

99^p



CHERYL & LIAM'S SECRET DATE NIGHTS



Michelle's new look

READY FOR HOLLYWOOD... & MARK

Reveal



PAYBACK TIME!

Why vengeful Katie Price is plotting a 'showbiz meltdown'



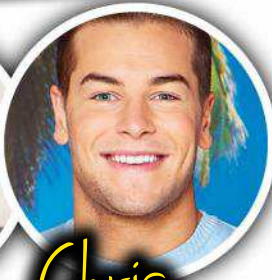
Emily



Pete



Kieran



Chris



GEMMA DOES BAYWATCH



HOW LOVE TURNED TOXIC FOR SCARLETT

5-11 MAY 2018

ISSUE 18 **E** REALITY



NATASHA

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Jen dazzled performing her new single *El Anillo*, 'the ring'...



Spectacular in a skin-tight silver mini dress

J.LO – FAB AT 48!

Wow! J.Lo was the very definition of disco diva on the red carpet at the Billboard Latin Music Awards in Las Vegas. In a sequined dress and sporting super-long hair extensions, she showed off her curves to perfection.

As if that wasn't sizzling enough, the original bootylicious babe performed in not much more than a bling-tastic thong, with gold-sprayed dancers and a stage set that resembled a Disney fairy tale. The singer emerged from a flower before performing her new single, *El Anillo*.

Following in fellow music superstar Rihanna's footsteps, this was the week Jen launched her debut make-up line. A collaboration with Inglot, it boasts a whopping 70 products – from golden lippies to glow powders – from just £7 (inglotuk.com).

We love her attitude to body confidence, too. *The Wedding Planner* actress once said, 'Being healthy and feeling great aren't about having one specific body type; it's a completely individual thing. Feeling beautiful is an attitude, and we should all look for the beautiful things we love about ourselves, regardless of how our bodies compare to someone else's.'

And as for her boyfriend, former baseball player Alex Rodriguez, 42 – who's been dating the *Love Don't Cost A Thing* singer since March 2017 – he attended the bash and was spotted with a huge smile on his face throughout. We can see why!



Could her new single be a hint to A-Rod?

WORDS: WENDY RIGG, AMBER ASCROFT
PICTURES: ITV, BACKGRID, GETTY, PLANET PHOTOS, SPLASH NEWS

INSIDE YOUR REVEAL THIS WEEK...



34 Baby Sunday's kept Ferne sane during a crazy time



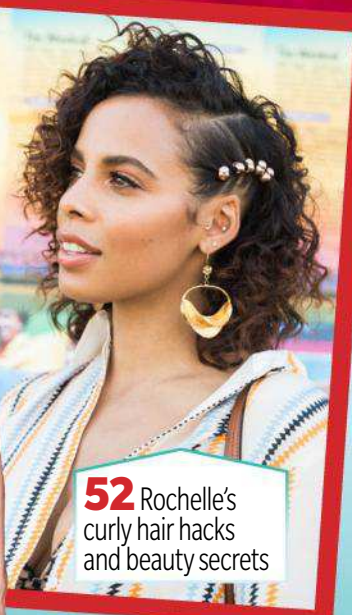
9 Which dress will Meghan say yes to for May 19?



28 All hail Prince Louis!



24 The goss on Gigi's golden birthday bash



52 Rochelle's curly hair hacks and beauty secrets

Scorned Katie Price promises to target ex-husband Peter Andre and his new wife, Emily Andrea, as well as serial cheating hubby Kieran Hayler, in an explosive tell-all book

They say revenge is a dish best served cold but, in Katie Price's case, it's better bound and printed as a hardback.

The acid-tongued former glamour model recently revealed she is to add a seventh book to her catalogue of autobiographies, which will detail the truth behind her string of failed relationships.

'I will have an autobiography coming out, and I'll have lots to put in that one. I'm a Gemini. Revenge is sweet!' she said.

We can reveal that as well as attacking love-rat hubby Kieran Hayler, Katie, 39, is also using the book to slam ex-husband Peter Andre, 45, and his wife of three years, Emily Andrea, 28.

'Katie feels that she's been disrespected by a lot of people, whether that's Pete and Emily, or Kieran,' our source says.

'She's ready to fight back, and wants to give her no-nonsense verdict on what she really thinks of Emily. She also wants to go into detail about Pete, and the feelings she still has for him.

'She's actually bitten her lip until now because she wanted them all to get on well as a family, and be able to attend events together. But she feels none of that is happening, so she has nothing to lose.'

'IT'S PETE AND EMILY'S WORST NIGHTMARE'

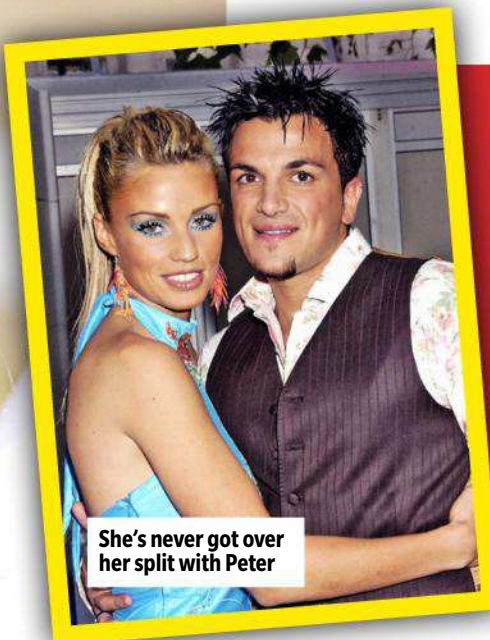
Katie and Peter's four-year marriage ended in 2009. The pair, who share Junior, 12, and 10-year-old Princess, were subsequently at war for years but, in March 2016, their relationship had a breakthrough moment when



Katie's 'showbiz bloodbath' tell-a-



HER 10-YEAR REVENGE PLAN



She's never got over her split with Peter

Katie's explosive new autobiography is the latest revenge she has taken against Peter, with the *Loose Woman* reportedly still seeking payback against her ex after the pair divorced nearly 10 years ago.

Katie, who previously claimed Peter was the love of her life, has been open about how devastated she was following their split, admitting, 'I didn't want him to leave at all. I was obsessed with

him. I loved him. It destroyed me.' And, now, it seems Katie will go to any length to get her revenge.

Our source revealed, 'Katie has a secret list entitled, "Ways to Get Pete Back"'. It contains a number of goals for Katie to make Pete green with envy and wish they never split.'

Katie's list includes having other men around their children, going back on *I'm A Celebrity... Get Me Out Of Here!* and dyeing her hair back to blonde.

'Katie's book will be dynamic, shocking and salacious'

Katie was pictured hugging Peter at his Brighton concert.

Six months later, things continued to be on the up. Peter blew his ex-wife a kiss during an appearance on *Loose Women* – where Katie was on the panel.

But, since then, their relationship has turned sour again.

In May 2017, Katie said she 'didn't care' what Peter thought about her wanting to change their daughter Princess's surname from Andre to Price.

'I don't think about what Pete thinks, it's just what I personally use. I call her it on Instagram. Well, I try to call her it, but it gets taken off!' she said.

Just last month, Katie fumed that Peter even refuses to talk to her unless Emily – who Katie once described as 'posh and not gobby like me' – was around.

'Apparently, he won't text me unless Emily is there,' she said. 'I have to remind him we were together for six years.'

'It's just weird when you were with someone for so many years, and they're not the same person you thought. Your relationship is different.'

And more recently, Katie is said to be fuming after Peter and Emily declined an invite to her upcoming 40th birthday celebrations in May.

'Katie is set to drag Pete and Emily into some kind of a sensational tell-all book, which is their worst nightmare. They just want to get on with their marriage,' our source says.

'THERE WILL BE A SHOWBIZ BLOODBATH'

And it's not just Peter and Emily who will feel Katie's wrath.

Chris Hughes, who was embroiled in a bitter

Twitter spat with Katie over claims that he had lied about replying to a series of 'flirtatious' messages, is also set to be 'exposed' in the tell-all autobiography.

Despite calling her a 'rotten piece of s***', Chris, 25, has insisted there is 'no bad blood' between the two of them.

But Katie, who previously warned the *Love Island* star to 'never underestimate the Pricey', could use the book to publish the infamous '51 screenshots' from Chris.

Katie's current hubby Kieran, 31, whose affair with their children's nanny, Nikki Brown, was exposed last August, will also have to run for cover when the book launches next year.

'Kieran will be a serious casualty,' our insider explains. 'People will be shocked when she talks about Kieran's cheating and their unconventional marriage.'

'She won't hold back from their sex life, his mental health problems and his affairs. She's told Kieran he has to suck it up if he wants to stay living with her.'

In 2016, Katie released her sixth autobiography, *Reborn*, detailing Kieran's 2014 affairs with her two best friends, Jane Pountney and Chrissy Thomas.

'This is the first time I wanted to bring out a book to hurt people,' she said at the time. 'I wanted to show what evil human beings they were to me.'

And it seems Katie's continuing with the same mantra for her forthcoming book.

'There are people out there with a lot to lose,' our insider explains.

'Some seriously famous people have cracked on to her. She could name and shame them.'

'Katie's book will be dynamic, shocking and salacious.'

We can't wait!

Lisa Blake, Kimberley Bond



Emily and Peter won't come off unscathed, either

Michelle's got her US visa!

As she secures her working visa and eyes up a three-bed house with hubby Mark Wright in the Hollywood Hills, Michelle Keegan's Stateside move is finally in motion

Two months ago, we exclusively reported that Michelle Keegan had her sights set on moving to Los Angeles to be with her hubby, Mark Wright, and that they had hired a property broker to find them the 'perfect family home'.

And, last week, Michelle confirmed our story, admitting for the first time that a move Stateside – where Mark is a showbiz reporter on *Extra* – is imminent.

'Of course I've thought about a move to LA,' the 30-year-old actress said. 'I'm auditioning for work out in LA, and if something good comes up, I will take it and that will be great.'

Now, we can reveal that Michelle – who was spotted outside a Hollywood casting agency last month, and is said to have had elocution lessons in order to tone down her Mancunian accent – has already secured a working visa.

'Michelle has a visa and she is going to give it a go in Hollywood,' our well-placed source reveals.

'If she gets something, she will stay for a year or so, according to the agreement. But it

won't be longer than two years. She needs to give this a go, as she's getting fed up with being the one who does all the travelling.'

In February, we were told that the couple had been looking at properties worth £2.5 million in Pacific Palisades, which is one of the top areas for good schools in LA, as well as houses in the Venice and Santa Monica areas.

'IF MARK IS THERE, IT'S HOME FOR ME'

Now, the pair have decided on a home in the Hollywood Hills – which was Mark's first choice, as they would be near the *Extra* studio for filming.

'Yes, they are looking at buying a three-bed property in the Hollywood Hills,' our source confirms.

Michelle – who spent the first five weeks of the year with Mark, 31, in LA, after the pair's work commitments in 2017 meant they were on different sides of the globe for eight months – also admitted last week that, wherever she is with Mark, it feels like home.

'When I get to LA, we'll go to dinner a few times, but really the thing we do most is go to the supermarket!' she said. 'I'll cook, and we lie on the sofa together and watch romcoms or Netflix.'

'We miss each other, and staying in is our favourite way of doing a date night. A lot of the time, I don't think about where we are. If Mark is there, it's home for me,' Michelle gushed.

'MARK AND I WANT KIDS'

Before we get too excited, thinking Mark and Michelle could be the next Posh and Becks and start a family across the pond, Michelle has revealed her American dream is not a permanent one.

'I know myself well enough to realise that I couldn't live there for good. Mark

absolutely loves LA. He says it's like Essex with bells on and he is doing so well on *Extra*,' the actress said.

'I do love LA. It's always sunny, and it's so easy to be healthy and happy there. But I'm a northern girl and I miss my family. It's just not me, I am not an LA woman.'

On the subject of children, she explains that a family isn't on her or Mark's agenda any time soon.

'My mum is desperate for me to have kids. And I do want kids. Mark wants kids. We are in complete agreement on that. It's just not the right time.'

'We're both still setting ourselves up in what we do. But I know that, when the instinct kicks in and I feel it's right, it will happen. Then we'll have to think about where we live. But not just yet.'

Sounds like she could change her mind on staying in LA permanently...

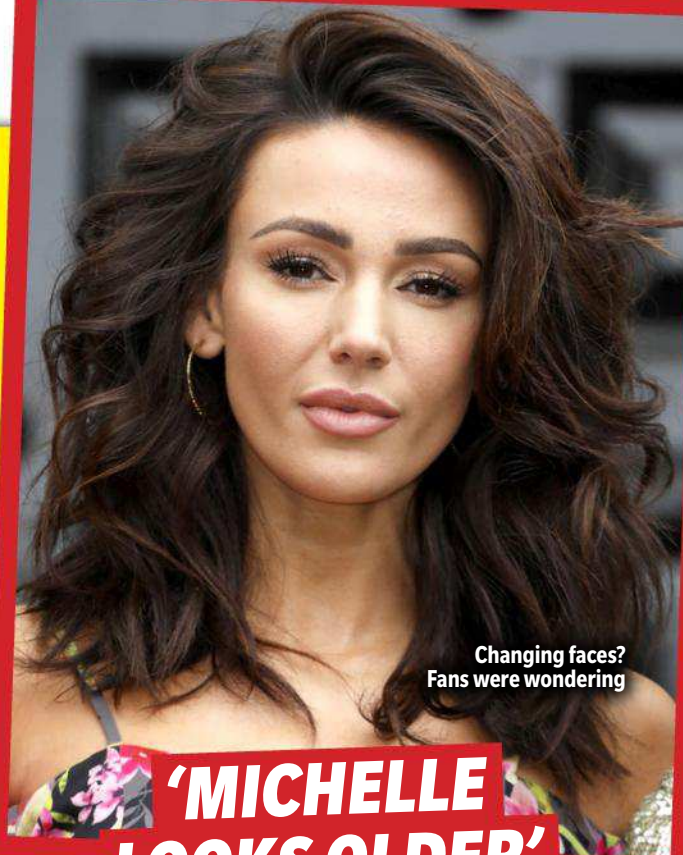
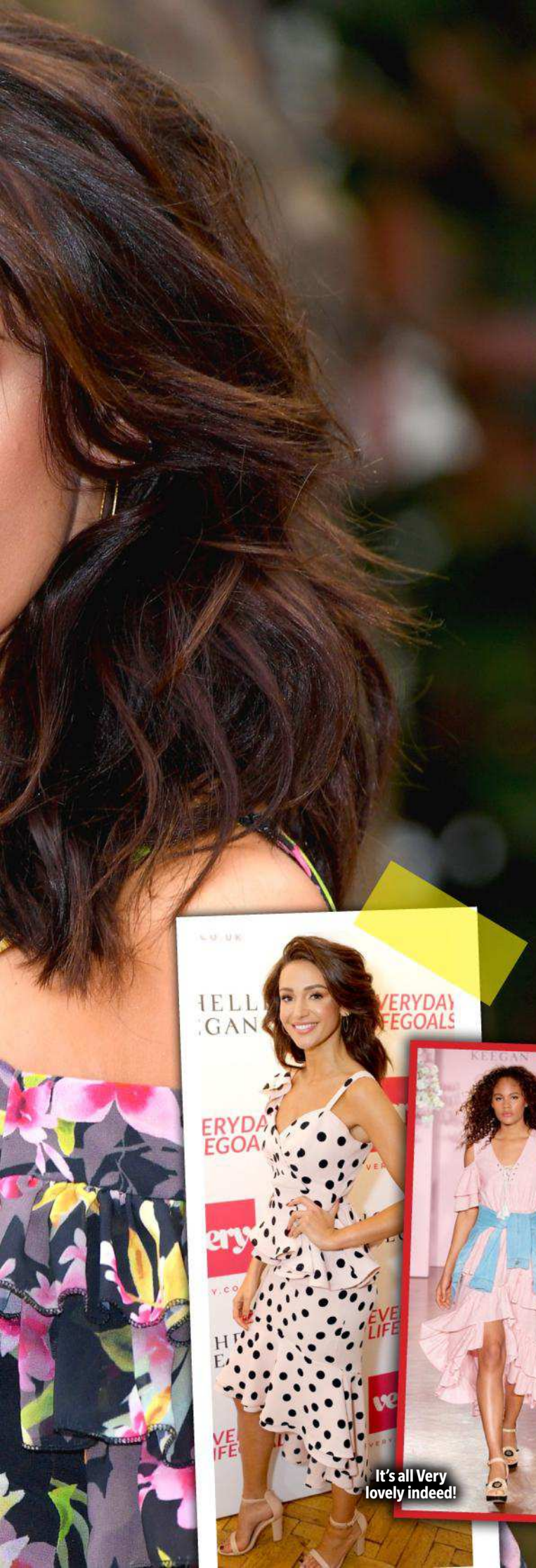
Lisa Blake

PICTURES: EXPRESSPICTURES.COM, INSTAGRAM, REX



Mark's meeting A-listers like Tom Cruise on US TV

Instagram/@markwright



Changing faces?
Fans were wondering

'MICHELLE LOOKS OLDER'

When Michelle attended the launch party of her new Very clothing collection last week, fans couldn't help noticing that the *Our Girl* actress's cheeks and lips looked fuller.

'Has she had more fillers?' one fan asked, while another commented, 'Her lips look bigger.'

Cosmetic surgeon Gary Ross, from Manchester, tells us he believes Michelle has had some work done within the past 12 months.

'It looks like Michelle's cheeks and lips are much fuller, probably as a result of fillers, and the shape of her nose appears to have altered.'

'It is likely that she might have had cosmetic enhancement, like rhinoplasty. Too much filler can cause someone to look older if it's overused, as it distorts the natural contours of the face, especially in young women,' he says.

Aesthetic nurse Julie Brackenbury also gives her opinion, 'Nose job, jaw lift, cheek fillers (note, eyes look smaller), lip filler, Botox all areas (again, can make eyes look smaller). This is exactly how too much aesthetic work can ruin a face and age someone massively.'



It's all Very lovely indeed!



Michelle wows the fash pack

Reveal was lucky enough to bag front-row seats for the runway show at the launch of Michelle's latest collection with very.co.uk. In the FROW were The Saturdays singer Vanessa White plus Pussycat Dolls' Ashley Roberts and Kimberly Wyatt with reality TV stars Binky Felstead and Jess Wright, all dressed in Very's latest pieces and sipping bubbly.

The collection was full of style inspo - bright prints, silky fabrics, pastel hues, embroidered and tasselled bardot tops and bold print dresses. The pretty pink frill dress,

pictured left, is going to become our go-to for easy summer style.

Wear it over your bikini on the beach with printed heels, or with your classic Converse All Stars and a light denim jacket. Extra points if you tie the jacket around your waist for ultimate 90s throwback style!

Michelle made her appearance at the end of the show in a frilly polka-dot dress. The print is a fash pack fave, while the tiered frill waist detailing is perfect for skimming over tummy woes, and the layered hem adds a flirty touch. Love it! The collection is available online

Ellie Attwell

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‘My dress will be simple’

With just over two weeks to go until Meghan Markle and Prince Harry tie the knot, speculation is rife about what Meghan’s wedding dress will look like

In a bohemian A-line gown with a deep V-neck, intricate floral beading and a black ribbon belt, Meghan Markle stunned audiences as her *Suits* character, Rachel Zane, got married last week.

But despite Meghan, 36, looking beautiful in Atlanta-based designer Anne Barge’s frock, we can guarantee it won’t be anything like the dress she’ll don at her own wedding to Prince Harry, 33, on May 19 at St George’s Chapel in Windsor Castle.

Speaking about Rachel’s dress, Meghan said, ‘It’s not my personal style, because I’m a lot more relaxed than Rachel. But I love that I got to play dress up in this gown.’

‘For TV, we did have to bring the neckline up a touch, but it originally had a low ballerina-inspired one, and I happen to love that.’

For her first wedding to Trevor Engelson, 41, in Jamaica in 2011, Meghan opted for a white bohemian-

style, strapless, floor-length gown. There was no long train or veil.

But while the vibe of her first frock could definitely be described as ‘relaxed’, her dress for her upcoming wedding to Harry in front of 600 guests won’t be anything like it – as royal protocol says shoulders should be covered.

A royal source has revealed that there is ‘talk of lace’. And London-based Ralph & Russo, who made Meghan’s black sheer engagement dress for her and Harry’s professional photoshoot, is the odds-on favourite to be the designer.

Other designers thrown in the mix are Stella McCartney, Christopher Bailey, Erdem and Sarah Burton.

In other news, it’s been reported Meghan’s request for a ‘private’ wedding was



Meghan was keen to have a pared-down wedding

She wore this wedding dress on her final *Suits* appearance, which aired last week



Pictured here on her wedding day to hubby No.1 in 2011



Harry asked William to be his best man

refused due to public demand.

