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Katie turns to a psychic to get pregnant

Baby race!



PETER TELLS US:

I'm broody for baby No.5

Reveal

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MICHELLE'S AGONY

- Caught up in a scandal
- Tears and angst in LA



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ISSUE 05



Fears for 'stressed' Cheryl after new weight loss



Holly

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WHO'D HAVE THOUGHT?

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UNDER
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Kourtney laps up the Mexican sun in a teeny bikini...



instagram.com/kourtneykardash

... Kim bares all in this Insta snap



instagram.com/kimkardashian

... but Kylie opts to cover up instead. Is she hiding a baby bump under there?

WHAT'S UP WITH KYLIE?

It was the week the Kardashians tried to break the internet... again. Not only did Kim pose in a completely transparent white dress for a photoshoot, but Kourtney happily documented her Mexican getaway in a teeny tiny bikini, and even gorgeous mum-to-be Khloé posted a bootylicious throwback snap (see page 11) with the caption, 'Body, I miss you.'

It was also the week the girls released their racy Calvin Klein campaign images and, while the whole family were down to their tighty whities, Kylie Jenner was still covering her stomach.

Why Kylie? Why? For arguably the second-most selfie-obsessed sister, 20-year-old Kylie has done a complete U-turn since rumours of her pregnancy emerged last September. She has been in hiding ever since.

When she did emerge last week – visiting a construction site with her mum, Kris – the make-up entrepreneur, who is thought to be due her first baby with her boyfriend, Travis Scott, this month, gave little away in a loose black T-shirt and tracksuit bottoms (right).

Some speculated that Kylie may have already given birth, while others suggested she was still hiding her pregnancy bump and has been practising hypnobirthing in the lead-up to labour.

Then came the theory that Kylie had actually been the real surrogate for Kim and Kanye West's daughter, Chicago, who was born on January 15...

So, what's going on, Kylie? While any woman is entitled to keep her pregnancy private, why not take a leaf from Khloé's book and make a sweet announcement to finally set the record straight? After months of this guessing game, we deserve to know the truth!

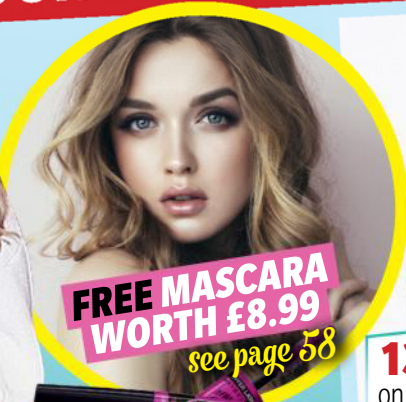


WORDS: LAUREN HILL-ROGER PICTURES: GETTY, INSTAGRAM, TMZ/MEGA, REX

INSIDE YOUR REVEAL THIS WEEK...



18 Ferne is feeling sexy again



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13 The latest goss on Olivia's romance



34 Anna and Enrique's love story



30 4-page special on the NTAs

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Trouble



MICHELLE'S TEARS OVER OUR GIRL SCANDAL

It's been all smiles in Hollywood so far for Mark Wright and Michelle Keegan – so what's going on here? We're told they are still at a crossroads over where their future is heading, and whether they'll remain in the US or return home to the UK.

Recently, Mark's one-year contract as a reporter on US TV show *Extra* – which was due to end in September – has been extended, and he revealed his American dream is 'the path I must follow'.

Furthermore, a source told us that, while Michelle, 30, has been enjoying LA, she is a homebird at heart and has been missing spending time with her family and friends back in Manchester. At some point, she must return to the UK to pick up her stellar acting career. Was it the thought of returning home alone making her so sad?

Last week's controversy over her massively popular BBC One show, *Our Girl*, hasn't helped. It was claimed that refugees who were cast as extras were forced to relive their torturous plight for scenes as an industrial spray gun was used to make them look 'filthy' before they waded through a river with terrified babies and children – screaming for real.

The refugees are Rohingya Muslims – said to be

one of the world's most persecuted minorities. Over 60,000 have fled from their home in Myanmar to neighbouring Malaysia to avoid persecution.

An insider close to Michelle tells us, 'She burst into tears when she heard about all of this. It has really tainted her experience of working on the show. When she was reading about all the horrifying details, it made her feel sick, and her heart goes

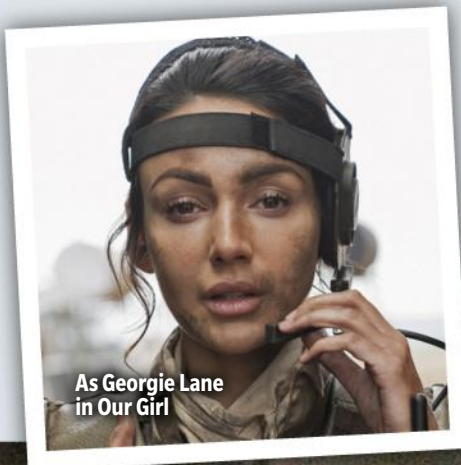
out to all the poor extras who suffered.

'She's really glad that she was with Mark when this all came out, because he's such a support to her when it comes to times like this. He's always there for her in a crisis.

'Michelle obviously saw a lot of poverty while filming in Malaysia and was very upset, but she was assured by producers that everything was fine and that all the extras were happy. Now that it has come to light that it was a massively different story for some of them, she feels really ashamed and embarrassed that she didn't do more,' continues the source.

'She's the face of the show, and the biggest star, and she feels a responsibility for that, even though she has absolutely nothing to do with the production of it. There's no way that Michelle could have known, and it's not her fault, but that hasn't stopped her from blaming herself and beating herself up about it.

'Now Michelle feels unsure about doing another series,' our source reveals. 'She could really do with having Mark [31] there to support her when she goes home to face the music, but she's going to be by herself and this is obviously freaking her out. She feels vulnerable and scared.'



As Geog'ie Lane in *Our Girl*

in **PARADISE**

These new pictures of showbiz couple Michelle Keegan and Mark Wright in LA emerged as she was rocked by a TV exposé...

WHAT'S GOING ON?

Celebrity psychologist Jo Hemmings gives her verdict on these new snaps...



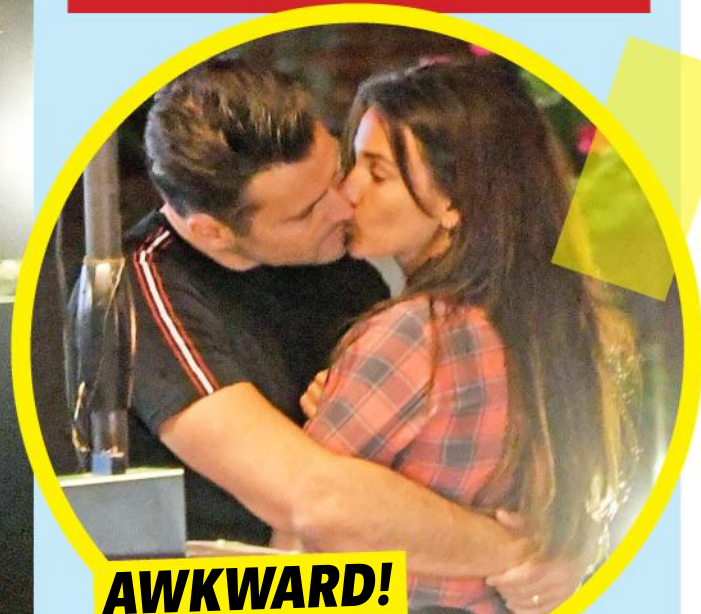
MIXED EMOTIONS

'A tender gesture from Mark, as he bear hugs his wife and plants a gentle kiss on her forehead, but she seems to be having none of it. She is looking sad and distant, holding her own arms and hands tight into her chest. It's a very emotionally unresponsive and defensive position, and it looks like she is rejecting his comfort,' says Jo.



CLOSE TO TEARS?

'Mark isn't letting go and seems to be asking her what's wrong, but Michelle doesn't engage in any eye contact and looks desperate to pull away. It's an uncomfortable embrace, as she begins to lean away from him, and clutch her own arms even closer to herself in what looks like an attempt to push him away,' adds Jo.



AWKWARD!

'Still not letting go, he goes in for a kiss. But it's at an awkward angle, and Michelle looks as though she is pursing her lips, meaning that this "smooch" isn't welcome. She's still got her arms up to her chest, which looks like a really clear barrier to intimacy,' concludes Jo.

'Emily and I might have another baby'

He's already a doting dad-of-four, but as son Theo begins to toddle, Peter Andre is feeling broody again. We chat to our fave Aussie about parenthood, Hollywood dreams and date nights with Emily

Jumping up from the sofa in the London hotel suite where we're interviewing him, Peter Andre looks slimmer than the last time we saw him (despite being surrounded by platters of delicious-looking pastries), and greets us with a peck on the cheek.

'Thank you so much,' he laughs when we tell him our observation. 'I'm 45 next month, and it means so much to receive a compliment as you get older. Usually, you expect to look a bit worse for wear, but I've managed to escape the grey hairs for now.'

He confesses that parenting his youngest son, 14-month-old Theo, through a long bout of sleepless nights ('He was up at 7pm, 11pm, 1am, 3am... I felt like I wanted to die!') has added to his stress levels.

Thankfully, Theo, who Peter shares with his wife of almost three years, Emily Andrea, 28, now sleeps from 7pm to 8am, and Peter admits it's made him broody for a fifth child.

Already dad to Junior, 12, and Princess, 10, with ex-wife Katie Price, and Amelia, four, and Theo with Emily, Pete tells us, 'They are all growing up so quickly. I'm glad they're getting out of the nappy stage now. I always thought that, after Theo, I'd be done, but now I change my mind on having a fifth baby all the time.'

'HOLLYWOOD'S THE BIGGEST BOX FOR ME TO TICK'

Meanwhile, Emily has returned to her work as a doctor and Peter is fully focused on his next adventure - cracking Hollywood.

'I'm off to Hollywood this year. It's my first attempt at the big screen,' he tells us with a huge grin.

'I've been given two scripts - one is comedy, one is horror. For me, that's the biggest box to tick'

On juggling family life with his acting dreams, Peter adds, 'I do get working-dad guilt, but I really do love my job. Whatever success happens, it's going to benefit the family. I am nervous to leave them, of course, but the world is a small place now. I can fly back and forth.'

On whether the family would relocate, he adds, 'We wouldn't move to LA permanently, as we love England and we love where we live, but I would go out there as often as I needed to for work. We haven't figured out how we're going to juggle everything yet, but there's always a way.'

'Parenting is all about teamwork, and Emily is awesome.'

Thankfully, Peter is currently filming closer to his home in Sussex as he presents TV decorating show *60 Minute Makeover*.



Brother Andrew's death in 2012 was a big blow



Top team: Peter says he's good cop, which makes Emily...?



Emily's said she wants another baby – now it looks like Peter's coming round to the idea



HUNKY AND HANDY

The concept of transforming a room (usually one that's associated with a bad experience) to change their life resonates with Pete, who lost his 54-year-old brother, Andrew, to cancer in 2012.

'We had Andrew at home with us and, after he died, I couldn't go into that room. I was devastated. We had to change the furniture, the layout, everything for me to walk back in there. So I get a bit emotional on the show, because I understand.'

Peter admits his current enthusiasm is a world apart from how he felt just over a year ago, revealing he almost gave up his career to be a stay-at-home dad.

'When Emily was pregnant with Theo, I thought, "I'm happy to stay at home. I'm content," but I feel hungry again,' he says.

'Now I want to do it for the family. In my 20s, I worked for me, so I could party and have fun. That time is just a blur. I didn't grow up until I had children, and I literally went from a kid to an adult overnight.'

'EMILY'S THE STRICT ONE'

After admitting he would have moved back to Australia if he hadn't had children when he did, Peter now says his happiest times are at home, surrounded by his kids.

'Saturdays are my favourite. I'm the pancake king. I've got Theo in the sling – not when I'm cooking! – and Amelia is dancing around. I love having the kids around me. If the kids ask to go to a sleepover, I tell them to bring their friends here. Emily thinks I'm mad!' he laughs.

'For date nights, Emily and I love having people for dinner. Our friends stay over.'

Joking that he and Emily have parenting 'down pat', Peter says he's happy to play 'good cop' to their children, although admits he's a stickler for manners.

'Emily is the strict one. I used to be very strict but I think they're softening me up. They know where the line is, though – it's all about respecting other people. I always make them say please and thank you. The other day, Amelia said, "I'm sorry, Daddy, I don't know why I keep forgetting my pleases and thank-yous." She's only four!'

Lauren Hill-Roger

Peter Andre's 60 Minute Makeover on Quest Red, weeknights from February 5, 7pm

Katie turns to a psychic for baby No.6

She's turning 40 in just four months and the milestone birthday is worrying Katie Price, who is desperate to fall pregnant again...

Katie Price has made her living and name from her looks, bursting on to the scene as one of the country's top glamour models in the 90s.

Now she's approaching 40 and, as she faces this milestone, it's having a huge effect on the mum and businesswoman.

At last week's National Television Awards, Katie, 39, paraded on the red carpet, posing up a storm for the waiting photographers, while the other women her age were far more demure.

The brash, loud mum-of-five clearly has no intention of quietening down as she approaches her fifth decade, but the upcoming birthday, on May 22, is causing her a lot of anxiety.

'Katie is obsessed with turning 40 being some monumental, life-defining moment of reckoning for her,' says a source close to the reality TV star. 'With it just four months away, she's really anguished and torn about how her life has gone.'

Katie's biggest worry is her relationship with third husband Kieran Hayler, 30, the father of her two youngest children, Jett, four, and Bunny, three.

Kieran has cheated on her several times, most recently with their nanny, Nikki Brown. While Katie has vowed to divorce him, he is still living in their family home with Katie and her other kids, Harvey, 15, Junior, 12, and Princess, 10.

Now, Katie is so unsure what to do that she has turned to a psychic for help.

'She is suffering a lot of anxiety about what's next for her and she never dreamed she would be hitting 40 with so many doubts about her marriage,' says the insider. 'So, she's called in a psychic to advise and guide her through these fears, and she's using the psychic's interventions to help her find the answer to two main questions that have been troubling her.'

First on Katie's list of questions is whether she should leave Kieran for good. And the second is whether she should have another baby.

'Katie has asked the psychic these two key questions,' explains our source. 'She wants to know if she should continue trying desperately for a baby, or whether she needs to give up after trying unsuccessfully for two years.'

Katie has made no secret of wanting another child. In September 2015, she said, 'I'm going to keep going until the doctor says I can't have any more.'

And, the following year, Katie claimed she wanted to 'buy' a baby, saying, 'I love babies and I was thinking, how can I get one quick? I know it's hard to adopt, so I thought, can't I just buy one abroad?'

Now, she's worried she may have left it too late to have her own child.

'Katie has developed an obsession with having a baby and sees turning 40 as make-or-break for a pregnancy,' says the source. 'She's petrified she'll never be able to get pregnant again, and she's throwing everything she has at conceiving.'

As well as trying to conceive naturally, despite the problems in her marriage, Katie has also been looking into anything and everything that could help her fall pregnant with the sixth baby she longs for.

'Katie is spending every second researching how to get pregnant at her age,' says the source. 'She's shelling out a fortune on treatments, alternative pregnancy therapies and the like.'

'She feels really depressed that she is nearing the 40 milestone and doesn't have a new baby to look forward to. For her, it's a nightmare scenario that she'll reach



Should Katie divorce cheating Kieran, her husband of five years?

KP'S STRANGE GAME FACE - AND A REUNION WITH PETE

Fans waiting on the NTA red carpet were baffled by Katie's entrance to the bash last week.

