



Wash today away. Start tomorrow fresh! New Herbal Essences DAILY DETOX gently removes everyday

New Herbal Essences DAILY DETOX gently removes everyday impurities like pollution,* sweat, and buildup. It's clean haircare with no silicones,** colourants, or heavy residues.

POOR KYLIE'S HEARTBROKEN... AGAIN

ur hearts went out to Kylie Minogue last week when she announced that she had split from Joshua Sasse, just days after gushing about taking her fiancé's name when she gets married.

The pop princess, 48, reportedly threw Joshua out of her west London home after the Brit actor, 29, allegedly grew close to Spanish actress Marta Milans, 34, with whom he filmed TV rom-com No Tomorrow in Canada last year.

Writing on Instagram, the Aussie star said, 'Thank you for your love and understanding with the news that Josh and I have gone our separate ways.'

If anyone deserves happiness it's Kylie - she's beaten breast cancer and had to deal with the loss of ex-boyfriend, INXS singer Michael Hutchence, who was found dead in a Sydney hotel room in 1997.

And despite everyone seeming to love her – she's always been unlucky in love. She's previously dated ex-Neighbours co-star Jason Donovan, musician Lenny Kravitz, and had a long-term relationship with actor Olivier Martinez. In 2008, she met her boyfriend of five years, Spanish model Andres Velencoso.

And Kylie's not the only one who is suffering heartbreak. Turn to page 16 for news about Scarlett Moffatt's shock split from boyfriend Luke Crodden, just weeks after they revealed they were

talking baby names. Ladies, we feel for

you, we hope your family and friends are rallying round!





INSIDE YOUR REVEAL THIS WEEK...







36 Rebel Wilson goes all Amy Winehouse

Kylie certainly hasn't been lucky in love!





Four years since their engagement ended, Katie Price's ex, Argentinian Leandro Penna, has re-emerged claiming that she cheated on him with her good pal Simon Cowell...

week ago, we revealed how the emergence of a stack of secret and explosive letters from the 'other woman', Jane Poutney, looked set to rock Katie Price's marriage to Kieran Hayler, 29.

And now the couple's four-year relationship has been dealt another blow, as Katie's ex-fiancé, Leandro Penna, has re-emerged from her past. Leandro, 31, last week claimed that Katie cheated on him with none other than Simon Cowell!

After four years away from the UK spotlight, Leandro – who is now working as a TV presenter in Chile – has made the sensational allegation that the real reason he split up with his former fiancée is

because she had an affair with the *X Factor* boss towards the end of their 18-month relationship in October 2012.

Leandro says he became suspicious of Katie, 38, after she returned home drunk at 8am from a 'private business meeting' with the media mogul.

He checked her phone and claims he discovered 'overwhelming' evidence the two had had an affair – including messages from Simon, which read, 'I loved seeing you, and can't wait to see you again,' and, 'I have to make sure no one is following you.' However, Simon's spokesperson has issued a statement denying Leandro's revelations of an affair, saying, 'Katie and Simon are nothing more than friends.'

Going into detail about the night of the alleged business meeting, Leandro explained that Katie made a huge effort getting ready, resulting in her looking like a 'hooker'.

He said, 'She spent hours doing her hair. It was weird - she was dressed more like a provocative hooker than elegant or business-like.'

Katie turned up at 8am, drunk, and we started fighting. She went into the spare room,' he revealed. 'She was in a really bad way, she was totally wasted,' he added.

'I said, "Come here, I want to smell you," and it all kicked off. She looked a mess, I was very angry.'

After this, Katie reportedly told Leandro she needed to fly to Las Vegas to meet Simon, who said he would represent her in an upcoming work project, but Leandro threatened to leave and return home to Argentina,

'Katie tried to stop me from working. I once had a meeting arranged in LA, but Katie didn't let me go in case I met girls. Katie wanted me to work with her father putting up fences in the woods.

'Katie ruined all of our holidays because of her attitude.

'Although she always says she isn't in love with him, I always thought she still feels something for Peter.

'I don't think I knew the real Katie. She is not a big celebrity to me - I don't know why she is a celebrity at all. She has no talent.'

so she chose not to go ahead with the meeting.

'It's the reason I split up with her,' Leandro confessed.

Katie has always spoken highly of Simon - she once revealed that he would be 'her ideal man', adding, 'I wouldn't mind a bit.' Simon has also returned the compliment saying, 'I like her as a person, I'd go so far as to say she's my woman of the decade.'

While Katie is one of the most outspoken people in showbiz, she was surprisingly muted about Leandro's claims on social media at the time of going to press.

Instead, she showed fans a united front with Kieran. Posting a photo of the two of them on Instagram, she captioned the shot, 'My hubby is now back on Instagram. Make sure you all follow him.'

Kieran's return to the platform comes nearly four years after he was banned from Instagram, after cheating on Katie with Jane.

Their marriage has weathered the storm of Kieran's adultery, his battle with sex addiction, plus Katie publicly reliving all of their marital troubles during her recent book tour, but could Leandro's new claim be the straw that breaks the camel's back?

Claire Hubble, Lisa Blake





HAUNTED BY FORMER LOVERS

MARK'S 'EGO IS DENTED' OVER MICHELLE'S HOTEX

Just as they've got their marriage fully on track, a hunky ex of Michelle Keegan's looks set to star on TV. And hubby Mark Wright isn't too happy...

eports that Michelle Keegan's ex-boyfriend is about to make his name in the world of showbiz – plus the fact that he's drop-dead gorgeous – has left her husband, Mark Wright, less than impressed.

Handsome Bradley Howard dated Michelle for two years until 2010, and then again when she split from her ex-fiancé, The Wanted's Max George, in 2012. Just a few months later, she got together with Mark.

Bradley is now being wooed by ITV2's *Love Island* bosses to appear on the new series this summer.

The 6ft, brooding male model is bound to be a hit with the public (just look at him!), and that's understandably making Mark, 30, jittery.

His and
Michelle's
careers are
currently
booming, and
their marriage
is better than
ever after a
reportedly rocky
patch last year,
so he doesn't
want anything
or anyone overshadowing
their lives.

Plus, Bradley and Michelle, 29, never ended on bad terms and still have the same group of friends in their home city of Manchester, so it's likely

their paths will cross again.

An insider explains, 'Brad is putting the wind right up Mark's sails. There's all this talk about him at the moment, and Mark can't handle being upstaged by his wife's ex.

Brad and

Michelle still

connection

have a friendly

'Brad's hot, he's young and he's new on the scene so, obviously, people will be gushing over him. Mark has nothing to worry about with Michelle, but it's obviously a huge dent to his ego.'

While her reps deny they're in

same friends back home, so naturally they keep up to date with the gossip on each other.

'If they message, it's just a "Happy New Year" or "Happy Birthday" kind of thing. It's nothing intimate or personal, yet it's so easy to be in contact with an ex by default these days, especially when you're in the same circle.'

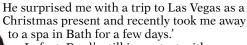
And the celebrity circle is a small one, so no wonder Mark is uppity that there's a chance they could bump into each other.

'Brad was a proper boyfriend to Michelle, and a good one, by all accounts,' continues the source.

> Michelle praised Brad during their romance and has never spoken out of turn about him since.

She once enthused, 'Brad does have a really kind and thoughtful side to him. He looks after my sausage dog, Phoebe, when I'm working.





In fact, Brad's still in contact with some of Michelle's family and close friends.

He and Michelle's dad, Mike, follow each other on Twitter (Brad's one of a very select few that Mike follows, along with Mark.) Brad also follows Michelle's cousin, Love Island producer Katie Fearnehough.

Michelle's other bezza, Corrie's Brooke Vincent, is still in regular contact with Brad. and he's pally with her other exco-star, Georgia May Foote, too.

In March 2015 – just two months before Mark and Michelle's wedding - the pair sparked romance rumours when Georgia posted a pic of her and Brad together. A source said at the time that they hang out in the same crowd, but there was no romance.

Mark and Brad also share some mutual pals, TOWIE cast members old and new. Brad is good pals with Scott Thomas, too, who came fourth in last year's Love Island with his girlfriend, Kady McDermott, and who may be encouraging him to star on the show.

Michelle, meanwhile, has been doing everything to reassure Mark. Their marriage is back on track after a reportedly tense 2016, with Michelle throwing Mark a surprise 30th birthday party last month, attending the National Television Awards with him on her arm and partying afterwards with his sister, Jess.

They stayed quiet about one another on social media last year, but this year there have already been several gushing posts.

Mark is being protective of his wife regarding Brad – he doesn't want any dirty laundry from her past being hung out to dry on Love Island. Mark's not about to let some

ex hang around his wife's coattails, nor does he want a whole bunch of wild stories or speculation doing the rounds,' says our source.

Michelle isn't worried, though - she said to a pal about Brad, "I'm sure he'll do well [on Love Island], he's a nice guy.

'It's just come at a bad time. As soon as Mark and Michelle have cleared up those marriage rumours, this crops up. They don't need anv drama when their

careers are doing so well.'

Rebecca Greenow

FIRST LAUREN, NOW BRADLEY...

Lauren kept

abreast of her

isruptive exes popping up - it's all too familiar for Mark and Michelle. Lauren Goodger, Mark's ex-fiancée and TOWIE co-star, was blamed for stirring things by talking about their past, despite Mark cutting her out of his life.

It was the final straw when Lauren, 30, holidayed in Dubai at the same time as Mark and Michelle's honeymoon.

The night before their wedding, Lauren posted a quote about a lost love. Furious, Mark tweeted, 'If you're reading this, PLEASE respect my wife and STOP. Everyone has a past, get over it!! I wish you well but leave me, my life and my wife out of it.'

Now Lauren is smitten with her new fella, jailbird Joey Morrison, it seemed that no more blasts from the past would disturb Mark and Michelle... until **Brad came back** on their radar.







BILLIE'S LOOKING

At eight months pregnant, Billie Faiers ditches her usual Essex glam for a more practical get-up - and doesn't she look amazing?

illie Faiers is due to have her second baby - a boy - in under a month's time, and swapped her usual stilettos and glam dresses for a more comfortable outfit last week.

With her daughter, Nelly, two, they joined Billie's sister Sam, 26, and her 13month-old son Baby Paul, for a lunch date at Brentwood Kitchen in Essex.

While we're used to seeing the former TOWIE glamazon all dolled up, the mumto-be was dressed down in a pair of trainers and puffa coat. Even her make-up was more minimal than usual.

And just look at that lovely big bump! A week previously, Billie had donned a slinky black dress and a pair of heels as she celebrated her 27th birthday at Alec's restaurant in Brentwood with her sister. And in mid-January, she showed off her bare bump in a bikini on a babymoon to Dubai with her fiancé, Greg Shepherd.

Billie's also been filling up her Instagram feed with pictures of her wearing figure-hugging dresses from her In The Style range, and she recently said, 'Certain heels you wouldn't want to wear

for a long time [while pregnant], but I definitely won't be giving them up anytime soon.

However, with her due date being March 7, it's likely Billie will stick to flats and looser trousers in the final few weeks!

Rebecca Greenow





BACKON TRACK

Their relationship has had many ups and downs over the years, but showbiz power couple Jay Z and Beyoncé's double baby news is the sign their marriage is back to its best

hey've been dogged by cheating rumours throughout their nine-year marriage.

But last week, Beyoncé silenced the whispers when she shocked fans with the announcement her and husband Jay Z, 47, are expecting twins, five years after

welcoming their first child, Blue Ivy Carter. Sharing the special news on Instagram with an ethereal snap, the 35-year-old cradled her bare bump, while surrounded by ivy and blue skies as a tribute to her five-year-old daughter.

She told her 93 million followers that the Carter family 'will be growing by two'.

Days before the surprise announcement, was made BeyHivé fans speculated 'The Queen' was pregnant after the songstress appeared to show off a small bump in a promotional video for her sportswear line, Ivy Park. She said, 'I'm proud of the body that I'm in.'

And it sounds like Bey's plan to expand her brood has been in the pipeline for a quite a while.

Last summer, she revealed, 'I would like more children. I think my daughter needs some company. I definitely love being a big sister.'

CRAZY IN LOVE

Bey and Jay's baby news comes after years of being rocked by infidelity rumours, marriage problems and family dramas.