The royal-to-be is said to have asked for a much more pared-down affair than the 2011 wedding the Duke and Duchess of Cambridge had. So a carriage procession around Windsor wasn’t what she had in mind.

‘The carriage wasn’t going to happen,’ revealed an insider. ‘Meghan wanted it to be their wedding. It was her request for it to be much more private than Kate and William’s wedding.’

‘But the Palace received thousands of letters saying the public want to be part of the wedding. So Prince Charles

said, “Can we do carriages like Prince Edward and Sophie?” our source explained.

Last week, Kensington Palace confirmed Prince William will be Harry’s best man. The announcement comes five months after Harry and Meghan got engaged, and just three weeks before the big day.

When asked by a member of the public how he’d asked his brother to be best man, Harry joked, ‘I got down on one knee!’

William, who had Harry as his best man in 2011, teased him back, ‘Revenge is sweet!’

Lisa Blake



Scarlett unblocked Lee – and he’s begging her forgiveness

TOXIC L

Scarlett warned, ‘Don’t take Lee back!’

Scarlett Moffatt is back in touch with her ‘cheating’ ex, Lee Wilkinson, and is considering giving him a second chance

It’s not unusual for a girl to head off to sunny climes with her best mate to try to take their mind off a break-up, but it seems that Scarlett Moffatt’s trip to the US has had the opposite effect.

Days after Scarlett hinted she and her boyfriend of four months, Lee Wilkinson, had split after he allegedly cheated on her, she jetted off to Orlando, Florida.

But, despite the *Saturday Night Takeaway* host’s Instagram page appearing to show her carefree and happy, as she posed with a parrot and laughed on a roller-coaster ride, Scarlett, 28, has been in regular touch with fellow *Geordie* Lee and might be softening towards him.

‘Scarlett was absolutely livid when she found out Lee had been lying to her, but, despite vowing to cut him out of her life when she went to Florida, she’s having second thoughts,’ a source tells us.

‘He’s been bombarding her with messages and begging for a second chance.

‘Her friends have urged her not to give in to all his smooth talk. They’ve warned her he’s toxic, and that she’ll never be able to fully trust him again.’

On April 20, Scarlett told her Facebook followers, ‘It scares me how much you think you can know someone. Trust

is everything, if someone doesn’t think you’re enough for them, that’s a reflection on them, not you. Unless you’re Henry the Eighth, one girl should be enough.’

Scarlett later replied to a concerned follower, ‘I just always seem to choose cheating pathological liars. I choose lying cheats, it’s a skill.’

However, while she’d hoped her holiday would help her get over personal trainer Lee, Scarlett has realised she’s missed him a lot.

‘The idea of putting him out of her life for good by going to Florida without him has backfired, as she’s ended up spending most of her time in her room, messaging him,’ reveals our source.

‘She initially blocked him but then, in a moment of weakness, unblocked him. Since then, Lee has been on a campaign to win her back.

‘He has been sending her loved-up messages and pictures they took together over the last few months, to remind her what she’s turning her back on, and it seems to be working.

‘Scarlett can’t help but think she jumped the gun by dumping him, and that maybe they could sort things out when she gets back. He’s insisting to his closest friends that it’s not over, and he still hopes to prove that he can be a good guy and just made a silly mistake.’

On her return, Scarlett plans to have a heart-to-heart with Lee, but her pals aren’t happy.

‘Everyone knows that it’s just another opportunity for Lee to convince Scarlett that he’s the right man for her,’ continues the source.

‘Despite her tough persona, assuring the public that she’s over him, she’s softening.’



Her Insta feed from Florida was upbeat and funny



‘Don’t listen to Lee,’ say her friends

Instagram/@scarlett_moffatt

Instagram/@scarlett_moffatt

LOVE LIVES



Sadie, Gemma, Arg and Elliott in Marbella



Eating for two - loved-up Arg

'I've never encouraged Gemma not to eat'

TOWIE's James Argent and Gemma Collins' on/off relationship appears to be affecting their health, as the pair continue to relax their diets...

After finally making their relationship official last month, following seven years of on-and-off dating, you'd expect Gemma Collins and James 'Arg' Argent to be living the fairy tale at last.

But, sadly, they're still having their differences, and it seems their health may be suffering.

Last week, we reported how the pair had seemingly ditched their diets after Gemma, 37, was pictured scoffing crisps and necking fizzy drinks during a photoshoot. Arg, 30, was also spotted with a rounder tum in Brighton.

It comes after Gemma vowed to drop 3st at the start of the year on doctor's orders, to make conceiving a baby easier.

But, last week, they were seen dining with Elliott Wright, Mark and Jess's cousin, and his wife Sadie, in Marbella, proving the reality TV lovebirds are still relaxing their diets.

Arg told Tommy Mallet on *TOWIE*, 'Chloe [Sims] made a ridiculous comment, saying I don't let Gemma eat. We eat Thai food, we have curries, Chinese, kebabs, roast dinners...'

Tommy, Arg's pal, then interrupted cheekily, 'I know

you don't stop eating.'

'I'm upset, because it's not nice - I did take it to heart,' added Arg. 'I've never encouraged Gemma not to eat.'

The couple's battle with food could be the result of their emotional ups and downs.

Last week, Arg - who has admitted he's not ready to have a baby with Gemma, despite the meme queen being desperate to become a mum - told Tommy that Gemma had a meltdown when he went to Spain with his friend, Ferne McCann, 27, three weeks ago.

Tommy asked on *TOWIE*, 'Are you and Gemma good?'

Arg replied, 'There was a lot of issues about me and Ferne going to Spain. I love Gemma to bits, but she can't handle being away from me for five minutes or she gets the hump.'

'She can be a bit nuts at times... there's no way we should consider having kids until we're stable and secure.'

Gemma added, 'I've been in a love bubble of giving James everything. I've done all his washing - I'm a busy woman, but everything stops for James.'

'We had an argument, and he went to Spain and said he wasn't going to speak to me



The food of love... Gemma and Arg dine out again

for four days. We was having a really bad time. I've got a boyfriend that I never see. I never see him on weekends,' she told her pals, Bobby Norris and Chloe Sims.

Gemma then told Arg she felt insecure, and her Essex boyfriend replied that he wanted to bring the best out of her.

'I want a summer of fun. Let's have some fun and make

some memories. I love you with all my heart,' Gemma said.

Arg added during their heart-to-heart, 'This isn't a joke to me - this is real. I genuinely love you. I do see a future with you. I'm going to make sure you never feel neglected at any time... you are my priority.'

Are you sure that's the case, Arg, and it's not a chicken tikka masala, instead?

Lisa Blake

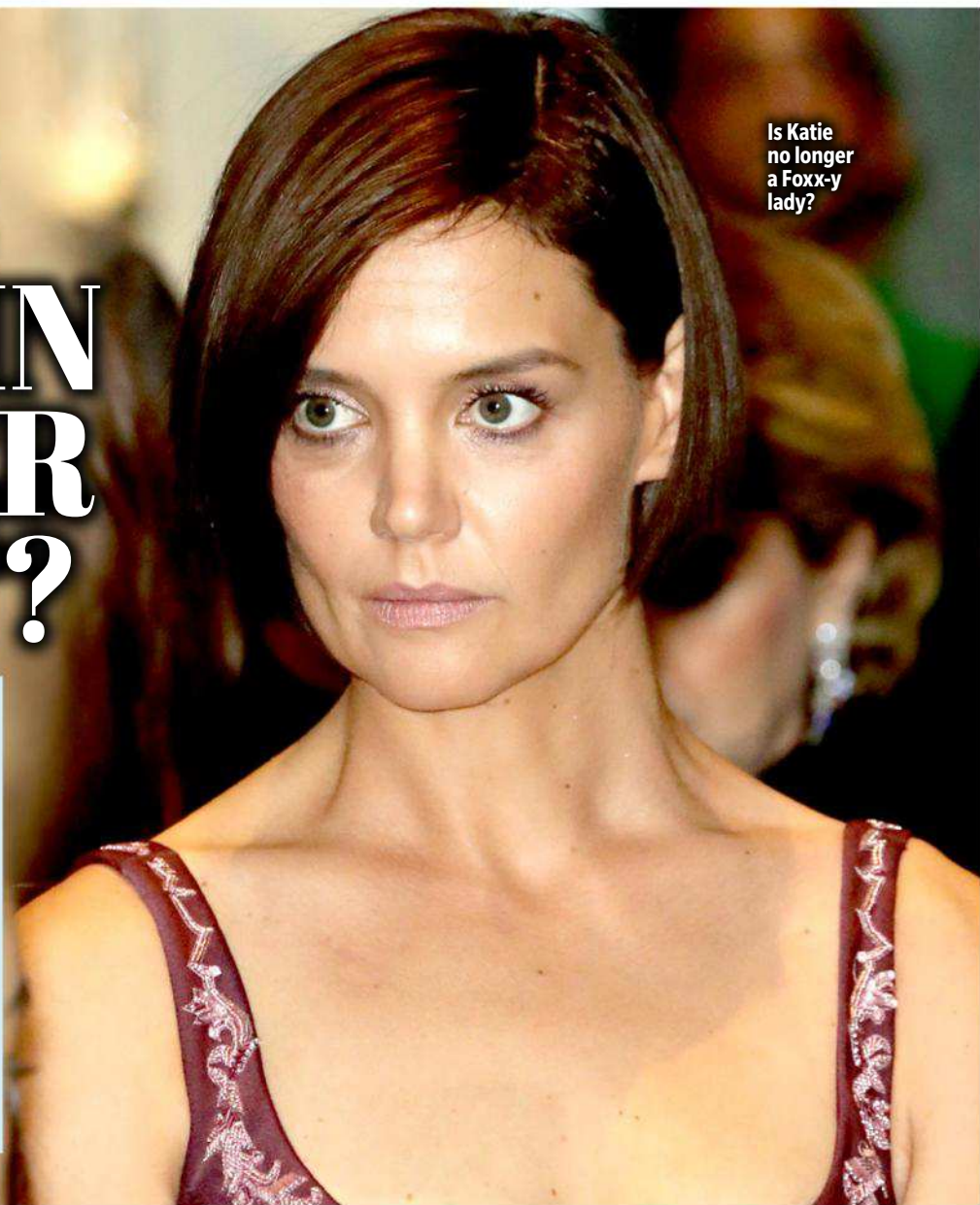
THE STRAIN OF HER SPLIT?

Is Katie no longer a Foxx-y lady?

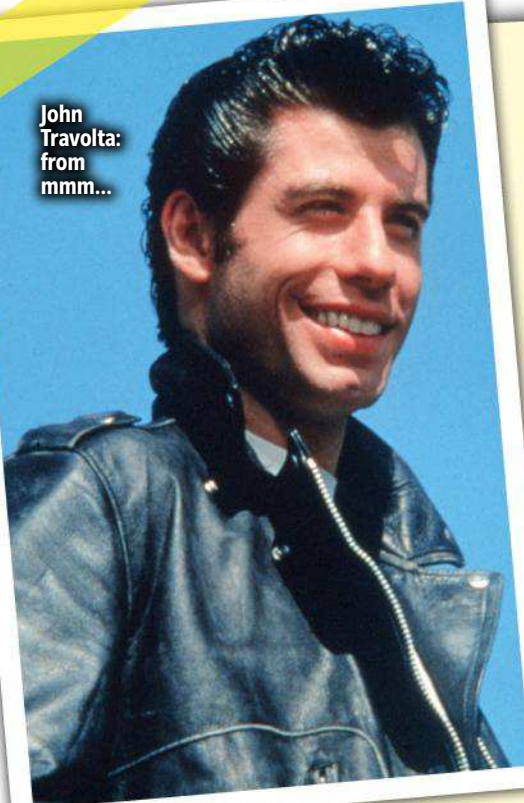
We were shocked when we saw these pictures of the usually radiant Katie Holmes.

The gorgeous *Batman Begins* and *Dawson's Creek* actress, 39, who shares her daughter Suri, 12, with her ex-husband Tom Cruise, 55, looked tired and gaunt as she stepped out on the red carpet for a fashion event in New York.

Katie's weight loss comes amid reports that her relationship with Jamie Foxx, 50, has broken down. Days before the worrying pictures of Katie surfaced, the couple were seen dining at a restaurant, but left separately.



John Travolta: from mmm...



TERRIFYING TRANSFORMATION

Erm... John, is that you? Last week, John Travolta looked worlds away from his usual dapper appearance as he was spotted with a grey mullet hairdo, unshaven face and fetching Hawaiian shirt.

But don't worry, it's thankfully not a permanent look - phew! John, 64, was filming his new movie, *Moose*, in Hollywood. The actor - who is best known for his role as Danny Zuko in *Grease* (left) - plays the main character, a psychotic stalker who terrifies his favourite actor.

The film is directed by Limp Bizkit front man, Fred Durst, 47, and is based around an experience he had with a fan.

... to Moose



LIKE MOTHER, LIKE DAUGHTER

We love seeing the relationship between celebs and their mums, but we can't help thinking Danielle Lloyd may be a bit too close to her mum, Jackie.

Earlier this month, the former Miss Great Britain, 34, admitted that she'd paid £2,000 for a 'designer vagina' – and now Jackie, 57, wants one, too.

Mum-of-four Danielle bravely revealed that she had suffered from stress incontinence since the birth of her second child, Harry, six, and said that the pricey FemiLift procedure has 'changed her life'.

'It wasn't painful at all – it took 10 minutes to do. It was awkward at first, but quick and easy,' she said, while Jackie added, '[The operation] would make a massive difference to me.'



Matching undercarriages for Danielle and mum Jackie?



The Corrie star and her cheeky girl

LOOKING GOOD, HEL!

She's pregnant with her second child to long-term love Scott Sinclair – and Helen Flanagan is looking better than ever.

The *Coronation Street* star has shared this adorable snap of her having a mummy moment with two-

year-old daughter, Matilda.

Looking gorgeous in a Balmain jacket, Helen, 27, smiled at her daughter, who turns three in June.

The picture proved irresistible for Celtic footballer Scott, 29, who sent his two girls a kiss emoji.

ROBBIE'S WEED FARM

A seven-year wedding anniversary is traditionally marked with gifts of copper and wool, but not for Robbie Williams and Ayda Field. Robbie's wife allegedly presented the singer with a marijuana field to celebrate their anniversary last August.

According to rapper Big Narstie, 32 – who claims to have visited their weed farm – Ayda, 38, had the plants, which are legal to grow in Los Angeles, installed in their LA home.

'She got him a whole weed farm in their basement in LA,' he said. 'That's how you drive. It's legal, innit? It's legal.'

Robbie, 44, has previously admitted to loving 'marijuana' and has even smoked a spliff in Buckingham Palace.



Smokin'! Robbie and Ayda have something naughtier than wine in their cellar

Sophie Cockerham



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Cheryl & Liam

The secret dates that got them back on track



After making a huge effort to spend quality time together, friends say Cheryl and boyfriend Liam Payne have sorted out their differences...

Just weeks after Liam Payne, 24, admitted he and his girlfriend of two years, Cheryl, 'had their struggles', the pair are now said to be back on track after committing to a series of romantic date nights.

Following widespread rumours of a split, friends say their relationship has taken a U-turn after a make-or-break holiday to the Maldives helped them rediscover their lost spark.

'Cheryl is telling all her friends her romance with Liam has been different in the last few months,' says a source close to the couple. 'They've even managed to enjoy some secret date nights, while her mum, Joan, looks after baby Bear, and they sneak off to a restaurant close to their Surrey home.'

'Liam has paid Cheryl lots of compliments and lavished her with attention, which is a nice change and made Cheryl even more smitten.'

The pair jetted off on a much-needed holiday at the end of March, with Cheryl cheekily writing on Twitter, 'Now... off on our holiday. The only thing we are making are memories and [the only thing] breaking is our healthy eating. Toodles.'

Friends say the holiday helped spark a more romantic phase in the pair's relationship.

'Cheryl is now a lot more touchy-feely with Liam, kissing and

cuddling. He is helping with Bear more and Cheryl has even suggested they think about babies again,' says the insider.

'They're much more positive about their relationship - Liam is far more kind and caring towards her. They can't go out in London, but they like to have secret dates, either in the house or in the countryside, as there's a couple of restaurants that are really private, or they'll get a takeaway, as neither of them can cook.'

Liam even gave a touching insight into their cosy nights in together - saying they're both huge fans of TV shows about ghosts. 'I love spiritual things,' he says. 'Me and Chezza are actually quite mysteriously into that stuff, like secretly.'

'You know they have those weird ghost programmes? We love watching those. She loves it. And she'll just sit there and she's like, "I can't believe it!" She gets really into it - it's funny.'

And friends say Cheryl, 34, is the happiest she's been since the idyllic early days of her doomed marriage to cheating footballer Ashley Cole, 37.

'It's as cosy a relationship now as Cheryl has had since Ashley, where they'd be happy just staying in every night,' says the source. 'The only thing standing in their way now is time apart, when Liam starts touring for his new album.'

'Cheryl hopes that it's not a case of one step forward, two steps back with their love life. It didn't take much to rock it last time and, ultimately, are the foundations any stronger this time around? Only time will tell.'

Kelly Jenkins

Chezza is apparently 'the happiest she's been' since the early days with ex-husband Ashley Cole



The couple love cosy nights at home with Parker the pooch

Instagram/@cherylofficial

Liam admits the pair 'had their struggles' in the past

Instagram/@stephaniedavis98



Stephanie Davis, 25

How do you put a difficult year behind you? Head to a health retreat in Marbella, Spain, of course! The former *Hollyoaks* actress was spotted taking a break from The Holistic Boot Camp, posing up a storm in a cute pink crochet bikini by the pool.



B
B

Sophie Kasaei, 28

The *Geordie Shore* lass looked beautiful as she soaked up the sun in Turkey. Sophie, who previously lost an incredible 2st, recently admitted to being back to her goal weight after gaining a few pounds. She showed off her efforts in a skimpy white bikini. You go, girl!



Millie Mackintosh, 28

With her washboard abs on show, the former *MIC* star turned up the heat in a bright pink bardot bikini top and matching thong. She may be on a girls' getaway to Marbella, but this sizzling shot is enough to show fiancé Hugo Taylor, 31, what he's missing back in England!

EACH BABES

These celebs have made us a little green with envy as they soak up the sun...



Vogue Williams, 32

The glowing mum-to-be revealed that five months into her pregnancy, her baby bump has 'finally popped'. Hurrah! It's no wonder the fitness model was looking smitten on her sun-soaked Greek getaway with fiancé Spencer Matthews, 28 - she looks incredible! Jealous, much?



PICTURES: BACKGRID, GOFF, INSTAGRAM, MEGA

Gemma Collins, 37

The GC certainly isn't one to shy away from the cameras! Taking to the beach in Marbella, the *TOWIE* star attempted to recreate Pamela Anderson's iconic *Baywatch* look. Holding on to a float, she ran out of the sea and then worked her curves on the beach. Why the hell not?!



Laura Hinton, Chloe Morgan

KIMYE CRACK UNDER PRESSURE

Kim Kardashian West's marriage is under strain yet again after she struggles with husband Kanye West's latest meltdown

It's been another drama-filled week for the Kardashians, with Kim Kardashian West rushing to the defence of her hubby as he appeared to suffer another public meltdown.

Her four-year marriage to Kanye West is under pressure after the rapper, 40, posted a series of rambling comments on Twitter, after a year-long hiatus away from the social media site.

His bizarre tweeting flurry included the US star avowing love for his 'brother', controversial US president Donald Trump, saying the pair shared 'dragon energy'.

Kanye then shared text messages from his friend, fellow musician John Legend, 39, who urged him to 'reconsider aligning' himself with the president. Kanye subsequently accused John of trying to 'manipulate his free thought', adding, 'If you feel something, don't let peer pressure manipulate you.'

Luckily, laidback John handled the situation well, and used their awkward

spat to plug his music. Another screenshot message read, 'And since you're posting texts, let me add that I have a new single out, haha.'

Kanye also shared snaps of the £43 million LA mansion he shares with Kim, 37, and their children, North, four, Saint, two, and

three-month-old daughter Chicago.

Kanye's rantings saw Kim quickly try to downplay the situation, with the US reality TV star writing, 'Ummm babe? We had a rule to not show our home on social media! So can we now allow *Keeping Up With The Kardashians* to film in our home?'

She also reportedly rang Kanye to admonish him about supporting Trump, with Kanye then posting, 'My wife just called me and she wanted me to make this clear to everyone. I don't agree with everything Trump does.'

In a Twitter rant of her own, Kim slammed concerns that her husband was having another nervous breakdown, saying that her husband 'was a free thinker... that was ahead of his time'.

