

GRAZIA

SUMMER
GLOW-UP...

SUNSET BLUSH!
TIP TOP TANS!
HAIR HEROES!

ZENDAYA'S
BIG RESET

WHY SHE'S
PIVOTING AT
HER PEAK



THE H&M
COLLAB YOU
CAN'T MISS

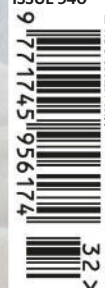
IS IT
SMUG
TO BE
SOBER?

THE NEW
WELLNESS
DIVIDE

MAYA
JAMA

ON SWAPPING THE LOVE ISLAND
VILLA FOR THE TRAITORS' CASTLE

17 AUG 2026
ISSUE 940



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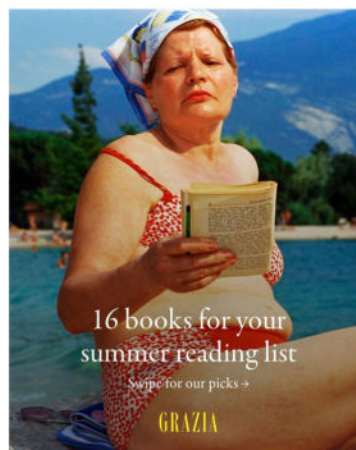
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YOU'VE BEEN READING...



Our guide to the hottest
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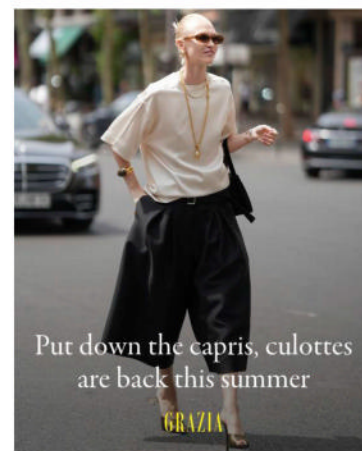
News that a Lily Allen tell-all is
in the works – we've already
got the popcorn on.

WATCHING...



The behind-the-scenes footage
from our shoot with previous cover
star Holly Willoughby.

BUYING...



Culottes – the chic work
shorts option for a
heatwave summer.

HAVE YOUR SAY...

Email us at feedback@graziamagazine.co.uk
Find us on Facebook, TikTok, LinkedIn and Instagram @GraziaUK

YOUR FEATURE *Why are women still managing men's health?* (27 July)
struck a cord. My partner has sciatica and I 'constantly feel like the bad guy'
pressing him to see a GP, again. (In his defence, they mostly just offer him
more prescription painkillers at considerable cost.) But in my case, I'm also
'nagging' him to cut down on alcohol and smoking, which will all be
amplifying his pain. I suspect many women would quietly relate to the
exhaustion of 'managing' a partner's addictions on top of their health.

Thanks for making me feel seen!

Rachel

GRAZIA

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WELCOME TO THE ISSUE

MAYBE YOU'RE READING this as you fit in a much-needed pedicure? Or as you're in the hairdressers getting a cut you've been promising yourself for months? Because, if you're anything like me, you're in the midst of pre-holiday beauty-admin hell. Consider then our *Grazia* summer beauty awards winners. On page 70, our editors and team of experts have picked the products they take on holiday because they actually work. It's a heady mix of sunset blushes, top tanners and long-haul hair heroes. The one I'll be reaching for? The Gucci Westman bronzer, which promises the kind of glowy skin I can only dream of. Talking of which, don't miss our interview with cover star and queen of glow, Maya Jama. Aside from her skin secrets, she talks about swapping the *Love Island* villa for a Scottish castle as she appears on the next series of *The Celebrity Traitors*. I'm already counting down the days...

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TAKE NOTE, ANDY BURNHAM: THE BEAUTY INDUSTRY IS SERIOUS BUSINESS

The British Beauty Council is calling on Andy Burnham to take beauty seriously. While the new PM recently announced a **20% cut to business rates** for pubs, social clubs and live music venues to boost hospitality, his plans don't include any relief for the beauty industry. With **196,563 businesses** across the personal care sector, there are more beauty salons on our high streets than pubs and bars. 'Ignoring salons and retailers is a **slap in the face** for high-street businesses striving to maintain a stable presence in our communities,' said Millie Kendall OBE, CEO of the British Beauty Council. This majority **female-led sector** contributes more to our GDP than the aerospace industry – it's high time we supported it.

What I learned from the best show on TV right now



THE SECRET LIVES OF GYPSY WIVES (Channel 4), is not the guilty grubby snobby reality TV freak show you think it is. I mean, I assumed it was *precisely* that – God help me, that’s why I put it on! I’d love to tell you I’m better than that, but my streaming algorithm would betray me.

Anyway. I was wrong. *Gypsy Wives* is a gem. Clever, funny, moving, true. It’s about burgeoning TikTok star Trewley Precious Temple, youngest of five kids – Honey, Ruby-Ann, Pearlygirl and Jamie – raised by their mother Tina, a ferocious whisp of magnificence. Or: ‘The Kardashians, if they were fat, broke and on benefits,’ according to Trewley. The children, though technically Travellers, raised within that community, have spent their lives on the Percy King Estate – ‘PKE’ – in Clacton-on-Sea. It’s... a little run-down, or: ‘That’s the community centre. It got fire-bombed in Covid,’ Trewley says, while touring with cameras. Trewley’s career as a content creator is a lurid, rapidly refreshing statement of bold feminist defiance; as a Traveller woman, she’s meant to marry, have children, aspire to housewifedom... But Trewley wants more. ‘Options... An empire.’

So *Gypsy Wives* is about family, womanhood, literal sisterhood – with a dose of ideological sisterhood, feminist subversion wrought via TikTok capitalism

and collabs thrown in. It’s about grief, too. Dad – Sidney – died three years earlier, of cancer; the show is also about a family trying to re-find itself, without its patriarch.

