just riding the wave, thinking, "Is this actually happening?"'

The song was originally offered to Rihanna and Nicki Minaj...

'I'm so happy they turned it down!'



How did collaborating with Major Lazer come about?

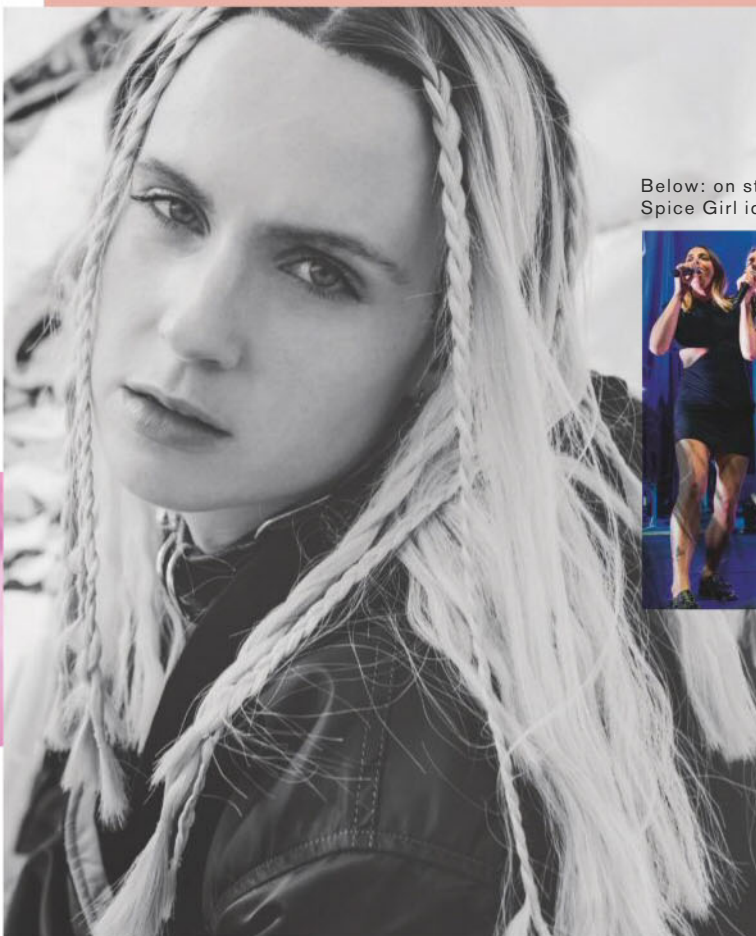
'I said in an interview they would be my dream collaboration. A fan then tweeted Diplo asking if he would work with me, and he said, "We love her!" We had a session in Amsterdam and that's where it all began.'

Who's influenced your sound?

'When I was younger, my favourite band was Sonic Youth and their bass player Kim Gordon was my biggest role model. I used to be in a punk band.'

We hear you're also a big Spice Girls fan...

'The Spice Girls represented different archetypes of women. I could really relate to Melanie C. She joined me on stage at The Roundhouse to sing *Say You'll Be There*, which was pretty epic.'



Below: on stage with her Spice Girl idol Melanie C



How was it working with Justin Bieber on *Cold Water*?

'Amazing. He was very present and super polite. We haven't performed it together yet, but hopefully one day.'

Who else would you like to work with in the future?

'Grimes, Solange or Rihanna. We live in very intense times right now, so I'd like to do a track with a political message, something about opening your heart to strangers. I hope in the next few years more people realise how cool it is to be politically active.'

What's been your favourite performance to date?

'Glastonbury was amazing. During the encore the tent was packed and everyone had their hands in the air. I become a more animalistic version of myself when I perform.'

Who's your biggest style icon?

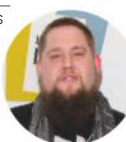
'Someone like Chloë Sevigny is my vibe - those chicks who are tomboyish and natural but still super-sexy.'

MØ and Snakehips' new single Don't Leave is out now. Her new album will be out this spring

ON OUR RADAR Other musicians having a very good year...

Rag'n'Bone Man

Winner of the Brits Critics' Choice Award 2017, the singer-songwriter is also behind last year's soulful summery hit *Human*.



Sampha

You've probably heard the electro singer and producer on collaborations with Drake and Kanye West. His solo album *Process* drops on 3 February.



Jorja Smith

Just 19, the R&B artist has been compared to Lauryn Hill. Her first EP *Project 11* came out last November and she's been in the BBC Live Lounge.



Dua Lipa

The *Hotter Than Hell* singer is signed to the same label as Lana Del Rey and is due to release her debut album on 10 February.





Diana's iconic Catherine Walker dress designed for her state visit to Austria became one of her staples



Daring to be different in a super-sheer skirt at the nursery school where she worked in 1980



An Emanuel pussy-bow blouse was Diana's go-to for the official engagement photo



Power dressing in a tartan Emanuel coat dress



That famous dance with John Travolta at the White House: Diana wears a velvet Victor Edelstein gown

FASHION

(Queen of) hearts and design

Diana's style is hitting the headlines again with a must-see exhibition – cue fashion frenzy

From the moment Shy Di was first snapped, shapely legs outlined in the sunshine through a (slightly-too-sheer) skirt as a young nursery assistant, she was style dynamite. Obviously, the great minds of Kensington Palace and the fashion world have been thinking alike. The SS17 catwalks overflowed with leg-of-mutton sleeves and one-shouldered cocktail frocks – and this month, a fashion-lovers' heaven is opening at the palace in the form of an exhibition, 'Diana: Her Fashion Story'.

The extensive collection will trace the style evolution of one of the most-photographed women ever – from the Sloane tie-neck blouses of her early 80s 'future Princess of Wales' period, to the bold power suits by Catherine Walker.

Curator Eleri Lynn says: 'Every fashion choice Diana made was closely scrutinised. Our exhibition explores the story of a young woman who had to quickly learn the rules of royal and diplomatic dressing, and in the process put the spotlight on the British fashion industry and designers.'

When Diana danced with John Travolta at the White House in 1985, she and her Victor Edelstein gown made global headlines. When she made a glamorous public appearance on the night Prince Charles admitted his adultery on national TV, it was her plunging Christina Stambolian 'revenge dress' that had the world talking. In a pre-Instagram era, every look she wore had an influence – via that old chestnut, the front page.

Circle 24 February in the diary. Meanwhile, feast your eyes on some of the treats in store, as worn by the lady herself...

'Diana: Her Fashion Story', Kensington Palace, from 24 February (<http://orp.org.uk>). To accompany the exhibition, a special temporary planting will be installed in the Sunken Garden, featuring a palette of spring flowers inspired by Diana's style.

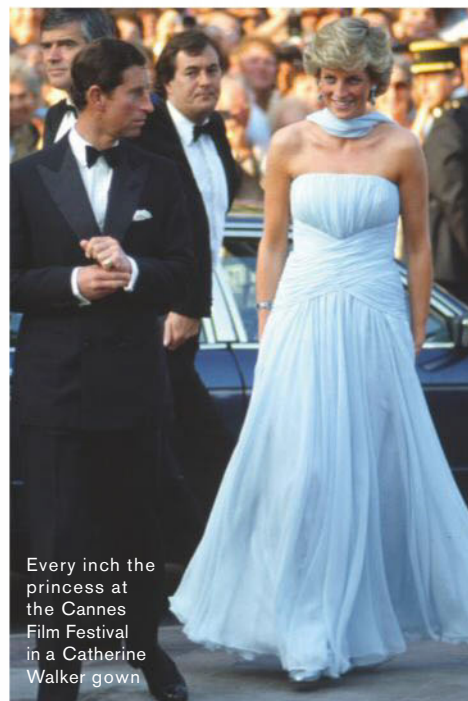


It's Catherine Walker again for a Christie's auction in New York



A Bill Pashley tweed suit for a honeymoon in the Highlands

WORDS BY JESS WOOD. PHOTOGRAPHS BY CAMERA PRESS, REX FEATURES, GETTY IMAGES, ALPHA PRESS



Every inch the princess at the Cannes Film Festival in a Catherine Walker gown



02



03



04



FILM

01 The Founder **** Michael Keaton is fantastic as Ray Kroc, the scheming visionary behind McDonald's, in this smart bio. You'll never look at a Big Mac in the same way again.