It was initially reported that Kanye lost an astonishing 9m followers after he took to Twitter, although that highly damaging amount is thought to be inaccurate due to a technical 'inconsistency'.

It's worrying news for Kim, who makes her millions from her social media fanbase. She was rumoured to have lost £717,000 a month during her social media blackout following her robbery at gunpoint in Paris in October 2016.

'KANYE HAD AGGRESSIVE AND TERRIFYING OUTBURSTS'

Kimye's marriage was previously placed under strain in November 2016, after Kanye was hospitalised for exhaustion.

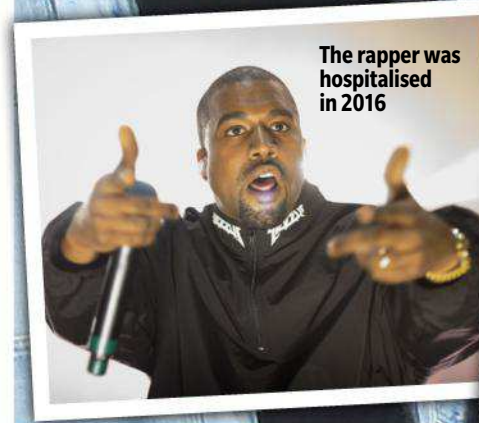
After a series of on-stage rants, he was forced to cancel his Saint Pablo Tour.

The *Gold Digger* singer was reportedly in a 'state of temporary psychosis due to sleep deprivation and dehydration'.

Kanye's stepbrother, Hal Carmichael, said the pressures of Kim being robbed at gunpoint in Paris is what pushed Kanye over the edge and he blamed himself for it.



Kanye's mum died in 2007



The rapper was hospitalised in 2016

'It was traumatising,' Hal explained. 'I think Kanye got to a point when he was fearing for his life and for his family's safety because of what went down in Paris.'

Kanye's breakdown also came at the same time of the anniversary of his mother Donda's death, with the rapper previously blaming himself for her passing.

Donda, 58, died due to complications after plastic surgery in November 2007 which Kanye had paid for.

Speaking in 2015, Kanye said, 'I sacrificed my mom for my success. If I'd have never moved to LA, she'd be alive.'

While loyal wife Kim stayed by his side during his stay in the UCLA hospital, the difficult time heightened tensions.

A source explained, 'Kanye hadn't slept for about a week and was exhibiting aggressive and terrifying outbursts. Kanye and Kim were fighting because he was impossible to live with.'

Will Kanye and Kim be able to stand the pressures a second time round?

Kimberley Bond



HAS KHLOÉ FORGIVEN TRISTAN?

While Kanye may be at the heart of this latest Kardashian drama, sister-in-law Khloé is still struggling to come to terms with the news that boyfriend Tristan Thompson reportedly cheated on her multiple times – even while she was pregnant.

Now Khloé, 33, has broken her silence – and it doesn't sound good for the straying basketball star.

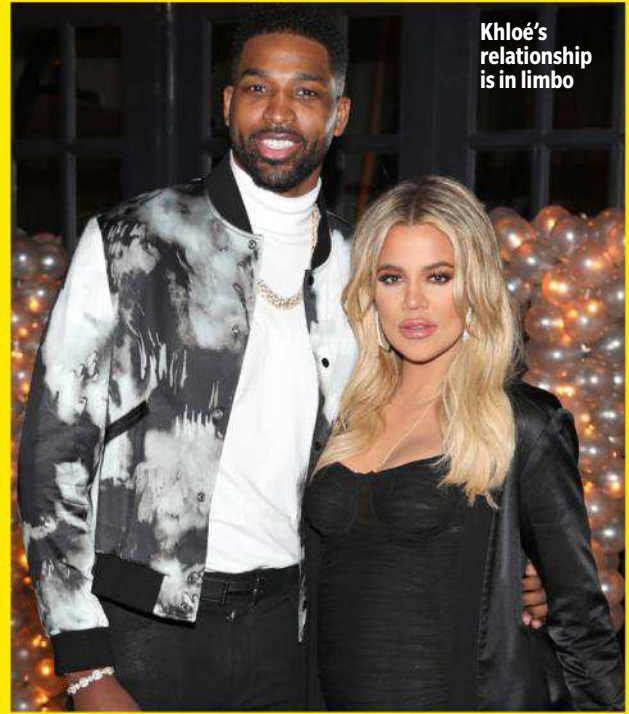
'Life is short and, at times, we put so many others before us, but one of our priorities should be our own happiness,' she wrote on her website. 'Once you have that,

it trickles down to everyone around us.'

While it sends a pretty clear message that Tristan, 27, is still in the doghouse with Khloé, US reports claim she is struggling to walk away. 'She's not ready to give up her relationship and is still very torn,' a source reveals.

With their daughter, True, less than a month old, Khloé and Tristan's broken romance still hangs in the balance.

'Khloé is still extremely disappointed with Tristan and isn't sure she can trust him again,' says the source.

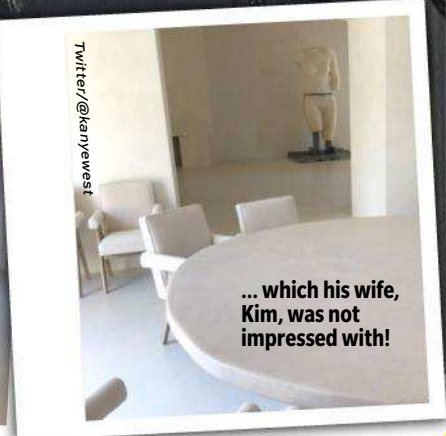


Khloé's relationship is in limbo



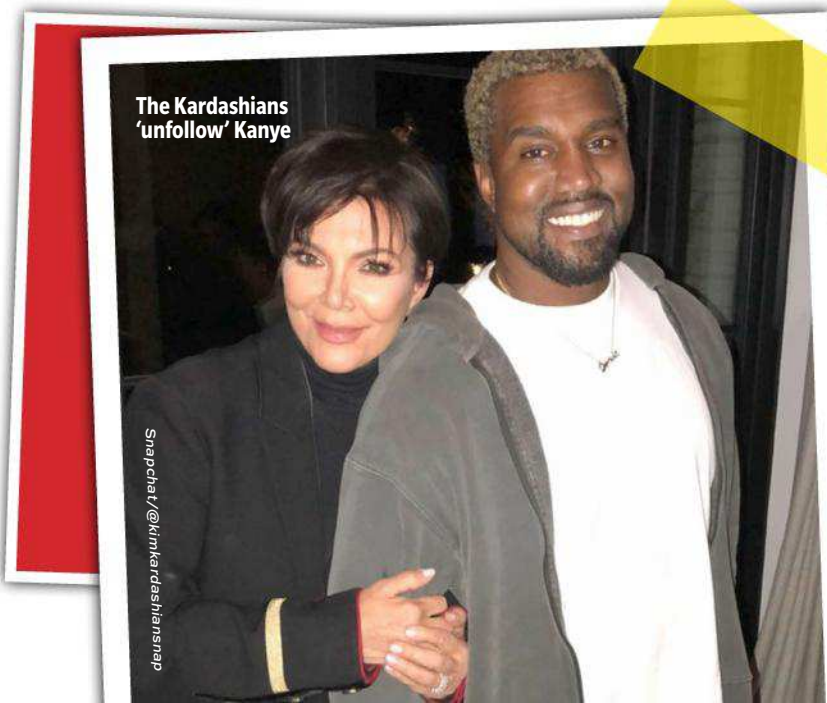
Twitter/@kanyewest

Kanye posted pics of his home on Twitter...



Twitter/@kanyewest

... which his wife, Kim, was not impressed with!



The Kardashians 'unfollow' Kanye

Snapchat/@kimkardashiansnap

Kardashian klan cut Kanye

A list of famous faces have turned their back on Kanye following his Twitter tirade.

Rihanna, who has collaborated numerous times with Kanye, has now unfollowed the musician on social media, alongside Ariana Grande, Nicki Minaj and Drake.

But most shockingly of all, the rest of the Kardashian clan have distanced themselves

from him, with Khloé, Kourtney and Kylie Jenner no longer keeping up with the rapper on Twitter.

Momager Kris Jenner was forced to shoot down reports that she had fallen out with her son-in-law on her own Twitter account.

Quoting an article which claimed she'd had explosive rows with Kanye, the 62-year-old wrote, 'Lies, lies, lies. Nope. Not true!'

PICTURES: BACKGRID, GETTY, SNAPCHAT, TWITTER

‘Haters won’t stop me having baby No.5’

Despite critics slating her for having four children by four different fathers, **Natasha Hamilton** says the comments won’t stop her having another baby

Former Atomic Kitten singer **Natasha Hamilton** has often been criticised for having four children with four men, giving her the undignified moniker of a ‘4x4 mum’, but she says that title won’t stop her from having a fifth child.

In fact, she says it would be a ‘blessing’ to have a baby with her fiancé, **Charles Gay**.

‘I’m in a relationship, and we are engaged to be married,’ she says. ‘If we are blessed to have a child in the future, then that would be great.’

Feisty **Natasha**, 35, is mum to sons **Josh**, 15, with former **Westlife** bodyguard, **Fran Cosgrave**; **Harry**, 13, with dancer **Gavin Hatcher**; seven-year-old **Alfie** with her ex-husband **Riad Erraji** and

daughter, **Ella**, three, with her ex-fiancé **Ritchie Neville**.

And her children’s colourful parentage has been the subject of cruel online trolls in the past. In 2015, **Katie Hopkins** tweeted, ‘For **Natasha Hamilton**’s kids, making Father’s Day cards is a confusing time. *label those chuffing envelopes kiddos*.’

But, although her family has fallen victim to hateful comments, singer **Natasha** says she’s chosen to ignore the snide comments.

‘At the end of the day, people are going to have their opinions,’ she sighs. ‘I’m defined more by how I am as

a mother rather than salacious labels that people want to throw about.’

After a four-year engagement to ex-**Five** singer **Ritchie Neville** ended in March 2016, **Natasha** met fashion brand director **Charles**, 32. He proposed in October 2017 during a trip to **Lake Como** in **Italy**, a few months into their relationship.

‘LOVE CONQUERS ALL’

The proposal was without a ring, so the pair got engaged a ‘second time’ a few weeks later in **New York**, where **Charles** presented **Natasha** with a gorgeous diamond sparkler.

However, in **January**, worried fans speculated that the couple had split, after **Natasha** unfollowed her beau on her social media platforms, and posted a cryptic quote.

‘Don’t feel sad over someone

who gave up on you,’ she wrote on **Instagram**. ‘Feel sorry for them, because they gave up on someone who would have never given up on them.’

But the *Fat Friends* actress proved they’re back on track for their summer 2018 wedding when she posed with her fiancé for a loved-up **Instagram** snap, alongside the caption, ‘Amor vincit Omnia’, which is Latin for ‘Love conquers all’.

While the reason behind their public spat is unknown, **Natasha** later admitted, ‘I’m human and, when I’m upset, my emotions spill out.’

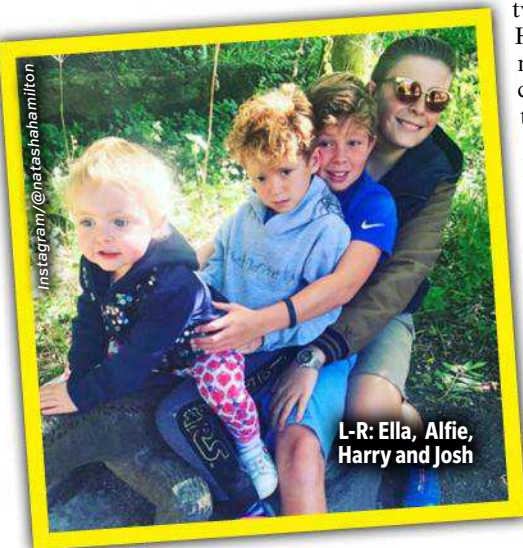
‘Life’s not always that rosy, but it’s how you deal with it.’

‘We are very much together, and we’re just sorting stuff out and just concentrating on getting things right.’

Sophie Cockerham,
Aaron Tinney



Engagement to Charles is back on



L-R: Ella, Alfie, Harry and Josh



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THOM & KATJA NEW ROMANCE?



Sorry, ladies, but after five years of singledom, rugby hunk **Thom Evans** is reportedly off the market, after being linked to German model, **Katja Zwara**.

Insiders report that the former *Strictly Come Dancing* contestant, 33, has been dating gorgeous Katja for six weeks.

How they met, however, isn't so romantic...

LA-based Katja is the ex-girlfriend of Thom's close friend, TV presenter Gethin Jones, and according to a source, he 'won't be happy about them hooking up'.

We don't blame him, considering Gethin and Katja are said to have only split in February.

Thom has been officially single since his split from American actress Jessica Lowndes in 2013. Prior to that, he had a four-year relationship with model Kelly Brook, who suffered a miscarriage with their child in 2011.



JESS & GIOVANNI JEALOUS GIO?

They went public with their relationship on Valentine's Day, but the love story between former *TOWIE* star **Jess Wright**, 32, and *Strictly Come Dancing* professional **Giovanni Pernice** is over.

The couple, who started dating in November, have gone their separate ways after Giovanni, 27, reportedly called time on their relationship.

'He was really into Jess and did want to make a go of it, but he struggled with the attention she gets and her popularity,' a source revealed.

'They've tried to keep things amicable and told people they have both agreed to go their separate ways, even though he was the one who first suggested ending things.'

They added, 'She has been really upset by this. It's a real shame, but hopefully things will stay civil.'



MEGAN & MIKE DIDN'T LAST LONG

Their two-month whirlwind romance saw them jet off to Barbados and Amsterdam.

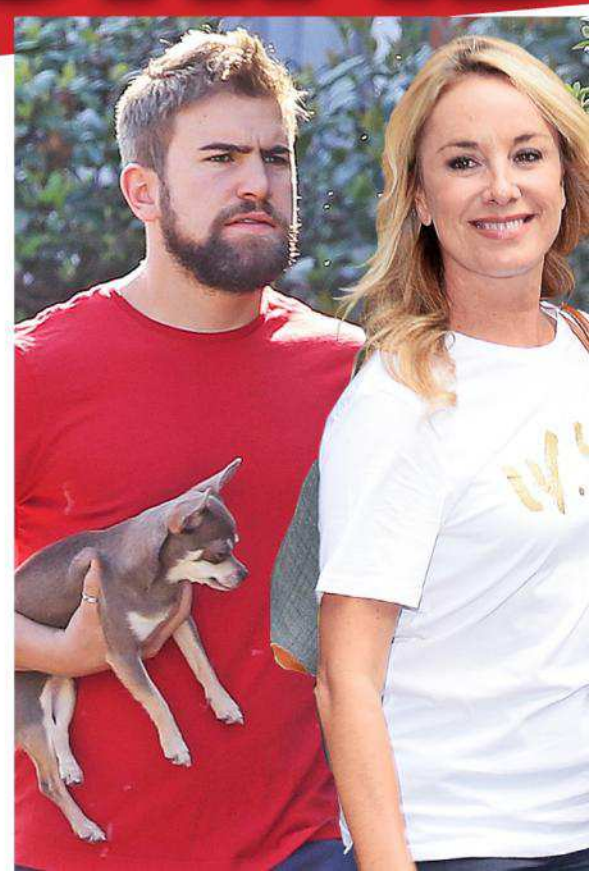
But the honeymoon period is well and truly over for **Megan McKenna** and *Love Island*'s **Mike 'Muggy' Thalassitis**, 25.

Megan, also 25, confirmed they have ended their brief dalliance, with the former *TOWIE* star's agent confirming, 'Yes, they have split.'

It comes after fans noticed both had unfollowed each other on social media, and had deleted all photographs of them as a couple.

But all is not lost, as it's been revealed Megan has since been channelling her emotions into her music.

'She's pouring her heart out about the split in the studio. She's determined to turn her pain into something positive,' a source said.



COUPLE CONFID



**OLIVIA & BRADLEY
ON AND THEN OFF?**

It's was another tumultuous week for *Love Island*'s **Olivia Attwood**'s love life.

After finally revealing that things were back on between her and ex-boyfriend, Blackburn Rovers footballer **Bradley Dack**, just days later, the reality TV star caused speculation that the pair had already split.

In a now deleted tweet, Olivia wrote, 'OK I tried,' and the couple also unfollowed each other on both Instagram and Twitter.

Before posting the cryptic comment, Olivia, 26, said her romance with Brad was 'low key', despite having Bradley's player number, '23', tattooed onto her wrist.

Gushing about how 'really happy' Bradley, 24, makes her, Olivia added, 'I know it [the tattoo] is a bit impulsive, especially when I'm trying to take things slowly, but I wanted him to know how special he is to me.'

She also compared her relationship to the turbulent one with Chris Hughes, 25.

'Bradley and I are very relaxed around each other. Myself and Chris were never at ease in each other's company. With Chris, it always felt like there were conditions to his love,' she added.



S Your weekly temperature check on celeb romances

ESSENTIAL



**KENDALL & DIPLO
SHOCK 'FLIRTATHON'**

Kendall Jenner has been spotted on a date night with her boyfriend, NBA player Blake Griffin, 29, after the couple reportedly ignored each other at Coachella Valley Music and Arts Festival.

And now, insiders have let slip that the supermodel, 22, was seen enjoying a mega 'flirtathon' with music producer **Diplo**, 39, at a party hosted by her sisters.

A source revealed, 'There was lots of touching and some extended hugging. Everyone wondered whether there could be something more going on between them.'

Yet in last month's *Vogue*, Kendall said of her romance with Blake, 'I have someone who's very nice to me.'

**TAMZIN & TOM
HELLO, TOY BOY!**

Yes, he may look like a hunky neighbour taking the bins out but, according to insiders, this is **Tamzin Outhwaite**'s new boyfriend, **Tom Child**, 26, and what he's actually doing is moving in!

The *EastEnders* star, 47, and her new love are said to be 'inseparable'. Despite their 21-year age gap, Tamzin has now invited Tom to move into the north London home that she shares with her two daughters, Florence, nine, and five-year-old Marnie.

A source said, 'Tamzin is open about how much she likes Tom. She's smitten, and they're inseparable.'

'Tamzin is very pleased with herself that she's pulled a toy boy.'

Tom will be Tamzin's first serious relationship since divorcing *Miranda* star, Tom Ellis, four years ago.



PICTURES: FLYNET-SPLASHNEWS, GETTY, GOFFPHOTOS.COM

GOLDEN GIRL

Gigi Hadid turned 23 last week, and drafted in a host of gorgeous pals to help her celebrate... Here's a look inside her glamorous do!



Yummy mummy Yolanda shone bright

While it's not exactly a milestone birthday, we can't blame model Gigi Hadid for wanting to celebrate her 23rd with an extravagant party for her family and best gal pals.

Looking every inch the mega babe she is, Gigi had paparazzi in a frenzy as she strutted into her NYC birthday bash in a stunning strapless gold Atelier Versace dress. The supermodel looked happy and healthy, despite splitting from her boyfriend of nearly three years, Zayn Malik, in March.

Though the singer, 25, didn't make an appearance at his ex's celebration, Gigi had someone else to hold her hand – her sister, Bella, 21. The Hadid brood was completed as the famous sisters were joined by their younger brother, Anwar, 18, who brought his actress girlfriend, Nicola Peltz, 23, to the party as his plus one.

However, it was her mum, Yolanda, who stole the show! The proud parent,

54, copied her eldest daughter and flaunted her amazing figure in a metallic dress. Her ex-husband, Mohamed, 69, also showed up at the party.

And, just when we thought the party couldn't get any more glamorous, some of our fave stars showed up to celebrate.

Leading the string of celebrity guests, model Hailey Baldwin, 21, mirrored Gigi in gold when she arrived with fellow catwalk queen Joan Smalls, 29, while Suki Waterhouse, 26, looked sweet in lemon yellow.

Quirky Cara Delevingne kept it cool (literally) as she covered her face with a fan. Gigi's Victoria's Secret Angel pals, Lily Aldridge and Martha Hunt, plus Miss Universe 2012 winner, Olivia Culpo, 25, also attended.

Gigi showed off her cool-girl credentials by changing into track pants, a cropped sweat and trainers halfway through the party and ate lots of cake!

How much do we love her?

