

TATLER[®]



APRIL

MOST INVITED 2017

Who is at the top of everyone's party guest list (and who's at the bottom...)

MEET GEORGINA BEVAN

SHE LOOKS GOOD IN PEARLS

MILLENNIAL SLOANES

Their habits, codes and mating practices

OOPS, ALL MY CLOTHES FELL OFF!

Which is fine because all you need are the new accessories

JAMES CORDEN'S LA LIFE

WITH HIS ARISTO (YES, REALLY) BUDDIES

THE ONE MONTH GAP YEAR YOU WON'T SLEEP MUCH, BUT IT WILL BE FUN

THE NEW POSH

RULES FOR THE 21ST CENTURY



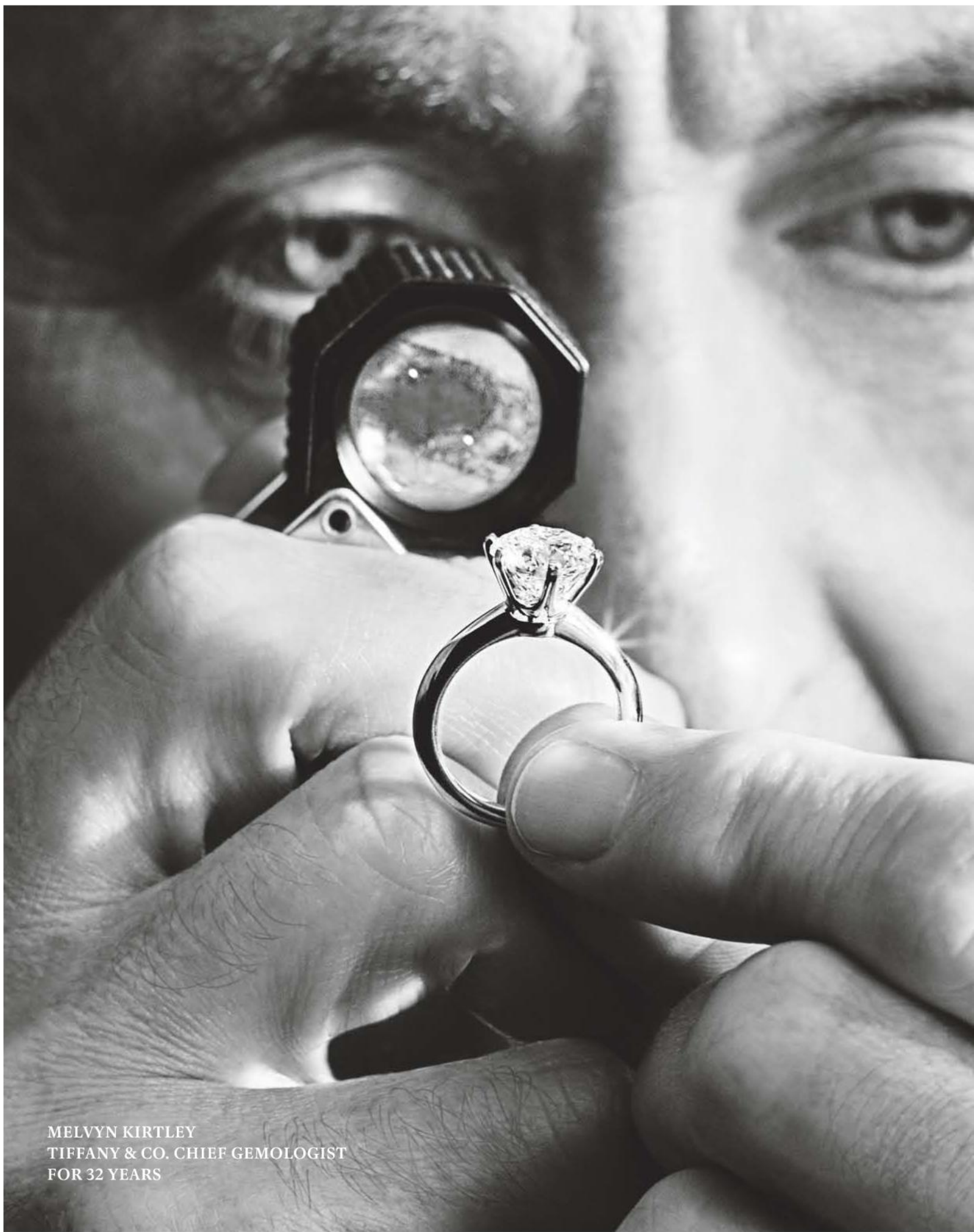
RALPH LAUREN

The PEACOAT, 2016
Photographed by Steven Meisel
#RLICONICSTYLE

The SAILOR PANT, 2016
Photographed by Steven Meisel
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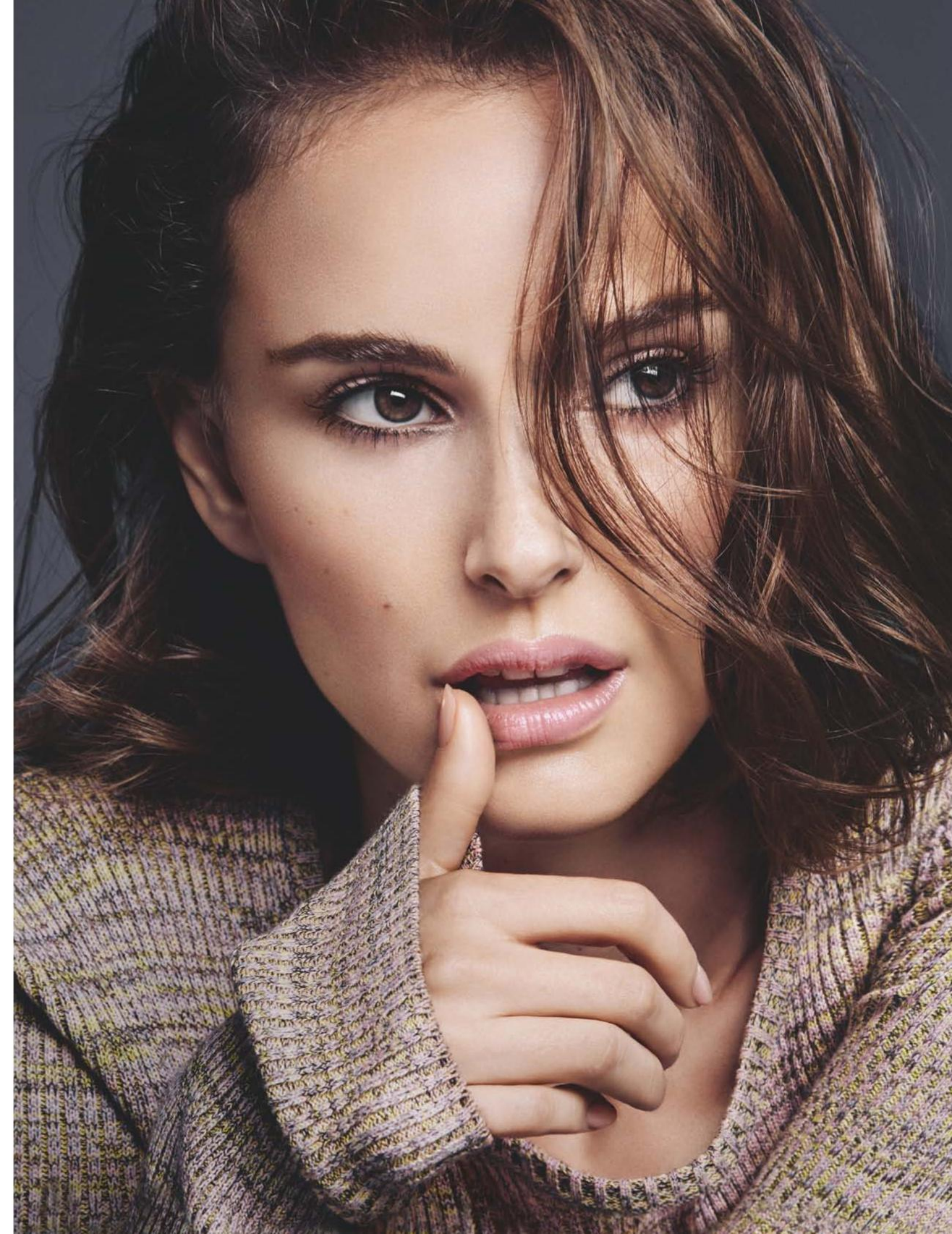
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* Instrumental test after application of the cushion. Number of participants: 20 women. ** At Dior.

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TATLER

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The Cover **GEORGINA BEVAN**

Photographed by **LORENZO BRINGHELI** *Styled by* **SOPHIE PERA**



Georgina Bevan wears metal and glass-pearl belt (worn as necklace), £4,300, by Chanel. Pearl necklace, £38, by Gillian Horsup, at Grays Antiques. Jacket, from a selection, at Vestiaire Collective. Earrings, from a selection, at ASOS. Hair by Dora Roberti at Close Up Milano, using Bumble and Bumble: Don't Blow It (H)air Styler and Strong Finish Hairspray. Make-up by Pablo Rodriguez at CLM Hair & Make-up, using YSL Beauty: Couture Eye Marker, The Shock Mascara in Black, Le Teint Touche Eclat Foundation, Blush Volupté in No. 2 Séductrice and Rouge Pur Couture in No. 9 Rose Stiletto

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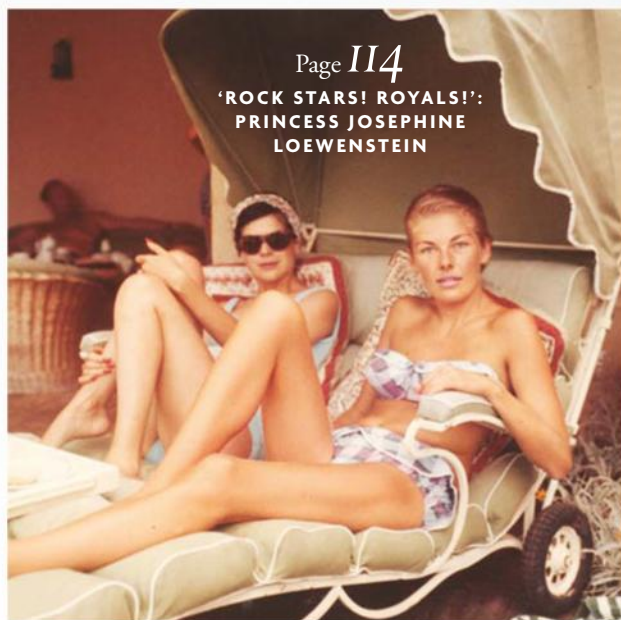
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DOLCE & GABBANA

#DGCAPRI

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DAME NATALIE MASSENET & ERIK TORSTENSSON

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WHEN
THE
EASTER
BUNNY
CAME TO
TATLER
TOWERS!

*He liked the
photocopier.
Watch the video.*

ARE YOU A MILLENNIAL SLOANE?

Take our online quiz and find out more about
yourself than you were bargaining for.

Imogen Waterhouse,
'Meet the Millennial
Sloane', page 122



Diana wore it first

We thought we'd seen some of those A/W 17
catwalk looks before. And we were right
— on the original Sloane Ranger, Diana, Princess
of Wales! Learn how to copy her look.

THIS MONTH ON TATLER.COM

It's the site for sore eyes that just keeps giving



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up the loveliest hotels
close to home.



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TATLER



CANDY FLOSS

Angora-bunny Candy guards the diamonds on page 47

What's your worst habit?

I'm always banging into things. I'm too vain for glasses.

What's your signature dance move?

A running jump and a heel flick.

What's your go-to

fancy-dress costume?

Goldfinger's cat. I just curl my ears up tight.



ARNAUD PYVKA

Arnaud photographs Ashley and Kata Hicks (page 84)

What's your signature dance move?

The finger twitch. And repeat.

What would be your death-row meal?

Oysters. Lots of them.

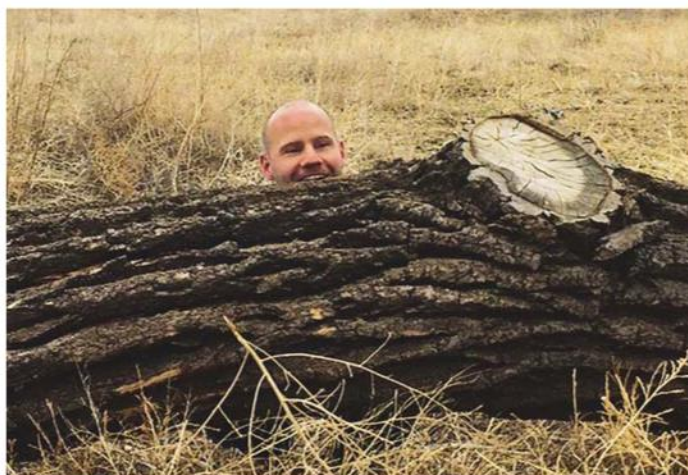
What's your favourite joke?

'We have to do it again – there was no film in my camera.'

Super-power you'd most like to have? Invisibility.

CONTRIBUTORS

What's on their minds this month?



ROBERT HARPER

Robert captures American heiress Hayley Bloomingdale (page 37)

What's your worst habit?

Not letting people finish their sentences.

What's your go-to fancy-dress costume?

Something that requires a dressing gown.

If you could get away with one crime, what would it be?

I'd rob a bank or a train – old style. There's a certain glamour to riding off with sackfuls of cash.



AYSHA SURSOCK

Our bookings editor produces this month's cover story (page 94)

What's your earliest memory?

Falling into the deep end of a pool, and my mother jumping in after me still holding onto her shopping.

What never fails to make you laugh?

My boyfriend fluttering his eyelashes at me when I'm angry with him.

If you could get away with one crime, what would it be?

I'd steal Matisse's *Blue Nudes* and hang them in my sitting room.

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FASHION

Photographed by ROBERT HARPER

HERE'S LOOKING AT... HAYLEY BLOOMINGDALE

'If there's one thing I've learnt, it's do not f**k with cat people,' says Hayley Bloomingdale. We're having a cup of tea in the Library Bar at the Lanesborough and the 30-year-old is talking about the vitriol she received from the cat-loving community for a piece she wrote for American *Vogue* last year. 'It was about Instagram rules – I said, "Don't post about cats," and they went crazy. That's one of the good things I've discovered since moving here – English people are dog people.' The California-raised Bloomingdale's heiress moved to London last year in her role as communications director at Moda Operandi, Lauren Santo Domingo's fashion website that lets you pre-order straight off the catwalk. And she's learnt a lot more since she came here – like the fact that you don't need your passport to go to Wales: 'I tried to give it to the ticket inspector.' Her favourite thing about living in England? Dressing for dinner when she goes to stay with her friend Lady Charlotte Wellesley at Stratfield Saye – it reminds her of her glamorous late grandmother, Betsy Bloomingdale, who had wardrobes stuffed full of couture gowns 'with little cards on each one saying where she wore it, like "I wore this to Charles and Diana's wedding with those shoes and these earrings"'. There was definitely no raiding that wardrobe as a kid... **LB**

HAYLEY BLOOMINGDALE WEARS VINYL COAT, £1,666, BY ATTICO. SILK DRESS, £1,595, BY HUIZHAN ZHANG. SILVER-PLATED BRASS & DRUZY EARRING, ON LEFT EAR, £82, BY CORNELIA WEBB. SILVER EARRING, £120 (ONE OF PAIR), BY ALLISON BRYAN. FOR STOCKISTS. SEE ADDRESS BOOK. HAIR BY LIAM JAMES MOORE. MAKE-UP BY MEGUMI MATSUNO, USING SUQUU, BOTH AT CAROL HAYES MANAGEMENT. STYLED BY AILSA MILLER



KARLIE
KLOSS
IN BOSS



BELLA
HADID
IN VERSACE



OLYMPIA
CAMPBELL
IN CALVIN
KLEIN



SARAH
ELLEN IN
MANNING
CARTELL



JHENE
AIKO
IN VINTAGE

DON'T YOU WISH YOU'D WORN THAT? BRA TOPS

I know, I know, I know... But STILL. These new-season bra tops are worth a go because delicate, cunning, subtle handling truly is possible. Here are three ways to attempt the bra top if you are not a Victoria's Secret model. If you happen to be a Victoria's Secret model, then now is the time for you to go away, please. Bye. See ya. Thanks.

1 The extremely high-waisted trousers and oversized jacket combo. Honestly, this is genius. All you need to unveil is a ribbon-thin strip of tum around the rib area, which, when you're standing, is not generally where flab gathers. Just don't sit down. And the jacket is oversized, remember — so if you PANIC, you can wrap it around yourself and feel all safe and wuffy.

2 A jumpsuit. Unzipped quite a long way. Utility slut.

3 A deep-V frock. Yes, this V must be so deep that a neat little triangle opens up front and centre. A flash. A hint. A nod. Rather than nakedness.

That said, if nakedness is your thing, then bra tops are a marvellous gateway to flashing your trash. No one is pretending they are classy. But they sure are good-time... **AR**



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IN BOTTEGA
VENETA



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VELVET SHIRT, £1,950, BY **MULBERRY**



SILK-JACQUARD DRESS, £4,040, BY **CAROLINA HERRERA**



ISABEL MARANT S/S17



BALMAIN S/S17

Silver

Imagine you are getting dressed and choosing a simple black trouser. Or perhaps a nice, ladylike blouse – with a bit of a pussy bow. Or what about a pencil skirt, or possibly something a little asymmetrical for added élan? Now, turn it all bright silver and you have fashion take-off. It's not burnished and glowy – it's positively shiny and there is even a silver-brocade-trouser situation happening at Gucci, should you be so inclined. Be inclined. This is true polish. **AR**



METAL SUNGLASSES, £380, BY **DIOR**

CREATURES OF THE WIND S/S17



VANESSA SEWARD S/S17



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To Her Majesty The Queen
Daks Limited
London



By Appointment
To H.R.H. The Duke of Edinburgh
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London



By Appointment
To H.R.H. The Prince of Wales
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DAKS
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Neckerchiefs

Take all the associations – air hostess, the Queen’s Balmoral headdress – and put them on ice. Because these awkwardly small, square, silk-scarfy things are making a comeback. True, some have been at the steroids and their enlarged reincarnation is easier to work with. But at the heart of this kerchief mood is the classic Hermès scarf. Part horsewoman, part couture-buyer, part film star. This is pared-down glamour to a T. Wear one with anything. Clash as much as you dare. Consider your spring look all sewn up. **AR**



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ON TOP OF EGG,
WHITE-GOLD, DIAMOND
& AQUAMARINE RING,
£10,200, BY **DIOR
JOAILLERIE**. BOTTOM
OF EGG, FROM LEFT,
WHITE-GOLD, DIAMOND
& AQUAMARINE RING,
£9,750, BY **SHAUN
LEANE**. WHITE-GOLD,
DIAMOND & SAPPHIRE
RING, £3,230, BY **MARCO
BICEGO**. WHITE- &
ROSE-GOLD, DIAMOND
& BLUE-TOPAZ RING,
£3,500, BY **POMELLATO**

DON'T CALL ME FLUFFY

And those eggs have nothing
to do with me. The diamonds, on
the other hand, are all mine

Photographed by AMY CURRELL





TOP ROW, FROM LEFT, WHITE-GOLD, DIAMOND, EMERALD, SAPPHIRE & MOTHER-OF-PEARL RING, £60,000, BY **CARTIER**. PLATINUM, DIAMOND & AQUAMARINE RING, £8,400, BY **WILLIAM & SON**. SECOND ROW, WHITE-GOLD, DIAMOND & BLUE-TOPAZ NECKLACE, £1,750, BY **MAPPIN & WEBB**. WHITE-GOLD, DIAMOND, SAPPHIRE & AQUAMARINE EARRING*, £15,175, BY **CASSANDRA GOAD**. WHITE-GOLD, DIAMOND, TANZANITE & PEARL EARRING, POA, BY **GARRARD**. THIRD ROW, WHITE-GOLD, DIAMOND & AQUAMARINE RING, £16,000, BY **THEO FENNELL**. WHITE-GOLD, DIAMOND, BLACK- & GREY-SPINEL, MOONSTONE & PEARL EARRING, POA, BY **CHANEL**. WHITE-GOLD, DIAMOND & SAPPHIRE NECKLACE, £9,160, BY **CHAUMET**. BOTTOM ROW, PLATINUM, DIAMOND & SAPPHIRE EARRING, POA, BY **BOODLES**. WHITE-GOLD, DIAMOND & BLUE-TOPAZ EARRING, POA, BY **BOGHOSSIAN**. WHITE-GOLD, DIAMOND & TOPAZ EARRING, £4,600, BY **ANNOUSHKA**

*EACH EARRING IS ONE OF A PAIR. FOR STOCKISTS, SEE ADDRESS BOOK. STYLED BY PHILIPPA DURELL



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ABOVE: 'FOLD' DINING TABLE (MR4537), DARRYL CARTER COLLECTION FOR MILLING ROAD AT **BAKER**. 'AZTEC' CANDELABRA, FRANCESCO DELLA FEMINA AT **PASSERINI**. 'REX' CHAIR (50002-52), DONGHIA AT **RUBELLI/DONGHIA**. 'DIAMOND' TABLE LAMP AND SHADE, BEST & LLOYD AT **FROMENTAL**. 'COPPELIA' PENDANT, MOOOI AT **CHAPLINS**. 'CECILY' DINING CHAIR, **J. ROBERT SCOTT**. WALLCOVERING: 'VENEZIA' (402), BRIAN YATES. FABRIC ON LEFT HAND FRAME: 'DOMINO' (31612/12), JAMES HARE AT **MARVIC TEXTILES**. FABRIC IN BACK OF SMALL VITRINE: 'LAO LAO' (F3143001), **PIERRE FREY**. FABRIC IN BACK OF LARGE VITRINE: 'MIDPOINT' (K2123/4), KNOLL TEXTILES AT **STUDIOTEX**. ALL ITEMS PICTURED WILL BE SHOWCASED DURING LONDON DESIGN WEEK 2017

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ABOVE, 'ARM CHAIR',
BERT FRANK AT DECCA
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Mariella Tandy
rounds up
the month's most
splendid stuff

THE IT LIST



POA, BY
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IN WITH THE OLD

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£375, BY
COMPLET

2 WELCOME TO **COMPLET**, THE NEW KID ON THE BLOCK WHEN IT COMES TO BAGS YOU'RE GOING TO BECOME UNREASONABLY OBSESSED WITH, OF THE 'I WON'T SLEEP UNTIL I OWN THAT MINI VALERY TOTE BAG THAT COMES IN PALE-BLUE' VARIETY. COMPLET-O.COM

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Sisley's new Izia fragrance is named after Polish-born co-founder Isabelle d'Ornano ('Izia' is the Polish version of her name). One spritz and you'll be transported to a magical garden of white bergamot and delicious flowers lavishing themselves on your person. harrods.com

£210, BY
MZ SKIN



WORTH ITS WEIGHT

This is so much fun – Dr Maryam Zamani's **MZ Skin** Lift & Lustre Golden Elixir Antioxidant Serum firms up the skin, prevents inflammation AND has gold particles in it. Actual gold particles. It's just so cheerful. drmaryamzamani.com

Neville's brilliant, non-invasive Venus Freeze treatment in their Venus room works wonders on jolly annoying things like cellulite, as well as tightening skin, melting fat and reducing circumferences you'd like to see reduced.
nevillehairandbeauty.net

EVERYTHING'S ROSY

The thing about **Dr Sebagh** skincare is that – plain and simple – it's really good. We're having a particular love-in with this new Rose De Vie Cream Cleanser, which not only leaves no trace of make-up behind, but unclogs pores while deeply nourishing and hydrating. Your skin's gonna LOVE it. drsebagh.com



£32, BY
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'A WALK IN THE WOODS' COCKTAIL

GOOD MIXER

The excellent **34 Mayfair** has teamed up with the quite splendid shooting brand **Purdey** to create some fabulous cocktails – the Bicentenary, A Walk in the Woods and Long Room Punch all require immediate sampling. 34-restaurant.co.uk; purdey.com

STEPPING OUT

Fab flats

1 PUT A SPRING IN YOUR STEP THIS SPRING WITH THESE SPRINGY **LONGCHAMP** LA BARONNE FLATS (COMPLETE WITH STRAP TO STOP THEM SPRINGING OFF). LONGCHAMP.COM

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£245, BY **RUSSELL & BROMLEY**

PRIME MOTIVE

£2,425, BY **DE BEERS**

There is a long-held belief that carnelians have the power to protect and motivate. We are extremely motivated by this rose-gold and carnelian Lotus pendant by **De Beers**. Motivated to get to their nearest shop and only leave when we have one swinging around our neck. debeers.co.uk

£2,955, BY **BOTTEGA VENETA**

Verrrry partial to a bit of leopardprint, aren't you? **Bottega Veneta**'s new City Knot bag takes inspiration from their Seventies archive. It's a compact shoulder bag (note the strap, eagle eyes). We heart in extremis. bottegaveneta.com

Available at **Decléor** salons, Chico Shigeta's Facial Pilates, £75 for 75 minutes, makes you look like you've had the world's best facelift. Using the Energy Concentrate Youth Cream, £80, it works on core muscles and boosts circulation. decléor.co.uk

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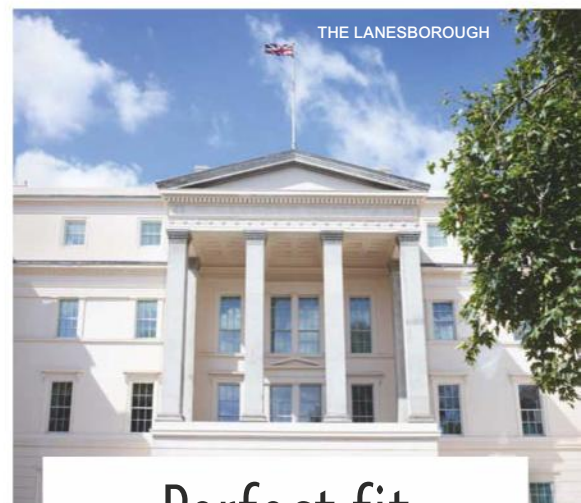
One ought to view one's diamond collection as a living, breathing creature that needs constant feeding. With more diamonds. Here we bring you this gold and diamond motif bracelet from **Harry Winston**'s new HW Logo collection. You know and we know that you must own it. Think of your diamond collection, not yourself. It needs it. Don't be selfish. harrywinston.com

*YESSS, it's that time of year again when we can all rush off to the Design Centre Chelsea Harbour for **London Design Week** and start plotting how we're going to redo our houses. It's on from 16 to 18 March and has showrooms brimming with marvellous ideas to get your juices flowing. dcch.co.uk*

£2,150, BY **DOLCE & GABBANA**

TO HAVE & TO HOLD

Could get a bit overexcited about this snakeskin, calfskin and alligator clutch bag from **Dolce & Gabbana**. Might want to sort of marry it and send it flowers and get it diamonds for its birthday. dolcegabbana.com



THE LANESBOROUGH

Perfect fit

Prepare to become fixated with your fitness. **The Lanesborough's** new Club & Spa will be entirely to blame: it's a whopping great space with lovely things like thermal suites, a hydropool, Bodyism, Pure Massage and La Prairie outposts AND amazing food. lanesboroughclubandspa.com □

BADA BING BADA BOOM

On its 25th anniversary, BADA 2017 goes all out with its best-ever collection from the most esteemed dealers in the UK

Have your people call their people and commandeer tickets to the event of the spring, BADA 2017. This March – at Duke of York Square – BADA is celebrating 25 years of its annual must-attend event. Featuring a mélange of quality craftsmanship, fine art and beautiful antiques under one roof, you'd be mad to miss it.

From 15 to 21 March 2017, BADA will ensure you delve head-first into a world of luxury and decadence. For one week only, you'll have the chance to meet BADA-approved professionals, benefit from their extensive expertise and buy exceptional pieces of traditional, contemporary art and antiques.

Presenting an outstanding selection from 100 of the UK's inimitable dealers, it will, quite simply, take your breath away. BADA guarantees the only obstacle you'll face is having to choose which item best complements your chaise lounge / Queen Anne wingback chairs / pet Dachshund. The delights begin at the front door as visitors will be greeted on arrival by 'Lilium I' – a

unique sculptural form in olive ash by Irish designer-maker Joseph Walsh. The piece has been specially commissioned by Peter Petrou, who will be exhibiting at BADA 2017.

Desperate to get your hands on Pablo Picasso's 'Tête d'Oiseau' (aren't we all)? Don't know where to put it? Worry not, because the George II period carved side table with Siena marble top will display it perfectly to eagle-eyed visitors entering your hallway of grandeur. And if that's not enough; to satisfy your opulent appetite and deftly mark their silver anniversary, BADA's Loan Exhibition will be titled: *Samuel Prout (1783 - 1852): A Grand Tour in Watercolour*.

The exhibition's curator, Timothy Wilcox, says 'Lovers of Samuel Prout's work will never see this idea better represented than in these works of tremendous power and brilliance.' An inspirational journey, from the picturesque Devon mills to the grand vistas of Venice, the display wonderfully brings together over 20 of Prout's finest works in one place, for the first time in 50 years.

So, clear your diary (and possibly a couple of shelves) because you won't be leaving BADA 2017 empty-handed.

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BALUSTER JAR AND COVER –
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C.1690 PORCELAIN

© JAMES MCWHIRTER ANTIQUES LTD
ABOVE: LILIUM I - A UNIQUE
SCULPTURAL FORM - OLIVE ASH,
JOSEPH WALSH 2014,
© PETER PETROU

RIGHT: SAPPHIRE, RUBY,
COLOURED DIAMOND AND WHITE
DIAMOND BROOCH IN THE FORM
OF A BUTTERFLY - FRENCH 1880

© SANDRA CRONAN
FAR RIGHT: DIAMOND SET CICADA
BROOCH WITH CABOCHON
SAPPHIRE EYES, C.1890
© SANDRA CRONAN



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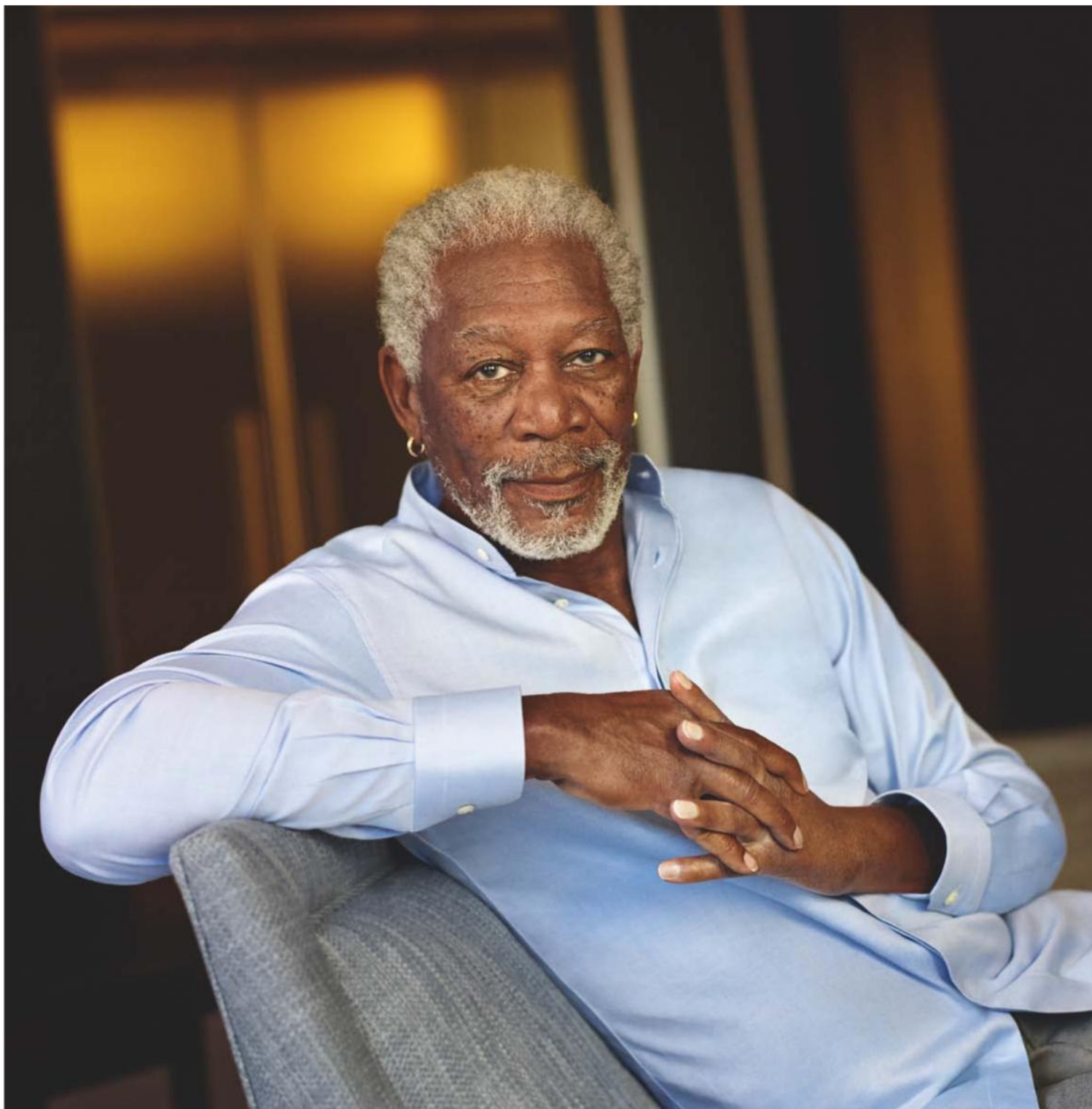
LEFT: A RARE
GEORGE I PERIOD
SCARLET JAPANNED
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TATLER

ABOUT TOWN

Photographed by WILL SANDERS

THE LEMON LADY

I am going to mention a few things that may make you want to dislike Jenna Barclay: she is a vegan, she has skin that glows with its own phosphorescence, she is the granddaughter of the billionaire Sir David Barclay (one of the *Telegraph*-owning Barclay brothers), she lives in Mayfair and she likes eating at Farmacy, Camilla Fayed's vegetarian restaurant, where they serve bruschetta made with cashew cheese. Yes, cheese made of nuts.

But you won't dislike her. I promise. She's as charming as a kitten dressed in a bonnet and she's got serious grit. Old Westminster girl Jenna, 30, skipped university and worked as Tamara Mellon's assistant at Jimmy Choo for five years before starting her own food and drink business aged 23, first launching a range of 'upcakes' (snacks made using ingredients like raw almonds and cocoa butter), and, more recently, a soft drink, Skinny Lemon. 'I was in a club in London looking at all the mixers. I didn't want Diet Coke or orange juice or cranberry. I just thought, "Wouldn't it be cool if I could drink something right now with less than five calories, no sugar, no preservatives?"

'It's made with reverse-osmosis carbonated water,' she continues. 'Which means it hydrates you as you drink and you feel good the next day.' She's trying to rid the world of hangovers, people. She's a hero for our time. **SM-C**





DIVIDED WE FALL?

The inequality gap has never been wider, but many positive life indicators are better than ever. Does this make everything OK, or could unbridled wealth disparity mean the unmaking of the modern world? By Jason Cowley

In July, shortly before she became Prime Minister, Theresa May gave a remarkable speech in Birmingham in which she outlined her political priorities. 'First, we need a bold, new, positive vision for the future of our country – a vision of a country that works for everyone, not just the privileged few,' she said.

The cool-minded and steely Mrs May, a grammar-school-educated daughter of a country vicar, then pointed out: 'Right now, if you're born poor, you will die on average nine years earlier than others.'

She was speaking in the uneasy aftermath of the Brexit vote, which had toppled a prime minister, split the Labour party, sent the value of the pound plunging, humiliated many commentators and destabilised markets. The speech captured perfectly the anxieties of the present moment – and this was before Donald Trump won the US presidential election. What in essence it told us was that, for more and more people at all levels of society, the feeling is growing that inequality in the West is out of control and that the gap between the very rich and the rest is simply too wide.

In his latest book, *Success and Luck: Good Fortune and the Myth of Meritocracy*, the American economist Robert H Frank finds that in 1980 American CEOs were paid 42 times the wage of the average worker. They are now paid 400 times as much. In the UK, the share of household income going to the top one per cent has trebled since 1979. Oxfam has found that the accumulated wealth of the top one per cent in Britain is over 20 times greater than the total wealth of the poorest fifth. The top one per cent own 23 per cent of the total wealth in the nation.

The financial crash of 2007 and 2008 – and the Great Recession and the sovereign-debt crises that were a consequence of it – was meant to have marked the end of an era of runaway 'turbo-capitalism'. That did not come close to happening. Instead, the greatest burden was carried by the poorest in society, those most directly affected by a new age of austerity. 'The effect of the financial crisis was to undermine faith and trust in the competence of the governing elites. It marked the beginnings of a wider political crisis,' wrote Martin Jacques, author of the international bestseller *When China Rules the World*.

This sense of distrust in ruling elites was especially evident during the US election and the EU referendum, not least when no less a person than Michael Gove proclaimed: 'Britain has had enough of experts.' Many would agree with him, and we are living with the results. That a populist plutocrat such as the belligerent Donald Trump should now be president

is further warning, if any were needed, that something fundamental is going wrong in Western politics.

Yet Trump's isolationist, protectionist, anti-immigrant message resonates because not only does he purport to speak for those who are struggling to get by, he also understands that free-market globalisation is creating too many losers. One of his tactics in the Republican primaries was to traduce Wall Street bankers while claiming that he alone was on the side of the ordinary or 'little' people whose wages have been stagnant for decades and who feel most threatened by immigration. It mattered little to his supporters that Trump is a real-estate billionaire with a foreign-born wife. Despite the protestations of Republican grandees like the Bush family and Mitt Romney, Trump pulled off an astounding coup by defeating his Democratic rival, Hillary Clinton, the candidate of the Washington and Wall Street establishments.

It's not only blue-collar workers who are disaffected, however. In recent years, we have witnessed the emergence of a new, angry middle class in Britain and other Western countries – especially young graduates. Burdened by debt, they expect to be the first generation who will be less well off than their parents. The data tells a story. Between 2003 and 2015, the median annual salaries of those aged 18–21 and 22–29 in the UK fell by over 15 per cent in real terms. In the past 20 years, the number of young adults aged 20–34 living at home has risen by 600,000, because they cannot afford to rent or buy a property of their own; indeed, one in five 27-year-olds is still living at home. University tuition fees – £9,000 a year and rising – effectively add an extra marginal tax rate of nine per cent for young graduates. The average low-to-middle-income household needed three years to save for a typical first-time-buyer deposit in 1983; today, it requires up to 24 years.

A global plutocracy, meanwhile, has colonised much of London, inflating house prices, as well as marginalising the sons and daughters of the middle classes who aspire to live and work in the capital. How sorry should we feel for this new restless middle class? Let's not forget that those earning £25,000 a year are among the one-per-cent richest in the world, yet they now consider themselves to be have-nots. Partly this is because the perception of inequality is so great in our interconnected, digitised world. From Premier League football to the London property market, one struggles to escape from ostentatious wealth and conspicuous consumption. Advertising and celebrity culture stimulate expectations and desires that can never be fulfilled. This, in turn, fuels resentment of the status quo

('I want some of what they've got'), which is something that Trump exploited so adeptly. But hold on. Aren't we also meant to be living in a golden age in the West? Life expectancy is at an all-time high in Britain. Absolute poverty has never been lower. Crime has halved since 1995. We have never been more protected from racial, gender and sexual discrimination.

Last year, I made a documentary for Radio 4, *The New Young Fogeys*, in which I argued that this millennial generation is the most socially responsible and cleanest-living since the rebellions of the Sixties. They smoke and drink much less, and take fewer drugs, than the baby boomers and Generation X before them. Record numbers of young people are going to university, including some from the poorest groups in society. Youth crime is down, teenage pregnancy at the lowest level since records began. Yet millennials are frustrated that their lives are precarious rather than secure, and that society is becoming not less but more unequal. This reality should frustrate us all – it is destabilising the open and free societies of the West, undermining democracy itself.

Even Lloyd Blankfein, the CEO and chairman of Goldman Sachs, has expressed concern about inequality, suggesting that it is making it harder for governments to govern and that it is fuelling the rise of anti-system parties, the new nationalism and populists such as Donald Trump. 'Too much of the GDP over the last generation has gone to too few of the people,' Blankfein has warned. He is right. The greater challenge is what to do about it.

Many of us (and I write as one of the privileged few) have enjoyed the benefits of globalisation – the free flow of capital, digital communication, technological innovation, the property boom and ease of travel, as well as great fashion, sport, food and culture. The opportunities can seem boundless – if you have money and a good job. Let's not forget, too, that globalisation has lifted 700 million Chinese out of poverty and created a huge new prosperous middle class in India.

At the same time, ours is a winner-takes-all society. It's great if you are winning or were lucky enough to have been born into inherited wealth in the developed world, but it's much less so if you are looking on resentfully from the sidelines or simply struggling to pay a mortgage. And the winners should always remember that there are many more losers or people who are missing out, and that their needs and aspirations should never be forgotten or neglected – which is why Prime Minister May is wise to be concerned about the corrosive effects of entrenched inequality, perhaps the defining political issue of these times. □

Jason Cowley is editor of the *New Statesman*.

ALL HAIL KING JAMES!

And his court of Brits taking over Hollywood. By Sophia Money-Coutts

There has long been a Brit Pack in Hollywood. When Laurence Olivier arrived there in the late Thirties, he checked into the Chateau Marmont and found a note waiting for him: 'There will be net practice at 4pm tomorrow, I trust I shall see you there.' It came from a fellow British actor called Charles Aubrey Smith, founder of the Hollywood Cricket Club.

The current Brit Pack don't have time for cricket. They're too busy making the TV show that's watched by millions in the States and billions elsewhere. It's *The Late Late Show with James Corden*, hosted by the former *Gavin & Stacey* star, and even if you haven't seen it, you've probably watched a clip online, because it's the show that spawned Carpool Karaoke, with the likes of Michelle Obama and Adele singing with Corden in a Range Rover. (The Adele clip was last year's most-watched YouTube video: 138m views.)

Corden, the 38-year-old son of an RAF musician from Buckinghamshire, is the show's frontman, and various Brits work behind the scenes. It's a cast of well-connected producers and writers that includes Professor Robert Winston's son, Ben, 35, and Old Harrovian Louis Waymouth, 38. They've formed a new gang of feted Brits in Hollywood – revelling in awards, hanging out in the Soho House on Sunset Boulevard and enjoying no longer having to put on a coat to go outside.

I speak to Winston on the phone from LA. For him, it's just after 9am, the morning after a big awards ceremony where the show picked up yet another gong – the Critics' Choice Award for Best Talk Show. But if Winston has even the tiniest headache, he doesn't show it. 'I'm all right,' he says cheerfully. 'Winning propels you, so it was a magnificent night.' Winston is a chatty north Londoner who's already being talked about as one of the

world's most influential TV producers. He started out as an 18-year-old runner on Channel 4's *Teachers*, where he met James (who had a small part as a nerd called Jeremy). After studying media at Leeds University, he formed a production company, Fulwell 73 – with friends Leo Pearlman and brothers Gabe and Ben Turner – and started making music videos for JLS, Olly Murs, Gary Barlow and One Direction. Tall, with artful stubble, Winston didn't just look like a boy-band member, he had the easy charm and confidence to become friends with the celebrities he worked with, especially One Direction.

Winston moved to LA with Corden in 2014 as executive producer of the show. He masterminds everything. Parts of the show may look easy – rig

a Range Rover with cameras, drive around having a singalong – but it takes meticulous planning. 'I get in at about 8.30,' he says of a typical day, before launching into a precise, four-minute monologue about the production timetable, broken down into half-hour slots, from comedy meetings, to band rehearsals, to briefing Corden about that day's guests.

Corden's rapport with his guests is one of the show's biggest strengths. For his debut, in March 2015, he got Mila Kunis to admit that she'd married Ashton Kutcher. Two months later, he landed the first TV interview with One Direction after Zayn Malik left the group. Celebrities now clamour to do Carpool Karaoke – 'Lady Gaga would attribute a lot of her number-one album to the fact she did Carpool, and we saw the figures rocket after that,' says Winston. 'When Michelle Obama

Ben Winston and James Corden celebrate *The Late Late Show's* wins at the Emmy Awards in Los Angeles, 2016



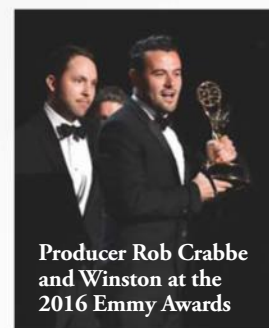
did it for a charity single, the single went from No. 360 in the charts to No. 4.' And it's the viral numbers that Winston and his team pay the closest attention to. While the show's TV ratings are holding steady at just over a million viewers (it's on nightly from Monday to Friday), YouTube clips mean it's watched worldwide. A regular segment called Drop the Mic, originally a rap battle between Corden and Anne Hathaway, has notched up 11m views and been sold to Turner Broadcasting System as a standalone show – and Apple has paid an undisclosed (presumably whopping) sum for a separate Carpool Karaoke series to stream on Apple Music.

Winston refers to British shows like *The Big Breakfast* and *TFI Friday* as inspirations. 'We want to make an hour of entertainment every night that isn't predictable, where we don't just bring on the guests and make a few jokes.'

This means the team work well into the evening. But there are no post-work G&Ts. 'Then we go home, because we start it all again the next day,' says Winston. It's a schedule that's all the more impressive because, a week before we speak, his wife Meredith, a restaurant designer and the daughter of British fashion entrepreneur Harold Tillman (who used to chair Jaeger and Aquascutum), had their first child, a daughter called Ruby. He's bought a house for them in Westwood – a sign of confidence, given that when he arrived in LA, he took just a six-month lease on an apartment, in case the show flopped. **CONTINUED ON PAGE 179**



Lady Eloise Anson and her future husband, Louis Waymouth, 2010



Producer Rob Crabbe and Winston at the 2016 Emmy Awards



LEFT, CORDEN WITH ROB CRABBE ON THE SET OF *THE LATE LATE SHOW*, 2016. RIGHT, WINSTON WITH HARRY STYLES, 2012

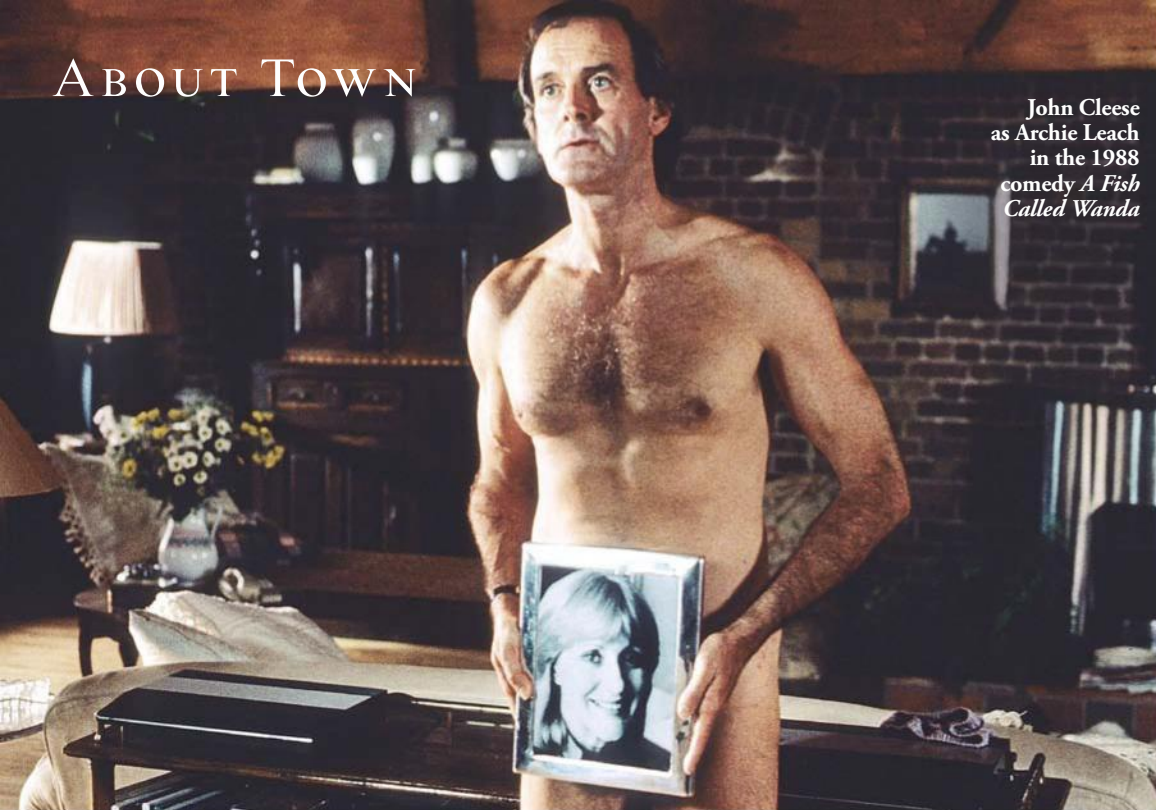


Winston with his daughter Ruby, 2016



Michelle Obama and Corden on screen in Winston's editing suite

John Cleese
as Archie Leach
in the 1988
comedy *A Fish
Called Wanda*



‘Do you have any idea what it’s like being English?’

*...being so stifled by this dread of saying the wrong thing?’ asked Archie Leach, and nearly 30 years later his words remain horribly pertinent.
Matthew Bell on embarrassment, our national affliction*

To be English is to enjoy so many blessings: eggs and bacon, baths, irony. But there are a few blights on our horizon too – trains, Nigel Farage, embarrassment. This last weakness has the most to answer for. The English have been crippled by embarrassment at least since the Counter Armada, that escapade in 1589 when we tried to invade Spain – and failed. Technically, the Spanish, with their doomed Armada, were embarrassed first, and the word ‘embarrass’ comes from theirs, *embarazar*, first recorded in 1460. But more than 500 years later, we, not they, have made cringing a national pastime. Why?

It is, say psychologists, all to do with perception – of how we feel others see us. Embarrassment is similar to shame, except that while shame relates to a breach of morality, embarrassment is only

caused by something considered socially unacceptable. Which explains our vulnerability to it. In England, society has been built on layers of nuance and niceties, based on subtle interpretations and re-evaluation of what is and isn’t OK.

Catholic countries have the Church – and the Catechism – to spell everything out in black and white. Here, with our constantly changing weather, we are in a state of permanent flux. To take a basic example – if you went outside in Spain in August, you would know what to expect. In England, you would hope for fine weather but would ideally bring an umbrella, possibly Wellingtons, as well as shorts and a T-shirt, and also a woolly jumper and long johns. The opportunities for being caught unawares, and therefore embarrassed, are manifold.

This uncertainty permeates every strand of life. To quote John

Cleese as Archie Leach in *A Fish Called Wanda*: ‘Do you have any idea what it’s like being English? Being so correct all the time, being so stifled by this dread of doing the wrong thing, of saying to someone, “Are you married?” and hearing, “My wife left me this morning,” or saying, uh, “Do you have children?” and being told they all burned to death on Wednesday. You see, Wanda, we’re all terrified of embarrassment.’

We have moved on a little since 1988, when that film was released. We have relaxed our attitudes to sex, work, socialising and parties. We are more evolved, less fraught. It is no longer embarrassing to boast about your holiday in the Maldives; it is mandatory. It is no longer embarrassing if your wife leaves you; it’s just life. An example: some friends were playing *Articulate!* the other day when one of them had to describe

‘Peru’ to her teammates. Instead of billing it as a South American country connected to a marmalade-obsessed bear, she turned to her boyfriend and said: ‘Your mother had an affair with a man from there.’ Was he embarrassed? Not in the slightest. He got the answer immediately.

But embarrassment is still with us – it’s just different. For instance, it used to be embarrassing not to know things. If you didn’t have at least an elementary mastery of subjects ranging from the French Revolution to birds, that was embarrassing. Not any more. These days, facts have less currency, as they can be looked up at once on your phone. So it is no longer gauche not to know who Martha Gellhorn was during a conversation about Ernest Hemingway – you can just Google it. It is more embarrassing now not to know how to look something up.

Yet technology cannot save us in real-life situations. Not knowing who people are on social occasions is still embarrassing, as too is getting their names wrong, exposing your spinach-strewn teeth, misinterpreting their cues or wrongly leaning in for a snog. These party perennials will never go away – we just have to live with them. On the plus side, country-house parties and smart gatherings have much less potential for embarrassment. When grand people were grand, being their guest could be terrifying. They would notice social failings, such as talking about money or sex, and pick you up on it. Sometimes viciously. One set of grandees were horrified when an American ambassador turned up at a wedding wearing his ‘mourning suit’ rather than his morning suit. These days, nobody cares if you turn up to a black-tie ball or a shoot in the wrong clothes.

And then there is sex, where embarrassment still thrives. Even in this most sexualised of epochs, the English mating couple will have no difficulty in finding a source of embarrassment in bed. Psychologists say this is because we learn to be embarrassed about our bodies from an early age –

when, for instance, Nanny tells you not to lift your skirt over your head and flash your front bottom. Puberty tends to pile on the self-doubt, so that by the time we are adults, there are myriad associations between sex and embarrassment. As Dr Poul Rohleder, a psychology tutor at the University of East London, puts it: 'We often hear parents recalling how embarrassed they were when their little boy or girl asked them a question about genitals or something sexual, especially when other adults were around. Children quickly realise they have asked an embarrassing question and may feel shame.'

Happily, what saves the English is their sense of humour. The greatest thwarter of embarrassment is laughter. A good roar can prick a bulging cloud of mortification in a second. So the next time you fail to get it up, or to remember someone's name, or to conquer Spain, just laugh. □

BE EMBARRASSED ABOUT

Not voting

Being rude – to anyone

Being late

Badly behaved dogs and children

Having a much younger girlfriend

Food intolerances

Using a prostitute

Being a bore about table manners/art/theatre

Unsolicited sexting

Hairy legs

DON'T BE EMBARRASSED ABOUT

Being posh

Your body

Spitting a bit of food at someone

Overtipping

Ordering in rather than cooking

Asking for tap water

Having a much younger boyfriend

Having a big bush

Using a dating app

Not knowing the rules of a particular game

A POLITICAL PORTRAIT BY

QUENTIN LETTS

NICK TIMOTHY

Beady Brexiteer and Downing Street joint chief of staff

Nick Timothy's beard, which can be seen entering 10 Downing Street most days, is WG Grace meets Charlton Heston's Moses – thick enough to house a thrush's nest and maybe last night's kedgeriee. It is a polar-explorer job, a beard you can imagine covered with bits of blizzard and the odd icicle. Not a hipster beard or Hoxton goatee or pointy-chinned Cardinal Richelieu or one of those close-mown jobs favoured by pomaded Mayfair boulevardiers. It could have been grown on a castaway island – which, in some respects, it was.

Timothy, 36, is one of Theresa May's two chiefs of staff. He shares the post with his old friend Fiona Hill and thus finds himself one of the most influential people in Britain. It was not always thus. When he started growing the beard two years ago, his political career was going nowhere. He had fallen out with the Cameroons and had left his long-term patron, Mrs May. The face fungus reflected a period of contemplation, readjustment, maybe a little glumness. Then came the EU referendum and the resignation of David Cameron. When May swept into No. 10, Timothy was not far behind her.

A grammar-educated Brummie, he is not posh – something the Cameron set found disappointing – and has a greater taste for radicalism than many Conservatives. He likes Graham Greene novels and is a trenchant Brexiteer. That did not, however, stop him falling in love with a German, the raven-haired Nike Trost. He and willowy Nike are engaged.

Timothy's parents were not political. His dad worked his way up from the shop floor to be export manager of a steel and wire company. His mother did pastoral work at a school. The first time young Nick took much notice of politics

was the 1992 general election. He had just begun attending King Edward VI Aston Grammar School for Boys and vaguely comprehended that if Neil Kinnock's Labour had won, grammars could have been axed. After university (Sheffield), he wrote to the Conservative Research Department in 2001 and asked for a job.

The Tories, led by Iain Duncan Smith, were low in the water back then. To be a Conservative was far from fashionable. But Timothy was never much into trends. Though something of a rake in his day, he had a bookish, empirical side, not unlike his hero Greene. In 2002 he met Theresa May, who had become chairman of the party.

After stints as a policy adviser in the City, Timothy joined May's office in 2006. In 2010, he became her special adviser at the Home Office.

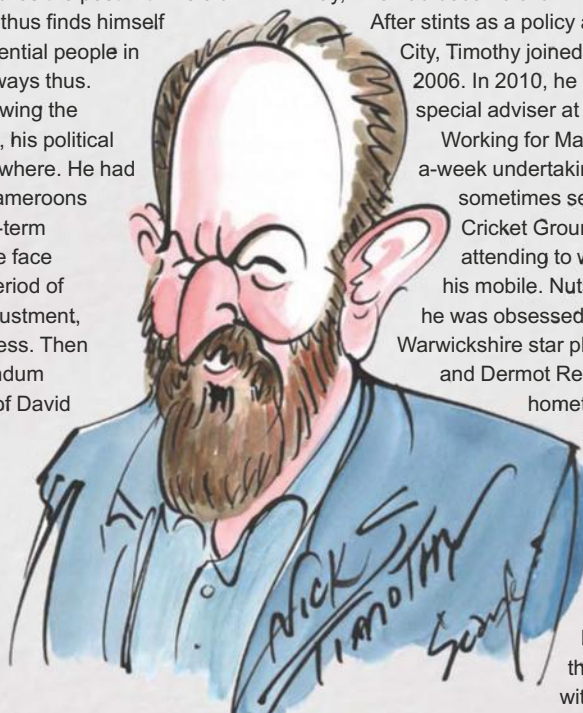
Working for May is a seven-day-a-week undertaking – you sometimes see him at Lord's Cricket Ground frantically attending to work matters on his mobile. Nuts about cricket, he was obsessed as a boy with Warwickshire star players Brian Lara and Dermot Reeve. His

hometown loyalties also made him an Aston Villa fan – a point of kinship with Villa-follower Cameron, but the two had a silly row that concluded with Cameron

banning Timothy from the parliamentary candidates' list.

The irony is that if he had become an MP, he would now be a mere backbencher. Instead, Cameron is history and the droll, unfazeable Timothy is in the cockpit of politics. Sir Humphrey regards him with suspicion. Cabinet ministers treat him with care. There is even talk of that beard giving him a touch of Rasputin. What a wonderful seesaw politics can be.

Quentin Letts writes for the Daily Mail.



THE CRUEL TYRANNY OF THE WHATSAPP GROUP

Make the madness stop, begs Sophia Money-Coutts



Ping, goes your phone. And it'll be WhatsApp. 'Someone has added you to a new group,' it'll say. And you sigh because this will be the 573rd WhatsApp group you belong to.

There's a WhatsApp group for everything these days. WhatsApp groups for siblings and families. WhatsApp groups for different gangs of friends, for 30th birthdays, holidays and hen parties. Even bloody WhatsApp groups to organise quiet Tuesday-evening suppers. David Cameron's Remain team apparently used it in the run-up to the EU referendum. A number of Labour MPs reputedly plotted to bring down Jeremy Corbyn via a WhatsApp group called the Birthday Group. Top subterfuge, guys.

Such groups tend to come with jaunty icons and silly names that someone thought funny three years ago. One of my groups, called Mykonos 2016, is tastefully illustrated with a photo of a woman passed out and lying beside the loo. Another is Lunch On The 28th, its icon, inexplicably, a naked photo of my friend

Jason. Then there's Dinner At St James's Palace, an invitation from a Household Cavalry chum who chose an image of Prince George from *Blackadder* as his icon.

And the messages never stop. Ping. Someone asks if anyone's around at the weekend. Ping ping. Various replies come shooting back. Ping. Someone sends a row of 'thumbs up' emojis. Ping. Your sister asks if anyone's thought about Mum's birthday gift. She asks this in a passive-aggressive way. Your brother replies that he hasn't thought about it. Nor have you, so you text a few birthday-cake emojis to lighten the tone. 'Why's she being so uptight?' you text your brother in a separate message. Except you accidentally send it to the very same group. Your sister goes silent. You know she's read it – those ticks have turned blue. We are all neurotic slaves to those ticks.

It's awkward to leave groups too, because the news reaches everyone: 'Soph M-C left,'

says a sad little message. It's the WhatsApp equivalent of slamming the door behind you. One friend's husband is apparently 'scarred' by the oversharing about mucas plugs that goes on in their NCT WhatsApp group, but he's too scared to leave because everyone will know.

Mute them, you might say. But the messages just build up anyway, trickling in at all times of day and night. My friend Emma, whose husband's family are spread across the globe, is kept awake at night by his phone constantly flashing on the bedside table like a lighthouse, as message after message comes in from family members abroad. He hasn't slept for several years but he won't turn it off. Don't be daft. He might miss a message. □



Poo's who. By Emma Kennedy



It's time to gently lead you down a path that some are already calling 'niche interest'. Yes, I will concede that you might balk at what I am about to encourage you to embrace, but know this: there are areas of the dark web where people pay good money for it. So, you know, buckle up.

This month, we play the mighty and mildly scatological Poopyhead.

'Hang on,' you whisper, 'Is this what I think it's going to be?' Yes. Yes, it is. I am unrepentant.

For this game you will need:

1. Quick Draw McGraw-like reflexes.
2. The ability to wear up

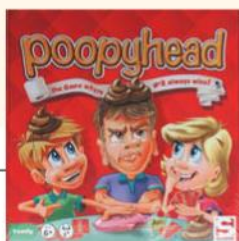
to five poos on your head with panache.

So it's basically a loo-based version of Snap. You all get a bunch of cards. The person with the orange loo starts, and then you race one another

to lay down 'Poo', 'Toilet Paper' and 'Wash Hands' cards. Repeat this sequence until someone has no cards left. That person then gets the glorious privilege of slamming a whoopee cushion, which, I think you'll find, is never not funny. As soon as the fart sound reverberates,

the person with the most cards left in their hand has to wear a poo on their head. Think of it as a dirty-protest fascinator and you'll be fine.

This is the game, people. It's poo. On your head. Poopyhead. Around £12 at all good retail outlets.



Mon
GUERLAIN
THE NEW FRAGRANCE



PARFUMEUR DEPUIS 1828
— PARIS —



*Clockwise from bottom left
(Philip Colbert is in the driving seat):*

GARRETT MOORE
The party artist

Garrett, 29, turns parties into performance art with his production company Immersive Cult. Philip turns life into art. It was sort of inevitable that they would become best friends.

SCARLETT BOWMAN
The artist

After a brief stint as an actress in *Hollyoaks*, Scarlett, 31, turned to art. She creates the sort of abstract works that have led Philip to declare her 'the new Mark Rothko'.

INDIA WHALLEY
The poetry curator

India, 28, is currently bringing contemporary art and poetry to Chelsea with her gallery, the Dot Project, on Fulham Road. Philip approves of her vibe, energy and taste in young painters.

ELOISE SHOWERING
The art curator

Eloise, 24, and Philip met at the premier of the film *Gravity* in 2013 and bonded over their encyclopedic knowledge of art history – which is useful in her role as a freelance curator.

ROBIN KATZ
The art dealer

When Robin, 37, and Philip met at a Bond Street party, they discovered a shared love of artists Eduardo Paolozzi and Alan Davie. Katz's gallery is near Berkeley Square; his home is Lucian Freud's old studio.

ALL CLOTHES
THROUGHOUT BY
THE RODNIK BAND.
SCARLETT WEARS
SATIN SHOES, £365, BY
RUPERT SANDERSON.
COTTON SOCKS, £9, BY
HAPPY SOCKS. INDIA
WEARS SUEDE SHOES,
£370, BY **STUART**
WEITZMAN. COTTON
SOCKS, AS ABOVE.
ELOISE WEARS SATIN
SANDALS, £580,
BY **GIANVITO ROSSI.**
COTTON SOCKS, AS
ABOVE. ROBIN WEARS
COTTON T-SHIRT,
£15, BY **LANDS' END.**
FAUX-LEATHER
TRAINERS, £69.95,
BY **ADIDAS**



MICKEY'S RODNIK MAKEOVER

*What happened when
Disney's most beloved
creation met Philip
Colbert and his anarchic
fashion collective? This.*
By Tibbs Jenkins

Photographed by WILL SANDERS

Styled by AILSA MILLER



There's more to Philip Colbert, 35, and his merry band than natty suits and wacky bags, as the clever people behind Disney will attest. These eye-popping clothes were created by Philip – and Disney has now asked him to produce an entire range of Mickey Mouse-themed outfits for his spring/summer 2017 range. And he's also created a Mickey Mouse watch with his chum, the watchmaker George Bamford – for the launch of the timepiece the pair 'thought it would be fun to make an artwork Rolls-Royce', covering the estate car with surreal portraits of Mickey (see previous page). Philip, you see, is the mastermind behind the pop-art clothing collective the Rodnik Band – a conceptual label that has produced ranges for Asos and Topshop and is currently helping to rebrand Miss Sixty. But it's more than just a label – it's a way of life. 'People can often choose quite serious ways of looking at things, but, ultimately, if you really peel the

THIS PAGE, FROM LEFT, ELOISE WEARS SUEDE SHOES, £395, BY **JIMMY CHOO**. INDIA WEARS SATIN SANDALS, £580, BY **GIANVITO ROSSI**

OPPOSITE PAGE, CLOCKWISE FROM TOP LEFT, INDIA WEARS SATIN SANDALS, AS ABOVE. ELOISE WEARS SUEDE SHOES, £395, BY **JIMMY CHOO**. PHILIP'S TRAINERS, HIS OWN. ROBIN WEARS COTTON T-SHIRT, AS BEFORE. TRAINERS, AS BEFORE

FOR STOCKISTS, SEE ADDRESS BOOK. HAIR BY JOSH KNIGHT AT UNIT 30, USING BUMBLE AND BUMBLE. MAKE-UP BY ANNA GIBSON, USING NARS COSMETICS



orange, you actually realise that everything is... sort of absurd and ridiculous,' explains Philip. 'Then you're faced with a dilemma: would you rather create a dream, or would you rather live in the dark?'