Walking the carpet solo, minus hubby Kieran, Katie posed provocatively, repeatedly running her hands through her hair and pulling her best seductive pout. The display was more suited to her former glamour modelling days than a sophisticated talent awards do.

Also walking the carpet solo was Katie's ex, Peter Andre. His doctor wife Emily is back in work after maternity leave, and may have been on a night shift.

The exes bumped into each other at the ceremony, but all

was friendly between them.

An onlooker revealed, 'Katie was in the [private] box when Pete walked in. Everyone froze and thought it would be dead awkward. But they smiled, hugged one another, exchanged a peck on the cheek and went their separate ways.'

'Although there's a lot of history between them, Pete knows Katie is going through a rough time with her mum, who he knows well.'

As we mentioned last week, Katie has been texting Peter for support in light of her mum, Amy, being diagnosed with a terminal illness.



Yeah, baby! Katie strikes a pose at the NTA bash



Peter greeted his ex-wife with a friendly hug



The star's determined to show she's still got it at the age of 39

the big day in May and not be expecting.'

As her big birthday approaches, Katie is hoping her psychic meetings will help bring her some clarity.

'Katie has confided in her closest friends that she's really unhappy about turning 40,' says the source. 'She never saw herself hitting 40 and feeling this miserable and insecure.'

'Katie's hoping that these sessions with the psychic will help calm and reassure her about the future and, most importantly, help her work out what she wants to do with the rest of her life.'

Kelly Jenkins

See more broody celebs on pages 28-29 ➔



Lisa's struggling with heartbreak

LISA'S EMOTIONAL TWEETS

At last week's NTAs, an emotional Ant McPartlin thanked fans for supporting him through a tough year (see page 30). His estranged wife, Lisa Armstrong, is also struggling with her heartbreak over their recent split, if her tweets are anything to go by.

After Ant and TV sidekick Dec picked up their award, the 41-year-old make-up artist liked a fan's tweet which read, 'Your unconditional love and support made A who he is.'

She went on to retweet and like a series of similar posts over the next few days, including one saying, 'Get the f**k up and get your s**t together. You're either an ocean or a puddle. Don't be a puddle. People walk through puddles like they're nothing. Oceans f*****g destroy cities.'

LIFE IS GOING TO GET HARD SOMETIMES. SO GET THE F**K UP AND GET YOUR S**T TOGETHER. YOU'RE EITHER AN OCEAN OR A PUDDLE. DON'T BE A PUDDLE. PEOPLE WALK THROUGH PUDDLES LIKE THEY'RE NOTHING. OCEANS F*****G DESTROY CITIES.

Twitter/@LisaAmakeup



KATE'S BLOOMING BEAUTIFUL

Bride-to-be Meghan Markle may be stealing the limelight in the lead-up to her May nuptials to Prince Harry, but it was her future sister-in-law, Kate Middleton, turning heads last week as she showed off her blossoming pregnancy bump on a royal visit.

Speaking with new mums and meeting their babies on the maternity ward at Bethlem Royal Hospital in Beckenham, south London, Kate – who is already mum to Prince George, four, and Princess Charlotte, two, with Prince William – wore a blue maternity coat.

On a recent visit to Coventry, Kate, 36, wore a pink coat that she'd recycled from her pregnancy with Charlotte – so she's clearly keen to keep us guessing at the sex of her third child, due in April.

The odds of Kate having a boy or a girl are currently even, and the names favoured by bookies are currently Alice for a girl and Arthur for a boy.



'Bodysuit body, I miss you'



'I can't wait to get my body back'

She may have been praying for this baby for a long time, but that doesn't mean Khloé Kardashian, 33, doesn't miss her pre-pregnancy body! Sharing a throwback picture with her fans on social media showing the reality TV babe wearing a white bodysuit from her Good American line, Khloé, who's due to give birth to her baby with Tristan Thompson, 26, in March, captioned the image, 'Bodysuit body, I miss you' with a crying face emoji. The *KUWTK* star is one of the most determined fitness junkies we know, and she's already said she 'can't wait' to get her body back. We think you look amazing preppers, Koko!



ZAYN'S MAGICAL MAKEOVER

Looking for Platform 9¾, Zayn? Shedding his usual edgy look of black jeans and a leather jacket, former One Direction member Zayn Malik, 25, was almost unrecognisable while out in New York. Wearing a brown tweed suit accessorised with round Harry Potter-inspired glasses, Zayn also ditched his trademark beard. However, his supermodel girlfriend Gigi Hadid, 22, is still crushing on him, recently posting a series of loved-up pictures. And the feeling is mutual, as he said last year, 'I'm with her because I like her and I hope she's with me because she likes me. We just spend time together as a normal couple... cook food, watch TV, have a laugh.'

Birthday boy!

How cute is this pic of the Rooney boys? To mark Kit's second birthday, proud dad Wayne, 32, posted this sweet snap of the toddler posing in his pyjamas with big brothers Kai, eight, and Klay, four.

Gushing about their 'gorgeous day' on Twitter, Coleen, 31, who's heavily pregnant with the couple's fourth child, also posted a pic of her youngest son's Peppa Pig birthday cake.

Although Kit was surrounded by presents, we reckon the best gift his parents gave this year is that they've kissed and made up. The couple – who have been together for 15 years – briefly split in September after Wayne's drink-driving scandal with party girl Laura Simpson.



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'I JUST WANT A DAY WITH NO ARGUMENTS!'



Olivia Attwood talks rowing with boyfriend Chris Hughes, Valentine's Day plans and dealing with criticism over her weight...

It's six months since she left the *Love Island* villa, having been catapulted to instant fame. Now, Olivia Attwood is releasing a Valentine's collection with In The Style UK.

We caught up with the feisty 26-year-old to talk Valentine's plans, online trolls – and why she's a total slob...

HI, OLIVIA, IS CHRIS PLANNING SOMETHING ROMANTIC FOR VALENTINE'S DAY?

Well, I hope so, but you never know...

WHAT WOULD YOU LIKE FROM HIM FOR VALENTINE'S?

There's nothing materially that I want. It sounds a bit depressing, but if I want something, I get it myself. What I'd like more is just a day of no arguments!

ISN'T THIS SUPPOSED TO BE THE HONEYMOON PERIOD?

We had our 'honeymoon' in a villa in Majorca on national television, didn't we? We're like an old married couple.

BUT THINGS ARE OK, AND YOU'RE STILL TOGETHER?

Yeah, of course.

IF A GIRL IS GOING OUT FOR VALENTINE'S DAY, WHAT SHOULD SHE BE WEARING?

It's about situational dressing. If we're going to town for drinks, I'll be in a cocktail dress. If it's cinema, I'm in joggers, so that's why you need to know where you're going.

YOU ALWAYS SEEM SO GLAMOROUS; DO YOU EVER HAVE DRESS-DOWN DAYS?

Everyone who

knows me knows I'm a slob. I have a tracksuit collection like you would not believe. When you see me, it's for work, so I'm in full hair and make-up. But I'm happiest when I'm in no make-up.

WHAT DO YOU THINK LOVE ISLAND WILL BE LIKE THIS YEAR?

I'm a fan of the show and so excited about watching it. I turned down the villa the year Olivia [Buckland] and Alex [Bowen] were in. I'm looking forward to being able to watch it as a fan again. Aspects of it will make me nostalgic.

HOW DO YOU FEEL ABOUT CRITICS WHO CLAIM YOU'RE TOO THIN?

It's something I've heard a lot in recent weeks and I'm so bored now. I went into the villa a size 12 and I've dropped to a six. This is my physique. You can go back through my teen years and this is my natural figure. I've had a stressful couple of months and a few pounds have dropped off me.

ARE YOU PLANNING TO GAIN WEIGHT?

I'd like to put on a bit of muscle and a bit of the shape I had in the villa. I'd never class myself as curvy. My curves are silicone [presses her boobs].

WHAT'S YOUR TOP BEAUTY TIP?

The ones my mum taught me. Never sleep in your make-up. Moisturise, so I cake my face in a good serum at night. I try to drink two litres of water a day. And I never go in the sun without SPF 50. That's something my nan and mum swear by, and they have the most amazing skin. My mum was a model.

Sarah Robertson

To view Olivia's Valentine's collection, visit InTheStyle.com



Olivia and Chris got together on reality TV show *Love Island*



She's lost weight after a stressful few weeks

Instagram/@oliviajade_attwood

'I want to stay YOUNG FOR LIAM'

At 34, and with a 10-month old son, Cheryl is preparing to burst back on to the music scene, but she's suddenly feeling over the hill – and young boyfriend Liam Payne's career isn't helping...

She's drop-dead gorgeous and has been hailed as a national treasure. She has a famous boyfriend a lot of girls would kill for, and they are parents to an adorable baby son, Bear.

Yet Cheryl is feeling insecure as she gears up to release new music after four years away from the charts.

Despite her youthful good looks and incredible post-baby figure, Cheryl, 34, is worried she's looking older – an insecurity that is amplified by the fact that boyfriend Liam Payne is just 24.

'Cheryl is really nervous about her big pop comeback later this year,' says a source close to the singer. 'She's aware that a lot of time has passed since she was last at the top of the charts.'

'Things have changed so much in the pop



Cheryl looks slimmer in this pic shared by her hairdresser

Twitter/@XCherylUS

world. She looks at Liam and he seems to be going a mile a minute these days.

'She feels as though she needs to catch up with him and the younger crowd he surrounds himself with.'

STRESS AND WEIGHT LOSS

Last week, the strain was clear to see when Cheryl's hairdresser shared a picture of the star looking slimmer than normal (above).

It's no secret that Cheryl drops weight when she is anxious. After divorcing her second husband, French restaurateur Jean-Bernard Fernandez-Versini, in 2016, her divorce papers stated that the break-up had caused her 'stress and weight loss'.

Cheryl also recently got slated online, with cruel trolls targeting her over her changing face.

After sharing a short clip of herself starring in the latest L'Oréal advert on Instagram – in which she references 'grey



Boyfriend Liam is working closely with Rita



Chezza's working with producer Naughty Boy (pointing), with X Factor winners Rak-Su

Instagram/@naughtyboymusic



She's worried about being older than the new pop babes

hairs' – fans were quick to criticise the brunette former *X Factor* judge. 'She looked horrid – too thin, rubber face and gone OTT on the fillers,' one comment read.

While there is no suggestion that Cheryl has had work done to her face or gone under the knife, she has told friends she is planning an extreme makeover.

'The truth is, she's been feeling really insecure about being in her mid-30s and going back to the youth-obsessed world of pop music,' says our insider. 'She's worried that fans are going to think she's an old fuddy-duddy.'

Adding to her insecurities is the fact that Liam has been working closely with younger singer Rita Ora, 27. The pair have collaborated on a track for the latest *Fifty Shades* film, *Fifty Shades Freed*.

In early January, the former One Direction hunk shared a snap of himself alongside sexy songstress Rita, who was clad in provocative pink lace.

He has since shared several more shots and videos of himself and Rita, but none with girlfriend Cheryl.

And, while Cheryl is happy for Liam to collaborate with man-eater Rita to help boost his solo career, she's less than impressed that it means he's spending more time with the alluring blonde.

'From the start of their relationship, Cheryl has always been conscious of the age gap between her and Liam,' says the source. 'Over time, Liam has made her worries go away, because he's been such a loving and supportive boyfriend.'

'But recently, Cheryl's insecurities have crept back – not just because of her pop relaunch, but also because she's seeing Liam duet with Rita Ora, who is much closer to his age.'

'She looks at a lot of the younger stars who are now her competitors in the music world, such as Rita and Dua Lipa, and can't help but feel as though she's a lot more mature.'

FRESH-FACED LOOK

And those worries have led the *Fight For This Love* singer to look into some new anti-ageing remedies.

'Cheryl thinks it's time to have something done and has been experimenting with a lot of natural procedures that are on offer,' says the insider. 'She is hoping to travel to LA in the next few months with Liam and baby Bear, to meet some of the top surgeons and skin specialists who treat the likes of the Kardashians and see what other new products they have. She's feeling really worried right now that her looks are fading.'

'She's not going to do anything stupid and would hate to mess around with her [natural assets] too much. But she's decided that, when she finally gets back into the spotlight, she's going to look amazing. She wants to knock everyone's socks off with a new, fresh-faced look.'

Kelly Jenkins

STRESS TAKES ITS TOLL ON CHERYL



2005: with new fiancé, footballer Ashley Cole

2010: looking fragile after their pictures

PICTURES: CAMERA PRESS, DAVID DYSON, INSTAGRAM, REX, TWITTER



2014: golden girl while briefly wed to Jean-Bernard

2015: Cheryl's tiny frame caused comment



A model couple?

LOOKING COSY!

They're not officially a couple (yet!), but just how good do Robert Pattinson and Bella Hadid look together? The matching black attire, the moody expressions... *swoon!*

The *Twilight* actor and model du jour struck a pose as they attended Dior Men's Fashion Show in Paris.

They're both currently single, too, with R-Patz, 31, splitting with singer FKA Twigs, 30, last year and Bella, 21, with singer The Weeknd, 27, back in 2016 – although she has recently been linked to LA Lakers player Jordan Clarkson, 25.

We reckon these two could definitely compete with Bella's older sister Gigi, 22, and boyfriend Zayn Malik, 25, for the coolest couple award.

PICTURES: GETTY, INSTAGRAM, MEGA, REX



Just a storm in a D-cup...



WHERE DID THEY COME FROM?!

Charlotte Crosby has denied having a boob enhancement, but we can't help but notice her assets are looking rounder than usual. Charlotte, 27, touched down in Australia for work commitments – including filming a secret new TV show – and wore a figure-hugging pink dress.

In January, the *Geordie Shore* star adamantly told us she hadn't had an enhancement, although admitted to having an operation to 'separate a uni-boob'.

She said, 'I had symmastia [when breasts merge together at the centre of the chest]. So I had the middle bit repaired. I didn't have a boob job. They look bigger, because the bit of weight in the middle gets pushed either side.'

'I'm over the moon. It was something I thought about getting done for a long time... about five years,' added Char.

'I want a second baby!'

She may have only given birth to baby Freddie George in December, but Cara de la Hoyde already has baby number two on the brain.

We bumped into the beauty and her *Love Island* beau Nathan Massey, 25, at the NTAs and she told us, 'I want to wait two years, but I'm definitely thinking about another already. I have bump envy!'

While gorgeous Cara, 27, has almost snapped back to her pre-baby bod, she added that she doesn't feel the pressure to get back to the gym.

'I've managed to get back into my skinny jeans, but the zip comes down, so I've been wearing long tops,' she laughed. And it sounds like cheeky Nathan can't believe his luck, as he proudly stated, 'She's taken to motherhood like a duck to water - she's a full-time milf!'

For more on broody celebs, see page 28 ➔



Singer Charlotte Church has candidly opened up about struggling to support her mother, Maria, through the lowest points of her battle with bipolar disorder.

Charlotte, 31, explored the science behind mental illness in BBC Wales documentary *Inside My Brain* last week, and drew on her own experiences with her mum. Maria, 51, bravely recalled how she would drink too much and self-harm during long bouts of depression, then go on massive shopping sprees when she was going through a 'hyper' period.

The Welsh singer also spoke about Maria's illness impacting her life, saying she felt 'powerless to help', adding, 'It has been difficult growing up and watching my mum suffer like this.'

BABY JOY FOR CHER

Pop princess and Cheryl lookalike Cher Lloyd, 24, surprised fans when she announced she's pregnant by sharing a beautiful black-and-white pic of herself cradling her bump.

Pregnant by hairdresser hubby Craig Monk, 26, the baby is due to arrive in May - with the former *X Factor* star gushing that they're both 'over the moon'.