Sophie Cockerham, Wendy Rigg



GET Gigi's GOLDEN LOOK

- Gigi's go-to make-up maestro, Erin Parsons, was behind her glitzy get-up. Recreate it starting with the winged liner. Erin always shapes this 'out' rather than 'up' for a flattering almond eye, then layers liquid liner on top of a black pencil for a lasting finish. **Maybelline Master Precise Curvy Eyeliner, £7.99**, is her fave.
- Trace a nude eye pencil in your lower waterline for a widening effect, followed by a slight smudging of cool brown eyeshadow along your lashes and socket line for definition.
- **Rimmel London Stay Matte Liquid Lipstick in Mocha, £5.99**, is the perfect match for Gigi's pillowy nude lip. Overline the edges with **NYX Professional Makeup Slim Lip Pencil in Natural, £3**, Boots, to plump.
- And for that statement glitter eye? **Stila Magnificent Metals Glitter & Glow Liquid Eye Shadow in Gold Goddess, £23**, is insanely dazzling. Embellish with chunkier flecks, like the brill **Festival Face Glitter in Golden Gal, £4.50**, festivalface.co.uk, fixed using eyelash glue. Your same taupe-toned eye shadow will double up as a contour – just swirl through the hollows of your cheeks.

BIRTHDAY FINERY

We're loving Gigi's party look, but we have a feeling her gold Versace dress is a little out of our price range. Steal her style with this fab affordable alternative! The slinky gold strappy dress will look gorge with pearl-embellished heels and minimal gold stacking rings.



DRESS, £40, PRETTYLITTLETHING.COM



RING, £19, ANIAHAIE.COM



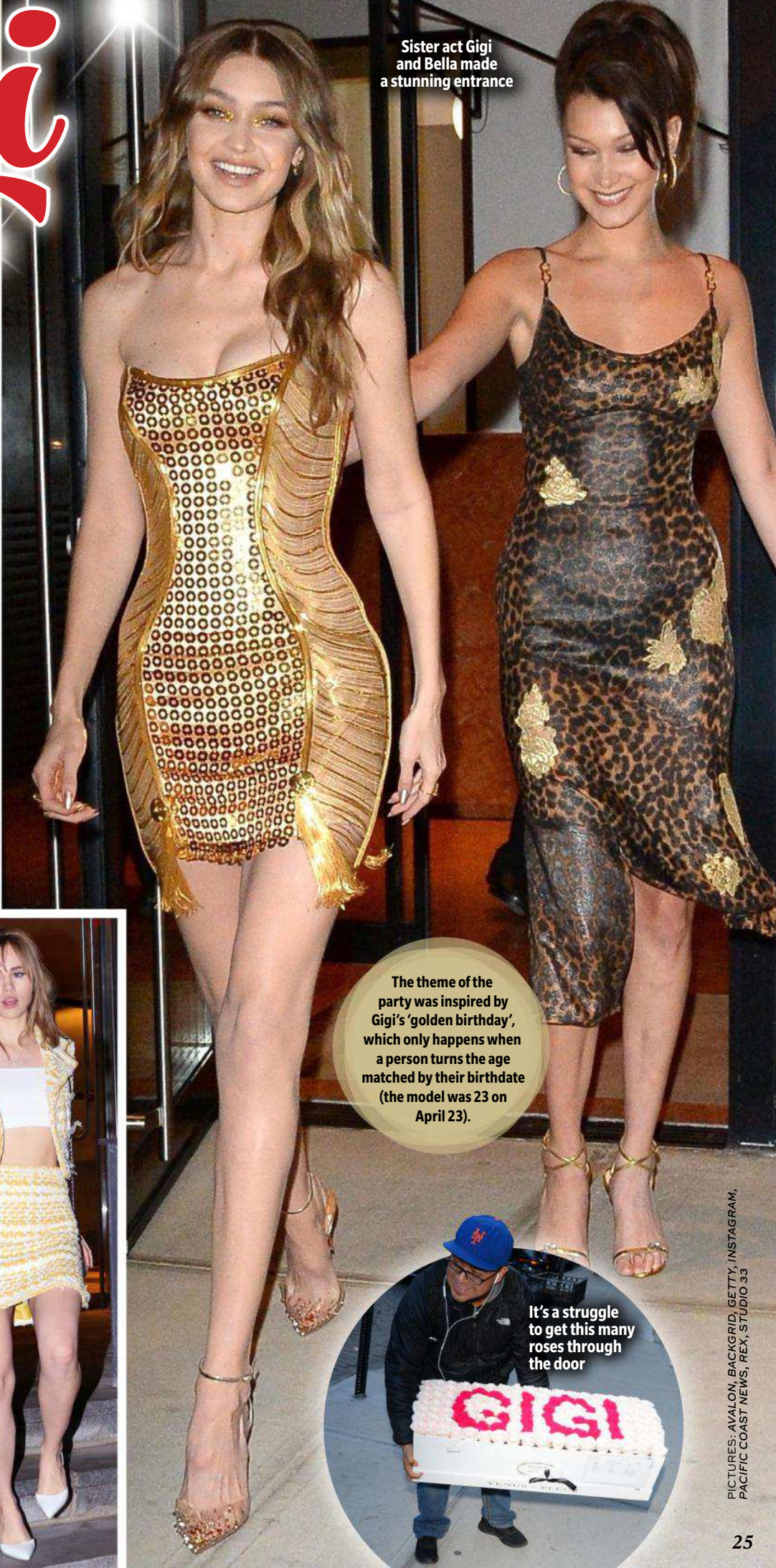
HEELS, £65, RIVERISLAND



Glitter and glow – Gigi's gold-standard party face

Gigi

Sister act Gigi and Bella made a stunning entrance



The theme of the party was inspired by Gigi's 'golden birthday', which only happens when a person turns the age matched by their birthdate (the model was 23 on April 23).



It's a struggle to get this many roses through the door

JOAN SMALLS

Looks like Joan turned up in her smalls, and hadn't got the memo to wear metallics. If you've got the body, flaunt it!

HAILEY BALDWIN

We're loving Hail's micro mini mesh dress and vampy metallic red eyeshadow.



OLIVIA CULPO

A lot of tit tape must have been required for this outfit. Um...maybe pop a top on for your friend's birthday party next time!

SUKI WATERHOUSE

Suki channelled 60s style. We say, 'Très chic'!



PICTURES: AVALON, BACKGRID, GETTY, INSTAGRAM, PACIFIC COAST NEWS, REX, STUDIO 33

Go for gingham

Louise Thompson looks gorge in this red-and-white check gingham dress. It's a stylish alternative to your classic bikini cover-up, and perfect for holidays. Wear it from now until autumn, dressed up with colour pop heels and layered gold necklaces, or down with white Converse, as the reality TV star does here.



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California dreamin'

We're still getting serious FOMO from the celebs' Coachella Insta pics, and **Stacey Solomon's** snap ticks all our festival fashion boxes. Embroidery, embellishment and double denim! The jacket injects that boho vibe and the shorts are a cool update.

Indian summer

Visiting the country that's famous for deep, bright colours, **Rosie Fortescue** takes a little fashion inspo from India's heritage in this holiday pic. We're loving the designer's gypsy style, and her update on your classic bum bag – it's sophisticated and practical, too.

Check it

Little Mix's **Leigh-Anne Pinnock** channels *Clueless* with this 90s-style throwback check co-ord. Wear together as she is, or mix and match the pleated skirt with your fave slouchy tees or classic tailored shirts. The cropped top will look fab with distressed denim.



£22
TOPSHOP



£32
TOPSHOP

HAT GOT

We show you where the celebs have been shopping this week

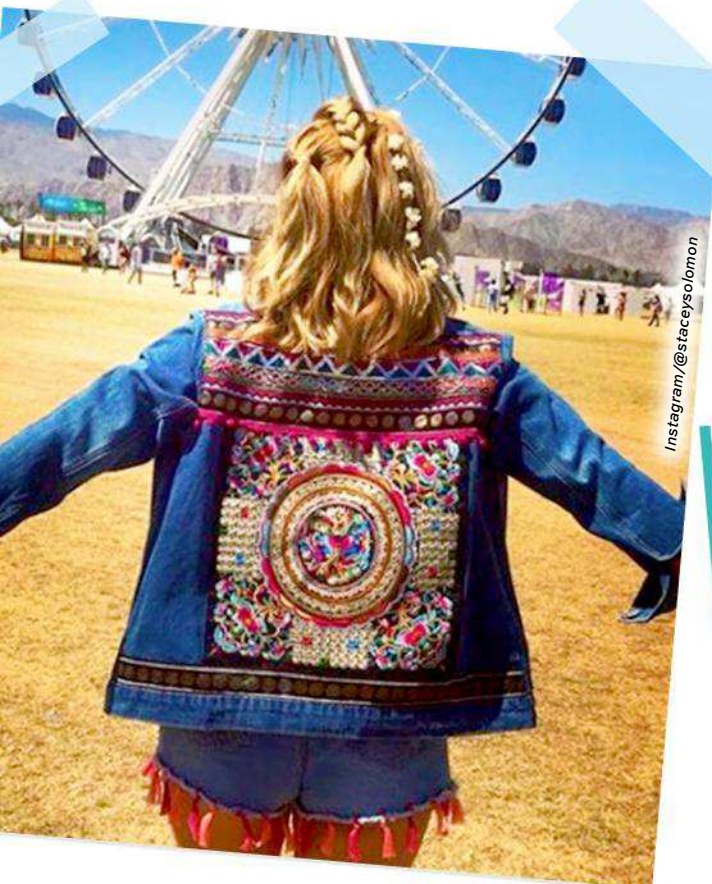


£60
OFFICE



In the nude

When it comes to wearing head-to-toe colour, take your cue from our #OOTD star, **Holly Willoughby**. The *This Morning* presenter makes a statement in her sunshine yellow suit and nude strappy heels at the English National Opera in London. The heels would look great with your jeans and a tee, too.



Instagram /@staceyolomon

'The baby's sleeping reasonably well'

Prince William gives fans an insight into life as a family of five after he and wife Kate, the Duchess of Cambridge, welcome their third child, Prince Louis

Just 48 hours after the Duchess of Cambridge gave birth to her third child, a bouncing baby boy named Louis Arthur Charles, proud dad Prince William was already back at work.

Asked how Kate and the little one were getting on, Prince William, attending the Anzac Day service (which honours Australia and New Zealand's war dead) at Westminster Abbey, revealed, 'They're very well, thanks.'

He added his wife and youngest were

'in good form, luckily'.

'Sleeping's going reasonably well so far, so he's behaving himself, which is good,' he smiled.

However, the Prince, 35, was later caught on camera closing his eyes for long periods of time, suggesting he'd had a couple of sleep-deprived nights. Bless!

Kate, 36, looked flawless as she presented beautiful baby Louis, who weighed 8lb 7oz at birth. She posed for pictures on the steps of St Mary's Hospital, London, on April 23, just five hours after giving birth at 11.01am.

Her husband stood next to her, offering a helping hand with the fifth-in-line to the throne, who looked content, wrapped in a white blanket.

'Are you OK with him?' Wills was captured asking Kate on camera.

'Yeah,' his



Sleepy Wills nodded off at the Abbey

wife responded. After waving to excited fans and members of the press, Kate said to Wills, 'It is a bit windy, eh? He might get cold. Let's go now.'

Earlier in the day, William was photographed taking big brother George, four, and two-year-old sister Charlotte to meet their new sibling. The little ones came straight from nursery school and looked excited to meet Louis.

Other Royal Family members were said to be 'delighted' about the latest royal birth. Kensington Palace tweeted, 'The Queen, The Duke of Edinburgh, The Prince of Wales, The Duchess of Cornwall, Prince Harry and members of both families are delighted with the news.'

Lisa Blake



George and Charlotte have a little brother

PICTURES: ALPHA, GETTY

KATE'S MIRACULOUS MUMMY MAKEOVER

Reveal's Mum's The Word columnist, Rebecca Gamble, asks if the Duchess of Cambridge's incredible post-birth appearance means she's super-human – or just super-lucky

When the Duchess of Cambridge stepped out of the Lindo Wing at London's St Mary's Hospital last week with her precious newborn son, just hours after giving birth, I was astonished by how fabulous she looked. She appeared well rested, had no bags under her eyes or puffy ankles, and her make-up was perfect.

'We're used to seeing Kate looking stylish, and I can't imagine her ever lounging around at home in jogging pants and a milk-stained T-shirt. But, while she may have had her glam squad on hand to give her a bouncy blow-dry and lay out her Jenny Packham frock, I can't think of anything I would have wanted to do less than get dolled up, so soon after giving birth.

'In fact, five hours after having my second child, I was still in the delivery suite, wearing a practical purple nursing night dress from Mothercare, with my hair unbrushed – and I have pictures to prove it (see above!).

'But then, Kate's not like the rest of us. For a start, while the mum-of-three leads a privileged life, she's under pressure that other mums just don't face. There were no breaking-news alerts when I went into labour, leaving millions wondering about how dilated my cervix was. So, I get that she had a point to prove and wanted to look amazing in the photographs that would be beamed around the world.

'However, I don't think the Duchess's ability to turn on the glam makes her a supermum. It's much easier to look radiant and elegant after giving birth with staff at your beck and call in the run-up to it. I have friends on their third pregnancies, juggling school runs and midwife appointments, and it's exhausting. But congratulations, Kate, on your beautiful new child!'

Rebecca, mum to Fergus, five, and Rafferty, two



No glam squad for Rebecca – but she still looked lovely post-birth!

'THE ROYAL BABY WILL BE FUN' SAYS JERILEE CLAYDON, A CLINICAL PSYCHOTHERAPIST



Jerilee thinks Louis will be a free spirit

'There's intriguing evidence to suggest your birth order impacts on you for life. It's typically thought the first-born, like Prince George, are natural leaders and high achievers. Middle children, such as Princess Charlotte, tend to have larger social circles, and those last-born, such as the new royal baby, tend to earn the least but be most creative.

'Third-born children also tend to be free-spirited and unconventional. If we considered Prince Harry to be the wild one, let's see what this little guy can surprise us with!

'Last-born children also tend to be the funniest. They're more likely to be curious about conceptual knowledge, so he'll be the one to listen to when it comes to being reflective and thoughtful. There's also space for the third child to excel creatively with less responsibility – especially true for the third royal baby, who is less likely to take the throne.'

SUN'S OUT, BUN'S OUT

Gabby Allen showed her cheeky side as she posed alongside Stephanie Davis and another pal during a gals' holiday in Marbella.

Love Island star Gabby, 26, showed off her incredible bikini body as she flipped a peace sign alongside former soap star Stephanie, 25.

The pair, who met at drama school when they were children, are thought to be filming a TV pilot for a fitness bootcamp while in Spain.

And while Gabby is still happily coupled up with Blazin' Squad singer Marcel Somerville, 32, Stephanie, who's mum to one-year-old son Caben-Albi, sparked romance rumours when she was spotted flirting with Calum Best, 37, who was also filming the TV pilot.



Instagram/@gabbydawnallen

Just peachy (l-r): Steph, Gabby, plus friend



Instagram/@mismcguinness

Guess who'll be Taking Christine Out more these days?

'PADDY AND I ARE IN A GOOD PLACE'

Just two months have passed since Christine McGuinness's marriage to TV presenter husband Paddy, 44, was thrown into the spotlight after he was seen cosying up to All Saints singer Nicole Appleton.

But, during an appearance on *This Morning* last week, Christine insisted that their marriage had done a U-turn, telling hosts Eamonn Holmes and Ruth Langsford, 'We're in a really good place.'

Her interview came ahead of her debut on *The Real Housewives Of Cheshire*, and the mum-of-three, 30, says the reality TV show has been a 'brilliant distraction'.

'I can't praise the show enough for giving me that,' she said. 'It's given me that kick up the bum to go do my hair and make-up, get dressed up and let daddy look after the kids.'



Paddy day-care: Christine leaves the kids with their dad while she appears on TV

STRICTLY BUSINESS

We were devastated when our favourite *Strictly Come Dancing* couple, Karen and Kevin Clifton, announced they were parting ways after three years of marriage.

But pro dancer Karen, 36, has insisted there's no awkwardness between herself and Kevin, 35 – with the pair putting their differences aside as they are about to embark on tour together.

Karen, who was spotted last week smooching rumoured flame Jon Bausor, explained, 'You just have to be grown up about it. Sometimes we get stuck in the negative, but that's not what we're about. We love dancing together. Sometimes, s*** happens. We keep going. We have to keep going for our careers.'



Karen and Kevin will keep dancing together despite their divorce

Bumpin' along

Days after announcing her shock pregnancy, Rachel Weisz, 48, debuted her blossoming baby bump in this gorgeous red dress.

The actress – whose husband is Mr James Bond himself, Daniel Craig – looked carefree as she ran errands around New York City.

Rachel recently told how she and Daniel, 50, were 'so happy' to be expecting their first child together.

'I'll be showing soon. We're going to have a little human. It's all such a mystery!' she gushed.

The couple married in 2011 and each have a child from a previous relationship. Rachel shares son Henry, 11, with filmmaker Darren Aronofsky, while Daniel has a daughter, Ella Craig, who's in her 20s, from his relationship with Scottish actress Fiona Loudon.



It's double-0 baby heaven for Rachel and hubby Daniel



Six and out: Jordan's taking a break from TOWIE

JORDAN'S TIME OUT

Jordan Wright's stint on *TOWIE* has been short-lived. He's 'taking a short break', after just six episodes, amid claims he was taking paid sick leave from the London Fire Brigade.

Fire service staff are not permitted to have second jobs unless they get written permission from their superiors – and it's said Jordan's bosses and co-workers were 'fuming' after seeing him on TV.

Jordan joined the ITVBe show at the start of this series in a bid to give it a boost. He recently got into a bust-up with Myles Barnett after flirting with his girlfriend, Courtney Green.

A *TOWIE* spokesperson admitted the LFB were investigating, but added, 'He hasn't been axed from the show, but he is taking a short break to resolve any concerns the fire service may have about his role on *TOWIE*.'

Hot felon's criminal family

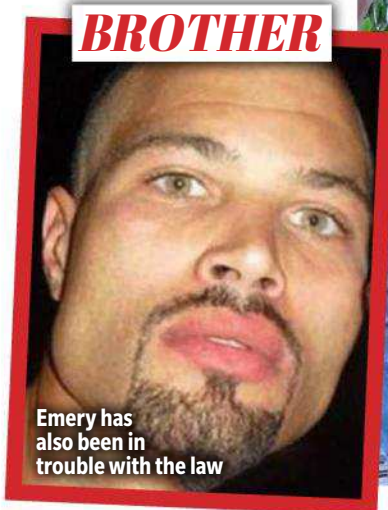
After Jeremy Meeks' dad was revealed as a rapist and murderer, the shocking criminal pasts of the rest of his family have also been exposed...

When Chloe Green – one of the world's richest heiresses – agreed to marry her hot felon Jeremy Meeks, she would have discovered that he's not the only criminal she's inviting into her gilded life.

In fact, it's emerged this week that other members of his family have served jail time.

First up, Jeremy's half-brother, Emery, served a community order for robbery back in 2000, and was slapped with a £245 fine in 2003 for giving alcohol to a minor. The 39-year-old, who is the double of his younger brother, has also committed other crimes, including driving under the influence and a hit and run incident.

Similarly, Jeremy's half-sister, Carmella DeJesus, 43, also has a criminal past. In 2002 and 2003, she was charged for minor thefts, and has additional convictions for



Emery has also been in trouble with the law

cannabis possession and a string of driving offences.

It's not hard to see why the siblings may have turned to criminal activities, as Jeremy's mum, Kathy Angier, was also in and out of jail when he was growing up – leaving Jeremy to be raised by his older sister, Leanna, from the age of 12.

A former heroin addict, Kathy's most serious offence occurred in 1998, when she

was convicted of aggravated battery on a pregnant woman.

Her other offences include two counts of purchasing items using fake cheques and drink-driving. Kathy, now 63, was also fined £175 in 1995 after she helped someone else to commit a crime.

However, Kathy has managed to maintain a relationship with her son, and has even been introduced to his girlfriend Chloe.

It's Jeremy's dad, Ray, who is the worst offender in the family, though.

While Chloe's father, Sir Philip Green, 66, has a net worth of £3.8 billion, Ray was released from prison only eight months ago, after serving 33 years for rape and murder.

The 67-year-old – who stabbed a woman 36 times during her five-hour ordeal, and raped another – was convicted of the crimes in 1984, when Jeremy was just nine months old.

Jeremy has previously revealed how his dad's incarceration led to his

own criminal past.

'Things were hard money-wise, and I was always searching for that father figure, that person to look up to and take me under their wing,' he admitted. 'I ended up in the gang life.'

But former road sweeper Ray, who hasn't seen his son since he was released from prison, is optimistic about the future of the family.

'I talk to Jeremy all the time and I've spoken to Chloe,' he recently admitted. 'We're all good. Her dad, the billionaire, seems like a great guy, too. I'm hoping to meet them all soon.'

Jeremy shot to fame in 2014 after his police mugshot went viral and, despite being jailed for two years on weapon and gang-related charges, the hot felon, 34, was snapped up for modelling jobs upon his release. After meeting Topshop heiress Chloe, 27, around a year ago, the engaged couple are now reportedly expecting their first baby together.