His creative friends, like Robert Sheffield and Tish Weinstock, know which they'd opt for: the 'escapism and humour' celebrated by Rodnik. An example? He and his crew dip in and out of events – Art Basel, the Venice Biennale, even the Goodwood races – arriving 'as this little nucleus of craziness', with a spirit that is 'irreverent, and a parody of the ridiculousness of things'. Which means? It means, says Philip, that the 'circus' pitches up in its 'funny suits' and 'some people think – "Wow, it would be fun to join that vibe."' Others less so. 'But that's fine. I don't want everyone to be like us. That would be absurd.' But what he does like is the way an outlandish outfit acts as 'an amazing catalyst for humanity'.

Philip's chief partner in fashion, crime and fun is his wife, Sir James Goldsmith's youngest daughter, Charlotte – a screenwriter and photographer whose love he won with a bouquet of thistles after various platonic dates to places like Nietzsche's house in Switzerland (Philip read philosophy at St Andrews). And they really do live the pop-art life, wheeling their one-year-old daughter Indiana around in a Maclaren pram that looks like a shark. Which will fit right in with the cactus-shaped house Philip is designing in L.A, as well as the lobster-shaped one he's putting up in Margate. 'There are enough boring, box-shaped houses that follow planning regulations.'

It's this attitude that appealed to Disney, while Disney appeals to him because 'Mickey Mouse, obviously, can reach everyone in the world.' It's the perfect way, Philip feels, 'of communicating my vision to more people. Mickey is a gateway to more minds...' □

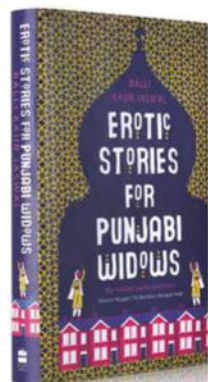
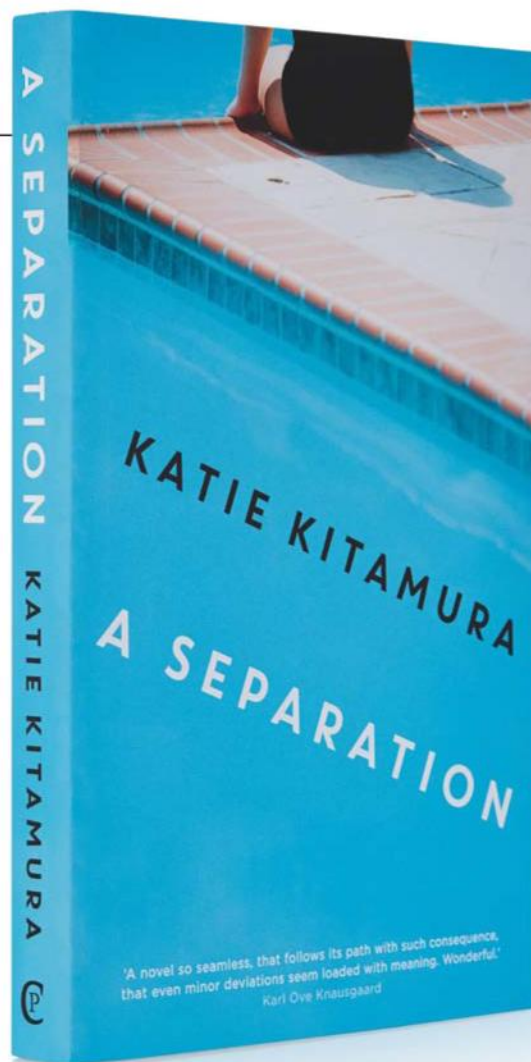
Books



Marital mystery, digital dependence and the art of fashion. By Sebastian Shakespeare

A SEPARATION BY KATIE KITAMURA (Clerkenwell Press, £12.99)

Do you really know your spouse? That's the theme of this enthralling mystery novel by Katie Kitamura, a gifted American writer who has earned comparisons with JM Coetzee and Patricia Highsmith. After a married couple agree to part and keep their separation secret, the unnamed wife (and narrator) learns that her 'handsome and wealthy' husband Christopher has gone missing in the south of Greece. At the behest of her combative mother-in-law, she reluctantly goes in search of him, thinking that it's high time they agreed to a divorce. She checks into the hotel where he has taken a room and waits for him. And waits. As the days go by, she is suffused with torpor and dread, and reflects on the collapse of her relationship. She knows he was unfaithful, but how unfaithful? What the story lacks in shoot-'em-up action is made up for by suspense, intrigue and paranoid introspection. The Greek landscape is full of ominous portents – stray dogs, mountains charred by wildfires – and her imagination grows more febrile as she begins to wonder if Christopher has been having an affair with the hotel receptionist. It's a brilliant portrait of a disintegrating marriage and of the unspooling of a restless mind. And when she eventually tracks Christopher down, there is a startling plot twist... Tautly told and thought-provoking.



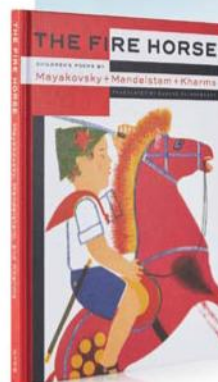
EROTIC STORIES FOR PUNJABI WIDOWS
BY BALLI KAUR JASWAL
(Harper Collins, £14.99)

Set in immigrant east London, this dark comedy is about a group of women whose lives have been overshadowed by fathers, brothers and husbands. When Nikki arrives to teach creative writing at a Sikh temple, elderly widows open up to her about their sex lives and help her uncover the truth about the death of a local young woman. An entertaining yarn about empowerment and friendship.



IRRESISTIBLE BY ADAM ALTER
(Bodley Head, £18.99)

A timely book about the rise of addictive technology by a professor of business and psychology. The author shows how companies design their technologies to be irresistible, usually to the detriment of our physical and mental health. Did you know smartphone users spend about a quarter of their waking lives on their device and that 70 per cent of office emails are read within six seconds of receipt? If you can't stop clicking, this is the book for you.



THE FIRE HORSE BY VLADIMIR MAYAKOVSKY, OSIP MANDELSTAM AND DANIIL KHARMS (NYRB, £13.80)

Here are three whimsical and radical poetry-cum-picture books from the golden age of Russian children's literature. Mandelstam's 'Two Trams' depicts a day in the life of two Leningrad tramcars, Click and Zam; Kharms's 'Play' is about three boys who pretend to be a car, a ship and an aeroplane; and in Mayakovsky's 'The Fire Horse', a father and son have a horse collectively built by workers. Long live the revolution!



CLOTHING ART
BY AILEEN RIBEIRO
(Yale University Press, £40)

This is a brilliant, sumptuously illustrated exploration of fashion through the eyes of artists from the 17th to the early 20th century. Ribeiro shows how the history of dress and the history of art are inseparable, revealing the way in which great painters like Velázquez not only made clothes come alive but used them to signal information about identity, status and society. Vivid proof that fashion is art and art is fashion. □

Art for sale



Sense-scrambling curves, old-timey aristos and lots of dots. By Josh Spero

WAVY GRAVY (EST £60,000–£80,000)

**LIGHT ROSE, BLUE AND
GREEN SMALL TWISTED CURVE
(1976) BY BRIDGET RILEY**

WHY BUY If this picture is making your eyes swim, don't worry – you haven't had too many sips of Patrón. (Well, you might have, but that's life.) Riley is a pioneer of op art, which uses optical illusions, such as these static, flat lines that suggest a rippling, 3-D motion, to defy the stillness usually associated with works on canvas or paper. Op art learnt a lot from experimental psychology, asking how the brain can reconcile what we know (the picture is flat) with what we feel (the picture is moving). Deep stuff, but Riley cloaks her rigorous theories in the most elegant, deceptive curves.

WHEN 8 March.

WHERE Bonhams, New Bond Street, W1 (bonhams.com).



SPOTTED HISTORY (EST £500,000–£700,000)

INFINITY NETS (2007) BY YAYOI KUSAMA

WHY BUY When Kusama began to perceive the universe as a wild, fearful fabric of speckles, spots and dots, she realised that the only way she could reconcile her anxieties was to turn them into art – hence canvases like this one. After spending the Sixties in New York, where she held orgiastic happenings and became an avatar of minimalism and pop art, Kusama retired to a psychiatric hospital in Japan in 1977. There, she has since been producing a prodigious number of works in this vein; like Damien Hirst's Spot series, they're instantly recognisable, widely available and easily sellable. Every artist must have their brand.

WHEN 8 March. **WHERE** Sotheby's, New Bond Street, W1 (sothebys.com).



WHO'S WHO? (£87,000)

**LADY FRANCES SEYMOUR NÉE
DEVEREUX (C. 1628) BY MARCUS
GHEERAERTS THE YOUNGER**

WHY BUY This picture is of the daughter of Elizabeth I's favourite, the Earl of Essex (he who lost his head after rebelling against Liz) – or so the gallery tells us. But it is only a recent identification: for centuries it was thought to be Martha Cokayne (Lady Holderness), partly due to confusion about surnames and dates. Both ladies were in their 20s at the time – clearly the 17th century was hard on faces. Thousands of estimable portraits like this one have their subject's name changed when a fresh document or contemporary likeness is unearthed, and working out who's who is no easy job; it requires detective work, guessing and, ultimately, faith.

WHEN 15–21 March.

WHERE Strachan Fine Art at BADA Fair, Duke of York Square, SW3 (strachanfineart.com).

Josh Spero writes for the Financial Times.

Restaurants

Gorgeous Italian meets tasty Japanese in Knightsbridge. By Jeremy Wayne



Do you have reservation?' asks the ice maiden on the door of **Sumosan Twiga**, wired for sound with a two-way radio of which any SMERSH agent might be proud. Actually, I do and it's this: I've known this Sloane Street site in three, maybe four previous restaurant incarnations, and none lasted longer than 18 months. Who wouldn't have reservations?

The ice maiden thaws, smiles and waves us in. You wonder why nobody has yet made a go of this spiffy address, but success could be in the runes. Last year, restaurateur Janina Wolkow closed Sumosan, her classy Japanese restaurant on Albemarle Street, to join forces with Flavio Briatore and his Twiga brand. We're not talking fusion here, but a Japanese menu running alongside an Italian one. And since everybody loves a noodle (and a ca-noodle), this promises to be a match made in heaven.



HOW MUCH
£250 for two, with wine
WHO GOES
Katia Elizarova,
Fernando Alonso, *left*
WHAT TO EAT
Paccheri with lobster,
chocolate fondant
WHAT TO DRINK
Sake, grappa, martini in a
Marie-Antoinette coupe

Truffle hamachi tiradito is a good place to start, a luxurious dish I remember with nostalgia from Sumosan. A delicious new one to me is Japanese hijiki salad, which looks like Mount Fuji, with its 'snow' of white vegetables on top of the seaweed base, and has a big umami hit. As we polish that off, the DJ is amping up the music and head-waiter Salvatore – a whirling, multitasking dervish of a Sicilian – brings a lobster salad, the meat nestled in the heart of Lollo Bionda lettuce. Mind you, we have to grapple with the lettuce to reach the prize,

a bit like playing eco-Pass the Parcel.

We switch gear to Italian: paccheri pasta with more lobster; tagliatelle with a rich, long-cooked bolognese; and Dover sole mugnaia (Italian for meunière). It's a gorgeous dish, with a price tag to match. But I don't imagine the table of Qatari princesses with two burly bodyguards will quibble over the noughts.

By now 'I Will Survive' is blaring out. The question is, will we? Still, the mood is infectious – I'm told there's a party here every night. 'Hava Nagila' incongruously comes on and the Qatari princesses get up in unison to dance; when 'YMCA' starts, the bodyguards join in, move-perfect.

I spy Salvatore heading towards us with a chocolate fondant under a dome of spun sugar. But I'm too busy leading a conga to tuck in right away. Oooh, I do love a conga along with my gyozas and black cod. You didn't know? Inside every restaurant writer there's a chorus girl longing to get out. 164–165 Sloane Street, SW1 (sumosan.com).



SEABASS AT SUMOSAN TWIGA



OYSTER
SORBET
AT THE
FRANKLIN

SIDE ORDERS

THE FRANKLIN

24 Egerton Gardens, SW3
(thefranklinlondon.com)

The only way to describe Michelin-starred Alfredo Russo's cooking at the relaunched Franklin hotel is ambrosial: the first taste of oyster sorbet suggests it, and polenta with taleggio and wild mushrooms confirms it. And as for Anouska's Hempel's design, think early Blake's and oh so sexy. Rock on, Lady W!

ORMER MAYFAIR

7–12 Half Moon Street, W1
(ormermayfair.com)

Get crabby at Jersey chef Shaun Rankin's restaurant in the revamped and super-swish Flemings hotel. This handsome basement restaurant, just made for a *liaison dangereuse*, offers the squeaky-freshest fish and shellfish, all Jersey-caught – and the lobster ravioli is one of our fave dishes in London right now.

GALVIN AT THE ATHENAEUM

114 Piccadilly, W1
(galvinrestaurant.com)

After a massive makeover, the Athenaeum now sports a French-tilting Galvin Brothers restaurant on the ground floor. True, the space feels a bit hotel-y, what with the laying up for breakfast while you're still eating your (excellent) Galvin burger deluxe for supper, but on the plus side the food is scrummy and service is, well, orderly.

THE BARFLY Burlock

Mr Barfly's love affair with rum continues unabated, and Burlock is nicely styled Old Havana retro meets Puerto Banús piano bar, with rich and obscure rums that you can drink neat, mixed or as daiquiris.



Fisherman's Friend, an infrequently seen Doorly's Barbados rum with pisco and crème de pêche, is a light option for spring. At 31 Duke Street, W1 (burlocklondon.co.uk).

Gadgets



A random selection of the coolest gadgets I could find, apart from the glow-in-the-dark loo roll which is so obviously not cool but I couldn't resist. By Emma Freud

TOTALLY HIP



LED message belt



Leather iPhone cable



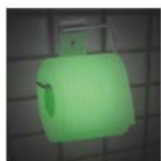
Video coffee table



Grass flip-flops



The Marshall Fridge



Glow-in-the-dark loo roll



The passion shot

LED MESSAGE BELT

Welcome to the future: a belt buckle with a dot-matrix LED text-scroll display you can programme to send a customised message from your lower midriff. Its 512-character capacity makes it very useful at conferences. Rather than simply typing 'Lucy Delaney, Marketing', you can use it to brighten up the delegates' afternoon with this message: 'Lucy Delaney, Marketing – and this is my favourite joke: A male escort sidles up to a woman in a bar and says, "This is your lucky day. I'll do anything you want for £300 as long as you can say it in three words." The woman is thrilled, puts £300 down on the counter and says, "Paint my house." £20 at fancy.com

LEATHER IPHONE CABLE

This one is cool because it's so totally unnecessary. It works no better than a normal cable and costs five times as much, but, man, it sure looks purty. Don't waste it as your bedroom device – keep it in your handbag and next time you need to charge in public, pull it out of your handbag verrrry slowly, bend down like Marilyn Monroe would have done and plug in the tan-leather beauty while the room looks on in awe. £25 at fancy.com

VIDEO COFFEE TABLE

Escaping screen technology in any area of our lives is no longer an option, so we may as well dive in properly. This is the definition of proper: a 42-inch-wide coffee table made from a huge, waterproof touchscreen computer. You can double-screen giant-style while watching TV; play Trivial Pursuit even though you lost the board; or mix Spotify tracks as you dance to them. You can then FaceTime your friends while shimmying on the table so they can see your pants. Maybe not that last one, actually. £4,780 at humelab.com

GRASS FLIP-FLOPS

It's springtime: need to feel the grass between your toes? 'So. Very. Yes.' I hear you – and where might you go this year... Colorado? Provence? The Lake District? 'Literally any of the above.' Interesting. So what's your budget? '£25.' How about these grass flip-flops? 'Yeah, fine.' *Calls the Samaritans* £23 at kusashoes.com

THE MARSHALL FRIDGE

Just imagine this... The children have left home and you've turned one of their bedrooms into a studio for your out-of-hours hobbies. The desk is strewn with the new fruits of your passions: here's the first chapter of your long-awaited novel, there's the half-finished screenplay you always said you'd write, and look – standing in the corner is the microphone you use while practising your repertoire as a 'mature' blues singer. In a moment of soulful contemplation, you launch into a cover of 'Lord, Won't You Buy Me a Mercedes-Benz' and realise your throaty gravel-tones could use a little lubrication. You lean over to the gorgeous retro Marshall speaker at the back of the room, pull the corner and take a Bud Light out of the fridge inside. Yes. That's right. It's a beer fridge/speaker. You are now the coolest person you know and this is the coolest way to cool your beer. £368 at musik-produktiv.co.uk

GLOW-IN-THE-DARK LOO ROLL

Can loo roll be cool? For many years the answer was a big loud no, but then this happened: loo roll that glows in the dark. Think of the benefits... It softly lights your bathroom with its gentle green aura. It guides you to the loo seat in the middle of the night when your loo lightbulb has blown and you can't find the torch. It illuminates your lady area to ensure maximum cleanliness. It's very impressive when you are turning your children into ghoulish mummies for Halloween. And it provides a not remotely weird ice-breaker at awkward parties when you are attracted to a possible life partner but lost for an opening gambit: 'Oh, hello... I'm (insert own name)... My loo roll glows in the dark – want to see?' £7 at gifts.co.uk

THE PASSION SHOT

If you remember nothing else from our times together over the many years I have been writing this column for you and you alone, please could it be this: my greatest ever invention, and the world's greatest natural gadget. Take a passion fruit. Slice the top off with a knife. Pour in a shot of vodka (preferably delicious Black Cow Pure Milk Vodka). Mix it around a bit with a spoon. Knock it back in one. Repeat. Repeat again. Then tweet me telling me how much you love me. No, really. £25.75 for 50cl at blackcow.co.uk

It softly lights your bathroom with its gentle green aura and illuminates your lady area to ensure maximum cleanliness

FEATURING
Sophia Money-Coutts...

TOFF GEAR

...AND THE
Volvo V90

It's sexy, it's Scandinavian, it has heating knobs... so Sophia Money-Coutts took it to a wedding

It was as I stood barefoot in the mud on a farm track at 2am that I began to hallucinate about the Volvo V90. It was early December and I'd driven to Hull in it earlier that day for my cousin's wedding. Three friends and I had been cocooned in the updated Volvo estate while cruising along the M1, slumped in the leather seats, singing along to the *Lion King* soundtrack and eating the mini chocolate rolls we'd bought at Donington Park services. 'We could sleep in this car, it's so enormous,' said my friend Ludo, happily.

Cut to later that night – the wedding had finished and the four of us were waiting on the aforementioned track for our taxi, which was driving around Humberside trying to find us. It was nearly freezing, everyone else had gone home and our phones were dead. I'd taken my black party heels off to protect them ('Save the suede, forget about your extremities' is my motto) and I could no longer feel anything below my knees.

After nearly an hour of this nonsense, we shuffled back inside the empty marquee, attacked the cheese table with the enthusiasm of Shackleton's men and asked a skulking waiter if we could borrow his phone to ring the taxi firm. When we finally got through, we told them one of our team was pregnant (not true) and requested another taxi immediately. I thought about the V90 some more.

Its interior, to cite one turn-on, is refreshingly uncluttered because a sensible American designer named Tisha Johnson decided



WE RIDE AT DAWN! TO HULL!

THE
FLESHPOTS
OF
HUMBERSIDE



Hang on, that's
not a Volvo V90



KARAOKE
FUNCTION!
(KIND OF)



YOU WANT TO SNIFF ME,
DON'T YOU? YOU PERVERT



THE WOMAN WHO ATE
A WHEEL OF STILTON



It's so roomy I'm
thinking of
moving in, yab!

that modern cars were much too complicated and that the new Volvos would have a maximum of seven buttons on the dashboard. So this one has a user-friendly touchscreen, a few heating knobs underneath and that's it. Phwoarr!

Odd to fantasise about a Volvo. Historically, it hasn't been a car to make the pulse race, unless you're hard of hearing and you mistake it for the technical term for a lady bit. And yet for the past few years the Scandi brand has been sexing itself up.

The V90 is a perfect example. Once a classic mum car, it has been transformed into a much more elegant estate, with a panoramic glass roof and a 360-degree camera (you'd have to really try to hit that bollard in the Waitrose car park). Plus, they're still big on safety. There's a system called Pilot Assist, which, sadly, does not mean that a small pilot leaps from the glovebox to take over on the motorway when you're bored. But it does mean the Volvo uses radar and automatic braking to warn you when you're drifting too close to another car or inadvertently crossing lanes.

Plus, the car is so roomy the entire von Trapp family could have escaped across the Alps in it. So comfortable you could sleep in it, as my three friends did the next day, lowering the back seats to make a flat bed on which to doze all the way home. I drove while belting out Tina Turner's 'Private Dancer' (good Bowers & Wilkins speakers

in here, btw – the kind you get in Maseratis and McLarens). Who says Volvos can't be sexy? □

RRP FROM £34,350
RIVALS MERCEDES-BENZ
E-CLASS ESTATE,
BMW 5 SERIES TOURING
SPIRIT ANIMAL THE
GOLDEN RETRIEVER



*

Well, hello **HARRY!**

Find out where to meet the
Prince of Fun, and the best
make-up to wear when
you do, with Tatler's lively
GUIDE TO THE SEASON
and Tatler's world-famous
BEAUTY AWARDS

**IN THE NEXT ISSUE OF
TATLER, ON SALE 3 APRIL**

**Dirty thoughts make your hair stand on end. Scientific fact*

Tatler's 100 MOST INVITED

We would like to be clear: the *Tatler* Most Invited list is not about networkers, it is not about flagship guests, it is not about 'Oooh, you'll never guess who was there!' It isn't about sex or money or beauty or power (well, no more than anything else in life). It is about the people who are chased after and yearned for because they give good guest. The best guest. The superguest.

The first thing a good guest does is turn the hell up. Maybe not bang on time, but not so early that you're in your nightie and not so late that there's an empty space at dinner until the main course.

The other thing they do is make an effort – whatever the dress code. Dame Natalie Massenet is a champion of this particular strength. If it's white tie, just wait for Natalie to drift through the door in some strapless ballgown reminiscent of the days when they did that stuff properly. If the theme is babies, she'll be the one dressed in an inflatable Babygro, sucking a dummy and quite possibly sitting in a pram being pushed by her hot boyfriend, Erik Torstensson, dressed as Mary Poppins. That's just a for-instance. They haven't actually done that. Or have they? Always smiling, these two have powerful party charisma.

The other thing good guests do, which is never to be underestimated (hear us loud and clear on this one), is be nice to the hosts. However grand and seasoned you are, it is nerve-racking to throw a party. Nerve-racking and expensive and exposing. So you really don't want the types – and there are plenty – who look around the room and mutter 'ghastly party... ghastly bores' before sticking around till 2am and drinking the joint dry. Bastards. No. We all want people who are manifestly pleased to be there: one of the many joys of Vassi and Adrian Harris. Could be a barbecue for four, could be a masked ball in Venice, this pair will make no secret of how happy they are to have been invited and what fun they are having. Which is one of the myriad reasons why everyone is always so glad to see their lovely faces. They are the variety of superguest who, just as you're feeling really windy that the party is going to be a damp squib, turn up and save the damn day.

You need chat – no one does chat better than a Lady Kitty Spencer. To make a party swing, you need jokes and brains and lightly worn controversy and heart. Every party, from lunch to wedding, needs a pulse. And that is provided by the invisible beams that link the good guests to the hosts. Everyone wants the best for everyone else. It's a love thing. Hang out in the same room as Viscount and Viscountess Daventry for a while and just try not to have a great time. We dare you.

And, if you have a dancefloor, you need dancers. They are crucial. Empty dancefloors are as fatal as empty glasses for the feelgood factor. You need dancers, and you need dancers with stamina. Take Charlotte Tilbury. First on, last off. THAT'S what we're talking about.

So for all the preoccupation with flirting and schmoozing and being seen, from *Tatler's* point of view the secret ingredient of any party worth its salt (and tequila) is obvious. Is it a really hot bird? Is it a private plane? No! It's a superguest... **AR**

We know about superheroes, supermodels and superyachts, but now it's time for you to meet the superguests. They're the ones in the fantastic fancy dress, the ones on the dancefloor, the ones who make the jokes, the ones who make the party. Ranked in order of superness by Tibbs Jenkins

COMPLETE
WITH INGENUOUS
ARROWS TO
INDICATE WHO'S UP
(OR DOWN) ON
LAST YEAR



DAME NATALIE MASSENET & ERIK TORSTENSSON

Natalie, 51, and her long-term Swedish squeeze Erik, 37, are overachievers who aren't averse to tequila. They are also fashion royalty – she founded Net-a-Porter and is chair of the British Fashion Council, he is a fashion-marketing genius. This pair are the first to embrace fancy dress, the last to leave the dancefloor, and their conversation can veer from wildly silly to wildly impressive. Thrilling stuff.



2

THE DELEVINGNES

One Delevingne at your party is a sign of a good time. But the whole clan? Get ready for take-off. Charles, still a heart-throb at 67, isn't averse to larks. Pandora, 57, is a talker. Poppy, 30, is an embracer – lots of Mr Tickle arms, hugging and general love – while Cara, 24, is just Cara: cool, casual, goofy-faced fun. Chloe, 32, is a more subtle treasure. Hugely kind and funny, she is busy working with the Gynaecological Cancer Fund and looking after her two children, Juno and Atticus. And when they're combined? A proper fun bomb.



3

NEW ENTRY

LORD SETTRINGTON

Long-haired and with faultless manners, Charlie, the 22-year-old future Duke of Richmond, is used to jolly jamborees – he was brought up at Goodwood, after all. He can work a room with the same ease that he drives a racing car, but for now he's concentrating on studying theology at St Benet's Hall, Oxford. SWOON (did we just say that out loud?).



4

NEW ENTRY

MEGHAN MARKLE

A clean-eating enthusiast and motivational Instagram poster, Meghan, 35, is also Prince Harry's girlfriend, an actress on *Suits* and ambassador for World Vision Canada, a charity helping impoverished and malnourished children around the world. Smoking hot too. Expect to talk international philanthropy over a big glass of Aperol spritz. Anything you say, Princess Meghan...



5

VISCOUNT & VISCOUNTESS ROTHERMERE

An intoxicating cocktail of brains, manners and looks, Lord and Lady Rothermere, both 49, are media supremos. He's the chair of Daily Mail and General Trust, while she is a trustee of the Rothermere Foundation. Happiest when their five children – Alfred, six, Iris, 13, Theodora, 15, Eleanor, 20, and Vere, 22 – are along for the fun, like when the whole gang are out hunting.



6

DAVID & SAMANTHA CAMERON

Here's a couple who've been very much out this past year – out of Downing Street and more out and about socially. Sam, 45, who has launched her own clothing range, is brilliant at instant intimacy, with her wit and gently inappropriate anecdotes. Dave, 50, still has the air of someone you must listen to, but is charming with it. Both excellent dinner-guest material.



7

NEW ENTRY

ARIZONA MUSE & BONIFACE VERNEY-CARRON

Half-American, half-English and raised in New Mexico, Arizona, 28, is hugely lovable – she has abundant energy and has been called the 'Tigger of the modelling world'. She parties with gusto, be it in Gstaad, the Maldives or at new SW7 hangout Albert's. Her handsome beau, the renowned osteopath Boniface Verney-Carron, 36, is knee-weakeningly handsome. He also has magical, soothing hands that can eradicate hangovers...▷

MOST INVITED



8

NEW ENTRY

GIGI ETTEDEGUI

Daughter of the late, great Joseph, Gigi, 23, has an upbeat attitude to life twinned with a self-confessed desire for power. So you can be sure that her grand plan to run a fashion label will soon be a reality. In the meantime, find her working for Hermès by day and owning the dancefloor at all the best art parties come evening.



9

NEW ENTRY

NIGEL FARAGE

The man behind Brexit, 52. Aka Donald Trump's English bae and Establishment-thorn-in-side guy who likes a pint. Never offer him a half. Ask to see his handmade Union Jack painted shoes.



10

NEW ENTRY

PETER MORGAN & GILLIAN ANDERSON

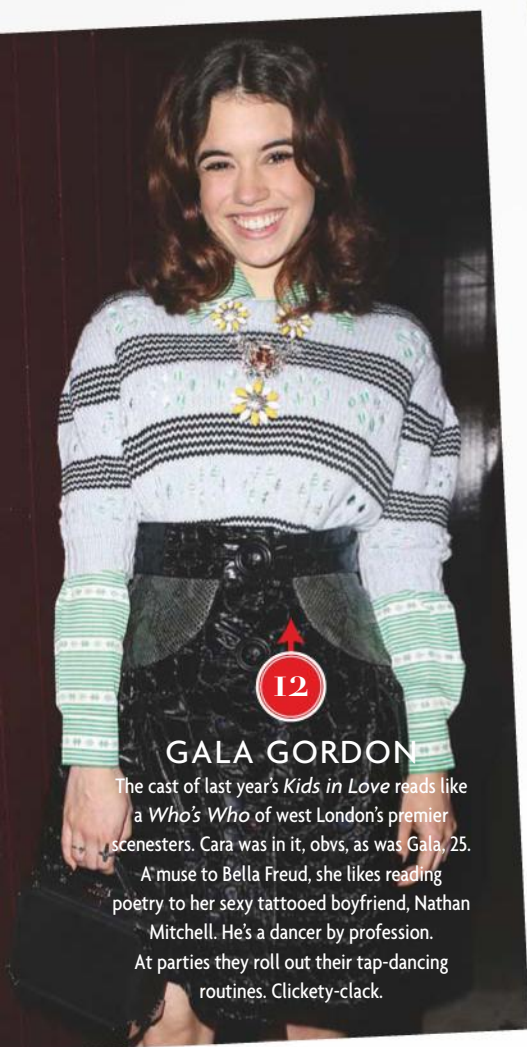
You don't need to be a detective to spot Pre-Raphaelite-beauty Gillian, 48, at a party. She's the one with the Cheshire-cat smile, linked arm in arm with her new beau, Peter Morgan, 53, the extremely distinguished writer of *Frost/Nixon*, *The Queen* and *The Crown*.



11

JEREMY CLARKSON

Toiling away/having fun in Johannesburg or California for *The Grand Tour*, Amazon's *Top Gear* that isn't actually *Top Gear*, has been tiring for Jeremy, 56. But that hasn't stopped him. His ferocious appetite for cigarettes and conversation keeps him going longer than most. He's incredibly kind. But don't tell anyone.



12

GALA GORDON

The cast of last year's *Kids in Love* reads like a *Who's Who* of west London's premier scenesters. Cara was in it, obvs, as was Gala, 25. A muse to Bella Freud, she likes reading poetry to her sexy tattooed boyfriend, Nathan Mitchell. He's a dancer by profession. At parties they roll out their tap-dancing routines. Clickety-click.



13

COUNT NIKOLAI VON BISMARCK & KATE MOSS

An on-off relationship, with fireworks and glitz. Nikolai, 30, is the photographer son of Debonnaire von Bismarck, who is great friends (still) with Kate, 43. Both enjoy Marlboro Lights. And yachts. And Antonioni. And FUN. Don't, whatever you do, let the bar run dry, and don't be surprised if they sneak off without saying goodbye.



14

NEW ENTRY

SHEBA RONAY & JONATHAN YEO

People-watcher extraordinaire Jonathan, 46, has been painting famous faces for years. Sheba, 44, is an actress, and just about one of the nicest people you'll ever meet. When not rhapsodising over a bottle of Pauillac, Jonathan will talk about his crush on AC Grayling with anyone who'll listen.



15

CHARLOTTE TILBURY

Her parents met at a full-moon party in Formentera and, by the age of 10, Charlotte, now 42, had danced with Grace Jones. She's still queen of the dancefloor, despite never wearing flats, and counts Kate Moss among her best friends. But the most noteworthy thing about Charlotte is her huge success as a make-up artist (which helps after a couple of big nights out) and her equally huge success as an entrepreneur. Her beauty range is BOOMING.



16

NON-MOVER

LADY KITTIE SPENCER

You know those women who show up at parties, refuse to drink anything, refuse to eat anything and glower the whole way through it?

Kitty, Earl Spencer's 26-year-old daughter, is not that girl. Always the most fun, the most joyful, the most seductive person at the party. Really hot bod too.



17

NEW ENTRY

LADY AMELIA WINDSOR

Immaculate manners, immaculately dressed, hypnotic eyes... and 36th in line to the throne. That's quite a tick list on the charm CV for Edinburgh student Amelia, 21. But she also gets full marks for good times. She loves Glastonbury, NH Carnival and has been known to utter the catchphrase 'Go hard or go home'.



18

CROWN PRINCE PAVLOS & CROWN PRINCESS MARIE-CHANTAL OF GREECE

Born into the Greek royal family, Pavlos, 49, would have been king – alas, there was a coup d'état a month before he emerged. Marie-Chantal, 48, used to work in Andy Warhol's Factory and is the founder and creative director of a luxury-children's-clothing company. Their drop in ranking is due to their imminent move to New York. London is sad.



19

JOSEPH & SABINE GETTY

When jeweller Sabine, 31, and her husband, Joseph, 27 – son of philanthropist Mark Getty – aren't tucked away on their 2,500-acre Buckinghamshire estate or on their 263ft art-deco yacht, the pair drift in and out of fashion parties with the likes of Princess Beatrice, Alice Naylor-Leyland and Eugenie Niarchos, looking v. chic.



20

LADIES ELIZA, ALICE & VIOLET MANNERS

Good manners (nominative determinism) and mischievous instincts are what you can expect from the Duke of Rutland's three daughters. They will be the last to leave the afterparty but will drop you a charming and prompt thank-you note the following day. Violet, 23, works in events and Alice, 21, as a personal shopper. Eliza, 19, is a keen singer who is currently studying business at Newcastle University. Check them out on Instagram. You won't regret it.



21

NEW ENTRY

SILVIE MAKOWER & LIVVY BANKS

Who are these girls with their angelic faces? They're only the next bloody generation. The new cool kids on the block are inseparable in that way only teenage girls can be, and spend their time running around town with Anais Gallagher, Iris Law and Missy Albarn. You haven't seen them at many of your festivities because, well, your parties are a bit, um, old. ▷

MOST INVITED



22

PRINCE HARRY

It's no big revelation to say Prince Harry likes to let his hair (and occasionally other things) down. Prince Hal is famously an all-round good-time guy. At 32, however, he's slowing down(ish), preferring shooting parties to doing shots at the Cross Keys – and brunettes to blondes...



26

SIR JONATHAN IVE

The chief design officer at Apple, Jony, 50, can talk all night about the philosophy of perfectly flat surfaces. Which is why you REALLY want him at your party. As Bono says: 'To go for a pint with Jony is kind of like going for a pint with the future' – the next thing you know, it's long past your bedtime.



27

NEW ENTRY

MAGGIE DRAYCOTT

It's hard to pin Maggie, 51, down. Is that her driving a tuk-tuk around India? Or perhaps she's over there, gracing a Ligurian hill? Suffice to say, she likes to travel and always has her passport in her back pocket. And she fits in anywhere, from fashion bonanzas to 10 Downing Street (hello, Theresa!).



23

SIR DAVID & LADY TANG

Popular wherever they go, Sir David, 62, and Lucy, 48, know how to work a room. He's a philanthropic flâneur, cigar enthusiast, fervent pheasant-bagger, the *FT*'s agony uncle – and God of London's social scene, his famous Chinese New Year parties being a mix of rockers, models and Hoorays. Lady Tang, by contrast, prefers slower-paced affairs and trips to the Antarctic or harsh deserts for charitable causes. When they're on the same continent, both gather friends at parties like enthusiastic stamp collectors, only cooler and far better dressed.



24

GEORDIE & KATHRYN GREIG

Editor of the *Mail on Sunday* and Britain's most connected man, Geordie, 56, and his wife, Texan-sensation Kathryn, know everyone – and everyone knows them. They're probably throwing the party. And if they aren't, then Geordie will be at the centre of it, gathering phone numbers ready for his morning follow-up calls.



25

NEW ENTRY

IDINA MONCREIFFE

Idina, 24, rocks, reels and looks good attired (deceivably) as a nun. By rights she should look dreadful. Every night, there she is, nipping into book launches, fashion soirées and the pub, while weekends are spent dancing in the Highlands, Hampshire or Haggerston. But Idina is no ordinary mortal. The model and daughter of Peregrine Moncreiffe of that ilk always looks fabulously ethereal. She does, though, often forget where she has put her keys.



28

NEW ENTRY

SABRINA PERCY

Bina is six-foot-two but still loves party heels. Her only requirement is that she can dance in them and keep up with her regular wingmen, the Manners sisters – be it at shooting weekends, polo or the charity do the 27-year-old threw at the Hurlingham Club in 2016, raising money for endangered rhinos.



29

NEW ENTRY

HUGO HEATHCOTE

Oh Huggy Bear! Mischief follows this music man everywhere. He's the go-to DJ for any hedonistic frolic and a partner in crime with James Cook, Poppy Delevingne's husband. Expect to be rocking right into the next day when Hugo, 39, is on the scene.



30

NEW ENTRY

HAYLEY BLOOMINGDALE

Hayley (see page 37), 30, has been exiled to the UK by Lauren Santo Domingo to rev up the fashion retailer Moda Operandi. Exile? Meh – the Bloomingdale's heiress is having a blast navigating the party scene and educating herself about British culture. She has become partial to a 'cider black', though when at 5 Hertford Street she's more likely to have a Bellini.



31

PHILIP & CHARLOTTE COLBERT

Philip, 35, and Charlotte, 32, are hard to miss. He's a pop-art fashion designer; she's a film-maker and photographer with a sexy French twang she got from her mother, Laure Boulay, her father being Sir James Goldsmith. Their natural habitat is the London art scene. They also spend time in St Barth's and in LA, where Philip is working on a cactus-shaped house.



32

NEW ENTRY

PIPPA MIDDLETON & JAMES MATTHEWS

She's royally connected; he's royally endowed with a huge hedgefund-management company, Eden Rock Capital Management, whose success allowed 40-year-old James – after courting Pippa, 33, for 10 years – to buy her a £250,000 engagement ring (schwing!). They like to arrive at parties in classic cars.



33

ALICE NAYLOR-LEYLAND

Indefatigable multitasker Alice, 30, is out and about most nights with her best friends Poppy Delevingne and Elisabeth von Thurn und Taxis. She also loves pizza and dressing her children, Nancy and Billy, as Victorians. How does she find the time? Her husband Tom might know.



34

GEORGE FROST

Enthusiastic, very well-mannered and incapable of saying no – George, 30, is a splendid addition to any party. Plus he has his own rum brand, the Duppy Share, named after the Caribbean spirits (duppies) who steal the best booze for their own bashes – selfish.



35

NEW ENTRY

EMILIA WICKSTEAD

This brunette once worked the door at Mahiki. Now Emilia, 32, dresses Lady Charlotte Wellesley, the Duchess of Cambridge and Alexa Chung in her designs. Though she's the go-to girl for a dress fit for Ascot, she's more likely to be seen dancing to hip-hop than betting on the horses.



36

NEW ENTRY

VISCOUNT & VISCOUNTESS WEYMOUTH

Emma, 30, loves parties: at Loulou's, at Annabel's, at David Ross's... If you're having one, she's there, despite the fact that she only spends two nights a week in London. Her husband, Ceawlin, 42, prefers the quiet life at Longleat, so when he's not in town you'll find Emma with her walker, Mark-Francis Vandelli. That said, Longleat was far from quiet last summer, when Emma threw her disco-themed 30th-birthday party there... ▷



37

NEW ENTRY

OTIS FERRY

Ah, the hunting Ferry! Surely he must be permanently attached to his horse? Not so much. When the charming Old Marlburian, 34, isn't riding, he's surgically attached to his girlfriend, Lady Alice Manners (see page 79), or drawing up guest lists for Loulou's. Always dressed in a suit, Otis moves seamlessly from event to event without anyone noticing (cunning, that).



38

NEW ENTRY

VASSI & ADRIAN HARRIS

This journalist and her husband truly, truly love parties and, tbh, they make the party. Whatever the vibe, Vassi, 51, and Adrian, 49, can get with the programme, whether it's a Capri fashion extravaganza, an Ibiza house party, a high-octane media dinner or a full-on rave. You know you won't be lonely once you spot this delicious couple – they're as cosy as they are witty.



39

NEW ENTRY

LADY TATIANA MOUNTBATTEN

October 2016 was a sad month for London's social scene: Lady Tatiana, 26, cut out alcohol, refined sugar and grains and processed foods. Fortunately, she didn't excise all excitement from her life – the leggy professional dressage rider was a guest at *Tatler's* Little Black Book party and the Annabel's Halloween do. She's a keen bidder when it comes to auctions – everyone wants her at their charity bashes.



40

NEW ENTRY

YANA & LEON MAX

Sure, the Russian retail tycoon, 63, and his wife, 35, are invited to all the best parties in town. But what you REALLY want is an invitation to their pristine stately, Easton Neston. Sumptuous bedrooms, staff everywhere, extraordinarily good wines... it's the closest you'll ever get to Louis XIV's Versailles. And yet this very sweet couple are actually rather low-key. Refreshing, that.



41

NEW ENTRY

SAM & ANNABEL WALEY-COHEN

Busy, busy, busy, that's how this husband and wife roll. When Sam, 34, isn't doing his day job (he founded Portman Healthcare in 2009), he's an amateur jockey, getting placed in the Cheltenham Gold Cup and the Grand National. Bella, 33, plans birthday parties for children with her company Hats & Bells, getting them giddy on Coke floats. As for her own tittle? She'll take a Moscow Mule – at the Serpentine Summer Party, Annabel's or hanging out with buddies Kate and Will.



42

NEW ENTRY

PRINCESSES EUGENIE & BEATRICE

Princesses Beatrice, 28, and Eugenie, 26, adore a good knees-up. And people adore them. Eugenie thrives on discussions about art in her role as associate director for the Hauser & Wirth gallery, while Beatrice is fired up by charitable matters. Both are impressive on the dancefloor.



43

THE GOLDSMITHS

A great party needs a glamorous Goldsmith – luckily, there are plenty: 42-year-old Zac's a politicised Adonis and his sister, the interesting and interested Jemima, 43-year-old co-founder of Instinct Productions, is always in demand. Lady Annabel, 82, writes books and is the Annabel of Annabel's; then there's financier and environmentalist Ben, 36, plus his caterer wife Jemima, 29. Beauty, conversation and a hint of anarchy follow this dazzling family wherever they go.



44

NEW ENTRY

LOTTIE MOSS

Only two years ago Lottie, 19, was making collages of Justin Bieber, Leonardo DiCaprio (*Romeo + Juliet* era) and Zac Efron on her bedroom wall. Now Kate Moss's little (half-)sister is rubbing shoulders with models Jourdan Dunn, Amber Le Bon and Lucky Blue Smith, having left the Sussex family home and gone to London. And Barcelona. And Barbados... and then back to the capital for a night out at Bodo's Schloss, Beaufort House and most places in Kensington and Chelsea. Has a soft spot for the cast of *Made in Chelsea*.

MOST INVITED



45

NEW ENTRY

FARES & TANIA FARES

When someone speaks three languages fluently, you can be sure they've always got something to say. Tania, 43, trailblazing supporter of young fashion designers, has lived in London with Fares, 42, founder and chairman of investment firm Wedge Alternatives, since 2003. With one child already at uni and the other heading off soon, she has time to hit the best bashes in town with pals Bay Garnett, Sabine Getty and Tiphaine de Lussy.



46

NEW ENTRY

IVAR WIGAN

Born in Scotland, raised in London and now splitting his time between Jamaica and the Portobello Road, fun-loving snapper Ivar, 38, would look beautiful in front of the lens too. Rather than record the nightly revels at 5HS, he documents Atlanta strip clubs and infiltrates street gangs. No wonder all the cool boys (and girls) want to talk to him.



47

VISCOUNTESS & VISCOUNT DAVENTRY

Big smiles and an even bigger wardrobe of colourful going-out gear – Georgia, 51, and Dick, 56, are fans of a good shindig and a flutter at the races. But when the party is over, they're just as happy to head home to Arbury Hall in Warwickshire – he once summed up the county in six perfect words: 'Wouldn't want to live anywhere else.'



48

NEW ENTRY

GALEN CRAWLEY

Considering Galen, 28, is starting up a members' club in Kenya, you'd think his impish face would be sadly absent from the UK's party merry-go-round. Not so (thank God!). Whether he's straight off the plane from the Red Rooster Festival, booking a last-minute flight to a wedding in Ibiza or part of #Maldives BeachParty, this boy is very much present. Research for his future establishments? We call it good fun.



49

NEW ENTRY

ASTRID HARBORD

If the number of godchildren you have is indicative of your popularity, then Astrid, 35, must be one of the best-loved girls in town: she has close to a dozen. Jolly sensible of Annabel's, then, to ask her to help handle membership for their rebirth.



50

NEW ENTRY

LYDIA & DIMITRI CHANDRIS

Glossy-haired and with an Oxford brain, Lydia, 29, does all things food and booze at her father Rocco Forte's hotels, so don't fob her off with a dodgy canapé. Not that she'd say anything, because she and banker Dimitri, 32, are two of the most charming people in town; they also represent the union of two hefty dynasties (his father is the Greek shipping tycoon John Chandris).

CONTINUED ON PAGE 179

SOCIETY'S SOCIAL MEDIA STARS

THIS PAGE, KATA HICKS
WEARS SATIN JACKET,
£285; SATIN TOP,
£282; SATIN TROUSERS,
£405, ALL BY **ANNA
SUI**. BANGLE BY
CARTIER, KATA'S OWN

OPPOSITE PAGE,
ASHLEY HICKS WEARS
EMBROIDERED WOOL
JACKET, £2,700; COTTON
SHIRT, £530; EMBROIDERED
WOOL TROUSERS, £1,400,
ALL BY **DIOR HOMME**

Photographed by ARNAUD PYVKA

Styled by SOPHIE GOODWIN



Kata and Ashley Hicks found each other on Instagram, bonded over talking chickens and inflatable alligators, and got married two weeks after meeting IRL. Matthew Bell visits their Oxfordshire estate



hen Ashley and Kata Hicks got married in 2015, the bride wore cake all over her face. It was almost the least surprising detail about the wedding between Ashley, the 53-year-old designer and son of the late decorator David Hicks, who is a second cousin of the Prince of Wales and grandson of the last Viceroy of India, Earl Mountbatten of Burma, and Katalina ('Kata') Sharkey de Solis, a 35-year-old fashion-tech star from Texas. At one point, the groom was dressed as a giant cockerel, while guests, who included Christian Louboutin and the lofty *Game of Thrones* actress Gwendoline Christie, were encouraged to post ceaselessly on social media – in honour of the fact that Ashley and Kata 'met' on Instagram. The cake found its way onto Kata's face courtesy of Angelica Hicks, Ashley's 24-year-old daughter (by his first wife, Allegra),

but Kata was not very keen on Houston – 'It's horrible, full of redneck racists' – and left for New York at 16 to attend the Calhoun School, a progressive co-ed independent school on the Upper West Side. 'I loved it, it was the opposite of *Gossip Girl*. It's the kind of school where well-to-do families send the kids they can't get a place for anywhere else. It's really liberal.' Kata had fun there – until she got thrown out for having too many parties in her apartment. She returned to Houston to finish her schooling and then attended Georgetown University, in Washington. After that, she did a master's at Sciences Po in Paris. She fell in love with the city and spent the next 15 years there, ending up as head of digital at Chanel.

Ashley loathed school – he left Stowe as soon as he could, aged 16, though he liked the William Kent building and the Capability Brown grounds. He went to Bath School of Art and Design and then trained as an architect at the Architectural Association School of Architecture, bravely following in the footsteps of his father, the famous David Hicks. I say 'bravely' because Hicks senior was more of a Goliath than a David. He dominated British interior design in the Sixties and Seventies, cultivating an air of total authority; major jobs included

discourage my mother from coming over every night to watch a movie,' he says. 'Absolutely not. They fell in love with each other. I don't even get a look-in.'

Lady Pamela is no stranger to bohemia. In her memoir, *Daughter of Empire*, she writes about her parents' unconventional marriage. Lord Mountbatten was apparently so devoted to Edwina Hicks (née Ashley), a beautiful heiress, that he tolerated her multiple love affairs, even though it caused headaches for their butler in London: 'When my mother returned from shopping one day,' she writes, 'she was met with, "Mr Larry Gray is in the drawing room, Mr Sandford is in the library, Mr Ted Philips is in the boudoir, Señor Portago [is] in the anteroom and I don't know what to do with Mr Molyneux."'

Sadly, Lady Pamela, also famous for her magnificent Countess Spencer-style coiffure, is at the hairdresser's on the day I meet Ashley and Kata. Do they see her much? 'The whole time,' says Ashley. 'You can hardly miss her!'

David and Pamela Hicks moved to the Grove after financial disaster forced them to sell Britwell House, a mini-stately close by, where Ashley lived until he was 15. The downturn in David Hicks's business happened shortly after an IRA bomb killed Lord Mountbatten while he was fishing off the coast

'I HOPED THAT MARRYING A COMPLETELY NUTS YOUNG TEXAN WOULD DISSUADE MY MOTHER FROM COMING OVER EVERY NIGHT'

who couldn't resist shoving her perky new stepmother's face into the crème Chantilly.

In fact, Angelica and her sister Ambrosia, 19, were very much in favour of the marriage and had encouraged their father to propose. He and Kata had been following each other for months on Instagram – Kata loved the imagined conversations between Ashley's chickens, Barbara Brandenburg Marchesa di Mantova and Isabella d'Este. Ashley, meanwhile, was impressed by Kata's wacky posts featuring inflatable zebras and an alligator called Donald. When she was visiting London from New York one day, they arranged to meet for dinner at the Wolseley. She brought Donald. Two weeks later, Kata and Ashley were engaged.

A year and a half on from the Insta-wedding, life is still Insta-fun chez Hicks in the Oxfordshire Chilterns. 'I never expected to like the countryside, but I love it,' says Kata. She grew up in Houston, where her father works in the oil industry. Her mother is Texas-born,

refurbishing the White House for Richard Nixon and Gatcombe Park for the Princess Royal. A consummate snob, David persuaded his mother to abandon their native Essex and scrape together her last pennies to buy a 12-year lease on a house in South Eaton Place, which he did up and used to launch his decorating career. He married Lady Pamela Mountbatten in a blaze of publicity in 1960 (the same year Princess Margaret married Lord Snowdon), and once told Ashley that marrying Lady Pamela was 'the one great achievement of my life'.

David's presence can still be felt at the Grove, the house he remodelled when the family moved here in 1978. Ashley and Kata occupy a clever conversion of a granary, dairy, coach house and stables forming an L-shape around the back of the main house, which is still occupied by his mother. She is, says Ashley, delighted by the addition of Kata to the family. 'I had slightly hoped that marrying a young Texan who is completely nuts would

of Mullaghmore, in the Republic of Ireland. Ashley was at nearby Cassiebawn Castle, the Mountbatten summer residence, watching television with the windows open, when he heard a tremendous bang.

It was, all in all, an incredibly tough time for the family; grief and trauma combined with David Hicks's commercial difficulties, precipitated by a crooked business partner. 'It all went horribly wrong. The business was going to go public, and he was going to be so rich, and it was all marvellous and exciting, but unfortunately the whole thing fell through.' What happened to the crook? 'Nothing really. He's dead, but nobody was ever able to pin anything on him. There was a certain amount of theft.' When the receivers were called in, David Hicks had 24 hours to clear his studio: he called a curator friend from the V&A to help him empty it, and much of his archive is still sitting in boxes in the museum's warehouse.

As it happens, the David Hicks brand is stronger now than it was when he died, ▷

CHIFFON TOP WITH
OSTRICH FEATHERS,
£2,535; TROUSERS
WITH OSTRICH
FEATHERS, £2,020,
BOTH BY **PRADA**.
KATA'S SLIPPERS,
HER OWN







TOP & TROUSERS BY
PRADA, AS BEFORE. LINEN
& GROSGRAIN CUSHIONS,
£250 EACH; GROSGRAIN
BEDSPREAD, £1,350;
COTTON-SATEEN DUVET
COVER, £825; SILK
PILLOWCASES, £170, ALL
BY **ASHLEY HICKS FOR
FRETTE**. CARA PAMELA
HICKS WEARS LEATHER
COLLAR, FROM £75, BY
MUNGO & MAUD

THIS PAGE, TWILL
JACKET, £1,470, BY
GUCCI. COTTON
SHIRT, £530, BY
DIOR. MIA PATRICIA
HICKS WEARS
COLLAR, AS BEFORE

OPPOSITE PAGE,
ASHLEY WEARS
COAT, £1,700; WOOL
TROUSERS, £400,
BOTH BY **GUCCI**.
COTTON SHIRT, £250,
BY **LEMAIRE**. KATA
WEARS SILK & LACE
DRESS, £21,255,
BY **VALENTINO**.
BANGLE, AS BEFORE.
LINEN & GROSGRAIN
CUSHIONS,
COTTON-SATEEN
DUVET COVER & SILK
PILLOWCASES, ALL
AS BEFORE







COTTON ROBE,
£200; COTTON
PYJAMA SET,
£425, BOTH
BY FRETTE

FOR STOCKISTS, SEE
ADDRESS BOOK. HAIR
& MAKE-UP BY AMY
BRANDON, USING
BOBBI BROWN &
BUMBLE AND BUMBLE

◁ thanks to Ashley's efforts to revive it. He sells his father's wallpaper and fabric designs, called David Hicks by Ashley Hicks, 'which is all the stuff my father would have hated'. Do they have a similar style? 'No. He liked things to be extremely simple and clean, a bit like a military uniform. Whereas I like things to be a bit more jumbled up.'

Ashley has completely redecorated his part of the Grove, though the main house – entirely separate from the annexe, where he and Kata live – remains untouched. This includes the bedroom where his father died, which has a bath at the end of the bed and a loo hidden in a book-lined cupboard ('no point in wasting space on a separate bathroom'). Ashley's additions have included an octagonal study, where he keeps the desk that once belonged to Lord Palmerston, the mid-19th-century prime minister and an ancestor through his mother. Another touch is a home cinema in what would otherwise have been a hallway. The walls are

painted dark brown, and one end of the room has built-in sofas for sprawling.

It's a pity that Ashley never pursued his career as an architect, but he says he lacked the confidence. 'It was this slightly problematic situation of being the son of this very famous designer but also being a hopelessly un-self-confident character,' he says. 'When I was a child, my father would say, "You know, nobody's ever heard of Rembrandt's son." Yet he'd also fantasise that we could be a dynasty "like the Wyatts!"' At one point, Ashley's relationship with his father was so damaged that he couldn't bear to speak to him. Ashley later spent 18 months in therapy, and he and his father were close when David died. Now, Ashley speaks with huge affection for his father. 'He did these publicity stunts,' he recalls, 'like turning up outside a council house in his gold Rolls-Royce and offering to decorate it for free, and getting the *Sunday People* to pay for it.'

David also produced several books that became the style bibles of the Sixties and

Seventies, though by the Eighties his style had gone off, says Ashley. 'He was spending his whole time flying out to Saudi Arabia to show King Fahd his project for the royal yacht,' he says. 'He would be stuck for days in a hotel in Jeddah – a nightmare for a raging alcoholic.'

One feels David would have approved of Kata, who keeps fridgefuls of prosecco around the house, and pops a bottle open midway through the shoot. But Ashley and Kata do most of their partying in London – they have a set in Albany. Oxfordshire is where they let their creative juices flow. The house is surrounded by barns and workshops where Ashley makes everything from furniture to figurines, his latest whimsy being brightly coloured totem poles made of malleable plastic and wood. Kata, still involved in fashion and digital marketing, also stages anthropomorphic photoshoots. Ashley's latest project has been a collaboration with the Italian luxury-linen firm Frette – which recently opened a new store on South Audley Street, in Mayfair.

PHOTOGRAPHS: KATA HICKS/INSTAGRAM, CAMERA PRESS/ANDREW CROWLEY, KEYSTONE PRESS AGENCY/EYEVINE



Top, Kata's inflatable alligator, Donald. **Above,** Ashley and Kata (plus cake) on their wedding day



ABOVE, LADY PAMELA HICKS, ASHLEY'S MOTHER, WITH HER DACHSHUNDS SANDY & SKYE, 2011. **BELOW,** DAVID HICKS OUTSIDE BRITWELL HOUSE, 1960

He has designed a bedspread and pillowcase collection for them, with a geometric pattern inspired by an Italian Renaissance fabric, which Ashley has reworked and named Salvadori. Available in dark blue or ivory, it looks fit for a Pope, though Ashley says their dogs demand it too. 'Our dogs only sleep in Frette,' he says.

Clearly, they are a family of unstoppable creatives – Angelica's fashion illustrations are currently the toast of New York. The UCL graduate was working for design magazine *Cabana* when its editor asked her to illustrate the place cards for a dinner, and her career took off. She creates visual puns on fashion themes – Poochy for Pucci is a poodle with a Pucci-style print. She has been commissioned by Tory Burch and championed by Gigi Hadid and Kendall Jenner, who are among her 25,000 Instagram followers.

Inventive design, irrepressible humour and a love of social media – it's the Hicks family way. □



POSH PUNK

Because we're so edgy here at *Tatler* – just
ask the actress Georgina Bevan

Styled by SOPHIE PERA

Photographed by LORENZO BRINGHELI

GEORGINA BEVAN WEARS
COTTON DRESS, £4,036, BY
ZIMMERMANN. SINGLE METAL,
RESIN & RHINESTONE EARRING,
£445, BY **CHANEL**. LEATHER
HARNESS, £200; BELTED METAL
& LEATHER SKIRT HARNESS,
£605, BOTH BY **ZANA BAYNE**.
LEATHER BOOTS, £165, BY
DR MARTENS. RINGS,
GEORGINA'S OWN THROUGHOUT



THIS PAGE, SILK-CHIFFON
DRESS, £1,850, BY
ZUHAIR MURAD. MESH TOP,
£32, BY **URBAN OUTFITTERS**.
PVC TROUSERS, £55, BY
TOPSHOP. METAL & LEATHER
CHOKER, £100, BY **ZANA
BAYNE**. EARRINGS, FROM
A SELECTION, AT **ASOS**.
BOOTS, AS BEFORE

OPPOSITE PAGE, COTTON
DRESS, £1,090, BY
ZIMMERMANN. BEADED
WOOL JACKET, £715,
BY **ASHLEY WILLIAMS**.
LACE NECKLACE,
FROM A SELECTION
AT **VV ROULEAUX**.
TROUSERS, BOOTS &
EARRINGS, AS BEFORE







THIS PAGE, RIBBON-EMBROIDERED SILK JACKET, £2,935, BY **DSQUARED2**. LEATHER CHOKER, £90, BY **CARVEN**. NAPPA-LEATHER TROUSERS, £550, BY **ZOE KARSEN**. GLITTER BOOTS, FOR HIRE FROM **ANGELS COSTUMES**

OPPOSITE PAGE, TULLE TOP, £350, BY **SIMONE ROCHA**. TULLE BANDEAU TOP, POA; SILK GLOVES, £126, BOTH BY **ROCHAS**. PEARL CHOKER, £30, BY **GILLIAN HORSUP**, AT **GRAYS ANTIQUES**. TROUSERS & BOOTS, AS BEFORE



GEORGINA BEVAN

You may recognise this long-limbed beauty as Dominique Stewart from the deliciously camp miniseries *The Royals*, raised to seek revenge on the Royal Family for killing her aunt. But in real life she's Georgina Bevan, 26, and her childhood was far less sinister: she grew up in West Cork, climbing trees, going to the beach and listening to the Stones, Jimi Hendrix and David Bowie. In fact, she lacks any threatening tendencies at all, and on Halloween you'll find the actress dressed as a really not very frightening hot dog. *TJ*

TULLE DRESS, £7,600;
COTTON BUSTIER TOP,
WORN OVER DRESS,
£1,150, BOTH BY **DIOR**.
CHOKER, POA;
CHAIN NECKLACES
FROM A SELECTION, ALL
BY **PHILIPP PLEIN**





THIS PAGE, WOOL-CREPE JACKET, £1,150; WOOL-CREPE TROUSERS, £650, BOTH BY **ROBERTO CAVALLI**. METAL & LEATHER HARNESS TOP, £545, BY **ZANA BAYNE**. EARRING & GLITTER BOOTS, AS BEFORE

OPPOSITE PAGE, SILK-BROCADE JACKET, £1,444, BY **PRABAL GURUNG**. LEATHER HARNESS, £200, BY **ZANA BAYNE**. SILK-JACQUARD TROUSERS, £1,220, BY **GUCCI**



THIS PAGE, METAL & GLASS-PEARL BELT (WORN AS NECKLACE), £4,300, BY **CHANEL**. PEARL NECKLACE, £38, BY **GILLIAN HORSUP**, AT **GRAYS ANTIQUES**. JACKET, FROM A SELECTION AT **VESTIAIRE COLLECTIVE**. TROUSERS, £270, BY **ROBERT WUN**. GLITTER BOOTS, AS BEFORE

OPPOSITE PAGE, TULLE DRESS, BUSTIER TOP & NECKLACES, AS BEFORE. TULLE BRIEFS, £138, BY **ERES**

FOR STOCKISTS, SEE ADDRESS BOOK. HAIR BY DORA ROBERTI AT CLOSEUP MILANO, USING BUMBLE AND BUMBLE. MAKE-UP BY PABLO RODRIGUEZ AT CLM HAIR & MAKE-UP, USING YSL BEAUTY. WITH THANKS TO BORGO EGNAZIA (BORGOGNAZIA.COM). PRODUCTION, AYSHA SURSOCK. FASHION ASSISTANT, XUXA MILROSE





Oops! All my clothes fell off...

WITH THIS SEASON'S COOLEST
ACCESSORIES IT COULDN'T MATTER LESS

Styled by SOPHIE PERA

Photographed by LORENZO BRINGHELI



LEATHER SHOES, £770,
BY SAINT LAURENT



BRASS & GLASS-STONE
EARRINGS, £235, BY
ALESSANDRA RICH



OSTRICH-FEATHER
STOLE, £2,150;
SATIN & OSTRICH-
FEATHER SHOES,
£760, BOTH BY **PRADA**

COPPER & ZINC
NECKLACE, £1,990,
BY **BALMAIN**



SILK-TWILL SCARF,
£280, BY **HERMES**.
LEATHER & SUEDE BAG,
£1,000, BY **CHLOE**



HAMMERED-METAL
BELT, £1,245, BY
DSQUARED2. SUEDE
POUCH BAG, £120, BY
LONGCHAMP. SILK
& WOOL POCKET
(WORN AROUND NECK),
FROM A SELECTION,
BY **KINGSMAN**

CALFSKIN BAG, £1,595,
BY **CHARLOTTE**
OLYMPIA. CRUSHED-
VELVET SHOES, £425,
BY **BALLY**

FOR STOCKISTS, SEE
ADDRESS BOOK. HAIR
BY DORA ROBERTI AT
CLOSE UP MILANO,
USING BUMBLE AND
BUMBLE. MAKE-UP BY
PABLO RODRIGUEZ AT
CLM HAIR & MAKE-UP,
USING CHANEL COCO
CODE & BLUE SERUM.
MODEL, RIANNE
HASPELS AT VIVA
MODEL MANAGEMENT.
WITH THANKS TO
BORGO EGNAZIA
(BORGUEGNAZIA.COM).
PRODUCTION,
AYSHA SURSOCK.
FASHION ASSISTANT,
XUXA MILROSE

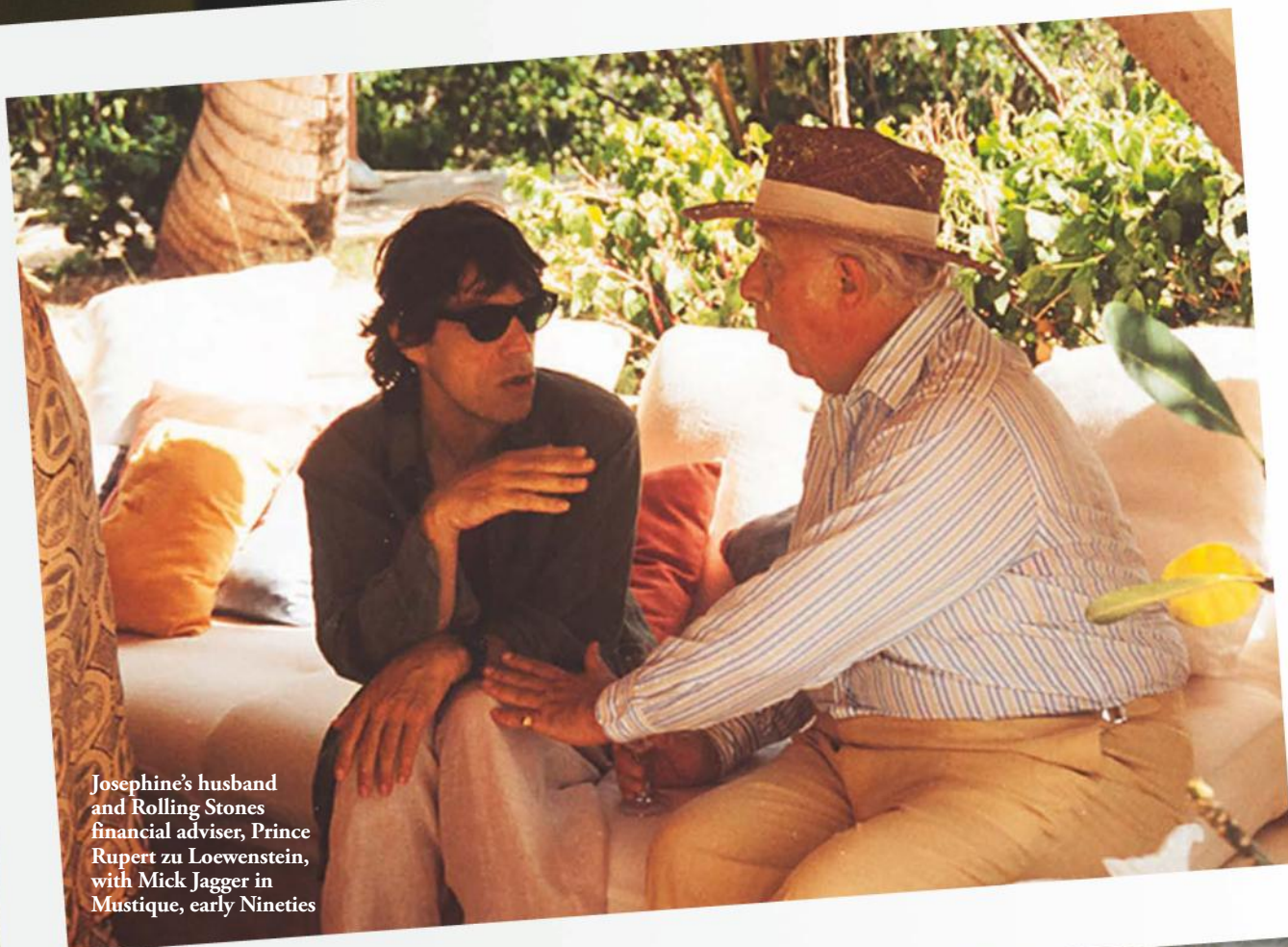


Rock stars! Royals! Playboys! Debutantes!