Cher added that she's 'so excited to enter this new chapter in [her] life'.

However, Craig's ex, Sunny Searle, hit out at the couple, claiming that he hadn't been in touch with their six-year-old daughter, Tillie, for a year.

Rebecca Greenow



It's the day after the National Television Awards when we catch up with Ferne McCann and, judging by the Instagram pic of her downing Prosecco shots with celeb pal Rebekah Vardy, we're expecting the former *TOWIE* star to be a little worse for wear.

To our surprise, Ferne looks glowing. Friendly and chatty while cuddling up to baby Sunday, the new mum also defies all post-birth fashion expectations and is wearing a green silk crop-top. She's also complete with a full face of make-up, fake lashes and all.

'Did you see what I was wearing when I popped to Billie Faiers' house last week?' she says, cringing when we ask whether she ever resorts to old pyjamas. 'Those tracksuit bottoms have a suspicious-looking stain on the side, my hair is scraped back and I didn't have the time to make an effort. I looked like...'

'A new mum?' we suggest.

'Exactly!' she laughs.

However, Ferne, 27, stole the limelight at the prestigious awards bash last Tuesday, wearing a stunning full-length, backless peach-hued gown (right).

'I really felt sexy in that dress,' she



Ferne had baby Sunday just three months ago

Instagram/
@fernemccann

'I feel sexy as a mum'

Following her jaw-dropping appearance at the NTAs, we chat to new mum Ferne McCann about feeling sexy after childbirth, snapping back into shape and being surrounded by support as she raises daughter Sunday by herself...



'It was my first big night out since having Sunday...'

admits. 'But, I think it's important for women to feel sexy, and especially for mums to feel sexy after having a child.'

The big question from fellow *Reveal* mums is how Ferne managed to breastfeed Sunday that evening, considering the unforgiving shade and material of her gown.

'Oh – I don't leak, I never have,' she replies. 'I'm extremely lucky.'

Unfortunately, Ferne's night out was overshadowed by a barrage of comments on social media after she posted a picture of herself breastfeeding three-month-old Sunday just moments after having one of the Prosecco shots.

'It was just a fun boomerang, having a cheers. I already had my milk and I gave her one last feed in the hotel before. I enjoyed a well-deserved night out,' she told fans on her Instagram story.

'The NTAs was my first night out since having Sunday,' she explains to us. 'It's such a big deal for any mum leaving her baby for the first time.'

'Sunday was on my mind the whole time. Yes, I had a few glasses of Prosecco and I celebrated, but I was ready to go home by 10.30pm. Seeing her little head the moment I walked through the door was just the best feeling.'

Ferne also credits breastfeeding Sunday as one of the reasons behind her rapid weight loss and, refreshingly, she admits she was in no rush to get back to the gym.

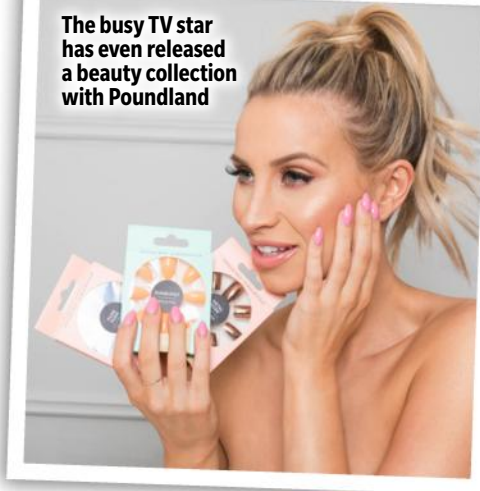
'My weight has always fluctuated, but I was lucky not to put on too much during my pregnancy,' she says. 'When I looked in the mirror, it was mainly bump. I suppose, being a new mum, you're on your feet and you're running around. I've just started to get back to the gym. I have Herbalife shakes for breakfast, too.'

'Breastfeeding really does help to lose the baby weight – you can feel your stomach contract back into shape. When I first felt the cramps, they felt like the start of labour pains. I thought, "Oh, no, not again..."'

'MY MUM HAS BEEN THE BIGGEST SUPPORT'

Today, Ferne is showing us her new beauty collection for Poundland, inspired by her own style (she keeps a body spray in her baby changing bag for emergencies), and we ask how she manages to juggle so many projects so soon after giving birth.

The busy TV star has even released a beauty collection with Poundland



We're told before our interview that use of the phrase 'single mum' is banned, along with any talk of her ex-boyfriend and Sunday's father, Arthur Collins, who was sentenced to 20 years in prison in December for an acid attack that took place last April. Last month, he was given an extra eight months for using a mobile phone, allegedly to try to contact Ferne.

And, despite admitting to moments of vulnerability – viewers saw Ferne break down on her reality TV show last year as she went through pregnancy alone, and she also tells us she moved in with her mum two weeks before the birth – the new mother clearly has a huge network around her.

'My mum has been such a fantastic support – she's the best nanny,' she tells us.

'I'm lucky, because Sunday can come along with me to shoots. Everyone loves a baby, and she gets so many cuddles.'

'Having the support from my mum has allowed me to go back to work and keep busy. The *TOWIE* lot have been amazing, too. Mario [Falcone] lives in the same development, as does Gemma [Collins], and James [Argent] helps out, too. Then there's Billie [Faiers], and Danielle [Armstrong], who stayed round the other night.'

On moving back into her own place last month, Ferne adds, 'It's still early days, but I'm happy and my flat feels really cosy. I have friends over a lot and I co-sleep with Sunday.'

She sleeps in her Sleepyhead [a crib-style cushion that can be placed in the bed].'

We ask whether she finds herself crying at anything (or everything), and she smiles.

'Yes – I could cry now just talking about Sunday. She's my best friend, she really is,' says Ferne, welling up.

Lauren Hill-Roger

Ferne has launched her own exclusive collection at Poundland, available in its stores nationwide.



COUPLES CONFIDENTIAL

Your weekly temperature check on celeb romances



CHLOE & JEREMY FASHION WEEK

Chloe Green and **Jeremy Meeks**'s romance is still going strong, seven months after they first began dating.

The Topshop heiress, 26, and her US model boyfriend, 33, were spotted out together at Paris Fashion Week.

Dressed down in jeans and warm jackets, the pair held hands under an umbrella as they walked through the rainy Parisian streets.

Jeremy shot to fame in 2014 when his mugshot was posted by the Stockton Police Department in California, after he was arrested on weapons charges.

The 'Hot Felon' was handed a prison sentence of 27 months in connection with the incident, but his picture went viral, catapulting him to modelling fame.

He is currently divorcing his wife – and mother of his kids – Melissa Meeks.



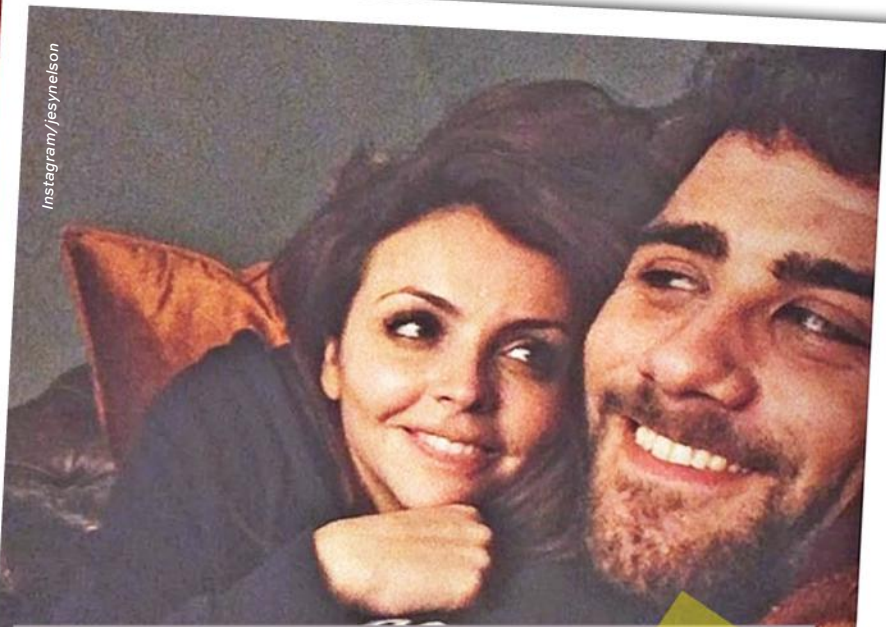
ALAN & PAUL SECRETLY WED

Comedian and TV personality **Alan Carr** has secretly married his fiancé, **Paul Drayton**, in front of just four guests in an intimate Los Angeles wedding.

The *Chatty Man* presenter and his partner of 10 years said 'I do' in an idyllic ceremony before heading off to Mexico on honeymoon.

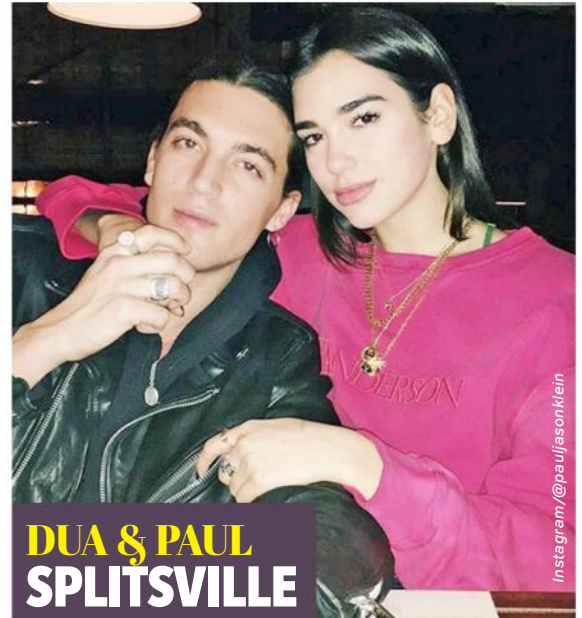
'Alan is eccentric but, when it came to his wedding, he wanted to keep it as private as possible,' a source said. Alan, 41, confirmed the marriage through his agent, who said, 'The couple are currently on honeymoon in Mexico and are planning a big celebration with all their family and friends back in the UK later this summer. They are both extremely happy.'

Instagram/jesynelson



JESY & HARRY
'HE'S HUSBAND MATERIAL'

Jesy Nelson just can't stop sharing loved-up posts of herself with her singer-songwriter boyfriend, **Harry James**. Gazing at her bearded hunk, 23, adoringly, Jesy captioned one of the sweet snaps 'Moonch', with a heart emoji, before sharing another of the two of them reclining on the sofa with their dogs. Later, the Little Mix singer, 26, posted a video of Harry making spag bol for dinner, captioning it, 'Defo husband material.' It's thought they paired up last summer, after Jesy's short-lived fling with **TOWIE's** Chris Clark, but they kept it private until now.



DUA & PAUL
SPLITSVILLE

They enjoyed a brief romance after meeting when his Los Angeles-based band, **LANY**, played in Hyde Park, London, this summer. But now, UK chart-topper **Dua Lipa**, 22, has split from US singer and model **Paul Klein**, 29, and is rumoured to be texting her ex, model Isaac Carew.

'Dua and Paul had a really good time together, but things just didn't work out,' a source said. 'The break-up has brought back memories of Isaac, who she split with this time last year.'

'She has been messaging him again, but she's been out of the country for the past few weeks, so they haven't seen each other.'

If it's no go with Isaac, there's always Harry Styles... He asked for a date last year, but in vain!



NAOMI & SKEPTA
NEW COUPLE ALERT!

She's a supermodel and he's a Mercury award-winning grime artist. Together, **Naomi Campbell**, 47, and **Skepta**, 35, are one of the hottest new couples in celebland.

The gorgeous pair, who hit it off after being introduced by mutual friends, are secretly dating and were spotted partying at Paris Fashion Week. 'Naomi and Skepta have been meeting up for a string of secret dates,' a source said. 'They are both very creative, which is why they have hit it off with each other. Things are going well, but they are taking it very slowly.'



ED & CHERRY
HE PUT A RING ON IT

They've known each other since school, and now pop star **Ed Sheeran** and his long-term love, **Cherry Seaborn**, are getting married.

The pair, who've been dating since 2015, got engaged late last year, with Ed announcing it on Instagram last week.

Sharing a loved-up snap of the two of them hugging, he wrote, 'Got myself a fiancée just before New Year. We are very happy and in love, and our cats are chuffed as well.'

Cherry, 25, is a star hockey player who helped the England under-21 team win bronze at the 2012 European Championships. She spent most of 2016 travelling the world with Ed, 26, who took a year off from music.

'This has been the first time I've ever actually had the time to fall in love properly,' he confessed last year.

Kelly Jenkins

Instagram/@pauljasonklein

Instagram/@teddyphotos

Rihanna shared her heartbreak with the world when her dear cousin, Tavon Alleyne, was gunned down in Barbados aged just 21. 'RIP cousin,' she wrote on Instagram, following his Boxing Day death. 'Can't believe it was just last night that I held you in my arms. Never thought that would be the last time I felt the warmth in your body. Love you always.'

Now, just over a month since Tavon's tragic death, Rihanna has been left craving stability.

For just over a year, the Barbadian singer has been dating Saudi billionaire Hassan Jameel, 29, who friends have said is definitely The One.

In December, the pair sparked engagement rumours when Rihanna, also 29, was spotted out in New York wearing a huge diamond ring on her engagement finger.

Their relationship follows a rocky road of romance for Rihanna, who was famously in love with singer Chris Brown, 28. The pair split in 2009 when he assaulted her.

Now, sources close to the superstar say she's more ready than ever to settle down and wed Hassan.

'Rihanna's just devastated about the loss of her cousin, and it's making her all the more inclined to listen to Hassan's pleas to marry him,' says an insider. 'She's aware that Chris Brown is still pining for her, but the experience of losing a loved one to a violent death has made her crave security.'

'Marrying a Saudi billionaire promises that, and he has promised her a level of security nobody else can compete with.'



**Making it work:
Hassan and RiRi**

Following the heartbreaking death of her beloved cousin, Rihanna is craving stability – and it seems she's found it in the arms of Saudi businessman Hassan Jameel, who she's now planning to wed



RiRi's ready for the next step

CAN RIHANNA SUCCEED WHERE JANET JACKSON DIDN'T?



Splitsville: Wissam and Janet

When Janet Jackson, 51, wed Wissam Al Mana, 43, in 2012, she became a part of a prominent Middle Eastern family. Unfortunately, despite sharing son Eissa, one, their marriage didn't work out and they split in April last year – with sources saying Wissam's strict faith caused issues between the pair.

Yet, friends of Rihanna and Hassan are hopeful they can overcome any differences in their backgrounds. 'It's very different to Janet Jackson's situation,' says a source. 'Janet's estranged husband is Qatari, but basically grew up in London. Rihanna has a much healthier balance in her relationship.'

'The fact is, Hassan has a very liberal interpretation of what's permitted as a Muslim. So the idea is that Rihanna will publicly make some concessions to Islam, and talk glowingly about the faith, but she's not going to convert completely like Janet Jackson.'

'He has the sort of wealth and standing that make for real solidity – Rihanna feels totally safe in his arms, and that's a rarity in her life these days,' adds the source.

While RiRi comes from Barbados, and is well known for her provocative song lyrics and sexy dance moves, Hassan hails from a strict Muslim country – something many thought would come between them.

Yet, Hassan has been completely accepting of Rihanna and her past, and is keen to marry her, and show the world the modern side to Saudi Arabia.

'It's just amazing to her that a man from such a conservative country could be so accepting of the way she lives her life,' says the insider. 'Rihanna genuinely believes that this is true love, and there is talk that they could marry before the year is out.'

