



Cheryl & Liam's

'SPLIT'

REVEALED!

ALL THE DETAILS

Who will Meghan & Harry invite to their wedding?

Britain's BEST Celeb Mag!

12 March 2018 celebsnow.co.uk

NOW



The rise of

Danielle Lloyd

Kylie Jenner

PEER PRESSURE SURGERY



Ferne McCann



Scarlett Moffatt

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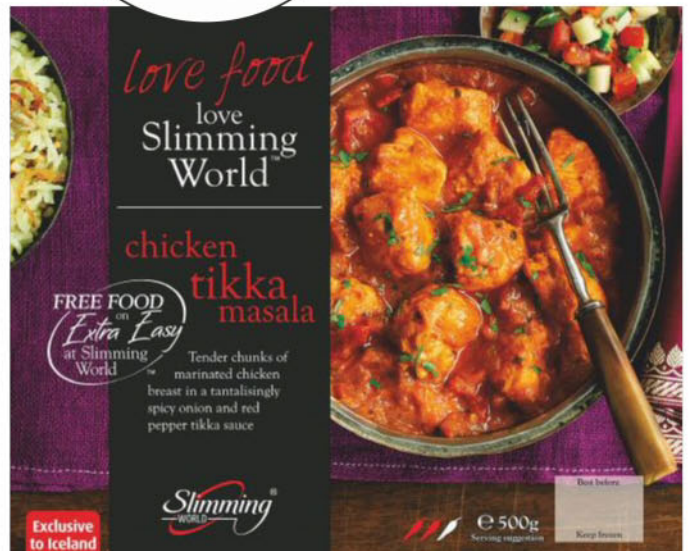
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# NOW

12 March 2018

## Little legends!

Little Mix scored an amazing hat-trick at last week's Global Awards when they scooped Best Group, Best British Artist Or Group and Best Song – proving why they're the biggest band in the world right now.

Leaving their *X Factor* image behind hasn't been easy, and Jade Thirlwall opened up about the scrutiny they get over the way they look and what they sing about.

She took the chance to hit back at the haters, saying, 'We are women, we'll dress how we want to dress! We will always encourage our fans, especially our female fans, to be themselves.'

You tell them, Jade!



Little Mix are sticking it to the haters with their huge success



Camel camouflage p46

Heart on your sleeve p53

Go wide p50

Beret nice p50

## Inside this week

### On the cover

- 6 Cheryl & Liam
- 10 The rise of peer pressure surgery
- 15 Meghan and Harry's guest list

### News & Features

- 4 Love Actually
- 12 Meghan Markle
- 16 Kieran & Katie
- 19 The Kardashians
- 20 Sam Faiers & Ferne McCann
- 23 Harry Styles
- 25 It Was The Week That...
- 28 Mark Wright
- 30 'We're sticking by our men!'
- 34 Sam & Billie Faiers
- 38 It runs in the family
- 44 Mum's the word!

### Style & Beauty

- 32 Inspired By...
- 46 7 Things
- 48 Style Edit
- 50 New season edit
- 53 Say it loud!
- 54 Dye it yourself

### You & Improved

- 56 12 easy ways to hit your 10 a day
- 59 Oh, My Bod: Lisa Snowdon
- 62 Tried & Tested: Waters with a twist
- 63 Me & My Family: Catherine Tyldesley
- 64 Recipes
- 66 Scopes
- 67 Homes: Ultra violet

### Entertainment

- 69 The Fix
- 73 Celebword
- 74 Whatever happened to... Lou Bega?

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# KATE'S BABY UPDATE



## The Duchess let slip about her husband...

They're set to welcome their third child next month. But the Duchess of Cambridge has hinted that Prince William might be a little nervous. Last week, the 36-year-old – who is mum to George,

four, and Charlotte, two – visited St Thomas' Hospital, where Kate apparently told a patient's parent her husband is 'in denial' about their new arrival. You'd better get used to the idea soon, Wills!

## BUMP WATCH!

### Cher Lloyd can't wait for her baby

The *Swagger Jagger* singer is set to become a mum in May with hubby Craig Monk. And she couldn't be happier, gushing, 'I can't believe *X Factor* was nine years ago and now I'm having a baby – I'm only 24!' Amid rumours that former coach Cheryl and Liam Payne may split, Cher added her twopenceworth, saying, 'I never would have guessed it, [they] look so cute together.'



## MARK: 'MICHELLE COMES FIRST'

A happy wife means a happy life!

He packed up his bags last year and moved across the pond to live his American dream, after securing a presenting job on US entertainment show *Extra*. But Mark Wright has revealed he'd give it all up for his wife, Michelle Keegan. During an interview last week – in which he admitted that he 'misses' his wife of two-and-a-half years – the 31-year-old insisted that he would move back to the UK if *Our Girl*

actress Michelle, 30, ever wanted him to. He said, 'If Michelle didn't like living here and she wanted me to move home, and she preferred life back home, then for sure I would. That comes first. 'It's not going to come to that, but if it ever did, then yes, of course – marriage and my love life definitely [comes] first.' It sounds like absence has certainly made Mark's heart grow fonder...

WORDS: GRACE HENRY, PHOTOS: INSTAGRAM @JONNY\_MITCHELL1991, @ELLIOTTREEDER, @DANOSBORNEOFFICIAL, REX



# CRACKING ON



## They've found their type on paper...

Montana Brown and Jonny Mitchell may not have met that someone special in the *Love Island* villa.

But 10 months later, it looks like the contestants have found love back home.

Mon, 22, is said to have 'fallen hard' for hunky model Elliott Reeder, who is also said to be 'smitten'.

Meanwhile Jonny, 27, is all loved-up with Elliot Wright's ex, Danielle Zarb-Cousin, 26.

**Now**

CRUSH CORNER  
DAN OSBORNE

Wit woo! The former *TOWIE* star, 26, sent us wild after he shared this post-gym selfie. Jacqueline Jossa, we're well jel!

✂ CUT OUT AND KEEP!



With split rumours a go-go, **Cheryl** fears she'll end up alone again...

**R**umours Cheryl and Liam Payne are 'set to split' have been sky-high over the past couple of weeks.

But despite their PDAs and Cheryl furiously hitting back, we're told their two-year relationship may 'already be over,' with the former Girls Aloud singer, 34, said to be desperately hanging on for baby son Bear's sake, and because of fears she'll end up alone again.

A well-placed source tells *Now* exclusively, 'Cheryl and Liam are having a tough time right now. Of course, their main priority is Bear and making sure his life is as stable as possible.

'Whatever happens, Liam

has assured Cheryl she and Bear can have the house they live in – it's their son's home and neither want to disrupt that.'

The news comes after Liam, 24, returned home to Surrey, ahead of Bear's first birthday on 22 March.

While many expected Liam – who was away for a week filming a music video in Miami – to be excited about coming home to his family, it appeared the singer was missing the States, as he complained about the weather in England in an Instagram video.

Filming snowflakes in his back garden, the former One Direction star could be heard groaning, before saying, 'It's definitely not Miami.'

Meanwhile, Cheryl – who was born and raised in Newcastle upon Tyne – seemed to bask in one of Bear's first snow experiences, sharing a funny quote which read, 'Weather warning:

Southerners are urged not to travel unless absolutely necessary. Northerners, you will need your big coat.'

Our source continues, 'Liam made a big song and dance about giving up filming his video in Miami to spend Bear's first birthday with the family.'

'But a man in love and a thrilled father would be expected to talk about his excitement and anticipation [at seeing] his family – not the weather.'

**'Liam seemed to be missing the US'**

As she contemplates life as a

**Is history repeated itself for Cheryl**



Liam has been living his best life in the US, away from his family

While there's no denying the freezing temperatures must have been a shock for Liam – who earlier that week was pictured prancing around on a balcony in his undies – this isn't the first time the *Strip That Down* singer has been accused of wanting to be elsewhere.

Just last month, it was reported he'd stayed in a budget hotel, instead of going home to the £5.1 million mansion he shares with Cheryl.

Following the BRIT Awards, where the couple put on a very amorous display, posing for photos and doing joint interviews, it's believed Liam chose to bed down at a £69-a-night Heathrow airport hotel, before flying out – despite their home being a 30-minute drive from the airport.

TURNFORMORE



**'Cheryl basked in Bear's first sight of snow'**

single mum...

**Leaving Cheryl?**



The couple welcomed baby Bear last March

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Let life in



Liam wants to be a good dad, regardless of his relationship status



The unusual move didn't go unnoticed by fans, with one slamming, 'He will be a good dad, but everyone can see he's over you [Cheryl].'

And Liam showed that he is a good father – something our insider tells us is a worry for the musician – by going shopping for his son the moment he touched down in the US.

'Liam is very concerned both with being a good dad, and how he'll be perceived as a father, should the relationship break down,' the insider says.

But, as the whispers continue, our source tells us Cheryl, who only recently rubbished the claims as 'ludicrous' – a rarity for the usually low-key star – is working hard at protecting their 'public perception'.

'It's all about image now. Cheryl's devastated people might think she's the woman

who can never keep a man,' the insider continues.

'Liam's long absences and work commitments are exactly the same as her first husband Ashley Cole's – and while no-one is suggesting Liam is up to mischief like Ashley was, she's often left wondering why her men don't seem to want to spend time with her.'

The *Heartbreaker* singer, we're told, is taking drastic measures to repair their romance – including moving her mum Joan out of the house, so Liam wants to be there more.

But our source fears it may be 'a little too late', adding, 'At this point, if it's going to work, there's a lot of talking and working things through to be done – and their schedules could be against them.'

So is history about to repeat itself for Chezza?

WORDS: GRACE HENRY; PHOTOS: BACKGRID, FILMMAGIC, CC IMAGES, GETTY, INSTAGRAM @CHERYLOFFICIAL, @LIAMPAYNE, REX

# CHERYL'S FIGHT FOR THIS LOVE

## Ashley Cole, 2004-2010

The duo struck up a romance after moving into the same building in 2004. Two years later they tied the knot, but their relationship was rocked by infidelity

rumours – on Ashley's part.

Cheryl filed for divorce in May 2010, admitting, 'I coped in public and crumbled in private.'



## Tre Hollaway, 2012-2013

After meeting in 2010, Cheryl and US dancer Tre went public with their relationship in 2012, with the singer gushing about their 'chemistry'.

But it was splitsville again for Cheryl a year later.



## Derek Hough, 2010

Chezza moved on to professional dancer Derek, who starred in her music video for *Parachute*.

Neither party

confirmed their romance at the time, but he later came clean, saying, 'We dated for a while. We are still very close.'

## Jean-Bernard Fernandez-Versini, 2014-2016

Cheryl shocked fans when she revealed she'd married French restaurateur Jean-Bernard after a whirlwind

three-month romance.

But it all came crashing down in January 2016, when Cheryl filed for divorce.



## Danielle Lloyd

After she was spotted with bruises on her face, Danielle Lloyd's reps admitted that the star had in fact had fillers. Despite previously admitting, 'I've had enough surgery to last me a lifetime,' it has been revealed that after being constantly trolled over her looks, Danielle, 34, gave in to the bullies. 'Danielle has made no secret of the fact that she's been the target of extreme online trolling. As a result of which, she has been left feeling very self-conscious about her looks,' Danielle's rep said. 'She has had injectable fillers, as the criticism about her face just got too much.'

There's no denying that celebrities are now indulging in cosmetic procedures more than ever, but it seems as though the reasons behind their decision can often be down to the spiteful words of others. Here, we get the lowdown on some of the stars who've crumbled under pressure to change the way they look...



# The rise of

# pressure SUR

## Ferne McCann

She's frequently posting gorgeous selfies, but Ferne McCann hasn't always been so confident about how she looks. The mum-of-one previously admitted she felt as though her nose held her back, especially after being nicknamed 'Goose' when she was younger, and being trolled on social media. 'Since I've been in the public eye, people have made horrific comments about my looks,' she confessed. After undergoing rhinoplasty in 2016, Ferne, 27, said, 'I'm pleased because I know in the long run I'm going to be much happier.'



## Scarlett Moffatt

She's always flashing her pearly whites on Instagram, but Scarlett Moffatt hasn't always been happy with her teeth. The former *Gogglebox* star has opened up about how an accident aged 11 left her with black teeth and resulted in her being the subject of cruel bullies. 'I had black teeth, a monobrow and I was a little bit chubby,' she has admitted. But, last year the 27-year-old had permanent tooth caps, leaving Scar close to tears as she put her bullying days behind her.



## Kylie Jenner

Speculation surrounded Kylie Jenner when she debuted a much plumper pout in 2014. After months of claiming that her newly enhanced lips were down to the impressive use of lip liner, Ky finally admitted to having had lip fillers following an ex-boyfriend's cruel comments. 'I was 15 and I was insecure about my lips,' the 20-year-old confessed. 'It was one of my first kisses, and the guy was like, "I didn't think you'd be a good kisser because you have such small lips."'



# of peer GERY

And the ladies aren't the only ones...

### James 'Arg' Argent

Arg, 30, confessed to having a nose job after shifting 4st. He admitted to being labelled 'Nostrils' at school and felt that with his new trim look, his nose was simply 'too big'.



### James Lock

The *TOWIE* hunk, 31, recently underwent £5,000 of corrective surgery to pin back his ears, after Twitter trolls claimed that he 'looked like Hitler'.





Words by  
**Selina  
Maycock**

**Y**ou've got to kiss a lot of frogs before you find your prince – and it seems the saying rings true for Meghan Markle, as last week it was revealed the actress has had her fair share of bad snogs.

The 36-year-old American, who's set to marry Prince Harry in May, lists the ups and downs of her acting career in an online blog dating back to 2010. In one post, she complains about the horrors she's endured on set, including 'smelly breath' snogs.

