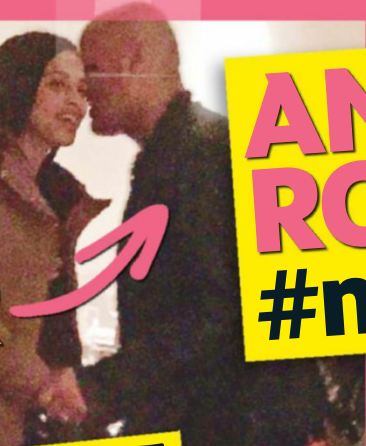




Did **MEL B** know about hubby's **SECRET DINNER DATE?**

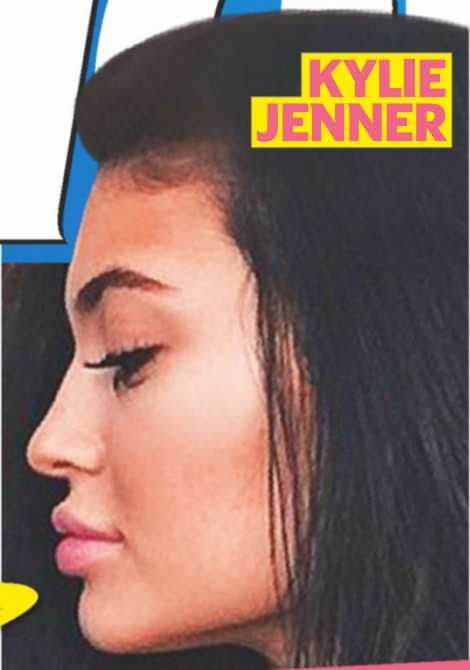
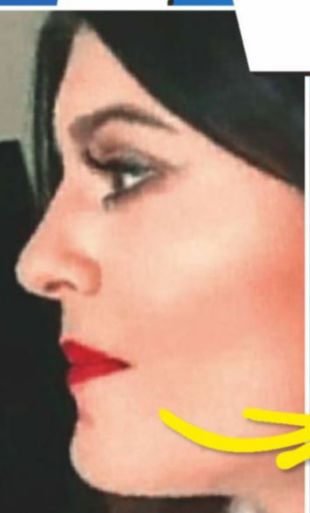


AMBER ROSE
#nofilter

Britain's **BEST**
Celeb Mag!

13 February 2017 celebsnow.co.uk

NOV



KYLIE JENNER



KATIE PRICE



WHOLE NEW FACE!



MICHELLE KEEGAN



KENDALL JENNER



'We didn't always look like **THIS!**'

NEW



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*Air pollutants such as dust **In shampoo

She's so

NOW

13 February 2017

Beyoncé's twinning

Queen Bey has gone and done it again (yes, and that, obvs!) – and surprised the world with her super-exciting baby news! The Carters are expecting not just one but two bundles of joy and we're over the moon for them.

In a breathtakingly beautiful Instagram announcement, Beyoncé unveiled (or should that be *veiled* with a full-on flower photo shoot) that she and hip-hop mogul hubby Jay Z have 'been blessed two times over' and that their 'family will be growing by two'.

Twins news aside, it's the names we can't wait for... In the meantime, huge congratulations to our all-time favourite musical couple.

Reena Ratan,
Contributing
Picture Editor

Follow me on
Instagram
@reenaratan



She dropped her first pregnancy bomb in 2011 at the VMAs – and look what a cutie Blue Ivy turned out to be!



Valentine's wardrobe sorted, p56...

...and Valentine's too, p58

Inside this week

First flush, p60

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Now



@CelebsNow



@NowMag



Scott was snapped canoodling with model J Lynne...

Love Actually...

Hook-ups, break-ups and make-ups

SCOTT 'COSIES UP' AGAIN



...before cuddling up to another model the next day

It looks like his reconciliation with Kourtney is definitely off..

Just weeks after it was reported that he and long-term on-off girlfriend Kourtney Kardashian were giving things another go, Scott Disick has been pictured getting close to not one but two other women. Fresh from a holiday to Costa Rica (where he was snapped ogling

Kourtney's bum) with the entire Kardashian clan, the self-proclaimed 'lord', 33, was pictured taking a dip in Miami with model Jessica Harris, known as J Lynne. A series of sensational snaps showed Scott nuzzling the brunette's neck as they embraced in the hotel pool before splashing

around playfully. But she wasn't the only woman to catch Scott's eye during his solo trip. The very next day, he was spotted cuddling up to bikini-clad model Amber Davis on a sun lounger at the same hotel – and at one point the blonde was even seen wrapping her legs around his

waist. Although it's unclear if he and Kourtney, 37, ever officially got back together, Scott's brazen behaviour is sure to have got under her skin while she was busy with their three children Mason, seven, Penelope, four, and two-year-old Reign. Will Scott ever learn?

SEPARATE WAYS



Kylie and Joshua end engagement

Kylie Minogue called off her engagement to Joshua Sasse – just days after she revealed plans to take his name. A statement posted to her Instagram read: ‘Thank you now for your love and understanding with the news that Josh and I have decided to go our separate ways. We

wish only the best for each other.’ The unlucky-in-love singer, 48, is said to have thrown actor Joshua, 29, out of their London home after he grew close to Spanish actress Marta Milans, 34. Insiders claimed she ‘no longer trusted’ Joshua and was ‘absolutely devastated’.

A NEW REALITY ROMANCE



Charlotte and Bear send fans into meltdown with intimate bed selfie

Following months of rumours that they’re more than just friends, Charlotte Crosby and Stephen Bear have confirmed their romance with a cheeky bed selfie. Geordie Shore babe Charlotte, 26, and 27-year-old Bear have been busy filming new reality show Just Tattoo

Of Us and fans have gone into overdrive at the idea of them being an item – they’ve even nicknamed them ‘Bearlotte’. Charlotte was quick to delete the saucy snap, but Bear then posted a pic of the two of them wearing matching his ‘n’ hers jumpers. Sweet.

Now CRUSH CORNER TOWIE SPECIAL

This steamy snap of the TOWIE boys has us desperate to get on the first plane to Tenerife, where they’re shooting the latest series of the show...



Pete Wicks, 28



Dan Edgar, 26



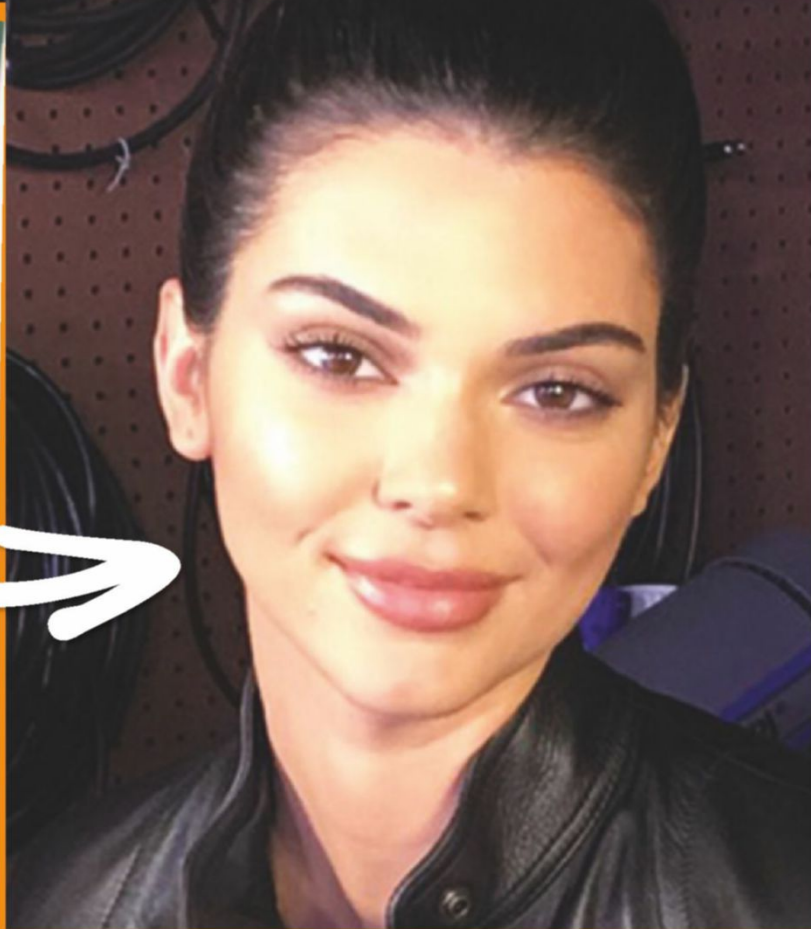
James Lock, 30

✂ CUT OUT AND KEEP!



Kendall Jenner, 21

Kendall is often viewed as the 'natural beauty' among her sisters and has always denied surgery, but her face has transformed over the years.



AWHOLE



Michelle Keegan, 29

Michelle's regarded as one of the world's most beautiful women, but throw back to her in her early twenties and we wonder whether she's had a little help to get there...





Katie Price, 38

She's spent a reported £100,000 on procedures, admitting to eight boob jobs, a nose job, liposuction, Botox and fillers. Katie's quest for perfection has turned her into a different person.

NEW FACE

Getting older changes everyone's faces, but these celebs have changed *a lot*



Megan McKenna, 24

Who *is* that girl? Teenage Megan is a world away from the plump-pouty selfie queen we're used to seeing on TOWIE.

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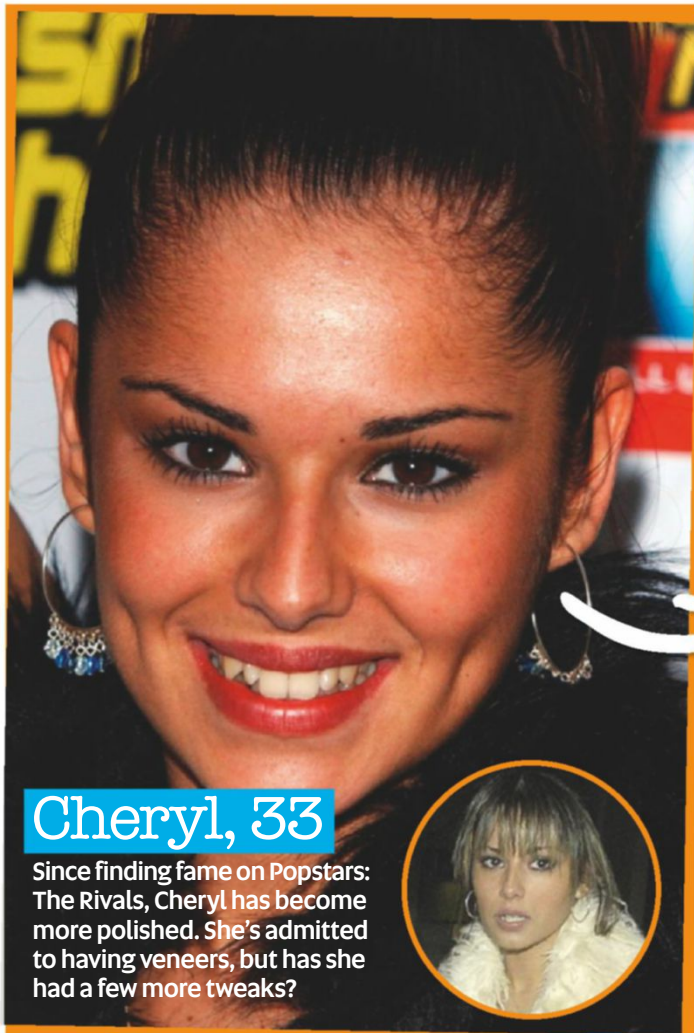
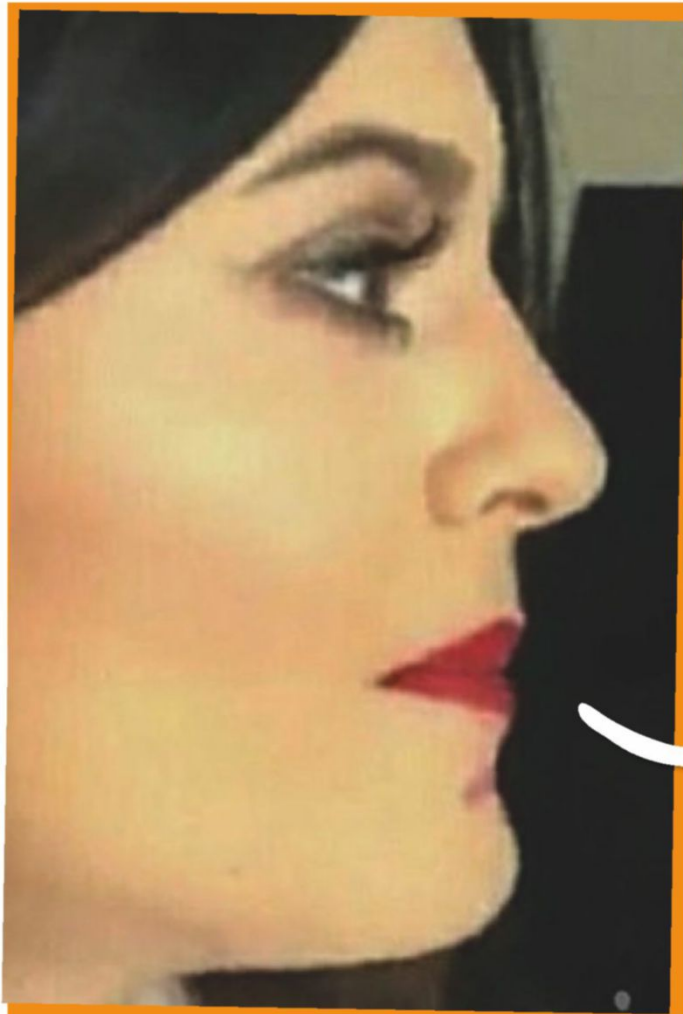
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Kylie Jenner, 19

She's insisted it was her lip fillers that had made her chin appear smaller after sparking speculation she'd also had her jaw shaved down. But comparing Kylie's profile from a few years back to now tells a very different story indeed...



Cheryl, 33

Since finding fame on *Popstars: The Rivals*, Cheryl has become more polished. She's admitted to having veneers, but has she had a few more tweaks?



