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*The new ways
to dress up*

SPARKLE IN SUBURBIA

Drag queens
at home

AMBER HEARD

'I'm proud of
the things I've
fought for'

BEAUTY EXCLUSIVE

CHARLOTTE TILBURY'S DANCE-FLOOR LOOKS

CAREER GOALS

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be heard,
own the room

all the frills

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A few months ago, my mobile phone died and it took two weeks to sort out a replacement (it's a long, dull story). The experience was quite literally life-changing, because I finally appreciated how, over the past few years, this little device has gone from enabling my life to ruling it. The withdrawal was hard, even physical – how odd to not have this slither of metal in my hand, or right at my fingertips at all times of the day, so I could keep on top of emails and social posts, or use the raft of apps that help me organise my busy life. Soon, however, the anxiety I felt about not being constantly connected lifted, and the sense of relief was wonderfully liberating. My life didn't fall apart. And, when I finally got a new phone, I vowed to be the one in control, rather than the other way round (so far so good). The experience – along with a number of alarming reports on the health implications of our phone-addicted culture – sparked *Marie Claire*'s #Screenbreak campaign, and this month we follow up on three women we challenged to reassess their relationship with their mobile. Find out how they got on (page 86), and follow our tips on mindful phone use, if you're feeling like you need to reclaim your life, too. With Christmas just around the corner, you'll find this issue packed with lots of great ideas for gifts and party dressing (the picture at the top of the page taken at our Future Shapers Awards shows how team *Marie Claire* do it). And I'm really thrilled that the one and only Charlotte Tilbury has created five new beauty looks to inspire you (page 146). We also have our annual Men's Grooming special (page 171) in which we get up close with Jamie Dornan, explore new trends in male fragrances and investigate the science behind the skincare that proves he really has no excuse to be hogging your cleanser and moisturiser. So, put your phone on silent, sit back, relax and enjoy the issue! Happy Christmas from all of us at *Marie Claire*.

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TABLE OF C O N T E N T S



01

COVER STORIES

- 44 Your party edit
The new ways to dress up
74 Sparkle in suburbia
Drag queens at home
79 Career goals
Be seen, be heard, own the room
98 All the frills
The gifts, wreaths and treats for perfect Christmas chic
124 Amber Heard
'I'm proud of the things I've fought for'
146 Beauty exclusive
Charlotte Tilbury's dance-floor looks

146



162



FASHION FIRST

- 39 Trends
Winter florals, pink and bedtime-inspired pieces
48 #Shoesfirst Party feet
51 The new jewellery to wear now
54 Style spotlight Francesco Risso for Marni
57 The one Tabitha Simmons for
Atelier Swarovski's earrings
58 Marie Claire edit
Introducing our new shopping channel!
61 Hot list
62 Fashion @work
Two new columnists solve all your workwear dilemmas
64 Curve Hayley Hasselhoff talks festive looks
66 Marie Claire goes shopping

124



FEATURES

- 30 Womankind
70 Remote control The rise of digital stalking
82 Interview Cynthia Erivo
86 Out of signal Three women take
on our #Screenbreak challenge

TABLE OF C O N T E N T S



02

92 Life stories Freddie Mercury

193 Deluxe

202 Final word Chelsea Clinton

FASHION

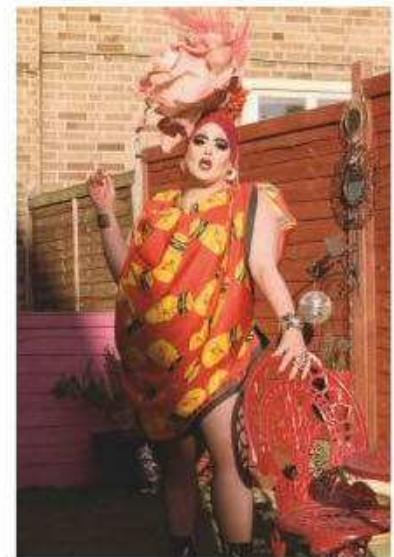
112 Artist in residence

Actor Josh O'Connor stars in our party special

132 Treasure trove

This season's finest jewellery creations

74



BEAUTY

143 Feeling beauty

Enhance your mood *and* well-being

145 Skin SOS Plump-it-up skincare

155 My beauty rules Emilia Clarke

158 #LiseOfLife Lisa Oxenham picks her favourite haircare heroes from Fabled.com

161 Angela Scanlon's fad habits Sound bathing

162 Once upon a time Fairy-tale beauty buys

132



MEN'S GROOMING SPECIAL

172 The skin he's in

All the latest products for a perfect complexion

176 Iron man Our ultimate grooming guide

185 Hit refresh The hottest catwalk hair looks

187 He smells good Jamie Dornan

188 Click 'n' sniff How to buy fragrances online

EVERY MONTH

13 Editor's letter

138 Subscribe today

Photograph by Tesh. Styled by Jayne Pickering. Hair by Jon Chapman at Carol Hayes using Leonor Greyl Hair Care and Ibiza Brushes. Make-up by Katey Denno at The Wall Group. Nails by Kylie Kwok for Traceymattingly.com. Amber Heard wears: dress, Giorgio Armani; earrings, Alexandra Jefford; ring, Cartier. Recreate Heard's make-up with: Infallible 24 Hour Fresh Wear Foundation in 200, £10.99; True Match Concealer in Vanilla 2N, £7.99; Glow Mon Amour Highlighting Drops in Champagne, £9.99; Infallible Paint Blush Palette in Amber, £14.99; High Contour Brow Pencil & Highlighter Duo in Warm Brunette, £7.99; Paradise Eyeshadow Palette Cherry My Cheri, £14.99 (exclusive to Superdrug); Infallible Gel Crayon in Back to Black, £4.99; Infallible Unlimited Mascara in Black, £10.99; Infallible Lip Liner in Hollywood Beige, £5.99; Color Riche Shine in 642, £8.99, all L'Oréal Paris

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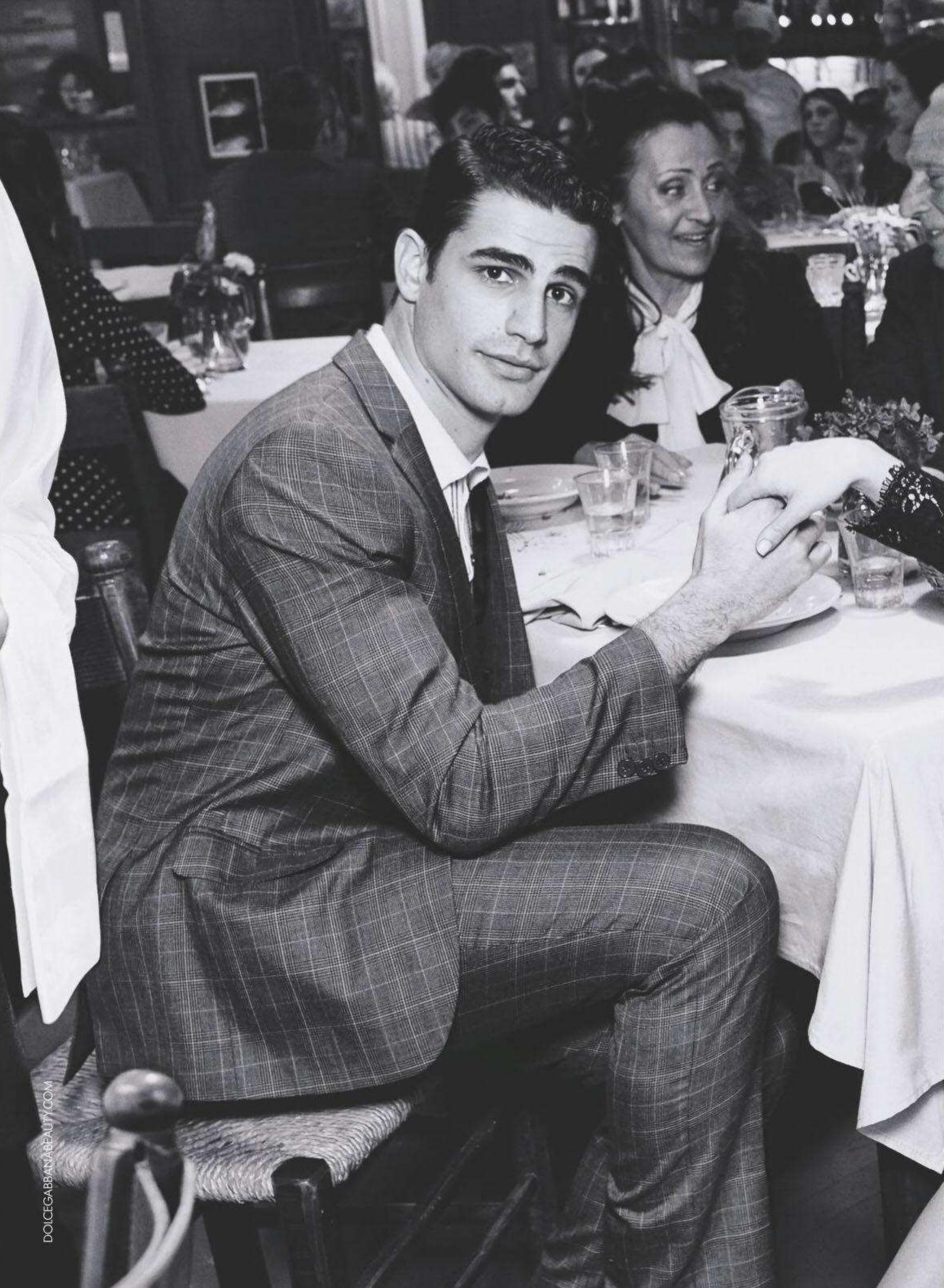
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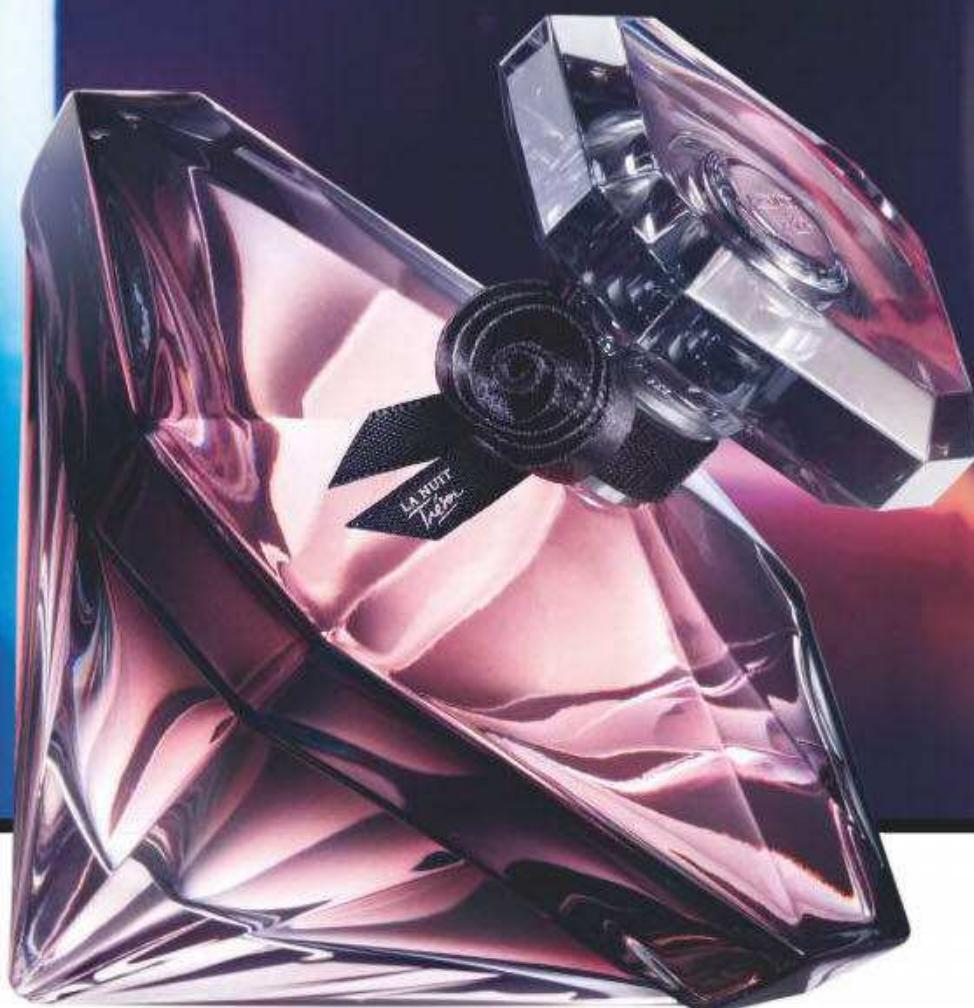
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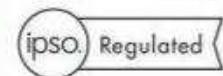
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This month's global round-up
of inspirational women
and cultural talking points

DANCE MOMS

The principal dancers in the English National Ballet are redefining what it means to be a working mother

Principal dancer at the English National Ballet, Begoña Cao (above) hits the stage fresh from the school run





'The festive season is busy as a dancer, with shows and rehearsals until 11pm – when I eat, sleep and prepare for the school run in the morning,' says Begoña Cao, principal dancer at the English National Ballet, who combines the grace, poise and self-discipline of ballet with an arguably more demanding role: motherhood. 'By far the best part of my day is coming home after a show and watching my girls [aged five and one] sleeping.'

It may seem surprising, but Cao is not the only dancer who balances parenting with the physically and mentally taxing world of ballet, where mothers are often back on stage just four months after giving birth.

Lead principal Jurgita Dronina, who attended her first post-partum ballet class just ten days after having her son, Damian, six, combats what can often be 12-hour working days over the Christmas season by bringing him to work with her during school holidays. 'It's special to have Damian with me,' she says. 'He gets to see where I work, to be exposed to theatre and music, and it gives him a deeper understanding about the art form.'

Fellow lead principal dancer Erina Takahashi credits the support of her colleagues for making the increasingly flexible working environment a success. 'It feels as if my son, Archie, 20 months, has become part of the English National Ballet family. Our friends and colleagues do everything they can to help, and the ENB has a parents group that offers a space in which to raise issues and discuss solutions. Dronina adds: 'I love how the company supports and understands our decision to have a professional dancing career and be a mother too.'

English National Ballet's Nutcracker is at the London Coliseum from 13-30 December 2018.



The English National Ballet's production of Wayne Eagling's *The Nutcracker* at the London Coliseum



WOMEN WHO WIN

Liako Serobanyane, 32, is a community mentor mother in Lesotho for mothers2mothers.

The charity works to eliminate mother-to-child transmission of HIV by training and employing HIV-positive women to become local health workers and educators

'WE NEED TO TALK ABOUT HIV'

When I tested HIV-positive ten years ago, I was pregnant with my second child and there was no one to talk to except for my family. At that time, we thought someone who was HIV positive was going to die. Now, people don't believe me when I say, 'I'm HIV-positive, too – you can do this!' I am determined to help other women going through what I've been through.

'I SEPARATE LIFE AND WORK'

The most difficult part of my job is resistant clients. Whether that's because they're difficult to talk to or they're not willing to take medication. If you haven't disclosed your [HIV] status, it isn't easy to take the medication because you have to hide and take it with food at the same time every day. Sundays are when I relax and unload everything by going to church and singing in the choir.

'CHILDREN SHOULDN'T SUFFER'

One story that sticks with me is of a woman and her baby who had been rejected by her husband. All they had was water. We supported them so they could eat, rather than have to take medication on an empty stomach. It was one of the most painful things to witness. But between the charity and the hospital staff, we pooled together to get her the care she needed. ►

World AIDS Day is on 1 December. Visit m2m.org for details, or follow @mothers2mothers on Instagram

GLOBAL

THE MICHELLE OBAMA EFFECT

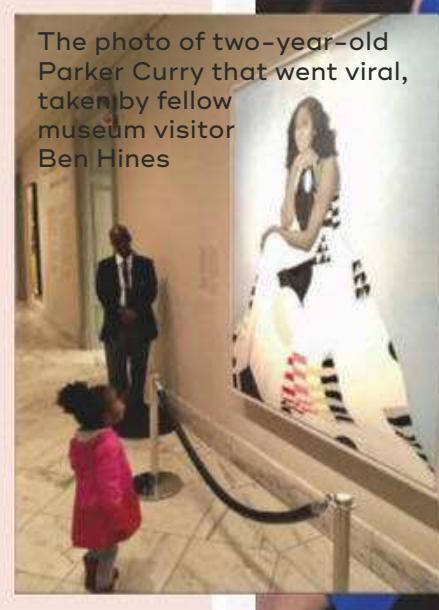
With her hotly tipped autobiography *Becoming* out this month, three women reveal the life-changing moment they met the former first lady



Nusrath Hassan, 20, met Michelle Obama in June 2015 when, as a pupil, she hosted the first lady's visit to Mulberry School For Girls in London, to launch the UK Let Girls Learn campaign.

'It's not every day you come into school to find members of the Secret Service (and their very cute dogs) in the building. Mrs Obama inspired me growing up, but meeting her in real life surpassed expectations. She was authentic, warm and charismatic, hugging me straight away. "Your story is my story", she said during her speech at the school and this line really resonated with me and our community in Tower Hamlets. Like us, she'd experienced what it feels like to be "just a working-class kid from a good community with limited resources". I have long been an advocate for women and girls' rights, but Mrs Obama's visit inspired me to read law at SOAS University of London, where I hope to use my knowledge to fight for social justice. I have since been invited to speak about empowering girls at the first Obama Foundation Summit in Chicago.'

Nusrath Hassan is a girls' education activist and law student at SOAS University of London



The photo of two-year-old Parker Curry that went viral, taken by fellow museum visitor Ben Hines



Jessica Curry met Mrs Obama after a photo of her two-year-old daughter, Parker, staring at a portrait of the former first lady went viral in March.

'When the picture of Parker went viral, I received a text from one of Mrs Obama's staff members inviting us for a meeting. Waiting in the lobby of her office, I kept thinking, "Are we really about to meet the first first lady of colour?!" I imagined it would be a quick, formal visit, but [talking to her] felt like chatting to an old friend. I was sitting on her couch watching her walk around her office with Parker on her hip, as if she was a little Sasha or Malia. When Parker suggested it was time to have a dance party, Mrs Obama slid off her shoes and the two of them danced to Parker's favourite song *Shake It Off* by Taylor Swift. Parker now talks about Mrs Obama daily. She believes she's the Queen but doesn't grasp why she's too busy for more play dates!'

Jessica Curry is founder of the parenting blog Happymamahappybabies.com



Nadja Bellan-White, executive partner and chief client officer EMEA at The Ogilvy Group, first met Michelle Obama in 2003 during the campaign for Barack Obama's senatorial race.

'It was an exciting time, as we knew that being senator was just the first step, and that we were witnessing history. Mrs Obama is an extraordinary woman – a rare blend of intellectual strength with a graciousness that is all her own. She feels "familiar" because she reminds me of everything I am, and everything I desire to be. Despite all her achievements, Michelle is real and still as humble as ever. She is as comfortable on the South Side of Chicago as she is with heads of state. Michelle reminded me that we need more positive-change agents in this world, and we should not be silent or intimidated by those satisfied with the status quo. She has ignited a fire in many of us, and I can't wait to see what we can accomplish together as a result.'

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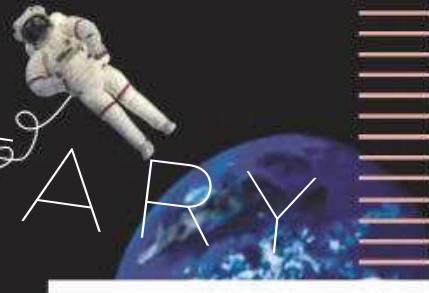
ANGRY COOKIE

A festive poem by Laura Dockrill

On a string of fairy lights I count down the days and dangle
 A glitzy-eyed glitter queen, snowed under and star-spangled
 This year I am going to do everything on my wish list...
 Just after this annoying tinsel's been untangled
 I long to do the joyful things
 Like bake mince pies and carolling
 Banging bags with a red cup of 'spiced pumpkin latte' down the high street
 And eat absolutely everything
 I want to run my finger around a bowl of fluffed up cream
 And dream of cut-out paper streams
 Overflowing bowls of tangerines
 Stockings bursting at the seams
 Under a stud of a Christmas tree
 I want us to wear matching socks
 And make one of them tacky chocolate Yule logs
 That no one ever eats
 I want to play fight with a really great blonde family dog
 Cheer whilst merry colleagues do a mistletoe snog
 I want to finally try eggnog
 Go to the pantomime and shout, 'He's behind you'
 I want to be in a duvet all cosy and watch *Home Alone 2*
 I want to get drunk on something festivey
 Like whisky
 And red-cheeked, weep, and have a heart-to-heart with my mum
 And actually finish a cane of candy
 I want to build a snowman even though the snow never comes
 I want to feel like a child, but I also want to be the one
 To creep up and sneak whilst the whole house sleeps and leave out bitten-up
 Carrots for Santa's deer
 And chink tankards full of frothy beer
 Whilst someone's uncle plays the piano in the steamy window of the local and
 Everyone knows the words
 I want to see a real red Robin hopping along
 I want to see a real bough of holly
 Burn one of those thick buttery yellow candles
 And send cards to everybody
 I want to smile at my sister through the blue and silver flame of a pudding
 Pull a cracker and behave like we're kids again, laughing about something stupid
 And even though so much has changed say 'we are still the same.'
 I want to smell the pine, the clove, the cinnamon and nuts roasting
 Toast to the host and thank everybody for coming
 But I know none of these things will happen
 But that's why this Christmas is going to be the best
 Because no Christmas is ever as Christmassy
 As the one you imagine in your head.

Angry Cookie by Laura Dockrill (£6.99, Walker Books) is out now ►

QUIZ

INTERPLANETARY
IN CRAFT

Space exploration is now top billing, thanks to C4's *The First* and Ryan Gosling's *First Man*. But could you hack it as an astronaut IRL? Tim Peake's new book puts you through your paces

YOUR MISSION

You've crash-landed on the moon 50km from your base.

Much of the equipment was damaged and survival depends on recovering the most critical items and enabling your crew to reach the lunar base. Right is a list of 15 items left intact and undamaged after landing. You have two minutes to rank them in order of their importance

(1 = most important, 15 = least important). 5, 4, 3, 2, 1....



Natascha McElhone stars in *The First*

- Box of matches**
- Handheld GPS receiver**
- 15 metres of nylon rope**
- 3 spare space-suit batteries**
- Solar-powered FM receiver-transmitter**
- 3 carbon dioxide removal canisters**
- 20 litres water – can be administered through canisters for the space suit**
- Magnetic compass**
- 1 case dehydrated food**
- 3 spare oxygen tanks for space suit**
- Self-inflating life raft**
- First aid kit**
- Stellar map**
- Two handheld mirrors**
- Parachute silk**

FILM
BY JAMES MOTTRAM

**SUSPIRIA ★★★**

Dakota Johnson plays a dancer caught up in freaky supernatural goings-on at her academy in this brilliant remake of Dario Argento's classic. Very unsettling.

**DISOBEDIENCE ★★★★**

Based on the Naomi Alderman novel, Rachel McAdams (above) and Rachel Weisz star in this tale set in north London's Orthodox Jewish community.

**PETERLOO ★★★★**

This 19th-century drama about the Peterloo massacre in Manchester is veteran director Mike Leigh's first bona fide epic. A superb Rory Kinnear leads the cast.

**WILDLIFE ★★★★**

Actor Paul Dano makes his directorial debut with this intelligent 60s tale of marital discord. Jake Gyllenhaal and Carey Mulligan (above) play the parents pulling apart.

ANSWERS

- (E20, Century).
Book by Tim Peake and ESA
The Astronaut Selection Test
on the moon to sustain
Worthless – there is no oxygen
spacesuit. **15** Box of matches.
to administer this food into the
Dehydrated food. No means
the compass would not work.
on the moon is not polarized so
compass. The magnetic field
weak signal. **13** Magnetic
receiver would not receive the
this task. **12** Handheld GPS
none would be much use for
can be ranked in any order as
stretcher. The remaining items
This could function as a
handy. **11** Self-inflating life raft.
tape and scissors can be
10 First aid kit. Items such as
and makeshift constructions.
Helpful for scaling nylon rope.
items. **9** 15 metres nylon rope.
construction or for carrying
silks is useful for making
communication. **8** Parachute
A secondary method of
Morse code. **7** Handheld mirrors.
used to communicate via
communication, it could be
if not compactible with voice
FM reception-transmitter. Even
navigation. **6** Solar-powered
5 Stellar map. Vital for
for replacement of fluid.
4 20 litres of water. Essential
dehydration and exhaustion.
prevent overheating.
and ventilation systems to
batteries. Needed for cooling
positioning. **3** Spare space suit
will die from carbon-dioxide
canisters. Without these you
and maintaining suit pressure.
2 Carbon dioxide removal
suit. Required for breathing
spare oxygen tanks for space
1 Spare oxygen tanks for space



'ALL I WANT FOR CHRISTMAS...
IS NOT TO HAVE
TO CHOOSE MY
BOYFRIEND'S MUM'S
PRESENT'

Across the world, women are steeling themselves for the emotional labour required to create the 'perfect' Christmas. Here, author and writer Gemma Hartley reflects on the season of unacknowledged work

Charlotte Green had planned extensively for the arrival of her twin daughters, but she wasn't prepared for them to arrive seven weeks early – a month before Christmas. Still, she was determined to create the perfect first festive season together as a family. She bought presents online between night feeds and changes, which she wrapped while masterminding an itinerary that left nothing to chance, even arranging three separate meals involving her parents, her husband's parents and their own family for Christmas Day so that no one felt left out. It was idyllic. For everyone except Charlotte. 'I hated every minute. It was the most stressful day ever,' she says.

Like millions of women, Charlotte is silently gearing up for more of the same this year, as she quietly shoulders the lion's share of the preparations. Christmas demands an extra, hidden level of emotional labour – the invisible work women perform to keep everyone happy – as I discovered while interviewing countless women for my new book, *Fed Up: Navigating And Redefining Emotional Labour For Good*.

'My older brother is very happy to say to my sister and me, "You choose your present, just tell me how much it costs,"' says Victoria Thomas, a 26-year-old law graduate whose experience is typical. 'This year, he outdid himself, suggesting he bought some flowers for our mother and split the cost between us, despite earning more than us combined. He took the cash, then forgot to buy the flowers.'

Helena Lewis, 45, confesses to a similar burden, despite having a full-time job with the same hours as her partner. 'I carry emotional responsibilities for my son, my brother, my ex, my boyfriend. Basically, name a man in my life, and I have responsibility for him. As a result I have a huge box of spare cards and gifts, and a calendar full of dates no one else will bother trying to remember.'

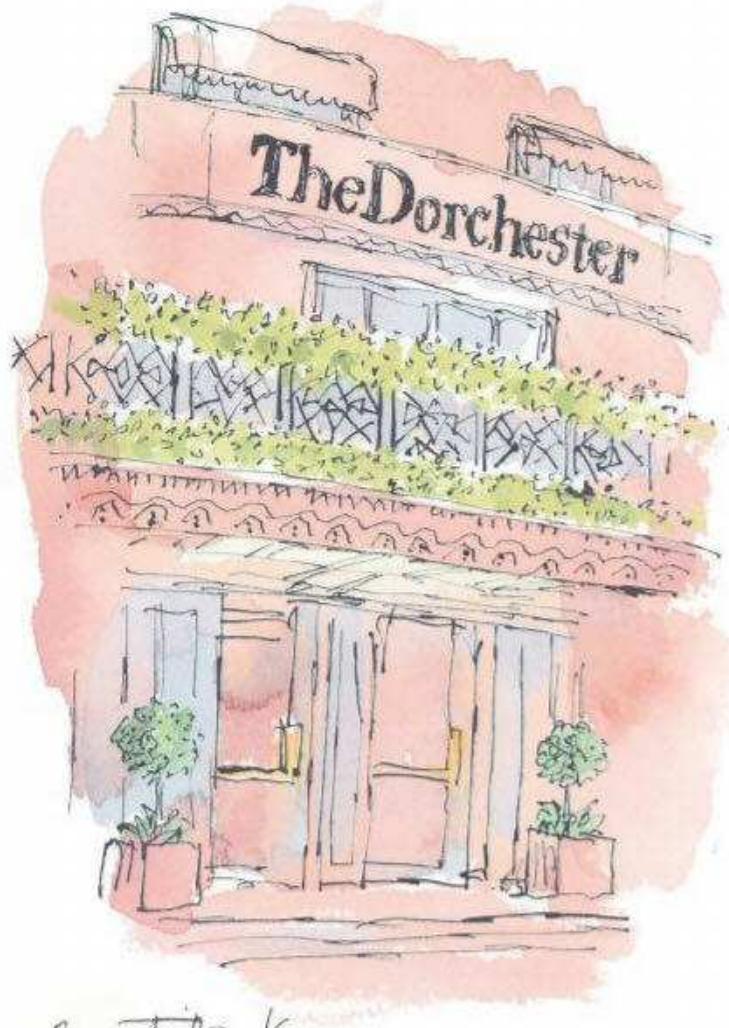
My own experience is similar. My book came about after I asked my partner to order us a cleaning service for my Mother's Day gift. Disappointed that I hadn't given him a more straightforward gift he could click and order on Amazon, he shrugged off the invisible labour involved (researching firms, asking for recommendations, etc) and instead scrambled to clean the bathrooms himself as I realised the true impact of emotional labour on our own everyday life. I wrote about this epiphany and it went viral – sparking a long overdue conversation about the ways emotional labour is split between men and women. At Christmas, the additional responsibilities, from decorating the house to RSVPing to parties, has a stultifying effect on women. They spend nearly twice as much time tending to domestic work and childcare than their male counterparts, according to research from

the Pew Research Center, Washington, and the Office for National Statistics. Even when men are taking up their share of tasks, we can rarely

(if ever) relax because we're doing the background work to keep things running smoothly – plotting what needs to be checked off the to-do list, delegating chores and tending to the emotional needs of others.

'I even buy my own gifts 90 per cent of the time,' 31-year-old Gretchen Bossio told me. 'That way I don't have to send ideas, follow up and, inevitably, return the gift. My "agreement" with my boyfriend is that he writes a card with a full paragraph of nice words for me. I take care of the rest myself.'

So what's the solution? Talking is a good start. 'Your home life will be happier and work productivity will be healthier if emotional labour and its hidden costs are brought into the light,' says Dr Michele Ramsey, associate professor at Penn State Berks, Pennsylvania. Our careers will benefit too, as Sheryl Sandberg says, 'The most important career decision you make is who you marry – pick a man who will share the domestic burden at home and you'll be freer to pursue your dreams.' It's something to bear in mind for more content Christmases to come. ■



Illustrated by Quentin Blake

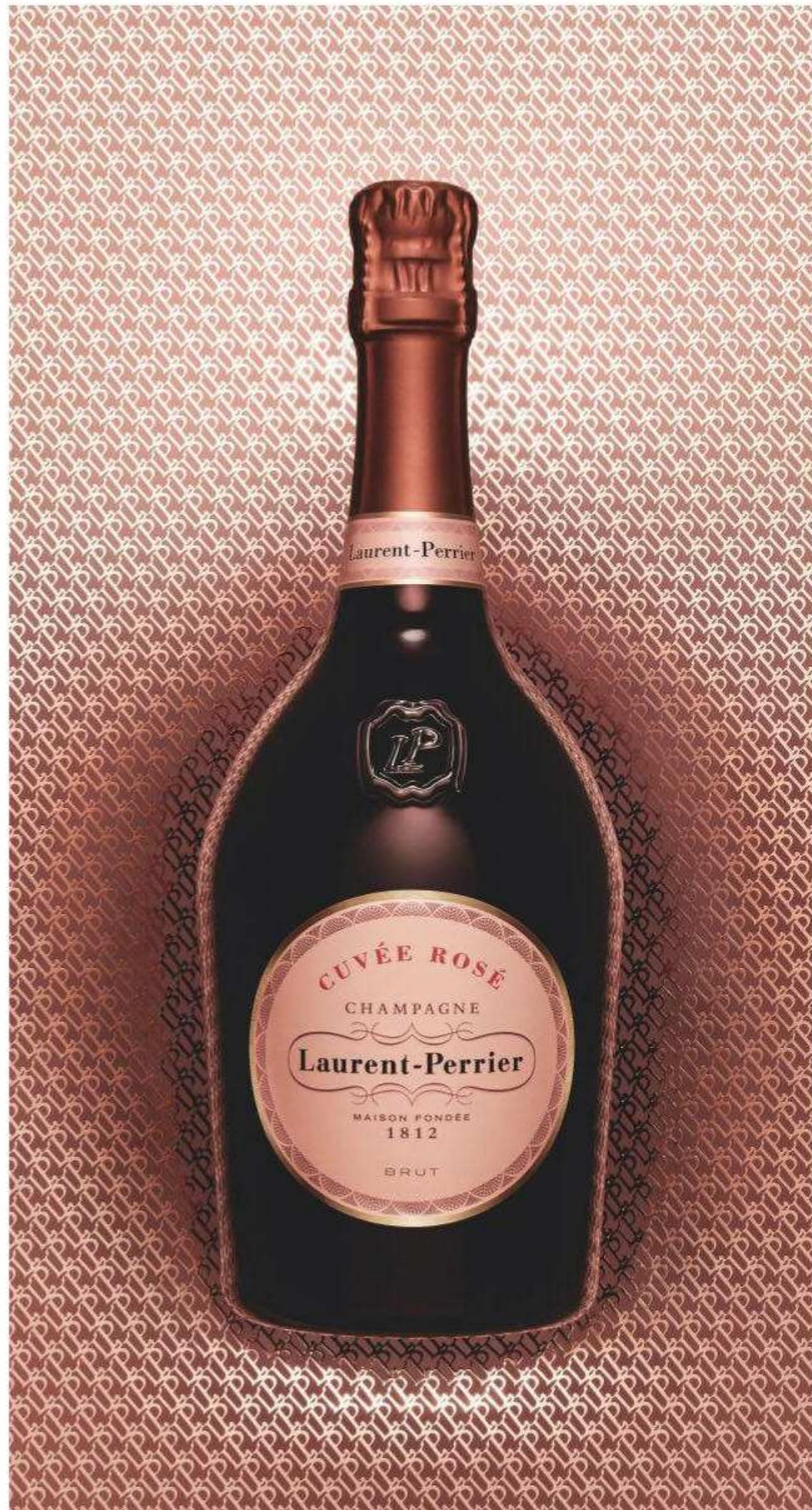
The Dorchester



MAISON FAMILIALE INDÉPENDANTE

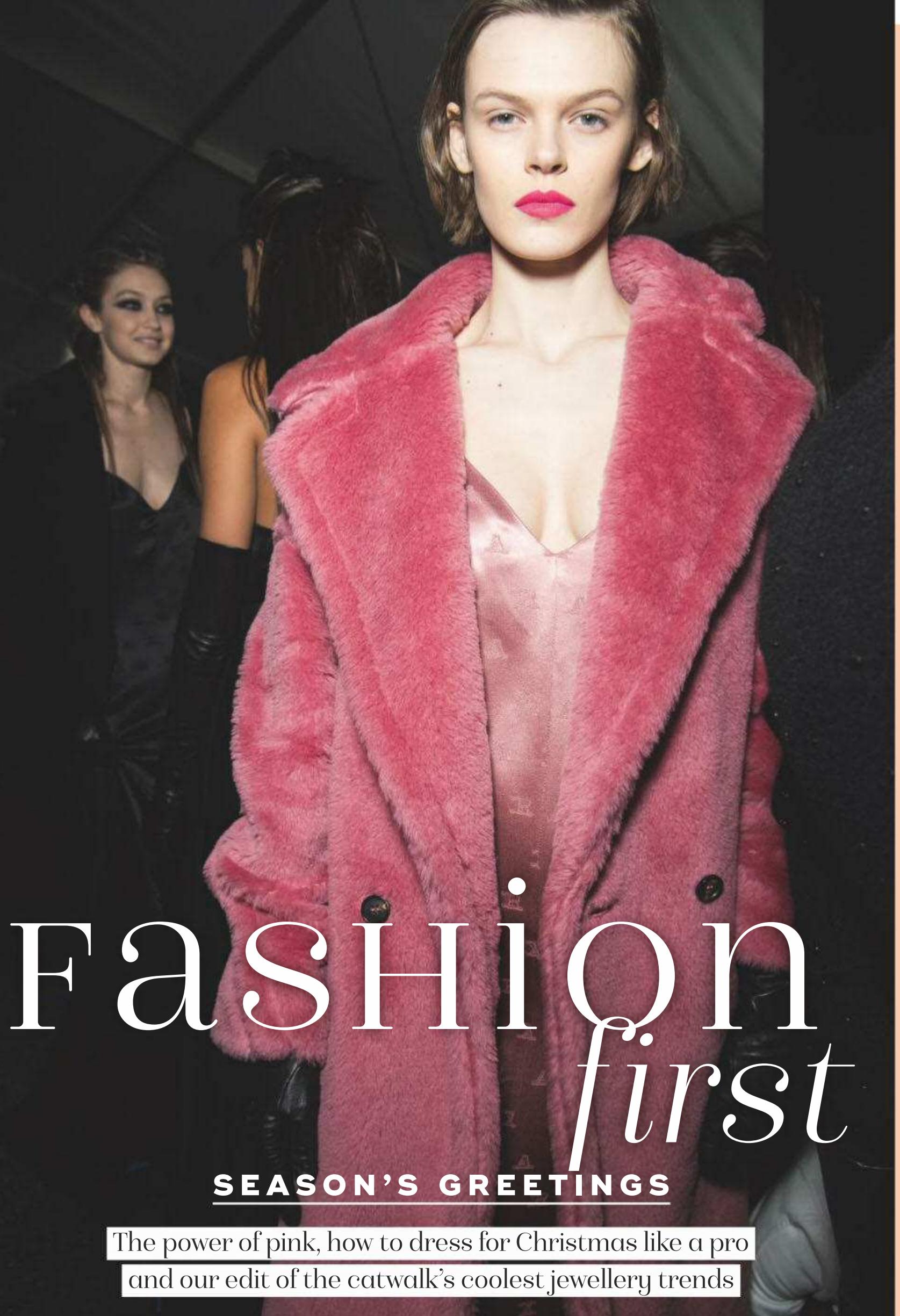
Laurent-Perrier

Cuvée Rosé, chosen by the best.