02 Moonlight **** One of the American indies of the year, Barry Jenkins' gay coming-of-age drama is a complex, subtly-shaded work about a young black man growing up in Miami. Wonderful.

03 Fences **** Denzel Washington directs and stars in this rigorous take on August Wilson's Pulitzer Prize-winning play about a 50s blue-collar family. Co-star Viola Davis is sensational.

04 Miss Sloane **** Looking for something to fill that *House Of Cards* void? Then try this absorbing Washington-set drama. Powerful Jessica Chastain plays a ruthless political lobbyist who gets involved in the gun debate.

By James Mottram



NEW YORK STATE OF MIND

It's farewell to *Girls*. Here's how it compared to the *other* iconic show that shaped our view of NYC

Sex And The City
(1998–2004)

ERA-DEFINING
BIG APPLE SHOW

Girls
(2012–2017)

PREMISE



The lives of four **thirty-something** women living in New York.



The lives of four **twenty-something** women living in New York.



LIVING QUARTERS



Manhattan



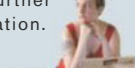
Williamsburg
(who can afford to live in Manhattan any more?).

EMPLOYMENT

High-powered jobs in a very 'New York' checklist of industries (law, art, journalism and PR).



Unpaid internships, random shift work and further education.



STYLE



Expensive designer togs and pre-recession skyscraper heels.



Thrift-store chic (mostly flats).



BONDING RITUALS

Cocktails and **sex stories**.



Bottles of wine and **existential crises**.



BODY IMAGE

Gym-toned and slim.



Actual stomach fat shown on TV (and the world did not implode!).



SEX

Acrobatic



Awkward

BOYFRIEND OVERLAPS

There's that one guy who sleeps with all four characters, otherwise it's **pretty hands-off**.



Numerous



IN A WORD...



FML! (OK, that's an acronym).



BEST THING ABOUT IT...

Samantha's **one-liners**.



Hannah's **millennial monologues**.



The final season of *Girls* begins on 12 February on Sky Atlantic



The Dominican Republic

Above: Monáe in *Hidden Figures*
Below: on stage in her trademark tuxedo

Above: astronaut Mae Jemison (right). Below: Monáe loves the new *A Tribe Called Quest* album

The musician talks tuxedos, the Caribbean and her new role in *Hidden Figures*

'I've been obsessed with space since I was little.' I originally wanted to be an astronaut and was the kind of kid who would beg my parents for a chemistry set for Christmas. I was obsessed with rockets, different planets and stars. My hero was [US astronaut] Mae Jemison.'

'Reading the *Hidden Figures* script excited me – finally, a film with three female protagonists. The movie is set in the 60s during the civil rights movement and focuses on three mathematicians who worked at NASA and were responsible for getting our first Americans into space. I play Mary Jackson, who became NASA's first African-American female engineer.'

'I have always had a deep love for film.' I've never really considered myself to be just an actor or a musician, more a storyteller who wants to tell unique

untold universal stories in unforgettable ways. It's a part of my DNA and what I feel is my purpose.'

'Recently, I've had *A Tribe Called Quest*'s new album on repeat.' The energy of that record is so warm it just wraps around my heart. I enjoy listening to it when I wake up, when I'm on vacation, in the middle of the night – you name it. It's very hard to make an album that does that.'

'The Dominican Republic is my new favourite place to visit.' My friends recently surprised me with a trip there for my birthday. The food, the people, the music and the weather were all gorgeous. I travel a lot for my music, and I've been able to see and connect with so many different types of people from all walks of life. I love immersing myself in cultures and then figuring out

what I can bring back and teach to my own communities.'

'The tuxedo is my uniform.' I originally wore it in homage to my working-class parents, as they were both in service and wore uniforms. It helps to remind me where I've come from. It's also a great time traveller's outfit. Nobody can tell what time period you're in when you're wearing a tuxedo.'

'I take a break from social media to relax.' I'm the sort of person who thinks about the future a lot, so I try to make sure I appreciate every moment because we are all on borrowed time. I try to keep balanced, have a peaceful energy and surround myself with the right people: honest, loving close friends and family.'

Hidden Figures is in cinemas nationwide from 17 February

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Fashion

March



Utility chic revisited, an unexpected colour pairing and the spring collections hot off the catwalk. Plus, the ultra-cool Christine And The Queens' Héloïse Letissier. Welcome to the new season

Photographs by DAVID ROEMER Styled by JAYNE PICKERING

B a c k t o e a r t h

Exaggerated silhouettes, tactile hessian, khaki and cotton in natural shades – this season's utility take on tailoring travels to new territories

This page: black and white polyester coat, polyamide top (just seen), polyester hooded vest and black briefs, all from a selection, Max Mara; black leather and rope sandals, **\$490**, Pierre Hardy. Opposite page: cotton top, **\$495**, and cotton trousers, **\$645**, both Stella McCartney; 24ct-gold earrings, about **\$245**, Paula Mendoza Jewelry





This page: silk-taffeta mix top, **£735**, and cotton trousers, **£725**, both Victoria Beckham
Opposite page: cotton-mix vest, **£540**, cotton top, **£555**, and cotton-mix trousers, **£675**, all Salvatore Ferragamo





This page: cotton shirt, **£510**, and cotton twill trousers, **£405**, Kenzo; leather sandals, **£625**, Malone Souliers x Pringle of Scotland. Opposite page: white and beige linen dress, **£1,575**, Loewe; brass bead and resin bead and 12ct-gold wire chain earrings, **£90**, Dinosaur Designs





This page: cotton coat, **£1,295**, and leather skirt, **£2,495**, Joseph; leather and metal sandals, **£650**, Malone Souliers x Pringle of Scotland. Opposite page: wool jacket, **£1,107**, and hemp dress, **£550**, both Toga



This page: Cotton dress, **£2,250**, Marni. Opposite page: silk jacket, **£1,345**, and viscose skirt, **£630**, both Ellery; leather shoes, **£660**, Marni; metal earrings, **£230**, Toga



Our cover model

Valery Kaufman talks wardrobe wins and walking the VS show

Perhaps this is a side effect of an already prolific runway career spent mostly in giant heels, but the spring trend our cover star Valery Kaufman is most looking forward to is flats – particularly loafers, she says. Like a lot of models whose day job is to transform chameleon-like in front of a camera, the 22-year-old likes to keep things simple while off-duty, favouring jeans and a T-shirt or a throw-it-on-and-go dress and leather jacket. ‘My favourite thing in my wardrobe right now is my pair of Saint Laurent jeans,’ she says, ‘that or my Prada cashmere coat’ (decisions).

Even if you don’t know Kaufman’s name you’ll probably have seen her face somewhere. She’s been walking catwalks for big-name houses including Prada, Dior, Oscar de La Renta and Gucci for six years, but in that time she’s also fronted campaigns for Carven, Coach, La Perla and Salvatore Ferragamo (among others). Kaufman says her confidence as a model stems from her upbringing in Moscow, where she and her sister would regularly compete in beauty and dance contests. ‘That made me really passionate and competitive’ she says, ‘I always had confidence within myself.’ Rather than leave herself to be ‘discovered’ by a model scout, she sent portrait shots off to agencies around the world. Within days of being signed by a New York agency she was off to Fashion Week. Her big career-accelerating moment happened in 2014 when she became the face of a newly revamped Saint Laurent (‘That campaign really started my career,’ she says), though perhaps the ultimate test of confidence was being invited to model in the Victoria’s Secret fashion show, an annual underwear extravaganza televised and watched by over 6 million viewers. Walking down the runway in a bustier and pants? Piece of cake. ‘They make it so much fun,’ she says about the show, ‘really, there is nothing else you’d wish for.’



