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When things don't go to plan after you've put in a huge amount of time and effort to get something off the ground, you'd rightly deserve to feel pretty peeved off. Occasionally, though, when your best efforts go pear-shaped, it can be for all the right reasons, which is the situation we found ourselves in at *Marie Claire* this month. Just as we were going to press, MPs voted resoundingly to extend abortion and same-sex marriage rights to Northern Ireland – an unexpected amendment to a technical government bill that took everyone by surprise. Our cover featuring a report on the forgotten women of Northern Ireland had already printed, and we only had an hour to update the story on page 60. Given that there is still a long way to go to bringing this into law, sharing the stories of the three women we spoke to, and the views of MP Stella Creasy, who has driven this issue from the back benches (bravo, Stella), remains an essential read.

Tuesday, 9 July 2019 will stand as a historic day for women's rights, and while we did all cheer in the office, the picture on this page is actually of the *Marie Claire* team at our recent Verified party. We were celebrating our annual list of influencers who we think are the ones to follow, because they're doing something inspiring and game-changing. This month, we start a new column in our Deluxe section, which will be taken over by one of our Verified influencers each issue. First up is Medina Grillo (@grillodesigns) on tricks and DIY projects for transforming a rented space without losing your deposit (page 149).

Surrounded as I am by wonderful people in my life (see picture again), one final feature I'd like to flag is writer Anna Hart's account of learning to spend time alone (page 68). As more of us go on solo holidays, through choice rather than necessity, Hart explains how being in our own company is essential for well-being and personal growth. Sound advice, which I plan to take on board, if I can figure out what to do with the husband, kids, dog and cat...

TRISH HALPIN Editor in Chief
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PHOTOGRAPHS BY TRACEY GRIFFIN (TRISH), KEATON CHAU

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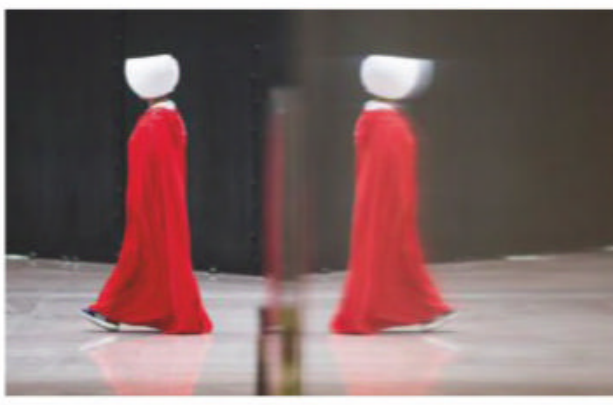

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Photograph by Olivia Malone. Styled by April Hughes. Hair by Jennifer Yepez at The Wall Group. Make-up by Nina Park at Forward Artists. Nails by Sarah Nguyen at Walter Schupfer Management. Laura Harrier wears: top and dress, both Louis Vuitton. Recreate Harrier's make-up with: Teint Couture Everwear Foundation in P300, £36.50; Teint Couture Everwear Concealer in 32, £26.50; Les Saisons Healthy Glow Powder in No 4, £38.50; Prisme Blush in Passion, £35; Mister Brow Groom in Brunette, £19.50; Prisme Quatuor in Delicate, £41.50; Liner Disturbia in Black Disturbia, £23.50; Volume Disturbia in Black Disturbia, £23.50; Lip Liner in Carmin Escarpin, £19; Le Rouge Lipstick in Orange Absolu, £29, all Givenchy

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marie claire woman kind

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

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Staying afloat: a group of primary school children learn to swim for the first time (right). During lessons, students are taught to float, swim and perform rescues (below)

WOMEN MAKING WAVES

Traditionally, swimming on the island of Zanzibar for women was strictly taboo, putting them at serious risk of drowning. But thanks to a new initiative, they are finally taking to the water

For women living in Zanzibar – an archipelago off the coast of Tanzania – change is afoot. This is a Muslim society where only 16 per cent of women have a bank account and nearly 22 per cent are married before turning 18. The conservative culture, along with a lack of modest swimwear, means that women and girls have been discouraged from swimming, despite island life taking place around the sea. As a result, the rate of drowning on the African continent is the highest in the world.

In recent years, an unexpected opportunity has paved the way for women's freedom and financial independence. Seaweed farming has suddenly boomed, becoming one of the island's largest industries, thanks to a rising global demand (it's shipped overseas to make anything from shampoo to toothpaste).

Because farming the ocean's crop is deemed 'women's labour' – women account for 80 per cent of its production – this sudden growth has given them a much-needed leg-up within society, not to mention financial independence. But since the seaweed farmers cannot swim – like most women on the island – the work remains dangerous.

Now, the tide is finally turning. The Panje Project (*panje* means 'big fish' in Swahili) is teaching local girls and women, including seaweed farmers, how to swim. Each student is given a burkini – a full-length swimsuit – to enable them to learn, without compromising their modesty. Once proficient, students then teach others, which means the project is completely self-sufficient.

Photographer Anna Boyiazis, from California, spent two weeks capturing teachers and students on the project. 'The women were afraid of the sea when they first entered the water,' she says. 'Submerging their heads seemed to be their most challenging lesson but, over time, it was phenomenal to watch their facial expressions and body language shift from fear and trepidation to joy. I was rooting for their success! It felt as though I was witnessing an act of emancipation.' At long last, women in Zanzibar are stepping – or swimming – into their rightful space. ▶

PHOTOGRAPHS BY ANNA BOYIAZIS

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FESTIVAL

FRINGE BENEFITS

Comedy fans rejoice – the Edinburgh Fringe is back, and there are LOLs-a-plenty to be had

Start practising your kegel exercises, the Edinburgh Fringe is in town, and the comedy line-up looks set to be a belter. From 2-26 August, thousands of performers will take to the stage in the largest event of its kind in the world. Anyone who can find a venue to perform in can put on a show, which means audiences get to enjoy a mix of music, comedy, dance and theatre. Here are the female comedians we're excited about...

01 HARRIET DYER

Mental health might not sound like the funniest topic for a comedian to tackle, but as the creator of the podcast *Don't Worry Bi (Polar) Happy*, Harriet Dyer pulls it off *and* gives audiences some important food for thought. FYI, her new show is largely dinosaur-focused.

02 SARA BARRON

American writer and honorary Brit Sara Barron was nominated for Best Newcomer last year. This year, she's back, examining 'kindness, meanness, ex-boyfriends, ex-girlfriends, husbands, her four remaining friends and two of her 12 enemies'. It's about hating those you love, and revenge served warm.

03 IZZY MANT

As a BAFTA-winning producer of top comedies such as *Peep Show*, *Harry & Paul*, *Toast Of London* and *Cuckoo*, you're in safe hands with Izzy Mant. Now stepping out from behind the camera with her own show, *Polite Club*, Mant discusses car-crash dates, awkward work scenarios and sex parties (yes, really). A must-see.

04 NJAMBI McGRATH

Winner of the NATY (New Act of the Year) award for 2019, Njambi McGrath is back for her sixth Fringe appearance. She's diving straight into the heavy stuff with her show 'Accidental Coconut', which debunks racial stereotypes and discusses the inevitable... Brexit.

05 KATE LUCAS

Like your comedy dark and dry? In 'Kate Lucas Is Selling Herself', Lucas shines a spotlight on the Insta generation's ability to market themselves, then starts selling parts of herself to the audience. Expect belly laughs and catchy earworms.

WOMEN WHO WIN

Jennifer Nadel is a journalist and barrister. While at ITV in the 90s, she led investigations into global injustices, exposing the use of rape as a weapon in war. In 2018, she co-founded Compassion in Politics, a campaign group aiming to place 'empathy at the heart of politics'

'BE YOURSELF – IT WILL LIBERATE OTHERS'

'We all need to own ourselves. Telling an audience of 2,000 that I'd had two breakdowns is the most liberating thing I've ever done, because I no longer have to pretend. I can own every single part of me – the part that can run for Parliament and broadcast to millions, alongside the part that ended up in hospital with serious depression when my marriage ended. It takes real courage to reveal one's vulnerability.'

'THE TIME IS RIGHT FOR COMPASSIONATE POLITICS'

'It is often dismissed as idealistic and woolly headed, but compassion requires strength and can facilitate a great deal, and it's something we need now more than ever. We're campaigning for a Compassion Act, which would ensure no future law could leave those in the most vulnerable circumstances any worse off. Our campaign is finally getting traction, with people signed up from seven different political parties.'

'SETTING YOURSELF GOALS CAN HELP YOU ACHIEVE'

'As a barrister, I realised it would take a long time before I'd make any difference, whereas TV has an immediate impact. So I gave myself five years to be a journalist, otherwise I'd go back to the bar and do it the slow way. Goal setting works.'

Visit compassioninpolitics.com

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VIEWPOINT

Cool catwomen

Meet the photographer who is out to crush the stereotype of female feline owners

Girls And Their Cats by BriAnne Wills (right with Tuck and Liza) features portraits such as this one (left) of Mrs Brown and her cute feline Jayde Fish

Throughout history and in popular culture, the cat lady has been portrayed as a man-hating, mad spinster with cupboards full of Sheba. In medieval times, witches had their black cats, while the Victorians portrayed female cat-lovers as pitiful feline-cuddling old maids. The perfect embodiment of the character comes in *The Simpsons*' Dr Eleanor Abernathy, a delusional hoarder with plenty of pussies ready to hurl at passers-by.

Regardless of where such tropes originated, Brooklyn-based fashion and beauty photographer BriAnne Wills is determined to redefine the hackneyed term 'cat lady', one stylish shot at a time in a new heart-warming photo series, *Girls And Their Cats*. Out this month to coincide with International Cat Day (8 August), the book features photos from her four-year passion project, 50 striking portraits of independent and artistic women and their beloved felines, alongside profiles and facts that are unique to each pair.

'I wanted the world to see cat ladies the way I see them,' says Wills. 'As cool, interesting, caring women, who just really love their cats. I'm tired of women being generalised and labelled because of their choices.'

Originally launched as an Instagram account in 2015, Wills is bombarded every day with emails from women wanting to have their picture taken. The fact that her movement debunking the mad memes is gaining worldwide momentum is hardly surprising – 25 per cent of British adults have a cat, with an estimated population of 11.1 million pet cats.* And according to Mintel, cat ownership peaks in the 25-44 age group.

Obviously, 35-year-old Wills has cats in her life, too – Tuck and Liza. 'They're so loving and cute, and make me laugh every day,' she says. 'My husband travels a lot for work and they make sure I'm never lonely or sad for too long. They've also made me more patient. I always say that people who "hate" cats haven't met the right one.'

Girls And Their Cats by BriAnne Wills is out on 20 August (£17.99, Chronicle Books)

Film

BY JAMES MOTTRAM

PAIN AND GLORY ★★★★
Pedro Almodóvar delivers this late-career masterpiece, with Cannes' Best Actor winner Antonio Banderas and Penélope Cruz in this autofiction tale of an ailing film director. Sublime.

A GUIDE TO SECOND DATE SEX ★★★
However bad your dating history, it won't compare to the awkward encounter in this comedy starring George MacKay and Alexandra Roach.

BLINDED BY THE LIGHT ★★★
Gurinder Chada (*Bend It Like Beckham*) tells a heartfelt true tale about a Bruce Springsteen-obsessed Pakistani teen (Viveik Kalra) living in 80s Luton.

ONCE UPON A TIME IN HOLLYWOOD ★★★★
Tarantino's latest is a dazzling drama, starring Leonardo DiCaprio as a fading actor and Brad Pitt as his stunt double living in 1969 LA. Jaw-dropping. ▶

PHOTOGRAPHS BY BRIANNE WILLS, HANNAH ROSA LEWIS-LOPES, GETTY IMAGES, NIGEL HILLIER, STEVE ULLATHORNE. *2018 PDSA ANIMAL WELLBEING (PAW) REPORT

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POWER UP YOUR CAREER POTENTIAL

In partnership with Salesforce, we decided to find out what *really* matters to women in the UK today. We asked. You answered. Then, crucially, we listened. The result? A dynamic work-focused event to help you future-proof and diversify

Earlier this year, on the eve of International Women's Day, we teamed up with top tech company Salesforce and United Nations Human Rights to host an event that brought together thought leaders to tackle discrimination against women. Now, we're joining forces again to set you up for success. In partnership with Salesforce, we're inviting *Marie Claire* readers to an inspiring live panel discussion. Chaired by Editor in Chief, Trish Halpin, high-profile speakers will reveal how to future-proof your career, gain crucial digital skill sets, and amplify your voice to create a positive impact. From how to become a future leader and tackle automation, to learning new tech tools and exploring self-development courses, we'll be talking all things career. Because, while 60 per cent of women across the UK expressed an interest in life-long learning, retraining and changing profession in our recent nationwide survey (see opposite page), only 38 per cent of younger women polled felt they have access to the training advice needed to upskill. That's why we're stepping in now to help you achieve your goals with an evening of practical advice from the game changers innovating the way we live and work.

Taking place at Salesforce Tower, London on Tuesday 3 September, business leaders, motivational guest speakers and retraining experts will be on hand to present their workplace experiences and career know-how. Hacks from the pros will help you to hone your key skills and boost performance, while our low-down on changing direction will give you the inside track on how to progress and adapt in fast-moving markets. Join us, because together we really *can* build a future full of equal opportunities.

BOOK YOUR TICKET TODAY AND JOIN THE CONVERSATION

WHEN 3 September, 2019, 6:30–8:30pm

WHERE Atrium, Level 29, Salesforce Tower, 110 Bishopsgate, London, EC2N 4AY

TICKET PRICE £10 per person; ticket includes a welcome drink, panel-discussion, plus a goodie bag worth more than £50

BOOK NOW Head to marieclaire.co.uk/salesforce to book your place today and find out more about our key event speakers

Terms and conditions apply; visit the website for details. For more information about Salesforce, see salesforce.com

РЕЛИЗ ПОДГОТОВИЛА ГРУППА "What's News" VK.COM/WSNWS

AND THE SURVEY SAYS...

This summer, we commissioned a nationwide survey to explore women's hopes and fears for the future. Here's what you had to say on everything from crime and climate change to Brexit

Equality, houses prices, life-long learning: we asked women to reveal the issues that matter to them most in a UK-wide poll conducted in partnership with global tech company Salesforce. And what came back loud and clear is that post-Brexit Britain is a nation defined by uncertainty. Here, we unpack the key findings.

THE WORLD OF WORK

60% OF YOU WANT TO RETRAIN OR CHANGE CAREER DIRECTION, BUT ONLY 38% OF WOMEN KNOW WHERE TO START

When it came to work, the number-one worry was how tech is transforming the labour market, with many women anxious about how to future-proof their careers in a fast-moving digital age. Nearly nine in ten women (89 per cent) believe the government should be doing more to help by promoting life-long learning and supporting the current trend towards multiple careers. This finding is hardly surprising, says Annie Auerbach, author of *FLEX: The Modern Woman's Handbook* and co-founder of trends intelligence agency Starling Strategy. 'The glass ceiling gets lots of airtime when we talk about women's progress in the workplace, but we should also be looking at the sticky floor,' says Auerbach. 'Even though they might want to change [direction], many women in the middle of their careers may feel loath to risk sacrificing their existing arrangement for a new unknown and possibly inflexible environment that compromises their personal needs.' The result? 'A pool of talent woefully under-stretched and stuck in existing roles that are not equipping them for the future labour market,' she says. 'As the *Marie Claire* survey shows, over half of all women claim to be the main breadwinner. This puts an intense amount of pressure on their shoulders and they may be unwilling to take the risk of changing jobs – we need to see learning as something that happens throughout our lifetime and not just front-loaded in our early years.' As futurist Alvin Toffler says, 'Keep learning, reskill, pivot – and grow.'

SEXUAL HARASSMENT

20% OF *MARIE CLAIRE* READERS HAVE EXPERIENCED UNWANTED SEXUAL ADVANCES FROM A COLLEAGUE

We found working women today are more likely to reject problematic behaviour than previous generations, but women under 25 were less confident about calling it out than those aged 25-40. It was disappointing to hear that 20 per cent of working women have experienced some form of unwanted sexual attention in the office. There was also some confusion about what sexual harassment actually is: 50 per cent of readers admitted to being unsure in the past about whether someone was crossing the line, while 55 per cent of young women (18-24) worried reporting harassment at work could damage their career prospects.

GENDER EQUALITY

92% OF WOMEN AGREE MORE NEEDS TO BE DONE TO CLOSE THE PAY GAP

When it came to pay, nine out of ten readers agreed more should be done to make UK companies treat all employees equally. Women aged 18-24 were most likely to have discovered they are paid less than their male counterparts, but were least likely to have asked for a pay rise compared to women aged 25-40. Despite this, younger women revealed a determination to reach the very top of their chosen career.

EMOTIONAL LABOUR

49% OF WOMEN BELIEVE THEIR CAREER HAS SUFFERED SINCE BECOMING A PARENT

Work has changed considerably over the past 50 years, and yet it seems working women are still picking up the slack at home with one in four *Marie Claire* readers admitting they do all the household chores. Considering 61 per cent of you also claim to be the main breadwinner in the home (which jumps to more than two thirds for mums), this is a worrying stat and builds a bleak picture of women desperately trying to juggle family and career. Our research also reveals almost half of readers feel their career has suffered since starting a family, while just 35 per cent of women admit to carving out any 'me' time at all.

FUTURE FEARS AND THE AGE DIVIDE

81% OF WOMEN THINK URGENT ACTION IS NEEDED NOW TO PROTECT THE PLANET

When it came to fears for the future, Brexit uncertainty loomed large, but climate-change fear topped the list for women under 35. In fact, 81 per cent think urgent action is needed now to protect the planet for the next generation. The number-one fear for mums and older women, however, was crime. Only 16 per cent feel safer today than five years ago, and 70 per cent of all women view knife crime as the biggest criminal problem in the UK. A further 67 per cent of readers agree there's a real lack of affordable housing, while 63 per cent think it's impossible for first-time buyers to get on the ladder in their local area. ■

WORDS BY MARIA COOLE, SOPHIE GODDARD, NIAMH MCCOLLUM, NICOLA MOYNE AND ANDREA THOMPSON

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BOSS
HUGO BOSS
watches

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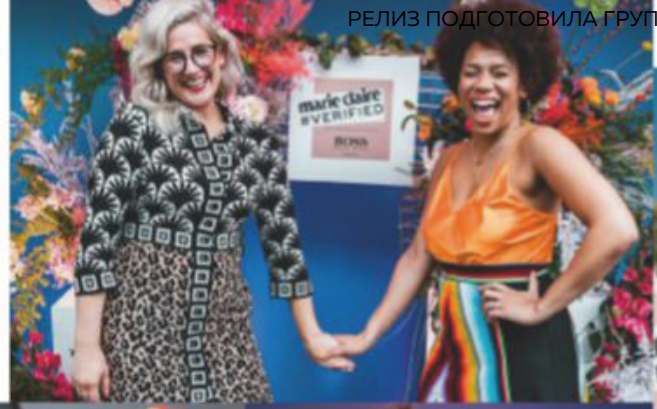
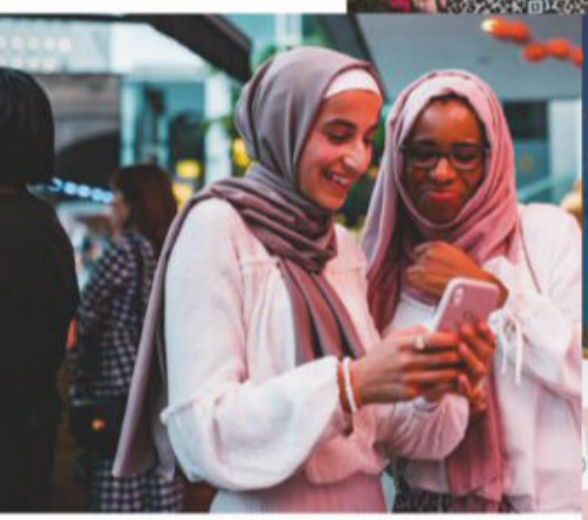
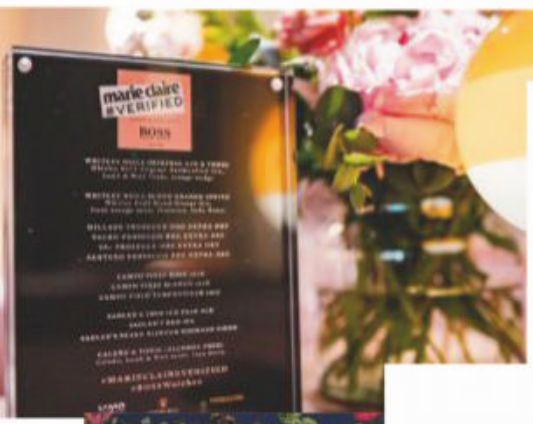




Influencers joining the party – in partnership with Boss Watches (pictured) – included (clockwise from above) Medina Grillo (right, with Salsabil El-Awaisi); Adrienne Herbert; Anna Whitehouse and Natalie Lee; Charli Howard; Lauren Mahon; Candice Brathwaite; and AJ Odudu. It was hosted by Editor-in-Chief Trish Halpin (below left), and guests enjoyed delicious food, free-flowing drinks and goodie bags



MARIE CLAIRE VERIFIED 2019

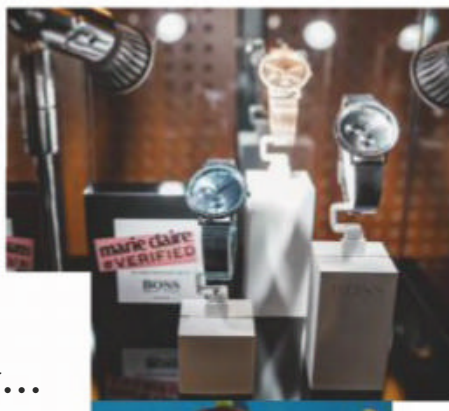
Want the low-down on *Marie Claire*'s annual Verified power list party? Here's what you need to know...

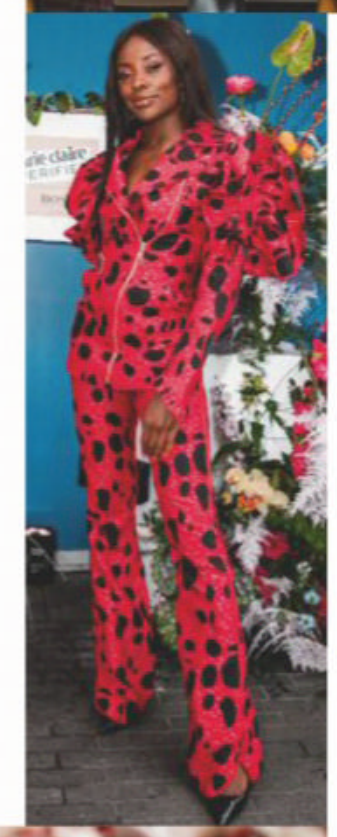
In our last issue, we revealed our annual *Marie Claire* Verified power list – a carefully curated network of 30 game-changing women doing incredible things. It goes without saying that these women need celebrating in person, too, so we threw an event to announce the list IRL at London's Spiritland Royal Festival Hall, in partnership with Boss Watches.

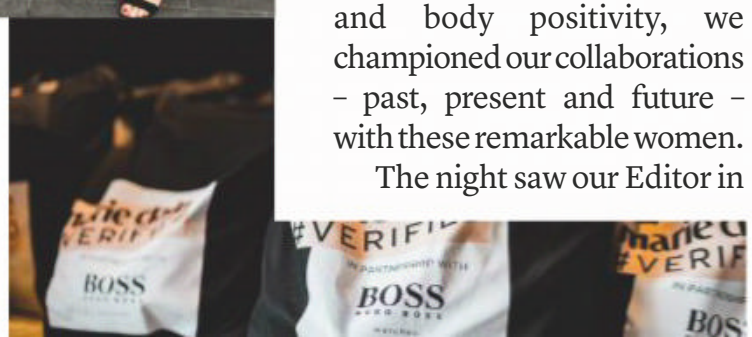
From micro-influencers using their followings to make political change to Instagram pioneers opening up new conversations in mental health and body positivity, we championed our collaborations – past, present and future – with these remarkable women.