But beyond that – most of all – *The Secret Lives Of Gypsy Wives* is about England. It’s about being poor, white, sidelined and forgotten. Trewley’s success as an influencer has not, yet, translated into wealth, her family teeters on the breadline, as it always has – as does the community around it. They are poor in a way you don’t see on telly, because it’s painful and makes viewers feel guilty for the money we (OK – I) throw away on sourdough and flat whites every day, when here’s this lot hustling, doing ‘booties’ (car boot sales) so they eat.

This is Clacton, too, beating heart of Reform, subject to the imminent Farage/ Biface test case by-election. The Temples do not think much of Farage – or any politician. ‘No one that’s meant to care does care,’ says Ruby-Ann. Tough to argue with that.

But *Gypsy Wives* is also about England in that there is hope here, too. Optimism, aspiration, potency, change in Trewley’s giddy, instinctual entrepreneurship. In how she’s seen a chance to make things *better* and she’s going for it, tenaciously, joyfully. This, then, is the story of how I started watching a TV show about Other People, then realised: it’s actually about all of us.

CURRENTLY OBSESSED WITH...

1

Bask and Groove hats
A proper, glamorous sun hat for your heatwave.



2

Makeup By Mario Surrealskin Awakening Concealer
SPF and this? That’ll be your summer base, done.



3

WNU’s Blenheim dress
A solid dress for August, no?

4

Hush metallic halter top
What I’d wear to Ibiza if I were going (I’m not).



5

Astley Clarke necklace with locket
Just too adorable, really.



Who we're loving and living for right now...

CHART OF LUST



1. Up

DAVID JONSSON

To star in the next *Black Panther* film, as Prince T'Challa II, son of T'Challa (Chadwick Boseman, RIP).



2. New in

**PRINCESS
OLYMPIA OF
GREECE**

Formerly one of *Tatler*'s most eligible singles, now very much NOT single after going public with boyfriend Martin Pacanowsk.



3. Non-mover

**WILL
FERRELL**

The Hawk is extremely funny. Really nothing like *Elf* at all, but don't let that put you off.



4. New in

**THE
CROWDFUNDED
WEDDING**

Danny Cipriani and AnnaLynne McCord have started a page for theirs, but is it tacky or sensible and modern?



5. New in

**SADIE
SINK**

Apparently extraordinary as Jean Grey in the new *Spider-Man*. First, an entire Kate Bush revival, now this.

6. Up

**RUTH
WILSON**

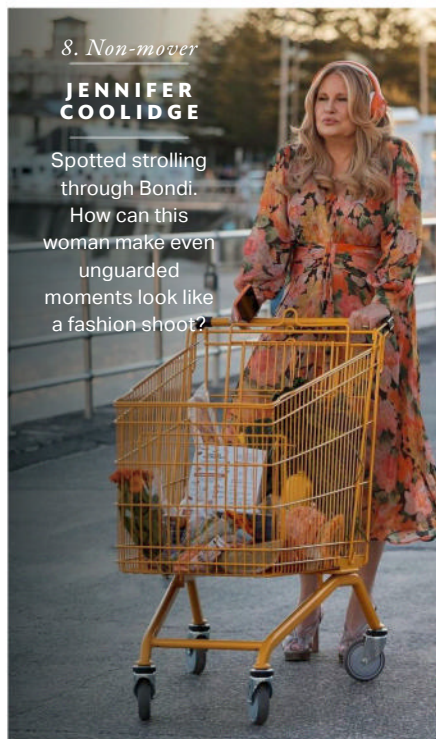
The Woman In The Wall isn't new, but it's gained epic profile since landing on Netflix. Wilson is magnetic in the lead.



8. Non-mover

**JENNIFER
COOLIDGE**

Spotted strolling through Bondi. How can this woman make even unguarded moments look like a fashion shoot?



9. Up

HIKING

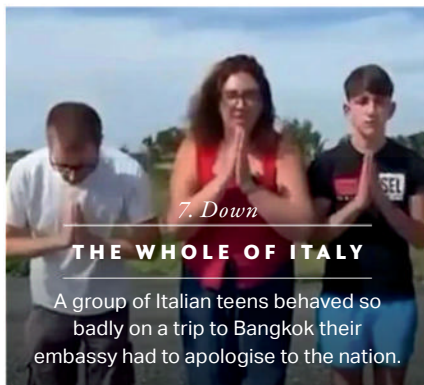
The entire concept got an intense and deeply glamorous rebrand after Jude Bellingham went on one in Hawaii.



10. Down

**HUGGING
FACE**

A major start-up, which was hacked by a rogue agent from Sam Altman's OpenAI during what was supposed to be a guard-railed test... Oh, we're sure it'll all be just... *fine*?



7. Down

THE WHOLE OF ITALY

A group of Italian teens behaved so badly on a trip to Bangkok their embassy had to apologise to the nation.

WHAT'S NEW NOW!

Shop our favourite picks from this summer's latest and greatest

Nothing makes an outfit quite like a silk scarf. Knot Loewe's mismatched stripes around your waist or neck for the perfect final flourish.

£425, loewe.com



PSA: If Only If's black minidress is back in stock and here to save your summer wardrobe. Pair with flip-flops. £109, ifonlyif.co.uk

A great pair of flats will be the hardest working member of your shoedrobe. Upgrade to pointed pumps. Scrumptious. £525, jimmychoo.com



Take note from Burberry's latest campaign and Escape To The Countryside. Expect summer takes on the classic trench, plenty of Burberry checks and the chicest Wellington boots of all time. burberry.com





adidas Originals x ASOS returns for a second drop of seriously good sporty separates. Our favourite? A sky blue track top we know will sell out, fast. **£80, asos.com**



Check Chimi's latest launch for supersized shades you'll wear on repeat. A classic aviator frame will stand the style test of time. **£175, chimi-online.com**



Made using buttery soft, paper leather, the humble boxer short just got a bougie update. **£860, twp clothing.com**



Reach for a polka-dot cream midaxi on days when your closet is giving you zero inspiration. Sorted. **£20, George at asda.com**



Counting down the days to your next trip? Ensure Tbco's cherry red cossie is top of your packing list. **£95, tbco.com**



Crafted from pillow-soft, full grain leather, the latest arrival from Longchamp, Le Cadance, is already a classic. **£460, longchamp.com**



This summer belongs to the flip-flop, in all its forms. Look to Next's bright red leather soles for a smart take on an essential. **£22, next.co.uk**

10 HOT STORIES

1.