© laurentperrierrose Photo credit: Iris Velghe / Illustration credit: Quentin Blake

drinkaware.co.uk
for the facts



Fashion
first

SEASON'S GREETINGS

The power of pink, how to dress for Christmas like a pro
and our edit of the catwalk's coolest jewellery trends



PART TWO

EST. COPENHAGEN 1986

parttwo.com |  parttwo



COMPILED BY GRACE WRIGHT. PHOTOGRAPHS BY JASON LLOYD-EVANS,
IMAXTREE, GETTY IMAGES. STILL LIFES BY NOHALIDEDIGITAL.COM

01 Hair clip, £23, Kanel **02** Trousers, £225, Bimba Y Lola **03** Bag, £391, Muun **04** Dress, £1,050, Isa Arfen
05 Boots, £150, COS **06** Shirt, £95, Kitri **07** Bag, £1,240, Preen By Thornton Bregazzi **08** Shoes, £620, Gucci
09 Skirt, £39.50, Marks & Spencer **10** Hair clip, £23, Kanel **11** Hair clip, £17, Kanel **12** Dress, £99, Finery

THE TRENDS

Blush hour

From classic coral to candyfloss, everything's looking rosy this season



01 Bag, £300, Loeffler Randall **02** Top, £350, Rejina Pyo at Couverture & The Garbstore **03** Boots, £370, Essentiel Antwerp **04** Coat, £450, Stine Goya **05** Necktie, £39, Arket **06** Shoes, £69.99, Zara **07** Cardigan, £89.95, Part Two **08** Earrings, £125, Rachel Comey at Couverture & The Garbstore **09 & 10** Trousers, £59.99, and blazer, £89.99, both Mango



ISSEY MIYAKE
L'EAU D'ISSEY
PURE

NECTAR
DE PARFUM

the new eau de parfum
#SUSPENDEDMOMENT



THE TRENDS

Dream team

Mix bedtime-inspired pieces with glamorous accessories for a look that's an overnight success

ALL DAY. ALL NIGHT.



SOREL.COM

 **SOREL**

The SOREL logo consists of a white silhouette of a polar bear walking to the right, with its front paws raised. To the right of the bear, the word "SOREL" is written in a bold, sans-serif font.

WHAT'S YOUR DANCE-FLOOR STYLE?

Three *Marie Claire* fashion editors share their festive go-tos for the perfect night out



Top, £500,
Alice + Olivia
at Harvey
Nichols



Dress, £825, Erdem at
Net-a-porter.com; shoes, £595,
Charlotte Olympia; earrings,
about £255, CA&Lou; bag,
£348, Les Petits Joueurs.



Shoes,
£795,
Manolo
Blahnik



Bag, £179,
Marc Cain

RAZZLE DAZZLE

Jess Wood, fashion features director, lives by the 'more is more' mantra. 'You can't go wrong with a proper party dress and this Erdem design (left) combines a vintage-inspired print with a cool midi length, which stops it looking too retro. The OTT jewellery and crystal-encrusted shoe trends are perfect for me right now – I'll be piling on the sparkly shoulder sweepers and going magpie-mad with embellished statement heels.'



Skirt,
£280,
Tibi

Dress, £85,
ASOS



Earrings,
£75,
Pinko



Dress,
£99,
Topshop



STYLE TIP
'SATC's other Mr B marks ten years of the iconic 'Hangisi' shoe with a limited-edition capsule of new designs this month. Hello, wait list...'



AFTER DARK

Lucia Debieux, fashion editor, is putting all bets on black this party season. 'At the top of my Christmas wish list is some good old-fashioned glamour. As much as I love to wear colour day-to-day, when it comes to eveningwear, there's something about the LBD that draws me in. A slinky 90s slip dress is my all-time favourite, so I'll be teaming mine with two more staples: the oversized blazer and low-heeled (aka dance-floor ready) mule. If dresses aren't your thing, choose a tailored suit instead, like this French Connection number (above). The embroidered detailing screams high end and the belted jacket works just as well on its own as it does with silk or sparkly separates.' ▶



STYLE TIP

'Come spring, I'll team this dress with a fine-knit grey cashmere jumper underneath.'





LUXE LAYERING

Grace Wright, *Marie Claire's* junior fashion editor, is opting for opulence. 'For me, party dressing is all about beautiful colours and sumptuous textures, so I like to layer on rich fabrics, like velvet and silk, in jewel tones. My go-to look this season will be a mid-length dress worn over trousers in a complementing colourway. Standout accessories are key to keeping it fresh, so focus on printed pieces or architectural shapes – they can immediately make an outfit pop and feel bang on trend.' ■





very

VERY.CO.UK

FIND THE GIFT
THAT HELPS THEM
FIND THEIR

Gift

#SHOESFIRST

PARTY FEET

From high-shine metallics to glitter and gems galore, these hot steppers are the life and sole



01 £398, Stuart Weitzman **02 £40**, ASOS **03 £545**, Mulberry **04 £65**, Topshop
05 £89, & Other Stories **06 £750**, Sergio Rossi **07 £195**, Miista **08 £255**,
 Russell & Bromley **09 £499**, Attico **10 £345**, Loeffler Randall **11 £295**, LK Bennett

PREEN BY THORNTON
BREGAZZI



VERY.CO.UK



FIND THE GIFT
THAT HELPS THEM
FIND THEIR
Gift

JAGUAR F-PACE

**STRAY FROM
THE PACK.**



The multi award-winning F-PACE. Dramatic flowing lines drawn from our sporting heritage. Performance-tuned chassis for responsive handling. Intelligent Driveline Dynamics on AWD models. A dynamism you don't see in an ordinary SUV. Not all cars follow the same pattern. jaguar.co.uk

A BREED APART

Official NEDC Equivalent (NEDCeQ) Fuel Consumption for the Jaguar F-PACE range in mpg (l/100km): Combined 23.7-51.4 (11.9-5.5). CO₂ Emissions 272-145 g/km. The figures provided are NEDCeQ calculated from official manufacturer's WLTP tests in accordance with EU legislation. For comparison purposes only. Real world figures may differ. CO₂ and fuel economy figures may vary according to wheel fitment and optional extras fitted.

THE NEW Jewellery TO WEAR NOW

Earring,
£123, Wald
Berlin



Ring, £35,
Pandora



Cuff,
£109, Uno
De 50



Necklace,
about £36;
charms (set of
three), about
£68, both Alex
and Ani



CHLOE

NATURAL SELECTION

Designers including Chloé, Jacquemus and 3.1 Phillip Lim showed an affinity for all things natural when it came to their AW18 runway jewellery. Follow their lead with pieces inspired by shells, leaves, feathers and flowers.



Earrings,
£14.50,
Freedom at
Topshop

Earrings,
£49,
Bimba
Y Lola



ISABEL MARANT



SAINT
LAURENT

Necklace,
£18, ASOS



HALPERN

Earrings,
£75, Adore
Jewellery



FLASH MOB

Diamanté accessories are making a big splash this winter. Go for bold with XXL shoulder-skimming earrings, lashings of layered necklaces, plus chunky cuffs and razzle-dazzle rings. Shine on... ►

Necklace,
£209,
Emporio
Armani

Ring,
£450,
Monica
Vinader

Cuff, £370,
Helene Zubeldia



3.1 PHILLIP LIM



Earrings,
£129,
Brinker &
Eliza

Necklace,
£209,
Emporio
Armani



Cuff, £370,
Helene Zubeldia

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PIN IT

Brooches are trending everywhere right now, and a cluster of them on a pared-back blazer injects instant personality. Reimagined straight from your granny's jewellery box, the hottest designs are fashioned from insects and florals, as well as pretty pearls and precious stones.

3 BRANDS WE'RE LOVING



BIRKS

It may have been around for more than 100 years, but this Brit-founded brand is still ahead of the style stakes. From everyday extras to break-the-bank heroes, there's a distinctive design to suit every budget.

Key buy: 'Bee Chic' cuff (above), £150.

LARK & BERRY

Launched this year, Lark & Berry bridges the gap between luxury and high street. Its clever laboratory-created diamond pieces are leading the charge of sustainable jewellery brands.

Key buy: 'Star' studs (above), £450.

VASHI

With a new store in Selfridges, Vashi is the label on everyone's lips. Its alternative approach to high-end jewellery shopping includes glassless displays and craftsmen on hand to create bespoke items.

Key buy: 'Lovestrike' ring (above), £330. ■



CHAIN REACTION

No longer reserved for holidays in the Med, anklets are the street-style signature to elevate your look. Paired with a pointed mule or low-cut ankle boot, this often overlooked accessory is making a major comeback.



£70, Lucy Williams X Missoma

£205, (for set of two), Magda Butrym

£98, Thomas Sabo

£174, Maria Black

About £305,
Pascale Monvoisin

JOHN FRIEDA.
LONDON PARIS NEW YORK

FINE

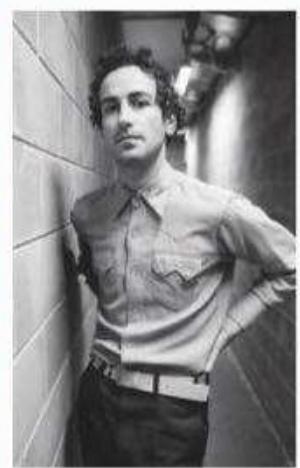
FULL

JOHN FRIEDA
DESIGNED FOR
DEMANDING HAIR



STYLE SPOTLIGHT

FRANCESCO RISSO FOR
MARNI



When Francesco Risso joined Marni at the end of 2016, he had huge (wooden-wedge) shoes to fill. Over the previous 20 years, founder Consuelo Castiglioni had built the label into a brand revered the world over for an artistic, off-kilter aesthetic. Castiglioni's clashing prints, roomy silhouettes and air of frayed femininity made it the go-to for women interested in looking stylish but never overtly sexy (shudder). For a young man stepping into his first creative director role, taking the reins of a house so personally crafted in Castiglioni's image was a big deal. But 36-year-old Risso's background prepared him well for interesting gender role reversals – his aristocratic father was a bohemian free spirit, while his mother was a brass-tack businesswoman. Risso spent the first four years of his life living on a boat in Sardinia, before his entire extended family all moved to a sprawling house in Genoa, where his grandmother was a well-known local tailor. A certain yearning for routine led him to study in New York and then in London at Central Saint Martins, where the legendary Professor Louise Wilson taught him many things – including how to lose his 'horrible' Italian/American accent. He went on to work at Alessandro Dell'Acqua and then Prada. Here, we get to know the man finding Marni's new mojo...

How did the Marni job come about?

I happened to meet Renzo [Rosso], who bought the company in 2015 through a mutual friend. We shared my vision of the brand, how I would interpret it, and kept meeting. After six months of talking, Renzo, who is an incredible man, offered me the job. I was so flattered, excited and happy.

Was it a label you had always dreamed of being part of?

Yes. Having worked at Prada, I've been connected with the Italian reality, and Marni is a brand I was always obsessed with. Consuelo [Castiglioni] created this special jewel, and I feel I'm here to protect and cherish it.

Marni is closely associated with a 'female' design perspective. What's it like being a man at the house?

I don't think any other woman could have been a substitute for Consuelo, so Renzo was wise about that, I think! I'm surrounded by women and, anyway, now I think about Marni as an entire world, it's not just about a feminine sensibility. We've also been pleasantly surprised to find women buying the menswear, and vice versa.

How was your first day?

I was nervous, of course. But I found a strong sense of creativity and a free way of thinking, and that was a big pleasure straight away.

What would you say are the Marni visual 'codes'?

I think of the brand as 'controlled chaos'. So many prints and colours, and a sense of being outside the normal conventions. I like to define it as a mystery box – you think 'what's inside?' Then you look and there's another box, and another one. It's a state of mind. You have to be open with the fact you're wearing a loud print and want to be off your centre somehow. That's one of the label's strong identities.

Are there particular colours and prints that are 'Marni'?

I always think about the 70s and that moment of revolution – it's not necessarily a certain palette, it's how you mix the colours. They have to match in a particular way. The main thing with both the colours and the prints is that they're not an afterthought; they're thought through and they stand out.

Do you tend to start with the palette or silhouette?

I actually invent a story first. It comes



Backstage at the
Marni AW18 show

into my head, then I try to tell it through images and share it with the team. We have a lot of fun thinking about people, for example: 'This woman was at a supermarket, then decided to go out and met this man.' And after that everything else comes, from the colours to the shapes.

Do you like reading?

Definitely. Books are one of my main sources [of inspiration]. I'm fascinated by biographies and am reading Sissy Spacek's at the moment. She's an interesting character!

Favourite film directors?

Growing up, Roman Polanski's *Repulsion* inspired me so much. It stars Catherine Deneuve, who starts out all pristine with this thick, blonde hair. Then she unravels, with this repulsion towards men.

Tell us about your early life and your parents.

They were opposites. My father was eccentric and in that period in Genoa [his home town], it was very conservative. His favourite colour was pink, he was an outsider. He enjoyed life and didn't really like to work! But my mother had a job at Benetton and was also in real estate. She was the driving force. I'm a hard worker and I get that from her.

Were they stylish?

My mother was fashionable, but composed. Whereas my father walked around in suits made out of striped ticking cotton – the kind used to cover mattresses.

Was Professor Louise Wilson a bit of a strict mother figure when you arrived at Central Saint Martins?

She was tough with me at first. I'd been living in New York and had this kind of American accent, which she hated. But she'd teach you how to drive your brain towards inspiration. She was always pushing for you not necessarily to look at fashion references, but to go deep in to whatever you were interested in and force yourself to understand it. Suddenly, you make fashion out of it.

What are your dreams for Marni?

I loved the idea of the Marni Markets Consuelo started years ago, and I want to explore that idea more, of gathering people together. My plan is to create more connection, which nowadays with all the technology, we're losing. ■

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THE ONE Crystal tips

We've earmarked these colourful showstoppers for the party season - bling it on



Shoe queen Tabitha Simmons has stepped into jewellery with a new Atelier Swarovski collaboration. The vintage-inspired 14-piece collection includes these standout mismatched earrings in amethyst, blue and emerald crystals. 'My personal style has a sense of glamour, and this collection is just that, mixed with a little irreverence,' she says.

Earrings, £319,
Atelier Swarovski by
Tabitha Simmons
(atelierswarovski.com)

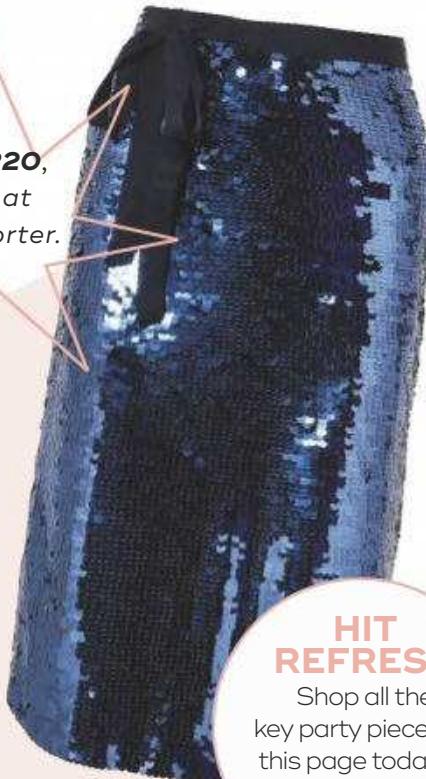


GRACE WRIGHT JUNIOR FASHION EDITOR

'It's always exciting to be one step ahead of the trends and I love developing themes for new features, then seeing those ideas come to life.'

Key party piece... 'This wow skirt worn with kitten mules and an oversize shirt.'

Skirt, £220,
J Crew at
Net-a-porter.
com



HIT REFRESH

Shop all the key party pieces on this page today at edit.marieclaire.co.uk

LUCIA DEBIEUX FASHION EDITOR

'In this job, it's all about the next big thing – whether that's a look, a brand or an influencer.'

Key party piece... 'These heels with glitter lurex socks from Arket to really up the festive feels.'



Sandals, £28,
Missguided
at Schuh



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JESS WOOD FASHION FEATURES DIRECTOR

'Whether I'm interviewing big-name designers, scouting out cutting-edge brands, putting together seasonal trend reports or giving followers the inside scoop live from the shows on Instagram Stories, my job is to keep fashion newness firmly on your radar.'

Key party piece... 'This dress will dazzle my interviewees into submission.'

JAYNE PICKERING FASHION DIRECTOR

'I've worked at *Marie Claire* for 15 years and I've been lucky enough to handle exquisite clothes from the world's top designers. The famous wardrobe I'd kill to own? Coco Chanel's, of course.'

Key party piece... 'A bag that can effortlessly carry me from day to night is essential. This one is a Christmas cracker.'



Bag, £390,
Michael Kors



Top, £35,
Dorothy
Perkins



PENNY GOLDSTONE DIGITAL FASHION EDITOR

'I update our online fashion content, delivering everything from the Duchess of Sussex's style secrets to trending influencer looks.' **Key party piece...** 'I'll be office-party ready with DP's sure-to-sell-out sequinned top.'



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by marie claire

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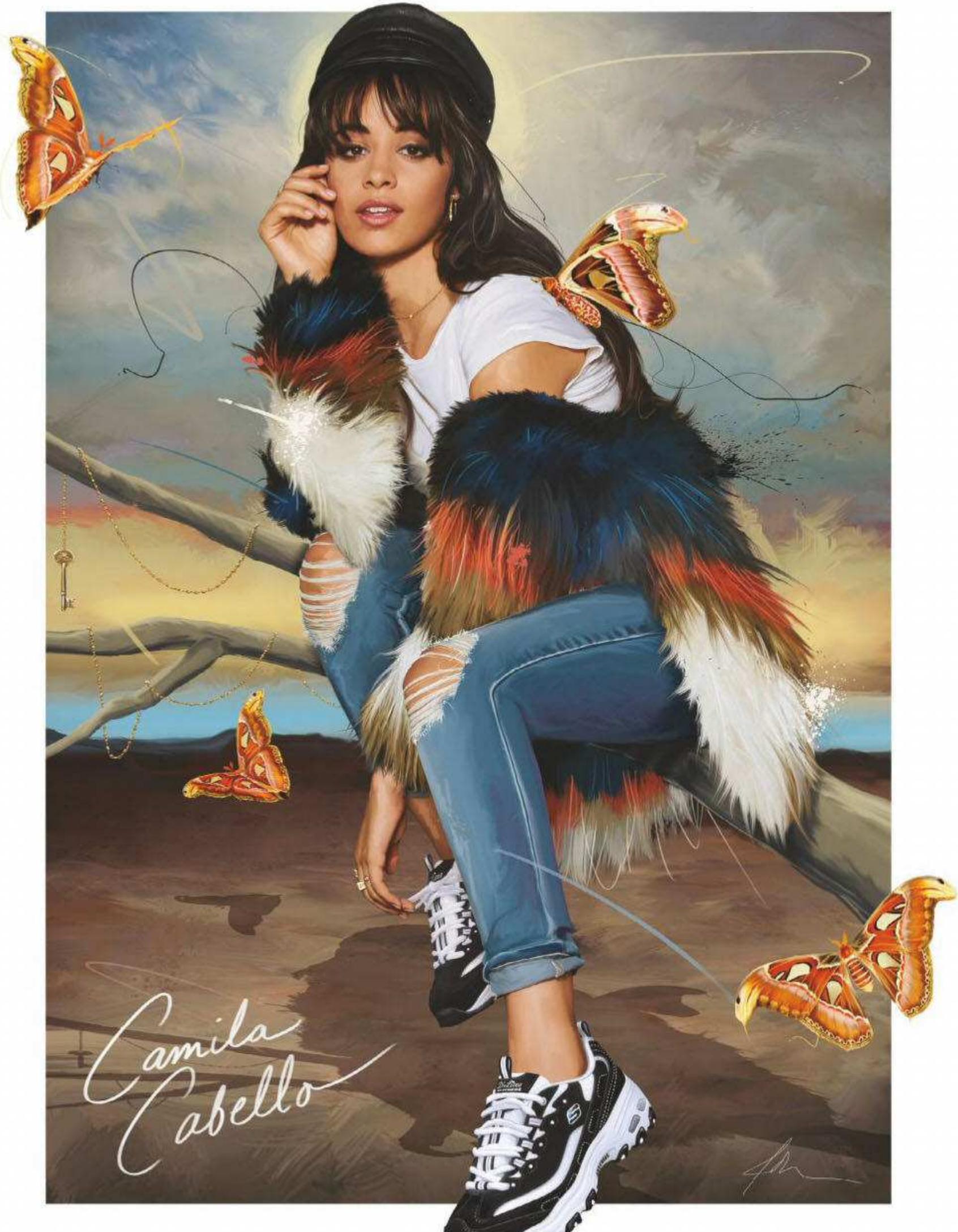
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Dress, £99, Finery

Sweater, £17.99, Mango

Trousers, £425, Goldsign

Cardigan, £165,
Bimba Y LolaBoots, £59,
Marks & Spencer

3 OF THE BEST JACKETS

Fresh updates for a workwear basic

1.



£130, John Lewis & Partners

2.



£380, Tara Jarmon

3.



£179, Massimo Dutti

FASHION @WORK

Our new columnists, style journalist *Alice Olins* (far left) and executive coach *Phanella Mayall Fine*, are the founders of women's career coaching network the Step Up Club. They're here to solve all your workwear dilemmas...

Q.

I'm a freelancer, so my office environment changes constantly. Can you suggest five key pieces that'll give me flexibility?

Lucy, freelance content designer

Many of us dream of this type of career flexibility, but you're right, it creates obstacles. First piece of advice: don't try to fit in everywhere – that's just not going to happen. Rather, craft a look that can adapt – adding or removing heels/trainers is something we employ on a daily basis. Ditto ostentatious costume jewellery, depending on the vibe. Small tweaks can have a huge impact in terms of feeling appropriate. Caution: you don't want to blend in, though. When it comes to work, you are your own marketing machine. And that means you need some visual branding (read: a look) that others can instantly recognise. To do this with five key pieces is a stroke of genius. Not only will it make getting ready in the morning a cinch, but you'll also have a uniform that's uniquely and recognisably you.

So, let's start with this seas on. There's a 70s backdrop against which the high street has gone wild, so buy some front-crease, wide-leg cords. Comfortable and able to cope with heeled boots and trainers, they'll breeze through any work scenario. Then, you need a waist-length cardigan that's just baggy enough for dresses/blouses/slogan T-shirts underneath. A maxi dress will be your best friend for life, as it's elegant and comfortable. Go for a ditsy print, or something silky in one plain colour. Your palette, by the way, should stick to the autumnal classics: burgundies, tans, and a sprinkling of greys, mustards and pinks. So, including the boots, we're now at four. Finally, buy a slim-fit roll-neck to act as your style bridge: layer under your maxi, silk tops and blouses, or tuck into your cords and just add a coat. On very cold days, pair with your cardie.

A final word: don't overlook accessories and make-up. A dark red lip can be your personal touch, as can a commitment to large gold earrings. Luckily, both work with your new capsule wardrobe.

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SIZES 12-32

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Dress,
£216,
Navabi

'Animal print is back in a major way. Wear spots from head to toe for a fierce take on "cocktail hour".' Dress (worn as a jacket), £29.99, Yours Clothing; dress (worn underneath), £49, Evans; earrings, £145, Davina Combe



Blazer,
£50, and
trousers,
£35, both
Simply Be

'I love the clever capsule collection by Marina Rinaldi and Fausto Puglisi. This embellished leather jacket [left] is an iconic piece.' Jacket and skirt, both from a selection, both *Marina Rinaldi x Fausto Puglisi*; earrings, £108, Ooak



'Powerful with a sexy edge, AW18's trouser-suit trend looks super slick in navy.' Blazer, £75, and trousers, £42, both RI Plus at River Island; top, £59, Anna Scholz; shoes, £375, Havva; earrings, £15.99, Mango; bag, £595, Aspinal of London



Bag,
£28, V
By Very

Sandals, £27.99,
New Look

Earrings, £38,
Violet Black
Jewellery

'Make the pencil skirt your go-to staple this Christmas. I love teaming a pleather number with a chiffon blouse and bold accessories. Simple, elegant and perfect for dinner and drinks.' Top, £65, Studio 8; skirt (with belt), £42, Lost Ink; earrings, £285, J Hardyment; bag, £25, Simply Be



Skirt, £32,
Oasis



'After an outfit that's subtle but chic? Switch things up in a mini skirt, paired with an oversized button-down shirt and monochrome add-ons.' Shirt, £25, Marks & Spencer Curve; skirt, £30, RI Plus at River Island; sandals, £22.99, New Look; earrings, about £120, Ming Yu Wang



CURVED

Our resident columnist Hayley Hasselhoff talks party picks

I'm already gearing up for the festive celebrations ahead, which means your party outfits are officially covered this Christmas! Eveningwear should make you feel sexy, but look effortlessly put together. Keep it classy in a tailored two-piece that will take you from day to night, respin the pencil skirt for a work do, or dazzle in an embellished hero buy (one sparkle is never enough). Just remember to walk into the room with confidence and you'll nail *every* look.

Shirt, £25,
Marks & Spener
Curve

'After an outfit that's subtle but chic? Switch things up in a mini skirt, paired with an oversized button-down shirt and monochrome add-ons.'

Shirt, £25, Marks & Spener Curve; skirt, £30, RI Plus at River Island; sandals, £22.99, New Look; earrings, about £120, Ming Yu Wang

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SIZES 12-32

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1

KEY ACCESSORY

To mark World Children's Day on 20 November, Louis Vuitton has teamed up with Unicef to launch a new 'Silver Lockit' bracelet designed by actress Sophie Turner (left). Inspired by the tumbler lock invented by Georges Vuitton in 1890, today, the piece symbolises its promise to help children at risk.



'Silver Lockit' bracelet, £210, Louis Vuitton

FRILL SEEKERS

Go large or go home this AW18 – make this ankle boot from Casadei the hero of your look, then pair with black denim, a white tee and a luxurious grey cashmere sweater.

'Maleficent' boots, £875, Casadei



2

marie claire

GOES SHOPPING

Cool collabs and sassy seasonal buys

3

PARTY ON, PEOPLE

Electric and empowered, the Self-Portrait woman is channelling 80s decadence this party season. For day-to-night dressing, think floaty dresses in bold, bespoke prints and rich velvets. Dance-floor hits, sorted.



Dress, £280,
Self-
Portrait



4

5

ABOUT TIME

Watchmaking master Rado has teamed up with its first ever female collaborator – Welsh furniture designer Bethan Gray. The end result? A super-soft, super-chic, super-wearable watch that will stand the test of time.



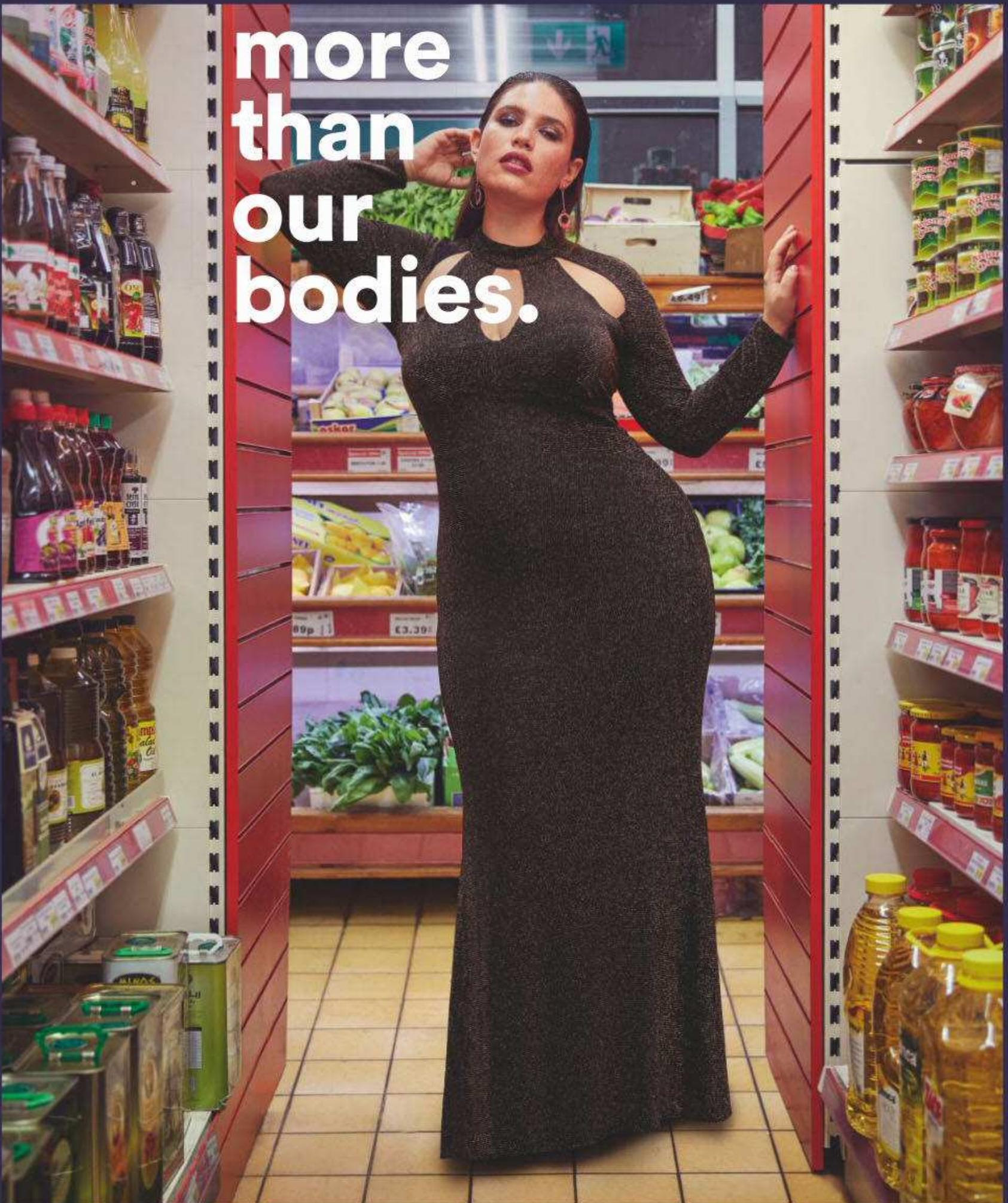
'True Thinline Studs' watch, £1,560, Rado.com

IN FOR A PANTRY

Bumbags are big for autumn and we're all over this elevated version from fresh brand Panny, which is perfectly proportioned to carry the essentials: credit card, phone, lip balm. Danielle 'Panny' Sassoon founded her luxury leather label after tenures at Max Mara, Paul Smith, Karen Millen and later, Aquascutum, which is where she honed her attention to detail and modern aesthetic. From £175; panny.com

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SIZES 12-32

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A photograph of three women in a grand, ornate hall. The woman on the left is wearing a black dress with a large, colorful floral print. She is holding up a silver smartphone to take a selfie. The woman in the center is wearing a bright yellow, patterned jumpsuit. The woman on the right is wearing a black fur-trimmed coat over a red top. They are all smiling and laughing. In the background, there are large, round, metallic Christmas ornaments hanging from the ceiling. A potted plant with greenery and small red berries sits on a ledge to the left. The floor has a dark, polished wood finish.