Throughout their 18-year relationship, the fiercely private couple have experienced many highs and lows.

After striking up a friendship in 1999, the US musical duo started dating a year later. Bey, then 19, gushed, 'We were on the phone for a year-and-a-half, and that foundation is so important for a relationship.'

Despite featuring on several tracks, which included Jay's 2002 hit '03 Bonnie & Clyde, and Bey dropping the L-word in their duet Crazy In Love the following year, the couple remained tight-lipped about their romance. They waited until the 2004 MTV Video Music Awards to go public with their relationship.

Their multiple joint-

lay, Bey and

Grammy wins and PDAs soon saw them become a global power couple. But in 2006, it looked as though Jay and Bey had hit a rocky path when Beyoncé released her 2006 single *Ring The Alarm*, which talked about a woman feeling threatened.

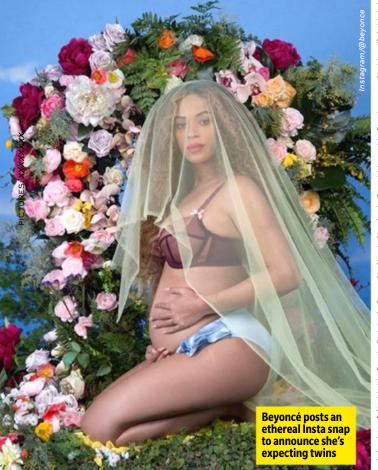
Rumours began swirling that the track was about Jay's alleged tryst with Barbadian singer Rihanna, who released her first album with Def Jam – the label Jay Z was president of – that year. However, Bey's father and manager at the time, Matthew Knowles, denied the claims.

MARRIAGE AND A BABY

The couple got over the cheating speculation, and in April 2008 they tied the knot at an intimate ceremony. 'There was no rush, no one expected me to run off and get married,' Beyoncé said.

Three years later, Bey announced they were expecting their first child. Rubbing her belly on stage at the MTV VMAs, she told the audience, 'I want you to stand up on your feet. I want you to feel the love that's growing inside of me.'

The Carters welcomed their baby





girl in January 2012, but Beyoncé later revealed in her 2013 HBO documentary, Life Is But A Dream, it wasn't her first pregnancy. The former Destiny's Child singer had sadly suffered a miscarriage two years earlier.

TROUBLE IN PARADISE

It looked as though the pair had salvaged their marriage but, in May 2014, a family feud broke out.

After the annual Met Ball, video footage emerged of Beyoncé's younger sister, Solange, attacking Jay in a lift at New York City's Standard Hotel.

Despite issuing a public statement, explaining the pair had 'worked on it', none of the parties involved ever spoke about what caused the incident. But, sources

speculated Solange was upset with her brother-in-law over cheating allegations.

In 2015, the cheating stories came back to haunt the couple when an explosive book titled Becoming Beyoncé: The Untold Story, by best-selling

writer J Randy Taraborrelli, claimed the couple had secretly split in 2005, amid the Rihanna cheating rumours.

However, Rihanna's former publicist, Jonathan Hay, confessed he'd made the stories up to promote the then 17-yearold's debut single Pon De Replay.

The couple brushed the drama under the carpet, putting on loved-up displays and taking lots of exotic family holidays.

However, last year, Bey's album, Lemonade, seemed to drag the past back up, as she appeared to address her husband's rumoured infidelity in the track *Sorry*.

Beyoncé sang the infamous lines, 'You better call Becky with the good hair,' sending the internet into a frenzy as they pointed the finger at Rihanna, designer Rachel Roy and singer Rita Ora, whose close relationships with the music

boss had caused concern in the past.

Nevertheless, Bey hit back at the marriage rumours when she invited her hubby on stage for the final show of her Formation World Tour, and asked her fans to, 'Give it up for my man.'

There's no doubt the power couple have had a roller-coaster ride, but will the arrival of the twins finally spell a happy-everafter for the Carter family?

Grace Henry

BEY & JA

1999-2000 Jay Z and Beyoncé meet. couple begin dating 2002 Jay Z releases '03 Bonnie & Clyde, featuring Beyoncé, and they film the video in Mexico. 03 Bey drops Crazy In Love music vid, featuring Jay. They go on to win the Best R&B Song and Best Rap/ Sung Collaboration awards at the 2004 **Grammy Awards.** 2004 The couple make their red carpet debut at the MTV VMAs. 2006 Bey releases Ring The Alarm, which fuels Rihanna and Jay Z cheating rumours. **2008** Jay and Bey get married on April 4. <mark>2011</mark> Beyoncé announces she's expecting her first baby at the MTV VMAs. 2012 Blue Ivy is born on January 7.



<mark>2013</mark> Beyoncé opens up about her 2011 miscarriage. 4 Video footage surfaces of Solange attacking Jay in a lift. 2015 J Randy Taraborrelli's book, Becoming Beyoncé, claims the couple split in 2005.



2016 In April, Beyoncé releases Lemonade, which hints at Jay's infidelity. However, she brings Jay on stage for the final show of her Formation **World Tour in October**

2017 Couple announce they're expecting twins.

reveal.co.uk 11





Great Savings at DFS



You can now get big savings on a big selection of our sofas.
The Sprint 3 seater sofa is **now just £299**. And as always, it's handmade to order by a skilled craftsperson like Michael and comes with a reassuring 15 year guarantee.

See more sofas in-store or at dfs.co.uk

Sprint 3 seater sofa HALF PRICE £299

After event £598. Save £299.

Michael

DFS Factory, Derbyshire







haring her pregnancy news with the world via Instagram – which has become the most liked post in history! – Bey's prominent bump has earned her a hefty nine million likes.

The extravagant photoshoot marks a change from Beyonce's previous pregnancy in 2011 – after an appearance on an Australian TV show, where it looked like her bump deflated, rumours were rife that the singer was using a surrogate.

These intimate pictures are Beyonce's way of showing the haters she's definitely carrying her own babies, silencing any rumours from the offset.

The record-breaking Instagram shot (right) was seemingly inspired by classical Renaissance paintings of the Virgin Mary.

Beyoncé is no stranger to using famous artwork as inspiration (she mimicked the 1558 portrait of Elizabeth I for her Mrs Carter tour), and fans were reading possible secret meanings into Queen Bey's pregnancy from her Instagram posts.

The *Sorry* singer's frilly blue knickers, paired with the purple bra with pink bows have lead the BeyHivé (fandom) to speculate that the 35-year-old singer is pregnant with a boy and a girl – with the pink and blue roses in the background fuelling the theory.



Fans also spotted that Beyoncé is kneeling on ivy under a blue sky – a nod to daughter Blue Ivy, five. Ivy is also a common symbol for faithfulness, suggesting her often troubled marriage with rapper Jay Z, 47, is on firmer ground.

The light-green veil is distinctly matrimonial, with fashion experts predicting Beyoncé will be spear-heading a new trend for coloured veils.

Another shot that was shared on beyonce.com mimicked the Botticelli painting *Birth Of Venus*, with Beyoncé taking the

role of the ancient Roman goddess of love (above right).

Two ancient cultures collide as Egyptian Queen Nefertiti also features in this shoot (her name means 'a beautiful woman has come') and Beyoncé seems to be expressing herself as the Queen Bey her fans know and love her for.

A third photo of the star, with Blue Ivy (below) giving her a flower, strengthens Beyonce's goddess image, with the picture bearing similarity to Guido Reni's 17th-century painting Reclining Venus With Cupid.

The white flowers suggest Blue Ivy's innocence and love for her mother as she passes her a flower. Beyoncé's lack of wedding ring may suggest her commitment to playing a 'virgin' role, whereas more cynical observers have taken that to mean perhaps her marriage to Jay Z is still shaky.

The photographer behind these snaps is Awol Erizku, a 28-year-old artist who used the battered old red Porsche sports car (main pic) in one of his previous pieces.

As ever with Beyoncé, even the choice of photographer was significant – Awol is renowned for examining black culture and its place in modern America, having already adapted famous artwork such as Vermeer's *Girl With A Pearl Earring*.

Beyoncé's photoshoot, which is clearly celebrating a black woman's beauty, fertility and womanhood, also marks the start of American Black History Month.

Kimberley Bond



Reveal celebs

1 WOOED VICTORIA IN A HARVESTE CAR PARK

David Beckham spills the beans on his marriage woes, unglamorous early dates with his wife of 17 years, and protecting his kids, in a rare candid chat with BBC Radio 4

efore they had international business empires, offspring with hit singles in the charts and front row seats at every Fashion Week show that matters, the Beckhams had humble beginnings.

Last week, David Beckham, 41, lifted the lid on his private family life with wife Victoria, 42, in an intimate interview to celebrate the 75th anniversary of BBC Radio 4's Desert Island Discs.

WHEN POSH MET BECKS

It was during the height of Spice Girl mania, while David was scoring goals left, right and centre for Manchester United, that two worlds collided when they locked eyes in the club's players' lounge. Victoria has previously dubbed their meeting 'love at first sight' - and David agreed.

Without a doubt,' he said. 'She'd had a couple of glasses of white wine at the time, and I saw my opportunity, when she was slightly tipsy. I talked to her for 25 minutes and got her number.

However, for two stars as big as Posh and Becks, dating wasn't simple. Victoria's manager, Simon Fuller, wanted to keep the relationship schtum.

'WE SAT IN THE CAR AND KISSED'

So, where can you go on secret dates if you're ultra-famous? Before the days of taking your boo out for a cheeky Nando's, the Harvester car park was where young

love blossomed.

'Every time I went on a date with her, we would sit in a car park and talk,' he said. 'I had this brightblue BMW that I spent my whole pay packet on.

'So I had this amazing car, but I was still living in



14 reveal.co.uk







lodgings, and I think I remember having sunburn at the time because she turned up with this aloe vera plant, which I thought was very sweet.

'We used to sit in the Harvester car park and kiss, of course, and spend time together. That's how we spent the first two or three months, before anyone knew.'

'WE'RE A STRONG FAMILY UNIT'

Back in 2004, the Beckhams hit a bumpy patch as David's personal assistant, Rebecca Loos, claimed she'd had a sexual fling with the footballer, even referring to herself as his 'second wife'. Thirteen years on, David – who never commented on the allegations – reflects on 'difficult' times in his marriage.

'We're a strong family unit,' he said. 'Of course, you make mistakes over the years. Marriage is difficult at times; it's about working through it.

'Whenever we've come up against tough times, we know each other better than anyone knows us. We talk, we have amazing children, we have an amazing life, which we're very respectful of.'

'ALL WE CAN DO IS BE PROTECTIVE'

Last year, the Beckhams experienced a backlash for allowing their 11-year-old

son, Cruz, to release a Christmas single, complete with a video that featured all his siblings, with some critics labelling them 'pushy parents'.

But that doesn't bother David, who insisted that he'll support his kids 'no matter what'.

'We can't control the exposure they get,' he said. 'They're part of a family that has been famous for quite a few years, so they're always going to get attention. All we can do is be protective,' he continued.

For most of the last decade, we've been treated to the sight of Becks in his pants on many occasions, but the dad-of-four says his steamy modelling campaigns might be a thing of the past.

'I'm not sure I'll be doing those any more,' he laughed. 'I'm 41 now, and I think that people are fed up with seeing me in my underwear [so often] anyway over the years.

'I think maybe it's time to step back and let Brooklyn do it maybe at some point. We'll see!'

Claire Hubble

BECKS'S DESERT ISLAND DISCS

Ella Fitzgerald – Ev'ry Time We Say Goodbye

'This was playing every Saturday morning when we visited my grandparents.'

Michael McDonald and The Doobie Brothers – What A Fool Believes

'This reminds me of being with my parents, driving up to the Bobby Charlton Academy, stopping at the Little Chef, eating gammon.'

The Stone Roses – I Am The Resurrection 'This is from the 1990s in Manchester.'

Elton John – Something About The Way You Look Tonight

'Elton came and performed this for us.'

Alejandro Sanz - No Es Lo Mismo 'It reminds me of Madrid and the four years that I spent there.'

The Rolling Stones - Wild Horses '[It] reminds me of great occasions.'

Michael Jackson and Paul McCartney - The Girl Is Mine

'When Harper was a few weeks old, I'd try to make her smile. This song is my special moment with my little girl.'