Zendaya prepares for a reset

The A-listener is set to
make a surprising pivot
at the peak of her career



Zendaya on
the red carpet
in London.
Below: with
husband and
co-star Tom

SEVEN COUNTRIES, 11 premieres, 30 brilliant outfits: the last 20 weeks of Zendaya's life have essentially been a revolving door of red carpets and photocalls for three major movie releases. The latest, at the London premiere of *Spider-Man: Brand New Day*, saw her continue her winning streak of method dressing in a couture gown by Australian designer Tamara Ralph, which featured web-inspired straps draping her shoulders and a subtle spider brooch by Keren Wolf positioned at the bottom of her spine.

This year, her tourdrobe has become as hotly anticipated as the project she's starring in. Working with long-time image architect Law Roach, each outfit (and we're talking several changes a day) nods to the theme of her project. So, *The Drama* press tour saw her adopt bridal-inspired looks – coincidentally, around the same time she secretly married Tom Holland – moving swiftly to Grecian-inspired silhouettes for *The Odyssey* and now web-like embellishments for *Spider-Man*.

But even a goddess needs a break – and Zendaya is planning an epic one. 'I'm going into hiding,' she told *Variety*, noting that her final movie of the year, *Dune: Part Three*, which hits cinemas in December, will be her last for a while. The only project on her slate releasing in 2027 is a voice part in *Shrek 5* (as Shrek's teenage daughter).

Why would an actor at the peak of their career choose to take a step back now? Well, like any woman coming to the end of her twenties (she turns 30 this September), it's time to take stock. 'Zendaya has always been driven and for a long time there was a sense that she had to say yes to every opportunity, but she's now taking a more strategic view,' a source close to the star says. 'She doesn't want to look back and

realise she's missed out on spending time with her family and friends, or miss the simple moments, because she was always racing from one responsibility to the next.'

Her recent marriage (an intimate, family affair confirmed by Holland last month) also plays a part. 'They want a chance to recharge and enjoy being newly-weds, which is very difficult with the sort of schedules they're required to keep when they're on a film project,' the source says. 'Of course, there are people in their lives that are saying this break is the perfect time for them to start trying for a baby, but that's not something Zendaya is actively talking about, all she's saying is that she needs some time off to focus on herself and enjoy some normalcy.'

The couple have spoken of their desire to start a family, with Holland saying he intends to quit acting when the time comes. 'When I have kids, you will not see me in movies any more,' he told *Men's Health* last year. '[I'll] golf and dad. And I will just disappear off the face of the earth.'

It's been two years since Zendaya first spoke of her plans to have children with Holland, noting at the time that she wasn't quite ready yet, but that when she does, she would rather they're not in the spotlight.

'I have complicated feelings about kids and fame and being in the public eye,' she said at the time. 'I don't necessarily want my kids to have to deal with [fame]. And what does my future look like? Am I going to be a public-facing person forever? [I want to] make things and pop out when I need to pop out, and then have a safe and protected life with my family, and not be worried that if I'm not delivering something all the time, or not giving all the time, that everything's going to go away.'

Insiders credit Holland with helping Zendaya move past her concerns and enjoy the spoils of her career so far with a much-needed break. 'Tom's got a very healthy viewpoint when it comes to work-life balance,' the source explains. 'He's planning to take a huge chunk of time off as well. They're both incredibly grounded so being in the Hollywood machine is tough.'

In an industry where overexposure can also derail a career, the decision could also be a smart PR move – although sources insist it's as much about preventing burnout as managing public perception. Zendaya needn't worry, of course – we could never get enough of what she's serving.



WORDS: GEORGIA ASPINALL. PHOTOS: GETTY



Earrings, £75, Missoma

T-shirt, £180, Ami

Shorts, £112, The Frankie Shop

Bag, £55, Topshop

Sandals, £28, Next

Silky boxers
Not quite boxers not quite running shorts, silky boxing shorts are the cool-girl choice. Pair with graphic tees and kitten heels in the city.

PARIS COUTURE

The long and short of it

FROM BERMUDAS AND board shorts to Daisy Dukes and hot pants, this summer shorts rule. Shorts, in a heatwave? How novel. It may sound obvious, but it's the plethora of styles that has got us diving in.

To feast your eyes on all the new takes, where better to look than the streets of Paris during Couture Week or at Berlin Fashion Week where the fashion pack made their strongest case yet for chic, grown-up shorts. The trick is to consider the rest of the outfit, make smart swaps and try unexpected pieces. Jorts feel at home with a bikini top and flip-flops but the overall feel smartens up when slick heels and lace camis are subbed in. It's all about playing with upscale accessories to nail the brief. Deep dive these looks and prepare to embrace legs-out season!



Anok Yai at Paris Couture



Vest, £45, Samsøe Samsøe

Sunglasses, £16.99, Weekday

Shorts, £29.99, Pull & Bear

Bag, £140, JW PEI at selfridges.com

Smartly tailored
Look for neat knee-lengths in linen, cotton or even wool for a super-sharp look then keep it casual with tank tops and leather ballet flats.