Sophie Cockerham



Billionaire Chloe is marrying into a criminal family

DAD



Ray served 33 years for rape and murder



MUM

Kathy has been in and out of prison

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|-------------------------------------|-----------------------|-----------------------|
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| 2. Difficulty losing weight | <input type="radio"/> | <input type="radio"/> |
| 3. Indigestion & burping after meal | <input type="radio"/> | <input type="radio"/> |
| 4. Fatigue | <input type="radio"/> | <input type="radio"/> |
| 5. Skin itching and brown spots | <input type="radio"/> | <input type="radio"/> |
| 6. Coated tongue | <input type="radio"/> | <input type="radio"/> |
| 7. Sensitive to strong smells | <input type="radio"/> | <input type="radio"/> |
| 8. Elevated triglycerides | <input type="radio"/> | <input type="radio"/> |

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'Sunday's my sav

After her boyfriend was jailed last year, Ferne McCann tells us how their daughter, Sunday, was her rock throughout the ordeal

When we meet Ferne McCann for lunch, one obvious thing is missing – her six-month-old daughter, Sunday.

'I feel I've lost an arm,' laughs Ferne. 'I got in my car alone, and I felt naked. It was bizarre – I don't like it!'

Former *TOWIE* favourite Ferne, 27, tells us that Sunday was her 'ray of sunshine' while coming to terms with the shocking events of the past 12 months.

Last April, Arthur Collins threw acid over partygoers in an east London club while out celebrating Ferne's pregnancy. Her ex-partner was jailed for the crime in December, and will serve 25 years.

Now, in this emotional interview, Ferne reveals her struggles as a single mother...

HOW ARE YOU FINDING MOTHERHOOD?

I love it. Sunday's personality is beginning to shine through now – she's becoming really alert. She's very chilled and barely cries. But she's having a bit of sleep regression at the moment, because I think she's teething a little bit. Other than that, though, she's such a dream. I feel so lucky and blessed.

IS IT HARD BEING A SINGLE PARENT?

It's difficult being a new mum, whether you're doing it with a partner or on your own. But doing it alone is all I've known, so it's normal for me. I wouldn't want to share Sunday with someone else, and I don't have to deal with the arguments some couples have. On the other hand, I have to make all the decisions, which is a huge responsibility.

YOU CREDIT SUNDAY WITH KEEPING YOU SANE OVER THE EVENTS OF THE PAST YEAR...

I'm getting emotional because she's not here. [Ferne takes a moment as she fights back tears and composes herself.] She's my saving grace. She's so positive and the best thing that's ever entered my life. She was my focal point throughout it all. She's my meditation. This world is so mad and fast-paced that when we do her bath and bed routine, I leave my phone in the kitchen because nothing else matters. I truly believe if I didn't have her, I would have been very depressed. I'm so grateful to her – she really is my little ray of sunshine.

DO YOU MISS YOUR LIFE BEFORE SUNDAY?

Not really. I don't miss the boozing, and I definitely don't miss the hangovers! Everything's changed now. The girls come to mine, or if I go out to dinner Sunday comes along too. Everything is tailored around my baby. But it's so important to still be me – I need my own identity. I've got plenty of people who will look after her when I need some 'me time' – she has a lot of unofficial aunts and uncles, and my mum, of course. Arg [James Argent] is Uncle Arg, which is really sweet. He absolutely adores Sunday.

ARG WAS ON HOLIDAY WITH YOU RECENTLY IN MARBELLA. DO YOU THINK HE IS BROODY?

There's talk of them [him and Gemma Collins] wanting a baby, but I don't know if the holiday would make him rush home and practise! Arg will tell you himself, it's very full on. Sunday comes first, and my

other commitments have to be put on the backburner. It's hilarious how different my holidays are now. I used to go to pool parties, bring my wedges and get glammed up, but my last visit to Marbella was the opposite – I couldn't relax.

YOU LOOK AMAZING. WHAT'S YOUR DIET AND EXERCISE REGIME LIKE?

I try to fit in a minimum of two sessions a week with my personal trainer, and I live in a flat, so I have to carry a million baby bags up and down the stairs. I was breastfeeding for about two months, too, which really helped. In terms of diet, I love my food and cooking, but I do it healthily.

WHAT ARE YOUR FAVOURITE PARTS OF YOUR NEW SERIES, *FIRST TIME MUM*?

The bits you don't expect – things like seeing the relationship between me and Sunday at my home. It's interesting to show how I juggle work with being a single mum. It's been full-on, but the viewer gets reality at its best.

Rebecca Greenow, Sophie Cockerham

Ferne McCann: First Time Mum, ITVBe, Wednesday, 9pm



Ferne's post-baby beach bod



'Uncle' Arg on holiday with Ferne and baby Sunday

ving' grace'



*'If I didn't
have her, I
would have
been very
depressed'*

'I own Britain's most haunted home'

When Vanessa Mitchell, 45, from St Osyth, Essex, moved into her new house, she had no idea of its creepy history...

Back in 2004, Vanessa Mitchell thought she'd found her dream home – a £148,000 cottage in the quaint village of St Osyth, Essex. But it wasn't long before distinctly spooky happenings started occurring...

'The activity started straight away,' says Vanessa. 'The day I moved in, along with my friend, Nicole, I was making a cup of tea when I heard something behind me. As I turned around, there was a big, black, shadowy figure gliding across the dining room.'

What Vanessa hadn't known before moving in was that the house, known as The Cage, was one of Britain's 'most haunted' – and that the dining room was previously used as a prison.

'There were always doors slamming, handles rattling and lights going on and off,' she explains. 'Just a week in, I saw the ghost of a lady carrying a wooden bowl filled with leaves. She sprinkled them over my head, then disappeared. I know it sounds crazy, but it happened!'

While the plaque outside confirmed the house was

formerly a medieval prison, Vanessa knew little about its history when she bought it.

As it turned out, the house had hosted one of England's most famous witch hunts back in the 16th century and many people had died there.

'The fact that it had been a medieval prison hadn't really bothered me,' says Vanessa. 'But there was a constant, active and hostile haunting that went on day in, day out.'

After a year of spooky goings-on, her friend Nicole couldn't hack it any longer and moved out, meaning Vanessa was left alone – bar some uninvited residents.

Things only got worse...

'I was brushing my teeth one morning when I got hit hard on my bum,' explains Vanessa. 'The toothbrush went everywhere, and I screamed but there was nothing there. Another time, I had friends over and one said, "What's all this blood on the floor?"'

'There were splatters everywhere. I've no idea how they appeared.'

But one of the most shocking incidents was when Vanessa

was eight months pregnant with her son, Jesse, now 10.

'I was at the top of the stairs, looking in the mirror,' says Vanessa. 'All of a sudden, there were two hands on my back. I flew across the spare room and landed on my side. I lay there, petrified the fall had hurt my baby.'

Fortunately, he was OK, but Vanessa was so scared of the

Did a ghostly face suddenly appear at the window?



spooky cottage that she began living in just one room.

'I'd bring up a flask of tea and a packed lunch for dinner,' says Vanessa. 'I thought it'd be safer if I stayed in one room and didn't use the rest of the house. But I had no energy, and my work was suffering. I'd become depressed.'

The final nail in the coffin came when Vanessa saw a tall, ghostly figure beside her son's cot.

'I'd never left Jesse alone before because it felt dangerous,' says Vanessa. 'But he'd dozed off one day, so I hurried downstairs to iron my work clothes.'

'All of a sudden, three Thomas The Tank Engine toys came out of the toy box in the corner of the room and started playing

Given its history, no wonder spirits are said to roam!

*the Cage
Medieval prison
St. Osyth Resident Ursula Kemp
was imprisoned here before being
hanged as a witch in 1582.
It was last used in 1908.*



The dining room had been used as a prison in olden days



'The house is living and breathing on its own'

music and chugging around my feet. Petrified, I ran upstairs, but there was a man standing just a metre from my baby. Grabbing Jesse, I got in bed and spent another night terrified beneath the sheets.'

After three years of hell, Vanessa decided to move in with a friend who had a spare room available.

'When I moved out, I discovered that all former residents had left the house after only three years. One man had bought the house for £150 and sold it weeks later for £100, to get rid of it,' says Vanessa.

'So, for anyone who thinks I'm making it up, how do you explain scientific facts? There has to be a reason why everyone left.'

Unsurprisingly, the house has been on and off the market

for over 10 years, and has had just two viewings in that time.

'If I'd known how cursed the house was, I'd never have bought it,' admits Vanessa. 'It's put a huge strain on me, mentally and financially. I'm having to rent a property as well as paying a mortgage on a house I can't live in.'

'As for the next tenants, I'd never sell it to a family with children – I've got more morals than that. The house is living and breathing on its own. It'll choose who it wants to own it next.'

While the house is now abandoned, mediums and psychic investigators galore have tried to get rid of the tortured spirits that seem to lurk inside. One investigator even caught the face of a satanic goat on CCTV – it's an animal which, some believe,

represents Satan (the devil).

'The footage just reaffirms that the place is haunted,' says Vanessa.

Now, Vanessa's even turned her attention to confronting the ghosts.

'I've been back there twice since,' she says. 'You could put me in a dungeon and I wouldn't be as scared as I was in there. Over the past two years, I've learned there are many trapped spirits that haven't passed over to heaven. They're the ones who were visiting me, so I've been training to pass them over myself. I believe I was drawn to the house to try to help it.'

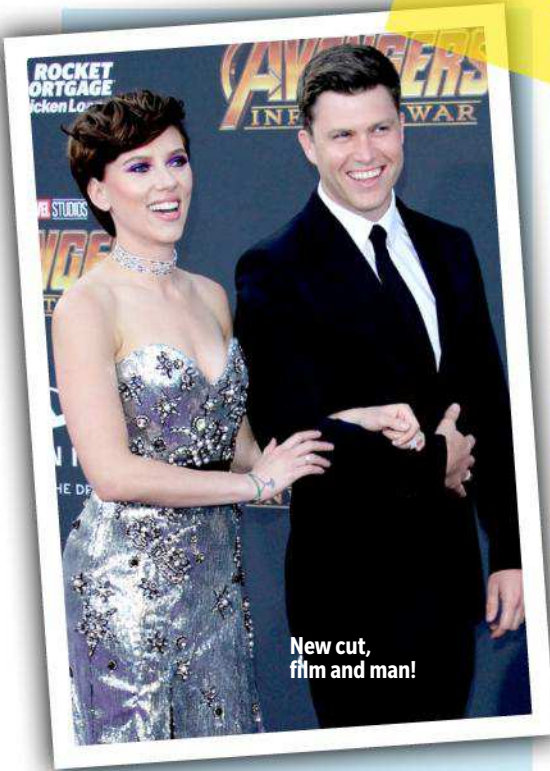
Chloe Morgan

The Cage, 14 Colchester Road, St Osyth CO16 8ES, is open to the public who wish to attend paranormal investigations.

If you have any spooky stories, we'd like to hear about them! Please email chloe.morgan@hearst.co.uk



Vanessa dared not stay in The Cage with her son



New cut, film and man!

IS THAT YOU, SCARLETT?

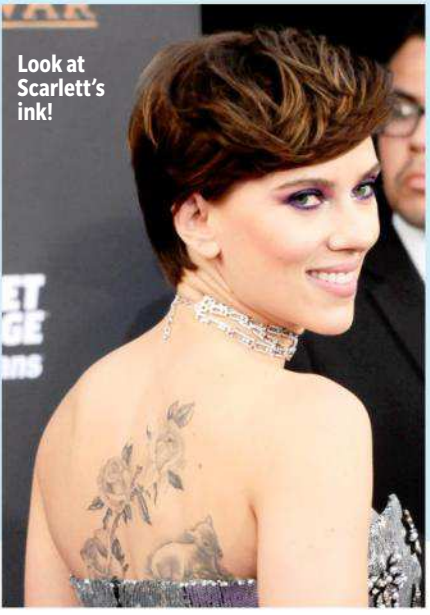
We had to do a double-take when we saw these pictures of Scarlett Johansson sashaying down the red carpet.

The 33-year-old actress swapped her usual blonde tresses for a dark crop, with her low-cut silver frock exposing a large rose and lamb tattoo etched across her back.

Scarlett's new look comes as she debuted her new man, US TV presenter Colin Jost, 35, at the premiere of her new movie *Avengers: Infinity War* in Hollywood.

The pair have been dating since last year, when Scarlett finalised her divorce from husband of three years, journalist Romain Dauriac, 36.

Speaking about her new relationship, she said, 'I'm just excited to share this experience with him!'



Look at Scarlett's ink!



Too cute, Kylie!

Snapchat/@KylieJenner

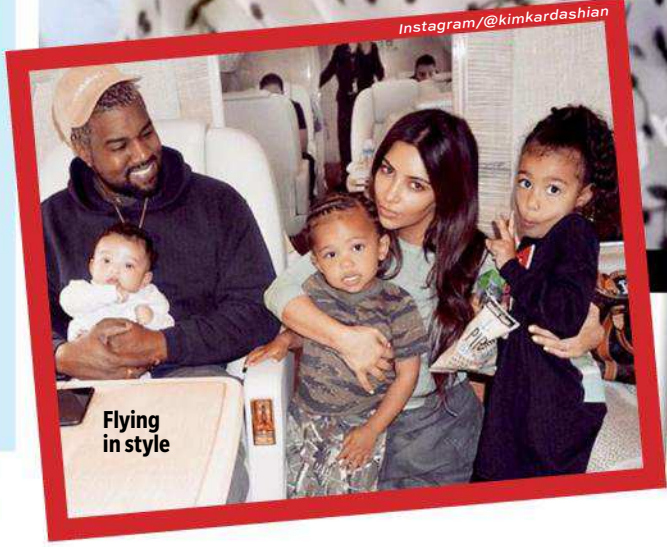
KARDASHIAN KUTIES

The Kardashians had their kids out in full force last week, as the clan showed off their rapidly expanding family.

Kylie Jenner, 20, gave us major new-mum goals as she cuddled up with three-month-old Stormi in an adorbs Insta post.

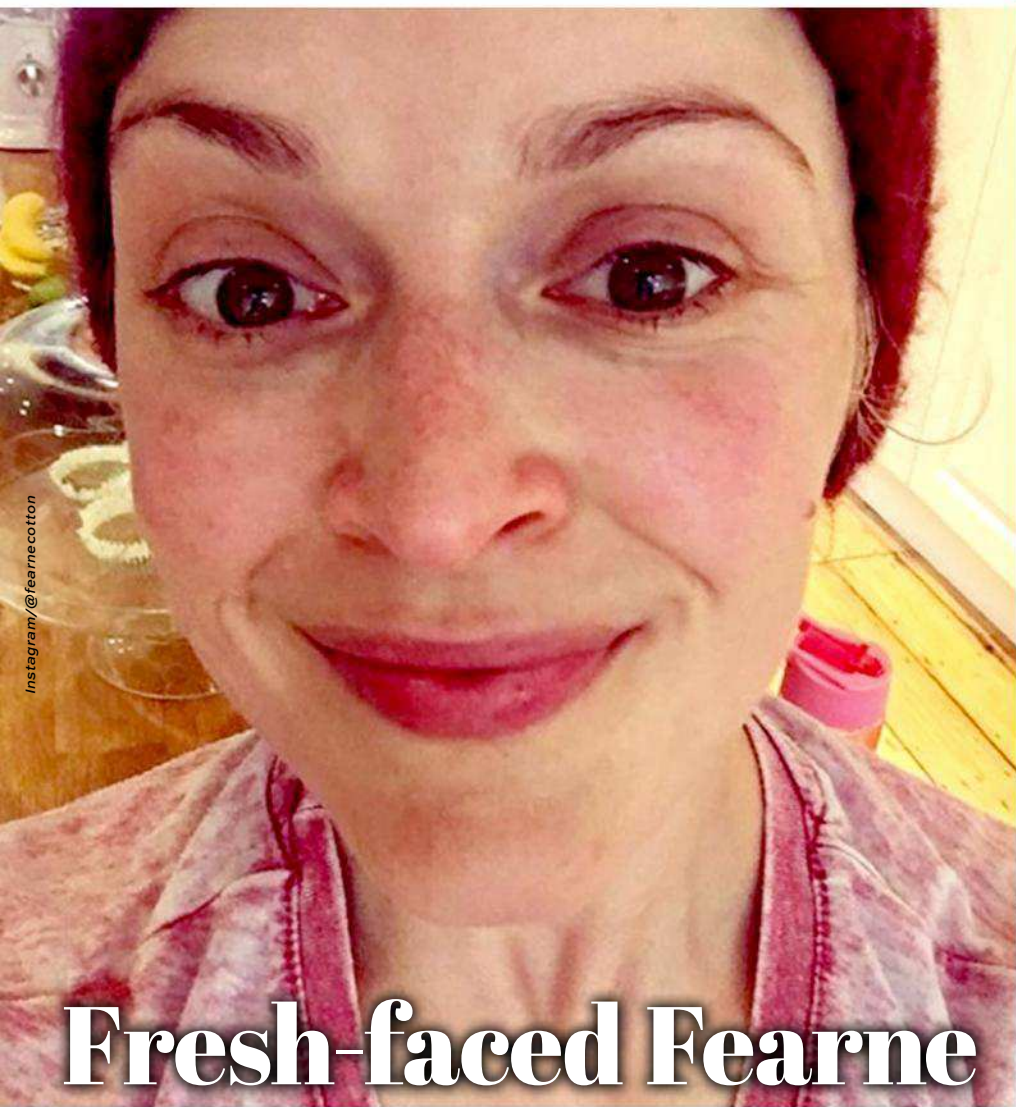
Captioning the clip 'my happy baby', lip-kit queen Kylie smiles as Stormi is caught giggling as she nestles into her chest.

Not to be outdone, big sis Kim posted a snap of her brood with North, four, Saint, two, and three-month-old Chicago on a private jet alongside daddy Kanye West.



Instagram/@kimkardashian

Flying in style



Instagram/@fearnecotton

Fresh-faced Fearne

Fearne Cotton showed off her natural beauty as she posed for a make-up free snap on Instagram. The 36-year-old mum-of-two showed off a rosy complexion as she smiled for the camera. Discussing her mood, she explained, 'Back from an early run. Today I had a little voice in my head telling me not to bother, so my

legs felt heavy and my motivation was low, but feeling so glad I pushed through. Always good to celebrate the small victories of the day!' TV star Fearne – who's married to rocker Jesse Wood, 41 – has spoken out previously about suffering from depression. 'I let go of being "perfect". Perfect doesn't exist,' she said.



#BODYGOALS

Despite it being 16 years since she starred in *Die Another Day*, Halle Berry is still every inch a Bond Girl. The 51-year-old looked sensational as she arrived at the Matrix Awards in New York. Opting for a grey blazer dress, the *Catwoman* actress showed off her toned legs as she arrived at the event. Super-fit Halle credited yoga for helping her keep trim. 'Fitness isn't just about running,' she explained. 'For me, it's about being still, stretching and breathing.'

CHRIS GETS MUGGED OFF

Chris Hughes was well and truly custard-pied this week after Georgia May Foote shot down claims they were dating.

After splitting from fellow *Love Island* star Olivia Attwood, 26, the 25-year-old reality TV favourite said he had dated former *Corrie* star Georgia, 27 – with the actress even meeting his family. 'She is an absolutely stunning girl,' he gushed. 'I've taken her to the farm – we've been on a few dates. She might have met the parents – you can't avoid Mum and Dad.' But Georgia slammed the claims in a furious Twitter rant, writing, 'I am well and truly single... leave me be.'

Chris was forced to backtrack on the taped interview, responding, 'We aren't together, we're purely friends.' See *Katie's book bombshell* on p4



Instagram/@georgiamay112

Georgia wants to stay single



Chris thinks she's stunning

Kimberley Bond

'I'M BROODY NOW!'

'Every day is my favourite moment with Wynter'



As The Valleys star Lateysha Grace is rumoured to be dating rapper Drake, she reveals she wants to give her daughter, Wynter, a sibling...

She once called herself the 'Beyoncé of Wales', but Lateysha Grace is looking to Kris Jenner as inspiration for her latest endeavour.

The 25-year-old has turned herself from reality TV star to momager as she tries to launch the career of her gorgeous two-year-old daughter, Wynter, in new show *Million Dollar Baby*.

But while the Welsh beauty has been busy hustling for her family, she hit the headlines after she was rumoured to have been on a dinner date with superstar rapper Drake last month. She remains coy on the romance, but does admit to wanting to expand her family...

WHAT'S GOING ON WITH YOU AND DRAKE?

I don't know where that came from. You can't trust anyone these days. It's hard as I'm very cautious about who I tell things to.

ARE YOU DATING AT ALL?