The night saw our Editor in Chief, Trish Halpin, pay tribute to our chosen women, followed by a glittering party. As DJ Miche hit the decks, our #marieclaireverified guests – including AJ Odudu, Munroe Bergdorf and Adrienne LDN (who, along with Trish, was wearing Hugo Boss) – hit the dance floor.

Guests sipped drinks including Whitley Neill gin with Lamb & Watt tonic water, Sadler's ales, Campo Viejo, Prosecco DOC and Caleño (a non-alcoholic spirit), and tucked into tasty dishes. At the end of the night, our influencers headed home with their own special August edition of *Marie Claire*, featuring themselves as the cover stars.







WORDS BY SOPHIE GODDARD. PHOTOGRAPHS BY KEATON CHAU

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Fashion *first*

FRESH PERSPECTIVE

Butter like leather and soft tailoring meets long line boots and new-shape bags. Your winter-wardrobe download awaits...

PHOTOGRAPH BY IMAXTREE

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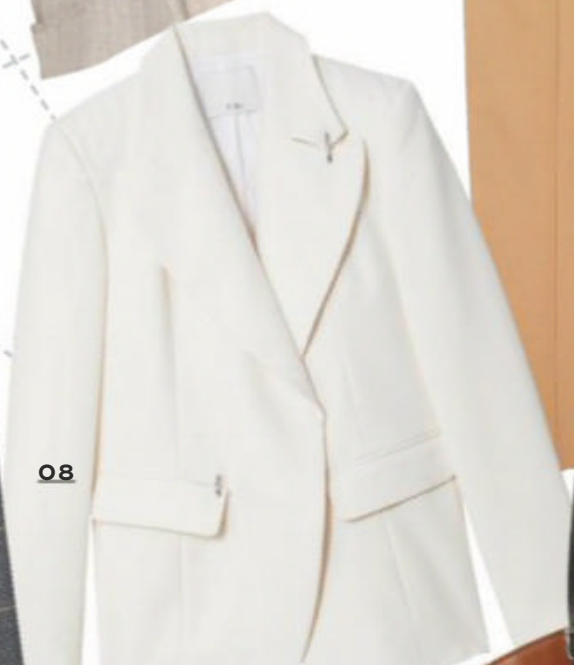
THE TRENDS

Smart moves

Make a strong impression in stylish tailored cuts and a toned-down palette



COMPILED BY LUCIA DEBIEUX. PHOTOGRAPHS BY JASON LLOYD-EVANS, IMAXTREE. STILL LIFES BY NOHALIDEDIGITAL.COM

01 Glasses, ***£200***, *Calvin Klein Eyewear* **02** Jacket, ***£79.99***, *Mango* **03** Necklace, ***£175***, *Pandora* **04 & 05** Belted blazer, ***£449***, and trousers, ***£269***, both *Marc Cain* **06** Bag, ***£95.99***, *Zara* **07** Shoes, ***£425***, *Rejina Pyo* **08** Blazer, ***£630***, *Tibi* **09** Trousers, ***£110***, *Boden* **10** Watch, ***£78***, *Swatch* **11** Jumpsuit, ***£99***, *John Lewis & Partners*

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THE TREND

New glam noir

Take a dark colour palette, add a flash of blood red, and finish with boots that mean business

01 Skirt, ***£280***, *Lily and Lionel* **02** Jacket, ***£395***, *MICHAEL Michael Kors* **03** Dress, ***£425***, *Paper London* **04** Coat, ***£415***, *Pinko* **05** Shoes, ***£550***, *Sophia Webster* **06** Bag, ***£2,650***, *Alexander McQueen* **07** Ring, ***£220***, *Oscar de la Renta* **08** Sweater, ***£445.50***, *Alberta Ferretti x Eco-Age* **09** Choker, ***£546***, *Magda Butrym* **10** Dress, ***£215***, *Sister Jane* **11** Boots, ***£120***, *Vagabond*

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ISSEY MIYAKE

L'EAU D'ISSEY

ROSE&ROSE

the new fragrance

www.isseymiyakeparfums.com

#MovedByNature

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THE TRENDS

Tough love

From polished patent to PVC, go hell for leather this autumn

01 Hair clips, ***£19*** each, *COS* **02** Trousers, ***£299***, *Jigsaw* **03** Bag, ***£1,480***, *Jil Sander* **04** Jacket, ***£420***, *Maje* **05** Dress, ***£225***, *French Connection* **06** Bag, ***£235***, *Gerard Darel* **07** Shoes, ***£775***, *Bottega Veneta* **08** Belt, ***£115***, *Essentiel Antwerp* **09** Jacket, ***£995***, *Eudon Choi* **10** Skirt, ***£239***, *Luisa Spagnoli* **11** Shirt, from a selection, *Sies Marjan*

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RESPIRA

BREATHABLE
SHOES

Shop online at GEOX.COM

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SHAPESHIFTING

From satchel updates and sculptural minis to designer buckets and boxes, here's the shape of bags to come

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Let top handles, boxy silhouettes and supersized logos carry you through AW19

£495, By Far

NOT READY TO GIVE UP YOUR SATCHEL? SAINT LAURENT HAS A MAJOR UPDATE ON YOUR TRUSTY STAPLE

£2,220, Gucci

£1,295, Saint Laurent by Anthony Vaccarello

SCARVES ARE THE HOT ADD-ON AT GUCCI

£475, Max Mara

BIG ON A BOX BAG? HIT THE NEW SQUARE SHAPE FROM LOUIS VUITTON

£2,150, Louis Vuitton

About **£1,705**, Dolce & Gabbana

MOVE TOWARDS THE MEGA LOGO WITH CHLOE'S COOL 'C' DESIGN

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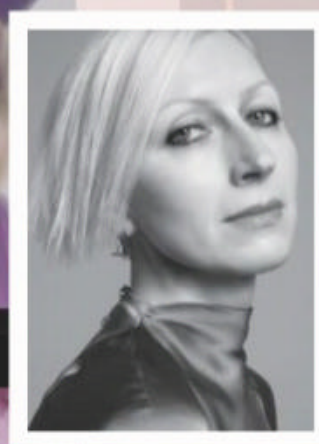
STYLE SPOTLIGHT

NICOLA GLASS FOR KATE SPADE NEW YORK



You wouldn't think that a fashion designer would hang out in a surgical theatre, or that she'd find similarities between looking at an X-ray and designing a collection. But Kate Spade New York's artistic director, Nicola Glass, is full of surprises. An identical twin, she grew up in a medical family in Northern Ireland, but chose to go to art college to study jewellery design, teaching herself to make handbags at the same time. After a detour teaching in the Philippines, Glass landed accessory design roles at Gucci and then Michael Kors. She was given the big job at cult American brand Kate Spade New York in 2018, overseeing its first-ever New York Fashion Week catwalk show last September – only three months after brand founder Spade's tragic death (she had sold her stake in the company in 2006). Since then, Glass has sensitively overseen a total house revamp, a cool new look for ready-to-wear, and the launch of some hit bags – plus fashion editor-approved boots. Here, she tells us about why she could never be a doctor, her love for lilac and a whole lot more...

Tell us a bit about your background.

'I grew up in Northern Ireland and went to school in Belfast. All my family (apart from my mum) were radiologists – my dad, twin sister and brother. But I always liked making things; art was my favourite subject. I hated biology.'

And that's key for a medical career!

'Yes! But I remember that when I was little, my dad sometimes used to take us to hospital with him. Back then, the radiographer would have to develop the X-rays in a dark room, and I was intrigued by that. My siblings loved watching and helping, too, but I guess I was taking something else from it.'

You were seeing it more from an artistic, photographic side?

'Indeed. Years later, I watched my sister perform a hysterectomy when she was a junior house officer in Glasgow. Before we went in [to theatre], we played a trick on her professor – she sent me in instead and he didn't realise! Anyway, seeing her do this operation, firstly I thought I could never sew up someone's body, but I also realised that she's really good at it. Nowadays, she does a lot of nuclear medicine and PET scanning, which involves having an acute eye for detail, looking for patterns. So there are some odd similarities in our jobs.'

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So, how did you start in fashion?
'I love architecture, and began studying that, but knew from day one that it wasn't right for me. So, I dropped out and went to Edinburgh College of Art. I did everything from painting and sculpture to ceramics and jewellery, which I was fascinated by. I also taught myself to make handbags, just kind of soldering rings of metal together.'

You've always loved bags then?
'Definitely. I took two years out and taught jewellery designers at different companies in the Philippines, but I really wanted to explore handbags. I did a Masters at the Royal College of Art in London and we used Cordwainers for technical support. I gained great technical skill, and learned how to cut patterns and work with leather. My career path was a bit winding, but all of it feeds into what I do now.'

How has it helped you with your job at Kate Spade New York?
'When you're designing a bag, often what makes it unique is the hardware and details. My background in jewellery has really helped me with that.'

Which particular bags has that fed into?
'It would be the one I created first, the "Nicola". I sketched that design and the twist lock when I was interviewing with the company. I kept thinking about the spade and the juxtaposition of the heart, and wondering how I could make it into a functioning piece. That's when I came up with the idea of the heart twist lock; it's a faceted enamel heart. I saw an opportunity with the bags, as they didn't have any iconic elements.'

What's the brand's DNA?
'If I go back to when Kate Spade founded the label in the 90s, I was living in Edinburgh studying jewellery design. I remember cutting out magazine articles about her because her story was really inspiring; this woman starting a brand from her New York apartment. She created beautiful simple shapes, with a simple label. The story behind that was, on her first press day, Kate cut out the labels from the inside of the bags and attached them to the front. So it was just a fabric label that said, "Kate Spade New York".'

It's also a colourful brand, isn't it?
'Yes, and very joyful. Kate really was a trailblazer, with these chic bags that every woman in New York aspired to have and could afford. When I'm interviewed by American journalists, 90 per cent of the New Yorkers say their first bag was a Kate Spade.'

Sounds like it's a rite of passage for young American women...
'It was a career moment being gifted a Kate Spade New York. The other thing that stood out for me were the old ad campaigns. There was always this very spirited woman in them. Even though they didn't do ready-to-wear then, the way they were styled was very colourful, with a twist of humour.'

What's your favourite of those campaign images?
'I loved the old ones by photographer Tim Walker, which is why I wanted to work with him when I joined. One famous campaign shows a woman walking down the middle of a road in the US countryside, and the yellow line on it is painted up the back of her dress. When I did the first presentation for the brand, we had this glitter line on the runway that referenced that. There are lots of ways I'm trying to incorporate and pay tribute to Kate.'

Do you have a favourite colour?
'I love lilac. When I added it to the pink, the team said, "Wow, we've literally never used lilac before." I'm not from a ready-to-wear design background, so I go with my instincts on that front.'

What were your inspirations for the AW19 collection?
'I started off with this idea of raiding a woman's wardrobe. I looked at the founder of Biba, Barbara Hulanicki, and my mood board had Biba images of Twiggy modelling. I loved the "dressing-up box" glamour of the Biba store. That's where the turbans and headscarves came in.'

And the colours?
'We wanted shades that escalated from rich to vibrant, so it was an interesting mix of golden raisin yellow with a spruce green or a deep cherry, with more of a pale dusty rose and pops of pink.'

Who are your all-time favourite visual inspirations?
'I'm a huge fan of the photographer Deborah Turbeville. She has a series of pictures in a bathhouse – it's the female gaze of these women and yet they're still glamorous and strong. I also love Louise Bourgeois, particularly her book, *The Fabric Works*, where she plays with clashing fabrics.' ■

WORDS BY JESS WOOD. PHOTOGRAPHS BY IMAXTREE, GETTY IMAGES, RICHARD IMRIE. STILL LIFES BY NOHALIDEDIGITAL.COM

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THINKING FASHION

In her regular column on trying to dress better – in an actual ethical kind of way – fashion features director *Jess Wood* delves into sustainable jewellery

As anyone who has ever met me knows, the one thing guaranteed to get my heart quivering is a new bauble (or three). But in sustainability terms, it's a poser. Workers' rights issues surround the mining process for all types of stones, and the environmental impact of mining gold – and worse, silver – is monumental. Mining silver is incredibly water-intensive and the chemicals used in gold refining (mercury, for instance) are often disastrously toxic. The answer, like so many things eco, may lie in reusing what we've already got, which means recycling. New jewellery brand Kinraden (which means 'kindred') was started by Danish architect Sarah Müllertz with this aim. 'We have plenty of metal. Working with upcycling is the most sustainable choice you can make. I don't think it's necessary to draw out any more resources from the earth.' The great thing about gold or silver, she explains, is you can melt it to use again. Müllertz founded Kinraden while working as an architect. She quit in 2018 to concentrate on her passion for sustainable jewels, and sourced a female-run supplier based in Bangkok, where a lot of jewellery production takes place (including Pandora's, which earnt cred for switching to recycled-only metals for every piece last year). Müllertz has also developed a way of using wood instead of stones. Her designs use leftover Tanzanian mpingo pieces from musical instrument production, which are cut into onyx-like 'stones' and 'named after' Emily Dickinson poems. We love the To The Land ring and Our Lips earring (both above).

SWAP IT

The 'clothes swap' event was a big trend a few years ago. Now, it's back and cooler than ever, thanks to champions like Stories Behind Things influencer Jemma Finch, who helped launch The Big Clothes Switch in collaboration with WeWork in London last month. 'Clothes swapping is the most sustainable way to update your wardrobe,' says Finch. 'You bring clothes you no longer love and trade them in for "new" second-hand, vintage and branded pieces. We've partnered with Who What Wear UK to offer brands a sustainable alternative for their over-produced and dead stock lines. It feels great to be diverting perfectly new clothes that may have ended up in landfill or burnt.' Find the next swap at @storiesbehindthings – or host your own at home. Prosecco and pals bearing cast-offs, ahoy!

JEWEL PURPOSE

Five more of our favourite eco-friendly jewellery brands

01. PIPPA SMALL The original pioneer of ethical jewels, Pippa Small travels the globe from Kabul to Myanmar to support mining communities and source Fair Trade gold. We adore the new My Tribe collection, tiny 22ct gold figurines made in India by a master craftsman (above).

02. PHINE These fabulously chunky 80s-inspired pieces by London-based Danish designer Elina Faurschou use only recycled metals.

03. BAR Super cool, minimalist lines made from gold-plated recycled silver, all locally cast and hand-finished in London using natural processes instead of chemicals in the studio. Hurrah!

04. PASCALE JAMES One half of the design duo, Christopher James, is a former zoologist who photographed ocean life for *National Geographic*. The bespoke London-based label offers sculptural pieces made from recycled scrap silver.

05. EMMA AITCHISON This young British jeweller sources materials in the UK where possible, using Fairtrade gold and silver, and as many recycled elements as she can. One per cent of profits goes to environmental charity, 1% For The Planet.

PHOTOGRAPH BY KRIS ATOMIC

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#SHOESFIRST

Knees-up

Boots are reaching new heights.
Walk the (long) line in our pick of the best

01 £825, *Malone Souliers* **02 £610**, *Loeffler Randall* **03 £100**, *Schuh*
04 £700, *Longchamp* **05 £85**, *Charles & Keith* **06 £199**, *Kurt Geiger* **07 £210**, *Boden*
08 £70, *Head Over Heels* **09 £860**, *Casadei* **10 £225**, *Jigsaw*

COMPILED BY ALISON BELAMANT. PHOTOGRAPHS BY JASON LLOYD-EVANS. STILL LIFES BY NOHALIDEDIGITAL.COM

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IMAGINE THAT.

Hair that becomes stronger* & more resilient with every wash**. The Fibre Strengthening Technology infuses deep into your hair & together with conditioners, helps repair damage. Your hair protein becomes reinforced & more protected so you can style & colour your hair the way you love.

FIBRE STRENGTHENING SYSTEM

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THE ONE

Square feet

Step out in Dior's 'D-Connect' trainers for a heritage kick-start

Maria Grazia Chiuri's AW19 ready-to-wear collection for Dior is inspired by British checks, aristo culture and the rolling green hills of home, so it seems only fitting that its launch coincides with a new pop-up store in Harrods, London. Open from 3-31 August, the boutique will feature an iconic red telephone booth and London black cab alongside heritage-print clad footwear, bags and clothing. Team *MC*'s front runner? These 'D Connect' trainers reinterpreted in green-and-black check are our kilty new pleasures.

'D-Connect' trainers, ***£890***, *Dior* available exclusively at Harrods

STYLED BY LUCIA DEBIEUX. PHOTOGRAPH BY BEATE SONNENBERG

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FASHION @WORK

Here to solve all your workwear dilemmas is style journalist *Alice Olins*, co-founder of women's career coaching network @TheStepUpClub

Q. I've negotiated a promotion, but how can I step up my wardrobe?

Sarah, marketing manager

First of all, congratulations! Nabbing a promotion isn't easy. You deserve some fashion gifts to yourself – it's always worth celebrating life's wins.

Before I get to my style suggestions, here's some advice: a new job is an emotional and mental upheaval, however prepared you feel. Allow time to settle in before piling on any pressure to perform. If you start feeling you don't belong or aren't good enough (hello, imposter syndrome), stop, take stock and be kind to yourself. Rome wasn't built in a week.

On to the fun stuff. There are some loose new boundaries you might want to work within to reflect your new role. Let's start with grooming. First impressions do count, however wrong that is. Consider your hair, nails and scent. For the easiest and cheapest update, have a good haircut and regular manis (or DIY them at home), and smell the part. Look to others for inspiration – Michelle Obama and Marissa Mayer are great examples of women who wouldn't go to work with messy hair.

In terms of things to buy, outerwear (one great coat for summer; another for winter), accessories and a blazer are useful starting points. I've discovered a lovely brand called Munthe, which has coats and tailored pieces that feel modern and suitably important, but not unattainably glossy. They start at about £200. I especially like the 'Dietes' blazer (below left), which works well over tailored trousers or a midi dress.

Talking of dresses, Rixo is on fire at the moment with plenty of frocks that tread the line between femininity and power. The prints aren't too ditsy and the shapes aren't overly floaty, but they have a softness that doesn't say 80s. If you're more of a shirt woman, do yourself a favour and invest in crisp new ones. Arket has great options at £59 a pop, so you could probably drop a couple in your basket.

Think about accessories, too. Alice bands are all the rage – add ballsy earrings and everything below will go unnoticed. Or, look for an eye-catching necklace that sits on your collarbone. These details are the difference between the old and new you.

Ditto great shoes. A well-chosen heel can lift even the most basic outfit, and you don't need to go too high. A pair with punch has the capacity to upgrade any workwear.

Mainly, though, believe in yourself. You're going to have wobbly days as you adjust, but your new uniform will help you feel the part. Good luck – enjoy the ride!

Follow StepUpClub on Instagram @thestepupclub

Dress, **£295**, *Rixo*

Shoes, **£260**, *Marella*

Blazer, **£309**, *Munthe*

3 OF THE BEST WATCHES

Fresh updates on a workwear basic

1. **£780,** *Gucci*

2. **£279,** *Emporio Armani*

£990, *Longines* **3.**

COMPILED BY ALISON BELAMANT. PHOTOGRAPH BY ZUTE LIGHTFOOT PHOTOGRAPHY. STILL LIFES BY NOHALIDEDIGITAL.COM. VISIT STEPUPCLUB.CO

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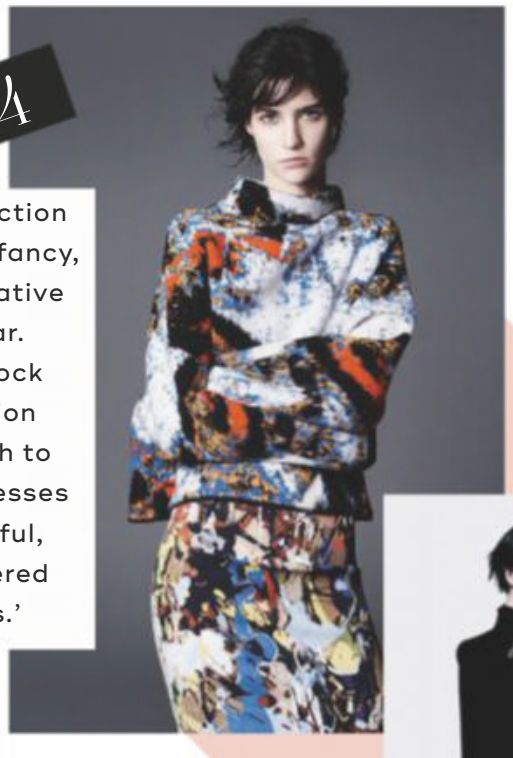
2019

'[This year], we introduced sneakers and eyewear to highlight the idea of dynamism and sport-inspired attitude.'

'I always lived and breathed tailoring. My mother had a small atelier and I used to play with the fabrics. This job was my dream. When I joined in 1979, the Italian fashion landscape was very charming – it was the beginning of "Made in Italy". Max Mara specialised in timeless coats, and the original Sportmax woman had a strong, more extreme concept. Laura Lusuardi, who hired me, said, "I'll see you Monday at 8am. Here, you know when you enter, but you never know when you will leave!" and 37 years later, here I am.'

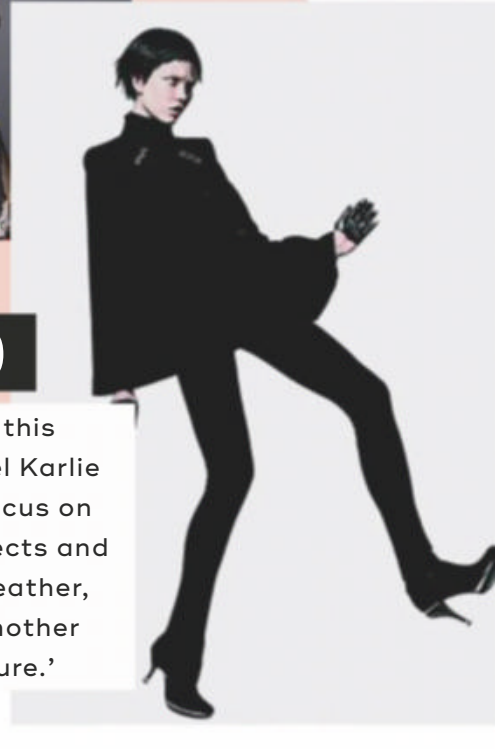
2014

'This collection was about fancy, highly creative knitwear. The Pollock inspiration gave birth to special dresses in colourful, embroidered textiles.'



2009

'David Sims shot this campaign with model Karlie Kloss. The pieces focus on different graphic effects and mixed materials – leather, knitwear, jersey. Another Sportmax signature.'



SPORTMAX *TO THE MAX*

Part of the Milan 'Made in Italy' fashion boom, Max Mara's sister brand turns 50 this year. Here, the brand's fashion director Grazia Malagoli shares her highlights from five decades of chic-issima

1986

'[Sportmax's] incredible, intense idea of femininity was quite new for that time, thanks to the eye of Peter Lindbergh, who shot a young Yasmin Le Bon for this campaign at the very start of her career.'

COMPILED BY JESS WOOD. PHOTOGRAPHS BY DAVID SIMS, HANS FEURER. ILLUSTRATIONS BY LAURA LUSUARDI, GUY PAULIN

'One of the most beautiful and interesting collections. From a technical point of view, it was really innovative. Raw cuts, bagged constructions and carpet fabric for coats were born.'

1983

1970s

'[In the 1970s], the styling and attitude were important to Sportmax. It was the first "total look" wardrobe in which each garment was created to match the others.'

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JESS WOOD
FASHION FEATURES DIRECTOR

'I love a statement midi skirt, and this one is ideal on all fronts – fab, flattering high waist, cool contrasting dot prints and asymmetric hem for extra edge. It's a yes from me!'

£39, *Topshop*

PENNY GOLDSTONE
DIGITAL FASHION EDITOR

'The clashing prints on this chic skirt give it a fresh twist. I'll be wearing mine with a silk camisole and "ugly" sandals.'