'Saudi Arabia is opening up to the world, and its ruler, Mohammed Bin Salman, believes that having Rihanna onboard could help re-launch his country.'

Rihanna and Hassan have been dating for just over a year, after the tycoon flew a life-sized teddy bear half way around the world in an otherwise empty jet just to impress her.

It has taken the *Umbrella* singer a long time to find true love – after ill-fated romances with Chris Brown and Drake, among others – and friends say she's certain Hassan is marriage material.

'Rihanna was sick of bad boyfriends but, when Hassan came along, something really changed,' continues the source.

'It was the first time she was looking at a man not just as

a boyfriend, but as a husband and future father of her child.'

Hassan – whose family were ranked No.12 on *Forbes Middle East's* list of the world's richest Arab families in 2016 with a staggering net worth of £1.5 billion – has been married once before, to Tunisian art expert Lina Lazaar.

The pair married in 2012, but things didn't work out – now Hassan is determined to make Rihanna his wife.

'They are highly unlikely to get married in Saudi Arabia,' continues our insider. 'I'm told Hassan wants to do it in Paris, because then they can have alcohol. There would be huge scrutiny if it happened on home turf. Naturally, they will have a home in Saudi Arabia, but it's standard for prominent Saudis to spend much of the year travelling.'

Their wedding will mean the singer will have to embrace the Islamic faith, but she won't be expected to completely convert.

'Rihanna won't be expected to submit to the same strictures as most Saudi wives,' says the source. 'Lina was

never expected to, either. In terms of converting to Islam, it's a big ask, but she is learning about the faith.'

'It's not a simple situation, which is why it's so surprising they're still together now. Many thought this would end months ago, but they have a genuine connection, and it just so happens that Hassan has come along at a time when Rihanna wants to change her life in a big way.'

Kelly Jenkins



RIP Tavon

Instagram/@baedgalriri



Instagram/@lydiabright

Lydia Bright

The reality TV star looks radiant in her red ruffles as she soaks up the winter sun in Cape Verde. Lydia has opted for a floral asymmetric skirt, styled with a frilly drawstring blouse that is bang on-trend! Pair your midi skirt with a chunky knit. The result? A stylish look that will see you through till spring!



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Instagram/@lucywatson

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NEXT

Rosie Fortescue

Fashionista Rosie exudes day-time cool in her latest blog post – playing with layers, contrasting fabrics and textures. The knitted jumper complements her silky skirt like a dream! Slogan jumpers are so hot RN, and this one is the perfect piece to wear at Sunday brunch. Add a faux-fur stole, like Rosie's, for added pizzazz.



Instagram/@rosiefortescue



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Mimi Bouchard

Biker jackets will always be stylish. And we can see why on MIC's Mimi – they're just so versatile. This feminine take on the classic biker is an ideal way of adding a pop of colour to a simple outfit. Don't be afraid to drape your biker over a sweet frock – it'll achieve that flawless city-chic vibe.

Lucy Watson

We have serious holiday envy scrolling through Lucy's Instagram feed! The *MIC* babe, who always seems to be abroad, is leaving us lusting for sunnier days. Especially as she looks like a 50s movie star in her bath-to-beach ensemble. We have to give it to Lucy, the blouse does make for a gorgeous alternative to a bikini top. But if you don't fancy going about your business in your undies, team your gingham shirt with a pair of high-waisted jeans instead.



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HAT GOT

We show you where the celebs have been shopping this week



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PRETTY LITTLE THING.COM



£28
PRETTY LITTLE THING.COM

Vicky Pattison

There's no denying that pastels are here to stay – and Vicky confirms this! If you're not brave enough to go for head-to-toe lilac, style your wide-leg trousers with a crisp white shirt for a fashion-forward look that will leave you looking the part. Your cosy knit will also complement your off-duty denims!



Instagram/@mimibouchard

WOW, JEN!

We have serious body envy looking at this picture of new mum Jennifer Metcalfe.

Former *Hollyoaks* star Jen was holidaying with her boyfriend, Greg Lake, and their seven-month-old son, Daye, in Tenerife.

She looked happy and confident in a blue swimsuit that showed off her gorgeously svelte figure.

The 35-year-old left *Hollyoaks* last summer, after 11 years of playing Mercedes McQueen, to 'concentrate on being a parent'.

Her figure has always been enviable, and that hasn't changed since she became a mum.

She recently revealed, 'My boobs are bigger, my bum is bigger – I'm used to that being massive, anyway! But it's defo bigger. Greg doesn't mind at all.' It looks good from here, Jen!



Jen shows off her post-baby bod



Chloe Sims goes au naturel

Instagram/@chloe_simsstarship

GLOWING CHLOE

Chloe Sims may have paved the way for her *TOWIE* co-stars to ditch the slap with this make-up free selfie.

Chloe, 35 – who is usually dolled up to the nines – went barefaced as she showed off the results of a cosmetic facial procedure, and fans were quick to tell her she looked better au naturel.

One praised the beautician, saying, 'Love your make-up talents, but have to say you look half your age without it,' and another added, 'You're a natural beauty, let it shine more often.'

Essex gave us heavy contouring, fierce fake tan and vajazzles... but could this be a turning point?

Casual, Helen...

That awkward moment when you're taking selfies, but there's another person taking a snap of you doing it... cringe!

Helen Flanagan was on the set of *Coronation Street* last week, posing and pouting into her mobile phone, when she was caught out by a waiting photographer.

In other pictures, the 27-year-old looked unimpressed as she waited to film scenes in the freezing cold, before joking and laughing with her *Corrie* co-stars.

Helen posted a throwback snap of her character Rosie Webster in a skimpy outfit, revealing she will now be covering up as she's expecting her second baby with her partner, footballer Scott Sinclair.

'Bring on the maternity leggings and baggy tops to hide the bump!' she joked.



Jack's the lad for Princess Eugenie

STAR-STUDED ROYAL WEDDING: TAKE TWO

Princess Eugenie of York's autumn wedding could rival that of her cousin, Prince Harry, and his bride-to-be, Meghan Markle, when it comes to glamorous VIP guests.

Eugenie, 27, and her long-term boyfriend, Jack Brooksbank, former manager of London's Mahiki bar, will marry at St George's Chapel, Windsor Castle – the same venue that's planned for Harry and Meghan's May nuptials.

But we admit we're just as excited for this second wedding, and we expect lots of glamour. Eugenie is so close to pop star Ellie Goulding and supermodel Cara Delevingne that they're tipped to be bridesmaids. Eek!



Her pink sapphire bling is worth £100,000

HAPPILY SOLO

Newly divorced Louise Redknapp looked happy and relaxed, spotted in Glasgow ahead of her sold-out Intimate & Live Tour last week.

Louise, 43, and her ex, football pundit Jamie, 44, were granted a quickie divorce late last year, but Louise looks to be bearing up as she focuses on her relaunched musical career.

A fan at the gig revealed 'the crowd erupted' when she sang her 1997 hit *Arms Around The World*, adding, 'The room was so full of love, and Louise soaked it all in.'

Louise recently spoke proudly of her sons, Charley, 13, and Beau, eight, watching her perform. She said, 'My boys will be coming along to the show. I can't wait for them to see me on stage for the first time. I'm truly humbled!'



Louise is loving being back on stage

We're SO broody!

These celebs have the world at their feet... and babies on the brain!



Stacey and Joe would make a cutie!

'WHAT DID I DO BEFORE BEING A DAD?'

Lucky lady Jessica Biel is going to get a lot of baby-making practice with her hot hubby Justin Timberlake, as he admits he wants a lot of kids.

Justin, 37 this week, and Jessica, 35, have a two-year-old son, Silas, but they won't be stopping there, if JT has his way.

'I want to have as many kids as we can,' he told a US TV chat show last week. 'I feel like the success of parenthood is feeling like I failed all day today, but I get to wake up tomorrow and do it again... and hopefully they turn out to be a good [person].'

Silas is the inspiration behind Justin's latest album, *Man Of The Woods*. Meanwhile, his beautiful wife has had a busy year with Netflix hit series *The Sinner*. But, now, there's a gap in their schedules, so baby number two looks more than likely.

Speaking of how their lives have changed, the pop star continued, 'My wife and I, when we have a night off and we get into bed or sit down and watch a movie, we're like, "What did we do before this? Did we go out to dinner?"'

'I DEFINITELY WANT MORE CHILDREN'

She's already mum to two gorgeous boys, but Stacey Solomon is ready for baby number three.

The *Loose Women* host, who's in a relationship with former *EastEnders* star Joe Swash, 36, recently admitted she's keen to have another kid.

'I definitely want more children, and it does make me broody when I see people having babies,' the 28-year-old said.

'I've looked at new babies and

been like, "I want one of those."

The former *X Factor* star - who's mum to Zach, nine, and five-year-old Leighton - also revealed she'd love to walk down the aisle 'one day', and 'definitely wants children'.

'I joke about wanting to get married all the time,' she says. 'Even if I wasn't with Joe, I still want to have a wedding and wear a dress one day.'

'I don't think I'd engage in a relationship if I didn't think it was for ever, otherwise what's the point? So, I really hope Joe's The One.'



'AT 50, I STILL HAVE HOPE'



Keith and Nicole want a bigger brood

She's 50 years old and already has four children under her wing, but Nicole Kidman is longing to fall pregnant again.

The Hollywood actress is mum to Isabella, 25, and Connor, 23, who she adopted with ex Tom Cruise, 55.

Then, after meeting and marrying country music star Keith Urban, also 50, in 2006, her dreams came true when she gave birth to her first biological child, daughter Sunday Rose, nine.

Just two years later, baby Faith, now seven, was born to a surrogate. Speaking about motherhood last week, Nicole said, 'In everything that has happened in my life, being a mother has been the overriding thing that has changed everything and made it better.'

'I still have the faintest hope that something may happen to me this year. Keith and I would love to have more babies. I would be beyond happy and just welcome it with open arms.'

'ALEX WANTS ME TO POP ONE OUT!'

They met in the *Love Island* villa during the summer of 2016 and, after a whirlwind romance, Olivia Buckland and Alex Bowen are planning to tie the knot in September this year.

But, after fellow contestants (and Olivia's bridesmaid) Cara de la Hoyde, 27, and Nathan Massey, 25, welcomed their son, Freddie George, in December, the couple admit they can't wait for their own little one - especially Alex!

'It's made me broody. I'm 26 now, and I don't want to be an old dad,' he grinned. 'When we get married, we'll see where our careers are. I suppose when it happens, it happens.'

Gorgeous Liv, 24, might have to give her fiancé a 'birds and the bees' talk, though, as she laughed, 'Whenever we talk about it, he's like, "Can you pop one out?" I'm like, "Umm, I can't just do that!"'

Hunky Alex told us he wants a boy and a girl, and has even been thinking about baby names - but he's worried it's scaring Liv off!

'We were on holiday with my mum and stepdad, all talking about baby names and agreeing on them,' he cringed. 'I think we were scaring Liv a bit, because we were acting like she was already pregnant.'

Luckily, it doesn't sound like his missus is too freaked out. 'I think that's the next thing on the cards,' she smiled.

#Couplegoals



'DOG FIRST... THEN A BABY'

Singer Lorde is gorgeous, talented and just 21 years old - and she wants to add a baby to her to-do list!

The Kiwi star - whose real name is Ella Yelich-O'Connor - released her first studio album in 2013 aged just 16.

She's just been nominated for a Grammy for her latest album *Melodrama* - after winning two in 2014 for her hit song *Royals*.

She has the music industry at her feet yet, when she was asked what she wants in the next 10 years, Lorde was clear - babies. Well... dogs, then babies.

'I love children. I think I am definitely going to end up having children,' she says. 'But my short-term goal? I just want to get a dog!'

Lorde also admits she dreams of a life away from the limelight. 'I think when you start working very young, it's easy to imagine just doing that for ever, and being on a talk show every day for the rest of your life, which isn't appealing,' she says.

Rebecca Greenow



Singer Lorde is eager to be young mum

PICTURES: GETTY, REX



#COUPLEGOALS

If you're going to have a date night, you might as well do it properly – and didn't these couples scrub up well?

Loved-up ROCHELLE and MARVIN HUMES took a well-deserved evening off from parenting daughters Alaia-Mai, four, and 10-month-old Valentina Raine. Posting to Insta the next day, proud Marvin, 32, wrote that his wife, 28, was 'on fire last night'.

Love Island runner-up OLIVIA BUCKLAND wowed in an unusual dress, joined by her dapper-looking fiancé, ALEX BOWEN, 25. Speaking about the guest list for their wedding, which will take place this September, Olivia, 24, admitted, 'It's obvious which *Love Islanders* we haven't invited... The ones we have, we love very much. It will be a *Love Island* reunion!'

Looking stunning in a blue gown, OLIVIA ATTWOOD and boyfriend CHRIS HUGHES, 25, also posed together on the red carpet.

Addressing their relationship, Liv, 26, said, 'Everything's great. Obviously, there's pressure with it being a new relationship and doing a show as well, but I think we're getting stronger through it.' *For more on Olivia and Chris, turn to page 13.*



ACCESS ALL

We bring you all the goss from the biggest TV

'I HOPE SHE'S HAPPY'

When exes MEGAN MCKENNA and PETE WICKS were spotted on the red carpet together, we took cover and waited for the fireworks to begin.

But although the former *TOWIE* couple, who were famed for their explosive rows during their year-and-a-half relationship, steered clear of each other, they each told us they'd made peace.

'There's no hard feelings,' smiled Megan, 25, who looked gorgeous in a floral gown. 'I can't be bothered with drama any more. It feels like everyone's grown up.'

Pete, 29, who revealed that he's '100 per cent single', later added, 'I hope Megan's happy.'





L AREAS

awards night of the year...

'IT'S BEEN A TOUGH YEAR'

After a difficult few months, ANT McPARTLIN finally had something to celebrate as he won big at the awards.

Along with best friend DECLAN DONNELLY, the couple swept up the Best Presenter gong for the 17th year running, as well as Best Challenge Show for *I'm A Celebrity... Get Me Out Of Here!* and The Bruce Forsyth Entertainment Award for *Saturday Night Takeaway*.

In an emotional speech, Ant, 42, who has battled drug addiction and depression this year, as well as recently announcing his divorce from wife of 11 years Lisa Armstrong, 41, said, 'I'm shaking. It's been quite a tough 12 months.'

Dec, also 42, added, 'Possibly this year more than any other, we thank you from the bottom of our hearts.'



GIRL POWER!

After facing stiff competition from other stars, SURANNE JONES scooped the Best Drama Performance award for her role in *Doctor Foster*.

But, despite her win, there was another talking point of the night – Suranne's '50/50' badge.

Taking to Insta, the actress, 39, explained, '#equalrepresentationforactresses is more than equal pay. I wore my badge to stand up for equality for women in every job, and in all areas of life, not just in our industry.'

'I'M OVERWHELMED'

Since being crowned Queen of the Jungle, GEORGIA 'TOFF' TOFFOLO has snapped up a string of opportunities, including a 12-month presenting gig on *This Morning*.

When asked how life post-jungle has been, Toff, 23, who looked stunning in a Zeynep Kartal strapless pink gown, told us, 'It's overwhelming! I've never been invited to the NTAs before and now I'm here doing a bit of presenting.'

'I feel very lucky, though, because I thought everyone hated me on *I'm A Celeb...* !'

WORDS: SOPHIE COCKERHAM PICTURES: BACKGRID, EMPICS ENTERTAINMENT, ITV, PA IMAGES, REX



LOOKING A BIT WINDSWEPT THERE, LIV...

Freezing in the icy January wind, we bet Olivia Attwood, 26, was cursing the daring split and plunging neckline of her Malan Breton gown.