Shoes, £95, Arket

WORDS & SHOPPING: JULIA HARVEY. PHOTOS: GETTY



Denim jorts

Love them or hate them, 2026 is the year of the jort. Try white denim worn with striped shirts and minimal accessories for a smart, grown-up take on the trend.



Cycling short 2.0

Capris, cropped leggings, cycling shorts, call them what you want, but ensure a stretchy pair of printed shorts are on your shopping list.



3.

‘The roads were lit by flames. It was terrifying’

As emergency crews battle devastating wildfires, *India Horner* describes her evacuation from a holiday in southwest France



Holidaymakers
watch on as
Gironde burns

MY HEART WAS pounding when the alert sounded at 3am. At first, I mistook it for my alarm, which I was expecting to wake me for a flight back to England, but then I heard noise from my sister's room and knew something wasn't right.

The warning, in French, read: 'A forest fire is nearby. Evacuate.' It included a suggested road to follow to exit Lège-Cap-Ferret, the coastal holiday spot in southwest France where we were staying.

It's an area my family have been visiting for more than 25 years – popular for its incredible food and sandy coastline. I spent so much of my childhood there, made friends, learned French and celebrated milestones. It feels like a second home.

My mum and I had driven down there earlier in July to join a family celebration. While we followed our typical holiday routines – walking the dog and enjoying the beach – we didn't spend as much time outside as usual. The weather was so hot and dry, reaching 35°C most days.

A few days before our flight home, we smelled smoke. 'Someone must be having a barbecue,' I said to my mum. In fact, a fire had started in Le Porge, north of Lège-Cap-Ferret along the coast.

That evening, we could see bright red clouds. The next morning, the garden was covered in flecks of grey ash. There was an unpleasant smell, so we stayed inside. In the afternoon, black, burnt leaves and bits of tree bark, like charcoal, were falling into the garden. It was anxiety-inducing, but we tried to stay calm and wait for guidance.

The local authorities decided to close the road coming into the town. We followed the news and checked what was happening online, but with a natural fire it's hard to track real-time. An orange light enveloped the sky. My mum was due to drop the family at the airport the next morning, then return to the house, but now we feared she wouldn't be able to. We debated what to do and she packed a bag just in case.

Confused and anxious, we went to bed



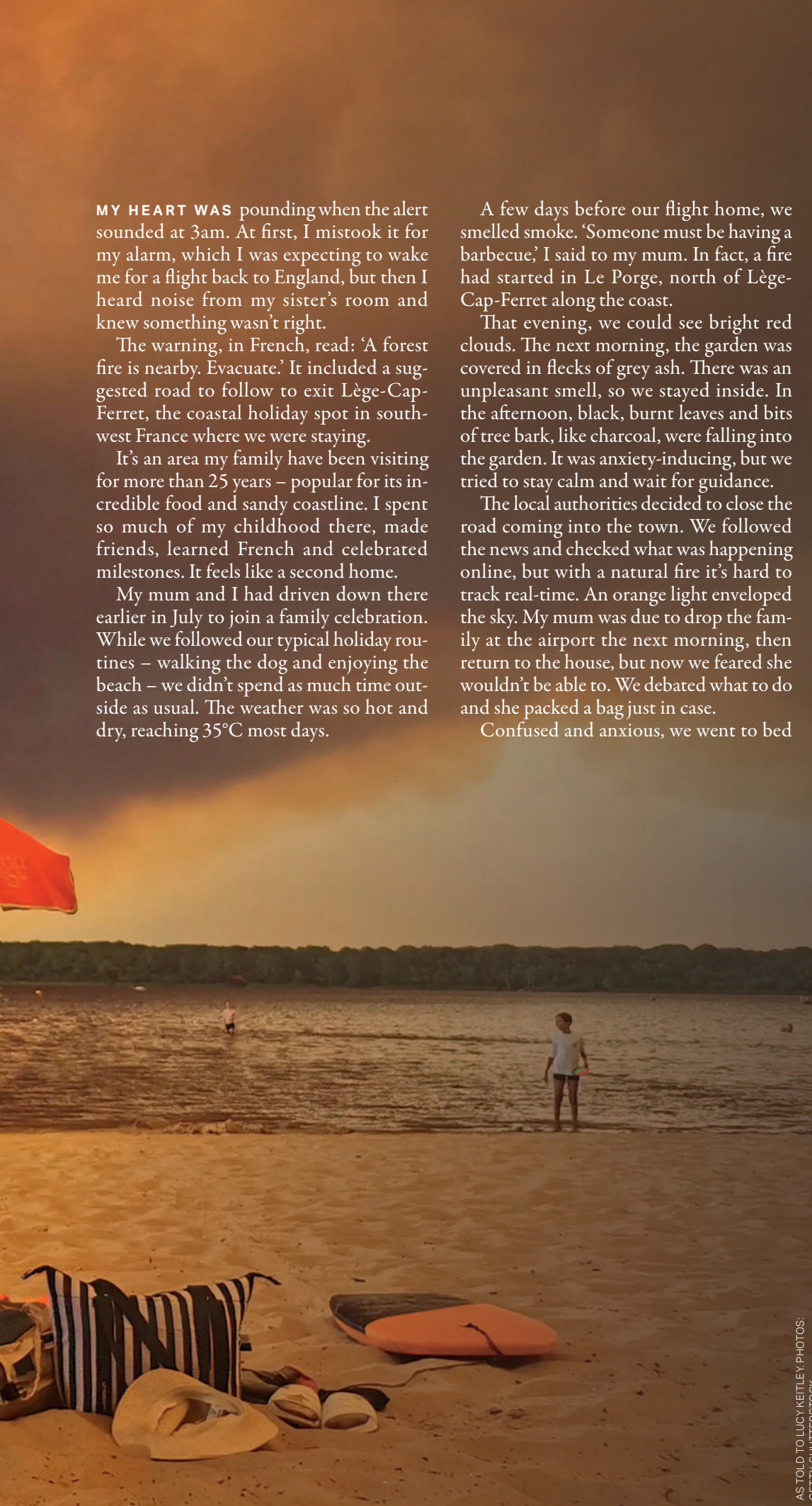
Exhausted French firefighters

and slept until the 3am text alert. We left the house within half an hour to drive to the airport; huge clouds of smoke surrounded us, with the smell infiltrating the car. I made a makeshift mask out of a scarf to try to protect myself. Normally at 3am it would be pitch black, but the roads were lit by furious flames. It was terrifying. All I could think about was that there must be people who were closer to the fire, which felt heartbreaking.