FESTIVE SPIRIT

Add cheer to your Christmas wardrobe
with Matalan's key seasonal buys



This page: **01** Dress, £18, Matalan
02 Bracelet, £5, Matalan **03** Sandals, £14, Matalan **04** Gilet, £20, Matalan
05 Jeans, £20, Matalan **06** Boots, £22, Matalan **07** Top, £10, Matalan
08 Sandals, £12, Matalan **09** Skirt, £14, Matalan **10** Bracelet, £7.50, Matalan **11** Blouse, £14, Matalan
 Inset image, from left: dress, £20, boots, £30; coat, £40, blouse, £14, skirt, £14; dress, £18, all Matalan. Opposite page, from left: shirt, £14, jeans, £18, shoes, £20; dress, £18, sandals, £16; coat, £40; dress, £16, boots, £24 all Matalan

Sure, the LBD and classic thick-knit sweater are go-tos come Christmas, but Matalan has some new pieces for holiday dressing that you'll want to unwrap. Clash the hot-red mini dress (far left) or punchy floral-dappled designs (above) with a pair of statement heels and you're ready to hit the office party. After a more masculine edge? The brand's mono, bow-detail blouse (left and above) looks chic with a pair of smart-stud jeans or faux-leather skirt. And Sunday roasts at the pub sipping mulled wine with your mates aren't forgotten either: cosy up in a faux-fur gilet and embellished boots. After all, 'tis the season to indulge...

MATALAN

SHOP THE COLLECTIONS

Shop Matalan's statement styles at your nearest store or head to matalan.co.uk

Remote control *

Abusive partners and exes are hijacking victims' smartphones to instil a new level of fear in domestic abuse cases. *Sirin Kale* investigates the rise of digital stalking

Instagram was the first place that Zara*, a 35-year-old writer, noticed her boyfriend Gary's controlling behaviour. 'He'd dictate what was and wasn't acceptable for me to post,' she explains. 'I wasn't allowed to post pictures of my face if he thought it was a "vanity selfie" or anything deemed racy.' He'd message Zara after she posted, telling her that she was 'fake' or fire off jealous, accusatory WhatsApp messages if she posted a photo while on a night out with friends. Even after they split and Gary moved abroad, he continued to stalk Zara via social media. 'One awful day last year, he sent me a barrage of abuse on every channel possible – Facebook, Instagram, LinkedIn. He even sent abusive messages to a guy I'd once dated and set up puppet accounts to watch my Instagram stories. I became so anxious that I needed beta-blockers to sleep at night, and I was constantly fearful of what I did online.'

An estimated five million people a year experience some form of stalking, and up to 73 per cent of cases involve digital stalking**, with the majority of victims (80 per cent) being women. 'We live our lives online now, leaving a digital trace of everything we do and everywhere we go,' says Laura Richards, founder of anti-stalking charity Paladin, which regularly supports victims of digital abuse. 'That's a challenge, as it provides further means for stalkers to track their victims.' Even though digital harassment continues to rise, the Suzy Lamplugh Trust estimates only nine per cent of people who experience it recognise it as a crime and report it to the police – meaning the true scale of digital stalking may be unknown. As a result, campaigners are pushing for the introduction of a stalking register, much like the sex offenders' register, to protect women from repeat offenders.

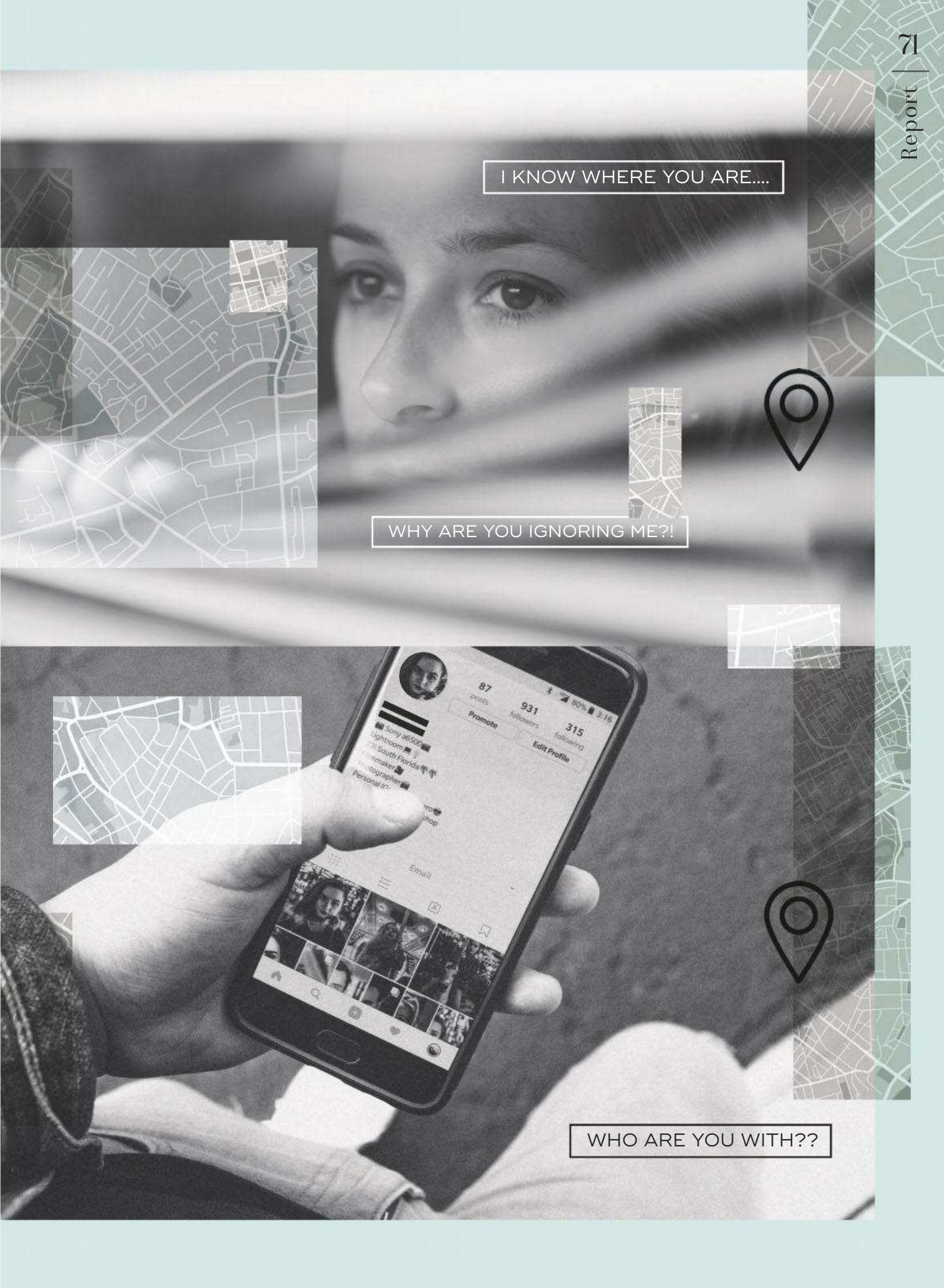
It is something that Chloe, 32, would welcome, after an argument just before Christmas with her then-boyfriend, Steve, escalated to something more sinister. When they first started talking on OkCupid two years previously, Steve had been charming. He was a medical student and they spent every weekend together. But a few months in, the controlling behaviour began. 'Sometimes he'd reward me for obedience,' Chloe says, remembering a holiday to Mexico early in their relationship. After Chloe refused to get a bikini wax, Steve accused her of making him 'question everything'. She gave in to his persistent requests, agreeing

to get regular waxes, and Steve love-bombed her with gratitude. 'I remember him picking me up and planting kisses on me. The good days somehow made me excuse Steve's bad behaviour.'

The final blow that Christmas came in the form of a cosmetic surgery 'wish list' that Steve sent to Chloe. 'It included a boob job, tummy tuck, weight loss and laser hair removal that he said I needed to make me more attractive,' she says. 'He had already pressured me into going on a diet, so my self-esteem was in shreds and I had developed anorexia.' Chloe broke up with Steve and blocked him on social media. That's when the digital stalking began. 'He'd follow my movements on [fitness app] Strava and later, when I went on [dating app] Happn, he found me on there too.'

As stalkers may not have a network of family and friends, their behaviour often becomes worse at Christmas. 'People have time on their hands [over the festive season],' explains Richards. 'If you're fixated and obsessed, you're able to pursue your favourite hobby: the victim.' Although calls to specialist domestic-violence services tend to fall over the Christmas period – because victims are thought to be trapped at home with perpetrators, unable to call for help – stalking behaviour tends to escalate. According to West Midlands Police, stalking reports increased by over a quarter in December 2017. The rise of smart home technology has also highlighted dangerous new patterns of behaviour in domestic-abuse cases, with a recent *New York Times* article citing internet-connected locks, speakers, thermostats, lights and cameras being used by perpetrators as a means for harassment, monitoring, revenge and control of victims.

To protect ourselves, Richards advises turning off the GPS services on phones and devices, highlighting that many apps will automatically track your location, unless you manually turn location services off. She has even heard of home wifi networks, mobile payment systems and reward cards being hacked by stalkers. Earlier this year, the Suzy Lamplugh Trust warned of stalkers bugging their victims' homes, sometimes using listening devices that were easily available via Amazon and eBay. One woman being stalked by an ex found out that he'd installed an extension lead that contained a listening device in her children's bedrooms, so he could eavesdrop on conversations in her house. ►



I KNOW WHERE YOU ARE....

WHY ARE YOU IGNORING ME?!



WHO ARE YOU WITH??



REPLY TO ME NOW

This November, MP Sarah Wollaston will bring her Stalking Protection Bill before Parliament, which gives police increased powers to protect victims of stranger stalking. 'Social media and email have opened new avenues for stalkers to make their victims' lives a misery and to target those around them, including friends, family and work colleagues,' says Dr Wollaston, explaining that the proposed stalking protection orders will give police new powers, allowing them to monitor stalker's internet use, for instance. However, Richards believes that such measures – which are similar to restraining orders – are easily breached and won't deter abusers. 'They are a bit of paper that can be easily given out. But most people who are fixated are not going to adhere to a piece of paper,' she warns. Only a stalkers' register will give the police the data they need.

It is a move that could save the lives of two women every week in England and Wales who are killed by current or former partners, something that became a terrifying reality for the family of 17-year-old Jayden Parkinson, who was murdered by her stalker ex in December 2013 after she told him she was pregnant. Ben Blakeley had been terrorising Parkinson in the month leading up to her death, threatening to post revenge porn online and taunting her to commit suicide. Parkinson had reported her ex-boyfriend to the police but, although they logged her complaints, she wasn't deemed

HAVE YOU BLOCKED ME???

high-risk, despite Blakeley's threats to throw Parkinson off a bridge. 'I had to identify my daughter's body just before Christmas, and I will never get that image out of my head,' says Parkinson's mum Samantha Shrewsbury. 'Three times that night, [Blakeley] strangled her and then brought her around. He never once performed CPR on her. That's nothing any parent wants to see, ever.'

New proposals for a stalkers' register would track and manage serial stalkers (online and offline) in the same way that sex offenders are monitored, and warn future partners that they are dating dangerous men. Ultimately, this could have saved women like Parkinson. After her death, it emerged that Blakeley was a serial stalker who had abused his ex-partners and posed a serious threat to women. But the police didn't know this, because they didn't have a database to cross-check against. As most stalkers are serial abusers, campaigners are calling for them to be monitored to help prevent them from targeting multiple victims,

and 157,000 people have signed a petition in support of introducing a stalkers' register – after women's website Broadly launched a campaign called Unfollow Me, in partnership with Paladin.

For victims in today's digital times, continuing to exist online can feel like a scary waiting game. Half of all stalking victims are forced to stop work because 75 per cent of stalkers will turn up at the workplace, as was the case for Chloe, who one night had to remain in her office until midnight because Steve was outside. 'He said he could see where I was on Happn, then he called me from the phone booth near my house [where he'd decided to wait for me],' says Chloe. In the end, she had to call Steve's mum, who persuaded him to leave. 'I was scared for ages of going home alone after that,' Chloe says. Steve hacked into her Google Calendar and emails, and sent messages to her contacts. Then, last Christmas, Chloe received a letter from Steve that terrified her. He sent me a card that said, 'Well done on cycling to Paris.' But Chloe never told him about that and had been careful about what she shared online. 'It felt like he was saying, "I'm still watching you."' And she still doesn't feel completely safe. ■

UNFOLLOWED

If you feel like you're being stalked by an ex or a stranger, keep a diary of every incident, tape phone calls, and screenshot messages and emails, plus record the impact they have on you. All these are valuable evidence for the police.

REPORT IT

Tell family, friends, colleagues and the police. Block the stalker on social media. Call a stalking charity like Paladin for help.

GET SECURE

Change your online passwords often and Google yourself to view what information people can see. Never share your plans online.

CUT OFF CONTACT

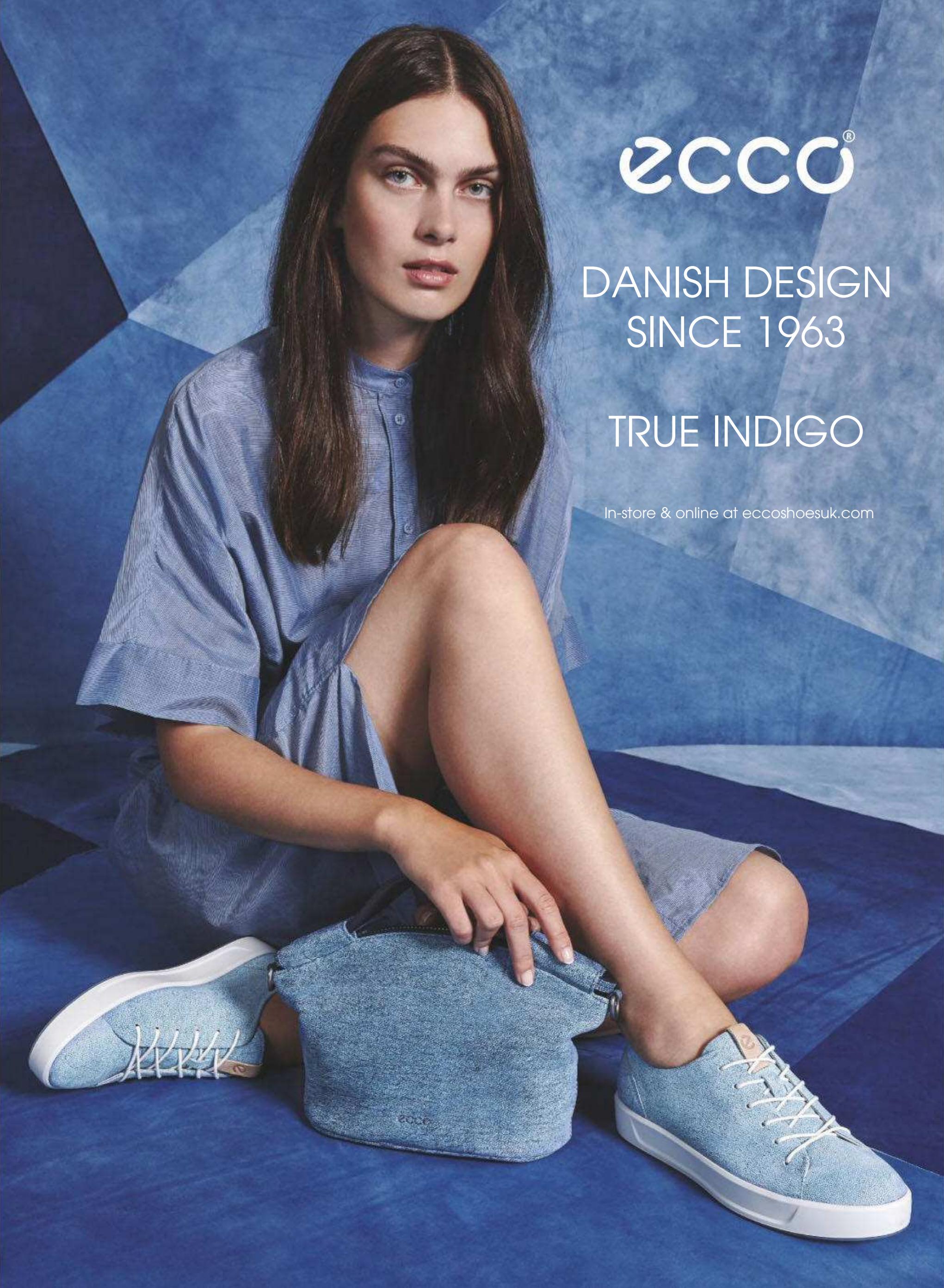
If you have a persistent ex, ask them to leave you alone. Refer to them as 'the stalker': stalkers want a personal relationship with you, so create distance in the language you use.

TRUST YOUR INSTINCT

If you feel like you're in danger, always call 999.

MANAGE YOUR RISK

If a partner is trying to control your social media use, set up separate accounts that they don't know about, change your passwords, turn off locations settings and get a pay-as-you-go mobile that the perpetrator isn't aware of.

A woman with long brown hair is sitting cross-legged on a blue textured surface. She is wearing a light blue denim short-sleeved shirt and matching denim shorts. She is holding a denim handbag with a shoulder strap. The background is a soft-focus blue.

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Queens AT HOME

Away from the bright lights and glamour of the nightclub scene, photographer *Jan Klos* was invited into the homes of some of the UK's most popular drag artists to explore the power of performance and identity

Photographs by JAN KLOS Words by TRACY RAMSDEN

Blurring the boundaries between character and self, performance and identity, drag has been popularised by mainstream theatre, advertising and TV shows, such as *RuPaul's Drag Race*. But across the UK, more LGBTQ+ people are experimenting with drag in all its forms as a space for creativity and self-expression.

'Drag has broken out of the gay scene and acts are now being booked for corporate events and weddings, but the imagery of drag queens is often of them on stage or in their dressing rooms, which I found counter inspiring,' says photographer Jan Klos, who first became fascinated by drag subculture in 2012 after spending time on London's night scene. He started photographing drag queens at home last year. 'As with fashion, our homes are an expression of ourselves – you get a sense of what a person is like by looking at their house, what colours they use, what pets they have. I wanted to photograph them in character, because those characters are part of their story – this wasn't about "peering behind the mask".'

Klos juxtaposes the everyday spaces with the colourful people who inhabit them. 'There isn't one definition of drag – like gender, it's a spectrum,' says Klos. 'You have those who have been doing it since the 90s, like Holestar, who is also a dominatrix and very well-respected on the scene. Their experiences are completely different to the younger generation of 21-year-old drag queens who are big on Instagram. For some, it's a full-time career, and for others, it's a persona they inhabit away from their mundane day jobs.' The unifying factor for all the drag queens, Klos found, was a feeling of empowerment. He says, "'Why drag?' I would ask them. 'Because it's freeing. You can be anything you want to be,' they'd reply.'





◀ **BIMINI** 'I grew up in a small town that forced me to devalue my creativity,' says Bimini, aka Tommy Titbits, who started out at Soho's Shadow Lounge and now performs using his skills as a yoga instructor and pole dancer. 'I'm a street-walking clown with big lips and an even bigger... heart. It's a big fuck you to a system that's been built on suppression.'

► **HOLESTAR**

Biologically a woman, Holestar has been performing internationally as a female drag queen since 2003. 'It was a childhood obsession with the Blake Edwards film *Victor/Victoria* – where Julie Andrews cavorts around Paris and becomes a female drag queen – that got me thinking about the gender binaries that society expects people to conform to,' she says. 'Fifteen years later, I'm cavorting around London and folks still question what's in my underpants. My answer is, "Are you entertained? That's all that matters".' A former British soldier, brothel receptionist and dominatrix with an MA in fine art, Holestar says, 'Drag is my mask. It allows me to play with my ridiculously camp, over-the-top side, while tapping into my masculine energy. Ask me to do karaoke out of drag and I'll tell you where to go!' ▶



◀ **STELLA MELTDOWN** A wannabe It girl, channelling Pamela Anderson and Anna Nicole Smith, Stella Meltdown is the trashy alter ego of Drew, a book publicist by day, who's experimented with make-up and fashion since he was a child. 'As long as the wig is blonde and there's a ton of glitter on my eyes, that's good for Stella,' he says.

▼ **EILEEN BOTHWAYS**

'I like to be home alone when transforming – I never feel fully like Eileen until the look is complete,' says 32-year-old Samuel, a queer non-binary pansexual witch, who performs as Eileen. 'I use the body as a canvas to combine gender exploration with political and social issues.'



▲ **TETE BANG** A bubblegum legend on London's underground queer drag scene, TeTe Bang's strong feminist stance has been pushing the boundaries of what drag is and making people reassess the inclusivity of women in a predominantly male-dominated space. 'I was born to a working class, single-mother stripper, so I took this and morphed it with my own queerness to bring girl power to all.'

▼ **SHAYSHAY** ‘I listen to queer podcasts while I get ready, then lip-sync into the mirror to pump me up for a show,’ says ShayShay, who’s only an outfit change away from being Shane. The Japanese side of Shane’s family were forced into internment camps during WWII, which resulted in the family pushing away their culture. ShayShay’s kimono is an heirloom that was hidden away for decades.



▲ **TAYLOR TRASH** A fan of all things Americana, Taylor Trash is the brainchild of former advertising creative, John, who became a drag queen after being made redundant. ‘At first, I felt like an outsider as a bearded, hairy queen,’ says John. ‘But Taylor and the hugely supportive London drag community became my refuge.’

◀ **BARBS** Dan’s mum didn’t realise she was carrying twins until doctors told her at the birth that one didn’t make it. Dan’s always felt the presence of his twin inside and, with each glass of Prosecco, more of her comes out in the form of Barbs. ‘She is an escape from my very ordered life as a classical musician,’ says Dan. ‘Why can’t a gorgeous girl have a pair of hairy balls?’ ■

I'm wishing
for more reasons
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Cappuccino



Black Forest
Hot Chocolate



Hazelnut
Praline Latte

Shimmer Cortado

Wish upon a
COSTA

LOUD AND CLEAR

The art of clever communication is essential to workplace success. Here, authors *Viv Groskop* and *Bobette Buster* share their secrets to owning any room

HOW TO TALK

'Women don't need to find a voice. They have a voice: they need to feel empowered to use it, and people need to be encouraged to listen,' said the Duchess of Sussex and the woman behind that memorable UN Women speech. Whether you're aiming to become the next TEDx Talker, or just want to be less terrified about speaking up in meetings, Viv Groskop, comedian and author of *How To Own The Room: Women And The Art Of Brilliant Speaking*, says, 'Let's not pretend public speaking is easy – even confident people have days when they're tired, overworked or vulnerable. But you *can* push through by taking yourself aside to breathe, focus and fool your body into feeling relaxed. Another method is exposure – do it as often as you can.' Here's how to talk smarter.

1. BE AUTHENTIC

Examine other people who inspire you and you'll find that no two people do the same thing. Angela Merkel often pushes her point home by using extreme stillness during speeches – her head and body never move, and she holds her

fingers in a temple position, like Mr Burns from *The Simpsons*. This gives her power and authority, but for others it would look fake. Compare that with Oprah Winfrey, whose natural instinct is to be informal and use her charisma. Find your own natural style.

2. LISTEN TO YOURSELF

Sometimes we have an idea in our heads of how we're coming across, but when we speak to others we realise that's not true. However excruciating it is, watch videos of yourself or rehearse a presentation on camera and get feedback from people you trust. In my stand-up comedy, I've learned to adapt to different crowds – a drunk audience might require more authority than a relaxed one. Similarly, in the workplace, read the room before you speak.

3. TAKE A RISK

'Lean in' as a speaker by saying the thing you suspect you shouldn't say, make your story a little more personal, or challenge someone on a point. You have more room for manoeuvre than you think, and often taking a risk can move the conversation forward much quicker, in an honest way. It's difficult to do a

great presentation on something you don't care about, so either find a way to make it interesting (then everyone in the room cares about it), or if it's not important to you, ask why you are there.

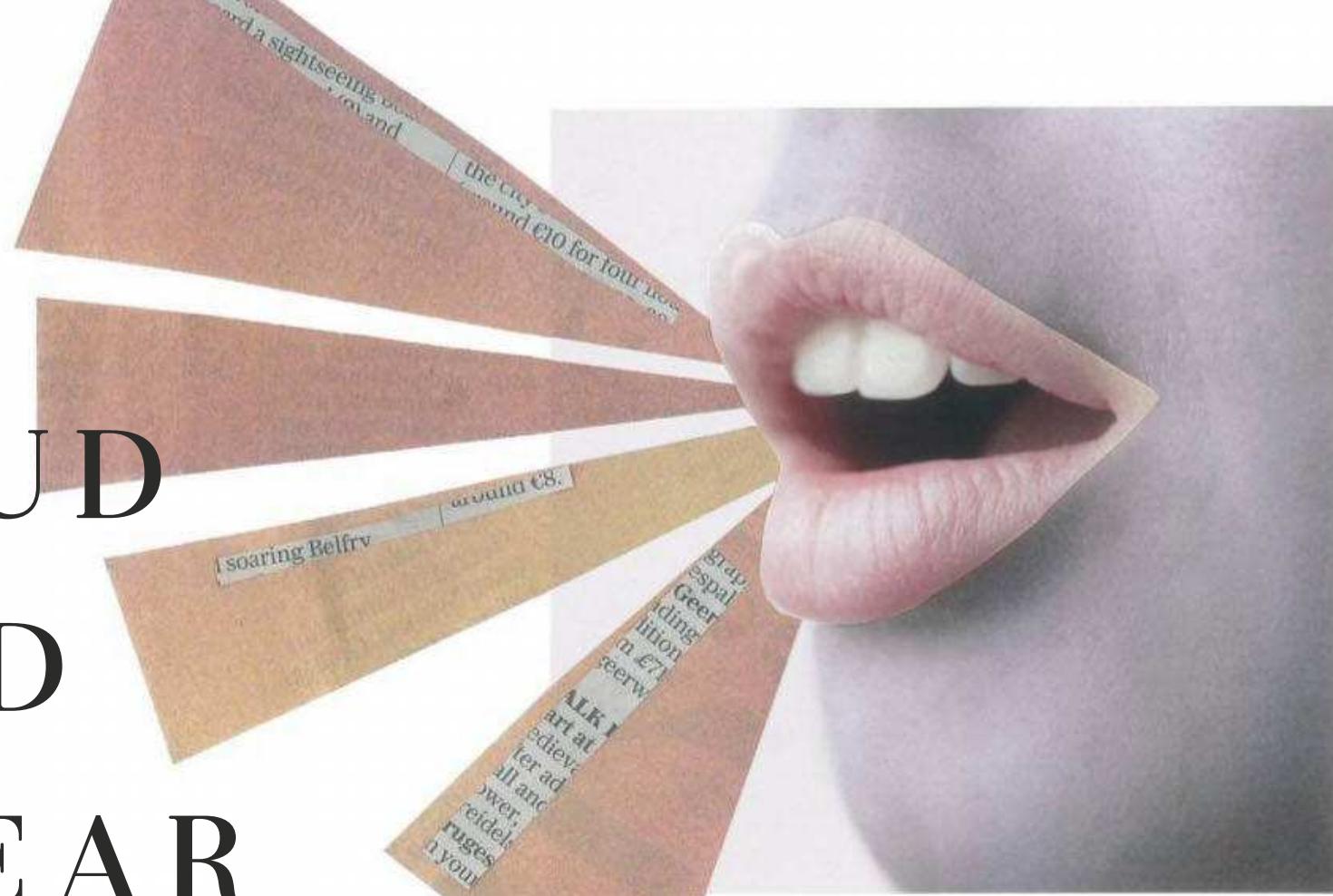
4. WHAT WOULD MICHELLE OBAMA DO?

Difficult conversations, such as asking for a pay rise or reprimanding staff, can be tackled by using the idea of 'happy high status', exemplified perfectly by Michelle Obama. Imagine how she might behave in a restaurant if somebody served her the wrong food, or a person bumped into her. She's not going to flare up and get angry; she'd deal with it elegantly, calmly and with a sense of humour. Take your ego out of the equation, stay unruffled and have faith that every opinion matters and every scenario can be fixed.

5. DON'T WAIT TO BE NOTICED

If you feel you keep putting your hand up at work or that you're not being heard, stop asking for permission and start your own thing. You don't have to be giving the keynote speech at your company conference, you could start a weekly book club to practise your talking skills, or organise a discussion group after work where everyone has their say. Then, when you do get to the main stage, you will be better prepared.

How To Own The Room: Women And The Art Of Brilliant Speaking (£12.99, Penguin Random House) is out now ►





HOW TO LISTEN

Our ability to hear is one of the first senses to be developed in our mother's womb. Once we are born, the eyes take precedence, but it has been proven that hearing is the last of our senses to go. 'So much of the time now, we are listening to others with our minds elsewhere, via our screens and smartphones. But that's not the same as listening with our ears, or being engaged in conversation,' says Bobette Buster, author of *Do Listen: Understand What's Really Being Said. Find A New Way Forward*. But it's only when you truly listen that you can understand and learn something new.

1. DON'T JUST LISTEN, HEAR

When people in the workplace irritate us, we tune them out or cut them off.

Instead, stop and listen, give the person eye contact and repeat back to them what they have just said, but in your own words so they know you were listening. This has a levelling effect, and it slows the conversation down, which helps recalibrate and create a new level of respect and civility. Ideally, the other person will then listen to you speak and reflect what you have said, too.

2. FIND A NEUTRAL PLACE

If you're facing a difficult conversation at work, The Oxford Process, an ongoing project that helps people to overcome radical differences, offers a great model for meaningful listening. The project takes people with highly opposing views to a neutral place, out of either parties' normal day-to-day, ideally somewhere with a window and a long view so they can look out and

gather their thoughts. At work, this might mean going to the canteen, or stepping away from your desk into a safe, neutral space.

3. STOP MULTITASKING

In an office environment, where screens and devices are prevalent, it's become normal to listen to someone speaking in person or on the phone while simultaneously working at our computer, or doing something else. Instead, close your laptop or mute your phone during conversations and show the person talking to you that they have your full attention. Listening is a softening of the body, so sit in a relaxed position, turn your chest towards the speaker and maintain eye contact.

4. TRY PRACTISING ON YOURSELF

Step away from your desk, or immerse yourself in the outside world during your commute to make time to practise listening. With the frenetic pace of modern life, it's harder for us to slow down, so take time to go for walks in nature; enjoy the silence, the stillness. It's recalibrating and restorative. When you're out walking anywhere, instead of plugging into your phone, look at the space around you and listen. It will help you tune into your own mind and body.

5. TURN THE TABLES

Listening is a two-way street and you should encourage the person you're listening to to listen back to you. If you're known as being a great listener, there's a chance people will take advantage of that and this is where resentment can build. If someone hasn't got time to listen to you after you've listened to them, it's OK to call them out. Just make sure you're not rude or confrontational by simply saying, 'I gave you my time and energy, and in return I would appreciate you giving me some of yours.' ■

Do Listen: Understand What's Really Being Said. Find A New Way Forward. By Bobette Buster (£8.99, The Do Book Company) is out now

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THE ARRIVAL OF CYNTHIA ERIVO

She's already conquered the Broadway stage – now British actress Cynthia Erivo is set to take Hollywood by storm.

Lucy Pavia meets a star in the making

Only 27 people in the world can claim to have to have won an Emmy, a Tony and a Grammy award. Run a finger down the list and you'll find grandes like Bette Midler, Lily Tomlin and Dick Van Dyke. But you'll also find a 31-year-old British woman from south London called Cynthia Erivo.

Haven't heard of her yet? That's all about to change. Erivo made her astounding Hollywood debut last month in Drew Goddard's neo-noir thriller *Bad Times At The El Royale*. Though Dakota Johnson, John Hamm and Jeff Bridges were among the cast, critics agreed it was newcomer Erivo who ran away with the movie as session singer Darlene Sweet. This month, she'll appear as single mother Belle in Steve McQueen's brilliant new heist drama *Widows* – a slick adaptation of an 80s TV show transferred to modern-day Chicago. Plus, a few days before we speak, she's confirmed as the actress who will play slave-turned-abolitionist Harriet Tubman in a hotly tipped upcoming biopic, *Harriet*.

Erivo's rocketing film career won't surprise theatregoers who witnessed the star power of her 2015 Tony-winning performance as Celie in *The Color Purple*, which scooped her a Grammy for Best Musical Theater Album. Or Barack and Michelle Obama, who gave her a standing ovation when she sang a rendition of *The Impossible Dream* at The Kennedy Center Honors in 2016. Growing up in Stockwell, south London, Erivo says her health-worker mother, Edith, wasn't surprised either when she announced one day that she was going to be a performer. 'I was never shy,' she laughs. After school, Erivo studied music psychology at the University of East London, but a year into her course her old drama tutor persuaded her to apply for RADA. From there, she took cameos in *Chewing Gum* and *Mr Selfridge*, and played Sister Mary Clarence in the Menier Chocolate Factory's

production of *Sister Act*. But it was her career-changing role on Oprah Winfrey's Broadway show, *The Color Purple*, that really upped the stakes.

Now, Erivo is a full-time Brooklyn resident. When we speak, she's on the train home after a rare day off spent at the National Museum of African American History and Culture in Washington – a short pause before filming on *Harriet* begins the next day.

Congrats on winning the role of Harriet Tubman. You recently said your journey to playing her [the 19th-century abolitionist and activist who saved 70 people from slavery] was long and detailed. How so?

'I knew there was interest in making a film about Harriet Tubman a few years ago, but I was doing *The Color Purple* when I was first approached about it. It's taken two years, back and forth, getting [the script] to where it needed to be. My main focus has been trying to make sure that it wasn't just the history of the woman we were telling, but the humanity of her. Often when we tell stories, it's about women who are heroes; we miss the fact that they're human, but I think it's that humanity that makes them heroes.'

There was some criticism about casting a British actress in the role, rather than an American one. Did that surprise you?

'I want to say it did, as I didn't think me playing her would be that much of an issue, but I understand where the criticism may come from. I'm not angry or upset because if me doing this now means there's a bigger conversation to be had, then I don't mind being the opening for that.'

Is it true you make a bespoke perfume for every character you play?

'If someone walks past you, even if you don't register what they look like, they'll have their own scent. ▶'

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'WATCHING TV AND SEEING THE PEOPLE WHO LOOK LIKE YOU PLAYING THE SAME ROLES OVER AND OVER – I DIDN'T WANT THAT FOR MYSELF'

I feel like it's a good memory trigger. When I put it on, it's a reminder of the character I'm getting into. For Celie in *The Color Purple*, it was orange and cedarwood. I haven't quite found one for Harriet yet.'