I'm really not focused on dating. I'm focused on making a million for Wynter.

WHY DO YOU WANT TO MAKE A MILLION POUNDS FOR WYNTER?

Growing up, my mum was a single parent. We didn't have the best life. When I had Wynter, I hit rock bottom. I was in a council flat, I was on benefits. I was like, 'This isn't the life I want for her.'

WHO ARE YOUR MUM INFLUENCES?

Kris Jenner. She's created a massive empire for her family. I'd love to build an empire like that for Wynter.

WHAT ARE YOUR FAVOURITE MUMMY MOMENTS?

It sounds cringe, but every day is my favourite moment.

WHAT DO YOU MAKE OF THE CRITICISM THAT THE SHOW IS EXPLOITING WYNTER?

I don't make Wynter do anything she doesn't want to do. Every bit of money that we make goes straight into her savings. If people want to hate me for trying my best to give my child the life she deserves, then so be it.

YOU SPLIT FROM WYNTER'S DAD, BEN CHARLES, WHEN YOU WERE PREGNANT IN 2016. WHAT DOES HE MAKE OF THE SHOW?

He fully supports my dream. He's a very hands-on dad, and I wouldn't have been able to do it without him.

HOW IS YOUR RELATIONSHIP NOW?

We're just co-parenting. We just want to be here for Wynter.

DO YOU WANT MORE KIDS IN THE FUTURE?

One hundred per cent! I'm broody now. I'd love another child. If I got pregnant today, I'd go with it.

YOU'VE HAD A BOOB JOB, LIPO AND FAT TRANSFER TO YOUR BOTTOM. WOULD YOU HAVE ANY MORE SURGERY?

I'm getting my boob implants taken out at the end of the month because they're sagging and giving me backache. I'm done with the fake boob look. I probably wouldn't say no to more surgery, though.

ANY SURGERY REGRETS?

The bum injections that I had in a Miami hotel room by a rogue surgeon in 2014. That was dangerous. I had an awful experience with my first boob implants, too. Now I'm more aware of things and I've got a good surgeon.

Kimberley Bond

Million Dollar Baby starts on MTV, Wednesday May 9, 8pm



Ben supports Lateysha's dream for Wynter



Has Lateysha moved on with rapper Drake?

Mum's

THE WORD

Reveal's yummy mummy brings you the latest celebrity parenting trends, the hottest new children's fashion and road tests the must-have baby and child products

EASING ECZEMA

If your child has eczema, you know how distressing it can be for little ones. We tested a range of products, and here are some of our faves.

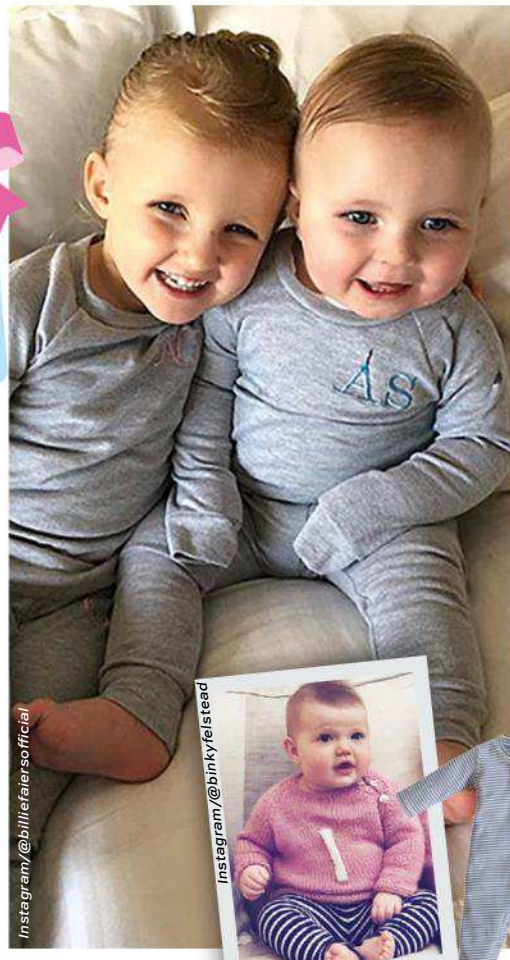
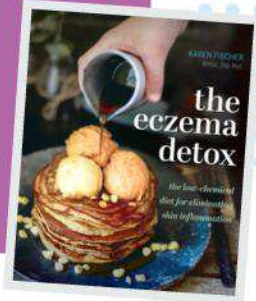
- Cetraben Cream (200ml, £7.99, Boots) 'Other products hadn't worked, but this soothed and cooled my three-year-old's skin quickly and stopped him from scratching - I would highly recommend it,' said our tester, Shelley.



- Childs Farm Baby Moisturiser (500ml, £8, Boots) 'This is really gentle. It rubs in nicely and it's thick enough to moisturise my son's skin effectively, yet so mild it doesn't irritate at all,' says Reveal's Lynn.



- The Eczema Detox by Karen Fischer (£14.99, Exisle Publishing) 'This book taught me about the foods to avoid to help prevent my son's eczema flare-ups, and which foods have great benefits,' says our tester, Lauren.



CELEB TREND: MINI MONOGRAMS

Proud mum Billie Faiers, 28, shows off her two gorgeous kids on Instagram wearing matching grey PJs. Each was embroidered with their initials, in pink for Nelly and blue for brother Arthur. The star captioned the adorable pic, 'My little angels.'

And she's not the only celeb out there giving their little ones a head start on their ABCs. Binky Felstead has followed the trend, too, recently sharing a snap of her daughter India in a pink jumper with an enormous 'I' on the front.

If you want to get the look for your little one, grab this cute My 1st Years Crab Sleepsuit, £24, at myfirstyears.com, which you can personalise for free.



PEA-FECT FINGER FOOD

6 I'm always trying to find new ways to up my children's vegetable intake, so I love the new Pea Puffs snack from Organix.

The baked puffs are made from just two ingredients - 80 per cent organic peas and 20 per cent organic corn.

And, while they're suitable for babies from six months old, my boys, aged five and two, really enjoy them!

79p, available from Asda, Morrisons and Waitrose



MINI Fashionista

Cutting down the din

Busy crowds and loud noises can make shopping trips daunting for autistic children, so toy retailer The Entertainer has started switching off music in stores for the first hour of opening every Saturday.

A spokesperson for The National Autistic Society said, 'Small changes, such as removing in-store music, can make a huge difference to autistic people, who can struggle to filter out background noise.' For info, visit thetoyshop.com



DRESS, £8 SANDALS, £6, GEORGE AT ASDA

Whether it's a sparkly sequined tee, bold print dress or motified accessory, we're spotting rainbows everywhere on kids' clothing. They're perfect for injecting colour and playfulness into your little one's wardrobe.



SOCKS, £2.99, H&M. 2-PACK COTTON DRESS, £14, M&S. SHOES, £20, NEXT. CAP, £3, PRIMARK. SHIRT, £18, MONSOON. BAG, £19.99, ZARA

Email us at mumstheword@reveal.co.uk

WORDS: ELLIE ATTWELL, REBECCA GAMBLE

'I HAVE GOOD AND BAD DAYS'

In an emotional interview, Michelle Heaton bravely opens up about struggling with her body image after she was plunged into an early, surgical menopause...

Michelle Heaton may be all smiles on the surface, but when we meet, things soon turned tearful.

Michelle's new book, *Hot Flush: Motherhood, The Menopause And Me*, details her emotional journey after she discovered she carried the deadly BRCA2 gene six years ago.

The mutation meant she had an 80 per cent chance of developing breast cancer and a 30 per cent chance of ovarian cancer. To cut the chances of developing the disease, the Liberty X singer elected to have a double mastectomy, a full hysterectomy and oophorectomy (removal of her ovaries), which threw her body into an early, surgical-induced menopause at just 38.

The experience has changed her as a person, altering her relationship with husband of eight years Hugh Hanley, and her two children, Faith, six, and four-year-old Aaron Jay.

'I've changed,' she says. 'I've always been fiery, but there are times when I can't control my rage. I'm quite ashamed at some moments, where I shout at my kids and I'm really nasty to my husband.'

'I'm not looking for anyone to feel sorry for me, but I don't want anyone to hate me, either. Because when I was reading the book, there are some bits where I'm like, "Oh, God, I hate me!"'

Welling up, Michelle continues, 'I'm still trying to deal with it. Things were darker a year ago, but they're definitely not all fine now, either. Things are liveable, but I don't want it to be liveable – I want to be the old me, but I'm never going to be the old me. It's about finding the best me now, and I'm still not quite there yet.'

'I'M SO INSECURE'

Michelle's hugely invasive surgery has massively knocked her body confidence. For a former pop star – who is now also a qualified personal trainer – working in industries based around your looks, it is not surprising she resented her appearance after her treatment left her body scarred and swollen.

And despite looking gorgeous when we meet her, Michelle admits she still struggles with her appearance, sometimes resorting to binge-eating.

'I have good and bad days, fat and thin days,' she explains. 'I'm reminded of the experience every day, because of my scars. When I'm in the shower, I can feel them, when I wash myself, I can't feel my breasts.'

'When I'm intimate with my husband, I am constantly reminded. It's like you've met someone for the first time, and pretending you're way sexier than you are, when really all you want is to go into a bedroom, get under the covers, and have a kiss and a cuddle. But you're pretending you're way wilder. I feel like I have to pretend because I'm so insecure about myself. I don't love me, and I don't love the way that I look.'

Michelle's insecurities saw her become emotional when she starred in the TV production of *The Real Full Monty: Ladies Night* to raise cancer awareness, with the singer



Liberty X hit the music charts in 2001



Michelle and Katie support each other through the good and bad times



'I want to be the old me, but I'm never going to be the old me'



Michelle, Hugh, Aaron and Faith

PRECIOUS FAMILY

describing the process almost as 'like therapy' for her troubles.

'Now, I'm actually quite detached slightly from my boobs – because they're reconstructed, I didn't feel nervous about baring them,' she said. 'I knew I had to be really open and candid, and that was hard. It was my form of therapy.'

'I should have real therapy. But when it's yourself saying, "Hi, I need help," it's really difficult. It's hard to say out loud. It's just difficult to say it, so I haven't.'

'I MAY NOT LOVE ME BUT MY FAMILY DO'

But while Michelle tearfully admits she still has her dark days, support from her friends and the love of her family is what spurs her on – with Michelle still providing a shoulder to cry on when her other friends are in trouble.

Speaking briefly about her pal Katie Price, she smiles, 'She's got a lot going on in her own life at the minute. Me and Katie are very good friends, but the reason we're such good friends is because we've been together before she met Peter [Andre] and I met Hugh. We're always at the end of the phone when we need each other, and I never judge what she's going through.'

On her own support network, she says, 'Hugh is one in a million. He's the best daddy. He's supportive with what I want to do. Whatever I do, whether it's a night out or work, he's like, "Cool, we'll make it work." He brings the best out of me, and I think I make him a better him. And that's what makes the relationship work.'

Michelle adds, 'I may not love me, but my friends and my family love me, and that's what I need to keep remembering.'

Kimberley Bond

Hot Flush: Motherhood, The Menopause And Me by Michelle Heaton is published by Michael O'Mara Books, £18.99

The secret Hollyw

A self-help organisation that was supposed to empower its members has allegedly been blackmailing them into becoming sex slaves – and now Allison Mack, a former Smallville actress, has been accused of recruiting new members...

The Nxivm society based in New York has enticed a string of rich and famous devotees over the years – mostly due to the charisma of its leader, a New Age guru called Keith Raniere, who claims to have one of the world's highest IQs.

An estimated 16,000 people are thought to have enrolled in Nxivm's 'greater self-fulfilment' courses, costing as much as £2,440, to eliminate any psychological and emotional barriers they might have.

But, while many have simply attended the workshops, others have supposedly been drawn deeper into Nxivm, giving up careers and families to follow Keith, 57.

The self-help organisation has now been accused of exploiting its followers by blackmailing and brainwashing them into joining an alleged secretive subgroup of Nxivm, in which women were coerced into serving as 'sex slaves' to their male master.

Sarah Edmondson, an actress who left the 'cult' two months after being physically 'branded' like an animal, was told she would get a small tattoo as part of the initiation.

Instead, she and other members were told to undress and lie on a massage table while their legs and shoulders were restrained.

Sarah alleges that a female doctor then used a cauterising device to burn a 2in square symbol below her hip.

'It was a searing, white pain,'



Allison Mack has been accused of starving women and (left) her tweet to Emma Watson

ood sex cult



**Nxivm leader
Keith Raniere**



**Catherine Oxenberg
with daughter India and
ex Casper Van Dien**



**Actress Sarah
Edmondson claims
she was branded**

Sarah recalled. 'I was being wounded and humiliated, while being filmed. We had surgical masks on because the smell of burnt flesh was so strong. We were in shock. I wept the whole time.'

Dynasty actress Catherine Oxenberg, 56, spoke out around the same time about her daughter India, 26, who she said had been brainwashed by the cult.

'I'm helpless. I've lost my child and will do whatever I can to get her back,' Catherine said.

India first became involved in Nxivm after Catherine learned about it in 2011 and thought it could be a way to bond with her daughter.

They attended a class together, but while Catherine thought it was 'weird and creepy', India threw herself deep into the programme over the following years, emptying her bank account and using her inheritance to pay for the costly classes.

Sarah and Catherine's testimony, which was first revealed last October, led to prosecutors arresting Keith, the 'cult' leader, in Puerto Vallarta, Mexico, last month – where he was living with 'several women'.

In his arrest documents, there were a number of disturbing accounts from former followers, including how the women were kept in cages and forced to starve on diets of 500 calories a day so

they achieved his standard of beauty. One follower was also forced to run into a tree and drink from a puddle.

Federal authorities claim Keith had a 'rotating group of 15 to 20 women with whom he maintained sexual relationships'.

According to a complainant, Nxivm followers were also forced to have sex with Keith because they feared that if they did not do so, compromising material they'd provided

'The smell of burnt flesh was so strong. We were in shock'

about themselves would be released publicly.

Keith, who pleaded not guilty to charges of sex trafficking, sex trafficking conspiracy and forced labour conspiracy, is being held in New York.

Now, there has been another sickening twist in the case as former *Smallville* actress Allison Mack, 35, has been arrested for acting as a key recruiter for the group, as well as a 'slave' for Keith, with whom she had a sexual relationship.

Investigators believe that Allison, who was indicted on sex trafficking and conspiracy charges, was one of the top members of the highly organised scheme designed to provide Keith with sex.

'Under the guise of female

empowerment, she starved women until they fitted her co-defendant's sexual feminine ideal,' said assistant US attorney Moira Penza in court.

The government also alleges that Allison forced recruits to pose naked for photos – 'including on one occasion close-up pictures of their vaginas' – that were given to Keith, and that she put her hands on the women's chests as they were branded, telling them to 'feel the pain' and

to 'think of their master'.

Actress Samia Shoaib recently came forward with allegations that Allison had attempted to lure her into the 'women's circle' back in 2013, after contacting her with a number of overtly friendly and even frantic emails.

The two met up twice – once at a restaurant and again at Samia's apartment – where Allison appeared 'fragile and gaunt' with dark circles under her eyes.

'She was definitely physically suffering,' says Samia. 'She was sleep deprived.'

An email from Allison, sent after their meal, said, 'Thank you for last night! I had a lovely time with you and [your friend]. You are both delicious women.'

Samia, now 47, ultimately did not get involved in the cult and says she thinks Allison may have lost interest in recruiting her once she found out her age.

Attending court on April 20, Allison entered a plea of not guilty to sex trafficking and forced labour charges. But, if she's found guilty, the charges carry mandatory minimum sentences of 15 years and could lead to life in jail.

Allison has also previously tried to recruit singer Kelly Clarkson and actress Emma Watson to the 'cult'.

In January 2016, she tweeted, 'Emma Watson I'm a fellow actress... and involved in an amazing women's movement I think you'd dig. I'd love to chat if you're open.'

A month later she directed another tweet at Emma, who never replied.

Even though Keith and Allison have been arrested, India Oxenberg's family and employer think she's still 'brainwashed' by the alleged sex cult.

Catherine said, 'I hope the arrest of Ms Mack will continue to expose what Nxivm is – a dangerous cult – and the members, including my daughter, will come to that realisation and find their way back to their loved ones.'

While much of what went on at Nxivm remains unknown, it is easy to suspect that what we do know is just the tip of the iceberg...

Laura Hinton

Stylefile

Your weekly
FASHION
&
BEAUTY
update

DRESS, £38
TRENCH, £75
HEELS, £36
BAG, £35
EARRINGS, £14,
ALL RIVER
ISLAND



SEASONAL SHADE

Millennial pink's older sister, lilac, is the colour of the season, so why not dress head to toe in the fashion-favourite hue? This modern floral-print dress with its injections of yellow is the perfect multitasker. Wear with the light lilac trench for a sophisticated spring look, accessorised with colour-pop heels and a deep plum bag, or dress down with flats and a raffia tote. Lilac and yellow are a colour combo made in fashion heaven.



£25
ACCESSORIZE

BLUEBELL BEAUT

A sea-to-city godsend, this pastel beauty will see you through the summer. Style with wedge heels and a light denim jacket for an urban chic look, or wear over your bikini on the beach.

CHOOSE CORAL

We love these gorge pink tailored shorts. Easy to wear with slogan tees and strappy tops or, for a summer-ready take on the classic trouser suit, wear with white shirts and oversized blazers.



£35
OASIS



£16
MISS SELFRIDGE

CREAM OF THE CROP

Sail away in style in this nautical-inspired crop top. Contrary to what you might believe, horizontal stripes are more flattering and slimming than vertical ones. Wear with high-waisted tailored trousers, or keep it cool with denim shorts.

ROPED IN

A hot heel with wow factor is a wardrobe essential, and these beauties from M&S tick all our boxes. The rope detailing and patterned heel give them serious designer vibes. Perfect for dressing up classic jeans-and-tee combos or accessorising pretty dresses.



£35
M&S

WHAT YOU NEED now

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



£29
SIMPLY BE

MULTITASKING MIRACLE

This tropical-print jumpsuit with its wide legs, thin straps and cinched tailored waist is universally flattering. It's perfect for relaxing in at the weekend, going to work or even attending a wedding.

IN THE NET

These turquoise mesh-detail earrings are a perfect accessory pick-me-up. They hint at the Mexicana trend that's going to be huge this summer. Gather hair in a top knot and let your ears do the talking!



£7
NEXT

£8

PRIMARK



CUT THE MUSTARD

This crossbody bag screams sun. It's an instant mood and outfit booster paired with bold print or neutral shades, and the gold geometric clasp detail adds an über-luxe feel. Très chic!

CHECK PLEASE!

The classic houndstooth print has been given a modern makeover with this fab red-and-white jacket. Add splashes of colour to everyday get-ups – it'll look fab over simple camis, skinny jeans or silky slip dresses.

£45
TOPSHOP



Getaway go

Pack your bags and chase the sun with fashion inspo from these celeb hotspots...



EARRINGS, £39, ANIAHAIE.COM



SUNGLASSES, £20, LIPSY AT NEXT.CO.UK



BATHING SUIT, £32, VERY.CO.UK



CROPPED TOP (PART OF A SKIRT SET), £45, VERY.CO.UK



TROUSERS, £42, RIVER ISLAND



DRESS, £25, VANILLAHILL.CO.UK



BAG, £30, RIVER ISLAND



TOP, £35
BOTTOMS, £18, BOUX AVENUE



PLAYSUIT, £17.99, NEW LOOK

More is more in the city famous for being the playground for the rich and famous. You're guaranteed to never feel overdressed, so go for excess glam. Pack silky metallics, hot prints and cool khaki neutrals with glittery embellishments and detailing, paired with gold jewellery and killer heels. On the beach, follow in ex-TOWIE star Lauren Pope's footsteps and keep it minimal with a sophisticated one-piece bathing suit or studded detail bikini and, when evening falls, slip into cool printed trousers and a tied crop top or figure hugging cocktail dress to show off your curves.

Stylist's tip

Up your airport style game with these fab trousers. Oh-so-comfortable and très très chic!

Stylist's tip

Perfect for all your plane carry-ons and also works as a super-glam update on your classic beach bag. Win, win!



SHOES, £39.99, LAMODA

Coats



Ibiza

ALESSANDRA AMBROSIO



KAFTAN, £46, RIVER ISLAND



HAT, £13.99, H&M



KAFTAN, £49, MW BY MATTHEW WILLIAMSON AT DEBENHAMS

BRACELETS, £10, ACCESSORIZE



CLUTCH, £35, MONSOON



TOP, £26
BOTTOMS, £20, MW BY MATTHEW WILLIAMSON AT DEBENHAMS



On the White Isle, fashion is all about boho vibes with neon-embroidered finishes. Go OTT with tassels, fringing and pom-poms galore. On the beach, wear chic swimsuits and bikinis styled under a sheer full-length kaftan. If you pick white, it will work with all swimwear, from the bold and bright to classic and understated. Channel your inner Victoria's Secret Angel and accessorise with stacking beaded bracelets, a bold raffia beach bag and straw hat à la Alessandra Ambrosio for the ultimate Ibiza look. All you need is a slick of lipstick and you're ready for that sangria!