THINK

P

I

N

K



From cool coral to candyfloss, this is *the* palette du jour.
For a directional twist, add a hit of red

Styling by APRIL HUGHES *Photographs by* DAVID GOMEZ MAESTRE

This page: wool jacket, £2,340, silk-crêpe shirt, £725, silk trousers, £1,030, leather and brass belt, £300, acetate sunglasses, £475, and resin and pearl necklace, £1,610, all Gucci. Opposite page: cotton jacket, £755, and cotton skirt, £795, both Molly Goddard; cotton top, £220, Nicopanda; Lycra leggings, £795, Stella McCartney; pearl and silver earrings, about £105, and pearl and silver brooch, about £125, both Wouters & Hendrix





This page: leather coat, £4,350, silk shirt, £595, and leather boots, £1,195, all Balenciaga. Opposite page: tweed jacket, £6,915, tweed dress, £6,910, pearl and gold choker, £1,550, glass, pearl and gold triple-strand necklace, £1,710, and pearl and gold long necklace, £1,785, all Chanel; pearl and silver earring, on model's right ear, about £105 for a pair, Wouters & Hendrix; pearl and gold earring, on model's left ear, £294 for a pair, Satina Suriano; polyester cap, £33, Stüssy





This page: cotton sweater, **£348**, viscose hooded top, **£298**, cotton shorts (worn underneath), from a selection, and polyester-mix boots, **£198**, all DKNY. Opposite page: polyester top, about **£1,220**, polyester shorts, about **£755**, and acetate sunglasses, from a selection, all Dolce & Gabbana; fleece polyester-mix hooded top, **£25**, Weekday; plastic slides (in background), **£55**, Hunter





This page: cotton-jersey dress, **£1,890**, and leather belt, **£170**, both Prada; pearl and gold earring, on model's right ear, **£294**, for a pair, Sarina Suriano; silver and pearl earring, on model's left ear, about **£105** for a pair, Wouters & Hendrix. Opposite page: cotton and silk top, **£1,480**, and cotton and silk trousers, **£805**, both Bottega Veneta; polyester-mix top (worn underneath), **£32**, Urban Outfitters; leather trainers, **£620**, Marco De Vincenzo; metal bag, **£590**, Valentino; polyester socks, **£3**, ASOS





This page: crêpe jersey dress, about £1,600, leather boots, about £720, and pearl earrings, about £1,520, all Céline. Opposite page: cotton coat, £570, Jil Sander Navy; polyester jacket, £109, Stüssy; polyester swimsuit, £238, Araks; leather and cotton trousers, £1,010, Ellery; leather trainers, £75, Nike; leather bag, £620, Marques' Almeida; pearl and gold earring, on model's right ear, about £950, Sophie Bille Brahe; pearl and silver earring, on model's left ear, about £105 for a pair, Wouters & Hendrix





HAIR BY ADRIAN ARREDONDO USING DAVINES. MAKE-UP BY PAGE SMITHERMAN AT WALTER SCHUPPER MANAGEMENT
USING NARS. MODEL: LOUISE PARKER AT STORM MANAGEMENT. PRODUCTION: MEGAN JUDKINS

This page: leather coat, **£1,165**, Longchamp; cotton hooded sweater, **£305**, A Détacher; acetate sunglasses, **£245**, Oxydo; pearl and silver earring, about **£105** for a pair, Wouters & Hendrix. Opposite page: cotton tunic, **£1,000**, and cotton bag belt, **£660**, both Marni; viscose top (just seen), **£350**, Bally; polyester leggings, **£22**, Topshop; leather boots, **£350**, GCDS at Selfridges; pearl and gold earring, **£294** for a pair, Sarina Suriano



Spring watch

A heady mix of 70s-style cuts, folky patchwork and
luxé embellishment ushers in the new season



Photographs by JESSE LAITINEN Styled by JAYNE PICKERING



This page: leather jacket, £2,840, leather skirt, £1,870, jersey leggings, £975, silk satin shoes, £1,050, and metal rings: on model's right hand, £320, on model's left hand: index finger, £310, middle finger, £260, ring finger, £330, all Gucci. Opposite page: red and white cotton and velvet jacket, £1,265, blue silk chiffon top, £685, multi-coloured denim and leather jeans, £1,225, multi-coloured silk scarf, £224, and multi-coloured metal enamelled Swarovski crystal and stone necklace, £1,300, all Roberto Cavalli



This page: polyester-mix dress, from a selection, Louis Vuitton. Opposite page: beaded silk chiffon and ostrich feather top, **£2,535**, beaded silk chiffon and ostrich feather trousers, **£2,020**, rubber belt, **£170**, and rubber sandals, **£400**, all Prada







This page: beaded jacquard jacket, embellished jersey top and denim jeans, all from a selection, Dolce & Gabbana. Opposite page: crêpe sablé jacket, **£1,575**, silk georgette shirt, **£630**, crêpe de chine skirt, **£785**, and leather belt, **£342**, all Michael Kors Collection



This page: cotton tweed jacket, **£3,690**, lace skirt, **£1,725**, suede and velcro boots, **£825**, and gold-plated, metal, glass pearl and resin necklace, **£2,740**, all Chanel.
Opposite page: embellished macramé coat, from a selection, Moncler Gamme Rouge







This page: tasselled wool-mix cape, **£2,195**, and silk twill trousers (just seen), **£650**, both Burberry. Opposite page: cashmere and lurex sweater, **£1,050**, tulle skirt, **£10,500**, polyamide-mix knickers, **£580**, neoprene and rubber trainers, from a selection, and metal and ribbon choker, **£210**, all Dior



This page: silk jacket, **£810**, silk dress, **£910**, and satin sandals (just seen), from a selection, all Emporio Armani. Opposite page: Fair Isle wool sweater, **£2,245**, Fair Isle lace-knit dress, **£3,245**, embellished leather boots, **£1,575**, and gold-plated and silver earrings, **£1,195**, all Alexander McQueen



Queen of everything

Words by LUCY PAVIA *Styled by* JAYNE PICKERING *Photographs by* DREW WHEELER

Feminist, LGBTQ champion, alt-pop star – Christine And The Queens' Héloïse Letissier is the musician we all need right now



This page and opposite page: embellished wool jacket, **£1,950**, and cashmere trousers, **£1,950**, both Sibling; cotton T-shirt, **£80**, Vivienne Westwood





This page: linen jacket, **£729**, linen trousers, **£567**, and straw hat, **£176**, all Jacquemus. Opposite page: stretch cotton waistcoat, shirt and trousers, all from a selection, Dolce & Gabbana; canvas trainers, **£48**, Converse at Schuh





This page: Lycra top, **£795**, and cotton trousers, **£1,065**, both Stella McCartney; canvas trainers, **£48**, Converse at Schuh; all jewellery, H  lo  se Letissier's own. Opposite page: linen jacket, **£729**, and straw hat, **£176**, both Jacquemus; trousers, from a selection, Dolce & Gabbana; canvas trainers, **£48**, Converse at Schuh



‘On stage, it feels like

I’m totally free and
unafraid of being raw’

you. “Oh, maybe soften that part... You could perhaps try dresses.” I was like, “Oh, you don’t get it, do you?” I don’t blame them, sometimes people are ticking boxes, and some singers are doing that [feminine look] fantastically and I love them for that. I eventually signed somewhere where they just got my character.’

Letissier identifies as pansexual, but feels conflicted about discussing it at length. She tells me that on one hand she’s happy to help advance the conversation on gender and champion LGBTQ rights, but equally she doesn’t want her sexuality to become a badge of identity. As she points out, Beyoncé isn’t known as a ‘heterosexual pop star’. Letissier says her pop alter ego Christine is more a state of mind than a persona. ‘Sometimes I feel more like I’m a character in everyday life, when I have to shake hands and pretend at dinners. On stage, it feels like I’m totally free and unafraid of being raw. My friends were really moved when I started to [perform], because they were like, “This is you. You’re not hiding any more.”’

Getting to finally be herself has clearly paid off. By the end of 2014, *Chaleur Humaine* had already made her a sensation in France – she was dubbed the Gallic Gaga – but the subsequent re-release of the record with three new tracks in the US (2015) and UK (2016) saw her go global. Her most memorable performance to date, at Glastonbury last summer, couldn’t have been more timely. The day after Britain’s Brexit vote, she stood on the Pyramid Stage with a white rose in her hand. ‘We brought flowers, because this is a first date between you and I,’ she said. A dejected, largely pro-remain crowd of millennials roared their approval. ‘It feels like something you can’t fight,’ she says, of the increasing divisions around the world following the EU vote, Trump and the rise of the right ahead of France’s presidential election in May. ‘However, I do believe we are entering times when artists have to stand up for something.’ Even, she points out, if that something is uncomfortable. ‘Sometimes I do feel like people would like me to be less feminist, because it’ll be easier,’ she says. ‘But that isn’t what I stand for.’