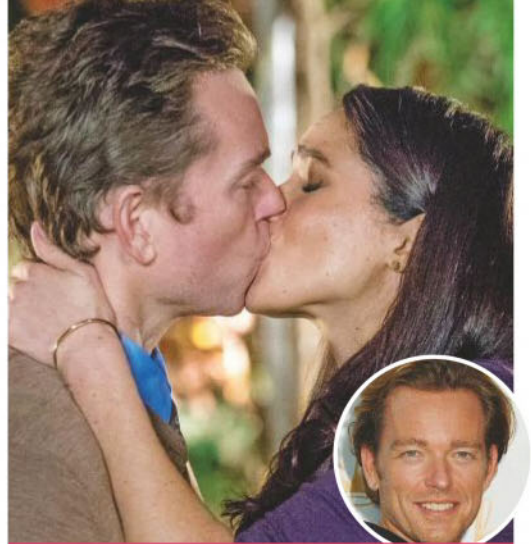
She writes, 'I've had to freeze my [acting] union membership, borrow money, work jobs that I hated, endure being treated like s\*\*t on a set, kiss actors with smelly breath and cry for hours on end because I just didn't think I could take it any more.'

From small productions to her role on big-budget US TV drama *Suits*, Meghan's kissed many actors. And while her lips remain sealed about who she's referring to, making out on screen isn't always minty fresh!

**TURN THE PAGE TO SEE  
MEGHAN & HARRY'S  
WEDDING GUEST LIST!**



**NAME:** Christopher Jacot  
**AGE:** 38  
**TV FILM:** *When Sparks Fly*



**NAME:** Jonathan Scarfe  
**AGE:** 42  
**TV FILM:** *Dater's Handbook*



**NAME:** Patrick J Adams  
**AGE:** 36  
**TV SHOW:** *Suits*



**NAME:** Gregg Sulkin  
**AGE:** 25  
**FILM:** *Anti-Social*

**Meghan confesses:**

**'I had to kiss  
actors with  
smelly breath'**

We're sure Ms Markle's not talking about these gorgeous guys!



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# Who's on Harry and Meghan's wedding guest list?

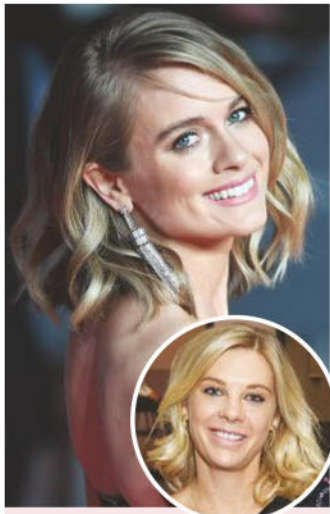


We take a look at who's expected to see Meghan become royalty...



Words by  
**Selina Maycock**

It's two months since Prince Harry admitted he and Meghan Markle hadn't 'put the guest list together' for their upcoming nuptials in May. Fast-forward 10 weeks, add a Spice Girls reunion into the mix and we've got an A-list attendance to rival Kate and Wills'...



## CRESSIDA BONAS & CHELSY DAVY

One of Hazza's pals has claimed his exes will make an appearance, saying, 'Harry has stayed good friends with Chelsy and Cressida. I don't think Meghan will mind.' Rather her than us.



## SPICE GIRLS

Mel B let slip she'd received an official invite on US chat show *The Real*. She spilled, 'Yeah, I'm going... I don't know if I should've said that! Well, us five Spice Girls... Why am I so honest?' Oops!



## ELTON JOHN

The *Can You Feel The Love Tonight* hitmaker sent the rumour mill spinning that he might be performing for guests when he cancelled two concerts in Las Vegas on 18 and 19 May – the weekend of Harry and Meghan's wedding. Quite a coincidence if not!

## SERENA WILLIAMS

The tennis ace is expected to attend after Meghan reportedly struck up a bond with the star in 2014. Meghan said, 'We hit it off immediately, taking pictures, laughing and chatting about good old-fashioned girly stuff. So began our friendship.'



## MILLIE MACKINTOSH

The former *MIC* star is Meghan's go-to workout buddy, and with the wedding getting closer, Meghan is expected to put herself through her paces to stay in shape for the dress fittings.



## NO RSVP REQUIRED

The Queen, Prince Charles, Wills and their families. And there's still plenty of time for our invite to arrive.

Katie is  
inscrutable  
at the best  
of times

# Kieran 'Giv one cha

The former  
stripper is  
desperate to  
get his marriage  
back on track...

**G**iven his track record, it would be fair to assume Kieran Hayler has had more than enough chances from wife Katie Price.

Despite this, *Now* can exclusively reveal that, while Katie, 39, is weighing up her options, 30-year-old Kieran is desperate to make things work.

'At the moment, Kate is stuck

**'Kate jokes  
that he's  
nothing  
more than  
household  
help'**



Kieran is  
doing his  
best to spoil  
his 'wifey'





# begs Katie:

# ve me e more ance!

Kieran takes care of the couple's kids, Bunny and Jett



Words by  
**Jack White**

between a rock and a hard place,' a source close to the former glamour model says. 'On the one hand she and Kieran are as close as ever, but she's enjoying tormenting him. 'When she's asked about what's going on between her and Kieran, Kate jokes that he's nothing more than household help. That hurts him.'

Now understands that Kieran is doing everything he can to prove his commitment to Katie, following his alleged affairs with her former friends Chrissy Thomas and Jane Pountney, and their ex-nanny Nikki Brown.

From cooking her favourite meals, bringing her breakfast in bed and regular foot massages, Kieran, we're told, is playing the doting husband perfectly. However, it could be too little, too late for their marriage.

Our insider continues, 'Kieran's going above and beyond the line of duty, but Kate isn't reacting at all. Inside she's enjoying being doted on, but she's playing it cool.

'He's resorted to begging Kate

for answers, but she's not budging. In Kieran's mind, they're still married and very much together, but it's impossible to read Kate at the best of times.'

Last month, mum-of-five Katie admitted to signing up to some dating apps, but added that – should she and Kieran finally call it quits – she'd prefer to meet her next man the old-fashioned way.

**'She's signed up to dating apps'**

'I feel quite uncomfortable,' Katie said. 'I'm not used to it. I'd rather meet someone through friends.' But Kieran hasn't been put off by his wife's brazen comments. While there was no word from Katie to mark their fifth anniversary, just days before the dating app confession, Kieran celebrated with a post on social media.

And since then he's shared images of meals he's been cooking for his 'wifey', as he continues to look after the couple's kids and animals.

Will Kieran be able to convince Katie that he's changed once and for all? Only time will tell.

## Katie on Chris: 'Karma is a b\*\*\*\*!'



After being accused of lying by *Love Island* star Chris Hughes, Katie's feeling gleeful that the truth is finally out there.

Chris' ex-girlfriend Olivia Attwood last week admitted to *Now* that he *did* exchange messages with Katie, despite his continual denials, and now the Loose Woman is happy to sit back and let him get what's coming to him...

'Kate warned Chris that Olivia would turn her back on him, and she was right,' says our source. 'Chris didn't listen, and chose to stab Kate in the back instead. Now she's letting karma do its thing.'

# Make Mum smile

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### Kylie, 20

Kim said she loved the new mum's 'ability to not care [about] other people's opinions'. But she also considers Kylie's 'I don't care, I know what I'm doing' thing her weakness.



### Kourtney, 38

Kim's strangest compliment went to Kourt – as Kim said her sister's biggest draw is her 'savviness around finances'. However, Kim pointed out that her 'stubbornness' is less appealing.



### Khloé, 33

She's known for her ballsy personality, and Kim chose 'Khloé's I-don't-give-a-f\*\*\* attitude' as her best trait. But Kim worries her sis is 'getting too sensitive'. Aww.

# The Kardashians...

## ACCORDING TO KIM



The Kardashians' standout star reveals the good, the bad and the ugly about her A-list clan

**T**hey're one of the most famous families in the world of showbiz, who lay their lives bare on their tell-all reality show, *Keeping Up With the Kardashians*. But what are the Kardashian-Jenner clan really like behind closed doors? Kim Kardashian, 37, recently lifted the lid in a fascinating tell-all interview...



### Kris, 62

Kim heaped praise on her 'momager' Kris Jenner. Revealing she was most in awe of her mum's 'nurturing', Kim continued that she wouldn't change anything about her mother, because 'she's perfect'. We bet that's music to Kris' ears!



### Rob, 30

They've had their ups and downs, but Kim didn't hesitate when asked what her younger brother Rob's best trait is. '[His] sense of humour,' she said. But there's one thing that really grates on Kim. 'My brother's moodiness,' she said. Ouch!



### Kendall, 22

When it comes to her model sister, Kim said she'd love to have 'Kendall's sweetness'. She also wishes she could 'take away Kendall's anxiety' if she had the chance. Cute.



Sam has made a living from her mummy reality show...



...and is said to be annoyed that Ferne has followed suit

# Sam & Ferne: **Wh** **REALLY**

As Ferne denies her feud with Sam is to do with her ex, we reveal why their friendship has turned sour...

**S**peculation about why former best friends Sam Faiers and Ferne McCann fell out has been rife for months, and *Now* can finally reveal the *real* reason they're feuding.

As ex-*TOWIE* stars, Ferne and Sam, both 27, shot to fame together and have ventured down similar career paths since quitting the show – making a fortune out of being yummy mummies.

But, it seems that this is the root of the problem, and *Now* understands that mum-of-two Sam – who has starred in two series of *The Mummy Diaries* – was furious when Ferne was offered her own fly-on-the-wall show, following the birth of her daughter Sunday in November 2017.

A source close to Sam and Ferne – whose ex Arthur Collins was convicted of an acid attack in a London nightclub and jailed for 20 years in December 2017 – said, 'The last time Sam and Ferne saw each other was at Ferne's birthday

party in August, and everything was fine.

It was weeks later, when Ferne told all her close friends that she was filming for this TV show, that Sam totally pulled the plug on their friendship.'

**'Sam couldn't accept Ferne's success'**

And, when reports surfaced last week that the 'fall out' was down to Ferne's decision to stay with Arthur – which Ferne denies – she broke her silence.

'Regarding today's many FALSE stories about me... For the record (again) I am not in a relationship with Arthur. Sam and I never fell out about Arthur! This is false,' Ferne tweeted.

With Ferne and Sunday's popularity on the rise – and their show commissioned for a second series, our insider reveals that Sam – whose own show has been renamed *Sam and Billie Faiers: The Mummy Diaries*, to include her sister Billie and her two children – Nelly, three, and Arthur, one – is jealous of her former pal's success. 'It's pretty clear that fame is more important to Sam than her friendship with Ferne,' the source said. 'She

# y they fell out



The two former co-stars used to be besties

wanted to be the only reality TV star to have a baby show and can't accept that Ferne could be more successful than her.'

Having made regular appearances on *The Mummy Diaries*, and having even looked after Sam's social media accounts during her stint in the *Celebrity Big Brother* house, Ferne has been nothing but supportive of Sam, but she has failed to do the same.

Not only did Sam skip Ferne's home screening of *First Time Mum*, although her sister Billie *did* attend, she was also accused of 'stealing the limelight' when she announced the name of her daughter, Rosie Knightley, just an hour before the episode aired.

A quick look back at Sam's track record and it wouldn't be the first time she's ditched a former co-star out of jealousy, after she reportedly fell out with Amy Childs back in 2011 when she quit *TOWIE* and was offered her own reality TV show, *It's All About Amy*.

We've got a case of déjà vu!

Ferne has told fans that she is not still seeing her ex Arthur

Turn to page 34 for our interview with Sam, where questions about Ferne - whose team declined to comment - were strictly off limits...

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# Getting some practice in, Harry?

**WHEN:** 25 February

**WHERE:** London

Just when we thought we couldn't love Harry Styles any more, he took a stroll with a baby and our hearts skipped a beat. The singer, 24, melted hearts last week by looking totally smitten with the tiny tot. But panic not – the baby belongs to a friend. Gah, we can wish...



WORDS: GEORGIA FARQUHARSON. PHOTO: EROTEME

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Scherzinger

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The Vitabiotics logo features a stylized Greek letter Omega (Ω) above the word 'VITABIOTICS' in a bold, sans-serif font.