***Bad Times At The El Royale* was one of your first-ever movies and you're one of the central characters. Was that an intense experience?**

'It was intense. I don't know why this sticks in my head, but on the call sheet it said Jeff [Bridges] has 45 days on set; I had 43 days. And about 14 of those days were spent in "film rain", which is like mutant rain compared to what you get in nature. I'm not sure how they get the drops of water to be that big but they're huge!'

Did you ask Jeff for advice?

'Yeah, I also learned by watching him work. When we met, we got together for a rehearsal and because his character in the film has Alzheimer's, we wanted to understand where he was coming from. So, we found a video of a woman who was having an episode and couldn't remember what was going on. Afterwards, we turned to each other and just sobbed.'

Watching Viola Davis work on the set of *Widows* must have been a pretty good crash course, too.

'She's a well of knowledge. Something magical happens when it's time for her to be on screen, then in real life she's just this very cool, funny woman.'

There's the saying that you can't be what you can't see. Who was your big inspiration growing up?

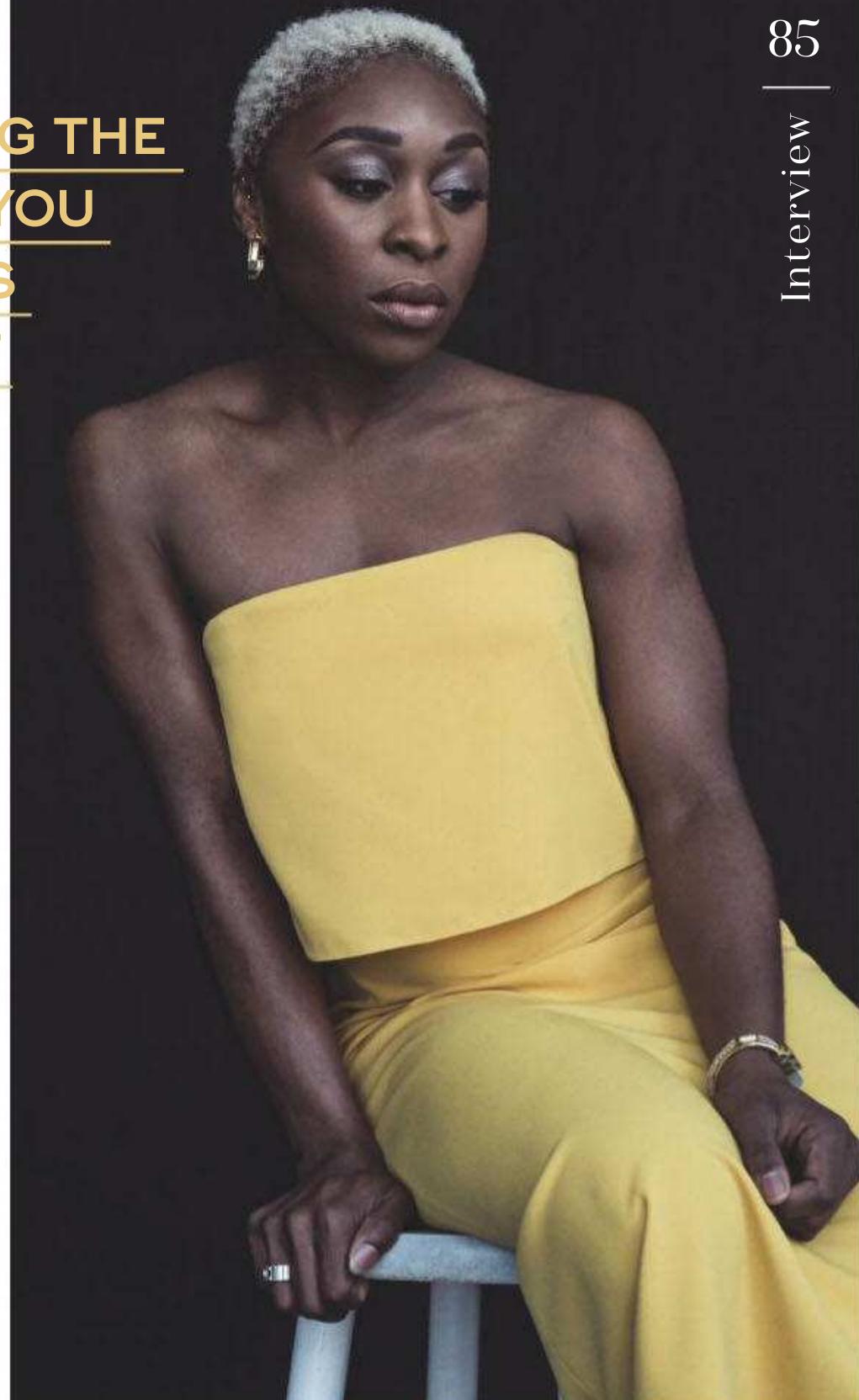
'It sounds clichéd, but it really was my mum. I'd come up with some hair-brained idea of what I wanted to be and she'd say, "Yes, you can do that if you work really hard." The reply never changed, so I never knew there was any other way. I'm stubborn because my mum is. I didn't take no for an answer. There was a moment when I wanted to be a spinal surgeon. At school, my friends aspired to be doctors and lawyers, so it was odd for me to say, "Actually, I want to be an actor." But, eventually, I realised I couldn't not be a performer.'

What made you drop out of university to go to drama school?

'When I was doing a music psychology degree, I was passing without really needing to go to lectures. It wasn't stimulating me. Then, I bumped into the director of a kids' production of *Romeo And Juliet* I did when I was 15. She said, "You should go to RADA." I was like, "What's that?" I'd never heard of it, but was lucky to have someone give me the opportunity to do it. She wouldn't stop pushing me until I'd applied.'

You've talked about the lack of roles for women of colour on British television and film – was that inequality clear to you from the beginning?

'Watching TV and not seeing anyone who looks like you, and the people who do look like you playing the same roles



over and over again, I kept thinking I don't want that for myself. I wanted all the facets that [women of colour] have to be seen. I was fortunate in that I had a really great drama teacher, who saw I was falling into type, which is usually "strong black women". She said don't be afraid to show vulnerability. I think that changed my life, as it altered the way I saw characters I could play.'

You've had an incredible few years, performing for the Obamas, doing a duet with John Legend at the Grammys... Has any single moment made you float out of your body and think, 'This is insane!'?

'Performing at The Kennedy Center [with the Obamas and Aretha Franklin in the audience] was one of those moments. I finished singing and had planned for people to applaud, and for me to take a bow and leave the stage. But then they all stood up. I genuinely put my hands to my chest and giggled. Winning a Tony award was another out-of-body experience. My mum was sitting next to me, and she grabbed my face and kissed me. I don't remember my speech because everything was spinning. I feel like I keep having those moments. It's just one new experience after another.' ■
Widows is in cinemas now



OUT OF SIGNAL.

How much of your time is spent in a phone black hole?
As part of our #Screenbreak campaign, tackling the health
and well-being implications of being glued to our devices, we ask
three women to take our five-day 'mindful scrolling' challenge

'I PICK UP MY PHONE TOO MUCH AND GET SUCKED IN'

Edwina Gieve, 38, is co-founder of vintage-inspired clothing label Clary & Peg

'I'm very aware I look at my phone too much, and that I'm in the grip of a habit/obsession that sort of disgusts me, but I don't do anything about it. I blame the fact that I have my own business, so I *need* to be available and looking at my mobile. But, in reality, I don't have to be browsing Instagram when cooking dinner for my children or while I'm out with friends. I do try hard not to constantly seek out my phone – I bought a watch, so I don't have to look at it for the time. And I do my best to put it on airplane mode at 10pm every evening (mostly more like 10.30pm), which gives me a self-imposed break between then and 7am, because I'm not a great sleeper and I really don't think it helps. But I still find myself picking it up too much and it makes me sad. One of my issues is that my head is too full, so if I receive an email or text, I want to respond straight away. Otherwise, I'll more than likely forget its existence and be haunted by guilt at 3am, unable to sleep, because having an endless to-do list makes me feel panicky and anxious. However, I find that when I have the time to get things done and finally look at the to-do list on my phone, those crucial things that I needed to do disappear, as I get distracted by something else – be it Instagram, WhatsApp or a news story.'

'I want boundaries and rules, so I'm excited to have the opportunity to make and enforce them. My issue is that if my phone is accessible, whether it be on silent, in the corner of a room, or in my pocket, I pick up it too much. And then I get sucked into it, trying to write a work email or compose an Instagram post when I should be doing something else entirely. So, for the next few days, I pledge to only check my phone at three dedicated times of the day for 20 minutes, and have it on 'do not disturb' mode in a zipped pocket in my bag. I know this is going to be tricky in terms of making plans with friends and organising play dates for my three children, and I think I can't possibly do this – I have a new collection to promote and a million emails to reply to. But, once I overcome my doubts, I am liberated and excited by the thought of it.'

Edwina's #Screenbreak

'The first morning, I wake up feeling immediately anxious. I have to make a plan to meet a friend and realise that if I text during my small morning window, but she doesn't respond instantly, I'll miss her reply. Conveniently, my husband sees her message and replies for me so I don't have to engage. Although this is useful, it's not sustainable. My oldest children are at school, so it's just me and my two-year-old son. I'm pushing him in his buggy to the post office to send deliveries to customers and normally use this dead time to call Johanna, my business partner, or my mum or try to respond to forgotten texts. But today, I zip up my phone in a side pocket in my bag and listen



as my son points out a "funny car" and "big bus" – small things that require a response – and I find I'm present to give him one. We meet friends and they have my full attention throughout; no surreptitiously checking my phone while I go to the loo. By the time I finally pick it up at 1pm, I'm excited, and imagine that significant things must have happened. Of course nothing has, and there's just a trickle of emails and messages.

'One of the greatest revelations is taking a notebook and pen out with me; every time I remember something I have to do, I jot it down, instead of attempting to get it done there and then. Later that evening, I go through the list and send the messages I need to send and, miraculously, it all gets done. Aside from not being able to take photos occasionally, in case I fall down the metaphorical phone hole, and not arranging quite as many dates as I otherwise would have with friends, I really enjoy the experience. I read on the bus rather than look at my phone. I use WhatsApp for various important messages and post on social media, but then don't check it which is liberating, and find I don't care so much. By the evening of day two, I have a quick look on Instagram and send some WhatsApp messages. However, I find myself growing listless quite quickly so, rather than staying on for my designated time, once I've ticked off everything on my list I put it down. I'm planning on putting it on airplane mode at 10.30pm again – although I don't have an Instagram post sorted for tomorrow and this is weighing on my mind a bit. Groan.'

'By day three, when logistics mean I have to look at my phone, I even find myself feeling really irritated and wishing I was going cold turkey. But that's not an option for me right now because my mobile is the thing that enables me to run a business, while being a mother-of-three and having a social life. Posting daily on social media but then not engaging with it is really satisfying, although I still feel cross at how much I'm having to engage with my phone at all. On a train journey, for once I find myself staring out of the window and doing nothing. I realise how very rarely I actually do *nothing* and how nice it is.'

What happens next?

'At the end of my five days, the overriding feeling is relief, and that I need to implement these changes into my life going forward. Firstly, I will leave my phone downstairs overnight, rather than beside my bed, as I've realised that it can wait. The experience has made me more organised with admin; small dedicated windows of time, rather than attempting to do things when I'm trying to do everything else, means more tasks actually get done properly.' ►

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'THERE'S A CYCLE OF DEPENDENCY AND IT CREATES A SENSE OF URGENCY'

Emma Svanberg, 37, is a clinical psychologist and co-founder of Make Birth Better

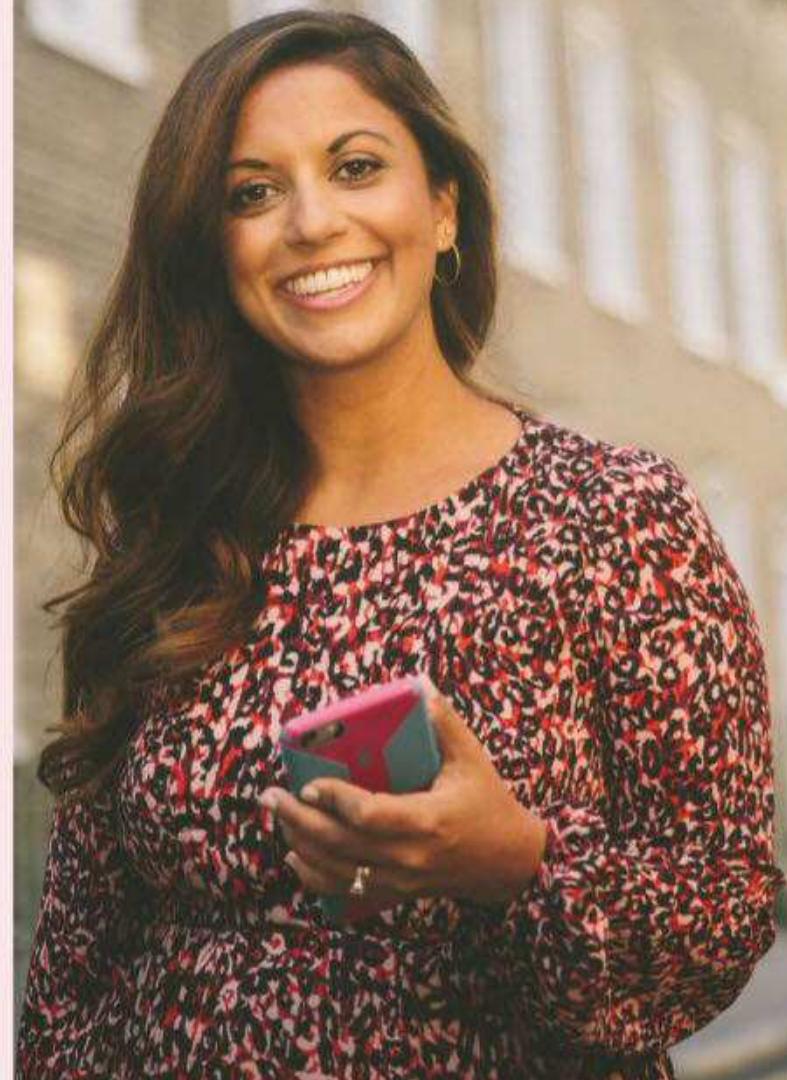
'The self-promotional aspect of social media and the absent-minded way I use my phone is something I've been thinking about a lot recently. Over the summer, I took six weeks off (except the occasional glance) in order to be more present for my two kids, and have had mixed feelings about being back. I missed the community, but not the time drain. Like many self-employed people, I use social media for work and to connect. Since I left the NHS, I miss having a team around me and being able to ask others what they think of something. Given that I'm a clinical psychologist and people are often sharing their stories on my platforms (@mumologist on Instagram), I don't want them to have to wait too long before I reply. Smartphones are great at connecting us, but they're affecting our attention spans, sense of self and expectations of our lives. There's an experiment called the Still Face Experiment that demonstrates how distressing babies find it when we go blank on them – we do this with our mobiles to the people around us all the time.'

'Even though we're quite strict about screen time with our kids at home, I'm less so with myself because I class it as "work". One of the things about being self-employed is that it's harder to delineate between work and home time. Doing this exercise has helped me see where my phone is seeping into my daily life too much.'

Emma's #Screenbreak

'I've set three rules for myself for the five days, which are not using my phone in front of my kids except for phone calls or if they ask me to do something (such as print off a colouring page); not opening email except on my laptop; limiting social-media app use to an hour a day. That includes creating content for social media, commenting on posts, et al. Usually I'd have an informal screen-free Saturday, but the kids have been on school holidays, so I've had to take time off work during the week and have been stuck on my laptop and phone, catching up on things. Even though I've set myself the specific challenge of no mindless scrolling, I still find I'm picking up my phone when I need a distraction. When I look at the breakdown of my usage on the app Moments, it turns out I've picked it up 37 times in a day, mainly for ten minutes or less at a time, so I end up deleting Instagram and Facebook.'

'My second morning, I notice the minute I wake up that I want to reach for my phone. I resist and then turn on the Forest app, which incentivises you not to be on your mobile. I often do work on mine in the morning before school, but now I go to my laptop to ensure I stay focused. That way, I only reply to emails, instead of doing so while also reading the news/looking at photos, and it feels nice to be more productive. There are moments during this week when I'm angry with my phone and tempted to delete everything. What stops me from getting rid of it completely is that I spend so much of the time doing things on it that are essential for the running of daily life. I write reminders, do almost all my shopping and organise my business. But there's a cycle of dependency and it creates a sense



of urgency, which reflects how time-pressured we are in modern life.'

'Whenever I limit my phone use, I notice my fingers twitching. So, I do a mindfulness exercise, which helps settle my body and mind. Also, if I pick it up for one task, such as taking a photo, I end up checking my emails, too. My sister, Jenny Svanberg, wrote *The Psychology Of Addiction*, and she talks about how habits become compulsions and, consequently, less open to conscious control. She told me that we quickly lay down habits, so if we're used to checking our phone after 20 minutes, our body will start urging us to do so. This is something I really notice. But, by the end of my time of conscious phone use, I've learned I'm not as bad as I thought. I don't find it hard putting my mobile away around the kids, or when I'm out with friends. And I have it on silent most of the time with the notifications switched off, so that I'm not drawn to check it all the time. Within days, I felt less preoccupied and, and able to engage more fully with things happening around me.'

What happens next?

'The main thing I've noticed is the difference between using my phone to meet a need and using it compulsively out of habit. This is something I'd like to work on. So, my plan now is to do things that don't require me to look at it and then get lost in something else. I'm going to make sure I'm wearing my watch, and get a landline. That and using the Forest app more to help me concentrate, while leaving my phone in another room or in my bag, will hopefully reduce those mindless pick-ups even further.' ▶

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'I INSTINCTIVELY REACH FOR MY PHONE, LIKE A GROWN-UP BLANKIE'

Daisy Bard, 27, is an advertising creative

'I'd say my relationship with social media is casual, but if it were a real relationship, I'd be gossiping about it to my friends, mentioning it constantly and freaking out if it didn't text me back. My phone is becoming increasingly hard to ignore, whether it's catching up on emails during the morning commute or scrolling before I go to sleep. I spend about two hours a day on it, and I'm getting tired of feeling so dependent. But, given that I work as an ad creative and need to be on my phone for emails when I'm away from the office, I have to limit my time where I can, which is mainly social media. In the interest of finding a balance during this five-day experiment, I think it's best to go cold turkey, then try to find a mindful middle point where I can use social media freely and usefully, without being a slave to it.'

Daisy's #Screenbreak

'I start by deleting all my social-media apps, including WhatsApp, which is the most time-consuming for me. I sign off Facebook, Twitter and Instagram with a message telling friends to text if they need me. At first, the main obstacle is what to do with my hands. But by 4pm on my first day, I already feel more productive. Others seem less willing to let me go, though. I get a funny email from an internet friend telling me something she tweeted, like I'd gone back to the dark ages and she was sending a time-travelling missive to reach me.'

'The next day, I start to understand why they call it a "detox". I feel less foggy, having stopped myself from scrolling into oblivion. And I meet up with a friend in real life, which is more gratifying than our usual digitised chats. It's amazing how many texts I'm sent within a day of leaving social media, which sort of negates the idea of a screen break. You'd think I was leaving the country for six months, but I'm grateful to have people who want to stay in contact.'

'By Saturday, I have no desire to return to my phone, and enjoy a lazy morning eating brunch and watching Netflix (thank God that's not part of my detox, maybe next time). I wonder if I was less addicted to social media than I thought, although I need to work on getting off my mobile as a whole, because even this week I've allowed myself to be distracted by interesting articles and think pieces, which are the next frontier for me. The following evening, I attend a live podcast recording and the host sets up a hashtag for the audience to live tweet, then shares some of them on stage. I feel left out, but not as much as I could have. At least there's no pressure to come up with something funny. But later, when my flatmate's girlfriend brings home flowers, my first thought is Instagram. One step forward, two steps back.'

'As the days pass, I still instinctively reach for my phone and usually have it beside me, like a grown-up blankie, but I'm working on that. Slowly but surely, progress is happening.'

What happens next?

'According to the app Moments, I'm now spending roughly one hour and 17 minutes a day on my phone. Being on it less has meant I'm getting more work done and not drifting off in the middle of something because I'm being distracted. It sounds obvious, but the thing that really makes a difference is putting my phone elsewhere, so I can't treat it as a crutch. There are some things, such as work emails, that I can't avoid, but there are others that are just a waste of time. I'm thinking of a more sporadic usage that involves deleting the Facebook app and only having the Instagram app installed when I post, but deleting in between. Or, having it but not allowing notifications. It's a work in progress.' ■



#SCREENBREAK

Six ways to develop a healthy relationship with your phone

1. Check your mobile three times a day for a 20-minute period. This adds up to an hour, which you'll find more productive than trying to respond to emails and messages as and when they arrive.

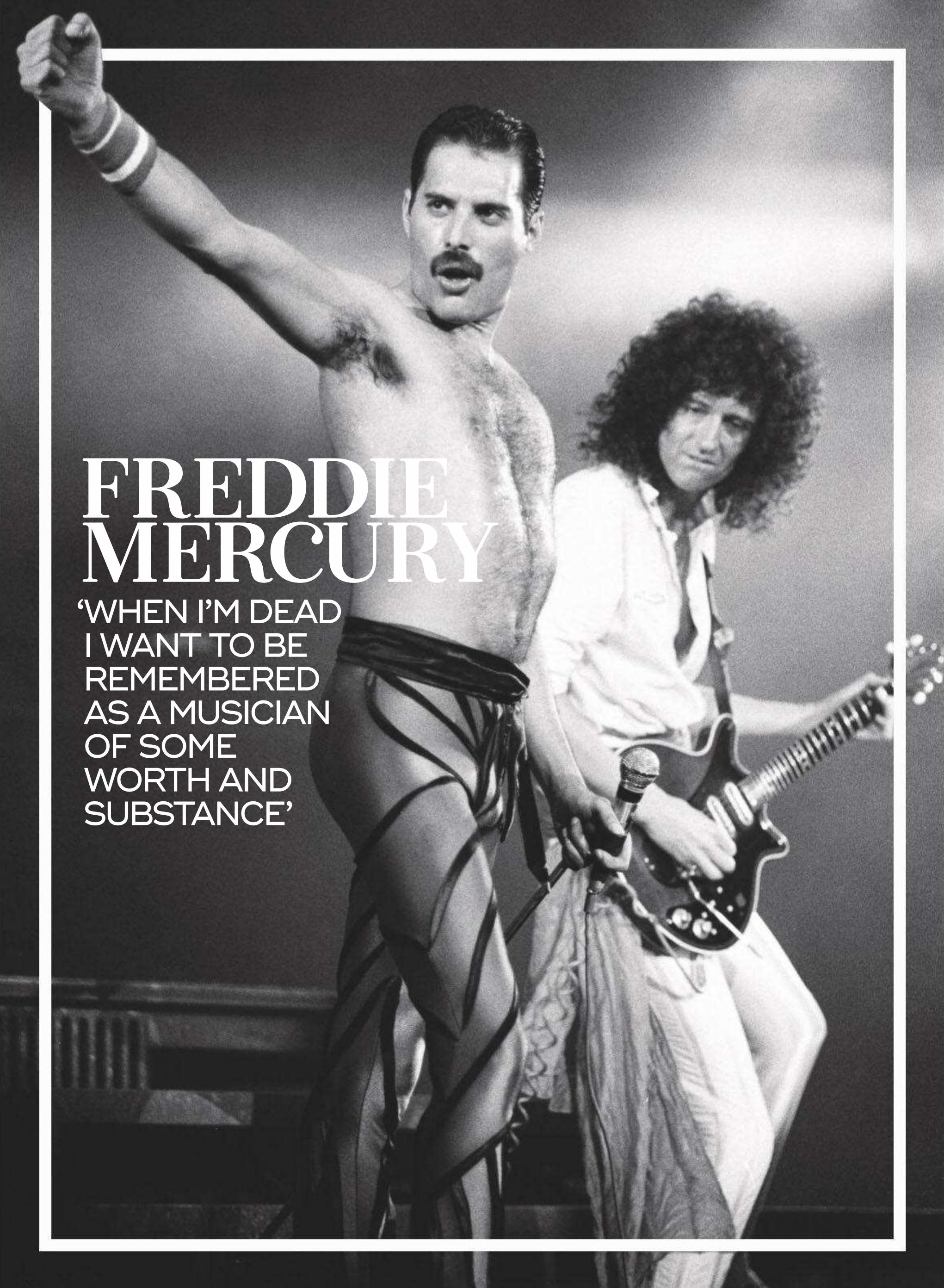
2. Download an app like Moments, which monitors your phone usage and breaks down how you're using it.

3. Put your phone in another room overnight. Scrolling in bed will only stimulate your mind at a time when you should be winding down.

4. Buy a watch. Picking up your mobile to check the time often leads to falling down the rabbit hole – before you know it, you'll be on Instagram.

5. Leave your phone in your bag when you're out with friends. No one likes talking to someone who has their face stuck in a screen. And you'll enjoy yourself more if you're immersed in the moment.

6. When scrolling, think about what you're looking at and what it's doing (for instance, entertaining or informing). And if it makes you feel bad, stop.

A black and white photograph of Freddie Mercury and Brian May. Freddie Mercury is in the foreground, shirtless, flexing his right arm and looking intensely at the camera. Brian May is in the background, wearing a light-colored jacket over a dark shirt, holding a guitar and looking towards the camera.

FREDDIE MERCURY

'WHEN I'M DEAD
I WANT TO BE
REMEMBERED
AS A MUSICIAN
OF SOME
WORTH AND
SUBSTANCE'

Words by MICHELLE DAVIES

He fronted one of the biggest bands of all time, yet his success was cut short when he contracted HIV. This month, a new biopic celebrates the singer's extraordinary life

It was the summer of 1964 and the residents of Gladstone Avenue in Feltham, Middlesex, were taking stock of their new neighbours, the first Asian immigrants to move into the street. But it wasn't the Bulsara family's traditional dress or the scent of unfamiliar dishes being cooked that raised eyebrows – it was the musical ambitions of their 17-year-old son, Freddie. Neighbour Derick Burgess lived two doors down and was being driven to distraction by Freddie practising guitar all day with the windows open. Little did he know that in less than a decade, the annoying teenager would be lead singer of one of the UK's most successful bands, Queen. Selling an estimated 300 million records worldwide, their 1975 operatic opus, *Bohemian Rhapsody*, still remains the UK's third biggest-selling single of all time behind Elton John's Princess Diana tribute, *Candle In The Wind*, and Band Aid's *Do They Know It's Christmas?*.

Mercury's death was no less newsworthy than his life. In 1991, he became the first high-profile public figure to die from an Aids-related illness after contracting HIV. And, 27 years on, he remains legendary both in music and popular culture, celebrated for his astonishing vocal range and showmanship. Many current stars, such as Katy Perry, cite him as their inspiration. 'Without Freddie, I wouldn't be making music or doing what I do,' she admits.

Now, his story is being retold in *Bohemian Rhapsody*, a biopic starring *Mr Robot*'s Rami Malek. The film follows Queen from their inception to the Live Aid concert in 1985, when Mercury's unforgettable performance confirmed his status as the world's greatest frontman.

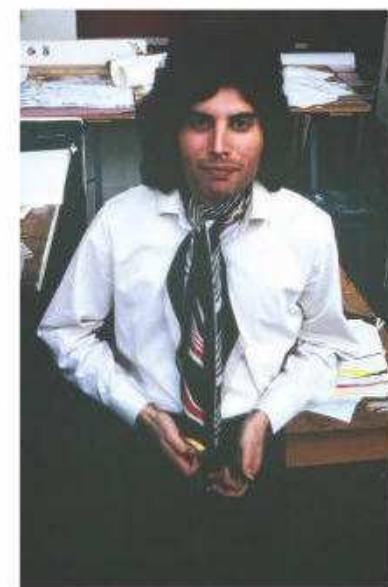
Mercury was born Farrokh Bulsara on 5 September 1946, in Stone Town, Zanzibar. In February 1964, he and his younger sister, Kashmira, were brought to London by their father Bomi, a civil servant, and mother, Jer, a housewife, to escape the political unrest that saw Zanzibar eventually become part of Tanzania. Even though music was his passion, Mercury studied graphic design at Ealing Art College as a back-up career and through a friend met future Queen guitarist Brian May and drummer Roger Taylor. They were already in a band called Smile, but Mercury decided to tell them how they should sound and look. 'I'm not sure we took him seriously, but he did have the air of someone who knew he was right,' May recalled.

Mercury had an undeniable star quality, but was self-conscious about how he looked – his prominent overbite was the result of having four extra upper teeth, which he refused to have removed for fear it might affect how he sang – and privately he was modest and shy. 'I'm so powerful on stage that I seem to have created a monster,' he said in an interview in 1985. 'When I'm performing I'm an extrovert, yet inside I'm a completely different man.' Mercury formed Queen



**'I'M SO POWERFUL
ON STAGE THAT
I SEEM TO HAVE
CREATED A MONSTER'**

On stage with Brian May in 1984 (far left); Queen in 1970: John Deacon, Freddie Mercury, Brian May and Roger Taylor (from left to right, above); Mercury and his mother Jer in Zanzibar (left); at Ealing Art College in 1969 (below)



with May, Taylor and bassist John Deacon in

1970, a year after he graduated from college. 'I'd had the idea of calling a group Queen for a long time. It was a very strong name, very universal and very immediate... I was certainly aware of the gay connotations, but that was just one facet of it,' he said in a 1977 interview with *Rolling Stone* magazine.

It wouldn't be the last time the question of sexuality was raised. But in those days it was virtually unheard of for a star to publicly admit to being gay, and he was no exception. Indeed, as far as the world was concerned, he'd just come out of a long-term relationship with a woman he would describe as the love of his life, Mary Austin. They met in 1970, when he was 24 and Austin was 18. She'd actually been dating May, but he gallantly stepped aside when he saw how taken Mercury was by her, and she by him. The couple first shared a bedsit, then moved into a flat in London's Holland Park. Besotted Mercury even proposed on Christmas Day 1975. By then, Queen had released three albums and experienced chart success on both sides of the Atlantic. Then, just before the proposal, the band released *A Night At The Opera*, featuring *Bohemian Rhapsody*. Off the back of that single, which was six minutes long and stayed ►



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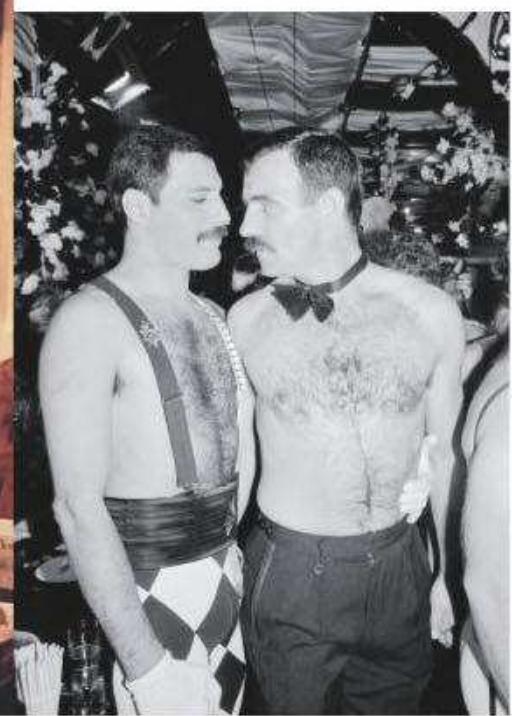


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On the set of the video for *I Want To Break Free* (left); with partner Jim Hutton in Munich in 1985 (below); celebrating his 38th birthday with ex-fiancée Mary Austin (bottom)



at number one in the UK charts for nine weeks, Queen was elevated to a level of fame beyond their wildest dreams – and with it came extravagant parties and all the excesses those entailed. ‘He was living the sex, drugs and rock ‘n’ roll cliché,’ said Lesley-Ann Jones, a journalist who was the singer’s friend and subsequent author of *Freddie Mercury: The Definitive Biography*.

As his fame became more consuming, Austin realised her fiancé’s attention was being diverted elsewhere and eventually he admitted he was having sex with men. ‘I’ll never forget that moment [he told me],’ Austin said in an interview after his death. ‘Being a bit naive, it had taken me a while to realise the truth.’ Once at home with his sexuality, Mercury soon embraced it, boasting about ‘having more lovers than Elizabeth Taylor’. ‘My sex drive is enormous,’ he once said. ‘I’ve got a big bed and it can sleep six.’ Clearly liberated, his enthusiasm for life was reflected in the anthemic songs he was writing, including *We Are The Champions* and *Don’t Stop Me Now*.

By the early 80s, though, Queen’s fortunes began to reverse. *Q Magazine* named their 1982 album *Hot Space* as one of the top 15 albums ‘where great rock acts lost the plot’, and the emergence of the New Romantics was turning fans off their music. The band fell even more out of favour when they performed in South Africa’s Sun City in 1984 during the country’s apartheid regime – a political no-no at the time. So, when Bob Geldof was rallying bands for the Band Aid single in November that year, Queen wasn’t on his list. Geldof made amends by asking them to sing at Live Aid, the all-day concert for famine relief that took place on 13 July 1985 in London and Philadelphia. On the day, Mercury delivered the performance of a lifetime to Wembley’s 72,000-strong crowd. It was a masterclass in vocal ability, stage presence and emotion, and it left Queen’s peers seething with jealousy.

Live Aid revived the band’s flagging sales and they completed a triumphant comeback

‘MERCURY WAS LIVING THE SEX, DRUGS AND ROCK ‘N’ ROLL CLICHE’

the singer was a virtual recluse at his mansion in Kensington, where he was cared for by Austin – who, despite their split, had remained his confidant and was his PA. She was joined by his long-term lover, Jim Hutton, a hairdresser he’d met at Heaven nightclub in London in 1985. Speculation began to mount that Mercury was ill, but he deflected the rumours. Further questions were asked when he appeared in the September 1991 video for *These Are The Days Of Our Lives* looking frail. Yet he kept his condition a secret up until his death on 24 November 1991, only confirming it in a statement released the night before he died, aged 45. To widespread surprise, Mercury left his house to Austin (Hutton instead received £500,000). He also entrusted only her to attend to his ashes, and neither his family or bandmates know the location of his final resting place. Three months after his death when the teen cult movie *Wayne’s World* was released, the famous lip-synching car scene brought *Bohemian Rhapsody* and Queen to a new generation of fans. The song was back in the charts soon afterwards, landing at number two on the Billboard Hot 100.

