



FENDI

9 MARCH 2020

GRAZIA

SAVVY
STYLE!
SMART
TAKES!

SPECIAL
ISSUE

IT'S INTERNATIONAL
WOMEN'S DAY...

SHOPPING
CULT INSTA
BRANDS TO
BUY INTO

BEAUTY
MARIAN KEYES:
'9 PRODUCTS THAT
MAKE ME HAPPY'

FASHION
THE TRICK
TO CONFIDENT
DRESSING

LIFE
'A DOMESTIC
STRIKE SAVED
MY MARRIAGE'

INSIDE THE
FRIENDS
REUNION
>>THE ONE
WHERE JEN
MADE IT
HAPPEN

FIND YOUR
FOREVER
BAG...
WHATEVER
YOUR
BUDGET

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YARA SHAHIDI

MEET THE MOST POWERFUL
20-YEAR-OLD IN THE WORLD

• *Even Oprah's tipped her for President*

EXCLUSIVE
BORIS JOHNSON
ON 5 WOMEN
WHO'VE
SHAPED HIM

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WELCOME TO THE ISSUE



LAST YEAR, IN the midst of Brexit, we asked you how you were feeling about life. Our survey revealed that one in three of you were talking about politics more than ever before, but over half said there was no one in Parliament that truly represented them. That's why we started our weekly Westminster column – asking a female MP to talk about how they're trying to address the issues impacting women in Britain today. But, ultimately, the person with the most significant ability to shape our future is Prime Minister Boris Johnson – a man who has proven divisive among British women. So for International Women's Day, we asked him to write about the five women who've shaped his life – in the hope his answers (on page 44) might reveal a little more of the psyche of the man leading our country.

HATTIE BRETT, EDITOR

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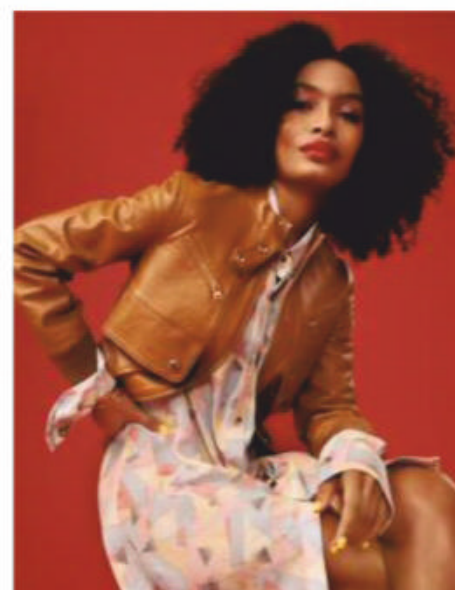
Fenella Webb,
style director
(watches and
jewellery)

'Bags are so much more than arm candy – they're the ultimate investment.

Think of our edit as a window-shopping opportunity.'



p38



Lynette Nylander,
writer

'Yara Shahidi gives you a glimpse into a bright future; in that women of her generation are going to be able to do it all and then some. She's a wonderful supernova and I'm loving seeing her soar.'

OVER TO YOU...

Have your say... Email us at feedback@graziamagazine.co.uk

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SO SAD FOR CAROLINE

I really valued the fact that *Grazia* paid tribute to Caroline Flack (2 Mar) in a thoughtful and moving way by seeking advice from the Samaritans on suicide. Your coverage got across the essence of Caroline, 'a powerhouse' in her own right, discussed mental health struggles and how the 'slow creep of tragic events' is becoming more frequent, with Polly Vernon questioning the digital world we have found ourselves living in and asking us to think before we post. Wouldn't it be great if Caroline's death wasn't in vain and we embraced a time to be kind? I think so... **Julie**



Letter of the week

I've just read your coverage on the tragedy of Caroline Flack taking her own life and am so glad that Kat Brown mentioned Shout, the service for people in crisis. I am a Shout volunteer and it's so fulfilling. Yes there are difficult conversations, but you have support and training, and the sense of satisfaction when you know you have been able to help someone is unbeatable. Shout is there to help 24/7 at giveusashout.org or text 85258. **Kirsty**

It was with a heavy heart that I read about Caroline Flack, as remembered by Danny Bell. The disparity in the availability of mental health services is a long-standing issue, despite mental health being the single largest cause of disability in the UK. A friend of mine sought counselling and was put on a six-month waiting list. She took her own life before she got an appointment. **Beatrice**

THE POWER OF CLOTHES

Wow, *Dress through the heartache* (24 Feb) could have been written about me and I never thought other people found comfort from grief in fashion. My brother died two years ago. I can tell you exactly what I wore to his funeral down to the jewellery. The black COS dress is still a favourite. After his death, with a 'life's too short' attitude, I began treating myself to clothes I'd always wanted but didn't think I deserved. I bought Alexander McQueen trainers and still smile about my brother whenever I wear them. There is healing in feeling good about yourself and honouring the person who has gone. **Wendy**

LOVING LIZZO

I loved seeing Lizzo on your cover and reading 'She's a force of nature' (2 Mar) inside. Can we go one step further and have a dedicated plus-size fashion issue? **Rachel**

Letter of the week wins a selection of Erborian goodies. We love the Erborian Matte Cream – it helps to blur pores and fine lines, leaving skin even and smooth. Check out the complete range at uk.erborian.com and receive an exclusive 20% discount with code ERB20 (valid in the UK only).



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Printing WALSTEAD BICESTER *Grazia* magazine, Academic House, 24-28 Oval Road, London NW1 7DT; graziadaily.co.uk
Grazia, ISSN 1745-9560, USPS 8854, is published weekly by Bauer Consumer Media Ltd, a company registered in England and Wales at: Media House, Peterborough Business Park, Lynch Wood PE2 6EA, UK; company number 01176085.
The US annual subscription price is \$309.91. Airfreight and mailing in the USA by agent named WN Shipping USA, 156-15, 146th Avenue, 2nd Floor, Jamaica, NY 11434, USA. Periodicals postage paid at Jamaica NY 11431. US Postmaster: send address changes to *Grazia*, WN Shipping USA, 156-15, 146th Avenue, 2nd Floor, Jamaica, NY 11434, USA. Subscription records are maintained at Bauer Media, Subscriptions, CDS Global, Tower House, Sovereign Park, Lathkill St, Market Harborough, Leicestershire LE16 9EF, UK. Air Business Ltd is acting as our mailing agent. Unregistered trademarks © [2020] Mondadori Media S.p.A. All rights reserved. Published by Bauer Consumer Media Limited with the permission of Arnoldo Mondadori Editore S.p.A. and Mondadori Media S.p.A. Reproduction in any manner in any language in whole or in part without prior written permission is prohibited.
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We're on track for a great International Women's Day

This Sunday is International Women's Day, when we celebrate women and girls and advocate for gender parity. News that Scotland is set to become the first country worldwide to provide free tampons and pads feels like a good way to kick off celebrations. When we hear that 49% of girls in Britain have missed a day's school because of their period and 10% have been unable to afford sanitary products, the urgent need to tackle period poverty really hits home. A few weeks ago, sanitary products were made freely available to all state schools and colleges in England, too. Now let's hope the whole world follows Scotland's lead.

Spring / Summer 20

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OH MY GOD YOU GUYZ, guess what? I'm not engaged!

OF ALL THE PSEUDO-feminist statements open to a 21st-century lady, the one where we're allowed to propose to male suitors on 29 February in a leap year is probably the least empowering of all. Partly because one day every four years doesn't sound like a solid commitment to equality to me. Partly because the idea of proposals at all – the ritual, the wonder, the knee, the glee – is silly, when you think about it. Mostly because I do not understand getting married. I just *don't*. The expense, the admin, the having contentious aspects of your family in the same place at the same time, *the standing up in front of people and declaring you'll never sleep with anyone else...* Why would you do *that*, when you could kick on with shiz on a one-day-at-a-time basis: no flounce, no ladies' favours, no mention of death parting you?

This should explain why *Love Is Blind*, the Netflix dating show on which couples get engaged without even seeing each other, having courted through a dividing wall on interlinking isolation pods, is blowing my mind. Not because it takes some valid issues like – is contemporary dating culture too looks-fixated?; what happens when a woman of colour unknowingly begins her first biracial relationship?; at what point should you tell a partner that you've been involved with both men and women in the



past/is it OK if they freak after you do? – and somehow turns them into deliciously vapid viewing, but because it fetishises marriage. Oh, marriage is the only game here! Not like, or love, or respect, or caring,

or even base sexual attraction (which, I'd argue, has more integrity than the legal wranglings of a marriage certificate). Nope. Just marriage. 'I think I'm close to finding my wifey!' squeals contestant X, on completing his fourth day of significant chats with contestant Y. 'I can't believe you're my future husband!' says contestant Y, on accepting his proposal, sight unseen. It's enough to make your average Love Islander's quest for 'connection' sound like a progressive, bohemian attempt to reconfigure romance for the modern age.

Then again: the modern age is very hung up on old-fashioned marriage, have you noticed? Jane Austen-grade fixated. Debutante ball attendee beady. Convolved proposal sequences routinely go viral on Instagram. Flashy foreign hen and stag dos now account for so many international flights, environmental groups last week begged for mercy. Weddings are three-day events incorporating hashtags, flash mob dance sequences, multiple outfit changes... Why: it'd be enough to make a girl question her ongoing commitment to configuring her domestic arrangements according to what suits her and her bloke, with little regard for what society wants her to do/what gives good content on the socials... If that girl weren't me.

Happily, she is.

PHOTOS: PA IMAGES

CURRENTLY OBSESSED WITH...



WONDERING WHEN IT'LL BE WARM ENOUGH TO GET MY TOES OUT

So I can wear these Russell & Bromley sandals.



DOMINIC CUMMINGS

What will he do next? WHAT WILL HE WEAR?

ISABEL MARANT ÉTOILE'S GLORIA

My paperbag-waist jean obsession takes serious hold.

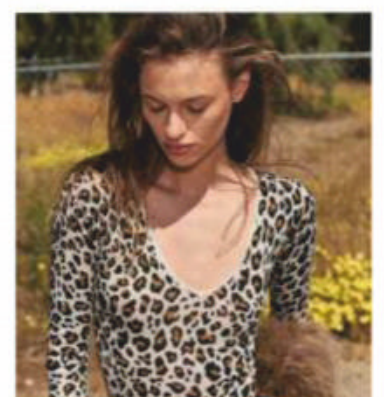


CURRENTBODY LED MASK

Unexpectedly fun to use, very good for pore reduction purposes.

MADELEINE THOMPSON CASHMERE BODYSUITS

I repeat: cashmere bodysuits.



COUNTRY LIVING

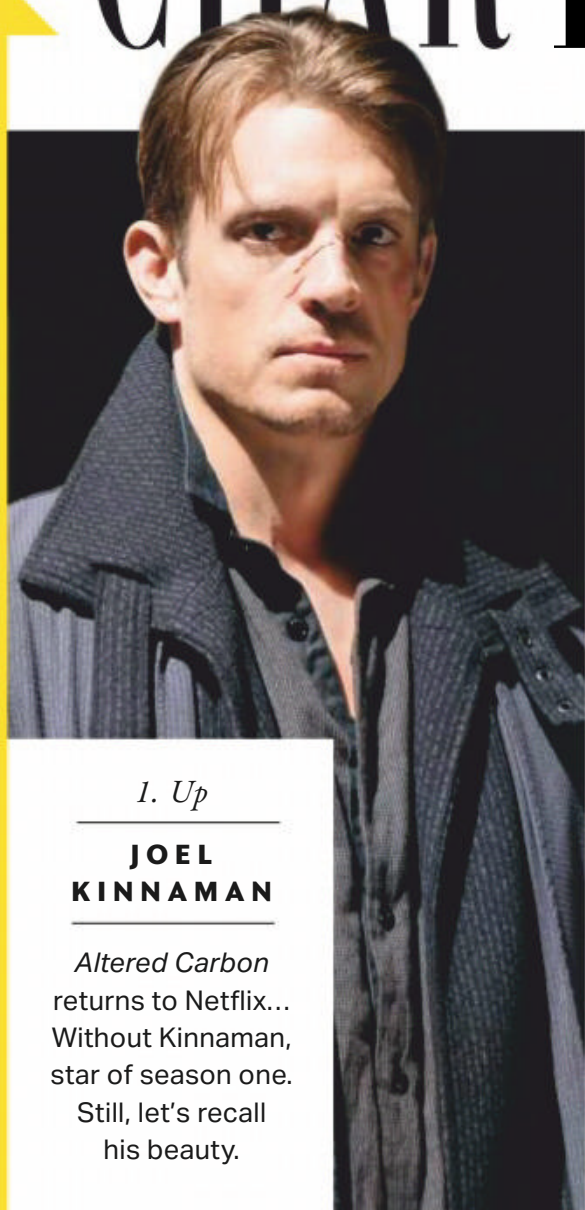
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Who we're loving and living for this week...

CHART OF LUST



1. Up

JOEL KINNAMAN

Altered Carbon returns to Netflix... Without Kinnaman, star of season one. Still, let's recall his beauty.



2. New in

SKIN FT LOURDES LEON

Or maybe the other way around? In the front row at Burberry: unexpected and mesmerising seating-plan brilliance.



3. Up

JANELLE MONÁE

In Balmain and Bare Midriff in Los Angeles for the NAACP Imager Awards last week. Behold, the orange skirted magnificence!

4. New in

IMAN SHUMPERT

Basketball player of whom we were not aware, until we saw him dressed like *this*, at a fancy dinner for a fancy watch brand. Well done, that man.



5. Non-mover

NENEH CHERRY

Mabel won a BRIT, reminded everyone that her mum, Neneh, won it 30 years earlier, thus reminding *us* of a time when all we wanted from our vibe, was *this*.

6. New in
EVE HEWSON

Daughter of Ali Hewson and Bono, which we didn't even know when we fell in lust with her while watching her performance in *The Knick* on Sky.



7. Up

STEVE JOHN SHEPHERD

If you're not watching *This Life* (iPlayer) why aren't you? It's got Anna. But it's also got SJS, as Jo, and... Yes. We know. We know.



8. Down

CARA DELEVINGNE

Who Justin Bieber rated lowest of all wife Hailey's model friends, live on *James Corden* last week. 'I have a better relationship with Kendall [Jenner],' he specified.

9. New in

THIS SEAGULL

But what is that in its beak, you ask. Look, we say. No, look *closer*... Do you get it, now? Yeah you do!



10. New in

THE DANCES OF BUTTIGIEG AND BLOOMBERG

The battle to be Democratic presidential candidate takes an interesting turn when grass roots supporters start formation dancing, but probably shouldn't.



WHAT'S NEW NOW!

WE'VE TRAWLED THE SHOPS TO FIND THE VERY BEST ITEMS TO BUY RIGHT NOW

1.

PENCIL IT IN

A button-down balances out a whippet-thin pencil. Skirt, £582.73, and dress, £560.22, both **Boyarovskaya**



3.

Rectangular shades are the new cat's eye. £17.99, **Mango**



4.

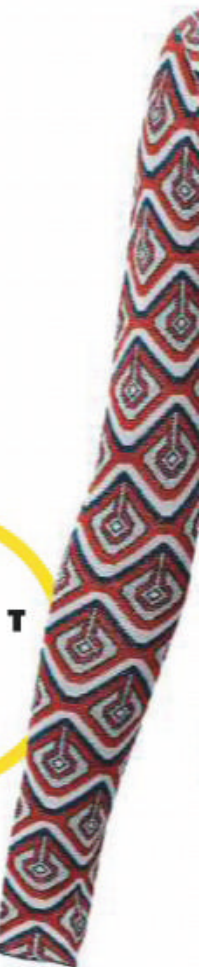
GLAM UP!
Pair these earrings with tees and party dresses. £160, **Anissa Kermice**



2.

CUT OUT AT NAPE

Think of check as your new neutral. £485, **AWAKE** at net-a-porter.com



5.

Start dreaming of spring with this flower-splashed frock. £35.99, **H&M**





6.

Pair this jazzy polo neck with a pleated skirt. £490, **Paco Rabanne** at [matchesfashion.com](https://www.matchesfashion.com)

UP
TO THE
KNEE



7.

**RETRO
VIBE**

These stacked heels scream '1970s'. £179, **Massimo Dutti**

8.



A wear-with-anything winner. £895, **King & Tuckfield** at [net-a-porter.com](https://www.net-a-porter.com)

STRETCH
DENIM



If you're thinking of flared jeans, try these two-tone, high-waisters. £292, **Veronica Beard**

9.



10.

DRAWN IN

We love this bag's scrunched closure and chain-link strap. £295, **Yuzefi**

10 HOT STORIES



Cities in shutdown – could the

1

As Europe prepares for a pandemic, *Anna Silverman* speaks to two women who braved the crisis to rescue British nationals from coronavirus's ground zero about what we can all learn from being in a city that has shut down...

UNTIL RECENTLY, the coronavirus crisis seemed largely confined to Asia, but that all changed last week as the epidemic went global and edged closer to home. As *Grazia* went to press, 19 had tested positive in the UK and, in London, hundreds were sent home from work after an unwell employee was tested for the virus.

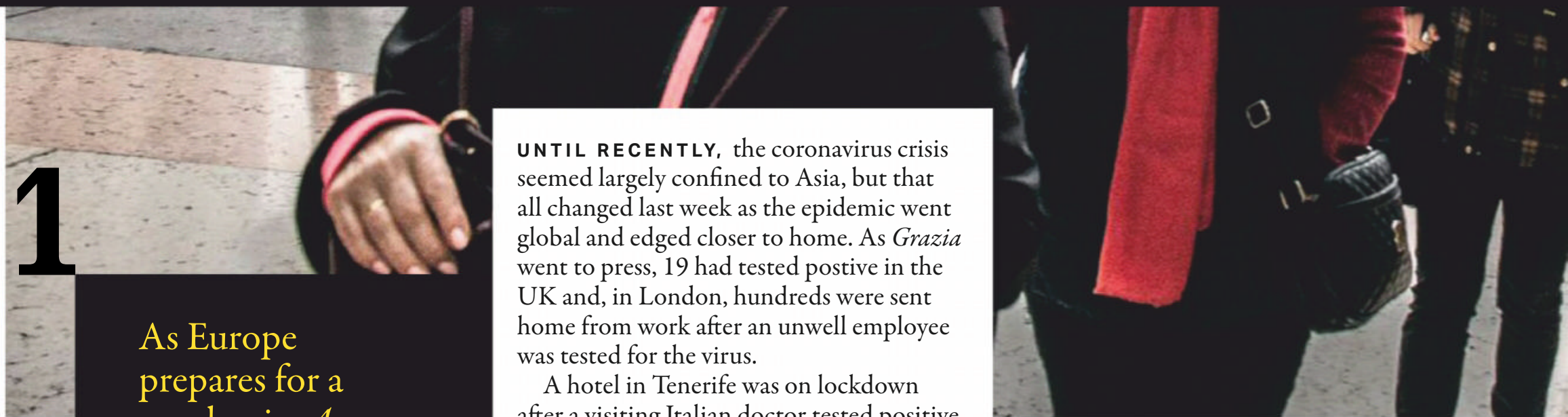
A hotel in Tenerife was on lockdown after a visiting Italian doctor tested positive and Italy became Europe's worst affected country, with 500 cases and 17 deaths confirmed. More than 80,000 people in nearly 50 countries have been infected to date and nearly 2,800 have died, the majority in China's Hubei province. Reports say the virus is spreading faster outside China now – the epicentre of the outbreak.

This has heightened fears and left people wondering whether countries in Europe will have to follow China's lead, after coronavirus ground zero – Wuhan in Hubei province – was shut down. Jane Fulbrook, who works in the UK's Foreign Office, visited Wuhan a few weeks ago to help bring British nationals home. She describes it as a ghost town, painting a picture of apocalyptic scenes as 11 million residents

have fled or, mostly, are confined to their homes. 'It was eerily quiet and the streets were deserted. We didn't see anyone. No one at all,' she says.

She and a few colleagues drove the 700 miles from Beijing, where she is based, to make sure British nationals safely boarded the chartered flights sent to collect them. 'Along the sides of the river, all the buildings were lit up with neon signs saying things like "Good luck and stay strong",' she adds. 'It was really moving. It made me feel quite sad. They've been through so much, it must be really scary for them.'

The last time Jane (who has daughters, Ellie, 15, and Lily, 11, who live in Beijing with her) was in Wuhan was in 2018, when



26 FEB 2020 Locals and tourists wear masks in Milan



UK be next?

Theresa May visited the city. 'It was so busy and buzzing then. It's a big student city and it's usually so lively, but this time no one was on the roads, and in all the high-rise buildings only one or two lights were on.'

As they approached the city, they were stopped by Chinese authorities who checked their temperatures to ensure they weren't experiencing flu-like symptoms. 'Guards were wary of talking to us and told me to keep my distance,' she says.

Wearing protective masks and gloves the entire time was essential. They survived on army ration packs brought from Beijing and headed for the airport, where they helped Britons – some of whom were in China visiting relatives, others stuck there after a holiday or there for work – check-in and go through a number of temperature checks and strict exit interviews with the authorities. Anyone with a temperature over 37.3°C wasn't allowed to board the plane. Unfortunately, two were turned away and taken back into Wuhan.

Jane was amazed by how patient, calm



Above: Jane and her daughters in Beijing.
Below left: empty shelves in Milan

and stoic everyone was. 'I was so impressed by the way everyone was acting. Maybe they were just happy to be getting out.'

Vicki Bates, also a UK Foreign Office worker, arrived in Wuhan around the same time as Jane to help bring Brits stranded in China back to the UK. As part of the 'rapid deployment team', she is trained to do this sort of work. Even so, she was given a choice as to whether she wanted to take the risk.

'I spent about 48 hours mulling it over and had to convince my mum that I would be OK,' she says. When she arrived in Wuhan from London and started helping people, she found many seemed emotionally exhausted from the worry of whether they would catch the virus. On the flight home they were served food by cabin crew wearing masks and protective overalls.

'There was a sense of relief on the flight but also apprehension, in case anyone did have coronavirus,' Vicki says. Luckily no one did.

Landing safely back in the UK might seem like the end goal, but it was just the beginning for those flown out of Wuhan, who then spent two weeks in quarantine. This is part of the Government's preventative measures to minimise chances of spreading the virus to the general public. A police escort accompanied them to a conference centre in Milton Keynes, where they were thoroughly tested for symptoms and confined to individual rooms until a number of tests came back negative. Now, both women are out of quarantine, although Jane will be returning to Beijing soon.

'I felt bad for the [Chinese nationals] working at Wuhan airport in full suits who aren't able to leave,' Vicki says. 'My heart went out to them when they were helping us take our nationals away and they had to stay in Wuhan.' But, she adds, 'I'm glad I went there. It made me feel reassured that if I ever need to be rescued, I know someone would come and help me.'





The one where Jen made the **Friends** **reunion** happen



The dinners, negotiations
and reassurances behind the
multimillion-dollar nostalgia trip

2



Above: as they were in the '90s.
Left: the post that made us hope the dream team would get back together

IN THE WORDS OF JANICE: 'Oh. My. God.' Last week, prayers around the world were answered as a long-discussed *Friends* reunion was confirmed. More than 15 years after Rachel, Ross, Monica, Chandler, Joey and Phoebe handed in their keys and headed off to one final coffee at Central Perk, TV's most successful friends are officially returning to the small screen.