We hope her *Love Island* boyfriend Chris Hughes, 25, had at least offered to give her his jacket!



...WHAT

After the awards, our well-advantage of the free bar. Loo



'KEEEEEP DANCING!'

After paying tribute to her late friend, Sir Bruce Forsyth, *Strictly Come Dancing* host Tess Daly celebrated the show's NTA win.

The presenter, 48, danced the night away in her black Cinq à Sept gown, and ended her evening on the floor of a taxi!





Instagram / @hollywilloughby

HUNGRY HOLLY'S HANGOVER CURE

Even flawless Holly Willoughby looked a bit the worse for wear by the end of the night!

Up early the next day to present *This Morning*, the savvy style icon, 36, tucked into pepperoni pizza for breakfast in an attempt to sort her hangover out. She's our kind of girl!



MATE DATE

Cheeky Lauren Goodger, 31, looked like she had a hot date for the evening – pal Danielle Armstrong!

The ex-TOWIE star had her hand on 29-year-old Danielle's bum. Flirty! They were joined by show regular Amber Turner, 24, who showed off her new boobs.

A PARTY!

polished celebs let their hair down and took risks like this lot enjoyed themselves a bit too much...

GETTING CLOSER

Despite both insisting they're single, *Love Island* winner Amber Davies and TOWIE's Pete Wicks looked very close at the party.

In the smoking area, Amber, 21, cuddled up to Pete, 29. Amber later caused a stir when she uploaded – then deleted – a mirror selfie showing what looked like a line of white powder alongside a credit card and rolled-up note. She later said, 'I don't know for sure what it was, but I do know what it looks like, and I am devastated. I have never and would never take drugs.'



STILL A PARTY GIRL

She quit *Geordie Shore* back in 2014, but Vicky Pattison, 30, proved she could still party like the rest of the cast. Here she is in the back of a cab looking like she's ready for bed. Don't forget to take your lashes off, Vic!



Instagram / @wonderwomanshel



CARB CRAVINGS

Gym-bunny Michelle Heaton, 38, couldn't resist a cheeky McDonald's on the way home from the bash!

With handsome hubby Hugh Hanley, Michelle tucked into her feast – but was regretting her boozy night the next day when she had to do the school run!

PICTURES: CH/AV/GB, FLYNET, INSTAGRAM, MAGICMOMENTSUK

Sophie Cockerham

Anna gave birth to twins on December 16

Anna & Enrique LOVE S

When Anna Kournikova locked lips with Spanish singer Enrique Iglesias on the set of his music video for *Escape* back in 2001, she couldn't have predicted that this would be the man who would eventually father her children...

Two weeks ago, Anna Kournikova and Enrique Iglesias stunned the world when they shared photos of them kissing their newborn baby twins, who were born on December 16 at South Miami Hospital.

'My sunshine,' they both captioned separate images – thought to have each twin in them.

Proud new dad Enrique, 42, also captioned a picture of his Russian-native girlfriend 'Gracias' with a kissing emoji on December 22 – six days after she had given birth to their children.

Although together for 15 years, they've kept their relationship out of the public eye, and fans didn't even know Anna, 36, was pregnant, let alone carrying twins.

It seems they went to great lengths to hide Anna's

pregnancy, building a 16ft-tall wall around their £14.4m island mansion to protect their privacy.

In fact, much of their lives has been kept under the radar in recent years.

Anna's tennis career came to an abrupt end when she was just 21, due to serious back and spinal problems. She had a brief stint as a celebrity personal trainer on US TV show *Biggest Loser* in 2011 but, apart from that, she's kept out of the limelight, mainly concentrating on charity work.

She still takes part in the occasional charity tennis match, and is an ambassador for Population Services International's Five and Alive/Youth Aids programmes, travelling the world to educate people on Aids and malaria.

Enrique, meanwhile, continues to write and make music. He's currently touring the US, and has released new Spanish song *El Baño* (*The Bathroom*). He was ranked No.1 in People with Money's annual list of the highest-paid singers last year, and his current net worth is estimated to be £62 million.

'I LIKE TO TAKE ANNA TO MCDONALD'S!'

Although their lives look perfect as new parents, things weren't always so.

In their early days of dating, the on-off couple were both accused of cheating, even splitting briefly in 2013. In

2008, after living together for just six months, Enrique admitted that



The start of something beautiful on his video shoot in 2001!



The couple managed to hide Anna's pregnancy

Enrique's STORY



A great big kiss for one of the new arrivals

Instagram/@annakournikova



Enrique shows one of the twins to the world

Instagram/@enriqueiglesias

his girlfriend had kicked him out of her house.

'We had a fight,' he confessed. 'We did make up, but she didn't let me move back in. It was a stupid fight – something about my dogs.'

But it wasn't all bad. In a 2003 interview, the Latino spoke frankly about what made Anna stand out for him.

'I'm attracted to her because she's the nicest, most down-to-earth girl,' he smiled.

'I like a girl you can take to McDonald's and she won't complain you aren't taking her to an expensive restaurant. I like a girl to whom you can say, at 2am, "Let's go jet-skiing," who doesn't mind getting wet. I like a girl that's not prissy, that's your lover but also your best friend.'

He also went on to defend his partner's career as a tennis ace – Anna reached No.8 in singles rankings in 2000, and won 16 doubles titles, mostly with Martina Hingis.

'I think people always give her a hard time. They say, "Oh, yeah, but she hasn't won a major tournament." But for a tennis player to come out of nowhere, from a communist country, where she lived in a shack with no running water and practically no food... What about when she was 12 and world champion? Or 14 and in the semi-final of Wimbledon?'

'SHE DOESN'T WANT TO MARRY ME'

Last summer, after Enrique affectionately called Anna his 'wife' to a crowd while he performed on stage, and she was pictured wearing a gold band on her wedding finger, speculation grew that the pair had got hitched in secret.

But Enrique insisted this wasn't the case.

'We're just as happy [as people who are married],' he revealed.

This isn't the first time that the pair have had to bat off marriage rumours, though. In the past, they have tried to throw people off the scent, with Anna boldly stating in 2008, 'I'm never getting married.'

She confessed again in 2011, '[Marriage] isn't important to me. I'm in a happy relationship – that's all that matters.'

On the other hand, Enrique admitted that he has tried to get his partner to tie the knot, but she's not interested. A few weeks after his girlfriend said she was 'never getting married', he smiled, 'I always try, but she pays me no attention.'

Later in the year, he added, 'She's way, way too smart to want to marry someone like me. I don't think marriage is that crucial for me.'

Sophie Cockerham



Enrique is currently touring the US



Don't worry, Jamie, we still fancy you!

JAMIE'S HAIR MARE

The *Graham Norton Show* never fails to deliver the comedic goods, and a recent gem recounted on the red sofa had us in absolute stitches – from none other than Christian Grey himself!

Sharing a story that is both hilarious and mortifying, Northern Ireland's most attractive man, aka Jamie Dornan, 35, blushed as he recalled the experience of gluing a wig he'd worn for a school play to his private parts in order to appear more manly than he was – in case he got lucky at a certain party.

'I was a late developer... I was small, I wasn't very hairy... I was 15, I looked about seven.' Cringe!

Queen of Twitter
Chrissy has asked
her subjects for help



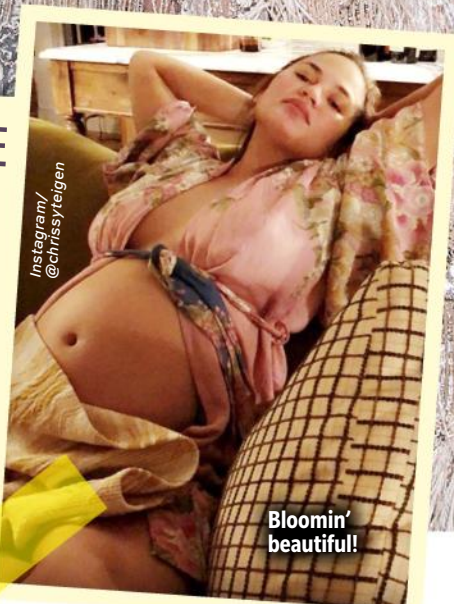
CHRISSY TAKES CHARGE

Chrissy Teigen, 32 – who's currently expecting her second baby via IVF with crooner hubby John Legend, 39 – has asked for the help of the Twittersphere to name her second-born.

Revealing that John picked the name for their one-year-old daughter, Luna, the US model said, 'Decided I get to pick this [baby name]. I don't know what to do. Take it to Twitter?'

With almost 10 million followers, she'll certainly not be short on suggestions!

The couple know the gender of their unborn child, as Chrissy revealed last year that they only had one embryo left from their previous IVF round, and it's a boy.



Instagram/
@chrissyteigen

Bloomin' beautiful!



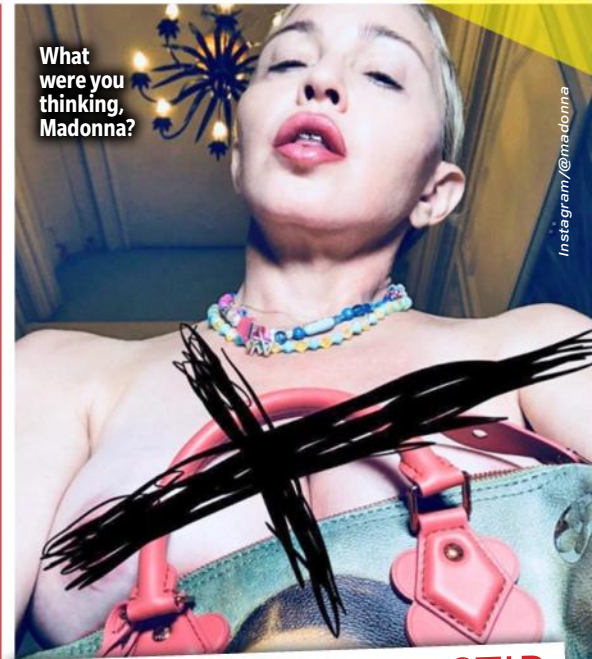
Fit for a princess

What's one of the dreamiest things about becoming a princess? Living in a palace, obv!

Speculation is on the rise regarding the marital home Prince Harry, 33, and Meghan Markle, 36, will move into following their hotly anticipated wedding in May.

The royal couple are said to be eyeing up a stunning Roman villa in the picture-perfect Cotswolds village of Great Tew, near Chipping Norton.

With the village's population at just 150, it's a perfect spot for the newlyweds to escape the public eye. However, the social scene isn't exactly dull... the Beckhams, Jeremy Clarkson and David Cameron all have homes in the area, too.



What were you thinking, Madonna?

Instagram/@madonna

MADGE CAUSES A STIR

Wallflower is not a word you'd use to describe Madonna. And this recent Instagram post from the US pop queen goes to prove that she is far from being the shy and retired type.

The 59-year-old shocked fans when she shared a photo of her bare breasts and nipples, with a handbag covering just a small section of her chest.

'Still drooling over a handbag,' the *Like A Virgin* singer, who was pouting heavily in the shot, wrote in the caption, referencing the Louis Vuitton purse she was holding.

But fans weren't impressed.

'You look terrible,' one wrote, while another added, 'Act your age, not your shoe size.'

We agree this isn't Madge's strongest look.

'It's nice being out of the gossip'

They say the only way is Essex, but former *TOWIE* babe Sam Faiers says she feels so much more 'grown up' since leaving the TV show.

After selling her Brentwood home, the 27-year-old mum moved to Hertfordshire with her partner, Paul Knightley, and their two tots in search of a 'fresh start'.

'My children are my priority, not the gossip of what's going on around me. Once you're out of all that, it's so much nicer. It makes you a better person,' explains Sam.

Already mum to Paul, two, and 11-week-old Rosie, Sam confesses she'd love more kids, but wants to wait a few years first.



Instagram/
@samanthafaiers

Mature Sam looks totally different to her *TOWIE* days



Rachel Cunningham

HOW TO WIN AT ONLINE DATING

special report

With Valentine's Day just around the corner, we ask Sarah Finley, 33, from south London to test out some online dating tips from relationship expert Kate Taylor - who gives us the lowdown on what pictures to post to turn you into the next Cinderella!

GOOD LUCK!

Online dating is one of the fastest growing ways to meet your match - there are currently 12 million users in the UK alone, totally changing the way we date.

And it's the single millennials who are the busiest of all, spending a whopping 10 hours per week looking for love online. It's no surprise then that searching for Mr Right

can feel like a full-time job!

But, with a third of married couples now meeting on a dating site, perhaps your Prince Charming really is just a click away after all...

While meeting your match can be a daunting process (we've all heard the horror stories of ghosting, catfishing and breadcrumbing), fear not, help is on hand with our ultimate guide of top tips...

SMILE IN YOUR PHOTOS...
It'll increase your swipes by 14%



LOOK DIRECTLY INTO THE CAMERA

Front-facing photos are right-swiped 20% more than those where you're looking away

DITCH THE SUNGLASSES

Shades reduce right-swipes by 12%



EXERCISING

Working out gets both sexes 21% more messages





OUTDOOR SNAPS

*Pics outside
get 19%
more clicks*



USE A FULL-LENGTH IMAGE

*Body shots
boost messages
by an average
203%*

DO IT YOURSELF

*Selfies will get women
4% more messages*



POSING WITH FRIENDS

*Crowded pics
reduce your
popularity by 42%*

*'Group shots
are TERRIBLE online,'
stresses Kate. 'Nobody can
be bothered to work out who
you are, so they'll just click
away to the next profile.'*

turn over for more ➔

HOW TO WIN AT ONLINE DATING

special report

YOUR TINDER BIO



Kate Taylor

Relationship expert Kate Taylor shares her views with us on dating research from Zoosk...

'Discussing exercise and reading on your dating profile gets both sexes 21 per cent more messages, while talking about music gets

15 per cent more,' explains Kate.

'Exercise obviously scores well, as it implies you're fit and in good shape – both sexy qualities. I'd imagine "reading" is a word that attracts women more than men.

'I once read research that said we should use words that are usually associated with the opposite sex. For example, a woman mentioning video games on her profile would get a lot of responses, but for men it wouldn't.

'But when a man mentions family and kids on his profile, he gets more attention than women who use those words.

'Music is also good because it gives you an opening line. It's a good way to suggest date ideas, such as concerts and festivals. For example, you could open up with, "I hear you're into Ed Sheeran, did you like his new album?"

'When it comes to using flirty words, referring to a man as "baby" or "beautiful" will see a woman's response rate rocket by 118 per cent, and 50 per cent respectively. But men who do the same get 10 per cent and 13 per cent fewer replies.

'That's easy to understand, as women as a whole don't like fake attraction. To us, being called "baby" or "beautiful" by a man who has never met us in real life is clearly fake, and suggests he's going around the internet or dating sites chatting people up indiscriminately,' continues Kate.

'It's also a bit sleazy. Some men have gone totally wild online, sharing naked photos and sexting strangers, so you can't blame females for being wary!

'Men have none of those qualms. But I would say that those who are looking for long-term serious relationships have been proven to prefer women who are more reticent with their flirting. So if you want a fling, call men "baby" – but if you want a husband, save the sweet-talk till the second date.'