# It was the week that...



James gifted Mariah this bit of bling when they were together

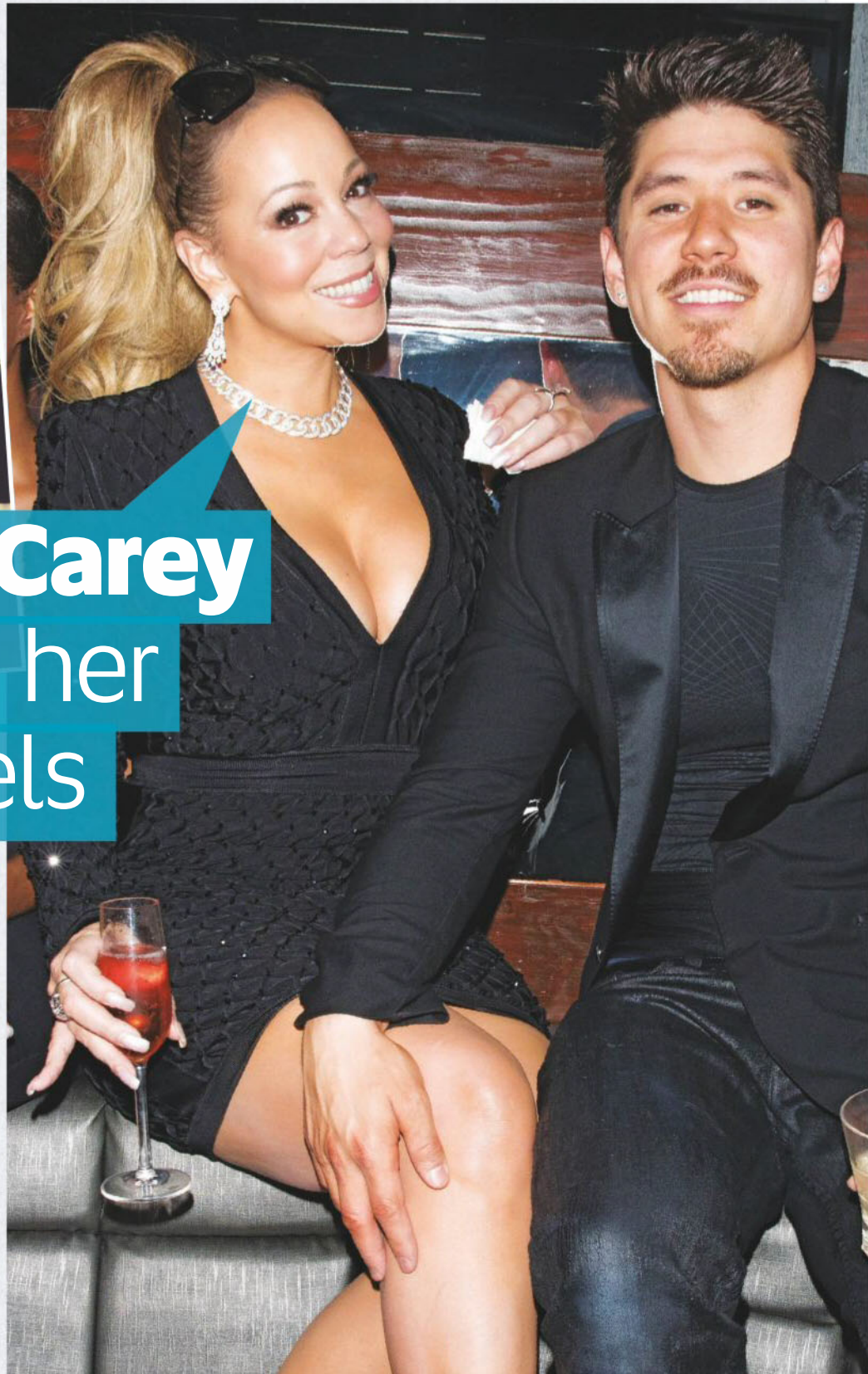
## Mariah Carey flaunted her ex's jewels

**The singer kept a very pricey present from her former lover**

There's no denying that Mariah Carey loves to live the life of luxury, and now she's made it perfectly clear that she doesn't give up perfectly good diamonds, for any man!

The 47-year-old recently enjoyed a night out with boyfriend Bryan Tanaka, 34, at boxer Floyd Mayweather's star-studded birthday party in LA. And we couldn't help but notice the £361,000 diamond choker draped around Mimi's neck – a present from billionaire ex-fiancé James Packer.

But, after seeing Bryan's chuffed smile, it seems as though he's just fine with her keeping the glitzy gift. And to be fair to Mariah, we wouldn't have given it back either.



## It was the week that...



### Ella Henderson was dropped

#### Another one bites the dust

Her debut single *Ghosts* sold two million copies, but Ella Henderson has been dropped by Syco.

The record label – owned by Simon Cowell – has allegedly claimed that the 22-year-old's material wasn't up to scratch. Eeek!

But with a voice like Ella's, we're sure she'll be snapped up and back in the studio in no time.



### Victoria had a shoe fitting in crutches

#### VB never gives up her heels!

Victoria Beckham certainly won't let a small stress fracture get in the way of fashion. VB proved that nothing can slow her down, as she shared a snap of herself at a shoe design fitting, rocking her supportive boot and crutches.

And it seems as though Victoria, 43, is embracing her new fancy footwear, as in another Instagram post, showcasing the boot in grey and black, she wrote, 'Thank goodness! The boot comes in black too!! Even has a jazzy red pump! We bet she's dying to get her Jimmy Choos back on. Both feet, that is.'

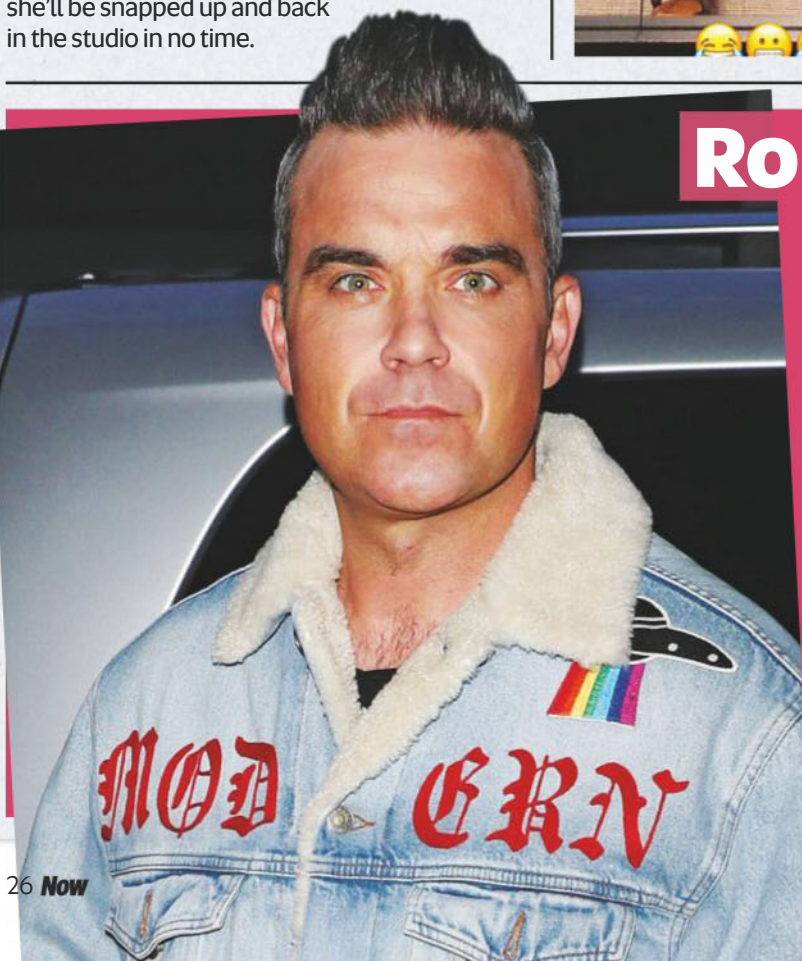
Shoe design meeting on one leg!

### Robbie admitted: 'I have a disease inside my head'

#### Rob got real!

He was always known as the bad boy of Take That, and it's safe to say that Robbie Williams has had quite a roller-coaster ride over the years. And now the 44-year-old has opened up about his own battles with mental health. 'I've got a disease

that wants to kill me and it's in my head,' Robbie said. The dad-of-two – who is currently touring Australia – added, 'Fortunately and unfortunately, I'm inclined to sabotage everything. Sometimes it overwhelms me and sometimes it's a tool I need to get on stage. Sometimes I live in bliss and it's wonderful.'



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Going...



Going...



Might be time to call it a day, eh, Mark?



# Mark takes a tumble

**WHEN:** 24 February

**WHERE:** Utah, US

Poor Mark Wright just can't catch a break at the moment. The 31-year-old took some time out from dominating American TV for some fun in the snow, but clearly he

needs more practice, as it wasn't long before he lost his balance.

It comes after Mark injured himself in the gym, leaving a nasty cut on his face – which was still visible during his day on the slopes. Someone please tell him to be more careful!

Gone!



# 'We're sticking by our men!'

They've been publicly humiliated by their blokes, but these celebs are in it for better or for worse...

## Coleen Rooney

They'll mark their 10-year wedding anniversary this June, but Coleen and Wayne Rooney's marriage has been no easy feat, with the pair being dogged by cheating claims throughout.

Most recently, Wayne was caught drink-driving party girl Laura Simpson home in her car, while Coleen – who was pregnant at the time with their now one-month-old son Cass Mac – was taking care of their other children.

But the 31-year-old stood by her man, saying, 'I'm not taking Wayne back as he's never left.'

She continued, 'A few people are probably thinking [I] am stupid for staying in my marriage. I am not stupid, I know my own mind and it's something I want to try and work on.'

It comes seven years after it was reported the pro footballer, 32, slept with prostitutes during Coleen's first pregnancy.

And in 2004, Wayne admitted to paying for sex while he was 'young and stupid'.

Yet Coleen continues to fight her man's corner, insisting, 'He's always had a hard time.'



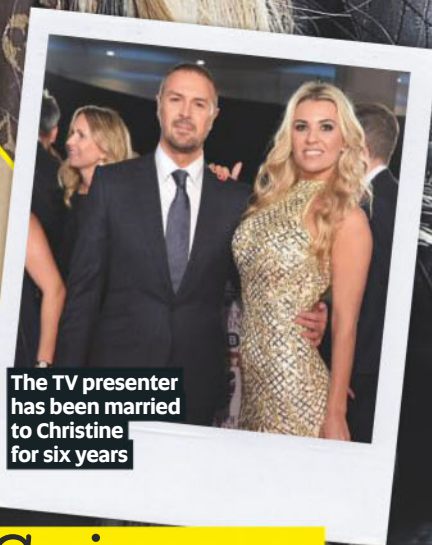
Coleen, Wayne and their three older boys Kit, Kai and Klay



Wayne was driving Laura Simpson home from a club



Paddy and Nicole were seen arm in arm on a night out



The TV presenter has been married to Christine for six years

## Christine McGuinness

She was reportedly left 'heartbroken' last month, after her husband of six years, TV presenter Paddy McGuinness, was pictured looking cosy with All Saints' Nicole Appleton.

But despite the shock photos, after which Christine was spotted crying in her car, it's said that the 29-year-old has now welcomed Paddy, 44, back into their marital home.

A source revealed, 'Things were really not good and friends were left fearing for their marriage.'

'Christine now believes her husband when he says that nothing romantic happened with Nicole, and he has managed to win back her trust. 'The happiness of their children is the most important thing and they are determined to stick together as a family and move forward.'

It's also believed the mum-of-three – who hinted at remaining 'strong' when 'in hot water' – has gone back to wearing her wedding ring. Ring it on!



## Why Lisa can't let go of Ant

Ant McPartlin, 42, released a statement in January announcing he was splitting from his wife of 11 years, Lisa Armstrong. But do these telltale signs prove that Lisa is struggling to move on?

### THE RING

The 41-year-old was recently pictured still wearing her wedding ring, despite Ant being pictured without his back in January.

The diamond was clearly visible as she left a celebration for the late Sir Bruce Forsyth.

### AFFECTIONATE TWEETS

Lisa is yet to comment on Ant's divorce statement, but she's still reaching out to her ex.

Just last week, she wished him and his *Saturday Night Takeaway* co-stars 'Massive luck,' days after she was 'axed' from the show.



Lisa Armstrong @lisaAmakeup · 4h  
Massive luck to all involved in @itvtakeaway have a great show and a brilliant series xx

### WORKING TOGETHER

Although reportedly dropped from *SNT*, Lisa has kept her job on the *BGT* spin-off with Stephen Mulhern.

So it's likely that she and Ant will cross paths soon...



**MYLEENE  
KLASS  
WEARS  
VERY**

Looking ravishing in red for an appearance on *Lorraine*, Myleene models her own range for Very. We love the sleek bob – very chic!

DRESS, £55, 8-18, VERY

Inspired  
by...  
Celeb looks  
we want to  
steal this week



Exact  
match



**DENISE VAN  
OUTEN WEARS  
IN THE STYLE**

Flashing a black lace bralet, the *TOWIE* narrator protects her modesty in this deep plunge floral dress from online retailer In The Style.

DRESS, £27.99, S-L, IN THE STYLE



Exact  
match





Good Morning Britain

itv

itv

itv

Good Morning Britain

Good Morning Britain



Exact match

**KIMBERLEY WALSH WEARS COAST**

The ex-Girls Aloud singer looks fab in this belted chiffon dress from the Friday Collection at Coast. Extra style points for the contrasting nail polish!

DRESS, £119, 6-18, FRIDAY COLLECTION AT COAST



**MOLLIE KING WEARS TOPSHOP**

Braving the cold temperatures, The Saturdays singer channelled her inner Cher Horowitz in this *Clueless*-style co-ord, teamed with a simple white tee and platform sandals.

BLAZER, £59, SKIRT, £36, BOTH 4-18, TOPSHOP



Exact match

**MAYA JAMA WEARS KURT GEIGER**

Attending a party in NYC, DJ and *Loose Women* panellist Maya has kicked off her heels in favour of these candy pink Kurt Geiger trainers. We love her colour-coordinating clutch, too!

TRAINERS, £119, KURT GEIGER



Exact match

COMPILED BY: BECKY JOINER-O'RIORDAN. PHOTOS: GETTY, REX

THE  
**BIG**  
INTERVIEW

# 'We won't make our weddings clash'

Essex sisters **Sam** and **Billie** fill us in on their brand new reality show...

It's pretty full-on when we arrive at ITV's London studios for our interview with former *TOWIE* stars, Sam, 27, and Billie Faiers, 28.

Sam's three-month-old daughter Rosie – whom she shares with her boyfriend of three years, Paul Knightley – is blowing raspberries on the sofa, as she receives tickles from a staff member.

Paul, 29, is on hand to help with his daughter, and the Faiers sisters pose for promotional pictures before



Interview by  
**Grace  
Henry**

Sam is pulled away to breast-feed the crying tot.

All we need is Sam's eldest, two-year-old 'Baby Paul', Billie's partner Greg Shepherd and their two children – Nelly, three, and 11-month-old Arthur – to make it a full house.

An awful lot has changed since the girls first burst onto our TV screens in the Essex-



# Sam & Billie



based reality show back in 2010.

They no longer enjoy wild nights out at Sugar Hut, but instead spend quiet nights in with their respective families.

However, when we quiz the siblings on their former *TOWIE* co-stars, including Amy Childs and Ferne McCann – the latter of whom Sam is rumoured to be feuding with – we're told all such questions are strictly off-limits.

Nevertheless, the duo, who have launched their brand new ITVBe show, *Sam and Billie: The Mummy Diaries* – are more than happy to talk about Billie's upcoming nuptials and their growing broods, which don't seem to have put them off having more children...