Sidney Bechet - Si Tu Vois Ma Mère 'This is for reflections, for Paris, for France, and an important moment in my career, when I retired.'





new-found fame and soaring career.

A source reveals, 'Luke had been increasingly fed up about Scarlett never being around.

'She would say she was busy with work but, as far as Luke could see, that seemed to involve spending an awful lot of time out to dinner or in bars with

her "colleagues." Following Scarlett's huge

success in being crowned winner of I'm ACelebrity... last year, the former Loved-up Gogglebox

star, 26,

ex. Luke A star is born on Gogglebox

16 reveal.co.uk

last year

with her

rumoured roles on ITV's Loose Women and This Morning.

And our source tells us that Luke was feeling left out of his girlfriend's jam-packed schedule.

'He felt that he wasn't enough for her any more. It was very distressing for him to realise that he had become, effectively, invisible,' the source explains, When they were out together, people just completely ignored him."

Ouch!

Last year, a friend close to the pintsized County Durham lass told us that Scarlett was 'worried about not spending enough time with her man'.

With her career rapidly taking off, it sounds like she had to choose between love and her career.

Our source adds, 'Luke gave Scarlett an ultimatum and she called his bluff.

'Scarlett is not immune to the negative effects of fame. She had plenty of people whispering in her ear that she needed to put herself first.'

Just two weeks ago, Luke accompanied Scarlett to the NTAs in London for her debut hosting job, and shared a loved-up snap of them on Instagram.

Scarlett's move to London for her career has made her realise that a serious relationship isn't what she wants right now.

'She realises that, compared to back home in the north east of England, she's considered very young to be in a serious relationship, says our source.

While there is said to be no 'bad blood' between the pair, with Scarlett hoping to 'remain friends', our source tells us the Geordie star, who recently lost over 3st, isn't worried about finding a new romance.

Her head has been turned by a heck of a lot of male attention lately. She knows there are lots of lads desperate to date her.

She certainly is a catch!



property



Cheryl wants other women to know she's still Liam Payne's girl and his latest tattoo proves it

mitten Liam Payne has paid tribute to girlfriend Cheryl by having one of her big brown Bambi eyes tattooed on his arm. Fans were quick to spot that his new inking was of Cheryl, adding to the two rose tributes he already has.

And, according to an insider close to the couple, Cheryl was 'absolutely behind' the idea, as it 'puts her stamp' on him.

'It was Cheryl who made the suggestion about getting it done because she wanted to mark her territory,' says our source.

'She's got nothing to worry about, but she can't help but feel insecure about being with one of the One Direction boys, as she knows girls throw themselves at them.

'She masterminded the design and is thrilled that it's prominent for all to see.'

Last week, we told you how 33-year-old Cheryl – who is reportedly due to have their first baby within the next few weeks – was concerned after Liam, 23, narrowly missed a nightclub shooting in LA. Liam was holed up inside The Peppermint Club as a gunman went on the rampage outside.

Liam has been in LA working on his solo music since the summer, while Chezza has been keeping a low profile in the UK.

Our source continues, 'It's certainly been tough for Cheryl lately. She's coming to

terms
with the fact that
Liam is about
to embark on
the next huge
chapter of his
career with his
solo stuff. He's got a
lot more obligations
in America, so she's
preparing for the fact
that they'll be spending
even more time apart.

'Also, with Louis Tomlinson newly single and going through a hard time losing his mother, Liam wants to spend time with him when they cross paths while they're both working in the States.

Cheryl will

always have an eye on Liam

'In reality, the last thing Cheryl wants to see is Liam on a lads' night out while



Cheryl plans to bring up their baby in Liam's £5.1 million Surrey mansion, rather than the Hertfordshire home she shared with ex-husband Jean-Bernard Fernandez-Versini. Last week, a Silver Cross pram was delivered to the house, which has reportedly been 'baby-proofed'.

'Cheryl doesn't want to be raising this baby alone in his home, though, and Liam is doing his best to make sure his schedule works for them both,' says the source. 'But there are going to be quite a few weeks here and there where he'll be away.'

While neither Liam or Cheryl have spoken out about the pregnancy, Liam's 1D bandmate Niall Horan confirmed it when he said, 'Liam hasn't said he's nervous, but I'm sure he is. I bet he can't wait. He's great and she's lovely, it'll be a lovely child.'

While he may be nervous, Liam is trying his best to reassure Cheryl that he'll take care of both her and their baby, and the tattoo is just a small token of that promise.



Reveal celebs



Gemma's feeling

better and back

filming after her

mystery illness

Thankyou for all your lovely messages sadly Im in hospital In Tenerife but hope to be on the mend soon what a way to spend your birthday



OWIE fave Gemma Collins, 36, shocked us last week when she was taken to hospital with (described as we went to press) a 'mystery illness'.

Sharing a photo on Twitter of her hand with a cannula attached, she told fans, 'Thanks for all your messages... I hope to be on the mend soon.' The star fell ill on her birthday, but still had her 'dream team' on hand to keep her looking glam.

Although she was still too unwell to fly back with the rest of the gang, we heard she was back filming shortly after.

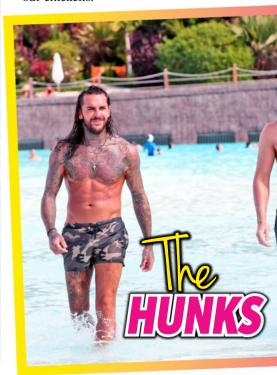
TOWIE stars are no stranger to hospital visits, with Gemma's BFF Bobby Norris breaking a finger and tearing a foot ligament last year.

Get well soon, Gem!

here was major drama-rama between Megan McKenna and Pete Wicks at the NTAs two weeks ago, but judging by these snaps, it's all water under the bridge.

When we last saw Megan, 24, she was running out of the bash at London's O₂ Arena after a barney with her bloke. Megan then deleted all trace of him from her Instagram.

But what a difference a fortnight can make, as now it's all kisses and cuddles for Pete, 28. But will it be all smooth sailing in the next series of *TOWIE*? Erm... we won't count our chickens!







up, our fave TOWIE stars are drawing gasps in bottom-baring, boobbusting ensembles as they film the new series

50 shades

f anyone can pull off a frock consisting of just eyelets, laces and nude panels, it's Chloe Sims, 34. The eye-wateringly tiny hem is the cherry on top of a daring look – oo-er!

matter

o-ordinate
with your BFF,
like newbie Amber
Turner, 23, and
Megan McKenna,
24, with bikinis,
sarongs and wedges.





NORDS: KIMBERLEY BOND PICTURES: GETTY, INSTAGRAM

WING YOUR ISSO CRINGE!



Is it a very different sound to The Saturdays?

It's organic music. I write it all myself. A lot of people say I've got quite a country influence in there.

How come your first single is a duet?

I wrote the song with Amy Wadge – she's a fantastic writer who's worked with Ed Sheeran. We felt the song needed a man coming in on the second verse. I knew Sam Palladio from his role as Gunnar Scott in Nashville and not as a singersongwriter, so I listened to his own stuff and approached him. It's nice to have someone on the first single, it's not as daunting.

You recently criticised Tom Jones in an interview for his comment about The Voice winner Leanne Mitchell's weight – do you think it's tougher for women solo artists?

I really had no idea he'd made that comment. It was put to me at the end of a newspaper interview I did. I never actually heard the words out of his mouth but, if it's what he actually said, then I completely disagree.

Female singers often face more criticism about their bodies. Little Mix get comments about their provocative outfits...

Little Mix's outfits are very similar to what we wore ourselves. They're costumes! It's an alter ego on stage when you

perform. I love Little Mix, I think they look great.

Do you worry that your daughter, Aoife, will get caught up with selfimage worries?

She's only four, so she's not aware of anything like that. She loves me to brush her hair and she loves pretty dresses. She's a girlie girl, and I love that. I'm lucky that she still puts on most of the things I dress her in. I'll keep her cute and young and dress her appropriately to her age.

Does she like you singing?

She's around me and around music all the time, and she loves to join in. A few weeks ago, I was rehearsing and she brought in her own mini guitar and said she was singing a concert with me. She got all the teddy bears and was putting on a show for them.

Would you want your kids to go into music?

If they want to. I'll support them and encourage them, because my parents always supported me, but I'd never push them into it. I want Aoife to enjoy her childhood.

Rochelle Humes is pregnant again. Do you often get your kids together these days?

We used to an awful lot more, when we saw each other all the time, but I don't see the girls much any more. I've seen pictures and Rochelle's very excited about baby number two: she's definitely ready for it.

You and Ben celebrate your fifth wedding anniversary this summer. Any special plans?

I can't believe it's five years! We'll probably just go away together and take the kids. We'll have a few date nights, too.

Would you renew your wedding vows?

Oh, I've never even heard of anyone doing that. Isn't that so cringe? We get married once and that's enough.



Palladio on debut

single Stay My Love

What's home life like?

When I watch TV with Ben, he'll sit next to me and I'll put my legs across him. He's really good at giving massages and rubbing my legs. When we're in bed, I lie on his chest and I make him tickle my back and play with my hair, and then he wants me to do it and I'm like, 'No.' I make him do it way more than I do!

How's Ben as a dad?

He's actually really good at teaching manners. Aoife's very mannerly. I have to be so careful, because sometimes I'd drop the odd swear word and she'll turn on me so quickly and say, 'Mummy! You just used a swear word!' Ben is firmer in that department.

Do you ever clash over parenting?

We're a good team,
I think. You have to
do it together.

Will there be a Saturdays reunion?

We've been on a break for the past couple of years, and everyone's just busy doing their own thing. We hope to maybe get back together one day, but we just don't know when. You never know.

> Una Healy's album, The Waiting Game, is out this week



FEELING



harrell Williams and his wife, Helen Lasichanh, have got their hands full, as they've recently welcomed triplets.

The couple are already parents to eight-year-old son Rocket. No details on the sex or names of the babies - who were born in early January - have yet been released, but a rep for the family said, 'Pharrell, Helen and Rocket Williams have welcomed triplets. The family is happy and healthy!'

Singer Pharrell, 43, and model Helen, 36, have been together since 2007, marrying five years later. Congrats!



ver wondered why Claudia Winkleman grows her fringe so long? The Strictly Come Dancing presenter, 45, has admitted she uses her bangs to hide signs of ageing.

'I had a go with Botox, but looked both scared and surprised at the same time,' she explained. 'After a little chat with myself, I simply decided I would grow my fringe longer.

'I prefer to stick to my old lady, goth-Steve Tyler look. I've found my look - white lipstick, black eyeliner, black clothes.'



council estate in Dewsbury, West Yorkshire, where nineyear-old Shannon went missing in 2008 - in brand-new BBC drama The Moorside.

Julie led the search for the little girl, before it was discovered that Shannon's mum, Karen, was involved in the kidnap.

Sheridan took up the part when her dad was battling cancer last year. Sadly, he passed away in December, but Julie helped the actress cope with her heartbreak by talking through how she'd managed after losing a baby to cot death.

'She stayed up all night with me discussing what had happened, just to help me play the scene,' Sheridan, 35, reveals. 'At the time, I was so worried about my dad, but I learnt a lot from her that night about staying strong for those you love, and for that I'll always be grateful.'



Amber loves a cheeky



account, a topless Stephen was giggling as he cuddled under a duvet with the

26-year-old.

@CharlotteGShore its even better to touch ;) A day before the intimate your body's unreal! X post was shared, we spoke to him at the launch of the new series of E4's show Celebs Go Dating, and he told us he thinks Charlotte is 'gorgeous'.

'I film with her, so I know a lot about her,' he smiled.

We also asked him to describe his ideal girl, and it sounds exactly like Char...

'Good-looking – because I'm shallow - funny, clever and not needy. She needs to be very independent,' he said, adding, 'I have come close to finding The One. It could still be going on right now...'

Last week, an insider revealed the duo were getting very passionate in between takes of their new MTV show.

'Bear and Charlotte have been snogging loads on set for Just Tattoo Of Us, and have hardly kept it a secret to the crew,' a source said.

And just two weeks ago, a fan

noticed Charlotte was spending time at the 27-year-old's London home, as they spotted Stephen's sofa in the background of her Snaps. 'Are you two having a thing?' one fan wrote.