£35, *V by Very at Very.co.uk*

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HIT REFRESH
Shop all the style finds on this page today at *edit.marieclaire.co.uk*

£140, *Ganni*

TANYA PHILIPSON
EXECUTIVE FASHION DIRECTOR

'My key item for any season is a maxi leopard-print skirt, and this one by Ganni will take me from day to night all year.'

£750, *Marni at 24s.com*

LUCIA DEBIEUX
FASHION EDITOR

'I gravitate towards bold, playful prints, and this skirt ticks all the boxes. Team it with a chunky sweater finishing above the hips, and embrace the elasticated waist over a long lunch!'

£155, *Reiss*

ALISON BELAMANT
SENIOR FASHION ASSISTANT

'This feminine, pleated skirt is the perfect transitional piece for me. As autumn approaches, I'll swap my barely there sandals and silk cami for ankle boots and a light roll-neck.'

COMPILED BY CRISTIANA FRUNZA. PHOTOGRAPHS BY IMAXTREE

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1

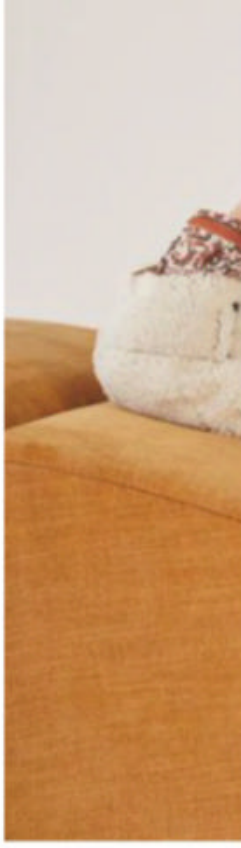
LOOKIN' SHARP

Masculine lines and a dark, pared-back palette were key looks on the Saint Laurent catwalk. We're particularly taken with the show's power-charged tailoring and must-feel fabrics – just add a pair of sculptural sunnies and you're good to go. Sunglasses (above), £230.

2

HOT SPOT

Yolke's sell-out 'Leopard' slip has been reimagined into an AW19 staple: the 'Josephine' dress (left, £325) complete with elegant wrap-around tie. With the print's past success in mind, we're hitting 'add to basket', pronto.



marie claire

goes shopping

Covetable collections and luxury launches

3

TAKE TWO

Do the double with Michel Herbelin's chic new 'Antares Interchangeable' collection, which includes two stylish straps with every stainless steel, sapphire-crystal adorned dial. Strapping, indeed. From £1,785.

4

COOL COLLAB

Roksanda Ilinčić has kicked off her guest designer spot at Marina Rinaldi with glorious abstract colour-blocking and willowy silhouettes. Expect a waiting list for this divine dress (left, £1,182).

5

BOOT CAMP FOR KIDS

Stylish *and* robust, Timberland's mini-me range for the little ones in your life ticks all the right boxes for autumn/winter. Girlie girls will love the pink versions, while traditionalists can stick with classic yellow. From £80.

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6 FROM SPAIN, WITH LOVE

New-season style at Mango means chic paisley patterns, cosy shearling coats and standout accessories. Your high-street haul awaits...

7 STREETS OF GOLD

Chunky hardware, Swarovski-crystal studs and logo-centric add-ons: DKNY's fresh urban-style jewellery drop is inspired by New York's skyline – and it's fierce. Bracelet, £89.

8 WALK ON THE WILD SIDE

Vagabond has delivered premium capsule collections for a while now, but 'Atelier by Vagabond' this autumn marks the start of a permanent series of conceptual offerings from the Swedish brand. First up? The 'Alison' boot (left, £260 at Selfridges), as interpreted by Brit photographer Annie Collinge. We want.

9 SHINE TIME

With a slinky Italian take on the 80s party scene, Pinko is channelling its inner *Dynasty* for winter. We're sold on this black bodysuit, £295, and trousers, £315, duo (right), plus extra mirrored bling.

PHOTOGRAPH BY IMAXTREE

10 ALL INCLUSIVE

Dolce & Gabbana has celebrated feminine sensuality from the very beginning. So Team *MC* is delighted to hear that the house is now extending each collection's clothing range from sizes 6 to 22, ensuring *everyone* can join the Dolce & Gabbana print posse this season. ■

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REPORT

NOW FOR NORTHERN IRELAND

While debate around abortion in recent years has been centred on America, a parliamentary vote here has now turned the spotlight on the issue in Northern Ireland. *Marisa Bate* speaks to three women campaigning for change

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In recent months, there has been international outcry over the draconian abortion bills being passed in some American states, with Alabama, Ohio and Georgia (among others) recently signing bills to severely restrict women's abortion rights. But what about the abortion crisis in our own backyard? In Northern Ireland, abortion is illegal. Even in cases of rape and incest, it is a crime punishable by life imprisonment, which also extends to the doctors who administer the procedure. But banned abortions don't result in fewer abortions. According to the Department of Health and Social Care, 1,053 women from Northern Ireland travelled to the UK for an abortion in 2018 – which marks a 22 per cent increase on the year before. Clearly, free, safe and legal abortions are desperately needed.

However, on 9 July, a historic window of opportunity opened as an overwhelming majority voted in Westminster for an amendment tabled by MP Stella Creasy, which would see abortion become decimalised in Northern Ireland, falling under the 1967 Abortion Act that currently exists in England and Wales. But, this will only come to pass if Stormont – the currently collapsed Irish Assembly caught in a stalemate – does not restore by 21 October 2019.

In other words, there's still some way to go. If Stormont restores, the issue will fall back to a government that has fiercely opposed abortion. Even if the abortion laws are relaxed, Stormont would have the right to amend them.

Despite the long road ahead, campaigners are celebratory. Grainne Teggart, Amnesty International's Northern Ireland campaign manager, told *Marie Claire,* 'This is a significant defining moment for women's rights in Northern Ireland. The grave harm and suffering under Northern Ireland's abortion regime is finally coming to an end. At a time when prosecutions are still a grim reality, this cannot happen quickly enough.'

For now, though, that grim reality is still something women are facing. Here, we explore the complexities of the debate through stories of women personally affected by this issue.

'I HAD TO FLY ALONE TO ENGLAND TO HAVE A SAFE, LEGAL ABORTION'

Karen*, 37, from Northern Ireland, is a mother of two and a pro-choice campaigner

'When I found out I was pregnant for the third time, my kids were six and eight months. I was still on maternity leave and had been suffering with postnatal anxiety. I couldn't sleep, I found it hard to leave the house and had panic attacks. Then, just as I was starting to feel better, I got pregnant. I was terrified of getting pulled back into a black hole that I had barely started to climb out of.

'As a pro-choice campaigner, I always thought I was fighting for this so other women have freedom, but I would never personally have an abortion. And then I was in that position myself. You never know what situation you're going to find yourself in. Straight away I started making calls.

'I spoke to the Abortion Support Network first. I didn't need to ask them for money, but I got really good logistical advice. There's no one else to give you that – you can't get information from GPs, they're too scared to tell you. Next I called the British Pregnancy Advisory Service and booked a clinic in Liverpool. I had to wait a week and, in that time, I went to the Family Planning Association, which has sadly now closed. They were a lifeline.

'My husband couldn't come with me as he had to look after the kids, and I didn't feel I could ask a friend because she would have to take the day off work or get childcare and then pay £180 for the flights. But I really regretted going alone. I left super early and I was back by 6.30pm, in time to give the kids a kiss goodnight, which really struck me. If it was in your own city, it would be such a small thing, yet it felt like such a massive journey because of the impact of having to get up and go somewhere totally unfamiliar. I was scared throughout the entire experience.

'I had to have a surgical abortion because I was flying home that day – pills induce heavy bleeding and pain too severe for travel – but the general anaesthetic freaked me out a bit, so I phoned my husband, then had a bit of a cry. That's when I wished he or a friend had been there. I was in the theatre waiting room with three other women from the UK, and I'll remember that for the rest of my life. In that moment, we all shared our stories. I heard all kinds, from domestic violence to drug addiction. There's such complexity in people's circumstances.

'SOMETHING THAT SHOULD BE A 5-MINUTE OUTPATIENT PROCEDURE BECOMES A 16-HOUR ORDEAL'

'When I came round, the sense of relief was unbelievable. I felt so grateful. It was amazing to me that all these people work in this place that gives you this incredible gift of being able to walk out of there and get on with your life.

'Between 30 and 35, I was pregnant five times. It was the most intense period of my life. I had two kids, two miscarriages and one abortion. I think people need to understand that is what women's lives are like when we make that decision to have children. That it brings with it all the stuff – the bad with the good.'

'OUR CLIENTS RANGE FROM 12 TO 53 YEARS OLD'

Mara Clark is founder of The Abortion Support Network, which is based in England to help women access safe and legal abortions

'In 2002, I was living in New York and I read an article about the women travelling to the city to have abortions because it had a 24-week time limit. They had to pay $2,000 [about £1,600] for the procedure and stay overnight, and some were having ▶

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to sleep in their cars. The article featured the Haven Coalition, a group of volunteers who let people stay in their homes. Even though I lived in a teeny studio, I began inviting women and girls coming to the city for an abortion to stay. And that's where it all started for me.

'When I moved to the UK, I looked for something similar to support women in Ireland and Northern Ireland, but people were telling me there was just no need for it now there were credit cards and RyanAir, but I knew that couldn't be right.

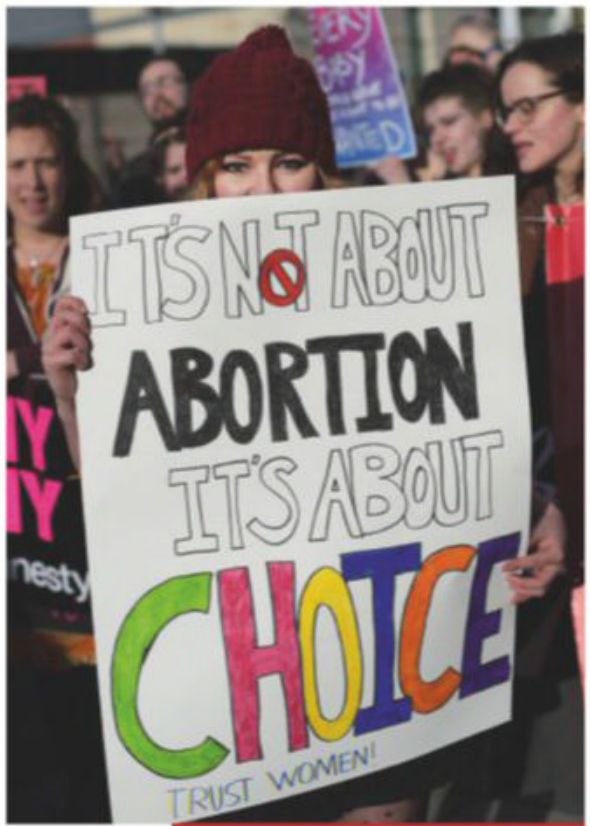
'So, in 2009, I started The Abortion Support Network with five friends for women in Northern Ireland, Ireland and the Isle of Man. As a charity, we give information on the process, provide travel and accommodation arrangements, pay for abortions and find the cheapest way to make the trip. When someone contacts us, we never ask them how they got pregnant or why they want an abortion, because that is none of our business. After all, rich women don't need to justify themselves.

'Last year, our clients ranged from 12 to 53 years old. Our largest group is women in or escaping from abusive relationships. Reproductive coercion is a big problem: abusers won't use birth control or they sabotage it to keep women pregnant because it's harder for them to leave.

'Every bit of research shows that banning abortion doesn't stop it; it just stops safe abortion for poor women. Because women with money have the ability to travel, and women without money don't. And that's just not fair.

'What makes it an ordeal is you have to get on a plane. The law in Northern Ireland takes what should be a five-minute outpatient procedure and turns it into a 16-hour ordeal. And let's talk about the other obstacles: say they're in an abusive relationship – what happens if they've got children to look after? What if they have insecure work status or have to care for a parent? Abortion highlights the other issues people who are already marginalised face. And that's the difficult part of our work; we can only solve one problem.

'Over the years, we've been told we're hysterical, too politically correct, that we should lighten up. But when Donald Trump was elected, people started saying: "How can I help?" That's what is great about Alabama, and the light it has shone on Northern Ireland. People are saying, "How can I help?"'



WHERE TO FIND HELP

ABORTION SUPPORT NETWORK
abortionsupport.org.uk
07897 611593

MARIE STOPES INTERNATIONAL
mariestopes.org.uk
24-hour advice line
0345 300 8090

BRITISH PREGNANCY ADVISORY SERVICE (BPAS) bpas.org
0345 730 4030

NATIONAL UNPLANNED PREGNANCY ADVISORY SERVICE (NUPAS)
nupas.co.uk
0333 004 6666

To put pressure on your MP to support the new amendment to decriminalise abortion in Northern Ireland, visit nowforni.uk/email

'THE STATE HATES WOMEN'

Emma Gallen is a stall coordinator at Alliance4Choice, a campaign group for abortion rights in Northern Ireland

'I coordinate an information stall in Belfast city centre on Saturday afternoons encouraging people to sign up to our mailing lists and running different campaigns, writing to politicians. When you're on the stall, reactions vary. If some of the pro-life groups are out on the street, people tell us how upsetting they find them. They have images of foetuses and signs that say: "Abortion won't unrape you". Yet, in some ways, they are our biggest recruiter.

'A lot people approach us to talk about how wrong they think it is that women have to travel, but don't necessarily support abortion. For years, you had to pay for abortions in England. It's only been since 2017 that there's been any funding, and that comes from the government's equalities budget. Scotland, where there are free abortions, is an option but it's not practical: you have to be there for a week, see a GP, then go to a hospital as there's no private clinics. Also, if you're in England, the state pays for some childcare. We don't have that here, which makes things even harder. The state hates women.

'Alongside the stalls, Alliance4Choice also delivers workshops to change the way people talk about abortion. There's also political lobbying of Westminster to keep Northern Ireland's abortion laws on the agenda. For years, we have petitioned them to act; to decriminalise abortion here. The UN has said that Westminster has to act because what women are enduring *is* torture, not *tantamount* to torture, but *torture*. Forcing someone to continue with a pregnancy for 12 weeks when they know the child is going to die or not offering support for rape victims is torture. Awful things are happening. A story came out in the Women's and Equalities Committee inquiry of a 12-year-old rape victim who had to go to England with a police escort so they could collect the foetus for evidence.

'If you're a feminist in England, you can lobby your MP, and they can actually make life better for women in Northern Ireland. But, instead, people protest about Trump or the abortion laws in Alabama and Georgia – and they are not as restrictive as the ones in Northern Ireland. It is frustrating. When people ask me, "Why didn't your government act?" I often reply, "Why didn't yours sooner?"' ■

PHOTOGRAPHS BY GETTY IMAGES. ADDITIONAL REPORTING BY NIAMH MCCOLLUM. *NAME HAS BEEN CHANGED

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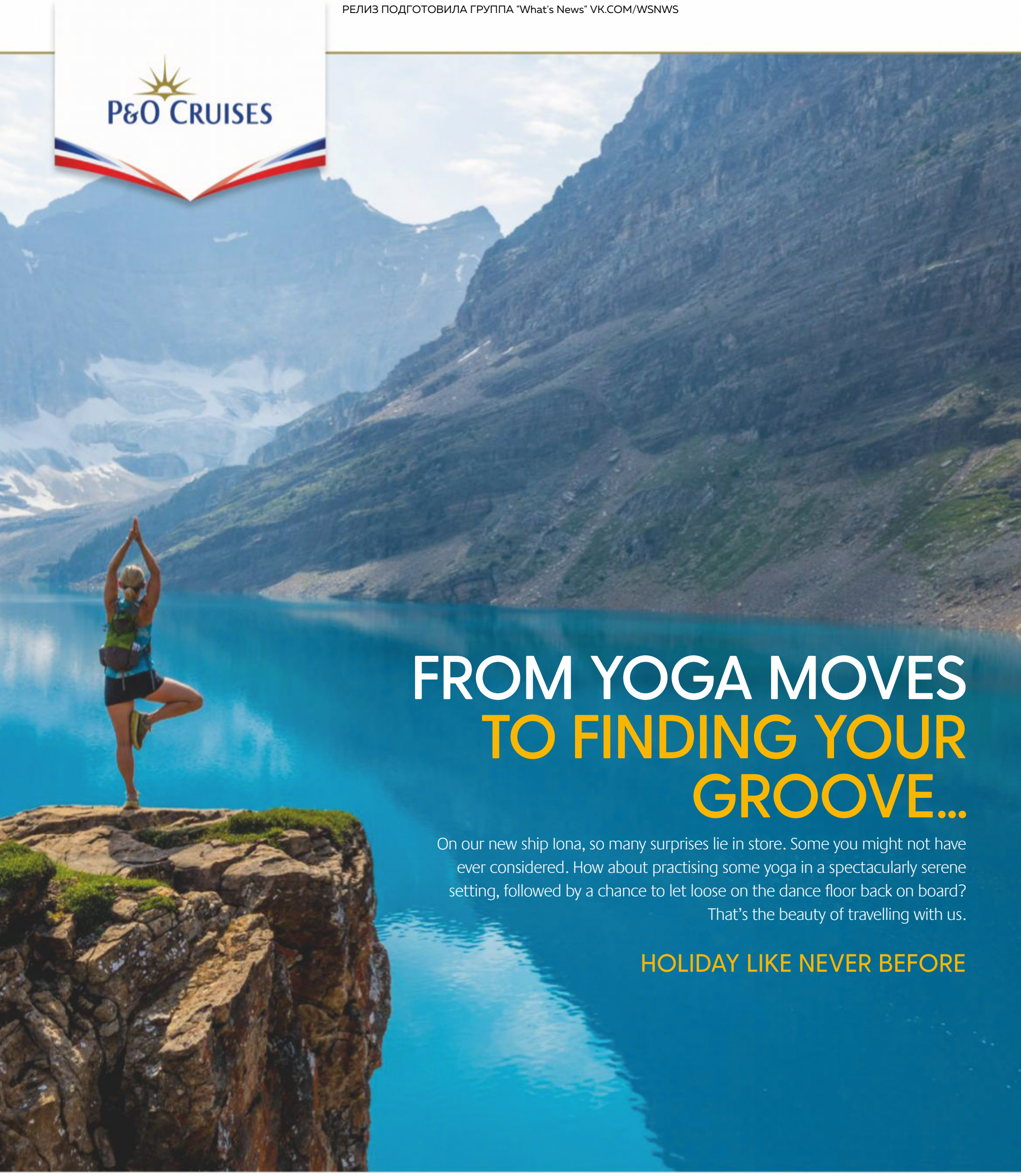

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'Making people laugh is the greatest love of my life'

Actress and comedian Aisling Bea talks to *Sophie Goddard* about love, loss and why she's definitely not the new *Fleabag*

Aisling Bea is, in her words, 'living a circus life'. The writer/actor/comedian is currently in Rome filming Netflix rom-com *Love. Wedding. Repeat*, starring Sam Claflin, Olivia Munn, Eleanor Tomlinson, Jack Farthing and Freida Pinto (Bea plays Rebecca, a friend of Eleanor Tomlinson's character). Apparently, six weeks filming away from home is a doddle. 'This year has been nuts,' she explains. 'I have a house in London – that's "home" – but a year ago I was in LA. Then I moved back to London, then New York in September. Then I came back in January and now I'm in Rome.' Most of us would be flagging by this point, but Bea, 35, is impressively chirpy. 'It definitely feels normal now – when I was 18, I moved to Dublin for four years, then to London. I suppose I haven't been near the house I was brought up in for 17 years. It's sort of in my bones.'

Within seconds of talking to Bea, you realise why she's so good at what she does – storytelling is in her blood (quite literally. Her grandfather was novelist and poet Mícheál Ó Súilleabháin and her great-aunt was playwright Siobhán Ní Shúilleabháin). 'Making people laugh is the greatest love of my life, and it has been my favourite thing to do since I was a kid,' she tells me. 'My cousin showed me a video of me hosting "the cousins talent show". I swear to God I was nine, stood on a chair in this hotel function room, with 40 aunties, cousins and uncles. My granddad used to love it when we'd get up and sing – it's not too far off my persona now.'

Brought up in Ireland's Kildare by her mother, a teacher and former jockey, with younger sister Sinéad, Bea's father Brian, a vet, took his own life when Bea was three years old. Bea (real name Aisling Cliodhnadh O'Sullivan) changed her surname to Bea in memory of him and wrote an article about the experience of loss in 2017. I say how touching I found it. 'It is very odd when someone talks about it because it is a piece of writing, and I am a writer,' she says, thoughtfully. 'On one hand I'm like, "Thank you very much, that is a lovely thing to say about a piece of work", but on the other it's like, "I still feel like I am getting my head around it".'

Bea's latest project involves working with some familiar faces. 'I've known Sam [Claflin] from when we did our first audition for drama school together [Claflin and Bea trained at the London Academy of Music and Dramatic Art]. Jack Farthing was the year below us,' she says. The others have become firm friends, too. 'Eleanor Tomlinson, she's one my best friends here, we're like two little peas in a pod. We went to an aerial yoga class this Saturday and it was genuinely one of the worst things I have ever done in my life, like, "This is hell, when will this end?" Eleanor has never done yoga before and the first version she gets is hanging from the air. It made me start laughing uncontrollably while we were upside down.'

One of the biggest misconceptions about Bea is that she was a comedian first, ▶

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Bea starring in new TV sitcom *This Way Up* alongside Sharon Horgan (far left); onstage in stand-up Netflix series *The Comedy Lineup* (left)

> ‘To say I’m not confident would be ridiculous. I can go on stage in front of 6,000 people. But self-esteem is something I’m trying to work on’

who ‘fell’ into acting second. ‘I had been an actor for a *long* time before stand-up took off,’ she explains. ‘I was an actor my whole career, but it’s only in the past year that people describe it as “taking off”. Something can’t take off when it’s been slowly in the air for 17 years!’ Clearly, she’s not too shabby at it, either. She has just wrapped another Netflix project, *Living with Yourself*, opposite Paul Rudd, as well as writing and starring in comedy *This Way Up* with friend Sharon Horgan, in which Bea plays a teacher trying to pull her life back together after ‘a teeny little nervous breakdown’. Other acting credits include *Hard Sun*, *Gap Year*, *The Fall*, *Damned*, *Trollied* and *Dead Boss*. ‘I love pretending to be other people. When I was doing *The Fall*, I was going through a break-up and remember loving going in, putting on a nurse’s outfit and zipping up as someone else for the day. To get an escape from yourself, in a lovely and creative way.’

Stand-up, though, *has* been a whirlwind. In 2011, Bea became the first woman in 20 years to win the *So You Think You’re Funny?* stand-up competition, before selling out her debut solo show at Edinburgh Fringe in 2013. Bea’s stand-up is observational, sharp and witty, poking fun at both herself and those around her (watch her ‘fat-thin’ routine on YouTube ASAP if you haven’t already). In 2014, she won a British Comedy Award for Best Female TV Comic, and in 2016, landed the first female captain seat in *8 Out Of 10 Cats*, appearing on everything from *Live At The Apollo* to James Corden’s *A League Of Their Own* and *Never Mind The Buzzcocks*. Alongside her acting projects, she’s currently starring in *The Comedy Lineup* on Netflix. ‘It went from nought to 60,’ agrees Bea. ‘I was on TV a year and a half after I started stand-up. I felt like I’d been picked up by a tornado.’

Does she feel pressure meeting people, being the ‘funny’ one? ‘No, actually,’ she says. ‘I’m not a shy person, so I don’t. I was talking to my therapist about this recently – about the difference between confidence and self-esteem. If I were to say I’m not confident that would be ridiculous. I can go on stage in front of 6,000 people and walking into a social situation I’m never nervous. But self-esteem is “what do those 6,000 people think of you?” Someone might have amazing self-esteem, but not the confidence to get up there. I think a lot of performers have low self-esteem; I definitely fall into that category. That’s something I’m trying to work on.’