Working out increases chances of a match



Be true to yourself

'Never lie on your profile. It's the quickest way to ruin your chances of finding a genuine connection,' says Kate

EXTRA TIPS TO TRANSFORM YOUR TINDER GAME

- Send a gif if you don't know what to say to someone. They're 30 per cent more likely to get a reply.
- Turn on the smart photo feature to show your most popular pics first.
- Connect your Instagram to keep your profile looking fresh.
- Swipe on a Sunday afternoon – it's when the community is most active. Don't use the app on Friday or Saturday nights, though – you'll just look lonely. It's cool for people to wonder where you are and what you're doing; that's what

- sparks them to ask you out.
- Don't leave your bio blank.
- Put yourself in your swiper's shoes – ask yourself, does my photo make it easy to see my face? Am I clearly in the shot? Can you see my best feature? Is my photo intriguing or arresting? And, most importantly, have I made it easy for someone to contact me? The best profile acts as an attractive ice-breaker. Use something (photo, line from a song, anything!) that gives a swiper an easy way to start a conversation with you.

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



Instagram/@binkyfelstead

'WHERE'S MY DINNER?'

Beaming for the camera, Binky Felstead's daughter India looked thrilled to be in her high chair ready for her lunch in this super-cute snap posted on Instagram. The *Made In Chelsea* star, 27, also told fans where she got her seven-month-old daughter's funky high chair from, which has a playful embroidered monster motif. She commented, 'It's

@cybex_global Marcel Wanders Hippie Wrestler Highchair. Such a cool design.' It's available from naturalbabyshower.co.uk for £400. The reality TV star has also revealed recently how she had her first 'mummy meltdown' after getting locked out of the house – while India was inside alone in her bouncer. 'I had to run to my mum's [house] as fast as I could to get the key,' she said.

KEEP UP WITH KHLOÉ

Look after your growing curves when you're expecting a baby Kardashian-style with Mama Mio Pregnancy Boob Tube Bust Protection Cream.



WORDS: REBECCA GAMBLE, ELLIE ATTWELL PICTURES: INSTAGRAM

It's rich in organic omega oils and contains unique green cabbage leaf extract to help treat engorgement. And mum-to-be Khloé Kardashian, 33, loves it so much she was even using it before she got pregnant! She said, 'I use the pregnancy boob tube every day. It's got avocado oil and shea butter, so when your boobs are growing, you don't get stretch marks.' £29.50, available at mamamio.com



Just like Mummy!

Like many children, my son loves copying me, so I knew he would adore playing with the Silver Cross Pioneer 5 in 1 Doll's Pram. You can switch it from pram to pushchair, have it rear- or forward-facing, and even remove the frame so it becomes a carrycot – just like a proper travel system! Suitable for ages 4-7 years. £59.99, playlikemum.com



WE TRY... YOU BUY



A ROAR-SOME TIME

Perfect for dino fans! Let your little ones explore the great outdoors with their very own dinosaur tail. Filled with polystyrene balls, the light-weight accessory will delight

children as they pretend to be their favourite prehistoric creature. It's comfy to wear and the bright green tail with soft 'spikes' waggles up and down as your child walks. Suitable from 4+. Available for £20 from the Natural History Museum Shop, nhmshop.co.uk



MINI Fashionista

Back in October, White Stuff launched a capsule collection of kids' nightwear, and now it has launched a main Stuff & Wonder range for spring/summer 18. The collection is full to bursting with colour and print, and includes illustrations from its in-house design team. Sizes range from 3-10 years.

- RED STRIPY TOP, £16
- CHINOS, £22.50
- GREY TOP, £22.50
- DUNGAREE DRESS, £27.50
- MULTI-COLOURED STRIPED TOP, £18
- SKIRT, £25
- HOODIE, £25
- JOGGERS, £20



Email us at mumstheword@reveal.co.uk

'Our family sugar detox'

According to Public Health England, the average child eats three times more sugar than they should. But how easy is it to get your kids to ditch the sweet stuff? Reveal's Rebecca Gamble puts her two sons through the sugar-free test

Consuming too much sugar puts your children at risk of obesity, tooth decay and a whole host of other conditions. With that in mind, our Mum's *The Word* columnist, Rebecca Gamble, decided to use *The Sugar Free Family Cookbook* to whizz up some meals for her boys, Fergus, five, and Rafferty, two, for a week.

'They both have issues with sugar. Fergus's behaviour and mood alters a lot, while Rafferty has a very sweet tooth and would gorge on sweet foods if I let him,' says Rebecca. 'So I was keen to see if this diet would make a difference.'

Before starting the sugar-free week, Rebecca made a meal plan for the seven days, including snacks. 'I couldn't get all the ingredients I needed in one supermarket, so I had to make a few different trips,' she says. 'I spent a lot of time cooking, but I could make big batches and freeze the food.'

Rebecca didn't tell her kids they were going sugar-free as she didn't want them to think they were missing out.

'I just raved about the new dishes we were going to try together,' she explains.

'I was pleasantly surprised by their reactions. When I made some dark chocolate coconut bars – unsweetened desiccated coconut mixed with coconut cream and oil – I thought they'd find them too rich or bitter, but they enjoyed them.

'And they didn't get hyper afterwards, like they would have done after a chocolate bar.

'There were some meals neither of them liked, though – in particular, the sugar-free

berry jelly. Fergus said he "didn't like all the bits in it",' explains Rebecca.

'But when I fed them a healthy chicken Kiev, using homemade garlic butter with the chicken coated in polenta and herbs, they both loved it.'

Rebecca had a similar response with fish fingers coated in a polenta mix. 'I'd given up making my own fish fingers, as it can get messy with the breadcrumbs, but polenta is so much easier,' she says.

So were there any downsides to going sugar-free? 'It wasn't all plain sailing – I regretted making buttermilk pancakes on a rushed school morning!' recalls Rebecca. 'Thankfully, there were lots of quick breakfast options like porridge with berries or scrambled eggs.

'But, I must admit, I did miss

the convenience of opening a jar of pasta sauce for a quick lunch,' she adds. 'And it was a little more expensive, too. Some ingredients were pricey – the cheapest coconut oil was £3.74,' says Rebecca. 'However, it was still cheaper cooking from scratch. I also found the same ingredients popped up in lots of recipes.'

The benefits of eating sugar-free were obvious, though.

'I was pleased with how well both boys embraced it,' she says. 'They were very calm and well-behaved all week. It definitely made a difference. While it's been hard work, I'll continue to use the recipes and follow the principles.'

The Sugar Free Family Cookbook by Sarah Flower, £12.99, Robinsons



Rebecca's boys, Fergus and Rafferty, enjoyed the sugar-free meals



BREAKFAST

Mini frittata muffins

INGREDIENTS

- 4 eggs, beaten
- 1tbsp butter, melted
- 100ml milk
- 6tbsp vegetables of your choice, finely chopped
- 60g cheese, grated or crumbled.
- Avocado (optional)

Serves 6

METHOD

- ➔ Preheat the oven to 190°C.
- ➔ Beat the eggs in a jug



with butter and milk.

➔ Grease a muffin tray and divide the vegetables and cheese among six sections.

➔ Pour in the egg mixture until the muffin cups are two-thirds full.

➔ Bake for 20 mins. Serve with avocado if using.

LUNCH

Spinach and feta filo pie

INGREDIENTS

- 40g butter
- 200g filo pastry
- 400g baby leaf spinach, roughly torn
- 300g feta cheese
- 2 eggs, beaten
- Finely grated nutmeg, to taste
- 50g mature Cheddar, grated
- Sesame seeds

Serves 6

METHOD

- ➔ Preheat the oven to 200°C.
- ➔ Melt the butter in a pan. Brush 4-5 sheets of pastry

'I thought they'd find the chocolate too rich or bitter, but they really enjoyed it'



with melted butter, and layer in the base of a pie dish, allowing the sheets to hang over the edge.

- ➔ Rinse the spinach in a colander with hot water until it starts to wilt. Place in a mixing bowl, add feta, beaten eggs, nutmeg, black pepper and mix. Add the grated Cheddar. Place the filling in the pastry base.
- ➔ Bring the pastry edges up over the filling. Brush with melted butter, and scrunch up more filo pastry sheets and place in the centre, brushing with butter.
- ➔ Sprinkle with sesame seeds. Bake for 25-30 mins until golden.

DINNER Pizza

INGREDIENTS

500g strong bread flour
325ml warm water
1 x 7g sachet of dried yeast
2tbsp olive oil
Choice of toppings
Makes 2 large pizzas

METHOD

- ➔ Sift the flour into a bowl and make a well in the centre.
- ➔ Mix the water, yeast and oil together and pour into the middle of the flour.
- ➔ Mix to form a dough, then transfer to a floured board and knead well until



the dough springs back when pulled.

- ➔ Place in a floured bowl and cover with cling film and leave for one hour.
- ➔ Knead again then divide into two or four and roll out. Add toppings and bake for 15-20 mins.

DESSERT Strawberry mousse

INGREDIENTS

180g cream cheese
150ml extra thick cream
2-3tbsp Greek yoghurt
150g frozen strawberries, slightly defrosted
Serves 4

METHOD

- ➔ Beat the ingredients in a bowl until well blended.
- ➔ Place in dessert glasses, then put in the fridge and chill for 30 mins before serving.

Style file

Your weekly
FASHION
&
BEAUTY
update



FRESH START

Topshop is giving us all the outfit inspo we need with these two dreamy get-ups. A straight-cut jean will be your new go-to shape this spring, and the cropped style means you can show off some fancy shoes, too. Speaking of which, we are adding those floral sock boots to our basket – immediately! Steal this look and mix with checks – as long as the colours match, you’ve mastered how to stylishly clash prints.

COAT, £99
TOP, £6
JEANS, £40
SHOES, £69
JUMPER, £36
SKIRT, £46
SHOES, £49
ALL TOPSHOP



£22
ASOS.COM

BUCKET LIST

Introducing your new carry-all bag – the straw bucket. A wicker bag is a no-brainer when it comes to summer arm candy, but the darker hue on this beauty makes it an all-year winner.



£60
RIVER ISLAND

EVERYTHING IS ROSIE

With Valentine's Day around the corner, it's time to start planning our date-night outfits. Whether you're hitting the town with the girls or having a cosy dinner with bae, this rose-print jumpsuit is guaranteed to turn heads.

THE LAST DETAIL

If you're looking for a quick outfit update, a snazzy scarf is your go-to piece. This silky green number will lift a plain tee instantly. Or tie it round the handle of your bag for a pop of colour. The possibilities are endless!



£19
HALLHUBER.COM/UK



£9.99
NEW LOOK

BELT UP

Yellow is set to be a key colour for SS18, but if you're wary of this sunny shade, ease yourself in with this suedette waist belt. Pair with a simple dress to help cinch you in to create a flattering silhouette.

NO SWEAT

Up your jumper game with this colour-block sweat. Team with a pair of smart joggers and heels to nail that sports-luxe trend, or tone down with black skinnies and kicks for your laid-back weekend look.



£8
PRIMARK

WHAT YOU NEED now

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

WHAT A STUD

We can't wait to ditch the big coat and swap it for something lighter. We've got our fashion eye on this studded jacket, a new-season twist on the classic denim.



£60
SIMPLY BE



£55
LITTLEWOODS.COM

PERFECT IN PINK

Sometimes, only a swishy dress will do, and we're going heart-eyed for this tiered beauty. Toughen up with boots and a leather bag.

HIT THE SPOT

The comfy kitten heel on these sassy slingbacks means we can wear them all day and night. Pair with cropped denim jeans or a cute midi dress. Add socks for extra style points.



£35
MISS SELFRIDGE

Spotlight on

JONES BOOTMAKER

Shoes can make a massive difference to your look and mood, so finding a pair that can take you anywhere is a fashion must. We're loving **Jones Bootmaker** – its designs are timeless and on-trend. From metallic brogues and pastel courts to print flats and colour-pop heels, there really is something for every occasion. The bag collection is fab, too – real leather and high-quality detail that won't break the bank. Yes please!



BROGUES,
£99, JONES
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checkout, for instore bring
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T&Cs: Only valid on full price items,
excluding 'Forever Jones' & not valid
with any other offer. Valid from
January 29 to midnight on
February 13.



How to work

A STATEMENT SHIRT

Model Gigi Hadid can channel everything from laid-back Cali cool to Upper East Side chic. She's our go-to for styling a bold print blouse – if she can't pull it off, no one can! With a statement print, follow Gigi's lead and keep the rest of your look simple – tailored trousers, ankle boots and a box clutch. Wear it with jeans and an oversized blazer at the weekend. Et voilà!



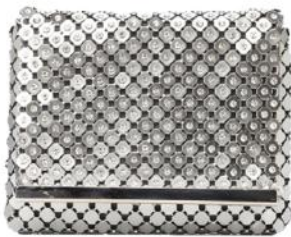
£50, LOST INK @ LITTLEWOODS.COM



£22, M&CO



£38, HIDDENFASHION.COM



£12, NASTYGAL.COM



£60, TOPSHOP

How to work

A BELTED TRENCH

Style has a sportier edge for Gigi's sister, Bella. Her look combines athleisure and sports luxe staples like striped joggers and cropped hoodies – but with designer labels. She can rock trackie bottoms as easily as a Balenciaga ball gown. For an athleisure take on the belted trench, make like Bella and wear a colourful, figure-skimming belted coat over a zipped trackie top and disco shorts.

£60, NASTYGAL.COM



£5, PRETTYLITTLETHING.COM



£45, M&S



Style Crush

THE HADID SISTERS

Here's how Gigi and Bella rock the new trends

There's no one size fits all when it comes to fashion, and finding pieces that suit your shape will have a huge impact on how you feel. Here's our pick of the latest collections for curvy girls...

AHEAD the cur

THE AVERAGE BRITISH WOMAN IS A SIZE 16

DESIRABLE DENIM SIMPLY BE

Denim and jeans can be the hardest pieces to find that fit and complement your figure. Jeans are a classic everyday go-to. Dark-wash styles can be paired with smart blazers for a more relaxed work look, while light-wash distressed jeans are a no-brainer when it comes to relaxed, fashion-forward style. Simply Be's denim range covers everything from boyfriend cuts, cropped kick flares and smart dark-wash, high-waisted styles to classic denim jackets, skirts and dresses.



PARKA, £75



DRESS, £30



SKIRT, £18



BOYFRIEND JEANS, £30



DRESS, £22.50

SIMPLY BE

TOP, £29
JEANS, £35
SHOES, £35
BAG, £36

BLAZER, £60
TROUSERS, £45
TOP, £22
BOOTS, £60
BAG, £45



Stylist's tip

PERFECT OVER ROLL NECKS AND TEES - THIS DRESS WILL SEE YOU THROUGH TILL SPRING.

OF ve

BRAND-NEW LAUNCH M&S CURVE COLLECTION

From basics and knitwear to occasion and outerwear, M&S Curve has it all in its new plus-size range, available in sizes 18-32. Designed with shape and proportion in mind, with a focus on innovative fabrics, the 100-piece collection is out now.



DRESS, £45
BAG, £29.50

MAC, £59



BLOUSE, £35



DRESS, £65



TRENCH, £69



CROPPED
JEANS,
£39.50

M&S CURVE
COLLECTION

Stylist's tip

EMBRACE PRINT!
THIS BLOUSE IS
DESIGNED TO
COMPLEMENT
FULLER
FIGURES.



RIVER ISLAND

FAB, NOT DRAB RIVER ISLAND

Get out of the fail-safe black rut with on-trend pieces that don't shy away from bold print and colour. Nothing here fits the stereotype of shapeless, uninspiring fashion that used to define plus-size ranges. From embroidery and embellishments to bold prints, colour-pop shades and fabulous frills, you'll be spoilt for choice.



SHIRT, £36



TROUSERS, £38



DRESS, £46



DRESS, £46



BLAZER, £68

Stylist's tip

THE V-NECK
AND GATHERED
DETAILING ON THIS
FLORAL FROCK WILL
SKIM AND HIDE ANY
TUMMY WOES.