**Congrats on your new show! What made you do it together this time round?**

**S:** It was a natural progression. *The Baby Diaries* did really well, and Billie was in it quite a lot, so it felt right to do a series together. Our families are very different as well, so people may watch it thinking they're

more like the Shepherds, or more like the Knightleys.

**What's it like being mums-of-two?**

**B:** [Laughs] Carnage!

**S:** It's a lot harder than having one, because you don't really get a moment to yourself.

In the first few weeks, I was really emotional.

**Is it hard to split time between both children?**

**S:** I'm lucky because Paul's at home, so

## **'Having two children is a lot harder'**



Billie with her fiancé Greg and children Nelly and Arthur



Sam and her partner Paul with 'Baby Paul' and little Rosie

# Billie Faiers

TURN FOR MORE ➔

he can give Baby Paul the attention he needs, but you do worry. I kept crying and thinking I was leaving him out.  
**B:** Although it's lovely when you welcome a new one, it's such a big change. Nelly's nose was really out of joint when I had Arthur, whereas Baby Paul hasn't been jealous at all.  
**S:** He's completely obsessed with Rosie! He wants to kiss her all the time.

**Do you still want to have more children?**

**S:** Definitely!  
**B:** Yeah.  
**S:** I want a gap now though. Obviously I could have another one tomorrow if I wanted to, but I'd feel bad for Rosie. I want her to have as much time as I had with Paul, so Paul would have to be at school first before I have another child.

**Will we be seeing any of your celeb friends on *The Mummy Diaries*?**

**B:** There's extended family on the show and there'll be a couple of parties, where our friends and their kids will be.  
**S:** To be honest though, it's mainly focused on my family and Billie's.

**Billie, how's your wedding planning going?**

**B:** We're finally getting somewhere with it. We can definitely say we're getting married next year, so that's really exciting.

**Greg and Billie have set a date for their wedding next year**



**'Nelly's nose was out of joint when Arthur arrived'**

**Is Greg budging on the Maldives as a location?**

**B:** [Smiles] He's coming round to the idea.

**When do you see yourself walking down the aisle, Sam?**

**S:** I really want to get married and I'm so excited for when that happens, but I'm not in a rush at all. We've just had

Rosie, we're getting settled into our new house [in Hertfordshire], plus Billie's getting married next year – so I wouldn't want to clash with that! It will probably be a few more years before we do.

**Are you helping Billie plan?**

**S:** Yes! I'm maid of honour, so I'll plan the hen do, help with the dress and do anything she wants, really! Billie's great at planning though, so she'll be fine.

**Sam, you previously said you want to be in your best shape when you do get married – how are you feeling about your body?**

Not that

great. I know Rosie's still young, so I'm probably being a bit harsh on myself – as we are as women – but I don't feel body-confident at the moment. It's just a feeling. I've still got a bit of mum tum.

**Do you feel different to when you had Baby Paul?**

Completely! When I had Paul, I feel like the baby weight just fell off without me doing anything, but I'm going to have to work at it a bit more this time.

**How do you feel, Billie?**

The same really. There's always parts of my body that I need to tone, but it's just finding the time. I said I was going to start the gym three times a week this week, but there's no time. We're so flat-out – we're mothers, we work, and we don't have nannies. It's hard. I'm definitely going to up my game for the wedding.



**Baby Paul loves having a little sister**



**The couple welcome Rosie at their home in Hertfordshire**



**Paul and Sam love spending time together as a family-of-four**



**Despite their amazing figures, the sisters don't feel body-confident**



**Do you have body goals?**

**S:** Yeah, but they're really unrealistic!

**B:** Victoria's Secret models!

**S:** Mine are girls I find on Instagram who have amazing abs. But it's unrealistic, because they're so tall and gorgeous. I now use old pictures of myself before I had Baby Paul as a goal instead. Hopefully, I'll bounce back soon.

**How are you liking your new home, Sam?**

It's been six months now, and we're really enjoying it. I suppose we're still settling in to the area, but our new home is bigger, so there's more space for a family-of-four and we can have our friends round.

**You and Paul recently had a night away from Baby Paul, what was that like?**

It was just really nice to have time to ourselves, but we didn't do anything but relax and have a massage. We kind of spent the whole time talking about him!

**Are you going to try and have more date nights?**

**S:** I think so. Rosie is breast-fed

because she doesn't take a bottle, so I look forward to it in the future, but I don't really mind so much. Me and Paul prefer to do things as a family.

**How do you find time for date nights, Billie?**

**B:** It's different because I'm not breast-feeding, so I'm a bit more flexible. But we don't really have date nights either. Me and Greg like to stay in and have dinner together when the kids are asleep. It can be distracting when they're there.

**Sam, are your plans**

**for LA now on hold?**

Yeah. I still want to go back there, but it's a bit far to travel to since Rosie is still so small. I have to do it before Baby Paul starts school though, so the plan is to go at the end of this year or next year for six weeks, and really live it!

*Sam and Billie Faiers: The Mummy Diaries will air on 7 March at 9pm on ITVBe.*

**'I've still got a bit of a mum tum'**



## The Beckhams

With a Spice Girl for a mum and Goldenballs for a dad, outshining their parents was always going to be a tough gig for the Beckham brood. Their eldest – Brooklyn, 19 – tried his hand at photography last year, but his debut book sold a mere 3,800 copies. Awks. At the age of just 15 though, his younger brother Romeo has enjoyed a successful modelling career – even featuring in Burberry's Christmas campaign in 2014. Cruz, 13, looks like he'll follow in his mum's footsteps, and has been entertaining Vic's Instagram followers with his singing. And then there's mini fashionista Harper, six, who can sell out whatever she wears quicker than you can say, 'Spice World'. These kids sure have got good genes!



With the news that Katie Price's 12-year-old son Junior has designed his own clothing range, we take a look at the other child stars following in their parents' footsteps

# IT RUNS in the FAMILY

## Miley Cyrus



It's safe to say Miley has more than eclipsed her famous father Billy Ray Cyrus. The 56-year-old country singer might have released 12 studio albums and 44 singles since 1992, but his 25-year-old daughter has forged a pretty incredible career since her *Hannah Montana* days, too. With five No.1 and 11 top-10 albums in the US Billboard Charts under her belt, Miley has also starred in movies including *Bolt*, *Hannah Montana: The Movie* and *The Last Song*. And she's rumoured to have married beau (and mega-babe) Liam Hemsworth. Slay, Miley!

## Junior & Princess

Having lived her life in the spotlight – building an empire in the process – Katie Price was never going to let her children miss out on a piece of the pie. So, we weren't surprised when the mum-of-five revealed Junior has designed and will model his own clothing range at the age of just 12. It seems this isn't Junior's only talent, as his father Peter Andre has said, 'He's got a beautiful voice.' Junior's 10-year-old sister, Princess, is also set to release a book. Seriously, about what?!



## Scarlett Thomas

As the daughter of *Corrie* stars Ryan Thomas and Tina O'Brien, Scarlett Thomas was always going to have showbiz in her genes. So, we weren't surprised when the adorable nine-year-old was snapped up by fashion brand Boohoo for her first major modelling contract. The tot – whose famous parents are no longer together – is the face of the brand's new childrenswear line. Keeping it in the family, the youngster is represented by her mum's casting agency, The Drama MOB Management. On her daughter's bright future, Tina said, 'I'm really proud of Scarlett and everything she has achieved.' We bet you are!

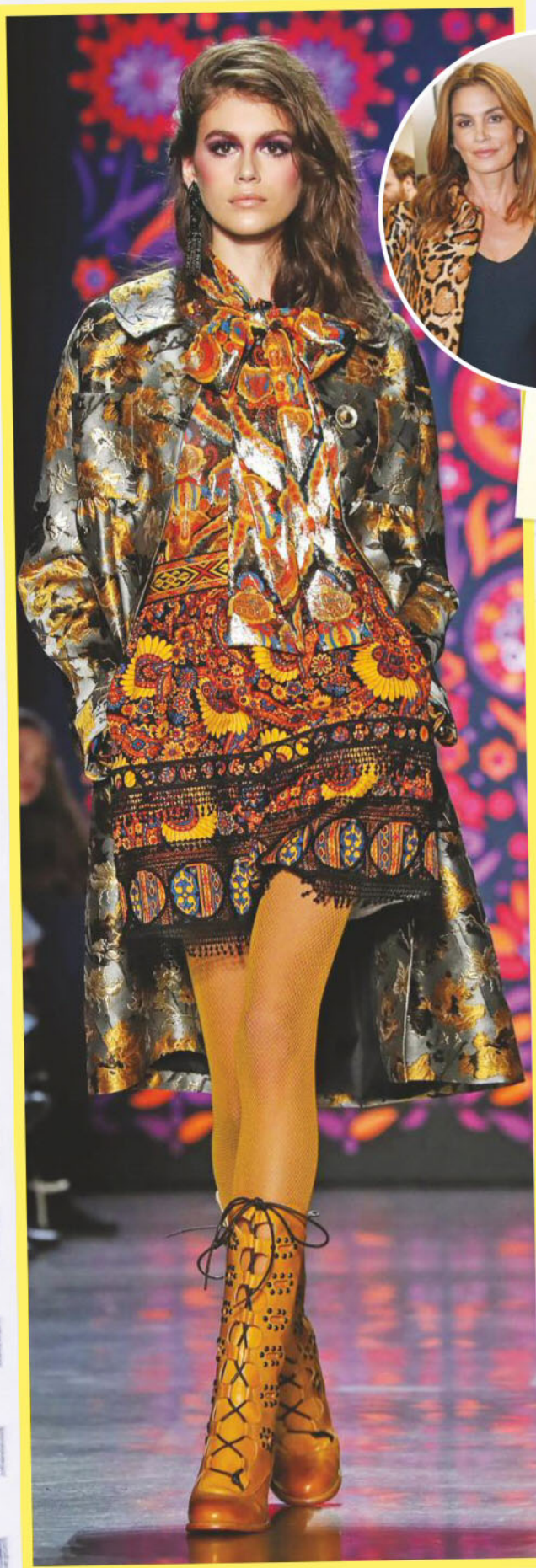


## Teddy Thomas

Keeping it in the family, Ryan's younger brother Adam confirmed that his son Teddy is also venturing into the showbiz world. *Emmerdale* star Adam, 29, announced that his three-year-old son would be making his TV debut on CBeebies this year. Alongside a photo of Teddy grinning on Instagram, he wrote, 'So proud of this little boy it's untrue he's already making moves in the fashion world at @thecouture\_club and tomorrow he's filming for @cbeebieshq. Watch this space the next Thomas generation is taking over!! [sic] You can say that again!'







## Kaia Gerber

If you thought Kendall Jenner and the Hadid sisters were the only top models worth mentioning, think again. Kaia Gerber – daughter of supermodel Cindy Crawford – is killing it in the same industry her mum has been making waves in since the 80s. Last year, Cindy, 52, was forced to defend her decision to let her daughter model at the age of 16. She said, 'In some ways, I wish I could have pushed it off a year or two. But in fashion that's kind of normal.' And who could be a better mentor than her own mum? 'The great thing for my kids is that I know a lot about that world,' Cindy explained.

## Roman Kemp

Martin Kemp's son Roman is no longer just the child of an 80s pop sensation. The 25-year-old is best known for hosting the breakfast show on Capital FM, and has had various other presenting gigs, including social media correspondent on *X Factor*. But despite Roman's success and good looks, he once admitted that he's constantly told his dad is better looking than him. He said, 'Do you know how many girlfriends I've had that have said, "Your dad's really fit?" Do you know how much that sucks?' You've got a point, Rom!



## Matilda Ramsay

Her dad can often be found shouting expletives in the kitchen, but Gordon Ramsay's 16-year-old daughter Matilda is a much more wholesome member of the clan. After making a cameo appearance on her famous father's TV shows *MasterChef Junior* and *Hell's Kitchen*, Matilda – AKA Tilly – landed her own show on CBBC called *Matilda and the Ramsay Bunch*. She's also got a rather impressive 20k YouTube followers on her channel Tilly Tube. Looks like she's after your job, Gordon!



## Jaden & Willow Smith

Will Smith's kids were always going to do big things. After launching her music career in 2010 with *Whip My Hair* and signing to Jay-Z's record label Roc Nation, Willow, now 17, appeared in *I Am Legend* alongside her dad. Her 19-year-old brother Jaden made his acting debut in *The Pursuit of Happyness* in 2006 and is working with Cara Delevingne in upcoming film *Life in a Year*. He also made it into the charts with Justin Bieber on *Never Say Never*. Is there anything these two can't do?!



## Baby Paul

A star of *The Mummy Diaries* before he was even born, Baby Paul is arguably now more famous than his showbiz mum Sam Faiers. Back in 2014, Sam, 27, attempted to ditch her Essex roots by signing to top modelling agency Elite Model Management. Fast-forward three years and the former *TOWIE* star caused controversy when she sent Baby Paul – her firstborn with boyfriend Paul Knightley – for a modelling casting aged just six months. But with fans (and us) hailing him ‘the cutest baby ever’, how could she not?



## Lennon Gallagher

As if having Liam Gallagher as your dad wasn't enough of a claim to fame, Lennon Gallagher – the 18-year-old son of the Oasis star – is a model in his own right, too. Lennon was scouted by Pharrell, who happens to be the creative director of G-Star Raw, and ended up being the face of one of their campaigns last year. No biggy. On his son's fashion venture, Liam joked, 'Good looking kid. Takes after his dad.' What a guy. Lennon no doubt also picked up some tips from his mum, *Emmerdale* star and former model Patsy Kensit.





## Vicky Pattison & Caroll Pattison

Vicky may invite her mum to showbiz parties, but she still has to unload the dishwasher at home...



## Chrissy Teigen & Vilailuck Teigen

The American model and her mum don't just hang out – they live together too! Hubby John Legend must see a LOT of his in-laws.