Then there is the small matter of attention on her personal life, something that Bea (who dated Michael Sheen and was most recently linked to Andrew Garfield) is still navigating. ‘What is odd, is when you meet someone for the first time and you can be Googled. Or *they* can,’ she considers. ‘We are *all* becoming more in the public eye, but you do start to care less and less. One great thing about being a stand-up is that I can address it on stage. It must be hard for people who don’t get to use their voice. I can always take that back with a microphone, even for 60 people in a small comedy club. I feel lucky to have that element of control.’

Thankfully, Bea has the support of her ‘comedy sisters’ – Roisin Conaty, Katherine Ryan and Sharon Horgan. ‘After one panel show went awfully, I rang Katherine and Roisin crying, and they were in terrible moods about it, too,’ recalls Bea. ‘You’re not looking for people to have a bad time, but by connecting over real experiences, you feel calmed. Like, “Oh, I *am* normal”. We are a very tight community.’ The notion of ‘competition’ between the women doesn’t factor, either. ‘There was a long time where people didn’t believe in the universal law of abundance – that there is no limit to how many women you can put on TV, because TV expands,’ she explains. ‘When there was a limit to TV and there were too many shows, Netflix got developed. When Netflix got overwhelmed, YouTube developed. Then Facebook TV started. There is *no limit* to how much space there is, because if you make a story people want to watch, they’ll find it. I’m not the new *Fleabag*, *Fleabag* is not the new *Girls*, *Girls* is not the new *Sex And The City* – they are all separate things, and there can be *many*. Maybe it’s because I grew up with women, but I really believe in an abundance of women.’ Amen to that. ■

This Way Up *will air on Channel 4 in August, and* Living With Yourself *will be on Netflix later this year.*

PHOTOGRAPHS BY CONOR CLINCH/KINTZING, NETFLIX, CHANNEL 4

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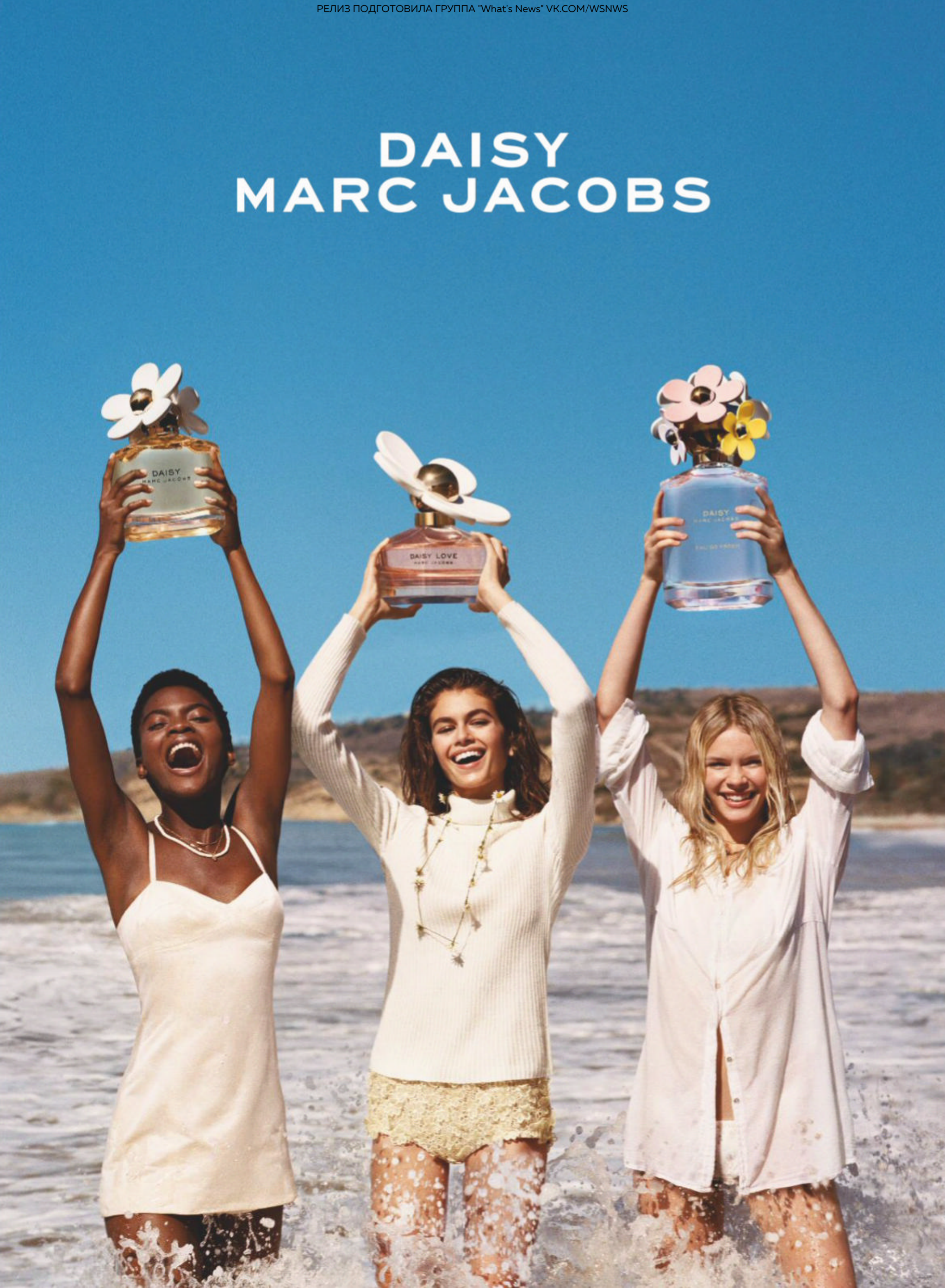

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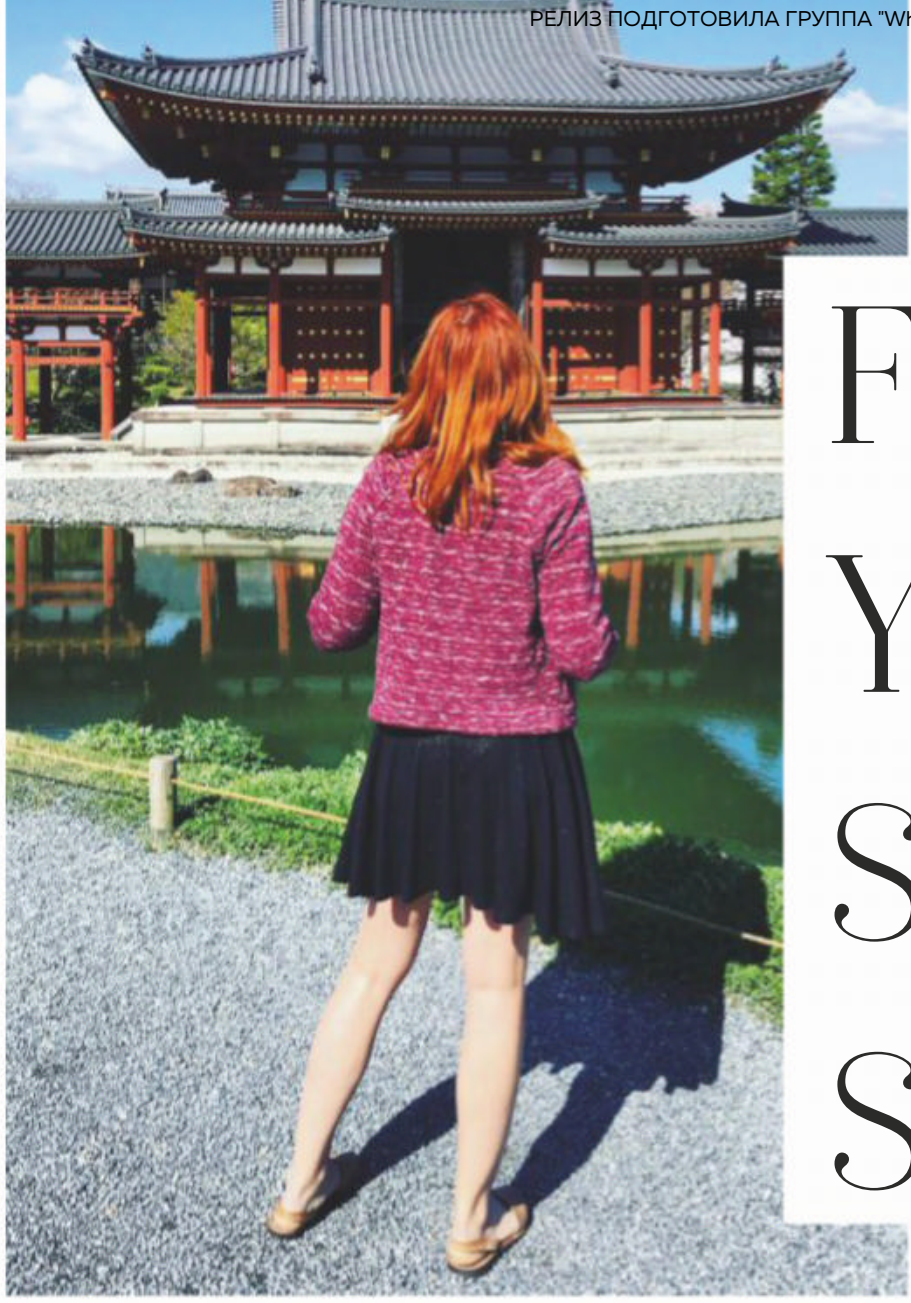

FIND YOUR SOLO SPACE

No matter how many friends, family, kids or partners you have in your life, spending time alone is not just a decadent luxury – it's essential for well-being and personal growth. Time to put yourself first, says *Anna Hart*

'All you need to know about paddle boarding is: keep your eyes fixed on the horizon and avoid looking at your feet or you'll fall in.' It was armed with this advice from a fellow hotel guest that I experienced one of those rare moments we travel many miles for, and spend thousands trying to create. Alone on an Austrian lake, doing something I'd never done before, I drank in a beautifully balanced cocktail of excitement and contentment, intermingling with pride and pleasure. I felt my shoulders slacken, my brow unfurrow and a weight lift from my soul.

You know all those annoying people who urge us to be 'in the moment'? I finally knew what they meant. This shock of joy was particularly precious, because two weeks prior, the thought of being 'present', let alone feeling pleasure, was unthinkable.

In the run-up to a deadline for completing my book, I'd worked 14-hour days and barely slept, and all my usual self-care rituals that keep me sane – yoga, running, eating well – had gone out the window. They felt alien, like they would never belong to me again; I felt like a brittle husk of my former self, with no glow to my skin, no conversation to contribute, no spring in my step. My suspension was shot, and I was rattled by every little bump in the road of life.

Over my years as an international reporter, however, I've learned how to fix myself when I'm broken. I escape alone. It's not just me – many women, regardless of their responsibilities in life, are 'prescribing' themselves solo trips, too. A close friend of mine, new mum to an 11-month-old baby, just spent her birthday alone in a posh hotel – she and her husband agreed that what she needed most was a date night with a minibar, Netflix and a bed to herself. Another friend, who runs her own company with 15 employees, goes to a beach hotel in Turkey every spring when the new financial year kicks in, where she sunbathes, swims and takes a few hours each day to map out where she wants her business to go in the year ahead.

There are still some people out there who believe solo travel is a sort of

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consolation prize, a plucky effort at travel made by people without friends, family or a life partner they want to spend every single second with. But a 2018 Travelzoo survey revealed that over three quarters of Brits have either travelled by themselves or are considering doing so in the future, while 60 per cent of those travelling alone were either in a relationship or married. So, we're not just open to travelling on our own, we're doing so out of choice.

Of course, I love spending time with my boyfriend, friends and family, but time alone is to be cherished. And sometimes, I don't feel like ringing around everyone I know to see who is up for a yoga weekender – comparing busy schedules, working out who can afford what, and possibly giving up on the whole idea because we couldn't get it off the ground. Life is too short to wait for other people to make their minds up; sometimes, when our souls crave an adventure – big or small – it pays to seize the moment.

Solo travel is a holiday in the old-fashioned sense of the word; a respite from responsibilities. Whether it's one night alone in a city hotel or a week-long safari you've wanted to do ever since you first watched *Out Of Africa*, going alone feels more luxurious than trips where we have to take other people's needs into account, and this gives the experience a lot more bang for its buck when it comes to a quality recharge.

'Many women feel responsible for everything in their lives and others around them,' says psychologist Dr Jessamy Hibberd, author of *The Imposter Cure*. 'Travel becomes a vital break from this, and a chance to let go and see that the world keeps turning without you being there to do everything. It reconnects you with yourself, who you may have been at earlier stages in your life, and puts your own needs first.'

As a busy writer and confirmed people-pleaser, a few days away with nobody to answer to but myself is the most decadent of delights. Packing for such a trip – comfy clothes, a book I've been meaning to read for ages, my yoga mat – is one of my most cherished rituals, as I look forward to a few days dedicated entirely to myself. It's the most whimsical form of travel and, if that means sinking into a pile of pillows in a hotel room and ordering room service while flicking through TV channels, then that's what I'm going to do.

Of course, there's safety to consider when travelling alone. While abroad, it's worth investing in a personal alarm (studies show you have a 97 per cent higher chance of warding off an attack with one – Safe-Girl.co.uk comes highly recommended) and always share your ETA and travel details with somebody at home, as well as keeping cash and credit cards separate. Try Chaperhome, an app designed by Sarah Murphy after she was the victim of an attempted kidnapping in London. You can 'check in' with friends when on the move – if you miss checking in as agreed, your contacts are informed. SheTravel (shetravel.co.uk) also offers advice on staying safe and culturally aware while abroad through its unique female-focused forum, where women can ask questions and share information.

But you needn't go far to get the benefits of solo travel. It can be visiting your favourite restaurant on your own with a good book, or treating yourself to a trip to an art-house cinema at the other side of town while your partner takes the kids on a Saturday afternoon – without a hint of guilt. 'Time alone removes you from the usual triggers and stresses in everyday life, but it also gets you out of your comfort zone, which is so important for women,' says Dr Hibberd. 'New experiences, new hobbies and challenging yourself on a regular basis are massively important for maintaining good mental health, personal growth and improving self-esteem. It's only when you venture outside familiar territory that you discover what you're made of and how much you can really achieve.'

Yes, solo travel feels like a luxury, but, as more women are finding out, it also qualifies as a necessity. ■

Departures: A Guide To Letting Go, One Adventure At A Time *by Anna Hart (£9.99, Little, Brown) is out now*

GO IT ALONE

Five of the best solo adventures

KAYAK IN SCOTLAND

Discover the Hebrides on a two-day kayak expedition for solo travellers. The trip starts and finishes in Oban and you're guaranteed to spot wildlife such as seals, otters, basking sharks and sea eagles along the way. **£180; seakayakoban.com**

SURF IN BALI

Learn to surf, and enjoy unlimited spa treatments and daily yoga sessions at this luxury women-only sanctuary in the Balinese rainforest. **From £1,955 per week; blisssanctuaryforwomen.com**

SWIM WITH SEALS ON LUNDY

Spend a day getting up close with the seals, dolphins and puffins in this marine nature reserve. This small island near North Devon has gained a reputation as the UK's Galápagos. It is home to over 40 dive sites, and perfect for both novice and expert divers. **From £75; wildfrontiercharters.co.uk**

SAIL IN CROATIA

Want to travel alone but not solo? Sail the Croatian coastline while sharing a cabin with a fellow female traveller. You'll hop on and off the superb yacht, discovering local villages and partaking in paddle boarding, stargazing and paragliding. **From £603 per week; medsailors.com**

WALK THE LAKE DISTRICT

Hike the stunning plains of England's largest national park while making new friends. On this three-day women-only trip, you'll visit forests, mountains, waterfalls and even go on a traditional steamboat. **£320; girlsontravel.co.uk**

PHOTOGRAPHS BY ANNA HART, GETTY IMAGES, UNSPLASH

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'LEARN HOW TO PLEASE YOURSELF FIRST' –AND OTHER SEX TIPS FROM OUR MUMS

Three mothers and daughters explain how talking openly to each other about sex, identity and pleasure has strengthened their relationship and enriched their love lives

The average woman's sex life is anything but predictable. From a drought in your twenties to the excitement of a revived and satisfying love life in your fifties, via fluctuating hormones which can crash your libido one minute and make you insatiable the next, there's no way of knowing what might happen. The common misconception is that as we get older, we prefer less sex. But as we grow more confident in ourselves and our bodies the opposite can be true. So, does sex really improve with age? And could having a frank conversation with your own mother about her sexual journey lead to a more satisfying love life for you?

'There's a misconception that sex belongs to young people,' says research fellow Dr David Lee, who compiled a study on sexual satisfaction across the decades for The University of Manchester. While statistics may show that millennials are having more sex than older women, they're experiencing half as many orgasms*. 'With age comes increased awareness of our own kinks and idiosyncrasies and a more relaxed approach with our partners, which is conducive to great sex,' says family therapist Stefan Walters.

So, what life lessons can we learn from our mothers when it comes to sex? We spoke frankly to three mums and their daughters about how their experiences have shaped their erotic lives.

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'MUM OPENED UP ABOUT HER OWN QUEERNESS'

Artist Sam Roddick, 47, ran erotic boutique Coco De Mer, before becoming a politically charged agitator. Her daughter O'sha Roddick, 20, is currently based in New York and studying journalism.

Sam Roddick: 'Both my mum [the late Anita Roddick, founder of The Body Shop] and my grandmother liked to shock. Mum extracted strangers' sexual secrets with ease, and would recount these for entertainment – the more secrets she spilled, the more we learned to keep ourselves to ourselves. At home, sex was a topic of hilarity that never got personal, and at school our sex education was so rudimentary, we'd done everything already.

'When I was 19, I moved to Montreal and met a queer community. At the time, I was a sexually active teenager with very little confidence. But they fully embraced their bodies without shame: hair, curves, orgasms were all pleasures to be enjoyed. Celebrating my own sexuality became a personal right that led to much of my happiness, and when I opened my 'erotic emporium' Coco De Mer, we had three main goals: prioritising the teaching of consent, embracing sexuality and pleasure as a natural form of expression, and creating an accessible, inclusive space.

'After O'sha [who identifies as queer and non-binary, and uses the pronouns they/them] was born, they moved fast, walking before the other kids and doing everything early. I felt as though they needed time to grow up, so I hid items from my store in the basement, and just kept out a few pieces of decor.

'I wanted to create a safe space for childhood to exist. As O'sha got older and started having boyfriends, I tried to have conversations about their sexuality. But, like most kids, they absolutely didn't want to discuss it with me.

The only way to avoid discomfort was by writing a letter full of information. It talked about how to get to know your own body, because a lack of confidence is the very thing that blocks you from standing up for yourself. It told O'sha that sexuality needs time, care and respect – boys also haven't got a clue what they're doing, so always be guided by your own gut feeling of what is right or wrong.

'Once O'sha was older, they asked me to help some of their friends who were having issues around their bodies. I always felt privileged to be able to have that open relationship with O'sha and their community. For O'sha to start to understand themselves fills me with relief. I'm completely unbothered with what gender or sex they are; I just care what kind of person they are, and if they are cared for by others.'

'I GREW UP WITH GLASS PENISES PLASTERED ACROSS THE WALLS'

O'sha Roddick: 'As a child, I grew up with pearl and glass penises plastered across the walls and shelves, and I felt a lot of shame about that. When I was ten, Mum created some cornicing out of hundreds of plaster vaginas laid side by side. I'd blurt out, "Those are roses," before anyone could question what they were seeing. I'd also get teased about a TV show Mum hosted about sex [Channel 4's *The Joy of Teen Sex*], so it was always a touchy subject for me.

'At 13, Mum talked to me about masturbation instead of sex. She held my hand and said, 'Before you can let anyone else feel good, you need to feel comfortable with yourself.' In my embarrassment, I ran away and avoided her for the rest of the night.

'When I lost my virginity, it was a physically and emotionally painful experience. For years, I had sex with men, and constantly questioned how anyone could enjoy it – most of my experiences were negative in some way.

'But then, when I was 18, I fell in love with a girl, which was the beginning of my sexual journey. Once I started having sex within a queer relationship, and accepted my identity, I learned how beautiful sex can be.

'A year later, I came out to Mum. We discussed my fears about my gender identity and how wrong it felt being labelled as a woman, and Mum opened up to me about her own queerness. Sex is only now becoming something I can discuss, but as I've grown into my own sexuality, I've come to love how open I can be with my mother.

'The experiences we have shared have been a process of teaching one another – the use of my pronouns has been a learning curve for her, but it's something she's accepted. I'm extremely grateful to have a parent who doesn't shame me, and encourages healthy ways of relating to my body and my sexuality. My mum is filled with knowledge, and I'm very proud to have her in my corner.'

'FRANK CHATS ABOUT MASTURBATION ARE NORMAL'

Aruna Ramineni, 52, is a consultant gynaecologist, and her daughter, Meg Kotikalapudi, 26, is a junior doctor.

Aruna Ramineni: 'Growing up in India, sex was completely taboo in my culture. When I had my first period, Mum was too uncomfortable to talk to me about sex, so she left me to learn about it through reading. Even so, my mother, grandmother and aunts were all sexual women who shared a lot of innuendo and laughter – they just assumed I wouldn't understand what they were talking about because of my age.

'I didn't like the secrecy that surrounded sex. It felt wrong not to discuss it openly, and I'm naturally quite an open person. So when Meg was born, I didn't want her to feel uncomfortable about it growing up. I'd talk to her about anything, without embarrassment, and it made us very close. When she turned 25, I told her to get a smear test.

'After Meg met her boyfriend – now her husband – we discussed STIs and condoms, and she told me when they were going to have sex for the first time. We're also very open about things like masturbation, and continue to have frank discussions now Meg's an adult. She'll sometimes give me far too much information about her relationship with her ▶

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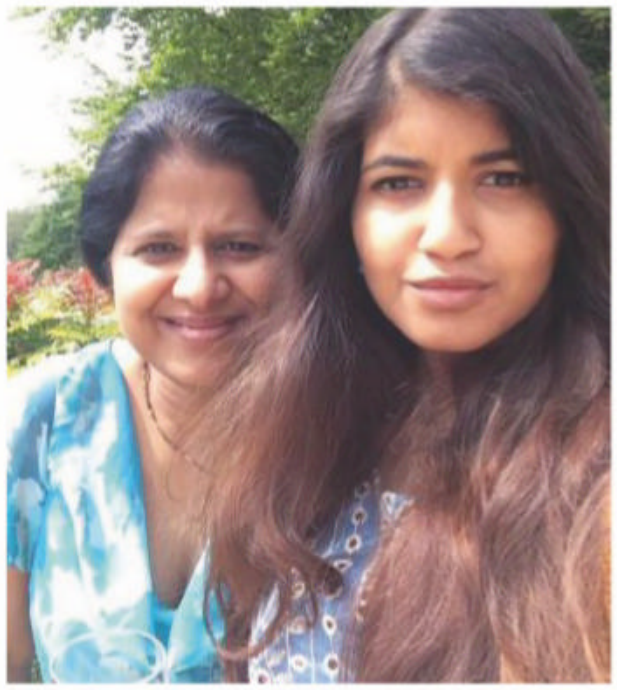
husband! Meg's her own woman now, and I'm proud that she has the grounding and confidence to make good choices for herself.'

Meg Kotikalapudi: 'While Mum trained in obstetrics and gynaecology, I lived with my grandparents. They were strict about things, such as how I dressed and not watching kissing on TV. By contrast, Mum was much more liberal and always tried to see our point of view.

'We moved to the UK when I was 11, and she'd buy books on human biology for me and my brother to read. As a result, I wasn't all that curious about sex, but knew I could ask Mum about it if I needed to.

'Having a mum who's a gynaecologist was useful when I needed advice about contraception, or I had queries about my sexual health.



'BECAUSE OF OUR TALKS, I'VE NEVER HAD TO SNEAK AROUND'

'Mum is very different to other Indian parents I know. She is much more open, which is something that I have always appreciated. It is because of the talks we've had that I've never had to sneak around, and I've been safe in terms of my contraception and avoiding STIs.

'The first time I had sex it was a bit painful, and I was worried I had vaginismus [which causes the vagina to tighten during sex]. But when I told Mum, she said, "Don't worry about it; just relax", and after that, it stopped being a problem.