LITTLE BIT OF LUXE
ELVI

The ultimate in figure-flattering style that embraces your natural curves, Elvi has stylish wardrobe staples, simple basics and modern updates on classics using quality luxe fabrics. Stand-out pieces include this button-through leather skirt and violet frill-neck dress.



LEATHER SKIRT, £45



COAT, £85



SHIRT, £39



DRESS, £55



BODY, £29



ELVI

DRESS, £39

Stylist's tip

GREAT TO DRESS UP DENIM OR PENCIL SKIRTS, PLUS THE TIED WAIST AND V-NECK MAKE IT SUPER-SLIMMING.

WONDER WORKWEAR
EVANS

For fashion that works almost as hard as you do, Evans is your go-to for classic pieces, good-quality fabrics and versatile staples you can build your own capsule wardrobe around. Mix and match pastel blouses with pencil skirts and blazers, or dress down crisp shirts with khaki trousers that can also be styled with printed shirt dresses.



TROUSERS, £35



TROUSERS, £30



SHIRT DRESS, £35



CARDIGAN, £36



BLOUSE, £28

Stylist's tip

GO DOTTY FOR POLKA DOTS! WEAR WITH CRISP SHIRTS AT WORK OR SLOTTED TEES FOR LAID-BACK STYLE.



EVANS

TOP, £10
COATIGAN, £40
TROUSERS, £20
BOOTS, £42

BOOHOO.COM

ONLINE HOTSPOT BOOHOO.COM

A one-click wonder when it comes to on-trend fashion for every shape, boohoo.com's selection of Plus Size & Curve Clothing has styles to suit all types. Pick from street-style-inspired pieces to wardrobe essentials. No more worrying about what to wear for last-minute plans – you can sign up for Boohoo Premier for only £7.99, giving you unlimited next-day delivery for a whole year! Whether you're looking for pieces with wow factor or sultry date-night styles, you'll find some great ideas here.

JACKET, £45
PLAYSUIT, £25
SUNGLASSES, £6



DRESS, £18



PLAYSUIT, £25



JACKET, £30

Stylist's tip

THIS PLAYSUIT WILL LOOK FAB WORN WITH OVER-THE-KNEE BOOTS AND A BRIGHT BLAZER.



BLAZER, £22



TROUSERS, £18

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T&Cs: Code valid until February 12. Not for use on sale items or with existing discounts or offers.

Reveal recommends

From a fake tan that gets to work in 60 seconds to false lashes that stay on using magnets (honestly!), 2018's beauty launches are seriously sci-fi stuff. We dish the innovations set to totally change the game

MUST-TRY beauty buys

OF
2018



LILY-ROSE DEPP



JESSICA ALBA



IDIOT-PROOF ROLLER LINER

Three-pronged nibs and felt tip pens – the beauty industry's tried everything to make liquid eyeliner easier for the noobs among us. Now? Meet the roller-wheel liner – more akin to a pizza-cutter than a make-up wand. Simply glide it along to conjure up a neat line and a flick faster than you can say, 'Wing me up, baby.' **Nudestix Rock N' Roller**, £20, cultbeauty.com, comes in black, bronze and rose gold, or hold fire until April for the launch of **Revlon ColorStay Exactify Liquid Liner in Intense Black**, £8.99. For liner inspo? We're looking to Lily-Rose Depp.



Our obsession with glitzy peepers is showing no signs of slowing, although we're 'so' over the tricky removal. Enter **Too Faced Glitter POP! Peel-Off Eyeliner**, £16, eight shades, Debenhams. Shifting it is as simple as it is satisfying – no cotton pads required.

THE 60-SECOND FAKE TAN!

No one does tan-novation like St. Tropez – it boasts some of the brainiest science boffs in the biz. Following the launch of the genius **In-Shower Gradual Tan Lotion**, £14.50, users commented they'd like something faster and darker. Mission accomplished. **St. Tropez Everyday Pre-Shower Tanning Mousse**, £14.50, is applied to dry skin, then washed off after one minute (or five for a deeper hue). It'll keep developing once you step out of the shower, although without a noticeable smell. It's still fairly subtle, but can be built up over five days for a foolproof glow.



A-LIST INSPIRED FACE MASK

If you thought sheet masks were a game-changer, wait until you try their techy big sister in the form of **Foreo UFO, from £159**. Dubbed the world's first 'smart mask', the gadget, launching in spring, promises a spa-grade facial at home in just 90 seconds. Pop in one of the mask 'discs', then work the device over your skin, using an app to control the functions. Heating, cooling and sonic vibrations help the ingredients penetrate more deeply. It also incorporates LED lights, inspired by A-list treatments loved by the likes of Jessica Alba. Red fights ageing, green boosts radiance and blue blitzes spots.



More affordable but no less exciting is **Glamglow #Glittermask Gravitymud Firming Treatment, £44**, a sparkle-infused version of one of its most popular peel-off masks. Skin is left visibly tighter and brighter in half an hour. Prepare for Insta-likes by the shedload.



MAGNETIC FALSE LASHES

False eyelashes that stick on using magnets, not glue? No, it's not just the stuff of beauty dreams – it's 2018's answer to faff-free falsies. Simply sandwich your natural lashes between the two strips, then gently slide off to remove. We like the natural curved band on **Ardell Magnetic Lashes, £13.99**, or check out **Lash FX Magnetise Magnetic Eye Lashes, £18.95, lash-fx.com**, inspired by celebs like Gigi Hadid. With a steady hand and bags of patience, once in place, they lasted all night and could be re-worn several times.



WHIFF-FREE HOME HAIR COLOUR

There's a lot we don't love about DIY dye kits but, thanks to the clever clogs at Clairol, some of our biggest bugbears have been banished. The revolutionary technology in its **Nice'n Easy Care Color, £6.49, 54 shades**, has been a whopping 20 years in the making. The benefits? More conditioning, less smell and less risk of allergy. 'I've been colouring hair for 30 years and this is a huge leap in the colouring world,' comments Clairol hair ambassador Michael Douglas, who's worked with Fearné Cotton. For our testers, the lack of eggy whiff was the best bonus, although locks were left noticeably silkier, too. Score!



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Beauty INSIDER

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

The glowdown on...

DOI SECRETS

When I'm not cooing over their twirls, whirls and wardrobes, I'm eyeing up the *Dancing On Ice* contestants' beauty regimes. Here's how they get camera-ready...

1 Hair and make-up designer Marcos Gurgel is behind the show-stopping looks. **Urban Decay All Nighter Concealer, £20, Fenty Beauty Invisimatte Blotting Powder, £24, and MAC Lipglosses, £15.50 each**, are some of his most-used products along with **Glitter Eyes, from £5.99, glittereyes.co.uk**, and **Spectrum Brushes, from £3.99**.

2 Every skater needs a suitably glam glow. 'We've gone for a warm natural tan,' says spray tanner to the stars James Harknett. Most have been rocking the pro-

spray tan version of **Fake Bake Original Self Tan Lotion, £26.95**. To keep things flawless, they prep with **Fake Bake Coconut Body Polish and Oil-Free Moisturiser, £10 each**.

3 The team at A-list favourite High Definition Brows has been tasked with keeping the contestants' brows in shape. Once waxed, plucked and tinted to perfection, the smudge-proof **High Definition Brow Crème, £18.50, beautyinhighdefinition.com**, is used.

4 To keep their peepers perky, some of the girls have had **Nouveau Lashes LVL Enhance, nouveaulashes.com/salon-finder** – a lash lift – topped with **Eylure falsies, £5.99**.



DONNA AIR



BROOKE VINCENT

PICTURES: ITV, LIZ GREGG, REX, STUDIO 93



You NEED to know...

The foundation shelves in Boots have a new kid on the block that you'd be mad not to pop in your basket. **EX1 Invisiwear Liquid Foundation, £12.50**, has fans including Adele, Kylie Jenner and Rita Ora (right). Its magic powers? The high-tech formula, skin-like finish, and 13-strong shade range, which was originally designed to cater for skins with yellow undertones (most affordable bases are on the pink side).



Bargain alert!

Lidl's Cien skincare line is full of hard-working luxe-a-like products. Now, it's adding **Cien Cellular**, which includes a day cream, night cream, serum and eye cream – just £3.49 each. With technology promising to boost elasticity and radiance, it's a lot like a designer range that's almost £400 more!



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

Roll with it

As much as I like to think spring is here, I've actually got a few more weeks of wearing jumpers left. But thanks to super-stylish celebs such as Victoria Beckham and Holly Willoughby, I can tap into my spring wardrobe and still keep toasty.

The secret? A trusty polo neck. Super-soft, cosy and figure-hugging enough to be worn under almost anything – from ditsy frocks to smart shirts – it's a modern-day thermal vest. My granny will be so proud...



JUMPER, £19.99, NEW LOOK

Instagram/@hollywilloughby



HOLLY WILLOUGHBY



VICTORIA BECKHAM

If you're yet to discover Lindex, may I suggest you put it on your fashion radar immediately. Its spring collection is looking pretty dreamy, and I can't wait to shimmy my way into its floaty frocks and slogan sweats. The range has a few statement pieces, such as these amazing striped trousers (far right)! Mixed in with your wardrobe essentials, from soft knits to denim basics, it's got it all covered. Here are my top picks... Hit those cyber shelves at lindex.com

SINCE
ah

Sassy shades

It's no surprise that anything Meghan Markle wears is an instant sell-out, and I can't help but jump on the Meghanmania bandwagon.

First stop, her favourite sunnies. The soon-to-be royal rocked these Finlay & Co specs last summer and, since then, the brand has seen a 1,000 per cent sales increase! It also helps that the shades are pretty versatile and timeless, so a worthy investment now payday has arrived. Head to finlayandco.com



SHADES, £120

Top dog!

To celebrate 2018 being the Chinese Year of the Dog, Radley London has launched a new capsule collection and given its signature Scottie dog a fun makeover. Warning, ladies, you are going to want it all! Taking inspo from Chinese New Year celebrations, the accessories range comes in a bold red and features a Chinese lantern design. They're then finished off with a golden Scottie. I love it! Visit radley.co.uk

PASSPORT COVER, £45



BAG CHARM, £39



TOTE, £12



PURSE, £89



JUMPER, £19.99
SKIRT, £24.99
BOTH
LINDEE.COM
HEELS,
STYLIST'S OWN

Head



JACKET, £39.99



DRESS, £49.99



TROUSERS, £49.99



SKIRT, £24.99



PICTURES: GETTY, LIZ GREGG

Psst!

Which celebrity make-up artist doesn't clean her brushes in-between clients? Ewww!

Sheer horror

What the hell, Bella?! The normally stylish Bella Hadid had a bit of a fashion flop last week, stepping out in an oversized blazer, sheer top and clumpy trainers. A Bella Had-don't!



CLAIM YOUR FREE* MAYBELLINE MASCARA worth £8.99

Prepare for an oh-so-fabulous flutter! Reveal has teamed up with **Beauty Outlet Direct**, the discounted beauty store, to offer a free* **Maybelline Big Eyes Mascara**, worth **£8.99**, for every reader. There's a large wand at one end to add oomph to your upper lashes and a smaller wand at the other to grab the teeniest of lower lashes. The result? A beautiful eye-opening, fan effect.

HOW TO CLAIM

Visit beautyoutletdirect.co.uk and click 'Special Offers'. Add 'Maybelline Big Eyes Mascara' to your basket then follow the instructions, entering the code MBEMR at checkout. Alternatively, send a cheque for £3.50 (as well as the cost of any additional orders), payable to **Beauty Outlet Direct**, along with your order form, to Beauty Outlet Direct, PO Box 5780, Inverness, IV1 9ET. Please write your address and telephone number on the back of the cheque. Orders can also be made by calling 01463 719 159 and quoting the code MBEMR. Orders for less than £5 cannot be made by phone.

* Postage & packing applies

WORTH
£8.99



MORE GREAT OFFERS

MAYBELLINE CLASSIC VOLUM' EXPRESS WATERPROOF MASCARA IN NAVY BLUE, RRP, £8.99, OUR PRICE, £4.50



ELIZABETH GRANT COLLAGEN BODY CREAM, RRP, £31, OUR PRICE, £6.50

ELIZABETH ARDEN 5TH AVENUE AFTER FIVE, RRP, £32, OUR PRICE, £14



REVLON CHARLIE BLUE SPRAY, RRP, £20, OUR PRICE, £5.99

PRODUCT DESCRIPTION	PRICE	QTY	TOTAL
Maybelline Big Eyes Mascara	FREE*		
Elizabeth Grant Collagen Body Cream	£6.50		
Elizabeth Arden 5th Avenue After Five	£14		
Maybelline Classic Volum' Express Waterproof Mascara in Navy Blue	£4.50		
Revlon Charlie Blue Spray	£5.99		
	*Postage applies	Postage	£3.50
TOTAL			

Name _____

Address _____

Telephone _____

(In case of any query)

PLEASE NOTE THAT PAYMENT BY CARD CANNOT BE MADE FOR ORDERS LESS THAN £5

TERMS AND CONDITIONS Please allow 21 working days for delivery. Postage and packing is £3.50. Offer is open to UK addressees only. Only one application per household. Subject to availability. Do not send stamps or cash. If your chosen colour of item is out of stock, a similar alternative item will be sent. Full refunds will only be given if the product is damaged or faulty and postage is to be paid by customer. Offer closes at midnight on March 15 2018. Beauty Outlet Direct will never forward any of your details to any agencies or organisations, other than Reveal magazine. Order forms filled out incorrectly will delay delivery and may incur extra charges.



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**

SPICY SOLUTION

I've been reading a lot about the health benefits of turmeric. How much do you have to eat, and is it worth it?

Naomi, Brockham

Turmeric is a yellowy-orange spice that's very popular in south Asian cooking. It contains a compound called curcumin, which has powerful antioxidant and anti-inflammatory properties. It can stop the growth of bad bacteria, parasites and fungi and protects the intestinal wall. Some people believe it reduces your risk of chronic diseases and cancer, but more studies are needed. You could take a teaspoon a day. Add it to food such as soup or yoghurt, or stir it into warm milk. More turmeric is absorbed if you add pepper or chillies.

CANCEROUS CONCERNS

If you pluck hairs from moles will it give you cancer?

Toyah, Norwich

No. Plucking hairs from your moles, squeezing them with tweezers or cutting them while shaving will not make them cancerous. However, any mole that appears where there wasn't one before, or that changes its appearance, should be checked by a doctor. Signs of cancer include part of the mole looking different from the other parts, bleeding not caused by plucking or shaving, an irregular border, an uneven colour and an increase in size beyond 6mm.

HOW CAN I USE MY SMARTPHONE TO IMPROVE MY HEALTH? *Charlie, Glasgow*

Most smartphones have apps that will measure your physical activity, such as the number of steps you do. Wearable devices can also help you with your sleep patterns and monitor your pulse and blood pressure. For some people, this can help them stay healthy, for others it makes them more anxious. It depends on the type of person you are. In fact, if you turn off all the notifications on your phone and only look at things when you decide to, it will give you a lot more peace. Make Sunday a phone-free day. Using your mobile less is probably the best way of improving your health and sleep!



Dr Phil says,
'Have a friendly chat with a stranger. You never know where it'll lead.'

BYE BYE, BUBBLES

I drink a lot of fizzy water, but want to lose weight. Will this stop me?

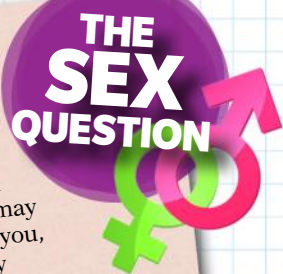
Felicity, Grantham

Fizzy water has no calories in it, but research has shown that the carbonation process may lead to higher levels of a hormone called ghrelin, which increases your appetite. Research in rats has shown that those who drink tap water eat less than those who drink fizzy water, and put on less weight. We're not yet sure how much this applies to humans, but we also know that fizzy drinks can be bad for the enamel on your teeth. So stick to tap water.