BAG, £8, PRIMARK

SUNGLASSES, £8, DOROTHY PERKINS



ESPADRILLES, £39, OFFICE

Stylist's tip

A packing essential and multitasking holiday wonder. Wear lacey shorts over your bikini during the day and style with bright strappy tops and layered necklaces for a relaxed evening look.



SHORTS, £15, IOSTORE.COM

Getaway goals

JACKET, £55, ASOS.COM



SUNGLASSES, £10, NEXT



BAG, £39, MONSOON

FLORAL DRESS, £34.99, H&M



ZENDAYA

LA

BARDOT TOP, £15, HIDDENFASHION.COM



BATHING SUIT, £32, VERY.CO.UK



PORTABLE CHARGER, £25, SKINNY DIP

When it comes to the hot pot of fashion inspo that is La La Land, we're taking our styling cues from queen of cool Zendaya by mixing feminine floral prints and classic tailoring.

The perfect look for transitioning between cool Cali to city chic style. Pack statement floral pieces you can build your holiday wardrobe around. A short, printed wrap skirt and bardot top, or cool white dress, is perfect for tackling the heat when stylishly paired with plimsoles and embroidered denim.

Add a splash of bold colour with bright cat eye sunnies – the ultimate accessory for an off-duty model look.

Stylist's tip

Show off pretty shoulders and balance wider hips with off-the-shoulder tops.



SKIRT, £32, RIVER ISLAND



SHOES, £65, OFFICE

15% OFF
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SUITCASE, FROM £135, HBLONDON.UK

instagram/@fearnecotton

FEARNE COTTON



Cornwall

Beach picnics and sandcastles. Fish and chips and Cornish pasties. Nothing accompanies a seaside break in Britain better than the classics, and that applies to fashion, too. When packing for your getaway, think nautical stripes and sun-bleached pastels, dungaree shorts you can wear over classic white tees and long-sleeved tops (great for avoiding sea soaked ankles!), and floaty print dresses (saving you from the awkward 'changing into your bikini under your towel' dance). Finish off your look with a classic bucket hat and tinted sunnies.

Stylist's tip
Tie-front bathing suits are great for smaller girls with fuller chests as they can be adjusted to fit comfortably.



BATHING SUIT, £18, F&F



DUNGAREES, £29.99, H&M



HAT, £6.99, NEW LOOK



SHORTS, £39.95, JOULES



DRESS, £25, PEACOCK'S



TOWEL, £10, DUNELM



SUNGLASSES, £17.99, MANGO



T-SHIRT, £5, PRIMARK



BAG, £19.99, ZARA



FLATS, £28, NEXT

PICTURES: BACKGRID, GETTY, IDS, INSTAGRAM, STUDIO 33

Rochelle's SUMMIER BEAUTY BIBLE

We catch up with jet-setting Rochelle Humes, following her trip to the star-studded Coachella festival. From her holiday must-haves to a £6.99 curl secret, she spills all...

CURLY HAIR HACKS

Presenter, glam mama and all-round fashionista Rochelle Humes, 29, has been a poster girl for the 'curly babe' brigade ever since her daughter, Alaia-Mai, four, 'fessed she didn't think she could look like a 'princess' because her hair wasn't long and straight. Sob! Here's how Rochelle's keeping her curls fabulous this summer.

1 Intensive moisture marvel: Frizz occurs when dry, frazzled locks absorb moisture from the air. To combat it, inject shedloads of nourishment at every stage. Start by swapping your light lotion conditioner for a rich cream. **John Frieda Frizz Ease Dream Curls Deep Conditioner, £6.99**, was a staple for Rochelle at Coachella under that hot Californian sun. 'I just leave it on wet hair for five minutes, then rinse off,' she explains.

2 Spiral saviour: Ordinary towels can ruffle up the hair's cuticle, creating fuzz. Instead, squeeze wet hair with a cotton T-shirt, or the specially-designed **Bouclème Curl Towel, £25, bouclème.co.uk**. Next, Rochelle scrunches with **Cantu Moisturising Curl Activator Cream, £7.99, Superdrug**, to lock in moisture and boost those ringlets!

3 Miracle dryer: She follows up with the **ghd Air Saharan Gold Hairdryer, £99**. 'The diffuser attachment really maximises my curls. I start with the lowest heat setting, then turn it up once my hair is almost dry,' Rochelle tells us.

4 Finishing touch: To keep her curls on lockdown, Rochelle finishes with a veil of holding spray. We rate **Umberto Giannini Curls In A Bottle Catwalk Curls Styling Spray, £7**.

MANE TRICK

'I wrap little sections of hair around the very tip of a **ghd Creative Curl Wand, £120**, to enhance my curls when they've dropped a bit. It gives so much bounce and definition,' says Rochelle.

THE MAKE-UP LOOK

For this golden get-up, make-up artist Adam Burrell patted **Bobbi Brown Long-Wear Cream Shadow in Beach Bronze, £21.50 (1)**, all over the lid, adding dimension with **Barry M Deluxe Metals Eyeshadow Palette, £7.49 (2)**, plus **Fenty Beauty Killawatt Freestyle Highlighter in Trophy Wife, £26 (3)**, at her inner corners. **Ardell Wispies False Eyelashes, £5.49**, finished it off.

FESTIVAL TREND TIP-OFFS

1 White mani:

'I love white nail polish for festivals – it goes with anything and really pops in photos,' reveals Rochelle. Check out **Mavala Nail Color Crème Nail Polish in White, £4.95.**

2 Embellished locks:

'Hair adornment is huge this festival season. It's more expensive-looking than the glitter partings and space buns we've seen previously,' says hairdresser Patrick Wilson, who styled Rochelle at Coachella.

'Embrace your natural texture, then add unique accessories,' he explains. On Rochelle and Little Mix, Patrick experimented with gold kirby grips criss-crossed at the side of the head, braids bejewelled with rings and charms like **Claire's Silver Celestial Hair Rings, £4.50 for eight**, and **Regal Rose Hair Beads, £10 for ten.**

3 Power ponies:

'Ponytails are one of my favourite ways to style my hair for festivals. They're practical, but look great, too!' Rochelle tells us. Stylist Patrick adds, 'We tried a dual-texture look for Rochelle that was sleek and shiny at the front, with mega-volume at the back.'



Her summer kit hits

Burt's Bees Baby Bee Multi-Purpose Ointment, £5.99

'This smells like honey! It's great for travel – I use it to moisturise my daughters' skin, and as a highlighter.'

Fenty Beauty Gloss Bomb Universal Lip Luminizer in Fenty Glow, £16, harveynichols.com

'This is the most perfect nude lip gloss ever. It looks good on all skin tones.'

HIGLOW High Intensity Radiance Glow Cream, £7.99, Superdrug

'I always pop this on for the evening. If I have my legs out, I like to make sure they look smooth and glossy.'

Garnier Micellar Cleansing Water, £4.99

'I find this so easy to use – you just swipe it on with a cotton pad. It's super-gentle but takes off all my make-up. Then I follow with a classic cleansing cream or gel for a deeper clean.'

Laura Mercier Foundation Primer Radiance, £30

'Applied under foundation, this gives me an instant boost of luminosity and a really healthy-looking glow.'



Get ready for the warmer weeks with spring's favourite fabric. From colour-popping earrings to snazzy shoes, the humble raffia accessory is not just for the beach

Nothing conjures up thoughts of sunshine holidays and lazy days in the park more than a splash of raffia. Obtained from the leaves of the raffia palm tree, it adds a dose of tropical paradise to any look. A nod to the 70s, the straw-like fabric has a cool retro vibe too, with its round bags and floppy hats. Get on board, gals, and weave these hot picks into your wardrobe...



BLOGGER
JULIE SARINANA
@SINCERELYJULES

Proving that the circle bag is the perfect festival accessory is blogger and all-round cool girl Julie Sarinana. Looking oh-so-chic paired with stripes and matching hat, don't be afraid to wear more than one raffia piece at once.



£8.
GEORGE AT ASDA



£26.
TOPSHOP

£19.50, MARKS & SPENCER



Join the raffia mafia



£24.
OLIVER BONAS

£15.99, NEW LOOK



REESE WITHERSPOON

The Hollywood actress looks summer ready pairing her tote with a cute summer frock. Take note and team natural accessories with vibrant dresses to make the colours pop.



£45, VERY.CO.UK



£25.99,
PULL & BEAR

£35.99, MANGO

STELLA JEAN SS18

The straw-like fabric made it on to the catwalks, too! These bright sandals would look just as stylish paired with a simple jeans and tee combo. As long as it doesn't rain, eh?!



£12.99
MANGO



£52,
OFFICE



Beauty INSIDER

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

Secrets of a KARDASHIAN SPRAY TANNER

With clients including the Kardashians and Jennifer Lopez, A-list tanner Chasidy McDowell (inset right) has seen half of Celebsville (nearly) naked! I ask her to spill the beans on her bronzing tricks...

1 For a flawless finish:

While she's used to bringing her pop-up spray tan tent to clients' mansions, Chasidy recommends the affordable **Cocoa Brown by Marissa Carter Limited Edition 1 Hour Tan Mousse, £7.99 (1)**, at home. 'Prep is key. Exfoliate and moisturise daily in the lead-up. Waxing should be done two days before and shaving one day before to avoid blotchiness. On the day, apply a rich body cream to your hands, feet, elbows and knees to act as a barrier - they're the areas that tend to go darkest,' says Chasidy. She rates **Nivea Rich Nourishing Body Moisturiser, £3.75 (2)**.

2 Budget cheat: 'Apply **Vaseline, £1.99**, over your fingers and toenails to avoid staining the cuticles. It's simple but works every time!'

3 Bling it up: To make a tan look fab in photos, Chasidy adds a shimmering product to the finished look.

'**Cocoa Brown by Marissa Carter Golden Goddess Shimmering Dry Body Oil, £9.99 (3)**, creates a luxurious glow that's totally Insta-worthy,' she says.

4 For the face: Chasidy enhances a golden complexion with clever make-up. 'I love using **Bobbi Brown Shimmer Brick, £35.50 (4)**, on the hairline, temples, cheeks, nose and chin,' she continues. 'To sculpt the jaw and cheekbones, I use **ICONIC London Multi Use Cream Contour Palette, £33 (5)**.'

5 Body boost: Guess what? Celebrities get anxious about stripping off for a pro-spray tan, too. 'A lot of my clients are nervous the first time. Remember, your spray tanner does this for a living and has seen people of all shapes and sizes. It's really no big deal. I normally end up having a good old gossip at the same time!'



1



2



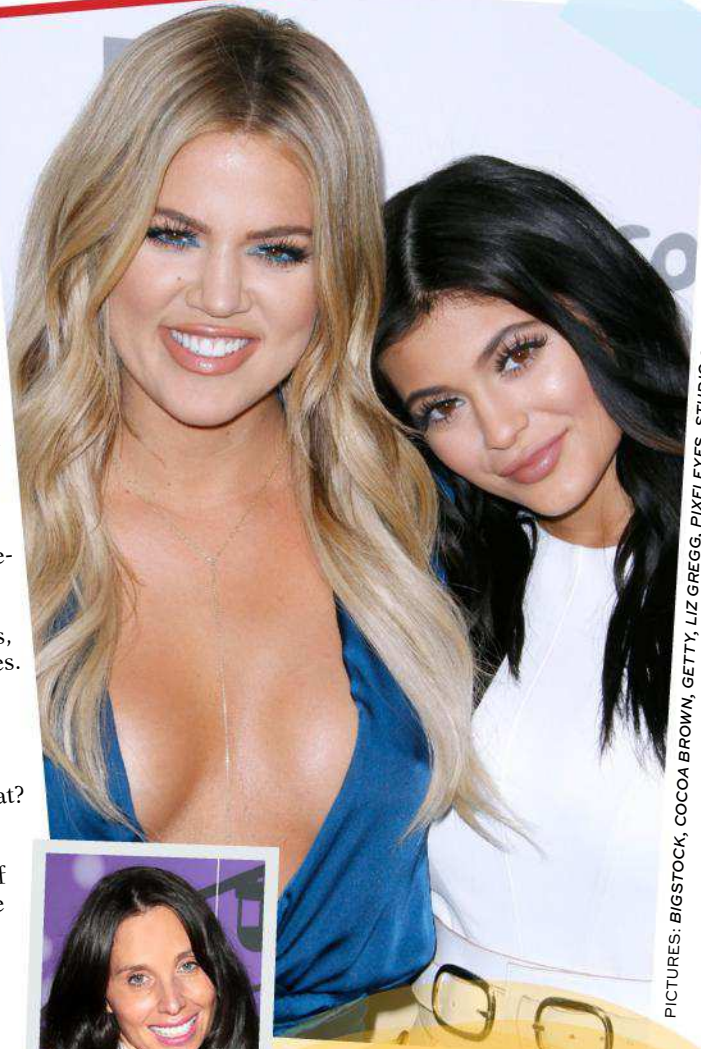
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4



5



PICTURES: BIGSTOCK, COCOA BROWN, GETTY, LIZ GREGG, PIXELEYES, STUDIO 33

Free mascara alert!

If you're yet to experience a brow-over from the legendary Benefit glam squad, now's the time! Until May 27, head down to any Benefit Brow Bar across the UK and bag yourself a free mini Benefit mascara of your choice, worth £10.50, when you get a brow wax. As part of its incredible #BoldsBeautiful campaign, the brand will also be donating 100 per cent of profits from the waxes to Look Good Feel Better, which supports people undergoing cancer treatment, and domestic violence charity Refuge.



RETURN OF THE MAC

Is there anything worse than discovering your fave make-up product's been discontinued? If your long-lost love was a MAC number from the 90s, you might be in luck. It's delved deep inside its epic vault to bring back 11 of its best-selling shades from the decade renowned for its muted browns and nudes. MAC Lip & Eye Throwbacks features gems including Uninterrupted, £14 - a suits-all camel eye shadow - and Marrakesh, £17.50 - a warm brick-toned lippe.



Fashionista

Charlie Bell is our girl in the know, keeping you ladies one step ahead of the fash pack. Remember, you read it here first...



Charlie

I love a wardrobe multi-tasker – especially when it comes to packing my holiday suitcase – and I think I’ve found the ultimate wonder-buy. As Millie Mackintosh points out in her Instagram post (far right), ‘When you find the ultimate dress for spring that also doubles up as a kimono.’ Wear yours styled open over jeans or over your bikini for a cool cover-up when you hit the beach. For a cool urban look, tie it up and wear with ankle boots. Here’s my top three dresses I’m snapping up this season...



Instagram / @kimkardashian

TOP, £32 BOTTOMS, £22, BOTH LIPSY AT NEXT

BIKINI, £24, TOPSHOP



Instagram / @kimkardashian

IF YOU
one

I'm obsessed with...

... Kim KW's killer swim-drobe. The reality TV star looks bangin' in her latest holiday snaps – posing in two colour-popping bikinis. It's making me want to ditch the classic black two-piece – and pronto! I'm sure being a Kardashian, her bikini collection costs more than my entire flat, but I've found some bright and bold lookalikes that'll do just the trick.

Designer dupe

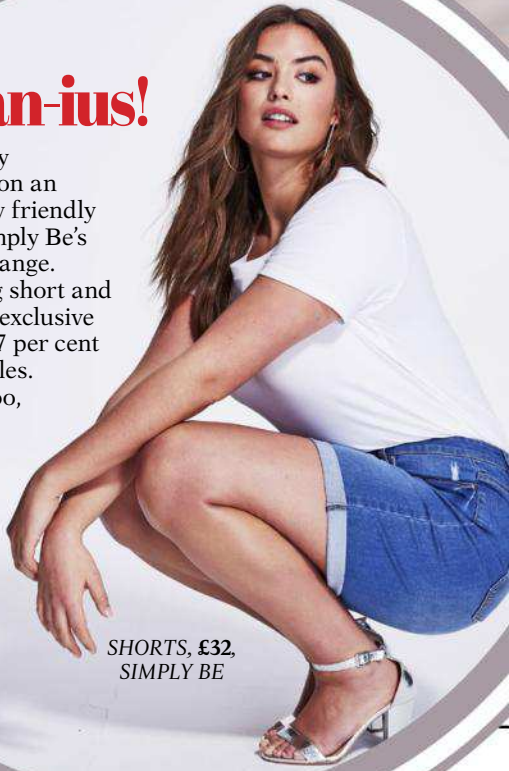
It's finally OK to wear sandals again, and I'm pulling out all the stops with these uh-mazing hot-pink and orange ribbon sandals. They're a dead ringer for a Giorgio Armani pair I spotted on the SS18 catwalks, but at a fraction of the price! I'm going to wear mine with jeans and a tee, and head straight to cocktail o'clock.



£35, VERY.CO.UK

Jean-ius!

I'm giving my denim collection an environmentally friendly upgrade with Simply Be's latest eco-denim range. Featuring a cycling short and a slim-leg jean, the exclusive line is made from 97 per cent recycled plastic bottles. They're a great fit, too, and the breathable fabric keeps you cool on hot sunny days. Join the fight against single-use plastic in one stylish swoop!



SHORTS, £32, SIMPLY BE

GIORGIO ARMANI



OLIVIA PALERMO



£19.99, H&M



£60, LIQUORISH ONLINE.COM



£39, TOPSHOP



MILLIE MACKINTOSH

Instagram/@milliemackintosh

BUY thing...

Fash speak of the week

Smize – smiling with your eyes, not your mouth. It's a tough one to master!

YE OLDE FASHION FAIL

Chloë Grace Moretz looks like she's auditioning to be in *The Three Musketeers* in this strange get-up. A high-neck blouse and shiny waistcoat is a bit too medieval eek than 2018 chic.



PICTURES: IDS, INSTAGRAM, GETTY, LIZ GREGG, REX

'I got Britney and Janet their best bodies ever!'

Personal trainer to the stars Tony Martinez has revealed his top tips on how you can get abs just like the A-listers...

Britney fans out there will know her famous lyrics, 'You want a hot body? You better work, b***h.' Well, it would be fair to say the pop star is really embracing that mantra these days.

The 36-year-old mum-of-two has been flaunting a tauter tummy than ever, and it's all thanks to her personal trainer, Tony Martinez.

If that name sounds familiar, it might be because he's the very man who helped Janet Jackson snap back into shape after welcoming her first child, aged 50.

His motto? 'Work out smarter, not longer.'

We can work with that!

'They both look great,' says

Tony. 'When you have a kid, your world changes. That's why we try to work out quick. Those days of working out for hours and hours are gone.'

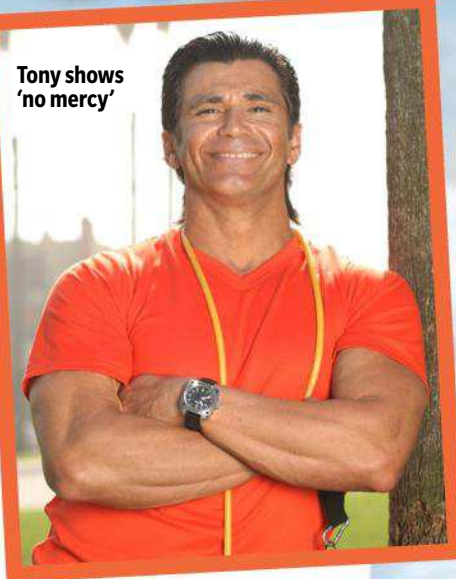
Tony whipped Britney into shape before her Las Vegas residency and is convinced she'll maintain her fit figure 'for life'.

'Now that she's older, it's not all about work, work, work,' says Tony. 'She has time for herself. When she first came to me, she wanted to feel good in herself. She's very fit and loves her six-pack. People don't realise she's a really good tennis player, too.'

Tony has also been training 51-year-old Janet for almost 20 years, and first helped her lose 2st 8lb ahead of her 1998 Velvet Rope Tour.

'She was lean, fit and

Tony shows 'no mercy'



ripped up,' says Tony. 'Talk about focus. I've got to give it to her, especially after having a baby, she looks great. She doesn't look her age at all.'

Tony likes to mix up Britney and Janet's routines regularly, but always counts on cardio to keep their strength up.