She was close friends with Princess Margaret and her husband managed the finances of The Rolling Stones, so it is no surprise that Princess Josephine Loewenstein has written a book about her riveting life. She gives her first in-depth interview to Matthew Bell

Photographed by MUIR VIDLER

PRINCESS JOSEPHINE WEARS HER OWN CLOTHES. STYLED BY AILSAMILLER. HAIR & MAKE-UP BY ANNA GIBSON



Josephine's husband and Rolling Stones financial adviser, Prince Rupert zu Loewenstein, with Mick Jagger in Mustique, early Nineties

Princess Josephine with Gianni Agnelli in St Moritz, 1960. *Opposite page*, at home in Richmond, 2016



Prince Rupert,
c. late Sixties



of Lord and Lady Biddulph. She was born in Chelsea in 1931 and endured a spartan childhood because her mother did not have any money after divorcing Josephine's father. 'From time to time I would go to my father's grand flat in Bayswater for a proper tea,' she says in her staccato, faintly German-sounding accent. 'But otherwise I became quite undernourished.'

Those days of malnourishment seem a long way away from where we are now. The Loewensteins moved to Petersham Lodge in 1989, after Josephine persuaded her husband to buy it. He had been reluctant to give up Biddestone, the (very haunted) manor in Wiltshire where they had lived for the previous 12 years, and her mother, then still alive, also disapproved. But for Josephine it was the perfect house: grand but not too big; private but not isolated.

Prince Rupert was the man who made The Rolling Stones rich. Nicknamed 'Rupie the Groupie', he was not an archetypal Stones fan: here was a prince in a pinstripe suit, who preferred Bartók to The Beatles; a Knight of Malta, and one of the most senior Roman Catholics in Britain; and he hardly ever touched a drink. He was not, as Jagger sneered, simply a 'bank manager' – he was the mastermind of the Stones' financial success.

Josephine says that Rupert hadn't even heard of the Stones when a mutual friend, Christopher Gibbs, asked if he could look over their business affairs in the late Sixties. At the time, the band was doing well, but they weren't seeing any of the money. Loewenstein, who was looking for a new challenge as a merchant banker, agreed. He discovered the Stones were locked into two very unfavourable contracts, one with their record label Decca, another with Allen Klein, a canny US-based music agent/business manager. Rupert freed them from these contracts and advised the band to move to the South of France, swerving the tax rate of the time, which was around 90 per cent. Suddenly Mick Jagger, Keith Richards and co were (rightfully) loaded.

'We became great friends and travelled with the band on many tours,' says Josephine. 'But it was hard work for Rupert at the beginning. There were a lot of substances, which was difficult for him because he >

When Princess Josephine Loewenstein published her memoirs recently, her friends were amazed. What would this most discreet of society figures, whose circle has included Sir Mick Jagger, Princess Margaret, Gianni Agnelli and Lord Glenconner, have to say about them all? Her late husband, Prince Rupert Loewenstein, caused a mild shock in 2013 when he wrote his own book, *A Prince Among Stones*, a pun on his career as financial adviser to The Rolling Stones. As Jagger said to the *Mail on Sunday*: 'Call me old-fashioned, but I don't think your ex-bank manager should be discussing your financial dealings and personal information in public.'

He needn't worry this time around. Princess Josephine has written a book that is tactful and careful not to offend, instead painting a series of impressionistic sketches of her long and colourful life. *Wind in My Hair: A Kaleidoscope of Memories* is tantalising, alluding to episodes of scandal and debauchery from which the author maintains a respectful distance. It bears witness to a life of extraordinary glamour and good fortune, taking us from the corridors of Ledbury Park, her grandparents' home, to the whirl of Rome in the Fifties; from high-society London to parties on Mustique, where she still has a house. She published it with a small Dorset-based printing press and held a private launch party in London, attended by only a few intimates, not wishing to draw too much attention. Which is, say

friends, typical of the 86-year-old widow: she is shy and reserved, and during her long marriage to the Bavarian Prince Rupert, she was always much happier occupying a background role, attending parties and functions as a prop rather than a rival.

Why, then, write a book at all? It is a puzzle her friends cannot fathom, not least because she has never had any interest in showing off. Princess Josephine has never given a face-to-face interview before, being of the generation that never spoke to the press. Friends say she has always been quiet, enjoying music, playing the piano twice a day and frequently giving recitals. But since Prince Rupert died in 2014, she has been jotting down anecdotes and stories that have now been compiled into her memoir.

Josephine is proud of the book, which is why she has agreed to invite *Tatler* into her Richmond home to discuss it. Petersham Lodge is one of those perfect miniature statelies, tucked behind wrought-iron gates deep in south-west London – a white stuccoed villa with a huge garden sweeping down to the Thames. We sit opposite each other on matching chintz sofas in the high-ceilinged drawing room overlooking the garden; framed family photos are arranged on side tables, the walls hung with gilt-framed oil paintings. The decor would not look out of place in the palace of any member of European royalty – it is classical, correct and timelessly elegant.

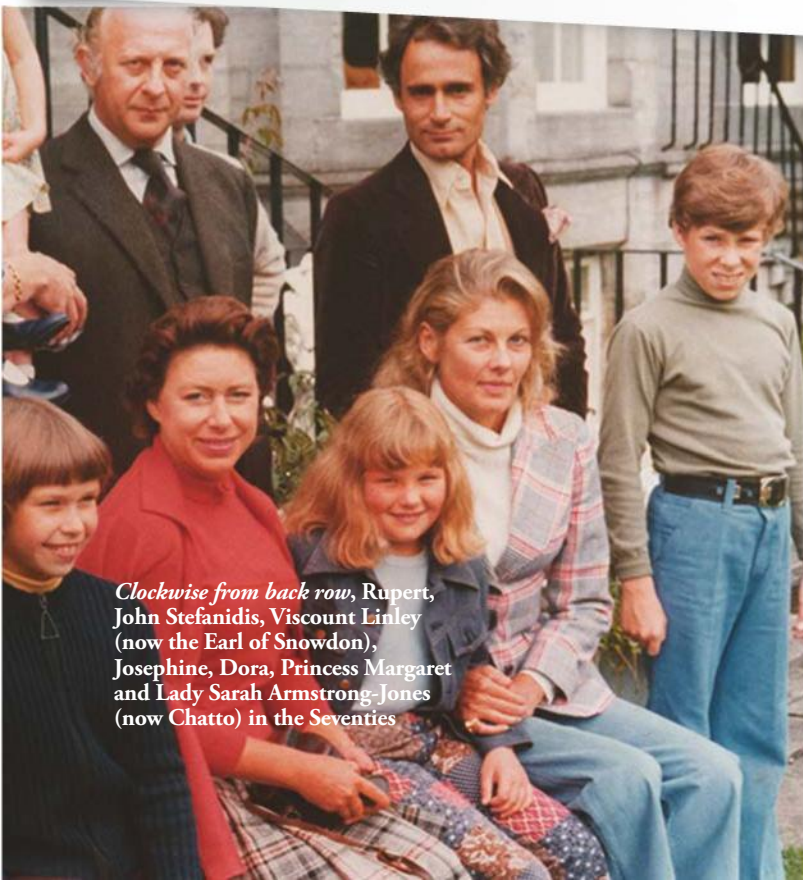
Josephine herself is equally graceful and upright, with the posture of a ballet dancer. She joined the Sadler's Wells Ballet School in 1945, when she was 14, rubbing tutus with Margot Fonteyn and Moira Shearer. Back then she was Josephine Lowry-Corry, only child of the short-lived marriage between Montagu Lowry-Corry, a Grenadier Guard, and Mary Constance Biddulph, daughter



LEFT, JOSEPHINE, FAR RIGHT, WITH, FROM LEFT, PETER SELLERS, A FRIEND, RUPERT & BRITT EKLAND IN ROME IN THE SIXTIES. RIGHT, WITH RUPERT AT THE WHITE BALL, 1969



Rupert and Jerry Hall, 1993



Clockwise from back row, Rupert, John Stefanidis, Viscount Linley (now the Earl of Snowdon), Josephine, Dora, Princess Margaret and Lady Sarah Armstrong-Jones (now Chatto) in the Seventies

'LA LEOPOLDA' BEAULIEU AM.



Josephine, right, with Gioconda Cicogna at Villa La Leopolda, Beaulieu, early Sixties

◁ didn't do any of that kind of thing. And so he was really working at night, because in the day they were asleep. It was very trying.'

Yet Rupert and Josephine persevered. 'Rupert was very, very clever indeed,' says Josephine. 'He was very well educated and musical, like Germans mostly are. And he was determined to make a lot of money. He couldn't bear [our] families on both sides having lost so much, so he was determined to make a fortune. Which he did.' His father, Prince Leopold, could trace his lineage through the royal house of Wittelsbach to Ludwig, who became Count of Loewenstein in 1494. His mother was a daughter of the Count of Treuberg, and her family's connections could be traced throughout the Almanach de Gotha. But for all their pedigree – Rupert's full name was Rupert Louis Ferdinand Frederick Constantine Lofredo Leopold Herbert Maximilian Hubert John Henry zu Löwenstein-Wertheim-Freudenberg, Count of Loewenstein-Scharffeneck – the families were not cash-rich. As Rupert later said of his banking clients, he always preferred new money to old, as 'people with old money are nearly always having to be adjusted downwards'.

Rupert and Josephine met in 1957, when he was sharing rooms at Magdalen College, Oxford, with Desmond Guinness while studying medieval history. 'I went to a party there. We got married about three months later,' says Josephine. She came from a staunchly Protestant family – her father had Northern Irish roots and was 'virulently anti-Catholic'. Rupert, on the other hand, was a strict Roman Catholic.

'It couldn't have been worse,' says Josephine. 'Rupert was German, Catholic and penniless.'

Nonetheless they were married at the Oratory by a priest from Rome, where Josephine had been living for the previous few years. After her coming-out ball in 1948, she had done the season, a dizzy-making round of balls and Ascot and long white gloves. She was asked to be debutante of the year and to be photographed by Cecil Beaton, but turned down both because she dreaded her friends from the ballet finding out about her other (grander) existence. For her, life as a ballet dancer at Covent Garden was much more thrilling than a deb's ball – she was in love with an Italian opera singer and revelled in the camaraderie of it all, but was eventually forced to give up ballet in 1950, aged 19, because she was too tall. So when a friend said he was going to Rome for 12 days and would she like to come, Josephine leapt at the idea. She had practically no money, and managed to get there on a one-way train ticket in third class 'for £9', sitting on wooden seats all the way, but the reward was worth it. 'My first sight of Rome was a vista of rose-coloured buildings in the warm air of the dawn,' she says. 'I will never forget the impression that it made on me. It was love at first sight; a love that has never left me.'

Josephine ended up staying in Rome for five years. She made many friends, including Mimi Pecci-Blunt, an eccentric, 'mannish' woman with a forceful personality, who was related to Pope Leo XIII and lived in a palazzo off the Piazza Venezia, complete with its own theatre. Mimi's husband Cecil Blumenthal (with whom she had five children) also had a boyfriend called Cecil Everley, who was a former footman

at Madresfield Court, the house that inspired Evelyn Waugh's *Brideshead Revisited* – the men were known as 'Les Deux Ceciles'. Josephine would spend weekends with them all at Villa Reale di Marlia, their other palazzo outside Lucca, which had formerly been the home of Napoleon's sister Pauline (Bonaparte) Borghese. 'I have never seen such splendour before, or since, except possibly with the Agnellis in the South of France.'

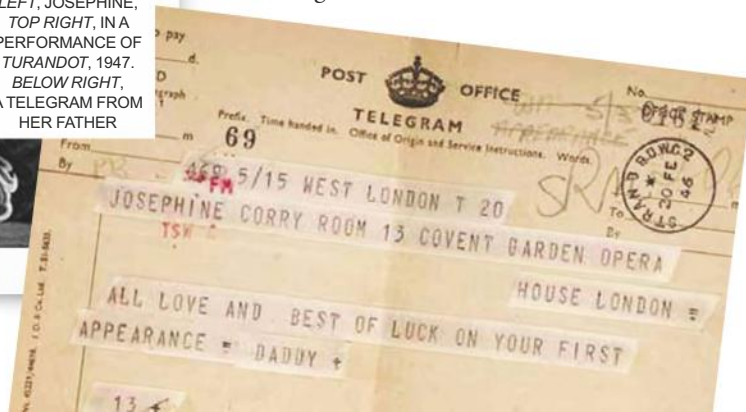
She eventually came back to England and, soon after they got married, the couple moved into a house in St Leonard's Terrace, which they had decorated by John Fowler. Josephine gave birth to two sons, Rudolf in 1957 and Konrad in 1958. Both would become Roman Catholic priests: one is now a teacher in north London, the other spends most of his time in Italy. Later the family moved to Holland Park and Josephine had a daughter, Maria-Theodora (Dora), in 1966. Dora inherited her father's business acumen and worked for him in New York in her early 20s, organising Stones tours and concerts. In 1992, aged 26, she set up her own events company, Dora Loewenstein Associates, which continues to thrive. Typical events include the reopening of Lord Rothschild's Waddesdon Manor and a 40th- anniversary party on Mustique, for which she had tents specially flown over from India. She has one of the best contacts books in London and is married to art consultant Count Manfredi della Gherardesca.

Dora and Josephine are very close, wintering as a family in Mustique every year. Their connection to the island comes through Josephine's family ties to Colin Tennant (later Lord Glenconner), a distant relative, who bought and transformed it from a swamp into a Caribbean paradise in the Fifties. He spent years trying to persuade Josephine and Rupert to visit, although it wasn't until the Sixties that they first went. 'It was like a house party,' says Josephine, recalling those early days. 'Colin would ring us in the morning and tell us we were going to have a picnic on such and such a beach, or drinks in this or that house.'

Princess Margaret had first visited during her honeymoon with Lord Snowdon and was nearly always there when the Loewensteins stayed. 'At first I found her rather intimidating. But as we got to know each other better, we



LEFT, JOSEPHINE, TOP RIGHT, IN A PERFORMANCE OF TURANDOT, 1947. BELOW RIGHT, A TELEGRAM FROM HER FATHER



grew much closer. She was a wonderful friend – very loyal and fun-loving. She would give you the coat off her back.’ And Princess Margaret hit it off with Rupert immediately: ‘They were extremely close; they got on very well. I once asked Mick Jagger why he thought that this was so. “Cos they’re a couple of Huns!” he replied. But I think really it was because they were both well informed about history and religion, as well as their shared German blood.’

In the Eighties, when Princess Margaret visited the former West Germany, the Loewensteins went with her. The trip was a great success: Princess Margaret was thrilled to meet all her German relatives, as they were in turn to meet her; they addressed one another on first-name terms and with no courtiers hovering in the background. On the way back to London, Josephine recalls asking Princess Margaret what plans she had on her return: “I shall go and see the Queen and tell her all about our trip,” she said to me. “Will she be interested?” “Oh no!”

Josephine and Rupert travelled extensively, often staying with glamorous people like the Maharajah of Jodhpur in India and Countess Anna Maria Cicogna in Venice. She recalls the ordeal of visiting Sir Jimmy Goldsmith in Mexico, where there were lots of erudite guests from America who liked to discuss politics. ‘Jimmy held forth and was always interesting. Then everyone in turn was asked their opinion. Before they got to me, I made my escape, as there was no subject on which I was particularly knowledgeable!’

Perhaps the smartest holidays were those spent with the Agnellis in the South of France. ‘Gianni Agnelli was a playboy of the most glamorous sort,’ Josephine says. ‘But I think it was difficult [for his wife Marella] being married to such a womaniser. People put up with it much more in those days. They don’t put up with it now – off they go!’ Is that better? ‘I think it’s better the other way. I think once you’re married, you stay married. Unless it’s absolutely intolerable. But once you’ve taken your vows, especially if you’re Catholic, you’ve jolly well got to make do. That’s my opinion, anyway.’

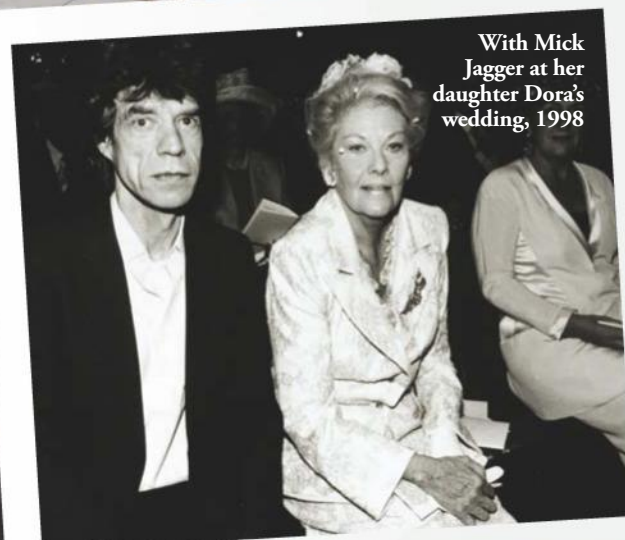
It’s an opinion from a very different age, and Princess Josephine Loewenstein does seem rather like a rare vestige of a bygone time – a time of white gloves and glamorous womanisers; palazzos and proper pop stars. And her book is a scintillating piece of history. □

Wind in My Hair: A Kaleidoscope of Memories by Josephine Loewenstein is published by the Dovecote Press at £20.

Josephine at home with her dogs, Florence and Beau



ABOVE, RUPERT & JOSEPHINE IN ST MORITZ IN THE SIXTIES. BELOW, RUPERT WITH PRINCESS MARGARET AT A BALL, 1986



With Mick Jagger at her daughter Dora's wedding, 1998





WHAT MAKES
THEM
NOSTALGIC?
.....

WHAT IS
THEIR
FAVOURITE
PET? *Woof!
Woof!*



*
WHAT ARE
THEIR
POLITICS?
* *

♡
WHERE WILL
THEY GET ♡
MARRIED?

MEET THE MILLENNIAL SLOANE

CARA
the Patron Saint
of Millennial Sloanes

Tatler has conducted a study of the habits and practices of this unique and endangered tribe – with startling results

The thing to remember about Sloanes – the 17-to-25-year-olds, the ones who don't call themselves Sloanes – is that however thoroughly they try to blend in, Sloanedar will expose them. Oh, look at you, man in loafers and a Puffa jacket – you are clearly a Spanish architect. But the bloke next to you, with the knackered Nike Airs and the slightly eager expression? He's called Tom and went to Bedales. How do we know? We just do. Sloanes cannot, in the end, disguise themselves. They might not self-proclaim, but even the most millennial of Sloanes cannot hide. So what have they become? Where is their evolution taking them?

Physical perfection was not, historically, a Sloane preoccupation (remember the teeth?)

Well, it is taking them away from Chelsea and Fulham. Pubs like the Admiral Codrington no longer trill with Archies and Arabellas. Instead, they can be found all over London, their impact diluted (they have to use WhatsApp to locate one another). Hackney, Balham and Dalston are now respectable locations for Sloane first flats – anywhere, in fact, where there are gyms and Victorian conversions. Yes, gyms. Health consciousness, combined with social media and endless documentation, means that many of them are exercising every day. They recognise themselves as belonging to the same species as Victoria's Secret Angels (Cara Delevingne is the current Sloane patron saint). Physical perfection

was not, historically, a Sloane preoccupation (remember the teeth?), but this lot are constantly Instagramming themselves. In this, they differ startlingly from their parents, who, while not quite the 'no one's looking at you, dear' vintage, were nonetheless the 'what's a pedicure?' generation.

Both generations are now experiencing Brexit-triggered tension. The Millennial Sloanes are, like most of their peers, Remainers, and, as they experience their first political moment, they are furious with their parents. Last summer's rows weren't about manners or jobs, but about Europe – and the strain has yet to dissipate. This reflects their global mindset, as opposed to the 'fortnight somewhere hot, plus some skiing' world view of their parents and grandparents.

There are, though, arenas where the Millennial Sloane remains faithful to its culture. Certain traits seem instinctive, passed down when Sloane marries Sloane and creates a new one. First, manners. A Sloane will always write a thank-you letter and greet you with a cheery 'Hello, how do you do?' Manners maketh Sloanes. There is also an authentic and profound love of the 'country'. That is where the Sloane feels confident enough to slough off urban pretence and happily roll around on cold floors with damp Labradors and feel a deep sense of well-being.

And, finally, romance. The vast majority of the MS generation see themselves getting married in their village church. *Four Weddings and a Funeral* is a societal norm that is now unassailable. The Sloane race will continue, so that more Sloanes may be born. They might not know what they are (who does?), but they will yearn for long cold walks, for the feel of a wet nose in their palm and for the day when the church organ belts out Parry.

THEIR FAVOURITE DOG BREEDS



MILLENNIAL SLOANE DATA

DATING AND MATING

Millennial Sloanes are not using dating apps yet – they don't need to, since most of their friends are still single and they meet plenty of members of the opposite (and same) sex at school, at university, at the gym, at work, at parties, at academic clubs – pretty much everywhere. They think the right age to settle down is between 28 and 33, and most want to get married in a village church, often the one where their parents got married. This might be, in part, because many are the children of divorce and pine for a complete family unit. Many talk of feeling nostalgic for the time when their parents were still together.

They have an average of 536 Instagram followers



COMMUNICATION

In the olden days, a typical Annabel spent hours on the phone. She would talk in the bath, in bed and then, with the advent of the cordless phone, while walking around her Coleherne Court flat. But not when strolling to Earl's Court station. The MS spends an average of 2.6 hours a day on the phone, but not talking. Instead, she uses (among other things) Instagram, Snapchat and WhatsApp. She texts but doesn't talk – some feel fear when the phone rings, as if it's a harbinger of horror. 'Instagram is where I get my social validation,' says one. This white heat of change is not all positive. 'I envy the older generation, as I feel they haven't had their childhoods overcome by technology. They get to enjoy its benefits now, once they've developed and understood real love and human connection, as opposed to my generation, who are quite obsessed with technology,' laments one thoughtful MS. ▷

Hero Douglas, 18, on academic pressure and the Millennial Sloane



I've always striven to be the best I can be. I know that success needs lots of hard work. I learnt that from my training as a classical musician at Chetham's School of Music – you practise a piece until it's perfect. I have a wipe board in my room, and every Sunday night I plan my days for the week. My study cycles are 10 hours, but can be longer. Occasionally I get up at 5am to practise or revise. I have one day off, but often I work, looking after four children under nine. It's liberating: I can enter

their world, where the biggest drama is dropping an ice cream.

Car journeys used to be free time – I'd sing every pop song Spotify threw at me. Now I download podcasts so that I can do research. I thrive on pressure. When it's removed I feel lost, like in the holidays when I don't have a structured timetable. I can't stimulate myself for the first few days, so I get very drunk with friends. Once I've got that out of my system, I hibernate, slumping on my bed with Netflix. Then my motivation returns and I start composing or become fixated on a harp piece I'm learning. It's fantastic having full days to focus on one thing.

Most of my friends are as hardworking as I am. Some are devastated because they got one B among their As. We put the pressure on ourselves, but it comes from outside too. Families want the best for you and that's an A*; teachers need successful pupils to show they are doing a good job; schools want ever-improving results; and only perfection is recorded on social media. It's mentally and emotionally shattering trying to keep everyone happy while never being distracted from work. No time for a breakdown! One friend from Hong Kong is allowed only Christmas Day off. In the holidays she has tutors every day and courses at the weekend.

I thrive on pressure – I feel lost without a structured timetable

Many of the people putting pressure on children to achieve perfection were not pushed in the same way when they were young. My mum (*above left*, with me and my brother Tybalt in 2009) left school at 16 and didn't go to university. I don't think she gets how hard it is, how you must constantly work to keep up. She was lucky: she worked as an actress, then moved into directing, with no qualifications. She says that no one cared about results or even going to university, much less where you went. She hasn't put academic pressure on me as such, but she is really strict about commitments I've made as a performer, with choir, in school, volunteering – the only acceptable excuse is hospitalisation! She is also very hot on being polite. If I even glance at my phone during a dinner party, I receive a swift kick in the shin. On the academic front, I put pressure on myself. It's funny – now Mum worries that I work too hard.

Oxford is ranked the top university in the world. Around 18,300 people apply for 3,200 places. I didn't think I had a chance of getting an interview, let alone being offered a place. I was certain my academic profile was way too off-curriculum. I knew the likelihood was I'd fail, but that motivated me to work harder than ever. In January I was offered a place to read music at Christ Church college. It was one of the most emotional moments of my life. I couldn't stop crying. I kept thinking they had made a mistake. But now the terror of not making the grades is overwhelming. I will be waking up at 5am for a while longer.



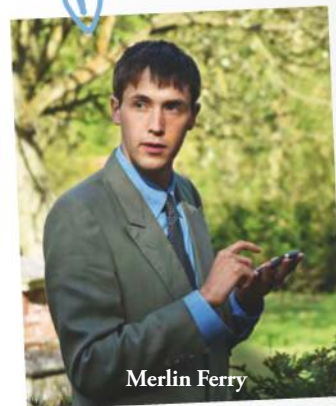
Olympia Campbell



Rafferty Law



Gabriella Wilde

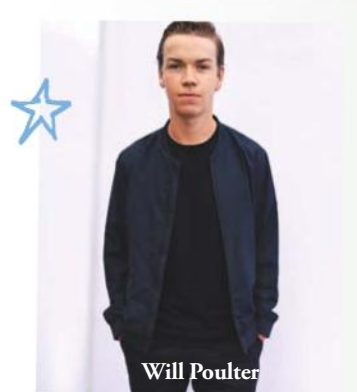


Merlin Ferry

Tatler's favourite



Imogen Waterhouse



Will Poulter



Rufus Taylor



Kesewa and Adwoa Aboah



Emilia Boateng



Brooklyn Beckham



Tigerlily Taylor



Ruby Boglione

Millennial Sloanes



Daisy Jenks



Tara Ferry



Lord Settrington



Lily Atkinson



MILLENNIAL SLOANE SLANG

WAVEY GARMS

Cool clothes, generally bright and/or neon-coloured, often vintage (or from Urban Outfitters). Glitter and/or unicorns should feature prominently.

BASIC Pejorative term used to describe someone v. mainstream or blah who thinks they're the bee's knees. Most commonly used to call someone a 'basic bitch'.

ON FLEEK A synonym for 'on point', as in 'her eyebrows are on fleek'. Note: this is verging on passé. Can also be conveyed by 🐸.

LIT A synonym for 'off the chain': extremely awesome, eg, 'That party was lit 🔥'.

SALTY The act of being upset or angry.

SERVING LOOKS

When someone is looking good.

BARACKS

Pyjamas. This is rhyming slang (Barack Obamas = pyjamas).

BOOGE Someone who is cheap or miserly. Etymology: a portmanteau of 'boo' and 'Scrooge'.

DRAG Giving someone drag is the new throwing shade.

When you drag someone, you can follow your comment with 🐸🍵, which refers to a meme of Kermit the Frog drinking tea. It says: 'Not that it's any of my business, but just sayin'.'

EXTRA Behaviour that is unnecessary/over the top.

HOT TAKE

An expression used to preface your opinion on something/an original idea: 'This is my hot take on the matter.'

GASSED

This can mean funny or exciting, but also deluded: 'You all thought I was gassed, but I did successfully launch my baby-styling business.'

SLAY Being really awesome at something, as in: 'I was slaying it last night in da clurb.'

YAS/YAAAAAAS QUEEN!

A way of expressing excitement. The number of As is proportionately linked to your enthusiasm.

ABBREVIATIONS & ACRONYMS

HUND P Hundred per cent. Generally used to agree firmly with something: 'Tatler is the best.' 'Oh yeah, hun D P.'

BTDUBZ Bastardisation of BTW (by the way).
FML Fuck my life. Not to be confused with MFL (modern

foreign languages).

TBH To be honest. Note: in Victorian times, TBH stood for 'to be had' (in the biblical sense). The gap left by this semantic shift has since been filled by the less poetic DTF: down to fuck.

IKR I know, right? Perplexed Sloanes

have been known to mistake this for a person's proximity to the King's Road.
FTW For the win. Also, Fort Worth, Texas.

IDK I don't know. Consider yourself saved from the old "'What does IDK mean?' 'I don't know'" fandango.

THE SCIENCE BIT

230 Millennial Sloanes (aged 17–25) completed a 37-question survey for our study. The questionnaire covered many topics, from general lifestyle to questions about their social lives – how they meet members of the opposite sex, how they communicate with their friends. Other questions tried to ascertain their general outlook: what do they feel nostalgic about? How do they feel about the older generation? Finally, we asked them what a Sloane is, which yielded some interesting responses... the best of which was: 'A Sloane is a hot snob living in London.' ▷

Francesca Carington, 23, on nostalgia



I started keeping a diary at the age of 13 out of a kind of premature nostalgia. I couldn't wait to look back on my words in the years to come, to immerse myself in a warm longing for the past – a romantic attitude not unusual in teenage girls. Ten years on and the past is more present in the minds of my generation than ever. A quick glance at 2016's trends reveals alarming similarities to the Nineties: we were playing Pokémon, denim was everywhere, chokers

were in. Nostalgia is ingrained in the collective consciousness of the millennial. It's an emotion continually triggered by reminders of a shared culture: Nineties Disney films, episodes of *Friends*, photos of a young Leonardo DiCaprio. And what's more, we can scratch every nostalgic itch with one click – as a matter of fact, I'm listening to Britney's seminal album *In the Zone* right now. The pace of technological change in our lifetimes has been nigh-on absurd, with almost every year marked by the advent of some new gadget or craze. My generation are the first to have had their entire lives digitally documented – from my parents' pictures of me as a toddler dressed as Snow White, *top left*, to last year's ironic selfie with Cinderella in Disney World. On top of that, most of us have now been on Facebook for a decade. This means that we have 10 years' worth of photographs at our fingertips, ready to reminisce over. And in case we forget to reminisce, our social-media feeds give us weekly reminders of happier times.

Nearly all millennials, myself included, feel nostalgic about childhood. Of course, that's not a feeling specific to my generation, but the reasons for it are. What we miss about childhood is not – or

Our fear of 'adulthood' has made us want to prolong childhood

not just – MTV and Colin the Caterpillar cakes, but the lack of responsibility. We also miss being around our friends. Unlike our parents, whose entire social circle moved to Chelsea after school or university, we live in a diaspora across London, pining for a time when everyone was in the same place. The future is a scary place for us – poor job prospects, rising house prices, the consequences of climate change – which has resulted in a generation-wide state of extended adolescence. Our fear of 'adulthood' and our obsession with the carefree years of childhood have made us want to prolong them.

So if we're always thinking about the past, is it possible for us to enjoy the present? We're less spontaneous and more self-conscious than the generations either side of us. We often experience social anxiety. It is telling that our favourite social network is Instagram, on which we post our considered, sepia-toned photos, preserving every moment for posterity. But most teenagers prefer Snapchat, sending each other impromptu selfies that auto-delete.

I've often thought of myself as belonging to an older generation: I keep social media at arm's length, I keep a handwritten diary. But doesn't that in fact make me entirely millennial?



BAG, £950, BY
ANYA HINDMARCH

MILLENNIAL SLOANE STYLE

They still wear clothes – some things never change



EARRINGS, £48,
BY HI



T-SHIRT, £62, BY
COMME DES GARÇONS



JACKET,
£550, BY
SHRIMPS



JEANS, £46, BY
TOPSHOP



BOOTS, £225, BY
RUSSELL & BROMLEY

CULTURE

Meet the pick 'n' mix generation! Not for them hours slumped in front of ITV just waiting to see what's on next and enduring adverts for Yellow Pages; not for them the 'Did you see *Dallas* last night?' conversations and the knowledge that everyone you know is watching the same thing at the same time. Not for them mix tapes and listening to the same album again and again and again on a brightly coloured Sony Walkman, rewinding to your favourite song one more time. Young Sloanes watch and listen to what they want when they want, constrained by neither scheduling nor era. There is no cultural concurrence – they love *Suits* and *Friends*, Christine and the Queens and ABBA. One said: 'I can't tell you what my favourite music is, because on Spotify Premium my music is always shuffling through decades and genres and I rarely know who is singing.'

HEALTH

The MS generation are so extraordinarily healthy that some are bona-fide Lycra bores. Many are gluten-free or follow precise and restrictive diets: 'Mine is a 40/40/20 split, where I eat 40 per cent protein, 40 per cent fat and 20 per cent carbs, plus lots of veg,' said one. A large number exercise every day: 'I enjoy kettlebell, HIIT classes and yoga. I rarely eat junk and avoid too many carbs.' Some drink alcohol only at weekends, and some are alcohol-free, which would never have happened 30 years ago.



ANXIETIES

They are scared. About everything. 'Life is very pressurised and stressful'; 'I worry about money, what I am doing with my life, whether I will be successful, my studies, my intellect, death'; 'What will I do when I finish my degree, was it worth it, will I get a job, will my family be proud of the grade I get, can I move into a house that allows animals because I feel like I'm going to need a cat to be a real adult'; 'I worry about everything! Bills, bills, bills... losing relationships with old friends, how to reach my career goals, where I want to live, how to balance my life with my partner's, my future, my family's future, not ever being financially stable enough to get married and settle down... DEATH fml.'



MONEY & WORK

And yet... most think they will be buying their own home when they are 30, and the average amount spent a week on going out is £92.60. They aspire to be (or already are) stylists, bloggers, online journalists, bankers, lawyers, yoga teachers, or in advertising, marketing or the Foreign Office. We had one vinyl-album-cover designer and one spacecraft engineer. 'I want to sing, act and dance and be remembered for it'; 'I am interested in working in the business side of the fashion/luxury-goods industry, but it's highly likely I will end up being a curator or working at a gallery.'



16 RULES FOR THE MODERN POSH PERSON

You cannot consider yourself to be truly modern, or indeed truly posh, unless you adhere to the following...

- 1 Talk to other human beings for at least half an hour a day, ideally more.
- 2 Do not use acronyms if you are over 32, not even ironically.
- 3 Always resist the urge to wurge (word merge), however tempting (lashmina, vomcano...).
- 4 You must have more than one job – ideally three.
- 5 Always write a thank-you letter for anything more substantial than a cup of tea and a biscuit. Typed permitted; handwritten preferred.
- 6 To be considered accomplished, you no longer need to be able to play an instrument (French horn, viola, etc). Instead, you must be able to DJ.
- 7 You may get your tits out at parties if you feel the vibe is right.
- 8 It has never been more important to wear your grandfather's old suits. Especially if you are female.
- 9 Political awareness is essential, as is knowing what the following terms mean before using them in conversation/on social media: communism, fascism, nihilism, anarchy, liberal.
- 10 You must still be able to ski, ride and play tennis.
- 11 It is OK to have a very public same-sex pash at some point. We are all gender-neutral now.
- 12 Never drink bottled water. Bad for your hormones AND the environment.
- 13 Fancy-dress parties are still the best sort.
- 14 Self-loathing is very old-fashioned. Now is the time to reclaim your Sloanitude, to be proud of your double-barrelled name and your wellingtons, and to glory in your rare, eccentric ways.
- 15 You must care about the environment and act on that concern (recycling, signing petitions and so on). But you may still fly to the Maldives if invited to a really great party.
- 16 It is your duty to locate other Sloanes, even if the nearest one is in Hackney and you are in Barnes, to meet them and procreate. Otherwise the entire species could die out. Don't let this happen on your watch.

Politics and the Millennial Sloane, by David Godwin, 22

We didn't really get involved with politics before Brexit, did we? What did Westminster and its limestone gargoyles and sex scandals have to do with us, worrying so much about money, job security, who we'll end up with and whether we'll end up anywhere at all?

But with Brexit, politics exploded in our faces. It was our defining moment, like the Vietnam War or the 1968 Paris riots, electrifying Millennial Sloanes. We knew this mattered; we knew that whatever happened would affect the rest of our lives. Every day, Facebook, Twitter and YouTube were ablaze with articles, videos, photographs and graphs from both sides. It was unlike anything we had experienced before.

While my parents used newspapers and radio and television broadcasts to engage, millennials used the internet. Cardboard signs, wooden poles and loudspeakers have not been rendered defunct, but technology is exerting its influence in forms of protest too. It is now possible to lend one's name to a thousand causes on the government's petition page: 10,000 signatures and they'll respond; 100,000 and it will be considered for debate in Parliament. (That said, the petition for a second EU referendum got 4.1m signatures. It was rejected. Effecting



change remains a tortuous process.) The millennials we spoke to largely opposed Brexit, regarding the vision proposed by Boris Johnson, Michael Gove and Liam Fox as retrograde and shortsighted. A lot of them attend university, reflecting the fact that 87 per cent of students voted in the referendum – 85 per cent of them for Remain. Many of my best friends from university are EU nationals, and have never known anything other than diversity – the Leave vote feels to us like a fundamentally backward-looking move.

Among my friends who voted Remain, nothing has changed; we simply have something else in common. Those who voted Leave have not been made pariahs, but it has taken time to reconcile with them. Intergenerational conflict is more acrimonious – stories of Christmas arguments were common. One friend felt her right-wing parents would not even consider her opinion; another that they'd been 'screwed over' by the older generation. No wonder the Brexit result worries so many millennials. Despite believing in a diverse society, we seem to be in a minority (albeit one of 48 per cent). And while it might feel as if, to quote one interviewee, 'It's not really about [older Leave voters] any more,' it is striking that, for now, they still run the show. □

Master of the Universe *or* MAD HATTER?

A portrait of Eric Schmidt from the chest up. He is wearing a brown top hat with a gold and brown paisley band. He has large, round, black-rimmed sunglasses with orange-tinted lenses that reflect a crowd of people. He is wearing a light pink button-down shirt under a brown V-neck sweater, which is covered by a shiny, metallic, scale-like vest. He is smiling slightly. The background is a bright blue sky with wispy white clouds.

Eric Schmidt manages to be both. The multi-billionaire former CEO of Google is a powerful force in global politics... but he also loves a perky blonde (or brunette) and is the official funster-in-chief at Silicon Valley's most hedonistic soirées. David Jenkins reports

This and opposite page, Eric Schmidt (and friends) at the 2016 Further Future festival

G

aze upon Eric Schmidt's chubby cheeks and you see a cat that got the cream.

The owlish 61-year-old lucked out in 2001 when a squadron of venture capitalists parachuted him into Google as the 'grown-up' CEO who could make sure the super-bright young Sergey Brin and Larry Page didn't go off the rails. Now reckoned to be worth north of £9bn, Schmidt is one of the few tech billionaires not to

have founded his own company, a happy state of affairs he seems constantly to be celebrating at one cool tech conference after another – when, that is, he's not in the luxury enclave of Burning Man or sporting a flamboyantly decorated top hat and mirrored waistcoat at Further Future, an unabashedly high-rolling quasi-hippie frolic that had its second outing near Las Vegas last May.

And if he's not hanging with what the writer Julia Chaplin calls 'the Gypset' – rich hippies to you and me – he's visiting North Korea, as he did in 2013; or sitting with Obama's data-analytics team in Chicago on election night in 2012; or paying innumerable calls on David Cameron in the palmy days when Cameron's stock was high; and, least happily, cranking out plans for Hillary Clinton's doomed election campaign. Eric Schmidt? He's here, there and everywhere.

And he doesn't even have to do the hard CEO slog any more; Larry Page took that role back in 2011, leaving Schmidt to be executive chairman and to 'focus on external business partnerships and government outreach' – a nebulous job description that some characterise as being a grand and glorified PR man, one who can now enjoy his three multimillion-pound homes in California, his £12m New York penthouse, his 195ft yacht *Oasis* (said to have set him back £58m) and his Gulfstream V jet. He also has a spectacular spread in Nantucket, where his forbearing wife, Wendy, lives most of the year. (His two children, Allison and Sophie, are grown up.)

Forbearing? Yes. Because, as the Silicon Valley gossip website Valleywag put it: 'If there's one thing you should know about Google's Eric Schmidt, it's that he loves to fuck.' That blunt remark was inspired by the unintended revelation in 2013 of the 'select, interesting assortment' of people he followed on Instagram: a raft of comely, if skimpily clad, young women, most of them blonde. Which may seem like equally skimpy evidence, but of that there's plenty. He is, as one very well-connected East Coast observer remarked, 'a terrible wolf', a predilection first semi-publicly displayed way back in 2007, when one Marcy Simon – a blonde PR whose Twitter handle was @teflonblondie – was seen on his yacht in the South of France, sporting a large yellow rock. There followed a long and well-attested romance with Kate Bohner, who once wrote a book, *The Art of the Comeback*, with Donald Trump. According to a journalist friend of Bohner's: 'Kate was in love. Head over heels. She even moved to LA to be on the same coast as Eric.'

Alas, Eric 'seems to be voracious in his appetites', says a plugged-in New York source. There are well-reported tales of a Vietnamese pianist (Chau-Giang Nguyen) and a TV producer (Lisa Shields). And the Murdoch-owned *New York Post's* energetic coverage of Schmidt's amatory adventures may perhaps have been explained by Eric's closeness to Wendi Deng; there have long been reports of Schmidt-Deng encounters at

the Beverly Hills Hotel, though Schmidt declined to comment to *Vanity Fair* when it reported them. Not that anyone is suggesting the pair did anything other than discuss operating systems. As someone familiar with the parties said: 'Many people know that the Beverly Hills Hotel is one of the places where Eric Schmidt regularly stays in LA. So something connecting him to the hotel isn't proof of anything.'

Mind you, so enthusiastic in general was Schmidt's pursuit of carnal knowledge that *New York* magazine gave one piece the online headline 'Inside Google Chairman Eric Schmidt's Lavish Sex Palace', this being the £12m penthouse at 31 West 21st Street. 'Sex Palace' was, of course, justified by the *New York Post's* assertion that Schmidt had been seeing 'at least' two women simultaneously.

What, meanwhile, of his wife, Wendy? She is, I was told, 'attractive in that whippet-thin way. Not cosy.' Dignified, though. When questioned about her marriage by *The New York Times*, she simply said: 'Some couples are very much in each other's space. In our case, we are both busy.' Were she to follow Eric on his global peregrinations, she said, 'I would feel like a piece of luggage, and he wouldn't want me to feel that way.' She devotes herself to her philanthropic endeavours – she's particularly concerned with climate change – and to sailing, about which she's 'mad keen'; I'm told she thinks Sir Ben Ainslie is 'the bee's knees', a reasonable enough position to take about the America's Cup and quadruple gold-medal-winning British sailor.

To be fair, Schmidt is quite a winner too. One of three brothers, he was born in Virginia to bright, middle-class parents in 1955 – his father worked in the US Treasury under Nixon and was a professor of international economics at both Virginia Tech and Johns Hopkins, in Maryland; his mother took a master's in psychology. Eric went to Yorktown High School in Arlington, and was a near-contemporary of the TV journalist Katie Couric – most famous for her evisceration of Sarah Palin in a set of interviews in 2008 – and of David M Brown, who died in the *Columbia* space-shuttle catastrophe of 2003.

Not just fiendishly clever, Schmidt was also an effective long-distance runner – good preparation, perhaps, for a lengthy university career. A graduate first of Princeton, where he dabbled with the idea of becoming an architect, and then Berkeley, where he got his PhD in computer science, he went straight into the IT industry ▷



◁— where, as an intern at Bell Labs, he and a partner rewrote Lex, an important and influential software system. At Sun Microsystems, which he joined in 1983 as the company's first software manager, he rose ever upward, his managerial and programming achievements given an added gaiety by two April Fool's pranks of which he was the victim: the first year, his entire office was dismantled and then rebuilt on a platform in a pond on the company's campus; the next, a VW Beetle was taken apart and reassembled inside his office. Such larks!

But there's a tough side too: as CEO of Novell, another software company, he once announced a judicial ruling that Microsoft was a monopoly to a crowd of sales executives, who cheered the news of a rival's discomfiture. Schmidt promptly tore a strip off them: why, he asked, were they cheering a competitor's coronation as the supreme force in their field? Why weren't they themselves so powerful a force that a judge could accuse them of being too dominant?

It was this sort of attitude that played a part in persuading Brin and Page to hire him. And it's one that is often on show as he bigs up the internet — of Twitter, for example, he once said 'it means people are spending more time online. I don't see the negative.' Ha! Tell that to concerned Trump-watchers everywhere. But he's not a man to brook debate on anything other than his own terms: he gave *Wired* a hard time during an interview, saying that 'you can ask me any question you wish, but every question you've asked is a negative question... I disagree with the assertion of your question, so maybe you should ask a different question.' Google's mission, he's said, 'is to organise all the world's information. And the strategy is to do that through innovation. It doesn't bother us if something doesn't work, because we understand that something else will.'

Very Master of the Universe. Which is what Schmidt is. A member of the elite power-broking Bilderberg Group, he's also on the Trilateral Commission, the Rockefeller-founded stab at world domination (if you believe the conspiracy theorists), and on the international advisory board of the Blavatnik School of Government, at Oxford. All of which might swell anyone's head, and there are those who describe him as 'arrogant'. Certainly, he's come up with such masterful gems as 'We don't need you to type [on your computer] at all, because we know where you are, we know where you've been, we can more or less guess what you're thinking about... Is that over the line?' And if you should say yes to that, he's also said that 'Google policy is to get right up to the "creepy line" and not cross it. I would argue that implanting things in your brain is beyond the creepy line — at least until the technology gets better.' And to put privacy-seekers firmly in their place: 'If you have something you don't want anyone to know, you shouldn't be doing it.' Something he failed to say to himself when he set up that cuties-heavy Instagram account.

Still, for 10 years, Google prospered mightily while he was CEO. As did Schmidt himself. But all good things come to an end. Now he's meant to be concentrating on that grand governmental outreach diplomacy, which explains those trips to North Korea and to Downing Street. And those trips to conference after conference. And even his presence at Burning Man or Further Future, both of which are nowadays 'Gypser' exercises in networking — Google is known to look favourably at any CV that makes mention of visits to Burning Man. 'Perfectly pleasant to be with', he used often to be seen dining with moguls of high finance in Manhattan, but it's noticeable that he's less to be seen in New York these days — Google cannot have been delirious about their chairman's louche love life filling so many pages of the East Coast press. Wiser, then, for this 'naughty man' — as one who scorned the pass he made at her described him — to lie low on the West Coast. Or is it? As Katy Perry sings on 'California Gurls': 'Unforgettable... So hot/We'll melt your popsicle.'

Eric might like that. □

Oasis, Schmidt's yacht, off Bodrum, Turkey, 2016.
Opposite page, centre,
Schmidt with 'Gangnam
Style' star Psy, 2012



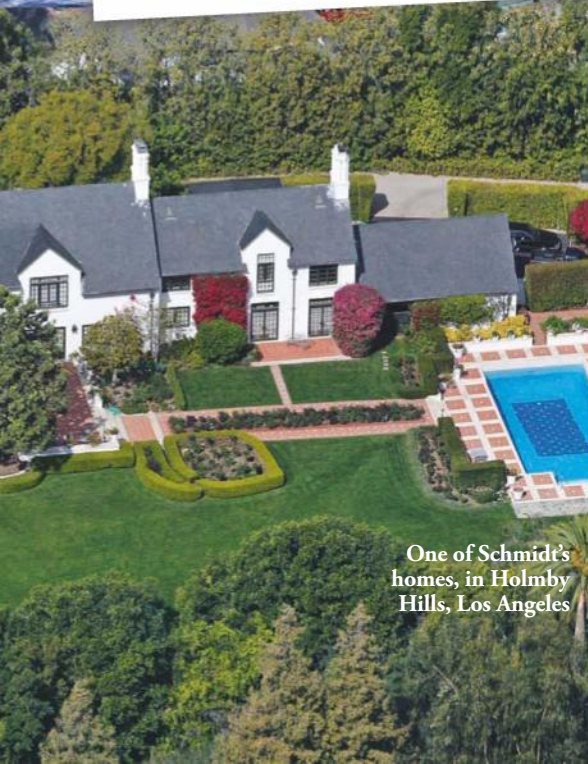
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ABOVE, WITH RUPERT MURDOCH & WENDI DENG AT A G8 FORUM, PARIS, 2011.
BELOW, WITH HIS WIFE WENDY, 2013



With TV producer Lisa Shields, 2012



One of Schmidt's homes, in Holmby Hills, Los Angeles

THE GYPSET TRIBE

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MARK ZUCKERBERG

Pitches a tent at Burning Man and serves grilled sandwiches to all comers. Likes Mexico too.



JADE JAGGER

Designs jewellery in Goa, Ibiza and other points warm. Happiest with the sand beneath her feet.



GINEVRA ELKANN

Agnelli heiress who runs a film company and loves to travel in the Middle East, ideally with Christian Louboutin.



STEFAN ASHKENAZY

Owens LA's Petit Ermitage Hotel, hosts Burning Man dinners at which Susan Sarandon sprinkles drinks with Timothy Leary's ashes, hangs out at Bombay Beach.



CARA & POPPY DELEVINGNE

Coachella, the Maldives and the runway. Gypset to the core.



JOHNNY PIGOZZI

Sails the seven seas, throws the best pool parties, retreats to his Panamanian bolthole and is the shrewdest investor on the planet.



KARLIE KLOSS

On the beach with Taylor Swift! On the catwalk with anyone who's anyone!



CARLO VON ZEITSCHTEL

His Instagram feed is called 'Where in the World Is Carlo?' Answer: anywhere bohemian and connected with art.



KARTA HEALY

Bicycle librarian and Kettle Crisps heir. To be found in Singapore, Battersea and on the road, man.



ALIX GOLDSMITH MARCACCINI

Eco-warrior at Cuixmala, her 2,000-acre Mexican pleasure palace; Thai-bamboo architecture lover on her hols.



SIR RICHARD BRANSON

Plans Space Domination from flip-flop-happy Necker Island. Hasn't shaved since time began.



DAVID DE ROTHSCHILD

Crosses Antarctica and the Arctic, sails from San Francisco to Sydney on his recycled catamaran and goes to South America on 'art-based' adventures.



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DORM CHORUS

The Christ Church choirboys might look like angels, but their digs were a disaster. Then Jeremy Garson stepped in with his magic wand... By Matthew Bell



Christ Church choristers head off to Evensong from their boarding house



ABOVE, THE JUNIOR COMMON ROOM. BELOW, CHORISTERS SANUDA KARIYAWASAM & DANIEL KELLY



Back in the 1520s, when Cardinal Wolsey first installed a choir at what later became Christ Church college, in Oxford, accommodation for choristers was not a priority. The boys were educated in a vaulted room beneath the great hall and slept in a dorm up a stone spiral staircase in the Chapter Parlour. By the 19th century, they had their own school, and a building was erected for them over the road by Henry Liddell, Dean of Christ Church, whose daughter Alice inspired Lewis Carroll to write *Alice's Adventures in Wonderland*. Handsome in dark red brick, with stone mullions, it stood proud amid the mish-mash of medieval alleys that sprawl from St Ebbe's down to the Thames.

Fast-forward to early last year, and that fine Victorian house had become a little frayed. Thousands of small boys had traipsed up and down its stairs, slammed its doors and dragged their grimy fingers along its plaster walls. The top-floor dorms were functional but not cosy: thin orange curtains half-heartedly kept the light out; chunky pine beds dominated; feng shui there was not.

Then along came Jeremy Garson. The name may ring a bell if you've ever thrown a party for 500. He's the kind of guy who'll fix you 40 cross-dressing flamingos in Cap d'Antibes at the drop of a boater. For the previous decade, Jeremy and his German wife, Kristin, had been living in splendour in Venice, renting a palazzo and allowing their three blond boys to roam the *canaletti* like urchins. All that came to an end

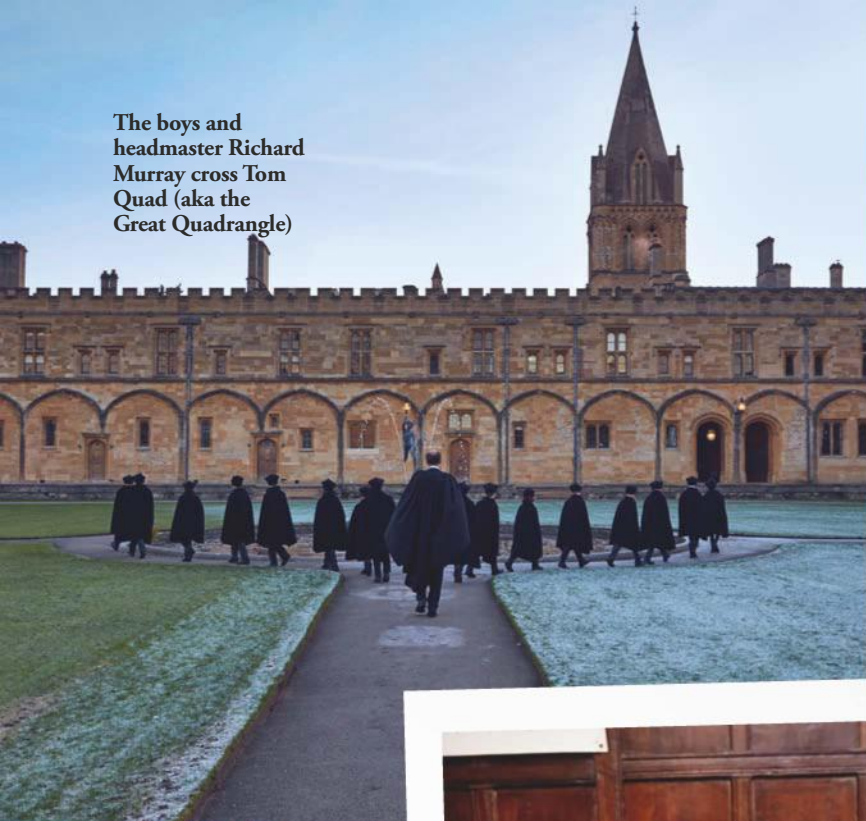
when the lease suddenly terminated on their palazzo, and they relocated to Oxford, where he still works as a party-planner. Magnus, their eldest son, had been in the choir of Santa Maria della Salute and wanted to carry on singing. And when Ambrose, their middle boy, saw the Christ Church Cathedral choir crossing Tom Quad (what everyone calls the college's Great Quadrangle) in a crocodile formation one Christmas Day, he wanted in. The only problem was those dorms...

'My son is not sleeping here!' was Kristin's emphatic response upon being shown around. So Jeremy's brain started whirring. Why not redecorate those tired old dorms? Why should this jewel of a school bang in the centre of ye olde Oxford be let down by the lack of a lick of paint? 'This is the greatest choir in Christendom,' Jeremy tells me. 'Yet parents were simply turning away when they saw those dorms. If your son is a chorister, he sleeps here for 13 out of 14 nights a fortnight. The choir was losing great voices.'

As anyone who has stepped inside a prep school will know, the aesthetics of the boys' living space is not high on anyone's agenda. This is a place where wedgies and tuck fights happen; it is not a place for considering the merits of the curlicue. But Jeremy thought differently and told the headmaster so. Richard Murray – charming, competent, busy running Christ Church Cathedral School – said he'd love to help, but funds were tight. Jeremy said he had friends in high places. Some argyng and bargyng ensued. Then one day, right at the end of June, Mr Murray said: 'Oh, all right, you can do it yourself.'

So he did. Jeremy had eight weeks to overhaul the whole place before term began. It was a kind of Challenge Anneka Does a Dorm Raid. He rang Farrow & Ball, who gave all the paint for free. He spoke to ▷

The boys and headmaster Richard Murray cross Tom Quad (aka the Great Quadrangle)



Descending the stairs from the Great Hall in Christ Church



LEFT, HENRY HART, ALEX OLLESON & DANIEL KELLY IN THE SONG ROOM. RIGHT, CHORISTERS' CLOTHES, LAID OUT BY MATRON EVERY DAY



Alex Olleson in a revamped dorm





LEFT, LASZLO GARSON, SON OF THE HOUSE'S REDESIGNER JEREMY GARSON. RIGHT, A PORTRAIT OF CHRIST CHURCH FOUNDER CARDINAL WOLSEY IN THE ENTRANCE HALL



Cards and billiards in the games room



Rehearsals in the nave of Christ Church Cathedral



The house matron, Lorna Addis

◁ Crucial Trading, who let him have the seagrass flooring at cost. He got 30 per cent off the white cast-iron beds and 20 per cent off the striped cotton linen, and traded in bits of furniture with local junk shops. He cracked the whip on a bunch of friendly builders and off they went, ripping and stripping and painting and patching.

The results are impressive. The four main dormitories feel light and airy, yet cosy and homely. The style is classic and chic without being affectedly retro. There are thoughtful touches, like roll-down blackout blinds in the dormer windows instead of curtains. Matron, at first sceptical, has come round to the new look. Even the boys, not normally known for their observational skills, approve. ('Has something changed in here?' asked one, on re-entering after the holidays.)

Each of the 18 boarders has a pinboard above his bed, where he can display his own postcards and trinkets. 'It's the one area where they can express themselves and I have to back off,' says Jeremy. 'I cannot be too overprescriptive, which I am normally.' His youngest son, Laszlo, has the most charming display of postcards from Venice. 'He's managed to vaguely do what I want, except I'd like his postcards to be in sepia or black and white...'

For Jeremy, this is just phase one. He has grand designs on the rest of the school too. But for now he is pleased with the progress. 'It was a bit like going into an Army situation – which I have done – and suggesting we do things differently; you should have seen the fireworks! People say, "It's been like this for hundreds of years, why should it change?" But once they get used to it, they love it.' □

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GLAMOUR JUST GOT BIGGER

The image shows the cover of the April 2017 issue of Glamour magazine. Jourdan Dunn is the central figure, smiling and wearing a black off-the-shoulder top and light blue jeans. The magazine title 'GLAMOUR' is at the top in large blue letters. Various headlines are scattered around her, including 'LOOK MAJOR', 'HUGE EARRINGS. TINY BAGS. POWER SHIRTS. 484 NEW WAYS TO KILL IT!', 'A WOMAN, HER HUSBAND & HIS BOYFRIEND', 'JOURDAN DUNN', and 'GLAMOUR goes to SLEEP SCHOOL'. A white circular badge on the right says 'ON SALE NOW £1'. At the bottom, a banner reads 'NEW SIZE. NEW LOOK. SAME BRILLIANCE.'

April 2017
glamour.com

LOOK MAJOR

HUGE EARRINGS.
TINY BAGS.
POWER SHIRTS.
484 NEW WAYS TO KILL IT!

**A WOMAN,
HER HUSBAND &
HIS BOYFRIEND**

Yeah, this situation
is complicated

**JOURDAN
DUNN**

*"I've worked hard
to like myself"*

GLAMOUR goes
to **SLEEP
SCHOOL**
That's a thing. But
does it work?

NEW SIZE. NEW LOOK. SAME BRILLIANCE.

New size

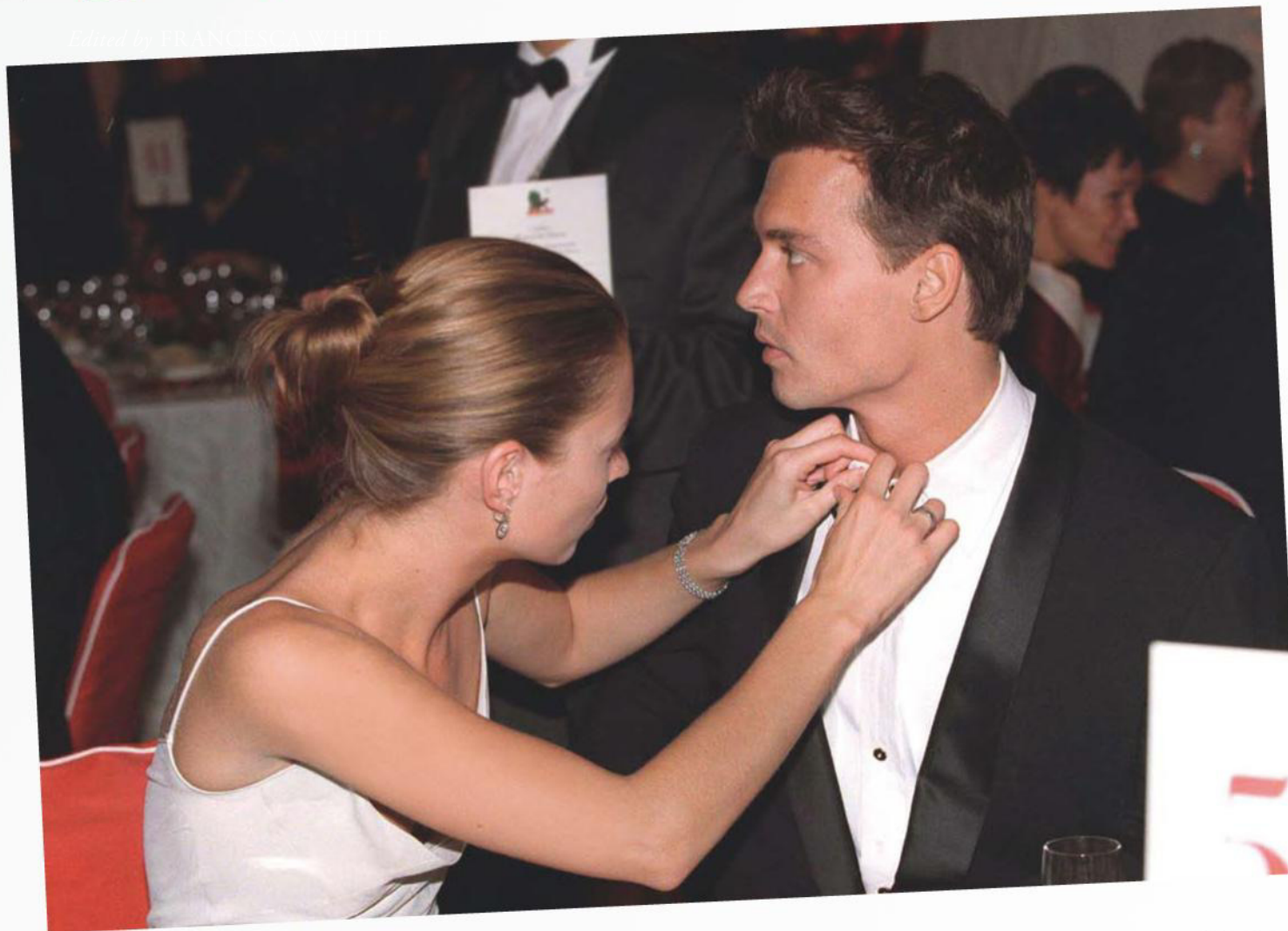
New look

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TATLER

BEAUTY

Edited by FRANCESCA SPOFFORD



SCENTS & CELEBRITY

When was the last time Johnny Depp and Kate Moss mingled? Was it 1998? And what would it smell like if they did it again now? The answer: musty, incense-tinged books, with a splash of neroli that lingers long into the night. We've not sniffed them personally, but scent designer Azzi Glasser, 47, has, and her fragrances offer a clue: both Depp and Moss buy Old Books and C (which may or may not stand for 'cocaine', according to Glasser), respectively, in bulk. Buy them yourself (they're available at Harvey Nichols and Fortnum & Mason) and you can bring the world's most glamorous couple back together again. It's like Fantasy Football, but with celebrities. You could introduce Jude Law into the mix, for an imaginary ménage à trois (or

did that happen in real life?) – Glasser's made a scent for him too. (It's bespoke, but there's bound to be a hint of naughtiness in there, something smoky, perhaps partially masked by the smell of smooth Italian leather.) While you're at it, why not throw Helena Bonham Carter into the equation? She and Depp are friends anyway, but suddenly things feel awfully dark – there's probably poison ivy and all sorts of weirdly bonkers stuff in Helena's brew (this is the woman who calls Glasser her white witch, after all). 'It's not just about the ingredients, it's how they come together,' Glasser explains. 'That's how I tell a story.' *Bespoke fragrance consultation, £15,000; theperfumersstory.com. FW*

IS THERE SOMETHING STRANGE GOING ON BETWEEN YOUR LEGS?