We were lucky – we managed to get to the airport at 5am and flew home at 7am. My mum stayed, but couldn't return to Lège-Cap-Ferret. In the days afterwards, she moved around to avoid the fire and, some nights, slept in the car. Other friends in France escaped to nearby towns, waiting for it to be safe to return.

I feel guilty that we were able to get away straightforwardly. I can't stop thinking about the people who aren't just visiting, who might have lost their homes and whose livelihoods are at stake in the tourist season. The devastation is huge: 80,000 hectares of burnt land in Spain and 42,000 in France so far. More than 320,000 people have been forced to evacuate across both countries, while two firefighters tragically lost their lives near Bordeaux. President Macron has declared this France's biggest challenge since the Second World War, while here in the UK, crews are dealing with serious fires in Suffolk and the Cairngorms.

I don't want this experience to change where I travel. My deep bond with this region remains. What's stayed with me is the realisation that we all need to be prepared. Everyone should have an evacuation bag, as my mum did, with items like your keys, a portable charger and a mask. If you receive a text alert, take it seriously. Acting quickly could save your life.



AS TOLD TO LUCY KEITLEY/PHOTOS: GETTY, SHUTTERSTOCK

Bnats

**When you
spot your crush
in the queue**
Be ready for the beauty
of British summer



Selected stores. Subject to availability

4.

This summer's hottest accessory? An anon plus one

Cool and mysterious 'normal' men are on the arms of our fave A-listers, says *Jessica Barrett*

IT WAS A SIMPLE outing to a designer pop-up event at the understated Topping Rose House in the Hamptons on 24 July. And yet for Katie Holmes it was significant. She arrived at the Ferragamo event with a man on her arm, her first public romance in years. The man in question is New York-based visual artist Jason Bard Yarmosky, whom Holmes has been quietly seeing since meeting at a Tribeca Festival dinner in June. Holmes, 47, and Yarmosky, 38, rocked up in matching navy outfits, of which she wryly told a reporter, 'I think we just have similar taste.'

Yarmosky is a power player on the New York art scene, his work displayed for Tribeca Festival's Artist Awards programme and as part of an exhibition at iconic department store Bergdorf Goodman. Holmes was reportedly impressed by his work and 'quiet

confidence' – in comparison, some might say, to her exes.

We Millennials will always be rooting for 'Joey', particularly as her love life has been much more troublesome in real life than it was choosing between Dawson and Pacey. For Holmes, picking an 'unknown' partner is said by friends to be something of an intentional decision, coming as it does off the back of decades of interest in her high-profile partners, particularly her marriage to Tom Cruise.

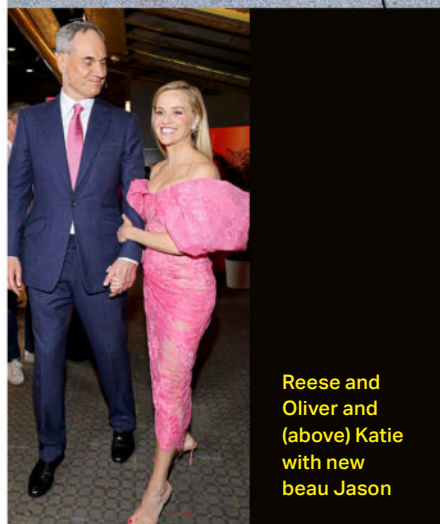
In 2006, Holmes was one half of Tom-Kat, one of the most well-known celebrity relationships in history (who can forget *The Couch Jumping*?). It culminated in a swift and brutal divorce in 2012 and years of solo parenting after Cruise allegedly cut ties with their daughter Suri (now 20, she recently applied to legally drop Cruise from her name). Then, in 2013, she was romantically linked to Jamie Foxx for several years. More recently, fans have been 'shipping' her reunion with fellow *Dawson's Creek* star Joshua Jackson, her co-star in forthcoming film *Happy Hours*, though the actors insist they're just friends.

Who can blame Holmes for opting out of another power pairing? In fact: everyone's at it, including her fellow Cruise divorcee Nicole Kidman, who was recently photographed (in what could have been a whimsical shoot for a designer perfume) kissing private equity businessman Michael Reinstein through a medieval window in Portofino. Kidman is said to be loving dating someone nobody knows after years of A-list marriage, first to Cruise and then to country singer Keith Urban, from whom she split last year.

In fact, the anon plus-one has become the ultimate A-list accessory, marking a pronounced move away from the Tom-Kat/Brangelina/Bennifer/Kimye movement that was once a defining aspect of being a true megastar.

Reese Witherspoon made her red carpet debut with German financier Oliver Haarmann in June, while her pal Jennifer Aniston recently moved in with life coach Jim Curtis, with whom she was holidaying in Mallorca last week.

As fame becomes an increasingly all-encompassing game, a little normality with a partner who's never heard the phrase 'step and repeat' can only be a welcome change.



Reese and Oliver and (above) Katie with new beau Jason



H&M'S COLLABORATIONS have always swung like a pendulum, from the maximalism of Versace to the intellectualism of Maison Margiela; from Moschino's camp and Balmain's glitz to Stella McCartney's polish and Erdem's whimsy. Its latest, launching 6 August with New York label Wardrobe.NYC, delivers no print, frills, eccentricity or high concept. Just a tight, 29-piece capsule built around the pieces you actually want to live in: a fabulous oversized bomber, a T-shirt dress with shoulder pads that actually looks doable, the perfect slim hoodie, the right



5.