Perhaps it’s this uncompromising stance, or the complete unselfconsciousness with which she carries herself, but fans of Letissier say she’s also the ultimate girl and boy crush. ‘Everyone I know likes her. She’s a sex symbol,’ a friend tells me. Does she feel like a sex symbol? ‘Sex symbol?’ she laughs in surprise. ‘OK, well that’s made my day! I do believe in being confident, empowered and sexual. If it ends up with me being a sex symbol, then that’s wonderful,’ she pauses, chewing on the thought. ‘I’m going to try and live up to that now. Sex symbol... Ha!’ ■

The album, Chaleur Humaine, is out now via Because Music.

We Brits have an age-old inferiority complex when it comes to French women and style. Our envy of their shoulder-shrugging brand of Gallic chic has sold a thousand ‘how the French do it’ coffee-table books. With her cool cigarette suits and tousled hair, Nantes-born musician H  lo  se Letissier (better known by her stage name Christine And The Queens) is a perfect case in point. But if it’s any consolation, according to Letissier, the French feel exactly the same about us Brits – except with pop music.

In fact, for Letissier, one of the biggest shocks of her stunning debut electro-pop album, *Chaleur Humaine*, was how well it went down over here. ‘French musicians have a fear of releasing something in the UK,’ she says. ‘Because you have this immense pop culture. As French people, our pop scene isn’t as overwhelming as yours, so we immediately shiver and go, “Oh my god, they’re going to judge us so bad.” But I didn’t have to explain myself here, and that was really surprising.’

Perhaps that’s partly due to the fact that the idea for 28-year-old Letissier’s pop persona ‘Christine’ was born in the UK. In 2010, fleeing France after a bad break-up, she came to London and wound up watching a drag act in the (now closed) Soho gay club Madame Jojos. It was there that she befriended a trio of drag queens, who helped mend her broken heart. Christine And The Queens was born. ‘I used to be a cynic, but since then I couldn’t be because [that experience] was like something out of a novel, something that probably saved me,’ she says.

She returned to France with fresh vigour and set about breaking into the music industry. Finding a record label in Paris that wouldn’t force her to ditch the trademark androgynous wardrobe for leotards and skyscraper heels was a challenge. ‘You have meetings with labels and they welcome you, but at the same time they’re projecting on

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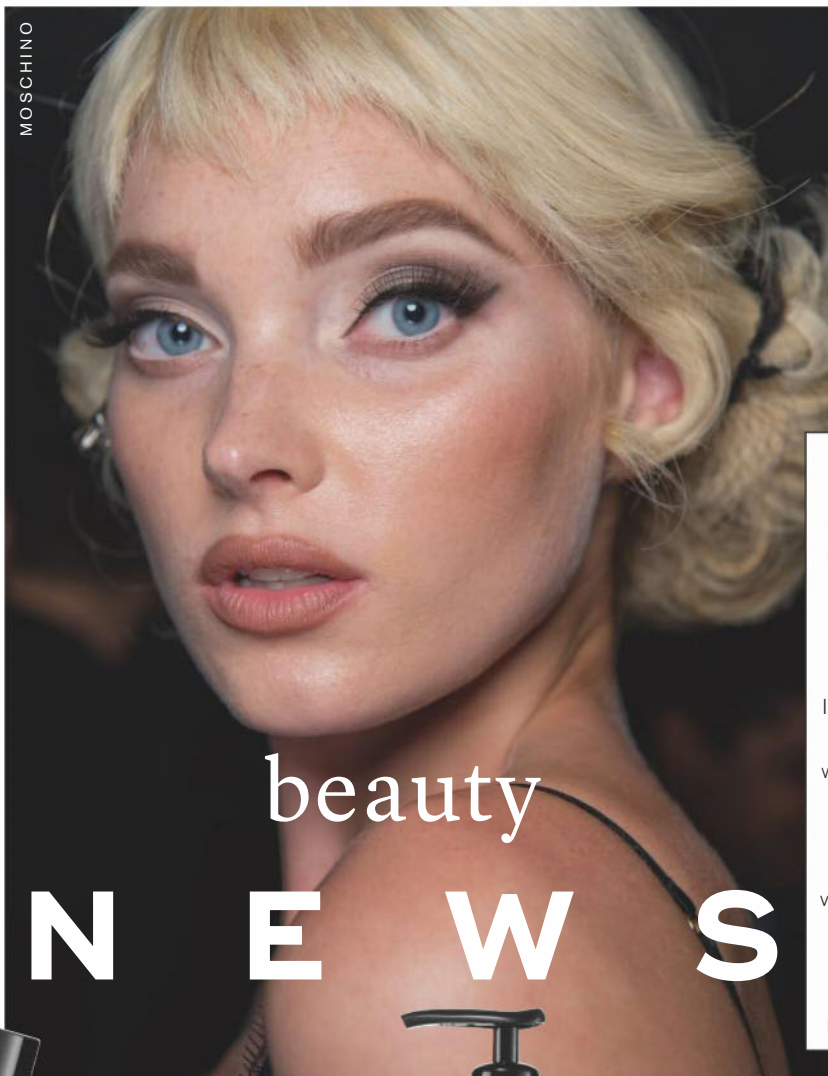
RETRO DOLLY

There was plenty of black eyeliner on the SS17 catwalks, but it was the exaggerated feline flick at Moschino that struck a chord. Get the look by first smudging Benefit They're Real! Duo Shadow Blender in Sexy Smokin', £18.50, Fabled.com (above left), on the outer corner of your eye and socket. Then, draw a thick line using Collection Volumax Mascara & Eyeliner, £5.99 (above), extending it past the brow's outer edge, before vamping up lashes. Finish with a sweep of Estée Lauder Perfectionist Set + Highlight Powder Duo, £32 (left), over cheeks.

MC LOVES...

BEAUTYPIE.COM

Prepare to be knocked sideways: there's a new private members' club dedicated to make-up. Digital brand Beauty Pie is cutting out the middleman and letting its online community buy its high-end cosmetics directly from the factory. In hard cash that means you can sign up, pay £10 a month (for a minimum of three months) and buy a quality lipstick, like this Futurelipstick in Red Light (below), for £22.23 instead of £20. Is this the best invention ever or what?



MOSCHINO

beauty NEWS

ANATOMY OF...

KIEHL'S MIDNIGHT RECOVERY
BOTANICAL CLEANSING OIL, £27

Cleaning your face with oil may seem counter-intuitive. Spoiler alert: like attracts like, so it's actually one of the most effective ways to dissolve oil-based make-up and sunscreen, without stripping moisture from your skin. Now, finally there's a cleansing oil that gets rid of stubborn eye make-up, too – all without leaving you blurry-eyed...



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GAME CHANGER: INSTA-READY FOUNDATIONS

The latest breed of bases are designed to leave you primed for a flawless selfie. Revlon PhotoReady Insta-Fix Foundation, £9.99, is great for touch-ups whenever a photo op arises, Bourjois Healthy Mix Foundation, £9.99, now includes fatigue-fighting vitamins and Giorgio Armani Power Fabric Foundation, £40, casts the perfect light over skin, thanks to blemish-blurring pigments.





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Kellie, 25

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the edit

Sunny notes

The scents that mark us officially out of hibernation have landed – think fresh, feminine and floral

Words by ABBIE SKLIARSKY



01 Giorgio Armani Si Rose Signature EDP, £73 for 50ml

At first sniff, this is the essence of a spring garden then vanilla and musk burst through for a finish richer than chocolate cake.

02 Viktor & Rolf Flowerbomb Bloom EDT, £58 for 50ml (Fabled.com)

A far-from-predictable floral with a surprising Pure Air molecule that mimics a blast of fresh mountain air.

03 Marc Jacobs Daisy Kiss Edition EDT, £55 for 50ml

Start the day surrounded by roses and peonies, even if the reality is the polar opposite. Trust us, the scent will uplift in seconds.

04 Narciso Rodriguez Fleur Musc EDP, £60 for 50ml (Fabled.com)

For low-maintenance free spirits, the spicy pink peppercorn and heady, woody notes will see you through from day to dusk.

05 Roger & Gallet Gingembre Rouge Intense EDP, £40.50 for 50ml

The perfect trans-seasonal scent, this one blends sweet pink berries with wintry ginger and cedar.

06 Annick Goutal Tenue De Soirée EDP, £80 for 50ml (Fabled.com)

This sassy musk fragrance will convert shy, retiring types into social butterflies. Think of it as confidence in a bottle.