Q Does sex always have to be red hot?

Jessica, Falmouth

A Absolutely not. Like most things in life, sex comes in all sorts of shades. There may be occasions when the mood takes you, and you both get turned on very quickly and you have passionate, vigorous sex. However, there will be times when you prefer it more gently and slowly. You might opt for masturbation rather than penetration, or just a really good cuddle like two spoons in a drawer. If sex was always the same, it would be very boring. It's actually a very good way of getting to know someone better, and human beings are so complicated that you can never know somebody completely. However, the more time you spend exploring what you both like, the better you'll fit together.



*Dr Phil is on comedy tour
drphilhammond.com*

**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

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

'I want to find the opposite of BROOKLYN BECKHAM'

The Celebrity Dating Agency is back open for business! And Brooklyn Beckham's ex, Tallia Storm, is on the books. She and a few of her fellow celebs give us the behind-the-scenes goss

After a high-profile relationship with the eldest of the Beckham brood, Scottish singer Tallia Storm says her experience has put her off dating a fellow celeb.

'It was very much in the public eye, and that was a lot for a young girl,' says Tallia, who dated Brooklyn, now 18, back in 2014. 'When you're that age, you don't really know what you're feeling or how serious you are, no matter how much of an amazing fairy tale it would be. It's like a different life. We would go to Covent Garden and he'd have his security with him.'

'I know now I definitely don't want that. I want to find someone who's the complete opposite of that. But the Beckhams are a lovely family.'

So what exactly is Tallia, 19, looking for in a fella?

'I tend to always go for boys, so I'm looking for a tall, dark and handsome man, not a wee boy. I'm attracted to somebody who's ambitious and hustlers who've done it for themselves.'



Tallia was heartbroken after her split from Brooklyn



Ollie's on the lookout for a tall man



'I'm so bad with girls,' says Sam...

'I DIDN'T KNOW WHO I WAS AFTER TIFF'

Made In Chelsea pals Sam Thompson and Ollie Locke are also on the hunt for love. After splitting with his girlfriend of two-and-a-half years, Tiff Watson, 24, last year, Sam admits it was hard to get back into the dating game. 'I didn't know who I was after my ex-girlfriend because I was with her for so long,' smiles Sam, 25. 'To learn to be single, it's a different stage of my life. It's been a real learning curve. I was worried I was going to go on dates and compare them to Tiff, but I didn't. I'm so bad with girls, so to have people actually want to speak to me was so new that I didn't really think about anything other than where I was.'

Ollie, who owns dating app Chappy, has the opposite problem to Sam. 'As someone who was really good with women back in the day, I then decided I was gay, and I've had to start a whole new chapter,' he laughs, adding, 'I like big men. Tall and very broad, and I don't mind if they're a bit fat.'



'I'VE SLEPT WITH CELEBS, BUT I WON'T TELL YOU MY VICTIMS'

Mike's a trier, we have to give him that!



After spending his summer in the *Love Island* villa, 'Muggy' Mike Thalassitis is now trying his hand at another TV dating show.

'It's love, it's not easy to find,' he shrugs. 'Obviously last summer didn't go well, but I'd say this show went better.'

The former pro footballer hit headlines in October when a story emerged that he'd slept with a 16-year-old, and Mike says that's made it hard for him to trust women.

'I was fooled by that girl. That was a s**t couple of weeks - she was in the wrong and I wasn't. I was getting comments on Instagram that were calling me a paedo and a

nonce,' says Mike, 25. 'I'm obviously not - it wasn't even a story, it only came out because I was on *Love Island*. That's the only time I've regretted going on the show, I didn't speak to any birds after that for ages.'

His experience on *Love Island* wasn't all bad, though, as rumours surfaced that he'd bedded host Caroline Flack, 38. However, Mike denies any romance.

'I know Caroline, and we get on well, but that's it,' he confesses. 'I've not dated any celebrities. I've slept with a few. But there's no way I'd tell you previous victims.'

'Victims', Mike? We think you need to sort your chat out...

'AWKWARD, SKINNY GUYS ARE MY KRYPTONITE'

Despite having Olympic gold medals in taekwondo, Jade Jones is a rookie when it comes to dating.

'I'm 24 and I haven't had the experiences that other people have had,' she admits. 'It was my choice - the sacrifice was worth it and I have my medals. But it's basically eat, train, sleep - and even when you're not training, you've just got to rest. You're not even supposed to walk around.'

Luckily, new pal and fellow contestant London Hughes, 28, is a bit more experienced - and knows exactly what she's after.

'I'm trying to find a guy that's more amazing than me,' laughs the comedian and presenter. 'I'm very aware that I'm amazing, and I've met so many non-amazing men in my life. My type is awkward-looking, pale, skinny white guys. They're like my Kryptonite! I love Martin Freeman. I just want a nice guy that laughs at my jokes and has free parking outside his house - that's it.'

Olympian Jade admits she's a novice at this



London isn't asking for too much...

'I DON'T THINK WE'LL FIND ANYONE MORE CHALLENGING THAN THE GC'

Opening their doors once more to a swarm of love-hungry celebs are experts Nadia Essex and Eden Blackman. And although these are their day jobs, Nadia, 36, admits she struggled with their hopefuls this year.

'They're all novices. Tallia hasn't really dated, neither has Sam, and how do you solve a problem like Muggy Mike? We've had the same conversation with Mike a million times. It's like training a dog,' she grimaces.

Although nodding in agreement, Eden, 50, admits he butted heads with a bigger force than Muggy Mike - The GC. 'The challenge, we found, was trying to get Gemma and not The GC. That's been the biggest b***ache,' he confesses. 'The most frustrating part is there were times when we did get Gemma in front of us, but she knows where the switch is between the two.'

'Bringing GC into a date was not going to work, as the majority of guys are not going to find that personality attractive. As long as we do this, I don't think we'll find anyone more challenging than The GC - not Gemma.'

Sophie Cockerham



We can't wait to see Nads and Eden work their magic!

Celebs Go Dating returns to E4 on Sunday at 9pm

PICTURES: BACKGRID, GETTY, REX, XPOSURE



Chloe Morgan is our.....

SCREEN QUEEN

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



NEW SERIES

REQUIEM

Warning! You might want to pull the curtains before you start this gripping six-part drama! When Matilda (Lydia Wilson) spots a hooded man watching her from the edge of the woods surrounding Dean House, she tries to figure out his identity. Meanwhile, the building grows more and more unsettling, and a sinister presence draws her towards a room with a blue door... eek! We'll be watching from behind a cushion!

**BBC One, Friday
February 9, 9pm**



DOCUMENTARY

JAMES BULGER: A MOTHER'S STORY

In February 1993, an unprecedented crime shocked Britain. Denise Fergus's two-year-old son, James Bulger, was abducted from a shopping centre in Bootle, Merseyside, and brutally murdered by Robert Thompson and Jon Venables. Now, Trevor McDonald, the man who broke the news to the nation, has been invited into Denise's home for a deeply personal interview about the day that changed her life for ever...

ITV, Thursday February 8, 9pm

RETURNING



CELEBRITY GHOST HUNT

Our fave host, Rylan Clark-Neal, is back, and joining him is *Love Island*'s Marcel Somerville (did you know he's in *Blazin' Squad*?), Marnie Simpson from *Geordie Shore* and *TOWIE*'s Bobby Norris. This time, the team of scare-seeking celebs investigate a decommissioned secret nuclear bunker. Buried 120ft underground, will they be able to dig up any secrets?

5Star, Tuesday February 6, 10pm

STEP BACK IN TIME

Peaky Blinders fans, listen up! There's a festival coming to Dudley, West Midlands, in September. It's hosted at the Black Country Living Museum, and there'll be 20s and 30s-themed cocktails, music, live street theatre inspired by the show and a chance to head to the Garrison pub for a pint of ale - just like Thomas Shelby himself!

ON THE



PICTURES: BBC, CHANNEL 5, ITV, LIME PICTURES, NETFLIX, WIREIMAGE



SOFA WITH...

CHOREOGRAPHER

Arlene Phillips

Q: What's your favourite show at the moment?

A: *McMafia* is getting very close to reaching parts of me that *The Night Manager* managed to get to. I didn't sit down for the entire series, I paced!

Q: What's your favourite TV snack?

A: What I want is a box of rose and violet creams, but what I eat is a stick of chicory!

Q: Who's your TV hero?

A: I love David Tennant. He's not on television enough any more. What's he doing, directing? I love him. I like his voice, his attitude... it doesn't matter what he does.



NEW SERIES

ALTERED CARBON

If you're after your next sci-fi binge watch, *Altered Carbon* has everything from murder, to love, sex, and betrayal. Set 300 years in the future, humans live in a world where people can digitally store and download their personalities into a new body called a 'sleeve' when they die. Intriguing, eh? Plus, the very hot Joel Kinnaman stars. That's another reason to tune in! **Netflix, available from Friday February 2**

YOUR SOAP HIGHLIGHTS

CORRIE

ITV, WED, 7.30PM & 8.30PM

As the family gather round Carla's hospital bed, Johnny's stunned to discover Aidan's planning to donate a kidney.

EASTENDERS

BBC ONE, TUE, 7.30PM

Honey is concerned when she finds a sexy item of woman's clothing in her laundry. What has Billy been up to?

EMMERDALE

ITV, MON, 7PM

Dr Cavanagh tells Jimmy he needs to change his lifestyle or he's at risk of serious illness. Will he admit this to Nicola?

HOLLYOAKS

C4, MON, 6.30PM

Jesse is panicking about his court date for smuggling drugs, but Goldie's arrival soon puts a smile on his face.

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SWEET POTATO GRATIN FISH PIE

Often a stodgy comfort dish, this lighter version uses sweet potato and cauliflower to reduce carbs and add antioxidants. To go dairy-free, use coconut milk and ditch the cheese. Yum!



The Brain Boost Diet Plan by Christine Bailey. Watkins Media Limited 2018. Photography © Watkins Media Limited 2018.

EAT & DRINK

INGREDIENTS

100g raw king prawns	Salt and pepper
2 medium leeks, shredded	Zest of 1 lemon
150g smoked haddock fillet	1tbsp chopped parsley
150g cod fillet	1tbsp chopped dill fronds
150g salmon fillet, all boned and skinned	1 sweet potato, peeled
500ml semi-skimmed milk	150g cauliflower, cut into florets
1tsp Dijon mustard	Olive oil
1tbsp cornflour	2tbsp grated Parmesan

Serves 4

METHOD

- ➔ Preheat the oven to 200°C. Make a shallow cut down the centre of each prawn, pull out the black vein, then rinse the prawn thoroughly.
- ➔ Put the leeks in a frying pan with a lid and add 1tbsp water. Cover and steam-fry for 5 mins. Add the prawns, fish, milk and mustard to the pan, return to the boil, then reduce the heat.
- ➔ Cover and simmer for 5 mins until the fish is opaque. Drain and reserve the liquid. Then remove the prawns, fish and leeks. Put them into an ovenproof dish.
- ➔ Mix the cornflour with a little water to form a smooth paste. Stir into the hot milk liquid. Heat it gently, stirring well for 2 mins, or until the milk thickens. Season and add lemon zest. Stir in the herbs, then pour over the fish and leeks.
- ➔ Put the sweet potato into a large saucepan of boiling water and add the cauliflower florets. Blanch for 2 mins. Remove from the pan, cool, then grate the potato and cauliflower into a large, clean dish towel. Squeeze gently to remove the excess liquid. Tip the mixture into a bowl.
- ➔ Add the oil and Parmesan, and season. Scatter the mixture over the fish. Bake for 25-30 mins until the top is golden brown, and the filling is bubbling hot.

WORDS: LAURA HINTON

Mine's a...

WATERCRESS, AVOCADO & LIME SMOOTHIE

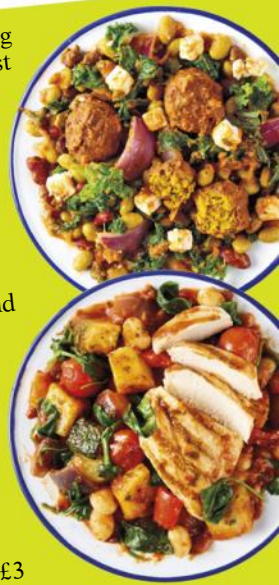
For a delicious breakfast that's brimming with vitamins and minerals, add 1 small avocado, 50g diced pineapple, 33g watercress, 23g baby spinach, a handful of mint leaves and 1 lime (peeled) to a smoothie maker and blend thoroughly. Add 250ml of coconut water to achieve your desired consistency... then drink!



LAZY GIRL'S CUISINE



It's 'Dry Jan', so we're all eating healthily and making the most of the gym membership, right? Sometimes, though, you just can't be doing with all that meal prep. That's where Morrisons' fab new muscle fuel food range comes in. The nutritious microwavable ready-meals are packed with protein, and they taste as good as they look! Our faves are the chicken and chargrilled vegetables for the meat-eaters and the spicy butternut squash falafel, feta cheese and beans for the veggies. Better still, they're being sold at an introductory price of £3 until Feb 4. Get yours now!



PICTURES: BIGSTOCK, DOUG HYUN/AMC, GETTY, REX, UNIVERSAL/FOCUS FEATURES, WENN



Love it!

by Alison

ALISON HAMMOND, 42, reveals her *Fifty Shades* obsession, the importance of laughter, and being Denzel Washington's long-lost sister...

FAVOURITE... LIFE LESSON?
A day is wasted without laughter. That's a saying I've always lived by. Anyone that knows me will know I never go a day without laughing!

TV SHOW?
Ordinary Lies was brilliant! I'm obsessed. I really hope they bring it back for a second series because the acting was amazing. Every episode kept me right on the edge of my seat.

SWEET TREAT?
I'm obsessed with Chocolate Cornflake Mini Bites from M&S – they're my weakness! I could literally devour two pots of them in one sitting.

FILM?
I really enjoyed *Fifty Shades of Grey*. I read the book and, in my mind, the film was exactly how I imagined it to be. Loads of people slated and hated it, but I thought it was great. I can't wait for the next one!



PERSON YOU'VE INTERVIEWED?
Denzel Washington. Our interview was just so funny because he was staring at me, as apparently I look like his sister! We had to keep stopping the interview because he couldn't get his head around it. Maybe we share a long-lost ancestor...



CELEBRITY CRUSH?
I love a bit of Hugh Jackman. I've interviewed him three times. He even remembers me when he sees me now. I do always have a flirt with him, but eventually I have to come back down to earth and remind myself that he's married!



WHEN ALISON MET... HUGH JACKMAN



TV CHARACTER?
Walt from *Breaking Bad*. I started off loving him, then I hated him. But I always found him so cool throughout the show. The plotline was really interesting and different, and Bryan Cranston played the part perfectly.



COMEDIAN?
Lenny Henry. I love all the different characters he plays, especially Deakus – the elderly, philosophising Jamaican. His humour never gets old. I also like Jo Brand's dry sense of humour. I find her hilarious.

BIG BROTHER CONTESTANT?
You know when you see someone and you think, 'I want that person as my friend.' That was 100 per cent Josie Gibson for me. She is now my friend, but I did have to tell her that I stalked her in the beginning!

IDEAL INTERVIEWEE?
Oprah Winfrey. I think she's amazing. I was meant to interview her a while ago, but it fell through. I hope I still get the chance...



APP?
This is so embarrassing, but I'm really into playing pool online. I'm getting quite rich on virtual money! I'm addicted.

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