# Mum's the

This Mother's Day, we take a look at the co



## Eva Longoria & Ella Eva Mireles

She may be the face of L'Oréal, but Eva Longoria reckons she has her mum to thank for her luscious locks, saying, 'I got my hair from my mom! She has the best hair in the world.'



## Helen Flanagan & Julie Flanagan

The *Corrie* actress admits she'd be lost without her mum, saying, 'She would always tell me if she thought I was showing off' That's what mothers are for...



**Naomi Campbell & Valerie Morris**

There's no mistaking where Naomi Campbell gets her striking features from. Her mum could be her sister!



**Bradley Cooper & Gloria Campano**

Could Bradley Cooper be any more perfect?! Along with being one of the highest paid actors in the world, *The Hangover* star always makes time for his mum and regularly takes her as his plus-one. Awww!

# word!

celebs who are BFFs with their mums



**Jade Thirlwall & Norma Badwi**

Jade and her mum aren't afraid to show their playful sides. The duo love nothing more than dressing up in eclectic outfits and wigs.

# Look out for **Now's** Mummy Influencers!

Meet our contributors, chatting their way through what's what in the world of fashion, beauty, fitness and food. Enjoy!



Jenni

**@jennifalconer**  
**@officialjennifalconer**

Heart Radio DJ Jenni Falconer is married to James Midgley and they have a six-year-old daughter, Ella. Jenni loves to keep fit by running. Her other passions are film, TV and fashion.



Anna

**@mother\_pukka**

Founder of Mother Pukka, Anna Whitehouse has two children. Her likes include superhero cape-making classes and flash mobbing in the streets for Flex Appeal, her campaign to promote flexible working.



Fritha

**@tigerlillyquinn**

Fritha Quinn is a thirtysomething lifestyle blogger and mother of two – to Wilf, six, and toddler Mabi. She lives with her husband Tom and loves veggie food, good coffee, too much shopping and posting pics on Instagram.



Katie

**@mummydaddyme**

Katie Ellison writes the award-winning lifestyle blog Mummy Daddy Me. She has three children, Madeleine, seven, Lottie, four, and toddler Wren. Katie loves photography, running, fashion and doing up their home.



Dannii

**@hungryhealthyhappy**

Dannii Martin blogs at hungryhealthyhappy.com, a popular food blog. She creates healthier versions of her favourite comfort food. Now mum to a one-year-old, she shares her health and fitness tips.

## 1 Upton girl

Lipsy's latest signing is none other than the stunning Kate Upton. The collection is built up of wardrobe staples and stylish pieces, all encapsulating the model's cool Californian style.

(CLOCKWISE FROM RIGHT) JUMPSUIT, £65, DRESS, £65, COAT, £68, DRESS, £85, ALL 4-18, ALL LIPSY LOVES KATE AT LIPSY



## 7 Eye, eye

Emma Willis has collaborated with lash house Eylure to create her very own lashes. The three different sets are named after her children and are inspired by the way their lashes look – cute! They can be worn separately or together for a dramatic look.

INSTA-BELLE LASHES, £6.95, ALL THE ACES LASHES, £6.95, TRIX-A-LASHIOUS LASHES, £6.95, ALL EYLURE X EMMA WILLIS



MUMMY INFLUENCER  
**Jenni's pick**  
 @jennifalconer



## 3 Bootiful

Transitioning from season to season can be tricky. That's why our Mummy Influencer Jenni Falconer loves these boots from H&M. 'Perfect with skinny jeans and a jumper or even a dress – they are on my list!'

BOOTS, £79.99, H&M

## 2

### New nudes

This year it's all about the natural beauty look, and Primark's latest nude collection has you covered – with everything under £10!

EYE SHADOW COLLECTION, £8, MATTE LIPSTICK, £1.50, MATTE LIQUID LIPSTICK, £2, EYE & LIP GLOSS STICK, £2, ALL PS... NUDES COLLECTION AT PRIMARK



# THINGS...

people are talking about right now

## 4 Team work

Iconic 90s sports brand Umbro has teamed up with e-tailer Missguided for the first time. With Umbro's recognisable logo present throughout and pops of Missguided's distinctive pink, it's one you won't want to miss out on. Prices start at £15.



(CLOCKWISE FROM TOP LEFT) JACKET, £38, HOODY, £32, T-SHIRT, £22, AND SWEATER, £32, ALL XS-XL, MISSGUIDED

## 6

### Face up

The gorgeous Olivia Buckland from *Love Island* is the new face for W7 Cosmetics in their latest campaign, #ForEverydayPopCulture. Olivia says she loves to 'experiment with different looks,' and we think the W7 Velvet Secret Matte Lip Colour is perfect for spring!



W7 VELVET SECRET MATTE LIP COLOUR IN VINO, TINTO, £5.95

## 5

### T-time!

For 30 years, River Island has empowered people through fashion and self-expression. The latest campaign celebrates you as an individual – saving labels for clothes, and not people. River Island has also designed a selection of T-shirts where £3 from each sale goes to Ditch The Label, an anti-bullying charity.



T-SHIRT, £18, 6-18, RIVER ISLAND

WORDS: SARAH BRADBURY. PHOTOS: GRANCE PHOTOGRAPHY. INSTAGRAM @DAISYLOWE

# Style



FLORAL DRESS, **£45**, 8-18, M&CO



CLUTCH, **£60**, DUNE



BAYLIS & HARDING FUZZY DUCK PINK GIN FIZZ CANDLE WITH GLASS CLOCHE, **£15**, MORRISONS

TROPIC AWAKEN THE SENSES BATH AND BODY COLLECTION, **£52**, TROPICSKINCARE.COM



Cruelty-free and vegan

EARRINGS, **£19.99**, PILGRIM



MUG, **£12**, ROCKONRUBY.CO.UK

L'ORÉAL PARIS HYDRA GENIUS MOISTURISER FOR NORMAL TO DRY SKIN, **£9.99**, BOOTS



SLIPPERS, **£79.99**, UGG AT OFFICE

Perfect Mother's Day treat



HEATHCOTE AND IVORY BLUSH ROSE BATHING FLOWERS, **£10**, HEATHCOTE-IVORY.COM



# Edit

We trawl the shops so you don't have to

Now MOTHER'S DAY SPECIAL 11 MARCH

SKIRT, £69, 10-24, KALEIDOSCOPE



CHOCOLATES, £12.50, HOTEL CHOCOLAT



CAUDALIE PREMIER CRU THE EYE CREAM GIFT SET, £49

Team with jeans

SHOES, £55, OFFICE



CHATEAU DE CHAMPELOUP CREMANT DE LOIRE ROSE, £7.99, ALDI



PAUL & JOE FACE & EYE COLOUR IN POP PINK, £16, FEELUNIQUE.COM

SWEATSHIRT, £12.50, 8-22, GEORGE AT ASDA



Cute slogan

AUTOGRAPH SHEER RADIANCE EAU DE PARFUM, £22, M&S



WATCH, £50, DAISY DIXON

## The wide leg jean



OLIVIA CULPO



JEANS, £34.99, 6-24, H&M

## The beret



NEELAM GILL



£12, ACCESSORIZE



£12, ACCESSORIZE



£9.99, NEW LOOK

# New SEASON edit

Refresh your look for spring with these celeb-inspired pieces!

## The cat eye



£16, RIVER ISLAND



GIGI HADID



£17.99, MANGO



£15.99, ZARA

## The suit



JACKET, £65, AND TROUSERS, £45, BOTH 6-18, OASIS



# The kitten heel



KRISTEN STEWART



DRESS, £49, 4-18, TOPSHOP

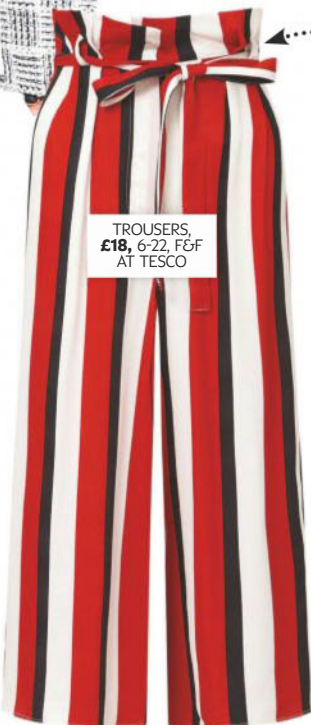


ALEXA CHUNG

# The floral dress



HAIM



TROUSERS, £18, 6-22, F&F AT TESCO



OLIVIA PALERMO

# The graphic stripe



£39, FAITH AT DEBENHAMS

£70, DUNE

£39, TOPSHOP

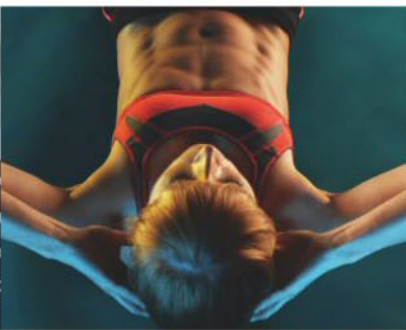
£42, FAITH AT DEBENHAMS

£39, TOPSHOP

COMPILED BY: ELOISA JOHNSON, PHOTOS: REX

# LOOK

*F a s h i o n | B e a u t y | L i f e | F i t*



*O n s a l e e v e r y T u e s d a y  
o r h e a d t o l o o k . c o . u k f o r  
y o u r d a i l y s t y l e f i x*



£19.99, 6-18, NEW LOOK



£8, 6-20, PRIMARK



ASHLEY JAMES

# Say it LOUD!

International Women's Day 8 March

Come on, don't be shy! Show how you feel with a slogan sweater or tee



£15, XS-XL, NASTY GAL



£18, 4-18, TOPSHOP



NATALIE PORTMAN



£18, XS-XL, JAYDEE X NASTY GAL



EMILY RATAJKOWSKI



£9.99, 8-18, LIDL



£39, 6-18, HOUSE OF FRASER



£8, 8-20, MATALAN

Profits from the sale of this tee go to Womankind

COMPILED BY: SARAH BRADBURY. PHOTOS: REX FEATURES, INSTAGRAM @ASHLEYOUJESAMES

# DYE-IT-

It's time to

Rushed off your feet and no time for a pampering sesh in the salon? Well you're not alone, as one in five women say they miss their hair appointments due to having no time to spare\*. But the good news is that glossy, shiny salon-style colour can be yours. We've got all the handy tips to make colouring your hair at home a breeze...

Celebrities such as Holly Willoughby, Davina McCall and Fearne Cotton are known for using home hair colour. Davina wears Garnier Nutrisse 4.3 Dark Golden Brown, Holly is a fan of the Garnier Nutrisse 10.01 and Fearne loves Olia's 112 in Super Light Beige Blonde.\*\*

Choose the right colour for your skin. Fair skin suits cool colours (labelled 'C' on the box), while olive or darker skin tones suit neutral (N) or warm (W) tones.

HAILEY  
BALDWIN

## Home-colour tips

- 1 Give your hair a good brush, making sure all the knots are gone, to make the colouring process easier.
- 2 Divide your hair into sections of four. Start by separating it into bunches, then split those in half, as if you're putting your hair half up and half down.
- 3 Dab a little bit of Vaseline or petroleum jelly around your hairline to prevent staining.
- 4 Make sure you put your protective gloves on before you start, then add your colour to the activator and shake until thoroughly mixed.
- 5 Start by applying the mixture close to your roots, and work from the front to the back. Then apply the rest of the mixture to the lengths of your hair.
- 6 Once you're finished, massage the colour in, making sure no area or strand of hair has been missed out.
- 7 When the colour has been on the hair for the recommended amount of time, keep the gloves on while you wash it out. Use warm water until it runs clear, then apply the conditioner that's in the box. This makes sure the colour is locked in!

# YOURSELF

take colouring your hair into your own hands – in the comfort of your own home



HELEN MIRREN

The ever-popular hair dye now comes in a new gentle formula that's taken 20 years of research and is less likely to cause an allergic reaction.

CLAIROL NICE'N EASY PERMANENT HAIR COLOUR, £6.49



Made from 60% natural oils, and no ammonia.

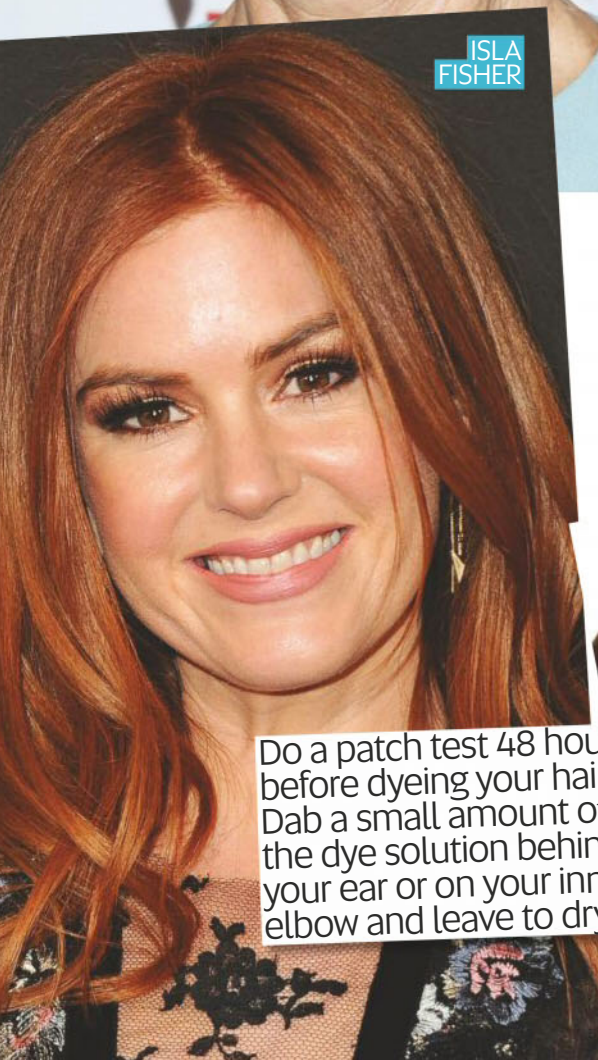
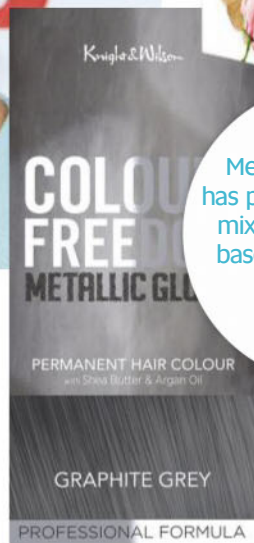
GARNIER OLIA HAIR COLOUR, £6.99

Leading hair colourist Josh Wood has curated home hair dye that's free from ammonia and the chemical PPD.