'As entertainers, their

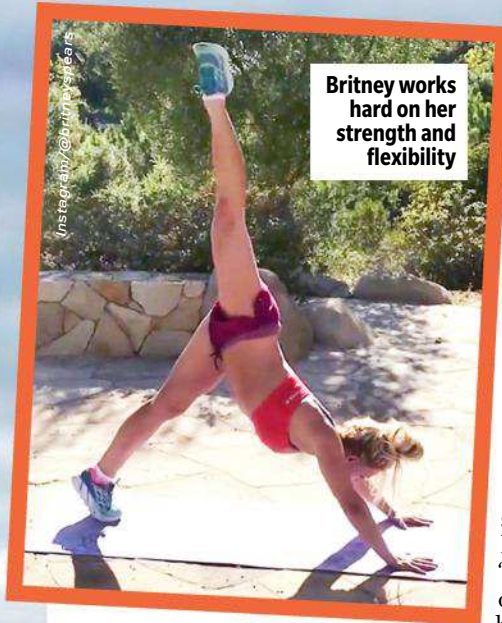
endurance has to be really high,' he says. 'They do fun circuit training and we try to work out anywhere between 20 and 30 minutes. I use resistance bands, TRX, and a rip trainer to change up their workouts consistently. They get very minimal rest so they're continuously moving. Both of their cores are very strong and it shows in their performances.'

But while Tony may be tough on his celeb clients, he insists that enjoying your workout is crucial to reaching your goals.



What a difference... Janet pregnant in 2016 (right) and back in shape last year (left)





Britney works hard on her strength and flexibility

Tony admits, 'I give too many exercises. I show no mercy but, at the same time, I make it fun. Britney and Janet work out three to five times a week. They're tough and want to keep going.'

For those of you who've tried to shed the pounds in the past, you'll be pleased to know Tony's banned the word 'diet' – and even admits it's fine to have a little 'oops' moment and treat yourself once in a while. Phew!

'We use the words "eating healthy" instead,' says Tony. 'It's not rocket science.

You eat healthy, you eat your protein, your carbs, you eat your fats and have your water. Some days Britney will say, "I want to eat fried chicken." I'll say, "Sure, go ahead." People freak out if they have certain things, but it's only if

you overdo it that it's bad.'

Tony calls Britney and Janet 'athletes', and works heavily on their flexibility and strength to ensure they'll always be ready for their next tour or show.

'For flexibility, we stretch after we work out, or sometimes before and after a show, just to get them loosened up,' he says. 'Dancers use a lot of shoulders, lower back and knees, so we really focus on that.'

Britney and Janet's favourite training moves work to build core stability and tone the stomach.

'Janet loves a TRX rip trainer called Samurai Strike,' explains Tony. 'You stand on your side, take two steps to your left, and then you swing working your core and legs, and come right back up again.'

'Britney loves using the stability ball. We put her forearms on the ball and go forward and back to work her core.'

'Her feet

are in the plank position and then she'll "stir the pot" to the left and right, which really focuses on the upper part of her abs.'

If you want to get a flawless Instagram-ready body like Britney and Janet, Tony says the key is to focus.

'Love your body first,' says Tony. 'Don't look at somebody else and say, "I want to get that." You're going to get it no matter what. But the main thing you need to do is eat healthier, drink a lot of water, and get at least six to eight hours of sleep.'

'Make realistic goals,' adds Tony. 'You're not going to lose 10lb on day one. But aim to lose 2lb a week and gain a little bit of muscle.'

'It's important to say, "I can do this."'

Chloe Morgan & Iona Kirby

'It's only if you overdo it that it's bad'

Tony's top fitness tips

✓ **DO**

- Mix it up
- Make workouts fun
- Focus on flexibility and strength
- Try Britney and Janet's

favourite moves

- Set realistic goals

✗ **DON'T**

- Deny yourself treats
- Compare yourself to others

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Dr Phil

TV's **DR PHIL HAMMOND** answers your questions and gives it to you straight on the big health issues

**TRUST ME
I'M A DOCTOR**

WHAT NOT TO EAT

Is a low-fat or low-carb diet better for losing weight?

Abby, Morrmouth

Both can work. Researchers recruited 600 people aged 18 to 50 with a BMI of 28 to 40. They were randomly assigned to a low-fat or a low-carbohydrate diet. Participants were encouraged to cook at home, maximise their veg intake and eat whole foods that were minimally processed. At 12 months, the low-carbohydrate group had lost, on average, more than 13lb, compared with more than 11.5lb in the low-fat group. So it seems that if you prepare and eat whole foods, rather than ultra-processed stuff with hidden sugar, you stand a good chance of losing weight without obsessing about calories or faddy diets.

STRESS ABOUT YOUR TRESSES

Do you always lose your hair when you have cancer treatment?

Becky, Gainsborough

It's a common misconception, but there are plenty of people walking around with a full head of hair who are currently undergoing cancer treatment. It depends on which cancer you have and what treatment you take. If there is a risk that your chemotherapy can cause hair loss, then you may be able to use a cold cap to reduce the loss. It has coolant running through it to try to stop the drugs getting into the outer layers of your hair follicles. Talk to your cancer nurse about the options.

SHOULD I TRY TO GET ALL MY SLEEP IN ONE GO, OR CAN I SPREAD IT OUT DURING 24 HOURS?

Liam, Oxted

It depends what works for you in your current situation. We know that sleep deprivation is very harmful, and that most of us feel much better with eight hours sleep in 24 hours. However, our sleep cycles tend to occur in chunks of up to 90 minutes. So if you're allowed to have a siesta after lunch, it counts towards your eight hours. However, if you then get eight hours at night you could be oversleeping, and that doesn't benefit you. When I work at home, I often break up my day with naps and feel very refreshed afterwards. Some employers even provide nap rooms, which is a great idea for shift workers.



Dr Phil says,
'Kindness is a very powerful drug, and it makes most situations better.'

BORROWED MILK

For women who can't breastfeed, can they feed their baby with breast milk from another woman?

Diana, Llanelli

Sharing breastfeeding duties is a very old practice but, any time your baby gets milk from another mum, it may also pass on infections, medications and tobacco products. You have to make a judgement based on how well you know the person. If it's a close friend or family member, the risk is lower than someone you don't know. If you are able to express your own milk via a pump into a bottle, that's a solution. If you want to explore milk sharing, talk to your GP.

Q I've got a vaginal prolapse, and I worry that my partner can feel it during sex. What should I do?

Sally, Grays

A Your partner is unlikely to notice that sex feels any different, and you certainly won't make your prolapse worse by doing it. Some women find sex with a prolapse can be more uncomfortable in some positions. You might feel better on your back rather than on top. It's a good idea to do pelvic floor exercises to build up strength, and to encourage your prolapse to sit higher up. The good news is that your prolapse will not affect your clitoris or the nerve endings that are needed for orgasm. But, it can affect your self-confidence, making relaxation harder and discomfort worse. For more tips, visit kegel8.co.uk/articles/sexual-intimacy/your-sex-life-after-prolapse.html



ILLUSTRATION: TIM BRADFORD Because conditions and treatments vary from person to person, you should consult your GP about any specific concerns and before following medical advice on this page

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



'We want Marley to know he's a sheep and be outdoors like one!'

Meet baa-king mad Marley!

Marley, a sheep, thinks he's a dog after growing up with his best friend – a Labrador – so now he's having lessons in how to be a 'proper' woolly-wearer...

If you were to pass by Ali Vaughan, from Carlisle, Cumbria, as she's out walking her 'dogs', it's likely you'll do a double-take. That's because the 34-year-old isn't just accompanied by her pet Labrador, Jess. She also strolls along with her pet sheep, Marley, on a lead – and Marley seems to think he's a pooch!

Ali, her partner, Adam, 37, and kids Ella, 10, and Max, four, adopted Marley the sheep when he was just a month old.

'We absolutely love animals and have always had ducks and dogs,' says self-employed upcycler Ali. 'When we moved into a farmhouse last September, with three acres of land, it seemed natural that we should add to our animal family.'

So, when Ali spotted an ad on Facebook from a local farmer, appealing for a home for an orphaned sheep, she had to respond.

'We had a massive garden that was really overgrown, so I thought a sheep would be

ideal for keeping the grass short,' explains Ali. 'Little did I know it would be a while before he chomped his first bit of grass.'

Small, wild and shaggy, Marley arrived at his new home. The family were taught how to feed him with a bottle – but, within two weeks of arriving, Marley contracted an ailment called joint ill. This is a common cause of lameness in young lambs, where one or more joints can be infected and swollen.

As a Valais Blacknose (a Swiss breed), Marley should have been at home in the Alps. But now he needed constant care, and was so stiff that it took him 15 minutes to get up on his hooves.

Due to his limited mobility, Ali bought her woolly pet his own dog bed and placed him next to Jess in front of the warm Aga stove in the kitchen – something he's since become accustomed to.

The pair were soon doing everything together and became the best of friends.

'Our dog, Jess, immediately took to him and would lie at his side at night,' says Ali. 'It soon became clear that Marley was picking up traits from Jess.'

Just when the family thought they might have to put Marley out of his misery, the vets put him on a course of steroid injections after antibiotics didn't work. Luckily, the effect was immediate and he

was quickly back to his bright, fluffy self.

As the family nursed Marley back to full health, he started eating from dog bowls and accompanied them on their walks and trips out.

Now, six-month-old Marley has quadrupled in size and is larger than the family dog! He's so big that Ali's trying to move him outside where he belongs, but he's developed a loathing of the outdoors. He doesn't like the cold, wind or rain, and doesn't know how to eat grass.

'Whenever we try to get Marley outside, he puts up a fight,' Ali says. 'He's so much bigger now, it's not an easy feat. When we do finally get him outside, you have to be careful opening the door. If he notices it's open, he makes a mad dash to get back in.'

The family have recently adopted another sheep, a brown Ryeland called Bear. They hope the new addition will persuade Marley to stay outside and teach him how to be more sheepish!

'I knew we needed to get Marley a sheep companion,' says Ali. 'We want him to know he's a sheep and to be outdoors like one – after all, he's not very well house-trained. We have a barn where he should be staying, where it's nice and cosy.'

'Fingers crossed!'

Chloe Morgan, Harriet Rose Gale



Knitwit Marley likes snoozing in the kitchen

CHICKEN & HALLOUMI SALAD

A salad that leaves you satisfied is the best. If you're eating with the family, place a big bowl in the middle of the table for everyone to help themselves...



INGREDIENTS

FOR THE DRESSING

- 2tbsp olive oil
- 2tbsp macadamia oil
- 2tsp caramelised red wine vinegar
- 2tsp water
- 1 large handful of mint
- 1 large handful of flat-leaf parsley
- 1 small garlic clove
- Juice of ½ lemon
- Salt and black pepper

- 2tbsp olive oil
- 250g halloumi, sliced
- 1 baby cos (romaine) lettuce, leaves sliced in half lengthways
- 2 courgettes, cut into short, thin strips
- 1 cucumber, cut into short, thin strips
- 1 small handful mangetout sprouts
- ½ avocado, chopped
- 2tbsp sunflower seeds
- 1tbsp toasted almonds, chopped

FOR THE SALAD

- 2 boneless chicken breast fillets
- 10 mangetout

Serves 4

METHOD

- ➔ To make the dressing, put all of the ingredients in your blender, season with salt and pepper and blitz until smooth. If you don't use it all at once, it can be stored in the fridge, but its green colour will not stay as bright.
- ➔ Next, poach the chicken in simmering water for about 12 mins until the chicken is cooked through. Once it's cooled, roughly shred or chop.
- ➔ Blanch the mangetout in boiling water for 1 min, then soak in a bowl of icy water to cool. Finely slice lengthways.
- ➔ Heat the olive oil in a frying pan over medium heat, and fry the halloumi until brown on each side. Set aside to cool.
- ➔ In a large serving dish, toss the lettuce leaves with the courgette, cucumber, mangetout, mangetout sprouts and avocado. Add the cooled halloumi and chicken, and top with the sunflower seeds and almonds.
- ➔ Season with salt and pepper, then drizzle with plenty of the herb dressing on top.

WORDS: LAURA HINTON

Healthy Hormones:
A Practical Guide
To Balancing Your
Hormones by
Ainsley Johnstone
and Belinda
Kirkpatrick, £16.99,
Murdoch Books

Mine's a...

BRITISH LAVENDER-INFUSED GIN

This cool new British Lavender Dry Gin from M&S, £25, changes colour when you add tonic. Yay! As well as turning pink from purple, it also has a fragrant lavender flavour. The British Rose Gin (also in the range) goes from pale gold to vibrant pink, so we'll have to try that next!



COMPETITION TIME!

Summer is here, but have you got all the gear? Now, you can win the perfect summer bundle to set you up for a scorcher of a May bank holiday. Worth more than £600, this exclusive prize from Sainsbury's and Argos includes a Landmann Tennessee Smoker BBQ, a Miami 2-4 Person Lay-Z-Spa Hot Tub and an array of essential items from the Sainsbury's Home Palm House picnic range. Whether you're off for a picnic or just enjoying a relaxing weekend in the garden, this package has got all bases covered. Head to @revealmagofficial on Instagram to enter.



T&Cs The winner must follow both @ArgosHome and @SainsburyHome on Instagram. The winner must redeem the prize within one month of the closing date of May 8 2018. Prizes cannot be exchanged or refunded, and there is no cash alternative. The prize is non-transferrable.



Chloe Morgan is our.....

SCREEN QUEEN

Join her every week as she reveals what not to miss on TV

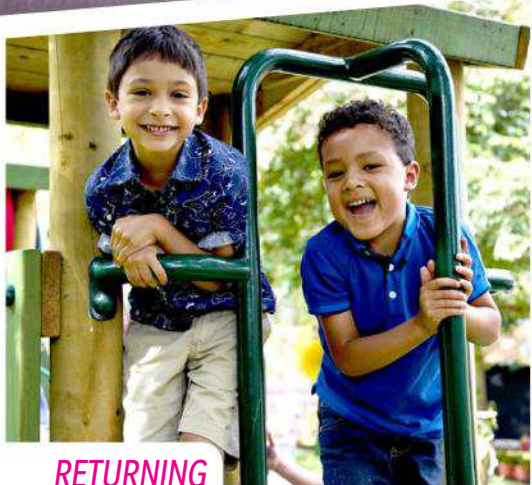


DON'T MISS!

BAKE OFF: THE PROFESSIONALS

When Liam Charles was eliminated from *GBBO*, he joked, 'I'm coming for Paul Hollywood's job.' Turns out, he really meant it! The former contestant is joined by comedian Tom Allen as he presents the new spin-off show, which sees six teams from top hotels, restaurants and businesses battle it out to impress judges Cherish Finden and Benoit Blin. Who will be the cream of the crop?

**Channel 4, Sunday
May 6, 8pm**



RETURNING

THE SECRET LIFE OF 5 YEAR OLDS

As the award-winning series returns, a new class have to decide whether it's ever OK to cheat, and what to do when one of the group makes a big confession. But when arguments break out in the playground, can anyone find a way to reunite the group? Plus, when the dressing-up box comes out, it's not long before Donald Trump makes an appearance in the nursery.

Channel 4, Tuesday May 8, 8pm

DOCUMENTARY



EVIL GENIUS

As pizza deliveryman Brian Wells sat handcuffed with a bomb clamped around his neck, he shouted out to nearby officers, 'Why isn't anybody trying to get this thing off me?' Minutes later, the device went off... In the story of the strangest heist ever, this four-partner questions whether Brian was a murder victim or a willing participant in a botched bank robbery.

Netflix, From Friday May 11

ON THE



PICTURES: BBC, ITV, GETTY, LIZ GREGG, NETFLIX, MARK BOURDILLON, MARK JOHNSON, REX



SOFA WITH...

OLYMPIC SWIMMER

Rebecca Adlington

Q: What's your favourite TV show?

A: I'm into really easy-going comedies, like *Friends*, but my favourite reality TV show has to be *I'm A Celeb...* I'm always addicted to it. It's such a fun watch!

Q: What's your fave snack?

A: Sweets. Anything sweet, and I'm there. I love midget gems, sports mixture, or peanut M&Ms. M&S do chocolate-covered cashew nuts which are unbelievable. I love getting pick 'n' mix, too!

Q: Who is your TV hero?

A: I love Holly Willoughby and Phillip Schofield, and always watch those clips online where they're giggling. They're such a great pairing. They make their job look so easy and effortless.



DOCUMENTARY

TORTURED BY MUM & DAD: THE TURPIN 13

In January this year, David and Louise Turpin were arrested for keeping their 13 children shackled and starved within the walls of their California home. In this one-off film, we hear from family members and law enforcement officers in an attempt to unlock the secrets of their past. **Channel 5, Wednesday May 9, 10pm**



YOUR SOAP HIGHLIGHTS

CORRIE ITV, FRI, 7.30PM & 8.30PM



Shona tells David that if he won't go to the police, he should see a counsellor. But he's adamant that no one can know.

EASTENDERS BBC ONE, MON, 8PM



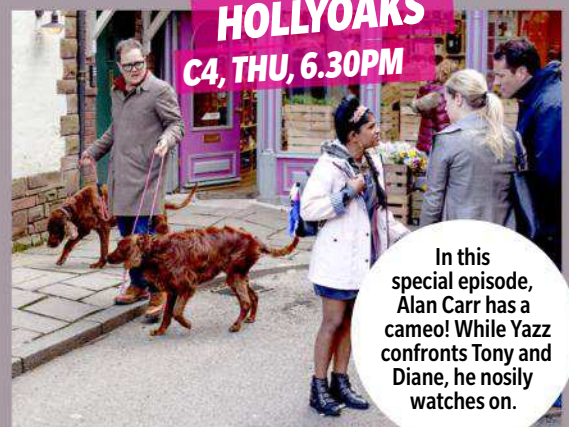
As Ingrid prepares to leave Jack and the kids to go travelling, she gets upset at the thought of quitting Walford.

EMMERDALE ITV, MON, 7PM



Charity tells Vanessa she went to Bails' house again. Her face falls as the police arrive, knowing why they've come...

HOLLYOAKS C4, THU, 6.30PM



In this special episode, Alan Carr has a cameo! While Yazz confronts Tony and Diane, he nosily watches on.

CONTACT CHLOE AT SCREENQUEEN@REVEAL.CO.UK



Love it!

by Dawn

Embarrassing Bodies'
DR DAWN HARPER, 55,
boogies to Jools Holland,
teases her soft spot for
Parky and reveals
her *Strictly* ambitions...

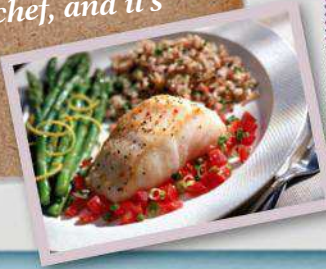
FAVOURITE... SONG?
The Jools Holland version of *Enjoy Yourself*. It's the sort of song that makes you smile. It's a break from seriousness. So many of us spend time doing things we don't want to do, and we're so busy working. Two years ago, I went to see Jools in Kew Gardens. He's such a great performer, and it was a wonderful evening.

SCENT?
I only ever wear one perfume because I love it so much – it's Issey Miyake. It's so me. I wear it so much, people just associate me with it. I came into the pub the other day, and someone was like, 'Dawn's here!'



GUILTY PLEASURE?
Mayonnaise! I love to pour mayo all over chips with salt and pepper.

FOOD?
Sea bass with loads of vegetables, or anything with Thai spices. My other half, Jack Harries, does all the cooking. He's an amazing chef, and it's nearly as good as going out for a meal.



TV SHOW?
Strictly Come Dancing. The musicians are so talented, and I love the dances, costumes, hair and make-up. It's good, old-fashioned light-hearted entertainment. I'd love to go on the show. They wouldn't have to ask twice.

MEMORY?
It has to be the milestones of my three children, Eleanor, 13, Harvey, 21, and Charlie, 24. They're all grown-up now but I remember when they were tiny and, at every birthday, I would say, 'I don't want them to change!' And then they start walking and talking, and you think, 'Actually, that's really nice.'



CELEBRITY CRUSH?
If we're going on looks, it has to be George Clooney. If we're going on someone I'd like to spend time with, it would be Michael Parkinson. He's talked to all the people I would ever want to meet, and he could entertain me with all his stories. I'd want a mix of the two.



HOLIDAY DESTINATION?
South Africa. The best bit about it is the safari. Last time we went, we actually saw a leopard kill. It was an incredible, one-off experience.



DATE NIGHT?
During the winter, we love sitting at home on the sofa with the dogs. We grab some candles, put on music and Jack cooks. In the summer, we'd go on a bike ride and then, have a barbecue in the garden.



PRIZED POSSESSION?
My yellow Labrador, Otter. She is 11 years old, and the most faithful companion I could wish for.

Dr Dawn Harper is the brand ambassador for Sole Bliss Shoes. The full Sole Bliss range is available at solebliss.com

PICTURES: BIGSTOCK, GETTY, TWITTER



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