With a working title of *The One Where They Got Back Together*, this reunion special is set to air in May, and will bring the cast – and the show's creators – back for a trip down memory lane. And, interestingly – since she is the one who is least in need of the reunion – it seems we have Jennifer Aniston to thank.

'Jen has been instrumental in getting the other five stars to sign up for the reunion special, which was certainly no easy feat,' a source tells *Grazia*. 'After years of rejecting the idea of a reboot, Jen – championed by Courteney Cox and Lisa Kudrow – spearheaded talks last year to get everyone together and discuss honouring the show in some way.'

Via dinners at her home, along with WhatsApps and calls, she has been encouraging everyone to participate on an 'all of us or none of us' basis. 'There is such fervent excitement from fans that some of them found the idea of announcing any kind of reunion very daunting,' the source adds. Indeed, Matthew Perry in particular has been frank about his struggles with fame, and his experience of addiction while filming the show. 'I honestly recoil,' he once said of watching old episodes, filmed in the midst of his problems. 'It's scary to look at that. I was a sick guy.'

Nevertheless, they have resolved to go on the journey as a team. 'Jen put everyone at ease, reminding them all that the ball was always in their court and that, together, they could make sure they handled any kind of reunion with the respect it deserved,' an insider explains, 'without compromising their own integrity and concerns.'

On paper, getting the cast together for a special may seem like a dead cert. But all six have spent the past decade trying to prove to the world that they are so much more than one character in one show. All have taken big roles in TV, film and theatre,

and feared taking a step back. But Jennifer was, *Grazia* understands, buoyed by recent successes. Her award-winning turn in Apple TV+'s *The Morning Show*, and a role in *Murder Mystery* – Netflix's most-watched original film ever – provided all the proof she needed that the world sees her as more than an iconic haircut.

'Turning 50 last year and looking back on her life and career, she has felt an immense sense of pride,' a source says. 'She knew then that the time was right to honour the show and all come back together. Warner Bros has led official conversations but, if it wasn't for Jen's pursuit of bringing the boys back into the conversation, it certainly wouldn't have come together as seamlessly as it has.'

The most recent reunion may have been a rare sighting of all six actors together at one time, but they have all stayed close, particularly Jennifer and Courteney. They are all always on-call for support, appearing at premieres together or uniting for reunion skits on chat shows, whenever a favour was needed. They've even reunited on-screen. Jennifer, Lisa and Matthew all appeared in Courteney's show *Cougar Town*. Courteney returned the favour for Matthew's series *Go On*. And David Schwimmer reunited with Lisa for her acclaimed comedy *Web Therapy*.

No one has yet confirmed how much the cast will be paid, but one thing is for sure: everyone will be on the same salary. This echoes past negotiations when, during discussions over season three, the group vowed to unite and demand equal pay. This new special is scheduled to align with HBO Max's acquisition of all episodes of *Friends*, a lucrative signing even now: while Netflix – which currently streams the programme in the UK – only releases their viewing figures sparingly, *Friends* is rumoured to be one of its most-watched programmes, even among audiences who were not born when it first aired.

The One Where They Got Back Together may just be one episode, but the world can't wait to see the gang back together. Is it wishful thinking to hope that one evening of reminiscing on the famous orange couch could spawn something more lasting? Maybe, after all this time, they might have just been on a break after all. ▶

10 HOT STORIES

Why we're still crazy about Friends fashion

The *Friends* reunion has only just been announced but, in fashion land, the influence of Rachel, Monica and Phoebe's wardrobes never really went away. Because, seriously, could the clothes *be* any better? Straight-leg jeans, sweatshirts, slip dresses, knee-high boots – all worn with the kind of West Village cool that they brew at Central Perk – are as worthy of an 'Oh. My. God.' now as they were in 1994. Today's fashionable folk look like they've been watching Netflix's reruns religiously. Here are the outfits they've bookmarked...

TRUE BLUES

Just as 'Joey doesn't share food!', Rachel doesn't wear anything but straight when it comes to jeans. Put down the skinnies and, like Bella Hadid, opt for a high-waisted shape that stops just below the ankle.



CARDI QUEENS

The cardigan has finally found its sexy side – and you have Monica to thank. The trend for leaving several buttons undone has found a fan club in It girls like Kaia Gerber. If your belly button is off-limits, avoid low-slung styles.



TEAM PLAYER

Whether or not you think the Knicks rule, you can still wear the merch for mooching around at home if you're Rachel. In 2020, you'll find Hailey Bieber styling college sweats with a tailored blazer.



FURRY FRIEND

Phoebe apologised to a squirrel after wearing a mink coat so rest-assured this tangerine coat is of the faux variety. In 2020, she would probably buy hers from Shrimps and style it with a dark polo neck, à la Sienna Miller.



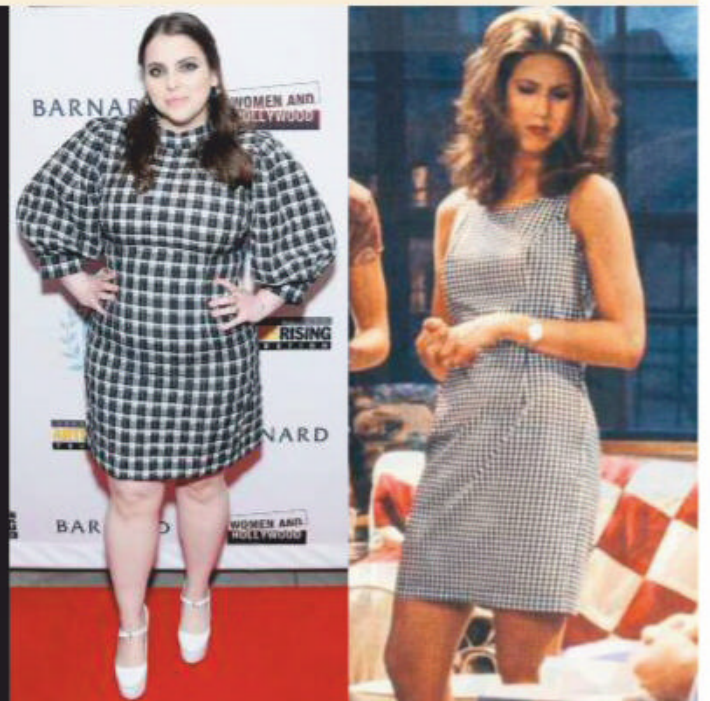
POWER OF FOUR

It takes just four elements to make an off-duty look this cool. Whether you're Kendall Jenner or Monica, all it requires is a black top, a cardigan/jacket, some straight jeans and a pair of black ankle boots.



CHECKMATE CHIC

The gingham shift dress will always be a hit, whether it comes sans sleeves, like Rachel's, or with a puff like Beanie Feldstein's. The former probably styled hers with chunky mules, but two-strap sandals feels right for now.



WORDS: GUY PEWSEY (NEWS) AND NATALIE HAMMOND (FASHION).
PHOTOS: ALL STAR, GETTY, SHUTTERSTOCK

Geri & Donna, Prince's Trust graduate.

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Loved up and low-key: Jennifer's new lifestyle

3

projects and endorsements carefully, avoiding undue attention and cutting down on public appearances. 'If that means turning down occasional events and making a polite excuse, that's what she's prepared to do,' says the source.

Thankfully, that doesn't mean that she is turning her back on acting. Jennifer has just announced her next project, *Don't Look Up*, a Netflix comedy series about two astronomers facing the threat of an impending asteroid. For an actor who has so far focused on film and shied away from comedy, it's another sign of her keenness to rewrite her own rules. She is also still working on a future comedy project with close friend Amy Schumer.

The relative normality of her life with Cooke has helped her on the journey. 'She and Cooke have an active social circle, but it's low-key,' says a source. 'They go to art galleries, have three-hour Italian dinners, visit comedy clubs or bars where people don't bother them.' According to the source, Jennifer was also greatly affected by revelations concerning Harvey Weinstein – a former collaborator – and this may have been a factor in her reappraising her approach to stardom.

Either way, Jennifer was 22 when she won an Oscar for *Silver Linings Playbook* and, with such an ambition achieved so young, she wants to ensure she's playing the long game. 'She has accomplished so much but still has big ambitions,' the source says. 'But she wants to achieve her goals without fanfare and stress.'

AS THE WORLD'S A-list descended on Europe last week, sitting on the front rows at Paris Fashion Week decked out in designer gear, one notable regular was missing: Dior ambassador Jennifer Lawrence. Instead, the actor was seen out and about in New York, casual in jeans and sunglasses. It was a significant step in Jennifer marking out a new, low-key life for herself and new husband Cooke Maroney.

A source tells *Grazia* that Jennifer, who married art gallerist Cooke in a private ceremony last October, is working hard to stay away from the limelight. 'She has really changed her philosophy on life and work since meeting Cooke and getting married,' they say. 'She used to be a big fan of the Hollywood scene, but these days she keeps it to a minimum.' For Jennifer, stars like Leonardo DiCaprio and her close friends Bradley Cooper and Sienna Miller have found the balance that she seeks: choosing

Jennifer was in New York last week, rather than Paris

Denise & her god-daughter, Reese.

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THANKS TO Cleopatra's crown and collar, the concept of power dressing has existed since Ancient Egypt. It wasn't until the '80s, however, that it really gained momentum, aided by a whole lotta shoulder pads and Margaret Thatcher's handbag and hairdo. Fast-forward through Michelle Obama's sleeveless dresses, Alexandria Ocasio-Cortez's trouser suits, Lady Hale's spider brooch and it's official – power dressing is as much a state of mind as a wardrobe choice. Get it right and you'll walk into every breakfast meeting and boardroom feeling confident, commanding and, crucially, like your most impressive self.

Of course, power dressing has spread outside political circles. The fashion set's approach to 'means business' clothing isn't



4

Find your 'means

just boss-lady suits – although they're a great starting point – but about finding your personal brand of polish.

Speaking to the most fashionable women in the field, currently in the midst of fashion shows – that most pressured of environments – it's clear that power dressing boils down to how clothes make you feel. 'It means looking pulled together and feeling your best,' says photographer Tamu McPherson. For Drest's fashion director, Candice Fragis, it's a similar story. 'How I feel in an outfit always takes precedence over what I think I should be wearing,' she says. Lydia King, fashion director at Harrods, sums it up as follows: 'Power [dressing] doesn't mean exaggerated shoulders or masculine tailoring. It's about style and comfort.'

The *Working Girl* suit is no longer the only way to look sharp. 'The definition of work clothes has changed so much. It's not exclusively about structured two-piece tailoring or block colours any more,' says Candice. 'So many new and emerging brands are creating collections that are "workwear appropriate" through well-thought-out design that blends professionalism with personality.'

Net-A-Porter's global buying director, Elizabeth von der Goltz, includes Saint Laurent, The Row and JW Anderson on her list of go-tos for punchy workwear



WORDS: NATALIE HAMMOND. PHOTOS: JASON LLOYD-EVANS, GETTY



LYDIA KING

10 HOT STORIES

£865, Bottega Veneta
at brownsfashion.com

£445, Gauchere at
net-a-porter.com

£595

£325, both Joseph

£700, The Row at
net-a-porter.com

business' style



TAMU McPHERSON



ELIZABETH VON DER GOLTZ

pieces. 'We recently launched Gauchere as part of our Vanguard program and I love what they're doing for everyday tailoring,' she adds. Lydia also namechecks Jil Sander, 'For long-lasting pieces that stand the test of time,' while Tamu lists Petar Petrov, Joseph, Khaite, Salvatore Ferragamo, Blaze Milano and Rejina Pyo. 'If you're ever in doubt, anything from Joseph promises to be a timeless piece and a solid wardrobe investment,' says Candice.

Don't know where to start? 'My secret weapon for important meetings is the shoes,' says Tamu. Elizabeth's approach is equally straightforward. 'I love to wear a full suit, in a head-to-toe colour or a heritage check, and usually pair it with a polo neck.'

Of course, it's also about being playful. Browns' brand engagement director, Tyler Psarras, who dresses predominantly in menswear, says that's something we shouldn't lose sight of when getting ready for work. 'I don't like to feel too serious. Fashion is about having fun and expressing yourself.' That last word is the most important. 'Power dressing means fuck what everyone else thinks,' she says.



Long walk to justice: Weinstein guilty of rape

5

AFTER SIX WEEKS of dramatic, visceral testimony, and almost 20 hours of jury deliberation, last Monday, in a New York courtroom, Harvey Weinstein was convicted of rape and sexual assault. Once feared and revered in equal measure as a Hollywood producer with the power to make or break both films and their stars, 67-year-old Weinstein was led from the court in handcuffs, and now awaits sentencing; he could serve up to 29 years in prison.

Since the revelations regarding Weinstein began – revelations that ignited the #MeToo movement – in *The New York Times* on 5 October 2017, 108 women have come forward to report that he abused or sexually harassed them, pressured or coerced them into sex, attempted to trade career

opportunities for sexual favours, and raped them, in a pattern of abusive behaviour that spanned cities, countries and decades.

And yet the world had waited with baited breath for the verdict – unsure which side the jury would come down on regarding the man who was once the most powerful person in Hollywood. ‘People had told me, “Prepare yourself for him to get off. It’s hard to convict this kind of thing and just doesn’t happen,”’ Katherine Kendall, a 50-year-old actor who met Weinstein when she was 23, told *Grazia*. After a supposed business meeting, she says, he trapped her in his apartment and attempted to force her to give him a massage and show him her breasts.

‘I was so scared and anxious at the thought that he might be found not guilty,

and how that would set us all back – not just in this case, but in all the cases of women speaking up, so it feels like an incredible win.’ She cried with relief when the verdict came through. ‘It felt like, wow, did we actually just get listened to? Nobody wants to watch anyone go to jail. But there have to be consequences.’

The jailing of Weinstein also means that ‘people are safe from his predatory way – and retaliation’, said Kendall, who, after speaking publicly, says she was targeted by Black Cube, the secret private investigative agency hired by Weinstein. ‘It was a very real fear – I’ve angered him, what will he do next?’

Louise Godbold, a 57-year-old trauma specialist who also encountered Weinstein in her twenties, when she was working in



The world's media watched Weinstein make his way into court with the aid of a walker

the film industry, was equally overwhelmed by the news of his conviction. 'When I came forward my friends and family said, "Don't do it, he's really powerful. He's got powerful lawyers," said Godbold. 'We never thought that he would be toppled.'

In a situation not unlike that reported by Kendall, Godbold alleges that he first cornered her in a conference room at Miramax in New York, grabbed her hand, put it on his crotch, then, in a second incident – after he had been contrite about the first – in a bathrobe in a hotel room in Los Angeles, asked her to give him a massage. 'But before October 2017, I thought it was just me – I did not know there were any other victims,' she said. From having felt alone in her experiences for so long, she is now part of a group of 35 alleged victims who have become close, and many of whom she has trained in trauma and resilience.

Though found guilty on two charges – which he plans to appeal – Weinstein was found not guilty of three more, including the most serious – predatory sexual assault. But the case against him is not over. A separate trial is being prepared in Los Angeles, where he is accused of raping an Italian model in a hotel room, and trapping a second model in a bathroom and masturbating while he groped her, both in 2013.

Both Godbold and Kendall have been interviewed by the prosecuting teams in California, where the statute of limitations is longer, meaning older historical cases of sexual misconduct can potentially be tried, and told *Grazia* they are prepared to testify, if asked. Kendall is also part of a civil lawsuit against Weinstein, with a potential payout of \$25 million to the 30 actresses who are plaintiffs.

'Money isn't ever going to soothe the pain or take away what happened,' she said. 'But it's about holding him accountable.'



10 HOT STORIES

'I was witnessing history – and writing history'

The female journalists who worked 24/7 to report from the court on the Harvey Weinstein trial tell Anna Silverman how it was both moving and thrilling – as well as unusually collaborative...

'We were all in it together every single day for seven weeks,' *Variety* reporter Elizabeth Wagmeister tells *Grazia*, revealing how the female journalists put their competitive streak to one side to help each other cover the trial. 'I'm so grateful to have been in the trenches with so many hard-working and passionate journalists. As a woman, I felt an extra sense of responsibility covering this case, which I knew could have a game-changing impact for future generations of working women who will hopefully now have safer and more equitable workplace environments.'

CBS Network News producer Cassandra Gauthier says there was a group of four or five female reporters with whom she became very close. 'Many of us relied on one another to firm up a quote, to share a transcript and often to share a hug. This was tough stuff.'

For Elizabeth, hearing the verdict felt monumental. 'As I sat there and typed my notes as the clerk said the word "guilty", I knew I was witnessing history – and writing history. It's ironic that Harvey Weinstein was one of the biggest movie producers in Hollywood history because, at times, walking into the courtroom felt like walking

on to a movie set, in the sense that it was so surreal the trial was actually happening in real life, after decades of allegations.'

Before covering the case, Elizabeth had seen Weinstein at his company's Oscars party a few years earlier, where she says he ruled the room. It was a stark contrast to the shadow of a man she watched in the dock. 'Seeing him feeble and frail with his walker was eerie. And seeing him sitting at the defendant's table emphasised exactly what was happening in that courtroom, which was the turning-of-the-tides of Hollywood power structures.'

'The atmosphere was often tense and emotion-filled,' says Cassandra. 'Weinstein's victims had to walk down the hallway of media before and after testifying. Jessica Mann [an actor who Weinstein was convicted of raping in a Manhattan hotel room] cried on the stand for three days. It was painful to hear.'

There were several jaw-dropping moments, not least when the jurors were shown a nude photo of Weinstein. While the images were passed around, she says 'eagle-eyed sketch artists were able to note the attributes and their work became one of the most shocking takeaways'.

As for the verdict, neither woman knew what to expect: Cassandra tried not to speculate but says, at times, it looked as if it might be hung, while Elizabeth says sources close to Weinstein told her they never anticipated things would turn out the way they did. 'Weinstein remained stoic as the verdict was read,' Cassandra adds. 'There was no visible reaction. No one in the gallery made a sound. Weinstein was cuffed and led out of the room, hobbling without his walker.'



DOLCE & GABBANA

BOTTEGA VENETA

EMPORIO ARMANI

MAX MARA

MILAN FASHION WEEK

High drama – and wantable, wearable clothes

BY GRAZIA'S
FASHION DIRECTOR
KENYA HUNT



TO SAY THAT last week's autumn/winter '20 edition of Milan Fashion Week was one for the history books is an understatement. First, there was coronavirus, which landed in Italy and escalated during the week. It prompted Giorgio Armani to show his collection in front of an empty theatre rather than the thousands of guests originally invited and sent editors running for the nearest *farmacia* in search of hand sanitiser and face masks.

And then there was the last-minute press



FENDI

GUCCI

PRADA

VERSACE

conference, where Miuccia Prada and Raf Simons announced they were joining forces as co-creative directors of Prada – leaving the fashion set ecstatic. It's major – the first time two designers of their stature have ever entered a partnership of its kind and a move that many believe could alter the business of fashion in years to come. Welcome to the age of PRAFA! Or PRAF?

In short, Milan was high drama. Yet, through it all, designers still managed to show an impressive line-up of incredibly desirable clothes. Here, the key talking points...

WE FEEL SEEN

Increasingly, fashion can feel like a spectator sport with its imagery, shows, scandals and plot twists projected across countless screens. This idea took on a new meaning at Gucci and Versace, where the tables were turned so that audience members were the ones being watched. At Gucci, Alessandro Michele's models stood on a stage that rotated around a ticking, neon-lit metronome. They watched us watching them as dressers pulled clothing from rails and helped them into baby-doll dresses with

leather harnesses, retro suiting with top hats, ladylike coats and shaggy wig hats, and enormous, frilled gowns. It was the more-is-more maximalism that has defined Michele's Gucci, but flipped inside out – the backstage area became the stage. And rather than walking on to a runway fully dressed in Gucci regalia, the models started out wearing notably less – underwear and hosiery. The assembling of the looks, the making of the moment, was as compelling as the clothes themselves, if not more.

Similarly, Donatella Versace turned the ▶



GUCCI

GUCCI

cameras on her audience, leaving editors staring at a fun-house-style projection of themselves in a dark room. It was meta. It was also Instagram bait of the highest order. Why bother with a front row selfie when you can take a photo of your face broadcast on to a giant screen?

When it comes to turning a show into a social media hit, Donatella has always been savvier than most, having produced not one but two internet-breaking moments, with the supermodel reunion of 2017 and J-Lo's surprise appearance on last season's catwalk. This time, a cast of supers past and present, including Gigi and Bella Hadid, Kendall Jenner, Adut Akech, Kaia Gerber, Binx Walton and Mariacarla Boscono gave star power to Donatella's trademark sexy clothes.

It all heightened the feeling that a runway show has evolved to become something much bigger than the mere prediction of what we'll be wearing in six months' time, but rather theatre and commentary on the state of play. Though let's be clear, judging by the breadth of the clothes in the collection (a combined men's and women's show meant there were many, many looks), there will be plenty to want and wear, from her broad-shouldered blazers to her clever updates on the LBD (a slash of skin here, a bell sleeve there.)

BACK TO BLACK

Amy Winehouse's *Back To Black* may have been the soundtrack to Dolce & Gabbana's show last Sunday, but its title seems to be



FENDI



TOD'S

summing up an entire trend. Black has been inescapable this season, appearing in New York, London and now all over Milan. Its return makes sense. With so many rethinking the way we consume fashion, advocating an approach that prioritises circularity and longevity, a classic wear-with-anything-anytime black seems like a good way to go.

A gorgeously tailored noir coat that you can pull out over and over again feels like a more ethical choice than the quick hit of a fleeting trend that might look dated in six months. This thinking was not lost on Team Dolce, who celebrated craftsmanship from start to finish. In the lobby, guests walked through an 'atelier' (featuring cobblers and embroiderers at work) on the way to their seats where video footage of Italian artisans hand-sewing garments played. Titled 'fatto a mano', which means to marry the traditional with the contemporary, the brand showed clothing that stood out for



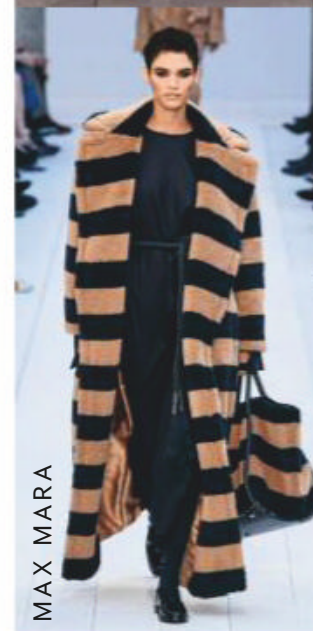
DOLCE & GABBANA



SPORTMAX



GIORGIO ARMANI



MAX MARA



ERMANO SCERVANNINO

its timelessness – the bejewelled coats, lace dresses and tuxedo jackets drove home the longevity of the brand and the story of Sicilian glamour that has converted so many Dolce & Gabbana fans over the years.

Black was also used to emphasise Italy's near peerless grasp of wearability and luxury at Max Mara, where lush the-coat-is-the-outfit outerwear was the star. There were swaddling teddy coats and nylon jackets padded with recycled cashmere scraps. Meanwhile, at Sportmax – celebrating its 50th anniversary, suiting and eveningwear stood out. Both were strong reminders that zeitgeisty industry talking points come and go, but a woman still needs clothes to wear and a beautifully crafted piece that won't go out of style is money well spent.