And now the film *Bohemian Rhapsody* is set to return our attentions to Queen. Sacha Baron Cohen was originally meant to play Mercury, but walked off the project because he felt the rest of Queen, who produced it, wanted to airbrush ‘the nitty gritty’ from Mercury’s private life. Before its release, other critics also questioned whether it might ‘straight-wash’ his sexuality. It’s impossible to imagine that any movie about Mercury could dilute his true character. What it does remind us of, though, is what he once predicted about himself early on in his career: ‘I’m not going to be a star, I’m going to be a legend.’ ■





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Unusual finds for eccentric



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01 Top, £25, Katharine Hamnett **02** Saint Iris Adriatica Everybody Serenity Salve, £48 **03** Speaker, £75, Amara **04** 'Weekend Favourite Cup', £17.50, Design Letters **05** Jacket, £330, Pinko **06** Earrings, £17, Scratch London **07** 'Leff Brick Clock', £309, Rume **08** Leggings, £59, DKNY **09** Sweater, £195, Makeda Matheson **10** Reusable Pocket Cup, £14.99, Stojo at bearandbear.com **11** Thermal bottle, £25, Central 23 **12** Trainers, £560, Alexander McQueen **13** 'Mini Geo' plant pot, £12.50, Priormade **14** Backpack, £275, Tumi **15** Chanel N°5 L'eau All-Over Spray, £49 **16** Headphones, £80, Cuckooland



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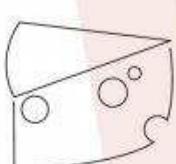
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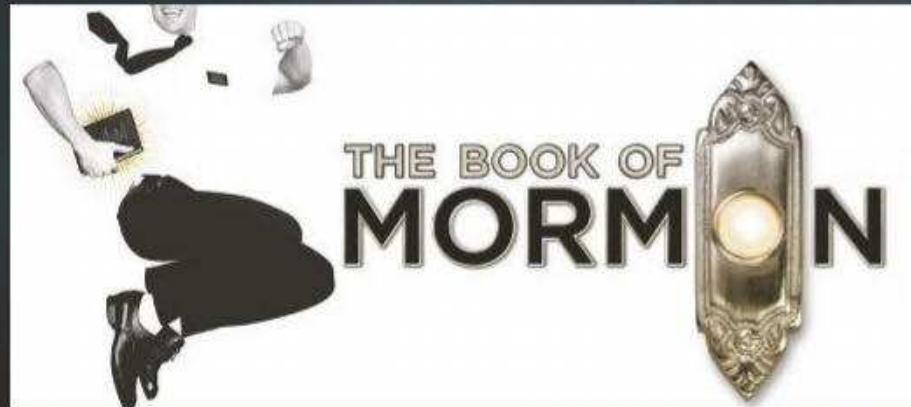
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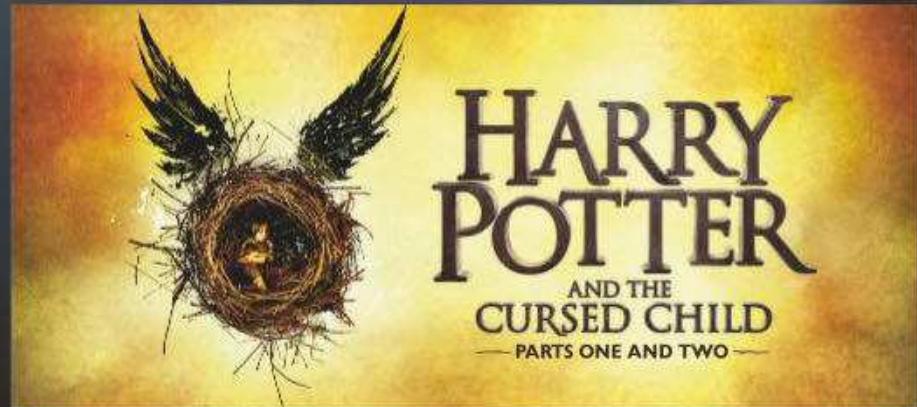
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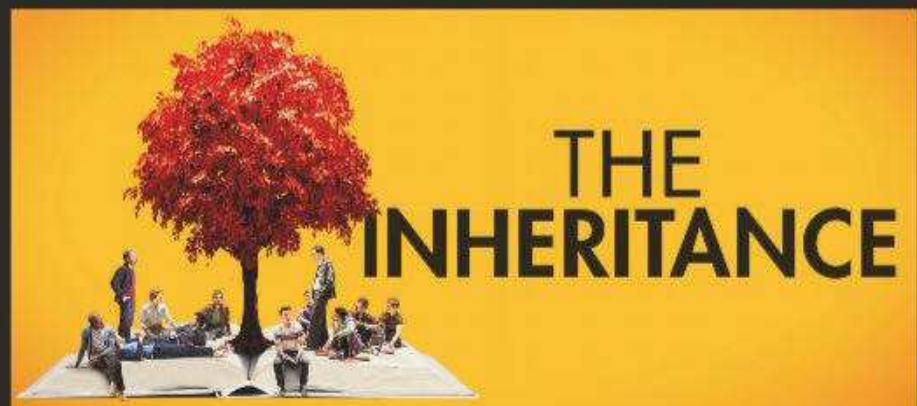
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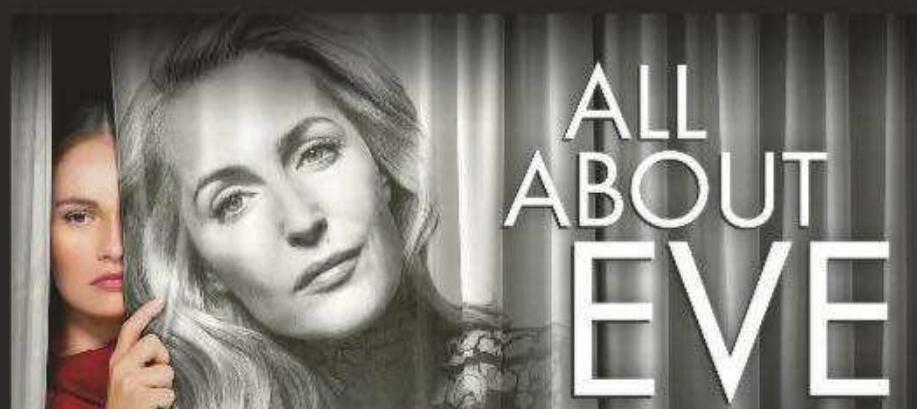
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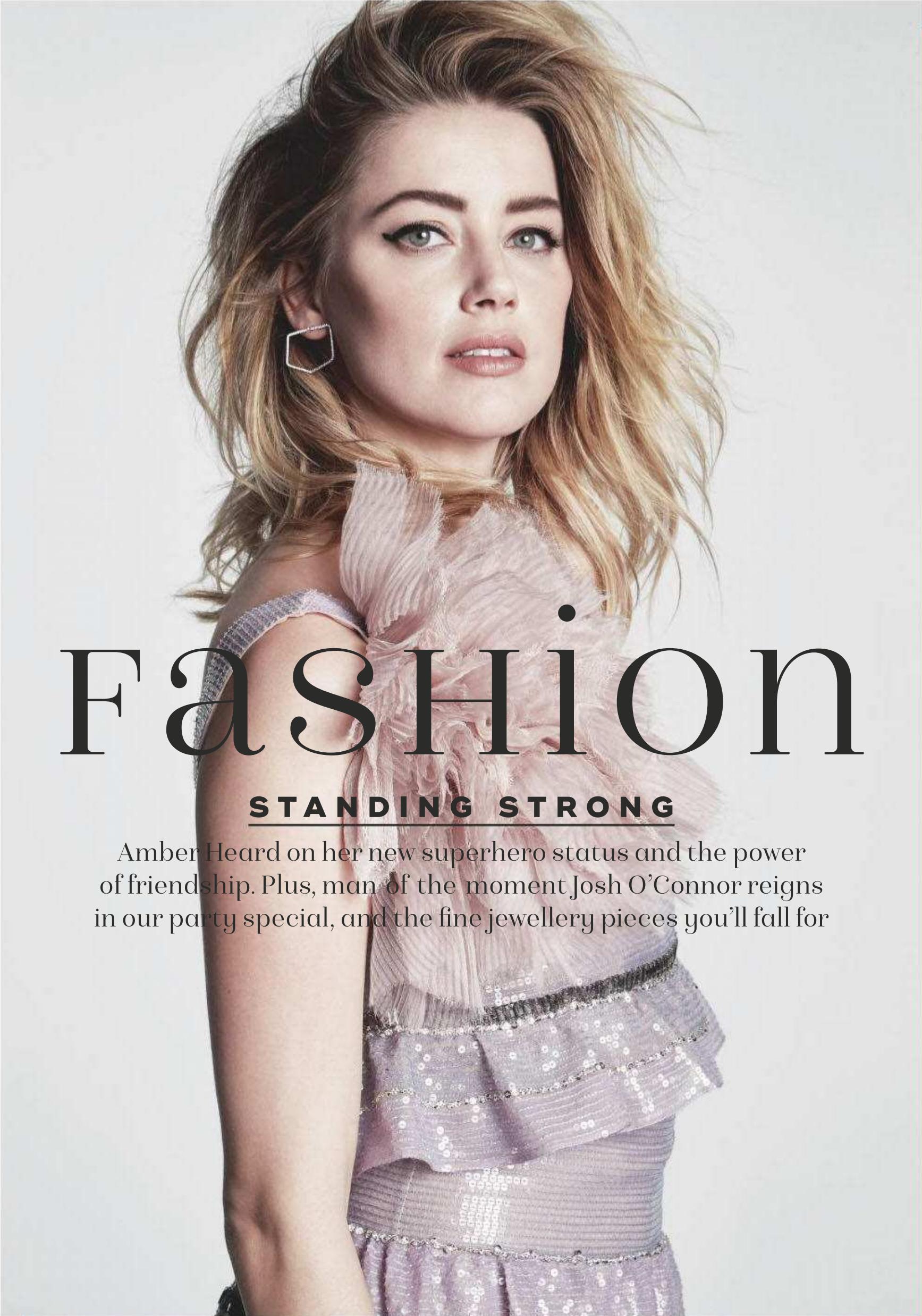
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Fashion

STANDING STRONG

Amber Heard on her new superhero status and the power of friendship. Plus, man of the moment Josh O'Connor reigns in our party special, and the fine jewellery pieces you'll fall for

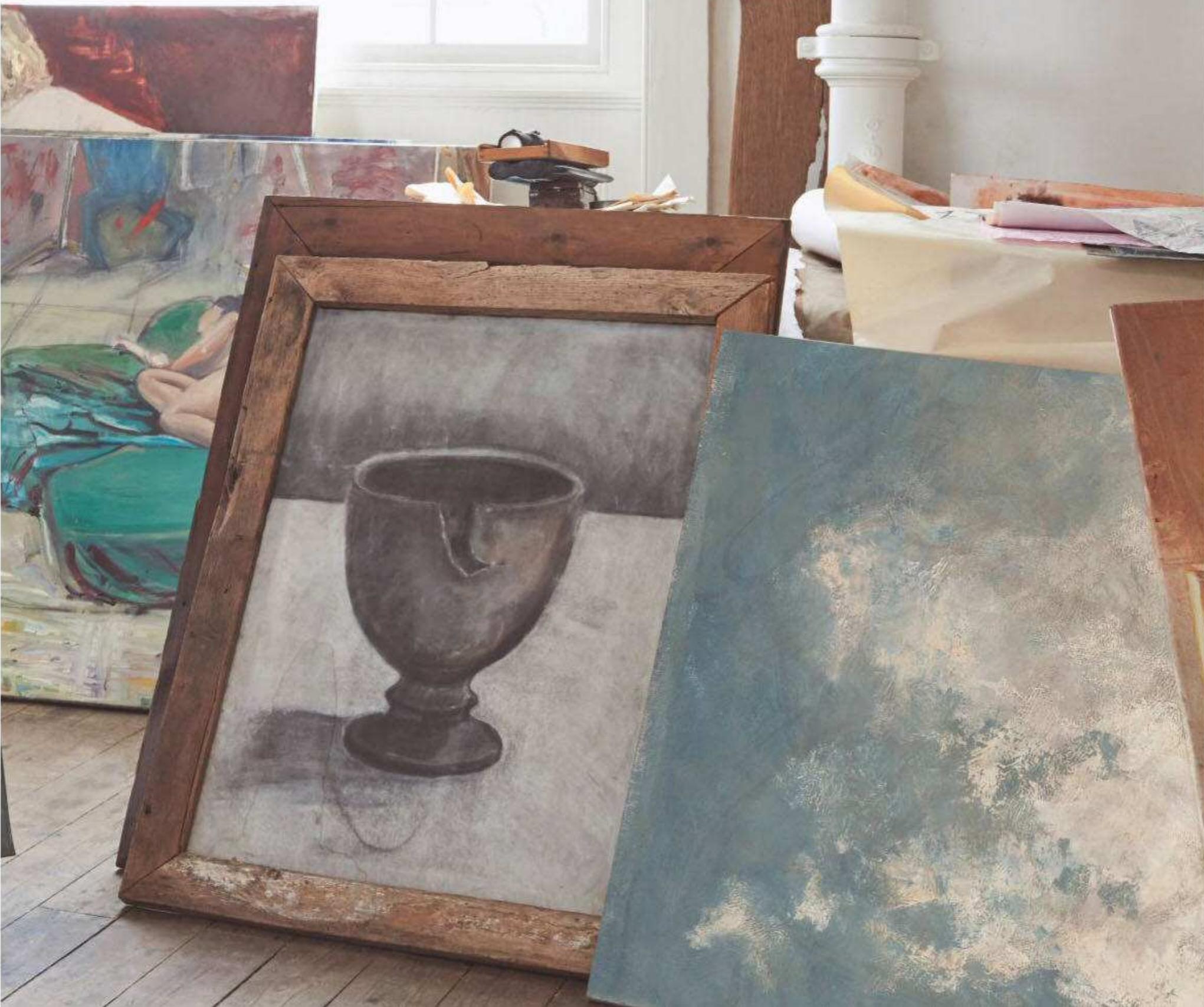


Josh wears cotton coat,
£1,275, Loewe Mackintosh
Collection; denim jeans,
£145, A.P.C.; cotton socks,
£11, Falke; leather shoes,
£590, Alexander McQueen.
Djura wears silk dress,
about **£6,060**, and leather
shoes (just seen), about
£960, both Givenchy;
9ct-gold and glass faceted
rings (left hand, oval), **£527**,
(square), **£505**, (right
hand), **£523**, all Pascale
Monvoisin

A R T I S T I N R E S I D E N C E

About to star in two new TV series, *The Crown* and *Les Misérables*, Josh O'Connor paints a picture of urban cool in our party fashion special

Photographs by JASPER ABELS Styled by JAYNE PICKERING





THIS PAGE
Josh wears wool jacket, £925, wool trousers, £305, and silk tie, £105, all Richard James; cotton shirt, £190, Emporio Armani; leather shoes, £225, Grenson. Djura wears silk satin dress, from a selection, Roksanda; 18ct-yellow and white gold diamond earrings, from a selection, Jessica McCormack

OPPOSITE PAGE
Josh wears wool tuxedo jacket, £1,690, wool tuxedo trousers, £595, and cotton poplin shirt, £420, all Saint Laurent by Anthony Vaccarello. Djura wears silk tulle dress, £13,500, and leather belt, £1,350, both Dior; diamond and 18ct-gold earrings, from a selection, Ana Khouri





THIS PAGE

Josh wears wool jacket, £925, wool trousers, £305, and silk tie, £105, all Richard James; cotton shirt, £190, Emporio Armani. Djura wears duchesse silk satin dress, £3,950, Miu Miu; moonstone and opal earrings, about £210, Pascale Monvoisin

OPPOSITE PAGE

Josh wears cotton coat, £1,275, and cotton trousers, £725, both Loewe Mackintosh Collection. Djura wears wool coat, £995, Loewe Mackintosh Collection; polyester dress, from a selection, Bella Freud; bra, Djura's own; 14ct-gold and pavé earring, £1,220, Anissa Kermiche





Josh wears wool jacket, £1,895, wool-mix sweater, from a selection, cotton shirt, from a selection, and leather shoes, £590, all Alexander McQueen; wool trousers, £375, Margaret Howell; cotton socks, £11, Falke. Djura wears sheer lace dress, £3,725, leather corset top, £1,490, and leather boots, £890, all Alexander McQueen





THIS PAGE
Josh wears wool tuxedo jacket, £1,690, wool tuxedo trousers, £595, and cotton poplin shirt, £420, all Saint Laurent by Anthony Vaccarello. Djura wears silk voile lurex fil coupé dress, £3,080, silk velvet necktie, from a selection, and crystal and brass earrings, £310, all Erdem

OPPOSITE PAGE
Josh wears wool jacket, £1,895, and cotton shirt, from a selection, both Alexander McQueen; wool trousers, £375, Margaret Howell. Djura wears tweed-knit top, £20,390, tweed-knit skirt, £11,825, tweed hat, £690, metal cuff, £885, and metal charm bracelet, £1,075, all Chanel



HAIR BY CRAIG TAYLOR FOR HARI'S HAIRDRESSERS, LONDON. MAKE-UP BY CLARE READ AT CAREN USING MAXIMALISME DE CHANEL AND CHANEL SUBLIMAGE STRENGTHENING ESSENCE. NAILS BY LUCIE PICKAVANCE AT CAREN USING CHANEL LE VERNIS IN ROUGE NOIR AND CHANEL LA CRÈME MAIN. MODEL: DJURA SIEBENGA AT ULLA MODELS. LOEWE MACKINTOSH COLLECTION IS AVAILABLE AT LIBERTY LONDON FROM 15 NOVEMBER

MEET JOSH O'CONNOR

'I'm not constantly looking around thinking, "Oh God, I didn't get that right", but there is a *bit* of that,' laughs Josh O'Connor. Currently knee-deep in filming on *The Crown*, the British actor chosen to play a young Prince Charles in series three is ruminating on his approach to the role. 'There's getting the dialect and the accent perfect, and trying to have some details of him. But, ultimately, it's the creation of a character.' A worthwhile disclaimer if HRH himself happens to have a Netflix account.

O'Connor has another, equally intense role in the offing before we see him join *The Firm*. In BBC One's big Christmas-time drama *Les Misérables*, the 28-year-old will star as Marius Pontmercy with David Oyelowo, Lily Collins and Dominic West. The cast also includes his *The Crown* co-star Olivia Colman as Madam Thénardier, which provided 'a bit of extra mother-son bonding time.' Any viewers expecting rousing musical set pieces from the series might be disappointed. This new adaptation (by Andrew Davies, the man behind *House Of Cards* and the Colin Firth-in-the-lake *Pride And Prejudice*) is non-musical, drawing instead on Victor Hugo's gritty 1862 novel. 'What they're hopefully going to get is a totally new perspective on that story,' he says. 'And it's so relevant. It's a book about class, poverty, and the social construct. Now seems like the perfect time to be showing something like this.'

O'Connor grew up in Cheltenham and received his first acting review at the age of seven when he organised a 'surprise clown performance' at his brother's fifth birthday party. 'Everybody left and I started crying – it was awful,' he says. At school he was 'pretty disinterested', preferring art, drama and football to academia (his grandfather was the late British sculptor John Bunting). When he moved to London after training at the Bristol Old Vic Theatre School, he expected to spend years pulling pints and scrapping for roles, but managed to score an 'amazing agent' almost straight away. 'I couldn't believe my luck, and I still can't believe it,' he says. Early TV gigs included a cameo on *Doctor Who*, an event 15 members of his ultra-supportive family gathered around the TV for. 'I appeared in a little scene at the beginning, before the show credits came up, and melted an ice monster who then strangled me. I got a text from my mum saying, "Amazing so far, looking forward to seeing more!" with a selfie of the whole



family watching, but that was it.' He also remembers standing nervously on set when Matt Smith came up to welcome him. 'It proved to me that, whatever happens, you just have to be decent and kind to people,' he says. 'I know it can make a huge difference to someone's day.'

In 2016, he was cast as Lawrence on Sunday teatime drama *The Durrells*, but it was his extraordinary turn as Yorkshire farmer Johnny Saxby – who falls for a migrant worker called Gheorghe – in Francis Lee's *God's Own Country* that put him on the critical map. O'Connor's preparation for the role was so absolute, he rubbed manure into the book he was reading to make sure he never forgot his character's occupation. The performance got him nominated for a BAFTA Rising Star Award; at the ceremony he sat behind one of his method heroes, Daniel Day-Lewis. It also caught the attention of Loewe creative director Jonathan Anderson, who made O'Connor the face of his menswear collection. Is he a snappy dresser in real life? 'I think so. Other people would probably say otherwise,' he says. Does he splash out? He says he recently treated himself to an expensive pair of Church's leather shoes after accidentally flying from the Brussels set of *Les Misérables* to a wedding in Cambridge with one dress shoe and one white trainer. 'I had five minutes to buy them. They're now my "well done for coming from Brussels to a wedding" shoes.'

Next year, he has ambitions to get behind a camera and direct, but he's going to be immersed in *The Crown* until the end of February, with a bit of time off at Christmas to see his family. He credits his teacher dad and midwife mum for keeping him sane in the whirlwind experience of being the 'next big thing'. 'You're treated so nicely, you get picked up every morning, someone's always got coffee or is on hand to get you a slice of cake – whatever you want. Sometimes that can perpetuate a certain mood, a certain character in you. But I think, however mad work gets, I've got this really beautiful family life back at home in Gloucester. And that's very solid.'

Les Misérables is on BBC One in December

'Whatever happens, you just have to be kind to people on set. I know it can make a huge difference'

complimentary delivery at SHAYANDBLUE.COM

Black
Tulip



SHAY & BLUE
London

H SHE WILL BE Heard

After a turbulent Hollywood marriage – and toxic divorce – Amber Heard has emerged stronger than ever.

Emma Brockes talks to the actress and activist about survival, standing up for what's right and her latest role as a comic-book superhero

Amber Heard comes bounding into the hotel bar in New York in a plain white tee and jeans looking, at 32, impossibly young and slight. The actress, who is best known for her roles in *Justice League* (2017) and *The Danish Girl* (2015), lives in LA but spends so much time in New York, she really should rent an apartment here, she says. ‘Or buy one,’ I suggest, to which she dryly replies, ‘Yes, but I spend all my money on lawsuits.’

It is the kind of remark that makes Heard so likeable, with an ability to hold at amused distance the drama of her last few years. This included her turbulent two-year marriage and very public divorce from Johnny Depp, against whom she filed and later dropped a restraining order, and her equally public relationship with Elon Musk. Heard has a joyful energy that expresses itself in long, unwinding sentences she calls ‘babbling’ and that, to her amazement, occasionally end in a point.

Sample: ‘I like anything that makes you *feel*,’ she says, when the waiter brings hor d’oeuvres. ‘Like spicy or pickles. But I hate olives! I want to like them, because I’m very bothered by the idea I’m missing out, and I have tried so many times to redirect my natural aversion to olives, even though I’m an actress and need another food to love like I need another hole in my ear.’ There follows a further two minutes on olives, at the end of which she says sheepishly, ‘Thanks for understanding.’

Heard is an arresting actress, appearing in forthcoming DC Comics adaptation *Aquaman* as Mera, warrior queen of the sea, and she is serious about playing, and defending, strong women. After her split from Depp, she announced she was giving the \$7m divorce settlement to charity, in particular to the American Civil Liberties Union and Children’s Hospital Los Angeles, to help those ‘less able to defend themselves’. She is also well known for her activism. From her earliest years, Heard says she has instinctively fought for ►



Photographs by TESH Styled by JAYNE PICKERING

Dress, Preen By Thornton Bregazzi



This page: dress
and boots, both Fendi

Opposite page:
dress, Dolce
& Gabbana

'I hope one day to find an honest attraction to someone who is healthy'





This page: dress, Tibi; boots, Attico

Opposite page: dress, Gucci

what's right, whether that be gay rights, women's rights, or what it's like to be a young woman in Hollywood under intense pressure to conform. Before Depp and Musk, she was in a five-year relationship with photographer Tasya Van Ree, a woman she says she was strongly encouraged by her advisors to conceal. In the end, she didn't. 'I couldn't lie,' she says.

Aquaman is completely over-the-top, but is it still empowering to play a superhero?

'Very much so! I knew I wanted to do this character when I found myself, as a woman in her thirties, sitting in a nail salon reading the source material before I took the audition, and responding to the integrity of the character: her power, her drive, her strength. It was a scene in which Mera and Aquaman save this small coastal town from a natural disaster, and the townspeople point to Mera and say, "Is that Aquawoman?" And out of the gate, she responds, "I'm not Aquawoman, I have a name. My name is Mera." I was like, *I like her.*'

Bravery is clearly a defining feature of the roles you choose, as well as of your life. You were only 16 when you moved from Texas to model and live alone in New York.

'Those years before I moved to LA in my late teens are what I call the escape-artist years. I was learning how to handle being told how to stand and smile, and look. I tried to accept some of the frustrations of modelling with the joy of the freedom. Now, as someone who feels like an old lady, I think, "How did I do

that?" It sounds brave, but I had precociousness and attitude to make up for being skinny and slight; a baby-faced girl.'

Where do you retreat to for comfort? Home to Texas?

'Are you kidding me? I worked 16 long years to [assumes broad Southern accent] crawl out of there. I'm not going back!'

It wasn't a happy place, then?

'I think childhood is an inherently unhappy and bored place. They're one and the same to me: boredom and unhappiness.'

How did your family react when you flew the nest?

'To my family, I think I'm an alien sheep. I'm not even a black sheep. From an early age, I learned to recognise my parents did not understand where I came from. I don't blame them. I'm lucky in that I had to develop a strong mechanism to counter their lack of support, in certain areas, and those areas in which I later thrived are developed because of that. And the areas where they were supportive, I'm very thankful.'

Modelling can't have been a nurturing environment.

'I would love to see the nature of advertising change – or our cultural and collective appetites – to a point where it's [understood to be] unsavoury to us that a 15-year-old girl is selling anti-wrinkling products to women in their sixties. It's not the advertisers responsibility, necessarily, or the people being photographed, but attitudes around our gender need to change. We're seeing images that tell women on a daily basis: "not skinny enough, not young enough, not sexy enough; too sexy". There's real impact there and it's hard to challenge ►



'I'm most proud of the things I have fought for'



Dress and boots,
both Givenchy; ring,
Alexandra Jefford

them because they're ubiquitous and slimy in their nature.' **The #MeToo movement is partly about stating not all male attention towards women is flattering.**

'It's true. What I loved seeing is how it wasn't about a law being passed – although that is extremely important – or a specific case being won. I was more interested in how the conversation changed, how that affects appetite, and then effects demand.'

You're well fortified because of these experiences, but what is the cost? What's your biggest vulnerability?

'I can be very sensitive to subtle cues and unspoken language. You can't be a divining rod and then wonder why you get electrocuted. Sensitivity can be a great gift or a nightmare.'

And at the same time, you're living so much of this publicly. I don't know how people do your job...

'I don't either. It's terrifying.'

To be judged on every level...

'No, that's not terrifying. It's terrifying to be judged in the areas you're scared of failing in. I don't have the fear that I will fail at standing up for what's right, speaking my truth, because I know enough about myself to know that's not a plausible expectation. It would be like waking up and thinking, "I hope I don't kill someone today." I don't actively worry about that.'

That's a fascinating way to frame it. You're talking about social expectation and gravity towards conforming.

'Yeah, the path of least resistance. It's basic physics.'

The test being when you decided not to hide your relationship with Tasya Van Ree. [The first time the paparazzi approached Heard and Van Ree in the street, Heard was tempted to drop Van Ree's hand]. Were you hesitant about being honest?

'Oh, yeah. Women come up to me on a daily basis and it's a different look in their eyes than those who want selfies. I love my fans; people who love movies. Who doesn't like people who like them? But there are others with a different look in their eye, and they say thank you. And I get this a lot. [Bangs her fist against her heart in a you-go-girl gesture and gets teary-eyed]. I'm emotional about it because I'm proud of that. When people thank you for doing what was so hard at the time, and scary.'

This was ten years ago. Back then, to look at Hollywood, you would think Jodie Foster was the only lesbian.

'And she wasn't out! It was before her. No working actress I knew of was out.'

There was Ellen DeGeneres...

'Who wasn't a working actress any more because of it! I was alone. I had no reason to think it would work, and I was told by everyone it wouldn't. I don't fault them for it. I already knew the nature of the business; I knew I was making a living by being seen to be sexually viable to men. Nothing was oriented towards women, only towards men. It still is, but even more so then. By that point, I was already providing for my family. So what am I going to say to my sister? I can't help you this month because I decided to be an activist, or walk around holding my girlfriend's hand? Sorry! But I also had to do it.'

Don't take this the wrong way, but would you say that your taste in women is better than your taste in men?

[Bursts out laughing]. 'Hell, yeah. Hell, yeah. Hell, yeah.'

Going forward, what do you do about that?

[Long pause]. 'I'm dealing with trying to find a better way to answer those questions on a daily basis. I think a lot about that. It's easy to ignore a leaking roof when the house is on fire, you

know? Where do willpower and an ability to understand impulse, and your nature meet their limitations? I'm curious.'

Are these experiences instructive on some level?

'I'm most proud of the things I have fought for, in spite of how devastatingly hard and harmful they were to me. As a woman, I express my identity in a way that can be very feminine on a surface level. In the queer community, there used to be this thing about passing. It was very sad. It's changed now. But I'm very passable. In fact, I didn't have to try to pass; I would tell people, "No, [that woman] is my girlfriend," and they would say, "Ha! Watch out, people will start believing that joke if you keep saying it!" I could have [said], "My private life is my private life," but I'm not ashamed of loving someone I learned from. [Van Ree and I] had a beautiful relationship, which had an organic lifespan, like everything else in this world. I don't regret a minute [with her], and she's one of my closest friends.'

Can't you find a nice Cynthia Nixon-type to go out and talk social policy with?

'Ideally, I would love that. People who know me best assume that will be the case in terms of [who] I wind up with. [Laughs]. I don't know. All I know is that I couldn't use that euphemism to implicitly validate shame when I felt none of it.'

A lot of lesbians don't like the fact you're a part-timer.

'I know. It was vicious. The backlash I got for falling in love again with... someone else... was more ferocious than some of the fervent hate I got [from homophobes]. And I identify as an active part of the community! I understand it's about pride, and [the] need to cling on to the few and far between ephemeral, fleeting representations [of gay people] in public.'

It takes energy to push back. Was a tiny, conservative part of you relieved when you went on to marry a man?

'To be honest, no. People talk about coming out and feeling a sense of relief. I listen to them with a bit of jealousy because my experience was the opposite. It was devastatingly hard and I suffered greatly for it [because of the publicity]. When people talk about coming out, I wasn't ever in. If a man had come into my life at that point, with whom I could have escaped the highly politicised and misinformed narrative, I'd have loved that. But it needed to be authentic.'

You wouldn't have faked a relationship?

'Never. By the way, I was asked if I wanted to have a date with another actor who also "valued their private life".'

So creepy. Like something out of the 50s...

'Yup. And that was in 2007. Can you believe it?'

Do you have good friends?

'Women have provided for me what I need to save myself, or survive. I would not be alive if it were not for a few women in my life, [like] my younger sister, who's one of my best friends. I have other female friends who have gone past the boundaries of their own comfort to support me.'

Do they know if someone is bad for you before you do?