And we don't mean a huge teddy bear – we mean throbbing, swelling and aching... symptoms that could mean you have pelvic varicose veins. They sound disgusting (and they are, as well as being dangerous), but fortunately there is a solution. Suzanne Duckett investigates



I'm just going to say it: I've got fantastic legs. We all turn into our mothers in the end, and mine was a WPC known for having the best pins on the beat. Like hers, mine are banging in opaque tights, but in the bare flesh? A road map. You could plan a journey from Le Club 55 up to Chez L'Ami Louis on my legs. Veins: blue ones, red ones, purply-pinky ones, wiggling just below the surface of my Scottish, see-through skin. The years pass, as they tend to, and summers come and go. But however hot the weather, however glamorous the holiday – boats, jets, villas, weddings – my (supposedly good) legs remain undercover in maxidresses and billowing harem pants, the veins slowly but surely getting worse. Misery. But when you are as squeamish as I am, you have to be pretty desperate to face the music.

To be clear, I'm pathetic. I have to lie down for a blood test. When a fellow varicose-vein sufferer tried to 'mentally prepare' me for what

I might have to go through to have my veins treated, I passed out cold in the middle of a restaurant. She slapped me – as, I assume, you would like to, what with my good legs and intense cowardice.

But squiggly veins aren't just ugly – they are sinister. What do they MEAN? What are they trying to TELL US? Varicose veins affect about 30 per cent of the population, but just half of those people have veins that are visible on the surface; the other veins are detected only with ultrasound. But whether you can see them or not, they can cause aching, throbbing, swelling or worse: bleeding, phlebitis (inflammation of the veins due to damaged vein walls) and, in extreme cases, leg ulcers, which affect six per cent of people with untreated veins.

It's probably time to introduce our leading man: Professor Mark Whiteley. His superhero name would be Vein Man, and he would fly around the world with his nifty phlebectomy hook. Mark is

a pioneering, internationally renowned consultant vascular surgeon who specialises in varicose veins. He is whip-smart and entirely charming, which helps when a man is wielding a phlebectomy hook. His recurrence rates (when the affected veins grow back) are the lowest around – 3.3 per cent per year. This is because he avoids conventional vein stripping (as should everyone else, in his opinion), where the vein in the leg is tied off and removed. He also deals with the smaller, difficult-to-treat veins that transmit blood through the muscle (known as perforating veins), which most other surgeons avoid.

But the biggest battle he fights is against undetected, problematic veins deep in the pelvis. No one talks about pelvic veins, perhaps because they manage to sound icky, silly and fnarr fnarr all at the same time. But they are painful and shaming in equal measure. And for one in seven women, or one in five if they've had children, pelvic varicose veins are the major cause of varicose veins in the legs. And they are truly treatable.

A leg ultrasound scan by a vascular scientist and a full pelvic scan are part of the Whiteley protocol for all patients. And mine revealed pelvic congestion syndrome (PCS) – pelvic varicose veins, basically. It develops when valves fail and blood pools inside dilated varicose veins within the pelvis. 'This stops normal blood circulation, causing these large varicose veins to push on the bladder, bowel, vagina and pelvic floor,' explains Whiteley.

PCS can cause chronic, dragging or aching pain in the lower pelvis, pain during sex, an irritable bladder/bowel, osteoarthritis-like pain in the hips and lower-back pain. Haemorrhoids too, as well as visibly swollen veins in the vagina that linger long after childbirth – all debilitating, depressing stuff. Thankfully, Whiteley is passionate about PCS diagnosis, so much so that his clinic has been coordinating a PCS patient-support group and advising PB Consulting, a lobbying group that is presenting a report to Parliament this month to raise awareness of the condition, its symptoms, diagnosis and correct, effective treatment.

Which is how I find myself lying on my back, squeezing a rubber stress ball with all my might and weirded out by my numbed neck, ready for the Seldinger technique. Guided by an ultrasound scan, an intravenous catheter is fed from the jugular vein in my neck via a steel guide-wire to the pelvis. WHAT? I know. Turns out the neck is the way in, because it's like taking the direct route up the M1 to get to the pelvis (sorry about the recurring map theme here). Going for the jugular allows easier access than through the ovarian veins just above

VEIN MYTHS

Crossing your legs gives you varicose veins

Not so: it is mostly genes that determine if you will get varicose veins or not.

Only the old and the overweight suffer from varicose veins

Thirty per cent of adults will be affected, but their age, gender and weight can vary. 'I recently operated on a 12-year-old boy and have had many patients in their teens,' says Professor Whiteley.

Varicose veins are cosmetic and don't need to be treated

'Simple' varicose veins can lead to blood clots, skin damage and even leg ulceration. 'A seemingly harmless bulging varicose vein can in fact relate to an underlying venous issue,' explains Whiteley.

Pregnancy causes varicose veins

An old wives' tale. Pregnancy may make an underlying venous condition worse, but troublesome veins can often 'disappear' following the birth. 'However,' says Whiteley, 'they are likely to come back with a vengeance, so get them checked out.'

There's no point in operating on varicose veins because they grow back

With 'stripping', faulty veins often return, but modern techniques are highly successful.

the belly button, or the veins lower down; an incision at the groin (which sounds more logical) would mean a complex, tight U-turn, making it more likely to fail.

Once the guide-wires have been meticulously manoeuvred into place (their use also avoids the risk of rupture) and the catheter introduced, one or more sterile platinum coils are used to embolise (block) the vein, sending it into a spasm that eventually closes it. This ultra-precise method speeds up healing and makes the scar almost impossible to see; after a week or two, the vein turns into scar tissue, causing permanent closure. I watched the whole thing on the screen, live, like some gruesome *Gogglebox* scenario, while the team, including highly specialised interventional radiologists, commented on my internals. And yet it just felt like period pains.

But we weren't done yet. Onwards to the phlebectomy, which even in Whiteley's hands is still a barbaric treatment (it hasn't changed in 50 years – the holes and the hooks just got tinier). Veins that are too big to be treated with foam sclerotherapy (injecting veins with foam to kill them off from the inside) are removed with blades usually employed in eye surgery, and with what, apparently, looks like a medical-grade crochet hook. I didn't look. I just swore. And left under strict instructions not to remove the bandages for 24 hours and wear compression stockings for three days and nights.

A session of foam sclerotherapy ensued eight weeks later, an important stage of the treatment to reduce any chance of remaining bits of vein growing back. While the actual procedures were painful, they were over in an hour at most. But two gruelling weeks of compression stockings day AND night, then just during the day for a further six weeks, was a bore. Especially when the stockings gathered behind my knees. And I couldn't be bothered with wearing those giant condom things in the shower, so I slithered into a shallow bath bum first, my hold-up compression-

stockinged legs hanging out of the tub.

All of the above can be done and dusted in eight weeks flat, plus stocking time. But if you want them done by summer (proper results take up to six months as the veins shrivel and die), you need to get going by November. And winter is clearly the best season in both the weather and fashion departments for coping with bandages and compression stockings. No more map-reading of my legs – just miniskirts and buckets of fake tan. My legs are still pale but, happily, a lot less interesting. □

Consultation, £176; foam sclerotherapy, from £879; pelvic-vein embolisation, from £3,700; phlebectomy, from £904. For more information, visit thewhiteleyclinic.co.uk or ring 020 3757 7180.

Professor Mark Whiteley is charming – helpful when a man is wielding a phlebectomy hook



LOOK *and* FEEL BETTER... *Now!*

*Doctors discuss the personal benefits of
in-home cell therapy and why everyone needs it*

DR DONOVAN CHRISTIE HAS been a successful doctor and clinic owner for over 25 years. After treating thousands of patients, Dr Christie recognizes the danger of being too dependent on prescription drugs. Patients are especially susceptible to drug codependency, even when the side effects are as detrimental as the original malady.

"We need to get away from being prescription drug-dependent and focus more on the root causes of disease by getting people to commit to a wellness lifestyle."

Throughout his distinguished career, Dr Christie constantly searched for a treatment to help his patients live a pain-free and wellness based lifestyle. A little more than three years ago he discovered Celergen, a

Swiss formulated integrative cell therapy treatment designed to decrease pain and fatigue through cell regeneration and repair.

Celergen Provides the Tools Our Bodies Need to Heal Themselves

Researched and developed by Swiss, French, and German scientists, Celergen was launched into the European market in 2009 with tremendous success. Celergen's effectiveness stems from innovative advancements in the cell therapy field. Essential proteins are extracted from pollution-free, deep-ocean marine life through Swiss Cold-Process DNA Extraction Technology, which allows bioactive marine DNA and peptides to repair weak and damaged cells. The body utilizes these micronutrients in the areas of

WHAT IS CELERGEN?

Celergen is a potent transformative treatment that stimulates the human body's natural healing powers by triggering the repair and rejuvenation of individual cells. One of its key ingredients is a proprietary Cellular Marine Complex, which is extracted from the DNA of deep-sea, pollution-free marine life and is associated with powerful anti-ageing properties. Other ingredients include Peptide E Collagen, which reinforces skin elasticity, and Hydro MN Peptide, which plays a critical role in the rejuvenation of cartilage. Unlike other cell therapies which involve injections, Celergen comes in a soft gel form that is taken orally.

BENEFITS INCLUDE:

- Improved energy levels and stamina
- Reduced wrinkles, scars, and age spots
- Reduced joint pain
- Improved sleep
- Reduced pain from osteoarthritis and rheumatoid arthritis
- Faster recuperation after exercise
- Improved wound healing, skin resilience, tone, texture, and overall complexion
- Improved blood sugar control
- Enhanced focus and mental clarity
- Increased sexual performance and satisfaction
- Improved blood circulation
- Strengthened immune system

All healing begins at the CELLULAR LEVEL

greatest need, whether in the joints, blood, brain, or skin.

"I'm very impressed how Celergen benefits patients afflicted with arthritis, chronic joint pain, and fatigue," says Dr Christie. He has witnessed numerous patients reap positive benefits: "One middle-aged gentleman came to me suffering from so much chronic fatigue that it was everything he could do just to leave the house," says Dr Christie. "I recommended Celergen and after just a few weeks of taking it he was signing up for our exercise programs, something he wouldn't even consider before."

Dr Christie's patients afflicted with age-related ailments now enjoy long-term pain reduction and relief that they didn't think was possible. But it didn't stop there: "I've had lots of patients in their 50s, 60s, 70s, and even in their 80s who experience noticeable visible wrinkle reduction and overall improvement in the condition of their skin. It's proof to me that Celergen indeed fights the ageing process and even turns it around."

"I've had lots of patients in their 50s, 60s, 70s, and even in their 80s who experience noticeable visible wrinkle reduction and overall improvement in the condition of their skin. It's proof to me that Celergen indeed fights the ageing process and even turns it around."

-Dr Donovan Christie

The Next Big Thing for Those Seeking Optimal Health and Beautiful Skin

Dr Christie's experience with Celergen is not uncommon. Doctors and patients agree that Celergen relieves a variety of age-related symptoms, revitalizes cells in the human body, and thwarts the aging process.

For Dr David Minkoff, the benefits of taking Celergen were profound. Dr Minkoff is a dedicated triathlete who trains on a daily basis and is attuned to any changes in his body.

"I started taking Celergen and for several weeks I wasn't convinced that anything was happening. But the changes, while subtle, were significant," says Dr Minkoff. "After two months, where I had been riding my bicycle 120 miles a week, I had increased to 150 miles. I was definitely getting stronger and I was coming away from my training regimen without feeling fatigued. I wanted to keep going and going."

According to the 68-year-old Dr Minkoff, he wasn't alone in noticing the improvements Celergen brought to his vigor and ongoing efforts to ward off the effects of ageing. "I walked into my clinic one day and a couple of my staff asked what I had done to my hair. They commented on it becoming thicker and darker," says Dr Minkoff. "I had done nothing, of course. It was purely the result of taking Celergen."

Faster Recovery, Proven Results

Doctors throughout the world recommend Celergen for patients to combat a wide variety of maladies, from strengthening the immune system and improving stamina to increasing blood circulation and warding off arthritic and joint pain. Many Celergen users report that one of the first results is improved skin and hair quality. "I tried cell therapy injections in the past and experienced significant results, but was really pleased to learn that Celergen had begun to make the same treatment available in a capsule form."

Shortly after he began recommending Celergen to his patients, Dr Minkoff was visited by a 60-year-old woman with Parkinson's Disease. Fatigued and unable to walk, she was housebound for over two years. Two months after taking Celergen on a daily basis, the improvements were remarkable.

"She told me it had been like injecting rocket fuel in her veins. Her energy level was so significantly increased that she was not taking her Parkinson's medications because she felt so good," says Dr Minkoff, who also noticed a marked difference in the woman's appearance. "When I first saw her, she looked old and debilitated. But two months later she was very chic, nothing short of a bombshell, really. The transformation was extraordinary."

For Dr Minkoff, the avid triathlete, his personal experience with Celergen brought a noticeable payoff in Ironman competitions.

"After a couple of months of starting Celergen, I competed in an Ironman race and I did the best I'd ever done in my age group. The best thing was that I felt great after the race. I usually give myself a month to recover, but at the end of a week I was ready to go again."

"The icing on the cake was when friends and patients began remarking: **'You look great. What did you have done?'** That's when I knew **I was on to something.** I've only had one patient choose not to continue. That's how



effective and life-changing Celergen can be."

DR JOCELYN EBERSTEIN

"Since I started taking Celergen, I have noticed remarkable improvements on many levels. **I sleep much better, have significantly more energy, and am much more focused and happier.**

I believe Celergen is the



best natural treatment for enhancing quality of life."

DR MICHAEL HYTROS

MY CLOSE-UP

Hikari Yokoyama

The art curator on life-saving lipsticks and the delights of dangling upside down.

By Francesca White

My make-up hasn't changed since I was 13 and used to buy it from Walgreens, although my brands have. I wear **Face Stockholm** tinted moisturiser, **Charlotte Tilbury** Retoucher Pen and **Sisley** Hydrating Long Lasting Lipstick – I like knowing that it won't smush all over my face when I eat.



If I could get away with stealing one piece of art, it would be a **Joni Mitchell** painting from the Sixties – she's an amazing artist.



I'm half-Japanese, so my death-row meal would be sea-urchin sushi from Defune.



I see Rebecca Tang at Three Elements Health for Iyengar yoga. It's focused on alignment and really helps after a day sitting with my laptop. Half an hour hanging upside down beats any massage.



I won't fly without Japanese eye drops, and I'm addicted to my **Arjuna** eye mask – it's antibacterial, which is useful on a plane. It's where we pick up the most germs.

Last year I helped to host the **She Inspires Me** car-boot sale with Alex Eagle: Laura Bailey was selling stuff, Charlotte Dellal arrived with amazing gowns. My next big project is an online auction of work by female artists in October, in support of Women for Women International.*

Bamboo Abundant Volume shampoo by **Alterna** is my obsession. I'm allergic to gluten, and this is gluten-free, doesn't leave my hair feeling gross and ACTUALLY smells nice.

Visiting my fiancé Jay Jopling's family in Yorkshire

+

Long walks with our Pomeranian, Ziggy

+

Playing tennis (badly)

=

MY DREAM WEEKEND

AGE-OLD RITUALS

PURIST VS TOURIST

HOTEL LES OTTOMANS, ISTANBUL

The hammam here is the real Turkish deal. Leave your dignity – and your undergarments – at the door (paper pants are supplied), then flop onto the warm marble plinth in the centre of the steamy, circular room. You will squeal inelegantly as buckets of water are sloshed over your body, your hair is washed (vigorously) and every inch of skin scoured with a loofah; then you can semi-doze while being massaged with honey and masses of soapy bubbles, whipped up theatrically. A final rub-down, with handfuls of ice, is enough to ensure you don't conk out completely. *Hammam, £45 for half hour. Double, £690 (lesottomans.com).*

FOUR SEASONS GRESHAM PALACE, BUDAPEST

All art-nouveau splendour, Gresham Palace also has a sky-high spa overlooking the Danube. Which makes it an ideal place to acquaint yourself with the curative properties of Budapest's famous mud. Enter the Omorovicza Hungarian Moor Mud Therapy: a brief once-over with a body brush, then mineral-rich, rose-scented mud is painted all over. After several minutes under warm blankets, to allow the stuff to sink into the skin and suck out impurities, you're hosed down and rubbed with fragrant oil. You'll leave feeling cleaner than if you'd spent the day wallowing in a thermal bath. *Hungarian Moor Mud Therapy, £215. Double, £390 (fourseasons.com/budapest).*



* WOMENFORWOMEN.ORG.UK. FACE STOCKHOLM TINTED MOISTURISER, £36; ALTERNA SHAMPOO, £17; BOTH AT LOOKFANTASTIC.COM. SISLEY LIPSTICK, £34; AT SISLEY-PARIS.COM. ARJUNA EYE MASK, £88; AT MATCHESFASHION.COM. CHARLOTTE TILBURY RETOUCHER PEN, £25; AT CHARLOTTETILBURY.COM.UK. PURIST VS TOURIST BY FRANCESCA WHITE. PHOTOGRAPHS: GETTY IMAGES, HIKARIYOKOINSTRAGRAM

WHAT A LOVELY MEMBER...

...s' club! Miranda Marsh on the new generation of very plush private clubs, where the emphasis is on getting healthy, not getting trashed

So you need...
TO SOUL-SEARCH



GAZELLI HOUSE

Gazelli House feels like the sitting room of an eclectic designer – founder Jamila Askarova has a fabulous eye (you can buy the art on the walls too). Drink endless cups of tea on the pretty little terrace outside and browse titles like *The Book of Human Emotions*. Then head inside, down to the treatment rooms, for a Hypnotherapy Mind Massage, which – rest assured – does include a massage, and there's also a hypnotic, coma-inducing voice recording to go with it so that your mind can feel as relaxed as your muscles.

You'll never guess The handpainted tiles in the treatment rooms arrived individually numbered and packaged, and were laid by a father-and-son team from Barcelona.

Who goes Off-duty models (before meeting their agents at Jak's), Melissa Hemsley, Lydia Wilson.

Details Membership is complimentary, but only by invitation. At 174 Walton Street, SW3 (gazellihouse.com; 020 7581 4355).

THE VIBE

Do a puzzle, play Scrabble or doodle in a 'mindful colouring book' by the fire.



Head up to the light-filled sky loft, where you can see visiting therapists like Simon Berkowitz, who helps you find meaning in your dreams, or Elizabeth Rose, who practises spiritual guidance and 'angel therapy'.



So you need...
TO BE ENLIGHTENED



SOUTH KENSINGTON CLUB

Known as SKC by its members, Luca Del Bono's club – formerly Ronnie Wood's Harrington Club, as well as Francis Bacon's first London studio – is a golden labyrinth of rooms (even the yoga studio has a gold-leaf ceiling), where ancient rituals take place. For the Russian Dance of Leaves, your friendly *banshik* (banya therapist) leads you to a sauna and thrashes branches of oak around before pressing the hot leaves into your back, legs and arms. Then you leap into an icy pool, wrap up in towels and sip tea with honey from the forests of a Latvian monastery. (Expect a euphoric high – and baby-soft skin.)

You'll never guess The Watsu pool in the spa is filled with seawater from Sicily.

Who goes It girls. Pippa Middleton trained here for the Patrouille des Glaciers, and Alexa Chung threw her 32nd birthday in the club.

Details Joining fee, £1,000; monthly membership from £365. At 38–42 Harrington Road, SW7 (southkensingtonclub.com; 020 3006 6868).

THE VIBE

Listen to talks from wild and intrepid explorers before signing up to expeditions like a trek to the Arctic Circle.



True enlightenment comes from the restaurant, in the form of truffle pizza.



The sky-lit gym is full of plants to purify the London air.



So you need...
TO FEEL YOUNGER



GRACE BELGRAVIA

Kate Percival's game-changing, women's-only health club offers a '360-degree approach to wellness'. Which means birch-tree-lined treatment rooms, hammams and the all-singing, all-dancing Grace Medical & Wellbeing Clinic, overseen by the Queen's own GP. Fancy having your DNA tested? They'll do it. Want skin like an 18-year-old's? Book in for a CACI facial, which uses microcurrent to firm up muscles. Need to drop a dress size? There's a slick gym kitted out with sadistic machines like the Ski Erg and Prowler Sled, plus a roster of arse-firming, thigh-quivering classes with some of the best trainers in town.

You'll never guess They'll deliver wonderfully healthy food to your own door – so you don't crumble and order a bowl of linguine at Zafferano as soon as you leave.

Who goes Royals (Princess Eugenie is rumoured to go). **Details** Joining fee, £2,000; annual membership, £5,500. At 11c West Halkin Street, SW1 (gracebelgravia.com; 020 7235 8900).

THE VIBE

The famously brilliant restaurant serves biodynamic wine with gut-friendly food – and you can bring men along for supper on Tuesday and Friday nights.



There's a smart 'atelier' selling workout wear, accessories and other lovely things (just in case your gym garb isn't quite as fancy as everyone else's. It probably isn't).



Beauty flash HERE COMES THE FUN!

Sometimes joy can be contained. By Jennifer George

GUERLAIN

Météorites Happy Glow Pearls, £53

They say 'Enriched with "Rainbow" and "Stardust" technologies.'

We say It looks like a crystal ball, smells unmistakably of Parma Violets and contains hundreds of pastelly, powdery spheres that light up skin. PLUS it comes with a baby-pink powder puff.



TONY MOLY

Magic Food Banana Hand Milk, £9.50, at selfridges.com

They say 'Contains milk protein and banana extract to leave a soft, glossy finish.'

We say If the sight of the banana-shaped bottle (complete with Del Monte-style sticker) doesn't cheer you up, the smell, which is EXACTLY that of a foam-banana penny sweet, will.



CLINIQUE

Crayola Chubby Stick, £17.50

They say 'Colouring outside the lines has never been more fun.'

We say Take one cult product and pair it with the nostalgic Crayola branding for the most joyful of collaborations.

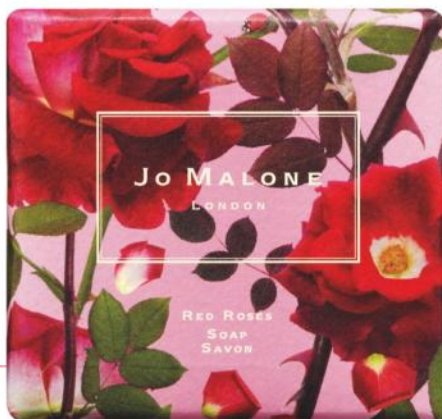


JO MALONE

Michael Angove Soap, £14

They say 'Soaps wrapped in a unique design to celebrate each fragrance.'

We say This is not just a soap. It's a soap in a designer jacket. Certain to wash your blues away (if you can bear to unwrap it).



DIOR

Colour Gradation Eyeshadow, £42.50

They say 'Creates molten eyes and ignites the iris with a crescendo of colour.'

We say The chic way to do colour therapy.



MAC

Strobe Cream in Pinklite, £24.50

They say 'Radiant skin in a flash.'

We say This ordinary-looking white cream transforms into a pink, iridescent, amazingly pink, glowy, fantastically PINK, sheer highlighter when it hits skin. Did we mention 'pink'?



KIEHL'S

Pure Vitality Skin Renewing Cream, £49

They say 'True powerhouse ingredients.'

We say Super-root ginseng and wonder-condiment Manuka honey add zing to sad-looking skin. You'll smell nice too.



THE LIBRARY OF FRAGRANCE

Play-Doh, £9.99 for 30ml

They say 'That fresh, just-out-of-the-can, eau de PLAY-DOH aroma.'

We say They're not wrong. A true-to-life smell that takes you back to simpler times, it settles to a pleasant vanilla scent. Surprisingly.



THE FRAGRANCE FOUNDATION

National Fragrance Day

Tuesday 21st March 2017

A week long celebration of fragrance



#ScentMemories

Your stories through scent...

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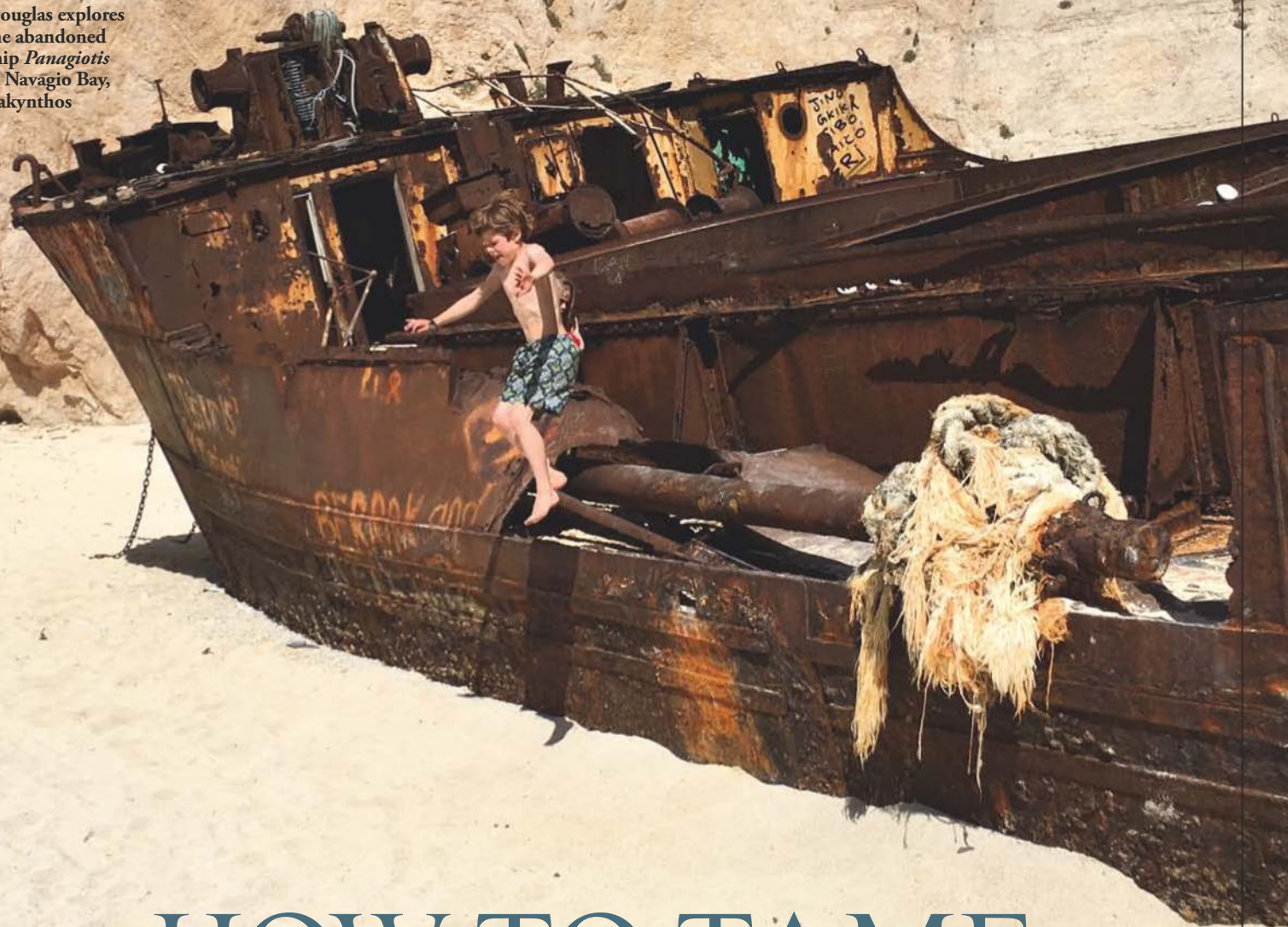
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The Nai Harn, Thailand

TATLER

Edited by FRANCISCA KELLETT

Charlotte's son
Douglas explores
the abandoned
ship *Panagiotis*
at Navagio Bay,
Zakynthos



HOW TO TAME YOUR PIRATE

Take him to the Peligoni Club in Zakynthos, where Sharky & George will devise treasure hunts for the kids while you drink cucumber martinis. By Charlotte Edwardes



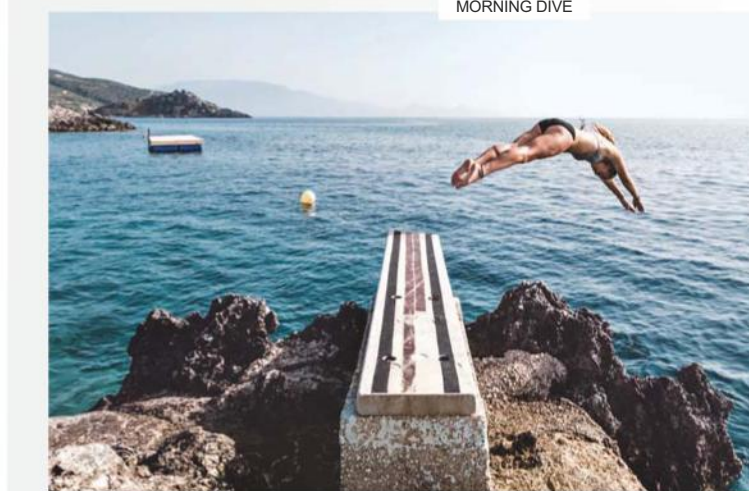
ABOVE, 'THE SANCTUARY' AT THE PELIGONI.
BELOW, A MORNING DIVE



Summer holiday' rarely translates in the ears of parents with children aged between, say, six and 16 as anything to do with relaxation or reading or lying in. Certainly for me, the closest synonyms are 'noisy', 'naked' and 'anarchy'. I'm still haunted by the memory of one daughter standing on a restaurant banquette, pulling down her pants and threatening to pee because a Frenchman had told her she was 'naughty'. (She was three, but the shame burns on.)

True to form, the kids make sure our plane journey to the Greek island of Zakynthos is one long squabble – over the iPad, the cheese and onion Pringles, the travel Connect 4 – with a game of marbles as the only respite (although they use the aisle as a sort of sniper alley). My children Margot, Douglas and Audrey, aged 11, nine and seven, are as immune to the tuts and hisses and frowns of disapproval from other passengers as I am susceptible. (I'm particularly afraid for the neck of the man in front, which is whipped round so often I think it might snap.) Single-handedly, I imagine, they've driven up demand for on-board childfree zones, but it's nothing compared to the door-slamming, bath-foam-producing, bedspring-twanging carnage they unleash in hotels – the reason we no longer go anywhere a) vaguely smart or b) where there's any chance of recognition.

It's with this background that I arrive, damp and tired, at the Peligoni Club, which sits above the pretty, unspoiled port of Agios Nikolaos, overlooking a hip of Ionian coast on the north-east of the island. Here, the Shearer family have been running a sailing club for 12 years, taking over from another family who ran it for years before them. It has been steadily expanding from a small enclave for enthusiasts to a specialist watersports destination, taking in the full gamut of boats, dinghies, catamarans, windsurfing, wakeboarding, waterskiing, subwinging and 'ringoing' (being dragged at high speed on inflatable rings and blasted with



Euro techno – 'awesome', according to the kids) while maintaining a fun, house-party vibe. Jeremy Clarkson has been a fan for decades. More recently, guests have included Rose van Cutsem, Vassi Chamberlain, Camilla Johnson-Hill and Sir Charles Dunstone and his wife Celia, who moored their boat up the coast last year and regularly stopped at the ice-cream hut with their little ones.

The set-up is unusual: the club is the central focus, with its tree-fringed restaurant, café and three bars (the Yard is for teens and offers non-alcoholic drinks for the younger ones), pool, tennis courts, spa and yoga studio, and then there are some 60 affiliated villas dotted around the surrounding wild countryside, where guests stay. This gives me hope: I can control the exposure other people have to our family craziness.

Anouska Shearer ('Noosh') greets us when we arrive. She's sun-bleached and absurdly young (25) to be running all this with her brother Ben. But her school and university chums have rallied, not least Bish, her BFF, who is front



Charlotte's daughters Audrey and Margot at La Storia restaurant

PHOTOGRAPHS: CHARLOTTE EDWARDES, NICK ISDEN



A private boat trip to the Blue Caves



LEFT, THE DRIFTWOOD BAR. RIGHT, DRIVING IN ZAKYNTHOS



Peligoni staff at the beach club

of house with her. The rest of the 'Peli' team are polite, charming, mostly blonde, leggy and tanned. I notice the boys overwhelmingly have creamy hair and cowlicks. There's definitely a posh-bohemian atmosphere; it's a magnet for mooching, hair-flicking teens approaching their GCSEs and A-levels (they have two Eton-Oxford tutors on site so that time in the bar can be matched by time on revision to assuage parental guilt). And there's something for younger kids too: Sharky & George have a den, complete with a pirate-ship play area and cupboards of bubble-making kits, plus water balloons and paints and dressing-up clothes and who knows what else, which means parents can genuinely relax – as if on a real 'holiday'.

I should explain for the uninitiated that the lure of Sharky & George is overpowering for anyone under 10. Founded by Old Etonians Charlie ('Sharky') Astor and George Whitefield a decade ago, the company sends bouncing, enthusiastic, borderline risk-taking acolytes (often thumping yahs) to entertain at kids' parties. They've organised events for David Cameron's children and Sir Paul McCartney's

grandchildren and stack up around 50 parties per week (including camp-outs that are like a 'full-blown SAS mission'). The thought that they will be on call all day for six days of our holiday has caused a zombie-type brain melt with my two younger children. But our first day is Sunday: our own Sharky & George's day off.

Noosh's easygoing manner belies (as I will later discover) the insane amount of juggling she does. She sweeps us off to our villa, telling us she's been coming here since she was five years old: 'It was very small, something like 70 guests, and the food was rubbish and the boats were

always broken, but the vibe was such fun.' Her parents fell in love with the place and built a house. When the old owners ran into financial trouble, the Shearers decided they couldn't live without the club, so bought it. 'And ever since university Ben and I have been running it,' Noosh says.

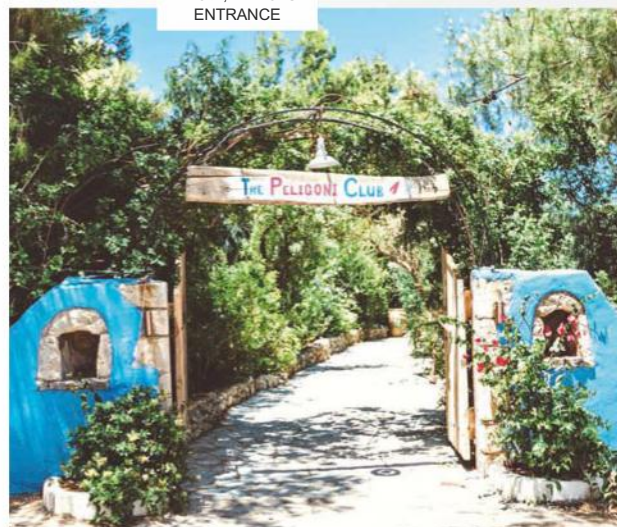
The roads bend between the farms' dry-stack rock walls and rows of olive trees; the air is warm and smells of chalk, dried wood and fig flesh; there's the sound of crickets and their cartoonish rasping. We draw up at the rather splendid Villa Livadi: tucked away in the hills, it was built by the Brennan family and is a peaceful white palace of glass, concrete and architectural lines – and so brand new I'm afraid of leaving scuff marks. We spend a ▷



Mezze evening
at the main
restaurant. Right,
Peligoni staff



ABOVE,
NAVAGIO BAY &
THE SHIPWRECK.
BELOW, THE CLUB
ENTRANCE



◁ while investigating before I start to unpack. There's a view, a surround-sound of bleating goats, a swimming pool, high ceilings, rain showers, DVDs, music and a teched-up kitchen, where, later in the week, our villa host Ellie Hiskett (a graduate of Cambridge and Rick Stein) will cook us the most insane supper.

Accommodation at Peligoni can cost anything from £360 per week for B&B – 'for people who don't want to spend mega-bucks,' says Noosh – to a stonking £18,500 for the incredibly chic Figari (old-style whitewash, blue shutters, Moroccan tiles). The idea is that you dip in and out of the club as much as you choose; membership fees are on top.

After about 45 minutes my girls flop on the bed, asking where their brother is. He'd been playing happily in the courtyard, I'd thought, with them. After a brief 'I thought he was with you' exchange, we are in a full frenzied search of the rooms, pool area and garden, calling his name in a spiralling panic. Then a horn honks outside and beside Noosh in her clapped-out Skoda is my son, his face tear-stained and dejected. He'd tried to cross two and a half miles of wild Zakynthian countryside to get to the Peligoni, he explains, because 'I wanted to see Sharky and George'. On this odyssey, he'd come across 'a huge goat with slit eyes and horns, and it was staring at me and then the grass dropped from its mouth and I thought it was going to eat me.' Hearing his air-ripping screams, a farmer ran to his aid and, finding he spoke no Greek, took him directly to Noosh – a sort

of English consul in these parts – with an uncomprehending shrug.

Noosh is unbelievably nice about the whole thing. 'I just wanted to see Sharky and George,' my son repeats. It's the only time in the week's holiday that I curse their names. Noosh suggests some watersports instead, 'or just a quiet game of backgammon, or cards at the Peli' (possibly with a stiff drink for me). We pile into our Skodas and follow her bobbing numberplate down a dusty, rocky track. After a week of driving like this, plus sandy car parks with the windows open, wet children, towels and deflating beach toys, my car will look every bit as battered as hers. I will even start to leave the key in the ignition every time I get out. This place is genuinely laidback. Peligoni slowly gives me back an old, long-forgotten definition of 'holiday'.

There's no beach as such at the club, but terraced decking with sunbeds looking out to sea. It's from here, with a cucumber martini, that I watch my kids aboard a platform they christen *The Peggy Sue*, which they never tire of scrabbling up and diving off. This will sound package-holidayish, although it doesn't feel like it: Noosh and her team organise a



Villa Livadi



*Peligoni is genuinely laidback –
it gives me back an old,
long-forgotten definition of 'holiday'*

Open-mic night
at the Peligoni

PHOTOGRAPHS: NICK ISDEN,
NAVE ORGAD/SIME4CORNERS

programme of events, from an open-mic night to beach drinks to dinner at La Storia in the nearby town and an end-of-the-week regatta. This removes a chunk of planning from my shoulders. Again, a novel experience.

On a couple of mornings, the kids play board games or cards with the handsome tutors from Oppidan Education, Henry Faber and Walter Kerr, and even decide by themselves that they want to write a story. 'It's unconscious learning,' explains Faber. (Although as I watch a group of 16-year-olds give these two their undivided attention, I suspect it may be a little more than that.) Noosh adds that the boys are a bit like 'big brothers'. They offer advice on future schools for parents who want it, and feedback on any written work for the older children. For the most part, my younger two are trailing Pied Piper-like behind Sharky and George, as spies or pirates or archaeologists, playing water polo or going on treasure hunts. One morning, they even disappear on a boat trip and I'm not entirely sure what to do with my time (read? Have a massage? Both?).

We go off-script at times, electing to take ourselves to the nearby Mikro Nisi restaurant by boat to eat fresh fish, battered calamari and white taramasalata for lunch overlooking a small bay that must have been unchanged for centuries. Another time we hire a boat to visit Navagio Bay, where the freightliner Panagiotis lies shipwrecked on the white sand. The kids jump on the rusting brown carcass, trying out the old rope and stepladders and gingerly testing the floor for decay. The beach is near empty and the solitude exotic.

The Peligoni throbs at night. I can imagine how great this must be for the teens. My children make new friends and jump on deckchairs; they post Instagrams and have important 11-year-old 'DMCs' (deep, meaningful conversations). I suppose they are feral, but no one seems to care – everyone else's kids are feral too. The only night I fear they're too hyped, Noosh sweeps in to help gather them into the car. She copes with some mad demands from guests, including one who asked her to stop planes flying overhead, but mostly she meets their every need.

I wasn't surprised to hear how she managed one unexpected crisis after we left – a private party some weeks later was hit by a massive storm. But the show went on regardless, she says: 'Simple Minds played and somehow we pulled it off – everyone was dancing in the rain and having the best time ever.' □
Seven nights at Livadi (sleeps 10), from £3,500. Club membership, from £140 (adults)/£70–£110 (children aged four to 12) per week (peligoni.com). British Airways flies from London to Zakynthos from May from £200 return (ba.com).

Nihiwatu,
on Sumba,
Indonesia

THE NEW GAP YEAR

Paradise is wasted on the young – much better to be older, wiser and richer when you go on your life-changing round-the-world trip. Francisca Kellett meets the five-star dropouts

Did you have a gap year? Did you schlep around India wearing bad clothes and an ill-advised bindi on your forehead, finding yoga and weed and not much else? Perhaps you went to Australia and drank your way around the Red Continent with a succession of Todds, Shanes and Jasons, returning with a terrific tan and an irritating habit of making every sentence sound like a question?

Or maybe you didn't. Maybe you were too studious/ambitious/anxious to fritter away a year lugging around your entire belongings on your back, eating horrible food and pretending that *Zen and the Art of Motorcycle Maintenance* totally, like, changed your life. But it's not too late. A new breed of smart professionals is choosing to take some time off – four weeks, perhaps, or three months, or even six – to go travelling.

Why? Well, why not? Some do it simply because they can. It's an adventure, yes, but

hotels can be five star, villas epic, staff on hand throughout, and if some of the journey happens to be by private jet, then that's just fine.

'We have lots of City types, hedgefundlers, lawyers,' says Henrietta Loyd of top-end travel operator Cazenove+Loyd. They are often on gardening leave between big jobs and have the money (if not the time), to check out the places they've always wanted to see, with none of the hassle of actual backpacking. Short, sharp gap 'years' have seen a huge leap, with clients often heading off alone for a month and then flying their partners and kids out to join them. 'Latin America is a big hit,' says Loyd. 'Peru and Patagonia – for the adventure, fishing, hiking, riding.' How much do they spend? '£15k, £50k, £80k... how long is a piece of string?'

Others choose that particular, precious window of time when children are at the right age to 'really gain something from the experience', says Philippe Brown of Brown+Hudson, 'but before they become too independent.' He calls them 'legacy' trips

– not necessarily with high-end extravagance at every turn, but travels that are more about spending quality time together. Like the one Charlotte and James Studholme went on, taking their three boys romping around South America. Hugo Burnand and family did something similar: 'We bonded like glue. We'd do it all again in an instant,' he tells me.

'It's definitely a trend,' agrees George Morgan-Grenville of Red Savannah. His clients are frequently between jobs and tend to take their children with them – along with a nanny and a tutor, mind you (the intense experience of travelling as a family is not necessarily the right time to start doing all the food-mashing/bathtime-wrangling/algebra-teaching).

South-East Asia and Australia are popular, Morgan-Grenville says, and families usually base themselves in villas and go on short excursions to explore. 'They often want culture and adventure, and a degree of philanthropy', to expose their children to a world they may

PHOTOGRAPHS: COURTESY OF HUGO BURNAND, CHARLOTTE STUDHOLME, RUFUS PALAMOUNTAIN & CAROLINE MARTEN



The Burnand family crossing the Rio Madre de Dios in the Amazon Basin, Peru

SOUTH-AMERICAN ODYSSEY

The Burnands

Royal/Tatler photographer Hugo Burnand and his family took off for one school term when the children were 10, nine, seven and four. 'Everyone said we were crazy. We took them out of school, closed the studio, rented out the house, gave the pets away and drove to the airport, chucking school uniforms out of the car window as we went,' says Hugo. They romped around South America, lazing on beaches, hiking up live volcanoes, riding horses through rainforests, trekking up Machu Picchu, rafting down rapids and crossing deserts on mules. 'We cried like babies and laughed our heads off.'

not be familiar with. A visit to surf- and eco-haven Nihiwatu on the island of Sumba in Indonesia is a favourite; there, families can engage meaningfully with the local community – without scrimping on pool villas and daily massages. Or for proper do-gooding, grown-up gappers can join projects such as those organised by Global Vision International (GVI). Prada and Chanel model Sigrid Agren, for example, spent a month last year teaching English to young novice monks in Laos. Not your average fortnight necking cocktails on a sunlounger.

Then there are those who feel the need to recombobulate, like Caroline Marten, who wanted to escape the grief of losing her parents and the strain of doing up her family's estate, Ingoldisthorpe Hall (mountamelia.com), in Norfolk, with a family journey to India. She decided to share a place she'd been to many times before – which takes us to yet another demographic: well-travelled people whose children have left for university and who would like to return to their original backpacking stomping grounds (perhaps minus the weed and literary pretensions). Greaves India, for example, organises mammoth, top-end specialist India tours for those who want to go back again and again, often for months at a time.

Others still take advantage of attractive round-the-world air deals, like Rufus and Jingo Palamoutain, who jetted off around the world in first class. Frances Geoghegan of Cleveland Collection sends clients on similar four-to-five-week global gambols – they usually spend £20,000 to £25,000 each.

So why wait? Go on, off you go – you're older, wiser, better off. Now's the time to do it, and without the bindis and backpacks. Todds, Shanes and Jasons, though, are optional. □



Ben Marten with sons Jasper and Louis in India

INDIAN ESCAPE

Caroline Marten, her husband Ben Woods and their three children

Caroline and Ben relocated for six weeks to Kerala, India and Sri Lanka with the kids (aged seven, five and three). They banned phones and screens, went leopard-spotting and elephant-washing, swam in the sea, played board games and had a thoroughly wonderful time. 'It put everything back into perspective,' says Caroline, who'd love to do it every year. 'It was a detox – we did yoga every day, didn't drink, and I gave up smoking.' The lack of childcare was 'exhausting, but made the experience what it was'.

ROUND-THE-WORLD EXTRAVAGANZA

Rufus and Jingo Palamoutain

The couple decided on a two-month round-the-world tour with British Airways and One World Alliance, flying first class most of the way, and business when first wasn't available. They wanted to see countries that neither had been to before – South Africa, Australia, New Zealand, Argentina and Brazil – plus 'circumnavigating the globe sounded cool'. The highlights? 'South Africa's Blue Train, Iguazu Falls and Trancoso in Brazil, and road trips into the unknown...'



LEFT, JINGO PALAMOUNTAIN ON KANGAROO ISLAND, AUSTRALIA. RIGHT, FLYNN STUDHOLME IN TRANCOSO, BRAZIL

MEANINGFUL MOMENTS

Charlotte and James Studholme and their three children

Charlotte and James travelled around South America for six months with their children (aged 13, 11 and eight). 'We wanted to build up a reservoir of shared memories,' says Charlotte, 'before our eldest was too old to want to spend that much time with us, and when the youngest was old enough to get real value from it.' The toughest parts were often the best: living with tribes in the jungle, getting lost in mangroves at dusk and swimming with turtles and stingrays in the Galapagos. 'We'd do it again in a heartbeat – everybody seems keen on Iran, Japan and Burma.'

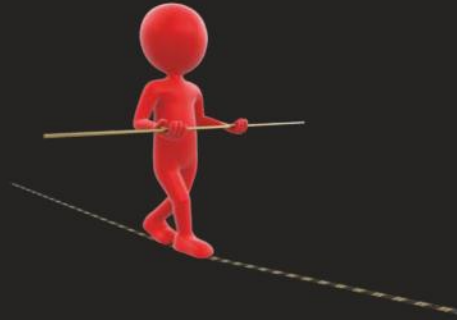


STEAL THE IDEA

These companies can organise a similar mammoth 'gap year': clevelandcollection.co.uk, greavesindia.co.uk, lastfrontiers.com, redsavannah.com, cazloyd.com, brownandhudson.com, gadventures.co.uk, journeylatinamerica.co.uk



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COLE

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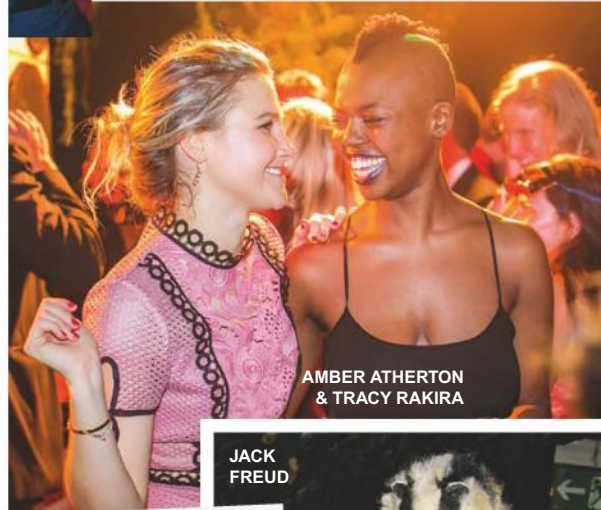
BEN ELLIOT & COUNTESS MAYA VON SCHONBURG

SQUEEZE MY TRUNK!

...and save the elephants

Mark Shand made saving the elephants his life's mission and, even after his death in 2014, his work continues. The Animal Ball, held at Victoria House, was an exotic event, almost as hot and steamy as an actual jungle, with creatures like **Hickman Bacon**, **Tatiana Santo Domingo** and **Jake Thomson** donning masks and dancing to The Correspondents. But even more impressive was the £1.8m raised for Shand's charity, Elephant Family.

Photographed by LARA ARNOTT



AMBER ATHERTON & TRACY RAKIRA



ELLIE GOULDING



LADY AMELIA WINDSOR & LADY MARINA WINDSOR



Mario Testino and Jan Olesen



JACK FREUD

THERE IS NO SUCH THING AS A LABRADOR

Bad news: the Sloane's best friend's days are over. The Dog Breeds Standards Board has declared the breed defunct.

The faithful Lab was first registered in the UK in the 1830s, when the 10th Earl of Home and his nephews, the 5th Duke of Buccleuch and Lord John Scott,

imported its foundation stock – the St John's water dog – from Newfoundland and crossbred these dogs with two male retrievers, given to them by the Earl of Malmesbury, to create Labrador retrievers. However, one of the original dogs was recently exhumed (the 5th duke had buried it in his garden,

naturally) in order to examine its DNA as part of a new, authentic breeding programme – upon which it was discovered that the St John's water dog was, in fact, of the family Ursidae, ie, the bear family.

But don't fret! There is no need to get rid of dear Inca. It has simply been suggested that the animal

be renamed the Labrabear. As a result of these findings, there are now plans to start a breeding programme between poodles and brown bears in the hope that this may help to protect the endangered species from extinction. It is proposed that this new hybrid be called a Boodle.

PHOTOGRAPHS: ISTOCK, DAVE BENNETT



MARC BURTON
& BERNARD



MARINA RUIZ
COLOMER &
VALENTINA
SALMERI



MARIA LUZ MARTINEZ
SOLA, NICOLAS DAHER
& JUSTINA BERTUCH



BARBARA HILSKI
& ROB WEINBERG

HOT LATIN ART FUN

A saucy private view

Art parties can be weird. Bottles of warm Mexican beer. No food. Deranged 'works' you're supposed to understand. Not so the art party thrown by **Federico Castro Debernardi** to launch his contemporary art foundation, Fundación Arte, at the Argentinian ambassador's residence, in Belgrave Square. **Princess Eugenie** mingled with **Otis Ferry** and **Rob Sheffield**, and Leonardo DiCaprio's art adviser, **Lisa Schiff**, gossiped with **Larry King** (the stylist, not the TV host). There was cold champagne. There were canapés by Casa Cruz. There were sock puppets and a pug called **Mylene**. Everyone's faith was restored.

Photographed by LARA ARNOTT



GINEVRA FIORENTINI
& ROB SHEFFIELD



OTIS
FERRY

ROXY SANCHEZ &
LAURENCE HAMDAN



Mylene



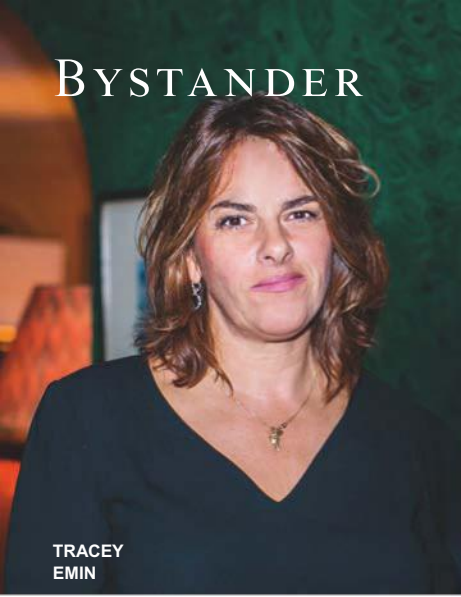
NNIDEKA
AKUNYILI
CROSBY



SIMON
JABLON &
ALONA
SHELEMY



MICHAEL XUFU
HUANG &
JASMINE CHEN



TRACEY
EMIN

READING MATTERS



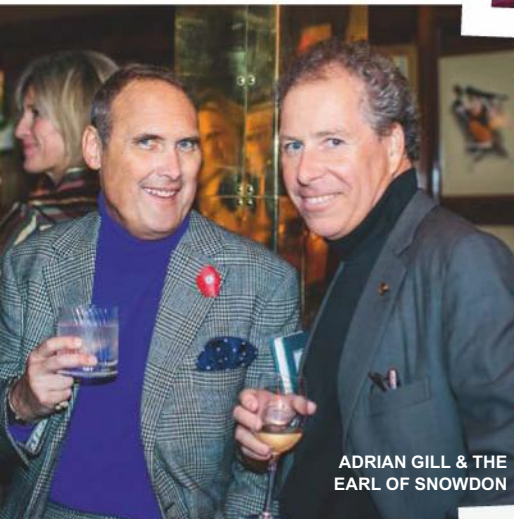
EUGENE
SHVIDLER



RODDIE
FLEMING



VLADIMIR
ZEMTSOV



ADRIAN GILL & THE
EARL OF SNOWDON



EVA HERZIGOVA, SIR DAVID
TANG & KATE REARDON



NICOLA FORMBY
& ZAC GOLDSMITH



EVGENIA
ANDURAND
& SASHA
VOLKOVA



Hum Fleming and Tarka Russell



EDWARD TANG
& JO & RAFFY
MANOUKIAN



LADY &
SIR DAVID
TANG



TOM PARKER
BOWLES &
MATTHEW FREUD



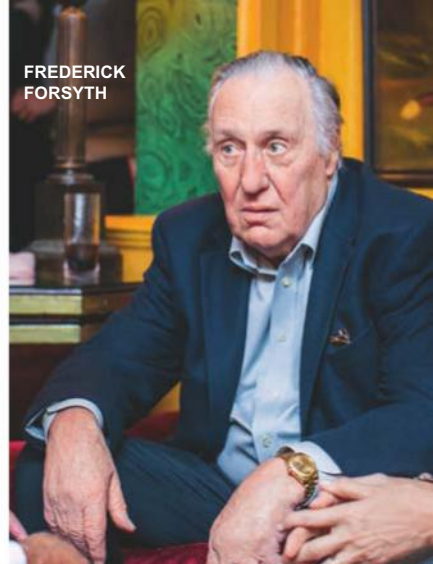
CHERIE
BLAIR



JOANNE
SALLEY



KATE MOSS,
SIR DAVID TANG &
SIR MICHAEL CAINE



FREDERICK
FORSYTH



COUNTESS
DEBONNAIRE
VON BISMARCK
& TIM HOARE

TANG RULE NO. 1

Keep Kate Moss happy

Sir David Tang knows all about good manners, having just completed an authoritative tome on the subject called *Rules for Modern Life*. So when **Kate Moss** invited him to sit in a corner at his launch party at Annabel's and listen to her reading passages from his book, he obviously did not decline, because that would have been rude. Instead, he made her feel appreciated by cosying up to her. Meanwhile, on the other side of the room, **Adrian Gill** was as delightful and witty as he ever was, on this, one of his last public appearances. He will be so missed.

Photographed by LARA ARNOTT



MARQUESS OF
WORCESTER &
GEORGIA POWELL



JANE
CHURCHILL



Percy Gibson and Dame Joan Collins



SIR DAVID TANG,
PRINCESS BEATRICE &
SIR MARK WEINBERG



GEORDIE
GREIG
& JEREMY
CLARKSON

PHOTOGRAPH: ISTOCK



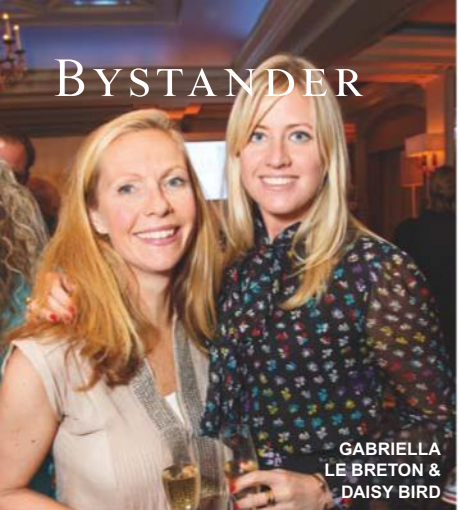
MARIA SOLE
FERRAGAMO
& MARTINA
FERRAGAMO

Lies to tell lefties

Your star sign isn't your star sign

William IV had them all changed in 1832, but only the right families were told. Today, if you knew the right star sign to check, you'd be as rich, healthy and happy as they all are. But you don't. Sorry.

By Hugo Rifkind, who writes for The Times



GABRIELLA
LE BRETON &
DAISY BIRD



CHIARA
COLELLA

NGUYEN
VIET LOAN
DELEO
FOSTER



CLAUDIA
WINKLEMAN
& KNUT WYLDE



JUSTIN WATERIDGE &
VICTORIA MATHER



OLIVIA
RICHLI



Claudia Winkleman, Nicholas Coleridge
and Francisca Kellett



LENNON
CHANDLER



ANTOINE MELON,
PETER CHIPCHASE
& TOM RUSSELL

THE TATLER TRAVEL AWARDS 2017

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The Beekman, New York

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Bangkok*

WILD & WONDERFUL

*&Beyond Matetsi River
Lodge, Zimbabwe*

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STYLE WITH SOUL

Soneva Jani, Maldives

ALPINE MARVEL

The Alpina Gstaad

CULTURAL REVOLUTION

Faena Hotel, Miami Beach

GOLD STANDARD

The Ritz Paris



JEAN-PIERRE
TREVISAN



MARTIN
BRUDNIZKI



TOM BARBER &
PATTI PALMER-
TOMKINSON



PATRICIA STEVENSON,
FRANCES GEOGHEGAN
& JILL KLUGE

BANGKOK & BULL

Claudia W fools everyone at our Travel Awards

There were hoots of joy when **Claudia Winkleman**, co-hosting the *Tatler* Travel Awards with **Francisca Kellett**, announced that the entire room was invited on a jolly to Bangkok (they weren't). The well-travelled crowd didn't mind, though. They were gathered to celebrate the best hotels of the year in the recently revamped Berkeley. Award-winners flew in from as far afield as the Maldives to collect their curvy Georg Jensen pitchers and toast their success with Laurent-Perrier champagne and fiendishly good Martin Miller's gin cocktails. Travel tales were swapped over poached lobster with yuzu and gold-dusted beetroot macarons, and everyone agreed that next year it would be Bangkok or bust.



MARIOLA
TEJERO &
ARCHIE
HAINES-MOSS

EMILY BLOMQUIST
& LIBERTY WILSON



BEN TEN
HOLTER
& BRUNO
PARKER



LARA VAN DER HORST
& JUSTIN KENDALL



JOE STALLARD &
GUY NICHOLLS

NEW ROMANTICS

Everyone fell in love at the Electric Ball

Romance is not dead – it is to be found among our young, as was proved at the Electric Ball, held at Embargo República on the King's Road to raise money for the NSPCC's Childline Service. The teenage boys spent most of the evening buying raffle tickets in the hope of winning prizes for the girls, and one princeling was so lovestruck that he emailed the committee after the party, desperate to track down the beautiful maiden who had entranced him on the dancefloor. All he had left of her was a photo-booth picture... Yes, this is truly a 21st-century fairytale.

Photographed by LARA ARNOTT



TILLY HAMILTON
RUSSELL



Alex Trotter and Michael Green



HARRY LLOYD YORKE
& LOUIS ALLEN

LOUIS CHRISTIE,
HUGO MILLARD &
MAX BONNEFOUS



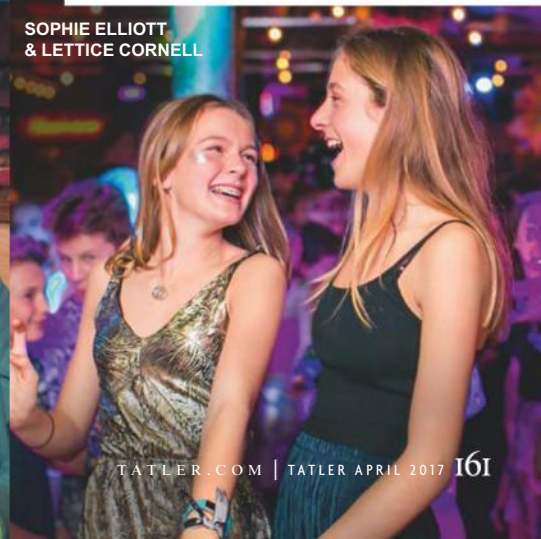
HARRISON
HAMPSHIRE



ALEX COULSON,
LUKE PARSONS &
JOSEPH BENTLEY



SOPHIE ELLIOTT
& LETTICE CORNELL





EMMA
KESWICK
& SIR
BENJAMIN
SLADE



JULIE SVECENA &
BRIGITTE SUBKOV



SABRINA
HO



SIR HENRY &
LADY KESWICK

EAT MY CAKE

Sabrina Ho's got sponge to spare

Some 150 guests, including **Ella Mountbatten**, **Dimitri Chandris** and **Lady Keswick**, were invited to **Sabrina Ho's** birthday party at Café Royal. Awkwardly, 230 showed up. No matter, because there was more than enough cake to go round: it was over three feet tall, rendered in pink and white with gold roses, and Sabrina had to climb a ladder in order to blow out all the gold candles.



XENIA TCHOUMITCHEVA,
JESSICA HEY &
BARBRA AGWARU



Sabrina Ho and Spencer Matthews



STEVE CORCORAN
& JAY RAMIREZ



DAMASO BERENGUER
& LUCIA RUIZ OZORES

PHOTOGRAPHS: ISTOCK, ELISKA KYSELKOW/DAVE BENNETT/GETTY IMAGES

HOW TO INTRODUCE PEOPLE AT PARTIES

Introductions can get a bit repetitive, don't you think? 'Neil, here's Figgy, I know you'll both get on splendidly...' SNORE. We suggest jazzing things up a bit, the social equivalent of throwing a handful of glitter in someone's face – which is possibly annoying, but definitely fun

1 'John, this is Sarah. She thinks I don't know about that time she made a pass at my husband. Sarah, this is John. I once made a pass at him, which my husband doesn't know about. Perhaps you could make a pass at each other and even things out.'

2 'I say, you two would get on so well. You both drink FAR too much and you both have really loud voices. You could literally be related.'



3 'I think your name is Peter and I think your name is Hannah. You can both confirm or deny this when I leave you to it and then bitch about me for not remembering. That's my gift of an opening conversation to you both.'

4 'This is Alex. He has a black Labrador. Alex, this is Sophie. She has a chocolate Labrador. Alex, Sophie thinks black Labradors are inbred and badly behaved; Sophie, Alex thinks chocolate Labradors are stupid and unhygienic. Enjoy!'

5 'Anna, this is Luke. If he tries to have sex with you, seriously don't bother – he's handsome, yes, but he has no idea what he's doing. Take it from one who knows...'

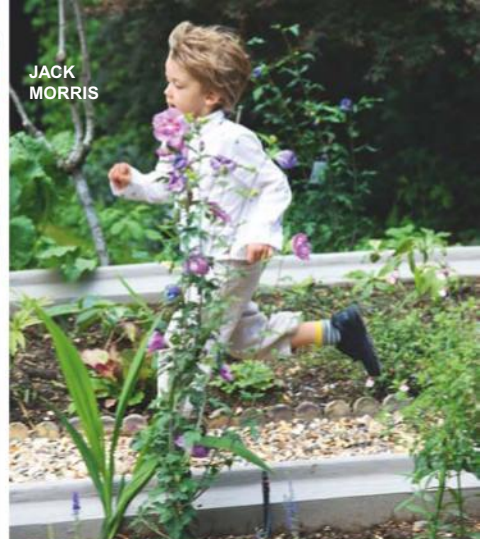




KATHY LETTE



JOHN, MARIANNE & CHARLIE SWANNELL



JACK MORRIS

RAISING THE STEAKS

Carnivores congregate for an excellent cause



SAM & ANNABEL HODIN

At Annette and Nick Mason's barbecue the steaks were fricking delicious, and from their farm in Wiltshire too – a nice added touch. But that's an aside, because the reason for having this lovely long lunch in the back garden of their Hampstead home wasn't to show off their meat. No, it was to raise money for the National Autistic Society and Ambitious about Autism. The cause is important to the couple, who witnessed both Marianne and John Swannell's son Charlie and Kathy Lette and Geoffrey Robertson's son Jules grow up with the syndrome. The event raised £39,000, and Jules developed a whopping crush on Louise Fennell. Win-win!