Last December, an eye witness spotted the pair getting very close after attending a public appearance together at a club in Exeter.

The pair first started chatting five years ago, when Charlotte spotted Bear on Shipwrecked. Public flirting ensued with Instagram follows, number swaps and nights out.

Tellingly, both Char and Stephen ended relationships in November. Charlotte, who dated Gaz Beadle on and off for five years until May 2016,

called time on her three-month romance with model boyfriend Ash Harrison due to 'work commitments', while Stephen and co-star Jemma Lucy split after two months, with Jemma claiming he cheated on her.

Stephen, who has also enjoyed romances with Vicky Pattison and Lillie Lexi Greg in the past, denies cheating.

CHARLOTTE AND BEAR'S 'LOVE' LINE...

Feb 2012 Charlotte sends her first tweet to Stephen following his stint on Shipwrecked. Bear asks Charlotte for her digits, calls her 'eye candy' and tells her that her 'body is unreal'.

April 2012 The pair take their 'friendship' to the next level, when Bear sends Char his Instagram handle.

May 2016 The pair get very cosy together

at a party in London, while Stephen's girlfriend, Lillie, is at home in Birmingham. Jul 2016 Friendship on the rocks: Char brands Stephen a 'tw**' after his stint on Celebrity Big Brother. Nov 2016 The twosome rekindle their friendship when they team up for Just Tattoo Of Us.

Dec 2016 The duo leave a club together in Exeter. Later that month, they're spotted at a pre-New Year party together.

Jan 7, 2017 Fans pick up on the fact that Charlotte and Stephen are face-swapping in Snapchats.

Jan 16, 2017 Char posts a Snap of her at Stephen's home.



With new mums Sam and Billie Faiers as her childhood best mates, Ferne McCann is making no bones about the fact that she, too, wants to be a mummy.

'I'm broody and [Billie and Sam being mums] makes me think, "I want that!"' she tells us. 'I feel I'm at that age... being 27 is actually stressing me out! As a woman, you plan where you want to be at a certain age, then you reach it and you're like, "Oh, my God, I'm so far away from where I wanted to be."

'If I was to meet someone who I can trust, who I'm totally in love with, then I'd have a baby tomorrow. So it's just the fact that I'm single that I can't have that.'

Ferne has been single since her long-term relationship with her TOWIE ex, Charlie Sims, ended in 2015. She does, however, admit to

having a crush on *Unbroken* actor Jack O'Connell, because, 'I need someone who would be in control and be firm with me.'

And, of her worst dates, unfortunately her former TOWIE co-star Dan Osborne – who is now engaged to EastEnders' Jacqueline Jossa – doesn't rate highly.

Their rock climbing date was featured on TOWIE, but Ferne now tells us it was 'a disaster'.

'I mean, his "package" was definitely... well, you know when it's in the harness? That was the best thing about the date!' she says.

But Ferne reckons Celebs Go
Dating is helping her learn from her
mistakes with men, as she recalls,
'I met this guy on the show and I
was like, "I really fancy you." I said
it, like, five times, and I realised
that's not cool.'

PERRI: 'I'D NEVER BEEN ON A DATE BEFORE'

We remember him as the cute little one with huge hair in dance troop Diversity, but Perri Kiely recently unveiled himself as the hot, buff man that he's grown into, when a photo of him flaunting his ripped physique popped up on Instagram recently.

But although he's caught our eye, it seems like he hasn't had much luck in the dating department. The 21-year-old admitted that the date he went on during filming for *Celebs Go Dating* was his first ever one! 'I'd never been on a date before the

show. It was really scary. I didn't have a clue what to say. It's 10 times more nerve-racking than performing with Diversity. I'm not one to sit at a table and look into each other's eyes with a candle. I'd much rather do something fun.'



Celebs Go Dating, Monday, E4, 10pm



we remember him!



TOWIE gal Georgia is always one to spot a key trend on the high street, and she looks amazing as she steps out in these camo-print cropped joggers from prettylittlething.com. Giving Sporty Spice a run for her money, she styles hers with a white crop top, but we'll be wearing ours with a tucked-in oversized T-shirt and Vans.





Way

SHES



Holly Willoughby

Ooh la la! With Valentine's Day around the corner, TV presenter Holly has us heart-eyed for this romantic date look. Red stilettos are a wardrobe must but, if you struggle to find the perfect pair, make like Holly with these super-cute suede ones. She pairs hers with a matching floral blouse, but pop yours on with denim skinnies and a crisp white shirt for a serious fashion statement.





Pinstripes are having a MAJOR moment in the fashion sphere, and The Saturdays' Mollie totally nails the look with this chic River Island co-ord. Her culotte trousers are the perfect length to show off some killer kicks. Mollie pairs them with ankle boots, but you could wear yours with Adidas Stan Smith plimmies during the day and barely-there heels by night.



Sam Faiers

Golden dream! Sam oozes glamour as she shows off her fab figure in this rose-gold wrap dress – a must this season. Superflattering, the side split is also great for creating curves. Sam teams her dress with a statement choker and uses her phone case as an accessory – taking her classic mirror selfie to a whole new level!

HAT





We show you where the celebs have been shopping this week





Tiffany Watson

We say 'merci beaucoup' to *Made*In Chelsea's Tiffany for this gorge
outfit inspo! From her quirky slogan
tee to her bright-pink mules, this
outfit can't get any cuter. Pink is
a huge colour this spring, and we
love how Tiffany breaks up what
could be a Legally Blonde moment
by tucking in her black tee.





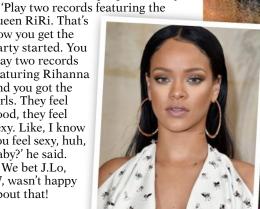
DRAKE & J.LO COMPLIMENTING THE EX...

They're rumoured to have been an item since the end of last year, but it sounds like there could be trouble in paradise for J.Lo and Drake.

Last week, the rapper, 30, described his ex, Rihanna (inset), as a 'Queen', telling the crowd at one of his Amsterdam concerts that listening to her music makes people feel sexy.

queen RiRi. That's how you get the party started. You play two records featuring Rihanna and you got the girls. They feel good, they feel sexy. Like, I know you feel sexy, huh, baby?' he said.

We bet J.Lo. 47, wasn't happy about that!



COUPLE CONFID



It comes after a difficult few months for 25-year-old Louis. He sadly lost his mum, Johannah Deakin, to leukaemia in December, and later split with his girlfriend of a year, Danielle Campbell. Louis and Eleanor got together after being introduced by his One Direction bandmate Harry Styles. In 2014, Eleanor was Maid of Honour at Louis' mum's wedding.

They're one of the hottest couples in the showbiz world, so you'd think date nights for Zayn Malik and Gigi Hadid would involve some seriously steamy action. But supermodel Gigi has revealed her favourite pastime with the 24-year-old is a lot less raunchy than that - preferring a trip to the cinema and eating cookies!

'We like late-night movies and we order from this amazing place that does lattes and gingerbread cookies,' Gigi, 21, explained. 'I need coffee to stay up. I'm always like, "Babe, let's go to a movie." Then I fall asleep halfway through and he's like, "You've seen the first half of every movie out there and you have no idea how any of them end.""

That's what we call romance!





DANI & DANIEL SMITTEN!

They were first linked in December, and *TOWIE* babe **Danielle Armstrong** and former footballer **Daniel Spiller**, 35, are still smitten with each other.

'We couldn't be happier,' Dani gushed last week.

Daniel used to play for Millwall and Luton Town, before being forced on to the sidelines with an injured Achilles tendon.

He's since made his fortune as a distributor for nutrition firm Herbalife International – and it was during a meeting for this that he first met Dani.

In January, former *TOWIE* star Dani, 28, took to Snapchat to list the things she 'loves' about her new boo.

'I've got 10 things I love about Dan,' she said. 'Caring, loving, trustworthy, loyal, handsome, homely – like, a family man – driven, ambitious, stylish... and f**king rich!'

Err... sounds perfect!



LISA & GEORGE 'I EFFI VERY LUCKY'

Ten years after their first meeting, TV presenter **Lisa Snowdon** and boyfriend **George Smart** have got engaged.

When one fan tweeted the radio presenter a congratulatory message saying George was a lucky man to bag the stunning brunette, Lisa responded, 'Tm the lucky one.' Cute!

George, 37, popped the question just before Christmas. 'He did it at home – it was just us, it was really low-key and completely unexpected. I feel very content about everything and I'm in a good place. George is a really lovely man. He's selfless, honest, kind, wise, calm and thoughtful,' Lisa, 45, revealed.

The pair first met while working for MTV during the mid-90s. They went their separate ways before a mutual pal reintroduced them 14 months ago.

Congrats, both!

Lisa Blake & Claire Hubble

reveal.co.uk 31





A child discovers the world with their mouth.

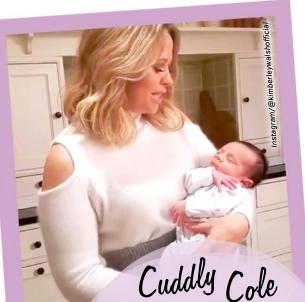
Sometimes it is fun but sometimes it can be dangerous.

Never risk your child's safety!

Close the pack and store your PODs away now.







Kimberley Walsh has given a rare insight into her family life with her husband, Justin Scott, and two sons Bobby, two, and eight-week-old Cole.

Sharing a video of a magazine shoot taking place at their home, the 35-year-old former Girls Aloud singer tells fans, 'Here we are behind the scenes of our new family shoot introducing our little boy, baby Cole.'

In one shot, Justin can be seen cradling the newborn, while in another, Bobby is cuddling his younger brother on the sofa. Super cute!

A KIDS' BEAR-Y TALE

Children and adults alike will love seeing the classic children's book We're Going On A Bear Hunt brought to life.

The beautiful film, which first aired at Christmas on Channel 4, follows the tale of siblings Stan, Katie, Rosie, Max and Rufus the dog, as they head off on an adventure.

We're Going on

It's a heart-warming watch and has a brilliant twist on the original. Available on DVD from Amazon for £6.99 (inc bear ears!) from Universal Pictures Home Entertainment, out now.

Email us at mumstheword@reveal.co.uk Rebecca Gamble & Charlie Bell



'MONTY IS A MIRACLE!

he gave birth to her second child, Montague George Hector, at the age of 44 last month, and Geri Horner admits she feels fortunate to have conceived without the help of IVF.

The former Spice Girl, who is married to F1 team boss Christian Horner, 43, said, 'I feel incredibly lucky to have conceived naturally. I see it as a miracle. I remind myself every day that this is a gift.'

Geri, who is also mum to 10-yearher through her pregnancy.

This time round I was carrying quite a heavy baby. It was a strain on my ligaments, so I found Iyengar yoga to be really helpful,' she said.

I really like the pose when you're on all fours and you wiggle your hips. My husband always laughs at me when I do that, he says it looks like a flirty dog!'

old Bluebell, added that yoga helped

PICTURES: GETTY, INSTAGRAM

ТОР, **£24**



Aveeno

My eldest son has eczema, and I'm already a fan of the Aveeno products I use on him, so I was excited when I heard they were launching a range for babies which I could use on my 19-month-old Rafferty, who is prone to sore, dry skin.

The Aveeno Baby Daily Lotion (150ml, £5.99), which contains colloidal oatmeal and oat essence, has a light texture and absorbs easily, so if I apply it after bath time it means I only have to wait a minute or so before I dress him. It has made his skin super-soft - I'm a big fan!

Available in both Sainsbury's and Tesco



lashionista Sorry

ladies, but the little 'uns are about to majorly upstage us in the style stakes. I've just discovered ministylin. com, a new online hotspot full of über hip brands for kids from 0 to 8 years old. Breaking away from the traditional pinks and blues, the site is full of slogan gear and motif pieces, all in a mono colour palette. Seriously trendy!



DUNGAREES

reveal.lcoaukl33

'My sister gave b



After spending
£52,000 on eight
failed IVF treatments,
Aimee Morrisby, 27,
had given up hope of
motherhood. Then
her sister, Shayna, 24,
offered the dream...

rom a young age,
Aimee Morrisby
from Queensland,
Australia, knew
she'd like to have children one
day. But just a couple of years
after meeting her now husband
Jake, 27, she was told it might
not be that easy for her.