[Smiles]. 'Yeah. It was a running joke among my small group of friends – they call me Calamity. With [Van Ree], they'd say, "that was weird, but it's not going to get weirder". And then... [Heard married Johnny Depp in 2015; they divorced in 2017]. There's something to be said about who one is drawn to. I'm not necessarily drawn to... healthy. But I have hope. I hope to find an honest attraction to someone who is healthy. I very much want that.' ■

Aquaman is in cinemas from 14 December

Below, top to bottom: 18ct-gold and diamond ring, £5,625,
Asprey; 18ct pink-gold and diamond earrings, £18,400, De Grisogono

T R E A S U R E T R O V E

From diamonds and pearls to precious stones,
discover winter's finest jewellery creations

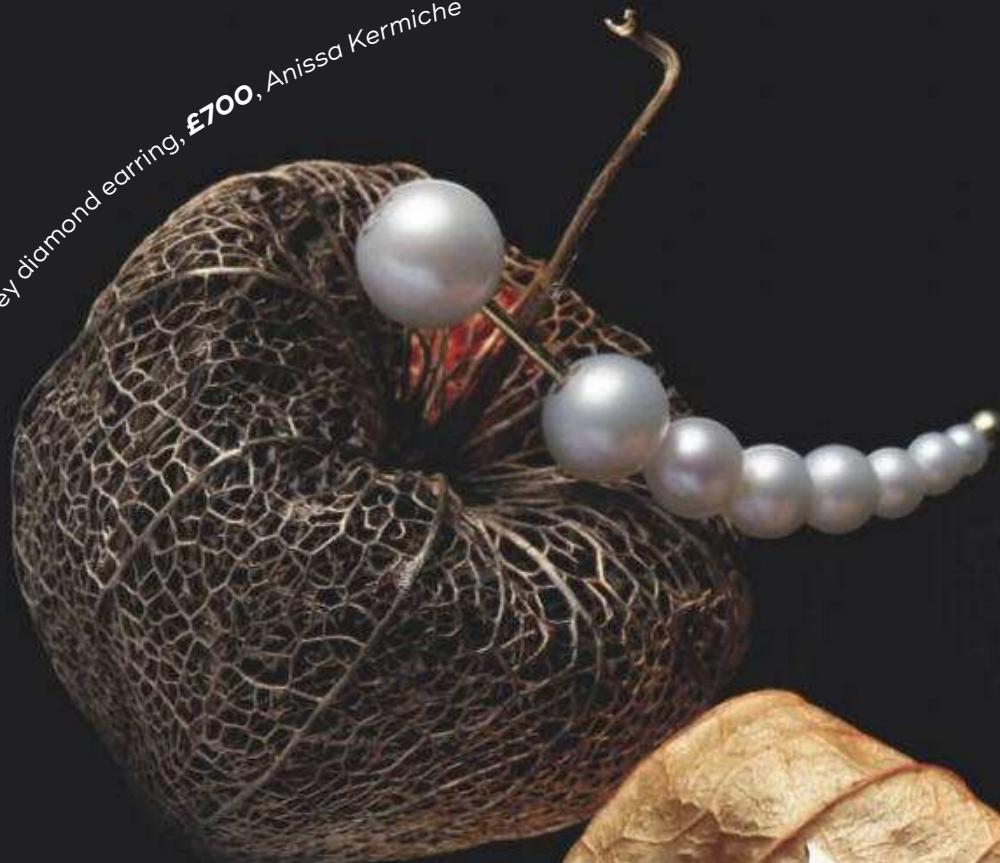
Styled by LUCIA DEBIEUX Photographs by DAVID NEWTON

18ct-gold and diamond bracelet, £18,200, Van Cleef & Arpels

18ct rose-gold, malachite and pavé diamond ring, £2,650, Bulgari

18ct-gold, lapis lazuli and diamond necklace, £7,400, Chanel Fine Jewellery

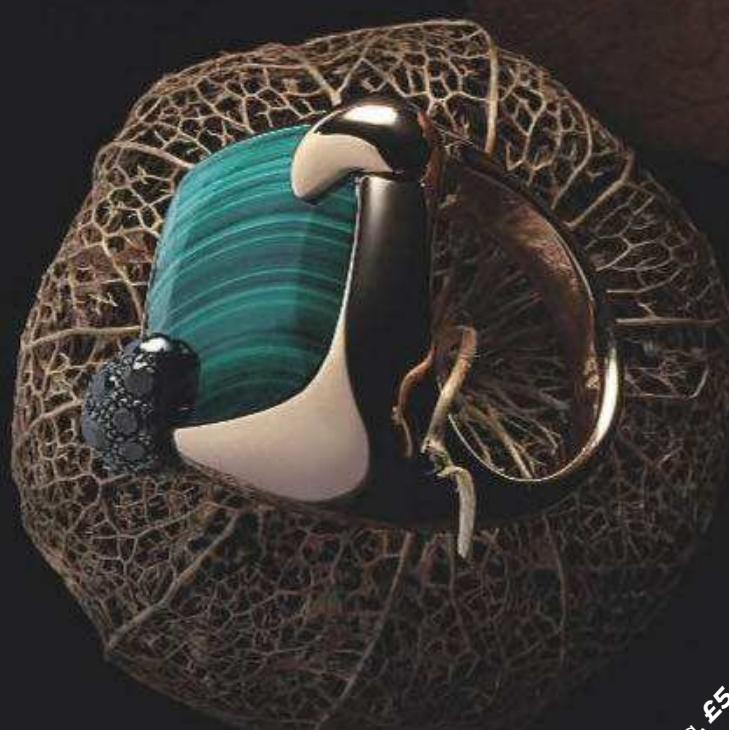
14ct-gold, pearl and grey diamond earring, £700, Anissa Kermiche



18ct-gold and diamond earrings, £680 each, Louis Vuitton



18ct rose-gold, malachite and black diamond ring, £5,350, Pomellato





From far left to right: 18ct-gold and diamond necklace, about £1,800, Susan Foster; 18ct-gold, diamond and malachite necklace, £1,610, Dior Jewellery; 18ct-gold and diamond necklace, from £860, Rebus; 18ct-gold and diamond necklace, £1,580, Marco Bicego at Harvey Nichols; 18ct-gold and diamond necklace, £2,570, Cartier

18ct rose-gold and diamond ring, £2,990, Piaget

18ct-gold and diamond necklace, £16,400, De Beers



From top: 18ct-gold and pavé diamond ring, £3,400, Noor Fares; 18ct-gold ring, £1,125, Tiffany & Co; 18ct-gold, pink tourmaline and diamond ring, £1,940, Gucci; 18ct-gold and diamond ring, £810, Messika by Gigi Hadid; 18ct-gold and pearl ring, £2,750, Jessie Thomas Jewellery



marie claire

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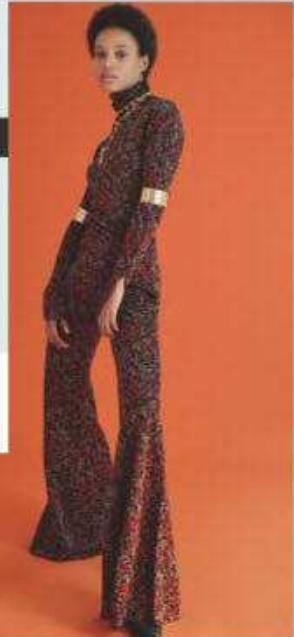


POSTCARDS

FROM

THE FRONTIER

From life-affirming holiday trysts to long-distance journeys in self-discovery, three writers recall the far-flung sexual adventures that changed their lives



NEW

OLAY whips



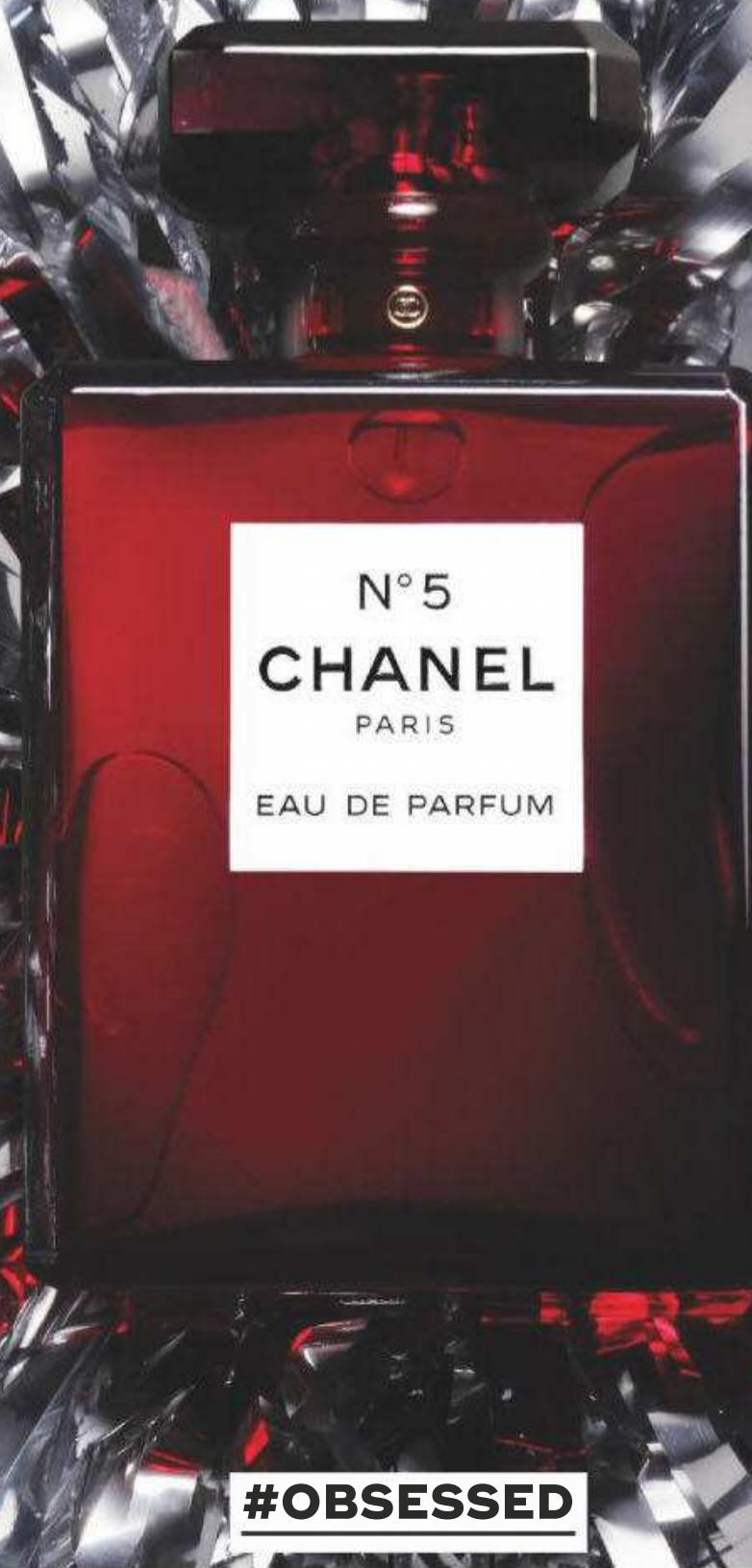
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#FEELTHEWHIP

Beauty

Charlotte Tilbury's ultimate party looks, the non-surgical treatments topping up a youthful glow and Emilia Clarke talks the perfect red lip



#OBSESSED

If you're a perfume devotee, there's only one place you need stamped on your beauty passport: Grasse, in the south of France. Its mineral-rich soil, cocooning temperatures and abundant sunshine nurtures the May rose – the N°5 floral pillar Chanel has sustainably grown for close to a century. 'These roses are the same ones Coco Chanel used when first imagining N°5. Like wine, a rose from Grasse doesn't smell like a rose from anywhere else,' says in-house perfumer Olivier Polge. What *has* changed this Christmas is the bottle. For the first time, you can snap up Chanel N°5 EDP in a limited-edition ruby red flacon (£130). It's the same famous scent – sparkling aldehydes melded with honey-like roses, jasmine and woody notes – just dressed up with seasonal pizzazz. Cue cult status.



PANTENE

NEW HAIR SUPERFOOD

Shampoo & Conditioner



These are shampoos and conditioners intended for use on hair. Do not drink!

FEELING BEAUTY

Not just a pretty face, here's how beauty can enhance your mood and well-being, too



BEAUTY INSIDER

CIRCADIAN SKINCARE

In an ideal world, your skin's luminosity would peak first thing in the morning, thanks to the production of shiny new cells and growth hormones overnight. Unless, of course, you're one of the 43 per cent of British women who experiences disturbed sleep, which disrupts the skin's repair cycle. If an instant morning glow is evading you, consider this: 'It's not how many hours of sleep you have during the night, but the amount during 24 hours that counts,' says Professor Gaby Badre, a neuroscientist from the University of Gothenburg, Sweden. Flip the script and try a 20-minute power nap, turbocharged with a mask containing ingredients that mimic the effects of uninterrupted shut-eye. This Works Sleep Power Recharge Mask, £32 (left, top, fabled.com), contains fruit acids to boost cell renewal. Also, ramp up hydration when you wake. La Roche-Posay Hyalu B5 Eyes, £25.50 (left, centre, boots.com), is powered by re-plumping hyaluronic acids, while Olay Regenerist Whip, £34.99 (left, boots.com) – a lighter version of the original – releases 1,000 times its weight in skin-restoring ingredients, like niacinamide, in the time it takes to make a brew.



The LIPSTICK effect



We already know lipstick boosts confidence. But new research by Harvard scientists in the US shows it can make you smarter, too, because this increase in self-esteem improves academic performance. Estée Lauder Pure Color Desire Rouge Excess Lipstick in Don't Stop, £34 (fabled.com), is a clever choice as it contains 25 per cent pure pigments to give your lips hours of bold colour payoff.

BRING OUT YOUR INNER CHILD

When we smell something nostalgic from our childhood, like freshly cut grass, our minds reshape the memory into a 'good time', according to The Smell & Taste Treatment and Research Foundation in the US. The new Burberry Her EDP, £96 for 100ml (fabled.com), taps into this feel-good factor. 'Berry notes evoke British summertime and feeling carefree,' says the perfumer Francis Kurkdjian.

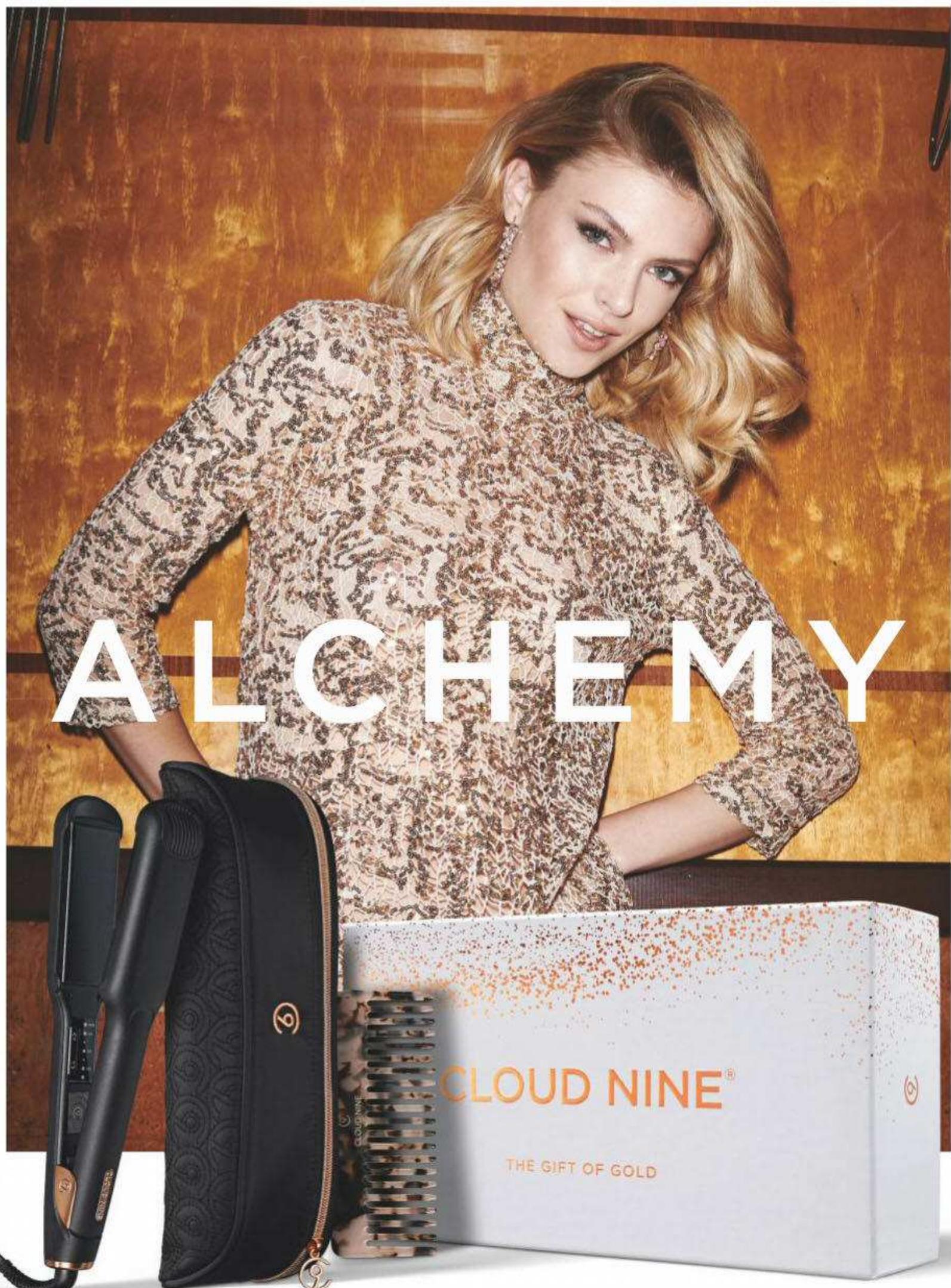


SMALL ACT OF KINDNESS WORDS FOR WORK: WOMEN IN LEADERSHIP PROGRAMME

Shockingly, nine per cent of young women aged 16–24 are affected by illiteracy in England. In the first initiative of its kind, Lancôme and the National Literacy Trust are helping disadvantaged young women at schools in London, Manchester and Nottingham develop the literacy skills and confidence they need to succeed in the job market. Lancôme ambassador Kate Winslet (right) says: 'This is our shared vision of empowerment.'



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Algenist Genius Liquid Collagen Lip, £36

Never heard of vegan collagen?

Don't worry, neither had we.

It's basically a blend of amino acids from corn, soy and wheat

proteins that give your pout a cushiony appearance. We're in.



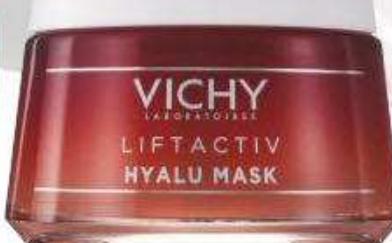
Eucerin Hyaluron-Filler Night Peeling & Serum, £38

The polished results from combining hyaluronic acid with AHAs (which buff away dead skin cells) means you take care of restoring plumpness and brightness.



L'Occitane Overnight Reset Serum, £49

The mix of acmella oleracea and marjoram, an ingredient that improves skin's ability to protect itself against stress, makes this one of our favourite overnight fixes for a baby-smooth complexion.



Vichy Liftactiv Hyalu Mask, £40

One per cent injection-strength hyaluronic acid works alongside liquorice extract to boost skin's own HA production to ensure a dull, flat complexion takes a back seat.

L'Oréal Paris Revitalift Filler Hyaluromask, £19.99

Hundreds of hyaluronic acid beads in this mask improve the look of drawn, tired skin while you sleep. Minimal fuss, minimal effort – and the lightweight gel formula means no sticky residue on your pillowcase.

SKIN SOS

Get your fill

Non-surgical treatments are worth more than £2.8 billion. But if Botox and fillers aren't for you, these skincare alternatives can help disguise offending creases

Let's get this out of the way: there's no such thing as 'Botox in a bottle'. No skincare product beats going under the needle for ironing out and filling in a lax complexion. But not everyone wants the pain, downtime or cost of invasive treatments. Enter the next best thing: a raft of new serums and creams that offers similar 'now you see them, now you don't' results on wrinkles. A 'topical filler', for example, is skincare powered by hyaluronic acid (HA), the same ingredient used in filler injections to plump skin. 'Hyaluronic acid is found naturally in skin, but our ability to produce it declines with age,' says dermatologist Dr Sam Bunting. 'In skincare, HA is a water-holding gel that sits on the surface of the face. It keeps cells hydrated and supple – hence temporarily plumping up wrinkles.' Another method for reducing the appearance of lines is to limit muscle contractions. L'Occitane has found that the plant extract

acmella oleracea mimics the skin-smoothing effects that a shot of Botox would yield by reducing muscle tension. And No7 Laboratories is using seven times the amount of its hero ingredient Matrixyl 3000 Plus to soften the look of forehead creases in just two weeks. There are some drawbacks, though. Matrixyl's effects will eventually plateau, and those of acmella oleracea only last until the next serum application. Hyaluronic acid in injectable fillers, meanwhile, lasts for a couple of months. 'It has a different chemical structure to the HA in skincare,' says Dr Bunting. 'And is cross-linked to ensure it isn't broken down by the body's enzymes.' But one advantage of a cream or serum over injectables, she says, is that it delivers extra ingredients, such as brightening vitamin C, so you can address more than one issue. Above is our pick of products that'll give you a complexion that's smoother than a Barry Manilow ballad the pain-free way...

CHARLOTTE
TILBURY'S
PARTY
TAKEOVER

Christmas is the perfect opportunity to up the ante, so we asked celebrity make-up artist Charlotte Tilbury to create five standout looks especially for *Marie Claire* – prepare to wow

Words and art direction by LISA OXENHAM Photographs by JASON HETHERINGTON

GLITTER BALL

Whether you want high-octane glitz or just a hint of sparkle, this make-up is easy, playful and will take your party look from zero to hero. 'Start with a flawless canvas,' says make-up artist Charlotte Tilbury. Here, she used her Magic Away Concealer, £24, and Light Wonder Foundation, £32. 'You'll also want to apply concealer to your lids and under-eye area to give the glitter something to adhere to,' adds Tilbury, who shared her exclusive pro tips on this shoot. 'Then, pat the chunky flecks over the top with your ring finger, working fast before they set. Finish with one coat of mascara, applied just at the roots to keep it looking modern.' Try Sleek Makeup Glitterfest Biodegradable Glitter in Silver, £5.49, and Yves Saint Laurent The Curler Mascara in Black, £26. ►



G I L T Y S E C R E T S

Chocolate and gold: the winning colour combination for every skin tone. But the festive season gives us license to be more adventurous, so take yourself out of your beauty comfort zone and use metallics to pump up the drama. You'll need to start with a glossy complexion, so give dull skin a light-bulb moment with Charlotte Tilbury's Bar Of Gold Palette, £49, which delivers a metallic sheen to your cheekbones, nose and Cupid's bow. For sculpted eyes, sweep Chanel Longwear Powder Eyeshadow in Chocolate Brown, £26, over lids, before dabbing sparkly Tom Ford Shadow Extreme in TFX2 Gold, £30, on to the inner corners. 'The key is to blend, blend, blend with a make-up brush, so the two tones meld seamlessly,' says Tilbury. To enhance the mouth, she swiped her Matte Revolution Lipstick in Birkin Brown, £24, on to model Veridiana's lips.

A close-up, profile photograph of a woman's face. She has dark hair pulled back, light-colored eyes, and a prominent nose. Her lips are painted with a vibrant red lipstick. The lighting is dramatic, highlighting her features against a dark background.

M A D A B O U T M A T T E

Whatever else you wear, red lipstick will have you party-ready in seconds. This season's top lip tip? Focus on the finish. Shiny can look OTT, but a velvety matte stamp is both chic *and* cool. Plus, it's all the more doable now that lipstick formulas are flexible and soft, rather than chalky and dense. 'If you want to reshape and resize your lips and Cupid's bow, stencil first with a "stealth liner",' says Tilbury. 'Trace the natural outline of your lips, correct any asymmetrical unevenness, then enhance the roundness by going slightly outside the lip line.' Try Tilbury's Lip Cheat Lip Liner in Kiss N Tell, £16, and then press Charlotte Tilbury Matte Revolution Lipstick in Tell Laura, £24, straight from the bullet on to your mouth. ►

B A C K T O B L A C K

Smoky eyes are elegant, mysterious and face-lifting, but can also be unnecessarily complicated and time-consuming to create. Tilbury's technique involves just two products. Start off with a cream base, such as Bare Minerals Gen Nude Eyeshadow + Primer in Exposed, £19, to encourage anything you apply on top to stay put. Then, use a small brush to create a chunky, feline-shaped line of black shadow and sweep it down on to the lower lash line. Add a slick of black eyeliner for more intensity. We love the Charlotte Tilbury Smoke shade from The Sophisticate Luxury Palette, £39, and The Classic eyeliner pencil in Audrey, £16 – both are jet black and matte. Mascara (try Charlotte Tilbury Legendary Lashes Volume 2, £25), brushed-up brows, nude blush and flushed lips are just dressy enough.



HAIR BY EAMONN HUGHES AT PREMIER HAIR AND MAKEUP USING HAIR BY SAM MCKNIGHT.
MAKE-UP BY CHARLOTTE TILBURY USING CHARLOTTE TILBURY BEAUTY. MODELS: CHEN XUE,
VERIDIANA, BIBI AND CHARLIE RUMP AT STORM MANAGEMENT

PINK POWER

Christmas is a time to get creative with colour but, instead of a rainbow palette, just stick to one shade. Tilbury chose millennial pink – unexpected, yes, but boy does it work. Step one: create a sheer make-up base. ‘I like to massage the skin with my Magic Cream [£70] to stimulate lymphatic drainage and boost circulation,’ she says. Next up is a sweep of the Hollywood Beauty Light Wand, £29, over the tops of cheekbones, tip of the nose and inner corner of the eyes. ‘It gives this amazing spotlight sheen,’ says Tilbury. Add a light wash of rosy-coloured cream shadow to your lids – try Givenchy Ombre Couture Cream Eyeshadow 16H Hold Waterproof in Rose Illusion, £20. Then, apply Charlotte Tilbury Kissing Lipstick in Velvet Underground, £24. Skip mascara, this look is impactful and fresher without it. ►

QUEEN CHARLOTTE

With A-lister clients and a bestselling brand, Charlotte Tilbury is one of beauty's most in-demand make-up artists. We go behind the scenes on our shoot, and celebrate her most iconic looks

Charlotte Tilbury
Lip Lustre in
Red Vixen, £17.50



Penélope
Cruz



Charlotte Tilbury
Legendary Lashes
Volume 2 Mascara,
£25

The magical make-up station – Tilbury's kit on the set of our shoot.



Charlotte Tilbury
Bar Of Gold,
£49



Emma
Roberts



Backstage creating the make-up looks at our *Marie Claire* and Charlotte Tilbury shoot.

Charlotte Tilbury Cream Blush Beach Stick in Formentera, £30



Salma
Hayek



Backstage with model Arizona Muse at the Temperley show during London Fashion Week SS19.

Charlotte
Tilbury Kissing
Lipstick in Night
Crimson, £24 ■



Charlotte
Tilbury
Hollywood
Flawless
Filter in No.4
Light/Medium,
£30

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* Research was conducted by Launchpad Research, an independent agency, with 111 women over 2 weeks.

MY BEAUTY RULES



She's the actress best known for playing Daenerys Targaryen, the fiery Mother of Dragons in *Game Of Thrones*. So what are her hottest beauty hacks? Stay positive and smile...

A good boogie brings me such joy – I love it.

I like putting on reggae, something with a really good beat. Or hell, anything on Drake's latest album. I just like getting down to it. Dancing with your mates, dancing in the shower, dancing on your own – just having a little flow; letting your body move. And I love singing. When the producers of Dolce & Gabbana's The Only One [£70 for 50ml EDP] commercial asked me to sing in the advert, I was like, 'Sure! I love it. I sing everywhere!'

There are certain things I do after I wake up to make sure that I start the day on the right foot. I went through a phase of checking my phone every morning, but now I don't bother. There's a special kind of joy in seeing all of the emails in your inbox and then being like, 'Screw you, bitches, I'm

going to ignore all of this.' I like having rituals. I turn on the radio, get some good music playing, do some yoga, have a freezing cold shower, moisturise with Shiseido Essential Energy Day Cream [£59] and then drink a strong black coffee with lots of honey in it. All of that makes me feel calm.

I was born energetic. This can sometimes be a problem because when I'm tired and I can't give people my normal energy, I feel bad. Only my best mates see me like that. I always make sure I have a lot of energy during public appearances and interviews – no one wants to sit with me and hear me say, 'Oh, I'm so tired.' You just need to bring it out. I like chatting to people. I always have, always will. The thing that sucks the most about becoming someone people recognise, ►

is human interaction is lost. Gone are the days when I could walk into a shop and be like, 'Hi, babe. What's going on?' I just love having chats with random strangers. When you get a stranger who doesn't know who you are, it's like, 'Yes, I can have a random chat!'

I go through food phases. My comfort meals change biannually. For a while, it was just bread with peanut butter and jam – very American, but *so* good. Then, it was pasta. It doesn't matter what's on it, a big bowl of pasta is always comforting. I also went through a fish and chips phase. But the thing that brings me the most comfort is honey. I have it in my coffee, my tea, my yogurt... I'm not fussy about it either, it can be any variety.

When I'm filming, I try to keep positive as much as possible by playing lots of games. We always have to choose quiet ones, so as not to ruin any scenes. We play a drawing game, where everyone puts animal names inside a hat, you pull one out and then everyone else has one minute to draw the animal. The results are then judged. It's hilarious because people are terrible at drawing. It keeps us smiling on long days filming.

I love a red lip – it's the most fun colour to wear. As a kid, I was teased for having big lips. I was so embarrassed, I'd cover them up with nude lipstick. Then I went to drama school and was like, 'Bugger

it! I'm gonna wear red lipstick.' I found a lip pencil recently – Nars Velvet Matte Lip Pencil in Dragon Girl [£21, below]. I was praying with a name like that it would suit me, and it did. Can you believe it?! I pair it with a strong eye – a feline flick using Dolce & Gabbana Emotion Eyes Liquid Eyeliner [£27, below] and Dolce & Gabbana Passion Eyes Mascara [£28, below].

Body confidence is important to me. Your body is amazing and valuable – you walk in it every single day. It's a hard journey to be content with it, though. I'm not one of those people who says I love myself, because some days I hate my body, but most days I'm like, 'It's all good.' I've realised that it's all I've got, so I need to be

happy with it. Your body carries you through life, so you should work with it and look after it. As an actress, my body is scrutinised, so if everyone else is scrutinising it, why the hell am I scrutinising it, too?

Every time someone says wellness, I think of brain wellness. It's important to keep it in check. Once in a while, assess your dialogue. Have you said a lot of crap about yourself recently? When you start to do that you begin to catch yourself out, and realise that you should try to be a bit nicer. I find so often that there have been moments where I'm like 'Oh, they don't like me,' or 'I'm not good enough for that, they're much better than me.' If you just try to shake that off and be open, you realise that you're projecting your insecurities on to them. When you spend your life putting your angst out there, you're only going to get that back. If we all took care of ourselves, I think we'd be kinder to each other.

Going to the pub with your mates is as good for the soul as staying in and watching TV. You could have eaten your greens and gone to bed early with a cup of tea, but a trip to the pub with the girls will make you feel better every time. You wake up and feel good because you've giggled so much. ■

'YOUR BODY IS AMAZING AND VALUABLE. YOU WALK IN IT EVERY SINGLE DAY... LOOK AFTER IT'





Bio-Oil® Dry Skin Gel is a new way to treat dry skin. Traditional dry skin products, such as creams, lotions and body butters are made from water, which is of little use to dry skin as water evaporates when coming into contact with skin. It's what causes the cold sensation you feel when applying these products. Bio-Oil® Dry Skin Gel is made from oil, so feels 'warm' on application. In a user-trial conducted on dry skin sufferers, the majority said that Bio-Oil® Dry Skin Gel was better than anything they have used before for dry skin.

#LiseOfLife

Beauty director Lisa Oxenham visits the Fabled by *Marie Claire* beauty store to check out the latest launches and ramp up her haircare arsenal



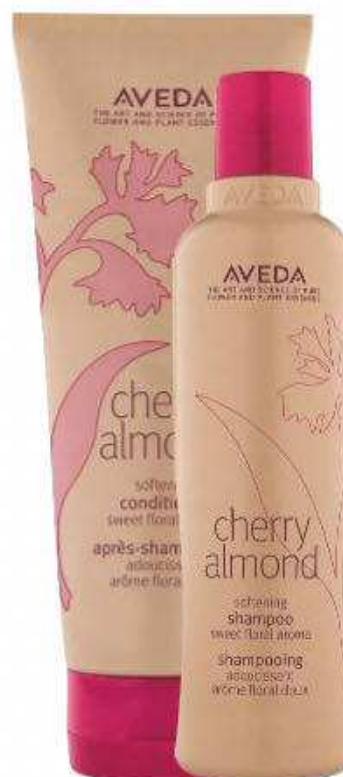
There's nothing more confidence-boosting than a good hair day. My style has always been under the radar, but that's deliberate: flat, haphazard mid-length kinks, straight ends and – the crux of my style – one side neatly tucked behind my ear, while the other is messed up and worn slightly forward.

I've never been a 'check-me-out' blow-dry and root-lift type; I don't think you need big hair or shoulder pads to prove you're powerful. I much prefer how my hair looks after a hike in the hills – healthy and blasted dry by fresh, country air. OK, admittedly there's a fine line between looking tousled and a total mess. It needs to appear shaggy in a loose, accidental way. It has to work with a blazer for the office as much as with statement earrings for evening drinks. So, what's the key? Just use a damn good shampoo and conditioner. I'm trialling Aveda's new Cherry Almond Softening Shampoo, £15.50, and Conditioner, £17, and I'm addicted. I've been searching for more eco-conscious products that soften my highlighted hair as much as some of the (not-so natural) premium brands. It's been a hard slog, but this formula is 98 per cent naturally derived and leaves strands feeling as soft as silk, and looking shiny and bouncy. It's sulphate-free, but the shampoo lathers richly and rinses off easily. The conditioner also nourishes fast and doesn't leave strands looking lank. It ticks all of my boxes ethically: vegan, gluten- and silicone-free, plus it's suitable for a wide range of hair types. I've already recommended the duo to a bevy of friends and they're similarly thrilled – one curly haired friend uses it post-gym for 'influencer-level shine!' I wash my hair before bed, sleep on it half-dry, then scrunch it up in the morning and do that all-important tuck behind the ear. Boom – hair that smells of Bakewell tarts and says, 'good hair, don't care'.

For more beauty and well-being tips, follow @lisaoxenham #LiseOfLife



Head to Fabled by *Marie Claire*'s flagship store at 21 Tottenham Court Road, London W1T 1BJ and check out The *Marie Claire* Edit at Fabled.com for the latest trends, product reviews and celebrity interviews, along with hand-picked recommendations from the beauty team.



LISA'S FABLED PICKS

Bouclème Curl Cream, £19

Finally, the industry has come around to embracing natural textures. My afro-haired friends rave about this Curl Cream, which is packed with a nourishing blend of coconut, kukui nut and castor oils.



Living Proof Restore Instant Repair, £26

I think of this as an instant fix for split ends. Silk proteins and a frizz-reducing molecule smooth down existing frayed strands, while also preventing further damage. It's said to leave hair 15 times stronger after just one use – I love how healthy it makes mine feel.



Balmain Paris Hair Couture Volume Mousse Strong, £23.75

When it comes to styling, it's a case of the easier the better. This mousse repairs with silk amino acids and vegetable protein, and lets me run my fingers through my hair minus any sticky residue.



Philip Kingsley Elasticizer Extreme, £15.70

My coloured strands literally drink in the hydration from this 20-minute pre-shampoo mask. The formula is rich in hydrolysed elastin, vitamin E and fatty acids, and has been designed to restore shine and elasticity to textured hair. Yep, this is an easy win.