07 Chloé Love Story Eau Sensuelle EDP, £47 for 30ml (Boots.com)

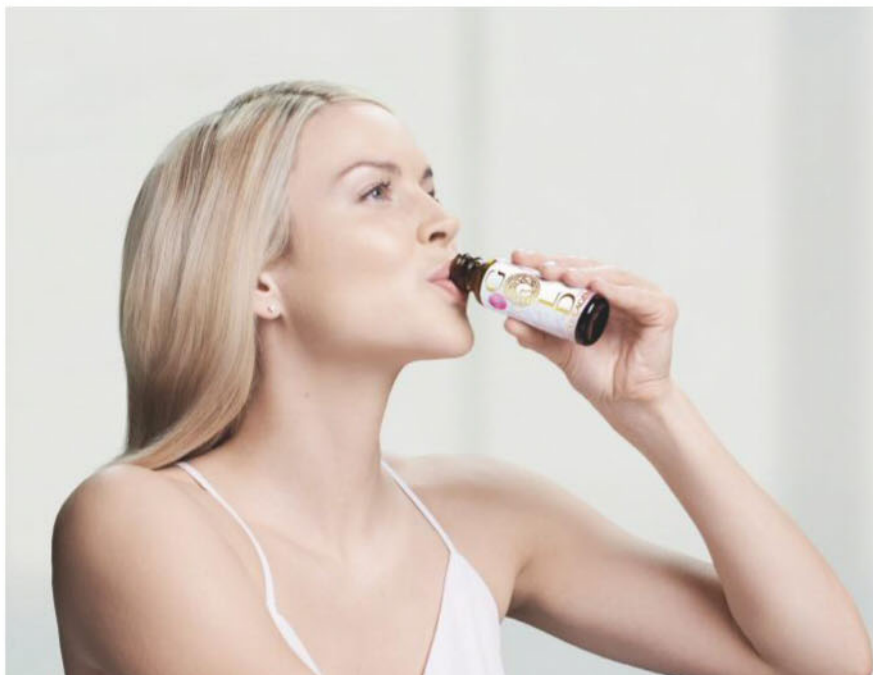
We're hoping the notes of sandalwood and orange blossom bring sunshine and seduction, if it's not too much to ask.

08 Jimmy Choo L'Eau EDT, £47 for 60ml

Good news for Jimmy Choo fanatics: this new bergamot blend is fruity, floral and fresh. Wear it all spring – and summer, too.

09 Tory Burch Love Relentlessly EDP, £78 for 100ml

Tear-jerker alert: this is inspired by Burch's parents. We're huge fans of rose and patchouli, but even more of a sucker for a love story. Pass the tissues.



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GOLD COLLAGEN®
Skincare starts with a sip

Words by CHARLOTTE CLARK

HAIR BUZZ Braidy bunch

The topknot has been given a SS17 twist – literally. Pile it up, ladies

No longer just the ultimate off-duty hairstyle, the topknot has shot up the style charts thanks to this braid-embellished version, showcased at Dior SS17. Masterminded by super stylist Guido, intricate French plaits contrasted against a sleek bun (for real life we advise sticking to normal plaits to make it easier). Section your hair from the top of each ear to the crown of your head and divide the lower section into four equal parts. Tip your head upside-down and, starting at the neck, plait each section upwards, securing the ends with elastic at the crown. Then smooth the upper section into a topknot, wrapping the hair round to cover the ends of the plaits. Trust us, the arm-ache is worth it.

- 01** Oribe Gold Lust Dry Shampoo, **£34**
- 02** OGX Gravity Defying & Hydration Weightless Oil & Lifting Tonic, **£6.99**
- 03** 72 Hair Blow Dry Cream, **£14.99**
- 04** Charles Worthington Everyday Gentle Micellar Shampoo, **£5.99**
- 05** Philip B Rejuvenating Oil, **£33**
- 06** Moroccanoil Dry Texture Spray, **£16.85**



Alumier MD SensiCalm Cleanser, £34
Want a Zen face-wash experience? Treat vulnerable skin with this zero-fragrance cleanser that's also free from sulphates, which throw off its pH balance.

Aurelia Calming Botanical Essence, £42
Skin so sore you can practically hear it screaming? Mist on this therapeutic blend of glacier water and botanical oils, including lavender and chamomile.

Elizabeth Arden Advanced Ceramide Capsules Daily Youth Restoring Serum, £84
Repairing ceramides and moisturising lipids help seal the cracks between skin cells. Basically, your fiercest protection against lizard-like skin.

NeoStrata Redness Neutralizing Serum, £47
The holy grail for rosacea, this thickens skin's outer layer so fewer irritants sneak in.

Ren Evercalm Ultra Comforting Rescue Mask, £28
Think of this as your skin's bodyguard. White mushroom extract blocks pain messages to the brain for immediate relief.

Balance Me Stellar Beauty Balm, £18
This one-pot wonder, made from vitamin E and mango butter, deserves a permanent place in your cabinet. Use as an overnight mask or repair cream – it's instant salvation for allergy-stricken skin.

Chanel Blue Serum, £81
If irritation is a persistent problem, avoid any harsh anti-ageing products. Instead, opt for this delicate serum, which is rich in lentisk gum – an anti-inflammatory spice – and antioxidant green coffee to prevent wrinkles.

Fresh Crème Ancienne Supreme Face Serum, £185
Skin becomes more sensitive with age, as it loses lipids faster than you can say, 'Freak out!' Once you've treated the redness, switch to products laced with calming ingredients, such as the red ginger root in this serum.



SKIN SOS

Sense and sensitivity

With pollution and allergies on the rise, over half of us now describe our complexions as sensitive. Here's how to fix what's getting under your skin...

Redness, chapping and peeling – they're like unwelcome house guests. They appear out of the blue and, before you know it, they've completely taken over. So, here's the thing: 'Most skin types experience sensitivity at some point,' says top skincare expert Debbie Thomas. 'When your face is exposed to changes in weather, pollution or allergens, such as dust and fragrance, your complexion can read them as the

enemy and fight them off by producing inflammatory hormones, enzymes and free radicals, which cause damage.' To top it all off, most irritation is self-inflicted. Overloading your skin with harsh anti-ageing products or the wrong mix of ingredients are the main culprits. An exfoliator containing AHAs followed by a slick of a retinol-based night cream, for instance, can be enough to set off stinging code red. 'Microscopic cracks appear in the skin,

which enable toxins and irritants to seep in and cause further problems,' explains Thomas. If you want your complexion to recover fast, don't throw lots of products at the problem. Instead, stick to a bare-bones regime for two weeks, using skin soothers packed with anti-inflammatory ingredients, before gradually reintroducing your regular products. These best buys will help you to keep calm and carry on...



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*Euromonitor research conducted September 2016. For more information visit www.olay.co.uk/en-gb/3pointnight

NEW



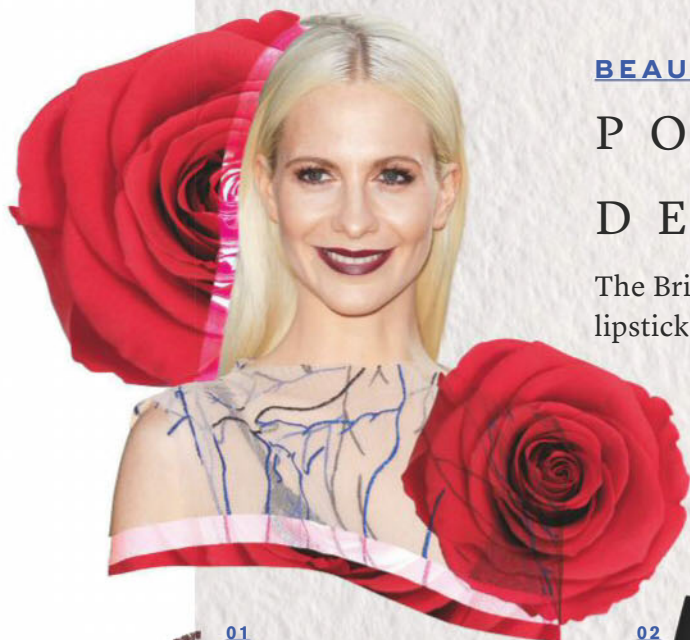
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BEAUTY RULES

P O P P Y

D E L E V I N G N E

The Brit model talks leopard-print manis, lipstick wardrobes and burger obsessions



My Nutribullet is probably my best friend. I'm so into juicing, I'm a bit of a lunatic about it. I never have fruit in it, just things like kale or spinach – all the veggie stuff. The nastier it tastes, the better it is for you I think! I love pizza and pasta, too, though my guilty pleasure is a huge burger.