And should you need further proof that black is back, look to the Boss and Giorgio and Emporio Armani collections, which went big on timeless investment dressing.

Speaking of investments, Walter Chiapponi, Tod's new creative director, showed some of the best trousers we've seen all month. They were cool and polished, with just the right amount of slouch. You'll want to wear them with his equally great blazers (the jacket will be big news for autumn) or a simple roll-neck top.

FRINGE IS BIG

Expect to see a wave of headlines declaring the 'fringe benefits' of getting dressed next autumn. Everything from coats and bags to dresses and shoes came with shredded,

10 HOT STORIES



swishy embellishments in Milan. In a highly anticipated third collection from Daniel Lee, Bottega Veneta owned the moment with enormous fringed shearling coats and dramatically shredded leather clutch bags that will most certainly dominate the street-style circuit later this year, just as his cloud-like purses and square-toed heels are doing right now. 'I had been asking myself, really, what is the point of fashion; you know, what is the role of an artist today?' Lee said backstage. 'For me it really is something quite theatrical.' It's hard to overstate Lee's influence right now – you see the impact of his minimalist, quilted and padded vision at every Zara, yes, but also on the runways of some of his peers. His impact was so definitive that the Fashion Awards bestowed him with a whopping four trophies, despite his having only been in the role for a year.

He wasn't alone in adopting fringe. Backstage, Miuccia Prada said her bejewelled take on the trend was about showing how femininity can epitomise strength. 'I am interested in the cliché of femininity and the contrasts between that which is perceived to be.' So she juxtaposed masculine elements with conventionally ladylike ones: chunky knits decorated with dangling crystals, say, or a grey, broad-shouldered jacket and tie paired with a languid, tassel of a skirt.

Fringing also made an appearance at Boss, where creative director Ingo Wilts used it as an accent on scarves and bags throughout his caramel, lavender and maroon suiting, dresses and separates. Wilts called his collection Generations, playing up his clothes' appeal to Millennials, Xers and Boomers alike. 'The goal is to keep

everything in use, and to make it as circular as possible,' Amber Valletta said front row.

AGE AND BODY DIVERSITY

There was a different kind of generational dialogue happening at Fendi, where Silvia Fendi showed her intelligent take on sexy dressing on a relatively diverse cast of models that included Paloma Elsesser, Jill Kortleve, Karen Elson, Liya Kebede, and Ugbad Abdi. They drove home a point that seems obvious but is rarely reflected on the runway: that women come in all shapes, sizes, colours and ages. And the cast added depth to Silvia's bold, confident clothes.

The supers were trending all over Milan, whether it was Irina Shayk, Arizona Muse and Carolyn Murphy at Salvatore Ferragamo or Natasha Poly at Versace. It's always refreshing to see women in their thirties, forties and older on the runway. These are, after all, the women who can most likely afford the clothes. But how much more exciting would the runway be if designers dressed women in a wider range of sizes? As fashion leans into a decade that, two months in, has already been filled with big, probing questions, we should add that to the list.

DECADES

The '80s was Milan's decade of choice, from Jeremy Scott's rousing, feelgood, Marie Antoinette-inspired show for Moschino (made even more fun with a soundtrack of Siouxsie and the Banshees) to Alberta Ferretti's boldly colourful trouser, boot and sports jacket combos. At Philosophy di Lorenzo Serafini, upbeat '70s-inspired frocks reigned supreme.

10 HOT TAKEAWAYS FROM MILAN





Top £1,536, Ivy Kirk

IVY KIRK



MAISONCLÉO



Top £215, MaisonCléo at net-a-porter.com

Meet Instagram's cult new brands



OLIVIA ROSE



Dress, £250, Olivia Rose at selfridges.com

NEW RESEARCH shows that the rate of women's entrepreneurship rose by 10% last year – with 163 million women starting businesses. That's good news when you consider that Boston Consulting Group report the global economy could be boosted by \$2.5 trillion to \$5 trillion if women and men participated equally as entrepreneurs. Plenty already are, of course – and the one place where female-led businesses are visibly flourishing is Instagram, especially when it comes to made-to-order fashion businesses that champion a smart, sustainable approach to shopping. And one that's still big on style.

Take MaisonCléo's Insta-friendly puff-shoulder tops and organza blouses, which have amassed more than 42,000 followers, including French cool girl Anne-Laure Mais. According to Stylight, the fashion search platform, the brand has had a 267% growth in clicks from November 2019 to February 2020.

Handmade to order in France by Marie Dewet and her mum, each piece is made from leftover fabric and their Insta success has led to the

collection now being stocked on Net-A-Porter. Libby Page, Net-A-Porter's senior fashion market editor, says, 'MaisonCléo has a loyal customer base on Instagram, which drives sales. The brand also has a strong, clear ethos and is transparent. Being honest about being a small family business and producing small quantities as a way to be sustainable adds to the connection that customers might feel towards the label.'

Olivia Rose The Label is another such brand. Founded in 2017 by Olivia Rose Havelock, pieces like Shirred tops and puff-ball bags are handmade to order in her Edinburgh studio. 'Most pieces take around four hours to be made. I can accept around 20 orders a week and no items are pre-made as I like to have as little wasted fabrics and resources as possible,' says Olivia, who sources all fabrics in the UK.

While Olivia sells through her own website, her loyal Insta following is no doubt part of the reason why her designs were picked up by Selfridges last summer as part of its Bright Young Things initiative.

Over in New York, look out for

designers such as Mrs Jones and Ivy Kirk, who have also launched made-to-order businesses on social media. 'I want the clothes to be something you could keep in your wardrobe forever and even pass down,' says Ivy. 'What we don't produce made-to-order we make in limited quantities. People are tired of having the same fast-fashion looks as everyone else.'

Whether or not this movement will become more widespread remains to be seen, but it certainly seems like a smart way to shop. So how's this for a new mantra: if it ain't bespoke, don't buy it.



MRS JONES

A new group will be back in the *Love Island* villa this year. Below: contestant Shaughna Phillips

Is the party over

for Love Island?

As ITV announces that it will continue with the summer series of *Love Island*, Harriet Kean asks both psychologists and former contestants whether the programme needs a rethink...

WHEN IT WAS announced last week that *Love Island* will return for another series, Twitter users were quick to criticise the 'disrespectful' decision. Following the death of the show's former host Caroline Flack, some felt it was only natural for the series to end, arguing that the programme could not go on without its vivacious and beguiling presenter.

Caroline's death is the third suicide in connection with the series (former contestants Sophie Gradon and Mike Thalassitis both took their own lives after appearing on the reality TV show), prompting questions about how the programme takes care of its talent. Last week, Montana Brown, who appeared in the same series as Mike, revealed that 'every single person that I'm friends with from *Love Island* suffers from anxiety

or depression – it's actually terrifying.'

Malin Andersson, a former contestant who was in Sophie's intake in 2016, tells *Grazia* that the show's support is simply not good enough. 'Every time someone passes, I get an email saying, "How are you?", and I think that's just shocking,' she says of the production company's response to the recent deaths.

Honey Langcaster-James, a psychologist who has worked on *Love Island*, believes there is a gap in knowledge with regards to mental health. 'A lot of production companies try really hard to put in place good services, but because they're not trained professionals themselves, they don't know who to turn to for the best support.'

Linda Papadopoulos, a TV psychologist who worked on *Big Brother* when it launched in 2000, agrees, arguing that reality TV has drastically altered since its inception. When *Big Brother* started, it was seen as 'a social

experiment'. Reality TV these days, she says, is 'much less real... and the game playing element has to be more creative'.

Dr Papadopoulos believes that certain aspects of *Love Island*, such as Casa Amor or the headline game (where contestants are exposed to vitriolic tabloid headlines concerning them) 'raises anxiety... It is about manipulating the situation to create drama and that, in essence, is what reality TV has become.'

So what should *Love Island* do differently this time? Dr Papadopoulos says that the screening process and aftercare needs to be 'much more complex'. 'There needs to be a strategy, so therapy, but also advice around managing money, business and the next steps. These are people's lives, they are real people. We consume them and then, when we have had our fill, we spit them out. This has the potential, as we've seen, to do serious damage.'

Yet not all former contestants feel the same way. Shaughna Phillips, a contestant from this year's intake, found the experience wholly positive. 'I couldn't fault the welfare,' she tells *Grazia*, adding that there were therapy sessions called Welfare Wednesdays, and that she has a long-term plan with a therapist. 'I'd call it a Full English of experiences. I had a little bit of everything, but I'm glad for the experiences. It's made me stronger. I'll be tuning in this summer, that's for sure.'



It's shoetime!

Iconic heels go on display



9

CHRISTIAN LOUBOUTIN shoes don't so much beckon the limelight as revel in it. The heels are high, the pumps bedazzled and the iconic red soles inject even the safest looks with a slash of sauciness and subversion. No surprise, then, that when a new exhibition opened in honour of the designer last week, kicking off Paris Fashion Week, it was a suitably glamorous affair. Juliette Binoche, Dita Von Teese and Janelle Monáe (all of them in their Louboutins, *bien sûr*), mingled while a big band performed film scores, speaking to the designer's love of cinema.

L'Exhibition(iste) is hosted at the Palais de la Porte Dorée – the façade of which was bathed in red light for the opening night – an imposing art deco museum in Paris's 12th arrondissement. Despite the grandeur, there is an intimate backstory to the venue of Christian's first ever solo show in France. It was here that the young Christian noticed an illustrated sign forbidding visitors to wear high-heeled

shoes. It subsequently inspired his signature Pigalle pump.

Christian grew up just a stone's throw from the museum, and was first acquainted with the worlds of art and design in its galleries. 'It made me dream and travel, before I would actually travel,' he tells me at the preview for the exhibition. 'I really owe a big part of my imagination to this place. So I wanted to give back the same emotion that I had as a kid here.' His goal, he says, is for visitors to be 'surprised and maybe happy or fascinated'.

It must feel strange, for imagine the young Christian wandering the Palais' galleries and now being the main event himself. 'Funny enough, I never dreamt big,' he says. 'I never really dreamt of professional things or being anything special. My thing was to do beautiful shoes, always. But it was





Sole to soul:
Louboutin lovers
can get their
shoe fix at the
Paris exhibition

not necessarily to put my name on.' He adds with a smile, 'I realise now I would have been very unhappy if it *hadn't* happened, but I had never dreamt it.'

It did happen, though, on a global scale. Today, women – and men – the world over are obsessed with their Louboutins (none more so than Cardi B, who has rapped about the 'red bottoms' and been rumoured to buy a new pair every couple of weeks). Brigitte Macron wears hers on state visits, Leonardo DiCaprio picked up his Oscar in a pair. Aretha Franklin loved Louboutins so much she was buried wearing red pumps.

Next year, the brand turns 30, and its appeal continues to endure far beyond Planet Celebrity. Christian believes its because 'women do see unconsciously the big love and respect that I have for them. That's why I am always offended when people say, "to do high heels is bad for women, you *oblige* women"'. To that, he replies, 'Do you really think that I feel that I have the power to oblige people I don't know to wear my shoes, not because they want to, but because they want to please me? Come on! Most women I know, they know what they want and they do what they want. Thank God! They are in charge.' (He, for the record, loves making an effort with fashion. 'It's almost an homage to the other person. It's respectful,' he says.)

One room in L'Exhibition[iste] is strictly off-limits for the under-16s. It's dedicated to Christian's collaboration with film director David Lynch, and is a fetish collection of extreme, whip-crackingly fierce oddities such as 26cm heels and Siamese pumps (one-offs, *not* made to be worn it

should be noted). His own definition of sexy 'is a state of mind, but it's also something quite unexpected. Some people have a sexy touch, and some people just don't,' he shrugs. Surely a Louboutin can help us all unleash our inner sex goddess, though? 'It puts people in the state of mind, but it's really *your* desire to feel sexy and to be sexy. A shoe is an element that can help you, but it can just help. You put the attention on the foot, but you don't feel your *foot* is sexy, you feel sexy *yourself*,' he says, adding that the right shoe is 'like a little character' that can help tease the sexy out of you.

The Lynch partnership is just one of many collaborations in L'Exhibition[iste], for which Louboutin has also teamed up with New Zealand multimedia artist Lisa Reihana and Pakistani artist Imran Qureshi.

The final section of the exhibition is dedicated to Christian's inspirations. An immersive dive into his mood board, it runs the gamut from Wedgwood china to Helmut Newton photography, Gandharan art to Andy Warhol paintings, a Bhutanese crown to a pair of Mae West's shoes. A smorgasbord of references, it demonstrates Christian's fearlessness in mixing the high and low, classic and pop, art and artisanship. 'Often, I put artisanship at the same level as art,' he explains. 'My father was a carpenter, but he always loved fine art and objects. And it's important for me to express. The idea here is "inside the head", rather than "behind the scenes".'

In keeping with his you-can-sit-with-us attitude, Christian is keen that even those people who don't 'get' luxury fashion might find something to be inspired or excited by at the exhibition – just as he was as a youngster in this museum all those years ago. 'What I really wanted to do here was an exhibition, not only for the happy few who have access to fashion shows, but to do a popular exhibition,' he says with a smile. 'To me, popular is not a dirty word.' *Christian Louboutin L'Exhibition(iste)* is on now at the Palais de la Porte Dorée until 26 July (palais-portedoree.fr)



From top:
Christian
Louboutin,
Janelle Monáe,
Dita Von Teese
and Juliette
Binoche



Louboutin says
he wants visitors
to be 'surprised
and maybe
happy and
fascinated'

WORDS: LAURA ANTONIA JORDAN

MARIAN KEYES:

Yes, I can be a beautyaholic and a feminist

When best-selling author Marian Keyes, 56, posted a series of videos revealing her love of shopping in beauty emporium Sephora last week, it went viral. She tells *Grazia* about the power of make-up – and Botox...

LATE LAST month, I had two rare days off. I thought about sleeping for 48 hours, but I was already fixated on the Eurostar – only two and a half hours to Paris! And what have they in Paris? Yes! Sephora! When I go to a branch of Sephora, anywhere in the world, a euphoria comes over me, that I've christened 'sephoria'.

I worried about seeming like a philistine getting the train to Paris just to go to Sephora but then thought, 'It's my time and it makes me happy.' There's a pressure to do something deeply Parisian, like go to the Louvre or stroll with your loved one by the Seine – but I thought, 'No, I'll get the Sephora Express and immerse myself in Sephora for as long as my adrenaline can stand it.' I booked a hotel 0.3km from Sephora Champs-Élysées. On the first foray, I was there over an hour and bought five items. Then I thought, 'I need to go and lie down and eat some sugar.' The next morning, I went back and spent more time and money.

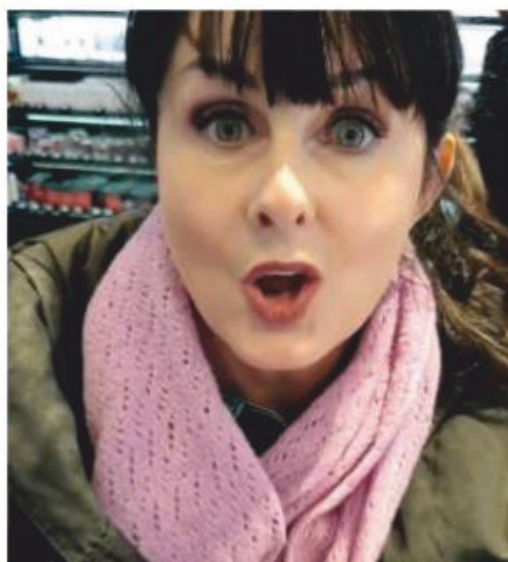
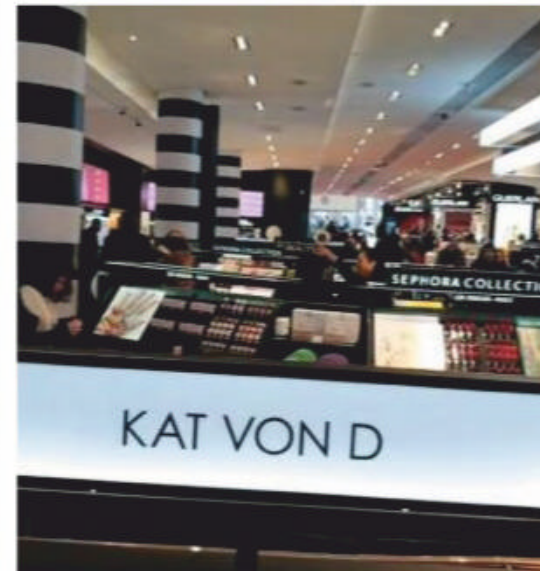
What does make-up and beauty and skincare mean to me? It's impossible to explain: I simply love it. On Twitter, where I posted videos of my 'sephoria', some people say things like, 'You and your trips to Paris; what about homelessness?' But I think: I work hard, I earn my money honestly, I pay my taxes and I give generously to good causes. I don't drink; I don't take drugs. So I'm allowed this. I adore beauty products: *everything* about them, taking them out of the box, removing the lid... It's *wildly* enjoyable. I don't think these products will *save* me from turning into my granny, that's not what it's

about. I take it all, especially the anti-ageing stuff, with a pinch of salt.

I'm honest about having had Botox and fillers. I don't want people to look at me and think I have a smooth forehead because of creams and skincare. I don't want people to waste their money expecting miracles.

It's a tricky one, Botox and fillers – in one way, I am being a bad feminist by buying into the patriarchal lie that women are only valuable when they look young. But I live in this patriarchal society and, against my better judgement, I've internalised those messages. So when I was looking at those two furrows between my eyebrows, which were deep enough to plant potatoes in, it made me sad. So, I tried Botox – and the frown went away. As a feminist, the only way I can cope with getting Botox is by being honest about it.

It's only as I've got older that I'm comfortable going out without make-up. The generation below me have pushed back so much harder against the destructive messages than mine ever did. There's more acceptance of myriad types of faces and bodies. I feel freed by that. Make-up gives me so much pleasure but, these days, I am quite fine with going out with none on, too.



MARIAN'S ULTIMATE 'SEPHORIA' SHOPPING LIST

- Huda Beauty Nude Obsessions Eyeshadow Palette Light
- Sephora Glow Perfection Foundation
- Sephora Outrageous Oversized Lashes Multidimensional Volume Mascara
- Marc Jacobs Beauty Highliner Gel Eye Crayon Eyeliner
- Milk Makeup Watermelon Brightening Serum
- Fresh Seaberry Skin Nutrition Cleansing Oil
- BELIF Aqua Bomb Sleeping Mask
- Pat McGrath Labs Skin Fetish: Sublime Perfection Foundation
- Too Faced Hangover 3-in-1 Setting Spray Watermelon



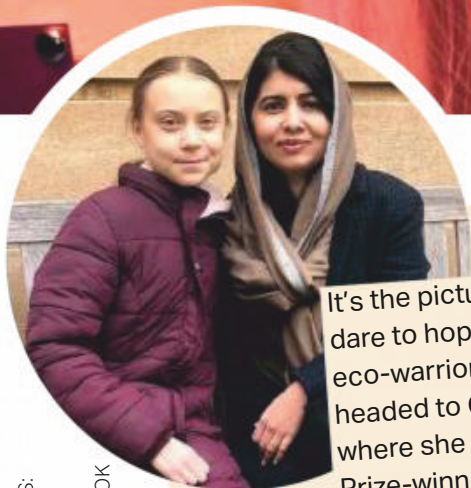
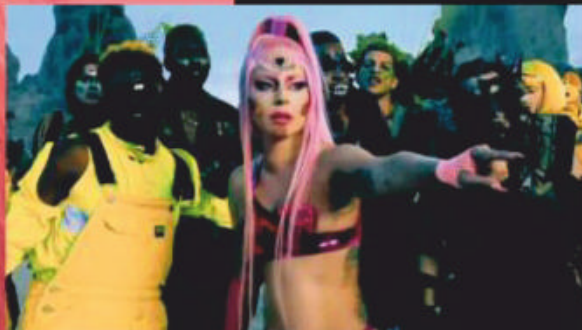
A few last things you need to know...

AND FINALLY...



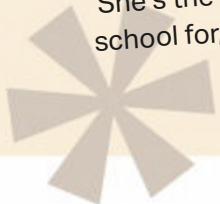
Gaga: far from the shallows now...

YOU CAN ALWAYS depend on Lady Gaga to stir things up. Last week, the music maverick released the video for her new single, *Stupid Love*. Think Power Rangers meets Mad Max. That country-pop *Star Is Born* phase is definitely over, then.



It's the picture that makes us dare to hope for a better future: eco-warrior Greta Thunberg headed to Oxford last week, where she met Nobel Peace Prize-winner Malala Yousafzai. 'She's the only friend I'd skip school for,' Malala tweeted.

WORDS: GUY PEWSEY. PHOTOS: GETTY, INSTAGRAM/MALALA, MERT ALAS AND MARCUS PIGGOTT FOR CR FASHION BOOK



The Duke and Duchess of Sussex are slowly working out how to continue their work, after stepping back from their senior royal roles. Last week saw Harry fly to Scotland to discuss sustainability. When Q&A host Ayesha Hazarika asked how she should introduce him, he said, '**Just call me Harry.**' A sign of things to come?



Duffy re-emerges with brave statement

DUFFY, WHO HIT the big time in 2008 before seemingly going off-grid in 2011, posted a statement on Instagram last week, revealing that she'd been recovering from the trauma of being drugged, raped and held captive for days. 'I can tell you in the last decade, the thousands and thousands of days I committed to wanting to feel the sunshine in my heart again, the sun does now shine.'

THE CHER AND KIM SHOW



Kim Kardashian West's well-documented obsession with Cher has reached new heights, as the pair have teamed up for a shoot in Carine Roitfeld's *CR Fashion Book*. Kim has long called Cher one of her idols, and much of her style seems inspired by the diva. She described the shoot as 'a dream come true'.



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IF CLOTHES COULD TALK

PARIS
FASHION
WEEK

ZOË KRAVITZ

CHARLOTTE GAINSBOURG



Hot on the FROW...

Tomato red tailoring (Charlotte Gainsbourg), mesh boots (Alexa Chung) and waistcoats (Demi Moore) all got a shout out on PFW's front row. Most sublime of all? The after-dark sequins worn by Zoë Kravitz and Amber Valletta.

Print-cess Lizzo

Doesn't Lizzo's geometric-print Mary Katrantzou gown spell 'joy'?

Trend alert

Bella Hadid just gave chinos the high-fashion call-up. Wear yours with a sunny-side-up gilet – and a shoulder bag for sleek points.

HAILEY IN SALLY LAPOINTE

Purple reigns in Paris

Rihanna, Cynthia Erivo and Hailey Bieber are no shrinking violets. Whether you choose ruffles (Givenchy) or body-con cut-outs (Versace), make sure it's power purple.