H&M's collab is exactly what we want right now

straight-legged jean, black balloon trousers in a pleasing papery-fine fabric, a tailored suit in all the right proportions, a striking slimline coat... you get the drift.

'It's just what we want to wear,' says Wardrobe.NYC's Christine Centenera. 'A kind of "best of"?' Or, as H&M's Ann-Sofie Johansson puts it, 'You don't really need any other pieces right now than what you find here.'

It's a curious pairing on paper. Founded by Australian designer Josh Goot and *Vogue* Australia editor-in-chief Centenera, Wardrobe.NYC initially built its reputation on a slower, more considered model: buy a wardrobe, not a trend. H&M is the opposite proposition, built on speed and scale. So how do they square the two?

'Fundamentally, both brands are devoted to giving the customer the best clothes and to elevating people's access to clothes at different points in the market,' says Goot. 'Everyone should be able to dress well.' Centenera goes further. 'It was great for us to bring [our ethos] to a wider audience – to create pieces that work together and also serve as a base for your own pieces.'

For Johansson, creative advisor and head of womenswear design at H&M, aka the woman behind the H&M collaborations since 2015, that was exactly the appeal. 'What we've usually done is quite expressive,' she says. 'This is a little bit quieter – but not quiet at all. Let's say, less loud.' So why are we hankering after this directional simplicity now? Is it simply that we're feeling overloaded with choice and are therefore gasping for a bit of sartorial calm? No wonder this solution-based collection where, cleverly, every piece slots together with the next, like a wardrobe jigsaw, feels so right for now. Johansson frames it as a collision of needs and desires. 'You need things, but you also desire something, and here both things come together. It's something you can't be without if you have it in your wardrobe, but it's also desirable because it has that sharpness, that look you want to have.'

This solution-driven thinking runs through to how the pair themselves work.



Christine Centenera and Josh Goot of Wardrobe.NYC

Centenera is based in London; Goot splits his time between Paris and Tel Aviv, closer to where Wardrobe.NYC is produced. They design together, with Goot taking pieces through production, manufacturing and fittings, and Centenera running the styling, shoots and campaigns of the three to four collections they put out a year. They deliberately don't show on a runway. 'We try to be essential,' she says. 'That's really what we're trying to perfect.'

They were astounded by what they were able to achieve with this collaboration in terms of fabrication and cut – down to the buttons, stitching and finishes. 'It was eye-opening,' says Goot, 'To see the abilities that a world machine and a huge business has – both from the calibre of their personnel through to what they can achieve through the supply side. It's remarkable.'

To that point, the standout of this collection, they both agree, is a slimline black wool coat, the priciest item in the range at £399 which, having stroked it, is great value. As Centenera sums up, 'You can trust these pieces to do great service in your wardrobe and that makes life a little bit easier.'



Coat, £399

Shirt, £74.99

Bomber jacket
£279.99

Jeans
£74.99

Thong boots, £44, all
H&M x Wardrobe.NYC

6.

Can Kaia transcend the 'nepo baby' label?

In new show *The Shards*, the model proves her acting chops, says *Nikki Peach*

IT MIGHT BE one of the thorniest and most overused terms of the past few years, but savvy 'nepo babies' know better than to reject the maligned moniker, and rather to take it in their stride – or better still, prove how talented they are so that they shed it altogether. A famous progeny on that trajectory? Kaia Gerber, 24, daughter of supermodel Cindy Crawford and tequila businessman Rande Gerber.

This month, she starts in the new coming-of-age thriller by Ryan Murphy, *The Shards*, based on *American Psycho* author Brett Easton Ellis's loosely autobiographical novel of the same name. Gerber's performance is undeniably magnetic. She plays Susan Reynolds, a student at an elite prep school in 1980s LA, where life for the children of the rich and famous is upended by the arrival of a mysterious new student whose unsettling presence coincides with the rise of a local serial killer. Think *Gossip Girl* but much darker.

A glitch in the nepo baby matrix means said mysterious new student is played by Homer Gere, the son of Richard Gere, who incidentally was married to Crawford between 1991 and 1995. *The Shards* is sexy and sinister and makes for perfect summer viewing, but it's Gerber who viewers will be talking about. 'I play with people's perceptions of me and projections on to me,' she said of the role.

A true Gen-Z multi-hyphenate, Gerber started out modelling for Versace when she was 10 (she is her mother's doppelganger, after all), made her runway debut

at 16 for Calvin Klein and won Model of the Year at the British Fashion Awards a year later. She also boasts 9.5m followers on Instagram, helms a 'literary platform' (aka a book club) called Library Science – the hallmark of a modern day It girl – and is regularly seen with the LA in-crowd, including Gracie Abrams, Ayo Edebiri and Odessa A'zion. Dating actor and fellow nepo baby Lewis Pullman (son of Hollywood veteran Bill Pullman) since the start of last year, her relationship history is suitably A-list, having previously dated Pete Davidson, Jacob Elordi and Austin Butler.

It was never Gerber's long-term plan to follow in her mother's footsteps; her real ambition always lay in acting. 'I am positive that people have problems with it,' she said of her nepo baby status last year, 'and I absolutely get it – we're all so annoying. I'm sure it's also annoying to see someone who is successful at one career go into another career.' Seizing the pandemic as an opportunity to pivot, Gerber enrolled in acting classes and landed her debut role in Murphy's *American Horror Story* in 2021.

Parts in Damien Chazelle's tragicomedy *Babylon*, co-starring Margot Robbie and Brad Pitt, teen sex comedy *Bottoms* and Apple TV+'s *Palm Royale* with Kristen Wiig followed. But none has offered as strong a path to legitimacy as *The Shards*, her most prominent series lead role yet and a chance to put any doubt about her acting abilities to rest.