When Aimee was born, she had been diagnosed with Hirschsprung's disease, a condition that causes blockages in the large intestine. Growing up, she'd endured over 40 operations on her bowels.

But it was only when Aimee saw her gynaecologist, aged 21, that they discovered scar tissue from her surgeries had started growing onto her uterus and ovaries – which meant she might struggle to conceive.

Aimee says, 'Jake and I had been together for a couple of years by that point, so we decided to start trying straight away. Six months on, nothing had happened. That's when the doctor suggested IVF.'

In September 2012, the couple spent £8,000 of their savings on a round of IVF.

Aimee says, 'Unfortunately, our first attempt was unsuccessful, but we refused to give up.'

The pair were working six to seven days a week – Aimee as a hairdresser, and Jake as an estate agent and builder – in order to afford the treatment.

She says, 'Each round of IVF cost between £4,000 and £8,000, so it was a big strain financially. Over the following year, we had four more successful attempts but, sadly, with each one I miscarried at five to nine weeks.'

On the fifth round, Aimee fell pregnant with twins, but

WORDS: LAURA HINTON, MOLLIE TRACEY PICTURES: CATERS NEWS AGENCY

irth to my baby'



'It was incredibly

difficult, but we had

to keep trying...'

then she suffered from another heartbreaking miscarriage.

'Each time a pregnancy was unsuccessful, we would grieve for the baby we'd lost,' Aimee says. 'It was incredibly difficult, but we had to keep picking ourselves up to try again.'

Desperate for answers, the couple saw a specialist in Brisbane in late 2013.

There, Aimee had a further two more rounds of IVF, but again they were unsuccessful. In total, the couple had spent a staggering £52,000.

It wasn't until Aimee had an operation on her bowel in October 2014, that the surgeon discovered her

uterus was just a huge ball of scar tissue – and this was the reason for all the miscarriages she'd endured.

It meant Aimee's uterus wasn't able to expand, so if she were to carry a baby full-term, she'd be risking her own life.

She says, 'It was very tough being told I'd never be able to carry a baby, but it was also a blessing in disguise, because it could have killed me.'

Devastated, the couple decided to give up on their attempts, but underwent one more round of IVF to harvest Aimee's eggs in case they were needed in the future.

It wasn't until the following year, in March 2015, that Aimee received a surprise call from her younger sister, Shayna, 24.

Aimee says, 'My sister had

only just started her own family – she had a two-year-old and a 10-month-old with her husband, Aaron. But she gave us this amazing lifeline by offering to be our surrogate.

'I was in complete shock. And I wanted to know that Shayna was sure she was making the right decision. She was my little sister, and I felt very protective of her. But once Shayna decides on something, her mind is 100 per cent set.'

Having seen what Aimee and Jake had gone through, Shayna knew she had to help them.

'It was always something I had in the back of my mind,' she says. 'When I made my offer to Aimee, I already had two children – McKenzie [now four] and Fletcher [two]. I knew how great it was to be a mum, and I thought Aimee deserved to have that experience, too.

'Aaron was very supportive of my decision. We could both see how much Aimee and Jake wanted a child, and how much they were hurting.'

The fact that Shayna's kids were still very young made the whole process a lot easier. When she told them 'Mummy's pregnant with auntie Aimee's baby', they didn't question it.

In April 2015, the two families started the surrogacy process, and within eight weeks Shayna had fallen pregnant. Sadly, though, the first attempt ended in miscarriage.

But Shayna refused to give up, knowing what it meant to her sister. She tried again, and four weeks later, she fell pregnant a second time.

Aimee says, 'Jake and I didn't really believe it was happening until we heard a heartbeat. That was the day it became real.'

Over the next nine months, Aimee saw or spoke to Shayna daily. She went to every appointment, watched over her niece and nephew when her sister needed a break, and lavished her with pamper days.

Fortunately, Shayna sailed through the pregnancy and, on March 18 2016, baby

Francesca was finally born.

Aimee says, 'Watching Shayna give birth was extremely emotional and very exciting. It was really important to us that Shayna had a moment with Francesca, before Jake cut the umbilical cord and we both held her. I was in shock and couldn't believe we were finally parents.'

Now, Francesca is nearly one, and Aimee is loving life as a mum, which is everything she dreamt it would be.

She says, 'I want people to know that it's OK to give up trying with your own body. Francesca wouldn't be here today without the help of my sister, and we can't thank her enough. Finally, our family feels complete.'



Aimee has a family of her own, just like Shayna with Aaron, McKenzie and Fletcher

reveal.co.uk 35



DAN'S DISMAY AT KATE & RIO'S ROMANCE

He didn't think
Rio would be
Kate's type

TOWIE's **Dan Edgar** has given his opinion on the rumoured romance between his ex-girlfriend, **Kate Wright**, and footballer **Rio Ferdinand** – and he's not happy.

The reality TV star, 26, who recently admitted he'd always have feelings for Kate, 25, said of Rio, 38, 'I didn't think he would be her type at all.'

would be her type at all.'
He continued, 'I know I've made mistakes in the past, but I feel disappointed. I want her to be happy, but this just seems a bit weird. I can't see us getting back together after this.'

REBELIS... AMY WINEHOUSE

ere's one legend channelling another – **Rebel Wilson** donned a beehive and fake tattoos as she impersonated the late Amy Winehouse on the set of *Pitch Perfect 3* last week.

The 36-year-old actress was then seen shimmying up to the mic and belting out some of Amy's iconic tunes. We still find it hard to believe it's been almost six years since the *Back To Black* singer passed away from alcohol poisoning, aged 27.

atie Piper has already won a legion of fans in the UK after overcoming a horrific acid attack in 2008, and now she's set to take her story global.

Katie, 33, has signed the rights away to her story to Hollywood film producers, meaning her inspirational journey could be set to hit the silver screen very soon.

Somebody in America bought the film rights last year, and they have renewed them this year,' she said last week.

The former model's world came crashing down nine years ago, when a crazed ex-boyfriend arranged for a man to throw sulphuric acid into her face, leaving her with horrific burns.

Surgeons had to remove all the skin from her face. before rebuilding it with a skin substitute and skin grafts.

The attack left Katie blind in one eye, and she had to wear a plastic face mask for 23 hours a day to help the healing process.

The mum-of-one has since launched The Katie Piper Foundation, a charity for burns survivors, written four books and become a household name as a TV presenter.





er three-year marriage to Orlando Bloom, 40, ended in 2013, but Miranda Kerr, 33, only has nice things to say about her ex.

Orlando and I are literally like family, he's like a brother to me, the model, who has six-year-old son Flynn with the actor, revealed.

'It's very weird, but we really care for each other, and we have a great relationship. I feel very lucky.'
On the subject of Orlando's latest

squeeze, Katy Perry, 32, and her relationship with Flynn, Miranda gushed, 'They're great. They get along really well.'



GAIL: 'I'M **HOMELESS'**

ormer TV host Gail Porter has revealed she was forced to sleep rough due to money troubles.

Two weeks ago, mum-of-one Gail, 45 - who suffers from alopecia - was declared bankrupt, and admitted she'd been living on £200 a month and a diet of Marmite on toast so she can support her daughter, Honey, 14.

a – was declared bankrupt, nitted she'd been living a month and a diet of e on toast so she can her daughter, Honey, 14. noney problems have just lled, and I've had nowhere I was too embarrassed to one I was homeless. I had e to go, so I spent a couple s outdoors,' she said. dded, 'It was cold and ng. I covered my face so could see me. I barely wink.'

**WEXNAME TO SEE SO COULD SE SO COULD SEE SO COULD SEE SO COULD SEE SO COULD SEE SO COULD SE My money problems have just snowballed, and I've had nowhere to turn. I was too embarrassed to tell anyone I was homeless. I had nowhere to go, so I spent a couple of nights outdoors,' she said.

She added, 'It was cold and terrifying. I covered my face so no one could see me. I barely slept a wink.'

A spokesperson said, 'Gail is determined to make the best of a bad situation, and start afresh.'

'I'M GOING TO TEACH THE HATERS A LESSON'

Self-titled 'realest chick in the game', Honey G, 35, talks about having the MOBOs in her sights, collaborating with Snoop Dogg and dealing with her critics...

i, Honey G! Are you excited to be going on *The X Factor* Tour? I'm very excited. I cannot wait to get up there where I belong. I've been having the time of my life since the show. I'm just killing it everywhere that I go and I can't wait to get up there in front of all those thousands of people.

Are you looking forward to seeing the other finalists? Yeah, I can't wait.

Did you keep in touch after the show?

Not really, I've seen them at a few premieres. I'm not really close with any of them any more.

How are you dealing with your newfound fame?

It's all part of being who Honey G is. Obviously I'm making a living now out of this – HONEY G! I'm hoping to be Honey G for the rest of my life.

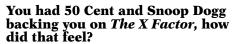
What else is coming up?

I'm writing a lot of music at the moment, so there's a lot of material I'm going to be releasing this year. Potentially I have

another single lined up.

Where do you see yourself in five years?

I'm hoping to launch my career as a global rap artist and sell millions of records. I'd like to tour the whole world and even get a few MOBOs under my belt.



I was really chuffed. I was so excited about the idea of Snoop wanting to collaborate with me. It felt amazing.

Have you spoken to them, and do you have a message for them?

I haven't spoken to them, but a message for Snoop Dogg would be, 'I'd be interested in a collaboration, so get in touch.' I'm spitting some new lyrics, so I've got some really good material to contribute.

You've got a distinct style, who influences it?

The tracksuit and glasses is something that I picked out myself. I've got over 20 pairs of sunglasses, caps and tracksuits. I like to mix and match.

Professor Green blasted you for not being a 'credible' rap artist. How did that feel?

Obviously comments like that are really hurtful. I've got feelings too. I don't think he really knows what he's talking about. He doesn't know who I am, he doesn't know anything about my background. I think there were a lot of people who jumped on the bandwagon and just started hating on me. I didn't take any notice at all. I'm going to teach the haters a lesson. They don't mean anything to me. They better watch their backs.

Have you got any plans for Valentine's Day?

No. I'm still looking for love. I really want to meet someone new. I want to settle down soon and have kids.

Describe your ideal partner...

My ideal person would probably be someone who is very romantic, caring, down-to-earth and funny.



Have you spoken to Sharon Osbourne much since leaving the show?

Yeah we've exchanged texts and hopefully we'll see each other at some point soon.

Would you ever recruit Sharon to help you find a partner?

I don't know if that's part of Sharon's skill set!

Kimberley Bond & Grace Henry

For tickets to see The X Factor Live Tour 2017, go to gigsandtours.com



Reveal celebs

'VALENTINE'S DAY IS EVERY DAY WITH US'

ome of us are lucky enough to get a single rose and a bar of chocolate on Valentine's Day, let alone the rest of the year.

Not Emily Middlemas, who happens to celebrate the romantic holiday every single day with boyfriend Ryan Lawrie.

'Valentine's Day is every day for us!' she smiles when we catch up for a chat.

'We respect each other every day, so of course we'll go out on the actual day, but it's the same.'

So what exactly does a typical date consist of for the hopeless romantics?

'We love TGI Fridays, so most of the time we'll go for dinner there and order Jack Daniel's chicken strips or a burger.

'Afterwards we'll go for a walk and end up at "our place", which is just a nice little park. We're such nature freaks; we love really nice scenery and waterfalls.'

And it sounds like the lovedup pair, who have known each other for four years, could be producing sweet music together, as the 18-year-old tells us, 'We haven't spoken much about it, but people will see a duet soon.'

Ooh, we can't wait!



'I'm just killing it everywhere I go!'

SAM: 'ME AND JAMES HAVE A SIMILAR PERSONALITY'



he struck up a friendship with singer James Arthur last year after covering his 2013 track *Impossible* during week one of *The X Factor*.

And four months later, former contestant Sam Lavery tells us the pair couldn't be getting on any better.

When we catch up for a chat with the 17-yearold, she gushes, 'We've got a similar personality.

'It was so nice to just talk to [James after the show] as a normal person, and it's great because I made friends with him.

'He gave me some really good advice. Obviously out of everyone he knows how hard it can be,' adds home.