AMBER VALLETTA

ALEXA CHUNG

DEMI MOORE

RIHANNA IN GIVENCHY

CYNTHIA IN VERSACE

Actor, activist, Gen-Z icon... The world's most powerful 20-year-old talks to *Grazia* about her year of saying no and why she's feeling positive for the future this International Women's Day

YARA

'SOMETIMES
YOU HAVE TO
BE DISRUPTIVE'

SHAHIDI

WORDS LYNETTE NYLANDER
PHOTOGRAPHS SACHA MARIC

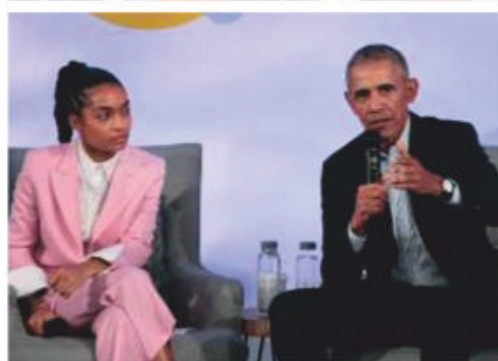
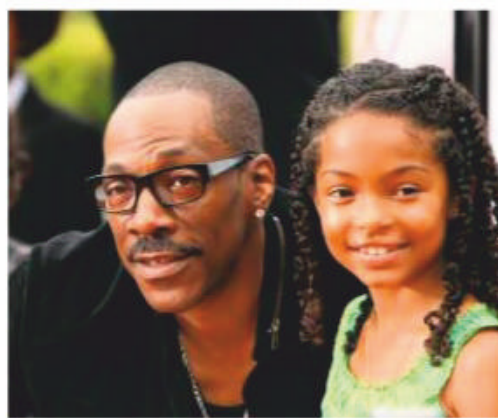


SPEAKING TO Yara Shahidi, it's clear she doesn't do things by halves. She's passionate about school (she discreetly enrolled at Harvard in 2018), she's passionate about acting (she's been in hit TV show *Black-ish* since she was 14), she's passionate about politics and her advocacy work. She speaks with a zeal for all three, in no way bogged down by the sheer exhaustion of juggling three pretty major responsibilities, ones that adults twice her age would tremor to take on.

You see, Yara has just turned 20. And she is only getting started on her path to world domination, at a time when typical teenagers are just getting acclimatised to life ▶

INTERNATIONAL
WOMEN'S
DAY
SPECIAL
ISSUE





From top: Yara with *Imagine That* co-star Eddie Murphy, 2006; in 2017 on the set of *Black-ish*; with her family; at last year's Obama Foundation Summit with the ex-President

'I'M ALL ABOUT ASKING FOR WHAT YOU WANT'

outside of the family home. So how did she celebrate her birthday last month? 'Me and a bunch of friends watched *Spirited Away*, some of my family flew in, my cousin was in town, we got sodas and popcorn – it was fun!' she laughs, a reminder of her just-past adolescence. *Grazia* has come to Boston, near where Yara attends Harvard, and she arrives at the shoot on time, her signature curls bountiful, skin impossibly glowing, in a cashmere tracksuit and trainers, with her mother Keri and her publicist in tow, and promptly and warmly greets everyone on set.

She knows how it goes – after all, she has been in the industry for a long time. Born in Minnesota to an African-American mother and Iranian father, she began modelling aged four, racking up campaigns for the likes of Ralph Lauren and Gap, before moving into acting. She starred alongside Eddie Murphy in 2009's *Imagine That* and in 2010's *Salt* with Angelina Jolie. Her big break came in 2014 by way of her role as Zoey in *Black-ish*, the critically-acclaimed comedy about an upper-middle-class black family in America navigating both family dynamics and socio-political issues of the day. The show was an immediate hit and spawned Yara's own spin-off show, *Grown-ish*, which follows her as a college student; it has just been renewed for a third season.

I ask what she's learned from Zoey, who is going through the same early-adulthood life markers as Yara. 'I've learned that growth isn't linear,' she says. 'As you get older, you learn. You deal with having hard conversations with friends, you learn about making mistakes, forgiving yourself, moving on and being OK if you make that mistake again.'

On top of her successful acting career, she's been the unofficial face of the Gen-Z activist movement, using her platform to rally for young voter registration with the campaign We Vote Next. She's so impressive, in fact, that Oprah has said, 'I hope I'm still around when she becomes President.' She's close-knit with the Obamas, with Michelle even writing the letter of recommendation for her Harvard application. Though Yara insists that speaking out has been part of her everyday since she was born. 'I come from a very engaged family so [activism] didn't feel out of the ordinary. If anything, it felt like, as

my platform grew, so did the expectation to continue conversations that we've been having since I was born,' she explains. 'Now my thing is: how do we remain action-oriented, especially given the upcoming election? I feel like it's no longer a question of how do we get young people to care. It's now about how do we give young people the access to act upon their feelings? There is a privilege I have in that I can call my team of people and know that we are all committed to the same mission, and figuring out what we're going to do about it. But that requires an entire network, my peers included.'

Her dedication is impressive, but it's a lot for anyone to take on, let alone a 20 year old. Yara is frank about a challenge faced by many women, no matter how powerful: saying no. 'I have been surrounded by powerful women my entire life, but women inherently are people pleasers, and we don't like to rock the boat,' she explains.

'I had a "year of no" last year, which is now turning into two years of no, and that's all about being comfortable in asking for what you want and then, as long as whatever you're asking for is rooted in your personal values, you shouldn't feel any sort of way about asking for those things. I just wanted to feel more comfortable insisting on the things that I knew I wanted.'

'I'm pretty practical anyway, there are very few things where I'm asking for something I should feel bad about. Mostly they are rooted in wanting to get things done to the best I possibly can. I think, especially as a woman of colour, it's often hard to say no. It's perceived as disruptive instead of a catalyst to achieve something better. I am down to destigmatise the word no, sometimes you have to be disruptive. And it really comes down to your duty as a woman to be taking care of yourself as well as you take care of other people. That's important for women to remember.'

Despite a pretty hefty day-to-day, Yara assures me she's an average 20-year-old at heart. 'I've never really been in any rush to get any older, I really love being a young person,' she says. She spends days off hanging with friends, going to concerts ('I moved a photo shoot to go to [Tyler The Creator's] Camp Flog Gnaw Festival in California') ▶



THIS PAGE

Shirtdress, £595, skirt, £275, and sneakers, £150, all Coach 1941

PREVIOUS PAGE

(Left) Sleeveless dress, £495, leather skirt, £495, and sneakers, £150, all Coach 1941. (Right) Sweater, £395, and blouse, £495, both Coach 1941



**'I'M NOT
ONE FOR A
FIVE-YEAR
PLAN. MORE
FIVE-WEEK
PLANS!'**

and Yara's Instagram page gives further glimpses into what makes her tick. Yara lip-syncing to her favourite songs, style selfies and throwback family photos are flooded with adoring comments by her five million (and counting) followers.

Her perfect (and bankable) blend of brains and beauty has meant she's been courted by some of the world's biggest brands as a spokesperson. Among them Bobbi Brown Cosmetics, Adidas and Coach, with whom she has a long-standing relationship. She doesn't take her partnerships lightly, often weighing up the brand's philanthropic commitment and ethos with her own, ahead of any financial profit. 'It's important there is messaging that we both really stand behind. That's why Coach has always been so great for me,' she says. Since 2008, The Coach Foundation has

raised more than \$50 million for charities working with young people.

Also, of course, Yara loves fashion. And thanks to super-stylist Jason Bolden (who also works with Cynthia Erivo and Alicia Keys), she never puts a foot wrong on the red carpet, leaning towards bold shapes and colourful prints that speak to her exuberant energy, and always paired with a playful beauty detail (think slick baby hair and graphic eye-liners). 'I never want to look too put-together,' she says. 'It's important to have fun with style and never take myself too seriously.'

Together with her mother, Yara recently set up a production company, Seventh Sun. 'We've wanted to do it for so long,' she says. 'We've unofficially had projects going before we had the name. It's been such a great opportunity to put into action some of the creative ideas we've had and to use Seventh Sun as a vehicle to collaborate with new writers, directors, and actors that aren't just limited to the stories I myself can tell.' She remains quiet on the specific projects though, promising me that plans will unveil themselves sooner rather than later.

When asked how she envisages her future, Yara says she's 'not one for a five-year plan. More one-year plans, or five-week plans!' She's galvanising for the presidential race with her We Vote Next campaign, armed with plans up until election day on 3 November. She also speaks of ultimate goals to re-write public education for history, and offer an alternative curriculum of sorts as a 'dream of dreams'.

'I know that's important because I grew up in a household where I read the Korean Cinderella, the Persian Cinderella... everything except the Hans Christian Andersen one. All of that sort of thinking was critical to who I now understand and relate to in the world.' She also giggles speaking about a dream of becoming a music producing duo with her brother Ehsan, à la Billie Eilish and Finneas (even though they don't know how to produce music... yet). 'I've got a few names for the duo in my head already: Butterscotch Dreams, Hans Christian Andersen Cooper!' she laughs, with infectious enthusiasm.

Yara is a young woman so smart, confident and outspoken that, if she is the poster child of the uber-ambitious, socially-engaged next generation, you can't help but think that maybe, just maybe, we might be all right after all.

Yara is a friend of Coach. Find the new collection at uk.coach.com

THIS PAGE

Leather jacket, £950,
dress, £495, and sneakers,
£150, all Coach 1941

OPPOSITE

Leather jacket, £750,
and dress, £495, both
Coach 1941

Digital Brendan

McInerney Stylist Jason

Bolden Stylist's assistant

John Mumblo Hair

Kendall Dorsey at Factory

Downtown Make-up

Vincent Oquendo at The

Wall Group Make-up

assistant Jackie Piccola

Manicurist Vanna Vu





BORIS JOHNSON: **THE FIVE WOMEN WHO HAVE SHAPED MY LIFE**



For IWD, *Grazia* asked the PM to nominate the women who have inspired, impressed and influenced him most

MALALA

I was sitting with Malala Yousafzai in my office in City Hall in about 2014 when I had a peculiar floaty feeling. I suddenly started to think she was unlike anyone I had ever met before. She was so brave, so right and so luminously idealistic that I could see I was in the presence of a modern-day saint. You must know the essentials of her story: she was an 11-year-old schoolgirl in the Taliban-dominated badlands of Pakistan when, with the help of the BBC, she started a blog. She campaigned for a right that seems as natural to us in Britain today as the right to breathe – and yet which was (and is) bitterly contested by members of the Taliban: the right for girls to go to school. In October 2012, she was on her way home on the bus

after taking an exam, when Taliban gunmen shot her in the head. Incredibly, she survived. She came to the UK for surgery, then stayed for school and university. She now has a Nobel prize, and an international foundation and her

campaign – for female education – is the fastest and best way we could change the world. In parts of South Asia, female illiteracy is at 60%; in parts of Africa it is nearing 80%. Think what a difference it would make – to poverty, infant mortality, climate change, you name it – if every girl in the world had 12 years of quality education. Men in suits: listen to Malala.

MY GRANDMOTHER

There is a simple reason why my grandmother ranks as a heroine of mine: her sheer unconquerable optimism. She was an Oxford graduate who fetched up high on a rainy Exmoor hill farm. She had no central heating and no mains electricity. The nearest neighbour was literally miles away. Her communication with her half-Turkish husband was difficult partly because she was very deaf, but also because he spoke almost entirely with his pipe in his mouth. But for Granny Butter (as we grandchildren called her) the sun was always shining, or about to shine, and everything was pretty well marvellous. The Exe Valley was so enchantingly beautiful that it was a privilege to live there. Her 13 dogs were not brilliantly house-trained but, according to





Granny Butter and her oh-so clever dogs

Granny Butter, they were all of the very highest intelligence. Our food was so special that potato crisps had to be eaten properly – with a knife and fork. She mixed Uncle Ben's rice with tomato, onion and tuna fish and called it 'risotto'. It makes me hungry to think of it. It didn't matter that we had no TV. We had 'Granny Butter's sofa game', in which one team would hide under blankets and cushions, and the winners would be those who could keep still for longest while burying their noses in the dog-scented crevices of the sofa. Above all, she had the greatest human gift of all: of being overjoyed to see you. It didn't matter what you had done. 'Darling,' she would cry, 'how wonderful!'

BOUDICCA



Boadicea. Bonduca. Boudicca. It doesn't matter how you spell her – *what* a woman. It's about 60AD, and there she is in East Anglia. The Romans have just beaten her up, raped her daughters and seized her kingdom. And what does she do? She attacks. She lays waste to London and St Albans; she slaughters tens of thousands of fawning new Romano-Britons – and why? Partly for simple vengeance; partly because she couldn't stand the way usurious Roman bankers were ripping everyone off. But mainly, Boudicca was driven by a simple desire for freedom. She was a Romano-sceptic, a proto-Brexiteer. They say she looked magnificent: tall, with long gingery hair and a voice that could carry over a battlefield. She would mesmerise her troops by reaching into her dress and pulling out

a live hare, which she would fling to the ground. Depending which way the hare ran, she would forecast the outcome of the battle. Her luck, alas, eventually ran out (hare today, gone tomorrow?). The legions were too strong, her end grisly. But look at that great bare-breasted bronze monument of Boudicca and her daughters on the Embankment, and the proud inscription: 'Regions Caesar never knew Thy posterity shall sway, Where his eagles never flew, none invincible as they.' Yup: Boudicca's posterity ended up with an empire seven times bigger than the Roman empire at its vastest. And who can say her spirit is not alive in the country today?

MUNIRA MIRZA

Munira Mirza and I started working together 12 years ago, and I rapidly realised that she was extraordinary. She is young, Asian, state-educated and of Oldham Muslim origins. She has a background in the arts and wrote a PhD on some cultural theme before becoming, in 2008, London's Deputy Mayor for Culture – a notoriously prickly world. She soon won them over. The arts world trusts and likes her partly because – in a way that simply eludes me – Munira is capable of being hip, cool, groovy and generally on trend. And yet I don't think I have ever met anyone so efficient, and with such a horror of wasting taxpayers' money. She hates cant; she hates frippery; she hates political correctness. She has, all told, the most powerful nonsense-detector I have ever seen. And that is why I am so proud today that she is Director of the Policy unit in Number 10. This is a Government that must be focused on delivery. We are on a mission to deliver huge improvements in health care – 40 new hospitals, 50,000 more nurses. We are here to fight crime, with 20,000 more police. We are here to defeat homelessness with a vast and beautiful programme of home ownership. To do all this we need a



Boris first worked with Munira as London Mayor



The fabulously original Kate Bush

head of policy sharp and ruthless enough to take on the vested interests. We need someone to crack the knout and set the pace – and that person is Munira.

KATE BUSH

As I come to my last heroine, I have to admit that it has been a struggle to decide who to pick. I could have gone for another great female leader – from the Queen to Margaret Thatcher to Indira Gandhi. I have been toying with Ada Lovelace, the daughter of Byron who has been credited with devising the first computer code. There are all sorts of female sporting legends, from Jess Ennis-Hill to Christine Ohuruogu. They are all of them inspirational figures – yet none of them has actually stirred my emotions as much as the great female musicians of our times. But who is the greatest? Is it Joan Armatrading? Is it Debbie Harry? They are both geniuses. But there is one British artist who wrote what is surely one of the world's greatest ever pop songs, part of the soundtrack of my adolescence. There are moments when I simply can't understand what she is saying; moments when she is warbling, moments she is staccato, birdlike, and then sometimes she produces a crashing bow-wave of noise unlike anything written before or since. I don't know why the moors are wiley. I don't know why she hops around in that red chiffon thing. But for the sheer staggering originality of *Wuthering Heights* – and plenty of other songs – my final heroine is Kate Bush.

'WOMEN, DON'T IRON WHILE THE STRIKE IS HOT!'



**I ORGANISE
EVERYTHING AND
EVERYONE, BUT MY
WORK IS INVISIBLE**
GRAZIA READER

**I DO IT ALL. PEOPLE
JUST EXPECT IT TO
HAPPEN LIKE MAGIC**
GRAZIA READER

**IT'S NOT THE DOING
NECESSARILY,
IT'S ALL THE
THINKING...**
GRAZIA READER

For International Women's Day on 8 March, *Grazia* commissioned an exclusive survey to establish whether, despite all the talk of equality, women were still doing more at home. And guess what? The results prove we are. Writer *Sally Howard*, whose new book is about all the work women do to keep a household running smoothly, isn't surprised. Here, she talks about how to tackle the problem of 'invisible labour' – and why you should down tools this Sunday

**INTERNATIONAL
WOMEN'S
DAY
SPECIAL
ISSUE**



ON 8 MARCH 2018, a year into my infant son's life, I decided to go on domestic strike. My direct action was prompted by the shock quadrupling of domestic labour that had

arrived, like an unwelcome gift, with my pink-faced newborn: the stacks of milk-sticky laundry; the endless carousel of kitchen and bathroom cleaning; the tedious mashing and puréeing of baby food.

While my partner Tim and I had prided ourselves on our egalitarianism as childless cohabitantes, I was alarmed to find that the lioness's share of this parenting work had fallen on my aching shoulders.

And I'm not alone in this: studies have found that the arrival of a baby increases the domestic load by around three hours a day, with only 40 minutes of this parent-labour penalty falling to men. Indeed, according to *Grazia's* survey, 71% of women said they'd taken more time off work for childcare reasons, the same number said they had organised their child's last birthday party – and a huge 87% buy most of their children's clothes.

Worse was the 'invisible labour' that accompanied these myriad manual tasks. It was me who was expected to know whether my baby was up-to-date with his inoculations and developmental milestones; it was 'Mum' the nosy health visitors addressed their questions to (women lose our given names as soon as we pop out a

fresh human being); and me who had to be across such tasks as sending thank-you cards for unwanted babygros and buying biscuits for in-laws' visits. Child covered in spew and kitchen in disarray? The blame, and judgement, fell at my swollen feet. However many nappies Tim changed, or milk stains he sponged, I was the one – in society's eyes and in Tim's – with whom the domestic buck stopped.

Domestic labour has always been a tricky injustice to protest against. It takes place in the privacy of the home, making it difficult for women to see each other doing this work and to collectively acknowledge that men do not share equally in its burden. And there can be dire consequences if we withdraw this labour: children uncared for and vulnerable relatives unfed. Our new cultural awareness of categories of invisible labour, from the mental load of household management to the feminine work of soothing, smiling and chivvying that's been dubbed 'emotional labour', has done little to remedy women's domestic plight. British women today contribute 20 hours of weekly domestic effort to British men's 12, a 60% domestic labour gap that hasn't budged since the 1990s.

So why strike? For all their complexities, housework strikes have a long feminist history. On 24 October 1975, 90% of Iceland's adult female population left their jobs, their children and their homes and took to the streets for a general strike that was billed as 'Women's Day Off'. Their

demands? Equal wages for equal work and a recognition of the 50 hours of unpaid labour that women undertook every week in Icelandic homes. For Icelandic men, the day became known as 'the Long Friday'. With no women to staff desks and tills, banks, factories and shops were forced to close, as were schools and nurseries – leaving fathers with no choice but to take their children to work. (There were news reports of men bulk-buying colouring crayons and quick-cook sausages.)

Forty-five years after Women's Day Off, its legacy lives on, with Iceland ranked top in the World Economic Forum's *Global Gender Gap Report*, an index that examines educational opportunities, life expectancy, pay equity and the average time spent each day on housework.

In the same era, feminists abandoned their domestic duties to march on New York and Washington DC, bearing placards that called out the injustices of what was then dubbed 'women's work': 'Housewives are unpaid slave labourers!' 'Tell him what to do with the broom!' and, brilliantly, 'Don't iron while the strike is hot!' American feminist activist group Wages for Housework tried to quantify the financial value of women's unpaid labour to the economy, figuring that the 1970s ▶

**ON MY DAY OFF,
I'M LEFT TO CLEAN
THE KITCHEN**
GRAZIA READER

Have one more thing in common with your friends. **Like £100.**

If you're a Nationwide member and you
recommend a friend, **we'll give you both £100**
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housewife's combined skills of cook/dietician, domestic cleaner, hostess, book-keeper, party organiser and chauffeur – among other diverse skills – would come to \$60,000 a year (£100,000 in today's money).

In the months leading up to my first strike, I totted up my worth in today's job categories. My back-of-a-rusk-packet calculation came to a cool £176,667 a year, for cleaning (£19,946), private cheffing (£50,000), advanced PA (£35,000), nannying (£34,721) and life-coaching services (£37,000).

So how did my first strike go? The first stumbling block was the date. With Tim at work on International Women's Day (8 March) and my son not booked into nursery, I was in charge of a small kid with no childcare to hand. Striking on IWD would constitute child neglect and, as I scrambled around for untested babysitters, would supplant my day's labour with a mental load of administrative chores.

I decided instead on a 9 March private direct action – a home strike! – which extended, in the end, from 8am to 5pm (time of the nursery pick-up), then from 7.15pm onwards. I didn't tell Tim why our flat had descended into chaos until the following evening, when he confided he'd been quite pleased to cook his own pasta and eat at a Continental hour, but had wondered why Leo had gone to bed in a sleeping bag that smelled 'more than faintly of piss'. But, after the shock of the strike sunk in, the message landed: I wanted Tim to acknowledge the work that, to many men, registers as non-work – present buying, managing domestic calendars and, among many other tasks, auditioning and arranging childcare.

Women are once more seeing the potential in withdrawing their labour en masse. International Women's Strike, also known as Paro Internacional de Mujeres, is a global movement that staged its first action on IWD 2018 (when I was busy collecting strewn raisins off the floor of a Lewisham soft-play), with a series of strikes across Spain and South America. In Madrid and Barcelona, male feminists staffed communal nurseries as women marched for recognition of the 26.5 hours of weekly domestic labour Spanish women contribute compared to Spanish men's 14, and the symbol of the strike, cooking aprons, fluttered from apartment balconies.

What would Britain look like if

women downed tools for a day? We might soon find out. On 8 March 2020, tens of thousands of women will gather in London's Cavendish Square for International Women's Strike 2020. Dressed in red, #westrike will take place alongside women who are affected by the devaluation of women's work in the public sphere: care workers, cleaners of hotels and private homes and NHS nurses. Our march is against structural sexism and racism and the lazy assumption that women will always be there to wipe, mop, blow noses and pick up the pieces after men's actions.

Will you, too, down domestic tools and learn to say a resounding 'no!' to the work that's ascribed to women on the basis of nothing but the shape of our genitals? If a day's tricky, why not try what Selma James of Wages For Housework calls a 'small resistance'? Head out for a solo walk, forget about the ironing or sweating over Sunday lunch; bang the pots and pans.

Whatever you do, step away from the squeegee, *Grazia* comrades. Don't iron while the strike's hot! *Sally Howard's 'The Home Stretch – Why It's Time To Come Clean About Who Does The Dishes' (Atlantic Books) is out now*

JOIN GRAZIA IN DOWNING TOOLS FOR THE DAY

Whether you're joining the #westrike in London's Cavendish Square, coming to our exclusive screening of *Misbehaviour* (for details of free tickets visit graziadaily.co.uk/filmclub) or simply popping out for a quiet cup of coffee on your own, we'd love to hear from you @GraziaUK

GRAZIA'S INVISIBLE LABOUR SURVEY: THE RESULTS

Last month, we asked *Grazia* readers for their views on Invisible Labour – and the results made depressing reading.

When we asked what they had done around their home, or for their family, in the past week that they felt had gone unappreciated, the answers came in thick and fast, ranging from 'The washing up. Always a sink full of it. I'm sure my fingers are webbed' to 'It's the five minutes spare I have versus the five minutes my husband has. His will be a cup of tea and a phone scroll; mine will be unloading the dishwasher or booking an appointment for the kids.'

Indeed, the impact of children causes the invisible labour gap to widen further – and can even lead to relationship problems, as our results reveal...

73% of *Grazia* readers who live with a partner feel they do more invisible labour than their partner. Yet the division of labour barely improves when both partners are working part-time – in those households, 70% still feel they do more.