JOSH WOOD COLOUR PERMANENT HAIR COLOUR, £10, BOOTS

Knight & Wilson's Metallic Glory range has perfect warm tones, mixed with a metallic base and cruelty-free.

KNIGHT & WILSON COLOUR FREEDOM METALLIC GLORY, £7.99, SUPERDRUG



ISLA FISHER

Do a patch test 48 hours before dyeing your hair. Dab a small amount of the dye solution behind your ear or on your inner elbow and leave to dry.



Davina McCall, Holly Willoughby and The One Show's Angela Scanlon are all ambassadors for Garnier Nutrisse.

GARNIER NUTRISSE CRÈME, £4.50, BOOTS

# YOU & IMPROVED

Your guide to heart, health and happiness

It's easier than you think to pack in more fruit and veg – hitting that magic number needn't be a challenge or a chore!

## WHY 10-A-DAY? BIT EXCESSIVE, NO?

Fruit and veg are packed full of vitamins, minerals and fibre. Basically, all the good stuff. But what's wrong with the more achievable five-a-day rule? Well, recent research published in the *International Journal of Epidemiology* found that those who regularly ate 800g of fruit and veg (about 10 portions) had a significantly lower risk of chronic illnesses, such as heart disease.

## WHAT COUNTS?

According to dietitian Helen Bond, fresh, frozen, dried and canned fruit and vegetables all count, as do pulses and 100% fruit or veggie juice. However, no matter how much juice you drink, it still only counts as one portion. 'Potatoes, yam, plantain, and cassava don't count because they're starchy foods,' explains Helen. 'But sweet potatoes, parsnips and butternut squash do.'

## 12 TOP TIPS FOR 10-A-DAY

Helen and nutritionist Rob Hobson suggest how to achieve a 10-a-day target...

**1 Aim for two portions at every meal/snack**  
If you can hit this, you're almost at your 10-a-day target already!

**2 Choose fruit first**  
Put down the chocolate bar and make fruit your snack choice.

**3 Go for what's in season**  
Fruit and veg that's in season is a much better choice, for both taste and value for money.

**4 Eat a rainbow**  
Different coloured fruits and vegetables contain their own different benefits. Eating a portion from each colour group delivers the maximum goodness and keeps your diet interesting.

**5 Cut down on meat**  
Instead of revolving meals around chicken, lamb or beef etc, reduce meat portion sizes and bulk up on veg and pulses by adding them to stews, curries and casseroles.

**6 Keep freezer and cupboards stocked**  
If your freezer and cupboards are filled with frozen/canned vegetables and fruits then there's always a convenient way to get your portions in. PLUS

12 easy ways  
**TO HIT YOUR 10-A-DAY**

**27%**

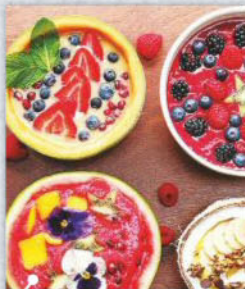
The average number of adults who hit five-a-day, never mind 10! The last National Diet and Nutrition Survey (2016) showed the average intake of fruit and veg is four servings a day.

## Insta ideas

The accounts we're following for fruit'n' veg inspiration

### @buzzfeedtastyveg

Try a delicious tofu tikka masala or a beautiful smoothie bowl.



### @vegetarianfoodlover

Pasta and ciabatta made healthy with yummy alternatives.

### @10vegaday

Make brunch delicious and nutritious or power up with this green shake.





you'll be less tempted to order in a greasy takeaway.

### 7 Get creative

Make meals delicious, nutritious AND seriously pretty by experimenting with toppings at breakfast and adding fresh or dried fruits to cereal or yogurt. The social media photo opps are just too much...

### 8 Toasty treat

Toast can either be a breakfast option or a snack. Top with mashed banana or guacamole for another portion towards your target. Yum!

### 9 Sweet potato swap

Potatoes don't count but sweet potatoes do. Swap them for your usual baked potato or add them roasted to salads for more nutrition and flavour.

### 10 Pack it all in

Remember it's the total weight of the vegetables that count, so homemade soups and stir fries can add as much as three servings to your daily intake.

### 11 Make it easy

Choose veg that is the least hassle to prepare. Tenderstem broccoli, green beans, frozen peas or soya beans are easy to chuck in a pan.

### 12 Get spicy

Cuisines such as Indian make the most of vegetables by flavouring with spices such as cumin, turmeric and chilli. Veg needn't be boring!

**Chuck it in your trolley!**

**Emily Fruit Crisps, £1.85 for 30g, Holland & Barrett**

Three flavours (pineapple/banana/apple), no added sugar, and counts as one of your 10-a-day. The healthy crisp!



## HOW MUCH IS A PORTION?

One portion is 80g OR:

- One banana, orange, pear, apple or similar-sized fruit
- Half a grapefruit or avocado
- One slice of a large fruit such as melon or pineapple
- Two satsumas, plums or similar-sized fruit
- A handful of grapes
- Two handfuls of blueberries or raspberries
- One heaped tablespoon of dried fruit
- Three heaped tablespoons of tinned fruit salad
- Three heaped tablespoons of vegetables (raw, cooked, frozen or tinned)
- Three heaped tablespoons of any pulse
- One cereal bowl of lettuce, spinach or watercress



## YOUR DAY ON A PLATE...

**Try this 24-hour meal plan to reap the 10-a-day benefits**

**Breakfast:** Bowl of any whole grain breakfast cereal with sliced banana and glass of fruit juice.

**Mid-morning snack:** Raw vegetable crudité – cherry tomatoes, button mushrooms, carrots batons or celery sticks.

**Lunch:** Add a side salad to your lunchtime sandwich and a small pack of dried raisins.

**Mid-afternoon snack:** Ditch biscuits for fresh melon or mango slices.

**Dinner:** Spicy chilli or hearty winter casserole packed full of seasonal vegetables.





# woman IT'S ALL ABOUT YOU!



\* Expert Advice \* Trusted Health  
\* Inspiring Real Life \* Easy Style

ON SALE  
EVERY  
TUESDAY

# Oh. My. Bod.

TV and radio presenter Lisa Snowdon, 46, shares her top health secrets

‘The mirror helps me to keep fit!’

**HEIGHT: 5ft 10in**  
**WEIGHT: ‘I don’t know!’**  
**SIZE: 10-12**

**Hey, Lisa! You’re looking incredible – what’s your favourite workout?**  
Reformer Pilates and HIIT. I like to keep my body guessing.

**Good tip! How do you motivate yourself to keep fit?**  
Look in the mirror. Also, exercise is good for my mind. I know the endorphins will make me feel good.

**Definitely! Do you have a body part that’s harder to keep in shape?**  
I have to work harder on my tummy and my arms. But being tall means I can hide weight gain a little easier.

**Do you take any supplements?**  
Yes, I take one miracle pill every morning on an empty stomach: Mikei Red Reishi Mushroom Essence. It’s improved my energy levels, concentration and sleep. Plus, my overall immunity and general health have been boosted!

**Amazing! what’s your guilty food pleasure?**  
Potatoes, chocolate, Italian food. I’ve got a pasta maker, so that means I’m going to be eating too many carbs...

**What helps you boost your body confidence?**  
My posture – standing upright helps me feel more confident. On off days, I add some colour to my wardrobe and wear jeans that I love and fit me well.

*Lisa is UK ambassador for Mikei Red Reishi (haeon.com)*



## LISA’S FOOD DIARY

Ashton Turner, nutritionist at London’s Evolve, gives his verdict on Lisa’s daily diet



### Breakfast

Oats with banana, berries and almond milk

**ASHTON SAYS** Berries and bananas

are a great way to add natural sweetness to your morning oats.



350 cals

### Lunch

Rye bread with smoked salmon, scrambled eggs and avocado

**ASHTON SAYS** Smoked salmon and scrambled eggs are great for lunch or breakfast (or brunch!).

This is a good quality, high-protein meal, which is also full of heart-healthy fats.



500 cals

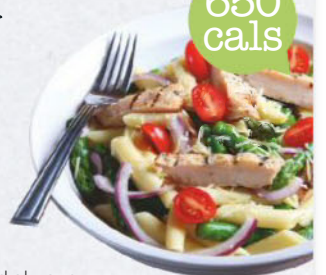
### Dinner

Pasta with chicken and vegetables

**ASHTON SAYS**

Some people fear pasta but it’s fine, as long as you swerve calorific creamy sauces. Chicken is a good lean protein and always

add as much veg to your meals as poss.



650 cals

### Snacks

I don’t really snack!

0 cals

**TOTAL CALS 1,500** (GDA 2,000)

**ASHTON’S VERDICT** Overall, Lisa’s food choices are good and she’s obviously thinking of her health when she decides what to eat. Her calories seem a little on the low side but this can be changed with the addition of a few light snacks throughout the day. This would give her a lot more energy, too.

Follow Ashton on Twitter @ashtonevolve353

WORDS: EMILY JEFFERES; PHOTOS: REX, GETTY, ALAMY

# FACIAL FILLERS: *The Facts*

Looking for plumper lips or more defined features? Facial fillers could be the answer. Here's the lowdown...

It's natural to want to look our best – that's why we all love filters and editing our selfies. In real life, we're also careful to follow a skincare regime, and embrace the beauty trends that can highlight our best features. But if you're looking for a more significant change than make-up alone can provide, facial fillers could be the answer. Perhaps you want fuller lips, more defined cheekbones, or to smooth out those first few lines appearing around the eyes.

#### **What are fillers made of?**

Juvéderm facial fillers are made from hyaluronic acid, a substance found in our skin. The liquid blends with the fluid within your face to create a fuller, smoother surface. Because hyaluronic acid is a naturally occurring substance that holds moisture, Juvéderm

fillers allow you to achieve a result that doesn't look as though it is artificial.

#### **What happens during a treatment?**

Fillers are injectables, which means an expert practitioner can target the specific areas you want to change. For example, they could be used to contour the cheeks for more definition, to define the chin and jawline, or to add volume to the lips.

#### **What does it involve?**

Your first consultation should be a thorough discussion about what you want to achieve and the practitioner will talk you through all the available options. Together, you'll agree on a treatment plan. The injections are quick, and most include a built-in anaesthetic to ease any discomfort you may have during the treatment.

#### **How soon will I notice the effects?**

Straight away! The beauty of facial fillers is that you'll notice the changes immediately.

#### **How long will they last?**

It depends on the type of treatment recommended for you. There are no permanent fillers in the Juvéderm range, and the effects typically last approximately up to 9-24 months.

#### **How do I find the right practitioner?**

Anyone who treats you should be a member of the British College of Aesthetic Medicine, or the British Association of Cosmetic Nurses. They also need to be an experienced professional to give you a

beautiful and balanced result. Seek out a practitioner who understands the artistic aspect of fillers, and ask to see case studies of patients they've treated previously.

#### **Will I need time to recover?**

Unlike plastic surgery, you'll hardly need any down time after fillers. Any redness or soreness should fade after around 30 minutes, and

you're free to carry on your day.

#### **Why choose Juvéderm?**

Other commonly used injectables immobilise the underlying muscle, which may result in a stiff and unnatural expression. Juvéderm works simply by plumping the skin from within, giving a smooth and supple finished look with the right results for you.

**'You'll notice the changes immediately'**

## **Find out more**

If you'd like to find out more, the best way is to have a consultation with an expert aesthetic practitioner. You can find a clinic near you at [Juvéderm.co.uk](http://Juvéderm.co.uk)





# Tried & tested

WATERS WITH A TWIST

These thirst-quenchers offer a lot more than just plain old H<sub>2</sub>O...



## THE GLITZY ONE

**Unicorn Strawberry Splash, £1 for 500ml, Primark**

With zero calories and sugar, this fab drink will not only brighten up your day, it's guilt-free! And who doesn't like strawberries?



## THE USA'S FAVOURITE

**Fiji Water, £1.49 for 1ltr, Waitrose**

This natural artesian water is bottled in the hills of Viti Levu in the Fiji islands. It's the number-one imported bottle of water in the United States, loved for its eye-catching bottle and soft, smooth taste.



## THE SPIKY ONE\*

**True Nopal Cactus Water, £3.69 for 1ltr, Sainsbury's/Tesco**

This refreshing water provides 100% natural hydration with no added sugars, and has half the calories of coconut water. Its subtle fruit flavour from the prickly pear is seriously yummy.



## THE BUBBLY ONE

**Aqua Libra Infused Sparkling Raspberry & Apple Water, £1.25 for 330ml, Boots**

A new range of bubbly beverages made with sparkling water and infused with refreshing fruity flavours.

**Why Now loves it...**  
Under three calories per can...



## THE ENVIRONMENTALLY-FRIENDLY ONE

**CanO Water, £1 for 330ml, Ocado/Selfridges**

Recycle the can this water comes in, and it could be back on the shelf within six weeks. Good news for the planet!



## THE VITAMIN ONE

**Get More Vitamin D Water, £1.45 for 500ml, Tesco**

This sugar-free water comes in at under 10 calories for 500ml. It packs in fresh, fruity flavours of mango and passion fruit, while also supporting healthy bones thanks to a boost of vitamin D.