Photographed by MARCUS DAWES



STEFAN PASIANO & ALISON JACKSON



OSCAR VAN SOMMEREN



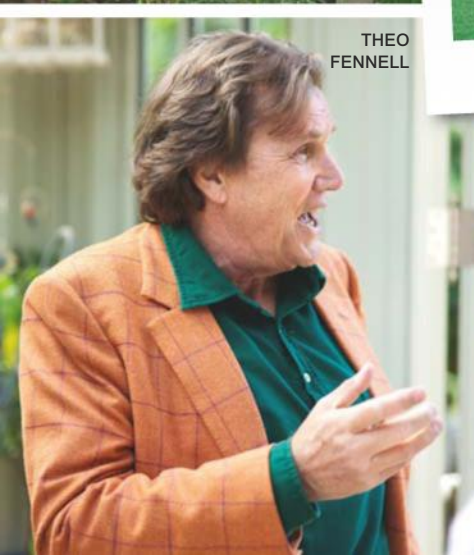
Luca Franchitti



ZOE MORRIS & KATE McGRATH



MAUREEN LIPMAN



THEO FENNELL



JULES ROBERTSON & LOUISE FENNELL



CARY, NICK, ANNETTE & GUY MASON

ROCK OUT... *Shiny and New!*



1. Handmade by Swedish Designer **Frida Hultén**. To see a selection of unique pieces or do a bespoke order, email: frida@fridahulten.com or look at the Austmarr Collection: www.fridahulten.com

2. **Brilliant Inc** is a diamond lovers paradise with its exclusive collection of ethically grown, non-mined fine diamonds and man-made gems. Their jewellery is expertly cut using the finest materials to ensure maximum brilliance and fire that lasts forever. With prices from £85, handset in either sterling silver or 9K gold, gemologists agree the only way to tell the difference between their stones and traditional mined diamonds is the price tag! Chelsea, London. Call 020 7259 9555 or visit www.brilliantinc.co.uk

3. Brighten up your wrists this Spring with the Daphne Signature from **Du Maurier Watches**. Seen here on a fresh blue strap, this stunning Swiss-made timepiece is available in a choice of colours so have a browse at www.dumaurierwatches.com or call us on 01460 220720. Daphne Signature Silver £425.

4. **Josef Koppmann** gallery exhibits outstanding precious jewellery by leading contemporary artists. 1.22 OXO Tower Wharf, London SE1 2RW. Call 020 7928 6252 or visit www.josefkoppmann.com

5. **Adrian Catherall** diamond broker, designer and creator of exquisite diamond rings for over 30 years @ www.catheralldiamonds.co.uk Adrian says "I create a five star affordable approach to sparkling diamonds with ultimate wow factor rings and jewellery, handmade to stunning CAD design". All from that little word "YES." Call Adrian on 0151 638 4270 or 07810 893224, you will be amazed!!!

6. If you're going to invest in a one-of-a-kind piece of custom-made jewellery, you need to work with someone who understands your vision and your budget. **Cynthia Britt**, award winning jewellery designer and gem supplier, left her career in engineering to pursue her bejeweled dream and passion in creating timeless rings with precision. Working out of her privately appointed office on prestigious Newbury street in Boston, she has an international clientele who seek her for gems, surprise engagement rings, wedding bands and restyling of heirloom jewellery. From a picture with hand in view, she'll suggest the shape of the centre stone, source it out, then create a custom made piece that's impeccably tailored for your hand and the chosen gem. Visit www.cynthiabritt.com

7. **Luca Jouel** is a boutique Australian fine jewellery brand celebrating a sophisticated yet organic beauty. Founded on a passion for creating beautiful heirloom quality jewellery with a modern sensibility, their pieces are ethically sourced with exquisite attention to detail. Luca Jouel has been awarded the prestigious Butterfly Mark in recognition of their commitment to ethical trading and is a brand to trust. Visit www.lucajouel.com to find out more.

8. **Kilo Jewellery's** Orchid Ear Jackets are feminine and cool with their floral, sparkling look! Glam things up for both your everyday outfit and the special occasions. All our jewellery is handcrafted using 925 Sterling Silver, you can find this and other gorgeous creations exclusively online at www.kilojewellery.com Enjoy a 20% discount using "TATLER20" at the checkout (offer valid until 31st March 2017).

9. **Sam Jewels** is a contemporary jewellery label founded by the designer Sabrina Mittler. The creations are inspired by geometric forms and transformed into unique Itpieces, which fit every outfit. Find your favourite Fashion/Lifestyle Jewellery in the range of her debut collection. For more details visit sambysabrina.com and have a look on Instagram @samjewelrydesign

10. **Heavenly Necklaces** does it again with more wonderful hoops (plain or 'diamond') and detachable gemstones (blue topaz shown here) for just £38 and £52 respectively. As worn by royalty and celebrities all over the world; simply too good to miss! Call 020 7371 8268 or visit www.heavenlynecklaces.com

11. **byEloise London's** Bangle Bands are beautiful and fashionable hair ties with stylish charms that can grace your arm as a chic bracelet or dress up that ponytail. Cool and classic colours, funky neons and adorable pastels – addictive and irresistible. Visit www.byeloiselondon.com or email hello@byeloise.com for further enquiries.

12. **Eva Suba's** "Hope" jewellery is a special series with one-of-a-kind pieces using sweet-water or Tahiti black pearls and precious metals. The form of these earstuds reflects the buds of the spring, when nature awakens and sprouts hope. This jewellery series is dedicated to everybody who finds the inner strength to do one more step towards positivity after a dark period of life. Visit www.evasuba.de to view the full collection.

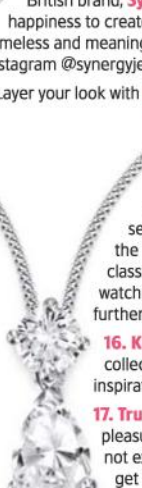
13. With a clear ethos that women should be empowered by beautiful words and mindfulness. British brand, **Synergy Jewellery** interprets qualities of love, belief, courage, gratitude and happiness to create designs in 925 Sterling silver, platinum and rose gold plated which are both timeless and meaningful. View the SS17 collection at www.synergyjewellery.co.uk or follow on Instagram @synergyjewellery

14. Layer your look with **Mialisia by Clareabells**, featuring the new cuff with mini locket, diamond dust bangle and 24k gold diamond dust locket with tassel. Then add charms to express your style, visit www.clareabells.mialisia.com for the full collection.

15. **Cobra & Bellamy** make affordable, classically designed watches conveying timeless elegance. Pictured is the Hunter watch at £99, retro in style reminiscent of the 1960s. Its square face comes in a white or antique finish with a second hand set in a stainless steel case. Here is a quote from Sienna Miller who wore the Hunter watch when she was a guest on Top Gear "Cobra & Bellamy watches are classic, beautiful and affordable, I love all of them". To see the whole Cobra & Bellamy watch collection, visit www.cobrabelamywatches.co.uk or call 01736 732112 for further information.

16. **Kit Heath** Exclusive contemporary sterling silver designs – gorgeous jewellery collections inspired by love, life and the beauty of nature. Venture into our world of inspirational silver jewellery. Visit www.kitheath.com

17. **Tru-Diamonds** are the luxurious, ethically created gems that give you the prestige and pleasure of diamonds at a small fraction of the price. Even a jeweller won't know they're not expensive mined diamonds when you're wearing them. Order using code TAT704 to get a free jewellery cleaning kit. Visit www.trudiamonds.co.uk or call 0333 043 5000.



FASHION FORWARD... *A Spring Fling!*

1. Pikagos is high-end brand specialising in exquisite hand-made bags and accessories. Their new SS17 collection is iconic final touch to any outfit. Coast bag, classy tone of Pikagos. For information visit www.pikagos.com info@pikagos.com instagram @pikagos

2. Round + Square is an exciting, conscious fashion brand powered by values and vision, bringing together style, substance and sustainability. Founded by fashion designer Henriette Ernst, the brand provides financial support and awareness for gender equality causes with a shared mission to empower women and girls. For more information, visit and shop at www.roundplussquare.com

3. Lacorine offers a beautiful range of warm, soft and sumptuous Alpaca clothing and accessories sourced from Peru. Their lightweight exclusive designs are the ultimate in luxury, elegance and sophistication and their wool is made according to Fair Trade principles. Visit www.lacorine.co.uk or call 020 8777 7534.

4. Beachcover create exquisite hand-embroidered beach kaftans for style-conscious women and children. Available in sizes 6-22 and children's age 2-12. Looking for something a little different for your next holiday? Visit their website www.beachcover.com or call 01189 404120 for more information.

5. S.Entwistle is a luxury British fashion brand founded by designer, Lauren Landless. This new, on trend brand is full of glamorous, timeless and classic pieces. S.Entwistle are particularly recognised for their trendy ruffle shirts, adding a touch of elegance and transformation to any outfit. Shop the full collection online www.sentwistle.co.uk or visit their instagram page @s_entwistleclothing

6. Bonnie and Buttermilk is a small fashion label from Berlin. All the colourful fabrics are self designed and printed in Germany. With a good portion of love and passion for patterns and colours all the beautiful dresses, skirts and sweaters are handmade in Berlin by best friends Kathinka and Eike and their lovely team in their showroom / studio in the heart of Berlin. Visit www.bonnieandbuttermilk.com

7. ODELLIN introduces their collection of luxurious silk scarves for SS17. Using playful geometrics and a dazzling palette of jewel and powdery tones, this elegant collection reflects the evocative spirit of 60's/70's vintage fashion and modernist art. Printed on semi-lustrous 100% Silk twill fabric their scarves are made in Como, Italy by the finest local artisans. For more information visit www.odellin.com or visit their Instagram @odellin.official

8. Cocorose London have fast become the cult, go-to footwear brand for stylish women leading smart, on-the-go lifestyles. Founded in 2007, the brand's pioneering, foldable shoes seamlessly fuse fashion, comfort and function, bringing a touch of everyday luxury to fashionable women all around the globe. Beautifully handcrafted and available in a range of stunning designs, from loafers to sneakers and sandals to boots. Shop the new collection at www.cocoroselondon.com and enter TATLER10 for 10% off your order, ends 3rd May 2017.

9. Lauren Tang's stunning collection of classic leather bags and accessories has been exquisitely designed with simplicity and style in mind. One of her stunning pieces could transform any outfit from drab to chic with utter ease. To explore the full collection visit www.laurentang.co.uk email customerservices@laurentang.co.uk with enquiries, or visit her Instagram @laurentangofficial.

10. Nicole Shante is a women's ready-to-wear line based in Los Angeles, California. The brand offers a fresh, classic, style with sophisticated ease, a chic design accented by everyday beauty and charm. Infusing a youthful edge by mixing premium fabrics with fine detailing, Nicole Shante is to be defined as a brand for the woman on the go with effortless style. Visit www.nicoleshante.com to explore further, or email info@nicoleshante.com with enquiries.

11. Honest-Rosie is a 6-piece capsule collection, that is so versatile you can create 30 outfits! On top of that it's sustainable, eco-friendly & fair trade. Buy your own wardrobe of Honest-Rosie now via their pre-sale on Kickstarter www.kickstarter.com (Be quick, pre-sale ends 31st of March). Visit www.honest-rosie.com for more information.

12. These luxurious 100% Cashmere Ponchos from **Juice Collection** are the perfect accessory for every season! Whether for travelling, a day on the beach or a dinner party, these stunning ponchos can be worn for any occasion and will fit perfectly in your bag. Visit www.juicecollection.co.uk to see the full collection of colours or call 01531 632990 for more information.

13. Italian fashion label **ENNEMENOUNO** conveys a return to exacting sartorial workmanship, Mediterranean luxury and sensuality together with a unique, unconventional creative vision. Based on experimentation and stylistic originality, the result is a mysterious and contrasting world of sensations and textures, at once provocative, elegant and chic. Visit www.ennemenouno.com

14. Blue Velvet the home of contemporary and luxury footwear direct from the heart of Europe. Always one step ahead, they have established themselves on their quality and first-rate service. Visit them at 174 King's Road, SW3 4UP or call 020 7376 7442. Buy online at www.bluevelvetshoes.com Quote TATLER20 for 20% off none sale items in store only, offer ends 1st April 2017.

15. Manyatta has truly brought the colour and vibrancy of the Maasai to London and beyond. Their exquisite belts are of the highest quality, beautifully branded and all three styles are suitable for men, women, boys and girls of all ages. Produced entirely in Kenya, their ethical heritage is utterly authentic and provides a perfect showcase to reward the skills of otherwise unemployed Maasai women. Manyatta contributes to Tusk Trust; visit www.manyatta.co to explore further, or call 07538 959353 with enquiries.



WEDDING BELLS... *Forever Yours!*



THE HONOURABLE SOCIETY OF THE MIDDLE TEMPLE



1. The Honourable Society of the Middle Temple. Beauty, history, central location and a dedicated team are guaranteed to ensure you truly have the happiest day of your life. Visit www.middletemplehall.org.uk call 020 74274820 or email events@middletemple.org.uk for more information.

2. Claire at Sweet Temptations is an award winning cake designer who's cakes taste as good as they look. Each cake is bespoke, designed just for you, and staged by Claire at your venue. Call 07816 288626 or visit www.claresweettemptations.com

3. Sheila Roberts is an English speaking wedding photographer based in southern Spain. Sheila has shot over 100 weddings all over Spain and the Mediterranean. She specialises in a natural candid style, using the stunning light and locations of Spain and other popular wedding destinations around the Mediterranean and North Africa. For more information visit www.sheilarobertsphotography.com or email sheilarobertsphotography@gmail.com

4. Camera and Kit is an offbeat bohemian adventure of film, nostalgia, beauty, and evocative wedding photography. Specialists in high-end destination and multi-day wedding photography. A highly personal service to couples wanting different and hopelessly pretty wedding photography and handcrafted album and photobook artistry. Visit www.camera-and-kit.com or email info@camera-and-kit.com to reserve your date.

5. BethCarina is an Australian based designer that produces affordable pieces that you will not see everywhere. Using only natural materials BethCarinas Bridal Collection features stylish and sophisticated accessories like this molty coloured sapphire and ruby ring to finish off the most important outfit you will ever wear! BethCarina is available by commission to create the perfect piece to go with the "I do" forever after. To see more of The Bridal Collection check her out at bethcarina.com or contacted her at bcarina@mail.com



6. Twilight Trees: The Led Tree Company. Twilight Trees are the go-to brand for specialist faux arboreal lighting and flora. Opt for their sparkling and vibrant LED Trees or their softer yet show-stopping 'Trees in Bloom'. Twilight Trees will create a unique atmosphere and become an unforgettable highlight that will leave guests talking about your wedding for years to come. Visit www.twilight-trees.com or call 01962 877644.

7. The Bridal Boutique of Jules is a quintessentially British bridal boutique beside the seaside in the quaint and award-winning town of Walmer, Deal, Kent. You will find an exquisite collection of hand-picked, British design wedding gowns, shoes, bridesmaid dresses, bespoke menswear and accessories in this very inviting and unique little boutique. Stocking designers such as Stephanie Allin, Eliza Jane Howell, Charlotte Balbier, Rembo Styling, Marylise, Rachel Simpson, Miranda Templeton and many more. By appointment only. Call 01304 389710 email info@boutiqueofjules.co.uk or visit www.boutiqueofjules.co.uk

8. Sifani offer an exciting choice of unique and beautiful engagement rings, bridesmaids gifts and bridal jewellery utilising the natural beauty of diamonds and striking coloured gemstones. Their shop in Chelsea Green, London has something to suit all occasions. Earrings above £720. Visit www.sifani.com Instagram @sifanilondon

9. Keythorpe Manor. Surrounded by rolling hills in beautiful rural Leicestershire, Keythorpe Manor is a quintessential countryside venue. The idyllic and secluded setting offers the Pavilion Marquee and The Oak Barn, both suitable for Wedding Ceremonies and formal Receptions. The Oak Barn is rustic and intimate, whilst the Marquee is contemporary and chic. For further information email info@keythorpemanor.com call 0116 259 8100 or visit www.keythorpemanor.com

10. The Dorset based, Jalopy Pizza, offers a unique wedding service, providing a fun, informal option for your guests at the evening reception. Their homemade recipe for both the dough and tomato sauce cooked in Ephrem wood-fired ovens gives them their unique flavour. For more information email info@jaloppypizza.co.uk or visit www.jaloppypizza.co.uk

11. Be it a delicate bridal headpiece or an elegant hat for the mother-of-the-bride or guest, Alexandra Harper Millinery provides one-off hats and headpieces; ready-to-wear or custom designed to suit your design, colour and budget requirements. Blending expert knowledge, superior craftsmanship and directional vision, Alexandra's headwear exudes style and individuality. Visit www.alexandraharpermillinery.com or call 07708 389312.

12. Nether Winchendon House on the border between Oxfordshire and Buckinghamshire. For the Wedding of your dreams, in an enchanting location, you could not find anywhere more idyllic than Nether Winchendon House. Use the lawns of this fabulous venue for a Marquee Wedding, or The Carriage Barn if your celebration is small and intimate. Nether Winchendon House sits dreamily in the heart of the Buckinghamshire countryside with lawns running down to the River Thames. Easy access by rail and motorway, London and Birmingham. Enquiries welcome: contact@nwhouse.co.uk 01844 290101 Visit www.nwhouse.co.uk to see fabulous photos of couples who celebrated their Wedding Day here.

13. The Head Bloomer creates eye-catching, one of a kind head pieces. The ultimate finishing touch to any outfit. Using a variety of high-quality fabrics and imagination, you will be turning heads on your special day. Be it a vintage classic you have in mind, or something extravagant and floral, The Head Bloomer can create something for you. To see more pieces, or to enquire, visit www.theheadbloomer.com

14. Hodsock Priory is a 19th century country house estate, set in the secluded splendour of over 800 acres of landscaped gardens, seasonally flowering woodland and open Nottinghamshire countryside. With breathtaking views, a Tudor Gatehouse and a rich heritage once enjoyed by English kings, this lovingly restored family home is a timeless escape for couples seeking an exclusive use wedding venue full of romance and fun. Visit www.hodsockpriory.com or call 01909 591204 for more information.

15. Disco Wed. First class DJ services from the people behind the brilliant "Disco Shed", providing a cool and credible alternative to cheesy mobile DJ clichés. With a range of set-ups, from the elegant to the extraordinary and a client list to die for, they can rock your party as expertly as they do huge festivals and club nights. For more information visit www.discowed.com or call 07734 568038.

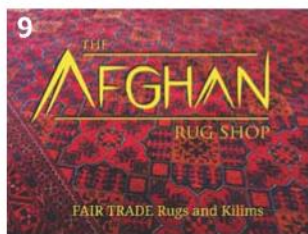
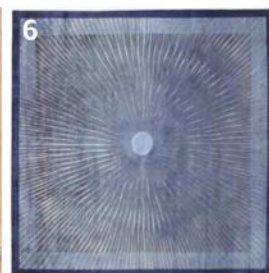
16. Eve Learmonth is an Edinburgh based make-up artist with a salon in the heart of Edinburgh. She specialises in stunning and elegant makeup for the modern bride. Her training with Mac and Laura Mercier has equipped her with a versatile and polished technique that would make any woman look and feel beautiful. Visit www.evelearmonth.com or call 07715 289306 for more information.

17. Bride and Roses is a team of well experienced makeup artists and hair stylists specializing in creating individual and bespoke natural bridal looks. They rank in the finest bracket of the bridal beauty stylists in the industry and were nominated by The Wedding Industry Awards under the best bridal makeup artist category. Bride and Roses ensures that every bride look impeccably flawless and feel amazing on their special day! For more information visit www.brideandroses.co.uk or call hello@brideandroses.co.uk



Ryan White photography

MIND YOUR MANOR... *The Inside Track!*



1. Tundra Taiga is an illustrator and nature lover based in Barcelona. Her handmade papier-mâché sculptures are all inspired by nature and modelled from the observation of birds and other animals in their natural environment. Each of her delicate works is unique and therefore unrepeatable. Visit www.tundrataiga.wixsite.com/tundrataiga to explore further, or email hellotundrataiga@gmail.com with enquiries.

2. Yulia Lisle's inspiration is drawn from her passion for flowers in the natural environment. She expresses this feeling on canvas with oil paints, her preferred medium, due to their viscosity, richness, dynamic colours and the connection process with the canvas through the palette knife and brush movement. Find out more at www.yulialisle.com or email y@yulialisle.com.

3. The Pugin Table by **Augustus Brandt**. Impressive bespoke French oak tables, available in a range of finishes, made to order in 6-8 weeks. Prices from £7,500 for a 2m long table. As shown, 350 x 145 cm, £8,950. Call 01798 344722 or email enquiries@augustusbrandt.co.uk or visit www.augustusbrandt.co.uk to find out more.

4. Pullman Editions designs striking original limited-edition posters that capture the enduring appeal of Art Deco. Their posters feature winter sports, glamorous resorts around the world, and historic automobiles. Over 100 designs available at £395 each. Call 020 7730 0547 or view and buy online at www.pullmaneditions.com.

5. Add even more style and joy to your home with a weekly delivery of Freddie's Flowers. They deliver stunning arrangements for only £20 a pop and include styling guidance. Use the code TATLERFRED for your first bunch FREE. Visit www.freddiesflowers.com or call 020 8396 6696.

6. Veedon Fleece. Purely Bespoke. Employing the traditional technique of hand knotting, carpets and rugs made exclusively to order to your size, colour and quality specification in muga, pashmina, silk, veedon and Best Tibetan Wool. To find out more, visit www.veedonfleece.com or call 01483 575758.

7. We love the unique way Clare Brownlow paints – she uses a pheasant feather and inks, to paint her vibrant works of art. She has sold her originals globally, as well as being shortlisted twice for Wildlife Artist of the Year. Her range of products includes interiors, soft furnishings, stationery as well as bespoke commissions to any specification. Visit www.clarebrownlow.co.uk or call 07768 619777.

8. Jane Hamilton, portrait and figure sculptor. Her sculptures have energy and pathos; when doing a portrait, whether young or old, she approaches her work with the sensitivity and truthfulness needed for a likeness. To see more of Jane's work, visit www.janehamilton-sculpture.com or call 01295 750636.

9. James of The Afghan Rug Shop imports rugs and kilims of all sizes, directly from weavers markets in Northern Afghanistan, and is the only UK Fair Trade (Label-STEP) licensee. All are handmade with sheeps wool and natural vegetable dyes. Shop online at www.theafghanrugshop.co.uk or call 01422 843331.

10. Anima & Amare are interior designers with a passion for all things bold and unique, taking the saying 'go bold or go home' to a whole new level, they have expanded their passion into affordable interiors and the online shop has grown from strength to strength. Visit www.anima&amare.com for more stunning prints, rugs, lighting and more.

11. CLAOS utilise a vibrant collection of exclusively designed in-house fabrics in their range of unique and vibrant soft furnishings. You will not find their prints anywhere else. Check out their website at www.claos.co.uk or drop them a line on 07852 291586.

12. Home(ing) has always been passionate about the ethos that "your home should be about you, and who you are, as a person, as a couple, as a family". They believe that your home should reflect your personal style (even if you're not sure what that is yet). Your home should always be a sanctuary, where you truly feel that you belong, where you can be you, in your home. With this in mind, Home(ing) offers a unique, personal interior design service, from concept, to design to completion. Visit www.homeing.co.uk for you to feel at home.

13. HAPPY + CO was created with one simple ambition: to design an affordable collection of everyday home essentials that are a joy to look at and a pleasure to use. 10% of all profits are invested into their community-led farm in Cambodia. Shop the range at www.happyandco.com.

14. The recently established (but very exciting) expert knitters behind Saint Wools are on a mission to bring happiness and comfort to as many people as they can possibly reach. Their luxe merino wool has been hand-knitted into the cosiest blankets, cushions, scarves and more, meaning that you can stay snuggled up in style this Winter. Visit www.saintwools.com to explore further, or their Etsy store to purchase online. Alternatively, call 07894 214778 with any enquiries.

15. At their factory in Birmingham, Rigg make great furniture for domestic and commercial clients. Featured is their Hairpin Dining Table displayed which is available in a range of sizes. Other items in their range include dining and coffee tables. Delivery is free to most UK places. Visit www.rigg.uk or call 0800 651 0001.

16. The Little House of Hygge brings cosiness, happiness and Scandinavian style straight to your home. Reserve your Let's Hygge Box full of seasonal hyggelig treats including luxury scented candles, artisan teas, confectionery, beauty products and gifts today! Save 10% on your 1st box quoting: TATLER10 at www.thelittlehouseofhygge.com Let's Hygge!

TATLER'S PARENTS' GUIDE...



1



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3



1. Meet the new breed of handbag – Truly Multifunctional. Their innovative multi pocket interior is designed for easy organisation and makes **Kerikit** perfect for early motherhood, business and travel. They always combine quality with function and fashion in every award winning design. Visit www.kerikit.com or call 01618 189038 for further enquiries.

2. **Moor Baby** is a luxury baby knitwear brand. Made from Alpaca yarn our beautiful designs are super soft and skin kind, perfect for little ones! Brand owner Emma rears the Alpacas herself on our free-range, Cornish farm. Visit www.moorbaby.co.uk or call 01579 320843 for more information.

3. **Pocopato** was created in 2014 by two artists from Warsaw, who love the idea of not growing up. By combining their illustrated world of unique designs with the finest ecological cottons their collections of children's clothes and accessories are the epitome of carefree and crazy, just as they believe kids should be! Visit www.pocopato.com to find their UK retailers or email store.pocopato@gmail.com to find out more.



5



8



4. For beautifully designed, traditional bridesmaid and pageboy outfits look no further than **Amelia Brennan**. This luxurious off-the-peg range, made of the highest quality fabrics, is wonderfully affordable and cuts out the hassle of long lead times and fittings. Visit www.ameliabrennan.co.uk or email amelia@ameliabrennan.co.uk Use TATLER15 for 15% off, ends 1st April 2017.

5. **Molly & Monty** design and make gorgeous organic baby clothes. Everything is made in the UK from 100% organic cotton, kinder to babies sensitive skin and with no itchy neck labels to irritate! Luxury Gift Sets along with everyday essentials consistently receive 5* reviews! Visit www.mollyandmonty.com or email hello@mollyandmonty.com to discover their collections.

6. **Lettie Belle** brings you timeless interior accessories, for discerning little ones. Keep-sake cushions feature unique, hand stitched characters, perfect for any room. Commissions are welcomed. All products are made using eco-fi felt, organic cotton, and leather detail. Lettie Belle's nostalgic creations are lovingly made to be enjoyed, and treasured forever! Visit www.lettiebelle.com or email lettiebelle@gmail.com or telephone 07801 421704.



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7. **Bloomingals** is the perfect online store for mums, selling a range of hand-picked and high-quality fashionable maternity clothes, stylish breastfeeding outfits, as well as personalised clothing and gifts for you and your little ones. For more information visit www.bloomingals.co.uk or email carly@bloomingals.co.uk

8. **Willow the Pillow** treasures our health and that of our planet. That's why he cherishes his premium quality organic cotton and minimal eco-friendly packaging. Helping you slumber in luxurious comfort, he'll be your new favourite sleepy companion. He also loves a good hug! Discover more at www.willowthepillow.co.uk or call 07718 065867.

9. **Cwtch and Cherish Keepsakes** specialises in designing and making luxury keepsake memory bears out of cherished baby clothes, full of treasured memories. Each bear is meticulously designed and handmade to order meaning they are a bespoke and unique creation, perfect for commemorating a special event or marking a milestone in a child's life. Visit www.cwtchandcherish.co.uk or email hello@cwtchandcherish.co.uk

10. Stylish and classic, **Bebe Bombom** has a gorgeous baby clothing collection with unique designs all made in luxury Pima cotton fabrics. The range features beautiful handsmocked styles and beautiful embroidery. This season's collection includes playsuits, dresses and babysuits, all with matching accessories. Visit www.bebebombom.com or e-mail info@bebebombom.com with any enquiries. Instagram [bebebombom.uk](https://www.instagram.com/bebebombom)



12



13

11. **Maven's First Steps** offer a unique gift for all occasions. Be the one who teaches your baby how to walk with their portable shoe attachments! Suitable for every member of the family to use and available in a wide range of colours. This universal product comes in a keepsake box to remember exactly how and when your little ones learnt to walk. Detachable with Velcro for you to use as many times on as many different shoes as you've got! Find out more information at www.mavensfirststeps.com

12. **Ooh Noo** products allow you to embrace those tender, family moments and make lasting memories – watching your little one sleep in that ooh soo soft bedding, building towers from wooden blocks, or taking dolly for a walk in her pram. Through quality design they provide pure love for generations. Visit www.ooh-noo.com or email info@ooh-noo.com to find out more.

13. **Treasured Peach** was created to help you enjoy and highlight your treasured moments with luxuriously handcrafted accessories. The Decadent Dessert Collection offers floral crowns, mini half floral crowns and single blossom headbands in four flavourful colour pallets made from quality wool blend felt. Visit www.treasuredpeach.com or email treasuredpeach@gmail.com to find out more.

14. **Calisson Little Royals** epitomises elegance and refinement for babies at the delight of the most sophisticated parents! Lovingly made in France, this unique childrenswear collection uses beautiful materials, patterns, shapes and colours to create clothing fit for any little king or queen! Visit www.calissonlittleroyals.com to find out more.

15. **Castles For Rascals** is the go-to children's bedroom shop founded by interior designer Naomi Callan. They provide stylish and modern Scandinavian inspired furniture, wall coverings and accessories together with organic bed linen and mattresses. Their products are sustainably made in order to protect the environment and the wellbeing of your little ones. A made to measure service is also available. Visit www.castlesforrascals.co.uk or call 0800 0937 422.



14



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16. Popple & George design elegant, embroidered bibs for babies: to be kept and treasured forever. Made using natural, luxury fabrics each bib is handmade with the option to personalise with an embroidered monogram and comes beautifully packaged, making it the perfect gift for a newborn. Visit www.poppieandgeorge.com or email info@poppieandgeorge.com



17. Make this Easter truly magical for your little one with a visit from the Fairies. **The Fairy Nice Trading Company** creates enchanting Fairy Doors, Elf Doors and adorable accessory sets. Each beautiful door comes with a personalised letter from the Fair Folk and a tiny door key. Available online exclusively at www.fairynicetrading.com or email orders@fairynicetrading.com for further enquires.

18. Max and The Star, an online emporium of handmade quirky clothing and accessories for ages 0-4. Made from t-shirts old and new, their upcycled rompers are a comfortable alternative outfit for your baby. View their range at www.maxandthestar.co.uk

19. Daisy and Dragon Design is a children's interior design company based in the South of France but available around the world. Kirsten creates bespoke and beautiful bedrooms and playrooms that will inspire your young one's imagination. Visit www.daisyanddragondesign.com or email Kirsten@daisyanddragondesign.com

20. BabyBoo.ie are an Irish company who make the supersoft organic SnuggleBoo sleeping bag which has detachable sleeves. GOTS and Oeko-tex certified cotton and hypoallergenic polyester fill ensure the softest and coziest sleeping experience for your little one, even the care labels are cotton. Find out more on www.babyboo.ie or email hello@babyboo.ie

21. Didi and Bud is an award winning baby and children's sleepwear brand... designed and made in England. Their minimalist, design led illustrations, provide a modern edge to their sleep suits and Pyjamas. Available in newborn to 6 years. Made with 100% OEKO Tex cotton and phthalate free ink. Visit www.didiandbud.co.uk to view the full collection or email didi.and.bud@gmail.com

22. Le Petit Chiffon is a brand dedicated to creating comfortable, adjustable clothing for the special little one in your life! Their mission is to deliver products that make life easier for child and parents. Using 100% organic materials their classic clothing is not only all natural but adjustable as well so you can track your child's growth and evolution. Each style springs and adapts to body size. For full information on their extensive catalogue visit www.lepetitchiffon.pt





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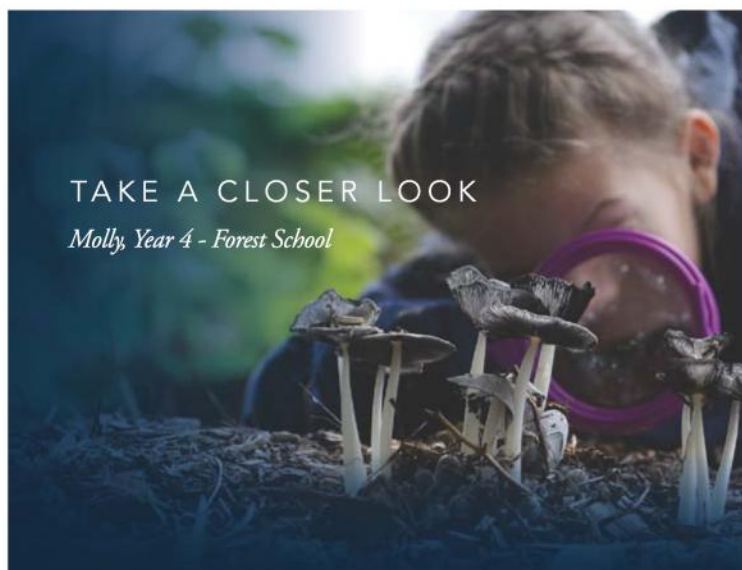
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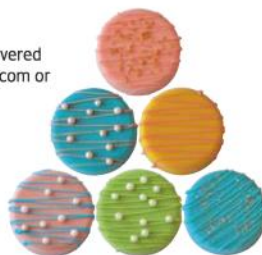


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'It's relentless,' says Louis Waymouth, an actor and one of the show's writers. 'You're only as good as your last sketch.' Waymouth, the Earl of Hardwicke's cousin, studied drama at LAMDA. 'Then I started writing out of frustration with the acting world,' he says. He took a comedy show to Edinburgh after leaving drama school, then wrote for television shows, including *Armstrong & Miller*.

Corden, who met Waymouth in the late Noughties, has called him 'the funniest person' he knows. So when he got *The Late Late Show* (in a deal reportedly worth £9m for five years), he persuaded Waymouth to move to LA from London the day after his pregnant wife, Eloise, Patrick Lichfield's daughter, had her three-month scan. Their daughter, Iris, is now 17 months old, but there's no American accent yet. 'I'm not sure my wife will allow that to happen,' says Waymouth. Eloise, meanwhile, works as a prosthetic make-up artist on Hollywood films, pasting alien features onto actors for movies including *Guardians of the Galaxy*. Other Brits behind the scenes include Josie Cliff – Robbie Williams's manager for many years – and James Longman, a West Ham-mad producer who's having trouble explaining to Americans what words like 'chuffed' mean. Plus there's a funny, swearsy warm-up comedian called Joby Harte, who started out as a comic on *SM:TV* with Ant and Dec. 'He told us Adele was coming on as a special guest,' says an LA-dwelling Sloane who was recently in the studio audience. 'And everyone went mental. But then he said, "Only joking. Of course she's bloody not. But that's how excited I want you to be for every guest."' "

What do the Brits do during their precious weekend downtime, I ask Waymouth. 'We sit around eating scones and drinking mead,' he says, adding that Corden often works through weekends. 'He never stops.' ('There's no question that Corden will be doing the Oscars in two or three years, such is his ambition,' says another producer.)

Business occasionally mixes with pleasure, though. Shortly after Winston and Corden hung out with Coldplay's Chris Martin one night last year, Martin appeared on Carpool Karaoke. Total views of that clip on YouTube? 28m and rising. □



AND THE REST

- 51 Vanessa and Wenty Beaumont
- 52 Bella Freud and James Fox
- 53 Lady Antonia Fraser
- 54 Anais Gallagher
- 55 Marquess of Worcester
- 56 Celia Weinstock
- 57 Amanda Sheppard
- 58 Christopher Sykes
- 59 Daisy Lowe
- 60 James Blunt and Sofia Wellesley
- 61 The Bamfords
- 62 Josh Berger
- 63 Imogen Waterhouse
- 64 George and Frances Osborne
- 65 Lauren Santo Domingo
- 66 Ed and Sophia Sackville
- 67 Theo, Louise, Emerald and Coco Fennell
- 68 The Duke and Duchess of Cambridge
- 69 Eric Fellner and Laura Bailey
- 70 Jerry Hall and Rupert Murdoch
- 71 The Marquess & Marchioness of Cholmondeley
- 72 Georgia May Jagger
- 73 Viscount and Viscountess Glenapp
- 74 Guy and Jacqui Ritchie
- 75 Frankie Herbert
- 76 Hannah Rothschild
- 77 Lord and Lady Lovat
- 78 Jack Guinness
- 79 James Middleton and Donna Air
- 80 Garrett Moore
- 81 Jilly Cooper
- 82 Louis and Nura Mosley
- 83 Martha Ward
- 84 Will and Violet Vestey
- 85 Rafferty Law
- 86 Sophia Hesketh
- 87 Serena and Peregrine Hood
- 88 Jake, Zoe and Susanna Warren
- 89 Emma Soames
- 90 Eddie Redmayne and Hannah Bagshawe
- 91 Tracey Emin
- 92 The Beckhams
- 93 Ali and Scarlett Spencer-Churchill
- 94 Evgeny Lebedev
- 95 Vanessa Garwood
- 96 Grayson Perry
- 97 Emily Hambro
- 98 Guy and Lizzy Pelly
- 99 Jarvis Cocker
- 100 Grace, Eleanor and Silvy Pilkington



What's in a name?

Nothing ups the desirability of a development like an association with an exclusive resort brand. Claire Pilton looks at new homes that flutter established labels of luxury and promise a high-end holiday lifestyle



A pool with a view at a villa at Amanzoe

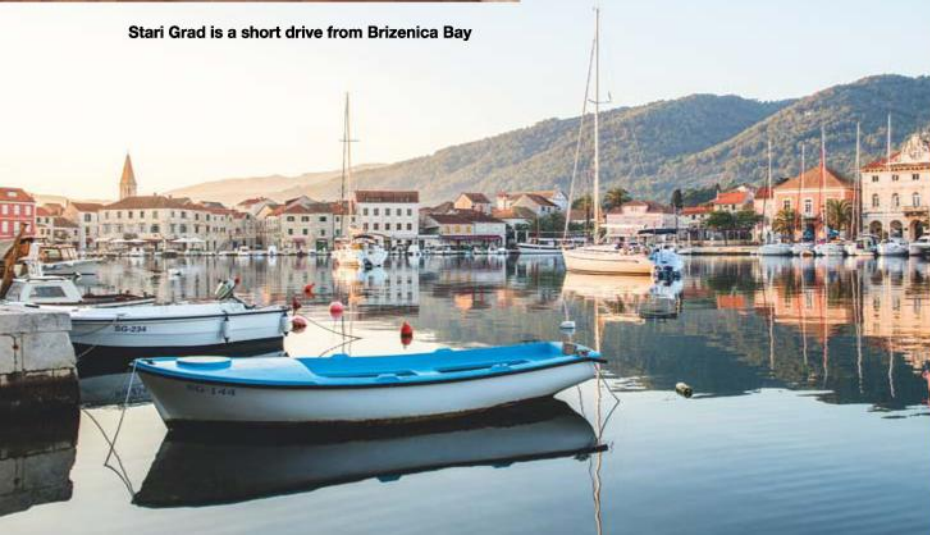


The outdoor covered terrace at Pearl Island

'IN A NEW, EMERGING MARKET, PEOPLE WILL FEEL MORE COMFORTABLE AND CONFIDENT INVESTING BEHIND A BRAND. DOWN THE LINE, BRANDED RESIDENCES MAINTAIN VALUE AT THE VERY LEAST, AND PROVE EASIER TO SELL THAN THEIR UNBRANDED COUNTERPARTS'

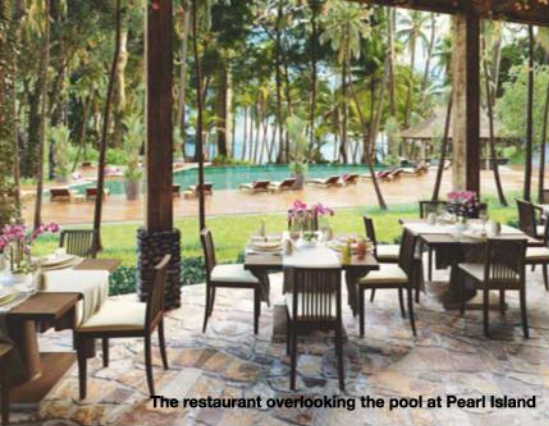
Next month, Four Seasons and Arqaam Capital launch Brizenica Bay on Hvar, the first project of its kind in Croatia. 'The quality and level of service synonymous with this brand leader doesn't currently exist here, but there is a life on the island you cannot enjoy anywhere else,' says sales and marketing director Beckett Tucker. He points to 'the exquisite scenery, glorious coastline, fabulous local produce, seafood and finest wines, friendly people and low security,' adding, 'you can leave your wallet in your bag while you swim.' Tucked away in a secluded cove on the sunniest island in the Adriatic, Brizenica Bay (+385 99 862 6382) is an hour by speedboat from Split airport or 15 minutes by seaplane, and just 10 minutes' drive along the waterfront to Stari Grad. Dating back to 384 BC, Croatia's oldest town has wonderful restaurants, local shops, a pretty harbour and terrific sailing. 'Today's buyers expect the experience. They want the local connection,' says Tucker, who explains how Arqaam Capital, a specialist emerging-markets investment bank, acquired several small olive farms to procure this tranquil 43-acre site. Come 2019 it will provide a village community under a forest canopy with views over and access to its own bay. Featuring waterfront cabanas, restaurants, bars and cafes, boutiques, a spa and fitness centre, a tennis club, swimming pools, water sports and a children's club, the 120-room resort will have 28 Four Seasons private residences with one or two bedrooms from €580,000 and 31 villas with three to five bedrooms, ranging from €1.8 million up to €5 million for the eight front-liners. All will sport swimming pools of 40 to 60 square metres, indigenous landscaping with lots of lavender and olive

Stari Grad is a short drive from Brizenica Bay



A private villa at Brizenica Bay





The restaurant overlooking the pool at Pearl Island



An idyllic stretch of beach at Alila Villas Koh Russey

trees, large terraces, and terracotta roofs teamed with creamy limestone façades inspired by the vernacular architecture.

Two hours from Athens, on a hilltop overlooking Porto Heli, Amanzoe nods to its classical counterparts with concrete columns and pared-down pediments. Within four years of opening its six-star resort, Dolphin Capital Investors (+30 210 3614 255) has sold 15 villas and plots to the tune of €80 million. The latest offerings, which will meet an increased demand for family suites, are two-bedroom villas. Priced from €3.5 million, each one has a shaded terrace and a 25-metre swimming pool. Residents will have access to the resort facilities, including a 2,850-square-metre Aman spa, a library, boutiques, bars and restaurants, together with an exclusive beach club, where four villa lots with unobstructed sunset views are for sale.

With over €1.8 billion of assets up its sleeve, Dolphin Capital Investors is also developing Pearl Island, 45 miles south of Panama City, in a 60/40 joint venture with Grupo Eleta. With the initial 100 plots all but sold out, a 47-berth marina and a private runway (with international intentions) already in place, this spring sees the first release of eight Ritz-Carlton Reserve residences. Ocean fronting, with extensive three- and four-bedroom accommodation, they cost from \$3 million. The 123-acre resort will have 80 suites and sprawls across two of Pearl Island's best beaches, Playa Don Bernardo and Playa Mague. There are another 12 beaches, lagoons, tropical forests and an existing fishing village on this naturally biodiverse 3,500 acre-Pacific island, less than 35 per cent of which is being developed as an exclusive and sustainable five-star hideaway.

Alila Villas Koh Russey is Cambodia's first international branded resort, with a low building density of 15 per cent that underlines the ecological credentials of this 61-acre scheme. Prior to the 48-suite hotel opening in July, active marketing of 132 detached villas starts this month. Offering one, two or four bedrooms, every residence takes full advantage of the ocean and cape views and comes with a private pool. Prices range from \$550,000 to \$2.46 million, including VAT and furniture. According to Robert Green of Sphere Estates (020 3617 1360), 'The resort's managed rental programme offers a 6 per cent guaranteed yield for three years on the one-bedroom villas, with 42 days owner usage per annum, and there are optional rental programmes for the larger residences. Even the super-

wealthy rarely buy purely for lifestyle; they want a property that generates enough income to cover ownership costs and their personal use. In reality most spend no more than three to six weeks a year in residence, especially at long-haul destinations. In a new, emerging market such as Cambodia, people will feel more comfortable and confident investing behind a brand. Premiums can vary from 15 to 40 per cent, depending on the brand and location. Down the line, branded residences maintain value at the very least, and prove easier to sell than their unbranded counterparts.'

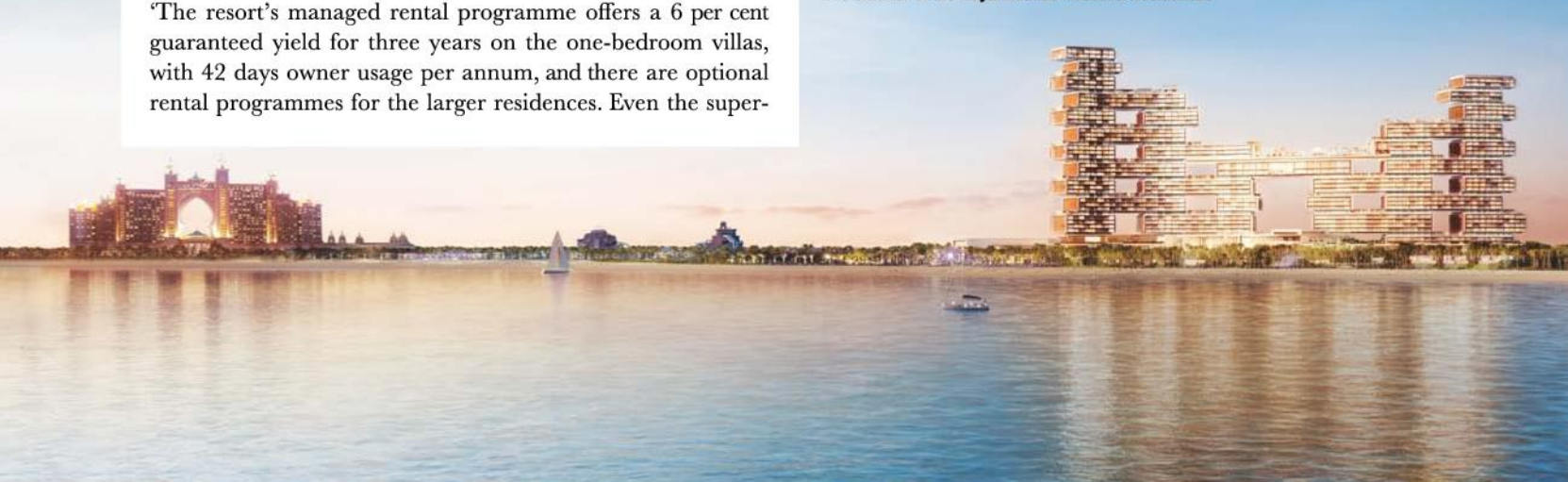
In Dubai, eight years after the Disney-esque Atlantis The Palm opened, the Investment Corporation of Dubai and Kerzner International is launching the neighbouring Royal Atlantis Resort & Residences, hailed as the city's first super-prime development. Prices start from AED7.65 million for the 231 two-, three-, four- and five-bedroom sky courts, garden suites and penthouses that boast views of both the Arabian Gulf and the Dubai skyline. Due for completion in autumn 2019, on-site amenities will include a Givenchy spa and a 90-metre-high sky pool. Those who would take the plunge should contact Knight Frank (+971 4 426 2888).

Branded Residences: An Overview by Graham Associates (020 7420 3550) sums up the buyer benefits. On top of the 'trophy status', prime locations, cutting-edge interior design, technology and architecture, professional management, hassle-free ownership and premium lifestyle, many offer residents' discount cards, access to the operator's properties in other locations, higher rental income, stronger resale values – and like-minded neighbours. Small wonder discerning HNWIs make the best brand ambassadors.



The view from a terrace at Alila Villas

The exterior of the Royal Atlantis Resort & Residences





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BRITAIN | PROPERTY

In a new supplement, we *shine a spotlight* on the *best developments* and *key players* on the property scene. Read on to discover the people and properties that are on our radar this spring

One of the spectacular properties available through Russell Simpson

Centre Stage

PROPERTY | PROMOTION

Super-prime lettings agent With an unbeatable track record and 18 years' experience in the super-prime property market, *Mark Tunstall* is the agent of choice when it comes to *London's best lettings* – for landlords and tenants alike

The super-prime rental market in London is booming. With the hike in stamp duty taking its toll, many are choosing to save the money they would have spent on tax – over £1.1 million for a £10 million property, for example – and spend it on a high-end rental property, with no strings attached, instead. And when it comes to London's most luxurious lettings, no one has more expertise than independent agent Mark Tunstall.

After starting out as a trader, Mark turned his hand to property in 1999, working first at Knightsbridge agency Chesterfield, and then setting up the super-prime letting department at Savills. He struck out on his own just over three years ago, and he and his right-hand woman, Murdi van Hien, have since taken the market by storm. The boutique nature of the agency is, Mark believes, key to its success. He is the only agent to focus solely on London's super-prime lettings market, and his track

record is unrivalled. He also prides himself on the truly personal, one-to-one service he can offer, and often travels to meet clients around the world. 'It's really valuable meeting people face to face, and clients know they can pick up the phone any time of the day or night,' he says.

When at home, he is a Knightsbridge resident, but his experience and all-round market knowledge extends across the entire prime central London area, rather than being limited to one postcode, as is normally the case with departments within larger agencies.

Focusing exclusively on lettings has allowed Mark to carve out his own niche, and it also gives him the edge when it comes to local connections. He enjoys close relationships with other big hitters in the property industry with whom he is not in competition: 'Because we don't deal in sales we have the support of a lot of the leading sales experts. There's a natural fit,' he explains.

His expertise has also made him the agent of choice for ultra-prime developments such as 199 Knightsbridge and One Hyde Park. 'Renting was historically seen as the poor relation of buying, but now the quality of rentals has really improved,' he says. 'Developer stock originally built for the sales market is now becoming available to rent as the market continues to slow and developers realise they can get a good return. Whilst prime central London property typically yields 2.7%, we've been able to achieve more than 4%. People are paying premium rates to rent a premium product; long-term renting is now an attractive proposition.'

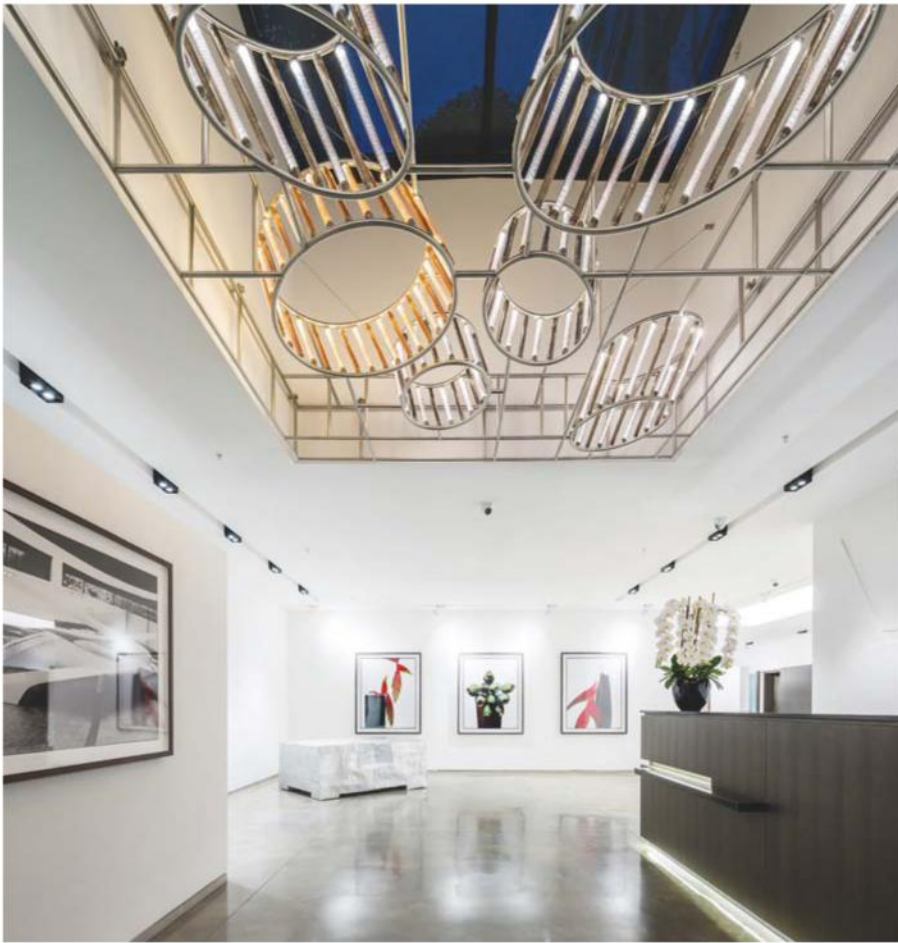
For more information, visit www.tunstallproperty.co.uk

RIGHT Mark Tunstall and Murdi van Hien. **BELOW** A three-bedroom Knightsbridge penthouse available through Tunstall Property at £7,500 per week



Centre Stage

USP *The Chilterns* in Marylebone, a new development of 44 apartments by Galliard Homes, combines a *desirable location* with *stylish, luxurious interiors*, and the added benefit for residents of an art gallery on the ground floor



For the interiors of the apartments, the developers commissioned the renowned interior designer and architect Rabih Hage, a winner of the prestigious Andrew Martin Interior Designer of the Year award. Known for his flair for curating art within his interior schemes, Hage was the perfect choice for this creatively minded project. As well as the interior design, he worked on the floor plan, the gallery space, the gym and the spa, and also furnished the gorgeous show apartment, a stylish blend of cream, grey and taupe, given an edge by contemporary furniture and statement lighting. Elsewhere, hardwood floors, natural stone in the kitchens and bathrooms and antique-bronze hardware create a contemporary look. Within the building, residents also have access to a private cinema room and the opportunity to acquire a wine cellar in the basement.

First impressions count, and the foyer of an apartment building can have a significant aesthetic impact on the people who live in it. So imagine entering and exiting your home every day via an exclusive art gallery hung with over 20 large-scale works. That is exactly what residents get to experience at *The Chilterns* in Marylebone, one of Galliard Homes' latest developments, whose foyer houses a light, airy gallery space for residents and their guests to explore and enjoy.

There is also plenty to explore in the local area, which is a key part of the development's appeal. Marylebone started to gain its fashionable reputation during the Sixties as a celebrity haunt, and this association has increased in recent years with openings such as the nearby Chiltern Firehouse. Residents have the advantage of living in the heart of central London, but slightly detached from the hustle and bustle of nearby Mayfair, in a neighbourhood that has a strong community feel thanks to its vibrant foodie scene and the shopping facilities of Marylebone High Street. Regent's Park is a five-minute walk away, offering beautiful gardens, a range of sporting activities, an open-air theatre and London Zoo. Even closer to hand, the balconies to one side of the building overlook Paddington Street Gardens, a small, leafy park, adding to the sense of serenity and the village vibe.

CLOCKWISE FROM TOP LEFT
The ground-floor gallery space.
Terraces and balconies open on to Paddington Street Gardens.
The stylish show apartment

The show apartment, with three bedrooms, a huge open-plan living area and 2,641 square feet of floor space, is one of just three properties still available to buy at *The Chilterns*, at an asking price of £8.3 million. The others are a two-bedroom duplex at £5.4 million and a two-bedroom apartment at £4 million. It's safe to say they won't remain on the market for long.

For more information, call 020 8418 1070, or visit www.thechilternsw1.com



Penthouse With 360-degree views, a vast roof terrace and a slick, super-stylish interior, the triplex penthouse at *Parliament House*, one of the latest developments by Telford Homes, offers an *unbeatable London lifestyle*



When it comes to city living, nothing beats the experience of a penthouse with far-reaching views over the cityscape below. And when it comes to living in London, the owner of the triplex penthouse at *Parliament House*, a new development by Telford Homes, will truly have it all at their feet.

The penthouse occupies the entire top three floors of the 24-storey building, which is set on the vibrant south side of the Thames, between Vauxhall and Waterloo, directly opposite Tate Britain and with spectacular views of Big Ben and the Houses of Parliament. In fact, every London landmark and attraction one would care to see can be seen from here, from the Wembley arch to Canary Wharf, Lord's cricket ground to the All England tennis club.

Location-wise, the residents of *Parliament House* get to overlook the very heart of London, while living in a relatively peaceful setting, across the river away from the traffic and noise of Westminster. That said, as the local area is gradually being transformed from a commercial district to a residential neighbourhood, it is creating quite a buzz of its own, with more and more bars and eateries opening up – among them Pharmacy 2, an art-inspired new restaurant opened by Damien Hirst in collaboration with Mark Hix within Hirst's Newport Street Gallery, which is just a few minutes' walk away.

Inside, the lift opens on to the twenty-first floor – to which only the owner of the triplex penthouse has access – into a generous reception area, with double doors opening into the open-plan living room, dining area and kitchen,

where full-height windows reveal that knockout view. Doors open from here on to a roof terrace the size of a studio flat in itself, and indeed you could almost live on it, as it comes complete with a comfortable seating area, a seven-person hot tub, an outdoor all-weather TV and an alfresco kitchen with barbecue, fridge and sink. Up above are the guest suite, third bedroom and family bathroom/laundry, and on the twenty-third floor, the luxurious master suite, where even the composite-crystal bath has a skyline view.

But the view is not the only wow factor here: the bespoke, sculptural helical staircase that connects all three floors is a design statement in itself, crafted by TinTab in hardwood stained grey to match the flooring throughout the apartment, and visible from almost every room. The staircase is crowned by an automated glass roof light which allows natural light to flow down and into the apartment, and opens on to a second roof terrace at the very top of the building, with a stunning 360-degree aspect.

As for the interior design, forget one-look-fits-all developer style – this apartment was decorated by Chris Dezille of architectural and interior-design practice Honky, in a cool, contemporary palette of greys, creams and metallics, partly inspired by the property's proximity to the MI6 building. 'It's tailored to appeal to a broad cross section of society,' says Chris, 'but if you look closely there are subtle nods to a man whose first name is James. The design is a blend of luxury natural finishes, clean lines and smart tailoring. While the property is awe-inspiring, the spaces envelop you; they are intimate and personal, not brash and soulless. Day or night you are truly connected to the capital.'

The gadgetry within is also worthy of a Bond lair. The apartment is fitted with a Crestron system that will allow the owner to control the lighting, heating, audiovisual equipment and automated blinds via iPad, the TV in the main bedroom suite can be concealed within the ceiling, and the matt-black, Molteni & C kitchen is fitted out with top-of-the-range appliances by Gaggenau and Miele, plus the all-important integrated wine fridge – an essential for any party pad.

Entertaining will undoubtedly be a key part of living in the penthouse, and everything has been carefully considered to make guests' experiences as memorable as possible, with the placement of furniture and accessories designed to maximise the view: even diners seated with their backs to the windows will be able to appreciate the Westminster views through mirrors perfectly positioned on the opposite wall.

With the wealth of commercial, cultural and culinary riches it has to offer, London is truly one of the world's greatest cities, and this penthouse is aimed at someone who wants to become immersed in its unique lifestyle. In this environment, and with these views, it would be impossible not to.

For more information about the triplex penthouse at *Parliament House*, call 020 3538 6863, or visit www.telfordhomes.london/parliamenthouse

ABOVE The view from the spare room. **OPPOSITE FROM TOP** The roof terrace with kitchen and hot tub. The interior is decorated in a neutral palette with metallic accents



International development An exclusive beachfront setting and expansive, *super-luxe interiors* are combined at *XXII Carat*, a collection of contemporary, Mediterranean-style villas occupying an enviable position on *Dubai's Palm Jumeirah*



If there's one thing that sums up Dubai's appeal, it is its magnificent skyline. The past three decades have seen a parade of extraordinary feats of architecture, resulting in an instantly recognisable cityscape that reflects the vibrancy of this now cosmopolitan city.

XXII Carat, a new development by the Forum Group, capitalises on this asset, comprising 22 luxurious Mediterranean-style villas with stunning views of the city on one side and the ocean on the other. Located on the West Crescent of the manmade Palm Jumeirah, the development offers a peaceful beachside setting and resort-style living – with a full concierge service – but within easy reach of all the city has to offer, from shops, art galleries and museums to the buzzing financial district, only 30 minutes away.

Space is, perhaps, the ultimate luxury, and the generous size of the villas cannot be found elsewhere on the Palm. With square footage ranging from 8,000 to 13,000, each villa has seven en-suite bedrooms, high ceilings, a private garden with a pool and underground parking for three cars. Six also have private beaches, in addition to the community's private beach. Each villa, indeed the entire master plan, has been designed to ensure a high degree of privacy and security, and the fencing system even provides sound-proofing between

the gardens. The only development between XXII Carat and the end of the exclusive western frond is the One & Only The Palm resort.

The build quality is also unusual for Dubai: in a city where people previously only intended to stay for a couple of years, quickly built, lower-quality residential accommodation has been the norm, but the villas at XXII Carat are built to last.

Particular care has been paid to energy efficiency and the use of sustainable materials, reflecting the fact that investment in the city's infrastructure has paid off and people are increasingly moving to Dubai to make it their home.

The interiors, by Milan-based Transforma, epitomise a lavish lifestyle, with marble bathrooms, French chandeliers and professional-grade kitchens featuring La Cornue stoves – a first for Dubai. Another luxe brand making its debut in the city is the Florentine bath company Baldi, whose bathtubs can be found in several villas – including a \$1 million rock-crystal tub carved from a single Amazonian crystal: one of only three in the world.

The development will be completed by 2018, but you'll need to get in quick to secure a beachside property, where availability is limited.

POA; for more information, visit www.22carat.ae

CLOCKWISE FROM LEFT The development has spectacular views of the Dubai skyline. Each villa has a private pool. The interiors blend luxurious materials and contemporary design

Centre Stage

London agent After almost four decades, private and independently owned agency *Russell Simpson* remains at the top of its game, thanks to the *commitment, dynamism* and *flexibility* of its energetic young team

In a year of turmoil in the property market, London agency Russell Simpson has continued to record huge successes. Its flats department bucked the downward trend seen elsewhere, tripling its turnover during 2016. And according to founder Alan Russell, what drives that achievement is its status as an independent, family-run operation.

Established 38 years ago, the company has grown steadily since then, yet remains boutique, with a 12-strong team and one office. It also has no shopfront, operating instead from a residential house in Chelsea – which, director Jake Russell believes, adds to its appeal. ‘Having a shopfront serves its purpose, but a lot of people value a more discreet, sophisticated approach,’ he says. ‘It means we’re not conspicuously associated with a particular area, and geographically tied to it as a result. We have found buyers are less area-specific now, so it comes as an advantage that we are able, in one office, to cover the majority of prime central London.’

The close-knit nature of the team, and their level of investment in the company, is also vital to its success: four of Alan’s six children currently work with him, and Jake’s wife, Hattie, recently came on board. ‘Our commitment from a long-term point of view gives a different texture to our relationship with our clients and buyers,’ says director Leo Russell. ‘I think it makes us more dynamic, more responsive and more entrepreneurial.’ That passion and drive is not just limited to Russell family members however: ‘There’s a proactive and energetic approach throughout the office. If you call, whoever picks up the phone will be able to help you.’

This entrepreneurial spirit comes through in the company’s continuing diversification: having established a reputation for selling large houses, its performance in



the flats market – particularly with properties under £5 million – has been accompanied by a lettings department that is going from strength to strength. The team’s multigenerational makeup allows them to empathise with a wide variety of client, whether they are looking to sell - or let - a spectacular period mansion or buy or rent their first apartment in a new development.

The team’s forward-thinking spirit makes them open to embracing new ways of working, particularly when it comes to marketing properties. Their brochures are illustrated by beautiful photographs, and when it comes to connecting with buyers, social media such as Instagram and Twitter have been ‘a revelation’.

Flexibility and a willingness to go the extra mile is key to the company’s longevity. As Alan puts it, ‘What defines us is our independent work ethic.’

Russell Simpson: 020 7225 0277; www.russellsimpson.co.uk

BELOW

Alan Russell (centre) with four of his children (from left): Leo, Hermione, Bertie and Jake.

RIGHT Examples of properties on their books



HUGO BURNAND, MATT DAVIS



CONDÉ NAST PROPERTY



Lofty plans

With 10-foot high ceilings, huge windows and an open-plan layout, this new development brings loft-style living to London's Victoria.

The apartments offer panoramic views of the capital that include its most iconic landmarks, from St Paul's Cathedral to Battersea Power Station. There's even a sky garden at the top of the building – the perfect place to sit and watch the city below you.