76% say they organise the joint family calendar, while **54%** say they regularly buy presents for their partner's family on their behalf.

80% believe the invisible labour gap increased after they had children.

71% of women have taken more time off work for childcare reasons – for instance, when a child has been ill, or for parents' evenings. The same number – **71%** – organised their child's last birthday party, while **87%** buy most of their children's clothes.

Most worryingly, this imbalance of labour has caused relationship problems in **62%** of *Grazia* households. **55%** feel the current balance of invisible labour is having a negative impact on their mental health. This is felt more keenly in households where the reader works part-time but their partner works full-time (**65%**) and in households with children (**67%**). ▶



THE CARTOONIST TRYING TO EASE THE INVISIBLE LOAD

FRENCH CARTOONIST Emma Clit came to fame in 2017, when her ground-breaking blog post 'You Should've Asked' revealed what the 'emotional load' is. Her cartoon, which went viral, showed a woman balancing household chores with the mental load of anticipating everything that needs to be done – effectively project managing the home, with her male partner not understanding and saying, 'You should've asked!'

A computer science engineer, mother of one and author of a book of feminist cartoons, Emma says it's vital we talk about emotional and invisible labour. 'Men discharge themselves from those preoccupations... and it makes it impossible for us to manage everything and stay mentally healthy. Lots of women feel distressed having to think about everything, from house chores to having a good attitude so everyone around us is happy... except us.' Explaining her exclusive cartoon for *Grazia* (above), Emma says, 'I'm saying many things – but mainly that we won't find solutions through *just* talking. We have to overthrow our current system. It won't do it by itself.'

HOW I LEARNED TO SAY **NO**



**INTERNATIONAL
WOMEN'S
DAY
SPECIAL
ISSUE**

Janice Turner on what prompted her to stop saying 'yes' – and start saying 'do it yourself'...



FOR YEARS MY most hated task was sorting out socks. Not my own socks, which I'd just scoop into a drawer, but the extensive male sockage of a husband and two teenage boys. Football socks, *Simpsons* socks, Christmas socks, school socks, patterned, coloured, black...

Every Sunday evening, while multitasking a phone call to my elderly parents, I'd kneel in the spare room balling socks. An approximate match – same colour, different lengths – wasn't good enough. Only a perfect pair would do. Oddments were sent to the sock singles club in the airing cupboard.

Until one Sunday, facing a particularly huge backlog, I suddenly thought: 'Sod the socks!' and tipped the whole lot into an old blanket chest. Next morning, I unveiled what is now known as The Box of Sox. 'But Mum,' said my elder son, horrified at the polyester-cotton chaos, 'This isn't a system!'

'No,' I said. 'But it's no longer my problem.'

This was the moment when I learned to say no. Not to shopping, cooking, laundry and the other ever-spinning hamster-wheel tasks of running a household. But to a martyred perfectionism, a micro-managing responsibility for making everything OK for everyone all the time.

Feminism has emboldened women to rise through the professions, to address the gender pay gap and cry #MeToo. But at home, we are still spellbound by messages hammered into us as little girls: be kind, patient, selfless, thoughtful, put yourself last, pre-empt others needs, oil the social wheels, avoid conflict. Otherwise people might not like us, we fear. They might think – the horror! – we are not very nice.

For many years, I bought all the Christmas presents, not just for my own relatives, but for my husband's side too. I remembered all the nieces' and nephews' birthdays, wrote the thank-you cards, sent invites, arranged our weekends and play dates, bought gifts

for teachers, signed the chits for school trips...

Since I was working full-time, my brain became an air traffic control tower, ever-vigilant for incoming problems. Instead of being chill about a child kicking a football indoors, I'd think: if he breaks that bloody window it will be ME finding and staying in for an emergency glazier and I have a big interview on Monday! It makes you a fun-sucking bore.

My husband – like most men – didn't demand I took on these thankless responsibilities. I assumed them myself. Whatever feminism's gains, men still lag behind women in how much domestic labour they perform. Mainly, I'd say, because men never feel guilty or judged for doing buggery all. A study I came across about assisting elderly parents revealed that daughters invariably help as much as they can, while sons do as little as they can get away with, often off-loading their own parents' needs to their wives.

In part, I wanted to be the sitcom mum who made the special lasagne, bought everyone's favourite yogurts and found the lost car keys with her maternal super-powers. Making people you love happy swells the soul. The trouble starts when your standards are so high you never say no, because someone else might do it wrong or think less of you as a woman.

But the unappreciated upside of getting older is that progesterone, the nurturing, people-pleasing hormone, starts to deplete. This is the seldom-discussed reason so many women end their marriages at perimenopause: wives who have always previously said, 'Yes,' suddenly start saying, 'Do it yourself.' Women who previously beat themselves up about what other people think, suddenly become chemically, physically incapable of giving a damn.

For the rest of their school days, my sons wore odd socks. And I didn't even care.

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FRIENDEAVOURS



EMMA JANE UNSWORTH'S GROWN-UP GUIDE TO FRIENDSHIP

The joy of 'institutionalised friends'



AT SCHOOL, it was pretty straightforward who you were going to be pals with: inevitably, the person sitting next to you. Maybe a few of the people in your class. And definitely the girl with psychic powers who could do a French plait. These formative connections are pressed upon us by proximity. I like to call them 'institutionalised friendships'. In the nicest possible way. And a lot of the time, they work out OK. There is, after all, a lot to be said for having something in common – even if that's a Latin teacher who spits on you (accidentally) and a passion for Garfield.

As we get older, we get to 'choose' our friends more often. There are fewer instances where we are forced to connect, but these instances still crop up. I'm thinking about working in offices, living in flats, baby classes, waiting at the school gates – hell, even being in WhatsApp groups when they get unwieldy enough. Those social situations that mean you have to show willing and embark upon DREADED SMALL TALK. Although I do have a tip for that, courtesy of Jessica Pan from her brilliant memoir, *Sorry I'm*

Late I Didn't Want To Come, in which she advises us to go deep and weird in small-talk situations. So rather than talking about the weather, ask them if they've ever seen a dog in a wetsuit. What's the worst that could happen?

Besides, every now and then, something that has a forced start grows into something beautiful. Rewind to December 2016. I am alone at home. I have a new baby, mastitis, and postnatal depression (although I don't know it yet). Quite the trilogy. When the door buzzer goes I am agitated. I don't like unexpected guests, and I look like shit, and feel like shit, and – I answer.

It is my new sort-of-almost-friend, Margot, from the NCT course. We met in a lift back in summer because we were both late for the first class, and tiptoed through 10 seconds of small talk. We've met a few times since then, and there is definitely a chemistry, but now I'm so tired it's hard to tell. She had her baby a few weeks before I had mine and sent me messages from the frontline: TAKE THE EPIDURAL. Etc. Margot is French-Canadian and full of joie de vivre. She calls me 'buddy'. Even though I don't know her that well, she seems to sense my hour of need. She comes in with her buggy, her baby and several bags. In the bags are special gifts, salt and flour, so I can make salt-dough impressions of my baby's feet. She also brings sausages, kale and parsnip mash because 'they were on offer'.

She sits next to the little white Christmas tree my partner has bought to try and cheer me up. I tell her she is like a Magi: one of the Three Wise (Wo)men. She gets out the gold: a box of deluxe mince pies. She says, 'I think two each, don't you?' as she hands them to me. I eat. I laugh. I feel better. Something shifts inside me. It's the first positive feeling in a while.

Margot is a good mother – not just of her baby, but of her friends. And I realise she *is* a friend: someone I want to see after the reasons of convenience or confinement drop away.

Three years on, we have only got closer. There's no one I'd rather be institutionalised with. She was worth every scrap of excruciating small talk.

Sometimes, something that has a forced start grows into something beautiful

ILLUSTRATION CHIARA GHIGLIAZZA



Who'd have thought?

A RANGE OF
MEALS
UNDER
600
kcal



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GRAZIA

FASHION

GABRIELA HEARST

LANVIN

THIS WEEK'S MANIFESTO

Keep it simple. **Black and white** is S/S '20's ultimate power couple.

STELLA MCCARTNEY

DRIES VAN NOTEN

Be more **Betty Catroux**. The style icon is the subject of a new exhibition at the Fondation Pierre Bergé-Yves Saint Laurent.

Wear what *you* want. Equipment's latest collection is **fluid and non-binary**.

Hit your stride. A.P.C. has put its stamp on Japanese brand Suicoke's irresistibly comfy performance sandals.

Repurpose. Pringle of Scotland has magicked something old into something new, transforming vintage garments into one-off pieces.

Explore **Burberry's takeover** of Selfridges' Corner Shop. Expect hot limited-edition products.

BURBERRY IS AT SELFRIDGES LONDON, UNTIL 29 MARCH. PRINGLE IS EXCLUSIVE TO LN-CC. A.P.C. X SUICOKE IS AVAILABLE FROM 5 MARCH. BETTY CATROUX: FEMININE SINGULAR, UNTIL 11 OCTOBER 2020. MUSÉE YVES SAINT LAURENT PARIS, 5 AVENUE MARCEAU, PARIS. WORDS: LAURA ANTONIA JORDAN. PHOTOS: JASON LLOYD-EVANS

£210

£210, both
A.P.C. x Suicoke

NICOLE SGARLATO
(pronouns: she/her/hers)

Jumper, £295, Pringle of
Scotland (ln-cc.com)

Socks, £50

Bag, £370

Phone case, £130

Bum bag, £1,150,
all Burberry

PHOTOGRAPHS JENNY BROUGH
FASHION FENELLA WEBB



These are the bags making
a huge statement this season,
whatever their size

ARMED AND DANGEROUS



THIS PAGE

Dauphine bag, £2,130,
sweater, £2,125, shirt,
£2,125, skirt, £2,510,
and belt, £460, all
Louis Vuitton

OPPOSITE

Sicily micro bag, £1,450,
and jacket and skirt, both
price on request, all
Dolce & Gabbana





THIS PAGE

Story bags, £2,250 each,
and dress, £3,190, all
Alexander McQueen

OPPOSITE

Chanel 19 bag, £3,620,
and bracelets, £905
each, all Chanel



Sunshine shopper, £1,980,
dress, £2,390, socks, £150,
sandals, £690, and ring,
£430, all Fendi



GG top-handle bag, £1,860,
jacket, £2,630, shirt, £840,
and trousers, £970, all Gucci;
headscarf, £315, Gucci at
[matchesfashion.com](https://www.matchesfashion.com)



Saddle bag, £3,150,
jacket, £1,300,
jeans, £910, and
hat, £1,150, all Dior

Silver bag, £290, jacket,
£810, and trousers, £500,
all Emporio Armani

Model Annie Tice at
Premier Hair and
make-up Camilla Hewitt
at One Represents using
Bumble & Bumble and
NARS Cosmetics **Nails**
Nickie Rhodes-Hill at
David Artists using NARS
Casting and bookings
Chloé Medley **Fashion**
assistant Charlotte Pavitt
Photographer's assistant
Jakub Gloser





HOWEVER YOU LIKE
TO CARRY YOURS,
WE HAVE THE LATEST
BAG TRENDS, AS SEEN
ON THE CATWALKS



THE
TRENDS



£345, Pinko

£1,435, Maison Margiela
at farfetch.com



£229, Stand Studio



£29.99, Zara

Pillow purses

The new-season shoppers have a pillow's squidge-factor.

Bucket list

We'll never get over the practical power of the flat-bottomed bucket bag. This season's come in look-at-me prints.



PRADA

MISSONI



Bags of purpose

Need a water bottle receptacle or a lipstick carrier? There's now a bag for that.



Water bottle bag, £385,
Smythson

Airpod case,
£255, Miu Miu

iPhone bag, £595,
Balenciaga



Hat bag, £550,
JW Anderson

GRAZIA FASHION



£2,190, Givenchy

£245, Eliurpi at
matchesfashion.com

£79, Carvela at
kurtgeiger.com

Natural selection

The straw basket has been elevated – and then some – this spring.



VALENTINO



STREET
STYLE

Clutch your cross-body

The cross-body might be a hands-free option, but street-stylers prefer to clutch it by their hip. Don't ask us why, but it works.



£99, John Lewis & Partners

£145, Lulu Guinness



£350, Kate Spade New York

£368, The Kooples



£25, Marks & Spencer



£520, Bernadette at
net-a-porter.com



£89, Arket



£695, Mulberry at John
Lewis & Partners



£465, Rosie Assouline at
brownsfashion.com

£715, Moschino at
brownsfashion.com



Double bag

A double-bag situation might seem like double the effort, but consider it an opportunity to compartmentalise. A print-clash feels right for now.

STÉE ATELIER

It's Insta-famous for its hoop-handled bags, but the cross-bodies are equally delectable.



£569



L-R: £494, £569, and £569, all Stée Atelier

PHOTOS: JASON LLOYD-EVANS



£655

£575

£575, all Naturae Sacra at net-a-porter.com

NATURAE SACRA

Try this label for look-twice shapes and colour combinations.



£295, Reike Nen at modaoperandi.com

£500, Reike Nen at luisaviaroma.com

REIKE NEN

This South Korean brand's scrunched-top shoulder bags come in tantalising two-tone.

NEW BRANDS



GIA STUDIOS

Specialises in gathered leather bags that are gorgeously head-turning.

£233.78, Gia Studios



£395

£315

£445, all S.Joon

S.JOON

These organically-shaped mock-croc and snake-print bags are catnip on the street-style circuit.

TAKE NOTE

INTERNATIONAL
WOMEN'S
DAY
SPECIAL
ISSUE

YOUR NEED-TO-KNOW FASHION NEWS OF THE WEEK

Picture this...

& Other Stories is celebrating self-expression during March with Her Image, Her Story – self-portraits by female photographers including Grace Bukunmi (right), available as limited-edition posters. £23, stories.com. All proceeds, along with €1 for each self-portrait posted on Instagram and tagged #herimageherstory, will be donated to CARE, fighting poverty among women and girls



POWERFUL AND BRAVE

To mark its 20th anniversary, Net-A-Porter has asked 20 women, including Halima Aden and Carine Roitfeld, to interpret the theme of female bravery and empowerment. The result? A capsule of T-shirts with proceeds going towards Women for Women International. From £49, net-a-porter.com



MAKE CHANGES

This International Women's Day weekend, The White Company is donating £1 from every sale to The Prince's Trust's #ChangeAGirlsLife campaign, benefiting young women in the UK living in challenging circumstances. Plus, £20 from the sale of each A Tiny Kiss To Change Lives necklace will be donated to the cause until the end of the year. Necklace, £39, and vest, £20, both thewhitecompany.com



WORKS LIKE A CHARM

Pandora is taking to the stage for International Women's Day with a concert featuring Anne-Marie and Mahalia, with all proceeds to UNICEF. Can't make it? This charm will also benefit the cause. 7 March at Exhibition London; tickets, £25. Charm, £45, from 5 March, uk.pandora.net

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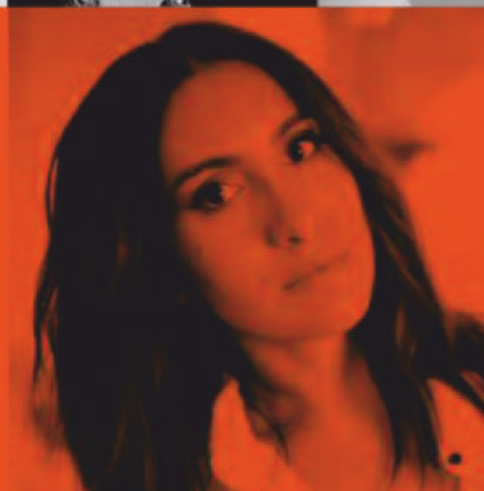
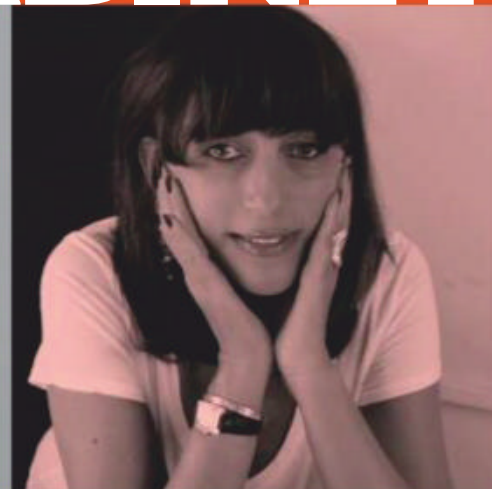
HEALTH⁺BEAUTY

IT'S
NEW + WE
WANT
IT!

THE WAIT IS FINALLY OVER. HERMÈS, THE LUXURY FASHION HOUSE FAMED FOR BIRKIN BAGS AND ARTFUL SILKS, LAUNCHES LIPSTICK THIS WEEK. WITH 24 MAINSTAYS (14 SATIN, 10 MATTE; £58 EACH, REFILLS £33) AND THREE LIMITED EDITIONS A SEASON (£62 EACH), ROUGE HERMÈS LIPSTICKS ARE A SIGHT TO BEHOLD. AND WE'RE TOLD THERE'S MORE BEAUTY TO COME. WATCH THIS SPACE.

PHOTOGRAPH DENNIS PEDERSEN

COMPILED BY
ANNIE VISCHER
AND EMMA
STODDART



THE WONDER WOMEN BEHIND YOUR BEAUTY CABINET

From the serial skincare entrepreneur to the hair aficionado who shot to fame on *Keeping Up With The Kardashians*, meet the inspiring women kicking the beauty industry firmly into the future...



THE A-LIST HAIR HERO

Hairstylist to the stars (including the Kardashians) and founder of Ouai, Jen Atkin proves that hard work and determination pay off.

ON HER CAREER JOURNEY

'I've always been obsessed with hair. After high school, I drove to California in my Honda Civic hatchback with pennies in the bank. I got my first job in Beverly Hills and worked my ass off. It was a time of hustling. My big break was getting a job at Chris McMillan's salon. It was the gift of a lifetime. Soon after, I assisted on Guido Palau's team at Paris Fashion Week, which was a dream come true.'

ON LAUNCHING OUAÏ

'All my clients wanted healthier hair fast. I launched Ouai to cut down styling time, nourish hair and look good in a shower shelfie. My two favourite products are the Volume Spray [2], £22, and our Super Dry

Shampoo [1], £20, which is the best on the market in my opinion – maybe I'm biased!'

ON HER BEAUTY HEROES

'I love Kylie Cosmetics, Huda Beauty, Pat McGrath, Byredo, the list goes on. Diorshow Mascara [3], £28, is a favourite and I love the Anastasia Beverly Hills Brow Wiz [4], £23.'

ON SELF-CARE

'Last year, I went on a week-long immersive retreat in California for a major detox. It was a total game-changer. Since then I've stopped drinking, saying yes to everything and have started to prioritise myself. It's difficult to ground down like that, but I'm so much happier for it.'

THE MAKE-UP MAVEN

Manchester-born Zanna Rassi started her beauty career in magazines, before creating a make-up range that now features in them.

ON BEAUTY BEGINNINGS

'I used to model in my teens and fell in love with the workings behind the scenes of shoots. I got a magazine internship in London and worked my way up to senior beauty editor, before moving to NYC to work in fashion, where I became a style correspondent for E!. My second home was Milk Studios and, inspired by the creatives there, we began building Milk Makeup.'

ON OVERCOMING OBSTACLES

'I've been very lucky and had a wonderful journey so far but, mark my words, nothing was given to me. I worked really hard. I sacrificed a lot when it came to friends, family and fun! I learned the hard way that falling down is all part of it, and I faced fear head on.'

ON HERO PRODUCTS

'I love Milk Makeup's award-winning KUSH Mascara [1], £20.50. I'm a big fan of Victoria Beckham Beauty's Satin Kajal Liner in Bordeaux [2], £20, too, it's the coolest colour. As for Amanda Harrington's Tan – I'm obsessed! And I rely on Christophe Robin's Shade Variation Mask in Baby Blonde [3], £39, to rescue my overly bleached hair.' ▶





THE CREATIVE CURL MASTER

Charlotte Mensah has been spearheading change in the beauty industry for over two decades, and her continuing commitment to do so goes far beyond her namesake haircare range.

ON HER CAREER JOURNEY

‘After attending the London College of Fashion, I honed my hairdressing skills under the watchful eye of Winston Isaac (the godfather of British Afro hairdressing). In 1999, I opened my salon Hair Lounge and, 17 years later, launched the Charlotte Mensah product range.’

ON CHANGING THE HAIRCARE LANDSCAPE

‘For a long time there were such low standards when it came to Afro and curly hair products. There was definitely a lack of representation and a massive gap in the market. I truly believed I had the drive and vision to fill it.’



ON HER HERO PRODUCTS

‘My Manketti Hair Oil [3], £48, has exceeded my expectations by a long way. For my body, I mix raw shea butter with Tata Harper’s Revitalising Body Oil [1], £100, to form a thick cream. I love using oils on my face too. I’m a big fan of Chantecaille Rose de Mai Face Oil [2], £150.’

ON GIVING BACK

‘I set up The Charlotte Mensah Academy to give young people in Ghana the opportunity to learn hairstyling skills, so they can develop a form of income for themselves and their families. I also set up L.O.V.E. (Ladies Of Visionary Empowerment), aimed at furthering education opportunities for young women in Africa.’

THE WELLNESS WARRIOR

Co-founder of Victoria Health, Gill Sinclair is one of the best brains in the business, and passionate about hunting down health and wellness buys backed by science.

ON THE PASSION BEHIND THE BRAND

‘Long before co-founding Victoria Health, I would always look out for niche products and brands when I was travelling. It was hugely satisfying to discover the next big thing. The fascination and urge to discover still burn within me.’

ON NOT JUDGING A BOOK BY ITS COVER

‘There are so many brands we stock that are fantastic, but aesthetically their packaging isn’t beautiful. That doesn’t mean we won’t list them. We embrace them and love them for what they are. Take Seven Wonders Miracle Lotion [1], £16, for example. The packaging is so dire it could be kitsch, but never mind that. It lives up to its name.’

ON HER BIGGEST STRESSER

‘Managing wait lists is a big obstacle. We have had quite a few product “famines” over the years. The GOW Prickly Pear Seed Oil [2], £20, wait list ran from August to November last year after Nigella Lawson declared her love for it.’

ON HER HERO PRODUCT

‘Towards the end of 2019 we launched Fulvic Face Cream [3], £30. I asked Victoria Health’s Shabir Daya to formulate me a moisturiser and load it with all the ingredients I adore. I was tempted to call it Gill’s Dream Cream! I love Trinny London, too – her range is phenomenal.’





THE SERIAL ENTREPRENEUR

Marcia Kilgore is one of the biggest names in the beauty business, and the founder of more big brands than you can shake a lipstick at.

ON HER CAREER STORY

'I started out as a personal trainer at college and, in 1991, enrolled on a crash skincare course. I opened Bliss Spa in New York's Soho in 1996. Word spread, and I was soon giving facials to models and celebrities. In 2006, I launched Soap & Glory, and sold it to Boots in 2014. In 2007 came FitFlop, and 2016 saw my biggest launch yet, Beauty Pie.'

ON REVOLUTIONISING BEAUTY

'At Beauty Pie we're revealing the truth of what it *really* costs to buy quality products. With our memberships, we offer up to 80% off typical retail prices. People can shop the best beauty formulations from the best manufacturers, without the ridiculous mark-ups.'