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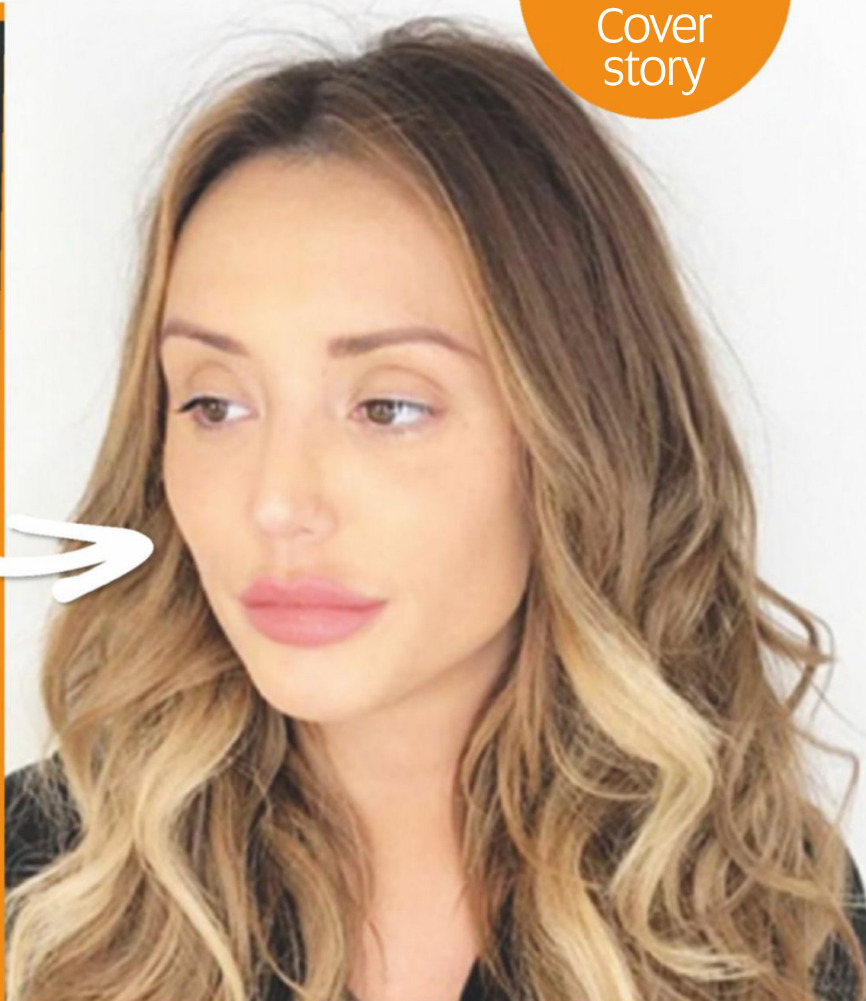


AYGO x-press 5 door 1.0 VVT-i Manual. Official Fuel Consumption Figures in mpg (l/100km): Urban 56.5 (5.0), Extra Urban 78.5 (3.6), Combined 68.9 (4.1). CO₂ Emissions 95g/km. All mpg and CO₂ figures quoted are sourced from official EU regulated laboratory test results. These are provided to allow comparisons between vehicles and may not reflect your actual driving experience. Model shown is MY17 AYGO x-press 5 door 1.0 VVT-i Manual at £11,935. Price includes White x-press paint at no extra cost. Prices correct at time of going to print. *0% APR Representative only available on new retail orders of AYGO (excluding x grade) between 15th December 2016 and 31st March 2017 and registered and financed through Toyota Financial Services by 30th June 2017 on a 3.5 year AccessToyota (PCP) plan with 0%-35% deposit. ^Payment shown is based on a 42 month AccessToyota contract with £1,898.50 customer deposit and Guaranteed Future Value/Optional Final Payment. Toyota Financial Services (UK) PLC; registered office Great Burgh, Burgh Heath, Epsom, Surrey, KT18 5UZ. Authorised and regulated by the Financial Conduct Authority. Indemnities may be required. Finance subject to status to over 18s. Other finance offers are available but cannot be used in conjunction with this offer. 8,000 miles per annum, excess miles over contracted charged at 8p per mile. Toyota Centres are independent of Toyota Financial Services. Terms and conditions apply. Affordable finance through AccessToyota. 5 year/100,000 mile manufacturer warranty subject to terms and conditions.



Charlotte Crosby, 26

Charlotte's been honest about her big transformation since joining *Geordie Shore* – having a nose job, Botox and lip and cheek fillers. But all that cosmetic work has made Charlotte unrecognisable.



Bella Hadid, 20

Online critics have suggested that model Bella has had surgery after photos of her from her teen years surfaced...



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let's feel good



Lady Gaga, 30

Before fame, Gaga was Stefani Joanne Angelina Germanotta – a different person by the looks of it! The star's never confessed to any surgery but her transformation is shocking.



Blake Lively, 29

Blake is heralded as one of the biggest beauties in Tinseltown, but photos as a teenager show her looking vastly different to her red carpet self.



News
STARTS HERE!



Stephen spent the evening with a mystery girl



Holding her hand as he leans in to chat...

Did **Mel B** know this dinner date



Mel deleted this snap of the pair on Insta... but later reposted it

officialmelb Late night dinner with my baby boo @stephenthinks11 my everything,my life,my world,love you to the end and back
#bitcheswishtheyhadthis
#poloralphlaurenbar #tenyearsmarried

As Mel B worked her socks off playing Chicago's Roxie Hart on Broadway last week, her husband Stephen Belafonte was pictured getting close to a mystery brunette less than three miles away.

Stephen, 41, was dining with friends at New York City hotspot STK on Monday evening, just minutes from the Ambassador Theatre where Mel was working. In these photos, the producer can be seen leaning into the woman, nuzzling her neck and having what looked like an intimate conversation.

An eyewitness told Now: 'Stephen spent over an hour



Words by
Jack White

talking to the girl. He was holding her hand, talking into her ear and putting his arm around her waist. They left the restaurant together at around 11.15pm and were driven off in the same car.'

Interestingly, a day after the pictures came to light Mel, 41, posted a snap of her and Stephen out to dinner with the caption: 'Late night dinner with my baby boo, the love of my life, couldn't do all of this without you honey.' But just hours later it was



...before the pair
are said to have
left together in
the same car

How about ate?

Stephen Belafonte
gets close to another
woman as his wife works



Mel was just three
miles down the road
performing in Chicago

deleted before being reposted
by Mel later on.

Mel and Stephen have
arguably had a turbulent
relationship. In 2014
they were forced to deny
claims that Stephen had
hit her, after she was
hospitalised and
speculation
reached fever
pitch that Stephen
was the reason
behind her stay.

Just last week
we reported that
Mel was seeing
her family again
after a nine-year



Mel as Roxie
Hart in Chicago

feud that was said to have had
Stephen at the heart of it.

Claims that Mel's
family disapprove
of her husband have
never quite gone away.
In 2011 Mel's sister

Danielle Brown said:
'We had concerns
about her husband
Stephen. Ever since
we expressed those
concerns, we've
not heard anything
from her.'

Mel's fallout with
Danielle and
their mother
Andrea was

a public one, played out over
social media and in the press.
A year after Danielle's shocking
claims, Andrea revealed she
first found out that Mel – already
mum to Phoenix, 17, and
nine-year-old Angel – was
pregnant with third daughter
Madison, now five, via Twitter.

Accusing Stephen of
distancing Mel from her family,
Andrea said: 'Half of my family is
missing to me. Every day I pine
for Mel and the children.'

But last month the Lip Sync
Battle UK host appeared to
confirm it's all in the past now.
Revealing that Andrea had
visited her on the set of the

Channel 5 show, Mel explained:
'She came down, saw the kids
and watched the show. Then we
went for dinner with the kids.
Family is family – there's no
point talking about that.'

It's not the first time that
Stephen has been snapped with
another woman. In April last
year he enjoyed a night out with
a pretty blonde and the pair
were seen together in the back of
a car after dinner in LA.

Back then Mel didn't
comment on the photos, and this
time there'd been no response
from her or Stephen when
Now went to press. Will she be
as understanding this time?



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The leaked pic got everyone speculating...



...but something's missing from the official shots

Was **Beyoncé** forced to announce her pregnancy?

A bump snap leaked – then her news was confirmed...

It was the news that broke the internet: Beyoncé is pregnant with twins! The 35-year-old made the announcement on Instagram with a snap flaunting her blooming tum, adding: 'We are incredibly grateful that our family will be growing by two.'

But her revelation didn't seem quite so shocking after an image from her latest Ivy Park campaign – in which a bump can clearly be seen – was leaked just hours earlier, which suggests Bey and husband Jay Z were pushed to share the news. While the leak didn't do much to steal their thunder – Beyoncé's Instagram post surpassed



Words by
Jack White

Selena Gomez's record to become the most liked ever – it seemed the choice to remain private was taken away from them.

The photo was from an Ivy Park promotional video that was swiftly removed from the internet by the singer's team, but not before it could be screen grabbed and reposted thousands of times. Never one to miss a business

opportunity, Bey made the most of the huge hype surrounding her pregnancy by releasing the official Ivy Park photos – but this time her bump was noticeably absent. Although pictured in the same outfit, the Baby Boy hitmaker sported a toned stomach, to the confusion of her fans. 'Has she Photoshopped her bump out of this?' one asked.

When she was pregnant with daughter Blue Ivy, five, seen above in a stunning photo taken by Daniela Vesco,

Their choice was taken away



Too cute! Blue Ivy shows her excitement

Beyoncé made the decision to announce the news by simply stroking her belly on stage at the 2011 MTV VMAs. This, added to the fact that it took her seven months to confirm that she and Jay, 47, had tied the knot in 2008, proves that Queen Bey likes to do things in her own sweet time and on her terms!

Photos: Beyoncé / Beyoncé.com, YouTube
©Beyoncé.com/vault, ©Beyoncé/Instagram,
Courtesy of Ivy Park, Daniela Vesco

Amber's barefaced cheek

WHERE: Honolulu, Hawaii

WHEN: 28 January

She's famed for her insane curves and Amber Rose, 33, sure wasn't shy about showing them off on a Hawaiian beach last week, whipping off her yellow dress to

reveal a booty the Kardashians would be green with envy over. We do hope the star put some sunscreen on her iconic shaved head though. A sunburnt scalp is not Amber rosy... Geddit?!



Showbiz's
most
hard-working
thong!

Amber soaks up
the sun while
sipping on her drink



Delicious Spoonable treat



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

New film threatens to EXPOSE Angelina

The shocking film promises to reveal **Angelina Jolie's** darkest secrets

Having announced their split in September last year, Angelina Jolie and Brad Pitt's divorce has arguably become one of the most bitter in Hollywood – with leaked court documents showing both parties throwing blame at each other.

But while concrete details about why the pair really ended their 12-year romance have remained undisclosed, an explosive new documentary promises to give a warts-and-all account of the couple's dramatic split – and could reveal some of Angelina's darkest secrets.

The film is entitled *Broken: The Incredible Story Of Brangelina* and will air on TV around the world. It's been made by Ian Halperin, a bestselling author who wrote the 2009 book *Brangelina: The Untold Story Of Brad Pitt and Angelina Jolie*, in which he predicted the pair's divorce. Ian has said of their



Words by
Kat Romero



Insiders say the divorce has taken its toll on Ange

split: 'I can unequivocally say it takes two to tango.'

One of Ian's most astonishing claims in the documentary is said to be that the couple – who are parents to biological children Shiloh, 10, Vivienne and Knox, eight, and adopted children Maddox, 15, Pax, 13, and Zahara, 12 – were estranged for more than a year before their split.

An insider also claims that the film will promise never-before-seen footage, including interviews with Brad, 53, and Angelina, 41, themselves and on-the-record chats



'It takes two to tango'

with those closest to the pair.

News of the tell-all documentary will no doubt serve as a blow to Angelina. Following their split, Brad appeared to be painted as the bad guy, with the FBI investigating claims he'd 'attacked' son Maddox during a flight. But Brad was soon cleared and he went on to

receive a standing ovation at the Golden Globes in January.

In contrast, Angelina was spotted last month looking skinnier than ever as insiders claimed that the stress of her divorce has taken a dramatic toll – and that the actress was feeling 'shut out' by Hollywood. What could this documentary possibly expose?



The Jolie-Pitt clan in 2015

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Rebel Winehouse!

WHERE: Atlanta

WHEN: January 30

She's known as 'fat Amy' in *Pitch Perfect*, but Rebel Wilson was channelling another star of the same name last week, paying homage to the late Amy Winehouse. Filming *Pitch Perfect 3* – set for release later this year – Rebel rocked a tartan corset and leopard-print skirt along with Amy's signature beehive, flicked eyeliner and tattoos. This has made us even more excited for the film!

Oh bee-hive,
Rebel!



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

good to know

Happy Meal® served after 10.30am. Subject to availability. © 2017 McDonald's

It was the week that...

Looking smaller
at the start
of the year...

TWO WEEKS LATER!

Woah, where did
they come from?



Vicky P
sparked
new surgery
rumours

**Has the former
Geordie Shore star had
a second boob job?**

She transformed her body in 2013 when she shed 3st and slimmed from a size 16 down to an 8. Despite being happy with her new figure, Vicky Pattison was open and honest about having a boob job a few months later, after admitting that the weight loss had left her bust 'saggy'.

But could Vicky have had a secret *second* boob job? That's what some fans believed after she posted a very busty photo on Instagram.

One user commented on the photo: 'Did you had a second augmentation?' Another said: 'Have you had a boob job?'

Opening up about her 2014 breast surgery last year, Vicky said: 'I thought about the boobs for 10 months. I'd seen them shrink as I lost weight and it wasn't like it gave me these pert, itty-bitty titties – they just hung. So I was left with a pair of spaniel's ears and nothing was going to help. It was the only option for me to be body confident.'

Vicky's been working hard on her body over the past month and has admitted her determination to shed 10lb following an indulgent Christmas. Could another boob job be part of her this latest body overhaul?



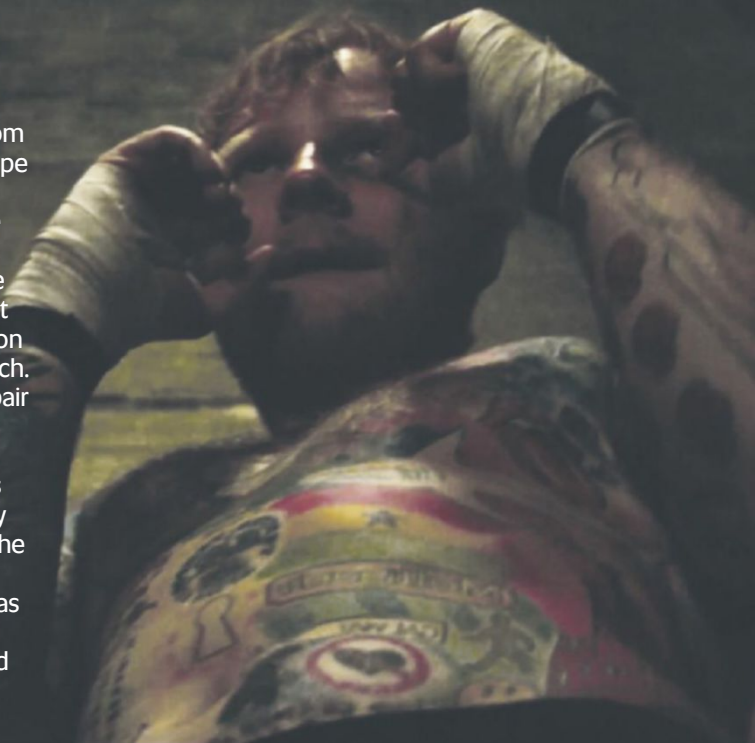
AUG 2013
Looking
'saggy' after
dropping 3st

It was the week that...

Ed Sheeran unveiled his 60 tattoos

The singer has spent over 40 hours in the tattoo chair

Ed? Is that you? We did a double take when stills from the singer's new video Shape Of You were revealed last week. Ed, 25, may look like butter wouldn't melt but whip off his trusted hoodie and he's tatted up! He's got over 60 colourful tattoos on his arms, chest and stomach. Among the designs are a pair of Rolling Stones lips in a tribute to his idol Mick Jagger, and the crest of his old junior school. Celebrity tattoo artist Kevin Paul is the man responsible for Ed's impressive body art and has also inked Rihanna and Harry Styles. Apparently Ed is planning another 30 or more tattoos for his back!

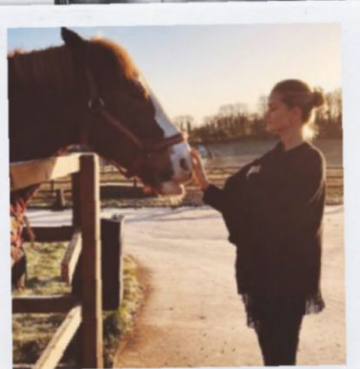


Last week also saw Liam Payne, 23, unveil a new inking, as he proudly showed off a tattoo of girlfriend Cheryl's eye on his arm. Good for you boys, but we'd need a tub of numbing cream to put our bodies through that pain!