And Gerber's not stopping there. 'The goal is to hopefully produce and not all stories for me,' she said in a recent interview. A self-described bookworm and cinephile (film review platform Letterboxd is her most used social media), this is one nepo baby who wants to use her influence with intention.



Kaia with Homer Gere in *The Shards*

PHOTO: GETTY



7.

Marie-France steps into the spotlight

WHO'D BE BRITAIN'S 'First Lady'? It's a job nobody applies for, nobody's trained for and one that comes with a dress code written in real time by millions of strangers. Just ask new PM Andy Burnham's wife, Marie-France van Heel. The 56-year-old marketing exec had held the unofficial title for barely an hour when her Victoria Beckham dress (£890) became the story, eclipsing her husband's first speech from Downing Street. The commentary was cutting: some critiqued the style, others the price tag against a cost of living crisis, and someone even dug up an old university nickname, 'the coolest girl in college',

as if this is the bar she now has to live up to.

Van Heel is, by all accounts, someone who'd rather remain private, an accomplished woman with her own career, blindsided by the attention on her clothes. But she's about to become one of the most photographed women in Britain, whether she likes it or not. Working out what to wear as a political plus-one is a minefield. What will satisfy the public? The fashion set? Is there any outfit that can ever do both?

The VB dress may be the exception

Marie-France van Heel in the scene-stealing Victoria Beckham dress (left) and wearing Hobbs (right)



rather than the rule. At the Commonwealth Games, she wore a dress by Hobbs; a similar one is on sale for £109. At the Labour leadership declaration she wore an M&S £45 top and £35 skirt (both reportedly sold out within hours) with Boden heels, a combination that felt like a deliberate pitch to the average voter. Celebrating Burnham's by-election win, she wore a polka-dot shirt, cropped trousers and Converse. And on the day he was confirmed as leader, a soft mint-green lace dress with espadrille wedges.

In just a few outfits, a person starts to emerge: someone who doesn't dress to perform power and who looks more at ease in trainers. It's perhaps an indication that she is yet to settle on a uniform, unlike her predecessor. Lady Victoria Starmer wrote her own rulebook. Me+Em for the school run and party conference. Edeline Lee for London Fashion Week. Reiss for the big set-piece photos. It wasn't necessarily exciting but it was smart, British, accessible.

It's a formula any First Lady would do well to follow. The brands may change but the message never does – always, *always* British. It's a diplomatic way of using a wardrobe to spread the love and the column inches across a whole industry.

However, a First Lady isn't a royal – there's no protocol office smoothing the way. So the scrutiny lands differently. When a duchess wears an £890 dress it reads as support for British design. When a PM's wife does it, it can be weaponised as tone deaf. So, what *should* van Heel aim for? There are all the usual suspects – Roksanda and Erdem for big occasions; Self-Portrait and Rixo for the in-between; Me+Em, Whistles, M&S when she wants to be seen as one of us. But she could also try a Simone Rocha dress with crystal-studded Crocs, a Chopova Lowena cabana skirt, Palmer Harding for shirts. Bat for British fashion *and* surprise us while she's at it.



8. ‘Kirandeep’s death deserves more outrage’

The case of an Asian mother killed in her bed has highlighted a lack of national attention for violence against women of colour, writes *Alia Waheed*



OUTSIDE A PARADE of shops in Hayes, west London, photos of a young woman in a teal jumper stand propped on a wall among flowers and candles. Older women in saris, heads covered, stand nearby and murmur prayers; younger women in T-shirts look at the pictures silently, perhaps seeing a reflection of themselves. It feels as though it could have been any of us.

It was just nearby that Kirandeep Kaur, 24, was stabbed to death in her bed on 12

July, while sleeping beside her three-month-old baby. A 44-year-old man, Daniel Sean James, has been charged with her murder and the case is set to go to trial next year.

Despite the peaceful vigil, there is an undercurrent of anger and dismay within the close-knit, predominantly Asian community of the area. In a statement, the Met Police have said they're not currently treating the killing as racially motivated. 'Although there is no evidence this was a hate crime at this stage, investigators are keeping an open mind and exploring every line of enquiry.' Yet many people feel that there has been racism in the response.

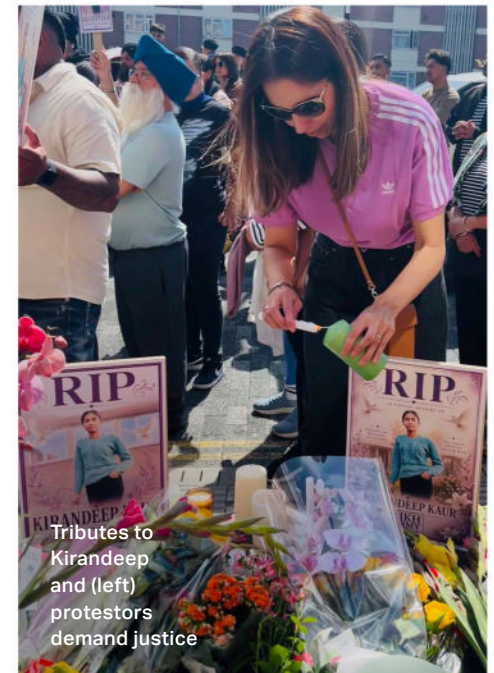
Many of us only heard of Kirandeep's death through TikTok or Instagram, in posts mostly shared by Asian content creators. The front pages of the newspapers that week were focused on the World Cup and Katie Price's marriage. So why didn't the horrific death of a young, postpartum mum at her most vulnerable moment, sleeping with her child, elicit the same coverage and MP statements that other cases have?