ON LESSONS LEARNED ALONG THE WAY

'I learned about the importance of working like a dog. I learned about the value of focus, sacrifice, staying humble, doing my homework, being open, driving progress and not being defensive, of having a sense of humour and keeping it real.'

ON BEAUTY FAVOURITES

'When it comes to Beauty Pie, everything Jeju [Rehydration Mist, 1, £30; members pay £9.40], Super Retinol [Hand Treatment, 2, £40; members pay £6.50] and Japanfusion. I also love the This



THE BEAUTY BOSS

Founder of Rodial, Nip + Fab, Nip + Man and author of two books, Maria Hatzistefanis is a fiery force to be

reckoned with. Not afraid to break rules, she took the skincare world by storm with her hi-tech, targeted approach.

ON HER CAREER STORY

'I started as a beauty writer at *Seventeen* magazine, then studied business. Perhaps one of the most monumental moments of my life was getting fired from my job in banking. It forced me to look at myself and discover my true passion – starting my own business. Just like that, Rodial was born.'

ON HER PASSION FOR BEAUTY

'I was always experimenting with new products, using lipstick and Vaseline Lip Therapy [1], £1.95, to make blush alternatives, giving my girlfriends beauty tips. I thought the beauty out there at the time was really boring – I wanted to put my own spin on things.'

ON NEVER GIVING UP

'I emailed and hassled everyone about getting Rodial into stores – my first "Yes" was a small shelf in Fenwick. I had to man it myself every day. Now we are in over 35 countries and sell one Dragon's Blood Sculpting Gel [2], £85, per minute globally. So, never take "No" for an answer.'



THE TV STAR TURNED TAN EXPERT

Vogue Williams might be best known for lighting up our TV screens, but her fake tan know-how knows no bounds.

ON HER CAREER JOURNEY

'I've worked every job under the sun, from waitressing in my teens to clocking hours on a construction site in London (I have degrees in quantity surveying and construction). I modelled on the side and starred on reality TV in Ireland. This led to appearances on UK TV and my big break was on *Bear Grylls: Mission Survive*.'

ON THE TAN FACTOR

'I've used fake tan since I was a teenager. I was due to be the face of a tanning brand when my business partner suggested launching one. We went back and forth with formulations until it was perfect.'

ON THE TV FACTOR

'The only hindrance of being well-known is that people question your motives. I try to be super honest – I'm incredibly proud of Bare by Vogue [Self Tan Lotion, 3, £21.25].'

ON HER BEST BUYS

'I love Neo Strata's Tri-Therapy Lifting Serum [2], £75, and I'm obsessed with Nuxe Sun Refreshing After-Sun Lotion [1], £16.50.' ▶



THE RINGER OF BEAUTY CHANGE

When Oxford-educated financier Ozohu Adoh tried and failed to tackle her own skin concerns with buys already on the market, she set about providing the skin solutions that were lacking for women of colour. Cue the launch of Epara Skincare.

ON HER CAREER JOURNEY

'I started out in finance before moving into planning and strategy, and finally business development. I left the industry entirely in 2015, to work full time on Epara.'

ON HITTING ON THE IDEA

'In 2007, I developed recurring skin flare-ups. It was down to follicular eczema but it took years to diagnose. I decided to strip back my skincare to what I could trace to African origins. I felt the rich and vast botanical solutions in plants there had been hugely unexplored. I wanted to research the skin solutions my forebears had used in a modern and scientific context. This was the impetus for launching Epara.'

ON PROVIDING A NEW CONCEPT

'I felt that the industry hadn't researched enough how skin concerns manifested in darker skin tones and that the existing players perhaps hadn't truly realised the rationale to cater to a more diverse market. I am certainly seeing changes. The advent of Fenty underscored the urgency for more inclusive offerings.'

ON HER BEAUTY HEROES

'I have a soft spot for Epara's Hydrating Face Mist [1], £40, and love Lauren Napier, Bobbi Brown, Fenty and NARS [Velvet Matte Lip Pencil in Promiscuous, 2, £22].'



THE GREEN MACHINE

Hailed as the queen of natural skincare, Tata Harper created her eponymous plant-based skincare line to serve up serious results.

ON HER CAREER JOURNEY

'I used to work in real estate development and construction in Miami. My husband and I started our own company, but when we moved to New York and got our farm in Vermont, I was still searching for something to do that

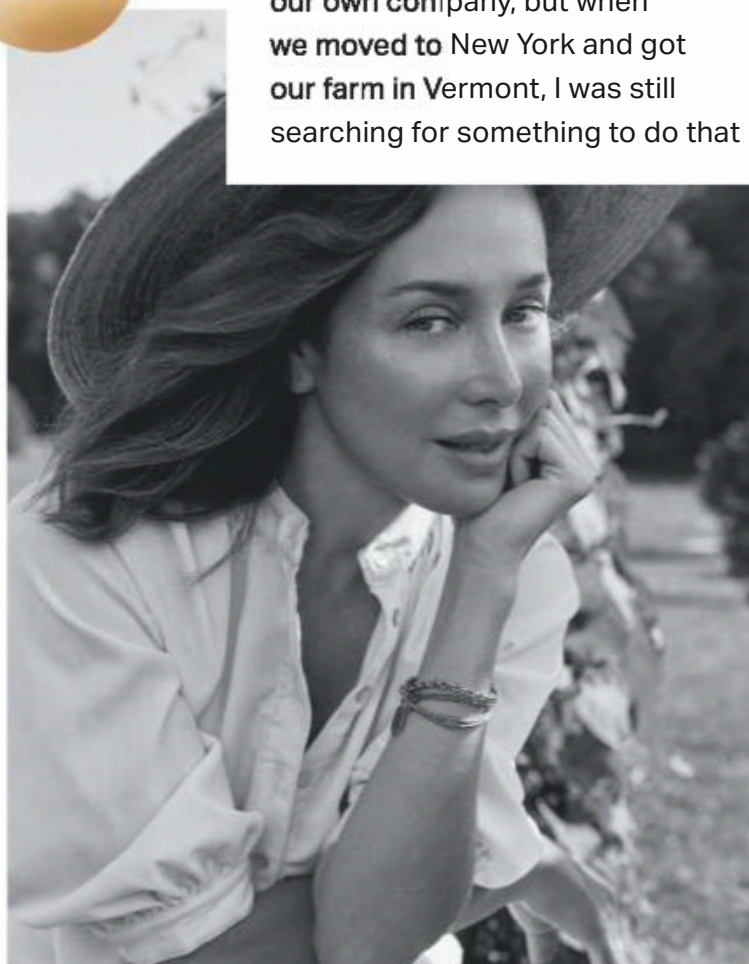
I was passionate about. That's when the idea for Tata Harper Skincare started to take shape.'

ON LAUNCHING TATA HARPER

'I was shocked to find a lot of the skincare products I used contained industrial chemicals. At the time natural skincare wasn't made for a serious skincare client like me. I was used to high-tech, hardworking products and I wanted to see results without damaging my health. I couldn't find an option like that, so I decided to create my own.'

ON HER HERO PRODUCTS

'Tata Harper Elixir Vitae [1], £391, is my desert island product. Tata Harper Crème Riche [3], £170, is another must-have for me. I use it every night as the last step of my routine. When it comes to make-up for special occasions, I like a light, natural look. I use Kjaer Weis products. I especially love their Eye Shadow [2], £32.'



THE INFLUENCERS TURNED INNOVATORS

When Instagram sensations Mariana Hewitt and Lauren Gores turned their attention to skincare, we sat up and listened.

ON TUNING INTO SKINCARE

Mariana: 'For years we were influencers. Lauren focused on motherhood, wellness and clean beauty, and my expertise was in prestige and luxury beauty. We wanted to take these things and merge them together in skincare. When our skin looks good we feel more confident inside and out.'

ON HITTING ON THE NAME SUMMER FRIDAYS

Lauren: 'It's a feeling! You know the bliss of a summer Friday. There's this freeness to the name, and a joy attached to those words.'



ON THEIR FAVOURITE BEAUTY BUYS

Lauren: 'Summer Fridays Jet Lag Mask [1], £22.50, will always hold a special place in my heart. It's what we launched with, and is at the core of who we are as a brand. I love brands like Glossier, too – they feel like you're part of something that goes beyond a product.' Mariana: 'Aside from Summer Fridays, two of my favourite brands are Honest Beauty and Ouai by Jen Atkin.'



STOCKING UP ON...

Acid exfoliants



Joely Walker, beauty & health director
'Acid' and 'face' don't sound like a match made in glowing skin heaven. But although counterintuitive,

the sort of acids in these skincare heroes work to clear out congested pores, exfoliating in an often less abrasive way than your standard granular facial scrub, and kick-starting your skin's natural repair mechanisms for a brighter, healthy-looking complexion.

With glycolic acid at 10%, **L'Oréal Paris Revitalift Laser Renew Ampoules: 7 Day Cure Peeling Effect**, £24.99, are an intense week-long programme of single-use vials to reset dull skin while improving hyper-pigmentation. Big tick.

Less irritating than glycolic acid, lactic acid is a great entry point. Try **Elemis Peptide4 Overnight Radiance Peel**, £56, which can be used daily without the downtime of some more intense peels.

Incorporate glycolic acid into your daily routine with **SkinCeuticals Glycolic Renewal Cleanser**, £30, which boosts cell turnover for a fresh-faced feel.

Helping do away with dead skin cells without drying out skin, **Decléor Overnight Bi-Phase Facial Peel with Glycolic Acid**, £45, is best used nightly for 28 days.

Used just once weekly, **Goop Glow 15% Glycolic Acid + Fruit Extracts Overnight Glow Peel**, £38 for 4, make impressively speedy work of dull skin. That said, approach with caution if you're on the sensitive side.

Combining an AHA/BHA/TXA acid blend in a bi-phase formula, **Murad Replenishing Multi-Acid Peel**, £48, has been shown to accelerate cell renewal by an impressive 33%. An easy option to slip into your routine.





GRAZIA BEAUTY SCHOOL

PHOTOGRAPHS
ED MILES
FEATURING
BEAUTY DIRECTOR
JOELY WALKER

I should know this, but...

How do I apply a berry lip that lasts?

A strong, berry-red lip that makes a statement and lasts beyond that first cup of coffee is on our beauty wish list

AH, LONG-LASTING LIPSTICK. The elusive holy grail of mouth make-up that has been historically hard to master. If you prioritised longevity, you had to compromise on comfort. If you favoured a balmier finish, you had to accept chalky matte was your only way to go. Not any more – thankfully, formulas have caught up, providing colour that stays put. That sorted, shade choice

comes into play. We're vouching for all things berry. 'I always find berry tones to be defining – because of the depth of the colour – and also quite striking, especially if there is little make-up on the rest of the face,' says pro make-up artist Andrew Gallimore. Too intense for you? 'Just find the right tone, depth of shade and formulation that suits you,' advises Andrew. Here's how...

Kiko Gentle Lip Scrub, £4.99

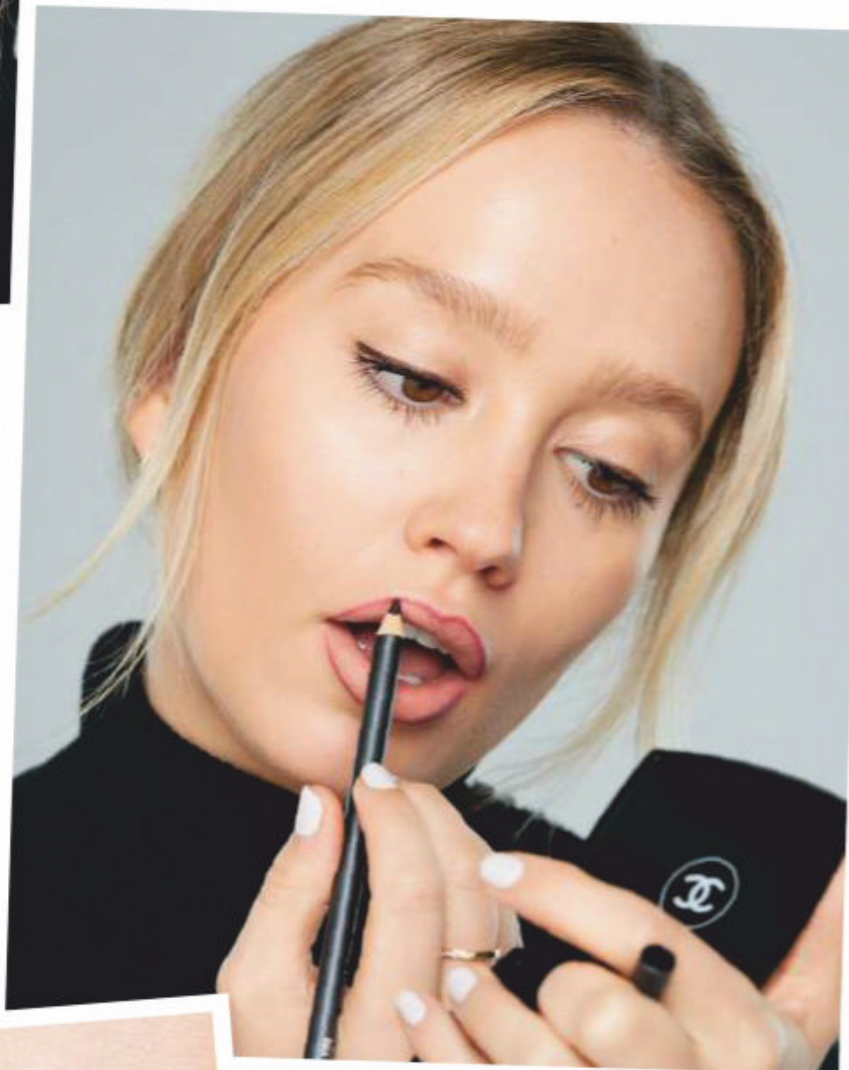
1. PRIME FIRST
Preparation is key. 'I always prep the lip before applying any colour. Remove any dry skin with an exfoliating scrub and nourish with a balm. I really like the Kiko Gentle Lip Scrub, £4.99, in lipstick form,' says Andrew.

MAC Lip pencil in Vino, £15

Chanel Rouge Allure Ink Matte Liquid Lip Colour in Expérimenté, £31



2. TIME TO LINE
For added depth and longevity, use a liner pre-lipstick. 'Depending on the desired final look, lipliner can help create an even, sharp, defined lip line resulting in a bolder lip. A light sketch of the pencil over the whole lip will form a longer lasting layer to help your product stay put all day.'



3. COLOUR IN
'There are so many incredible products out there that you don't need to do extra steps like powdering through a tissue. Just pick a long-wear formula such as NARS Powermatte Lip Pigment in Rock With You, £23, for a deep berry lip that lasts.'

4. BLOT AND GO
'Try the age-old finger between the lips trick (creating an "O" shape with your lips), to catch any extra pigment. Finally, if the formula needs it, blot with a tissue and you're good to go.'

THE KILLER KIT

Best for fair skin

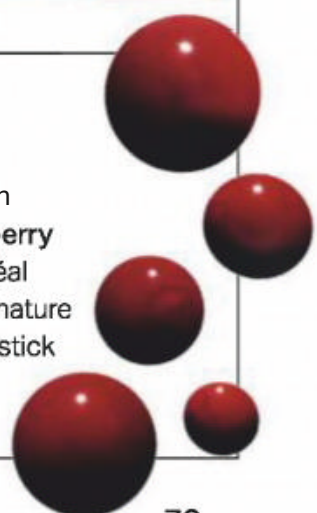
'I'm a firm believer that anyone can wear any colour or certainly any colour they want to. But generally speaking, a paler skin tone suits natural, lighter berry shades.' Try: Givenchy Le Rose Perfecto Liquid Balm in 25, £32.50

Best for olive skin

'A true berry tone really complements medium and olive skin tones.' Try: INC.Redible Jammy Lips Lacquer Lip Tint in Slow Jamz, £10

Best for dark skin

'Experiment with deep, plummy berry tones.' Try: L'Oréal Paris Rouge Signature Matte Liquid Lipstick in Enjoy, £9.99



**“YOUR BODY IS SO
POWERFUL WHEN YOU
LISTEN TO IT”**

Jonny Wilkinson

Photography By jameswilliamson.co.uk

Suffer from muscle and joint twinges but like to keep fit?

Nobody knows more about this than England Rugby World Cup winner Jonny Wilkinson who now believes in listening to his body, and working with it. “I used to push my body to its limits all the time, but now I see the importance of rest. Therapies borne of nature are very powerful ways to get back on track.”

Puressentiel has developed a combination of natural and sustainable ingredients to create its Muscles and Joints Roller, a pain-killing solution which ticks all the boxes for Jonny Wilkinson. Jonny is now fitter than ever. “When I was playing, I saw my body as a functional tool. Now I know that your body is at its most powerful when you listen to it and work with it.”

Puressentiel Muscles & Joints Roller contains 100% pure and natural active ingredients

including Wintergreen and Roman Chamomile and is also available in Gel, Soothing Balm and Heating Patch formats that allow for different parts of the body and personal preference.





HEALTHY(ISH!)

WITH SUSANNAH TAYLOR

CAN
WE PLEASE
DISCUSS
PERIOD
PRODUCTS



Are you ready for the new tampon/liner hybrid?

THE FEMCARE INDUSTRY is undergoing something of a revolution. Once dominated by one or two major players, now smaller niche brands, such as TOTM, Flo and Ohne, are successfully invading the market and delivering certified organic tampons and liners straight to your door. And rightly so – with 200,000 tonnes of sanitary products a year ending up in UK landfill, the new wave of period products are putting ethical and eco values first.

What's more, the tampon is getting its first proper makeover in 80 years. The Tampliner, by Callaly, is the brainchild of gynaecologist Alex Hooi and material specialist Ewa Radziwon. At first glance, it resembles a tampon crossed with a toy plane. However, the more I inspect it, the more it makes total sense. The Tampliner consists of a mini liner (approximately 1.5 inches long) which has a tampon coming through it. They are connected by a very fine film (which catheters are made of, so it's safe) and, when inserted, your fingers don't

come into contact with any blood – genius for religions that do not permit touching menstrual blood, as well as for hygiene reasons. When removed, your tampon is wrapped in the film ready for disposal.

So far, so clever, but what about the liner? Unlike traditional bulky pads, it doesn't sit in your knickers but slots in-between your labia to protect against any leaks (it's very thin). 'We worked with an independent research group of about 700 women,' says Kate Huang of Callaly, which also makes organic, biodegradable tampons and liners. 'The requests were for more comfort and environmentally friendly products. Women were also worried about leaking,' she says. But what about going for a wee? Does the liner not get wet? 'There are ways that you can adjust it so it stays dry,' says Huang. Available in Regular, Super and Super+, at £9 for 16 they are pretty expensive, but delivery is free. Plus, Callaly also has B Corps status, which means it is using its business as a force for good.

Meanwhile, another brand redesigning the tampon is Daye. Using certified organic, unbleached cotton, an organic protective sleeve to prevent fibre loss, bio-based compostable paper wrappers and refill pouches, it has also created the world's first CBD-infused tampon to help with cramps. Will it get you high? No. CBD uses a part of the cannabis plant that is not psychoactive, but it can potentially reduce inflammation and pain. Daye's Dr Harry Baxter says it may be far more beneficial to take CBD vaginally than orally. 'Anything that is absorbed through the vaginal muscosa is recycled through the blood supply to the ovaries, uterus and vagina, rather than being sent out into the body's bloodstream,' he explains.

Finally, the aches and issues associated with periods are now a key topic in women's personal health. Like most things in life, we just needed to talk about it.

@susannahtaylor_

SWEAT,
SOUL &
SANITY

➔ DON'T CRAMP MY STYLE

Holy Cramp, from straight-talking femcare brand Ohne, is a 1% CBD oil that you rub on to your stomach to ease period pains. £27, ohne.com



➔ SPOTLESS UNDERWEAR

Flux Undies are rewearable knickers with a built-in absorbent area, whether you're worried about leaking or want to ditch disposable sanitary products altogether. £24.95, fluxundies.com



➔ SUSTAINABLE PERIODS

Dame's award-winning, self-sanitising, reusable tampon applicator is on a mission to replace throwaway applicators. £24.99 (including tin, zip wallet and 6 tampons), wearedame.co



28-29 Mar

GRAZIA

beauty + wellness

WEEKEND

Join us at
Manchester's
intu Trafford
Centre where we'll
bring you the best
brands in beauty
and the latest wellness
innovations and advice

GRAZIA WILL TAKE over intu Trafford Centre for the weekend of 28 and 29 March, with pop-ups from KIKO, Benefit, PRAI Beauty, Charlotte Mensah, Gold Collagen, Silentsnight, Sloggi and Waterdrop. The exclusive Grazia Lounge will host talks and workshops from experts including Vogue Williams, Shahroo Izadi, Maria Hatzistefanis, Alice Liveing, Bobbi Brown's Amy Conway and *Grazia's* own beauty director Joely Walker. Plus you'll find loads of in-store events and treats throughout the centre.

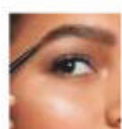


Sloggi has made a pledge to become a wireless bodywear brand by 2023 and, to kick off the mission, they've launched a bra amnesty with charity partner Against Breast Cancer. Bring an old bra to their stand for recycling and you'll receive a 20% discount valid on

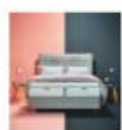
all bra, bralette and top styles in Sloggi's ZERO Feel, GO Allround and Wow Embrace collections.



Charlotte Mensah, Afro hairstylist, leader in the natural haircare movement and owner of Hair Lounge salon, will be hosting a braid bar. Braids are the low commitment way to shake up your look and visitors can choose from a selection of braiding styles and shop Charlotte's award-winning Manketti product range, designed for Afro/mixed and all curly hair types. Charlotte Mensah is encouraging the nation to embrace natural Afro, mixed and curly textured hair.



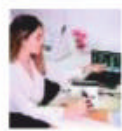
Benefit Cosmetics will host a pop-up where visitors can experience brows that go from now to WOW! Plus discover standout Hello Happy Foundation for guaranteed good skin days.



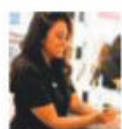
Silentnight invite you to try Yours & Mine, a mattress innovation whereby bed-sharers can choose the ideal firmness for their side of the bed – softer, medium or firmer. Each mattress is finished with a choice of three comfort layers and a seamless join to ensure a great night's sleep. This removes the need for compromise, which often leads to the wrong choice for both parties. It's time for a bedtime that suits all sleepers!



PRAI Beauty, known as the Neck-Xpert's, are targeted skincare specialists and creators of the UK's number one neck cream – delivering results in just seven days! The team will be at the event offering complimentary 'neckcials' and free gifts with purchase.



Gold Collagen will be on hand with experts to measure the collagen density in your skin, hair and nails and the thickness of your hair to find your perfect prescription, as well as allowing you to try the Gold Collagen liquid beauty supplements. And don't forget to spin the wheel of fortune for the chance to win a Gold Collagen sample.



KIKO will offer complimentary makeovers and deliver tutorials on key looks for the season. There will also be the opportunity to win some great prizes. The team will introduce the stunning new collection and showcase their iconic best-selling products, so don't miss out!