'Sometimes, I'll give Mum a bit too much information about my sex life, just to see how she reacts, but I'm only teasing. Having such a good relationship with her has definitely improved my sex life and outlook on relationships. We are much more like friends than mother and daughter.'

'WE DISCUSS MUM'S SEX LIFE WITH DAD'

Eunice Chang, 59, is a radio host in Taipei, Taiwan. Daughter Wan Tseng, 31, lives in London and runs WISP, a 'sensual tech' jewellery collection.

Eunice Chang: 'Back in the 60s and 70s, sex education wasn't that open, so I guess I was self-educated. What I discovered about sex came from books, and I wasn't able to bring it up with my mum.

'I'M STILL HAPPY TO SHARE MY SEXUAL EXPERIENCES WITH MUM'

'I remember asking her if sex would hurt, and she replied, "It won't hurt if there's love." Looking back, that was very good advice, and a lesson I wanted to pass on to Wan.

'When it came to raising my own daughter, I was much more open. Wan's dad is a gynaecologist, so the house was full of books about the human body. She had read them all by the time she was ten, so when I tried to tell her about sex, she already knew about it.

'Working in the media, I've kept in touch with the younger generation's views on sex. I worry that more women are choosing to stay single – it's a shame not to have children and a family, but it's also good that they don't have to rely on a partner to support them.

'I'm proud Wan is encouraging conversations about sensuality, especially as it's not very commonly talked about in Asia. It's important to spread the idea that it's OK to discuss your desires with a partner, rather than to grin and bear it. Sex gets better with age because you grow in confidence, and talking is crucial.'

Wan Tseng: 'Growing up, my house was a comfortable place to talk about sex. Even though I was raised in Taiwan, where people are often too embarrassed to discuss it, Mum's very open-minded. It was a bit awkward in the beginning, but after a while it became more natural – we even spoke about her intimate relationship with Dad, and she'd give me advice about drinking water after sex to avoid getting a UTI.

'Mum being so honest really influenced me. She's a good listener, and respects my boundaries – so I was, and still am, happy to share a lot of my experiences with her. She's very patient, with a positive attitude, so I try to bring that into my own relationships.

'I tell her whenever I go through a new experience, like when I lost my virginity. Usually, she thinks I'm a bit too crazy. When I talk about how open our conversations are, some people are envious. But, ultimately, sexual relationships are about personal choice – discussing sex with Mum hasn't changed who I choose to be with, it's just made us closer.

'I think, overall, my generation mostly has a healthy attitude towards sex – women are open with their partners about their desires, and have conversations about consent. But there isn't any focus on interactions before sex that trigger desire, which is why we created WISP. Since then, I've been even more open with Mum about it – and it's good to have those conversations.' ■

For more information on sex tips and safe sexual health, visit nhs.uk/sexualhealth

WORDS BY ROSIE MULLENDER AND O'SHA RODDICK. PHOTOGRAPH BY GETTY IMAGES.
*SURVEY CONDUCTED BY LOVEHONEY

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Old friends are the best

As *Friends* turns 25, and *Sex And The City* creator Candace Bushnell publishes a new tale of fiftysomething women, *Marisa Bate* looks back on the enduring appeal of these cult shows and why new generations continue to fall in love with them

Here's something to make you feel old: this year, *Friends* turns 25 and Carrie Bradshaw is 60. Well, sort of. Candace Bushnell, her creator and the closest thing to the real Carrie, is 60 and this month publishes *Is There Still Sex In The City?*, the story of a (different) group of friends in New York in their 50s and 60s, navigating modern dating. This summer also sees FriendsFest return to various locations in the UK. And recently, Jennifer Aniston sent the internet wild hinting that a reunion was possible. On that note – brace yourself – Rachel Green is 50.

In many ways, these characters, who we know by their first names because they are as famous as Madonna and Oprah, and whose storylines became our own personal manuals for dating, dressing and daring to be bolder, are ageless, generation-defying and timeless. People who weren't even born when *Friends* was on TV know every episode. *Sex And The City* wasn't just a show that ran between 1998 and 2004; it is a coming of age experience, a televised sexual revolution that is still gulped down by women (and men) across the globe. These shows and their characters became far bigger than the moment they were created in; they become references in our lives, like little weather vanes to hang our own experiences off, years after they were first released into the world. But why do these characters stay around long after the credits have rolled? 'Great fiction is fuelled by bad decisions and human weakness,' writes author Kristen Lamb. We fall for characters who mess up but keep going anyway, because that's life. It's what our grandmothers and mothers did, and what we do daily, or at least that's how it feels. And we constantly see Carrie Bradshaw do it. She's always saying the wrong thing, upsetting a friend or a lover. Most famously, we watched her run head first into the ultimate bad decision and her biggest weakness – Mr Big. But we stuck by her because we're misled to think drama equals romance, and that's the way we're wired. Anything we can't have is a thousand times sexier – men, Manolos, two-bed flats with a sea view. And we need to make bad decisions because that's how we learn, and Carrie's made sense of our own.

Will Storr, author of *The Science Of Storytelling*, puts it this way, 'I've found this somewhat paradoxical truth: the more

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tightly we define the character's flaws, the more complex and unique the character that explodes out of it.' And we especially admire flawed people who face up to them. Rachel cutting up her credit cards and getting a job at Central Perk is the ultimate metaphor for adult life. And she's facing it head on. It's what *The New York Times* bestselling author Brené Brown calls the difficult second act, inspired by Pixar's *Toy Story* and the classic three-act arc we find in fairy tales and myths. Act one: the hero sets out on life (leave home, start a career, move to NYC etc). Act three: resolution (one day retire to the coast, marry Mr Big, have a baby with Ross etc). In between is act two: try to figure shit out. This is the messy, hard and vulnerable bit of life we muck our way through.

'WE FALL FOR CHARACTERS WHO MESS UP BUT KEEP GOING ANYWAY – THAT'S LIFE'

Daisy Buchanan, author of *Sisterhood* and host of the *You're Booked* podcast, believes Rachel's visible vulnerability was the key to what kept her in our lives. She says, 'Unlike Monica or Phoebe, who have resilience, we watch Rachel as she learns to understand her own humility and vulnerability, and our hearts break for her.' Seeing the *Friends* cast try and fail at love, jobs and life, or watching the women of *SATC* find men, lose them, face divorce or cancer, is what makes them our heroes.

And it turns out, it's no accident that we can link 90s sitcoms to the structures of myths and fairy tales. Storr points to research by data scientist David Robinson, who 'analysed 112,000 plot lines in books, movies, TV episodes and video games. His algorithm found one common story shape, which he described as: "Things get worse and worse until, at the last minute, they get better". The pattern he detected revealed that many stories have a point, just prior to their resolution, in which the hero endures some deeply significant test... It's a crucial moment in which they have the chance to become someone new.' As Storr puts it, 'You don't get the gold without the dragon.' This basically describes every episode of *Friends* and *SATC*.

There are, of course, problematic things that do date both these shows. Everyone is white, thin, heteronormative and living a life in New York that defies economic reality. Caroline O'Donoghue, author of *Promising Young Women* and the host of *Sentimental Garbage* podcast, however, takes issue with the often gendered nature of the criticism. 'It's interesting that there's so much hand-wringing over these shows and almost none over whether *Peep Show* or *Curb Your Enthusiasm* are politically incorrect or suspect in any way. All are heavily rewatched by millennials, but no one's biting their nails over whether it's OK to watch Robert Webb cook and eat a dog, or Larry David invite a sex offender to Passover.' O'Donoghue also points to 'the chequered history shared by *Friends* and *SATC* in terms of their representation of race, sexuality and money. There's the uncomfortably homophobic "gay panic" around Chandler in the early seasons. And yet there was the intense lesbian relationship on TV between Carol and Susan. There is the materialistic hedonism of the *Sex And The City* girls, but it runs alongside the brutal pragmatism of their real-life issues – miscarriage, single parenthood, breast cancer, infertility, to name just a few. What's genius about both shows is that they gave you escapist fantasy with one hand and real life with the other: for every $600 pair of shoes, there was a discussion of whether or not a single woman with no children had the right to spend so much on shoes.'

For Buchanan, the enduring appeal is about what these characters reflect back at us: 'It's like looking at an old photo of yourself and laughing. We dismiss these shows because we like to think we've changed, but no one ever really changes, and watching them is like meeting the person you used to be.' It's the reason, perhaps, why any group of female friends sitting around a table, will, on some level, identify with the TV shows. It's also why the backdrop of 90s Manhattan is really just a detail. What is important here is the celebration of female companionship, and the unchanging truths at the heart of life – the flaws and hurdles, and that unwavering friendship that makes you get back up and try again. ■

DO YOU REMEMBER...

***Friends* inspired a raft of other TV shows that had us glued to our screens, but didn't quite make it to cult status**

WILL & GRACE

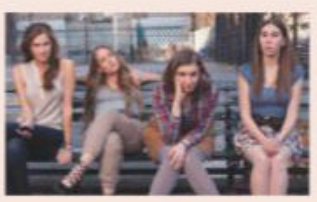
Chronicling the lives of neurotic interior designer Grace, and her BFF lawyer Will, as well as friends Karen and Jack, this series was a big success when it first aired in 1998. However, it was clear the UK public had grown weary of the show when it was revived in 2017.

COUPLING

Although this BBC sitcom based around the lives of six twentysomething friends enjoyed significant success and was regularly likened to *Friends*, it fell short of securing the same legacy, as very little has been spoken about it since it last aired in 2004.

THIS LIFE

Following the debauched lives of five young city lawyers sharing a house in London, this series burst on to our TV screens in 1996. Despite its status as a slow-burning success, it has been forgotten by the generation that watched it after a brief two-series stint.



GIRLS

Many of us believed that Lena Dunham's creation about four friends living in NYC might rival *SATC*. A number of issues, including the show's lack of diversity for the year it was released (2012), led most of us to the conclusion that it's not one that'll endure.

PHOTOGRAPHS BY ALAMY, GETTY IMAGES

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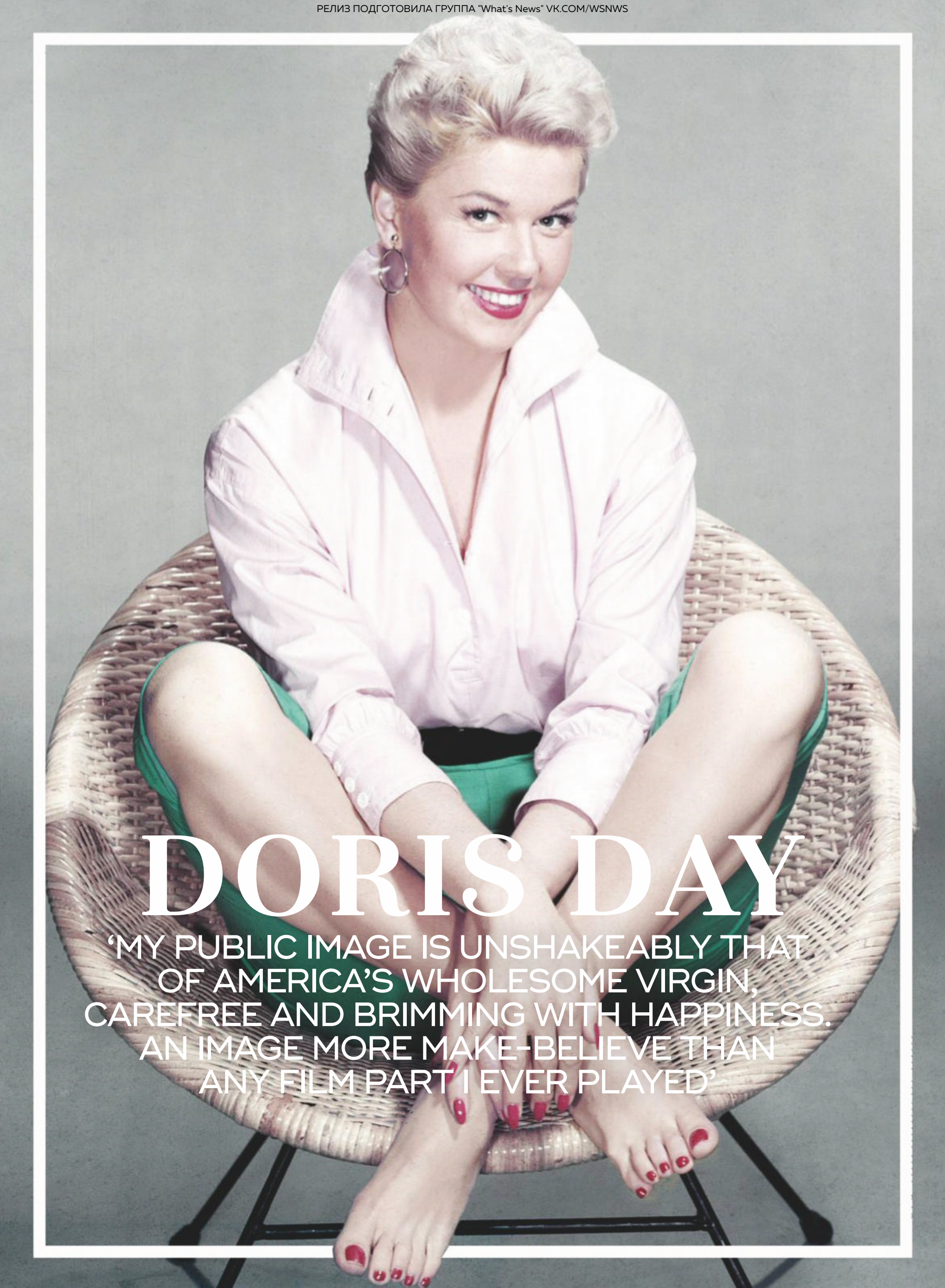

DORIS DAY

'MY PUBLIC IMAGE IS UNSHAKEABLY THAT OF AMERICA'S WHOLESOME VIRGIN, CAREFREE AND BRIMMING WITH HAPPINESS. AN IMAGE MORE MAKE-BELIEVE THAN ANY FILM PART I EVER PLAYED'

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The Hollywood sweetheart with a turbulent love life off screen gave up acting to become an animal rights activist. Following her recent death at 97, *Michelle Davies* looks back at her life

Clockwise from left: at a Hollywood pool in 1950; with Les Brown, whose band she joined in 1941; Day and her mother, Alma. Far left: photographed in the mid-50s

It was 1932 and Cincinnati dance studio Hessler's announced it was giving away 25 free lessons to the child who could stand on their hands the longest. For dance-obsessed ten-year-old Doris Day, it was the prize of a lifetime and she would do whatever it took to win. 'For weeks, I was never on my feet. I went up and down stairs on my hands. I got up in the morning on my hands and went to bed that way,' she revealed years later. 'I won the prize easily.'

It was this tenacity that saw Day survive a near-death accident to become one of the most successful actresses and singers during Hollywood's Golden Age, starring in 38 films and recording more than 650 songs. When she died in May this year at the age of 97, the many obituaries written about her served to remind us what an icon she truly was, and also how, after retiring from acting, she became a leading animal rights activist. '[She] inspired so much of what I do,' wrote Stella McCartney, who knew Day through her own family's work supporting animal rights. 'An iconic woman who I was hugely honoured to meet and share precious moments with.'

She was born Doris Mary Kappelhoff on 3 April 1922 in Cincinnati. Early in her career, someone (possibly her mother) shaved two years off her age. And it was only on her 93rd birthday, when her birth certificate was unearthed, that Day realised she was in fact turning 95. Her father, William, was a music teacher and her mother, Alma, a housewife. Day was ten when she discovered her dad was having an affair after he snuck the woman into the bedroom next to hers during a house party. 'I pulled the pillow over my head and burrowed my crying face into the sheet, but there was no way to shut out the awful things I was hearing,' Day revealed in her 1975 self-titled memoir. Although she couldn't bear to tell her mother what she'd overheard, Alma soon learned of the affair and divorced her husband a year later.

By the time she was 14, Day was winning dance competitions with a boy named Jerry Doherty, including a citywide contest that earned them $500 [about £400]. They spent the money on a training programme at the celebrated Fanchon and Marco studio in LA in 1936, and afterwards Alma decided to move to California permanently for the sake of her daughter's career. However, on 13 October 1937 – the night before their departure – Day, then 15, was in a friend's car when it was hit by a train on a level crossing. Day, the driver and two other passengers survived, but were all seriously injured. 'I probed my right leg and discovered I was bleeding,' she said. 'Then my fingers came to the sharp ends of shattered bones protruding. I kept saying, "How will I dance?" Then I fainted.' When she regained consciousness, doctors told her it would be an uphill battle to walk again, let alone dance, so the move to LA was cancelled and her mother took a job as a cook at a restaurant. While recuperating from numerous operations, Day would sit in the restaurant and sing along to the jukebox. Realising her daughter had a talent for singing, too, Alma paid for lessons and Day soon landed a regular slot on the radio.

In 1939, then 17 and fully recovered, she joined a local big band and changed her surname to Day, after the first song she ever performed live, *Day After Day*. Two years later, on a recommendation by Bing Crosby's brother Bob, she joined one of America's most successful big bands, the Les Brown band. With them she recorded her first single, *Sentimental Journey*, which became a worldwide hit – and her first American number one – in 1945 after it was adopted as an anthem by troops returning home at the end of World War II.

It was after joining the band that Day met her first husband, trombonist Al Jorden. She was 18 and he was 23, and their boss, Les Brown, warned her off marrying him. He rated him as a musician, but didn't like his personality, as Jorden was prone to jealous outbursts. It was the day after their wedding, in March 1941, that Day realised Brown had been right after Jorden reacted furiously to a wedding present she was given by a colleague. 'The minute we walked into our apartment, he spun me round and hit me in the face,' she said. 'I put my hands up to protect myself, but he hit me again and again.' Jorden abused Day throughout the marriage, and when she fell pregnant in 1941 he tried to force her to have an abortion. Once their son Terry was born on 8 February 1942, she kicked Jorden out and filed for divorce. Within eight months of the marriage ending in February 1943, Day fell in love with saxophonist George Weidler. They married in March 1946, but he walked out after only eight months because he couldn't handle being second billing in the relationship.

In 1948, with six more top-ten hits under her belt after *Sentimental Journey*, Day was offered the lead role in the film *Romance On The High Seas*. For someone who had little self-confidence in her looks, seeing herself on screen was excruciating. 'Acting in films had never so much as crossed my mind. I was a singer,' she said. 'There I was, a pancaked, ▶

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MILLIONS OF WOMEN HAVE BLADDER LEAKS*

Let's talk about it

always discreet

*Kantar UK data, Feminine Adult Incontinence, May 2019

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Starring in some of her most famous films (clockwise from top): *Calamity Jane*; Alfred Hitchcock's *The Man Who Knew Too Much*; *Pillow Talk* with Rock Hudson

lacquered Hollywood purse made out of a Cincinnati sow's ear.' Audiences loved her, though. She signed with Warner Bros, and over the next seven years made 17 films. These included 1953's *Calamity Jane*, for which her track *Secret Love* won the Oscar for Best Original song and became her fifth number one. Almost every character Day played was the same: winsome, joyful, a perpetual virgin. Yet privately she smoked, drank and had lovers. 'My public image is unshakeably that of America's wholesome virgin, the girl next door, carefree and brimming with happiness. An image, I can assure you, more make-believe than any film part I ever played,' she once said.

Working in Hollywood meant being reunited with her son at last. Terry had stayed with his grandmother in Cincinnati while Day toured as a singer, and was eight when she bought a house in LA for them. It wasn't an easy move for him. 'I recall seeing my mother only once before I came to live with her,' said Terry, who later was a producer for bands like The Byrds.

In 1956, Day proved how adept she was at dramatic roles, too, in Alfred Hitchcock's *The Man Who Knew Too Much*, about a couple whose child goes missing. One scene required her to sing, and the track *Que Será, Será (Whatever Will Be, Will Be)* became her trademark tune.

Following the end of her Warner Bros contract, Day took on more diverse roles and experienced her most successful period on screen. 'Everything Doris does turns to box-office gold,' said James Garner, who starred with her in 1963's *Move Over, Darling*. Other co-stars included Cary Grant, Frank Sinatra and the late US president Ronald Reagan. Yet it was her partnership with Rock Hudson for which she is most remembered – they created true box-office dynamite. Their first outing together in 1959's *Pillow Talk*, about a couple who meet when they share a telephone party line, saw her nominated for the Best Actress Oscar. Next came *Lover Come Back* in 1961 and *Send Me No Flowers* in 1964. When Hudson died of AIDS in 1985, one of the first high-profile stars to do so, Day remained unflinchingly devoted to him. 'All those years I worked with Rock, I saw him as big, handsome and indestructible,' she said after his death.

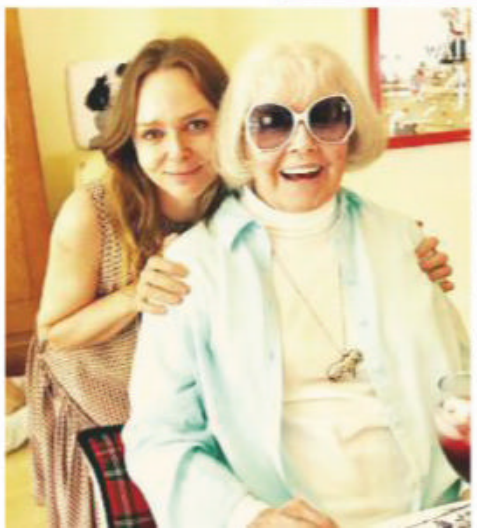
By the late 60s, Day's appeal was waning. Society was in the grip of a sexual awakening and her 'world's oldest virgin' skit seemed trite. After turning down the lead role in *The Graduate* in 1967 – 'it offended my sense of values' – she quit films a year later. However, she wasn't able to give up performing entirely. In 1951, she'd married her third husband Marty Melcher, a producer, who took care of her money. When he died suddenly in 1968, she discovered he'd not only misappropriated her entire £18 million fortune, but also left her owing £355,000 in unpaid taxes. Additionally, he'd signed a five-year contract for Day to headline a TV show; something she would never have agreed to.

'THERE I WAS ON SCREEN, A HOLLYWOOD PURSE MADE OUT OF A CINCINNATI SOW'S EAR'

She was forced to honour the contract to pay off her debts, but in 1974 recouped her fortune when she received a record £18 million settlement against her late husband's business associate and lawyer, Jerome B Rosenthal. A year later, Day officially retired aged 54. By this time she was deeply involved with animal rights, and in 1978, while living in the California coastal town of Carmel-by-the-Sea, started her animal foundation.

Two years earlier she'd got married a fourth time, to maître d' Barry Comden, but they divorced in 1982 because, he complained, she was devoted more to animals than him. 'I've never met an animal I didn't like and I can't say the same thing about people,' she later famously remarked. Carmel suited her, allowing her a level of anonymity Hollywood didn't. She would make public appearances to support her foundation, and in 1989 accepted the Cecil B Demille Lifetime Achievement Award at the Golden Globes. But when her son Terry died from melanoma in 2004 aged 62, she withdrew from public life, declining to attend the ceremony in which she was given the Presidential Medal of Freedom award – the highest honour a US citizen can receive.