Rosie sparked pregnancy rumours

Could the star be expecting her first baby?

Rosie Huntington-Whiteley, 29, first prompted pregnancy rumours in early January when an Instagram photo of her in a baggy jumper sparked suspicion with fans that she was expecting with boyfriend Jason Statham, 49. Commenting on the photo, one fan wrote: 'Are you pregnant?' Another fan insisted: 'Rosie is pregnant.' And one said: 'If the pregnancy rumours are true then great stuff.' Is she hiding a bump? We hope so — that would be one beautiful baby.



Sharon appeared to confirm her X Factor return

The X Factor judge has been house hunting in London

She seemed at home on the X Factor panel last year and with auditions for the new series set to start in just four months (crikey), Sharon Osbourne seems to be laying down roots in London. The 64-year-old was spotted looking at flats in the capital with a pal. It's good to have you back Shazza!



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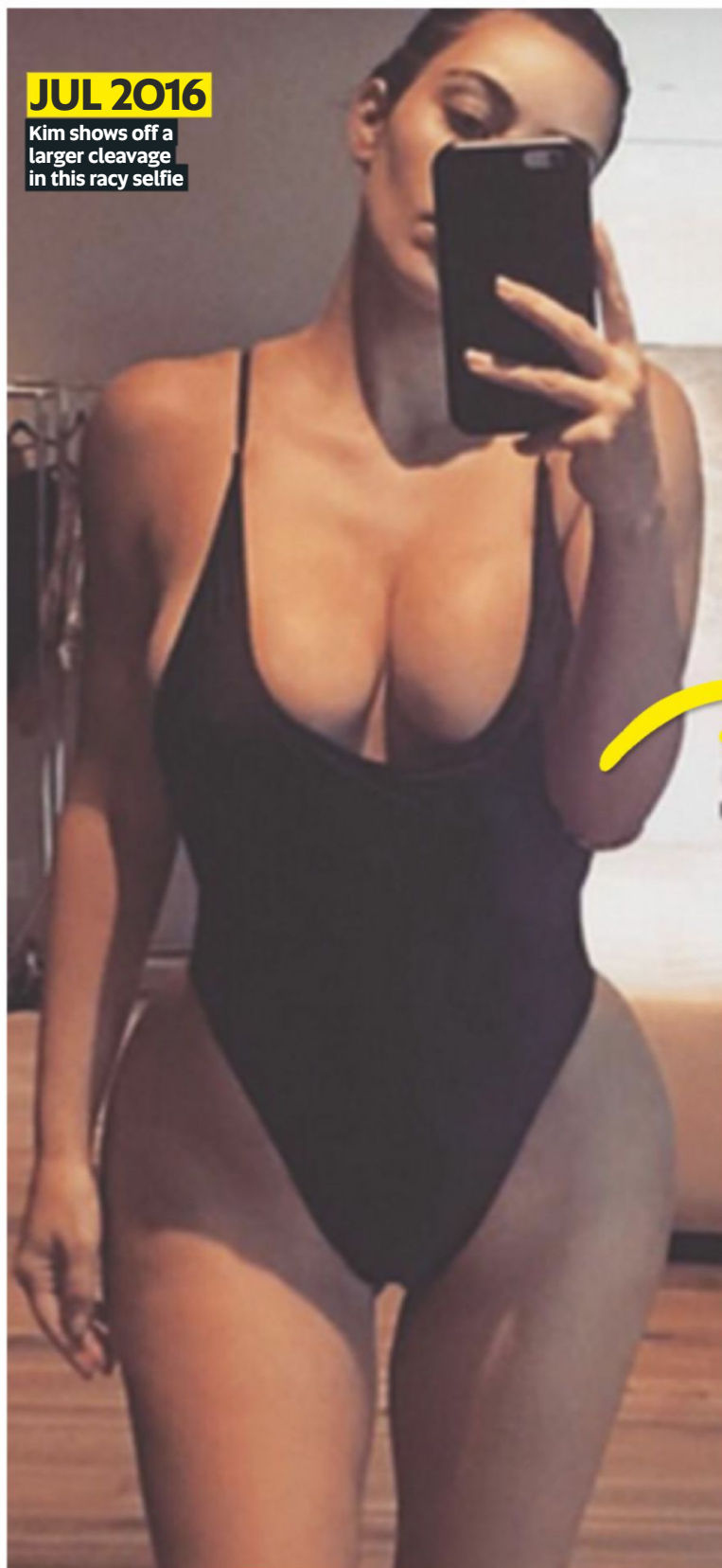
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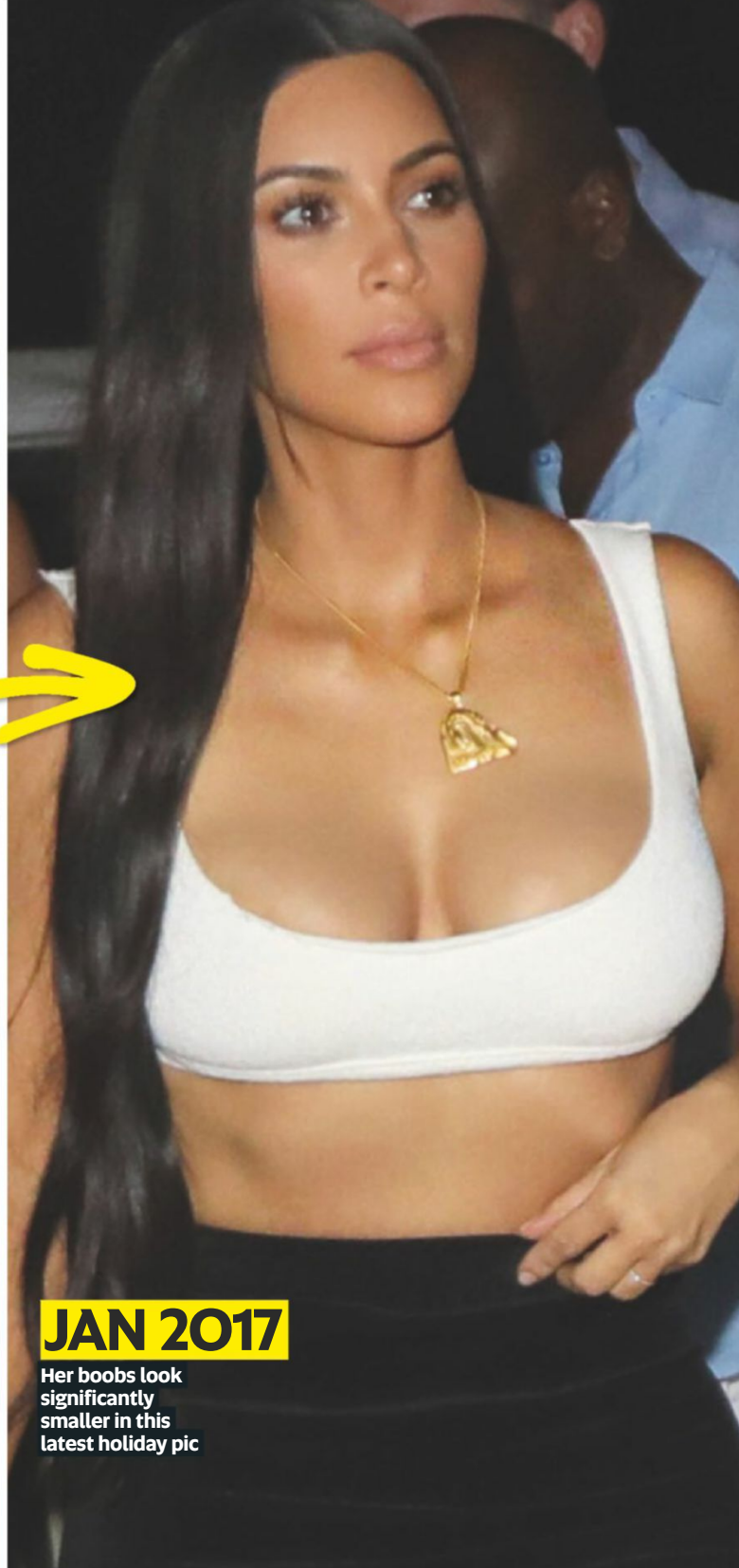
JUL 2016

Kim shows off a larger cleavage in this racy selfie



JAN 2017

Her boobs look significantly smaller in this latest holiday pic



Kim & Kylie's boob swap

They do say sisters share everything...



JUL 2016

Kylie goes from natural...



JAN 2017

...to dramatically bigger. Did she borrow Kim's old implants?



We sometimes feel we know the Kardashian and Jenner girls' bodies better than our own, when barely a day goes by that the famous sisters don't showcase their curves on social media with a raunchy selfie.

But on a recent girly getaway to Costa Rica, Kim Kardashian and Kylie Jenner both appeared to debut brand new figures. As Kylie further fuelled speculation of a boob job with her larger than life cleavage, famously curvy Kim appeared to sport a much more modest bust.

Sources from across the pond claimed last week that Kim had undergone breast reduction surgery while keeping a low profile following her November robbery ordeal. Insiders said Kim – who's denied having surgery in the past – was eager for a smaller bust



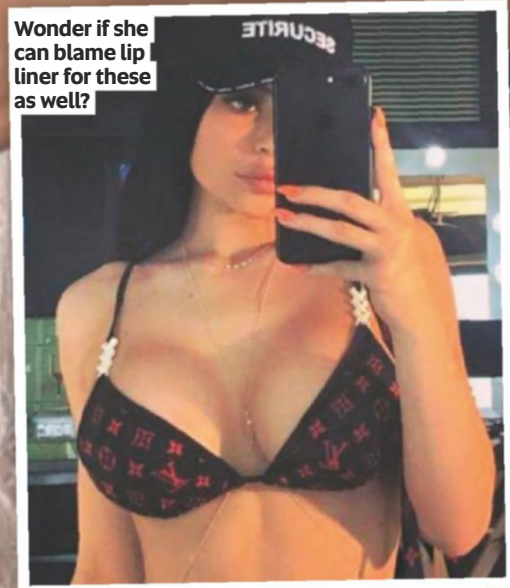
Words by
Kat Romero

to suit her slimmed down size 8 figure, after working hard to shed the baby weight following the birth of her now 13-month old son Saint.

And as Kim seemed to get smaller, Kylie's boobs appeared to swell in size as she shocked users online with her revealing bikini selfies. One user wrote: 'Her breasts were so much better before,' while another claimed: 'You can see the top of her implant.'

Kylie, 19, has remained silent amid speculation of cosmetic surgery, but then again, she did confess to lip fillers last year after months of insisting her plump pout was the result of make-up skills. C'mon Kylie, you can't seriously blame that mammoth cleavage on clever lip liner too, can you?

Wonder if she can blame lip liner for these as well?



KATIE BEGS LAUREN: 'Get in touch — I miss you'

Pricey's building bridges with her celebrity pals

These days Katie Price's friendship circle seems to be made up of husband Kieran Hayler, her glam squad (make-up artist Buster Knight and hairdresser Mikey Kardashian) and non-famous faces.

But as she continues to resurrect her alter ego Jordan, the 38-year-old appears to be recruiting celeb friends old and new in a bid to up the value of her inner circle – starting with former bestie Lauren Goodger.

Boldly, Katie reached out to Lauren, 30, publicly last weekend, writing on Instagram: 'Miss you, get in touch. Lost your number as have new phone x.'

A strange move, right? Especially as Instagram allows users who follow each other to send private messages...

Katie and Lauren are believed to have had a huge falling out in 2013 when the TOWIE star attended the Pricey's wedding to third husband Kieran. But when Lauren shared a photo from the big day on Twitter, she was reportedly reduced to tears after getting a telling off from Katie and her team for threatening her lucrative magazine deal.

Now it seems Katie's ready to



Words by
Jack White

leave their spat in the past. Over the last few months Katie's enjoyed a string of boozy nights out, with shocking behaviour reminiscent of her Page 3 heyday – but partying alone is no fun. And Lauren isn't the only person Katie wants on her team.

While Katie was once one of the most famous women in the country, these days it seems she only makes headlines for negative reasons – something she's undoubtedly keen to change. As well as having got chummy with Love Island star Olivia Buckland, Katie attended the relaunch of Rio Ferdinand's restaurant Rosso with Danielle Armstrong, another former friend. The pair enjoyed a series of high-profile nights out in 2015 and until recently hadn't been pictured together since.

But away from Essex, Katie could have

a few more bridges to build.

She was once inseparable from Liberty X singer Michelle Heaton and model Danielle Lloyd, but it appears that things between them may have fizzled out.

At the National Television Awards last month, Danielle and Michelle spent the night catching up. Alongside photos of them with Atomic Kitten singer Natasha Hamilton, Danielle wrote: 'Having a lovely night with my gorgeous friends.' But despite Katie's presence, there was no sign of her in the snaps.

Katie's absence from the love-in is especially surprising as in May last year Danielle revealed that she'd asked Katie to be her bridesmaid at her wedding in 2018. Is it a case of 'out with the old, in with the new(ish)', Katie?



Danielle Lloyd's 'gorgeous friends' at the NTAs, sans KP



Lauren and the Pricey in happier times



Leandro claims Katie's 'liaison' was behind their break-up



Simon denies 'secret liaison' with Katie

The music mogul's insiders were quick to slam romance rumours

Last week, Katie's ex-fiancé Leandro Penna set tongues wagging when he insisted she'd enjoyed a secret liaison with Simon Cowell back in 2012.

He claimed she'd returned home in the morning 'drunk' after a 'business meeting' with Simon the night before. And despite Katie denying to him that she'd slept with the X Factor judge, Leandro, 31, claimed he later found 'damning' texts between them.

But while Katie's remained tight-lipped about the shocking claims, a source close

to Simon, 57, was quick to slam them, insisting: 'He's been friends with Katie for years, but this is nonsense.'

Simon's long-term pal Sinitta also had her say last week. She said: 'I'll kill her. It'd better not have been on my watch!'

Meanwhile, Simon's Britain's Got Talent co-judge David Walliams

reportedly took aim at Katie during auditions for the new series. After a BGT hopeful said he'd be singing about a mistake, David asked Simon: 'Was that the same mistake you made with Katie Price?' Ouch...

'They've been friends for years'



From Lite to the red

These Orange Is The New Black stars look a far cry

They spend most of their time in prison jumpsuits, so it's no surprise that, given half a chance, the stars of Netflix hit Orange Is The New Black scrub up extremely well. Stealing the show at the 23rd annual Screen Actors Guild Awards, they walked away with the Outstanding Performance By An Ensemble In A Comedy Series gong. Bring on the show's return in June...

Dascha Polanco (Dayanara Diaz)

This fitted black suit is perfect for the red carpet and the flash of lace is sexy yet still classy.



Danielle Brooks (Tasha 'Taystee' Jefferson)

From the waist up Danielle oozes sophistication and we're loving her intricate hairstyle.



Taryn Manning (Tiffany 'Pennsatucky' Doggett)

She's got the dress nailed, but Taryn's pink hair just isn't doing it for us. Her make-up is a bit dark for her pale skin tone.



Whiffeld carpet

from their TV personas



Jessica Pimentel
(Maria Ruiz)

Hermosa! Jessica dazzles in this stunning gown. It's perhaps a bit too much flesh on show for the event, but she's working it.



Uzo Aduba
(Suzanne 'Crazy Eyes' Warren)

We'll never get over how different Uzo looks when she's not playing Crazy Eyes, but she's outdone herself this time.