My skincare regime is pretty fine-tuned. I'll use a NeoStrata face wash as soon as I wake up and follow with the SkinCeuticals toner and C E Ferulic antioxidant treatment – they've been game-changers for me. Then I'll massage in lots of Sisley eye cream. My skin is fair, so I wear an SPF every day, even in winter. The Heliocare Colour Gel SPF50 is good for sensitive skin and it's got a slight tint.

I'm terrible at doing my own make-up, but I love trying new products. For my daytime look, I keep it classic with Bobbi Brown concealer and a slick of Chanel Inimitable mascara. I also brush through my brows with a wand sprayed with Elnett hairspray to keep them in place. My hair is really low maintenance. I just tie it in a low bun and leave it to dry, so it's got natural movement when I take it out.

Lipsticks are my thing. I've lost count of how many I have – they'd probably fill a whole wardrobe! I wear Tom Ford's Blush Nude for every day and Glastonberry by Charlotte Tilbury is a great dark plummy colour. Rosie Huntington-Whiteley once told me I was insane for not using a lip liner and tried to teach me how. I haven't quite mastered it yet, but I'll get there. **I'm such a bath freak.** I adore Jo Malone London's Red Roses Bath Oil. To chill out, I will literally lie in the bath for an hour and listen to classical music or I sit in front of the TV with a face mask on. Sisley's Black Rose mask makes my skin feel beautiful and is such a treat.

I've got a really bad habit of biting my nails, so I try to have a mani to stop me nibbling. I've had some crazy ones in my time, like leopard print or watermelon, and I'm very adventurous with colours. I love Chanel's dark blue polish or a great bright red by Essie. The only colour I never wear is orange.



01 Charlotte Tilbury Matte Revolution Lipstick in Glastonberry, **£23**. **02** Chanel Inimitable Waterproof Mascara in Noir, **£26** (Fabled.com). **03** Jo Malone London Red Roses Bath Oil, **£40** (Houseoffraser.co.uk). **04** Sisley Black Rose Cream Mask, **£95.50** (Johnlewis.com). **05** Chanel Nail Varnish in Marinière, **£20**. **06** Tom Ford Lip Colour in Blush Nude, **£39** (Fabled.com). **07** SkinCeuticals C E Ferulic **£129**. **08** Sisley Sisleja Eye and Lip Contour Cream, **£119**. **09** Bobbi Brown Intensive Skin Serum Concealer in Beige, **£25.20** (Fabled.com). **10** Essie Nail Varnish in Fifth Avenue, **£7.99** (Boots.com)

REVITALIFT LASER RENEW

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DOUBLE

TAKE

Colour is back. And this season,
one shade just isn't enough

Words and styling by SOPHIE QURESHI Photographs by FELICITY INGRAM

CENTRE POINT



For a playful update on the ubiquitous red lip, look no further than this season's two-tone number. Spotted backstage at Jason Wu (where it prompted a veritable Insta-storm), it makes even the most meagre pout discernibly plumper. You can achieve the effect with any tonal shades, but apply the lighter one in the centre if you want to build on what nature gave you. Start by outlining your lips with a pencil, using a flat-ended brush to blend the colour in towards the middle. Layer Urban Decay Vice Liquid Lipstick in 714, £15, on top for extra intensity, then fill in the inner part of your mouth with Urban Decay Vice Liquid Lipstick in Flame, £15, and blend the two shades together so there are no hard edges. ►



SUNNY SIDE UP

Yellow probably isn't your current go-to blush colour, but hear us out. When combined with coral, as at Fashion East this season, it brightens the skin and gives a sun-kissed glow that's much more striking than bronzer. Start under the outer corner of your eye and use an angled contour brush to sweep yellow powder over your cheekbones. Then, follow with the coral colour below, blending it towards the apple of your cheeks. Finish by using a clean brush to merge the two shades seamlessly together. Not convinced? Try coral with pink instead of yellow – you'll get the same lifting effect, but fewer quizzical looks.



BLEND IN

Trouble making decisions? We say why constrain yourself to a single eyeshadow when you can hedge your bets and create lids as pretty as these. We opted for lilac and mint, and took both colours all the way up to the brow bone, but for a subtler take, fade them out just beyond the eyelid crease (try Urban Decay Eyeshadow in Asphyxia, £14, and Inglot Eye Shadow in Matte 345, £5). Stipple on the mint shade with a fluffy brush so that the colour is diffused, then blend it from the inner corner of your eye to the centre of your eyelid. Next, load on the lilac, fading it out to nothing at the outer corner. Finish by using a clean brush to blend the two colours together. Dreamy, no? ►

TWIN SET



Who says both your lips should be the same colour? At Cushnie et Ochs, models flouted convention with red-over-pink pouts, while at Manish Arora, candyfloss and orange were combined to eye-popping effect. The two-tone trick is also a great way of creating more even-looking lips. Choose two tonal colours and use the lighter shade on the upper or lower – whichever is smaller. The look requires considerable precision, though, so arm yourself with a fine-tipped lip brush and make sure you clean it between applications, or you'll just end up with a hot mess. To set the colours and avoid having to go nil by mouth, hold a single ply sheet of tissue over your lips and dust loose translucent powder over the top.



TWO BLUE

Consider forgoing your usual black liner this season in favour of something more standout – a flash of brilliant turquoise offset with accents of lighter blue. Eliminate any unwelcome associations of blue eyeliner by keeping the colour to the lower lash line only – trace along the waterline and lower lashes with a pale turquoise pencil, then blend with a small, flat-ended eyeshadow brush to soften the colour. Next, outline the tear duct with a brighter azure pencil, like Nars Velvet Eyeliner in Curaçao, £17, continuing beneath the eye to hug the line you’ve already created. For a brave, modern finish, skip mascara and just hold your chin up. ►

Two-faced

Master the trend with our pick of spring's punchiest pigments



CENTRE POINT

01 Bourjois Rouge Edition Velvet in Poppy Days, **£8.99**. **02** Benefit They're Real! Double The Lip in Flame Game, **£15.50** (Fabled.com). **03** Chanel Jumbo Longwear Lip Crayon in Rouge Corail, **£28** (Harrods.com). **04** Urban Decay Vice Liquid Lipstick in 714, **£15**. **05** YSL Vernis A Lèvres Vinyl Cream Liquid Lipstick in Corail Neo-Pop, **£26**.



SUNNY SIDE UP

01 Diorblush Colour Gradation in Coral Twist, **£32.50**. **02** MAC Pigment in Rock-It Yellow, **£16**. **03** Illamasqua Powder Eye Shadow in Hype, **£16.50**. **04** Suquu Pure Colour Blush in Kasaneyamabuki, **£30**. **05** YSL Face Palette Collector in I Have A Blush On You, **£42.50** (Johnlewis.com).



TWIN SET

01 Collection Primed & Ready Lip Primer, **£2.99**. **02** Revlon Ultra HD Matte Lipcolor in HD Obsession, **£8.99**. **03** Smashbox Always On Matte Liquid Lipstick in Girl Gang, **£19**. **04** Urban Decay Vice Liquid Lipstick in Menace, **£15** (Fabled.com). **05** Bobbi Brown Art Stick Liquid Lip in Boysenberry, **£22.50** (Fabled.com).



TWO BLUE

01 3ina The Color Kajal in 404, **£8.95**. **02** MAC Chromagraphic Pencil in Hi-Def Cyan, **£14**. **03** Miss Sporty Kohl Eye Pencil in Sky, **£1.99**. **04** Urban Decay All Nighter Liquid Foundation, **£27**. **05** Nars Velvet Eyeliner in Curacao, **£17**.



BLEND IN

01 MAC 217 Blending Brush, **£20** (Selfridges.com). **02** Urban Decay Eyeshadow in Asphyxia, **£14**. **03** Kiko Wet And Dry Eyeshadow in Matte Jade, **£6.90**. **04** Bare Minerals Prime Time Eyelid Primer, **£16.50** (Fabled.com). **05** Inglot Eye Shadow in Matte 345, **£5**.