Day's dying wish was that there would be no funeral or memorial for her and her grave left bare. Not the kind of send-off one might expect for an icon of her stature, but very much in keeping with the woman who walked away from fame and never looked back. As Day herself once said, 'I know what brings me joy. I know what has value and what doesn't. I know how I want to live.' ■



Clockwise from right: Day and fourth husband Barry Comden in 1976; with son Terry, who died at the age of 62; with friend and fellow animal rights activist Stella McCartney

PHOTOGRAPHS BY GETTY IMAGES, ALAMY, EYEVINE, STELLA MCCARTNEY/TWITTER

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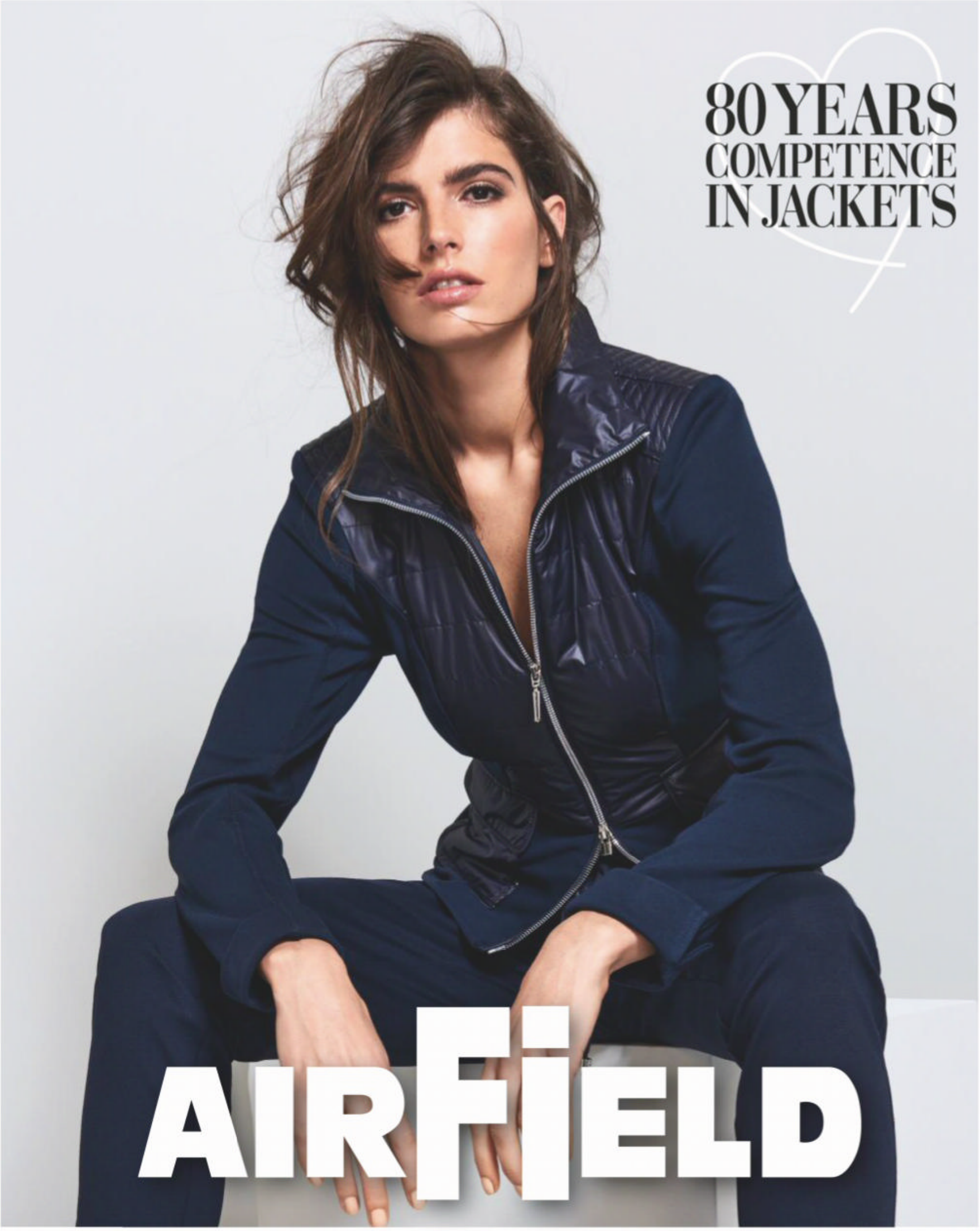

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Fashion

BEYOND RETRO

Seventies chic, the new noir, and aristo whimsy. Plus, Laura Harrier on the power of looking ahead and reshaping the romcom narrative

PHOTOGRAPH BY DAVID ROEMER. STYLED BY JAYNE PICKERING. WOOL-MIX SLEEVELESS SWEATER, £290, SILK DRESS, £625, AND SILK SHIRT (WORN UNDERNEATH), £225, ALL LONGCHAMP; LEATHER BOOTS, £1,290, GIANVITO ROSSI; STERLING SILVER AND BRASS EARRINGS, £149, JENNIFER FISHER

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PARIS MATCH

Nod to 70s Parisian style in ladylike blouses, tweed suits and knee-length skirts. Wear with chunky jewellery and a certain *je ne sais quoi*

Styled by JAYNE PICKERING *Photographs by* DAVID ROEMER

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THIS PAGE
Wool jacket, about ***£2,678***, matching trousers, about ***£1,120***, wool roll-neck, about ***£708***, wool and polyamide belt, about ***£354***, leather bag, about ***£4,490***, and leather card case, about ***£583***, all *Givenchy*; bronze earrings, ***£170***, *Faris*

OPPOSITE PAGE
Silk satin shirt, ***£1,375***, lurex tweed skirt, ***£1,375***, nylon tights, ***£195***, leather bag, ***£1,150***, and silver brass earrings, ***£350***, all *Balenciaga*; leather shoes, ***£695***, *Jimmy Choo*

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THIS PAGE
Silk coat, ***£4,150***, cotton blouse, ***£690***, silk organza skirt, ***£1,950***, and patent leather boots, ***£1,190***, all *Fendi*

OPPOSITE PAGE
Merino wool sweater, ***£820***, wool trousers, ***£590***, cotton-mix belt, ***£250***, and suede bag, ***£1,300***, all *JW Anderson*; 24ct gold-plated bronze necklace, ***£1,350***, *Alighieri*

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THIS PAGE
Leather jacket, cotton shirt, flannel culottes, silk scarf, leather and brass belt and leather and brass bag, all from a selection, and leather boots, ***£1,400***, all *Celine by Hedi Slimane*

OPPOSITE PAGE
Cashmere coat, ***£2,485***, wool trousers, ***£971***, and gold brass, leather and mother-of-pearl necklace, ***£1,024***, all *Chloé*; 18ct gold-plated brass and rhodium cuff (on model's right arm), ***£300***, and 18ct gold-plated brass cuff (on model's left arm), ***£287***, both *J. Hardyment*

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THIS PAGE
Shearling and cashmere top, ***£1,245***, poplin shirt, ***£585***, cashmere cummerbund, ***£100***, corduroy trousers, ***£520***, leather boots, ***£625***, and leather and brass belt, ***£305***, all *Salvatore Ferragamo*

OPPOSITE PAGE
Wool blazer (with belt), ***£3,700***, silk and cotton shirt, ***£1,430***, and leather skirt, ***£3,550***, all *Brunello Cucinelli*; leather boots, ***£1,290***, *Gianvito Rossi*; resin earrings, ***£275***, *Vanda Jacintho*

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Wool-mix blazer, about ***£1,595***, viscose-mix sweater, about ***£745***, and viscose skirt, about ***£1,235***, all *Proenza Schouler*; leather boots, ***£1,290***, *Gianvito Rossi*; silver earrings, ***£296***, *Faris*; gold-plated brass ring (on model's right hand), ***£310***, and rhodium-plated brass ring (on model's left hand), ***£310***, both *Jennifer Fisher*

OPPOSITE PAGE
Wool coat, ***£1,890***, matching skirt, ***£750***, and silk blouse, ***£750***, all *Victoria Beckham*; leather boots, ***£1,520***, *Francesco Russo*; 18ct gold-plated silver earrings, ***£337***, *Bjørg*

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OPPOSITE PAGE
Wool cape, ***£2,815***, wool sweater, ***£260***, wool skirt, ***£325***, nylon tights, ***£20***, and leather boots, ***£875***, all *Max Mara*

THIS PAGE
Tweed jacket, ***£2,300***, matching skirt, ***£980***, wool sweater, ***£620***, and brass belt, ***£1,420***, all *Gucci*; leather boots, ***£1,520***, *Francesco Russo*; gold-plated brass earrings, ***£117***, rhodium-plated brass ring (on model's right hand), ***£310***, and gold-plated brass ring (just seen on model's left hand), ***£310***, all *Jennifer Fisher*

HAIR BY LESLIE THIBAUD AT AIRPORT AGENCY. MAKE-UP BY TIINA ROIVAINEN AT AIRPORT AGENCY. NAILS BY HANAE GOUMRI AT THE WALL GROUP. MODEL: JIP BOXSTART AT FREEDOM. LOCAL PRODUCTION BY PRODUCTION PARIS. CASTING AND BOOKINGS BY JESSICA HARRISON

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THIS PAGE
Fake fur coat, from a selection, *Shrimps*; wool top (worn underneath), ***£435***, *Miu Miu*; brass and leather earrings, ***£225***, *Loewe*; 18ct white-gold and black rhodium ring (on model's index finger), ***£9,100***, and 18ct white-gold and blue rhodium ring (on model's ring finger), ***£8,950***, both *Dauphin*

OPPOSITE PAGE
Silk tulle and net dress, about ***£4,400***, and leather, rubber, stud and pearl shoes, about ***£890***, both *Dolce & Gabbana*; cotton socks, ***£17***, *Falke*; 9ct pink-gold, Bakelite, silver and diamond ring (on model's ring finger), about ***£330***, and 9ct pink-gold, Bakelite, silver and diamond ring (on model's middle finger), about ***£600***, both *Pascale Monvoisin*

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DARK ROMANCE

Styled by JAYNE PICKERING *Photographs by* JASPER ABELS

Black lace, chunky boots and overblown blooms – lose yourself in autumn's gothic fairy-tale narrative

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THIS PAGE
Silk organza dress, ***£1,820***, wool vest (worn underneath), ***£435***, wool shorts (worn underneath), ***£470***, and wool socks, ***£240***, all *Miu Miu*; leather and nylon boots, ***£1,220***, *Prada*

OPPOSITE PAGE
Silk velvet jumpsuit with silk satin belt, ***£6,800***, *Giorgio Armani*; 18ct-gold and black diamond earrings, ***£3,200***, and 18ct-gold and black diamond ring (on model's index finger), ***£2,850***, both *Ara Vartanian;* 18ct-gold, white diamond and blue sapphire ring (just seen on model's ring finger), ***£3,400***, *Noor Fares*

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THIS PAGE
Wool bodysuit, ***£1,050***, polyamide skirt, from a selection, silk socks, ***£230***, wool, cotton and brass shoes, ***£830***, cotton and polyurethane hat, ***£610***, and crystal, resin and brass earrings (just seen), ***£610***, all *Dior*

OPPOSITE PAGE
Embrioidered cotton lace shirt, ***£1,495***, and silk-mix, cotton lace, sequin and velvet skirt, ***£2,240***, both *Erdem*

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РЕЛИЗ ПОДГОТОВИЛА ГРУППА "What's News" VK.COM/WSNWS

THIS PAGE
Belted crêpe and silk satin jumpsuit, ***£3,155***, and sequinned hat, ***£1,580***, both *Michael Kors*; 18ct-gold and black diamond earring (just seen in model's left ear), ***£3,200*** for a pair, 18ct-gold and black diamond earring (in model's right ear), ***£2,400*** for a pair, and 18ct-gold and black diamond ring, ***£2,850*** (on model's index finger), all *Ara Vartanian*; 18ct-gold, white diamond and blue sapphire ring (just seen on model's ring finger), ***£3,400***, *Noor Fares*

OPPOSITE PAGE
Wool and duchesse satin dress, ***£3,430***, and leather and nylon boots, ***£1,220***, both *Prada*

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THIS PAGE
Tulle top, ***£1,300***, *Molly Goddard*; crystal and pearl earrings, ***£395*** *Simone Rocha*

OPPOSITE PAGE
Tulle and Turbo ribbon dress, from a selection, fine jersey polo-neck top, ***£220***, sequinned dress (worn underneath), ***£1,295***, and leather boots, from a selection, all *Simone Rocha;* nylon socks, ***£15***, *Wolford*

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THIS PAGE
Wool and silk blazer, ***£4,190***, silver ear cuff, ***£480***, and silver choker, ***£990***, all *Alexander McQueen*

OPPOSITE PAGE
Black wool tweed cape, ***£4,120***, white muslin shirt, ***£3,565***, black leather trousers, ***£6,905***, metal, glass and strass brooch (just seen), ***£585***, metal, glass,strass and resin necklace (just seen), ***£1,700***, and metal, resin, strass and glass belt, ***£1,725***, all *Chanel*

HAIR BY MARTYN FOSS CALDER AT AIRPORT AGENCY. MAKE-UP BY TIINA ROIVAINEN AT AIRPORT AGENCY. MANICURE BY CHLOE DESMARCHELIER AT ATOMO MANAGEMENT. MODEL: AGNES ABMA AT ONE MANAGEMENT. LOCAL PRODUCTION BY SET MY WAY (SETMYWAY.COM). CASTING AND BOOKINGS BY JESSICA HARRISON

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Styled by MARTHA VIOLANTE *Photographs by* NOEMI OTTILIA SZABO

HIGH SOCIETY

The 'hauticulturalist' is in play this season, with floral prints and ruffles reworked for sunny autumn soirées

РЕЛИЗ ПОДГОТОВИЛА ГРУППА "What's News" VK.COM/WSNWS

THIS PAGE
Nylon dress, about **£1,975**, *Junya Watanabe*

OPPOSITE PAGE
Silk chiffon dress, **£3,900**, *Valentino*; nylon-mix socks, **£15**, *Wolford*; patent leather shoes, about **£525**, *Giuseppe Zanotti*; sterling silver ring, from **£56**, *Catbird*

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РЕЛИЗ ПОДГОТОВИЛА ГРУППА "What's News" VK.COM/WSNWS

THIS PAGE
Cotton dress, ***£4,350***, *Louis Vuitton*; sterling silver rings, from a selection, all *Pandora and Catbird*

OPPOSITE PAGE
Silk-mix dress, ***£4,480***, *Erdem;* leather boots, ***£1,075***, *Etro*

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РЕЛИЗ ПОДГОТОВИЛА ГРУППА "What's News" VK.COM/WSNWS

THIS PAGE
Polyester-mix top and skirt set, ***£5,120***, and nylon dress (just seen, worn underneath), ***£480***, all *Noir Kei Ninomiya*

OPPOSITE PAGE
Silk dress, ***£2,950***, *Marc Jacobs*; wool and feather hat, from a selection, *Stephen Jones for Marc Jacobs;* sterling silver rings, from ***£56***, all *Catbird*

РЕЛИЗ ПОДГОТОВИЛА ГРУППА "What's News" VK.COM/WSNWS

THIS PAGE
Silk jacquard dress, ***£2,500,*** *Chloé*

OPPOSITE PAGE
Silk taffeta dress, ***£3,950***, *Miu Miu*; sterling silver rings, from ***£23***, both *Catbird*

РЕЛИЗ ПОДГОТОВИЛА ГРУППА "What's News" VK.COM/WSNWS

HAIR BY KYLE MALONE FOR ORIBE HAIR CARE. MAKE-UP BY JUNKO KIOKA FOR CHANEL BEAUTY AT JOE MANAGEMENT USING ANASTASIA BEVERLY HILLS DEWY SET SETTING SPRAY. NAILS BY RIKAKO KOBAYASHI FOR LE VERNIS CHANEL. MODEL: IZZY WILD AT THE INDUSTRY MODEL MANAGEMENT. CASTING: BARBARA PFISTER CASTING. PRODUCTION: FILL IN THE BLANK PRODUCTION

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HARRIER LANDING

Following her big break in Spike Lee's *BlacKkKlansman* with a starring role in Tom Hanks' new film, Laura Harrier's career is soaring. Here, the American actress talks to *Jane Mulkerrins* about red-carpet fashion, reshaping romcoms and the power of speaking out

Styled by APRIL HUGHES *Photographs by* OLIVIA MALONE

It's Friday lunchtime in the busy restaurant of a stylish hotel in New York's Tribeca and Laura Harrier isn't mincing her words. 'Dick pics are unsolicited sexual advances, and nobody wants to see them,' she sighs. 'Keep your clothes on until you're with somebody in a consenting situation, and then you can take them off.' Recently, the 29-year-old actress went viral on Instagram calling out men who send her unwelcome shots of their genitalia. 'When I posted that, I was really pissed off, but I also just thought it would be funny,' she recalls. 'Then, all these young girls were writing to me, being like, "Thank you so much for saying that. I hate it when that happens." Teenage girls have to put up with so much.'

Sipping a cappuccino in our leather banquette, Harrier goes seemingly unrecognised by the fashionable hordes. I can only assume that the extravagant Afro wig she sported in Spike Lee's Oscar-winning *BlacKkKlansman*, has thrown them off the scent of there being a rising star in their midst. I'm not sure she'll be able to enjoy a coffee in such uninterrupted anonymity for much longer. Harrier's short but impressive career to date is a testament to savvy selectivity; she followed up her 2017 film debut (as former love interest Liz Allan) in the blockbuster *Spider-Man: Homecoming* with *BlacKkKlansman*, and has just finished filming *Bios*, a science-fiction drama with Tom Hanks, set for release next year. Her first independent film, *Balance, Not Symmetry,* was released in July.

A former model (she hated it; more on that later), she's one of the faces of Louis Vuitton, alongside Michelle Williams, Thandie Newton and her friend, Sophie Turner. The day we meet, she's still sporting a set of glittering, LV-embellished acrylic nails from the Met Gala she attended four days earlier, in a leather and leopard-print minidress, custom-made for her by Nicolas Ghesquière, and a cropped blonde wig. But the nails, she laments, are going to have to go when she heads home to LA later that night; they don't work well with her favourite hobby, pottery. It's safe to say that ▶

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Jacket, top,
trousers and belt,
all *Louis Vuitton*

РЕЛИЗ ПОДГОТОВИЛА ГРУППА "What's News" VK.COM/WSNWS

Blue jacket and multicoloured blouse, both *Louis Vuitton;* earring, *Harrier's own*

РЕЛИЗ ПОДГОТОВИЛА ГРУППА "What's News" VK.COM/WSNWS

Jacket, dress and tie, all *Louis Vuitton*

'Spike Lee has put people that looked like me on screen in such a wider space than anyone did before'

РЕЛИЗ ПОДГОТОВИЛА ГРУППА "What's News" VK.COM/WSNWS

Top, skirt
and tights,
all *Louis Vuitton*

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there will be more nails, and many more Met Galas in the future – Harrier's star is in the ascendant.

You're part of a generation of young actors who are very committed to activism and not wary of speaking out. Do you see it as a responsibility that comes with having a public profile?

'I think there's obviously more of a space for your voice to be heard and to be more in control of your voice because of social media – it has presented a whole new platform for people. And using our voices feels natural to my entire generation. But I'm also very wary of celebrity activism. I don't consider myself an activist. I'm a human being with opinions and morals, but it seems that as soon as you're in the public eye and you're somebody who does that, all of a sudden you are "an activist". To me, activists are people who are standing on the front lines in Ferguson [Missouri].'

Did you learn anything new about black history playing Patrice, your activist character in *BlacKkKlansman*?

'Before we started filming, Spike [Lee] gave me a reading list, and I went to some of his classes – he's a tenured professor at NYU [New York University] – and watched a lot of interviews with [revolutionary student activist] Angela Davis, on whom Patrice is partially based. It gave me such a deeper understanding of black history, because, in my public high school, I didn't learn about the Black Panthers or the Black Power Movement. I read about Martin Luther King, but never learnt about Malcolm X. There is a huge part of American history that has been whitewashed away.'

You've just wrapped filming *Bios* with Tom Hanks. Does it feel as if work has kicked into another gear for you since *BlacKkKlansman's* huge success?

'Yes, it definitely changed my life, and working with Spike was one of the biggest opportunities I could have wished for. I've admired him and his work my whole life. He's shaped American film-making; he's shaped black film-making. I wouldn't be an actor if it wasn't for him – he's put people that looked like me on screen in such a wider space than anyone did before, and he's told black people's stories since the beginning. I saw *Do The Right Thing* when I was a kid, and watched a bunch of his movies in high school. He was the first person who made me understand what an auteur really is.'

'Using our voices feels natural to my entire generation'

Your look at the recent Met Gala was very bold, and you seem to have a real eye for fashion. Has that always been the case?

'I've been a fan of Nicolas [Ghesquière] since I was a kid and he was at Balenciaga. I don't know why; I grew up in the suburbs of Chicago, and wasn't exposed to anything to do with fashion, but I just loved clothes. Now, I get to work with him and wear his clothes all the time – it's so weird. And being at the Met Ball was very surreal. It's like, "I'm here, and everybody I ever grew up seeing in films or music is here, too."'

Do you ever feel that there's a conflict between the frothiness of fashion and the red carpet, and speaking out on issues, as you have, such as climate change?

'I don't think that one negates the other. You can be a woman, and love fashion and clothes, and that doesn't mean you don't care about big issues. I don't understand why it's like, "OK, you're wearing a pretty dress, you're not a feminist."'

You dropped out of NYU to model, but gave it up pretty quickly. What did you dislike about it?

'Modelling meant I was able to live here [in New York] at a really young age and be independent and travel, but the job itself wasn't for me. But it was different then. Girls have so much more individuality now, and different types of women are celebrated. When I was a model, it was literally just skinny white Russian girls, so nobody was booking me for jobs. I'd go to meetings at agencies in Paris and they'd sign me, and then they'd say, "Oh, we already have a black girl." It was just unapologetically racist. Fortunately, I think that's changing.'

What are the roles that you want to play next?

'I want to do romantic comedies and other films in which you don't see people who look like me; movies where you've never really seen people who don't look like Kate Hudson. I don't know what people's thought process was when they believed that audiences couldn't connect to seeing people of colour fall in love.'

Would you consider writing or producing in order to get those films made?

'Yes, definitely. That's something I'm working on now. I'm developing some adaptations of books. I can't say anything more about them at this point, but I'm going to make sure I get my romantic comedy moment.'

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'You can be a woman, and love fashion and clothes, and that doesn't mean you don't care about big issues'

Dress,
Louis Vuitton

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Striped jacket, multicoloured top and black trousers, all *Louis Vuitton*

HAIR BY JENNIFER YEPEZ AT THE WALL GROUP. MAKE-UP BY BY NINA PARK AT FORWARD ARTISTS. NAILS BY SARAH NGUYEN AT WALTER SCHUPFER MANAGEMENT. PRODUCTION AND BOOKINGS BY JESSICA HARRISON. ALL CLOTHING AND ACCESSORIES BY LOUIS VUITTON AUTUMN/WINTER 2019 COLLECTION

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OLAY whips

POWERFUL HYDRATION,
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★★★★½

4.7/5

Average of 794 reviews received in period of 01/11/18 to 18/01/19 on supersavvyme.co.uk, reviewers part of competition to win product.

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beauty

Head backstage for the new make-up trends, savvy pout plumpers and pro products fighting pigmentation. It's time to face AW19

#OBSESSED

Sometimes, the best things in life are oh-so simple. Take Lancôme's new scent, Idôle EDP, £75 for 50ml. The fuss-free bottle is the slimmest of its kind – lay it on the palm of your hand or slip it into your back pocket, like a phone. For added ease, it's refillable, so you can top up your fragrance in the same pink flacon at more than 200 Lancôme counters nationwide. But the main reason to get excited? The juice inside perfectly rounds out this fresh take on fragrance. Its rose absolute and rose water combine to create the smell of a just-plucked flower, while a touch of jasmine enhances it, and the patchouli and white musk play nicely in the background.

WORDS BY FIONA EMBLETON. PHOTOGRAPH BY DAVID MARQUEZ. LANCOME.CO.UK

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FEEL THE POWER OF CLAY

DEEP CLEANSING SHOWER

NEW

NIVEA

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FEELING BEAUTY

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

ISABEL MARANT

BEAUTY INSIDER

SUNSHINE SPRITZES

Shuffling on to your daily commute with a hangdog expression? The post-hols slump may not (yet) be an officially recognised syndrome, but 57 per cent of Britons apparently feel depressed or deflated after coming home. Thankfully, the latest perfumes not only open a time capsule of happy memories but also stop you coming down to earth with a bump by broadening your scented horizons. Fancy being whisked away somewhere awe-inspiring? Chanel Les Eaux De Chanel Paris-Riviera EDT, £99 for 125ml (Fabled.com), bathes skin in jasmine and citrus from the South of France. For something more exotic, try Michael Kors Wonderlust Sublime EDP, £70 for 50ml, which teams Tahitian tiare flower with amber to remind you of suncream and secluded beaches. Or, for scents that are emotional balms, try Gucci Mémoire D'une Odeur EDP, £54 for 40ml (Fabled.com), which has soothing chamomile at its heart, alongside a musky mineral accord. Meanwhile, Armani Privé Orangerie Venise EDT*, £135 for 100ml, with neroli and bergamot, taps into the anti-anxiety benefits of citrus, so you can hang on to those relaxed holiday vibes for longer.