The cast celebrate their victory

The big winners

Motion Picture Awards

Outstanding Performance By A Male Actor In A Leading Role
Denzel Washington, Fences

Outstanding Performance By A Female Actor In A Leading Role

Emma Stone, La La Land

Outstanding Performance By A Cast
Hidden Figures



TV Awards

Outstanding Performance By A Female Actor In A Television Movie or Mini Series
Sarah Paulson, The People V OJ Simpson

Outstanding Performance By A Male Actor In A Television Movie or Mini Series
Bryan Cranston, All The Way

Outstanding Performance By An Ensemble In A Drama Series
Stranger Things





Kaley Cuoco

IN MARCHESA

Kaley has her very own Cinderella moment – this dress with 3D detail is sheer perfection.



Sophie Turner

IN LOUIS VUITTON

Sophie's 100 per cent our SAG Award red carpet winner in this Vuitton number! Asymmetry and sexy dress slits – we adore!



Kirsten Dunst

IN DIOR

Pure Hollywood glamour in this slightly corseted dress – and she keeps her flawless features on show.

SAG
DRESSES

The

The outfits



Rashida Jones

IN VIVIENNE WESTWOOD

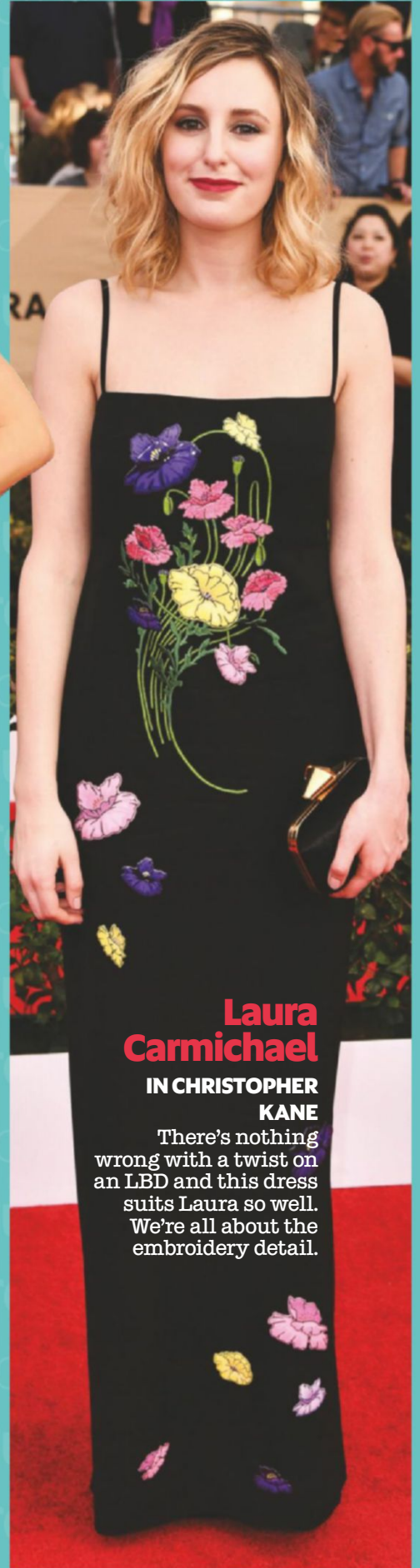
Spring florals? You can't go wrong! And we love the shape on Rashida.



Sophia Bush

IN MARCHESA

Pink to make the boys wink! Matching make-up with the colour of your dress? We'll be taking that tip too.



Laura Carmichael

IN CHRISTOPHER KANE

There's nothing wrong with a twist on an LBD and this dress suits Laura so well. We're all about the embroidery detail.

good...



Natalie Portman

IN DIOR

Instead of celebrating her baby bump, Natalie seems to have just hidden it under this sack of a dress!



Nicole Kidman

IN GUCCI

Er, Nicole, what are those on your shoulders?!



Melissa Rauch

IN LUISA BECCARIA

This dress hides all Melissa's curves and makes her look washed out.

SAG DRESSES

The

The outfits



Meryl Streep

IN VALENTINO

Usually one to dazzle on the red carpet, Meryl seems to have made a fashion flop with this frumpy choice.



Kate Hudson

IN DIOR

Bleugh! Oh Kate, what have you done? And that visible elastic waistband? Fail.



Busy Philipps

IN JEFFREY DODD

Busy by name and nature? This purple camo dress resembles something from a 90s music video.

bad...



Thandie Newton

**IN SCHIAPARELLI
HAUTE COUTURE**

We love Thandie in this dress with its Ferris wheel design. It puts a new spin on red carpet chic.



Giuliana Rancic

IN AL-JASMI

This dress is everything we want from a red carpet frock. It oozes Hollywood glamour with its sleek design.



Michelle Williams

IN LOUIS VUITTON

Stripes and shimmer? How could you go wrong?

**SAG
DRESSES**

The



Ariel Winter

IN MIKAEL D

Va va voom! Ariel looks gorgeous – this gold dress fits her like a glove.



Nathalie Emmanuel

IN J MENDEL

Nathalie rocks the red carpet in this Game of Thrones-esque sequin number



Kerry Washington

IN ROBERTO CAVALLI

We love the mix of lace cutout detail and classic Bardot style that Kerry's opted for.

glitzy!

Inspired by...

Valentine's Day looks to steal on a budget



DAISY LOWE BOWLING DATE

Simple but effective, this playful outfit is perfect for a fun night out. Everyone should own a faux leather skirt – it'll look good forever.

Mega-bargain

SKIRT
FROM £10
NEXT



Show off your shoulders

CAROLINE FLACK COCKTAIL DATE

Sexy but not too OTT, strapless dresses are a winner. This gorgeous burgundy number is available in River Island's plus-size range, too.

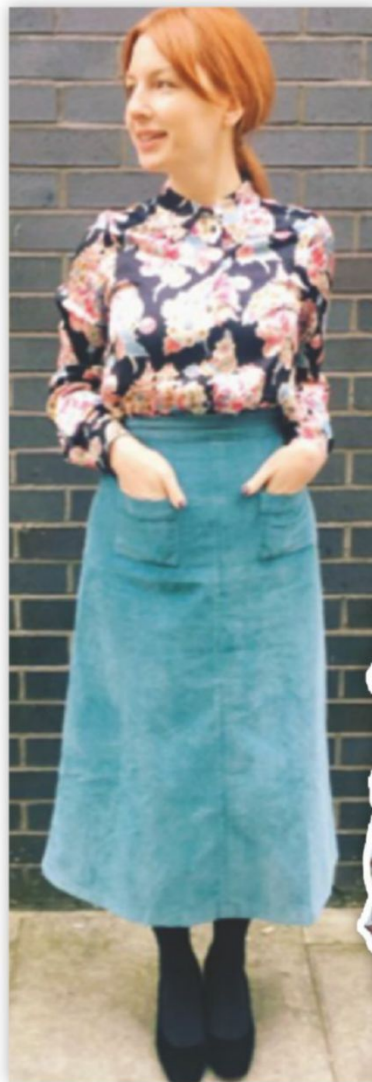
DRESS £35
RIVER ISLAND



ASHLEY GRAHAM DINNER DATE

You can't go wrong with a red skirt and black faux fur jacket. Elegant and classy, team them with nude heels and you're good to go.

SKIRT £25
TOPSHOP



ALICE LEVINE BRUNCH DATE

Perfect for a cute café meet-up, Alice's floral blouse is sold out now – boo! But this updated version with mega-romantic ruffles is on sale now.



BLOUSE £25
M&S

NAOMIE HARRIS WINE BAR DATE

A short playsuit is a great date-night outfit as you can dress it up with heels or down with flats. Try this plainer, more wearable version.



PLAYSUIT £32
FASHION UNION



Words: Lydia Swinscoe. Photos: Instagram, Rex

This Morning's resident psychotherapists Nik and Eva Speakman have helped dozens of celebrities, including Holly Willoughby and Vicky Pattison, to overcome phobias and issues – not to mention ordinary people who've been told they will never be cured. The show recently won a gong at the National Television Awards, so it must be doing something right. Here, Nik, 55, and Eva, 47 – who live in Rochdale and have two children, Olivia, 20, and Hunter, 11 – talk about their amazing miracle cases, working on This Morning and how they cured a lady who was scared of Simon Cowell...

You've helped so many people on This Morning over the past seven years. What is it you love about the show?

Nik: It's the best daytime show. It offers so much support and advice across so many areas. I was at a charity function recently and a man thanked me for saving his life. I told him I didn't recognise him. He said: 'You don't know me, but I decided to kill myself. I dropped my wife and daughter off, I went into the house, I had my last cup of tea and I put This Morning on. You were working with someone and you cured them. I realised then that there was hope for me.'

Eva: It doesn't get any better than that.

Is it true you helped Holly Willoughby cure her fear of ghosts?

Nik: A fear of ghosts is unusual and yes, we did work with her on that. But actually, she was more scared of flying. Holly was on a kids show years ago and she went on a plane for it. They turned the engine off and she had no idea it was going to happen. Anyone in that situation would be completely terrified.

Eva: We helped her and she flew a few days later. She posted on Twitter that she was over it.

'Holly was scared of flying'

How can people cure their fear of flying without spending a lot of money?

Nik: You have to put things into perspective. If someone's scared of flying, they should download this amazing app called Plane Finder. You'll see the sky is full of planes. You have to ask yourself: 'Why?'

TURN FOR MORE ➡



Nik and Eva have been married for more than 20 years

THE SPEAKMANS:

'We don't cut our hair any

A man with light brown hair and a goatee, wearing a black suit jacket over a white shirt, sits on the left. A woman with long blonde hair, wearing a red dress, sits on the right. They are both smiling and looking towards the camera. The background is a blurred indoor setting.

THE
BIG
INTERVIEW

Coordinate more!

This Morning's psychotherapist pair reveal to Now which celebs they've cured of phobias and how they make their marriage work



The couple recently helped PTSD victim Stephen Day on the show

Eva: If your phobia were justified, we'd all be fearful of flying, so what you have to do is change your perspective. You have to ask how many of your flights got there safely? The answer is they all did.

Has Phillip Schofield ever asked you for help?

Eva: No. The only thing he's ever mentioned is that he hates the scraping of cutlery. We were talking about I'm A Celebrity and the one thing he can't stand is the scraping of metal when they're eating on the show! But he's never asked for help.

Last month on the show, you helped Stephen Day, who suffered from PTSD [Post-Traumatic Stress Disorder] and was having terrible convulsions...

Nik: Stephen was challenging, because numerous health officials had told him he was incurable. We saw him having fits

and he'd tried to kill himself three times last year. Knowing he'd got that low was a lot of pressure but after a 50-minute session with us, he was cured. It was so emotional.

Eva: We all cried.

What's been your most rewarding case?

Eva: Those in the emergency and armed forces stand out. It's nice to give something back to the brave people protecting us.

What's the most bizarre phobia you've been asked to cure?

Eva: There was a lady on This Morning who had a phobia of Simon Cowell! She worked in Tesco and she would get really edgy when it got to going past the magazines.

Nik: Watching The X Factor was horrendous for her. Even I was thinking: 'Really?' But it turned out that her father had this look when she was little

if anyone did anything wrong. And he'd recently died and she was grieving. So when Simon did the same look on TV as her dad used to when they were in trouble, she linked that fear to him.

Eva: We managed to cure her and they brought out a host of people in Simon Cowell masks!

Are phobias irrational?

Eva: Having a phobia isn't irrational. The fear itself is irrational.

Is there anything you haven't cured?

Nik: No. What we do is change people's perspective. We provide people with new evidence to get

them to change how they think.

Have you got any phobias?

Eva: Both of us had phobias in the past. I had a fear of heights and spiders.

Nik: I had a fear of cockroaches.

Eva: We worked on each other to get rid of them.

Nik: And now we've got spiders and cockroaches as pets!



Nik's ditched the long locks – and Eva loves his new look

'We cured a woman afraid of Simon Cowell!'

Vicky Pattison has credited you with changing the way she feels about herself. She said she didn't feel she deserved to be loved...

Nik: Her management arranged for us to meet with her but she didn't want to come along!

Eva: She'd had a late night and all she wanted to do was sleep. She had a bit of a barrier up.

Nik: I remember her saying: 'How long am I with you?' We told her it was three hours. She said: 'I tell you what, let me have a sleep for three hours.'

Eva: We said: 'Give us an hour and tell us what you think then.' Within an hour, we were the best of friends.

Who's been the most challenging celeb to work with?

Eva: Vicky was a lovely challenge because she changed so quickly.

Nik: [Strictly Come Dancing champion and TV presenter] Ore Oduba was challenging. He was standing in for Phillip on This Morning and was nervous. We had 15 minutes with him and he had to prep for the show at the same time.

Which celebrity would you love to work with?

Nik: I'd love to work with Lady Gaga. She recently said she'd been suffering from PTSD. We know she can get over it.

What can people do about eating too much if they're trying to lose weight?

Nik: You need to set a goal. Just saying: 'I want to lose weight,' won't work. You need to say: 'By June, I will have lost 2st.' Suddenly you have a clear plan.

Eva: Keeping a diary is great. You can write down your goals, what you're eating and when you plan to exercise. That way, it's like an appointment. Nobody overeats because they want to. It's important to look at why. It could be loneliness, for comfort or if you feel bad about yourself.

Why are people addicted to sugar?

Eva: Because it gives you an increased level of 'feelgood' endorphins. We're always seeking to feel better and we



The Speakmans with the This Morning gang and their NTAs gong

become addicted to things that give us an unnatural high.

What about partying too

much – how can people tone down their drinking?

Eva: A big factor is your friendship circle. If you want to curb your party lifestyle and someone phones you, tell them you love

your nights out but you're restricting them. And if they phone, don't answer the call, as they'll talk you into it!

It can be easy to feel like you're not 'enough' in this day and age. What are your tips for self-confidence?

Nik: You need to take stock and look at how far you have got. We often forget where we started in life. We also compare ourselves to others. But if someone started their journey two years ago and you've only started this week, then you'll feel a failure. Instead, you need to say: 'I admire that,' and set it

as a goal.

Eva: You should also look at who made you feel that way and do they have a valid point. If you have people who love and care for you, you should feel proud that you're loveable.

Would you mind if your children went into showbiz?

Eva: Olivia and Hunter are such positive, well-balanced and kind kids. Whatever makes them happy, we'll both support them.

Do they mind you being on TV?

Eva: No, not at all. They're both very supportive. **Nik:** Our mission is to make a big difference. We're working with Amsterdam

University at the moment to get our therapy [Schema therapy] recognised.



The pair won round Vicky Pattison after just an hour

You've both got long, blonde hair. Do you coordinate styling?!

Eva: Nik recently had his hair cut.

Nik: I got a big thumbs-up and then I started growing a beard and got massive thumbs-up! **Eva:** He's looking really good.

You've been married more than 20 years. What's your secret?

Eva: We laugh a lot. We do hear a lot of sad and emotional stories, but the ending is brilliant. Sharing that is fabulous.

This Morning is on ITV at 10.30am on weekdays. Visit itv.com/thismorning

'I got a big thumbs-up for my haircut!'

Joe Swash and Stacey Solomon

Joe, 35, and Stacey, 27, weren't on *I'm A Celebrity – Get Me Out Of Here!* together, but they both won the show in different years. The pair met when Joe was presenting ITV2's *I'm A Celeb* spin-off when Stacey was a guest on the show. Romance wasn't on the cards until 2015, however, when the red-headed pair confirmed their relationship. Joe's admitted that he'd love to have kids with Stacey, saying: 'I think definitely babies, that's a good idea.'

However Stacey, who's already a mum of two, isn't so keen. We reckon the pair should go for it – how cute would their kids be?



Lady and the Tramp have got nothing on these two...