Back in October, the Geordie beauty, who

was voted out in week five after an intense sing-off with 20-year-old Ryan Lawrie, admitted that she has a bit of a crush on the singer-songwriter, 28.

The couple have been together for over a year

She said, 'I love [James] to bits. I think he's the most perfect human being in the world. I'm a massive fan and he's so fit!'

So has the young songstress plucked up the courage to ask the *Say You Won't Let Go* hitmaker out for V Day?

'I think I'm in rehearsals for *The X Factor* Tour that day, and then in the night time I'll be in the studio – so that's my Valentine's sorted,' she smiles.

Spoil sport!



Your weekly FASHION BEAUTY update





your Cupid's bow, says Millie Mackintosh.

I Heart Makeup Light and Glow, £6, Superdrug,

works well.





FEELING BLUE

We're seriously swooning over this dreamy dress. Pretty lace, plus a beaut blue hue in a flattering skater style. Oh, and did we mention it's under £20? Snap. It. Up. Immediately!

JOG ON

Have joggers ever looked so fancy? Work the sports luxe trend, and team these silky trews with a pussybow blouse and pretty heels. We promise you it will be your comfiest work outfit ever.





GOLDEN WONDER

The 90s cami trend is going nowhere, and this rose-gold sequined number will add some serious oomph to any outfit. Throw on over a white T-shirt and black skinnies for a cool grungy vibe, or prettify with a floaty skirt.

LINE UP

No, gals, we haven't slipped in a piece of designer clobber – this catwalk-worthy skirt is actually from River Island. Well-placed stripes and a flattering tie-knot waist make this a spring steal. Pair with a crisp white blouse for classy chic.



Your life just got easier - we've picked this week's hottest buys for you!

£27.99

COSY KNIT

We may have about a dozen cream knits already, but one more won't hurt, will it? Especially when it's adorned with pretty embroidered blooms like this number. Pair with a leather skirt or trousers for a tough-girl edge.

If, like us, you've been cooing over Natalie Portman's ladylike style in the film Jackie, you're sure to go heart-eyed for this flower-detail handbag.





SHOE GOA

This is no ordinary red mule - a fancy floral heel means you've got a statement shoe right here. Perfect for jazzing up your fave jeans (go for a cropped style for added impact).

Ruffles are here, there and everywhere, and this supersweet blouse is our new obsession. Keep accessories minimal - and the rest of vour outfit tailored - to help balance out the frills.



NORDS: CHARLIE BELL

Spotlight

If you want to up your lingerie game for your Valentine - or yourself - then New Look has everything you need. There are gorgeous sets that'll make you feel a million dollars, and bodysuits that have taken inspo straight from the new-season catwalks. The cut-out styles and delicate lace in dreamy hues make them the perfect addition to your spring wardrobe. With 'underwear as outwear' getting a firm thumbs-up, you won't want to be hiding these beauties. You can get 20 per cent off lingerie and everything else in-store and online at newlook.com with this voucher just for you. You're welcome, ladies! See T&Cs below.





EXCLUSIVE **20 PER CENT**OFF AT NEW LOOK FOR ALL READERS

TERMS AND CONDITIONS: 1. This offer entitles you to a saving of 20 per cent off full-priced items when spent in a single transaction. 2. This offer is valid in any participating New Look store within the UK & ROI from February 7 to February 13, 2017 by entering your online code at the checkout at newlook.com (go to Reveal's Instagram @revealmagofficial and Twitter @revealmag pages for details). 4. Offer excludes concessions. 5. This offer cannot be used to purchase New Look Gift Vouchers or Gift Cards, E-top up vouchers (where applicable) or used towards payment of any outstanding balance on a New Look Store Card. 6. No cash or any other alternative will be given and this discount can only be redeemed once. 7. This offer cannot be used in conjunction with any other discount. 8. The return value of the items purchased using this voucher shall be the applicable return value under New Look's return policy less the discount obtained. 9. Copied, damaged or expired vouchers will not be accepted. 10. Your statutory rights as a consumer are not affected. PROMOTER: New Look Retailers Limited, Mercery Road, Weymouth, Dorset DT3 5HJ. Registered number 1618428.



We've all been wearing the black-on-black look throughout winter, so now it's time to throw in a dash of colour.

The clash of pink and red is effortlessly luxe, and you're bound to fall in love with these hues together. Not many of us would be daring enough to go top-to-toe colour – just like at the Valentino \$\$17 show – but even a simple bag and top combo counts. Although the catwalk kept it girly, you can give it a bit of an edge with biker jackets, patent

skirts and sporty styles.











TOP TIPS

A simple way to try out this new trend is by pairing a pink separate with a red lippie.

Mix with neutral colours, like nude and grey, to let the colour combo stand out.

Add in a print to soften the **O**clashing colours.

The right shade is key. Baby pink + pillarbox red = perfect!



Dream team

D+PINK

ENTINO

The perfect pairing you need to know about...

NORDS: HARRIET DAVEY PICTURES: IMAXTREE 'PINK AND RED CAN BE QUITE GIRLY – A HIGH-SHINE MINI

Fashion and beauty intern

IS ONE WAY TO TOUGHEN IT UP

Seattly Amber Ascroft talks trends, tricks and game-changing buys...

The glowdown on PRIMERS

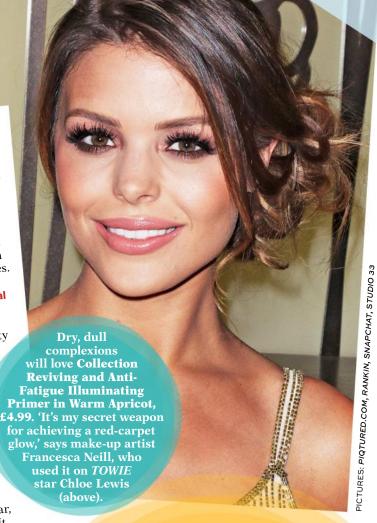
They're one of beauty's greatest mysteries to most. But, thanks to a wave of innovation, primers are set to become a make-up bag mainstay, with a pick to suit everyone. Applied after moisturiser, think of them as the glue between your face and foundation - they'll smooth out the surface and keep your base in place all day. Just stick to a pea-sized amount, then 'press' (don't rub) into skin.

Anti-ageing
Paula's Choice Resist
Smoothing Primer Serum
SPF 30, £31. I really trust
this American brand
with lots of research
behind it. My foundation
looked fresher for
longer, and it also offers
long-term skin benefits.
Think soothing,
hydrating and shielding
against UV rays and
pollution.

2 Fab value
2 The Ordinary High
Spreadability Fluid
Primer, £5.50,
victoriahealth.com. Fast
becoming a 'cult' buy,
top beauty gurus have
been raving about
this comfy lotion-like
formula that's great at
preventing foundation
from settling into lines.

Most mattifying
Urban Decay Optical
Illusion Complexion
Primer, £23. This can
feel a little heavy-duty
for daily use, but
super-oily faces
will love it. It
halts grease in
its tracks and
blurs away
pores. Ideal
for nights out.

For eyes
Bourjois Eye
Primer, £6.99. If
a smudgy smoky
eye is your bugbear,
pop this on first. It
stops eyeshadow from
creasing and fading.



Spotted on Snapchat

If you're like me, you're squirming at the mere thought of this new mani trend. But, since Kim Kardashian West shared her hoop-adorned talons last week, I'm predicting it'll catch on pronto! Pierced pointers were a hit at SS17 Fashion Week, too, with models at the Fyodor Golan show sporting hanging gemstones paired with Orly Nail Polish in Pure Porcelain, £11. Want in? You'll need falsiss (Flegant Touch from

falsies (Elegant Touch, from £4.95 for 48, are brill), a nail puncher, £4.49 and nail 'dangles', 75p for three, both sparkly-nails. co.uk



Now this is a special offer worth shouting about. Nab a free Estée Lauder Pure Colour Envy Liquid Lip Potion, worth £20, when you buy any Estée Lauder Modern Muse fragrance, 50ml or above, from The Fragrance Shop and The Perfume Shop, while stocks last.





£5 FOR THE SET, PRIMARK



BRA, **£38,** BRIEFS, **£17,** ULTIMO.CO.UK



BR A, **£20**, BRIEFS, **£12**, NEXT

BRA, **£12**, BRIEFS, **£8**, MARKS &

SPENCER



High-waisted knickers are super-flattering



Whether you're treating him or just yourself, a sexy pair of undies is the ultimate confidence booster. Go traditional with bold reds and black lace, or mix it up with soft lilacs and pretty pinks for a super-sweet feel. Remember, it's what's underneath that counts!



BRA, £32, BRIEFS, £18, B-INSPIRED AT HOUSE OF FRASER





Put a sexy spring in your step with these lust-haves, just in time for Valentine's Day

GORGEOUS

There's no denying we love curling up in a cosy dressing gown but, now, it's time to slip into something a little silkier. Rock bold rose blooms for instant spring vibes, or take a walk on the wild side in animal print – there's one for every mood. And you'll just have to find something else to keep you warm, eh?!



£28, RIVER ISLAND



slippers and team with fluffy sliders.





SLUMBER STYLE

Outfit sorted! Now it's time to set the mood. Kit out your abode with these cute romantic finishing touches. Ooh la la... love is in the air. The good things in life are better with you



MUG, **£7**, PAPERCHASE

Keep this up all year round

SIGN, **£12**, PRIMARK





BODY LANGUAGE

For instant luxe, a bodysuit is the go-to piece. From delicate lace and plunging necklines to the suck-it-all-in-and-push-it-up corset, there's one for every shape and size. Not just for the bedroom, they're perfect for working the 'underwear as outwear' trend, too.

PRETTY PLAYSUITS

Put those novelty pyjamas away, gals! Switch up your bedroom get-up with a fun and flirty teddy. Details are key, so choose sheer fabrics, lace trimmings and moody blooms in dreamy, romantic hues.

> £14, F&F AT TESCO









Top drawer

Ladies, there's no better time for an underwear drawer spruce-up. Luckily, Myleene Klass's new Littlewoods drop is here to help. The collection features lashings of pretty lace, Fifty Shades-esque cut-out details and sheer fabrics for a super-sexy and feminine look.

Whether you fancy a flattering all-in-one or a delicate bralette, there's one for every shape and size. Lucky for me as, unfortunately, I don't think I'll be looking as good as Myleene does in hers! #bodygoals

Sizes range from 32B-38E for bras and 8-18 for briefs.



BRALET, £18 SHORTS, £10

PUSH-UP BRA, £18 BRIEFS, £8



Mega-babe Olivia Palermo has teamed up with Coast once again for its new spring/summer campaign, and I'm seriously cooing over the whole collection. Girl crush overload! The US style icon picked pieces from the range to put together key looks using her signature, and totally flawless, style.

'My look tends to be a mixture of elements. I enjoy combining opulent and glamorous clothes with simpler pieces. I loved the freshness of the whole spring/summer collection. The colour palette is cool, chic and so easy to style,' says Olivia.

Available in selected stores and at coast-stores.com



Prepare to add some serious luxury to an airport luggage belt. I spotted this dreamy rose-gold collection from Lipault, and it's making me want to book a holiday pronto! From bowling bags to suitcases, there's something for every mini-break or two-week getaway.

Available from lipault.co.uk







SADDLE BAG, **£69**

RUCKSACK, **£59**

BRA, **£22** BRIEFS, **£10**



Musthave mules

Mules are having a moment, and I can totally get on board with a trend that is stylish and comfy. Online hotspot Ego. co.uk has dropped these perfectly polished styles, and I'm obsessed! Available in three different hues, with a gorge statement bow, they'll smarten up off-duty denim in an instant. Slip-ons just got sassy.



ILLUSTRATION: JACQUELINE BISSET



I'm

a shaper of futures
a promoter of Pythagoras
an algebra coach
a builder of confidence
an enabler of engineers
a producer of pioneers
a teacher
making a difference



You could make a difference too and get £25,000* tax-free to train as a teacher.

Apply now. Visit education.gov.uk/train or search: get into teaching.





Women against the

ODDS

These four women are our ultimate inspirations. They may not fit the traditional mould, but they've worked their butts off to get to the top of their game.