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*always eats
its greens.*
So I don't have to.
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R U N L I K E A G I R L

Andrea Childs reports on the transformative power
of pounding the pavements, for body and mind

MY RUNNING WAS A HISTORY OF HIGHS AND lows ('Yay, I did a marathon!'; 'Nooo, I can't run to the corner without stopping'). Then I joined a women-only running group two years ago and hit my stride.

From 5k fun runs to ultra marathons (typically 50k-100k), running is the universal workout for women, overtaking Pilates and CrossFit. This year's Virgin London Marathon has a record 253,930 female entrants (43 per cent of applications). In the US, women outnumber men in races, and make up 57 per cent of all race finishers. According to Danish research, we're better at pacing, with more consistent mileage. 'It's because women think ten miles ahead, not just the mile they're in,' says Gemma Hockett, 31, who in five years has gone from weekend runner to aiming for a sub-three-hour marathon. 'We might be slower than men, but we don't blow up at mile 16 and pull out of the race!'

'Men are greater risk takers, so often start faster, risking burnout, while women make better decisions during races,' agrees Dr Rhonda Cohen, a sports psychologist at Middlesex University. 'Female runners are also more likely to prepare better, and only run if they feel confident about finishing.'

It's not just our minds, but our morphology – body shape and composition – that helps women run longer distances. 'Being lighter with less muscle mass can assist with endurance,' says ultra runner and coach Max Willcocks (@maxwilko). 'Women have more fat stores to fuel longer runs,' adds John Dent, a sports scientist (fresh-health.co.uk). 'Being smaller also helps, as a shorter stride and higher cadence [the number of steps we take per minute] make running more efficient, causing less wear on the joints and a longer running career.'

Like most high-intensity workouts, the physical benefits of running include muscle strengthening and fat burning. There are fewer exercises better than jogging for maintaining a healthy weight, with one long-term study between runners and walkers finding that calories burned from a run led to 90 per cent more weight loss compared to walking. Providing you take care of your joints by avoiding hard, cambered surfaces, running helps build strong bones, too.

For blogger Charlie Watson, 28 (therunnerbeans.com), it was running that pulled her out of crippling grief. 'My friend Vic committed suicide at university and I struggled afterwards, drinking and partying. Vic loved sport, so I ►

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decided to do something constructive with my sadness, and the marathon was it.' Charlie has since completed five, but it's the everyday runs – the jogs to the river near her home, runs with her dog – that make a difference to her well-being. 'I suffer from anxiety, so running helps me to relax.'

Charlie tops up her outdoor training with running on a treadmill, especially during winter when it's cold and dark. 'There's less impact on your joints,' says Willcocks. 'The track helps to push your foot forward on each step, making it slightly easier.' Women should be careful not to

moves and job changes when we've been running side by side.

That sense of community is just as strong in the digital world. When Gemma Hockett began fundraising for her second marathon, she started posting her runs on social media. Now she has almost 10,000 Instagram followers (@gemma_hockett) and her own blog. 'I started running because I'd put on weight. I didn't know anything and felt other runners were cagey about sharing information, so I followed accounts like The Running Bug on Facebook and @UKRunChat on Twitter for inspiration. Completing my

'Running has given me the confidence to take on other challenges. As a full-time mum, I'd lost my mojo. Now I'm doing a writing course and working on a film script'

overdo it, though. 'They are more dominant in their quads – the muscles in the front of the thighs – and treadmill running can increase this imbalance, risking injury,' says Dent.

'Jogging outdoors challenges the body because of the terrain and weather,' says Rachael Woolston, founder of all-female running group Girls Run the World. 'If you're doing it in the cold, your body burns more calories to keep you warm, while jogging up and down hills activates more muscle fibres, so you see greater improvements in strength and speed. But, most of all, it boosts mental health.'

Research by the Peninsula College of Medicine and Dentistry found that outdoor exercise increases energy and decreases anger, depression and tension, compared to exercising indoors. Another study from the University of Essex found that working out surrounded by nature improves our self-esteem. 'I'm shocked that running isn't prescribed for people with depression,' says Tanya Taylor from Hove. 'Since I began running eight years ago, I'm calmer, I don't lose my temper and it's helped with my PMT. The rhythm of your footfall when running can be very meditative.'

In 2016, Tanya set herself a challenge to run every day – any distance, alone or as part of a race. 'I've watched the sun rise, and run around Paris when the streets have been empty. I've learned about resilience and it's given me the confidence to take on other challenges. As a full-time mum, I'd lost my mojo. Now I'm doing a writing course and working on a film script.'

'A lot of beginners shy away from running with a group, as they're worried about holding people back,' says Woolston. 'But I've seen women transform because they've created a bond with the people they run with.' That's certainly true for me. When I'm planning my runs for the week, I WhatsApp my running group to find out who's free. Because of them, I run in the evenings, which I'd be nervous of doing alone. It was one of my club friends who paced me around my fastest Parkrun 5k, cheering me on. I love solo runs, but knowing I can tap into my network of running friends keeps me pulling on my trainers time and time again. We've been through everything from weddings and divorces, to house

first 10k gave me such a high. Two years later I did my first marathon. There's room for us all in running; whether you're doing 5k or 50k, you feel the same sense of achievement when you cross that finish line.' ■

5 **STEPS TO 5K**

Rachael Woolston, founder of free global running community Girls Run the World, on how to pick up the pace

1 **Set your goal**

Make it tangible by registering for a free, local 5k Parkrun (parkrun.org.uk) and fix a date for a race five weeks ahead – a short, tight deadline is more achievable than a long one.

2 **Be consistent**

Running regularly (three to four times per week) is more important than doing one long distance. Run to the shops, run in your lunch hour – turn it into a habit.

3 **Persevere**

Congratulate yourself for every run that you do. If you miss a training session, let yourself off the hook, then get back to the plan.

4 **Use mind games**

Learn distraction techniques for when you feel like stopping, such as counting backwards from 100, or focusing on techniques like swinging your arms as you run (watch Jessica Ennis-Hill).

5 **Limber up**

Stretch before and after running, and invest in a foam roller (sweatybetty.com) to help your muscles recover. Check out girlsruntheworld.co.uk for tutorials.

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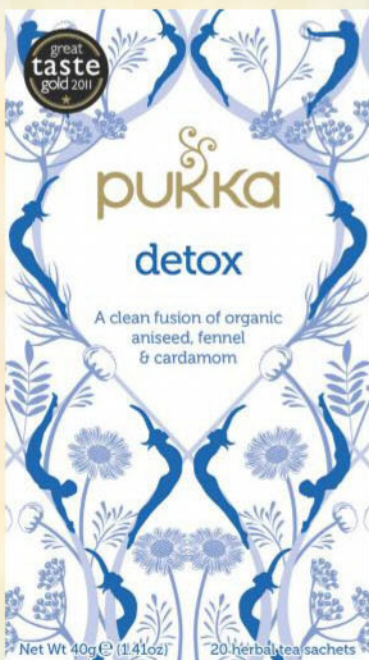
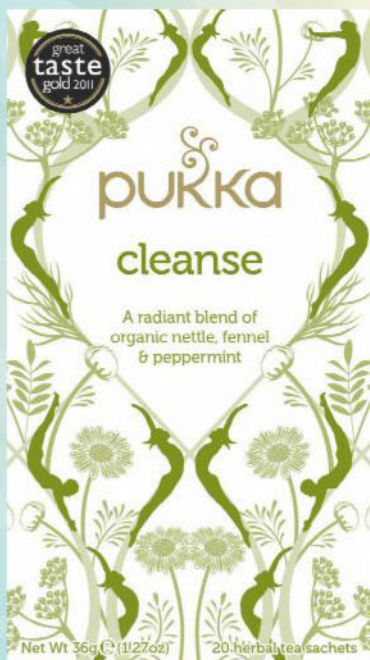
Budding ideas

Group getaways for Valentine's Day, the power of plants, plus meet the online culinary couples giving us food for thought





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Askham Hall
(above and left)

Pal-entine day

Valentine's Day doesn't have to be a cliché – yes, we mean dinner for two at 6:15pm (because you didn't book until the night before). This year, we're thinking outside the Milk Tray box and inviting all our friends along for the party. Check out these foodie getaways for buddies, with options for every budget and style.