Roller reac rom



Just an Ordinary Boy and his wife

Preston and Chantelle Houghton

How we cooed when Chantelle, 33, and Preston, 35, fell in love before our eyes on *Celebrity Big Brother* in 2006. Chantelle was a 'civilian', tasked with convincing her celeb housemates that she was famous – and she pulled it off, meeting future husband Preston along the way. The

loved-up pair went on to marry but split after 11 months, releasing the statement: 'We both think we put so much pressure on one another to make our marriage work that it has ended up destroying our relationship.' Is it sad that we're *still* gutted this one didn't work out?

coaster lity ances

Forget Tinder – reality TV is the perfect place for romance. Can someone hook us up?



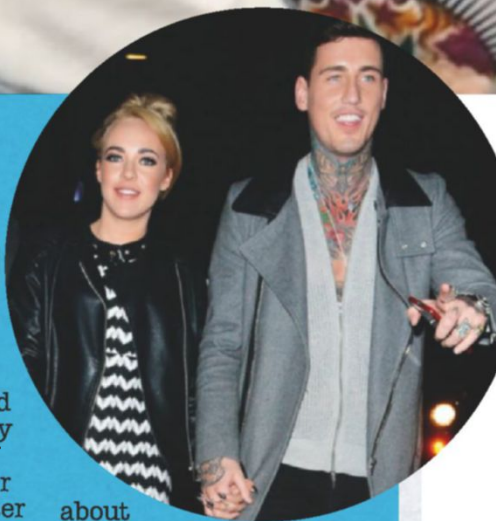
Stephanie is embracing life as a single mum



Stephanie Davis and Jeremy McConnell

Maybe one of the ultimate reality telly romances, Steph, 23, and Jez, 26, had a right rocky ride once they got out of the *Celebrity Big Brother* house last February. After a series of allegations from Steph that Jeremy had cheated on her, the pair split – but in May Stephanie announced that she was pregnant with his child. She gave birth to son Caben-Albie last month, but Jeremy wasn't present, after expressing concerns

about being the father. Stephanie's repeatedly stated that he is and Jeremy has said: 'I'm delighted that Steph has safely had the baby. If he is my son, I will absolutely step up and do what I can to support him.' Fingers crossed for happy families...

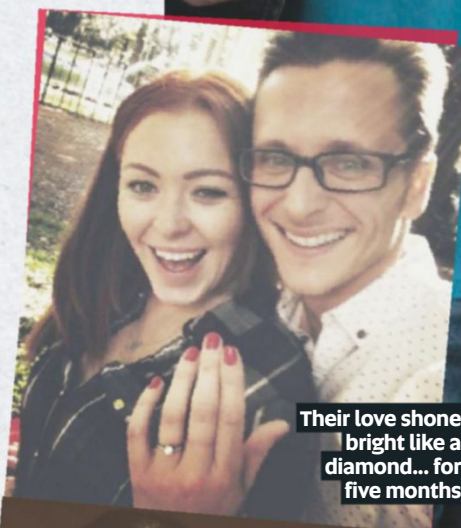




Chanelle Hayes and Ziggy Lichman

Posh Spice wannabe Chanelle had a turbulent relationship with Ziggy when they were on *Big Brother* in 2007. Once the honeymoon was over in the house, the pair argued like cat and dog, with Ziggy, 36, accusing fellow housemate Liam McGough of fancying Chanelle, 29. Once the pair left the house

their relationship continued, but descended into yet more fighting. Chanelle was spotted out wearing an engagement ring, but Ziggy denied he'd popped the question. He even labelled her a 'psycho', claiming: 'If we'd stayed together she'd have killed me.' Ouch. The pair called it quits and Chanelle went on in 2010 to have a son Blakely with footballer Matthew Bates, who she's since split from.



Their love shone bright like a diamond... for five months



Natasha and Ritchie produced a little pop princess

Ritchie Natasha

Ronnie Ortiz-Magro and Sammi Giancola

Before *Geordie Shore* came its US-based precursor *Jersey Shore*. And it was *amazing*. Tans and twerking were the order of the day for the Italian American 'guidos' and 'guidettes' – and there was a whole lot of 'smushing' thrown in for good measure. Most came from Sammi, 29, and Ronnie, 31, who had a tumultuous relationship and a series of epic fights on the show between 2009 and 2012. The pair called it quits in 2014, but were said to be hooking up again last year. These days Ronnie's rumoured to be dating Khloé Kardashian's mate Maliqa Haqq. Oh, the drama...

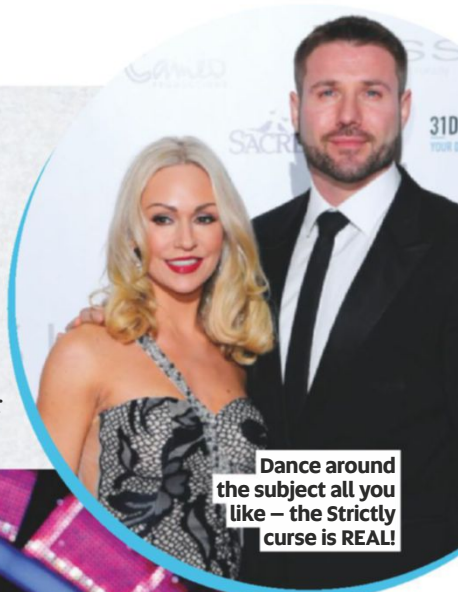


Pop royalty Natasha, 34, and Ritchie, 37, got together after appearing on *The Big Reunion* in 2013 with their bands Atomic Kitten and Five. Natasha quickly fell pregnant – with her fourth child – and gave birth to daughter Ella Rose in 2014. Things ended just



Kristina Rihanoff and Ben Cohen

The *Strictly* curse hit rugby player Ben, 38, after he was partnered with Kristina, 39, in 2013. Ben promptly left his wife Abby, with whom he has twin daughters, but he was still married to her when Kristina announced that she was pregnant in 2015. Despite maintaining that they were just friends during their stint on the show, it was a bumpy ride for the pair, who welcomed a daughter in 2016.



Dance around the subject all you like – the *Strictly* curse is REAL!



Neville and a Hamilton

six months later, after a five month engagement. Natasha said: 'I'm devastated about us splitting up. Ritchie and I are still friends but we're no longer together.' Nat recently got engaged again, prompting Ritchie to appear on *Take Me Out*.

TURN FOR MORE ➡



Jessica Cunningham and Courtney Wood

The Apprentice is a hotbed of ambition, lies and, somewhere in the depths of those polyester suits, lust. Last season's stars Jessica, 29, and Courtney, 29, hooked up on the show, with Jessica admitting to 'a romance'. After the final they holidayed together in Tenerife, but things got weird when Jessica started flirting with Calum Best on Celebrity Big Brother. Courtney said: 'I'm not bothered by what's going on in the house. I know her. Unless she starts kissing Calum in the hot tub, that's it for me.' What would Lord Sugar say?



Stevi Ritchie and Chloe Jasmine

Even more surprising than 36-year-old Stevi's success on X Factor? His subsequent relationship with fellow X Factor contestant Chloe Jasmine, 25. The pair shockingly announced they were in a relationship after the show finished, knocking back rumours that it was a showmance, with Stevi dubbing himself the 'runt

of the litter' compared to 'beautiful' Chloe. They got engaged in July 2015, but called off their relationship last April. After putting wedding plans on hold, the couple split again – but as of January are said to be giving things another go, with Chloe posting photos of them on Instagram. We'll never get used to these two as a pair!



Could it be the ex Factor for this unlikely pair?



The couple grew close during their time on The X Factor





Grace was voted Big Brother's most hated housemate



Ten years and two kids later: is this reality TV's longest-lasting romance?

Mikey Dalton and Grace Adams-Short

Proving reality romances can have a happy ending are Big Brother's Mikey, 33, and Grace, 31. Grace might have been a nightmare housemate in 2006, who threw water at people and called them 'mooses' (ouch!), but Mikey still fell for her and her 'peachy bum'. The pair married in Plymouth in 2009 and went on to have two kids, Georgiana, five, and Spencer, one. Grace tells Now: 'We've got an ever growing brood with [our children]. We're actually looking for a bigger house now!'



Pasha Kovalev and Rachel Riley

The curse of Strictly struck again when Countdown brainbox Rachel, 31, was partnered with Pasha, 37, in 2013. She was married to her uni sweetheart Jamie Gilbert at the time, but the cracks in their relationship soon started to appear during her time on the show and the pair split. Rachel said: 'I don't think there's a Strictly curse, but it does serve as a magnifying glass that shows up pre-existing fault lines. Jamie and I had been with one another since

I was 19 and we're still friends.' After the show Rachel and Pasha started dating and are still together. She's even learning Russian, Pasha's first language. Aww!



He waltzed off with her heart on the show in 2013



Ryan Reynolds

Is pale Emma Stone making Ryan, 40, look orange – or is orange Ryan making Emma look even more pale? It's like the chicken and the egg puzzle. Answers on a postcard...

Tanometer:



You've been T

These celebrities have sacked off sunbathing for a healthy fake tan – and they've

Tanometer

We want some of that subtle glow

You could be an extra in TOWIE with that brown skin

There's definitely some tanorexia going on here

Look away quick – this star is so glowy it might hurt your eyes

David Dickinson has been in touch – he wants his extreme fake tan back



Claire Danes

Even Hollywood actresses aren't immune to a fake tan disaster. Does Claire, 37, remember the Tango Man from the 1990s?

Tanometer:



Sophie Kasaei

Geordie Shore's Sophie, 27, has the most tanned legs we've seen. Ever. Which makes no sense because Newcastle is freezing. Those Geordies never fail to surprise us.

Tanometer:





Gareth Gates

We're very drawn to 32-year-old Gareth's pearly whites as he poses with his girlfriend Faye Brookes. But are his teeth that white or is he just a very, very deep shade of tangerine?

Tanometer: 

angoed

seriously gone to town



Megan McKenna

Arguably the tan queen of TOWIE, Megan, 24, is never a satsuma short of a fruit bowl.

Tanometer: 



Paris Hilton

While the socialite's facial tan is good, those sticky paws expose 35-year-old Paris's crimes against the colour orange. Guilty!

Tanometer: 



1

Anti-romance

Trust Lazy Oaf to launch a capsule collection with a twist. The creative kids at the London HQ have come up with some sweet anti-V Day slogans, including this cute 'Hate mail' bag. But we also love the heart-print motifs on the clothing, too.

PINAFORE £70
SHIRT £58
BAG £35
ALL LAZY OAF



2 The golden hour

Perfume for Valentine's Day – bit of a cliché, right? Not with L'Occitane's new scent it isn't. This beautiful aromatic fragrance contains lavender honey, bergamot and acacia flower, and will make a welcome addition to your dressing table – whether it's a gift or you buy it for yourself.

L'OCCITANE TERRE DE LUMIÈRE EDP
£58 FOR 50ML



THINGS...

that are perfect for Valentine's Day – or anti-Valentine's!



3 Better together

Get excited, because two of our fave cult brands have teamed up to bring out a whole new collection. Enter the love child of Kat Von D and Too Faced founder Jerrod Blandino with this beaut new eye collection.

TOO FACED AND KAT VON D BEAUTY BETTER TOGETHER ULTIMATE EYE COLLECTION £46 EXCLUSIVE TO DEBENHAMS



Sure to sell out

4 Love for Grey



Hero shade

Designed by Rita Ora to tie in with the release of 50 Shades Darker are Rimmel's all-new beauty must-haves. Grey nails have never been cooler.

RIMMEL 60 SECONDS NAIL POLISH IN MY GREY £2.99
RIMMEL STAY MATTE POWDER £3.99
RIMMEL EXTRA SUPER LASH MASCARA IN BLACK £4.99

5 Don't hold back

Not feeling the love? Say it with a slogan. This 'Stupid Cupid' sweater has a designer feel without the price tag.

JUMPER £35 JOANIE CLOTHING



6 And... relax

Nothing's more luxurious than a bath – unless you add a Diptyque candle into the mix, of course. This brand-new scent is romantic, invigorating and contains two types of rose. Plus, look how pretty it is.

DIPTYQUE ROSAMUNDI CANDLE £28



Beauty Ed's fave

7 Melts your heart



Whether it's a bath for one or two, turn it pink and get super-soft skin with these bath bombs. The rose

one breaks open to fill your tub with petals – so cute.

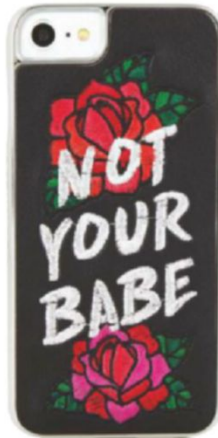
LUSH ROSE BOMBSHELL BATH BOMB £4.25
LUSH CUPID BATH BOMB £2.95

Words: Lydia Swinscoe

Style



DRESSING GOWN
£24
DOROTHY PERKINS



IPHONE
6/6S/7
PHONE
CASE £18
SKINNYDIP



PHOTO
FRAME £1
POUNDLAND



SOCKS £9
HAPPY
SOCKS



PHONE £17.99
TRUFFLE
SHUFFLE



BLOUSE £59
MONSOON



FUJIFILM INSTAX
MINI 70 CAMERA
£99.99 ARGOS



BRAUN FACESPA
EPILATOR AND
FACIAL CLEANSING
BRUSH LIMITED
EDITION £99
BOOTS



CARMEX
MOISTURE PLUS
SPF15 HYDRATING
LIP BALM IN SHEER
PINK £4.50



Edit

We trawl
the shops
so you
don't
have to

**VALENTINE'S
DAY SPECIAL**



HEELS **£40**
V BY VERY



SUNGLASSES
£143 RAY-BAN AT
JOHN LEWIS



BODY **£40**
CURVISSA



BAG **£25**
OASIS



JO MALONE
VALENTINE'S DAY
FLORAL BOX **£130**
EXCLUSIVE TO
SELFRIDGES



PYJAMAS **£45**
CYBERJAMMIES



TRAINERS **£100**
LACOSTE



NAILBERRY
OXYGENATED
NAIL LACQUER IN
LOVE ME TENDER
£14.50

DATE NIGHT DRESSING

Single or taken, Valentine's Day is the perfect excuse for a hot new outfit

ALL THE SINGLE LADIES

Single? Who cares! Get your friends together for a Galentine's night out

PHONE CASE
£12
SKINNYDIP



NECKSCARF
£19.50
MARKS & SPENCER



T-SHIRT £18
RIVER ISLAND



HEELS
£29.99
NEW LOOK



JEANS £40
TOPSHOP



BAG £42
NEXT



TAYLOR SWIFT
CARA DELEVINGNE
& SQUAD

☒ **SINGLE**

HAPPILY EVER AFTER

You're living the fairytale dream! Show your partner why they fell head over heels for you



KATE DUCHESS
OF CAMBRIDGE &
PRINCE WILLIAM



BRA £22.50
KNICKERS £10
MARKS & SPENCER



CLUTCH
£60
DUNE LONDON



COAT £129
LA REDOUTE



DRESS £70
VERY



WATCH £40
PRINCIPLES BY
BEN LISI AT
DEBENHAMS



HEELS £68
OFFICE

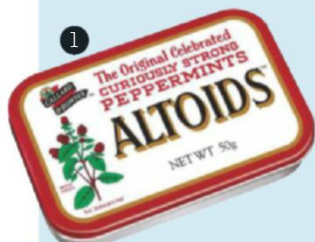
☒ **MARRIED**

THE BALL AND CHAIN

You're together and living on cloud nine – make this Valentine's Day extra special, just the two of you



HANDBAG ESSENTIALS



1 ALTOIDS MINTS **£1.24** MORRISONS
2 DR. HAUSCHKA ROSE NURTURING BODY CREAM **£26**
3 RODIAL DRAGON'S BLOOD LIP MASKS **£39 FOR 8**
4 GILLETTE VENUS SNAP COSMO **£9.99** SUPERDRUG



Are you? Aren't you? Make this the outfit that seals the deal



✓ IT'S COMPLICATED

- 1 TOO FACED
LA CRÈME
COLOR DRENCHED
LIP CREAM IN
MEAN GIRLS £18
- 2 TOO FACED PRIMED &
PORELESS SKIN SMOOTHING
FACE PRIMER £24 DEBENHAMS
- 3 BENEFIT POSIE BALM
HYDRATING TINTED
LIP BALM £14.50
- 4 SISLEY PHYTO-BLUSH TWIST
IN FUCHSIA £43
- 5 LOTTIE LONDON BLUSH CRUSH
POWDER BLUSHER IN NICK
SHIMMER PINK £4.95
- 6 MAC PIGMENT IN ROSE £16
- 7 THE BODY SHOP RASPBERRY
BODY BUTTER £14
- 8 COLLECTION 2 STEP SOLAR SHINE
GEL NAIL COLOUR IN CARIBBEAN
CRUSH £3.99
- 9 ESSENCE THE NUDES NAIL POLISH
IN BABY DOLL £1.60
- 10 NARS DUAL INTENSITY EYESHADOW
PALETTE IN ANDROMEDA £21
- 11 BOBBI BROWN LUXE LIP COLOR
IN FLAME £25
- 12 BARRY M LOLLY GLOSS NAIL PAINT
IN PINK CANDY £3.99
- 13 BEAUTY BOULEVARD GLITTER LIPS
IN HULA TALLULAH £12.50
- 14 BOBBI BROWN BLUSH IN
PRETTY PINK £19.50

Pretty in PINK

Fall head over heels in love with our favourite new make-up shades. Swoon...