Talk about #careergoals





SUPERMODEL & COLLAB WITH TOMMY HILFIGER

igi's image is now everywhere, but she was once snubbed by designer Tommy Hilfiger.
When Gigi, 21, walked the runway for him at New York Fashion Week in 2015, he put her in an oversized raincoat. Asked about this decision, Tommy replied, 'Our casting director said, "She doesn't really fit – she's not quite as tall as the other girls, she's not quite as thin."

Tommy was accused of fat-shaming, and Mina Gerges of boredpanda.com tweeted, 'Apparently, Tommy Hilfiger thinks Gigi Hadid is "too fat". Joke's on them. I won't be buying their ugly clothes now.'

Tommy tried to retract his comments, saying he wasn't happy the casting team had hidden Gigi's body. But, when the pic of her in the unflattering raincoat got millions of online hits, she turned it to her advantage, teaming up with the designer for their collaboration, TOMMY X GiGi.

Walking the runway at his SS16 show, she looked incredible in a crochet bikini. Now a supermodel, she's worth more than £8 million. If that's not a big two-fingers-up to her critics, we don't know what is!

SIA

THE BESTSELLING FEMALE ARTIST OVER 40 SINCE MADONNA

ia is, without a doubt, the world's most unlikely pop star. When the Aussie songwriter's 2016 track *Cheap Thrills* topped the US Billboard Hot 100, it was the first to be sung by a woman over 40 since Madonna's *Music* hit the top spot in 2000.

If you haven't heard of Sia, 41, you'll definitely know the tracks she's penned for other chart-toppers. She's the woman behind countless banging tunes from Beyoncé, Christina Aguilera and Rihanna (including *Diamonds*), and is also known for her collabs with DJ David Guetta.

Why, then, do most of us have no idea what she looks like? Well, at the start of her career, Sia made the decision to keep her face hidden. So, during interviews and live shows, she remains disguised by a giant wig and bow (see pic), and her videos put dancers at the forefront to steal the show.

Sia says she doesn't 'want to be famous or recognisable' or have her





MHAIRI BLACK

Reveal real lives

THE YOUNGEST MP FOR 350 YEARS

t's sad but true that female politicians in the UK are few and far between. More than 70 per cent of our MPs are male (and no spring chickens), but Mhairi Black, 22, didn't let that dampen her dream of getting her foot in the door.

At 19, she joined the Scottish National Party. At 20, she'd won the seat for Paisley and Renfrewshire South, and her first speech showed everyone just how much she deserved to be there.

It was the most-watched maiden speech in British parliamentary history – 11 million people witnessed Mhairi articulately attack the government's welfare policies.

She's proved herself to be passionate, sharp and fiercely enthusiastic about left-wing politics. She's also spoken many times about how she doesn't see her age as a big deal, telling The Guardian newspaper, 'It's the least interesting thing about me. I literally cannot help when I was born.'

Mhairi's fought for Scottish independence and is staunchly anti-Trident (the country's nuclear deterrent). Since she was targeted by homophobic trolls, she's worked to raise awareness for LGBTQ rights. A-mhai-zing!



appearance critiqued. She also says that being in the spotlight makes her feel 'ugly' and 'hunted'.

In an industry that's often accused of ageism, she's succeeded against the odds by letting her talent speak for itself. Plus, she's got an unbelievable set of pipes!

HOLLYWOOD BIG HITTER

ince she played cutely clumsy Sookie in the hit TV show Gilmore Girls in 2000, we've been in awe of Melissa McCarthy. Luckily, the rest of the world has caught up!

Financial site forbes. com lists Melissa, 46, as the second highest-paid actress in Hollywood after J-Law. She made £26 million in 2016 alone, and she's done it all while refusing to conform to the size-zero stereotype.

Claiming that no director has ever asked her to alter her size-18 figure, she's sick of being asked about her weight, saying last year, 'There are so many more intriguing things about women than their butt.

Amen, Melissa!







Dr Phil

TV's Dr Phil Hammond answers your questions and gives it to you straight on the big health issues

TRUST ME I'M A DOCTOR

Could vaping be harmful to me in the long term? *Diana, Fareham*

It might be, but we do think it's far better for you than smoking cigarettes. There are lots of ways to come off nicotine, and if you can avoid inhaling anything, that's probably the healthiest. E-cigarettes contain chemicals called flavoured glycols, and they haven't been around long enough to know whether they might damage your lungs eventually. If vaping helps you to stop smoking then, by all means, use it, but then have a plan for getting off the vaping if you can.

BMI ISN'T PERFECT

I've got muscles and a thin waist, but my body mass index says I'm obese. Why? Noah, Dumbarton

Body mass index (BMI) isn't always accurate, particularly if you're quite muscly. That's because muscle is heavier than fat, so you can register as obese even when you're clearly not. It's far simpler just to aim for your waist measurement being less than half your height. To do this, you mustn't cheat and suck your stomach in. Measure your waist at roughly the level of your belly button. For example, I'm 6ft, so I need to keep my waist at 36in or below. You can have a 44in waist and fit into 32in trousers if you let your stomach flop over the top - but that's cheating.



GO FOR ELECTRIC

Which is better for my breathing, a petrol or a diesel car?

Veronica, Leeds

We used to think diesels were better for breathing and the planet because of the lower CO2 emissions, but we now know that diesels are much dirtier than petrol cars in built-up areas. So I would buy a petrol car. If your breathing is affected by high levels of pollution, you need to try to avoid the busy traffic. But trains are often overcrowded and cycling has its own risks. The technology for electric cars is improving, and if enough of us drive them it would be far better for those with breathing problems.

<u>Dr Phil says, 'There are very few things in life</u> that aren't improved by kindness.'

WEEKEND WORKOUT

I only have time to exercise at weekends. Is that OK?

Clara, Manchester

Many people don't have time to go to the gym or exercise during the week, but research has found if you do two decent workouts at the weekend that's almost as good as doing it every day. Try to grab any chance you get to walk briskly, jog, cycle or run. It's always a benefit. If you have to sit down a lot during the day, try to get up regularly, stretch and move around. If you're fit, then you can do high-intensity exercise in very short bursts. Choose exercise that you enjoy. It's all good for you, whenever you can do it.

PARTNER PLIGHT

Why do some men find it hard to ejaculate inside a woman, but can masturbate easily?

Tim, Colchester

Many men and women find it easier to reach an orgasm on their own.

Nobody knows your body like you do. When men masturbate, they often do it quite firm and fast.

Being inside a woman feels very different. There may be less friction and more anxiety to please each other. But when you climax together there is nothing like it. In a loving relationship, most couples get round this by learning to pleasure each other with their hands, before moving on to penetration. Take your time, teach each other, love and laugh.

Dr Phil is on a comedy tour. For details, visit drphilhammond.com

HAVE YOU GOT A QUESTION FOR DR PHIL? EMAIL HIM AT dr.phil@revealmagazine.co.uk
FOR DR PHIL'S BOOK, STAYING ALIVE, GO TO drphilhammond.com Dr Phil regrets that he cannot reply to emails personally







GET YOUR DIGITAL SUBSCRIPTION TO YOUR IPHONE OR IPAD

Download your favourite magazines, subscribe, save money and never miss an issue





Buy from us at www.hearstmagazines.co.uk/ent1

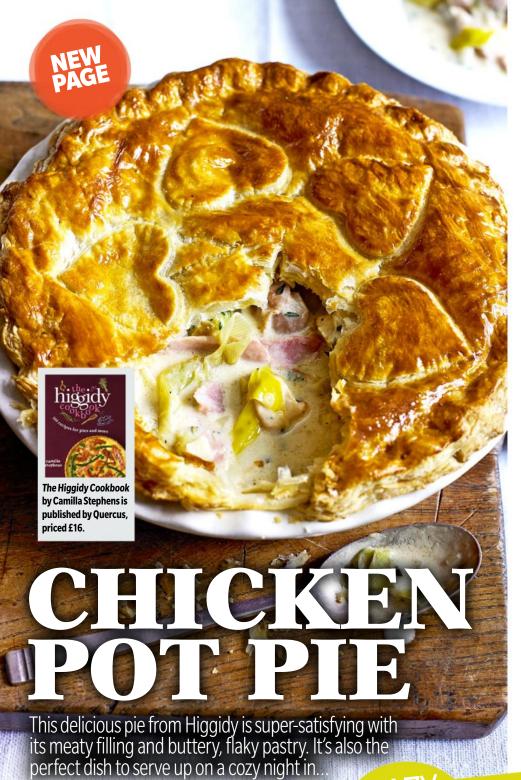
ALSO AVAILABLE TO DOWNLOAD ON













INGREDIENTS

45g butter 35ml olive oil 4 large leeks, sliced 2 large onions, finely diced 500g chicken, chopped into chunks 300g ham 3 sprigs of fresh rosemary, finely chopped 4 sprigs of fresh thyme, finely chopped 2tbsp plain flour, plus extra for dusting 300ml chicken stock 200ml single cream 150g mature Cheddar cheese, grated 1tbsp Dijon mustard Salt and pepper 800g all-butter puff pastry 1 medium egg, beaten

Serves 6-8

METHOD

Preheat the oven to 200°C. Heat 35g of the butter with the oil in a pan over a medium heat. Add the leeks and onions, stir well and cover.

> Lower the heat and cook for 7-8 mins or until the vegetables are soft.

- Add the chicken and stir for 6 mins, or until the chicken is cooked through.
- Remove from the heat, and add the ham and herbs. Give it a good stir, then add the flour

and mix to coat.

Add the stock, and return the pan to the heat. Bring to a simmer and cook for 2-3 mins.

Remove from the heat, add the cream, cheese and mustard, then season and stir well. Leave to cool.

Using the rest of the butter, grease vour ovenproof dish. On a lightly floured surface, roll out two-thirds of the pastry to 3mm thick and use it to line the dish, letting the pastry drape over the sides. Pile in the cooled filling.

→ Dust the work surface with flour, then roll out the remaining pastry to 1cm thick. Cover the whole pie with it, allowing the pastry to come over the edges.

Trim away any excess and press the edges together to seal. Glaze the top with beaten egg.

Bake in the oven for 20 mins, then lower the heat to 180°C and put the pie back in for 20 mins, or until it's puffy and golden.

WOLFHOUSE PINOT NOIR

Get your Valentine's tipple in early with this delicious **Wolfhouse Pinot Noir from** Aldi, for just £4.99. This red can be paired with a range of meats and fish. Available online from Feb 9 and in-store from Feb 12.



If the thought of cooking for your loved one next week is already sending you into a panic, then fear not help is at hand in the form of an M&S Valentine's dinner for two. For just £20, choose your perfect meal from a selection of delicious starters, mains, sides, desserts and a bottle of wine or fizz, plus a box of chocolate hearts. It'll be a stress-free date!





heir volatile love-hate relationship is one of the highlights of ITV crime series Broadchurch, with fans of the show willing DS Ellie Miller, played by Olivia Colman, and David Tennant's character, DI Alec Hardy, to get it on.

screens, we met David Tennant and the cast, who

On the night of the series two finale, two years ago, viewers will recall a crucial moment where we were convinced a kiss was on the cards. But, alas, nothing came of it.

And now David, 45, has poured cold water over the idea that the two characters will ever get together.

'No, it's not their bag,' he tells us, after jokingly adding that the 'long, lingering looks' we've spotted between the characters are 'of contempt'.

But neither David, nor writer/creator Chris Chibnall, can deny their on-screen chemistry.

'The strength of what David Tennant and Olivia Colman bring to those parts makes you see the deepening of those characters and their dynamic," Chris explains. 'The chemistry bit is just luck.

David adds, 'They're both damaged individuals, for different reasons.

'They become this weird little support group. They're like this cranky old married couple who clearly have a deep affection and need for each other. They don't really have a lot of friends except each other.'

It's David's friendship with Olivia, 43, in real life which that the partnership between the two characters so believable on-screen.

'The two of them had never met before we made the show and we didn't know whether that would work,' scriptwriter Chris reveals. 'But there's a connection.

David clearly thinks highly of Olivia, saying his co-star would be a 'magnificent choice' to play the new Doctor in BBC One's Doctor Who after the present Doctor, 58-year-old Peter Capaldi, announced he was stepping down.

So, while Broadchurch fans won't see their favourite pair of detectives copping off in this series, David promises viewers won't be disappointed with what the show has to offer the two characters this time around.