For more information, visit www.55vs.co.uk



HOUSE PROUD

Set on the south side of one of Belgravia's most sought-after garden squares, 70 Chester Square is a newly refurbished townhouse by Residence One, with six floors and a mews at the rear. There's a cinema, a spa with a steam room and gym, a garage, plus additional parking in the mews. A courtyard terrace to the rear of the townhouse offers a secluded outdoor space, while the fully furnished interiors include Italian marble fittings, silk wall-paper and British-made furniture. £24,950,000.

Contact Richard Gutteridge at Savills on 020 7824 9020, or rgutteridge@savills.com

PROPERTY

NOTEBOOK

Rosemary Brooke looks at hot London properties, an exclusive property company, and a luxurious bolt-hole in the Med

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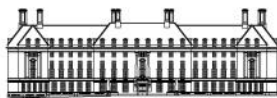


Ahead in the Med

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thestarandgarter.london

Photography depicts The Star and Garter Show Apartment.
Details and prices are correct at time of going to press. April 2017.

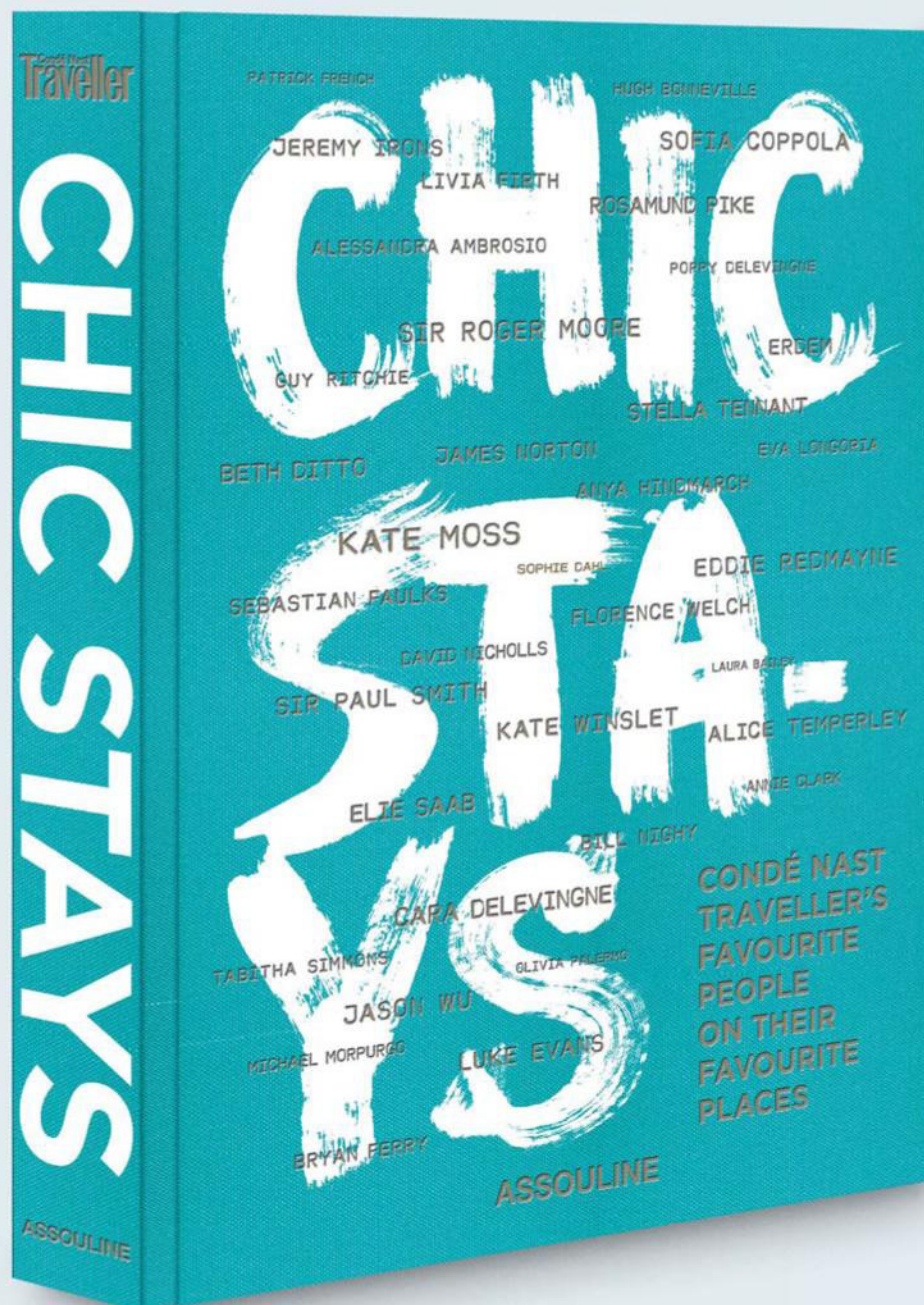
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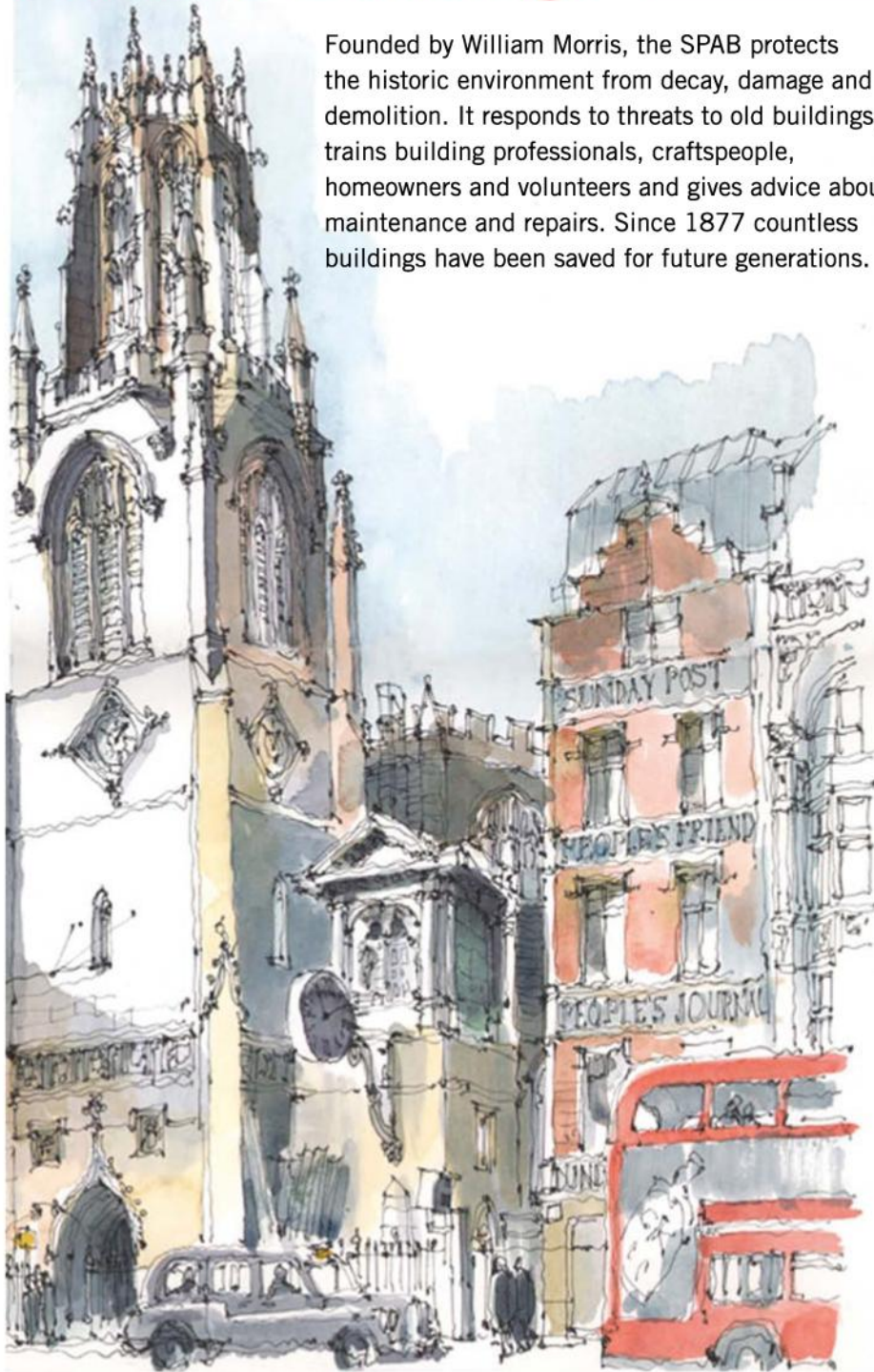
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What's it like to be...

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The late Dowager Duchess was mad about hens, of course, but she also loved a sheep auction, so it wasn't all about them. (Not that you'd think so to ask the feathered fools, which is jolly silly, considering there are about 5,500 of us on the farm at Chatsworth.) Terrific Counter-hens, we've decided. We mostly live out in the fields and on the moors, but Kiwi and Ariel live in the farmyard at the house. It's totally unfair, because they get to show off in front of visitors and appear in Nativity plays, etc. We like to discuss everything, you know. Rams, meeting rams, how you know if your ram is 'the one', what happens if your ram wants to marry you but you're

not sure, how lambs are made, what it's like to give birth to a lamb, ghoulish worming stories, that sort of thing. Sometimes we talk about Private Derby too. He's the ram the Duke gave to the Mercian Regiment as their mascot, but during the holidays he comes back to Chatsworth. To be quite honest, we're all terrified of him. He's only ever read one book in his whole life – *The Island of Sheep*. He said it was so frightfully good he's never bothered to read another. **As told to Clare Bennett** *While the Chatsworth sheep stared into the misty distance, the Duke and Duchess of Devonshire failed to tempt Private Derby with another John Buchan novel.*



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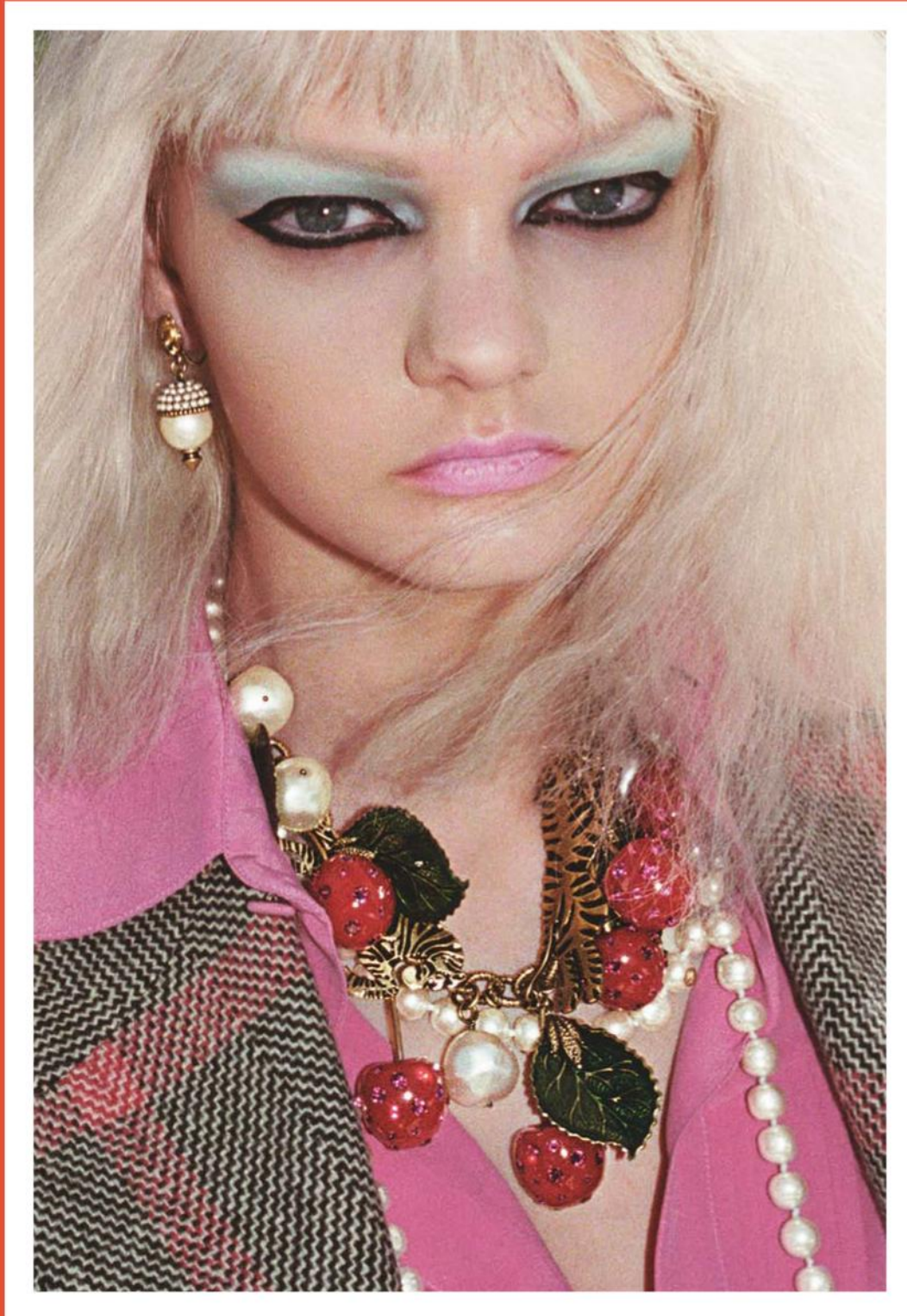
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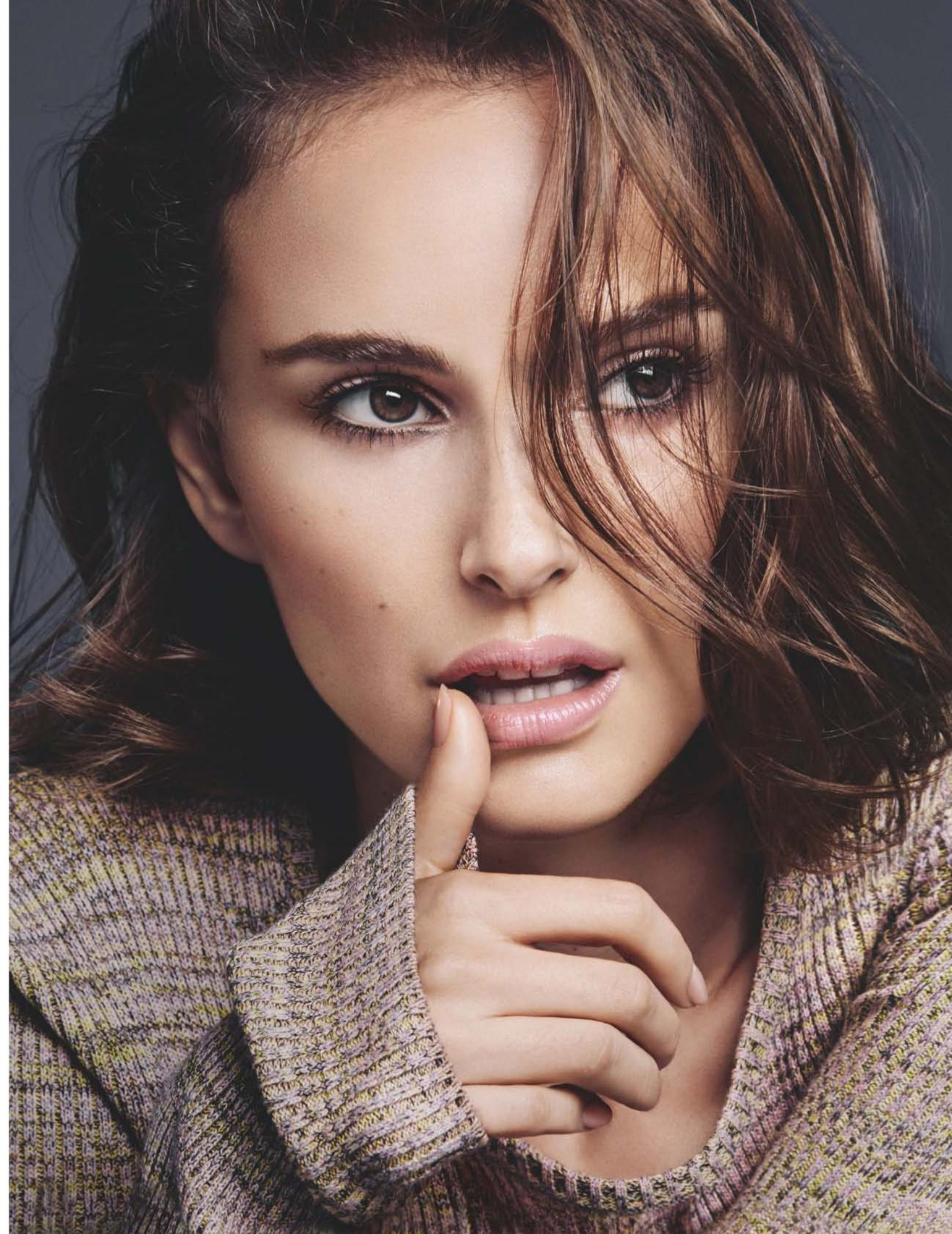


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TATLER

BEAUTY & COSMETIC SURGERY 2017



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When considering a procedure, make sure that your surgeon is on the General Medical Council (GMC) Specialist register. They should also be a member of their specialist association, such as the British Association of Aesthetic Plastic Surgeons (BAAPS). All cosmetic surgery prices include hospital stay and anaesthetic.



WHERE'S MY NECK GONE?

Age is not kind to the neck – flesh withers, muscle sags. But, discovers our indefatigable reporter Mary Killen, there is hope...

‘I feel bad about my neck,’ said Hollywood screenwriter Nora Ephron in her collection of bestselling essays. ‘One of my biggest regrets – bigger even than not buying the apartment on East 75th Street, bigger even than my worst romantic catastrophe – is that I didn’t spend my youth staring lovingly at my neck. The neck goes at 43 and that’s that.’

I too failed to appreciate my neck until it was too late. Then arrived banding, wattling, gizzarding, jowling and pouching – to say nothing of crêping. Creams made no difference. My face is passable but the neck’s a disaster. Inspired by my older friend Anne, who used a bulldog clip to hold her neck back when posing for her passport photo, I prepared for one special occasion by looping shoelaces through two strips of super-adhesive tape stuck to the back of my neck, then tying the shoelaces in a bow. The effect was flawless but induced a cracking headache.

But I don’t just feel bad about my neck, I feel guilty about it. You see, I’ve already been taught the secret of natural neck-age reversal – namely the Eva Fraser method – but have been too lazy to do the exercises prescribed. Fast-backwards to my meeting two years ago with 88-year-old Fraser, who teaches facial workouts in her Kensington studio. ‘Why do all necks go?’ I asked the startlingly good-looking Fraser. ‘And why do no creams work?’

‘Creams can’t help with muscle tone,’ she explained. ‘And though we exercise many other parts of our body, the neck just sits there, responding to the pull of gravity. There are around 60 muscles in the face, all of them lengthening through lack of use, and eventually ending up in the neck.’

The exercises required me to throw back my head, attempt to touch my nose with my tongue then smile broadly. I should do this for five minutes a day, three days a week. ‘It’s never too late to start,’ she assured me. I believed her, but she hadn’t taken my laziness into account.

I decided to look for a solution independent of self-discipline. Surgery? The irreversibility puts me off. I don’t want to lose the ability to convey a nuanced glance. But then someone said: ‘Things have moved on since the *Bride of Wildenstein*. You wouldn’t need a full facelift, just a neck and lower face. Go and see Rajiv Grover – he’s the best in the business.’

Mr Grover has honed the schmoozing to a fine art. I enjoyed every second in his Harley Street rooms, listening to his philosophy, his reservations and his reassurances – to the extent that I almost wanted to submit to his knife, just to spend more time with him.

And this was before I’d seen his before-and-after photographs. First, we see the patient

in his or her prime, then 10 years on, then before and after Grover's intervention. He will not consult without seeing these early photos. It's clever of him to require this, because then the surgical skill can be combined with his artistic talent, along with a sort of clairvoyance. The 'after' pictures show patients who are recognisably themselves – just smoother, but not stretchedly smoother, versions. They are perter. Perter in the sense of happier and more confident. Grover has lifted not only their jawlines but also their spirits.

He accepts my congratulations but tells me: 'It's not just about the skin. There are muscles in the neck that form a hammock and we very carefully tighten these in different directions according to their vectors [the natural lines of the face that the skin and muscles follow]. There really is no non-surgical way to do this.'

In pursuit of a less invasive option, I consult Dr Tracy Mountford. She has me make faces while she studies me and pulls at my face and neck. Then she talks frankly: 'Surgery is almost always the best option, but a lot of people don't want to run the risk. We could do a good job if we combined Ultherapy and CoolSculpting.'

Ultherapy, which helps to strengthen and tighten a crêpey neck, uses ultrasound waves to heat the muscles deep beneath the dermis where, allegedly, they will promote new collagen and elastin. The procedure takes 90 minutes, as a therapist delivers a series of mini electric shocks to my neck. Not pleasant, but at least whatever minimal trauma results is short term and easily disguised. It will be two to six months before I see the result. My husband was sceptical – 'Two to six months? They saw you coming' – but Ultherapy has a 94 per cent patient-satisfaction rate at Dr Mountford's practice.

One month later, I return to Mountford's premises for CoolSculpting (otherwise known as cryolipolysis), which will tackle the gateway to the disaster zone of the neck: the jawline. The CoolMini (it has a smaller nozzle than the original device, so it's good for double chins and knees) targets the fat that begins to collect beneath our chins as time goes by. The idea that fat cells could be destroyed through freezing was inspired by a medical study of children who had lost fat in their cheeks. The one common factor? All had been sucking on ice pops for long periods of time.

Ria, my therapist, marks three pockets of fat around my jawline before a vacuum cup is applied. Within this cup, the fat cells will be frozen to -11°C , until they crystallise.

After 45 minutes, the lovely Ria returns and gives me a horrid shock as she removes the applicator and begins to punch me in the face. I'd been warned that these post-freezing 'massages' were necessary to chase the cells

from the body with other waste, but the attacks seemed almost unbearably painful. However, one minute after she'd stopped, so had the pain. It'll be a couple of months before I start to see results, but CoolSculpting has a 96 per cent satisfaction rate at the practice.

Botox is another option. And so, to Dr Natalie Blakely, whose Light Touch Clinic is prized for exactly that. 'Botox has had a bad press,' said Dr Blakely. 'It's because some people have simply had too much of it in their faces. The reality is that it is a very safe drug. As a muscle relaxant it is used, for example, in treating spasticity in children; but the amounts we use in cosmetic medicine are tiny by comparison. So, I'm 43 years old...'

'What?!' I screamed. 'You look 23. You're obviously a testament to your own Light Touching technique.'

ONE FRIEND USED A BULLDOG CLIP TO HOLD HER NECK BACK FOR A PHOTO

'Thank you. I have a husband and small children, and they need to understand my facial expressions.'

After 40 minutes of chatting, I like and trust Dr Blakely so much that I am allowing her to inject my platysma, a sheet of muscle that extends from the collar bone up to the angle of the jaw. According to Dr Blakely, the muscles in the neck shorten as we age, creating bands while at the same time pulling against the jawline, resulting in lost definition. Injecting the platysma with Botox will soften the muscle, allowing it to sit back rather than slacking forward.

A week later I am back in Harley Street, this time for a medical version of my own shoelace-and-adhesive-tape technique: a thread lift. Dr Victoria Manning, who runs River Aesthetics with her business partner Dr Charlotte Woodward (they specialise in thread lifts and teach the technique on behalf of the thread manufacturers) approves of my Botox. 'Few treatments in isolation give an amazing result,' she says. 'It's about using the very best techniques in combination.'

Manning and Woodward advise a combination of 'needles and threads'. PDO threads were developed by the Koreans, who crave heart-shaped faces but have been blessed with round ones, and these surgical

strands – made from polydioxanone – are inserted into the (much reduced by CoolSculpting but still present) pouch of wattling directly below my chin.

Next, puncture points are made in my jawline, into which two Silhouette Soft threads are inserted at chin level, re-emerging around the cheekbone, where they are tightened and their ends snipped. These polylactic-acid threads are loaded with bidirectional cones that grip the tissues securely. 'One direction anchors and the other lifts,' says Woodward. 'It's like scaffolding for the jaw'.

The whole procedure took one hour and the only pain was from the local anaesthetic, which felt like 12 wasp stings, and a curious sensation, as though a string of miniature Christmas lights was being pulled beneath the skin along my jawline. This, Woodward explains, is because the tissue is being gathered: 'Like the top of a blind. You will get some skin puckering, but it will drop within two days.' Over time collagen is triggered, and the threads and cones dissolve naturally so they don't need to be removed.

The doctors gasped in amazement at the result. There was no downtime: I went straight out to lunch. Later that day I did experience some 'pings' of pain around the puncture points, which had had a medical sealant applied to them. But that was it. 'No exercise for two weeks,' I had been warned. 'No dental treatment, no yawning and no laughing!' I left with four black dots on my face and a bit of bruising in the sub-chin wattle, which disappeared a few days later. The effects will last for around 18 months.

As I write, there are three months to go until the full results of this combination of four treatments – Ultherapy, CoolSculpting, Botox and a thread lift – will be revealed. But the mid-term results are in. Crêpe skin: all but gone, apart from the panel below the chin which is still lightly rippling. Circular bands around the neck: down from two to one. Jawline: much improved definition along both sides, although the pouch of fat below my chin (a tablespoon's worth) is still visible from the side (though not the front). In short, a sensational improvement. Were the late Norah Ephron still with us, I could say: 'Yes, the neck goes at 43. But that needn't be that.' □
Consultation with Rajiv Grover, £200 (rajivgrover.co.uk; 020 7486 4301). Ultherapy, from £2,500; CoolMini, from £800, both with Ria Murch at the Cosmetic Skin Clinic (cosmeticskinclinic.com; 01753 646660). Botox with Dr Natalie Blakeley at Light Touch Clinic, £320 per area (lighttouchclinic.co.uk; 01932 849552). Thread lift with Dr Victoria Manning at River Aesthetics, from £350 per thread (riveraesthetics.com; 01590 608480).

THE MACHINE WI

A new generation of ingenious contraptions
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When your brow IS HAVING A SLUMP

Solution TriBrow Lift & Define.

The lowdown A low-hanging brow makes you look at best tired, at worst permanently cross. Step forward TriBrow Lift & Define: a treatment that works to a) lift a sagging brow, b) smooth hollowness around the forehead and temples, and c) blitz blue veins about the eyes. Be prepared for a battery of machines: the first of two appointments combines Ultherapy (ultrasound, which revs up collagen production) with the Nd:YAG laser (to treat veins). The second, two weeks on, is about injectables: Botox to lift the brow and filler to replace lost volume.

Pain factor Don't let anyone tell you Ultherapy isn't painful, and the addition of the laser makes for a toe-curling experience, with an ouch factor of eight or nine. Fortunately Dr Maryam Zamani works swiftly, while her calm bedside manner helps you to power through.

Downtime Nothing to report after the Ultherapy and Nd:YAG (though driving is forbidden for 24 hours), but the injectables leave things feeling tender, with a bit of bruising and swelling.

Results The area around the eyes immediately opens up. In days the Botox kicks in and, over three months, things continue to lift and tighten. Hurrah!

Who to see Dr Maryam Zamani at the Cadogan Clinic, 120 Sloane Street, SW1 (cadoganclinic.com; 020 7901 8500). From £1,700.



When your lips HAVE DISAPPEARED

Solution Plump and Revive Lip Booster.

The lowdown If your lips are on the thin side but you're wary of filler, get excited. The new Lip Booster works by stimulating the lips to produce their *own* new tissue – so there's no risk of a trout pout. Blood is taken from your arm and whizzed in a centrifuge (to separate the platelets – the stuff you want, rich in growth factors) before being mixed with hyaluronic acid. An anaesthetic cream is applied and the work begins. A cannula is inserted at the corner of the mouth, and the formula is injected into the top lip. After a swift massage to distribute it, the process is repeated on the bottom lip. Sounds squeamish, but you're looking at 15 minutes, tops.

Pain factor There's a bit of soreness, and a slight 'pulling' sensation as the needle goes in, but Dr Stefanie Williams is such reassuring company that suddenly it's all over and she's handing you an ice pack.

Downtime Lips look undeniably swollen when you leave, but the next day they're back to normal, bar a tiny bruise from the cannula.

Results The next morning, lips are delicately contoured and ever so slightly plumper; by day three, the lower face looks perkier (plus fine lines around the mouth seem to have vanished). Book in every four months to keep lips looking pert.

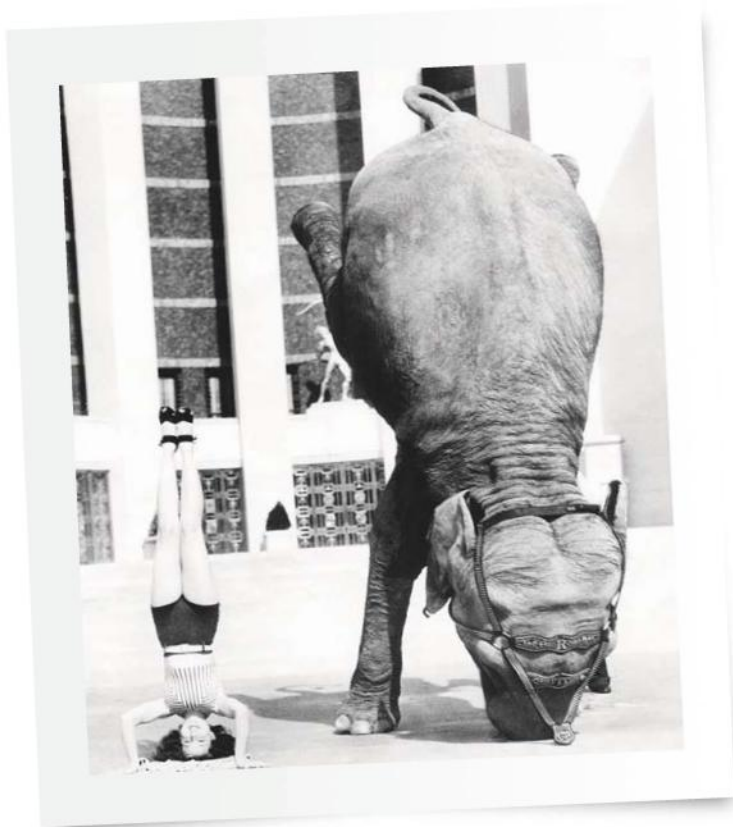
Who to see Dr Stefanie Williams at Eudelo, 63 Bondway, SW8 (eudelo.com; 020 7118 9500). From £649 per treatment.



PHOTOGRAPHS: GETTY IMAGES

LL SEE YOU NOW

are able to solve problems that once required downtime. Hallelujah!



When your knees LOOK LIKE AN ELEPHANT'S

Solution DNA Laser Ninkles Treatment.

The lowdown Legs: we lavish them with creams to zap cellulite and lymphatic-drainage massage to beat water retention. But our knees? Nothing. Instead, the skin here becomes thin, it stretches, it is blasted with sun and largely ignored. Poor knees. But Debbie Thomas has a laser to help. This time, it's the Fotona SP Dynamis, and it forms the basis of her new DNA Laser Ninkles Treatment. But first, a peel to brighten the skin, before the lasering kicks off: there's a longwave Nd:YAG to bolster collagen at the deepest layer of the skin, plus a bit of shortwave Nd:YAG to boost the upper layers. One treatment lasts 45 minutes, and you're sent away with an Exuviance body polish and retexturising treatment to keep knees in good nick back at home.

Pain factor The laser can be VERY hot – the knobblier your knees, the worse it'll be. Skin might tingle for a day or two, as if mildly sunburnt.

Downtime Your knees are likely to be red for the next 24 hours, so hide them under trousers until they've calmed down.

Results Depending on the depth of the wrinkles, you'll need three to six sessions, three to six weeks apart, to see a difference. But nine months on, even saggy old knees are looking tighter. Skirts at the ready...

Who to see Debbie Thomas at Debbie Thomas Clinic, 250 King's Road, SW3 (dthomas.com; 020 7118 9000). £300 per treatment.

When your skin NEEDS WAKING UP

Solution Dr Levy Stem Cell Dermapen.

The lowdown Microneedling is nothing new, but Natali Kelly has taken it to another level. We know that 'injuring' the skin (ie, piercing it with hundreds of micro-needles) spurs new collagen (basically, nature's anti-ageing elixir) to help repair it. Kelly, however, has added Dr Levy Intense Stem Cell Booster Serum, to give skin a whacking great hit of hydration (plus some supercharged plant stem cells) at the same time. She moves across the face, her Dermapen (a mechanised 'pen', the tip of which contains lots of tiny needles) buzzing, slathering Dr Levy's super-serum on as she works (it has a soothing effect – bonus!).

Pain factor Even with a layer of anaesthetic cream, this feels like a mini-lawnmower being run over your skin, and the grinding noise (especially on the bony bits, such as the brow and jawline) is unsettling. Kelly divides the face into four sections: the forehead, nose and two cheek/jowl areas, and does two passes on each – so the treatment does seem to go on a bit, unfortunately.

Downtime Skin is tomato-coloured, tight and unbelievably hot, and can stay this way for as little as two hours or as long as 24. Stock up on cooling collagen sheet masks and prepare to hibernate.

Results Once the redness has cooled and skin has peeled (lightly – your face won't fall off), you're left with an ostentatious glow. A course of treatments (three sessions are recommended) gives a new-found tautness and a velvety feel.

Who to see Natali Kelly at Omniya, 3a Montpelier Street, SW7 (omniya.co.uk; 020 7584 4777). £400 per treatment. ▷



TREATMENTS ON TRIAL

When your face IS STARTING TO FALL

Solution The Ultimate Lift.

The lowdown The Ultimate Lift certainly lives up to its name: this stealthy combination of Thermage (which lifts around the eyes) and Ultherapy (to tighten the muscles of the face, neck and décolleté) is quite something. The eyes are first for treatment: a small radiofrequency-emitting wand is moved round and round the orbital muscle, helping to stimulate collagen and erase fine lines, before the Ultherapy begins. This is run in strips down your face, neck and chest area, and it shoots a fiery shot of ultrasound into the skin with a forceful 'ping!' as it goes – in total, you're looking at around 600 pings (which means the treatment lasts approximately 90 minutes. Yikes!).

Pain factor The first thing you do, practically before you've taken off your coat, is swallow some punchy painkillers. (Warning: you will remember absolutely nothing if you go out and drink martinis that evening – we don't recommend it.) The Thermage feels like lots of little bee stings (the first few are fine, but by the 50th you'll be ready to slap someone). And the Ultherapy is no walk in the park – it's downright uncomfortable. Pop a Valium if you can.

Downtime There's no visible bruising when you finally leave, which is surprising considering what your face has been through. The next day it will feel tender and achy all over.

Results Skin appears plumper straight away; one month on and it'll look like a 14 year old's. There's a definite lift to your cheekbones, your face appears more heart-shaped, and the compliments keep coming. Well, they ought to after that ordeal.

Who to see Dr Tracy Mountford at Cosmetic Skin Clinic, 1 Upper Wimpole Street, W1 (cosmeticskinclinic.com; 01753 646660). £6,000 for complete treatment.



When you can't FIT INTO YOUR JEANS

Solution LipoCell.

The lowdown LipoCell is the latest tool for eliminating cellulite and unwanted flab – in particular, love handles and saddle bags. It's ultrasound, but because it's mixed with some clever 'cooling' technology, it can penetrate into the deeper, more stubborn areas of low-lying fat. You slip into a racy paper gown, then hop on the table with the parts to be treated exposed, and Dr Galyna Selezneva holds the cool, flat head of the LipoCell machine on the skin, occasionally moving it back and forth and round in circles. It works silently to break down the fat cells, which will be flushed out of the body over time. Pockets of fat will be permanently removed – just make sure you eat healthily, and keep up the good work at the gym.

Pain factor The sensation can range from a dull throb to a sharper, deeper pain if the energy waves from the ultrasound hit a bone (the hips are particularly ouchy). But the discomfort is over once the machine is removed, and the strength of the treatment can be adjusted if you're feeling sensitive.

Downtime None. The area might be slightly pink for an hour or so, but most patients don't experience this. Avoid crazy amounts of exercise immediately afterwards, and drink lots of water.

Results A course of three treatments, six weeks apart, is recommended for maximum fat-busting, though effects usually kick in after the second round. Course complete, your clothes will feel looser, and grabbable bits will be less, well, grabbable.

Who to see Dr Galyna Selezneva at Dr Rita Rakus, 34 Hans Road, SW3 (drritarakus.com; 020 7460 7324). £800 per area.



PHOTOGRAPHS: GETTY IMAGES

When you're still CARRYING BABY WEIGHT

Solution CoolAdvantage.

The lowdown We all have them: areas of our body that are immune to diet, that refuse to respond to spinning, weights or hours on the reformer machine. For these areas, there is CoolSculpting (otherwise known as cryolipolysis), which kills the offending fat cells before the body evacuates them along with other waste. The new version, CoolAdvantage, is something of a marvel. For one, it's faster – the applicator head is a single big cooling plate, while its predecessor had two small ones, so the target area gets colder, quicker. And less force is now needed to 'suck' the offending flab into the metal jaws of the machine. Even the 'massage' (a deceptive name for a ferocious kneading of your frozen flesh to break down fat cells under the skin) doesn't feel nearly so weird. The one thing that hasn't changed? It still sculpts and shapes the body beautifully, and it's particularly effective on the abdomen, backs of the arms and flanks.

Pain factor The CoolAdvantage applicator isn't nearly as painful as the old version, though you might still experience some slight lightheadedness when the machine's iron grip starts to freeze.

Downtime Things will feel VERY sore but there's no bruising, just a mild flush. Do expect numbness for a few weeks, which will slowly thaw to be replaced by maddening itching for another few.

Results A month later the treated area looks tauter. Three months on, there is ACTUAL muscle definition and things are more streamlined, less bulky. Thrilling. (For larger areas, a second session might be advised.)

Who to see Dr Nick Lowe at the Cranley Clinic, 106 Harley Street, W1 (drnicklowe.com; 020 7499 3223). £700 per treatment.



When your jowls ARE STARTING TO WOBBLE

Solution Tri-Tech Powerlift.

The lowdown Clever Sarah Chapman has condensed all her most effective face-changing treatments into one mega-facial. Except this isn't really a facial, it's a sort of non-invasive facelift. It starts with a deep cleanse using the Chapman signature facial massage, followed by 40 minutes of EndyMed radiofrequency (blasting the lowest layers of the skin with heat to tighten and lift around the eyes and jaw). Then there's a 'chin mask' – a sort of sling infused with algae, vitamin C and hyaluronic acid – to brighten, and numbing cream around the eyes and mouth. This is to prepare for the EndyMed fractional resurfacing (tiny punctures to the skin to refine its texture and boost collagen production). Finally, a spell under the Dermalux light-therapy hood to help heal – and give skin a break.

Pain factor The radiofrequency feels like someone rubbing your face with a warm plastic nubbin, although occasional hot spots, especially around the eyes, can make you yelp. The fractional resurfacing is a bit like someone going at you with a staple gun.

Downtime It'll feel tight and hot and you're going to be pretty red, but within a few hours it will have died down (a bit). Expect to look slightly blotchy for about 24 hours, and after a couple of days there might be some 'micro-crusting' around the treated areas – it's barely noticeable, but does mean that the resurfacing has worked.

Results Skin is immediately firmer and smoother, but the real results don't kick in until about six months after your first visit (four sessions, each a month apart, are recommended), when your jawline will look sharper and your wrinkles less pronounced.

Who to see Sarah Chapman at Skinesis Clinic, 259 Pavilion Road, SW1 (sarahchapman.net; 020 7589 9585). £650 per treatment. ▷



TREATMENTS ON TRIAL



When you need TO DROP A DRESS SIZE

Solution SculpSure.

The lowdown Whether it's childbirth, chocolate or booze that has expanded your silhouette, SculpSure might help. In a nutshell, it uses heat-based energy to rupture the walls of fat cells, causing them to release the fat contained inside, which is then eliminated through the lymphatic system over the following weeks. The energy is emitted through several small diode lasers that are strapped to your abdomen/thighs/etc, with plastic clips (it looks – and feels – rather peculiar). The laser works in cycles, the heat coming in waves and gradually intensifying as the end of each round draws near.

Pain factor A bit warm, you think, as the laser starts to kick in. But it gets hotter, until you're convinced it's burning you (relax, there's an ice-cold plate that cools the skin as the laser works) before, suddenly, the heat disappears as the diodes die down. Then the merciless game of torture starts over. Words of encouragement (and instructions to breathe) from your friendly therapist help when the heat is at its peak. The upside? It takes just 25 minutes.

Downtime Massage the area daily – any old moisturiser will do. For a few days things are sensitive (treatment to the tummy feels like you've done extra sit-ups) but that's about it.

Results Two sessions, eight weeks apart, are suggested – you won't see a marked improvement until a couple of weeks after the final blast. When you look in the mirror three months later, you'll find a more streamlined version of yourself looking back.

Who to see Dr Susan Mayou at the Cadogan Clinic, 120 Sloane Street, SW1 (cadoganclinic.com; 0808 278 8683). From £500 per treatment.

When your tummy ISN'T WHAT IT USED TO BE

Solution UltraShape Power.

The lowdown Even the slimmest of women can be susceptible to a lower tummy that hangs, inelegantly, like a kangaroo pouch. High-waisted pants, bikini bottoms and jeans can help – but so too can UltraShape Power. It's the souped-up version of UltraShape and, thrillingly, it promises an even greater fat reduction (30 per cent as opposed to the original 20 per cent – no wonder Dr Ariel Haus's clinic calls this the 'Rolls-Royce of fat treatments'). You lie back as your tummy is slathered in ultrasound gel and a large flat wand is hooked up to a video monitor of the target area. The applicator shoots ultrasound energy deep into the skin, following the dots on the screen in what looks like an anatomical version of Space Invaders – zapping here and zapping there – until every last bit has been treated. It ensures even fat distribution, but also makes for some strangely compelling viewing.

Pain factor Zero. UltraShape technology has come a long way since last year, and the newest model is genuinely pain-free (if anything, it's pleasantly warm).

Downtime Again, zero – the worst you'll get is a slightly upset tummy (so don't plan to stuff yourself with foie gras that night).

Results You'll notice that your waist looks slimmer, and the skin is much tighter and less crêpey. Three treatments, two weeks apart, are recommended for the best results, and you can get an even better outcome if you chuck in some skin-tightening BTL Exilis Elite in between sessions.

Who to see Dr Ariel Haus, 140 Harley Street, W1 (drhausdermatology.com; 020 7935 6358). From £450 per treatment. ▷



PHOTOGRAPHS: GETTY IMAGES, SHUTTERSTOCK

Word is spreading fast about Revere Clinics, led by cosmetic physicians Sabika Karim and Sach Mohan.

This aesthetics dream team work together at their two locations (one in vibrant Harley Street, the other in leafy Northwood) to offer non-surgical solutions to those really in the know. These internationally-acclaimed experts help their patients look naturally youthful with a range of subtle treatments, many of which have been pioneered by them and adopted by their peers worldwide. Both doctors have been blessed with an aesthetic eye that helps them tailor-make the perfect treatment plan for every patient.

FAT LOSS FACELIFT™

A slimmer profile can be yours thanks to a revolutionary new non-surgical treatment available exclusively at Revere Clinics. Invented by the cosmetologist duo, the Fat Loss Facelift™ removes undesirable fat from the chin, lower cheeks, jawline and neck, it can also be used to slim down naturally round faces. This faster alternative to facial liposuction takes a mere quarter of an hour, yet gives permanent results with less downtime and at a fraction of the cost: treatment starts from £1,400.

THE HISTORY

The ageing face is really about volume redistribution. Physicians have been restoring facial proportions with dermal fillers and masking the effects of fat gain. Until the Fat Loss Facelift™, we've had nothing apart from surgery to tackle the excess fat we can accumulate that causes the middle-age sag. 'Fat Loss Facelift™ has revolutionised our patients' outcomes and now we finally have the tool to address this volume gain', says Dr Karim.

HOW IT WORKS

Precise injections of the fat-dissolving solution deoxycholate cause the fat cells to expand and break down before they are naturally, safely and permanently eliminated from the body. You won't be left too chiselled. 'We don't destroy all the fat, just the excess fullness to ensure a natural result, which takes full effect within eight to 12 weeks' explains Dr Mohan.

WHAT ARE THE BENEFITS

Newly slender-faced patients 'rave about their enhanced cheekbones and jawlines,' according to Dr Karim. Age is no barrier for a naturally more youthful, slimmer-looking face with a redefined jawline. Patients also mention the tightening effect of the skin, and the natural lift achieved by removing the heaviness. Yes, there's some downtime – expect significant swelling and soreness for between six and nine days. But that's nothing when you consider that Fat Loss Facelift™ is non-surgical and scar-free and provides permanent results visible after just eight weeks.

A DEFINING MOMENT IN ANTI-AGEING

Cosmetic doctors Sach Mohan and Sabika Karim have rewritten the rules of anti-ageing with the groundbreaking non-invasive Fat Loss Facelift™, that delivers sensational results in a single 15-minute treatment

IS FLF™ THE PERFECT FIX FOR YOU?

YES, IF YOU SHOW TWO OR MORE OF THE FOLLOWING SIGNS:

- An oval or rounder face that you feel makes you look slightly overweight
- The fuller face, that requires contouring make-up to define cheekbones
- Nose to mouth lines and marionettes without the evidence of wrinkles
- Jowls or a blurred jawline – with a mild pinch, demonstrating more than just sagging skin
- A double chin, when head is held straight

TREATMENTS ON TRIAL

When things need TIGHTENING DOWN BELOW

Solution Geneveve by Viveve.

The lowdown You might not see collagen production slowly grind to a halt down there (it happens all over the body, just before our early 30s), but you sure as heck will notice the effects. Sex, for one, is less exciting; you might also become increasingly aware of your (limited) bladder control. Childbirth doesn't help, but Viveve might. A combination of long-pulse radiofrequency energy (to tighten tissue at the entrance to the vagina) and cryotherapy (cold therapy to cool the area so that the radiofrequency can go deeper), it works to restore strength and elasticity. A probe no bigger than a toothbrush, with a little metal plate resting on the end of its flat, disposable tip, is inserted just behind the hymenal ring to deliver the pulses. But first, a brief speculum examination (to check all is well with the cervix), though none of those awful stirrup things for your legs (you just need to have had a smear test in the previous three years). It's all over in half an hour. The whole thing is very tidy and dignified.

Pain factor Nada. The probe's pulses feel warm, but tolerably so.

Downtime It's a bit swollen down there after the treatment (though only you would notice) but otherwise, nothing. Carry on as you were.

Results The initial swelling lasts up to a week (the longer it lasts, the better effects you'll have in the long term). It takes anything from one to three months for the collagen to be fully stimulated and for you to see (sorry, feel) the results. According to studies (the device is still very new), these results will last 12 to 18 months.

Who to see Dr Sabika Karim at Revere Clinics, William Old Centre, Ducks Hill Road, Northwood, HA6 2NP (revereclinics.com; 01923 889872). From £2,500 per treatment.



When your skin NEEDS A HELPING HAND

Solution Profilllo.

The lowdown Is your jaw starting to show the first signs of sagging? Is volume loss creeping in? Is your skin starting to lose its spring? The brand-new, just-landed-from-Italy Profilllo might be your wingman. It has a hyaluronic-acid-based, gel-like formula that attracts water to the skin's surface but, rather than sticking where it's injected, it spreads beneath the skin like honey – so it works throughout the tissues to lift, hydrate and re-contour. It doesn't add volume (unlike conventional filler), but it does 'remodel' the skin, propping it up and giving it a youthful glow. Five points on each side of the face, prescribed by cosmetic surgeons to lend structural support to the facial features (for example, the highest point of the cheekbone, the angle of the jaw and just in front of the ear), are measured and marked, and a small syringe is used to inject the solution about 3mm beneath the skin's surface (it takes around 10 seconds at each site). A quick massage with some arnica, and you're good to go.

Pain factor It feels a bit like Botox, though perhaps slightly more stinging – this is apparently due to the muscle fibres in the skin expanding. But there's no need for anaesthetic. The points at the corner of the nose and near the chin are the worst.

Downtime You'll walk out with a slight swelling at the injection sites, but a day later it's disappeared. No exercise for the first 24 hours (in case of bruising), and avoid facials or facial massage for two weeks.

Results Skin looks instantly tighter; a month later, following a second treatment, new collagen and elastin starts to become apparent; and by the time you've finished, your face will be looking lifted. Collagen supplements like Rejuvenated and a topical hyaluronic-acid serum, such as SkinCeuticals B5, can help to keep it this way.

Who to see Dr Saira Vasdev at Waterhouse Young Clinic, 21 Devonshire Street, W1 (waterhouseyoung.com; 020 7486 3849). From £975 per area. □



FRENCH FLAIR

There's nothing quite like looking good and knowing it. It's a little ego rush – and it's good for the soul. Give your confidence a boost with one of Dr Dray's lifts

Want a little pick-me-up? Esteemed cosmetic physician Dr Dray can help you. His range of tightening, brightening, slimming and rejuvenating treatments is designed to make you look and feel your *very* best. Dr Dray has more than 25 years' experience in aesthetic medicine. His delicate approach to beauty transformations yields natural and nuanced results. Unsurprisingly, Dr Dray has become the go-to specialist at his clinics in both Paris and London – and the chic little secret in every savvy girl's black book. Here, we look at Dray's unparalleled skill in administering lifts. He created the innovative 10-Minute Facelift, pioneered the Mesolift and achieves wondrous results with Cryolift.



CRYOLIFT

It's time to give unsightly bulges and rolls the cold shoulder – freeze them out once and for all! Cryolift is a combination of intense freeze technology and ultrasound, and is used to target stubborn fatty deposits on the thighs, stomach, bottom and upper arms. The machine is passed over these problem areas and gently breaks down excess fat. It is then eliminated naturally through the body's lymphatic system, leaving you with a slimmed-down, svelte silhouette. Not only is fat reduced but the quality of the skin is also vastly improved, giving you an overall sleeker, smoother, more streamlined appearance. Prepare to be feel body beautiful after just two sessions.

MESOLIFT

Dr Dray is celebrated for the way he refined the Mesolift procedure. He has made it one of the most sought-after treatments for clients seeking that elusive youthful glow. Hydrating and restorative, Dr Dray's Mesolift cocktail is chock-full of super ingredients – vitamins, minerals and amino acids – and administered to the skin via micro air-gun injections. It returns elasticity and bounce by aiding tissue reconstruction. The Mesolift can banish a whole host of ageing culprits, from crepe-like eye bags and jowls to uneven, dull skin. It is a wonder-worker!

10-MINUTE FACELIFT

One of Dr Dray's resounding achievements is his creation of the 10-Minute Facelift. It is the treatment that made his name and he continues to deliver outstanding results with signature lightness of touch and Parisian flair. The non-invasive and knife-free procedure can completely revitalise and rejuvenate the complexion – in just 10 minutes. It involves injecting strengthening compounds like biphasic tricalcium phosphates (BTCPs) and naturally occurring hyaluronic acid into the face to restructure jowls, stimulate collagen production and reinforce connective tissue. Targeting the main culprits of ageing ensures results are nothing short of incredible. Skin appears refined, radiant and tauter. Marvel as your complexion continues to improve, with lifting effects lasting up to 15 months.



Dr Dray has launched his Instagram account! Please visit [clinic.dr.dray](https://www.clinic.dr.dray)



Visit the Facebook page @www.drdray.co.uk

Clinic Dray London, 11b Albert Place, London W8. Tel: 020 7937 1031; info@drdray.co.uk; [drdray.co.uk](https://www.drdray.co.uk)

RITA ALL ABOUT IT

For all the very latest body-sculpting and complexion-boosting treatments,
turn to the one and only Dr Rita Rakus

Dr Rita Rakus has made a name for herself as one of the forerunning cosmetic doctors in London with a true global reach. While she has earned the nickname the London Lip Queen for her prowess in perfecting pouts, that is not her only claim to fame. Far from it. She is perfectly placed to address all of your beauty concerns – big or small. An international award-winner with a huge celebrity following and 25 years' experience in clinical practice, Dr Rita Rakus can fade lines and wrinkles with her ultimate non-surgical facelifting procedure ULTRAcel, zap away your unwanted hair and tone up your tummy. But what really sets Dr Rakus apart is her pioneering spirit. She is always searching for the next big treatment, the most cutting-edge technology, the leaders of the cosmetic pack. This means the Rita Rakus clinic is constantly evolving – adapting advanced methods and forming new partnerships and collaborations. The result? A well-oiled beauty machine with a finger-on-the-pulse guru at its engine.

BODY CONTOURING

The Body Contouring department at the Rita Rakus clinic has a whopping seven body sculpting machines and has, unsurprisingly, been lauded for its efficacy and efficiency. This whole fat-busting suite is headed up by the cool and calm Dr Galyna Selezneva (voted best CoolSculpting doctor in London in *Tatler's* Beauty & Cosmetic Surgery guide 2016). CoolSculpting works by isolating the problem areas of fat and freezing them so that they can be safely and naturally eliminated through the body's lymphatic system. This is your ticket to an enviably svelte, sleek silhouette.

PRINCESS FILLERS

It seems only fitting that the London Lip Queen would add something called Princess Fillers to her kingdom of treatments. This expert range has a softer filler ingredient which means less swelling, less downtime and more mirror-hogging, beautiful results. Dr Rakus deftly applies these fillers to the lips, Cupid's bow and skin around the pout to correct a sad-clown downturned smile. Her brand-spanking new treatment, Perk, can make your mouth full and kissable – without a needle in sight.

It works by sloughing away dead-skin cells and creating a surface ready to absorb all the vitamins, minerals and nutrients. This gives a plumped up, truly luscious effect.

INJECTABLES

Mr Kambiz Golchin is an esteemed plastic surgeon with more than 11 years' experience, a key opinion leader for pharmaceutical company Allergan and an expert in rhinoplasty. He also oversees Dr Rakus' dedicated injectable department where he specialises in non-surgical filler nose correction, Platelet-Rich Plasma (PRP) therapy and stem-cell treatment. The PRP skin-rejuvenation therapy, also known as the vampire facial, is particularly popular. It boosts collagen production and improves skin elasticity for a glowing, radiant complexion. Acquiring Mr Golchin's expertise is all part of Dr Rakus' vision of an all-purpose clinic offering the very best of the best.

SIGNATURE FACIAL

Dr Rakus' signature facial was awarded best-in-class at the 2016 Middle East Pool and Spa Awards. Her skin-perfecting treatment offers a two-pronged approach. First up is the HydraFacial. This non-invasive, intensely moisturising treatment involves cleansing, exfoliating and a round of dermabrasion to reveal a soft, dewy layer of skin. Next, the senses are awoken with the Fire & Ice treatment. Derived from ancient Nordic ritual, this intense bathing experience alternates scrubs, saunas and cold jets of water to purify and restore the body. Dr Rakus' signature facial is reviving, beautifying and thorough – little wonder it has proven a hit with top modelling agencies.

DUBAI FAIRMONT

Dr Rakus visits Fairmont The Palm in Dubai every three months to dispense her world-leading, technologically advanced anti-ageing treatments from the award-winning Willow Stream Spa. Alongside her skin-reviving HydraFacials, she performs contouring Exilis body treatments, anti-cellulite Lymphastim (also great for nixing post-flight swollen legs) and Visia Skin Analysis. Also on offer in this sunshine spa are the Dr Levy stem-cell products and Dr Rakus' own brand of SPF.

‘WE DON’T CUT, BUT WE DO
OFFER CUTTING-EDGE
TREATMENTS THAT MAKE YOU
MORE ATTRACTIVE’

Dr Rita Rakus

HOT OFF THE PRESS

The Rita Rakus clinic is now offering Prolon, the very latest anti-ageing, fast-mimicking diet designed to support a healthy lifestyle. The selection of soups, crackers and protein bars on the programme are fully nutritionally balanced – and now available for purchase at the clinic. Prolon not only helps you shed pounds, but also helps improve skin tone and texture. Ask Dr Rakus for advice on your diet plan.

Also new at the clinic is the ultimate bottom-firming and lifting treatment. The body-contouring myokinetic magnetic induction machine will help give your posterior its best shape ever.

The clinic is conveniently located in Knightsbridge, opposite Harrods, at 34 Hans Road, London SW3.

For more information, visit drritarakus.com or call 020 7460 7324



MEET THE EXPERTS

Tatler's guide to the most rigorous, skilled, clever and charming specialists out there. Don't even think of having a procedure without consulting one of them first... By Francesca White

Facelifts

RAJIV GROVER

There's something about Grover, a former British Association of Aesthetic Plastic Surgeons (BAAPS) president, that makes you feel like he's fighting in your corner. He's not just your surgeon, he's your mentor, a voice of reason and possibly the only person you'll listen to at this particular time in your life. His word is absolute, whether it's about the preparation, the surgery or the aftercare. And his facelifts? Subtle, refined and sensitively done. Less about making you look like you've had work, and more about restoring what was naturally beautiful to begin with. Kind, articulate and a fabulous storyteller, he takes the time to get to know patients; you may well start to trust him with your biggest secrets. And when you do finally get on the table, you'll know that you're in the most skilled set of hands. One contemporary describes him as 'the best surgeon in Europe'. He's right. *Consultation, £200; facelift, from £12,500 (rajivgrover.co.uk; 020 7486 4301).*

NORMAN WATERHOUSE

At 61, Waterhouse still performs complex surgeries (he travels to South America each year to treat children with cleft lips and palates), heads the Waterhouse Young Clinic (which he founded in 2013) and boxes (he spars every Sunday). Yet he also finds time to deliver outstanding, even groundbreaking, facelifts: 'I don't like those minimal adjustments – if you're having a facelift, you need to come out with a proper result.' For the right patient (a non-smoker in general good health), he might suggest doing it under a local and sedation ('recovery is faster, blood pressure doesn't fluctuate and bruising is minimised'). He's also started doing thread lifts (and had one himself to see what all the fuss was about). 'These days you can't have just one tool in the box, and that tool be a bloody great hammer. A thread lift is a gentle improvement – however, it's NOT a substitute for surgery.' *Consultation, £250; facelift, from £10,000 (theaestheticsurgeons.com; 020 7636 4073).*

AWF QUABA Edinburgh

'The human face fascinates me,' says Quaba. Careful, considered and unusually hands-on, this Iraqi-born surgeon has been lifting faces for over 25 years (his cosmetic-surgeon son, Omar, has joined him, which is fortunate as otherwise there's a six-month wait) and is still as sharp as ever. 'A facelift is a bigger decision today: there are injectables and lasers to consider before patients commit to surgery,' he says. The latter might include tightening the muscles to support sunken cheeks, or using an implant to strengthen a weak chin. Those who do commit to surgery are 'more critical – their expectations are higher'. Which means near-invisible scars (positioned so that the hair can still be worn in its usual style), brighter skin (freshened up using a mild chemical peel) and a result that looks not stretched, not noticeable, but shapelier and smoother. Like you've lost weight or been on holiday. 'After all, no one wants a facelift to be centre stage.' *Consultation, £150; facelift, from £6,500 (quaba.co.uk; 0131 346 0020).*

Noses

DAVID ROBERTS

The immensely affable Roberts divides his time between the cosy confines of the Harley Street Nose Clinic and a base near the Shard ('It's very trendy – it suits City workers'), and his authoritative approach is watertight. 'The psychology behind a rhinoplasty is so different from anything else. You have to make sure that you're doing an operation for the right reasons.' Whether he's patching up a botched job, repairing a collapsed septum or streamlining a sizeable bump, ENT-trained surgeon Roberts' skill lies not in doing one, honking great operation, but in performing a series of subtle, minimally invasive tweaks. The result? A neat little nose, which looks as beautiful on the inside as it does on the outside. Plus, many patients discover their snoring ceases post-op. Result! *Consultation, £240; rhinoplasty, from £7,000 (harleystreetnoseclinic.com 0800 783 3144).*

TIM WOOLFORD Manchester

'I'm very honest with patients,' says Woolford, who focuses solely on cosmetic and reconstructive rhinoplasties. 'The nose changes over time, and healing is unpredictable – you can't guarantee results or perfection.' The current president of the ENT Facial Plastic Surgery Society might be frank in his outlook ('I'm not the man for radical changes'), but because he's been doing this for more than two decades, the quality of his work speaks for itself, whether it's something as complex as rebuilding a nose after skin cancer or simply straightening a crooked bridge. He quickly gets down to the nitty gritty, drawing onto old photographs – 'It gives me a better feel for what I can do' – and speaking candidly and at length about the possibilities and limitations of surgery. But, most importantly, he listens, putting your mind at ease while gently underlining the gravity of the procedure. 'There's no hard sell, no glossy brochures. I want to get patients to a place where they're happy they've had this done.' *Consultation, £150; rhinoplasty, from £6,495 (manchester rhinoplasty.com; 0161 447 6766).*

NICHOLAS EYNON-LEWIS

'There are a lot of optical illusions in rhinoplasty,' explains Eynon-Lewis. 'You only notice the nose if the dorsal lines break up the face: if there's a hump, it makes the tip of the nose appear to point downwards; if the nose protrudes, it creates an imbalance.' He might be a stickler for the laws of nasal proportion, but the ENT-trained surgeon is realistic too: 'You can't shrink a big nose to a button.' He's also fanatical about detail: ultra-fine instruments and microscopes are deployed to sculpt the inside of the nose, and he drapes the skin in a way that gives a smooth result (thin skin can show irregularities over time, while thicker skin is prone to swelling). The resulting profile is refined without erasing ethnicity: 'There are always cultural issues – you don't want a nose that is not in keeping with the rest of the face.' Patients have found that they wear less make-up after the procedure, are happy to be photographed from the side and that even their closest relatives don't always notice ▷

< they've had surgery. Which is the cleverest illusion of all. Consultation, £200; rhinoplasty, from £3,500 (londonbridgehospital.com/LBH/consultant-det/mr-nicholas-eymon-lewis; 020 7806 4034).

Eyes

NARESH JOSHI

The former president of the British Oculoplastic Surgery Society (he stepped down last year) is great fun (his email name? 'eyelidman'). But Joshi is serious about his surgery and unwavering in the end result: 'The biggest thing is that no one should look different,' he says. What you should look, however, is harmonious. 'We're trying to take you back to a time when you liked what you saw in the mirror.' Aesthetics aside, Joshi has a mathematician's mind, vigilantly assessing the upper, middle and lower third of the face (the upper lid is paired with the brow, whereas the lower lid is paired with the cheek) before devising a plan. Puffy under-eyes are smoothed by reinforcing the internal muscles, the support held in place with careful stitches, while hooded lids are lifted by excising a sliver of skin and injecting some cleverly placed Botox. He can even make an incision at the corner of the eye, lifting the part that starts to turn down with age and making eyes appear younger and more smiley. Even if you're not feeling particularly smiley. How's that for a trick? Consultation, £250; upper-lid blepharoplasty, from £5,925; lower-lid blepharoplasty, £6,425 (bupacromwellhospital.com/find-a-doctor/find-a-consultant/naresh-joshi; 020 7460 5739).

DR MARKO LENS

Dr Lens is your stereotypical Italian male: immaculately dressed, chiselled of bone structure and wildly passionate – in particular, about eyelid surgery, but also moles (he wrote the national guidelines to melanoma, and mole checks account for one third of the work at his clinic). So it's no wonder women happily strip off in his office to have theirs peered at (men are slightly more reserved, chivvied on by their wives) before talk invariably turns to eyes. He sees a 50/50 split of men to women for upper- and lower-lid consultations. While women tend to tiptoe in on a friend's recommendation ('the most common complaint is that they are "tired of always looking tired"'), men are more eager to slip onto the table and rather like the way that he tackles eye bags from the inside of the lid (it leaves no scars). Otherwise, he might prescribe a sprinkle of Botox to smooth crow's feet, or a customised peel to brighten dark circles – but nothing too aggressive. 'Now, more than ever, patients have no time for downtime,' he says. Consultation, £250; lower-lid blepharoplasty, from £4,800; mole check, £250 (markolens.com; 020 7631 3212).

RICHARD CAESAR Cheltenham

In a pink shirt and chinos, Caesar is charm personified. Easygoing, with an excellent bedside manner, he splits his time between Cheltenham, Wiltshire and London, where he works from the spanking new Optegra hospital. Upper-lid lifts are his bread and butter, and he does a wonderfully tidy job of them, using injections of local anaesthetic ('each one is about as painful as plucking an eyebrow hair'), while under-eye hollows are levelled using the tiniest amount of filler. His average patient is 'without question' 55 years old: 'Most have been thinking about surgery for five years already, they've done a bit of research, they've thought some more.' When they do come in for a consultation, Caesar photographs their face using an iPad Pro, then draws on the image on the screen, illustrating what needs to be done and where. Consultation, £225; upper-lid blepharoplasty, from £2,500 (cosmeticeyesurgery.co.uk; 01242 522475).