LUCY
MECKLENBURGH

Words: Lydia Swinscoe Photo: Barry M

LISA SNOWDON

BAG **£89**
BIBA AT HOUSE OF FRASER

DRESS **£22.99**

T-SHIRT **£18**
RIVER ISLAND

DRESS **£12.99**
BONPRIX

SHIRT **£35**
H! BY HENRY HOLLAND

Add a pop of animal print with a small accessory

SCRUNCHIE **£4**
TOPSHOP

TRAINERS **£49**
AUTOGRAPH AT MARKS & SPENCER

LEOPARD PRINT LOVE-IN

Sink your claws into the must-have print of the season

STACEY SOLOMON

SKIRT **£12**
PRETTY LITTLE THING

SHIRT **£33**
GLAMOROUS AT TOPSHOP

SCARF **£3**
PEACOCKS

Sizes 14-32

COAT **£80**
EVANS

TROUSERS **£25**
JANE NORMAN

T-SHIRT **£12**
BOOHOO

BELT **£14**
NEXT



Get 4 points per £1

save up to 1/2 price on fragrance



now
£30
was £50

now
£29.50
was £44

now
£22.66
was £34

now
£18.75
was £37.50

now
£39.99
was £60

Valentine's Day
Tuesday 14th
February

Discover thousands of thoughtful gifts on offer this Valentine's



let's feel good

Order at boots.com or in store today by 8pm and collect free from 12pm tomorrow at a store near you

Offer ends 28 February 2017. Available in most Boots stores, subject to availability. Ghost Sweetheart EDT 50ml price per 100ml £45.32. Marc Jacobs Dot EDP 50ml price per 100ml £60. Lacoste Touch of Pink EDT 50ml price per 100ml £59. Boss Bottled Night EDT 100ml. CK One EDT 100ml. Normal Boots Advantage Card terms and conditions apply. See boots.com for details. For full terms and conditions about the order and collect service please see www.boots.com/ordertodaycollecttomorrow. Monday - Saturday. Geographical exclusions apply.

CUPID'S KISS



ADELE

THE NUDEST



NATALIE PORTMAN

LOVE BITE



OLIVIA PALERMO



BARRY M CHISEL CHEEKS CREAM PALETTE £7.99



CLINIQUE CHUBBY STICK SCULPTING HIGHLIGHTER £19



BARRY M HYDRO FIX PRIMER WATER £4.99



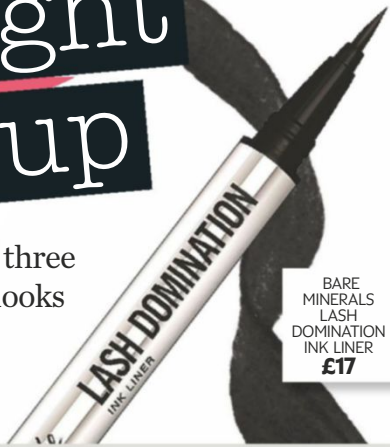
BARRY M GET SHAPEY EYESHADOW AND EYEBROW PALETTE £6.49



BURBERRY FULL KISSES LIPSTICK IN DEWBERRY £24



BARRY M MATTE ME UP LIP KIT IN POSE £6.99



BARE MINERALS LASH DOMINATION INK LINER £17



Date night make-up

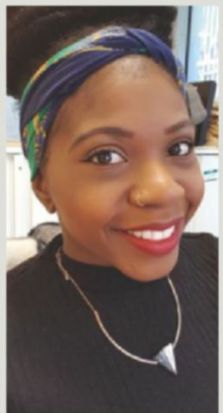
Three girls, three dates and three different Valentine's beauty looks – will they wow or get the thumbs-down?

Exclusive Barry M discount

Get 25% off Barry M products just in time for Valentine's Day! All you have to do is enter the code **NOW25** at the checkout online at barrym.com

The exclusive 25% discount code NOW25 can be only redeemed exclusively at barrym.com, excluding other brand retailers in store or online. The discount code can only be redeemed from 7 February 2017 until midnight on 14 February 2017 and can only be applied once. It cannot be used in conjunction with any other promotions available on the Barry M website.

VERDICT



Nicole Vassell, online writer

'I loved this Valentine's Day look – you can never go wrong with a red lip! I like to keep it pretty minimal with the eyeliner because it makes my eyes look smaller, but overall I'm a fan. Now to find the V Day date...'



Lydia Swinscoe, Fashion & Beauty Editor

'I liked this pared-down look a lot. It was super-glowy and the Barry M matte lip paint is amazing – very matte and long-lasting.'



Sarah Bradbury, Fashion & Beauty Writer

'I'm usually a "one or the other" type of girl – eyes or lips. But I really loved the contour kit and it made my cheeks more defined than ever. Just not sure if it's a date night look for me, although I love the lip and eye separately.'

Words: Sarah Bradbury. Photos: Instagram, Rex Features

WHAT DOES LIFE LOOK LIKE DURING YOUR PERIOD?

#LooksLikeThis

Life looks great with Tampax Compak Pearl.

Unlike the leading non-applicator tampon,



it expands

...differently

to better fit

your unique shape for superior anti-leak protection.

power
OVER PERIODS™

TAMPAX



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

YOU IMPROVED

Your guide to heart,
health and happiness



4 ways to boost your sex drive

With Valentine's Day fast approaching, give your libido a little lift.
Alix Fox, Durex sex & relationships expert, shares her tips

WHAT'S DENTING MY DRIVE?

Alix reveals that one in five men and even more women experience a loss of libido at some point in their lives. 'Certain forms of hormonal contraception can have an impact, and many prescribed types of antidepressants can make people feel less inclined to have sex,' she explains. 'Tiredness and stress can have a huge impact, as can hormonal changes connected to pregnancy, childbirth, breastfeeding, the menopause and ageing.'

ROLE WITH IT

Feeling down about your body? Alix recommends dressing up in costume to help boost self esteem. 'Role playing offers a way to escape the day-to-day, so you can temporarily stop being "mum" or "the office manager" and enjoy letting another part of your character come out.'

SCENT-SATIONAL

A recent study found that the scent of lavender and pumpkin pie combined was the biggest turn-on for men*, proving smell has a big

impact on libido. Alix suggests introducing these scents to the bedroom. 'Look for lavender massage oils and scented candles and try spritzing your sheets or your bra with cologne,' she says.

GET GAMING

Remember that game called Consequences? Well, Alix has introduced Bold Fold to your gaming repertoire. 'This is the adult version; it's a brilliant way to build up excitement with your partner. Begin in the morning. One person thinks of a location and writes it down. Next, the

other adds a prop. Take turns to add details in between doing chores and working, so it's a cheeky secret shared just between the two of you.'

COMMUNICATE

It can be tricky to broach the subject of sexual problems with your partner. Alix recommends the Care, Air, Share technique. 'First, show you care about your lover's needs. Try saying: "I know your job's keeping you busy and you've been stressed". Next, air what's on your mind and invite them to share their thoughts.'

DOWNLOAD THE 5:2 COMPLETE MEAL PLANNER APP TODAY

110 RECIPES FOR YOUR FAST DIET DAYS

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UPDATED
VERSION
OUT
NOW!

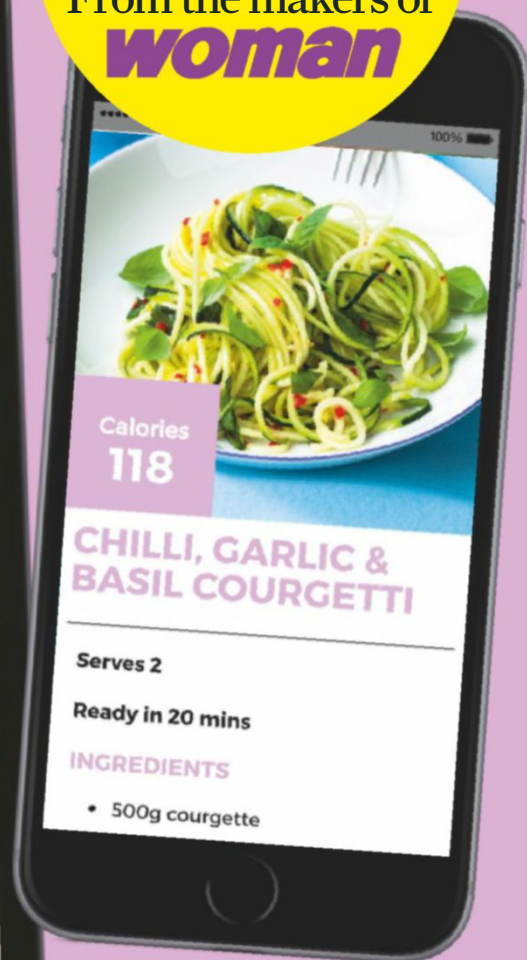
5:2
DIET

COMPLETE MEAL PLANNER

110 TASTY FAST DAY RECIPES

**ONLY
£1.99**

From the makers of
woman



PLUS!

**GREAT NEW RECIPE
BUNDLES TO ADD
TO YOUR APP**

**Speedy Single
Servings, Comfort Food
and Sweet Treats**



Oh.My.Bod.

Emmerdale actress Laura Norton, 33, shares her top-to-toe health secrets

'I get my flat tum from my mum'

HEIGHT: 5ft 7in
WEIGHT: 9st 7lb
SIZE: 10-12

Hi Laura! How do you like to work out?

To be honest, I haven't done anything for a while because I had knee surgery three months ago. But usually I do a lot of dancing and I go to the gym and love running. I did the Great North Run and trained for six months - I loved it.

That's amazing! How do you keep yourself motivated?

That's the one thing I'm not very good at and that's why I have a personal trainer. Once you start seeing results you get a buzz to keep going. But then with dancing you won't have any problems getting me up as I love it so much.

What music do you dance to?

Well, I trained in street dance and hip-hop, so mainly hip-hop music.

What's your favourite part of your body and why?

That's a tough one! I don't want to sound big-headed, but I do like my stomach. I'm really lucky because I have a flat tummy and I think I get that from my mum.

Do you have a guilty food pleasure?

I have a few! The one at the minute is that bag of Dairy Milk Buttons where you get the white and the dark chocolate ones. I put them in the fridge and I think: 'Oh, I'll just have a couple,' and then before I know it I've eaten the whole packet.

We know the feeling! How long does it take you to eat a whole bag?

Not very long! I was bingeing on Breaking Bad the other day and after two episodes the packet had completely gone.

Are there any foods you always avoid?

Coke. I was completely addicted to Coca-Cola when I joined Emmerdale and I was 3st heavier than I am now.

Emmerdale is on ITV at 7pm on weeknights



LAURA'S FOOD DIARY

Now's expert sports nutritionist Ollie Frost gives his verdict on her daily diet



Breakfast

Weetabix with semi-skimmed milk, blueberries and yogurt.

OLLIE SAYS Laura should switch the Weetabix (which is high in refined sugars) for porridge oats. Oats are complex carbs and will release energy slowly throughout the morning.

300 cals

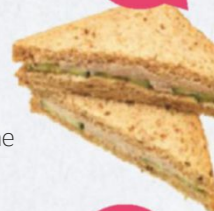


Lunch

A tuna sandwich on brown bread with cucumber.

OLLIE SAYS Tuna contains omega-3 fatty acids, which can help reduce cholesterol levels in the body. Brown bread is a good source of dietary fibre to maintain a healthy digestive system. Wholegrains have even been linked to the reduction of coronary heart disease.

436 cals



Dinner

Pasta and prawns with pesto and a crème fraîche sauce.

OLLIE SAYS Prawns are an excellent source of protein, which will help maintain and develop lean muscle tissue. It's encouraging to see Laura is consuming carbs at night; in moderation, carbs will help you recover and ensure you're energised throughout the day.

604 cals



Snacks

A banana, some blueberries and vegan crisps.

OLLIE SAYS The fibre in blueberries helps lower cholesterol in the blood and decreases the risk of heart disease. Fruit fills you up without the extra calories.

370 cals



TOTAL CALS 1,710 (GDA 2,000)

OLLIE'S VERDICT Laura's daily diet is high in energy and dietary fibre, which is fantastic to see. For a slightly more optimal diet, a higher-protein breakfast could be something to consider. This will keep her fuller longer too. The clear message to take from this diary is that carbs do *not* make you fat - calories do.

Follow Ollie on Twitter @Ollie_frost

Perfectil®

PERFECTIL.COM



Nicole
Scherzinger

"My go-to vitamin
is Perfectil. I really
feel my skin and
hair are radiant
and shining."



From Boots, Superdrug, supermarkets, Holland & Barrett, health stores, pharmacies
With biotin which contributes to the maintenance of normal skin, plus selenium and zinc
which contribute to the maintenance of normal hair and nails.

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


VITABIOTICS

Tried & tested

Loved-up? Single? It's complicated? Well it doesn't matter – Cupid urges you all to indulge in these tasty goodies come 14 February

VALENTINE'S DAY TREATS

CUPID-WOULD-LOVE-THIS RATING

- ♥ Tastes great but won't lead to a proposal any time soon
- ♥♥♥♥♥ Works better than a bow and arrow



Drop some hints and pop this page by your fella's pillow!



Best for:
BREAKFAST
Morrison's Heart Crumpets, £1
CUPID-WOULD-LOVE-THIS RATING
♥♥♥♥♥

TASTE Nothing beats a hot buttered crumpet.

WHY NOW LOVES IT It's not too in-your-face. Subtle and sweet.

CRINGE OR CUTE? 100 per cent cute – and delicious too!



Best for:
YOUR BEST FRIEND
Percy & Penny Together At Last 170g, £1.50, M&S
CUPID-WOULD-LOVE-THIS RATING
♥♥♥♥♥

TASTE Like the classic Percy Pigs and they always taste good.

WHY NOW LOVES IT Proof that even chewy pig sweets can find a soulmate.

CRINGE OR CUTE? Cutest thing ever.



Best for:
AVOIDING SPENNY FLOWERS
Sainsbury's Bunch of Chocolate Roses, £3
CUPID-WOULD-LOVE-THIS RATING
♥♥♥♥♥

TASTE Chocolate = winner.