TALK SCHEDULE

Saturday 28 March

11 AM: **Grazia's beauty director Joely Walker shares her Insider Tips & Tricks**

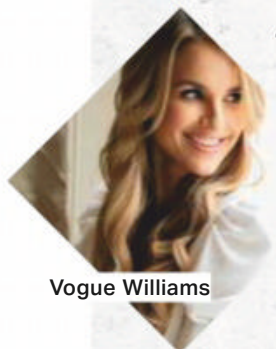
From the skincare products that work wonders to the make-up hacks she swears by, Joely reveals what she's learned from the world's beauty experts.

12.30 PM: **Bridal Make-up Q&A and Masterclass with Amy Conway**

Bobbi Brown's senior pro artist shows you how to achieve a glowing wedding day look, while answering all your questions ahead of the big day.

2 PM: **From Tan to TV, In Conversation with Vogue Williams**

The TV presenter, DJ, model and founder of Bare by Vogue fake tan gives the inside scoop on her best beauty hacks and life advice.

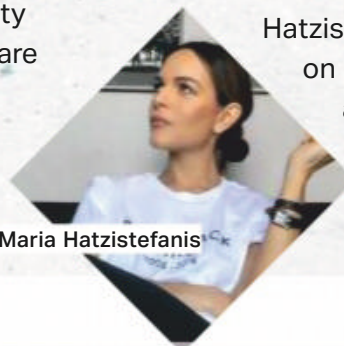


3 PM: **Charlotte Mensah & Ateh Jewel - Styling Masterclass for coils and curls**

Natural hair champion Charlotte talks to beauty journalist Ateh Jewel and gives a styling masterclass on coils and curls.

5 PM: **No BS Beauty Advice For Women Over 40**

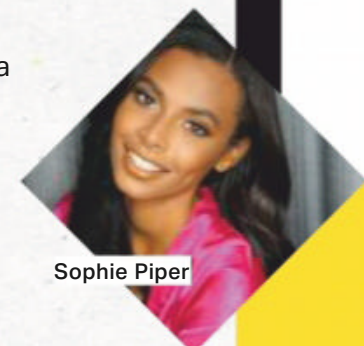
Nadine Baggott and PR whizz Jo Jones take a no-nonsense approach in their cult 'Beauty Hags' videos. Here, they share their hero products and foolproof tips.



Sunday 29 March

11 AM + 12.30 PM: **Life Behind the Love Island Lens**

Grazia features director Rhiannon Evans chats to ex-contestants Molly Mae Hague, Yewande Biala and Sophie Piper.



2 PM: **On-The-Go Workout Tricks with Alice Liveing**

PT sensation, author and podcaster Alice Liveing talks workouts, wellbeing and beauty tricks ahead of her live demo on 10 easy workout moves you can do anywhere. Think minimum time, maximum results – with a helpful takeaway guide. Any burning workout questions? Bring them along for the final Q&A.

3.30 PM: **How To Live Happy in 2020**

Behavioural change specialist and author of *The Kindness Method* and *The Last Diet*, Shahroo Izadi sits alongside dynamic sister duo Nadia & Katia Narain – authors and co-founders of online healing course The Gentle Revolution, to share their tips of easy and realistic ways to welcome wellness into your life.

4.45 PM: **How to make it happen: Turning Failure Into Success**

Founder of leading brands Rodial and Nip + Fab, author of books *Overnight Success* and *How To Make It Happen* and all-round wonder woman Maria Hatzistefanis shares her expert advice on how to get ahead in business and beyond.

HOW TO GET TICKETS

Guests can buy a ticket to listen to the speaker of their choice in an intimate setting while enjoying a complimentary glass of fizz, and get the chance to have beauty treatments by Nails Inc and Blow Ltd.

Each lounge attendee will get a goodie bag worth over £125, with products from the likes of Illamasqua, Elemis, Eyeko,

Gold Collagen, Nails Inc, Dr PawPaw, Murad, Code 8 and Urban Decay.

Tickets, £22, from [intu.co.uk/grazia-beautyweekend](https://www.intu.co.uk/grazia-beautyweekend). Get them before they go!

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IT'S THE WEEK TO...

LOVE LIFE > WHAT TO WATCH, DEBATE, COOK, BOOK, SHARE + EXPERIENCE



LOSE IT AS...

refreshing alt-pop duo Oh Wonder perform a UK tour, starting in Glasgow and ending in London. Sleek and satisfying. *Until Monday*



SAY CHEESE WITH...

The Photograph. The immensely talented Issa Rae stars as a woman left hurt by the death of her estranged mother. *In cinemas Friday*

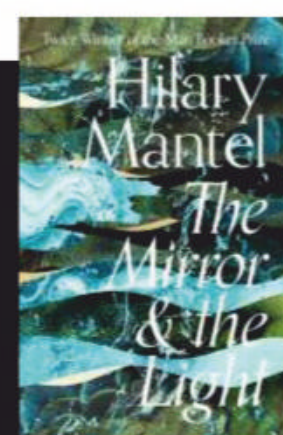


EXPLORE SOMETHING NEW WITH...

Two Caves, the new EP from Lauren Auder. Having supported Christine and The Queens on tour, they're at the forefront of a new indie-pop wave. *Out Thursday*

FIND YOUR VOICE WITH...

Military Wives, the uplifting story of a group of women who take comfort in music. A warm hug of a film given a class upgrade by Kristin Scott Thomas and Sharon Horgan. *In cinemas Friday*



SELF-REFLECT WITH...

The Mirror And The Light, the final book in Hilary Mantel's astounding Thomas Cromwell trilogy. A dead cert for the next Booker shortlist, and a major literary event. *Out Thursday*

IT'S THE WEEK TO...

EXPLORE

Give flying solo a go

MORE AND MORE OF US ARE CHOOSING TO TRAVEL ON OUR OWN, INCLUDING BEST-SELLING AUTHOR LUCY FOLEY, WHO EXPLAINS WHY SHE REGULARLY LEAVES HER HUSBAND AND CHILDREN AT HOME

THE FIRST TIME I travelled abroad alone I was 18. I was going to live in Florence for a month in the spare room of an elderly lady who spoke no English. The night before, I worried into the small hours, wondering why I'd thought this trip was a good idea. I was heading on my own, and friendless, to a city I didn't know with very little money and only a couple of choice phrases in the language, along the lines of: 'One raspberry gelato, please,' and 'I'm sorry, I don't speak any Italian.' It would, I was sure, be an unmitigated disaster. And yet I made friends for life, found a job, started a lifelong love affair with Italy and its people,

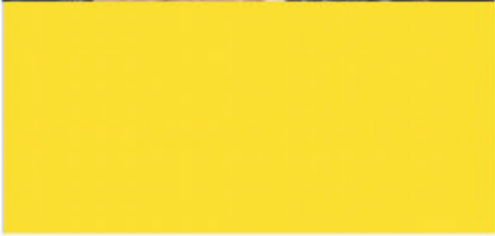
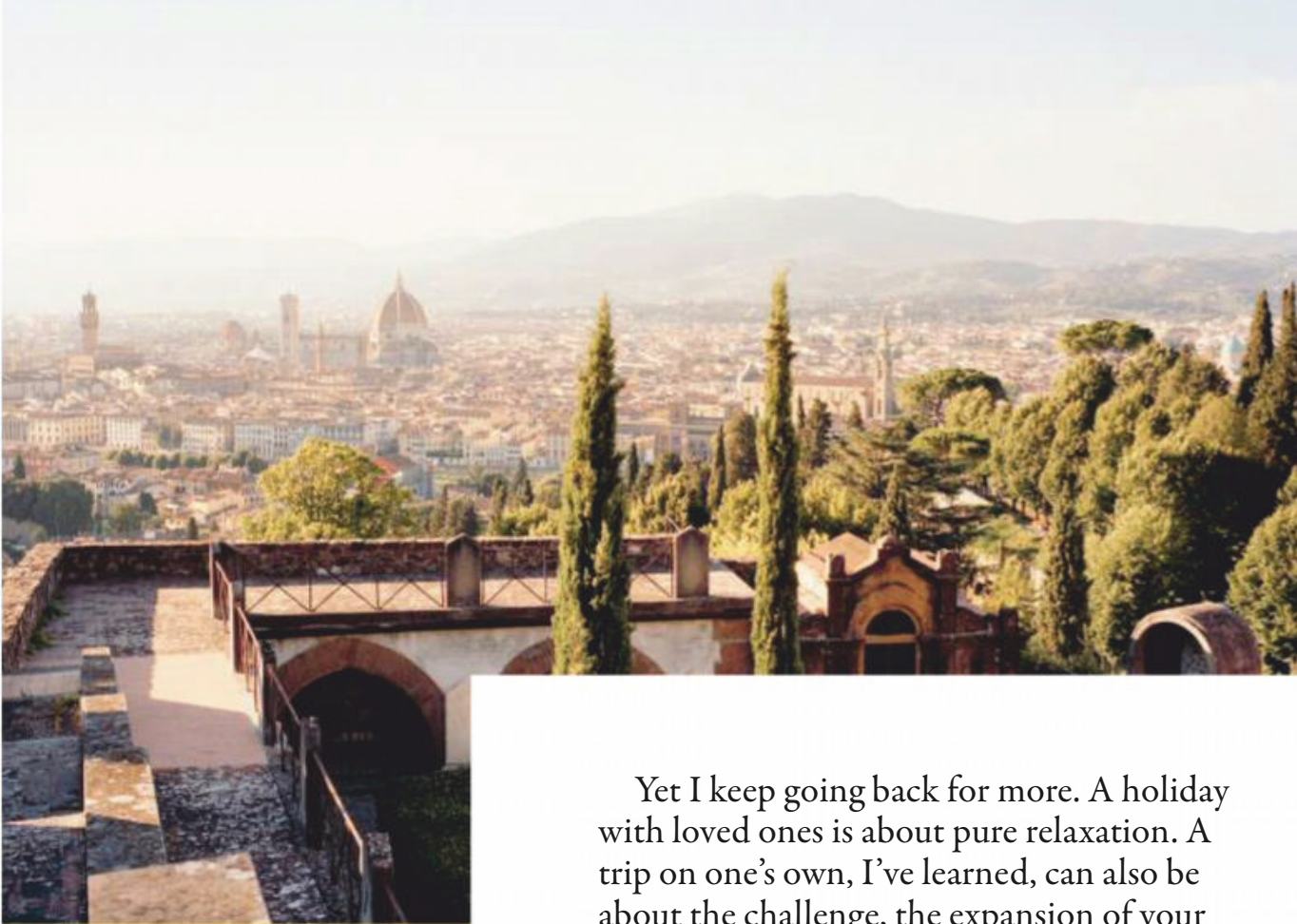
SOLO
TRAVEL
SPECIAL

food and culture, and ended up staying for eight weeks longer than I had planned – only returning when I ran out of money.

Ever since that first trip, I've been addicted to the thrills of solo travel and try to go away on my own three or four times a year, sometimes for writing research, sometimes for the fun of it. I'm now married, have an established friendship group, a mortgage, a job I love. And yet this is exactly why I sometimes feel the need to shake things up a little, to remove myself from all that security. It's not always easy. If anything goes wrong – stolen luggage, a dented hire car, a dodgy Airbnb – there's no one to help me pick up the pieces. If you don't know the place well, or speak little of the language, you can feel awkward, too visible, as though you've had a layer of skin removed. It can be lonely, disorientating, occasionally even frightening – I once found myself being followed down a dark alleyway in Essaouira (only to realise I'd dropped my bank card and the guy was trying to give it back...).

Lucy (above) has explored Florence (top right) and Istanbul (right) alone. Above right: one for lunch or dinner needn't be awkward





Yet I keep going back for more. A holiday with loved ones is about pure relaxation. A trip on one's own, I've learned, can also be about the challenge, the expansion of your own horizons, within as well as without.

When travelling solo, unless I want to spend my entire trip eating supermarket meals in my rental, I am forced to go out and eat alone. It sounds easy. I've learned, however, that eating a Pret sandwich while you page through your phone at a plastic counter is one thing; sitting at a candlelit table in a square in Mallorca surrounded by loud, loving families and date-night couples on a Sunday evening is quite another. I have had to learn to be content with my own company, sitting and taking in the sights or reading my book. To stop worrying that people are looking, or judging. To be unashamed by my aloneness.

I still find speaking to strangers in an unfamiliar language difficult. As a rule, we Brits hate risking embarrassing ourselves and I spend much of my working life holed away writing at home not talking to anyone. And yet it builds my confidence. Both in my linguistic skills (I speak conversational Italian, French and Spanish, with a sprinkling of Japanese and Greek) and also in that deeper reserve of confidence I have within myself, in my ability to engage with others. It has helped me in my professional life, too: in my ease with public speaking, or chatting with readers after events.

It has also led to friendships being forged abroad: the Swedish couple I went for drinks with in Stockholm after chatting to them on the plane there. Or the party in the Puglian countryside I was invited to by some locals, where we danced into the small hours in a garden under fairy-lights and a starlit sky: a night that still doesn't seem quite real. These experiences don't really happen when you're travelling with other people. You're a contained unit as a couple or group and plan your days according to consensus. Alone, you can be more flexible, more impulsive and more selfish about how you choose to spend your time.

LUCY'S TIPS FOR SINGLE TRAVELLERS

- Force yourself out of your comfort zone by speaking to strangers, making new friends, and saying yes to new experiences.
- At the same time, stay safe: make sure someone at home knows where you are, get travel insurance and always trust your instincts.
- Try to learn a little of the language before your trip or pick some up on the hoof: knowing a few choice phrases will feel less alienating.
- It's OK to feel awkward or lonely. These emotions are part of learning about yourself and what it is to be on your own.
- A book makes a handy companion if you feel self-conscious about eating on your tod!

As a writer, experiences that take you out of the ordinary, that introduce you to people you'd never have met in normal life, are essential for creativity. But I think they're essential for me as a person, too: a kind of self-love. At the risk of going into tired clichés about 'finding yourself', every time I go abroad alone I learn about my own reserves of resilience, of self-confidence. This is why I will continue to seek opportunities to travel alone. To step outside my comfort zone and remind myself what a colourful, contradictory place the world is and who I am, away from the security and comfort of daily life. And then, afterwards, to come back with a greater appreciation for the people and place I call home.

'The Guest List' by Lucy Foley (£12.99, HarperCollins) is out now ▶



Clockwise from left: glamping at Linkwasha; sleepover in the treehouse; Carolyn, ready for sundowners; zebra on the plain



Safari nights

GRAZIA'S CAROLYN ROBERTS FINDS, TO HER SURPRISE, THAT GOING ON SAFARI GIVES THE SOLO TRAVELLER THE BEST OF BOTH WORLDS

'NOT GOING WITH your husband, then?' the Uber driver asks as he drops me at the airport. 'No, alone,' I answer, wondering whether to add, 'Honeymoon for one!'

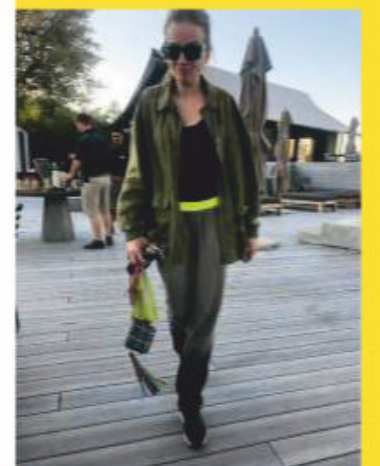
I usually like to holiday with a plus one (or a few) but this time around I'm going solo – and in the days before I worry about how different it will be, especially as I'm going on an African safari, which is considered the ultimate honeymoon or once-in-a-lifetime holiday experience. Will I miss having someone to discuss my amazing days with, to share the excitement of spotting a lion or elephant?

I soon find out. After arriving in Zimbabwe, I swap a jumbo jet for a small six-seater plane that's carrying me and my fellow adventurers out into the African bush. Less than an hour later, after flying over a seemingly never-ending landscape of deserted green bush, the plane (literally) bounces down on the airstrip in the middle of nowhere. Looking out of the window,

all I can see is a small hut – and a friendly-looking guide who I later come to know as Edison.

My home for the next three nights is the private Linkwasha camp in west Zimbabwe's Hwange National Park. My room is an en-suite tent – but by tent I mean a luxury room with glass walls and canvas canopy (Glastonbury this isn't). Roomy for two, it is wonderfully spacious for one, and the views of the grassy plains are incredible, especially as there are animals roaming freely outside. Taking a shower before dinner, I spy a group of cheetahs sauntering past the window – I grab my camera to get a shot of them looking back at me, wondering if in fact I *should* have got my bikini line done for my trip alone.

As the sun sets, I get ready for my first real test as a solo traveller – dinner. I don't have to arrive on my own, though – as the animals roam so freely around the camp, guests are escorted to dinner; so it is that my guide, Edison, arrives to pick me up,



SOLO
TRAVEL
SPECIAL



this time I sip my cocktail in the company of elephants and hippos.

Escorted on game drives by Edison I see a pride of lions, buffalo, giraffes, zebra, antelope and more. Hours are spent watching hyenas chasing each other, and who knew that watching a dung beetle push its own dirt up the bush can be so captivating.

Edison is particularly animated to see beautiful African wild dogs, called 'painted wolves', which have not been spotted for months. They are the continent's second most endangered carnivore, rare now despite their common name. It's good to share in his excitement.

But it's undoubtedly the lionesses that are the most fascinating to watch as they stalk nimble wildebeest, oblivious to us in an (open-sided) jeep sitting quietly nearby. Having spent some time obsessing over my safari outfits (though I wasn't sure if anyone would notice – and the whole point is you hope the animals *won't* notice you), I'm glad I replaced my dayglo green with beige, khaki, and more beige.

The true test of this romantic adventure for one, though, is a night spent in the camp's 'star bed' – a sleepover in a treehouse several feet off the ground, as below a pack of lions gnaw their way through their supper. Gulp. Fortified by Chenin Blanc, I fall asleep to the sounds of rustling before being awoken at dawn by Edison (who stayed nearby). As the sun rises into the sky, we drive past the family of lions back to the main camp. I feel a twinge of regret, wishing I could have woken up under the beautiful kaleidoscope sky with a partner in crime.

But it is the only time I feel this way for, on a safari, there is little time to feel lonely – in fact, it is the perfect solo trip. Not only do you go on safari with others and dine with everyone else, there is also a comforting routine to be part of. Game drives are done at sunrise and just before sunset as these are the best times to spot wildlife. In between, there's plenty more to see and do.

Wilderness Safaris work closely with local communities and one day we visit a local primary school in a nearby village where the children sing us songs, quiz us on our favourite food and tell us their ambitions. It's like having my own extended family for the day, and going back to camp, their tunes ring happily in my ears. In post-Mugabe Zimbabwe, life can still be a struggle, but the

armed with a rifle in case of any unexpected close encounters.

I make it safely through the dark to the dining area that turns out to be a cosy open fire around which all the guests sit; I need not have worried about a table for one. And over the next few nights, under starry skies, it is here that everyone gathers for pre-dinner cocktails and delicious meals that include Zambezi bream fishcakes and chickpea tagine, enjoyed with chilled wines.

One magical night, a herd of elephants join us, coming for their own refreshment at the watering hole nearby; a collective hush descends, and a childlike awe comes over us all. It's certainly fine dining with a twist.

I need not have fretted either about having no one to share my incredible days; everyone swaps stories about the animals they've seen – and there's a lot to talk about for the wildlife encounters are incredible. One evening, Edison sets up stall by the watering hole. More used to sundowners on a balcony,

IT'S THE WEEK TO...



Victoria Falls Safari Club

EXPLORE

THE LOWDOWN

Thandeka is a high-end African safari company that immerses travellers in wildlife, and fosters relationships with effective non-profits in order to empower local communities and create positive change. Trips from £1,000 per person per night including accommodation at Wilderness Safaris Linkwasha Camp and Africa Albida Tourism Victoria Falls Safari Club: thandekatravel.com



positive attitude of the people here, who are proud of their country, stays with me.

A visit to the majestic Victoria Falls is a must when in Zimbabwe, and I stay nearby at the Victoria Falls Safari Club, an exclusive resort with fabulous sunset views. Despite reports of a drought and trickling water, the falls came crashing down metres from where I stand, a stunning natural wonder.

As I finally begin the long journey home, I reflect on my unforgettable time – and realise I needn't have worried I'd be alone in the bush.

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Our personal best. What's yours? #MyPersonalBest

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OFFICIAL
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BRITISH
ATHLETICS

EAT

The chef who broke the internet (and keeps on doing so...)

Alison Roman is arguably the coolest person cooking today – and now you can find her favourite recipes in Grazia. This week, an easy but excellent pasta dish



SOMETIMES, THE FOOD

I cook for myself at home (when nobody is watching) is, well, not very impressive. It can feel too simple, too beige

or too boring to ever see the light of day. I lovingly refer to these as 'personal dinners'.

Dishes like this creamy cauliflower pasta fall into the 'personal dinner' category. But after careful consideration, I have decided it's too wonderful not to publish.

This pasta does not compromise. It's comfort food, but also vegetables. It's complex, but quick. Sure, there might be an entire tub of double cream involved – I believe that if you're going to go for it, you should really go for it – but there's an entire head of cauliflower, too. There is creamy richness, but there's also salty crunch (from pecorino breadcrumbs, which are made in the same pan, thankyouverymuch). There's deep savoury flavour from lightly caramelised shallot, but also a light breeze from lemon zest and chopped chives.

If it wasn't already obvious, I will come clean now and tell you that, yes, this is essentially a more evolved version of macaroni and cheese but with a high cauliflower content and no scary technique.

This pasta is best eaten straight from the frying pan with one fork, but that directive is negotiable. It is, after all, *your* personal dinner.

CREAMY CAULIFLOWER PASTA WITH PECORINO BREADCRUMBS

Serves 4

Total time: 40 minutes

INGREDIENTS

Kosher salt* and black pepper
30g rigatoni, ziti or campanelle
6 tbsp olive oil
115g fresh coarse or panko breadcrumbs
75g finely grated pecorino cheese, plus more for serving
1 large shallot, finely chopped
1 medium head of cauliflower (just under 1kg), outer leaves and stem removed, sliced to just over 1cm thick (it's OK if it crumbles)
235ml double cream

1 tbsp finely grated lemon zest, plus more for serving
75g finely chopped chives
Red-pepper flakes (optional)

METHOD

1. Bring a large pasta pot filled with salted water to a boil. Cook the pasta until al dente; drain and reserve about 230ml of the cooking water.
2. Meanwhile, heat 3 tablespoons of olive oil in a large frying pan over a medium heat. Add the breadcrumbs and fry with salt and pepper until they're evenly toasted and golden brown. Add half the pecorino and toss to coat, letting the cheese melt and

clump among the breadcrumbs. Remove from the heat and transfer to a small bowl or plate; set aside.
3. Wipe out the frying pan and heat the remaining 3 tablespoons of oil over a medium heat. Add the shallot and cauliflower and season with salt and plenty of black pepper. Cook, tossing occasionally, until the cauliflower has completely softened and both the cauliflower and shallots are beginning to caramelize and brown, 12 to 15 minutes.
4. Add the cream and 1 tablespoon of lemon zest and bring to a simmer; lower the heat and let the cream reduce and thicken, 2 to 4 minutes.

Season with salt and plenty of pepper; if the pasta is still cooking, remove the cauliflower from the heat and set aside until the pasta is ready.
5. Return the frying pan to a medium heat and add the pasta to the cauliflower, along with the remaining pecorino and 170ml of the pasta water. Cook, tossing to coat the pasta and thicken the sauce until it's thick and glossy, adding more pasta water as needed, 4 to 6 minutes.
6. Remove the frying pan from the heat. Divide the pasta among bowls and top with pecorino breadcrumbs, chives, lemon zest, red-pepper flakes (if using) and more cheese if you like.