Askham Hall (£££)

This 15-bedroom country pile is nestled in a secluded part of the Lake District, just over the hills from Lake Ullswater. It boasts a converted oak-beamed party barn, spa and pool, plus acres of grounds. Treat yourself to dinner in the private restaurant or wrap up and try out the open-air pizza oven. Askhamhall.co.uk

The Modern House (££)

The Modern House is a website that offers escapes around the world, including lofts, factory conversions, architects' homes and period houses, all with breathtaking interiors. You'll have to make your own dinner, but being chained to these stylish kitchen sinks won't be such a hardship. Themodernhouse.com

Eat With (£)

A concept after our own hearts, Eat With is being referred to as the 'Food Airbnb'. The site allows you to connect with 650 hosts located in more than 200 cities, in 50 countries around the world. Wherever you are, you can enjoy a slap-up home-cooked meal in the comfort of someone's home. To the airport! Eatwith.com



Eat With

Lifestyle envy...

with Laura Jackson & Alice Levine

This month, *Marie Claire*'s columnists talk purple food, Valentine's Day and the culinary answer to Airbnb

Trending

WHAT'S ON OUR RADAR PURPLE FOOD

Purple – never a particularly popular sartorial choice, but this year it's the colour reigning supreme in our kitchens. Be it carrots, potatoes, cauliflower or broccoli, all come in shades from puce to mauve. On 14 February will we see a dozen red roses traded in for a blooming bunch of eggplants? Sixteenth century Spaniards called the aubergine 'the apple of love' and believed it to be a powerful aphrodisiac, so it could be the ultimate romantic gesture. Insert the sexiest of all the emojis here.



Book of the month: ► *Healthy Baking* by Jordan Bourke

Jordan Bourke's previous book, *Our Korean Kitchen*, created with his fabulous fashion designer wife Rejina Pyo, has won a slew of awards. His new book *Healthy Baking* is taking a U-turn on 'clean' eating.



Instagram follow of the month ►

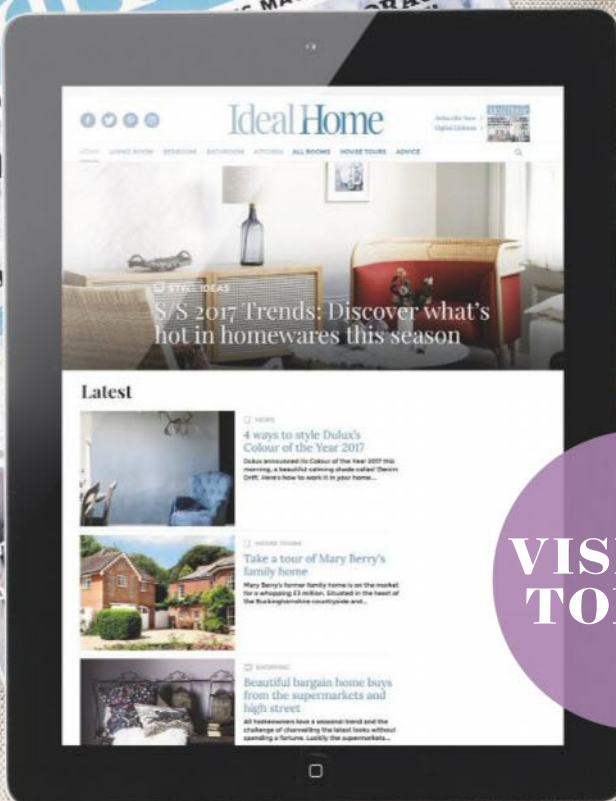
@georgiepuddingnpie As Jamie Oliver's right-hand woman, Georgie Hayden has helped create some of the nation's favourite recipes. She's also an author in her own right, penning one of our favourite cookbooks of last year, *Stirring Slowly* (the follow-up is in the pipeline). Her most memorable food moment? 'I thought I'd killed Jamie!' Find out how by reading our chat with her on Marieclaire.co.uk



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Taken from *Urban Jungle* by Igor Josifovic & Judith de Graaf (£25, Callwey)



The pro hacks

How to bring the outdoors in

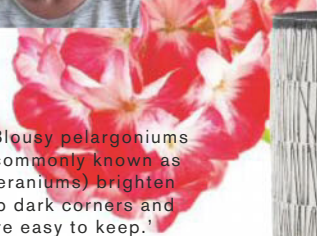


Jeska Hearne

Lobsterandswan.com

Lifestyle blogger and co-founder of Thefuturekept.com, Hearne shares her horticultural hits

'Blousy pelargoniums (commonly known as geraniums) brighten up dark corners and are easy to keep.'



Planter, £24, House Doctor at Amara.com



Pots, from £10 each, both Sort Cement at Notonthehighstreet.com



Planter, £9.50, The Den & Now at Notonthehighstreet.com



'Monstera deliciosa – the plant for big, bold jungle style'



Planter, £99, West Elm

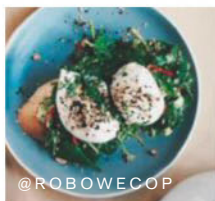


Pot, £35 (for set of three), Graham & Green

'Aloe vera is perfect for adding a wild edge to interiors.'



HANGING OUT



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The couple that cooks together...

Lifestyle blogger duos on their definition of foodie romance



Sonja and Alex

We met... 'On the very first day of freshman year at university. We lived on the same floor in our dorm. The following year we started dating and have been together for 16 years.'

First meal we cooked together... 'We were in college, so it was probably a very pedestrian pasta'

Romantic night in: 'Homemade gnocchi or paella.'

The food of love... 'Dark chocolate or pizza.'

Acouplecooks.com



Denise and Lenny

We met... 'On Match.com 15 years ago in the early days of online dating – way before swiping right or left!'

First meal we cooked together... 'A creamy gorgonzola and prosciutto pasta dish.'

Romantic night in... 'A superb grilled cut of grass-fed beef, or seafood. Recently we've been getting into grilling octopus; it's much easier to make than you think.'

The food of love... 'Simply cooked seafood and champagne.'

Chesus.com



Rhianna and Joe

We met... 'When we were just 15 through a mutual friend.'

First meal we cooked together... 'Chicken pesto pasta.'

Romantic night in... 'A good steak and some sort of melt-in-the-middle pudding for dessert.'

The food of love... 'Strawberries.'

Robowecop.com and Northernblood.com

THE BIG FILL

Lucy Heaver (left) and Aisling Coughlan's book *In Bread* celebrates the humble sandwich. Here's how to make some basic fillings sing



Turkey and brie baguette



Ham, cheese & coleslaw

else is required, other than perhaps the odd slice of ripe pear or a hint of quince paste. Hard, more robust cheeses, such as cheddar, can accommodate bold-flavoured accompaniments, so think sourdough bread, tart chutneys and pickles, and the bite of some peppery watercress.'

"Sealing" your sandwich with butter, mayonnaise or mustard provides a useful barrier between your ingredients and the bread'

JAM 'The best jam sandwiches can be as simple as fresh bread, butter and a generous layer of your favourite preserve. But why stop there? Take the classic peanut butter and jam combo, and add grilled bacon and a sliced banana. Then melt a knob of butter in a pan and fry the whole thing until it's golden brown – perfect for breakfast, lunch or dinner.'



French toast

In Bread: A Celebration Of The Mighty Sandwich, £14.99 (Smith Street Books)



WORDS BY LUCY PAVIA



TWEATS: WHAT'S THE BEST WAY TO SPEND VALENTINE'S DAY? WE ASKED, YOU ANSWERED...

46% Netflix and a takeaway

27% A home-cooked meal

20% Dinner somewhere swanky

7% Valentine's Day? Gross



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It's all about

Pretty cool

Play with petals and pearls for a fresh spring look

01 Dress, about £1,910, Attico; sandals, £846, Dries van Noten; earring, £1,390, Delfina Delettrez **02** Bag, from £495, Coach
03 Dress, £686, and shirt, £367 (worn underneath), both Sharon Wauchob; large earring, £680, and small earring, £595, both Ellery
04 Dress, shirt, and earrings, as before; bag, about £800, Attico **05** Dress, £940, Salvatore Ferragamo; earring, £190, Delfina Delettrez
06 Top, £820, and skirt, £990, both Emilia Wickstead; bag, £3,500, Louis Vuitton **07** Sandals, £135, Marc Cain

QUENCH THIRSTY SKIN

with a little help

FROM NATURE



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