## THE FRUITY ONE

**What A Melon Watermelon Water, £2.29 for 330ml, Holland & Barrett**

Watermelon water contains the antioxidant lycopene, plus rehydrating electrolytes and the muscle-repairing amino acid, citrulline. So it's your perfect post-workout beverage.

ME & MY FAMILY

# CATHERINE TYLDESLEY:

## 'Baby wipes are your best friend!'

**Corrie actress Catherine Tyldesley, 34, is mum to Alfie, two, with husband Tom Pitfield**

**Hey, Cath! How do you juggle work and motherhood?**

The work/family 'balance' thing is a myth! Getting my head around that made things easier. There are times I see Alfie a lot, and times I don't. It's about making the most of family time.

**What are you like as a mum?**

I like to think I'm organised, but I'm not. The thing that's consistent with me is buckets of love and lots of giggles!

**How do you like to spend weekends as a family?**

We love little breaks away but also being at home, making a mess! Baking, painting and jumping in puddles with Alfie – what's not to love?

**Agreed! Where are you off to on your next family holiday?**

We have a big, long-haul trip

planned for next year. I have family who live far away, so it's time we went to visit them. The Pitfields on tour!

**What's your No.1 mum tip?**

Dry shampoo, a decent coffee machine and baby wipes are your best friends!

**Any celeb parents you admire?**

Tom and Giovanna Fletcher – they keep it real and fun. We love following them on social media and Giovanna's book *Happy Mum Happy Baby* is fab.

**What's been your biggest challenge as a parent?**

I'm usually a stickler when it comes to timekeeping but all that goes out the window when you have kids. I'm still trying to adjust and remain calm!

*For healthy living inspiration, visit [thepitfields.com](http://thepitfields.com) and follow @thepitfields on Instagram*

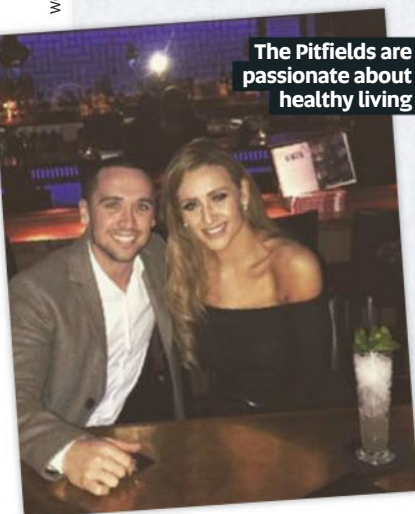
Catherine relies on dry shampoo and coffee now she's a mum



She loves messy weekends with her son Alfie

WORDS: EMILY JEFFERIES. PHOTOS: THEPITFIELDS.COM, KARL COLLINS. INSTAGRAM @AUNTIECATH7

The Pitfields are passionate about healthy living



# PARENTING SOS



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

**Q** My baby is three weeks old and has bad colic. What can I do?  
**Alice, Leicester**  
**Dr Ranj says:** Colic is the name given to frequent, excessive crying in otherwise healthy babies, and affects

around one in five. The cause is unknown but it's harmless, and most will outgrow it by four months. There's not much evidence over-the-counter products help but other things you can try include making sure baby burps

properly after feeds, warm baths, and tummy massages. If you're really struggling, see your GP. There may be another problem (eg reflux or milk intolerance), which will need treatment.

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

# Smoky sweet potato soup

**TAKES:** 45 mins, plus 15 mins prep  
**SERVES:** 8  
**ENJOY:** With a slice of fresh bread to mop up the last few drops

**1tbsp olive oil**  
**2 medium onions, peeled and chopped**  
**650g sweet potatoes, peeled and roughly chopped**  
**450g carrots, peeled and roughly chopped**  
**1tbsp smoked paprika**  
**1ltr vegetable or chicken stock**  
**3tbsp chopped flat-leaf parsley**  
**100g diced chorizo**

1 Heat the oil in a large pan. Sweat the onions until soft, then add the sweet potatoes and carrots, and stir well. Add the paprika and mix in with plenty of seasoning. Add the stock, bring to the boil then simmer until the vegetables are tender.

2 Whizz to a purée and stir in the parsley. Fry the chorizo (you won't need any oil) until crispy, then add a handful to the soup to serve.



**Now loves...**  
 Morrisons  
 Diced Spanish Chorizo, 140g,  
 £1.86

## Food Ed's tip

Make this up in batches and put in the freezer for a rainy day



RECIPES AND PHOTOS: TIMEINCUKCONTENT.COM



## SUPERMARKET SWEEP

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

**Perfect for:**  
**TOAST**

**Duerr's Thick Cut Marmalade**  
**WAS:** £1.99  
**NOW:** £1.29, Morrisons



**Perfect for:**  
**AN AFTER-DINNER TREAT**

**Pots & Co puddings**  
**WAS:** £2 each  
**NOW:** £1.50 (2 for £3), Waitrose



**Perfect for:**  
**RAISING A GLASS**

**Freixenet Ice Cava**  
**WAS:** £11.99  
**NOW:** £7.99, Bargain Booze





# Miso salmon tray bake

**TAKES:** 30 mins to cook, plus 15 mins prep  
**SERVES:** 4  
**ENJOY:** This high-protein tray bake is one of your five-a-day, and it's low fat and low in calories, too!

- 500g sweet potato, sliced
- 2 garlic cloves, crushed
- 2 heads of fennel, sliced
- 2tbsp white miso paste (see Clearspring below)
- 4 lightly smoked salmon fillets
- 1 red onion, chopped
- 4tbsp tamari
- 1 lemon
- 200g cherry tomatoes
- 100g kale

1 Heat the oven to 200°C, Gas 6. Arrange the sweet potato slices, garlic and fennel in the base of an ovenproof dish.

2 Mix the miso paste with 500ml boiling water and pour over the vegetables. Top with the salmon fillets, sprinkle over the red onion and drizzle over the tamari. Bake for 25 mins.

3 Cut off 2 slices of lemon, halve each slice and arrange on top of the salmon. Squeeze over the remaining lemon juice, add the whole cherry tomatoes to the roasting tin and sprinkle over the kale. Return to the oven for 5 mins more.



### Food Ed's tip

Miso paste is quite salty, so go easy on the seasoning



**Now loves...**  
 Clearspring Sweet White Miso, 250g, £4, Waitrose

## SMOOTHIE OF THE WEEK

A must if you feel a cold coming on!

### HONEY, LEMON AND GINGER IMMUNITY SMOOTHIE

- 3tbsp lemon juice
- 3tbsp raw honey
- ¾tsp ground ginger or 2tbsp fresh grated ginger
- ½tsp ground turmeric
- 1 cup of ice cubes
- 1 cup of plain non-fat Greek yogurt
- ½ cup unsweetened almond milk



NUTRIBULLET RECIPES AVAILABLE AT HIGHSTREETTV.COM

SATURDAY 10 - FRIDAY 16 MARCH

# Scopes

Your week ahead with **David Wells**



**TAYLOR HANSON**

is 35 on  
14 March

## IF IT'S YOUR BIRTHDAY THIS WEEK...

What if you just did what made you feel good? When folks say that you think, what about the mortgage? But you're slightly misunderstanding this. What's being asked is you check in with yourself before agreeing to a new work deal or relationship choice. This year more than most, you're guided by your intuition. Are you brave enough to listen? Find the space.

### AQUARIUS

**21 Jan-19 Feb**

There's fun with a charming stranger, a work deal that overheats quickly, a to-do that goes a bit off with a house matter, and maybe all topped off with a bit of social media drama just to add to the mix. Try to be flexible in all areas!

**UK: 0905 8171571\***

**IRL: 1560 787911\***

### TAURUS

**21 Apr-21 May**

You've done enough talking, so now it's time for you to put those plans into action. Follow through on that gym membership, change your address, hairstyle, workplace – in fact, do anything that stirs the universe into action.

**UK: 0905 8171562\***

**IRL: 1560 787902\***

### LEO

**23 Jul-22 Aug**

Sort out someone's reluctance to let a work thing go, send a message to arrange that hot date, cancel that hot date for a hotter one, send your CV off and then when all that's done, meet mates for a debrief. Sounds perfect to me, Leo!

**UK: 0905 8171565\***

**IRL: 1560 787905\***

### SCORPIO

**23 Oct-22 Nov**

Everything from your love life to your finances appears to need some debate, but choose only your most trusted advisers to keep your secrets. A hint of bigger things to come isn't a false promise, so go along with positive vibes.

**UK: 0905 8171568\***

**IRL: 1560 787908\***

### PISCES

**20 Feb-20 Mar**

That friendship matter must be taking it out of you, and then there's the money deal that needs resolving, and what about that little misunderstanding over a work thing? You'll get it all done, but it's a week for some fast-paced solutions, Pisces.

**UK: 0905 8171572\***

**IRL: 1560 787912\***

### GEMINI

**22 May-20 Jun**

With Mars still in charge of relationships, think about where you spend your leisure time, or with whom. Gossip is circulating, so be transparent about where you are, who you're with and why. Leave no room for hearsay.

**UK: 0905 8171563\***

**IRL: 1560 787903\***

### VIRGO

**23 Aug-22 Sep**

You may be less than thrilled at losing an ally on the work front, but you must now be your own champion. Amazing things happen when you take charge, not least your understanding of how much money you're not being paid.

**UK: 0905 8171566\***

**IRL: 1560 787906\***

### SAGITTARIUS

**23 Nov-21 Dec**

You have extra pressure added to your love life, as you get the chance to clear things up with a new romance – or one that would be, if it could get off the ground. Pressure isn't a bad thing – it encourages you to sort things, one way or another.

**UK: 0905 8171569\***

**IRL: 1560 787909\***

### ARIES

**21 Mar-20 Apr**

A jam-packed week where folks are constantly trying to butter you up. While that sounds good, you must be careful – some have promises a-plenty, but delivering on them may not be high on their list. Ask all the right questions, Aries.

**UK: 0905 8171561\***

**IRL: 1560 787901\***

### CANCER

**21 Jun-22 Jul**

You appear to have more going on than ever. Wasn't decluttering the next big thing, the way ahead? If you must take on more – at work in particular – be sensible enough to get some help in other areas. Call in the support team, Cancer.

**UK: 0905 8171564\***

**IRL: 1560 787904\***

### LIBRA

**23 Sep-22 Oct**

Planetary synchronicity suggests you've had a change of heart, and it seems someone needs to know about it sooner rather than later. Failure to say your piece won't prevent them knowing – tell them, or they find out from someone else.

**UK: 0905 8171567\***

**IRL: 1560 787907\***

### CAPRICORN

**22 Dec-20 Jan**

Mars breaks new ground, asking you to relinquish control and let a partner or best mate take care of something, from a night out to a work deal. It's not easy to let go, but the more you trust in them, the more they repay it, Capricorn.

**UK: 0905 8171570\***

**IRL: 1560 787910\***

\*Calls cost 80p per minute (ROI €1.28) plus your telephone company's network access charge and last approx 4 mins. Users must be over 18. Weekly lines updated on Saturdays. For entertainment purposes only. SP/IP: Spoke (UK: 0333 202 3390/ROI: 01437 8815)



THISTLE WALLPAPER, £71, JOHN LEWIS

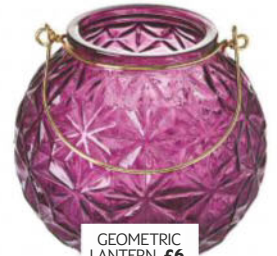


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# The Fix

What'll get your pulse racing this week

Now  
PREVIEW

FILM OF THE WEEK

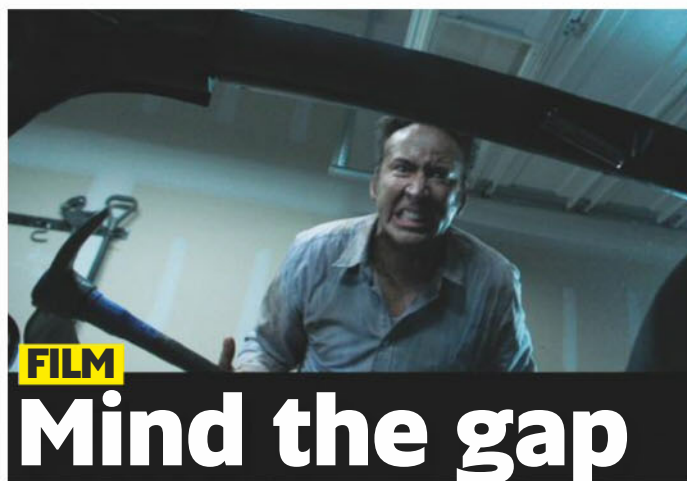
## Tricky business

**Gringo**

**Out 9 March**

This dark comedy thriller is a blast. David Oyelowo plays the film's meek hero, who lands in hot water when he accompanies his unscrupulous bosses, Charlize Theron and

Joel Edgerton, south of the border for a business deal – only to find himself caught in the crossfire between really scary Mexican drug lords, an unhinged international mercenary (Sharlto Copley) and the DEA.



FILM

## Mind the gap

**Mom and Dad**

**Out 9 March**

This ferociously dark horror comedy sees the generation gap turn murderous when a virus causes parents to start killing their own children.

Nicolas Cage wigs out as the film's demented suburban dad and the usually cool Selma Blair goes ballistic too as his equally maniacal wife.

**NOW RATING** ★★★★★



FILM

## The Wild West Down Under

**Sweet Country**

**Out 9 March**

An Aboriginal farmhand goes on the run after killing a white man in self-defence. Set in 1929 and inspired by true events, this Australian film is

an outback western with a compelling plot and a searing social conscience. Legendary Antipodean actors Sam Neill and Bryan Brown co-star.