YOUR HOROSCOPE FOR MARCH

What's in the stars for you this month?

With spring imminent, March is a month full of optimism. It's the perfect time to get outdoors – pop your headphones on and listen to an inspiring podcast or some motivational tunes, and don't forget your sustainable cup for that coffee break! The clocks don't change until the end of the month, so there are plenty of cosy nights to enjoy. Chill with *How To Find Calm* while burning a luxe candle, before donning a cosy eyemask. And if you're a March baby check out the Birthstones collection at uk.pandora.net

PISCES 19 Feb – 19 Mar

This is your month to shine and 2020 ushers in a whole new, uplifting vibe for Pisces. You are starting to actualise dreams and goals that until now may have taken a back seat. Your sensitivity will be heightened which is incredible for creativity and intuition, but may leave you vulnerable to lower energies, so protect your energy and master the art of retreat. Step away from the constant bombardment of information, courtesy of modern-day life. Spiritual and physical cleansing and healthy routines will boost your wellbeing on all levels and prepare you to receive soul-sent high vibe guidance. It's essential to manage your energy, practise daily meditation, unplug from phones and spend time with gentle people who value you.

AQUARIUS 20 Jan – 18 Feb

Mercury the planet of communication retrogrades in your sign on 4 March, so clear up misunderstandings and tackle all paperwork. Feng shui your inbox!

ARIES 20 Mar – 18 April

The moon opposes your star sign on 10 March so avoid overreacting and adopt an attitude of compromise in all your dealings (personal and professional).

TAURUS 19 Apr – 19 May

Venus the planet of love, money and attraction moves into your sign on 5 March. This boosts your powers of seduction and attraction in general, so remain open-minded and socialise.



Pandora Moments Open Bangle, £60, and March Birthstone Heart Dangle Charm, £30



March Birthstone Beaded Ring, £40

GEMINI 20 May – 19 Jun

The Moon is in your sign until 4 March, which boosts your emotional intelligence and gives you the power to understand others and situations on a deeper level.

CANCER 20 Jun – 21 Jul

The pressure of the last two years is lifting; this was star sent to help open up your heart and to encourage you to embrace the kindness that is all around you.

LEO 22 Jul – 21 Aug

2020 is likely to be as hectic for you as your opposite sign Aquarius, so master ways to care for your wellbeing and listen to your lion heart.

VIRGO 22 Aug – 21 Sep

The moon moves to empower you on 8 March to coincide with International Women's Day, so take time for self-appreciation and to connect with the women who have empowered you this far.

LIBRA 22 Sep – 21 Oct

The moon moves into your sign on 10 March coinciding with the end of Mercury retrograde – this is prime time for negotiations and win-win situations.

SCORPIO 22 Oct – 20 Nov

Both your governing planets are in the discerning sign of Capricorn, so it's all about work and commitments for a little while longer. Hold steady and also make time for fun.

SAGITTARIUS 21 Nov – 20 Dec

Opportunities triggered by Jupiter's stay in your sign last year are ripe for the taking in 2020. Be kind to yourself and those who annoy you.

CAPRICORN 21 Dec – 19 Jan

The Moon is opposite your sign on 4 March. This could be a great opportunity for compassion and forgiveness if you can muster empathy for yourself and others.

PROMOTED BY

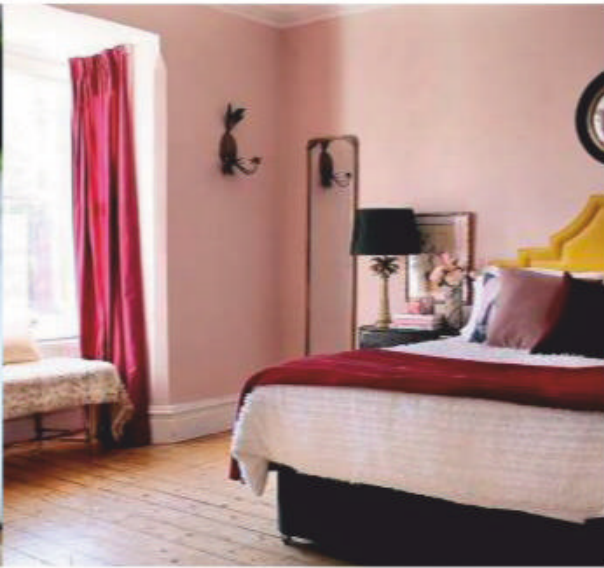
PANDORA
SOMETHING ABOUT YOU

DECORATE

Let's renovate!

Creating a calm and inspiring bedroom

WHEN KIMBERLY DURAN and her partner Wayne bought this four-bedroom Victorian semi in Shrewsbury, they knew they would have to embark on a major renovation. 'The house was dated and neglected,' says the stylist behind @swoonworthyblog, 'but we could see that it had enormous potential to be a beautiful home. It had many original features, including the cornicing and floor tiles and big bay windows that brought in the light.' The first room to be transformed was this bedroom. 'We wanted a sanctuary, somewhere we could shut the door and leave the mess and chaos behind,' says Kimberly.

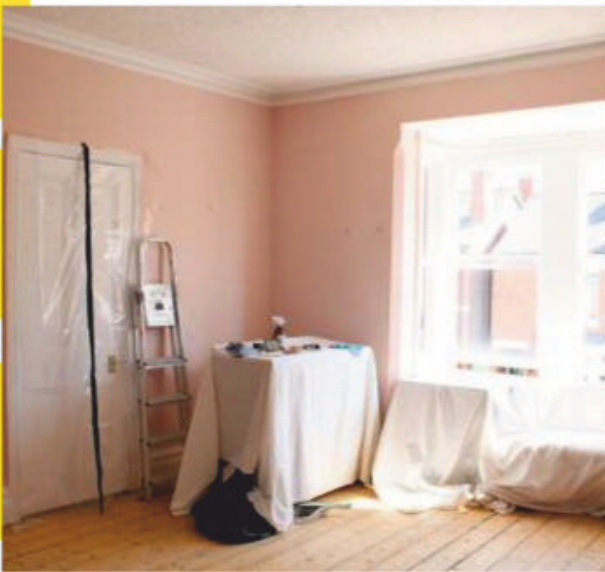


SUITE SUCCESS

'The bedroom now leads into a dressing room and office, and Wayne has the same, so each of us has a lovely suite of rooms,' says Kimberly.

BANISH PINK!

Although Kimberly liked the original pink walls, Wayne did not – so they had to go. They were replaced by soothing white. 'And I'm going to replace the pink curtains with grey.'



ELECTRIC DREAMS

The bedroom needed to be rewired. 'The walls were not in great shape anyway – one had been a gallery wall and was full of holes and old nails.'

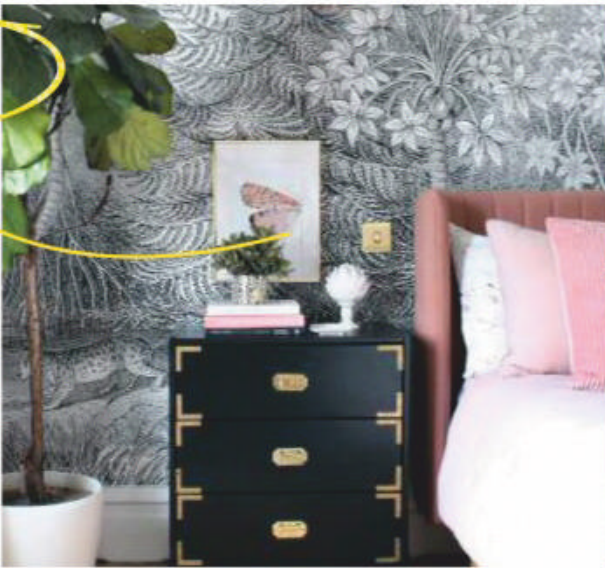
FEELING FLAKY

'We had to scrape all the old paint off and then skim the walls [add a thin layer of plaster]. Luckily, the original floorboards were in good condition.'

JUNGLE FEVER

'I had long lusted after a monochrome wall mural and love this for its vintage style (£33/m², rebelwalls.com/uk). It has a lot of movement, but is not so busy it overwhelms the space.'

Ikea hack!



WORDS: RACHEL LOOS

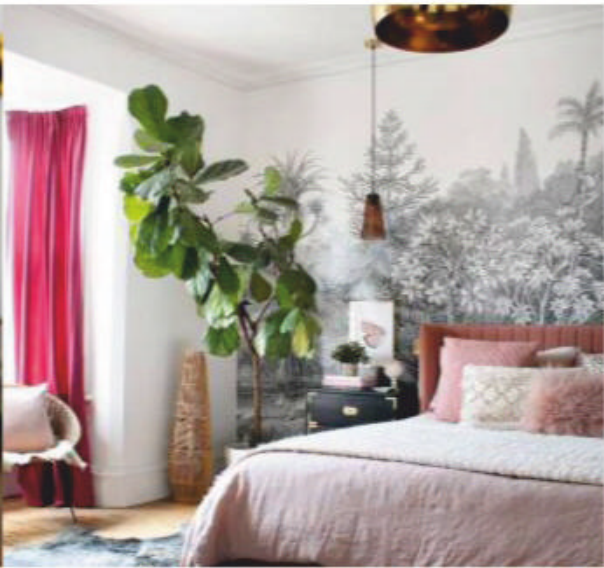
DIY DRAWERS

'The bedside tables are an Ikea hack. I painted the Rast drawers (£25, ikea.co.uk) black and bought the campaign hardware on eBay and at B&Q.'



METALLIC TOUCH

In one corner is a vintage chest of drawers, bought on eBay for £75. 'On it are objects in gold, which is the accent metallic in the bedroom – and the entire house.'



ROSE BED

'I wanted a bed with a wraparound headboard, and rose is a wonderful neutral shade (for similar, see Margot, from £599, made.com). I didn't tell Wayne – I prefer to ask forgiveness, not permission!'

ANNIE HAAK

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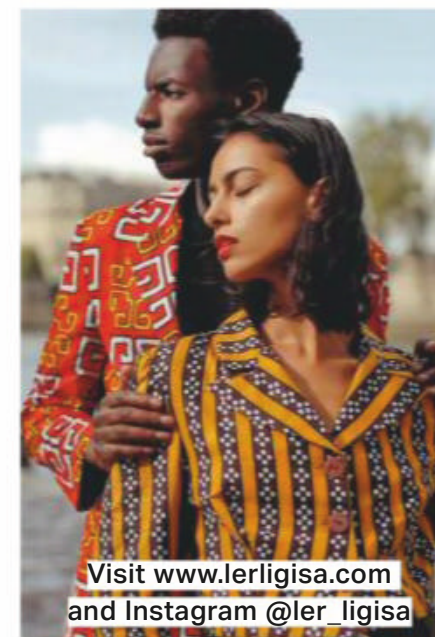
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WATCH



OUR POP CULTURE EXPERT PAUL FLYNN HAS BEEN WRITING ABOUT TV FOR MORE THAN 20 YEARS...

Expect fireworks in this brilliant adaptation of a noughties classic novel

Love strikes across the divides of class and race for Sephy and Callum



WITH SOME SECTIONS of the media craftily facilitating its downfall and a UK Government greasing its pole, now is probably the worst time for the BBC to launch a dystopian drama about racism. A primetime adaptation of Malorie Blackman's brilliant *Noughts + Crosses* series of noughties novels is a baller move. Within five minutes of the drama starting, all the correct hackles will be raised.

Noughts + Crosses is a star-crossed lovers story set in an imaginary London colonised by African nations 700 years ago, a colourfully reappropriated capital in which the power base of skin colour is directly inverted. In the opening scene, a bunch of white lads are accosted by the black police force and treated like scum. One is hospitalised, leaving severe repercussions for the fictional Home Secretary, a judiciously sly character called Kamal Hadley. As he calls for curfews, stop and search and an end to peaceful protest, you can draw your own comparisons to a reverse-psychology Priti Patel. His housemaid is Meggy (Helen Baxendale), who brings her son Callum to Hadley's wife's birthday party to moonlight as a waiter. At the party he meets his childhood friend Sephy, Hadley's daughter. Dangerous

cross-class and cross-race romantic sparks begin to fly.

Blackman's feeling for story is exceptional. But it's the entire world she creates around this radical reinterpretation of the Montagues and Capulets that really puts a firework under the drama. You can sense the itch of white viewers literally made to feel the experience of citizens made second-class because of the colour of their skin. Equally, the whoop and holler of joy in viewers of colour at the sheer complexity and authority she draws in redistributed power. These books were Stormzy's favourites growing up. He appears as a newspaper editor in the final episode. They're audacious works.

Noughts + Crosses is a house of mirrors in which we should all examine our reflections. Not least the BBC. Like the Prime Minister in this amazing work, let's hope the next BBC director general is a black woman, eh?

Begins *Thursday, 9pm, BBC One*



7 DAYS OF TV

Watch live...

Zoey's Extraordinary Playlist

You know what it's like when a massive earthquake happens midway through an MRI scan, right? You will now, as the titular Zoey in this comedy drama develops the superpower to hear her friends innermost thoughts. Imagine that? (Actually, don't.)

Thursday, 10pm, E4

Catch up on...

Last Tango In Halifax

It isn't her most celebrated or award-littered, but *Halifax* is every bit the amazing equal of writer Sally Wainwright's *Happy Valley*. It's an eloquent, truthful tea dance around twilight years spent fixing the net curtains to get a better view.

It's quietly fabulous.

Sundays, 9pm, BBC One

Wallow in...

Amazing Stories

Steven Spielberg's anthology series from the '80s is remade with a 2020s budget and some serious network clout. The don acts as executive producer in this cross-genre masterclass in horror, thriller and straight-down-the-line heartfelt drama. Aces.

From Friday, AppleTV+

GRAZIA'S LIFE SKILLS

MASTER

ASK THE EXPERT

Don't fear the smear



Dr Frankie Jackson-Spence,
NHS doctor and
PT coach

The smear test is part of the cervical cancer screening programme. You'll be called to have one every three years and can either do it at your GP practice or at a sexual health clinic. Book it for a time when you're not on your period or two days either side. The appointment usually takes just a few minutes and the smear itself can take less than 30 seconds. Cervical cancer is the most common cancer in women under 35 but it's almost completely preventable, so attending your screening is important.

Everyone is different. Some women may find it uncomfortable or painful – they may have a low pain threshold or their anatomy might be slightly different – but for most it will be a breeze. Women who have a good experience don't tend to rave about it. The minority who've had bad experiences might scare you, but most



women come out thinking, 'That wasn't as bad as I thought.'

Don't be embarrassed. The medical professionals have done hundreds of vaginal examinations. They've seen different shapes and sizes. Every vagina is different: we don't care what it looks like, what underwear you're wearing or whether you've got pubic hair.

Communicating any anxiety with the medical professional is vital. There are things they can do to make it more comfortable for you. They might use a

smaller speculum or, if you're anxious, let you take someone along – a friend, mum or partner. Try focusing on breathing through your nose for six seconds and out through your mouth for six seconds. I recommend breathing out as the speculum is going in, as that helps relax the muscles.

If there's any way we can make you feel more comfortable, then we will do so. Talking about it with the doctor is always the most important thing to do. [@drfrankiejs](#)

WORK WISDOM

How to get your voice heard



Jacqueline Gold,
founder and CEO
of Ann Summers

You don't need to be the loudest person in the room but you do need to contribute. That's what I look for – someone who's the first to speak. And it doesn't matter whether everybody likes your idea or not, you're going to be more memorable.

As women, we can sometimes feel intimidated or find it difficult to compete, so it's important to be prepared. A well-prepared pitch or

presentation will always stand out.

There's a difference between being assertive and confident. It's about getting that balance right. It's also vital to engage. The moment you walk into a room, make lots of eye contact and make sure your body language says: I deserve my seat at the table.

Female leaders must be good role models by raising our head above the parapet. We need to let people know we've been successful and not be afraid to say yeah, I'm proud of what I achieved. It's about raising other women's voices, as well as your own.

Quote me



'Where there is a woman, there is magic.'
Ntozake Shange,
playwright and poet

LIFE ADMIN

Are you saving enough?

Laura Whateley, author of *Money: A User's Guide*

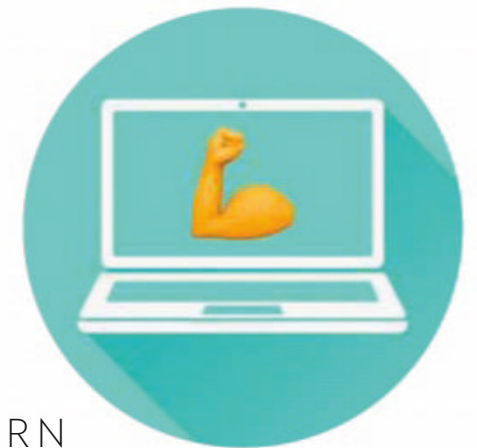
How much do you have in savings? Not your pension, but any cash set aside for a rainy day, something you can get hold of tomorrow to see you through a disastrous week. There are loads of surveys that aim to give a picture of this, asking a 'representative sample' of 2,000

people what's in their bank account. The general gist is most of us have barely a few hundred pounds to our name. A recent report from Lloyds Bank suggested 33% don't save regularly.

I'm often asked how much people should put aside. There is the popular 50/30/20 rule (invented by Senator Elizabeth Warren): 50% of earnings on essentials, 30% on spending and 20% on saving. But at the end of 2019, households in the UK set aside just 5.5% of their income, according to the Money

Charity. I think the 50/30/20 rule is unrealistic when housing costs are so high, but working out what you can save as a percentage isn't a bad idea. Could you live comfortably on 90% of your salary? If so, put away 10% when you're paid.

Financial advisers suggest your emergency fund should cover three months' worth of outgoings, while debt charities say the main reason people come unstuck with credit is they don't have rainy day savings, and advise a target of at least £1,000 in an easy-to-access account.



MODERN MUM DILEMMA OF THE WEEK

My request for flexible working has been denied. Do I leave or fight it?



Anna Whitehouse, aka Mother Pukka

There's a huge misconception that flexible working is something you have to earn, but it's actually fundamentally good for business and there's plenty of research proving people work harder when they are not 'owned' by their employer. Plus not having to ask permission to go and have a bunion checked does wonders for your self-worth.

Flexible-working consultancy Timewise has just announced that one million people now work part-time in high-powered jobs. So the tide is turning – but slowly. To speed it up we must keep pushing against inflexibility. So you need to roll up your sleeves regardless of exhaustion-induced eye twitch.

Suggest a trial period for flexible working and, if they agree, establish clear benchmarks of success before kicking things off. Wield the gender pay gap to your advantage. Flexible working has been listed as the 'primary way' to close the pay gap by the Equality and Human Rights Commission, so don't be afraid to holler that. You'd have to question a company that doesn't want to bridge a chasm of inequality. More than anything, know that by questioning a system you are changing things for the next generation; for your kids. Let's talk about flex, indeed.

@mother_pukka

DIGITAL ETIQUETTE

Share achievements – no humblebragging



Victoria Turk, author of *Digital Etiquette*

We're on social media to keep track of friends' achievements, yet revealing our own feels awkward. Here's how to share triumphs without the cringey faux-modesty.

Just brag

Humblebrags feel manipulative and phoney. An authentic, straight-up brag is preferable, so forget self-deprecation and post from the heart. Your friends want to be happy for you; let them.

Celebrate small wins

It doesn't have to be momentous to warrant showing off. Sporting progress, pub quiz wins, a particularly good lunch – if you're proud of it, it counts. Just stick to one post per accomplishment.

Give thanks

Give credit where it's due: thank people who've helped you, especially if your achievement was a team effort.

Share the love

Even more satisfying than blowing your own trumpet is bigging up a friend. But be sure to get their permission to share – you don't want to accidentally scoop someone's pregnancy announcement.

SELF HELP DIGESTED



The Fix by Michelle P King (£20, Simon & Schuster)

For years the idea that, to succeed, women had to fix themselves is simply not true. 'Speak up! Ask for a raise!' This tired advice doesn't fix anything. We need to change the workplace.

Historically – and currently – most workplaces were designed by men for men. The 'typical' worker is white, straight and isn't juggling a family. As a result, they don't meet the needs of women.

The invisible barriers (hidden sexism) holding back women still exist. Make the invisible visible, by learning about them before you experience them.

Gender equality isn't about men or women, it's about making workplaces work for everyone.

Need some expert advice on money, work or anything else? Let us know what you'd like to see on this page at feedback@graziamagazine.co.uk

AT THE END OF THE DAY...

DITA VON TEESE

47, BURLESQUE STAR

ON SKINCARE,
FONDUE AND HER
BATH-LOVING CAT



In the evening after a show, I usually do a meet-and-greet with fans. I like to spend as much time with people as I can, so that's a lot of my night. I'm doing my fourth full-length review, and it's very different. It's a classic American burlesque show, but with a modern take. We use a lot of state-of-the-art equipment and props and ideas to take it to a different place that hasn't been seen before. And there are just as many men in the show as women.

I used to go out and party afterwards, but I kind of stopped doing that because I feel like I have a much bigger responsibility to make the show great. But we do have parties backstage where we pop open a bottle. If I'm in the UK, Claridge's is a favourite when I deserve a treat.

At home in LA, I'll do a lot of private events for brands or even birthday parties. I do try to take a little bit of time out, though. I have a little log cabin up in the woods, about an hour and a half's drive away, so I like to go up there and relax when I can. I love entertaining. When friends come over I really love a potluck dinner [where guests each bring a dish]. It's fun for me, first because I don't have to cook everything, but also my friends love to present their dish. I'm kind of known for my theme parties: I had a

Fun-do Fondue party where everyone had to wear fun hairdos and we ate fondue. I'm just bored of the normal dinner party. I like something funny.

I've been reading this book called *Tribe Of Mentors*, by Tim Ferriss. It gives advice and

knowledge from heads of Fortune 500 companies and helps me think how I can adapt that to what I do. I'm leading a tour and I'm a producer of the show: showbusiness is a business!

I try to cut off my work time at 7pm so that I have between then and 10pm to relax. If I'm not performing, that's when I'll eat dinner and stay home. I'm a little bit of a homebody. I love a bath. My cat, who's kind of a famous Instagram star, likes to watch me take a bath. He loves water but he doesn't want to get in, so I make little droplets of water and put them on his face. He loves it. I love tuning out, getting in the bath with my cat staring at me. He used to tour with me but he's 16 now, so I don't really bring him around.

I'm not very high-maintenance as far as dermatology. In fact, my dermatologist is a paediatric dermatologist, because it's hard for me to trust Hollywood skin doctors. They all want to sell you something. They'll tell you you need to use this laser, because they own that laser. But I like a nice heavy product skincare regime: I mostly use a brand called Retrouvé, and another called Eminence, which is natural, organic skincare.

I am very susceptible to jet lag. I have a very, very powerful body clock, which on the bright side means that I can wake up at the same time every day with no alarm clock. But that also means, when it comes to jet lag, I really suffer, it takes me a while to adjust.

Dita Von Teese: Glamazonatrix tours the UK from 14 April; myticket.co.uk

QUICK-FIRE VON TEESE

Gin or vodka martini?

Vodka, very dirty

Night in or night out?

Night in

Late or early?

Early

Uber or limo?

Black cab

Roses or chocolates?

Roses

sky

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