WHY NOW LOVES IT

You can't eat real flowers, so these trump a bunch of blooms any day

CRINGE OR CUTE? Pretty cute. Great for that guy you're dating!

Best for:
A LOVE NOTE

Tesco Write On Me Cake, £4
CUPID-WOULD-LOVE-THIS RATING
♥♥♥♥♥

TASTE Iced Madeira sponge. Too much is sickly but a slice is heavenly.

WHY NOW LOVES IT You can make this really personal.

CRINGE OR CUTE?

Depends what you write. Opt for a funny nickname rather than a Shakespearean sonnet.



Best for:
A HOT DATE
Co-op Irresistible Belgian Chocolate Hot Lips Profiteroles, £3
CUPID-WOULD-LOVE-THIS RATING
♥♥♥♥♥

TASTE Totally moreish. Maybe don't share these?

WHY NOW LOVES IT Great for Insta – just watch the likes roll in...

CRINGE OR CUTE? Cringe but hilarious.



Because no one wants bad kissing breath...

The Breath Co Fresh Breath Chewing Gum, 10 pieces, £4, Boots



TOP TEN Family days out

Get set for fun with these brilliant spring outings. Pack a tasty lunch, some bottles of healthy Nestlé Pure Life spring water* – and you're good to go...

1 GO WILD FOR NATURE

BeWILDerwood in Norfolk is a magical woodland adventure park. Discover marshes and treehouses, sail along waterways, build dens and fly on zip wires!

2 BECOME A NINJA

With thrilling rides for all ages and some of the most amazing models you'll ever see, Legoland is a big day out. And with the new Ninjago World 4D interactive ride in the pipeline, it just gets better!

3 CAPTURE THE CASTLE

Warwick Castle is steeped in medieval history and there's tons to do. Take a scary dungeon tour, see live jousting and birds of prey, or get lost in the Horrible Histories maze.

4 BE BESIDE THE SEA

With all the charm of an old-time seaside resort, plus some thrilling fairground rides, Brighton Pier is the home of amusement arcades, ice cream, candyfloss – and fish and chips!



Scream if you want to go faster!

5 ANIMAL CRACKERS

Flamingoland theme park in Yorkshire has more than 140 species of birds, reptiles and mammals to see, so it's perfect for an animal-mad family. What's more, it also features eight extreme rides including Kumali, the park's sensational looping suspended coaster – you have been warned!

6 PLAY MIND GAMES

Ripley's, in the heart of London's Piccadilly Circus, brings the world's oddities to life with mind-boggling wonders like a calf with two heads – and a statue of Michael Jackson made entirely from sweets...



Spending time together as a family is a winner

8 ESCAPE TO PARADISE

Fancy visiting a tropical rainforest without the airfare? Head for Cornwall's Eden Project, with its two huge biomes where your family can learn about ecosystems and exotic plants, and even zoom along a zip wire.

7 ROAM IN A FOREST

Once you've discovered England's forests and woodlands, your kids will love exploring and making dens. Many have adventure centres, cycle tracks, Gruffalo sculptures and Stick Man trails to follow. Check out forestry.gov.uk.



'It's not too high, Mum!'

9 GRAB A BUCKET AND SPADE

Dotted along the Welsh coastline are some spectacular sandy beaches, which are clean and safe. If you and your kids like rock-pools, paddling and scoffing ice cream, it's the place to go. Find the top 10 at visitwales.com.

10 FIND A FESTIVAL

Pack your tent and take the kids along to a family-friendly festival this summer. They're popping up all over the country with entertainment from live music, storytelling, theatre and dance shows, to comedy and crafting. Some are volunteer-based and free. Festivalkidz.com is packed with advice, including essential kit and sleeping tips – just don't forget your wellies!



ALEX FLETCHER:

'Yasmin helps me out with the baby'

Hollyoaks actress Alex Fletcher has two children with husband Neil: Yasmin, 11, and seven-month-old son Hanson.

Hey Alex! What are you like as a mum?

Absolutely brilliant! [Laughs] When I had Yasmin I took a lot of time off from being an actress; however, with Hanson I wanted that challenge. Not saying that being at home isn't a challenge, because hats off to stay-at-home mums.

What do you do as a family at the weekend?

Simple things like having a cheeky takeaway, getting Hanson down at a sensible hour and spending time with Yas. I can't wait for Saturday Night Takeaway to start again!

Do you have any bedtime tips?

I've broken all the rules – I have 7.30am starts and 8pm finishes, so when I get home Hanson's full of beans. I've been giving him extra cuddles at night and putting him in the bed for a little bit, then doing that yo-yo thing when he's back in the cot. So what if he isn't on a strict routine?

Are your kids ever naughty?

Hanson's my son – he can do whatever he wants [laughs]. Yasmin's a lovely, well-rounded kid and has been such a help.

Aww! What does she do?

If I ask her: 'Yas, can you make his bottle?' she does it. Hanson's little face lights up when she walks in the room. They have such a special relationship.

Do you have any favourite books you like to read with Yasmin?

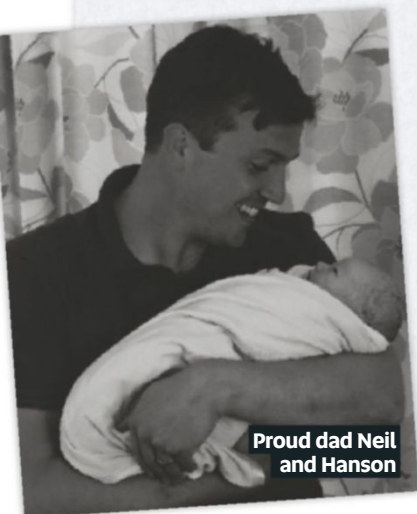
She's a little bookworm. She likes Violet Ink and Dandelion Clocks by Rebecca Westcott.

Yasmin's at a performing arts school. Would you like her to follow in your footsteps?

She's always had a flair for it. I'm nervous for her going down my career path because you're always trying to prove yourself. But anything that keeps her busy and out of trouble will do me.

Hollyoaks is on Channel 4 at 6.30pm and First Look on E4 at 7pm on weeknights

ME & MY FAMILY



Proud dad Neil and Hanson

PARENTING SOS

NHS doctor and Get Well Soon presenter Dr Ranj solves your issues



Q Should I give my baby a dummy? I'm confused, as I keep hearing different advice! Kirsty, Ealing

Dr Ranj says: It's very much down to individual choice. The truth is that

they won't cause any harm to your baby and could actually reduce the risk of things like SIDS (cot death). Furthermore, babies find non-nutritive sucking relaxing and this can be useful if your baby suffers from things like colic.

However, don't use one if you're trying to establish breastfeeding, and be sure to wean your baby off them as soon as you can, as they can interfere with teeth development.

Got a questions about your child for Dr Ranj? Email AskDrRanj@timeinc.com
Follow Dr Ranj on Twitter [@DrRanj](https://twitter.com/DrRanj)

Almond and avocado salad

SERVES: 2

ENJOY... When you're in a rush. This could be *the* simplest yet tastiest salad we've ever tried

You will need...

65g honey-roasted almonds or plain almonds
225g shredded iceberg lettuce
6 torn lettuce leaves
565g baby spinach
2 medium ripe avocados, peeled and chopped
1 can of mandarin oranges, drained
1 small cucumber, halved lengthwise and sliced
1 small sweet red pepper, chopped
Red wine vinaigrette to dress the salad

You could add...

Pulled chicken breast, prawns or crumbled feta.

- 1 In a large salad bowl combine all the ingredients apart from the almonds and vinaigrette.
- 2 Sprinkle the almonds on top and then drizzle with the vinaigrette. Toss everything together to coat.

10-MIN
RECIPE

Don't fear fat!

Avocados may bump up your calorie intake thanks to their high fat content, *but* it's not the kind of fat you should be avoiding. Monosaturated fatty acids are great for heart health and can reduce inflammation. Plus avos are loaded with fibre and potassium.

Why not use...

Blue Diamond Honey Roasted Snack Nuts,
£1.49



Pair with...

Comuna Malbec Mendoza Argentina 2015, £7, Sainsbury's



Words: Lucy Cornall. Recipe: Blue Diamond Almonds



SUPERMARKET SWEEP

We've found this week's hottest deals on the aisle – go grab that bargain!

Perfect for:
A LIGHT DINNER

Lidl Lighthouse
 Bay 2 Seabass
 Fillets 180g
WERE £2.99
NOW £2.39
 (Available from 9 Feb)



Perfect for:
SIPPING WITH A BISCUIT

Co-op Taylors
 Yorkshire 160
 Tea Bags
WAS £4.99
NOW £2.49



Perfect for:
THROWING IN YOUR SALAD

Aldi
 Babycorn 135g
WAS 99p
NOW 59p



Jammy love dodgers

MAKES: 24

GREAT FOR... Your boyfriend – or maybe just yourself!
CALORIES: 93 per biscuit

You will need...

For the biscuits...

125g unsalted butter, softened
60g icing sugar, sifted
½ tsp vanilla extract
200g plain flour, sifted

For the filling...

8-10 tbsp strawberry jam
Icing sugar, for dusting

Extra

Small heart cutter

1 Heat the oven to 180°C/ gas 4. Beat together butter, icing sugar and vanilla extract until light and fluffy. Gradually add the flour and mix to form a dough. Wrap in clingfilm and chill for 20 minutes, or until firm enough to roll.

2 Roll out dough on a lightly floured surface, to about 5mm thick, and cut out rounds with a fluted cutter. Cut out hearts from the centre of half of the rounds, then re-roll trimmings to make more biscuits.

3 Place biscuits on baking sheets and bake for 12-15 minutes, or until light golden. Remove from oven and transfer to a wire rack to cool.

4 Sandwich biscuits using jam, and dust with icing sugar. The sugar will dissolve to give shiny red centres.

Celebrate in style...

Moët Imperial Rosé, £41, Sainsbury's or moet.co.uk



You & IMPROVED

40-MIN RECIPE
PLUS CHILLING TIME



SMOOTHIE OF THE WEEK

As if the fruit and veg nutrients in this drink weren't enough, chia seeds pack a fibrous punch. They're also loaded with omega-3 fatty acids; great for fighting anxiety

BERRY MEETS MINT

2 cups spinach
1 cup frozen

blackberries or blueberries
½ small beet

5 leaves fresh mint
2 tbsp lime juice
1 tbsp chia seeds
1 tsp honey
1 pinch salt
3 ice cubes

1 ½ cups unsweetened vanilla almond milk



NutriBullet recipes available at highstreettv.com

SATURDAY 11- FRIDAY 17 FEBRUARY

Scopes

Your week ahead with **David Wells**



JENNIFER ANISTON

turns 48 on
11 February

IF IT'S YOUR BIRTHDAY THIS WEEK...

You're someone who relishes the debate, loves to talk things through and will sometimes take a side you're not all that enamoured with to play devil's advocate for the fun of it. A rare skill, Aquarius, but this year avoid it – avoid anything that doesn't sit with your soul purpose. Sideshows need to go; you're your own main event and this is the year to prove it. Be awesome!

AQUARIUS 21 Jan-19 Feb

A heavy time of it as you feel the weight of commitments you made only two weeks ago when you're called to account for your actions and words. If you've lived up to your promises, all will be well.

And if not? Call to hear more.

UK: 0905 8171571* IRL: 1560 787911*

TAURUS 21 Apr-21 May

There's little you can do to change someone's mind and sometimes it's the worst thing you can do – there's more power in silence. What's for you won't go past you. Love or not, it will find you.

Family dramas are resolved. Call me.

UK: 0905 8171562* IRL: 1560 787902*

LEO 23 Jul-22 Aug

One of those weeks where you may be restless – understatement of the year! – so ask why or who has you in a quandary and what's needed to move things along? Be strong, Leo.

Doorways open. Call to hear more.

UK: 0905 8171565* IRL: 1560 787905*

SCORPIO 23 Oct-22 Nov

Creating amazing things isn't enough for some – they want extra-amazing. Ask what they're bringing to the party. It's time to look towards new horizons, not just your working life.

Call for more on financial shifts.

UK: 0905 8171568* IRL: 1560 787908*

PISCES 20 Feb-20 Mar

Money worries needn't be such a worry, more of a challenge that you can deal with. With a little help from a partner or pals, that's what you do. And breathe as you see results turn things around.

Work infatuation ahead – call me.

UK: 0905 8171572* IRL: 1560 787912*

GEMINI 22 May-20 Jun

Luck is with you; she knows when to step up and when to step away and this week she's enhancing your love and social life – so she's very much in the stepping up mood, for single sorts especially.

Gemini in love! Call to hear more.

UK: 0905 8171563* IRL: 1560 787903*

VIRGO 23 Aug-22 Sep

You're not in the mood for anyone's nonsense but you find yourself at the heart of it, at the centre of a work deal or involved with mates and their complicated love lives. Or not; when is enough enough?

Intense love vibes – call for more.

UK: 0905 8171566* IRL: 1560 787906*

SAGITTARIUS 23 Nov-21 Dec

When were you thinking of letting someone know about the changes you're making? Involving a partner, family or your boss is crucial; disappointment leads to blocks being put in your way.

Single? A queue is forming. Call me.

UK: 0905 8171569* IRL: 1560 787909*

ARIES 21 Mar-20 Apr

Flashing red lights in your relationship sky may be a warning but it's not necessarily about what's wrong. The planets simply want to know if you can walk your highly impressive talk.

Half-hearted won't do. Call me.

UK: 0905 8171561* IRL: 1560 787901*

CANCER 21 Jun-22 Jul

When someone makes their intentions known, it's up to you to deal with it with good grace if you're interested. Don't go for the middle ground – that way confusion lies, Cancer.

Career more pressing? Call me.

UK: 0905 8171564* IRL: 1560 787904*

LIBRA 23 Sep-22 Oct

Lots of attention on the love front is just what you want, but wishes come true as the planets work in tandem with earthly vibes and a change in plans brings true love your way.

All about spontaneity. Call for more.

UK: 0905 8171567* IRL: 1560 787907*

CAPRICORN 22 Dec-20 Jan

You've explained things twice but it seems some folks aren't getting the message. Oh, they're getting it; they just don't agree and will tell you why. Said with LOVE of course – makes it all better.

Emotional talks from the off. Call me.

UK: 0905 8171570* IRL: 1560 787910*

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Or text TAROTNOW then your question to 82229 £3/text reading (UK only)***

Live Astrologers
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Or text ASTRONOW (space) your date of birth (DDMMYY) and your question to 82229 £1.50 per msg x 2 (UK only)**

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IT MUST BE LOVE...

It doesn't matter what your relationship status is – these Valentine's Day-inspired goodies are too cute to miss!



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VERY



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JOHN LEWIS

ABC... It's easy as 123!

Ramp up half-term fun with brilliant chart-topping music for all the family



It's official – February is pretty dreary. The kids are tired of their Christmas presents, the weather's miserable and summer is a long way off. So, throwing a half-term in the middle of it is a challenge!

Luckily, we have a brilliant solution to perk up everyone – a music streaming app that's so simple anyone can use it, meaning rainy days spent indoors just got brighter.

Whether your kids are into Justin Bieber or Little Mix, or you want to go retro, the NOW Music+ app brings you the biggest hits of the last 30 years.

And there's no need to worry about unsuitable lyrics, as they're filtered out for you.

So if you want the kids to tidy up their bedrooms, or burn off energy dancing around the living room, put on an upbeat playlist they've created themselves and watch them go!

Try it free for 30 days, and then pay just £4.99 a month thereafter. You can cancel at any time, too. The only thing is, with all those albums on tap, you'll lose whole evenings listening to your old favourites – if you can keep your man off NOW Classic Rock, that is!