**NOW RATING** ★★★★★

# The Fix

**NOW SPEAKS TO**

## Darren Criss

**The former *Glee* star is currently playing serial killer Andrew Cunanan – who famously murdered Italian fashion designer Gianni Versace in 1997 – in BBC2's *American Crime Story*. Here, Darren opens up about playing a deranged man...**

**What attracted you to this killer role?**

He was a very complicated man, and I jumped at the opportunity to play him. Also I'm half-Filipino, like Cunanan was.

**Give us your take on Cunanan...**

He was a very promising young man who was horribly misguided. The whole story is about the haves and the have-nots, and Andrew is very much a have-not. To me it's not so much a violent and dark tale, it's extremely sad.

**Cunanan murdered four other men before he killed Versace. It's a tragic tale, isn't it?**

Yes, this story is like a Shakespearean play or a Greek tragedy in scale.

**A lot of the drama is filmed in Versace's actual Miami home. What was that like?**

It hit me extremely hard. It's not a stage or a set, those are

the actual stairs where he was shot. Versace designed everything himself, so his creativity is in every wall, every doorknob. When you walk into the house, he's alive, it's his legacy. It was very moving, and I very much felt his presence.

**Why do you think people are finding this drama so fascinating?**

I think it bends people's sense of empathy. With something terrible like this, you try to understand what led a person to do what they've done. As an actor, trying to humanise someone who's been so vilified was very interesting.

*The Assassination of Gianni Versace: American Crime Story continues on Wednesdays, 9pm, BBC2.*



**Darren as serial killer Cunanan, outside Versace's Miami home**



PHOTOS: ©2015 FOX BROADCASTING CO. ITV/TIGER ASPECT, REX, TIGZ, RICE STUDIOS

# Also this week



### FESTIVAL

**Mighty Hoopla Brockwell Park, London, 3 June**

Prepare to unleash your inner 90s kid and see Louise, Vengaboys AND B\*Witched.



### EVENT

**The Service at Café de Paris London, Fridays from 23 March**

Watch jaw-dropping circus and burlesque in the stunning London venue.





## TV SHOW OF THE WEEK

*Sir Bruce Forsyth: A Celebration*

Sunday, 9pm, BBC1

The late Bruce Forsyth made his name at the London Palladium, so stars including Shirley Bassey and Alexandra Burke will be returning there for this tribute show.

# Our fave TV shows



**Coronation Street**

Monday, 7.30pm, ITV

Sophie Thompson, best known as unhinged Stella Crawford from *EastEnders*, joins *Corrie* this week as quirky medium Rosemary.



**Five Star Hotel**

Wednesday, 10pm, E4

In E4's latest reality series, Joey Essex and Spencer Matthews are two of the celebs waiting on guests at a Mediterranean resort.



**The Dinnerladies Diaries**

Thursday, 1pm, Gold

Victoria Wood's personal diaries are laid bare in this new documentary about the late comedian and her award-winning sitcom.



**Benidorm**

Wednesday, 9pm, ITV

The Spanish-set comedy has been as funny as ever, and this week sees the return of loveable Liam, played again by Adam Gillen.



## The hot spot

What makes us sizzle or leaves us cold



### Disco yoga

Why do boring old normal yoga when you can don glitter and legwarmers and do the downward dog while listening to Abba? WAY more fun!

### 3D eyebrows

We all know the struggles of getting that perfect HD brow, but Tracie Giles is giving us the solution with micro-blading. A year's worth of waking up with perfect brows means 10 minutes extra in bed every morning.



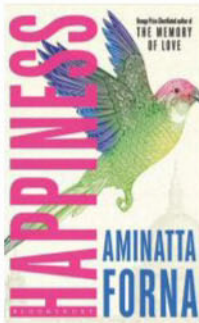
### Celebs Go Dating ending

We already miss watching Sam Thompson struggling (for some unknown reason) to find love while making *Harry Potter* jokes!

## DVD

**Thor: Ragnarok**  
Out now

An all-star cast including Chris Hemsworth and Idris Elba fight to save the world once again in this superhero film.



## BOOK

**Happiness** by  
Aminatta Forna  
Out now

A fox on Waterloo Bridge distracts two strangers whose lives collide in this tender story.



## MUSIC

**Only Human**  
by Calum Scott  
9 March

The *BGT* star is finally releasing his debut album following the success of his Robyn cover.



### Buying festival tickets

Waking up early and frantically refreshing the page only for the website to crash is NOT what we want.

MAX

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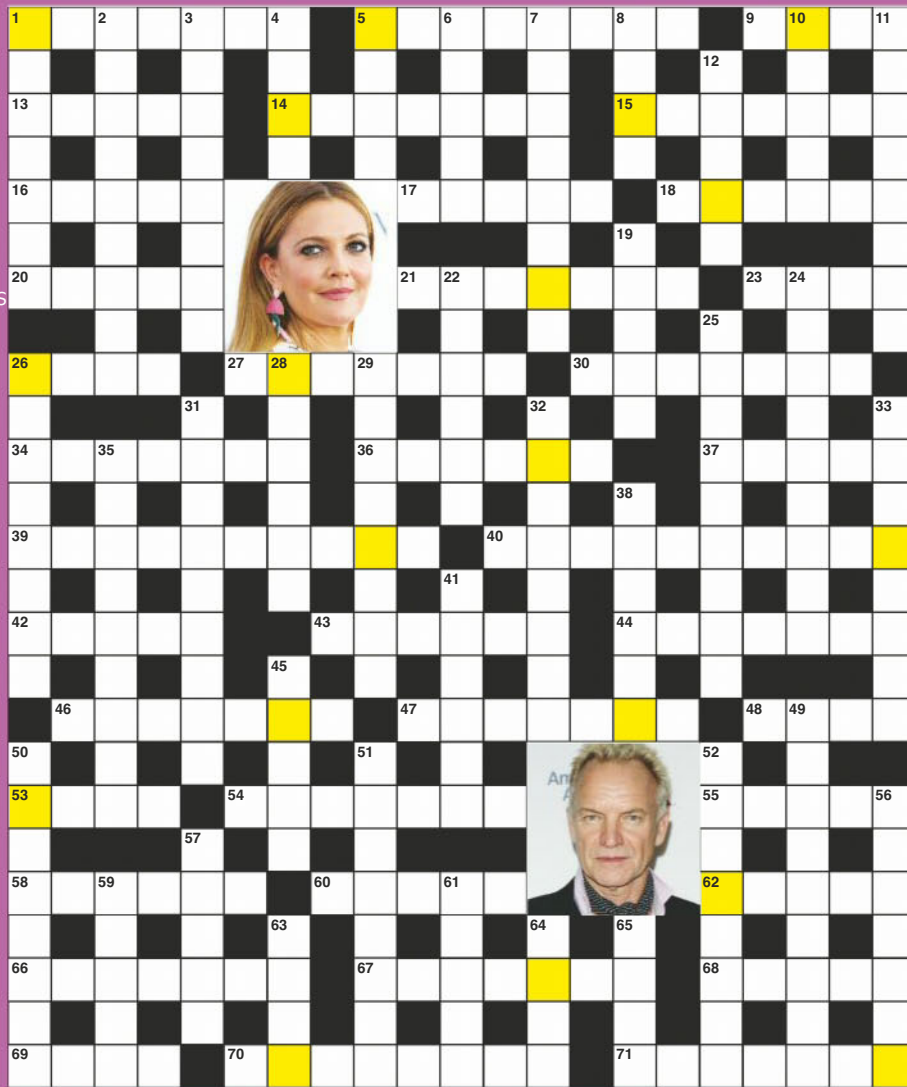


# Celebword

Fill in the answers in the grid below and the letters in the yellow squares will spell out the answer to this bonus question: What links American actress Drew Barrymore and British music star Sting?

## ACROSS

- 1 Eight-limbed creature (7)
- 5 Unexpected good fortune, often financial (8)
- 9 Unit of speed at sea (4)
- 13 Grilled bread (5)
- 14 Rearranged letters puzzle (7)
- 15 Flavour of ice cream (7)
- 16 Lower leg joint (5)
- 17 Fine porcelain (5)
- 18 Evening meal (6)
- 20 Explode, as a volcano (5)
- 21 Frontiersman (7)
- 23 Ancient South American (4)
- 26 Devours (4)
- 27 Pharaoh's tomb (7)
- 30 Money put aside for later (7)
- 34 A strong emotion (7)
- 36 Underground room (6)
- 37 River mammal (5)
- 39 Approximately 0.4 of an inch (10)
- 40 Wedding attendant (10)
- 42 Proclamation (5)
- 43 Put away, hoarded (6)
- 44 Honest, genuine (7)
- 46 Very sharp bend (7)
- 47 Highest female voice (7)
- 48 Wipe with a dry cloth (4)
- 53 Brainwave (4)
- 54 Laid-back (7)
- 55 Leading and respected citizen (5)
- 58 Jury verdict, some of the time (6)



- 10 Man-made fibre (5)
- 11 Short halt for a cuppa (3, 5)
- 12 Garden creature with a shell (5)
- 19 America's 'Lone Star State' (5)
- 22 Spike of frozen water (6)
- 24 Argue terms, make a deal (9)
- 25 Luxury car (9)
- 26 Anticipated, looked forward to (8)
- 28 Over there (6)
- 29 Precise, correct, on the mark (8)
- 31 Small painting or drawing (9)
- 32 Sporting dog, black or fawn in colour (8)
- 33 Incline, slope (8)
- 35 An association of business enterprises (9)
- 38 Better than even, in betting (4-2)
- 41 Track cut into an LP (6)
- 45 Drink made from apples (5)
- 49 Base layer of paint (9)
- 50 Slanting line, corner to corner (8)

## DOWN

- 1 Scene cut, often because of mistakes (7)
- 2 Athlete's outer gear (9)
- 3 People in hospital (8)
- 4 Saturate, leave submerged (4)
- 5 Envelop a gift with paper (4)
- 6 Compass direction (5)
- 7 Womanly (8)
- 8 Molten rock (4)
- 51 Unopposed victory in a tournament (8)
- 52 Segment of backbone (8)
- 56 Burglary (7)
- 57 Volume of maps (5)
- 59 Picture (5)
- 61 Power cable tower (5)
- 63 Brick boundary (4)
- 64 Actors in a play or film (4)
- 65 Wintry weather (4)

## ANSWERS

ACROSS: 1 Octopus 5 Windfall 9 Knot 13 Toast 14 Anagram 15 Vanilla 16 Ankle 17 China 18 Dinner 20 Furt 21 Pioneer 23 Inca 26 Cars 27 Pyramid 30 Savings 34 Passion 36 Cellular 37 Otter 39 Centimetre 40 Bridlesmaid 42 Edict 43 Stored 44 Sincere 46 Hairpin 47 Soprano 48 Dust 53 Idea 54 Relaxed 55 Elder 58 Gully 60 Skips 62 Throb 66 Niagara 67 William 68 Björk 69 Leak 70 Clarinet 71 Wealthy DOWN: 1 Courte 2 Traction 3 Patients 4 Soak 5 Wrap 6 North 7 Feminine 8 Lava 10 Nylon 11 Tea Break 12 Nail 19 Texas 22 Liddle 24 Negotiate 25 Limousine 26 Expected 28 Yonder 29 Accurate 31 Miniature 32 Labrador 33 Gradient 35 Syndicate 36 Odds on 41 Groove 45 Cider 49 Undercoat 50 Diagonal 51 Walkover 52 Vertebra 56 Robbery 57 Atlas 59 Image 61 Pylon 63 Wall 64 Cast 65 Snow BONUS ANSWER: Own a vineyard in Italy

PHOTOS: REX

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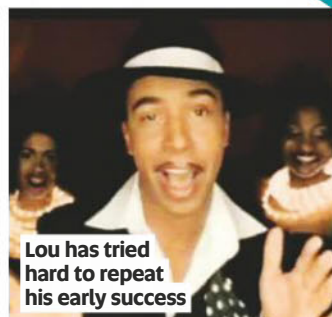


2016



# Whatever happened to....?

## Lou Bega



Lou has tried hard to repeat his early success

He's the man best known for introducing us to Monica, Erica, Rita, Tina, Sandra, Mary and Jessica in hit 90s song *Mambo No. 5*, but there's much more to the German musician than a one-hit wonder.



He married Jenieva Jane in 2014

### Shooting on to the music scene

Lou – whose real name is David Lubega – was born in Munich, Germany, and he was only 13 when he founded a hip-hop group in 1990. However, it wasn't until 1999 that he became a global sensation with *Mambo No. 5*, which went straight to the top of the UK

charts, as well as several other European countries.

Despite massive success with his debut single, his first album *A Little Bit of Mambo* didn't fare quite as well, only peaking at number 50 in the UK charts.

### Trying again and again

Lou has since released four more albums – none of which were particularly successful in Britain. In 2001, *Ladies and Gentlemen* peaked at number 23 in Switzerland, while his 2005 offering *Lounatic* failed to enter the charts full stop.

Lou released his fourth album *Free Again* in 2010, which charted in Switzerland, peaking at number 78.

His final attempt to recreate the success of *Mambo No. 5* came in 2013, when he released covers album *A Little Bit of 80s*.

### Family life

On 7 January 2014, Lou married his girlfriend Jenieva Jane, the mother of his six-year-old daughter Jada Love.

The wedding took place in the Graceland Wedding Chapel in Las Vegas.

### Living off those royalties

*Mambo No. 5* is still played at weddings and karaoke bars all over the world to this day. And Lou has been making the most of those royalties.

He was even the subject of a New York Life Insurance advert last year. In the ad, Lou – wearing his trademark Panama hat while sunning himself in Miami – confides, 'Retirement can be scary. Know what makes it less scary? Gettin' cheques on a regular basis.' He goes on to say, 'I can't go anywhere without getting one, two, three, four, five cheques!' Nice one, Lou!

If you want to hear about or have seen a once-famous celeb – or you are a once-famous celeb! – tweet us at [@celebsnow](https://twitter.com/celebsnow)



At home with his wife and daughter Jada Love

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