DR MARYAM ZAMANI

She might be a trained surgeon (and a glamorous one at that, swathed in Hockley fur), but Dr Zamani talks a surprising number of patients out of having their eyes done. 'I often suggest a bit of filler to begin with. It has such an immediate effect, and the patient's reaction is always so positive,' she says. Tear troughs are her speciality, smoothing the concavity with a drop of Juvederm to brighten shadows, but she also uses filler structurally, for instance, at the topmost point of the forehead to support the position of the brows and to keep them sitting nicely on the orbital rim. 'If they drop below that, it's a case of surgery.' That might mean an endoscopic brow lift ('The incisions are in the hairline, so they're almost invisible'), or, if the eyelid is heavy and resting on the lashes, perhaps an upper-lid blepharoplasty ('We make a little incision, and hide the scar in a crease'). Ultherapy (ultrasound) might help if the eye area is starting to sag, and her Hydra-Bright gold-infused collagen eye masks, which Harrods can't seem to keep in stock, might make the skin perkier. Otherwise, she'll send you to see Seeta, at Hari's on the Brompton Road, for some threading. 'She gets the proportions spot on. Good brows change your entire face.'

Consultation, £250; tear-trough filler, from £650; upper-lid blepharoplasty, from £4,000 (drmaryamzamani.com; 020 7901 8500).

Breasts

ADAM SEARLE

When it comes to breasts, Searle really does know best. As a former BAAPS president, his surgical expertise is the gold standard (he's been practising for over 25 years and 'aims for perfection'), but he's not arrogant with it. In fact, you won't find a surgeon with a more unshakeable sense of responsibility towards his patients, whether they're requesting their bust to be made smaller, more substantial or significantly more pert. The silver-haired surgeon is fabulous company throughout consultations – quick-witted, eloquent, empathetic – but insists that a successful surgery is underpinned by good decision-making. 'It's about selecting the right patient, planning the right operation and considering the timing.' Those who have gone under his scalpel speak of his warmth, his old-fashioned duty of care and his immaculate stitching – and all remember his insistence that surgery isn't a decision to be entered into lightly. 'This is not like appendicitis. This is much more – it takes decision-making to a far higher level.' Consultation, £250; breast augmentation, from £8,885 (adamsearlelondon.co.uk; 020 7927 6515).

PAUL HARRIS

He's tipped for the top job in 2018, but the current vice-president of BAAPS is as humble as ever (despite much publicity since he performed a breast reduction for Gail Porter and made regular appearances on Channel 5's *Botched Up Bodies*). In fact, what's most concerning Harris right now is the impact of ALCL (anaplastic large cell lymphoma), a condition that occurs in response to textured-silicone implants, which can lead to the formation of cancerous cells. 'It's not another PIP scandal [implants made with unapproved silicone gel], but I do think it will change the agenda, so that more surgeons look to using smooth varieties.' Interestingly, he's seeing more women requesting to have their implants downsized. 'Patients want to look in proportion,' he says. 'They come in wearing their gym kit, they're healthier and more body-conscious.' If a large implant has caused the breast to stretch, he might perform an uplift: tightening the skin before inserting a more petite alternative. But few women have them removed entirely, he says. It seems size still does matter after all. Consultation, £200; breast augmentation, from £7,000 (paulharrisplasticsurgeon.co.uk; 020 7927 6520).



JACQUELINE LEWIS

Warm and wonderfully upfront, Lewis is as perky as ever – and the same could be said of the breasts that she remodels. Her work runs the gamut from post-cancer breast and areola reconstruction to cosmetic augmentations and some very clever non-surgical alternatives. The latter includes threads, which she laces beneath the bust in a tight web, giving a nice lift while correcting downturned nipples (the effects can be seen in as little as three months). Or fat transfer, which she injects at the edge of the areola or beneath the crease of the breast. ‘The results are incredible, and it’s particularly good for women who have chosen to have their implants removed,’ she says. And because nothing fazes her and she genuinely identifies with her patients – many of whom are of a similar age to Lewis – it’s not just boobs that are discussed, but other bits too. So she’s offering all sorts of ‘female rejuvenation’ treatments, like PRP hair restoration therapy, carboxytherapy (to combat cellulite and stretch marks) and radiofrequency (to tighten skin). *Consultation, £200; breast augmentation, from £6,000; reconstruction, from POA; thread lift, from £3,000 (020 7460 5700; oncoplasticbreast.com).*

DOUGLAS McGEORGE Chester

‘It’s very rare to find someone who is perfectly happy with their breasts,’ says McGeorge – which means business is brisk at his smart Chester practice. He does a steady trade in combined reductions and uplifts: ‘For 99 per cent of people – those who have experienced weight loss, who are post-pregnancy or simply noticing that gravity has taken its toll – it’s the right decision,’ he says. McGeorge – who shoots with the Duke of Westminster and is a firm fixture at the Prince’s Trust annual

clay shoot – speaks in layman’s terms about surgery: about dimensions not volume, and the final front view rather than cup size. ‘Size is related to the back, not the breast. For example, if the patient has a tiny back, a C-cup look may end up needing an F-cup bra.’ Bring photographs to the consultation – ‘It ensures that we’re both speaking the same language’ – and do accept his own Solution for Scars ointment that he sends you home with after surgery (it helps with redness and itching). He’s just launched a formula called Stretch Mark Defence – so now the rest of your body can look as good as your boobs. *Consultation, £150; breast augmentation, from £5,379 (07973 130058; douglasmcgeorge.com).*



BRENDAN FOGARTY Northern Ireland

Fogarty, who works from the Ulster Independent Clinic in Belfast, flies the flag for honesty, integrity and – above all – subtlety. ‘In this part of the world, people don’t want others to know that they’ve had cosmetic surgery,’ he says. ‘They want discretion.’ And the breasts he does are suitably discreet. For instance, he recommends a rounded implant for women with a degree of fullness already (‘If there’s a decent thickness of fatty tissue, this will give a boost without giving the game away’), while a pear-drop shape may be more appropriate for flatter chests (‘You need a natural shape for these ladies’). Incisions are hidden neatly in the fold of the breast, following the underwiring of a bra; pale skin scars more than most, but ‘olive-skinned types can get away with a lot more’, says Fogarty. Some women find themselves back in his consulting room a few years on, once they’ve had children (he does nice work on tummies too). Some bring in their husbands (‘man boobs’ account for 10 per cent of his work). Some never make it as far as surgery. ‘If the problem is much greater in their eyes than in mine, it’s not beneficial. I often tell patients they’re better off going on a nice holiday.’ *Consultation, £145; breast augmentation, from £4,300 (07885 568410; fogartyplasticsurgery.com).*

Bodies

TITUS ADAMS Oxford

Adams doesn’t just see his share of the Cotswold set – he’s one of them. (When he’s not in scrubs, you can often find him at Soho Farmhouse.) Yet he’s more than a friend to the great and good of Oxfordshire – he’s a confidante. Which is why he’s every local mummy’s surgeon of choice for pinning their child’s ears back (and why many of them slip back in, during term-time, to discuss ‘additional procedures’). He makes light work of postpartum tummies, slimming the silhouette and nipping in waists by pulling the underlying muscles tight, like a corset. (‘Though it’s best to leave some fat behind,’ he says. ‘It allows fluid to drain from the body, rather than building up in the tissues.’) The fat he does take, however, is useful if there’s need to plump a deflated cleavage (breastfeeding causes the skin envelope – the covering of the breast – to stretch). And, because he’s chatty and approachable, smoothing over even the most awkward of questions (like ‘how do you wear your undergarments?’ – crucial, as it ensures the best positioning of scars), you feel at ease. You trust him. *Consultation, £200; abdominoplasty, from £5,800 (07512 155035; titusadams.com).*

CC KAT Birmingham

Kat (a keen golfer in her spare time and so lovely you’ll want to invite her for supper) sees two main groups with concerns about their tummies: those who have lost a substantial amount of weight and those who have had children. Both complain of an apron of skin that’s resistant to exercise – and both camps benefit from her clever lock-and-glue ▷



‘Men often struggle with the idea of why women want to have this surgery, but this helps them to understand,’ he says. His planning is reassuringly militant, from the examination and the marking, to the decision of how much tissue to remove (‘Patients are normally surprised by how much is going to go’) and the aftercare. ‘Scars are the big barrier that people have in terms of wanting to go ahead with surgery.’ *Consultation, £150; abdominoplasty, from £6,570 (jamesvmurphy.com; 0161 825 9618).*

DR GALYNA SELEZNEVA

Dr Selezneva might be the only doctor in the UK to have attended CoolSculpting University (yes, it’s a real thing); she might wield the greatest number of flab-melting, cellulite-suctioning, skin-tightening machines in London (she believes in a combination approach, and won’t relent until she sees something kick in). She might get frankly awesome results from her whole-body makeovers, tailoring the figure like a seamstress (‘You can get rid of fat, but you can also contour, and tighten – it’s about deciding where fat enhances the shape, and where it can be minimised’). But the reason Selezneva is so flipping brilliant at what she does is because she has mastered the art of distraction. Whether your thighs are being hoovered with her new LipoCell machine, your waist ‘scooped’ with not one but TWO CoolSculpting nozzles – she’s deeply efficient – or your abdomen sculpted with her Vanquish machine (men love it), she’s talking animatedly and non-stop. And it works. Well, she’s not also a psychiatrist for nothing. *Consultation, free; CoolSculpting, from £800 per applicator (gsmedicalpractice.com; 020 7460 7324).*

Veins

PROFESSOR MARK WHITELEY

On top of all his research, his prizes and his many industry accolades, Professor Whiteley has also been busy pioneering a groundbreaking experimental technique. It involves submerging individual veins in a water bath to mimic their natural environment, then subjecting them to laser, radiofrequency and other types of technology, so now he can prove ‘exactly which treatments work and which don’t’. (He’s just won a second government grant to fund his work.) He’s consistently jolly, with awfully good manners, and his enthusiasm for veins is infectious, whether he’s investigating a case of PCS (pelvic congestion syndrome, when varicose veins occur in the pelvis – the Whiteley Clinic is the only one in the UK to offer treatment under local anaesthetic), or blitzing surface threads with injections of microsclerotherapy (a chemical solution, which causes the vein walls to break down). He’s even got a few inventions of his own in the pipeline. After all, ‘now that we’ve figured out how to prevent veins coming back, why don’t we stop using other people’s devices and make our own?’ *Consultation, £145 (£176 with Prof Whiteley); microsclerotherapy, from £372 (thewhiteleyclinic.co.uk; 020 3757 7180).*

◁ technique, which works like a lock stitch on a sewing machine. ‘After we’ve done the work, we lay the skin back down, then secure it using special stitches with darts in them and tissue glue. It’s watertight and eliminates the need for drains.’ If muscular definition is needed, liposuction will help, but so will pilates. Which is why Kat has worked with a physiotherapist to devise a set of exercises to strengthen the core in the lead-up to surgery. ‘I can bring the muscles together, but I can’t improve the tone: patients have to do that themselves,’ she says. The day after surgery, she’ll have you doing static movements, such as holding your knees to your chest and pulling in your tummy button. ‘It gets you on the road to achieving the best result.’ Besides, what else are you going to do for the next six weeks? *Consultation, £150; lipo-abdominoplasty, from £6,322 (cckat.com; 0845 373 1818).*

NEW
ENTRY

JAMES MURPHY Manchester

With his busy Manchester practice and three boys under the age of 21, Murphy is, in his own words, very much a ‘21st-century man’. Remarkably empathetic, he possesses a genuine appreciation of what the abdomen means to a woman: ‘It influences how they dress. It affects their self-esteem. Some won’t let their husband put their hands on their stomach, because they think it feels like dough.’ His tummy work doesn’t just rebuild confidence – it restores intimacy between many of the couples he sees (he encourages female patients to bring their partner to the second consultation).

NEW
ENTRY

MICHAEL GAUNT

Not only is Gaunt a superb listener (‘the psychological impact of unsightly veins is vastly underestimated,’ he says), he’s also wonderfully thorough. Whether it’s a spidery blotch that’s bothering you or a more noticeable network of swollen veins, he insists on an ultrasound (and does it himself). ‘The veins themselves are just the ▷

CONSCIOUS ANTI-AGEING

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Ultimately, it's not what Waterhouse Young does that makes the clinic stand out, it's how they do it. The talented skin experts here offer something extra – the medical prowess, skill and qualifications you'd expect from Harley Street, with something more which radiates through every fibre of the clinic. It's not 'the personal touch', it's genuine personality – real passion, combined with a holistic approach to skincare and results which speak for themselves.

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< tip of the iceberg – we need to see exactly where they are coming from before deciding upon the most suitable treatment.’ That might be Endovenous laser (administered inside the vein, the heat breaking down the lining) or ClariVein (a tiny wire spins inside the vein, causing micro-tears to the wall, while a chemical solution is injected to close it down) – ‘Each patient is a different puzzle,’ he says. But because he’s talkative and amusing, with a delightful way of explaining what he’s doing (‘Veins are like upside-down trees: you need to get the trunk before you try to pull out the branches’), the whole process is, dare we say it, enjoyable. Treatment complete, it’s not just the veins that have disappeared, but the night cramps, the feeling of heaviness, and that dread as the summer draws near. In their place, newfound confidence – and perhaps a new skirt. *Consultation, £190; Endovenous laser, from £2,600 (michaelgaunt.com; 01223 305858).*

Lips

DR RITA RAKUS

The London Lip Queen might have been going strong for more than 25 years; she might scour the globe constantly for the newest, most effective innovations to bring to her chi-chi Knightsbridge premises (her latest import? The world-famous Dr Raj Kanodia, the go-to guy for noses in LA, who periodically holds consultations at her clinic). But with lips, Dr Rakus is surprisingly conservative. Her ability lies in knowing when, where and how: which means a series of subtle corrections to balance the shape, fine-tune the lipline and give a slight fullness to the lips. Perhaps a smidge of filler (her own super-soft Princess line is a winner). Maybe a bit of tightening Ultracell above the cupid’s bow (it gives a slight lift, while softening vertical lines). Otherwise, her Perk treatment, a tingly blend of microdermabrasion and peppermint oil, gives plumper lips, naturally. ‘It’s a more responsible option for younger patients,’ she says. Though that’s not to say more mature ladies won’t also benefit: it also helps the lips to absorb filler better, so mouths stay looking lovelier for longer. *Consultation, free; filler, from £485; Ultracell, from £1,990; Perk, from £65 (drritarakus.com; 020 7460 7324).*

Botox

DR JEAN-LOUIS SEBAGH

‘I had this vision 35 years ago,’ says Dr Sebagh, in his thick French accent. ‘When there was nothing except a knife. My dream was to do a facelift without surgery or scars.’ And because he’s a pioneer – a former surgeon, he introduced the first collagen fillers in 1982, followed by Botox in 1992 – he’s well on his way to cracking it. Botox, he maintains, is still the crucial first step. ‘It prevents the muscles from sagging,’ he says. ‘The sooner you have Botox, the sooner you are fighting gravity.’ His Ultralift goes one step further, and uses high-frequency ultrasound to heat the muscles, causing them to shorten. (It’s wonderful for tightening the neck.) Otherwise he might insert some Silhouette Soft threads beneath the skin, collecting the fat pads that have fallen, and repositioning them in a way that makes the face look softer and more heart-shaped. ‘It’s more precise, more refined, more natural. Natural means putting everything back in the right place, and now I have all the tools I need to achieve exactly that.’ *Consultation, free; Botox, from £500 (drsebagh.com; 020 7637 0548).*

DR MICHAEL PRAGER

Dr Prager sure is a smooth operator. There’s his 3D camera, which he uses to photograph your face, before swivelling the image this

way and that. Then there’s the stuff he picks up on, like the fact that your right cheek might be a bit flatter than the left, or your right eyebrow a little lower. ‘Most of us sleep on our right-hand side, which, over time and due to consistent pressure, can cause the bone to break down asymmetrically,’ he says. He doesn’t just use Botox to smooth lines, but to shape the face. For example, injecting the masseters (the large muscles that are responsible for chewing) can soften them, improving the jawline, while relaxing the depressor muscles (those which pull the mouth down at the corners), lifts the cheeks and makes the face look more cheerful. Soon you’ll be able to see him at his new Beauchamp Place clinic, which promises to be quite impressive too. It’s spread over four marble-clad floors, with space for fat freezing, body contouring, Venus Viva skin resurfacing and dermatology. Wowzers. *Consultation, £200; Botox, from £180 (drmichaelprager.com; 020 7323 3660).*



DR SUHA KERSH

In gold-rimmed spectacles and a 3.1 Phillip Lim shift, Dr Kersh is impossibly elegant, with a clinic to match. Her 23MD premises run like clockwork (you won’t see another soul, so discreetly are clients moved between HydraFacials, hormone checks or spells under skin-rejuvenating LED lights), but because she’s intelligent, bright and a fabulous conversationalist, consultations feel more like catching up with an old friend. Thoughtful (and thought-provoking), her questions get right to the heart of the issue, and the whole time she’s watching how your forehead moves, where your eyes are creasing and even your body language – so when she finally pulls on her pink surgical gloves, she knows exactly where to mark in white pencil. With Botox, she’s pleasingly thorough (she does lots of little points to soften movement, and will add a drop more at your follow-up if she thinks it’s needed) – but doesn’t go overboard. Instead, her Botox lifts and subtly sharpens features, making the whole face open up. ‘It’s important that a client’s personality shines through. Once they feel happy and confident, we simply maintain that.’ *Consultation, £250; Botox, from £200 (23md.co.uk; 020 7078 0302).*



DR VICKY DONDOS

Young, chatty and warm, Dr Dondos could easily pass for one of the mothers at the school gate. But in spite of her long list of credentials, her gleaming skin and her lovely, Diptyque-scented consulting room, she’s also approachable. She will answer your endless questions about how Botox works, and she will tell you straight up that it is not a magic cure, but that, done right, it can ‘look fantastic’. She’s very light, so you might have just three tiny doses between your eyebrows. Nothing drastic. Nothing dramatic. ‘Losing movement in your forehead is not acceptable.’ Two weeks later, there are follow-up photos and a chat. And you know what? You’re looking a little perkier and a little less tired – but no one has noticed a thing. Not even your kids. And your eyebrows? They still move. Relief. *Consultation, £150; Botox, from £270 (medicetics.com; 020 7402 2033).*

DR ANNE MENDELOVICI

With her leather trousers and enviable cheekbones, Dr Mendelovici is a major girl crush – and her elegant needlework is many a beauty editor’s secret. Her measured approach is about working with you to achieve a beautiful end result, so she’ll peer in the mirror with you as she explains how the facial muscles work and points out what’s lovely about your face already. Then she’ll tell you, gently, where Botox might help: where it will lift, where it will widen the eyes, where it can balance a slight asymmetry. Breastfeeding? She’ll switch you to some skin-brightening mesotherapy to keep things in good nick until ▷

TAKE ME TO THE RIVER

River Aesthetics now have three clinics, all of which offer superb and safe non-surgical treatments designed to leave you looking fresh-faced and radiant

Rejoice! There is a viable alternative to going under the knife and it comes courtesy of two consultant cosmetic doctors who have more than 40 years of combined expertise which they've pooled into their practice: River Aesthetics. With a shared background in patient-led care and ongoing passion for aesthetic medicine, Dr Victoria Manning and Dr Charlotte Woodward are committed to offering the latest treatment innovations and specialise in non-surgical thread lifts. In fact, their clinics have become centres of excellence for facial rejuvenation and both doctors train other practitioners in non-invasive cosmetic medicine. But it's not just their impressive credentials that have attracted a growing following, it's also the doctors' highly personal approach, coupled with their warmth, openness and integrity. There's no bluster or pressure – you'll receive excellent care and tailored treatments that will help you look like the best version of yourself.

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DR VICTORIA MANNING BM DFFP BCAM

Dr Victoria Manning is our kind of woman. She's a highly skilled and experienced medical aesthetic doctor with more than 20 years' clinical expertise who loves riding and sailing. Originally a GP, Dr Manning seamlessly combines her broad medical knowledge with her clinical skill and artistic flair to transform her patients into the best-looking versions of themselves. When not working her magic in her clinic, she's training other practitioners in the art of thread-lifting.



DR CHARLOTTE WOODWARD MBCHB MRCGP AND MBCAM

A leading medical aesthetic doctor with more than 25 years' experience, Dr Woodward is an industry pioneer, having developed the UK's first non-surgical breast lift using threads. Her GP background means she's a pro at assessing her patients' overall health and putting them at ease. Catch her out running when she's not busy treating patients or training other doctors to use PDO threads.

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◁ it's safe to resume Botox, or she might send you to the in-house lymphatic-drainage therapist, Shirley (her fluttering fingertips will dispel puffiness and make things glow). Otherwise she'll inject deeply but sparingly, using your face shape, the slant of your eyes, and the position of your brow as a guide – *et voilà!* The result is startlingly effective but restrained. 'A good job, for me, must be totally invisible,' she says. *Consultation, free; Botox, from £500; mesotherapy, £350* (drsebagh.com; 020 7637 0548)

Fillers

DR TRACY MOUNTFORD

Impeccably groomed Dr Mountford (you'll never see her without a blowdry) has that rare ability of being able to put absolutely anybody at ease. She identifies. She sympathises. And she has some rather clever tricks up her sleeve to help her clients understand what filler does and, crucially, doesn't do. 'I show them pictures of women before and after treatment, but don't say which is which,' she says. 'I'm aiming for people to look at the latter and say, "She looks better," but not be able to pinpoint exactly why.' Dr Mountford uses filler (though she prefers the term 'supporter') to fortify the structure of the face, but she also uses it rather niftily in other ways – perhaps deep at the base of the nose to lift the lip line. 'It's about using the facial features to create shape and definition.' But the magic really happens when she combines filler with fat reduction (perhaps a bit of CoolMini on double chins) and skin tightening (her Ultherapy works a treat on the mid-section of the face). The end result is still natural, still you, but more defined and rested. 'I love the mixture of technology and injectables,' she says. 'If you pitch it correctly, you can get really fabulous results.' *Consultation, £200; filler, from £495; CoolMini, from £800; Ultherapy, from £1,200* (cosmeticskinclinic.com; 01753 646660).

DR MAURICE DRAY

Dr Dray's Kensington clinic is jostling with beautiful people – and not just the flocks of Parisians who swear by his way with filler, but his whole team, from the charming Dr Kauffholz (his mesotherapy makes skin supple and sexy) to Dr Calmon (excellent at thread lifts). In fact, it's a fabulously sociable place, and Dr Dray is always at the epicentre, air-kissing regulars and popping in to say a quick 'Bonjour!' while you're waiting for the numbing cream to kick in. There are questions before he gets to work – how is the family, how is life in general, are you happy? – because he genuinely cares. Then the filler (only a little bit, enough to keep you looking fresh), perhaps fanned from the outer corner of the eyebrow to just above the brow (it opens up the eye area and gives a wide-awake look), or a few drops deep on the forehead, to give support. 'People are concerned that filler will make them appear swollen, distorted and not like themselves. What's important is not to add new volume, but simply to put it back where it has been lost.' *Consultation, free; filler, from £350; mesotherapy, from £200; thread lift, from £800* (drdray.co.uk; 020 7937 1031).

DR KULDEEP MINOCHA

He might be the cheerleader for Restylane Skinboosters (he conducted a widely publicised study into the mixture of hyaluronic acid and vitamins, which is said to whack up the skin's hydration levels and make it shine), and he might have shared a stage with Sharon Stone (the face of the product). But Dr Minocha is wonderfully down to earth (and chatty – the former GP's consultations rarely last less than an hour). A counsellor of sorts, he's all about encouraging positivity ('Your thoughts change your reality,' he says. 'If you look in the mirror and your internal dialogue is negative, it will change the way you see yourself'), but when he discusses filler, he deals in anatomical facts. He'll describe how the fat pads in your face deflate over time and explain how light bounces off the face (and add a baby drop of filler, just beneath the eyes, to eliminate shadows). He won't throw his (expert) ▷

FINE ART

Aesthetic practitioner Dr Dan Dhunna combines artistry with the latest non-surgical cosmetic procedures to ensure every treatment leaves you looking your absolute best



DR DAN DHUNNA

Meet the man behind some of the freshest-looking faces in Hollywood, the dishy doctor whose natural talent for beauty, form and precision has rejuvenated the visages of thousands of patients at his UK clinics. Dr Dhunna learnt his craft under the tutelage of some of the world's leading cosmetic surgeons. Ever since, the expert aesthetic practitioner has been honing his skills and now specialises in injectable procedures that impart natural beauty. His keen interest and background in the creative industries sets him apart from his peers and ensures a steady stream of international patients through the doors of his Harley Street clinic. Meanwhile his clinics in the rest of the country attract a host of loyal locals hooked on his superb treatments.

INJECTION PERFECTION®

As you'd expect from a man who's been dubbed the 'Michelangelo of Botox,' Dr Dhunna is a veritable artist – using a needle rather than a brush to carefully and precisely enhance the faces of his patients. Dr Dhunna believes that to appreciate and increase beauty, a cosmetic practitioner must not only be skilled medically and technically, but also possesses an inherent artistic prowess and a keen eye for design. Blessed with all of these attributes, Dr Dhunna ensures Injection Perfection® for every patient, every time.



LIP SCULPT

Dr Dhunna's artistic approach extends to lips and he takes the greatest of care to impart beauty with as little discomfort as possible. Choose your ideal shape and level of definition, then sit back as the gentle doctor administers age-defying dermal fillers using his revolutionary no-touch techniques, which create gorgeous sculpted lips via a single tiny entry pointline using micro-cannulas. The red of your lip remains intact, so bruising, pain and recovery are blissfully minimal. The result is a pleasingly volumised, picture-perfect pout that exactly suits your face.

LONDON LIFT®

This is Dr Dhunna's very own three-dimensional non-surgical facelift using advanced techniques with Botox, dermal fillers and PDO threads to relax, smooth, tighten and lift the facial tissues. Using this range of different minimally-invasive procedures, the dashing doctor can help revive tired-looking skin, restructure the face and restore youthful balance without a scalpel in sight. Deftly applied Botox elevates and smoothes the upper, mid and lower face, neck and jawline, while advanced dermal fillers address loss of volume in the cheeks. Finally, thread-lifting is used to further smooth and raise all the right areas. This tailor-made cosmetic experience will leave you looking and feeling your absolute best.

DERMAL AIRBRUSHING™

Dr Dhunna's latest treatment gives your face and neck an even, smooth appearance without make-up and is ideal if you're hankering after tighter, glowing skin with no downtime. It involves the careful placement of tiny portions of diluted Botox (known as Micro-Botox), combined with hyaluronic acid, into the upper dermis of the skin using ultra-fine 24k-gold needles. Only the superficial muscular strands are affected, rather than the main muscle, swerving the typical Botox effect. Skin contracts, pores shrink, oiliness reduces and troublesome fine lines are ironed out, while hydration is improved by the hyaluronic acid and collagen production is boosted by the needling.

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TATLER'S FINEST

< opinion about willy-nilly; instead he'll wait for you to bring what's bothering you to the table, and the rapport he has with his patients is one of trust and responsibility. 'I always tell them that one of us has to maintain some sort of objectivity in this relationship, and that person is going to be me.' *Consultation, £60; Skinboosters, from £329; filler, from £225 (absoluteaesthetics.co.uk; 01483 477189).*

DR ELISABETH DANCEY

Dr Dancey is still going great guns over on Ebury Street – as is the skin of her longstanding clients, some of whom have been under her wing for nearly 30 years. In fact, Dr Dancey (who, incidentally, rears lambs on her Kent farm when she's not in clinic) sees a lot of the old guard now, though she reports that Skinboosters have proved an excellent entry-level option for younger patients (they work beautifully across the board, putting some spring back into older skin and complementing filler nicely too). Filler is still her forte, and she uses it not just to bring the face back to life, but to strengthen the skin. 'Going a little bit deeper with the cannula stimulates the SMAS [the base layer of muscle that supports the face] and gives a nice tightness' – though she's strict that it's a commitment. 'This is not a one-off treatment; you're signing up for something more long-term.' When filler is no longer up to the job, she might introduce a few threads to improve the jowls or to lift a sad-looking neck. Otherwise she might simply listen, because dealing with the internal is just as important as sorting out the structural. 'At the end of the day, I'm a doctor. My job is to care about people and how they feel.' *Consultation, £60; Skinboosters, from £240; filler, from £360; thread lift, from £1,400 (bijoux-medispa.co.uk; 020 7730 0765).*

DR NICK MILOJEVIC

Dr Milojevic never intended to become an aesthetic doctor until his cosmetic-surgeon father, one of the European pioneers of modern plastic surgery, died. So he changed tack, determined to achieve similarly transformative results, but using injectables. Which is why the Croatian doctor jets between Harley Street and his clinic in Zagreb performing non-surgical rhinoplasties – 'With a very tiny amount of filler you can make a crooked nose straight' – and bringing sunken eyes out of their sockets by means of some carefully placed filler and his own manual massage technique, which helps to eliminate swelling. An enthusiastic talker, he inspires total trust: 'I'm like a psychologist with a needle.' For him, satisfaction comes from being able to give patients an instant result when they look in the mirror. 'They are happier – they can see themselves more clearly, their confidence is restored. Even the smallest job can have a great psychological impact.' *Consultation, £200; filler, from £400; non-surgical rhinoplasty, from £600; eye-bag removal, from £600 (miloclinic.com; 020 7100 1234).*

DR JULIA SEVI Leeds

'I'm an incurable perfectionist,' says Dr Sevi, who not only does excellent work with filler, but talks 19 to the dozen. She sees a lot of first-timers at her Leeds clinic – 'It's such a privilege when these people decide to put their face in your hands' – and she's passionate about educating them. So she's introduced 3D photography to show how the topography of the face shifts over time. 'Patients don't like it because they never view themselves in 3D. But it means that they can see themselves through my eyes, and they can understand why I'm recommending something.' Her technique with filler reinforces tissues when things have started to slide south, but what really excites her is how it's placed. 'I like to weave it evenly throughout the tissues to lend support. Otherwise, if there's a huge volume loss, I might place tiny drops on the bone.' Though that's not to say she

goes all guns blazing. 'Rarely do you do a full face – you start with one syringe,' she says. 'It's about letting people in gently.' *Consultation, £50; filler, from £350 (aesthetichealth.co.uk; 0113 269 7274).*

NEW
ENTRY

DR DARREN MCKEOWN Glasgow

'Most women look in the mirror and know that they look tired, but they don't know why,' says Dr McKeown in his lovely Scottish lilt. 'They may fixate on one individual feature, but not realise that, actually, they've lost a huge amount of volume from the temples.' And as it happens, filling the temples is one of his favourite tricks – even sceptics are blown away by the way it lessens angularity, transforming the upper part of the face. Otherwise he might turn his attention to the forehead, injecting on the bone then spreading it like butter with his fingertips. 'It restores that nice convex, which is lost over time,' he says. Home is Glasgow, and he's been practising there for 10 years (his current clinic, which looks more like a boutique hotel, was the backdrop for a BBC documentary *Facelifts and Fillers*), though you can get your hands on his own brand of STOP skincare at Harvey Nichols. He's immensely likeable – his patients love him for his warmth, his ready laugh and his unflappable nature, no matter what they confide to him during the consultation. 'Honestly, I'm astonished by the number of women who find their husbands dressed up in their clothes!' *Consultation, free; filler, from £300 (drdarrenmckeown.com; 0800 011 2729).* ▷



NATURAL REJUVENATION

The latest anti-ageing treatments give instant results which get better over time. Regain your youthful glow with these groundbreaking therapies

The future of anti-ageing is here. Collagenesis is the process of stimulating the body to replace lost collagen – and it's the buzzword on the lips of the world's most progressive cosmetic doctors. From Harley Street to Hollywood, excitement about treatments that encourage the body to generate its own collagen, allowing patients to regain their own youthful appearance (not a frozen or unnatural look) is growing. Collagen is key because it props up the skin, keeping it smooth and unlined. Sadly, collagen production begins to diminish at the age of 20 and, by the age of 40, the loss is typically one per cent per year. We'd all love to put the brakes on – and now we can, thanks to two innovative non-surgical treatments developed by Sinclair Pharma. Silhouette Soft and Ellansé both stimulate collagen production by triggering the body's innate repair system to start the healing process. But they also give

instant results, effectively creating a dual action, so you get anti-ageing benefits immediately after treatment that improve further in the following months. Win win. Skin-lifting with Silhouette Soft threads is a non-surgical treatment that allows the skin on the face, neck and brows to be lifted instantly while gradual collagen regeneration – encouraged by tiny cones on the threads that are placed just under the top layer of skin – takes place in the ensuing three months. Crucially, the collagen the threads stimulate is flexible, which allows for nuanced, incredibly natural-looking results. Ellansé is a specialised dermal filler that provides instant volumisation and improves the shape of the face still more over a three-month period. It's the first dermal filler that provides both instant and gradual results that can last for up to four years. That's four glorious years of looking like your younger self again.

'THESE TREATMENTS ALLOW YOU TO REGAIN YOUR OWN YOUTHFUL APPEARANCE'



DR NICK LOWE

'The holy grail of facial rejuvenation would be the ability of a skin injectable to stimulate controlled, lasting collagen production.' So says one of Europe's leading consultant dermatologists, Dr Nick Lowe. Happily, this elusive quality has been achieved with the development of Ellansé by Sinclair Pharma. 'Ellansé is a synthetic injectable material containing skin-smoothing micro-particles. It helps to improve skin hollows, depressed and sunken scars as well as volume loss on the hands,' Dr Lowe explains. 'Initially, the lines or wrinkles are filled by the gel substance. Then, as the gel dissolves, the Ellansé induces the stimulation of the body's own collagen.'



DR IAN STRAWFORD

As an early advocate of dual-acting treatments, experienced GP and aesthetic practitioner Dr Ian Strawford believes: 'Collagen-stimulating treatments offer the potential of regenerative lifting and volume restoration, allowing us to create a far more natural appearance. The results are so impressive, no one will notice that work has been done – rather, people will observe that the patient looks progressively better over a period of months. With these combination treatments, we can achieve natural regenerative effects akin to facelift surgery, without the risks of going under the knife – and achieve impressively sustained results.'



DR KULDEEP MINOCHA

Former GP turned super-successful aesthetic practitioner, Dr Kuldeep Minocha recognises that appreciating the three-dimensional nature of ageing is more likely to achieve the effect of a more youthful appearance. 'Using muscle-relaxing injections as the only treatment for clients as they age can be limiting, especially when we have treatments such as Silhouette Soft and Ellansé in our armoury of minimally invasive procedures. Both these treatments encourage the body to produce Type 1 collagen, which is the most flexible type compared with Type 3, which is scar tissue. This allows full facial movement and consequently brings about flexible, nuanced and natural-looking results.'



DR LEAH TOTTON

'Silhouette Soft is my go-to procedure when uplift is called for', says Dr Leah Totton, award-winning doctor and winner of the 2013 series of BBC1's *The Apprentice*. 'It's especially effective in patients aged over 40 as it provides a discreet and immediate lift of the skin around the jowls, chin, neck and mid-face area,' she explains. Silhouette Soft is the treatment she performs the most in her clinics – it's popular because it only takes half an hour to complete, has limited downtime and leaves patients looking progressively improved. 'In the weeks and months following treatment, the results get better and better,' says Dr Totton, who believes that a Silhouette Soft thread lift is the best option for reversing ageing in the lower part of the face.

To find your nearest trained Silhouette Soft and Ellansé practitioner, please visit sinclair-pharma.co.uk

Dermatology

DR SUSAN MAYOU

Neat as a pin and refreshingly no-nonsense, Dr Mayou is a beacon of hope when your skin unexpectedly erupts. She is also – with her plummy vowels and very British sense of humour ('I've been doing this for hundreds of years!') – terribly good company. So you listen when she tells you that you ought to simplify your skincare regime. 'People are overdoing all the retinols and AHAs,' she says. 'You want a simple cleanser, an antioxidant serum, an SPF and a light moisturiser.' You also do what you're told when she prescribes antibiotics, a blast of her new Cynosure laser (excellent for inflammatory skin conditions such as rosacea and eczema) and tells you to cut back on the booze. She's a whizz with moles, mapping them using a hi-tech camera and swiftly excising any she doesn't like the look of. And because she's conservative in her approach and insists on trying every machine and treatment on offer in her Sloane Street clinic herself, other questions might also crop up. 'My patients look at me and say, "Do you have Botox?" and I reply, "Yes." They say, "Well, your face still moves" – so I think they feel safe.' *Consultation, £250; Cynosure laser, £150 per session (cadoganclinic.com; 0808 274 7119).*

DR STEFANIE WILLIAMS

Smiley but straight-talking, Dr Williams has a grown-up approach to skin and how to manage it. She reports a rise in cosmetic dermatology (there's a clear 60/40 split between her aesthetic and general dermatological work) but, because she's characteristically German (in other words, efficient), her prescriptive treatment plan runs like a well-oiled machine. First, an initial 90-minute assessment – using a machine that measures, among other things, the skin's lipid content, its elasticity and the pigmentation of specific age spots. Next, dietary advice and suggested topicals (she loves La Roche-Posay). She might prescribe her signature medical facial or some more invasive needling ('to keep the skin regenerating'). Then – and ONLY then – will she move you on to corrective measures, like Botox. 'It's important to first address the underlying health of the skin,' she says. 'If you don't set the foundation, the house will eventually crumble.' Her new(ish) eight-room clinic in Vauxhall is a stunner: all different types of wood and a wall of plants. 'It's so urban and vibrant and buzzy outside, we wanted the clinic to feel like an oasis.' Which it does. What's more, you'll find the fridge fully stocked with champagne. *Initial assessment, evaluation and planning package, including skin analysis, £495 (eudelo.com; 020 7118 9500).*

DR HELENE MENAGE

Bird-like and petite, Dr Menagé specialises in photo-dermatology (the effects of sunlight on the skin, such as sun allergy or prickly heat). Which might make her sound awfully serious (which is true of her dermatology – the former president of the St John's Dermatological Society has been practising for 25 years). But she's also attentive, quickly building a rapport and being unusually attuned to what's going on elsewhere in the body. 'Good dermatology isn't just skin deep,' she says. 'It can reflect what's going on internally.' So she's on high alert for symptoms like itching (it can present in patients with lymphoma) or simply a rogue mole (melanoma, she says, occurs more in men – the upper back is the most common site). Hard-hitting stuff aside, she sees her fair share of acne, psoriasis, even fungal toenails, and insists on a top-to-toe examination before giving her diagnosis. 'Everyone's got a dermatology problem, which does mean that a consultation can go on a bit. It's a real can of worms.' *Consultation, £240; mole screening, performed during initial consultation (finder.bupa.co.uk/Consultant/view/25488/dr_helene_g_menage; 020 7486 2554).*

Bio-identical hormones



DR MARTIN GALY

The other half of 23MD (see Dr Suha Kersh, 'Botox') is Dr Galy, a softly spoken Trinidadian who is making waves in the world of hormones (seriously – half of Chelsea is whispering his name). Yes, his bio-identical hormones (synthesised from a plant chemicals, they have the same effect as those that occur naturally in the body) are a life raft for women suffering from pre-menopausal symptoms – such as hot flushes, irritability and insomnia – and men, who often complain of a lack of gusto or low libido. But along with the little tubes of cream and lozenges that he prescribes, he also gives you a good dose of reality: 'This is not an alternative, nor am I a magician – it's simply physiological common sense.' The magic, he insists, comes in the careful ratios of oestrogen, testosterone, progesterone and DHEA – a formula that is unique to you and your hormones, and which helps his patients to 'find the right balance'. Science aside, his clients speak of renewed energy, less heaviness and that they feel like themselves again. Which is definitely a little bit magical. *Consultation, £380; hormonal profiling, from £250 (23md.co.uk; 020 7078 0302).*

Teeth

DR NEIL COUNIHAN

Dr Counihan is a force of nature, whether he's expertly fitting Damon braces (they use clever self-adjusting brackets that enable the teeth to straighten gradually and without any eye-watering tightening of wires) or attempting a four-day marathon through the Norwegian fjords (he's a thrillseeker). Which means there's plenty of banter to keep teenagers entertained while they're having their Invisalign put on (the clear moulded 'braces' are a near-invisible option for smaller tweaks); otherwise, if you're a new parent, he'll likely be advising you on the importance of storing your child's dental pulp. 'Dental stem cells will cure diabetes one day,' he claims, and he should know – he's the UK's leading authority on dental stem cells. The whole family troops into his snazzy Parson's Green clinic (it has the friendliest staff in orthodontistry), where there are gadgets aplenty – like MetBot, his resident 'robot', which zips between rooms delivering messages (yes, really). Do have a go with his futuristic iTero scanner, which beams a 3D simulation of what your teeth will look like after treatment. *Consultation, £160; Damon braces, from £4,800; Invisalign, from £3,500 (metamorphosisorthodontics.com; 020 3828 7116).*

ANDREW DAWOOD

Thoughtful and reserved, with an academic's brilliant mind, Dawood has no equal in the field of complex cosmetic and reconstructive dentistry (it helps that he's worked to develop much of the technology in clinics today). But that's not to say appointments are overly technical – or boring (there's some seriously cool art on the walls of his surgery). He's recently introduced some revolutionary digital-impression taking (so no great mouthfuls of plastic to bite down on) and a more precise way of matching tooth shades (useful when he's doing a full-mouth reconstruction). Meanwhile, his digital smile-design software not only accelerates fiddly, rather lengthy surgery, but it also means you can see the end result of all his work before the first jab of anaesthetic. Which is rather cheering. *Consultation, £95; digital impressions, tooth-shade matching and smile design feature in all dental restoration, from £1,450 per implant (dawoodandtanner.co.uk; 020 7935 0080).* □

FACING FORWARD

The world of cosmetic surgery is changing fast. Ms Angelica Kavouni makes sure her Harley Street clinic stays ahead of the curve



Ms Angelica Kavouni has been a practising cosmetic surgeon for more than 15 years. Highly skilled in all forms of surgical and non-surgical enhancement, she is one of the UK's most highly sought-after practitioners. You may recognise Ms Kavouni as the go-to cosmetic expert from ITV's *This Morning*.

CAREER FACELIFT®

As a woman, a mother and a busy professional herself, Ms Kavouni can readily relate to the stresses and strains of modern life. She understands that most people want a youthful, fresh glow without resorting to overly drastic measures. In fact, her signature Career Facelift® has been specially designed with busy working women in mind. Ms Kavouni knows most women don't have time to spare for extensive recovery periods. With her Career Facelift®, you'll be free to go about your daily life almost immediately. So if you're worried about getting back in the game quickly, she can guarantee that at least your face won't show it. Her clinic also offers a range of wrinkle-diminishing, line-fading, cellulite-busting treatments – all minimally invasive and with little to no downtime.



‘EACH WOMAN’S NEEDS AND CONCERNS ARE UNIQUE, SO I HAVE TO BE FLEXIBLE.

BY UTILISING A BLEND OF THE MOST IMPORTANT AND EFFECTIVE ANTI-AGEING TOOLS, I CAN HELP WOMEN LOOK RESTED AND REFRESHED. A PERFECT END RESULT!’

MS ANGELICA KAVOUNI

LOOKING TO THE FUTURE

In her years of practise, Ms Kavouni has watched the demographic of women undergoing cosmetic procedures, change dramatically. Minimal-access surgery has since become an option for women across the board, for a variety of reasons. Ms Kavouni noticed that women were seeking assistance because they wanted to keep up and stay relevant, especially in the workplace. An increasing number of professional women turned to Ms Kavouni saying they felt pressure to stay looking as young as they could for as long as they could. An advocate of female empowerment, Ms Kavouni developed ways to help these women regain their confidence. It was this passion that gave way to her Career Facelift®, a global concept. Ms Kavouni uses state-of-the-art facial rejuvenation techniques to help you reverse the clock. Former patients have called the effects ‘outstanding’ and we wouldn’t argue. To ensure you achieve the look you want, Career Facelift® proffers volume replacement, skin tightening and skin resurfacing. Depending on their needs, patients can undergo either single or multiple treatments at the same time for incredible age-defying effects.

STAYING AHEAD OF THE GAME

A champion of achieving a natural look through cosmetic procedures, Ms Kavouni actively welcomes development in aesthetics and uses the most advanced technology to consistently deliver the best results for her patients. A keen scientist, her Kosmesis Skin Clinic in Harley Street houses stellar devices designed to deliver unparalleled anti-ageing solutions for women from their 30s to their 70s. With her extensive experience, Ms Kavouni has an impeccable eye for detail and won't jump on a band wagon. Rather than a knee-jerk reaction to the grand promises made by new systems, Ms Kavouni only works with quality skin-rejuvenation systems that have passed rigorous tests and complement the premier treatment options she provides her patients. Ms Kavouni and her team are well-known for their dedication when guiding patients through the process from beginning to end; so much so, her list of loyal patients is only getting longer.

TATLER OFFER

Tatler readers can enjoy a free consultation with Angelica Kavouni worth £150. 129 Harley Street, London, W1. To book, please call 020 7486 9040. For more information please email info@cosmetic-solutions.co.uk Visit cosmetic-solutions.co.uk

Ageless



Glowing, healthy skin, at every age, starts with great skin care.

A new way to cleanse

Powerful cleansing with the gentle touch, the new Dr Sebagh Rose de Vie Cream Cleanser leaves skin glowing by removing all traces of make-up and impurities. Infused with nourishing minerals from the Granit Rose coast in Brittany, this luxurious, silky cream softens and freshens whilst helping to protect skin against the prematurely ageing effects of pollution.

Radiance-revealing serums

A true beauty icon, Serum Repair, rich in hyaluronic acid, instantly plumps, firms and rehydrates the skin, making it popular among those who need to be camera-ready. Rich in organic rose hip oil, Rose de Vie Serum deeply replenishes, calms and restores radiance. Use the serums on their own, together or mixed with the naturally glow-boosting Pure Vitamin C Powder Cream.

beauty icons.



Pick up your prescription for fresh-faced radiance at Dr Sebagh.

Trouble-shooting treatments

The odd blemish and breakout can occur at any age. Stop them in their tracks with the powerful, award-winning Breakout Cream & Antibacterial Powder. The pale pink cream and powder are mixed together to activate this potent treatment that also leaves skin calmed and mattified. It can be used on the T-zone/problem areas, or directly onto individual spots.

The glow-anywhere mask

Perfectly portable and fantastic for restoring radiance at any time, the classic Rose de Vie Hydrating Mask is a luxurious, innovative formula. Purifying and moisturising, it re-energises stressed or tired-looking skin. It makes a great, glow-getting in-flight face mask.

Available in-store and online at drsebagh.com

Dr Sebagh



THE LAZY PARISIAN'S GUIDE TO GETTING THIN

Rule one – painful weekly fat-melting massages. Rule two – no breakfast. Rule three – don't do very much exercise. Rule four – red wine with dinner every night. Gavandra Hodge signs up

I have never particularly liked my body. I know it is vain and silly to care about such things (and my figure has never been that bad – it has just never been that good), but I do care. Not enough to go crazy and sacrifice the things I love (wine, toast, sitting on the sofa...), but enough to worry every time someone takes a picture of me. Enough to jump on a process that promised a body I could love without having to exercise every day and be hungry all the time.

Which was how I found myself on Pauline

de Jessey's massage table biting a towel because I was in so much pain.

Pauline is a beautiful, slender Parisian, who can massage away fat with her scarily powerful fingertips. I shall repeat that in case you didn't quite get it. She can massage away fat. She uses a technique called Remodelage, which was created nearly 20 years ago by Martine de Richeville, an acupuncturist, psychologist and eurythmic masseuse, in order to rid the bodies that came to her of old, stubborn fat, so often acquired through emotional overeating. It is incredibly popular in Paris, where Martine has two very busy practices that offer only this treatment, and

she herself is so in demand that it is almost impossible to get an appointment with her. Fortunately, her disciple, Pauline, has brought the technique to London, so we can all get thin by lying on a table and having someone squeeze our flab really hard.

Which brings me back to the pain.

'Fat is just toxins, water and swollen fat cells,' Pauline explained, as she grabbed handfuls of the stuff around my belly, pulling it, rolling it, kneading it, pinching it, a dab of almond oil the only lubricant. I whimpered, but she didn't relent. Pauline thinks of massed fat as a 'blockage'. The theory is that it's very hard for blood and fluids to circulate when

there are great big lumps of fat in the way. By manually pulling and 'unsticking' them from the surrounding tissue, healthier circulation is promoted. The fat and toxins can then be more easily broken down and eliminated, improving the quality of the skin, getting rid of the dimply effect of cellulite and 'remodelling' the physique. 'For me it is very satisfying – it is like sculpting,' said Pauline.

Apparently my tummy was in a particularly sorry state after two Caesareans. 'Between your scar and your tummy button, no circulation, very bad, very bad,' Pauline tutted. But this was not the worst bit – that was the back of my thighs, when I actually shouted out in agony. Or was it my upper arms? No, it was my calves. My calves! The pain was so incredible I was almost hallucinating. 'There is so much water retention here,' said Pauline sadly. 'It is so hard for the circulation around the knees.' I have hated my calves since I was 14. It is why I only go bare-legged for three weeks in August. 'Yes,' I whispered. 'So. Hard.'

This was just the first session. I ached for five days afterwards. But I also felt lighter, springier, like some ancient dams in my body had been breached and things were moving again. So, like a masochist (with flabby knees), I wanted more. Pauline recommends 10 visits for proper results. And, she promised, by the end the massage wouldn't really hurt. 'The pain is because of the toxins – once they are gone, you will be falling asleep.' Yeah, right.

Pauline also suggested I go on a special French diet. Remodelage is less efficient on overweight people, and most of those I saw going in and out of her pristine white room at Grace Belgravia were enviably slender. Probably because Pauline had made them so.

The diet is called Libre Forme 8, and was co-developed by French biochemist Fabienne Theodoloz, who studied how the body breaks down food. The point of the regime is to ensure optimum digestion, optimum health and optimum Parisian chicness.

To prepare, Pauline weighed and assessed me – even my index finger knuckle was measured, as apparently this would give the boffins at the Libre Forme 8 institute all the info they needed to establish what my weight should be. 138lb. Yikes. There are rules (there are always rules). Nothing fizzy, no water with meals or for one hour after meals, strict eating times for the first six weeks – breakfast at 7.30am, lunch at 12.30pm, a snack at 5pm, dinner at 9pm – and NO eating between meals, not even a mint tea, as that will get your digestion whirring into action. Just black coffee and black English breakfast tea.

The idea is that you do all your digesting while you sleep. This means a tiny, and I mean tiny, breakfast ('half a pear without the skin,

chew well the pips!') instructed my menu plan), a small lunch of limited ingredients, like a slice of ham and some raw mushrooms, but eat as much as you like for dinner, as long as there are no carbs (including evils like peas, carrots, celeriac and pulses), except for a weekly carb extravaganza. Most excitingly, they encourage you to have a glass of red wine (but definitely not white) every night, and if you are still hungry after stuffing yourself with duck breast and spinach, some cheese. Cheese and wine, every night – this was a diet I could get with.

On the first day I was so hungry while

wellbeing are intrinsically connected, that we store fat in certain ways because of emotion and experience and that memory is stored in our connective tissue. By 'releasing' the fat on my thighs she was releasing long-held anger and sadness. The swelling and fat deposits on my lower back were to do with me protecting myself from other people, putting up barriers and detaching myself. From the evidence of my body, she concluded that I had a tendency to disassociate from other people and even from myself. Which might sound completely insane, had my psychologist not been talking

My tummy was in a sorry state, but that was not the worst bit – that was the back of my thighs, when I shouted out in agony. Or was it my upper arms? No, my calves. My calves!

preparing my tiny salad of two boiled eggs, cucumber and parsley that I sliced my finger open. I sucked on the blood, grateful for the extra sustenance. I thought about Friday night. On Friday night I would be allowed a massive bowl of pasta with sage, butter and parmesan...

By day three I was no longer hungry at 12.30. After a week I had lost 6.5lb.

For the first fortnight I was massaged twice a week (still agony), and Pauline told me not to do any exercise. 'It is so strange in the UK,' she mused as she tortured my ankles. 'People go to the gym, exercise like mad, and then eat so much avocado. That is not how to lose weight.' Instead she suggests a gentle regime of yoga (they do some lovely classes at Grace Belgravia, which is handy), swimming and the occasional run. She also lies with her legs in the air for ten minutes every evening and wears compression tights in winter to improve her circulation; she generally follows the small breakfast and big dinner regime, and when she drinks champagne ('I love champagne!'), she adds an ice-cube to reduce those malevolent bubbles. This is called a 'Piscine', which makes it sound very smart.

After four weeks I had lost more than 15lb.

I was also scheduled to have a massage with the fabled fat-massage guru Martine, who was over from Paris. She is 67 years old, still massages for 12 hours a day and doesn't really speak English. So there I lay, like an anatomical experiment, while Martine palpated parts of my body, at one point grabbing the flesh on the back of my thigh and pulling it like she might actually remove it, all the while murmuring in French to Pauline, who translated. Martine believes that our mental and physical

to me about my tendency to disassociate just the day before... By the end of the treatment I felt light-headed and subtly transformed.

After this I graduated to having massages just once a week. These were not so painful – the calves and knees still hurt, but my tummy? Hardly at all. I was getting LOTS of compliments, had dropped two dress sizes and could see a visible reduction in my dimply thighs. But there was something even more miraculous. I could see my Achilles tendon. I had been this weight before but I had never seen a tendon. For the first time in living memory, a graceful ankle!

After six weeks I had lost almost 20lb. I had also, we discovered after a session with a tape measure, lost two inches around each knee, one and half inches around each calf, and a magnificent four and a half inches around my hips and lower back, my protective 'buffalo hump' as it is so charmingly described on the Remodelage website.

I no longer have a buffalo hump. I intend to never have a buffalo hump again. It is now two months since the intensive part of the treatment and I have maintained the results, with just one towel-biter massage a month, the occasional yoga class, small(ish) breakfasts and lunch, but jolly red-wine fuelled feasts in the evening. I am not hungry, I am not deprived and the whole process has really not been hard. I am only slightly annoyed that the French have been keeping this secret of how to be slender AND have fun from us for so long. □
Remodelage is available at Grace Belgravia (you don't have to be a member), Harvey Nichols and KX Gym; £1,600 for 10 sessions (martinederichville.com).

EYES AND LIPS

Dr Ingrid – the French cosmetic doctor with a delicate touch – knows the secret to looking good lies in our most expressive features



French women seem to have an intrinsic understanding of beauty and elegance. Who better, then, to give your appearance a little attention than Dr Ingrid? Dr Ingrid Arion, who goes simply by Dr Ingrid, is the super-chic French doctor at the forefront of cosmetic enhancement. She is a member of the British College of Aesthetic Medicine

and has 25 years' experience specialising in non-surgical facial procedures. Her signature lightness of touch brings about subtle, nuanced improvements. She wants her patients to feel confident – whatever their life stage – and takes pride in making the tweaks which allow their natural radiance to shine through. The look is never 'too much', never over done, never vulgar. The internationally-renowned expert stays at the top of her game and continues to perfect her skill by attending conferences and selecting the best (and safest) treatments for her clinic menu. It's easy to see why Dr Ingrid has amassed such a cult following – she has a worldwide client base of loyal devotees. Discover how Dr Ingrid's supreme skill and French sensibility translates to magnificent results – every time.

WHY THE EYES AND LIPS?

Dr Ingrid believes that a person's identity lies behind their gaze and smile. The eyes and lips are the areas of the face most susceptible to the effects of ageing. They also happen to be incredibly delicate, so any treatment needs to be carefully balanced so as not to interfere with expressive movement. The treatment for the lips is the most popular. People want to emphasise their lips but subtlety is key – it's important not to over-blow the features. More and more of Dr Ingrid's patients have witnessed the effect of botched jobs elsewhere – pulled-back cat eyes and over-plumped lips – and are keen to find a more delicate alternative. She is an advocate of 'less is more' and strives to deliver a touch of glamour, while retaining a natural aesthetic.

A LUSCIOUS SMILE

Dr Ingrid's goal is to boost femininity and allure while holding on to precious individuality – she is globally recognised for her treatment of lips. Combined treatments allow for a hint of glamour without creating an artificial, overly plumped shape. She can fix badly done

lips but it is always better to do it right the first time. Thanks to innovations in numbing ingredients, enhancing the pout is less painful and more effective than ever before. When treating the lips, Dr Ingrid also uses cosmetic threads which act as a support-system and impart natural volume.

A CAPTIVATING GAZE

The skin around our eyes that frames our gaze, is usually the first area affected by the ravages of time. Even young patients remark how susceptible fragile eyelids are to lines and wrinkles. Combined treatments are required to keep the skin youthful and fresh. With the use of a painless, non-invasive micro-electrical procedure, Dr Arion can return the eye-area to its youthful glory. Eyes appear opened up, creating a wider, brighter gaze. Eyelids are smoothed-out and refined. Finally, asymmetry of the eyelids (caused by ageing) is corrected and wrinkles are diminished. Her delighted patients say, 'I wish I had known this wonder-working non-surgical option before!'

Q&A WITH DR ARION

What do you suggest for younger skin?

In the field of cosmeceuticals, the administration of peptides helps to keep skin young and radiant. A combination of LED (light emitting diodes) and laser helps to revive a lacklustre complexion. I always tell my younger patients that it's not beautiful to look like everyone else. Reject stereotypes and embrace your individuality.

What do you suggest for mature skin?

Crucially, I avoid adding volume! Instead, I recommend restoring contours through bio-collagen stimulation as it helps to provide a smoother skin surface while imparting the lifting effect of filler.

“HIGHLIGHT
YOUR MAGIC AND
BE YOURSELF”

DR. INGRID ARION



Dr Ingrid Arion,
22 Harley Street,
London W1.
dr-ingridarion.co.uk
To make an
appointment,
please call
020 8906 6562

THE MAN WHO REMADE THE STARS

He was adored by celebrities, invented the Brazilian butt lift and changed the face of cosmetic surgery.

David Jenkins celebrates the late Ivo Pitanguy

Ivo Pitanguy was known as the 'Michelangelo of the Scalpel', and his wizardry with a facelift, breast reduction, bottom boost or tummy tuck lured helicopters-full of the rich, famous and vain to the Rio de Janeiro clinic he founded in 1963. Among them, allegedly, were film stars like Joan Crawford and Dame Elizabeth Taylor; socialites like the Duchess of Windsor and Sao Schlumberger; the odd head of state, like François Mitterrand; and such cultural icons as Frank Sinatra and Zsa Zsa Gabor – and the others you see pictured here.

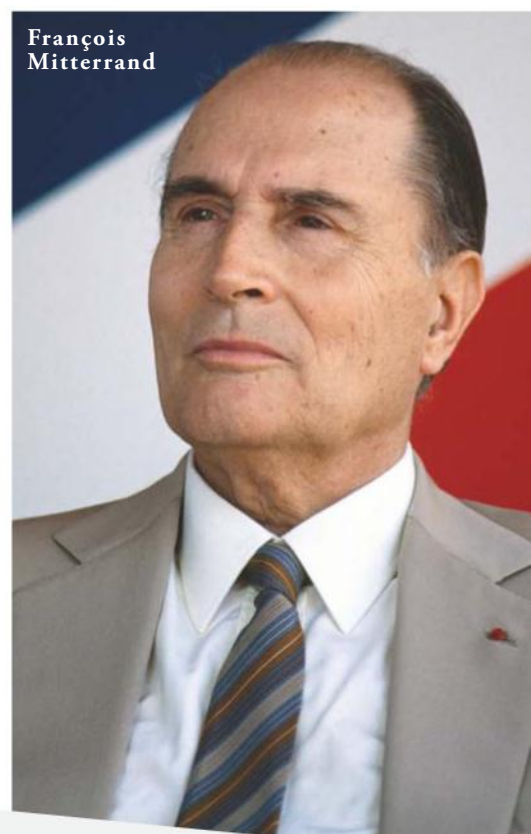
Allegedly? Pitanguy never nipped and told. But locals clocked those celebrities who came for 'a Brazilian vacation', as the euphemism went. Pitanguy believed that aesthetic surgery 'goes deeper than the skin – it goes inside the soul'; his patients, he said, had 'the human right to beauty'. That applied to rich and poor: he made his name in Brazil by caring for the victims, many of them children, of a fire that broke out in a circus tent in 1961.

A karate black belt who used, as a child, to carry a boa constrictor around his neck, he pioneered a tummy tuck whose scars were hidden beneath even the skimpiest bikini bottom – crucial on Copacabana Beach.

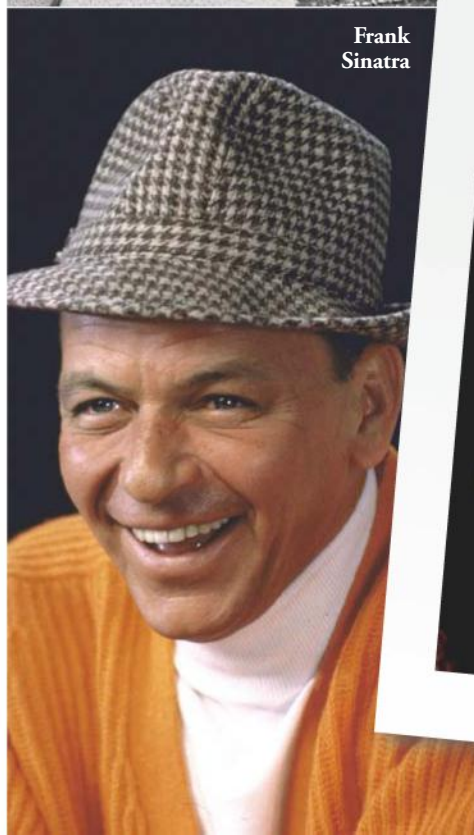
He carried the Olympic flag in Rio the day before his death last year at 93, but his spirit lives on – as does the Brazilian butt lift, which he pioneered. So successfully that the surgeons he inspired brought into being 68,000 perky Brazilian derrières in 2015 alone. And all thanks to the Michelangelo of the Scalpel. □



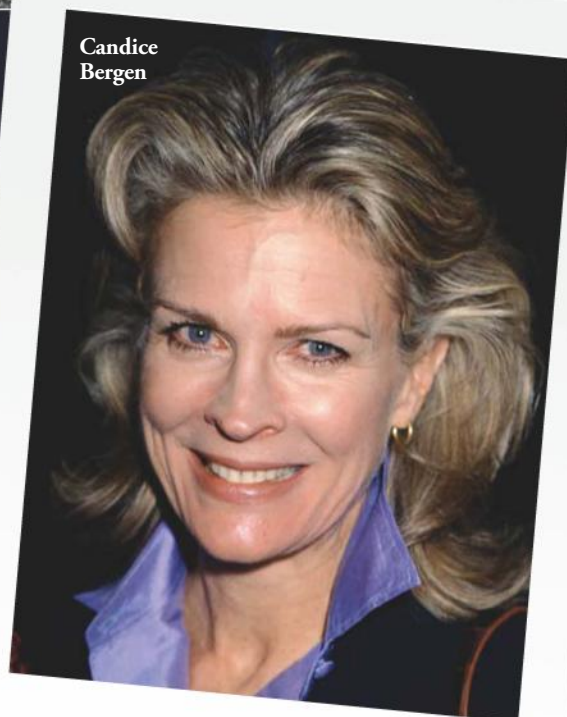
The Duchess of Windsor



François Mitterrand



Frank Sinatra



Candice Bergen



Zsa Zsa
Gabor



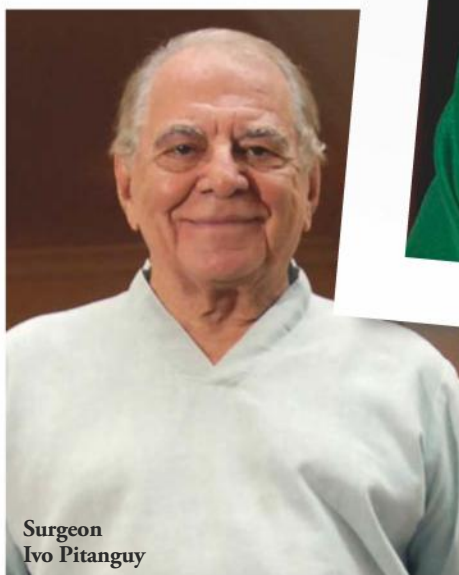
Dame
Elizabeth
Taylor



Sao Schlumberger



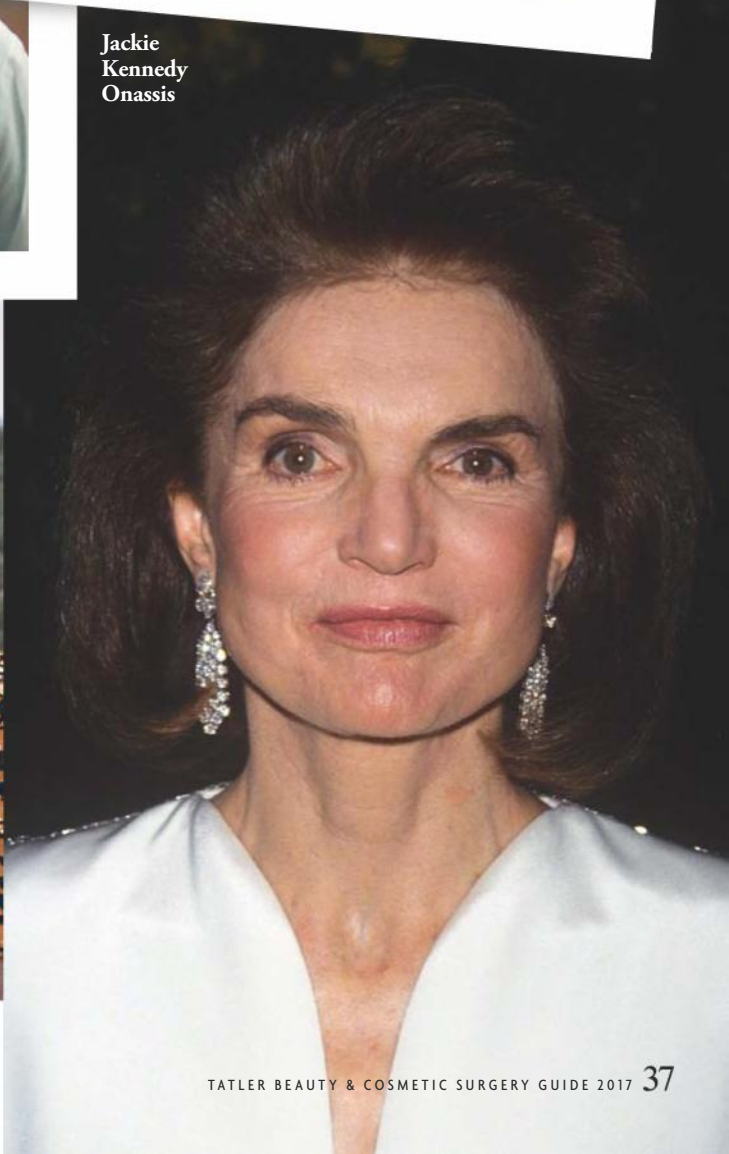
Joan
Crawford



Surgeon
Ivo Pitanguy



Salvador
Dalí



Jackie
Kennedy
Onassis

FACE: THE FUTURE

With expert treatments and superior results, Urban Retreat at Harrods – the luxury beauty haven and MediSpa – is leading the way forward

URBAN RETREAT

Opening its doors in 2000, Urban Retreat took Harrods' motto: Omnia Omnibus Ubique – All Things for All People – and ran with it. To the 5th floor.