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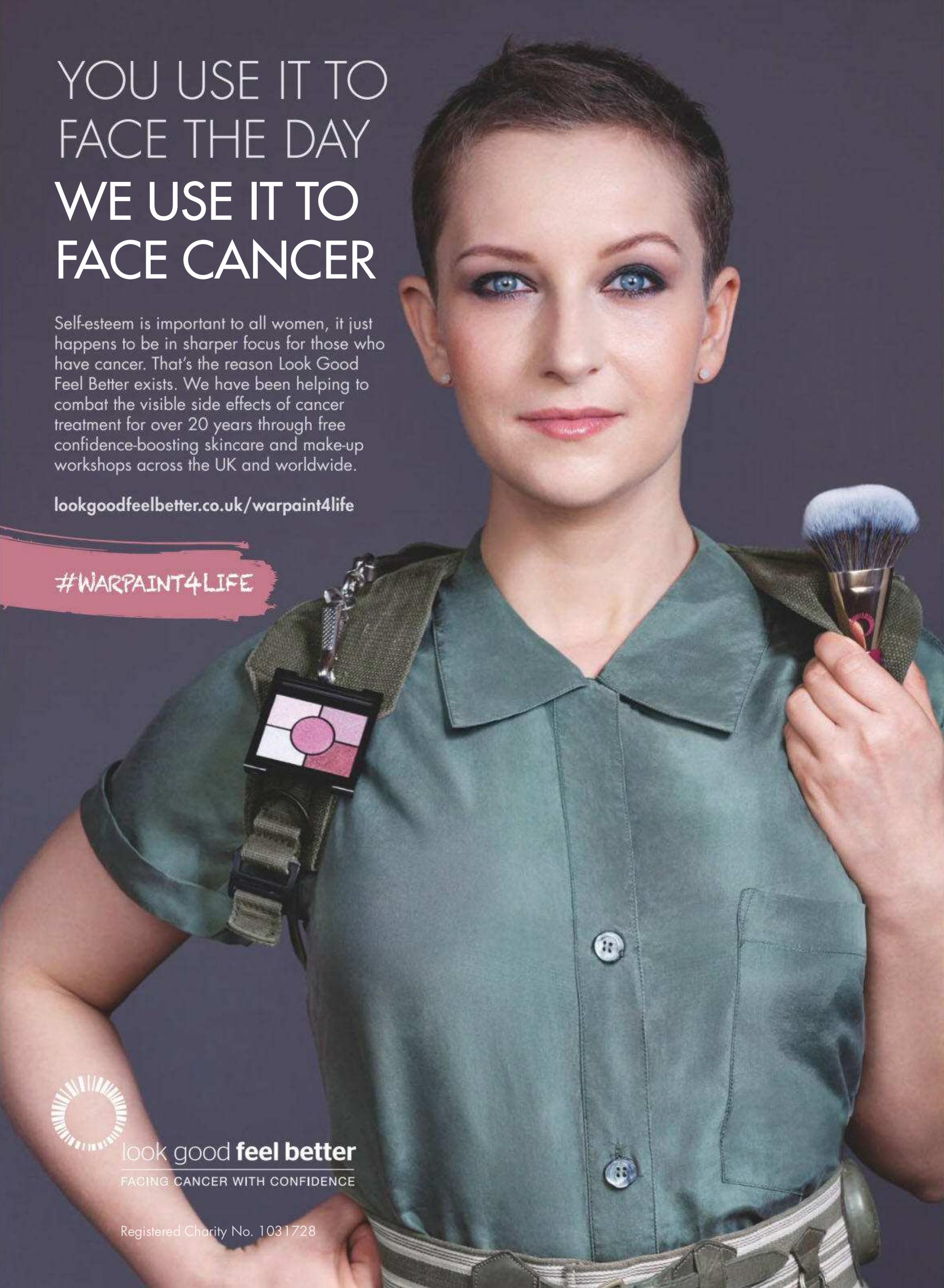
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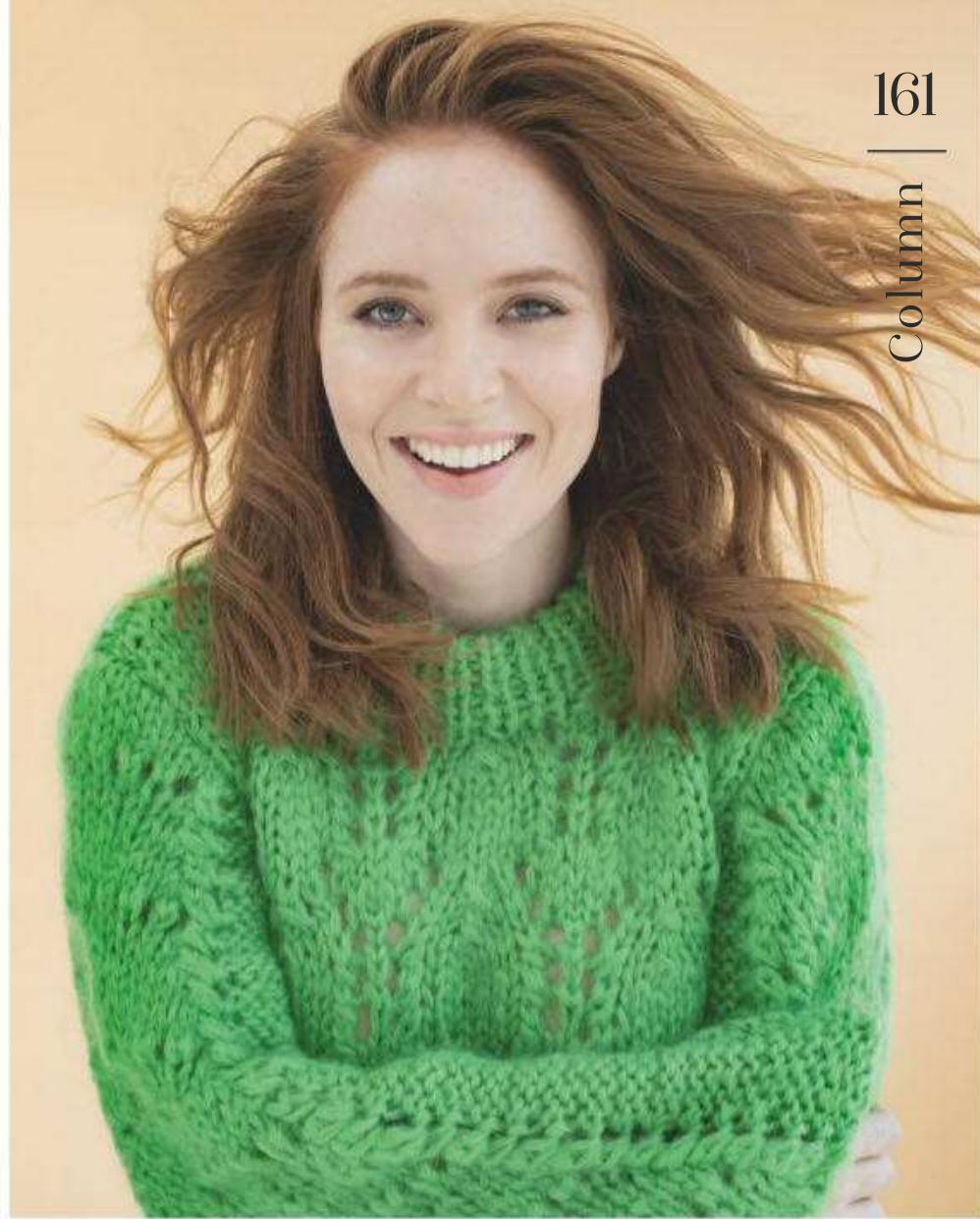
ANGELA SCANLON'S FAD HABITS

This month, our columnist dips her toe into the ancient art of sound bathing, and the result is something of a surprise...

I first read about 'sound baths' while sitting on a sweaty tube, after months of travelling and living out of a suitcase while filming. I felt so tired, I thought I might fall over. Part meditation, part listening exercise – or the description that hooked me: 'meditation for the laziest people' – sound baths (also known as gong baths) are healing musical performances with Himalayan singing bowls, crystal bowls, gongs, biosonic tuning forks, shamanic drumming and lots of chanting. This healing therapy uses sound to lull you into a meditative state – according to so-called sound healers, the vibrations can reduce stress and pain, lower your heart rate and relieve anxiety. I was in immediately.

I've dabbled with meditation for a few years, but sometimes trying to keep up daily sessions feels like just another thing to add to the to-do list. Less an escape, more a reminder of my lack of productivity. With sound baths, while the effect is cumulative, a recommended one to two sessions a month makes it relatively low maintenance. The idea that I could do this virtuous activity with zero effort was intriguing.

To clarify, a sound 'bath' doesn't involve water and, thankfully, you don't need to get naked. You just lie down, close your eyes and let someone else waft around you, leaving you feeling magically 'fluid'. The first time I tried it, I took a curious but sceptical mate and headed to a small class run in an old church, armed with a blanket and a hint of apprehension. The church was cold. The blanket was thin. My vertebrae ached and I wasn't relaxed. At the end of the two-hour session, I lied and told the instructor I felt 'awakened'. Actually, I felt knackered, and a bit like someone might follow me home with a cymbal and murder me in my bed. But I couldn't shake the feeling that I might be missing something. So, after a few



months I gave it another go, this time booking a private one-on-one session (soundawakening.co.uk). I figured it would be deeply personal and restorative, and it couldn't be worse than my maiden voyage. It was a game changer. I drifted in and out, not quite sleeping but definitely lucid. I knew what to expect and this class felt less frantic, more gentle (being comfortable is key, so bring extra blankets and spend time finding a position you feel relaxed in to avoid getting distracted by an aching hip). I left feeling calmer than I had in forever.

I've been a sound bath regular ever since, dipping in whenever I need a recharge or to connect with friends, who I regularly wrestle into these situations. There's something special about sharing a new experience that bonds you in a deeper way. The added bonus is you get to chat IRL, far away from WhatsApp groups and virtual hugs. So, switch off your phones, lay horizontal and get gonged.

@angelascanlon #FadHabits

WORKING FOR ME



USE

DRY BODY BRUSH, ABOUT £30

This is for life, not just for Christmas.

Even if your limbs are locked away for winter, it's nice to have them feeling smooth. Plus, dry body brushing will flush out any Christmas party toxins by stimulating the lymphatic flow and increasing blood circulation. Easy detox.



PLAN

A HOLIDAY

Research suggests that anticipation of an event gives more pleasure than the actual event itself, so book yourself a holiday, a mini-break, lunch with a mate or even just a spin class to look forward to.



BUY

ZODIAC ART WORK, ABOUT £60

Fashion designer Sorcha O'Raghallaigh (who has dressed Beyoncé and Lady Gaga) has returned to the world of illustration with a series of 12 prints inspired by the signs of the zodiac. Happy Christmas, Capricorns.

ONCE UPON

Mirror, mirror, on the wall, who's the fairest of them all? From a magical hair wand to fairy-tale fragrances, prepare to be spellbound by our edit of enchanting beauty buys this Christmas

A TIME

** tattoo liner **

WATERPROOF LIQUID EYELINER • EYELINER LIQUIDE RÉSISTANT À L'EAU



Illustrations by HANNAH READ-BALDREY Words by NICOLA MOYNE
Art direction by CHRISTINE LEECH Photographs by BEATE SONNENBERG

AND THEY LIVED HAPPILY EVER AFTER

Tired eyes in need of a fairy godmother-style makeover? Look no further than the top-selling

Kat Von D Beauty Tattoo Liner, £17, in Trooper (black) or Mad Max Brown (chocolate). The innovative brush tip glides across lids in silky, smooth strokes and its 24-hour formula is completely budge-proof – so there's really no need to fear the stroke of midnight at the Jingle Bell Ball this year.

WHEN YOU WISH UPON A STAR

Everything about Angel EDP by Mugler, from £68 for 50ml, is fit for a princess. From its signature star-shaped refillable glass bottle to its mysterious scent combining sweet hits of caramel and vanilla with the woody aroma of patchouli. Simply spritz, then sparkle... ►



GLASS SLIPPERS... WHY, IT'S LIKE A DREAM

Respin your inner Cinderella with Carolina Herrera's glass slipper-encased Good Girl EDP, from £72.50 for 50ml. Blending sweet notes of jasmine with rich cocoa and intoxicating Tonka, this theatrical fragrance is alluring, provocative and bewitchingly sensual. After all, sometimes it feels good to be bad...





SPUN WITH PURE GOLD

Channelling the coveted Golden Goose might be taking this reference a little too far. But make-up inspired hair cosmetics are having a major moment, so shimmering locks are a must this season. Go for the cocktail-party win with Toni&Guy's Rose Gold Highlighter, £9.99, available exclusively at Boots, and dab hair with the sponge applicator to apply a fine veil of glittering golden powder. Blondes, brunettes and redheads, get set to dazzle with iridescent highlights. ►

THE NUTCRACKER

It's hair's time to shine, thanks to the OGX Damage Remedy + Coconut Miracle Oil debut range, which comprises a Shampoo, Conditioner and Penetrating Oil, from £7.99* each. Fusing the nourishing properties of coconut with moisturising essence of tiare and vanilla bean, these high-performing sulphate-free surfactant formulas calm frizz, smooth flyaways and leave hair feeling silky smooth and full of bounce. Bravo!





WITH A WAVE OF HER MAGIC WAND

Rapunzel-worthy locks await with the handy handbag-sized VO5 Frizz Free Serum Wand, £7.99, available exclusively at Superdrug. Specially designed for smoothing strands on-the-go, this clever conditioning hair mascara will reduce frizz and static, plus boost shine, which means you really can let your hair down this Christmas. ■

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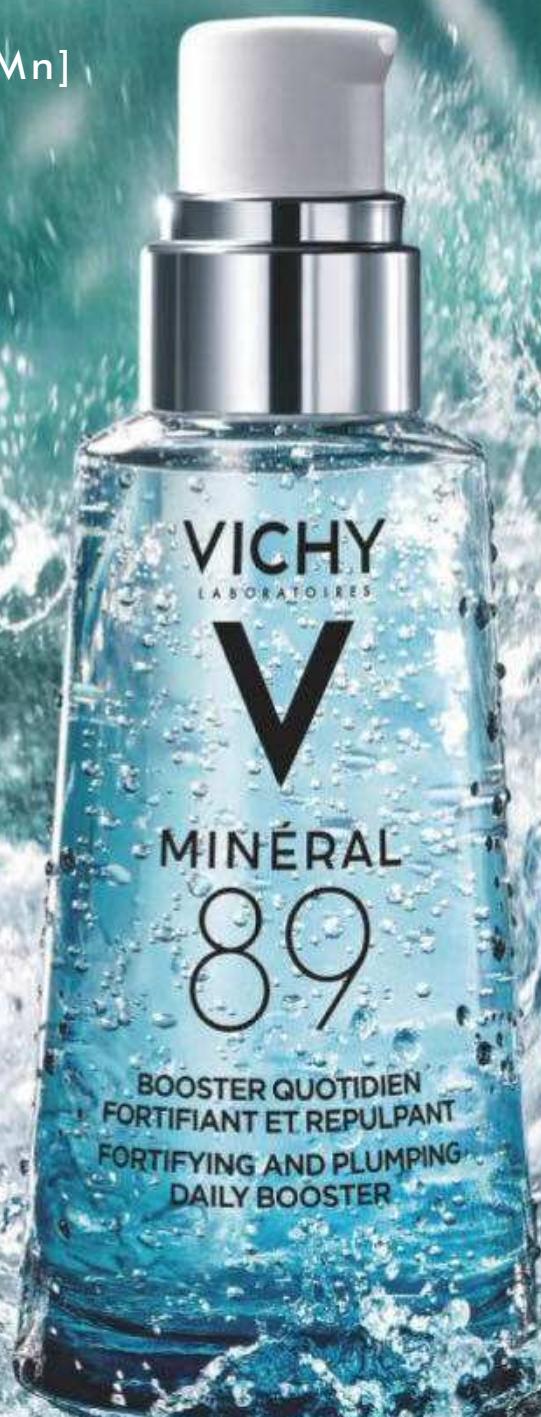
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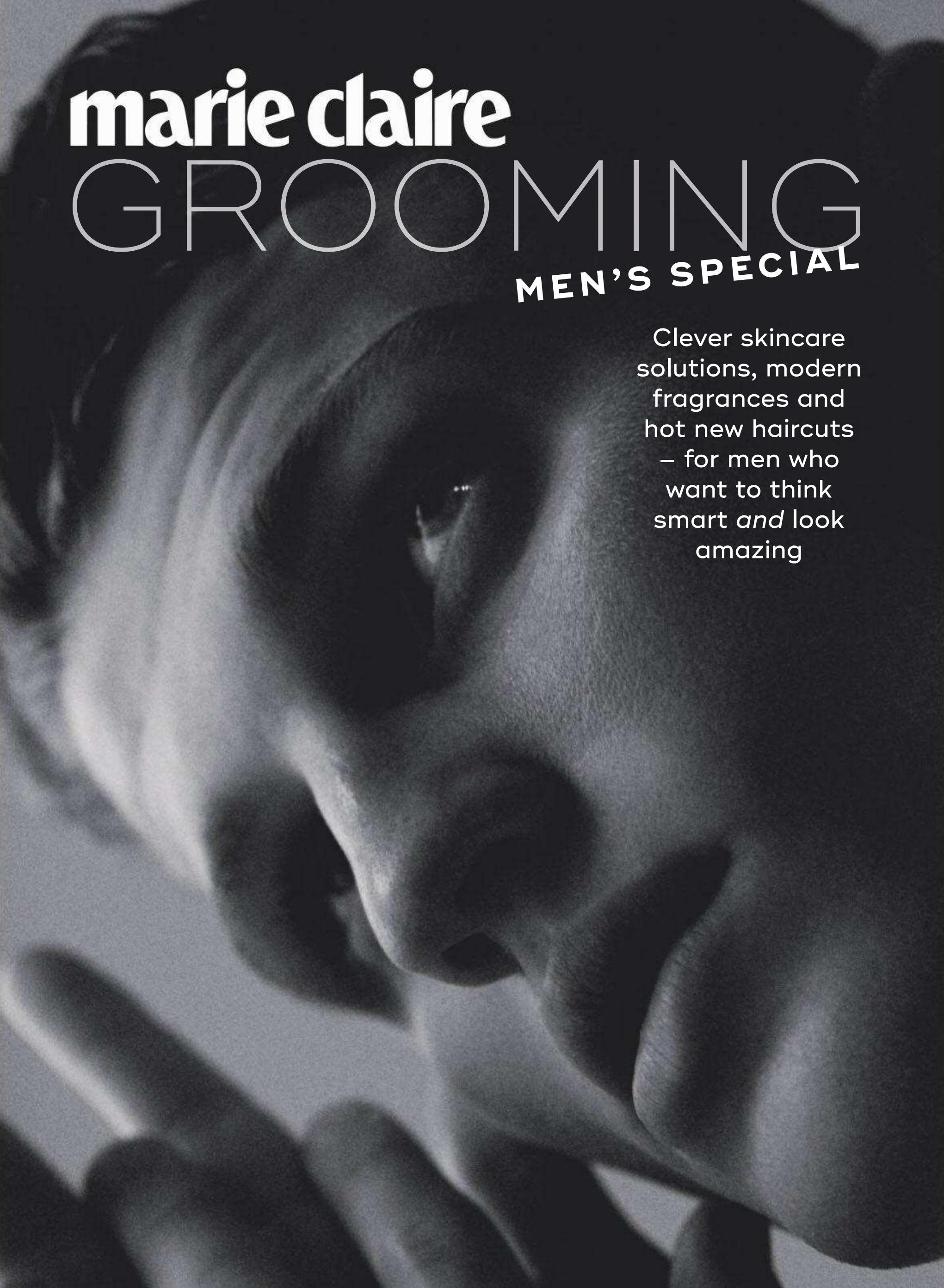
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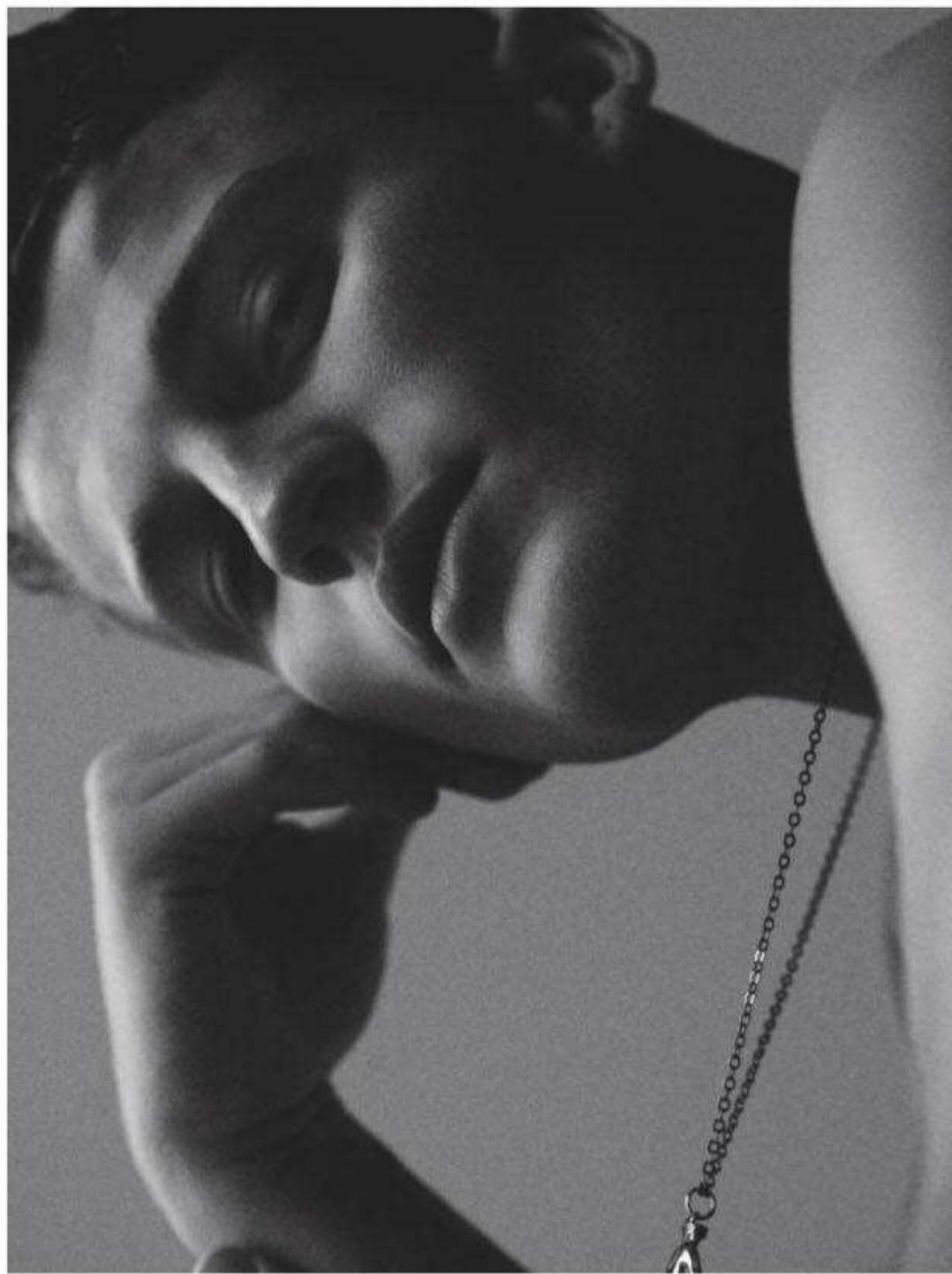
marie claire

GROOMING

MEN'S SPECIAL



Clever skincare
solutions, modern
fragrances and
hot new haircuts
– for men who
want to think
smart *and* look
amazing



THE SKIN HE'S IN

Is your other half always stealing your products? Turns out, he may be short-changing his skin by treating it as unisex, says *Fiona Embleton*

Now that your favourite fragrance is likely to be an aromatic cross-dresser, which smells just as amazing on you as it does on him, should we also be stepping outside the box of male and female skincare? Your other half, who piles on your La Mer moisturiser like a face mask when you're not looking, would say no. As would the other 64 per cent of men who don't consider male-only skincare important, according to market researcher Mintel. In the opposite camp is the grooming industry. It has spent millions peddling

the benefits of 'his and hers' bathroom shelves and the idea that a mysterious alchemy makes male skincare different from a woman's. But does skin have a gender? Word in the derm office is yes. 'It's very sensitive to male and female hormones,' says cosmetic doctor Dr Maurice Dray. 'Men have much higher levels of testosterone, which makes their skin 25 per cent thicker and behave differently to a woman's.' So, without the right high-performance ingredients, he may not be doing as much to help his complexion as he should. Here's why...

HORMONES

HIS SKIN ‘Adult men produce about ten times as much testosterone as women, which makes their skin oilier,’ says Dr Dray. ‘Men also typically have larger pores and pump out more sebum that’s thicker, in turn causing congestion.’ If he’s a die-hard soap fan, Baxter Of California Deep Cleansing Bar Charcoal Clay, £16 (1), absorbs impurities. ‘It’s also harder for oily skin to shed dead cells,’ says Dr Anjali Mahto from London’s Cadogan Clinic, who recommends a cleanser spiked with salicylic acid to dissolve the paste-like mixture of oil and dead cells in pores. Try Lab Series Oil Control Clay Cleanser + Mask, £23 (2).

YOUR SKIN In women, the predominant hormone is oestrogen, so no wonder your skin throws a temper tantrum when there’s an increase in testosterone the week before your period. ‘PMS and the drop in oestrogen drives acne and increased oil production,’ says Dr Mahto. Oil cleansers are a beauty fad best avoided if you want to swerve spots. ‘They leave behind residue, which can block pores,’ she says. Opt for a gentle foaming cleanser, such as Neo Strata Foaming Glycolic Wash, £30 (3), and follow up with a topical probiotic to balance the natural bacteria on the surface of your skin. Allies Of Skin Molecular Saviour Probiotics Mist, £48 (4), contains the probiotic lactobacillus ferment, plus antibacterial colloidal silver.



SKIN'S PH

HIS SKIN The outermost layer, aka the skin barrier, is made up of sebum (its natural oils), plus lactic and amino acids. These create the skin’s pH, which should hover between 4 and 6 – anything higher and it becomes drier than the surface of a lasagne; lower, and it’s greasy and spotty. Men have greater instances of acne because their pH is lower. On the plus side, their skin barrier is stronger and better at locking in moisture. ‘Up until the age of 50, men’s transepidermal water loss [ie. the amount of water that evaporates via the skin] is significantly lower than a woman’s of the same age,’ says Dr Stefanie Williams, medical director at the Eudelo skin clinic in London. It’s possible for skin to be both oily *and* dehydrated, so don’t ditch moisturiser out of fear of making it greasier. Choose a product that’s both oil-free and mattifying. The Body Shop Green Tea & Lemon Mattifying Moisturiser For Men, £12 (5), does the job perfectly.

YOUR SKIN ‘Women have a higher surface pH than men, which may explain why we have a greater tendency for dry skin,’ says Williams. Our sebum levels also drop off a cliff with age (these remain stable in men) – meaning skin is without the lipids it needs to retain moisture and build a strong barrier. They may not be particularly sexy, but ingredients such as ceramides – the ‘glue’ that holds skin cells together – and fatty acids are pretty much guaranteed to prevent moisture loss. Try a layer of Drunk Elephant Lala Retro Whipped Cream, £60 (6), over the top of B-Hydra Intensive Hydration Serum, £52 (7). ▶

S E N S I T I V I T Y

HIS SKIN 'In my experience, men like using fewer products compared to women and prefer those that are multifunctional,' says Williams. But, one area where he may need extra help is the beard. On average, men subject their skin to 16,000 shaves in a lifetime. 'So, as well as mechanical irritation, he may also suffer from folliculitis and ingrown hairs,' she says. 'Regularly exfoliate to prevent the latter and treat the beard area with anti-inflammatory ingredients. Just avoid heavy lipid-rich formulations as they can cause ingrown hairs.' You'll find aloe vera in Redken Brews After Shave Balm, £18.50 (8), and skin-soothing algae in Tom Ford For Men Shave Cream, £52 (9, spacenk.com). It's also a good idea to change razor blades every six to eight shaves to avoid the burn. Worried about the impact on the environment? Bulldog has launched the Original Bamboo Razor, £8 (10), with a recyclable handle.

YOUR SKIN When your complexion reads product overload as the enemy and is producing inflammatory hormones (read: bumps, chapping and redness), stick to a bare-bones routine of cleanser, serum and SPF by day for two weeks. Add in a calming treatment, such as The Body Shop Mediterranean Almond Milk With Oats Instant Soothing Mask, £17 (11).



A G E I N G

HIS SKIN Both men and women lose about one per cent of collagen per year after their 30th birthday. That said, collagen and elastin don't degrade as rapidly in male skin, which is more robust. Another bonus: 'It can tolerate a higher concentration of active anti-ageing ingredients, such as retinol,' says Williams. Kick off with SkinCeuticals Retinol 0.3%, £55 (12), at night, and wear David Beckham House 99 Broad Defense Face Moisturiser SPF20, £22 (13, boots.com), in the day. The immediate draw is the added SPF20, as retinol makes skin more sensitive to UV rays. Clinique For Men Super Energizer SPF40 Anti-Fatigue Hydrating Concentrate, £40 (14, fabled.com), contains an alphabet of anti-agers, including repair enzymes and caffeine to energise sluggish cells. Or, try Neal's Yard Remedies For Men Age-Defying Moisturiser, £35 (15, fabled.com), with antioxidant cactus stem cells.

YOUR SKIN Expect an uptick in wrinkles and for your face to feel drier and slacker as the production of collagen, elastin and hyaluronic acid slows down. Hormonal changes come at a price, too. A less-than-stellar side effect is oestrogen-related pigmentation, which one European study found could add 20 years to a woman's age. 'Women can also lose up to 30 per cent of their collagen in the first five years after menopause due to the decline in oestrogen,' adds Williams. It's not all bad news, though. There's no match for retinol when it comes to replumping collagen and fading pigmentation. If you're new to the retinol party, try Elizabeth Arden Retinol Ceramide Capsules Line Erasing Night Serum, £42 for 30 capsules (16), which comes in a pre-measured dose to avoid irritation. The first place you'll see wrinkles is around the eyes, where skin is thinnest, so invest in an eye cream like Cerave Eye Repair Cream, £11 (17), which combines barrier-building ceramides with hydration-boosting hyaluronic acid. Proof, wouldn't you say, that separate skincare products for men and women go beyond just gunmetal grey and pink tubes. ■

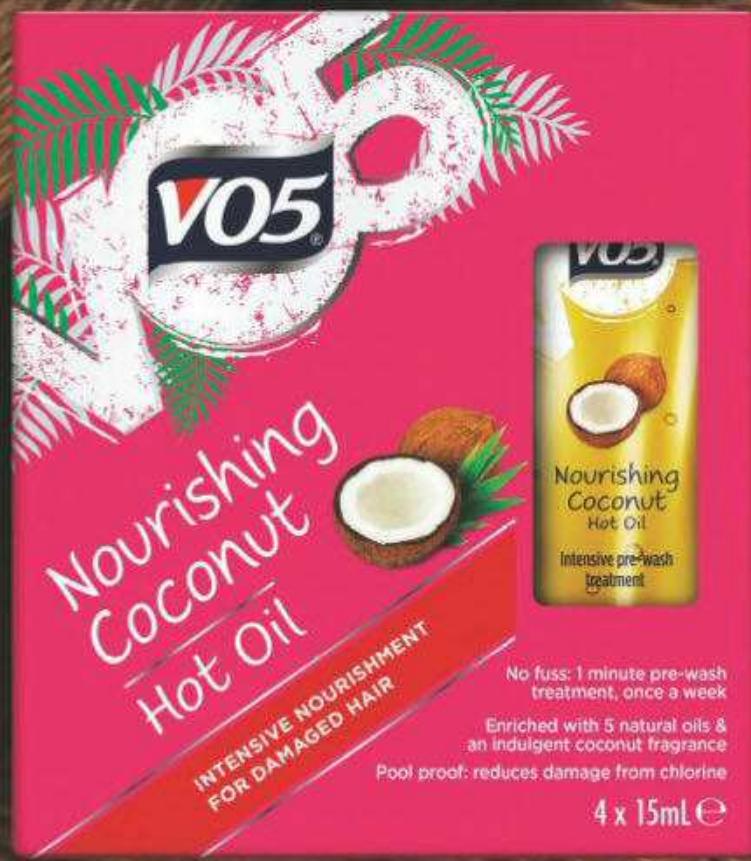


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let's feel good

IRON

The ultimate grooming game plan for face, body and hair

Words and art direction by LISA OXENHAM Photographs by JASON HETHERINGTON

MAN

PLANT POWER

Countless elite athletes have adopted a vegan diet, due to proven performance benefits: strength, endurance, fast recovery time and, above all, optimum cardiovascular health. Building muscle on a plant-based diet, although a little tricky, is achievable. ‘It’s all about fitting in enough protein,’ says Yvonne Bishop-Weston, independent Harley Street clinical nutritional therapist, who provides educational material for Vitabiotics. ‘Have regular meals and eat snacks containing protein sources such as spinach, falafel and houmous topped with hemp seeds, as well as slow-release complex carbs for energy – oats are good – and fats for repair and endurance.’ She also recommends a plant-based protein shake to balance out amino acids, the building blocks of muscle tissue (we recommend Bodyism Protein Excellence Shake, £50). ‘Drink within an hour after resistance training and, when training hard, add some protein powder to meals,’ she adds.

DYNAMO DERMABRASION

Exfoliation shouldn't mean torturing skin. Instead, think of it as being like an MOT for a car and try microdermabrasion.

By spraying the skin with a fine stream of crystals and then sucking them up with a vacuum-like tip, this monthly treatment unclogs pores, removes dead skin cells and encourages cell turnover. In other words, skin acts like a well-oiled engine, working harder at staying healthy and absorbing the beneficial anti-ageing actives in your skincare. 'This treatment has been shown to trigger collagen production, so skin is stronger and plumper,' says facialist Vaishaly Patel, who offers microdermabrasion at her London clinic (£60 for 25 minutes). For a DIY alternative, try the PMD Personal Microdermabrasion Man, £140, which uses aluminium oxide spinning discs to buff away dead skin. Moisturise afterwards and apply a broad-spectrum sunscreen. ►

LIGHT CONTROL

If worse than average skin breakouts or painful spots are an issue, light treatment could be the answer. Foreo Espada Blue Light Acne Treatment with Laser-Precision Targeting, £129, works well. Held against clean skin every morning, it automatically switches on for the required 30 seconds, killing spot-causing bacteria and stimulating a healing response with a blue LED light. Or pop into Hershesons' Berners Street salon in London, where four to eight light-treatment sessions (from £35), taken twice a week, followed up by monthly top-ups, give the best results.