SMALL ACT OF KINDNESS

Did you know that nurses and midwives wash their hands around 55 times a day while caring for patients? You may not have heard about Nursem before, but it provides a month's worth of free hand cream to these NHS heroes for every product sold. Throw in the fact that it contains repairing Manuka honey and we're in. Nursem is available in Boots stores nationwide.

Smooth operator

Over 30 per cent of British women have fine, frizzy hair, which falls flat at the sight of traditional smoothing products. Cue John Frieda's Frizz Ease Weightless Wonder range. The clue is in the name: polyols (sugar alcohol) in the shampoo and conditioner (£5.99 each) eradicate fuzzy cuticles, while the Featherlight Smoothing Crème, £6.99, uses less than 3 per cent silicone (compared to over 70 per cent for serums designed for coarser hair) to de-pouf.

LIGHTEN UP

Waking up to sunlight naturally switches off melatonin, the hormone that stimulates sleep. Drawing light to the face with a shimmering highlighter has a similar energising effect. Stick to just subtly dewing up your cheekbones, eyelids and bridge of the nose with Dolce & Gabbana Sunlight Liquid Highlighter in Sunset, £38 (Harrods.com). Or, if you're a powder devotee, try Milk Makeup Flex Highlighter in Lit, £24, which also contains hydrating hyaluronic acid-filled spheres, so it doesn't cake.

WORDS BY FIONA EMBLETON. PHOTOGRAPHS BY JASON LLOYD-EVANS. STILL LIFES BY PIXELEYES. *EXCLUSIVE TO SELFRIDGES FROM 14 AUGUST; NATIONWIDE FROM 4 SEPTEMBER

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No7 Laboratories Dark Spot Correcting Booster Serum, £38
This has six times more skin-lightening tech than any other No7 serum and is proven to start fading dark spots in two weeks thanks to melanin-regulating sephora, emblica and vitamin C.

Eucerin Anti-Pigment Dual Serum, £38
One vial contains the thiamidol molecule to reduce discolouration in just two weeks; the other dispenses hyaluronic acid, so skin stays plump and healthy-looking in the process.

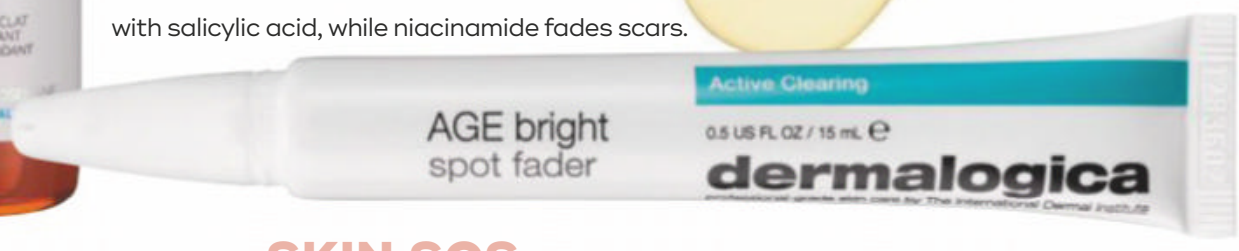
Is Clinical White Lightening Serum, £102 (Skincity.co.uk)
This gives first-class post-holiday results. Inside that chic bottle there's exfoliating glycolic acid and two disruptors of melanin.

Kate Somerville Kx Active Concentrates Ceramides + Omegas Serum, £84 (Spacenk.com)
Amino acids protect against damage from pollution, which can cause pigmentation. Use it before retinol to safeguard sensitive skin.

Dr Dennis Gross Skincare IPL Dark Spot Concentrated Serum, £99
A cocktail of acids and liquorice root reduces inflammation and stops excess pigment forming, plus this buffs away any existing marks.

La Roche-Posay Pure Vitamin C10, £38
A step changer for sensitive skin, as L-ascorbic acid brightens and provides antioxidant protection minus any discomfort.

Dermalogica Age Bright Spot Fader, £40.50 (Fabled.com)
Little-known fact: acne can also darken skin. This two-in-one clears breakouts with salicylic acid, while niacinamide fades scars.



SKIN SOS

On the bright side

It's time to tackle the toll summer has taken on our skin, especially the pigmentation we've accrued on a sunlounger. Consider these shortcuts to a brighter, more even-toned complexion

In the wild, animals with spotted markings blend into their surroundings. But on us, brown splotches on the upper lip, forehead and cheekbones draw attention to a less-than-stellar situation: overproduction of pigment in the skin cells. So much so, they might as well be flashing signs saying 'overexposure to UV rays' or 'hormonal changes'. At one time, the word 'hyperpigmentation' was only whispered behind closed clinic doors, and an effective remedy came with a prescription and hefty price tag. Now, we're seeing more brands giving the professionals a run for their money, like Eucerin's new Anti-Pigment range. Ten years in the making, scientists tested more than 50,000 compounds before developing the ingredient thiamidol. 'We discovered it inhibits the production of tyrosinase, the enzyme involved in producing melanin,' says Eucerin medical manager Dylan Griffiths. 'We were the first brand to test the molecule on the human version of the enzyme, so we know how effective it is.' With its Pure Vitamin C10, La Roche-Posay has solved the problem of applying a high ten per cent concentration of brightening vitamin C to sensitive skin. 'It is formulated at a pH of 5.5, so the ascorbic acid is non-irritating and doesn't disrupt the skin barrier,' says consultant dermatologist Dr Emma Wedgeworth. Meanwhile, doctor brands are still good options and now more accessible than ever. Is Clinical – powered by pharma-grade ingredients – is available from Victoria Health, and Space NK is launching Dr Dennis Gross Skincare IPL Dark Spot Concentrated Serum, proven to work as well as prescription-strength lightener hydroquinone. Be gone dark spot, indeed.

WORDS BY FIONA EMBLETON. PHOTOGRAPHS BY PIXELEYES

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NOTHING CAN STOP US HAIR

OUR HAIR CHANGES OVER TIME, SO WE SHOULD CHANGE HOW WE TREAT IT. PANTENE'S NEW HAIR BIOLOGY RANGE CONTROLS OILINESS, TAMES UNRULINESS, DOUBLES VOLUME AND MAKES SILVERS SHINE. BUT ITS REAL POWER IS HOW IT MAKES US FEEL.

PANTENE
THE POWER OF HAIR

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Superdrug

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Words, styling and art direction by LISA OXENHAM
Photographs by JASON HETHERINGTON

BACK TO EARTH

For a laid back summer glow, the new era beauty rules say embrace the contoured tan, wear burgundy on your face and apply lipstick with your fingers

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HOT METAL

There's a time and place for black liner, but if you're channelling an outdoorsy summer vibe, stick to softer hues such as pewter. 'It's not as hard as jet black, but it does the same job of defining and smoking out the eyes,' says make-up artist Gina Kane, who created the looks on these pages. First, erase any under-eye redness by dabbing Dolce & Gabbana Millennial Skin Longwear Concealer, £28, across lids and along lower lashes. Be sure to lock in your base with a loose, translucent powder. Using Dolce & Gabbana Intense Eyes Eyeshadow Stick in Bronze, £30, ring around the eyes, taking it into the tear ducts. Smudge into the lash line with a cotton bud. Wiggle a defining mascara – like Shiseido Controlled Chaos Mascara Ink in Black Pulse, £25 – into the roots and sweep it up to the tips of the lashes to open up the eyes. Finally, Kane suggests warming cheeks with a cream blusher such as Glossier Cloud Paint in Storm, £15, and swiping lips with Shiseido Colorgel Lipbalm in Dahlia, £25. ▶

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DESERT ROSE

Rose, berry and dusky pink are giving traditional bronze a run for its money. 'Cream blush smudged over the whole cheek creates a youthful, realistic flush,' says Kane, who dabbed Shiseido Minimalist Whipped Powder Blush in Chiyoko, £32, over the apples and out towards the jawline. For a flawless base and great staying power in the heat, Kane says, 'Use a brush to smooth foundation from the centre of your face to the outer edges. Apply a featherlight layer of loose powder over your T-zone and anywhere you don't want to glow, say, the centre of your forehead and sides of cheeks.' Kane used her fingers to dab Shiseido Colorgel Lipbalm in Peony, £25, on the centre of lips, blending out to the corners. 'Don't stress about making this bold or perfect – one coat dabbed on with your ring finger and blotted is all you need,' she adds. Finish with one coat of mascara on the top lashes.

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BRONZE AGE

Fact: a burnished bronze face is never subtle. 'No matter how sheer, it's always a statement, so run with it,' says Kane. 'Choose two or three shades that work together. The lightest bronze should have a shimmery texture. Use it to highlight areas you want to bring forward – like your cheekbones and Cupid's bow. Sweep the medium shade down the nose, temples and chin, and the darkest in the hollows of the cheeks and across the forehead.' Finish by creating strong couture brows using short, sharp strokes with a wet-look chocolate pencil, such as the Shiseido Brow Ink Trio in Deep Brown, £22. For eyes that last, dab a primer, such as Laura Mercier Eye Basics, £21, from lashes to brows. Then use a blending brush to press metallic shadow on top. We love the vibrancy and smudge-ability of Shiseido's Essentialist Eye Palette in Kotto Street Vintage, £38. Finally, elongate lashes with YSL Mascara Volume Effet Faux Cils in High Density Black, £26. ▶

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WILD BERRY

'Trust me, if you usually wear any kind of make-up with brown undertones, you can wear glossy burgundy across the whole face,' says Kane. 'There's nothing more flattering.' It's just about getting the placement right. Smudge the purple shade from Shiseido's Essentialist Eye Palette in Hanatsubaki Street Nightlife, £38, across eyelids and into the crease, then sweep it down on to the lower lash lines. 'Next, use your ring finger to tap a metallic burgundy shadow on top for a 3D effect,' says Kane. Diffuse any hard edges with a Beautyblender. Then, finish with a swipe of Charlotte Tilbury Hot Lips 2 in Viva La Vergara, £28, for dark skin tones, or Dancefloor Princess for pale. One blotted coat is enough to give a flattering matte finish.

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TEQUILA SUNRISE

Say orange make-up and people think Oompa Loompa, but it's a flattering alternative to bronze, given the right texture and shade. Dark skin tones or a tan carry this off best, so if you're pale, mix a few drops of Clarins Radiance-Plus Golden Glow Booster for Face, £20, into your normal moisturiser and apply from the centre of the face outwards. A soft caramel shade develops within a few hours. Then, pick a focal point for your pop of colour. Smudge Shiseido Inner Glow Cheek Powder in Solar Haze, £30, in a ring around eyes and add a glossy finish with Shiseido Crystal Gel Gloss, £22, on top. Or sweep shimmery YSL Volupté Plump-in-Colour in Delirious Orange, £29, on lips. This may be out of your comfort zone, but it's guaranteed to get you compliments. ■

HAIR BY LEIGH KEATES AT PREMIER HAIR AND MAKE-UP USING BABYLISS PRO AND R&CO. MAKE-UP BY GINA KANE AT CAREN USING SHISEIDO. MODEL: MARLOES HORST AT NEXT MANAGEMENT LONDON AND NUR HELLMANN AT VIVA LONDON. OPPOSITE PAGE: HAT, STYLIST'S OWN. PREVIOUS SPREAD: (RIGHT) SCARF, MARINA RINALDI; (LEFT) HAT, FLOW THE LABEL; SCARF, AMA PURE. OPENING SPREAD: HEAD WRAP, KNOTS UK. THE TEAM SHOT AT CAPE WELIGAMA, SRI LANKA. TO BOOK, VISIT RESPLENDENTCEYLON.COM/CAPEWELIGAMA OR EMAIL RESERVATIONS@RESPLENDENTCEYLON.COM

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AW19'S BEAUTY MOOD

From subtle lipstick tricks to extreme braids, lived-in glitter and Bambi lashes – you'll definitely want to give these backstage looks a go

THE BIG SMOKE

Prepare for smoky eyes to become the LBD of your beauty repertoire again. Altuzarra proved that charcoal-grey shadow and inky black liner on the lower waterline hasn't lost its appeal. At Elie Saab, a touch of golden shimmer in the inner corners upped the ante, while a neutral palette gave the traditional smoky eye an understated twist at Max Mara. Our favourite look, however, was the liberal helping of metallic shadow at Tom Ford. Make-up artist Diane Kendal worked a deep grey shade on to the crease and lower lash line of all the models, before customising the look based on skin tone. She blended pink and ivory for pale complexions, while bronze and mauve added drama to dark skin.

01 *Givenchy Prismissime in Essence of Greys,* **£48** **02** *Tom Ford Eye Colour Quad in Nude Dip,* **£68** **03** *Bare Minerals Bounce & Blur Eyeshadow Palette in Dawn,* **£26** *(Fabled.com)*

РЕЛИЗ ПОДГОТОВИЛА ГРУППА "What's News" VK.COM/WSNWS

SEEING RED

From soft focus to classic and even 80s Madonna, these matte lipstick looks were the ones we were dying to try. To recreate Tom Pecheux's blurred lip at Oscar de la Renta, use a bright red on the centre, gradually blending out to an earthier shade, and dab the edges with your finger for an undone ombre effect. Oh, and according to the trend arbiters, it's OK to break the golden rule that says you can only wear a bold lip *or* dramatic eye. 'If you're doing both, the eyes and lips have to balance each other,' says Givenchy's make-up ambassador, Neil Young. 'When the mouth is matte, the face just seems more radiant by default, so use a metallic or wet-look eyeliner as the textures are different.'

01 *Givenchy Le Rouge Deep Velvet in Orange Sable,* **£29** **02** *Guerlain KissKiss Liquid in Madame Matte,* **£29.50** **03** *Pat McGrath Labs MatteTrance Lipstick in Elson,* **£35** *(Selfridges.com)* **04** *YSL Beaute Rouge Pur Couture The Slim Sheer Matte in Rouge Libre,* **£30** *(Fabled.com)* **05** *Dolce & Gabbana Dolce Matte Lipstick in Dolce Flirt,* **£30** ▶

РЕЛИЗ ПОДГОТОВИЛА ГРУППА "What's News" VK.COM/WSNWS

CHEEKY GIRLS

Feminine and fresh-faced was the order of the day on catwalks where blusher featured. At Kate Spade New York, skin looked flushed, while at Balmain, lipstick pressed on to cheeks translated as dewy and natural. A puff of powder blush over cheekbones and the nose was paired with soft pink lips at Chanel, 'as if the girls had been out on a cold snowy day', says Lucia Pica, global creative make-up and colour designer for Chanel.

01 *L'Oréal Paris Color Riche Lipstick in Beauty Guru,* **£8.99** **02** *Chanel Joues Contraste in Quintessence,* **£35** **03** *Clarins Joli Blush in Cheeky Baby,* **£27** **04** *L'Oréal Paris Color Riche Plump & Shine Lipstick in Guava Plump,* **£8.99**

DARK ARTS

Black liner, mascara and eyeshadow – you get the idea. At Dior, it was all about 'a graphic and intense black eye with a punk feel', says creative and image director Peter Philips of his black lids with Twiggy-esque lower lashes. At Brandon Maxwell, long falsies were coated in mascara, giving Bambi a run for her money. Meanwhile at Proenza Schouler, smudgy lines gave a rebellious edge and at Erdem, gel liner topped with black shadow created sharp winged shapes.

01 *Dior Long-Wear Waterproof Eyeliner Pencil in Trinidad Black,* **£22** **02** *Laura Mercier Caviar Intense Ink Waterproof Liquid Eyeliner,* **£22** *(Fabled.com)* **03** *Chanel Le Volume Ultra-Noir de Chanel Mascara in Noir Intense,* **£28**

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DISCO DIVAS

Strong disco vibes fuelled conversation on the front row. None so much as at Halpern, where make-up artist Isamaya Ffrench packed on the Studio 54 sparkle. After painting lids in different colours, from blue to sunset orange, she then layered on gold leaf. Using Nars, James Kaliardos first swiped fuchsia, pink or red lipstick on to lids and lips at Rodarte, then pressed colour-matched glitter on top. A more dialled-down version appeared at Dries Van Noten, where glitter was drizzled over the lids and tips of eyelashes to look like make-up you wake up with after a night out. Hair-wise, Michael Kors channelled full and frothy waves – all to the soundtrack of Barry Manilow belting out *Copacabana*.

01 *Charles Worthington Volume & Bounce Weightless Foam Conditioner,* **£6.99** **02** *Nars Iconic Lipstick in Schiap,* **£22** *(Spacenk.com)* **03** *Barry M Biodegradable Pick 'N' Glitz in Goals,* **£4.99** *(Superdrug.com)* **04** *MAC Acrylic Paint in Genuine Orange,* **£16.50** **05** *GHD Oracle curler,* **£189** ▶

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BRAIDY BUNCH

One word describes plaits for AW19 and that's 'statement'. 'A normal braid length didn't feel enough, so adding extensions gave a futuristic feel,' says hairstylist Guido Palau, who created skinny hip-grazing braids at Tory Burch. Equestrian was the theme at Hermès with folded plaits, while Wednesday Addams-style twin braids with a sharp middle parting were the look at Prada.

01 *Redken Dry Shampoo Paste 05,* **£19.66** **02** *Pantene Hair Biology De-Frizz & Illuminate Shampoo,* **£5.99** **03** *Tresemmé Botanique Air Dry Smoothing Spray,* **£5.49** *(Boots.com)*

SMOOTHIE SKIN

Backstage is no stranger to radiance, but this season saw the launch of two ranges that are the wellness equivalent of a green juice for dull skin. Models at Victoria Beckham were given a facial massage with Dr Augustinus Bader's The Cream, which activates stem cells. Meanwhile, A-list make-up artist Gucci Westman debuted Westman Atelier, her clean make-up line that is packed with plant-based actives. 'For ethereal skin, apply highlighter between your eye and upper cheekbone, then tap on pink blusher,' she says of her Brock Collection look.

01 *Westman Atelier Baby Cheeks Blush Stick in Poppet,* **£46** **02** *Augustinus Bader The Cream,* **£205** **03** *Westman Atelier Lit Up Highlighter Stick,* **£44** ■

WORDS BY FIONA EMBLETON. PHOTOGRAPHS BY IMAXTREE, JASON LLOYD-EVANS. STILL LIFES BY PIXELEYES. WESTMAN ATELIER IS AVAILABLE AT NET-A-PORTER.COM

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AUSSIE

AUSSIE CALM THE FRIZZ
STOPS MY FRIZZ IN ITS TRACKS...

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#LiseOfLife

Beauty director Lisa Oxenham visits the Fabled by *Marie Claire* beauty store to check out the latest pout-plumping products

Pillow-plumped, voluminous lips are back on my agenda – and I'm blaming *Love Island*. I've been tempted to try lip fillers in the past, but I'd rather fake fuller lips with make-up. After all, it's easy, painless and purse-friendly. According to the experts, those of us who count lipstick as our product of choice look for three things: a sheer sheen, slightly transparent pigment and the perfect lip colour-match. That's where Clinique's new Even Better Pop Lip Colour Foundation, £17.50, comes in. Within this range of 28 lipsticks, there are nudes to suit every skin tone. Each enhances your natural lip shade, contains hyaluronic acid to hydrate from the inside out and glycols to boost circulation for a fuller-looking pout. I'm addicted to shade 02 Gauzy for so many reasons: it's a clever face brightener, makes me look 'done' even if I'm just in a T-shirt and jeans, and it's an instant route to a filler-free lip boost. I've also learned to put in the prep work, as any roughness will show up under the sheer texture. First, I rub dry lips with a soft toothbrush or a damp flannel to stimulate blood flow and whip off any dead skin. Then, I apply a hydrating treatment or balm to strengthen the top layer and keep lips visibly moist. ID your lip shape and the areas you would like to volumise, too. I dab a cream highlighter just above the middle of my top lip to accentuate the Cupid's bow. If your lips are different sizes, use a lighter shade of nude lipstick on the thinner lip and a darker colour on the plumper side to balance them out. To increase the look of both, use a lipliner all over and draw slightly outside the perimeter before filling them in with lipstick. Go for a wide brush, too – regular lip brushes tend to be on the small side, so a concealer one is best. Also worth noting: lipgloss applied to just the centre of the lips catches the light and creates the illusion of a bigger, juicier pout, especially if you pick one with a hint of shimmer. See what I mean about simple tweakments?

'THIS CLEVER FACE BRIGHTENER MAKES ME LOOK "DONE" IN A T SHIRT AND JEANS. IT'S ALSO AN INSTANT FILLER FREE LIP BOOST'

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

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. Or head to Fabled by *Marie Claire*'s flagship store at 21 Tottenham Court Road, London W1T 1BJ

LISA'S FABLED PICKS

Maybelline New York Baby Lips in Pink Punch, £3.99

I've had a tube of this in my bag ever since I bought one in New York years ago. It's one of the best moisturising lip balms I've come across and it has the teeniest hint of pink to perk up a pout when you look knackered.

La Mer The Lip Volumizer, £65

This is like a lip hydrator on speed. It's infused with the same Miracle Broth as the face cream to instantly plump lips and soften the look of lines around the mouth. It's also got an incredible light-reflecting sheen that only adds to the effect.

Murad Rapid Collagen Infusion For Lips, £25

Hydrating hyaluronic acid? Check. Peptides that deliver plumping collagen? Double check. That's the science bit – all you need to know is that it feels non-sticky and more like a serum; it fills prune-like lips and you'll want to add it to your anti-ageing regime ASAP.

Bare Minerals Moxie Plumping Lipgloss in Maverick, £18

Peptides make lips look more voluptuous, while a mega dose of shea, avocado and murumuru butters get to work hydrating. There's also a peppermint tingle to stimulate your circulation – that's the bit I like best when applying around the 3pm slump – it feels *so* refreshing.

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AUSSIE

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GREAT HAIR THOUGH.

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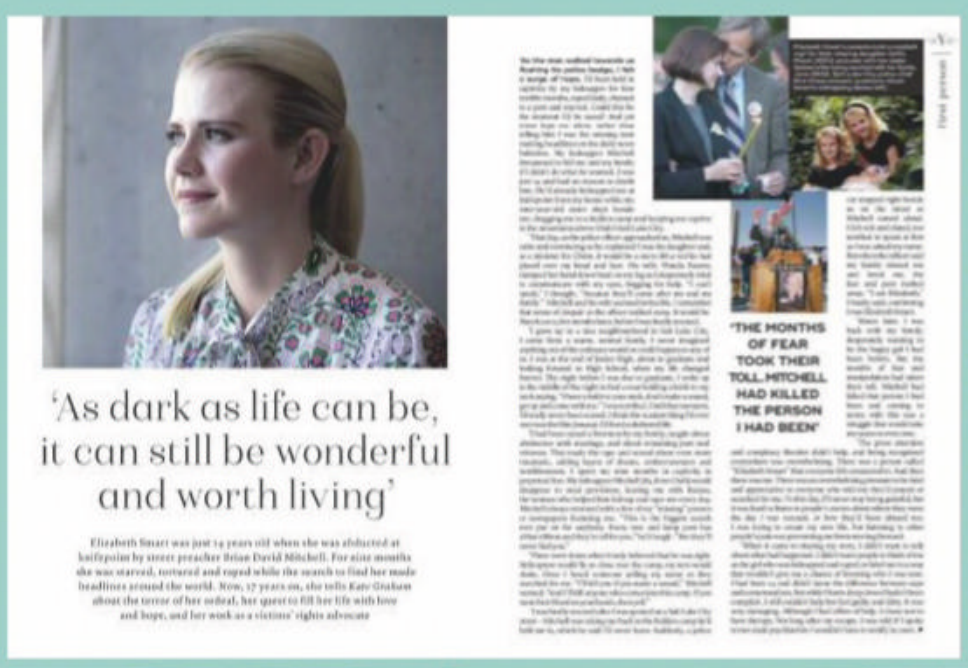

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ANGELA SCANLON'S

FAD HABITS

This month, our columnist tries electromagnetic therapy in an effort to rejuvenate a tired body and mind

Here's where I'm at. I've been running on empty for quite a while – overworked, not enough sleep, the best of intentions to do yoga and give up sugar, but surviving on coffee and Skittles. I've found myself sleeping restlessly and waking exhausted. Anyway, I've been longing for years to be able to plug myself in and charge up like the devices that sap my own energy. Simple. Measured. Quick. Impossible. Or so I thought.