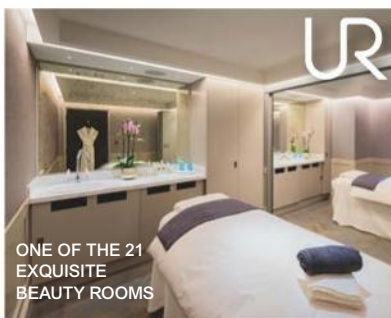
An emporium of palatial standards, it offers cutting-edge cosmetic, beauty and hair treatments. With its wonderfully holistic approach to self-care, Urban Retreat provides a uniquely personal day of divine pampering treatments and tailor-made medical procedures.

RESIDENT DOCTORS

Urban Retreat's MediSpa houses skilled aestheticians: Dr Marc Armangue, Dr Martin Kinsella, Dr Ireny Salama and Dr Sarika Tibrewal. Offering dermal fillers and rollers, injectable wrinkle treatments, infusions, and boosters, they'll have you looking several years younger in almost as many minutes.

ONE-STOP-SHOP

Known as the go-to for non-surgical procedures in the capital, the MediSpa provides a comprehensive range of services. Concerned about lacklustre brows? Desperate to hide unsightly scars? Or fed up with coordinating your wardrobe to cover ill-advised body inkings? No panic, Urban Retreat has your back. And your front. And, in fact, everything in between. Offering semi-permanent make-up, scar relaxation and tattoo removal, the highly trained aestheticians will see that your face and body tell the tales you want them to.



ONE OF THE 21
EXQUISITE
BEAUTY ROOMS

URBAN RETREAT
AT
Harrods

SILHOUETTE SOFT LIFT

The Silhouette Soft Lift is a pioneering new treatment that tightens and lifts the skin in less than an hour with only mild bruising and swelling that disappear in a matter of days. Banishing the knife from whence it came, the treatment uses bioabsorbable threads in targeted areas of the face. Minimally-invasive, the Silhouette Soft Lift is perfect for dropping jawlines, sallow cheeks and heavy brows. Suitable for all skin types, it helps give a fresh, rested, natural look and doesn't impede facial movement or expression.

The effects of this incredible lifting procedure vary for each client, however they will improve in the weeks post-treatment and last up to 18 months. Dr Kinsella says 'With this type of lift, results will be visible immediately, but clients will look their best and at their most natural after 10 to 14 days, once the threads have settled into the skin.'

INNOVATIVE TREATMENTS

The first-class team of aestheticians at the Urban Retreat MediSpa are passionate about creativity and innovation. Always one step ahead of the curve, they offer treatments and procedures that utilise the best systems and the most advanced technology, to help you achieve the look you've only previously dared dream of.

In addition to the revolutionary Silhouette Soft Lift, the miraculous SkinCeuticals professional chemical peels are a popular choice with clients who desire a smoother, healthier and less wrinkled complexion in under an hour.

TATLER OFFER

Urban Retreat are offering Tatler readers complimentary MediSpa consultations and 10% off all MediSpa services. Available from 1 March – 31 April 2017

Urban Retreat, 5th Floor, Harrods,
Knightsbridge, London SW1.
Visit urbanretreat.co.uk or
call 020 7893 8333

LIE BACK AND DREAM OF A TIGHTER PELVIC FLOOR...

Alternatively, get out there and try some treatments that really work. By Lisa Williams



Like perky boobs and taut knees, your pelvic-floor strength is one of those things you don't appreciate until it's gone. One minute you're laughing, the next minute you're pissing yourself laughing, and that's not so funny. Though not life-threatening or contagious, a weak pelvic floor can suck the joy out of your existence. Jokes can't be too amusing in case you lose control, sex needs to be approached gingerly, like losing your virginity on a cold night, and running, jumping, cartwheeling, trampolining, congas... all these things are no longer hygienic.

When I was pregnant, I was told I had to keep those muscles strong with kegel exercises (muscular contractions that are meant to feel a bit like trying to stop yourself weeing mid-flow), and though I may have managed a quick few squeezes when I could think of

literally nothing else to do, I admit that I did let my efforts slide completely once I knew I'd be having a C-section.

The problems first appeared after my baby was born. Mother Nature made my pelvic floor cave – just as life got so busy that weeing became a low priority. Nature would call, but so would my baby and all his needs: feeding, winding, nappies, nap-time, playtime. Cups of tea turned cold, emails went unanswered and going to the loo became a luxury. And, while a C-section scar can shrink and fade until it is just a nostalgic silvery squiggle, a pelvic floor does not rebuild itself with time and positive visualisation. A year later, 'desperate for the loo' was still an understatement.

I needed to act. Or start buying myself nappies. Rebounding classes (from £5; rebound-uk.com) looked like fun. You jump around on mini-trampolines, giving your pelvic floor a little workout with each bounce. Word of warning: don't try it for the first time on live TV. The presenter Nadia Sawalha did, and footage of her wetting ▷

SYNC THE WIDGET WITH THE APP, POP IT IN YOUR VAGINA AND GET LIFTING

< herself was transmitted instantly around the country. I found my first class painful for different reasons: I got a stitch. But by my second I was hooked on how happy it made me.

Ballet-barre workouts are another option. You'll never make a ballerina if you can't 'brace' your pelvic floor. At Barreworks studio (£15 for a trial class, then £25 per class; barreworks.co.uk), you are instructed to brace while you squat, plié and raise weights. They believe that doing so can take 10 years off your insides. Walking in, I felt smug after spotting at least three women who were much older than me. How was I to know that three minutes in, I'd be lagging behind, huffing and puffing? Vicki, the owner, is strong of body but soft of voice. She's also a mind reader. 'Newcomers are always surprised by the ability of my students – some of them have been coming for years,' she told me afterwards.

The problem with classes when you have a baby is that it's an almost impossible task to book and get yourself there. And then you have to put in all that effort with giving your inner muscles a workout. Sex toys are a similar story. Kegel-training devices are small, weighted balls you place inside your vagina to provide resistance while you flex; the end result is to tighten you up and make sex better. While they're a pretty bedside item (Je Joue makes particularly luxurious ones, from £20 to £120; jejoue.com), if you're lazy and tired like I am, you're unlikely to feel the urge to insert them.

But still, I didn't want to be wetting my pants for the rest of my life. Pilates and yoga have long claimed to strengthen the pelvic floor, and Edith Serkovich, who teaches pre- and post-natal yoga in south-west London (from £14.50 a session; edithserkovich.com), encourages people to think about the area in question with some very specific imagery. The pelvic-floor strengtheners she teaches are made up of the 'anal squeeze' ('lift that fart a little bit higher'), the 'clitoral tickle' ('hold in the wee until it feels nice') and the 'big lift' ('imagine you have a little golden ball that you're lifting all the way up inside you').

Equally interesting are the graphics on the Elvie app, which pairs with a sleek green widget (£149; johnlewis.com), branded as 'your most personal trainer'. Sync the widget

with the app, pop it in your vagina and get lifting. Your squeezing corresponds quite spectacularly with a little jewel on your smartphone screen, which loops and swerves as you aim for certain target muscles. The gamification works: once you've got your score (pelvic-floor strength is measured in 'LVs'), you can't wait to get it back in the saddle to beat your personal best. And if I told you that I hadn't Googled 'average LV score' and punched the air when I read the results, I'd be lying.

But if the area has been badly damaged, you might feel as if kegel balls and trainers barely even touch the sides. If that wasn't enough to make you want to sell your kids on eBay, some women also experience damage to the anal muscles too. The Pelvic Floor Society (thepelvicfloorsociety.co.uk) has been set up to share learning among surgeons who specialise in these scenarios. Member Andrew Brian Williams, who founded the pelvic-floor units at Guy's and St Thomas' and London Bridge hospitals, tells me that if their patients can't achieve an improvement by other means, there are many surgical options available to them. 'Surgery might involve repairing the back wall of the vagina to strengthen it, using the tissue that's already there, and bringing the muscles in from the sides,' he explains. Other options include inserting a collagen mesh to help rebuild the area, or sacral neuromodulation, which stimulates the nerves in the lower spine to moderate how the pelvic floor works. 'It's about optimising a woman's function by getting the best out of what they've got – rather than simply operating and trying to put it all back together again,' he says.

There are also non-surgical options, such as the ThermiVa and the Innovo. The ThermiVa (from £850 per session; drritarakus.com) is a slim

probe that uses radiofrequency to stimulate collagen growth from within. You need three treatments over three months, and there's no downtime or anaesthetics. 'Everything gets tighter,' says Dr Galyna Selezneva, who operates out of the Dr Rita Rakus clinic in Knightsbridge. 'It has nothing to do with a designer vagina – we are not doing surgery, we are doing rejuvenation, and it works.' She sought out the device herself, after significant weight loss meant her pelvic floor was not what it had been. Soon after Dr Selezneva invested, the Kardashian girls found the treatment and started raving about it.

Otherwise, the Innovo (£249; restorethe floor.com) is basically a pair of cycling shorts fitted with gel pads, which conduct an electrical impulse into your nethers while you lie back and relax. One 30-minute session can stimulate up to 180 muscular contractions and you can adjust the strength of the pulse using a hand-held controller. You are meant to use these every day for four weeks, strengthening the pulse with each session. Ambitiously, I set mine quite high for the first session (I do have a high LV score, after all). I bounded into the air with a cartoon 'Yowww!'. When set to a starter level, it feels like a tickle, which you can easily forget about, especially if you're having a facial, which is how the Chelsea Day Spa administers the treatment.

And, in even better news, my floor has been restored. Rubber undersheet averted! □

HOW TO RESTORE THE FLOOR AT HOME

Aim to do 10 of these for 10 seconds each, every day.

- 1. Sit on a chair with your legs slightly apart.**
- 2. Pull in your muscles as if you are trying to stop yourself from both farting and peeing.**
- 3. Pull in your tummy just slightly, as if you are doing up a zip on your jeans.**
- 4. Hold for as long as you can, without squeezing your legs together or holding your breath.**
- 5. Relax for four seconds, then repeat.**

IN YOUR FACE

Skin therapist Nataliya Robinson knows your complexion acts as a window to your overall health. That's why she takes a holistic approach to the treatment of skin issues – enabling you to fully shine



A beauty therapist who is well-versed in naturopathic nutrition and holds a post-graduate diploma in Chinese medicine, Nataliya Robinson

has been treating skin complaints and enhancing radiance for more than 15 years. She combines traditional skin-therapy methods with those derived from Chinese and Russian dermatology. Her approach is non-invasive and patient-led. Nataliya always considers factors such as diet, exercise and stress when making an assessment. From her swish Chelsea clinic, Nataliya can treat conditions such as acne, rosacea, eczema, sun damage and pigmentation. Plus, her facials with natural ingredients (manuka honey, caviar) and herbal skin peels can help diminish the signs of ageing while bouts of radiofrequency and dermal rolling can keep skin taut and fresh. Nataliya Robinson's philosophy is a simple one: she believes that a healthy complexion can be achieved by respecting the skin's relationship with other internal and external factors. After all, the skin is one of the biggest organs in the human body. And, according to Chinese medicine, it is connected to the lungs. Which means all that social smoking or exposure to smog and pollution will show up on your face in the form of red inflammation or a grey, wan complexion. You see? The skin is not something to be ignored. Here, we look at the different aspects of Nataliya Robinson's 'face diagnosis' and the underlying problems associated with some all-too-familiar skin red flags.

'MY KNOWLEDGE GOES BEYOND SKIN TO ENCOMPASS OVERALL HEALTH; AFTER ALL, GOOD SKIN STARTS FROM THE INSIDE OUT'

Nataliya Robinson



FOREHEAD FORETOLD

Congestion on your forehead in the form of spots, pimples or irritation is usually the result of poor digestion and increased stress. This tends to be a major problem area for teenagers because of a poor diet. But adults can suffer, too. The Clear Complexion Therapy is recommended. Nataliya's Teenage Skin Treatment requires patients to keep a food diary so they can learn how their diet is impacting on their complexion. Spots be gone!

HIGHBROW EYEBROW

If you have pimples on the line of the eyebrow or on the tip of the nose, it is a sign of a hormonal or endocrine imbalance. And, if Russian superstition is to be believed, it also indicates you have a secret admirer! We kid you not.

NOSE BEST

The nasolabial folds (those sort of Homer-Simpson-esque furrows that frame your nose and mouth) correspond to the health of your colon. If you experience a rush of spots or a yellowish discolouration in this area, don't ignore it. It can be an early indication of problems in your gut. Nataliya can advise you.

CHINNY-CHIN-CHIN

Spots on the chin can be an indication of a hormonal imbalance, weakened immune system, too many stimulants in the diet, gynaecological problems and over-exercising. Nataliya Robinson's advice? Ease off your early-morning, late-night routine and book in for her European Facial. Using only natural, plant-derived ingredients, it serves to boost immunity and prevent future breakouts.

The Nataliya Robinson Skin Therapy private practice is based in Chelsea, London.

Visit nataliyarobinson.co.uk or call 07774 544455

OOPS, THAT WAS A MISTAKE

More and more people are regretting their procedures – make sure you're not one of them. Charlotte Edwardes on the essential preparation you must do before you go under the laser, needle or knife





h, the sly pleasure of 'before' and 'after' photos. Who can resist being wowed by the transformation of Kylie Jenner's lips or Bella Hadid's nose, or the destruction of the natural beauty of Leslie Ash or Courteney Cox by a doctor's overfilled needle?

There are pages of this stuff online. And alongside the glowing improvements

are the visual testimonies to how wrong it can go – from lips swollen through infection to pebbled eye bags, concrete cheekbones pointing hellwards and breasts raked with scars. All casualties to the high art of aesthetic medicine.

It could happen to anyone because there is no such thing as a risk-free cosmetic procedure, and as the industry grows, so do the number of complications. Adam Searle, a softly spoken former president of the British Association of Aesthetic Plastic Surgeons (BAAPS), specialises in breast augmentation and reconstruction (the most popular surgery in the UK, with 9,652 procedures in 2015). He works out of clinics near Harley Street and in Chelsea, and says that 50 per cent of his aesthetic cases are corrective. While some are routine – it's 10 or 15 years since the surgery was originally done – others are because 'the primary procedure hasn't turned out the way they expected'.

Naresh Joshi, eye surgeon at London's Cromwell Hospital, puts his figure for revisions at closer to 20 per cent (including his NHS work), while Dr Tapan Patel of the PHI Clinic in Harley Street estimates that 15 per cent of his work in dermal fillers and Botox is correcting the mistakes of others, 'which is huge – two or three years ago it would've been one or two per cent'.

In part, this is because in Britain aesthetic medicine is largely unregulated compared to countries such as France, where even advertising procedures has been banned since 2005. In the UK, nurses and dentists are among those who can administer Botox, and, while the rules around filler are slightly more restrictive, you could still end up with a practitioner with little grasp of how facial structure works. Equally, a laser wand in the wrong hands could deliver severe burns as opposed to the desired light tightening.

The industry is worth around £3.6bn a year in the UK, which means that the amount spent on revisions lies in the hundreds of millions. In some respects, this is criminal – in what other industry would the cost of correcting a problem fall to the client? But there remains a culture of embarrassment about admitting to having had work done – worse, done badly – and while this exists and can be exploited, cosmetic surgery is still short on recourse when things don't go as planned. So what advice do the very best specialists give on how to stop it going wrong in the first place?

CONSIDER THE TIMING

Adam Searle's bedside manner is gentle, his appearance – grey hair, high cheekbones, horn-rimmed specs – old school. But he is also a realist, who believes that a significant proportion of his corrective work comes from women who regret having anything done in the first place. 'They're people who'd say in retrospect, "I don't know what I was thinking." If you turned the clock back, they wouldn't do it again,' he says. For this reason, he will gently dissuade anyone going through a difficult time or a massive life change, such as divorce, from doing any work immediately, and says that when their trauma has passed, they will often decide not to do anything at all.

BE REALISTIC

Increasingly, Searle counsels the young and impressionable – those bombarded with images of 'perfection'. He cites a recent▷

THE PITFALLS

< case: a model in her 20s who was concerned about her small breasts. 'But she was astonishing to look at,' he says. 'You have to say, "You look amazing. Isn't it best that we just leave this alone? You're fit. You're well."'

MAKE YOUR EXPECTATIONS CLEAR

'The procedure has gone wrong even before anybody has picked up a scalpel if the patient has expectations that the surgeon doesn't realise aren't going to be fulfilled,' says Searle. 'One patient, for example, hadn't wanted large implants, but her surgeon dismissed her fears saying, "They're not that big." They were really speaking different languages. In his world, they may not be large implants. But she's saying, "Well, in my life they are too big."'

The worst case he's had to correct were 'implants of 1.3 litres in the breasts of a woman who weighed 120lb or 130lb – an insertion of massive implants into a petite figure.' Situations like that are, he says, 'absolutely unforgivable'. Such cases are also hard to challenge legally – although, says Searle, possible courses of action against practitioners who won't acknowledge their mistakes are increasing. 'Our laws are catching up,' he says. After years of little regulation, the French PIP scandal [concerning implants made with an unapproved silicone gel] prompted the Department of Health to review industry standards. There is a move towards accrediting surgeons, which means they will have to demonstrate good audited results for the sphere in which they are practising.

CONSIDER SEEING A SPECIALIST

One recent change within the industry is the growing number of doctors who specialise. 'The days are over of someone thinking that they can do toenails, liposuction and a hair transplant, or an eyelid one day and a nose the next,' says Naresh Joshi. For example, he carries out 450 eyelid surgeries a year, which means that compared to someone who does 10, 'I'm more able to deal with it if something goes wrong.'

PICK A REPUTABLE PRACTITIONER

The area of largest growth in cosmetic medicine is 'non-surgical' treatments – shorthand for fillers, Botox, medical-grade facials, lasers, ultrasound and radiofrequency – which accounts for 85 per cent of the UK cosmetic-surgery market. It's also an area fraught with risk – one beauty specialist described this section of the industry as 'like the Wild West'.

There are plenty of dreadful anecdotes, from the famous Mayfair doctor who injected two fat slugs of filler into a patient's cheeks for £900 and then refused a retreatment or refund when she complained (another doctor dissolved it for a further £200), to the many others who've experienced undesired fat loss in their faces from radiofrequency (and then had to spend money on filler).

Joshi says his pet hate is filler. The vast majority of patients with a non-surgical

problem are those who've had filler from inexperienced practitioners. 'Ten years ago, a swelling of unknown origin was almost always a thyroid problem,' he says. 'Now the number-one diagnosis is filler-related. It's changed my practice.'

On the upside, most fillers are made of hyaluronic acid and can be dissolved. Others break down over several months. Permanent fillers, however, 'may need surgical removal' (an incision followed by a drain with a syringe and sometimes a larger cut close to the eye. Usually a small amount remains). Dr Patel agrees that permanent fillers account for some of the worst non-surgical cases he's seen – 'thankfully most sane practitioners won't use them any more'.

But issues of aesthetics are the most common reasons for a complaint. Dr Patel says that some doctors 'seem unable to analyse the face. There is a degree of artistry involved to make improvements look elegant and natural.' Horrendous lips make him particularly cross. 'Lips that are now deformed because they have an unnatural projection.' He adds that 'awful' cheeks are also common: 'Some doctors put filler in the wrong place so that when the patient smiles it completely transforms the eye area' – with frightening results.

DON'T WITHHOLD INFORMATION

Jasmina Vico, a laser specialist who runs a clinic in Devonshire Place, in central London, says that although many are opting for 'medical-grade facials' as a cheaper and relatively risk-free alternative to skin-tightening surgery, in the wrong hands these machines carry risks of burning, scarring and fat atrophy. She advises all patients to find out as much about the person treating them as they would if they were going to see a surgeon. Once in safe hands, they should provide their practitioner with all the information they can before the treatment. Going in the sun before using a laser, for instance, puts you at increased risk of burning, whether you get a tan or not.

BE VIGILANT

'Of course, reactions beyond what is expected can occur,' says Vico. 'Detail is everything. If you're unable to see the practitioner, send photos and describe your symptoms in as much detail as possible. If you've used lotions, say so. There's no such thing as too much information.' Indeed, the active ingredients in some over-the-counter creams can cause a harsh reaction if they are used just before a laser treatment.

Dr Patel's advice to patients with basic issues is to return to the doctor who treated them and complain: 'If they won't deal with the complication, that's negligence by definition.'

Fortunately, the fashion for overfilled lips, plastic foreheads and booster boobs is waning, and aesthetic medicine is increasingly focusing on more gentle, natural-looking results. Let's hope the 'before' and 'afters' of the future become more a subtle guessing game. □

PRE-TREATMENT CHECK LIST

- 1 Consider surgery carefully. The General Medical Council (GMC) advises a cooling-off period for aesthetic procedures. This means you have a consultation on one day, and the treatment at least two weeks later.**
- 2 Get to know your surgeon. Who are they? What are their qualifications? What experience do they have? Are they listed on the GMC Specialist register?**
- 3 Investigate the products that your doctor uses, for example, the brand of filler. It's your only face or body, so do your homework.**
- 4 Listen to your doctor's advice. If they don't think that a treatment will improve your situation, assume that they're telling you for a reason.**
- 5 Complications are unusual, but they are also a part of the science of surgery. Even the best doctors can come across problems. Cosmetic procedures are never risk-free.**

COOL AS ICE

As the UK's only aesthetic clinic founded by a group of consultant doctors, Cavendish Clinic offers unrivalled medical expertise alongside cutting-edge treatments and splendid skincare products. You'll leave here looking – and feeling – totally rejuvenated

If you have a particular cosmetic concern or want to rejuvenate your overall appearance without surgery, make an appointment at Cavendish Clinic. With locations in the smart London destinations of Marylebone, Parsons Green, Richmond and Soho, these boutique aesthetic havens offer the latest, safest, results-driven treatments – all carried out by an experienced and expert medical team. Cavendish Clinic was founded by leading consultant doctors and industry specialists, so you can expect the most professional care. Drawing from an expansive range of non-invasive techniques and cosmeceutical solutions that cater for every skin concern from top to toe, the ultra-skilled doctors and medical aestheticians at Cavendish Clinic create bespoke treatment plans for every single patient, ensuring truly outstanding, natural-looking results.

COOLSCULPTING

* Cavendish Clinic is among London's premier fat-reduction and body-contouring clinics. It is also one of Europe's leading Coolsculpting clinics. For those not yet familiar with this body-fat-blitzing treatment, Coolsculpting is a non-invasive procedure that uses cryotherapy (cold therapy) to freeze fat cells, effectively breaking them down so they can be removed naturally from the body. It's not as brutal as it sounds – treatment takes as little as 35 minutes and you can sit back and read *Tatler* while the registered Coolsculpting practitioner gets to work, blasting your unwanted bumps with icy-cold air. The consultant-led team at Cavendish Clinic have been offering this safe, viable alternative to liposuction for over five years and have the full range of applicators at their disposal, including the new Cool Advantage, which means quicker treatments than ever before. In fact, the staff are such dab hands with the device that they are able to dual, and even triple-sculpt, allowing you to reap thrice the benefits of this game-changing treatment.



THERE'S MORE...

- * Relax at the Coolsculpting suite in Marylebone, with Netflix and complimentary drinks and meals during your treatment.
- * Enjoy a facial at your 12-week review then receive a goodie bag after your final treatment.
- * Earn reward points to spend on products (see below), other treatments or further Coolsculpting.

TATLER OFFER

Tatler readers can enjoy a complimentary consultation and full face and body assessment with a member of Cavendish Clinic's friendly, experienced team. To arrange a consultation, visit: Cavendishclinic.co.uk or call: 020 7935 4410.

CAVENDISH MARYLEBONE

27 Welbeck St, Marylebone, London W1G 8EN

CAVENDISH PARSONS GREEN

185 New Kings Road, Parsons Green, London SW6 4SW

CAVENDISH RICHMOND

32 Kew Road, Richmond, Surrey TW9 2NQ

CAVENDISH SOHO

Third Space, 67 Brewer Street, Soho, London W1F 9US

For more information, please email hello@cavendishclinic.co.uk

LEADING TREATMENTS

Beyond cryotherapy, Cavendish Clinic excels at providing stacks of leading beauty-boosting treatments...

MESOTHERAPY

This regenerating treatment involves tiny needles delivering 'medicinal bullets' into your dermis, leaving it looking fresher, younger and healthier. Micro injections release a tailor-made combination of vitamins, minerals and amino acids into your skin, targeting problem areas. The action of the needle also stimulates collagen and elastin production, helping strengthen and restore skin while boosting micro-circulation.

VELASHAPE®

As London's exclusive VelaShape® flagship destination, Cavendish Clinic offers this innovative body-contouring and cellulite-busting treatment. It tightens, tones and smoothes skin while tackling cellulite using a powerful combination of infrared light, radiofrequency and vacuum technology. This combination helps to shrink fat cells, boost lymphatic drainage and stimulate collagen production.

SKINCARE PRODUCTS

Cavendish Clinic is proud to have introduced groundbreaking Nimue skincare products to the UK. Alongside these advanced dermaceuticals, Cavendish Clinic stocks a host of cutting-edge lines to be used at home to further enhance your results, including Swisscode, Neostrata, award-winning Obagi Medical, Skinceuticals and ZO Skin Health.

EXILIS ELITE

Create a sleeker, smoother silhouette with this versatile fat-reduction treatment that works brilliantly alongside Coolsculpting. Harnessing radiofrequency and ultrasound to tighten skin, boost collagen production and target stubborn fat reserves, it helps contour body and face by inches.



COOL IS THE NEW HOT

Headed by the formidable Dr Tracy Mountford MBBS MBCAM, the expert team at The Cosmetic Skin Clinic are whizzes at creating bespoke treatments using proven, cutting-edge technologies that give subtle, refined results. Visit this award-winning practice for treatments including Ultherapy, muscle relaxants, dermal fillers and CoolSculpting that will leave you looking your absolute best



A keen aesthetic eye, a lightness of touch and true artistic vision are qualities to be championed in a cosmetic doctor. This flair and instinct can be summed up succinctly as 'it' – Dr Tracy Mountford has 'it' in spades. Her innate cosmetic prowess is bolstered by over 25 years' experience in the industry. She is one of London's leading doctors in non-surgical treatments and founder of the super-chic Cosmetic Skin Clinic. It is here that Dr Mountford works with her team of skilled practitioners to deliver groundbreaking, results-driven treatments.

**'COOLSCULPTING
IS THE ONLY NON-SURGICAL
ALTERNATIVE TO
LIPOSUCTION,
I RECOMMEND TO MY PATIENTS BECAUSE,
QUITE SIMPLY, IT WORKS'**

DR TRACY MOUNTFORD

ULTRA LIFT AND CONTOUR

Ultherapy is the leading ultrasound dermis-tightening treatment to lift sagging skin and smooth away lines and wrinkles. Non-invasive, it can be used alone or in combination with facial fillers. Whichever you choose, you'll be in safe hands; The Cosmetic Skin Clinic is the number one clinic for Ultherapy in the UK; having conducted more procedures than anywhere else. Want the body to match? The success of Ultherapy for the face is now reproduced for the body, targeting the décolletage, inner arms, thighs and derrière. For the 'CSC Ultimate Lift', Dr Mountford recommends a combination of Thermage Eyes and Ultherapy for face, neck & décolletage.

THE ULTIMATE FACE-SHAPER

All of Dr Mountford's treatments are completely bespoke and tailored to each individual. The team use their expertise and experience to create personalised treatments using a combination of the most effective hyaluronic acid fillers and collagen stimulators, further adopting a highly sophisticated approach to injecting fillers that support and lift the face in an intelligent, strategic way with no over-fill. This tactic achieves results that are more natural than ever but with the 'wow factor', winning her fans, including celebrities, from around the world.

SMOOTH OPERATOR

Dr Mountford's 'less is more' philosophy is ever present in her approach to muscle relaxants. She administers just a light sprinkling to key areas like the forehead, under eyes and around the mouth. This avoids that tell-tale frozen look. Instead, patients emerge looking fresher, more radiant and with a youthful glow. In Dr Mountford's capable hands, lines are erased and the expressions of the face are simply softened.

SILHOUETTE STREAMLINER

CoolSculpting has taken the world by storm. The revolutionary FDA-approved procedure uses controlled cooling to permanently destroy fat cells without harming the surrounding skin. These frozen fat cells are naturally eliminated through the body's lymphatic system. The whole process is quick, virtually pain-free and, most importantly of all, effective. It is the perfect treatment for those who are near their ideal weight, maintain healthy and active lifestyles and would like to re-contour small stubborn pockets of fat to achieve a more streamlined result. With a plethora of different applicators, CoolSculpting can melt away tummy rolls, muffin tops, bra fat, back fat, inner and outer thighs, under arms and even double chins. Dr Mountford explains her patients love the 'wow' results. 'CoolSculpting is the only non-surgical alternative to liposuction I recommend; because, quite simply, it works.' She continues: 'Patients want results without the downtime or potential risks associated with surgery. CoolSculpting has continued to evolve by developing quicker treatment times, increased patient comfort and improved results; with the additional benefit of being able to treat multiple areas at one time, known as dual sculpting.' Given Dr Mountford and team's collective expertise and experience, coupled with their embracing of cutting-edge technology, it's no surprise The Cosmetic Skin Clinic is the most successful CoolSculpting clinic in Europe—with over 7,500 treatments completed to date.

**That's why cool is
so hot right now.**

CLINICS LONDON

The Cosmetic
Skin Clinic,
1 Upper Wimpole Street,
London W1G 6LA

BUCKINGHAMSHIRE

84 Rogers Lane,
Stoke Poges,
Buckinghamshire,
SL2 4LF

Call 020 331 93637
cosmeticskinclinic.com

'RARELY, CAN
ONE DEVICE OR
TREATMENT
ADDRESS AN
INDIVIDUAL'S
ENTIRE
SKINCARE
NEEDS'

Dr Haus

IN HAUS STYLE

Dermatologist Dr Haus offers skin tightening and facial rejuvenation using cutting edge radiofrequency technology

Hailing from the beauty hub of South America – Rio De Janeiro, Brazil, Dr Ariel Haus provides the ultimate anti-ageing skincare solutions at his Harley Street clinic. With over 15 years' experience, Dr Haus is well-versed in 'beach culture' and sun-damaged skin. Skilled in dealing with skin issues from acne to melanoma – he also works in the NHS – Dr Haus understands the concerns around ageing skin. At his Harley Street clinic, Dr Haus has an arsenal of treatments at his disposal to truly personalise your care, but skin rejuvenation using radiofrequency has recently caught his eye. With this revolutionary technology, it is now possible to deliver radiofrequency energy deeper into the skin's layers, without damaging the surface. The results speak for themselves.

HOW DOES IT WORK?

For radiofrequency treatments, Dr Haus uses the pioneering BTL Exilis Elite. By gently heating sub-dermal facial tissue, it promotes collagen production which improves skin texture and reduces skin laxity. Exilis Elite is the first non-invasive procedure to utilise both radiofrequency and ultrasound to deliver fantastic, targeted results – it's perfect for tightening skin around the eyes, cheeks, jawline, neck and tummy.

During treatment Exilis Elite may cause a warming sensation, but this has been well-tolerated by most patients. With no downtime, you can leave looking fresh-faced and glowing. No one will even know you've had anything done.

THE PROCEDURE

The majority of procedures can be completed in under an hour and treatment is carried out by Dr Haus and his dedicated team; experts in both skin rejuvenation and discretion. Between two and six sessions, spaced one or two weeks apart, are often recommended. Results vary but most patients see an immediate tightening, which improves with further sessions and can last up to six months. Top-up maintenance treatments will prolong the results even more.

IS IT RIGHT FOR ME?

Exilis Elite is ideal for those who are concerned by lax or sagging facial skin, and those who do not wish to consider surgery at this stage. Dr Haus and his team are meticulous in their approach and ensure that all patients undergo a comprehensive consultation to discuss their specific skin and body care needs, and anticipated results. Dr Haus believes it is vital to offer all-inclusive treatment plans that achieve the best results for patients. He therefore may recommend that Exilis Elite be combined with complementary treatments such as **Ultherapy** – a non-invasive procedure using focused ultrasound to lift and tighten the muscles underneath – or **Triniti Plus**, which is excellent for colour correction. Dr Haus worked with laser manufacturers to develop the Triniti Plus Treatment Protocol and so you can rest assured you will be in safe hands.

TATLER OFFER

Dr Haus is offering a complimentary assessment with a member of his team. Please quote 'Tatler' when booking. Available until December 2017. New patients only.

Prices start from £290 per area



Dr Haus Dermatology, 140 Harley Street, London W1G 7LB.

For enquiries, please contact 020 7935 6358

or visit drhausdermatology.com

RISE & SHINE

For when your skin needs a wake-up call. By Jennifer George

ANNE SEMONIN

Exfoliating Shower Gel, £27

Wood-pulp buffs, vitamin E nourishes and green tea leaves an invigorating scent (and gives it that cheery turquoise colour). Also good on men.



LA MER

The Revitalizing Hydrating Serum, £160

Put your feet up and let La Mer's serum attract, hold AND deliver moisture all day long. Cup of tea?



EXUVIANCE

Body Tone Firming Concentrate, £33

Stuff the gym. Instead, rollerball your way to dimple-free skin with this nifty, massaging applicator.

ENVIRON

Youth EssentiA Vita-Peptide C-Quence Serum 1, £89.95

Expertly balanced doses of vitamins A, C and E help to enhance cell turnover and make skin shine. Sounds like a clever product, because it is one.



KIEHL'S

Nightly Refining Micro-Peel Concentrate, £40

Quinoa extract provides natural exfoliation, noticeably refining bumpy skin. Not so great in salads.

SISLEY

White Ginger Contouring Oil for Legs, £115

This zesty oil helps to deflate swollen ankles and perk up sluggish circulation. (Warning: will make you crave a gingernut biscuit.)



CLARINS

Hydra-Essentiel Bi-Phase Serum, £44

When moisturising won't cut the mustard, turn to this – your skin will be positively DRENCHED.



CLINIQUE

Pep-Start HydroBlur Moisturizer, £24.50

A moussey cream that hydrates while mattifying. AKA soft-focusing for your face.



WORKING OVERTIME

The problem-solvers, tightening and brightening everything they touch

LA PRAIRIE

Line Interception Power Duo, £244

Moisturising made easy: day and night creams in one sleek 50ml canister that fits in your carry-on and banishes wrinkles in two weeks. Tick off the days...



IS CLINICAL

Neckperfect Complex, £85

Your poor neck: so fragile and too often neglected. Give it a bit of love with this creamy serum, which promises to nourish, firm and define. Worth the extra 30 seconds in the morning, we say.



DIOR

Capture Totale DreamSkin 1-Minute Mask, £51.50

Dior's pearly-pink mask rinses off to reveal a more glowy you in record time.



NIOD

Myrrh Clay, £28

Spread this soft, inky clay all over your face, maybe take a few LOL selfies, then rinse away for firmer, poreless-looking skin.



NEOSTRATA

Redness Neutralizing Serum, £47

'Active' products often mean 'itchy face' for sensitive skin. Enter NeoStrata and its wonder formula, which soothes and smoothes without irritation.

SARAH CHAPMAN

Skinesis Overnight Lip Concentrate, £32

A slick of this buttery formula will make your lips more kissable, sleeping beauty.



SENSAI

Cellular Performance Extra Intensive Eye Cream, £140

Forget five layers of concealer – this super-rich cream really can help banish dark circles. Put it on after a big night out.



LA ROCHE-POSAY

Redermic R Corrective UV SPF 30, £29.50

A clinical-looking SPF that forms a shield against the rigours of city living – pollution and UVA – thus minimising age spots and pigmentation.



LOWE AND BEHOLD

Dr Nick Lowe and the team at the Cranley Clinic want to make one thing perfectly clear – your complexion



Dr Nick Lowe has a whole alphabet of qualifications after his name – MB, CHB, MD, FRCP, FACP. Which is fitting because Dr Lowe can make achieving a supermodel-like complexion seem easy as A, B, C. An internationally-renowned consultant dermatologist with 30 years' experience, Dr Lowe has trained in both the UK and the United States and led

groundbreaking research in lasers, acne and Botox. In fact, he conducted the first scientific study of Botox way back in 1990 – long before it was a household name. He has since administered Botox to thousands of patients, making his considerable injectable skill hard to beat.

The Cranley Clinic has recently moved to shiny new premises on Harley Street that comes fully equipped with the very latest multi-laser, radiofrequency and CoolSculpting technology. Here, Dr Nick Lowe is joined by his daughter Dr Philippa – a specialist skin physician – and a team of diligent dermatologists and nurses. Time for the Lowe down...

The clinic offers a wide range of treatments, including Botox and fillers, comprehensive lasers including laser hair removal, sclerotherapy, dermis-perfecting Fraxel, Thermage, IPL and INTRAcel, plus skin surgical procedures

ACNE CLINIC

An angry complexion of spots can be difficult to deal with at any age but is *particularly* disheartening in adulthood. Dr Lowe's dedicated acne clinic is designed with teenage and adult sufferers in mind, with after-work opening hours and an expert blend of Isolaz (a vacuum-like therapy that lifts out impurities), DermaSweep (a circulation-boosting, cleansing treatment), lasers and medical-grade peels for deeper penetration of active ingredients.

PIGMENT CLINIC

Following the success of the acne clinic, Dr Lowe now offers a dermatology-led pigment clinic, treating melasma, brown spots, sun spots and discolouration. A combination of therapies such as lasers, peels and prescription medicine are specifically selected for each individual and results are dramatic.



ELLANSE DERMAL FILLERS

The new generation of Ellansé dermal fillers are available at Dr Lowe's clinic. These contain PCL (polycaprolactone), a longer-lasting bioresorbable ingredient designed to stimulate the production of collagen and provide a scaffolding-like support system to the skin. These fillers can correct a multitude of skin problems, from fine lines and wrinkles to loss of volume.

PRP FOR HAIR LOSS

PRP (Platelet Rich Plasma) therapy harnesses the restorative ingredients and growth factors present in the platelets of our blood and injects them into areas that need a little boost. PRP aids the body's ability to heal and produce collagen, making it invaluable in the treatment of thinning hair, scars and loss of facial volume.

SILHOUETTE SOFT

Thread-lifting offers a quick, easy and minimally invasive way to reshape your face and neck. The biodegradable lactic acid threads are placed under the skin surface to gently lift the area for a natural-looking effect.

FACE FACTS

Doctors Nick and Philippa Lowe have bottled their supreme skin expertise into a range of wonder-working products called Acclenz. These cleansers, masks, creams and serums promise to leave your complexion squeaky clean and blemish free. Hurrah!



STOP THE CLOCK

For skin that stands the test of time

PETER THOMAS ROTH

Anti-Aging Cleansing Gel, £25 at Selfridges

Think your face is clean? Not until you've used this it's not. A foaming cleanser that strips away daily grime, tightens pores and leaves a peachy scent in its wake.



MALVINA

Décolletage Chest and Neck Cream, £75

Gentle enough for the delicate chin-to-chest area, but more than capable of fighting UVA. Double win.



CULT51

Day Cream, £95

This all-rounder protects against pigmentation, fine lines, redness, pollution AND dryness. Quite the overachiever.



CHANEL

Huile de Jasmin, £97

Chanel's first face oil, and it's a good 'un. Lightweight, nourishing, protective – and it smells delicious. That'll be the jasmine.



DR SEBAGH

Rose de Vie Hydrating Mask, £74

A moisture-boosting mask that you paint on, leave for 10 minutes, then wash off for perky-looking skin. Yep, it's that easy.



SHISEIDO

Bio-performance LiftDynamic Eye Treatment, £60

Stuffed full of vitamin A and rosemary extracts, this velvety cream claims to make skin around the eyes smoother, springier and more resilient. We'll take that.



JANUARY LABS

Power Peel Exfoliant, £55

Exfoliating doesn't always involve a granules. This jelly-like enzyme formula removes dead skin cells gently yet effectively, preventing blocked pores and blemishes.



DARPHIN

Illuminating Oil Serum, £55

Take 7,000 pearls of seven, micro-encapsulated essential oils (including tangerine, ginger and rose)... The result? Beaming, bouncy-looking skin that smells like a fruit salad.



SOLE MAN

Meet the man in motion – consultant orthopedic surgeon Mr Rohit Madhav – who'll help you put the right foot forward

Worry that your feet are more Ugly Sister than Cinderella? And you really want to go to the ball this season? While we can't guarantee that Prince Charming *will* be in attendance (possible prior engagement / unreliable steed / suit at the dry-cleaners), we can ensure that those glass slippers will be yours.

Mr Rohit Madhav, a specialist surgeon with over 12 years' experience in foot and ankle correction, is highly skilled in the use of arthroscopic and other surgical techniques. Having worked with professional athletes and dancers, Mr Madhav can have your feet looking fabulous again. You'll soon be dancing the night away, with other, more dashing men.

Many women suffer pain when walking, wearing heels or finding shoes that fit comfortably. If you have been blighted by bunions, hammer toe, Achilles' disorders or any other malformation, then help is at hand. Or foot, rather.

Mr Madhav offers a personal and comprehensive consultation at his Ankle and Foot Motion Clinic in the heart of London's medical district – Marylebone. Once your needs have been discussed, keyhole surgery will be scheduled at one of Harley Street's top hospitals, at your convenience.

For one foot, procedures can be completed within an hour in an outpatient clinic; you'll be able to walk away the same day. If dual foot correction is required, then you'll stay overnight in comfort and be expertly cared for by Mr Madhav's team. Although general anesthetic is offered, you'll have the option of remaining awake during surgery if you wish. With only five to seven days' self-restriction on activities, you'll be back on your feet (literally) in a short space of time. A return to full capacity can be expected within 2 to 4 weeks.

BENEFITS OF KEYHOLE SURGERY

- Less tissue damage and internal / external scarring
- Faster recovery period and return to full capacity
- Heightened post-surgery joint mobility

So if your dream is to shake the dust off those Jimmy Choos and go sauntering down the road, then look no further; Mr Madhav and his (charming) team are ready and waiting to ensure you'll once again be footloose and fancy-free.

CONTACT

30 Devonshire Street, Marylebone, London W1G 6PU.

For an appointment please call 020 7112 8260

Please visit anklefootmotion.com

or email rohit@anklefootmotion.com



PUTTING IN THE HOURS

Selfless products that rebuild and repair round the clock

ELEMIS

Hydra-Boost Serum, £45

If your face needs a mega soak, just the tiniest dot of this fluid will do the trick.



ESTÉE LAUDER

Advanced Night Repair Recovery Mask-in-Oil, £55

Fans of the classic ANR, this is your lucky night: Lauder's new oil-based formula locks in all the magic of the original product, so it can work all the harder.



GUERLAIN

Orchidée Impériale Cream, £295

A beautifully packaged, line-smoothing cream that can ably compete with all these newfangled oils and serums.



VICHY

Idéalia Peeling, £30

An overnight peel, made from natural ingredients and gentle enough for sensitive skin, this stuff dissolves dead skin cells while you snooze.



THISWORKS

Sleep Plus Trouble Shooter, £35

Spray this lavender-scented lotion onto dry bits like the knees or décolleté to replenish moisture. There's a gently sedating fragrance too.

PERRICONE MD

Multi-Action Overnight Treatment, £89

Created to work with your body's natural night-time regeneration. Its ingredients, like alpha-lipoic acid (a powerful antioxidant), help to fade fine lines and pores. Smells of coconut too. Which is nice.



SKIN LAUNDRY

Restoring Night Serum, £44

Heavy, greasy night creams of yore be gone – this silky serum sinks in swiftly, feeding skin with algae extracts, vitamin C and peptides (superfoods for your face) while you dream of a renewed complexion.



SKINCEUTICALS

H. A. Intensifier, £82

This little wonder claims to boost hyaluronic-acid levels by up to 30 per cent (which is a good thing if you want skin that looks like a teenager's).





FOUNTAIN OF YOUTH

Why plunge into a fountain, when Skinade makes the elixir of youth in sip-friendly bottles

It's easy to become obsessed with buying all the latest skin creams and lotions – filling your bathroom cabinet to bursting with every over-zealous product on the market. But while your topical beauty routine is important, it's what you put *inside* your body that really counts. And when your lifestyle is over-stressed and over-worked, sometimes a simple 'five-a-day' just won't cut it. You need back-up. A super-charged beauty elixir that will help you to look your very best. That's where Skinade comes in.

Skinade is a multi-award-winning peach and mangosteen flavoured anti-ageing collagen drink. Developed by leading UK scientists, it is packed full of antioxidants and

superb ingredients like marine collagen peptides, vitamins, omegas and amino acids. AKA all the good stuff.

Every little bottle of this daily formula works to nourish and support your complexion from the inside out. Dr Benji Dhillon, leading aesthetic surgeon at PHI clinic in London, explains, 'Skinade has been proven to stimulate the cells that produce hyaluronic acid, the youth-boosting substance which provides hydration to our skin. It has also been shown to stimulate the cells in our skin, the fibroblasts, that generate collagen.'

Need some convincing that magic exists? Take a swig of Skinade and give your skin a happily ever after.

SKINADE
IS A DRINK
THAT
WORKS
FROM
THE
INSIDE
OUT



For more information, please visit skinade.com or call 08451 300205



SUN AND SURGERY

Do you want more than just a good tan from your holiday? What about a whole new face? We round up the resorts that offer that little bit extra...

WORDS BY FRANCESCA WHITE AND SOPHIE BENGE. PHOTOGRAPHS: GETTY IMAGES, REX FEATURES, KEN HAYDEN PHOTOGRAPHY, SPLASHNEWS.COM, SUSANNE SEILER, SILVERHUB

ALBANY NEW PROVIDENCE, BAHAMAS

So you want to Reclaim your figure.

The vibe It's a huge place, is Albany, spread across 600 acres and with a velveteen 18-hole golf course. Marble-clad apartments overlook the marina, Hamptons-esque beach houses run along the sea's edge, staff in polo shirts zip around on golf buggies. But the draw is Sonia Mace's medi-spa, which is the best equipped in the Bahamas (clients travel from Miami and New York to see her).

How it works Mace has machines for everything from cellulite (try her Venus Legacy, which uses radiofrequency to smooth dimples) to unwanted fat (her SculpSure machine works wonders on post-baby tummies as well as male abs). Then retreat to your villa (butlers will bring you lobster tails for supper if you don't feel ready to face the world), slap on some SPF and conk out by the pool.

Also on the menu An equestrian centre, tennis courses and a whopping gym. A recording studio is in the pipeline.

Who goes Will Smith, Kate Upton, *both left*, and Tiger Woods.

Don't miss A session with Dr T, the resident acupuncturist. His needles are wonderfully remedying.

Details Treatments from £200; two-bedroom Marina Residence, from £1,755 a night (albanybahamas.com; 001 242 676 6010).





CLINIQUE LA PRAIRIE MONTREUX, SWITZERLAND

So you want to Have a facelift without anyone knowing.

The vibe Perched on the edge of Lake Geneva since 1931, Clinique La Prairie is a cross between a glamorous hotel and a hospital (bedrooms in the Chateau look like they belong in a hotel, except for an emergency cord beside the bed – just in case). Ladies come for some stealthy nip and tuck courtesy of Dr Sabri Derder, with or without their husbands (the week-long detox is superb).

How it works Dr Derder does excellent work, from facelifts to breasts to lipo, so his waiting list is at least three months. But once you're there, everything runs with military precision (sending photographs ahead of time is a crucial part of the process). When you arrive, there's a final hour-long consultation, with the surgery scheduled for the following day. Those who go ahead stay on for at least a week, and are looked after by a lovely team of nurses, dieticians and physiotherapists.

Also on the menu Facials, massages and craniosacral therapy; a slick gym offers TRX, pilates and stretch classes overlooking the lake.

Who goes Sir Mick Jagger, *right*, Marlene Dietrich, Pope Pius XII.

Don't miss Chartering a boat to Evian-les-Bains. The mountain air is fortifying, plus no one here blinks an eye if you have a cast on your nose.

Details Six-night detox programme, from £11,895, based on single occupancy. Surgical procedures, POA (laprairie.ch; 00 41 21 989 33 11).



GRAND RESORT BAD RAGAZ ST GALLEN, SWITZERLAND

So you want to De-age without the downtime.

The vibe Well dressed in marble and Murano glass, Bad Ragaz reflects the golden age of Europe's spa towns with its healing waters and architectural grandeur. Collonaded pools and drapery mix with milestone medical breakthroughs in the therapy wing, where high society is known to 'rejuvenate'. Rooms feel like spas (saunas and whirlpools are fed with thermal water from the mountain).

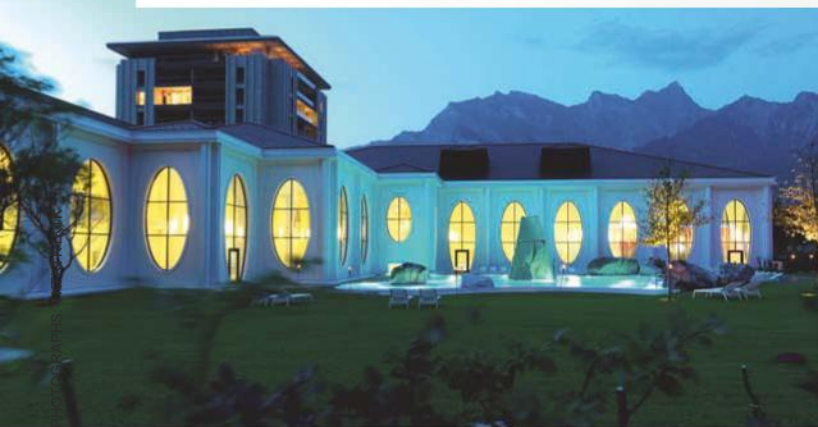
How it works Start with a skin consultation with the glamorous Dr Bollinger. Her hi-tech Fotona4D lasers give instant results with no downtime. A few smarting jabs, inside your mouth, stimulate collagen to lift droopy jowls and iron nasolabial folds. The result – hey presto! – is a fresh new face ready for a flutter at the casino.

Also on the menu The Aufguss sauna ceremony, with towel-swirling, music and lights, is quite unique.

Who goes Saudi princesses, well-heeled Swiss and Russians. Roger Federer, *left*, has also come for some recuperation.

Don't miss A dip in the outdoor pool. The snowcapped peaks look magical through the steam on a winter's night.

Details Fotona4D laser lift, from £2,370; double, from £195, incl. breakfast, access to the spa and fitness lessons (resortragaz.ch; 00 41 81 303 30 30).



FAIRMONT THE PALM DUBAI, UAE

So you want to Sort out your skin.

The vibe At Fairmont the Palm, you can snooze in a hammock, or you can pack the children off to the kid's club while you take cookery classes or drink 50-year-old whisky in the bar. But now that Dr Rita Rakus has launched a medi-spa (she'll make regular trips, along with body sculpting specialist Dr Galyna Selezneva), you can reboot your skin at the same time.

How it works A Visia skin analysis assesses wrinkles, redness and open pores. Dr Rakus may recommend her Black Diamond HydraFacial (lymphatic drainage, exfoliation using Dr Levy products and skin-calming LED light therapy). Or her Red Carpet Facial, which uses the Exilis Elite machine to bring tightness to crêpey skin.

Otherwise she'll have you wriggle into a pair of 'lymphatic pants'. They look odd (like sleeping bags on your legs) but really do boost circulation and help to get rid of excess water, making them excellent post-flight.

Also on the menu Wildly exhilarating Aquaspinning classes.

Who goes Middle Eastern socialites – and Baroness Brady, *left*.

You'd be mad to miss Full-moon yoga on the beach.

Details Skin analysis and treatments, from £55; double, from £135, incl. breakfast (fairmont.com; 00 971 4 457 35 45). □



Mariella Tandy
restores you to perky
perfection with some of
her favourite things

THE IT LIST

PRETTY SMART

LMS Wellness, with its marvellous menu of medi-facials, fat-freezing, vitamin infusions and genetic profiling, is the best-looking clinic in town. You need to be a member to book a consultation, but it's worth it for Dr Shawana Vali's spectacular needlework alone.

thelondonmedispa.com



ADDED BOOST

Seize these supplements



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LUMITY

1 STUFFED WITH VITAMINS AND AMINO ACIDS, **LUMITY'S** TWO-STEP FORMULA, TAKEN MORNING AND NIGHT, WILL HELP YOU HEAL FASTER POST-SURGERY. LUMITYLIFE.COM

2 **CELERGEN**, THANKS TO ITS POWERFUL COMPLEX OF MARINE EXTRACTS, HELPS THE BODY REPAIR ITSELF NATURALLY. CELERGEN.CO.UK

£99
(30-DAY
SUPPLY),
BY
SKINADE



SERUM, £225,
CAPSULES,
£285, BOTH BY
CELERGEN



3 **SKINADE** IS A DRINK FULL OF ACTIVE INGREDIENTS TO BOOST THE BODY'S OWN PRODUCTION OF LOVELY HYALURONIC ACID. TASTES GOOD TOO. SKINADE.COM

*If you need a facial but are pressed for time, head to your nearest **Elizabeth Arden** counter for a 15-minute Red Door speed treatment, £15 (redeemable against purchase). This includes the Tone It UpTOWN, which uses microcurrent technology. elizabetharden.co.uk*

SOFT CELLS

Welcome to **Romilly Wilde's** world of natural loveliness. Her Advanced Supercell Serum uses active plant cells (apparently, skin adores them), which encourage collagen production and help the skin recover and renew itself. No dubious ingredients to be seen here. They won't let you into 18 films, you'll look so young. romillywilde.com



£110, BY
ROMILLY
WILDE



£173, BY
DR BARBARA
STURM

KEEP YOUR COOL

Arrgh! shouts your irritated complexion. 'Calm down!' you shout back, as you apply **Dr Barbara Sturm's** Calming Serum. This plant-based lotion is designed to rebalance and strengthen sensitive skin – say goodbye to red-and-sometimes-a-bit-burny-feeling breakouts. netaporter.com



£85, BY
THE OWL
& THE
APOTHECARY

POETRY IN POTION

The Gentle White Hart Box, from **The Owl & the Apothecary**, is a treasure chest of concoctions. There's an assortment of healing balms and potions and a rebalancing rose quartz to set you on the path to post-op recovery. owlapothecary.com

LOVE ACTUALLY

Retinol Eye Gel, from **AlumierMD**, is just what your eyes are looking for. Really, this formula will begin an eye-based love story. It is heaving with vitamins and microencapsulated retinol, which is slowly, flirtatiously, released into the skin. The antioxidants and vitamins C and E will seductively firm the skin and boost collagen levels. A marriage made in heaven. alumiermd.co.uk



£53, BY
ALUMIERMD

PEACH
PERFECT

Boobs and bottoms need love too, you know, so get your hands on these targeted **Nannette de Gaspé** treatments (she's not known as the Queen of Masks for nothing). Expect peachier, lifted results all round. selfridges.com



£130 EACH, BY
**NANNETTE
DE GASPE**



£115, BY
UMA

LIGHT UP
YOUR LIFE

If you want sparkling skin but aren't that keen on invasive treatments, **Cowshed** and the Light Salon's new LED lamp and SkinCeuticals express facial, from £75, is for you. Expect a complexion a flower fairy would kill for. cowshed.com

Doctor Duve has many tricks up his sleeve to make you look younger. There's his Gold Cup and Thread facelift, a combination of cupping and facial micro-threading – coming to the KX Gym, (kxlife.co.uk) – or simply his Boosting Mask, for skin that glows like a sunrise. doctor-duve.com



£70, BY **DOCTOR DUVE**

HEY, GOOD
COOKIN'

Louise Parker does not believe in diets. No. She believes in enjoying food and making positive changes in your life. (No wonder her clients adore her.) Expect her **Lean for Life** cookbook, £10, to become a firm favourite. louiseparker.uk.com



Coyne Medical has normal doctors that you need to see for normal things – but with bells on. They cover antenatal care, all manner of child-health services and a lot more besides. And it's all from their cheerful, airy base in cheerful, airy Parson's Green. Stop by and say hello. (coynemedical.com)

To the
rescue!

Pfeffer Sal's Ultra Synergy facial, £250, available at its Fitzrovia salon, involves micro-needling and lots of **Vintner's Daughter** serum – if you've never used this before, you'll go wild for it. Skin will beam like a searchlight looking for people who have fallen off a boat. pfeffersal.com



£130, BY
**VINTNER'S
DAUGHTER**

THE PEOPLE TO SEE

Dr Dan Dhunna

Get Dr Dhunna's famous *London Lift* (Botox and fillers) at five clinics outside London. From £800. (drdandhunna.com)

Dr Ingrid Arion

If you're after a tiny tweak or lift, Dr Arion is brilliant at the subtlest of treatments. People will marvel at how well you look. (dr-ingridarion.co.uk)

Dr Tijion Esho

Dr Esho uses a *Juvapen* to inject minute doses of Botox delicately and precisely into the skin. It's less ouchy too. *Robot Botox*, from £195. (eshoclinic.co.uk)



£45, BY
DCL

MASK
BALL

We do love a mask around here, and this one is no exception. **DCL's** Detoxifying Clay Mask is a deep-cleansing volcanic formula that gives spots their marching orders and talks down screechy, irritated skin. A thoroughly rewarding experience. dclskincare.com



£125, BY
ZELENS

NEW WAVE

The good old sea has been helping us all look younger for eons. **Zelens'** new Marine Complex Deep Restorative Cream is very wisely rammed to the rafters with a host of active aquatic ingredients to give you skin that would make a seven-year-old proud. harrods.com

FUTURE PERFECTION

Right now, in labs across the globe, cunning scientists are coming up with solutions to all our beauty needs. These treatments might not be on spa menus next month, but next year?

WHO KNOWS? By Clare Bennett

One-off hair-removal treatment

You lie down on a sunbed-like device and a powerful laser painlessly frazzles away all unwanted hair, so that everything just drops off like the needles of a dead Christmas tree. Protective goggles, a hat and – if you wish – a merkin would be provided so you can keep the hair you actually want.

Choose-your-dress-size compression suit

Pick your ideal dress size, then undergo an intense sweating weight-reduction treatment. The suits would be infused with caffeine extract to effortlessly shrink-wrap excess skin.

Scar- and stretch-mark-removal plasters

These are transparent plasters, infused with a unique clinical formula containing silicone, anti-inflammatories and quercetin (a powerful antioxidant). Wearing these for a few days would transform skin to its unblemished, original state.

Permanent cellulite removal

A one-off, targeted laser treatment that would definitively zap away cellulite with no downtime and immediate, visible and flawless results.

Electronic tooth-straightener

A mouthguard you'd wear at night that emits tiny pulses of ultrasound that gently move your teeth over the course of a week. Seven days later, you could have a gazillion-dollar smile.

Non-surgical boob-size adjuster

Pick your ideal bra size, take a series of pills, and breasts would simply grow/shrink to the prescribed size.

Natural suntan

A machine that emits a healing light that stimulates the production of melanin. Stand inside it for 10 minutes, then emerge with a tan that lasts for three months (and no damage done to your skin or increased risk of cancer).

Bottom-sculpting cryotherapy

You'd be instructed to lie on your front and have a dome placed over your exposed cheeks, emitting cold air (-80°C) for three minutes. A course of six treatments would lift and shape your bottom to peach perfection.

Leg-lengthening programme

This commences with a series of intravenous infusions to make your bones malleable, before your legs are put

in traction. You would then be sent to a private spa where you would undergo another series of drips, to let the bones solidify again, before emerging a week later with legs like Gigi Hadid.

Non-surgical eye-bag removal and eyelid lift

An at-home wand, which you would repeatedly circle around your eyes. It would carefully redistribute fat and tighten the skin wherever you want it to, with no bruising or swelling.

Anti-grey-hair supplement

Take a daily dose of a formula that's been developed to inhibit the greying-hair gene, thus enabling your locks to maintain their natural colour. The pills would also contain vitamin C, making them good for your general health. Result!



PHOTOGRAPH: FRANCO RUBARTELLI/GETTY IMAGES

Walk into Twenty-five Harley Street Day Clinic and you'll notice it's different from its neighbours. The sumptuous and welcoming surroundings of the reception area make it less 'waiting-around' room and more 'could-stay-here-all-day' space.

But of course, nobody picks a clinic for the soft furnishings (although we'd understand if you did). It's chosen because it offers the kind of talent and expertise that take beauty and wellbeing to another level entirely. This clinic is completely consultant-led and your treatment will be performed by some of the best doctors in the UK, in a safe, clinical environment with state-of-the-art facilities.



DR BADVEY & MR MOSAHEBI

TOP CATS

Twenty-five Harley Street takes a holistic approach and offers a top-to-toe affair. There are specialists to look after every inch of you (even if, actually, you'd rather there be fewer inches). Mr Ash Mosahebi is one of the UK's leading plastic surgeons, providing body sculpting and breast reshaping, as well as facial rejuvenation using both surgical and non-surgical techniques. In fact, there isn't much this 'Titan of Tightening' can't do, but he's always up for the challenge.

SKIN IS IN

Consultant dermatologist Dr Suchitra Badvey is the go-to for cosmetic skin treatments including Plexr non-surgical blepharoplasty – reversing droopy eyelids and Platelet Rich Plasma (PRP) therapy, which uses a natural by-product to stimulate collagen growth for complete skin renewal. So, if you want that sought-after 'pregnancy glow' without the sleepless nights, nappies and 18+ years of responsibility, then look no further. Dr Badvey will have you being mistaken for the youth.

CHECKS AND BALANCES

Why not stop by for a Beauty Check; a consultation with one of Twenty-five Harley Street's experts where you'll be tested for vitamin and mineral deficiencies. An all-inclusive treatment plan



WELCOME TO 25

Harley Street's newest clinic welcomes you with (toned) open arms

covering diet and nutritional advice will also be created for you and the expert will recommend any complementary cosmetic procedures to make sure your visit provides lasting results.

HANDS, FINGERS, KNEES AND TOES

Ms Effie Katsarma – the woman who'll stop ageing hands involuntarily waving you into the wrong decade – deserves a rewrite of the popular nursery rhyme. A consultant plastic, reconstructive and hand surgeon, she has all kinds of scientific sorcery at her fingertips, including Collagen Induction Therapy (CIT) – a micro-needling treatment that improves the appearance of fine lines and scars. And it doesn't stop there. Ms Katsarma is also an expert in body contouring, liposuction and liposculpture for those who believe bumps should be the preserve of winding country roads rather than your midriff and derrière. Tootsies more Mr Tumnus than tremendous? Twenty-five Harley Street has you covered. Mr Haroon Mann is the, erm, man to see if your Manolos are hiding a diamond-encrusted pedicure and a multitude of sins.

DOWN UNDER

It's not just the bits you show the world that the clinic's aesthetics consultants can help with. If your intimate parts are causing you trouble,

Twenty-five Harley Street offers labiaplasty too. And nowhere is it more vital for things to feel as good as they look. If you suffer from vaginal atrophy (which can be menopause-related and causes dryness and infections), you'll want to know about The MonaLisa Touch – the laser treatment that tones and tightens the vagina. A happy side effect means more sexual pleasure. Yes we know; you're very welcome.

TIGHT LIPPED

While Twenty-five Harley Street can obviously make your pout more taut if you desire, for anyone who is looking for privacy, it's worth remembering that the clinic has a degree in discretion. A comprehensive women's health centre that also offers GP, gynaecology and other health-check services, they know how to keep things on the down low. You'll be looked after from consultation to recovery and leave safe in the knowledge that the only people who'll know about your visit is you and them.

Twenty-five Harley Street Day Clinic,
25 Harley Street, London W1G 9QW
Please call 020 3883 9525 or email
appointments@25harleystreet.co.uk

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Sisley reinvents
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by integrating
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A cocktail
of innovative active ingredients
to work against
the visible signs
of not only,
genetic
and environmental ageing,
but also,
for the first time
ageing due to
lifestyle and habits.

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