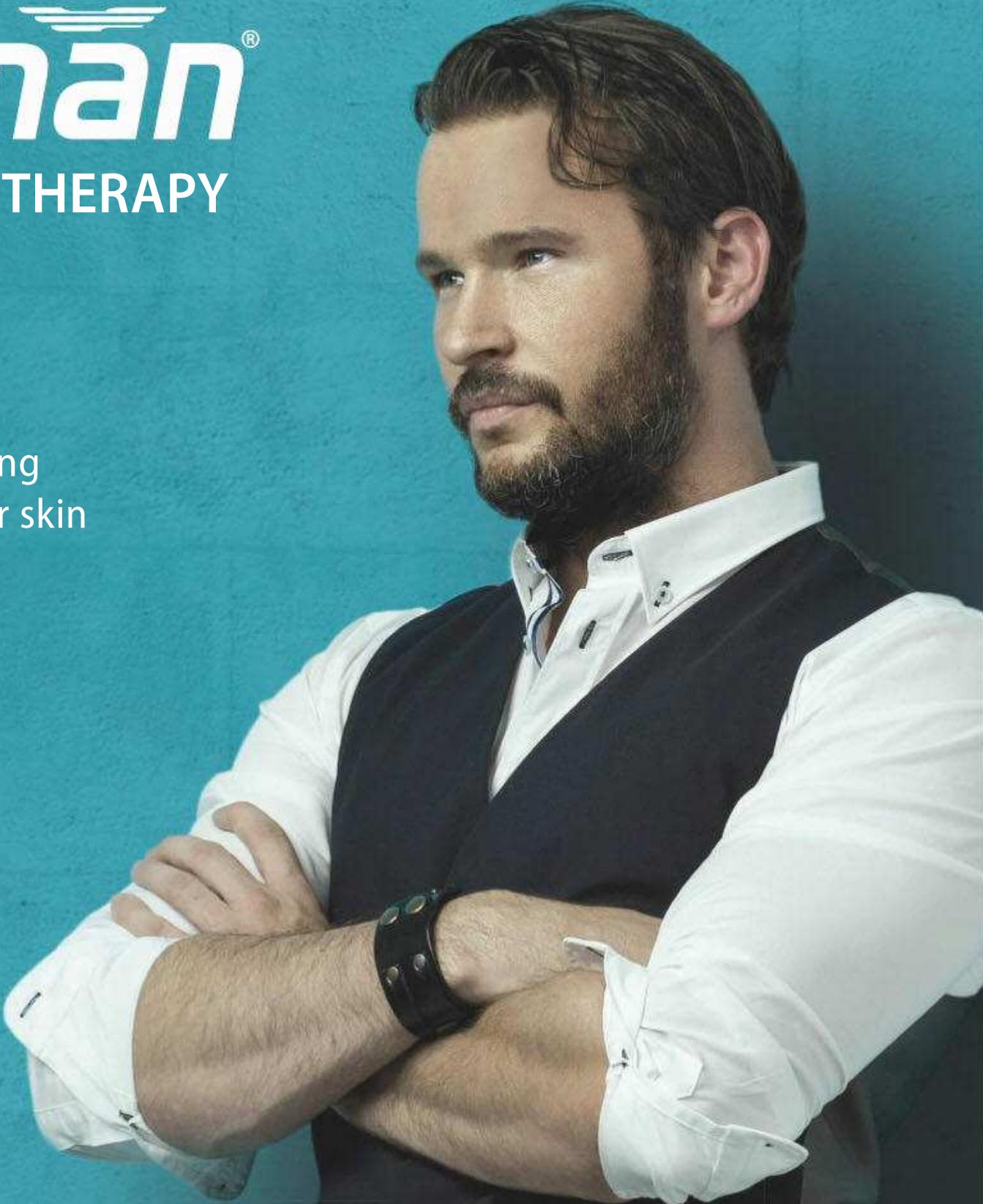
ENERGY BOOST

The best way to power up when reserves are running low is with the same energy-firing vitamins and minerals that are zapped by stress, late nights, alcohol binges, smoking and pollution. A comprehensive supplement with antioxidants and minerals, like Vitabiotics Wellman Original, £8.55, is a good place to start. Bioflavonoids boost immunity while co-enzyme Q10, selenium, and vitamins C and E help protect against free radicals generated during exercise. Booze hounds will appreciate the mega dose of thiamin, as consuming large amounts of alcohol makes you lose the nerve-regulating vitamin faster. 'But,' says Bishop-Weston, 'take a supplement with food to support its absorption into the body.' ►

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& wellman.co.uk



body wash

face wash

under eye serum

anti-ageing moisturiser

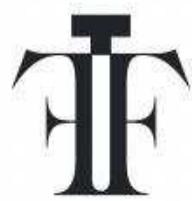


VITABIOTICS
SCIENCE OF HEALTHY LIVING



FOLLICULAR STRENGTH

Studies show that premature baldness can trigger depression and anxiety. Thankfully, there are options. It can be as simple as a good haircut. 'If you want to go short, get your stylist to use the "scissor over comb" technique instead of clippers, and make sure they leave it soft around the hairline,' says A-list hairstylist Larry King. While a pharmaceutical solution such as Regaine Extra Strength Foam, £40.99, won't make hair grow back, it can help stop further shedding, and some people have reported more lustrous locks after three months. Hair-transplant surgery is another option, with celebrities such as Wayne Rooney being credited with making this more mainstream. It works by moving grafts of hair from the back of the head to the temples and crown, with prices from £1,000 to £30,000, depending on the extent of hair loss. Of course, the pot of gold is a pill that will promote regrowth and, with major advances in the £3bn hair-regrowth industry, this might not be far away. ►



THE FRAGRANCE FOUNDATION

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GABRIELLE - CHANEL
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GUCCI BLOOM - GUCCI

ICON RACING - DUNHILL
KENZO WORLD - KENZO
LA MIA MERLA - LA PERLA
MEMO PARIS MARFA SPICES
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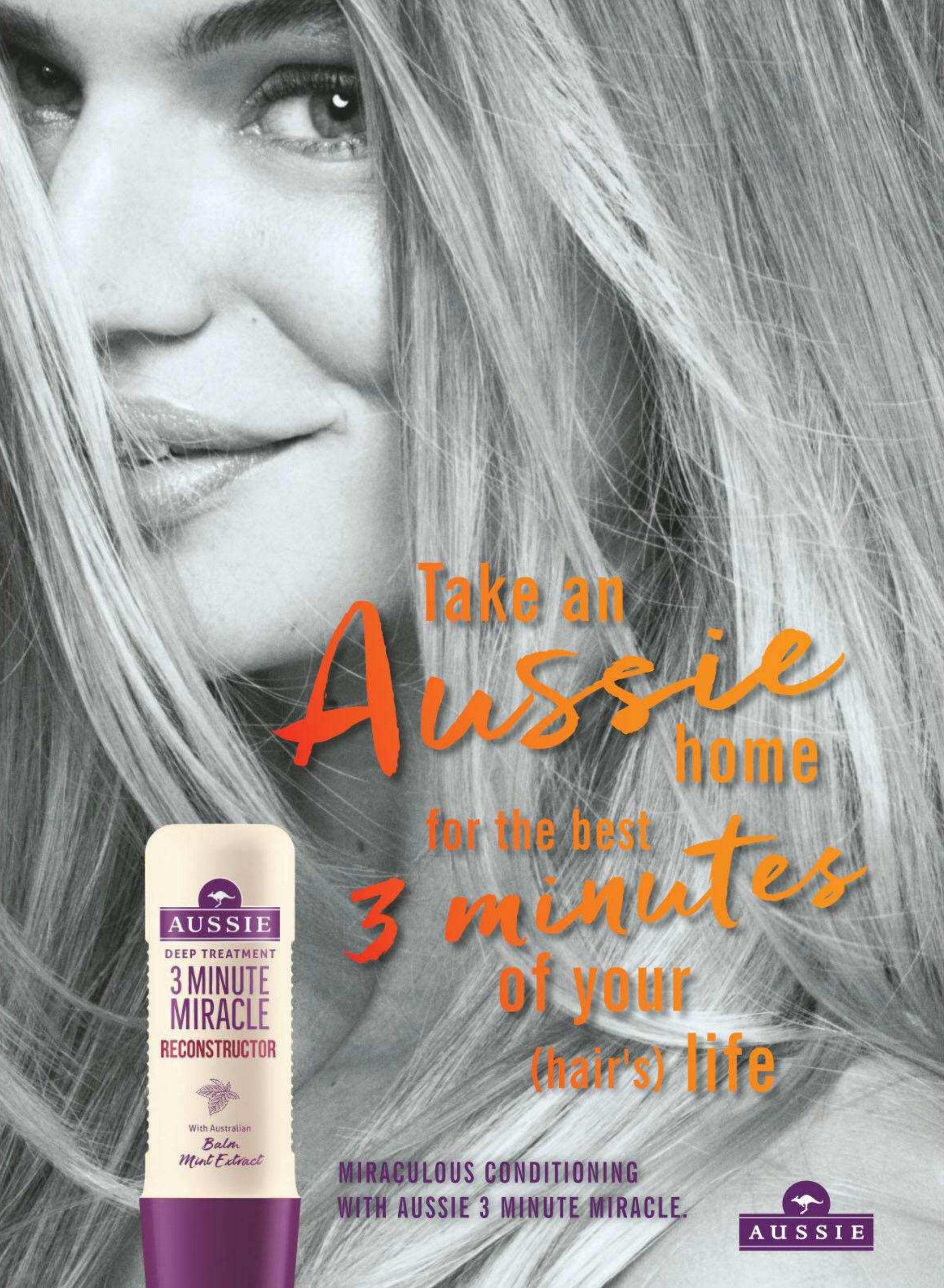
The Fragrance Foundation UK

#ScentMemories

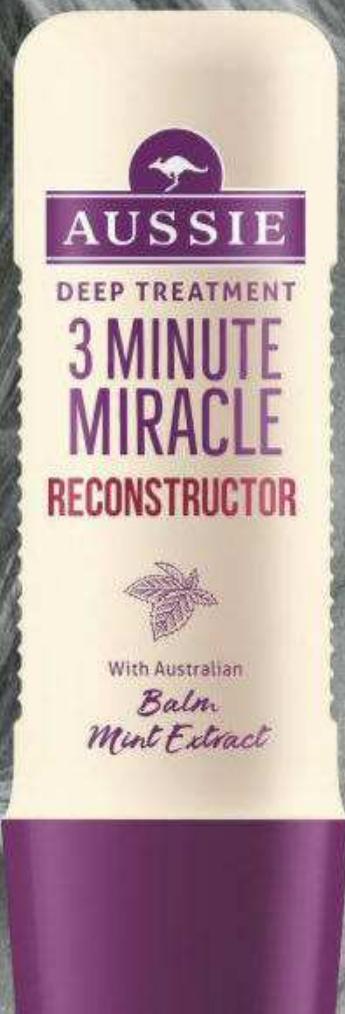
Your stories through scent...

MASK IT

Spoiler alert: a face mask is part of Tom Ford's personal weekly skincare regime. Hardly surprising when you consider 47 per cent of young British men have visited a spa or salon in the past year, say market researchers Mintel. We rate Ford's Purifying Mud Mask, £48, for drawing out toxins and plumping up fine lines. Oily, acne-prone skin will benefit from Shiseido's new Waso Purifying Peel Off Mask, £30. It takes 20 minutes to work its magic on congested pores – after that, simply peel away for intense satisfaction. ■



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of your
(hair's) life



MIRACULOUS CONDITIONING
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HIT REFRESH

From side sweep to 70s surfer, these are the looks that are killing it this season. Here's how to style them with the best grooming products out there



AFRO CROP

This clean but textured hairstyle is a polished take on an otherwise standard trim – plus, it works for all ages. It'll require a haircut every two to three weeks to keep the shape, but the styling is less high maintenance. Massage a small amount of leave-in conditioner, like Mr Smith's Leave In, £37, through damp hair. To emulate the texture, use Kent Brushes PF20 Brush, £8.25, over the hair and massage in circular motions for wavy definition.



SIDE SWEEP

After washing, comb hair over to the side where it falls naturally and create a line straight up from where the eyebrow ends. Then, use a soft-hold pomade, like Malin + Goetz Hair Pomade, £20 (spacenk.com), and work it through fingers before distributing it over the whole head. If you have curly hair, blow-dry it to keep strands as kink-free as possible.



BUZZ CUT

We know it's winter, but this is the hottest look of the season, possibly because it also eliminates the risk of 'hat hair'. Use David Beckham's House 99 Smooth Back Shaping Pomade, £15 (boots.com), to add shine and texture.



GREAT LENGTHS

Got flat, straight hair and want to try something new? Let the models at Acne be a grooming inspo. From lived-in texture to shiny colour, this long look is perfectly executed by smoothing on John Frieda Frizz Ease Dream Curls Curl Defining Creme, £6.99, and Bed Head For Men By Tigi Press Up Body Building Styling Foam, £12. Then, leave it to dry naturally.



NEW WAVES

Anyone who wants to stick with a longer cut for their naturally curly hair absolutely should. Do the style justice with a natural shampoo and conditioner, like Aveda's Rosemary and Mint range, from £14.50, which leaves it soft and shiny. To let messiness and volume take over, rather than groom it into submission, scrunch through L'Oréal Paris Men Expert Barber Club Beard And Hair Styling Cream, £9.99, to bring out the natural texture.



CAESAR STYLE

Definitely having a moment right now, this cut is all about the straight chop of the fringe and the separated texture. Work through a paste, such as Kevin Murphy Night Rider, £22 – we love the effortlessness some scruff brings to this sharp finish.



70s SURF LOOK

Beach hair never goes out of fashion. The most reliable salt spray is the sea, but if that isn't on the doorstep, mist through Sachajuan Ocean Mist, £18 (fabled.com), for a look that says, 'chilled surfer who's spent the day on the waves'. Finger through and leave to air-dry.



FUNKY DREADS

This model's style is natural, fun and a modern chapter for dreads. Another way to style them is by tapering the sides and shortening them in the middle, so they look like spikes. Twist through Bumble And Bumble Grooming Creme, £24 (fabled.com), to stop the shape from unravelling.

BOSS
HUGO BOSS

THE SCENT

FOR HIM. FOR HER.



HE SMELLS GOOD

His smouldering performances in *Fifty Shades Of Grey* and *The Fall* turned actor Jamie Dornan into a global sex symbol. Here, he chats sensual scents, the power of touch and why he's still learning the art of self-confidence

Believe it or not, I don't have a strong sense of smell.

I know that sounds quite bad [Dornan is the face of Hugo Boss's The Scent], but I can only breathe through one nostril because someone decided to headbutt me in 2004. That said, it makes me more discerning when it comes to fragrance. I love how naturalistic, sensual and playful new Boss The Scent Private Accord For Him [£52 for 50ml EDT, below] is. With the cocoa and mocha it's not too earnest, which is why I like being the face of it.

I'm big on touch, though. It's a powerful thing and key for getting through life in terms of connecting with people, but I also like to be in control of those connections. It can be intimidating to be in an environment like the Tube when people feel too close to you because they have drastically bad spatial awareness. I like to think I have an awareness of proximity. I consider myself to be tactile, but you don't want to cross the line and become annoyingly invasive.

I've always been shy, particularly at school. But as you grow up you open up more, especially when you have kids [Dornan has two daughters with his wife, actress and singer-songwriter Amelia Warner]. I still don't think I'm very confident. I'm polite, though, which helps you get through uncomfortable situations because most people respond well to manners. Or I'll talk to myself to get psyched up, especially if I have to do any sort of public speaking. Sometimes, I just talk nonsense right up until the event to take my mind off anything that's about to happen.

I didn't love modelling, but something good came out of it in that it taught me how to be comfortable with a camera in my face. When you're in that world, you are expected to play some kind of role that will resonate with an audience. It was good training, I guess.

It's easier to feel confident on set than it is in real life. When you're acting, you're hiding behind a character and, even though a film or TV programme will eventually be seen by the masses, in that given moment of filming it's very intimate. It's just you, the other actors and the crew in the dark fringes around you.



Interview by
FIONA
EMBLETON



Auditioning for a role is as much about proving to yourself that you can do it. When you get to a place where you're reading for lead roles or being offered them, there's the idea that you need to maintain that. It's a sort of challenge and it's exciting. I had years when I really struggled to make a living out of being an actor. Honestly, that in itself feels like an achievement because it's hard to get consistent work and it's so brutal. I don't take it for granted.

Mantras and yoga aren't for me. When I was in LA, I tried yoga once to relax. I was with an actor friend of mine and we had to leave because I had a hardcore giggle fit! I have a lot of respect for yoga and I'm sure it works for some people, but I prefer to play golf. It's pure escapism. You're outdoors for hours, having great conversations with your friends and then you stop once in a while to focus on this little white ball. If the game isn't going your way though, it can be the most frustrating sport in the world!

The best advice I've ever been given was from my dad. Maybe I had less of an idea of what I wanted to do growing up, so anytime I was like, 'Dad, I just don't know yet', he'd say, 'that's fine, life is not a race to the far end.' That's so sound and it's taken the pressure off a lot of big decisions.

I'm not on social media – it's a great way of staying sane. I feel distanced from technology. My family and I live in the Cotswolds countryside. I guess that's far removed from whatever people consider an actor's existence, and I think that's a brilliant thing.

CLICK 'N' SNIF

The fragrance industry is experiencing a digital revolution. Here's how to buy scents online (even if you've never smelt them before)

Aramis Tobacco Reserve EDP, £50 for 60ml
(Johnlewis.com)



There's a certain pressure that comes with fragrance shopping in a department store. First, there's the poetic language of 'notes' only the sales assistant understands. Then you sniff a nose-bewildering array of fragrances on blotting cards. That's why some perfume houses are taking a different digital approach – an attractive option for male online shoppers, whose UK numbers have increased 69 per cent in the past five years*. While Smell-O-Vision technology is still a long way off, a new tactic for fragrance brands that are digital-only, or just available in select stores, is to create connections through what we *see* rather than *smell* by using emotive imagery. Maison Margiela's Replica was perhaps the first to feature Pinterest-style photos on its boxes and website: the woody scent By the Fireplace EDT shows a roaring furnace, while At the Barber's EDT (both £95 for 100ml) depicts an old-school barbershop and conjures up soap suds and leather. 'It simplifies scent by making it a purely emotional experience,' says perfumer Louise Turner, who created the latter Maison Margiela fragrance. 'It no longer matters what the notes are because we've bottled a happy memory.' So, instead of a campaign with a brooding model that screams 'I'm a M-A-N!', you simply choose the visual mood that strikes a chord with you. This idea has also been picked up by online-only newcomer Hermetica, which encourages you to zero in on photos you like in order to discover your scent personality. 'We use an algorithm and the idea of synesthesia, a neurological condition where your five senses influence each other,' says founder John Molloy. 'Images can stimulate your sense of smell. The attraction to the colour yellow, for instance, suggests a preference towards citrusy scents.' Neuroscientists have also established that pictures trigger buried memories faster than words, meaning emotive images are more powerful than just reading about those citrus notes. Even campaign narratives have changed. Boss The Scent Private Accord For Him EDT [£52 for 50ml] reminds us via a movie-style ad that smell, our most primitive sense, is key for human connections – a message that will resonate with the one in 20 Brits who feel lonely in the digital world**. Here's our cheat sheet for shopping scent online...

LEARN THE LINGO

Not all brands have switched to emotive imagery, so you may have to rely on notes. 'They're simply a way to describe the different perfume components,' says Lindsey Whiteford, assistant buyer at Fabled by *Marie Claire*. Top notes are made up of light molecules that create a first impression; middle notes are usually floral and hang around for longer; base notes are heavy scents that add depth and linger until the end of the day. 'If you see a fragrance has a top note of lemon, which you love, but middle and base notes you hate (roses and vanilla), it's not the scent for you, as your favourite notes will evaporate within 15 minutes,' she says.

STICK TO THE SAME FRAGRANCE FAMILY

Chances are the majority of your fragrances come from the same one. Typically, men fall into two camps: clean (light citrus scents) or woody (notes like cedar and sandalwood). If you're a creature of habit, stick to your current favourite, or scents that feature similar notes.

USE A PERFUME-FINDING TOOL

These are a good way to navigate new scents. Based on what you already love, The Fragrance Society's virtual advisor will make six suggestions for new ones to explore. Or, play with The Perfume Shop's fragrance wheel, where you click on the coloured squares for recommendations.

SUBSCRIBE TO NICHE

If you want to break out of your comfort zone, try a scent subscription service such as Sniph, which delivers niche fragrances from independent ateliers, such as New York perfume house Gamine, directly to your home. Simply

Coach Platinum EDP, £67 for 100ml (Fabled.com)



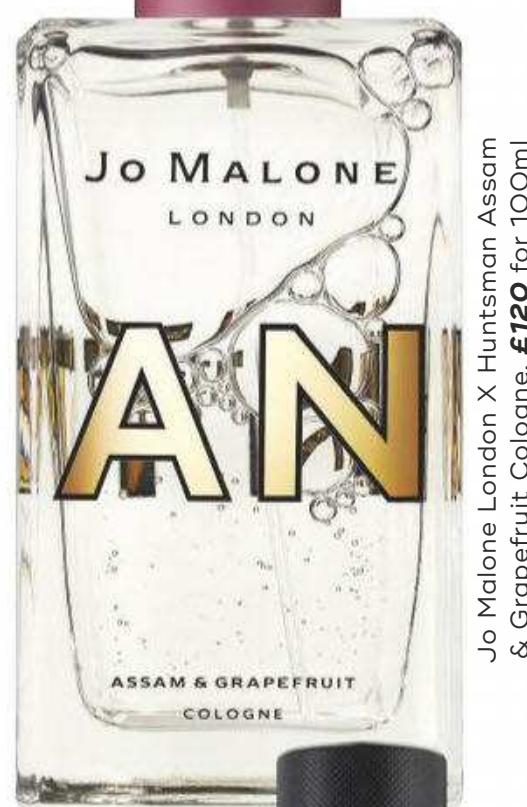
Dior Sauvage EDP, £87 for 100ml (Selfridges.com)



Prada Les Mirages Babylon EDP, £220 for 100ml (Selfridges.com)



Maison Margiela Mutiny EDP, £83 for 50ml



Jo Malone London X Huntsman Assam & Grapefruit Cologne, £120 for 100ml

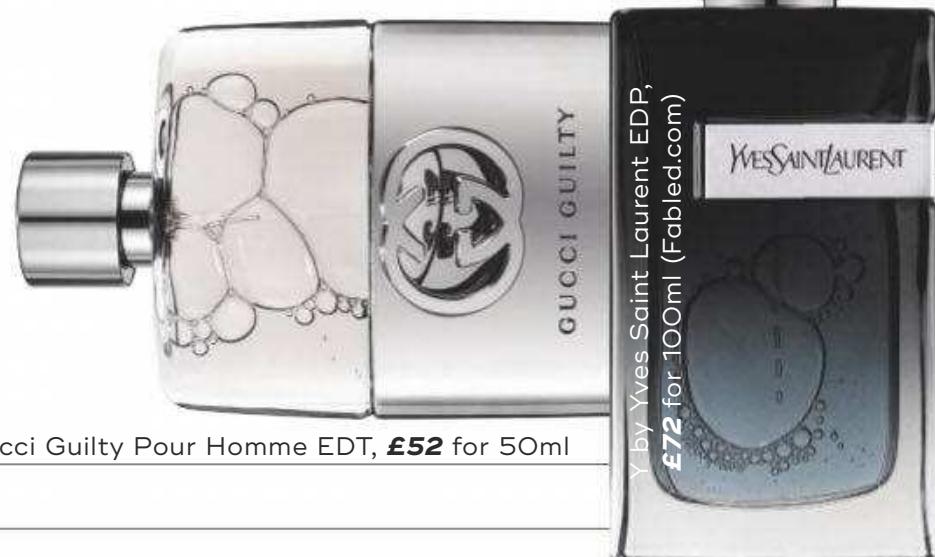
choose a theme (Avant-Garde is popular) and for £14 a month you'll be sent a gymbag-friendly 8ml vial. 'It's like wine tasting for perfume,' says co-founder Tara Derakshan. 'It takes time to get used to a new scent. This way, you can sit with it for a while.'

FOCUS ON YOUR PERSONALITY TRAITS

'We often describe a scent with the same words we'd use for someone's character or appearance: rugged or soft; delicate or bold,' says Derakshan. If you're sporty, try a fresh, clean-cut cologne, such as Jo Malone London X Huntsman Assam & Grapefruit Cologne, £120 for 100ml. If you live in a suit, you'll probably like the spicy, woody aroma of tobacco in Aramis Tobacco Reserve EDP, £50 for 60ml. Still unsure? Pick a neutral marine-inspired cologne, such as Issey Miyake L'Eau Super Majeure D'Issey EDT, £47 for 50ml.

SHOPPING FOR HER

Ideally, you already know what she likes. 'If in doubt, you can't go wrong with buying best-sellers at an online store,' says Whiteford. 'Or explore the *Marie Claire* Edit on Fabled.com to get a better insight into which one would suit your partner.' Another safe option is to choose fresh scents reminiscent of clean laundry or a Mediterranean citrus grove.



Gucci Guilty Pour Homme EDT, £52 for 50ml



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THE SCENT

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DELUXE

DECK THE HALLS

From an eco wreath masterclass to edible gift ideas and a maximalist's take on Christmas interiors, we've got the inside track on all things fashionably festive





DON'T LET THIS BECOME THE OCEAN OF THE FUTURE

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DEMAND SUPERMARKETS USE LESS PLASTIC.
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DOOR SHOW

Think outside the circle with these stylish and sustainable wreath ideas



Recycle dried flowers

Bloom & Wild's floral stylist Amelia Christopher says, 'Dried wreaths are a perfect way to give new life to cut flowers. Grasses, hydrangeas and helichrysum dry particularly well. Once you have a collection of stems, get a wreath ring and a spool of wire. Make small bunches and cut them to about 15cm. Working clockwise, add one bunch at a time and wrap the wire a few times around where the stems meet the wreath.'



Create a 'living wreath' with succulents

Claire Bishop at Dobbies Garden Centres says, 'Hardy alpine plants are ideal, as they come in lots of different varieties with beautiful shapes [right], don't need much looking after and can be easily replanted in the garden after Christmas.'



Swap oasis for a natural base

Katie Smyth at Worm London says, 'We like exposing the bare tree-vine base, as it's beautiful on its own and shows the wreath is all natural [left]. It also means the shape is a bit wild and imperfect.'



REDUCE, REUSE, RECYCLE WREATH

Marie Claire's creative director Christine Leech shows us how to make a stylish wreath from discarded plastic bags

You will need: Plenty of plastic bags, scissors, and a wire coat hanger shaped into a circle.

1

Lay three or four plastic bags on top of each other. Cut the handles from the top of the bags.

2

Starting from one end, concertina (zig-zag fold like a fan) the bags together.

3

Trim away the edges and cut the concertinaed bags in half to create two smaller fans.

4

Using one of the discarded handles, tie a double knot around the middle of one of the fans.



5

Separate out the layers of plastic to form a pom-pom shape.

6

Tie each pom-pom to the coat hanger. Use plenty of them to make a lovely full wreath. ►

THE CRAFT

On a homespun roll this festive season?
Stop by one of these tasteful markets

BATH CHRISTMAS MARKET

Take a chunk out of your Christmas shopping at the 200 wooden chalets selling sheepskin throws, ceramic bunting and raw chocolate. Also, look out for *Marie Claire's* creative director and resident craft pro Christine Leech (aka @sewyeah!), who will be making supersized chandeliers from recycled materials to decorate the fair. 22 November-9 December



LIVING CRAFTS FOR CHRISTMAS, BLENHEIM PALACE

With a whiff of hot chestnuts in the air and the Churchill and Marlborough Pavilions to explore, what could be more Christmassy than the Blenheim Palace craft fair? Over 180 designer-makers will be showcasing and selling their work, ranging from jewellery to millinery. 15-18 November

ETSY MADE LOCAL, MANCHESTER

Our favourite online portal for handmade goodies is throwing a real-life fair. Expect over 40 stalls of crafts made locally in Manchester – great for snapping up some quirky presents – plus, live music and DIY workshops. 30 November-2 December



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Fight wrinkles, 3 ways:

Our Anti Wrinkle Rich creams offer a trifecta of solutions to reduce the signs of ageing.

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3 products, 1 solution to wrinkles:

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- + Protects skin stem cells
- + Combats photo ageing
- + Lifts and firms
- + Hydrates



DISCOVER THE BEAUTY OF SHARING THIS CHRISTMAS

Be inspired for your holiday gifts with the unique FREZYDERM Christmas beauty packs. Available at selected pharmacies only.

LIFESTYLE ENVY

Unwrap and eat! *Laura Jackson* picks her favourite edible gifts



Food is almost always the best way to a person's heart, so edible gifts are top of my list at Christmas. In an ideal world, I'd love to spend evenings in the festive build-up making my own chilli marmalades, blackcurrant and lemon verbena jams, and sloe gin for friends and family, but the realist in me knows I have to outsource. Here are a few of my favourites if you want to branch out from a Fortnum's hamper...

MADE IN LONDON HAMPER

Give to.... your hipster foodie friend

Old Spitalfields Market has launched its new Christmas hamper, celebrating the best produce from its independent businesses and stalls – all made in London, naturally.

£65, available nationwide from thefoodmarket.com



THE BRICK HOUSE BREAD KIT

Give to... an aspiring baker

Your giftee can learn how to make their own version of the delicious San Francisco-inspired bread made by South London bakery The Brick House. Depending on how generous you're feeling, there's a Junior Baking Kit (£45), a Premium Sourdough Baking Kit (£120), or a voucher for a full bread-making class (£150).

Available nationwide from brickhousebread.com



CRAFT GIN CLUB SUBSCRIPTION

Give to... a cocktail lover

Every month, Craft Gin Club curates a very special sample box for its subscribers. Inside is a full-sized bottle of one of the world's finest small-batch gins, mixers, a club magazine and some foodie treats.

From £160, available nationwide from craftginclub.co.uk



TASTY STOCKING FILLERS FOR UNDER £10



EAT GRUB SMOKY BBQ CRICKETS

Give to... someone adventurous

With a nutty flavour and light crunch, these roasted crickets are a protein-filled, sustainable alternative to crisps and nuts.

A great talking-point present to pass around on Christmas Day.

£2.99, souschef.co.uk



ARABICA PICKLED CUCUMBERS

Give to... a pickle-lover

Because not everyone has a sweet tooth, this pretty jar of artisanal pickled cucumbers is a brilliant 'little something' gift for a pickle fan – they can use the leftover brine to make a pickleback shot.

£4.95, arabicafoodandspice.com



LUXARDO MARASCHINO CHERRIES

Give to... someone with a full bar

After I sampled these beauties in a cocktail at Lime Wood Hotel, a jar made it into the stocking of every family member. Perfect for cocktails, or in the bottom of something sparkling. Also delicious on ice cream.

£6.99, lakeland.co.uk

GO BESPOKE

'Drill a hole through a decorative occasional table to create a unique bathroom washstand, then you can add to your colour scheme with a brightly-coloured sink.'

**LAYER UP**

'If in doubt, keep the colour scheme tight but the textures plentiful, like this living room which combines velvet, sheepskin, a tufted ottoman, ceramics and a textured rug.'

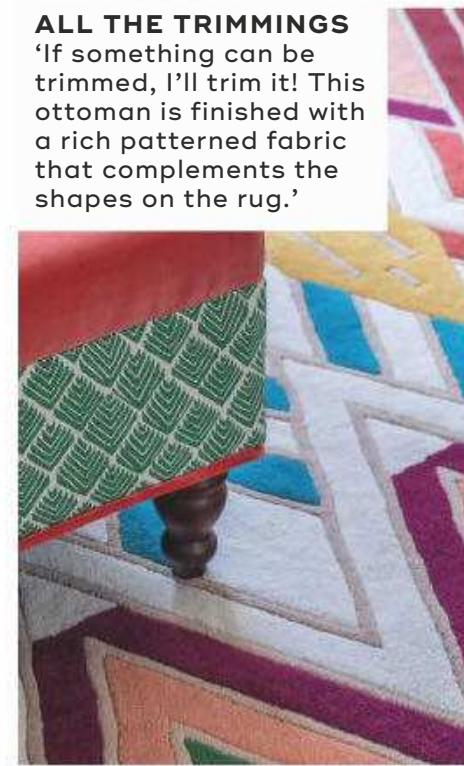
INTERIORS TO THE MAX

MIRROR MIRROR

'Good English maximalism is all about symmetry. There's a lot going on in this look, but if you cut the room in half, each side would look the same.'

**ALL THE TRIMMINGS**

'If something can be trimmed, I'll trim it! This ottoman is finished with a rich patterned fabric that complements the shapes on the rug.'

**SITTING COMFORTABLY**

'These deep-green velvet chairs with brass legs will make your dining area feel instantly luxurious.'



Lucy Barlow is the creative director of Barlowandbarlow.com

MOTHER OF PEARL

Our sustainable fashion favourite has branched into interiors.
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The panel from left to right: *Marie Claire's* Editor in Chief, Trish Halpin; Dr Anne-Marie Imafidon MBE; Jo Swinson MP; Amy Powney; Authentically Ella

HERE'S TO 30 YEARS OF INSPIRING WOMEN

Last month saw *Marie Claire* reach a milestone birthday, so we gathered some of our favourite trailblazers to celebrate over breakfast



Dr Anne-Marie Imafidon MBE (above left) and Authentically Ella; Tessa Sanderson CBE (below left) with The Clock's director Zana Morris; Mother of Pearl's Amy Powney (bottom)

To mark *Marie Claire's* 30th birthday, we hosted an exclusive event to discuss the most important issues that lie ahead for women. Topping off an incredible celebratory edition, which featured the first female *Doctor Who* Jodie Whittaker on the cover, the breakfast included a debate entitled The Future Of Work, which spanned a range of topics from getting more women into AI to how we make our workplaces more diverse and inclusive.

Hosted at the luxurious members' club and gym, The Clock in Marylebone, London, with the support of bespoke business service Black On Silver, the room was packed with incredible women. Guests included key players from the fashion and beauty industry, as well as business leaders and household names such as Olympic gold-medal winner Tessa Sanderson CBE and newsreader Natasha Kaplinsky.

Our first speaker, Dr Anne-Marie Imafidon MBE, gave us the low-down on the future of technology, while Jo Swinson MP talked about what needs to change to end gender disparity in the workplace. Engineer and blogger Authentically Ella described her experiences of pursuing a STEM career, as well as diversity in the workplace, and Amy Powney, creative director of Mother of Pearl, outlined the pressing issue of sustainability in the fashion industry.

Great words of wisdom on the future of work included this gem from Dr Anne-Marie Imafidon MBE from Stemmettes: 'Don't fear technology. Robots will enhance your jobs before taking them. Future-proof your career by learning how to teach a robot how to do your job so you're invaluable.' Interesting stuff.



From top:
Natasha
Kaplinsky (top
left) and Katie
Derham; Kanya
King MBE
(above left)
with Carol
Bagnall;
broadcaster
Brenda
Emmanus (left)

THE WOMEN WHO SHAPED ME



AUTHOR, JK ROWLING

'[JK Rowling] spent years creating the Harry Potter world while working full-time. Many publishers rejected her work, but she persisted. She features in my new book* because I want all little girls to be able to imagine themselves as anything, and boys to imagine being friends with girls pursuing dreams as valuable as their own.'



ACTIVIST, WANGARI MAATHAI

'The issues I felt most connected to as a child were environmentalism, activism and fighting global warming. I first learned about Wangari Maathai's work as an environmentalist when I was eight – I went to Kenya where she was on a mission to get the community planting trees. For a little girl from Arkansas, in 1988, it was a world away from what I knew and incredibly inspiring.'



MY GRANDMOTHER, DOROTHY HOWELL RODHAM

'My maternal grandmother lived with my parents as she got older. We spoke to each other every day. Her mantra was: "Life is not about what happens to you, it's about what you do with what happens to you." I think about that every day; it's part of the reason why I do what I do [as vice chair of the Clinton Foundation].'

Chelsea Clinton on parenting, persistence, and what she learned from her mother



MY MOTHER, HILLARY CLINTON

'Throughout my life, my mother has loved, encouraged and supported me. She told me from a young age to take criticism seriously if it comes from serious people, and to let the rest go. So I have always listened when my mother, grandmother, teachers or mentors give me constructive criticism. But the people who don't have my best interests at heart, are mean-spirited or want to tear me down? I never listen to them.'



MY DAUGHTER, CHARLOTTE

'Above all else, I'm a mum. I hope my children, Charlotte [four] and Aidan [two], know that I love them more than anything else in the world; that they are valued and valuable; supported and challenged. I'm so excited to be a part of their journey. I want my daughter to know that every female voice is important.'





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Pictured: Vivienne by SYRETT, limited edition print, 60cm x 90cm £395