Enter PEMF, otherwise known as Pulsed Electromagnetic Field. Sounds like something Louis Theroux might have investigated back in the good old days, but no. It's been actively researched for over 50 years, and started to become popular for home use in the early noughties. The suggestion is that when you pass electricity through metal coils, you produce an electromagnetic field, and magnetic fields affect all living cells. Add a computer program and you've got a machine that allows you to adjust the effects through frequency and intensity (ramp it up for a big meeting, dial it back down for bedtime; you can even change the times to beat jet lag). In a nutshell, you plug yourself in (while lying on a 'life mat') and charge yourself up.

Here's the science bit. Most at-home PEMF devices use low frequencies, like the ones found in the earth's magnetic field. Surely then, we can just 'plug' ourselves into the ground and access that energy for nothing? In theory, yes, but the problem is that modern buildings block our exposure. At the same time, we're surrounded by man-made electromagnetic fields with frequencies that are millions to billions of times greater and, as a result, pretty toxic. Throw in chemical pollution and our poor cells are under a lot of stress. As we age, these cells get more stressed, and disease, chronic pain and the rest start to creep in. Research on the biological benefits of PEMF therapy suggests it can help with age-related issues, which is great news if you fancy being bulletproof well into your golden years.

If you've ever experienced fatigue, sleep loss, stress, anxiety, pain or dealt with a recurring injury, then PEMF therapy might just be worth a shot. A whole-body system will re-energise the membranes of all 70 trillion cells in the body through changes in their electrical potential. And the effects from a ten-minute session will last for at least several hours. Since my treatment, I've been sleeping like a baby (and I haven't slept like a baby since I had one). My energy is better and my mood has improved, although it's hard to say if that's related to sleep, sun or upcoming holidays.

A word of warning: I cranked that bad boy up to the maximum intensity, 400 (on an average day, the recommended is 150) the day before I went on live TV, and let's just say I looked more wired than charged!

Life Mat (lifemat.co.uk) specialises in the Swiss-made iMRS/iMRS2000 and Omnium1 systems, costing £2,520-£3,890. Owner Paul Lowe has been a PEMF therapist for ten years.

WORKING FOR ME

BUY

TERESA TARMEY CRYO-BALL

The only thing that brings my skin back to life, this little ball (£129; teresatarmey.com) is made from surgical-grade steel and contains freeze-retaining fluids. Stored in the freezer, it lifts and de-puffs your complexion.

DOWNLOAD

THERAPY CHAT

Want to understand why you think and act the way you do? Step inside podcaster and psychotherapist Laura Reagan's 'office' as she interviews guests on topics such as art therapy, mindfulness and self-compassion.

DRINK

CACAO + COLLAGEN

Mix this blend by Ancient + Brave (£22; ancientandbrave.earth) with hot water or plant-based milk to give your mood and energy levels a boost. High in protein, iron and magnesium, it's the only reason to down chocolate every day.

STYLED BY GRACE WRIGHT. PHOTOGRAPH BY STEPHANIE SIAN SMITH. HAIR BY PATRICK WILSON AT CAREN. MAKE-UP BY AMANDA BOWEN. ANGELA SCANLON WEARS: SWEATER, GANNI AT MATCHESFASHION.COM

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STRONG BODY, STRONG MIND

Lifting weights might give you good biceps, but the mental benefits are just as impressive discovers *Charlotte Haigh*

You may think that strong women are born that way, but we can all get physically strong. You just need to introduce weight training into your usual workout, which for many women is heavily focussed on cardio. Why bother? Because strength is about more than aesthetics. We need to be strong to climb stairs and carry laptops, bags, luggage or children without putting our backs out. According to Laura Hoggins, fitness coach and author of *Lift Yourself*, weight training is particularly important after the age of 30, when we begin losing muscle mass year on year, and our bodies change shape with the ageing process. This can cause bones to become more brittle.

It's not all about how you look and feel physically, though. Women report being stronger mentally as their physical strength increases. For Julia Buckley, a personal trainer, there is also an element of mindfulness. 'When I run, I think,' she says. 'When I'm lifting, I have to be completely focused on what I'm doing – it's a real break for my brain, and I always come out of a session feeling de-stressed and refreshed.' You really can lift your way to a stronger body and mind, here's how...

GETTING STARTED

Weightlifting, powerlifting, resistance and strength training are all weight-bearing exercises that create tiny microtears in muscle tissue, which then has to repair itself. The result? Stronger, bigger and more defined muscles that actually rev up your metabolism by burning calories faster and, in turn, keep your weight stable.

But the first thing you must master is your technique, says Hoggins. 'You need to lift correctly to protect against injuries and get the most from each exercise. Get used to doing a range of compound movements, such as press-ups and squats, without any weights. These are body-weight exercises and are a great way to get going, even at home – you'll find lots of tutorials on YouTube.'

Once you have your technique right, start adding more resistance – such as squats with an 8kg kettlebell. 'As a beginner, it's important to find a weight that challenges you without pulling you into bad form,' says Hoggins. 'If possible, see a personal trainer to help you get started with weights – they'll check your technique and give you confidence. Otherwise, a class such as Body Pump is ideal.'

Using free weights activates the most muscle mass, as you have to stay stable when using them, which engages your core. But weight machines can be useful for keeping you in good form and also for training weaker muscles.

So, should we be doing some cardio alongside weights to balance things out? Yes, if you enjoy it, but weightlifting works your cardiovascular system, too. So, although it's important to warm up with cardio for five or ten minutes, a good resistance-training routine should be enough on its own, if it's general fitness and more tone that you're after. ▶

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THE PROTEIN CONNECTION

Protein is key to building muscle, but it isn't quite as simple as steaks and protein shakes, claims Hoggins. 'Someone who's training daily for a body-building competition will, of course, need a lot more protein, but if you're new to lifting, typically working out three times a week, and eating a balanced diet, you don't need to top up with processed protein bars,' she says. 'The protein from good quality sources, such as chicken, salmon and eggs, provides the body with plenty of amino acids, the building blocks of muscle, and will help you recover and build muscle mass.'

The Department of Health recommends 0.75g of protein per kilo of body weight, so if you're 64kg, that means 48g, although you may need more if you're cutting your carbs to lose weight or lifting more than three times a week. 'Some research suggests that 1.6g of protein per kilo of body weight is about right while dieting and training,' says Hoggins. But vegans needn't worry. 'While it's more difficult to hit the right protein intake on a plant-based diet, chickpeas, lentils, tofu and seitan are all good sources – just be mindful that you're eating enough,' she adds. 'And don't get too hung up on when you should eat certain foods. It's more important to look at what you eat overall through the day.'

'LIFTING GAVE ME THE MENTAL STRENGTH TO QUIT MY JOB'

MINDFUL LIFTING

For many women, training with commitment not only gets them more toned, it has emotional benefits, too. Katie Jeffrey, 31, used to have an eating disorder, but since she got into lifting, she says her mindset has changed. 'It's about the weight on the bars, not on the scales,' says Jeffrey. 'My focus is on what I can do with my body, and my shape has completely changed. I tried to put on my old denim shorts recently but they only just got past my knees – they got stuck on my quads. But I didn't care; I'm so much more confident.'

While exercise is known to be a stress buster and mood booster, there hasn't been much research on the mental benefits of lifting specifically, but some is starting to emerge. Last year, a study by scientists at the University of Limerick in Ireland, found weightlifting to be as effective as medication and therapy for easing depression, while a 2017 study by the same team found it could help slash anxiety.

Brett Gordon, one of the Irish researchers, says, 'Social interaction and support, along with the expectation of improved mental health, could contribute. Improved cognitive control (the ability to make decisions based on goals rather than impulses or habits) may play a role, too. There are also neurobiological links with the way this sort of exercise affects the brain.' This means lifting may lead to physiological changes in the brain, which influence emotions, behaviour and mood. 'Lifting weights empowers me to constantly challenge my mind and body,' says fitness influencer Stephanie Sanzo, who shares her lifting routines with over 1 million followers. 'Every day, I can feel myself getting stronger, both mentally and physically; by lifting heavier and pushing myself further, I feel more empowered.'

'It's no exaggeration to say that lifting gave me the physical and mental strength to quit my corporate job,' says Hoggins. And, apparently, it's not unusual. She adds, 'It's incredible to see the life-changing decisions people make once they fall for strength training. I tried every diet going in a bid to reach my target weight of 54kg. I used to crave Kate Moss's physique, which was physically impossible for my body type. Today, I may be heavier, but I feel strong, healthy and happy in my skin.'

It can even help some women, like Jaycey Kirby, 27, overcome emotional issues. 'I suffered from social anxiety, but after I started weightlifting, everything changed,' says Kirby. 'It has given me the shape I always wanted, and my anxiety is now a thing of the past. I view myself completely differently, physically and emotionally.'

THE 5 WEIGHT-TRAINING EXERCISES YOU CAN DO ANYWHERE

Personal trainer Julia Buckley reveals the best all-round body-weight exercises you can do without equipment. Repeat the move 12 times and perform three sets for each.

1. BURPEES

These work the full body, especially if you add a press-up in the low position and a jump when you come up. They build power, strength and cardio fitness. Go from a squat position to a plank, then back to a squat and stand.

2. PRESS-UPS

They build upper-body strength and work the core and lower back. Extend your legs back so you're balanced on your hands and toes. Keep your body in a straight line from head to toe. Inhale as you slowly bend your elbows and lower yourself until they are at a 90° angle. Exhale as you begin contracting your chest muscles and pushing back up through your hands to the start position. If you can't do a press-up like this, keep your knees on the floor.

3. LUNGES

These strengthen the lower body and are great for fat-burning. Stand upright. Step forward with one foot. The toes of both feet should be facing ahead. Lower your back knee towards the floor. Push back up to the starting position. Repeat on the other leg.

4. SQUATS

Another exercise for lower body and core. Stand with feet a little wider than shoulder-width apart, hips stacked over knees, knees over ankles, shoulders down, away from your ears. Lower your hips as if you're going to sit on a chair. Go as low as you can, keeping knees over ankles, then come up.

5. HIP RAISES

I love the booty burn these bring! Lie on your back with feet on the floor. Brace your core and raise your hips so you're in a straight line from your shoulders to your knees. Pause for five seconds, keeping your core braced, then lower your body to the start position. ■

PHOTOGRAPHS BY GETTY IMAGES. ILLUSTRATION BY LIZ VILLABONA

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HOME HACKS *FOR RENTERS*

Guest columnist and interiors blogger *Medina Grillo* on how to give your place a fresh update, without losing your deposit

PRE-LOVED IS YOUR FRIEND If you're looking for large furniture, try second hand. My favourite is a dresser I got in a charity shop for £10. I took it home, sanded, waxed and painted it, and now it's amazing by my bed. Ebay and Gumtree are my go-tos, but I also love Emmaus for mid-century pieces, British Heart Foundation for sofas and Facebook selling pages for expensive brands at low prices.

MIX UP THOSE TEXTURES Soft furnishings are an easy, inexpensive way to add interest to a room. I regularly change cushion covers, throws and bedding for a quick update. Rugs are great at adding fluidity – my motto is: the bigger the better – and brilliantly covering up unsightly floors or dodgy carpets. Match accents of the rug to your decor to bring things together, but avoid light colours in high traffic areas.

REMOVABLE WALLPAPER: IT'S A THING Our porch used to feature an ugly red floor – I hated it. While you can't replace the flooring of the property you're renting, you *can* use removable wallpaper to give a bit more character (and not just on walls). With normal glue and wallpaper, then varnish, I covered the kitchen floor in my old house, and I can tell you now it was a total breeze to pull up. I also added a stylish monochrome pattern to our hall walls – it brightened the space without damaging the surface.

STRIP, DON'T HAMMER Hanging picture frames, mirrors and artwork can be tricky when you're renting, so I use Command hooks to create galleries – they're great. You can use them to hang really heavy pieces of art as they have different weight limits. If you follow the instructions closely they won't damage the walls.

TINY TWEAKS = BIG IMPACT Updating the lighting is an easy way to alter the mood of a room. I'm not talking about rewiring, but swapping lampshades (or spray-painting them – with permission!) and adding contact paper [removable vinyl] to switches can look brilliant. Changing hardware is easier than you think. Just unscrew the old and replace it, keeping the original safe to put back on before you move again. I love Anthropologie or Ebay for handles.

Home Sweet (Rented) Home *by Medina Grillo (£15, Octopus)*

Bride lights, big city

Weddings don't have to be country affairs – get hitched at one of these buzzing locations instead

LONDON
ENNISMORE SESSIONS HOUSE

This Grade II listed former courthouse near Clerkenwell Green is run by the team behind The Hoxton and Gleneagles. With six spacious rooms to hire – including an impressive lobby – it's a Palladian-style venue that accommodates up to 230.

EDINBURGH
THE GLASSHOUSE HOTEL

Behind the historic walls of the 19th-century church (careful restoration has preserved the gothic façade) hides five-star modern-day luxury. Thanks to a central location at the foot of Calton Hill, yet with a countryside feel, it's the very best of both worlds.

MANCHESTER
KING STREET TOWNHOUSE

With a stylish rooftop that can host up to 150 at an informal reception (alternatively, book the more traditional seated wedding breakfast for 100), this Italian renaissance townhouse in central Manchester sets the scene for an unforgettable party.

COMPILED BY CHARLOTTE VOSSEN

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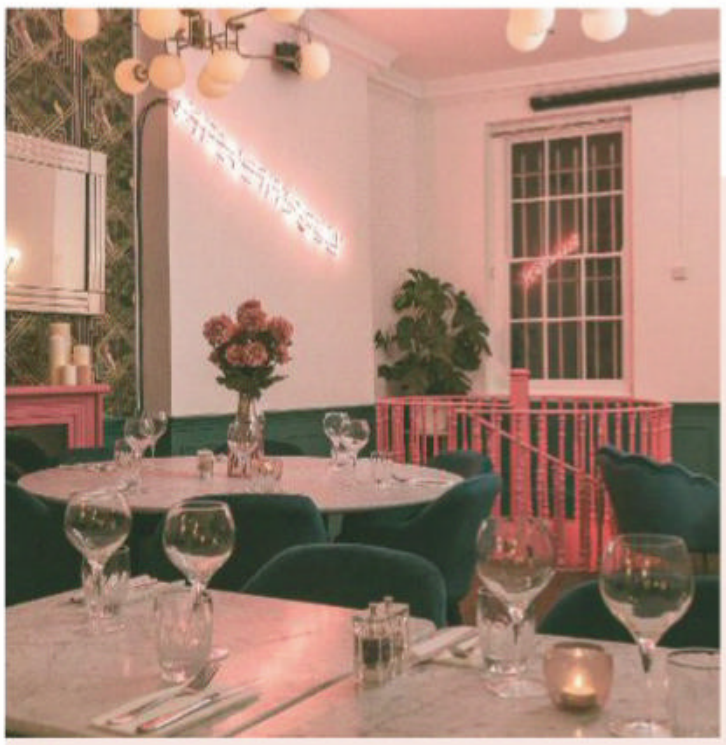
NEW YORK EATS
Bringing New York City vibes to the centre of Liverpool, NYL Restaurant & Bar has created a homemade high 'tea' that comes with coffee, in case you fancy a cuppa of American fuel. Savoury treats include smoked salmon bagels with cream cheese and tarragon, while the sweet tier contains mini chocolate hot dogs, apple pie doughnuts and cheesecake of the day. *£17.50 per person*

FASHION-FORWARD FANCIES
At London's boutique hotel The Pelham in South Kensington, enjoy a fashion-focused tea to celebrate the V&A's Mary Quant exhibition. Created by luxury event planners La Fete, Michelin-starred chef Alfredo Russo and his team serve delicious sweet and savoury treats (think Quant's Crayons mini buns or an 'edible lipstick' of dark chocolates). *£40 per person*

TEA WITH A TWIST

Celebrate Afternoon Tea Week (yes, that is a thing) with one of these delightfully quirky British options

GAME OF THRONES TREATS
After a day exploring Northern Ireland's Causeway Coast, where many iconic scenes from the fantasy drama were shot, take afternoon tea at Ballygally Castle in Antrim. The menu features Baratheon bread, Jon Snow cakes and a Dothraki trifle. *£24 per person*



'HIGH' TEA
Vegan restaurant Kalifornia Kitchen in London's Bloomsbury has launched a 'high' tea – everything contains five per cent CBD drops. Choose from cannabidiol-infused lattes, smoothies or a glass of champagne, as you nibble on CBD sweets (all plant based, of course) such as hazelnut truffles, raspberry madeleines and banana cupcakes. *£28 per person*

A SLICE OF HISTORY
This summer marks the 200th anniversary of Queen Victoria's birth, and the St James's Hotel & Club in London – just across the park from her birthplace, Kensington Palace – is offering an 1840s-inspired afternoon tea. Enjoy classic cakes with a modern twist, as well as homemade Cheshire cheese scones made with the oldest recorded British cheese! *£40 per person*

MEAT-LOVERS FEAST
Kyloe Restaurant & Grill in Edinburgh was the city's first gourmet steak restaurant, serving Scottish farmed beef. So it figures its afternoon tea would be a meat-based affair, with savouries like beef cheek sandwiches with jalapeños and applewood smoked cheese in a pretzel bun, plus sweets such as freshly baked scones, clotted cream and jam. *£25 per person*

WORDS BY SOPHIE GODDARD AND CHARLOTTE VOSSEN. PHOTOGRAPHS BY RODOLFO MARQUES/UNSPLASH

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CRUNCH TIME

The humble apple is having a moment. Rediscover the country's favourite fruit with these delicious recipes

CAULIFLOWER, POMEGRANATE AND APPLE SALAD

Serves 4 as a starter (2 as a main)
Prep 20 mins; cook 25 mins

1 cauliflower, cut into florets
2 tbsp olive oil
1/2 tsp paprika
1/2 tsp ground cumin
50g almonds, chopped
2 green apples, such as Granny Smiths
Squeeze of lemon juice
1 pomegranate, seeds only
150g wild rocket leaves

For the dressing

1 tbsp each tahini, runny honey, lemon juice and olive oil
Salt and freshly ground black pepper

Preheat a fan oven to 160°C/320°F and line a baking sheet with parchment. Put the cauliflower, olive oil, paprika, cumin and almonds in a bowl and mix well. Tip on to the baking sheet and roast for 25 minutes until the cauliflower has started to brown. Take out of the oven and leave to cool. Meanwhile, core and chop the apples into 1cm chunks and place in a bowl of cold water with the lemon juice – this will prevent them from browning. Make the dressing by mixing the tahini, honey, lemon juice, olive oil, salt and pepper. Finally, drain the apples and combine with the cauliflower mix, pomegranate seeds and rocket. Drizzle on the dressing and serve.

RASPBERRY AND APPLE SORBET

Serves 6
Prep 15 mins; freezing 4 hours

300ml cloudy apple juice
50g caster sugar
500g fresh raspberries, plus extra to serve
Small bunch of mint leaves, plus extra for garnish

In a saucepan, gently heat the apple juice and sugar until the sugar has dissolved into a syrup. Leave to cool to room temperature. In the meantime, place the raspberries and mint leaves into a food processor and blitz for a couple of minutes until smooth. Pour the raspberry and mint juice through a sieve into a clean bowl to remove any seeds and lumps. Once the syrup has cooled, stir it into the juice, then pour into ice-cube trays and pop in the freezer for about four hours until frozen. You can also use an ice-cream maker – follow the manufacturer's instructions. Just before you're ready to serve, take the cubes out of the freezer and whizz in the food processor once more to create a smooth sorbet. Refreeze for another 30 minutes. Then, serve with a few fresh mint leaves and raspberries to garnish.
Apple *by James Rich (£20, Hardie Grant)*
Photography ©Jacqui Melville

Go zero

With more and more people dialling down their alcohol intake, the trend for 'no and low' alcoholic drinks is bigger than ever. We've rounded up the newest dinner-party pleasers that won't leave you reaching for the Alka-Seltzer

APERITIF: ÆCORN BITTER

Your alcohol-free alternative to an Aperol Spritz, Æcorn Bitter is a citrusy aperitif with refreshing notes of grapefruit, bay leaf and orange. Grab some wine glasses and serve 50ml of the 'spritz' over ice, top with a splash of soda or sparkling water and garnish with an orange wedge. *Available at aecornaperitifs.com, £19.99*

SPIRIT: CALENO

A tropical infusion of pineapple, mango and citrus fruit, this South American-inspired non-alcoholic spirit (it's steam-distilled in stainless steel drums, FYI) contains juniper and Inca berries. Enjoy it the same way as a G&T and serve 50ml of Caleño with 200ml of tonic water. *Available at Sainsbury's, £24*

BEER: LOWLANDER

Brewed with reclaimed lemon and orange peel (Lowlander works with Peel Pioneers to collect leftover citrus peel from restaurants and bars in The Netherlands), this eco beer is great with seafood. Pour into a Pilsner glass to fully savour the fresh, zesty flavour. *Available at lightdrinks.co.uk, £1.99*

COMPILED BY CHARLOTTE VOSSEN

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THE WOMEN WHO SHAPED ME

Record-breaking Olympic athlete Katarina Johnson-Thompson on disappointing her mother and going to school with Jodie Comer

MY MUM

'When I was younger, my mum [Tracey Thompson] enrolled me in ballet lessons. She used to be a showgirl, travelling around the world, and figured I'd like it. But I was such a tomboy, I hated it. I remember her telling me to find something I *did* enjoy, which was athletics. Despite feeling heartbroken that I didn't follow in her footsteps, she fully supported me and never missed a competition. I'm really grateful to her for that.'

RIHANNA

'Ever since I was a kid, I'd copy Rihanna's hair and clothes. She's more than just a singer to me; she's inspired me hugely. I love how she doesn't care what people think, and the way she's diversified into beauty and being a brilliant businesswoman. I've got all her Fenty eyeliners and wear them to competitions, matching them to my Nike kit each time. She makes you think, "Actually, maybe I *could* try something new", and is a great reminder that you don't have to stay in your lane.'

DENISE LEWIS

'I first met Denise as a junior athlete, and she was incredibly helpful to me after the Rio 2016 Olympics. I moved to France, and she travelled with me during that time, helping me make various choices about my career. She's always been really supportive. I'm so thankful that she generously gave me advice when I needed it and didn't know the right questions to ask.'

JODIE COMER

'Most people don't know that Jodie and I went to the same school. We became friends in Year 7 and are still friends now. She is an incredible actress, and I'm so happy people are finally seeing her in her full glory. At school, she was always so dedicated to acting and I was into athletics, which were both not "conventional" subjects. Seeing Jodie getting to the top of her game after working unbelievably hard inspired me to give it my best shot, too.'

SZA

'Sza is one of my favourite singers. When I first heard her album *Ctrl*, I couldn't stop playing it; the lyrics felt so powerful at that point in my life. It was the summer of 2017, and I was living in France. The sun was always shining, and it was a great time for me. Sza is such a talented lyricist and I really admire her personally, too. *Broken Clocks* is my all-time favourite song.'

Katarina Johnson-Thompson is an ambassador for QIPCO British Champions Day at Ascot Racecourse this year (britishchampionsday.com)

WORDS BY SOPHIE GODDARD. PHOTOGRAPHS BY JAMES VEYSEY, STEPHEN LOVEKIN/SHUTTERSTOCK, GETTY IMAGES, INSTAGRAM/KATARINA JOHNSON THOMPSON

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