Without giving anything away, it strikes the perfect note,' he teased. 'It takes my character and Olivia's character, and it leaves them exactly where you would expect them. There's a great satisfaction.







JULIE: 'THERE'S A REAL RESPONSIBILITY IN THIS ROLE'

Hesmondhalgh – who played Hayley Cropper in the soap – is one of several new additions to Broadchurch this series. It's one of her first major roles since leaving the soap.

'It's an amazing part to get,' says Julie, 46, admitting she felt like she'd 'won the lottery'. Yet she confesses that the pressure of the role was 'a little bit scary'.

Julie plays Trish Winterman, a woman who claims to have been sexually assaulted.

'I needed to know it was going to be handled in a sensitive way,' she says. 'The real fear is the responsibility of portraying it, because you do want to get it right, and you're representing a group of people who are going through something real.

'There's no template of playing someone who's experienced it. You have to act with your own imagination, as unimaginable as it is,' she says.

Julie adds the role also made her examine her own 'internalised misogyny' about sexual assault. 'I'm a middle-aged woman, as opposed to the classic young girl being chased through the woods. I had fears the audience wouldn't buy that this could happen to me, but sexual assault isn't an act of desire. It's an act of violence. It happens to all people – men, women and children.'

'THIS WILL BE THE LAST SERIES'

eries three of Broadchurch has been often touted as the last, and its creator, TV scriptwriter Chris Chibnall, has confirmed the rumours. 'It was very emotional, filming this series,' he says. 'It felt as if there was one more story to tell within this world. I feel like there's a sense of a story closing and ending – I hope it's satisfying.'

Although Chris admits he has not completely closed the door on things.

'Without giving too much away about the ending, the characters existed before we turned the camera on them, and they'll exist when we've left.'

This time, the harrowing subject of sexual assault is tackled, a departure from the murder of schoolboy Danny Latimer, which dominated the first two series. 'We couldn't have another body on a beach,' he says. 'The world has changed so much since the first series went out. In the crime statistics alone, there has been... an increase in non-police reported serious sexual assaults in this country. This is all part of the mix.

'The mood of the nation around this issue is different to what it was five to 10 years ago. I felt Broadchurch was a great world to explore it in.'



Proadchurch's success is based on its classic whodunnit formula, with TV bosses using a range of methods to guard the criminal's identity. But writer Chris Chibnall has gone to unique lengths to avoid spoilers.

'We start from lying on our script's cover page and go from there,' he laughs. 'The writer on the front of the script isn't even me. It's what I call my 'Downton Abbey' name – your grandma's name plus the name of your first school – in my case, Phyllis Widney! If anyone had left that script lying around, no one would have read it.'







PIERS MORGAN'S LIFE STORIES: BOY GEORGE

Love him or hate him, there's no denying Piers Morgan is seriously good at extracting personal info from his guests. This week he's joined by Culture Club singer Boy George. They'll discuss all the details of George's life, warts and all – from his heroin addiction and criminal conviction, to his new-found love of Buddhism. He'll even open up about his long-term feud with the late George Michael.

ITV, Friday February 17, 9pm

MAKING A MURDERER IS COMING BACK!

It's the news all true-crime addicts have been waiting to hear – Netflix's Making A Murderer has been confirmed for a second season. And it'll be this year!

The follow-up documentary has been in the works for a while, but now it's official that we'll be catching up with Steven Avery and Brendan Dassey in the not-too-distant future.

COMEDY

It's with mixed emotions that we're welcoming the return of *Girls*. Obvs, we're super excited to catch up with Hannah and the gang, but it's the last ever season. It's no wonder that writer and star Lena Dunham has received critical acclaim for the sitcom – the characters she's created feel like close pals after five years. We'll join Hannah as she's writing in The Hamptons. Elsewhere, Marnie and Ray are hooking up again, while Adam and Jessa's relationship is as intense as ever.

Sky Atlantic & NOW TV, Monday February 13, 10pm



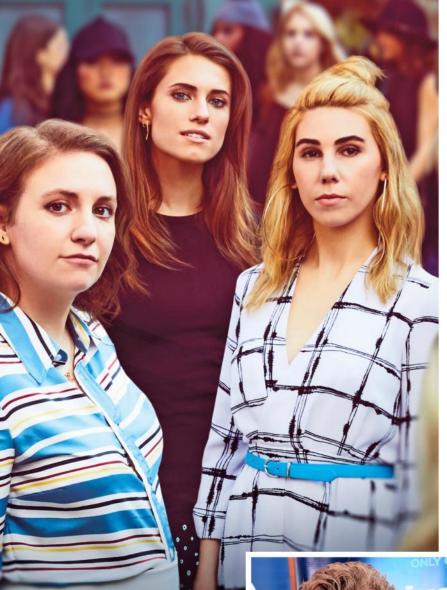
THE GREAT BRITISH SKINNY DIP

Organisers at British Naturism are on a mission to attract new, younger recruits. And we can't blame them – the stereotype that naturists are all old and eccentric, definitely needs to be challenged! *The Great British Skinny Dip* is an event designed to promote social nudity and encourage more people to get their kit off and give nakedness a go. Follow one staff member over the course of six months as he meets up with people from this life-affirming community. Channel 4, Tuesday February 14, 10pm









SOFA WITH...

Katie McGlynn, Corrie's Sinead Tinker

Q: Who's your TV hero? A: Sarah Lancashire's amazing. I thought she was really good in Happy Valley.

Q: Who was your first TV crush? A: Jim Carrey. I go for funny guys. I used to watch Ace Ventura a lot, I quite fancied him, to be honest.

Q: Do you watch any shows over and over again? A: Friends. Even though I've seen

all the episodes, like, 10 times. The one that really makes me laugh is when Monica and Chandler are getting together, and Phoebe and Rachel find out when they see them through the window at Ross's apartment. They try to trick the couple into revealing their relationship, and Phoebe ends up doing a funny dance.

You can follow Coronation Street on Twitter @itvcorrie and Instagram @coronationstreet



THE GRAHAM NORTON SHOW

It seems like yonks since Tom Hiddleston's stunning mug graced our screens. But Hiddlestoners can rejoice, because he's back and ready to chat to our pal Graham Norton about his new film Kong: Skull Island. He'll be joined on the couch by Daniel Radcliffe, Ruth Jones, Ricky Gervais and Tinie Tempah. BBC One, Friday February 17,

10.35pm







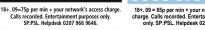


veal classified











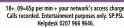




x 0207 966 9686. 0871 = 13p per min + your net 0800 = free. Live calls recorded. SP:4D.









0800 075 0398

18+. 09=65p per min + your network's access charge Calls recorded. Entertainment purposes only. SP:PSL. Helpdesk 0207 966 9646.





RAPIDLY EXTINGUISHES COLD SORE OUTBREAKS

84% of users would recommend it!

When it comes to treating cold sores, SoreFix® provides rapid relief.

It's unique Zinc formula starts working earlier than most anti-viral treatments, trapping infected cells and preventing the virus spreading further.

From first tingle to full blister you can get back to normal faster with NEW SoreFix® Lip Balm.

Available from Superdurus and independent pharmacies upon request.

f /SoreFixUK I www.sorefix.co.uk I 0800 331 7064



'I'D LIKE THREE OR FOUR KIDS'

Loved-up Mario Falcone, 28, tells us he's feeling broody, and drops some major hints he could be back on our screens very soon...

ow are things going with your girlfriend [Becky Miesner]? Really well! I can't grumble. So far, it's perfect.

You moved in together last year, have you talked about starting a family together?

Yeah, we have had this discussion. I've felt [broody] since my sister's [Giovanna Fletcher, who is married to McFly's Tom Fletcher] son, Buzz, [now two] was born. [The couple also have an 11-month-old son, Buddy]. I've always loved children, and so does Becky. This is her first taste of being an auntie.

Do you want kids soon?

I'm quite traditional, so I'd want to get married first. There's no rush.

Since Giovanna and

their two, the couple

Tom (above) had

have been broody



It's another discussion we've had, but she hasn't put any pressure on me yet. She has said if the question was to arise, it would be a guaranteed yes. It could be this year, perhaps, with it all going well. We shall see. I've known the girl for 10 years, so it's not like we're rushing it. I was trying to get with her for years, but she was mad, she wouldn't go out with me. Then one day, she saw the light. (I'm joking! She'll hate me for saying that.)

Have you thought about how you'll propose?

Of course! But I can't tell that to Reveal, can I? But, it will be very romantic.

How many kids would you like? I'd like three or four. I love

kids, and now they do seven-seater Range Rovers and stuff, so you don't have to just stick to three! But, Becky only wants two. I'd like a mix of boys and girls, with a boy first, so he can be the protector.

What are you looking forward to most about being a dad?

Protecting and having a purpose. You're nurturing something

and making it grow. A lot of who you are will be who that child is.

We knew you as a bit of a player in your TOWIE days - how have you changed?

I think I've grown up, and I believe most boys go through that. The ones that don't end up doing it with their secretary when they're older. You realise when you get older that it's not that fun.



What's your fitness regime like at the moment?

Pretty hardcore! I'm going to Barbados in six weeks, and all of my friends are going, so it's like a body battle. Right now, I go to the gym in the morning, I do a mix of cardio, rowing and running, and then I do my weights. Then I try to do another cardio session in the afternoon. Summer's always a good motivation for me. As soon as we get to October, fat Mario's back.

Do you drink alcohol?

Look, I'm Italian. I'm partial to a glass of red. It makes me feel cultured. I'm not really a big drinker, it knocks me out for a week if I go for a drink.

Would you ever return to TOWIE?

I would! I did a cameo last series, which was fun - it's

always nice to see everyone. In the right capacity, I'd love to go back. My relationship would never feature; I've learned you need to keep a part of your life back. It's easy to get lost in the TOWIE world. But, I would go back, because I enjoy it and I'm still friends with the people. I wouldn't rule it out.

Do you miss the big showdowns?

God, no. I prefer having a glass of wine and drinking it to having it hit me in the face!

Have you been asked to return?

Who knows? It could be something to keep your eye on. Claire Hubble

Mario Falcone is supporting Cancer Research UK's The Great Row. For more info, visit cancerresearchuk.org/ thegreatrow





HOLIDAY DESTINATION?

Oh, my, God! I've been to Ibiza like eight times now. I'm always there. I party, drink, chill, sunbathe – all the best bits!

SONG TO GET YOU STRAIGHT ONTO THE DANCE FLOOR?

Old R&B classics, without fail. Something like Chris Brown songs, such as *Kiss Kiss* will be up there. I love that song! It's so good. I wish clubs just played all those sorts of songs again. When Chris Brown came out when I was 14, everyone had such a crush on him, but he's gone a bit AWOL now.

THING ABOUT ALEX?

It's got to be his smile. He's just got that cheeky little grin! I love how he's a total weirdo as well – we're both really kooky.



SONG?

I love Little Mix's new song, *Touch*. I'm a huge fan of theirs – I adore them. They're like queens! I love them all. I don't have a favourite member, but I think Jesy is beautiful. I'd love to see them live.

GUILTY PLEASURE?

Chocolate. I keep eating it in bed. It's the worst habit! I just have the standard Dairy Milk, or chocolate digestive biscuits.

HANGOVER CURE?

My new eye serum, Party-eyes. I have such late nights and early mornings, so I put that on before any make-up – it makes such a difference.

Kimberley Bond

Party-eyes is available at party-eyes.com and amazon.co.uk

like Prosecco.

Cosmopolitan – I have it on holiday all the

time. If I'm on a night out, though, I always

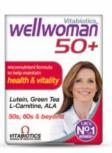
drink some bubbly.

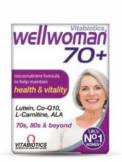
















Original

Plus

50+

70+

Max

Drink

Whether you are looking to support general daily health or have a specific health interest, *Vitabiotics Wellwoman*® is an advanced range of nutritional products designed to support your nutritional intake and life stage needs. With over 45 years of Vitabiotics' experience, there's no women's supplement range more relied on than Wellwoman.

from Britain's No.1 Vitamin Company*

*Nielsen GB ScanTrack Total Coverage Value Sales 52 w/e 10 September 2016.

















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

good to know