Get started with NOW Music+

The new app is so easy to use – you'll be listening to all your favourite chart hits in no time. Here's what to do...

1 Download the app

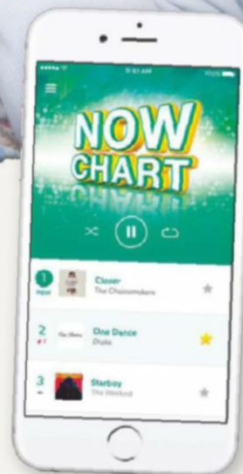
You simply download the NOW Music+ app and start your free 30-day trial. When the trial ends, you'll pay just £4.99 per month, and you can cancel at any time.

2 Create a playlist

Select a theme – like '80s' and 'Party', and a NOW playlist appears. You can delete songs and new ones will be suggested. The playlists feature new NOW albums and past classics.

3 Save your top tracks

Avoid data charges and save your favourite tracks so you can listen offline. Swap the songs for new ones when you want.



Remember these classics?

It's not all about the kids. Share your favourite tracks with the family and you'll all be dancing in no time. What about these hits from NOW That's What I Call Music! 46 for some all-time gold.

Yellow
Coldplay

Bye Bye Bye
NSYNC

Reach
S Club 7

Oops... I Did It Again!

Britney Spears

Spinning Around

Kylie Minogue



Great music anytime!

Download the app and enjoy all the hits at www.nowmusic.plus



The Fix

Valentine's
special

Now
Preview

FILM OF THE WEEK

Mr Grey will see you now

50 Shades Darker
Out 10 February

Jamie Dornan is back as sexy-but-weird Christian Grey, who's on a mission to get Anastasia Steele (Dakota Johnson) back in the second part of the saucy

film trilogy. But will she put up with the ghosts of his past – in the form of the women that came before her – as well as the demons of his present? Expect the usual sex, sex and more sex. It would be rude not to.

Christian gets to work on his come-to-bed sexy stare

FILM

Raised by women

20th Century Women
Out 10 February

We love this quirky tale about Jamie, a boy being raised by different generations of women around him in 70s San Francisco. With the

likes of Greta Gerwig, Elle Fanning and Annette Bening on board, it'll get you thinking about feminism, love and family. We adore.

NOW RATING ★★★★★

FILM

On the ball

Fences
Out 10 February

Denzel Washington and Viola Davis star in this story about a working-class family in 50s Pittsburgh. While Troy (Washington) once dreamed

of being a baseball star, somehow life's got in the way. And he's now resenting his son for wanting to follow his own dreams.

NOW RATING ★★★★★

The Fix

NOW SPEAKS TO

Sam Robertson

The Coronation Street star, 31, chats to us about life on the street

Hey Sam! What's happening with your character Adam Barlow at the moment?

Adam takes a shine to Rosie Webster, then discovers that she's got some drama going on behind the scenes with drugs. He tries to play it as if he's helping her, but actually he's hoping to help himself by making some money. Happily ever after – not!

How has it been working with Helen Flanagan now that she's back on Corrie?

She's great. She's a kooky girl and we have a lot of fun on set. We've got into a nice groove.

You've been back on Corrie for a while now. How has it been settling back in?

It's been a weird one because I'm in Manchester during the week and then I travel home to London at the weekend. I'm hoping to move to Manchester soon and then I can start going out for drinks at the weekend with everyone.

How are you finding it playing Adam?

I love it. It's a different concept in TV, working on a soap. There's no beginning, middle and end. I've been trying to suss out Adam as a character and get a feel for him. I've felt comfortable playing Adam a

lot more quickly than I thought I would. He's a weird one – sometimes he's nice, sometimes he's a right nasty bastard!

Is it more fun playing a baddie?

Yes it is! I try to make sure the balance on screen is right and that's the most important thing. He's not bad *all* the time.

Do you get people talking to you as if you are actually Adam?

I do, but so far people have been quite nice to me, which is good. But with my new storylines with Rosie and the drugs, I might be getting a different reaction...

Do you get a lot of attention from the ladies?

I always get attention from the ladies, come on! I'm joking. I've been hibernating because it's winter, but maybe being on telly will help with pulling when it gets to summer.

Follow *Coronation Street* on Twitter @itvcorrie and Instagram @coronationstreet



**Also
this
week**



TOUR

Ed Sheeran
Nationwide, 16
Apr-2 May ([ed
sheeran.com](http://edsheeran.com))

Rejoice, for the ginger-haired one is back to entertain us.



EVENT

Bongo's Bingo
Clapham Grand,
London, 24 Feb
(skiddle.com)

A bingo/rave hybrid with Henry Hoover and cash prizes? Sign us up!





TV SHOW OF THE WEEK

Girls

Sky Atlantic, 10pm, 13 February

The girls are back for one more outing in the final ever series. Hannah's writing again, and Marnie and Ray are back on. Ooh.

Our fave TV shows



Emmerdale

ITV, 7pm, 17 February

Adam's getting stressed over his looming sentencing and has a terrifying panic attack.



Mafia Women With Trevor McDonald

ITV, 9pm, 16 February

Our Trev talks to the wives, girlfriends and daughters living with the Mob. Unnerving.



Cutting Edge: The Great British Skinny Dip
Channel 4, 10pm, 14 February

Documentary following a naturist group. A chance to have a LOL over, er, what's on offer...

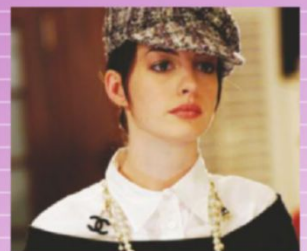


The hot spot

What makes us sizzle or leaves us cold

The Devil Wears Prada musical

Elton John is doing the soundtrack for the new Broadway version of the classic book and film – which means it's going to be ace!



Celebs Go Dating, E4, 10pm, 13 Feb

Stephen Bear is on the celeb dating show, which makes us feel very excited indeed. We're big Bear fans.



The Voice at Madame Tussauds

Will.i.am and co have got their own waxworks!

Waiting for the new Star Wars

We'll have to wait longer to see John Boyega and Daisy Ridley in the next Star Wars – it's been pushed back until Christmas. Boo.



No Offence finishing Channel 4, 9pm, 15 Feb

We're sad this series is ending because we have a huge thing for Will Mellor.



BOOK

Happy by
Ferne Cotton
Out 9 February

Earth mother Ferne advises us how to be happy and healthy. We're listening, Ferne!



FILM

The Space Between Us
Out 10 February

Asa Butterfield plays the first human born on Mars, which will probs happen sometime soon.



TV SHOW

The Real Marigold Hotel
BBC One, 9pm, 15 February

Inspired by the film, actors make a new home in Kerala, south-west India.

MAX

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People

1963-2016

George Michael

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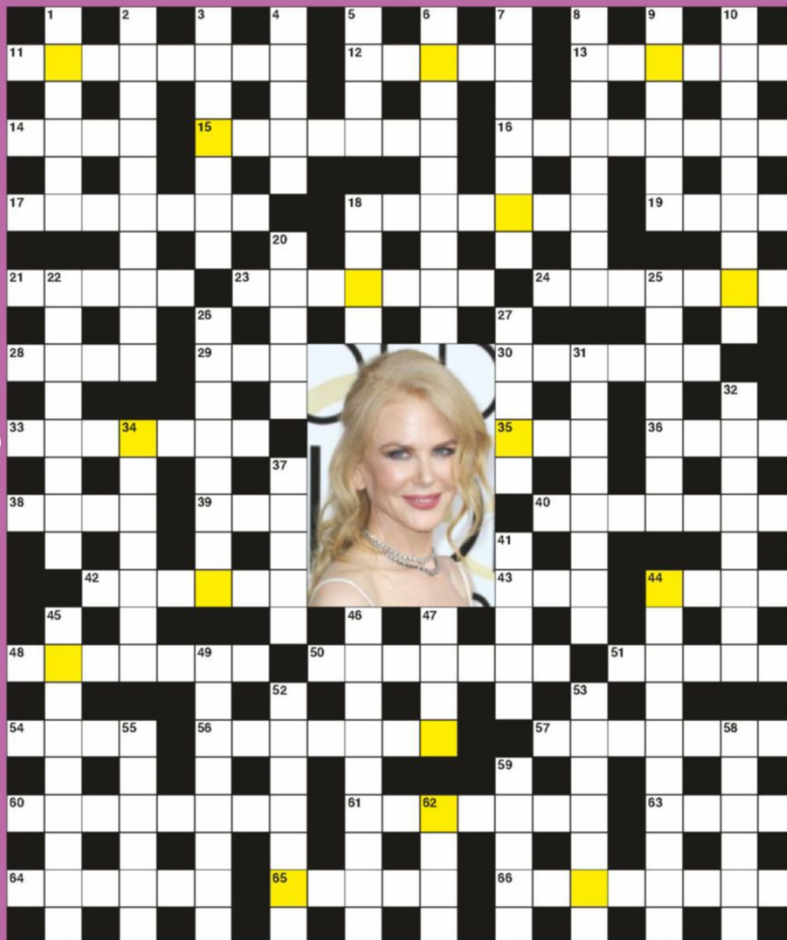
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Celebword

Fill in the answers in the grid below and the letters in the yellow squares will spell out the answer to this bonus question: what job did Hollywood superstar Nicole Kidman do while waiting for her big break?

ACROSS

- 11 Green gems (8)
- 12 One who conducts and controls a meeting (5)
- 13 A religious festival held in the spring (6)
- 14 Strategy (4)
- 15 Marine plant (7)
- 16 Table-server (8)
- 17 Footballer who attacks and scores (7)
- 18 Emit from a central point, glow (7)
- 19 12 months (4)
- 21 Dentist's tool (5)
- 23 Badly behaved (7)
- 24 Perused very closely (7)
- 28 Musical work (4)
- 29 Atmosphere (3)
- 30 To speculate financially (6)
- 33 Study of the past (7)
- 35 Embrace, cuddle (3)
- 36 Simple (4)
- 38 Pavement edging (4)
- 39 Lumberjack's tool (3)
- 40 Refrain from voting (7)
- 42 Slumbering (6)
- 43 Metal or a can (3)
- 44 Angry shout (4)
- 48 US pop-star, whose first UK No.1 was Into the Groove (7)
- 50 Pub's pay and play music machine (4-3)
- 51 Merry jaunt, shopping trip (5)
- 54 Fizzy water used as a mixer (4)
- 56 Entrance for a pet (3-4)
- 57 Common British bird (7)
- 60 Clock's regulatory device (8)
- 61 Item deep fried in batter (7)
- 63 Possesses (4)
- 64 Sea between Turkey and Greece (6)
- 65 Snail's home (5)
- 66 Drench (8)



- 1 A lucky charm (6)
- 2 Fundamental laws or tenets (10)
- 3 Sticky bandage (7)
- 4 Regular (5)
- 5 Dull pain (4)
- 6 One who stands for election (9)
- 7 Jemmy, levering device (7)
- 8 Forward on to a different address (8)
- 9 Fish-hawk (6)
- 10 Daily journal (9)
- 18 Terrible anger (4)
- 20 Milk depot (5)

- 22 Mended (8)
- 25 Pudding (7)
- 26 A railway passenger-car (8)
- 27 Late evening (5)
- 31 Wandering vagrant (8)
- 32 Considered guess (8)
- 34 Hot pepper sauce (7)
- 37 Pace of music (5)
- 41 Type of seat often found by a bar (5)
- 44 List of works a performer can perform (10)
- 45 29 Across pressure measuring item (9)

- 46 Has relevant certificates of eligibility (9)
- 47 Assist (4)
- 49 Shape of a garment around the top of the shoulders and chest (8)
- 52 Make a detailed list (7)
- 53 Perform surgery (7)
- 55 Name of the Duke of York (6)
- 58 An elaborately decorative item (6)
- 59 Secret hoard (5)
- 62 Tick over an engine (4)

DOWN

ANSWERS

ACROSS: 11 Emeralds 12 Chair 13 Easter 14 Plan 15 Seaweed 16 Waitress 17 Striker 18 Radiate 19 Year 21 Drill 23 Naughty 24 Studied 28 Opus 29 Air 30 Invest 33 History 35 Hugs 36 Zesty 37 Kerbs 39 Axe 40 Abigail 42 Asleep 43 Tin 44 Roar 48 Madonna 50 Juice-box 51 Spire 54 Soda 56 Car flap 57 Sparrow 60 Pendulum 61 Fitter 66 Owners 64 Aegean 65 Shell 66 Saturated **DOWN:** 1 Armlet 2 Principles 3 Plaster 4 Usual 5 Ache 6 Candidate 7 Crowbar 8 Redirect 9 Osprey 10 Newspaper 18 Rage 20 Dairy 22 Repaired 25 Dessert 26 Cabbage 27 Night 31 Vagabond 32 Estimate 34 Tabasco 37 Tempo 41 Stool 44 Reporter 45 Barometer 46 Quilted 47 Help 49 Neckline 52 Itemize 53 Operate 55 Andrew 58 Ornate 59 Slash 62 Idle

Photos: Rex Features

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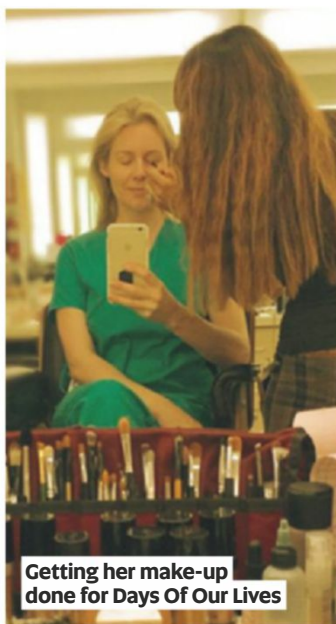
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1999

NOW

Whatever happened to....?

Abi Titmuss



Getting her make-up done for *Days Of Our Lives*

Surprise, you're famous

Back in the days when WAGs ruled supreme, there was also the likes of Abi Titmuss. Abi was a nurse, an aspiring actress and the other half of game show host John Leslie. She made a reality telly career for herself after a sex tape of her and John went public.

Bedside manner

Abi, 40, became famous after then-boyfriend John, 51, was accused then cleared of rape charges. A nurse at University College Hospital in London, she was pictured in her uniform on the front page of many newspapers in 2003. Speaking about their partying lifestyle,

Abi revealed: 'It seemed to have no beginning and no end. There was something to do every night. Before you know it, six months have passed and you've been out every single night.'

Caught on film

Cashing in on her fame, Abi began modelling for lads mags – and started to earn a reported £30,000 a day. John and Abi went their separate ways in 2004, but not before a sex tape had leaked of Abi, John and another woman. Abi, who'd quit her career as a nurse to become a roving reporter on Channel 4's *Richard & Judy*, was left jobless.

Reality TV calls

Like many before her, Abi took the well-trodden path into reality TV, appearing on shows like *Hell's Kitchen* and *Celebrity Love Island*. In 2006, she revealed that she'd had enough, saying: 'It just hit me. There was such a disparity between that image and who I was. I was the embodiment of something for which I have no respect.'



Abi on the set of her upcoming film *The League Legend*
Keepers: Shadows

What's she up to now?

Abi decided she wanted to get back into acting, having studied at the Central School Of Speech And Drama in the past. She debuted on stage in Harold Pinter's *Two Way Mirror* in 2006, before moving to LA in 2015 and changing her name to Abigail Evelyn. In 2016 she landed a part in US soap *Days Of Our Lives*, playing, yes, you got it – a nurse. You couldn't make it up...

If you want to hear about or have seen a once-famous celeb – or you are a once-famous celeb! – tweet us at **@celebsnow**



Abi went on the infamous reality show *Love Island*

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