This isn't the victim Olympics – every woman violently killed deserves to have her story told, regardless of her background. The story has highlighted an uncomfortable truth: that violence against women of colour doesn't hit the headlines in the same way, if at all.

This is a common feeling among many of those who attended the vigils. 'It happened two minutes from where I live,' says Bal Kaur, a mother of two. 'The Uxbridge parade where it happened used to be lively, but now there's subdued emptiness. We are sad, scared and angry. It was hardly on the news and we all know why.'

Dr Farah Ahmed agrees. 'Looking around at the vigil, only a small number of attendees were from outside the local Sikh community,' she says. 'That stayed with me. When a woman is killed, remembering her should not rest entirely on the shoulders of her own community. Kirandeep's death left many feeling that their safety is less visible within national conversations.'

The case brings back painful memories of other instances of violent attacks against Asian women, including the racially aggravated rape of a Sikh woman in the West Midlands in October and the murder of primary schoolteacher Sabina Nessa in 2021 (both of their attackers are now



serving prison sentences).

Sabina's sister Jebina Islam tells *Grazia* that she has been 'disgusted' by the lack of news coverage of Kirandeep's death. 'I am fuming,' she says. 'Another innocent woman has lost her life and once again it feels like the media has failed to give her the attention and humanity that every victim deserves.'

'Since my sister was killed, I have spoken out about what I see as unequal media treatment of women from different ethnicities, religion and background. No family should feel that their loved one's life matters less because of the colour of their skin or where they came from. Every woman deserves respect, the same coverage, the same outrage.'

Sukhi Kaur, from charity Sikh Women's Aid, says that more needs to be done to tackle violence against *all* women. 'We've seen people asking difficult questions about whose stories make the headlines and whose do not,' she says. 'It reflects a genuine sense of hurt within our community. Every act of violence against women needs to be taken seriously, regardless of who the victim is or where she comes from.'

Shoppers walking through Hayes still pause to look at the wilting flowers tied to lampposts in Kirandeep's name. She won't be forgotten within the community – and neither should she be forgotten by the rest of us.



Margot nails the brief in Dôen co-ords

9.

Margot's sleeper style hit

STEPPING OUT OF the Ritz in Paris, Margot Robbie nailed the perfect heat-wave-in-the-city outfit, wearing an easy-breezy butter yellow camisole and skirt. The lace-trimmed set is from cool-girl label of the moment Dôen, the LA-based 'bridge brand' with a more accessible price point than Robbie's Chanel bag and The Row flats.

Dôen's prairie dresses, vintage-style nighties and laid-back separates have won over fashion editors and A-listers alike (Dakota Johnson and Alexa Chung are also fans). The brand was founded in 2016 by sisters Margaret and Katherine Cleveland, who have spent a decade crafting a nostalgic take on California cool, building a dreamy, bucolic world from cotton voile, silk and satin. Unapologetically feminine, with puff sleeves, empire lines and baby-doll silhouettes, Dôen is now a go-to for our summer wardrobes.

Robbie's nightwear-inspired set also nods to the sleepwear as outerwear trend the style set is embracing. Think slip dresses that could be nighties and pyjama-esque co-ords in loose cuts, slinky satins and girlish hues – blush pink, baby blue, creamy ivory – finished with delicate lacy trims. The vibe is a playful, even sexy spin on what are ultimately very comfortable, easy-to-wear pieces.

Great for styling out a scorching summer, the trick to looking like you haven't just rolled out of bed is to follow Robbie's lead and style with simple black accessories to stop everything from becoming too saccharine. Worn separately – the cami with jeans, the skirt with a baggy tee and trainers – you've got an easy off-duty outfit. You could, however, lean into the whimsy and wear with pretty ballet flats and a flower corsage – after all, we could all do with a little more romance.



Satin dress, £200, Faithfull



Silk shorts, £47, Intimissimi



Dress, £630, Dôen



Satin trousers, £135, Rixo



Silk skirt, £198, Reformation

WORDS: DAISY MURRAY.
PHOTO: BACKGRID

Motherland's Julia and Liz spend some quality down time with a bottle of wine



10.

Imagine what you could achieve with men's me-time

What a difference five extra hours a week could make, says *Natasha Poliszczuk*

IN WHAT WILL come as news to zero women, a survey by the Office for National Statistics has revealed that men in the UK have on average five more leisure hours per week than we do. That's an extra 260 hours – or 11 days a year. That's a holiday!

And the cause of this leisure gap? Domestic admin. Washing, booking GP and dentist appointments, organising birthday parties and buying presents. Thinking about what to cook and then cooking it. The school WhatsApp group alone can account for hours of your life. The constant demands of running a home and a family still tend to fall disproportionately on women – even when they are the primary breadwinner.

To be fair to my own husband, he works so many hours that leisure is often but a distant glint in his eye. But what I have noticed – and come to admire – is that he also ringfences his leisure time with the tenacity of Odysseus on his 10-year journey home to Ithaca. His (my husband's, not Odysseus's) weekly tennis lessons and friendly matches are sacrosanct, whereas I allow work and the domestic load to leach into and pilfer my leisure time. 'I'll just [insert household task here] first' is respon-

sible for many a yoga class missed.

Unsurprisingly, 40% of women yearn for more leisure time – even more than they do for a tête-à-tête with Garrett from *Off Campus*. Let us, for a moment, ponder just what we could achieve with those five missing hours.

WRITE THE NEXT BLOCKBUSTER

The only thing standing between you and that best-selling novel is time. Those hours would make *all the difference*.

PLAY BOSSABALL (OR A NICHE SPORT OF YOUR CHOICE)

I'm fascinated by bossaball, a madcap fusion of volleyball, acrobatic gymnastics and football, played to a thumping soundtrack on – wait for it! – a giant inflatable trampoline. I feel this is something that I – given those five extra hours to train – could master. If you watched the curling at the Winter Olympics and thought, 'Hmm, brushing stones towards a target... How hard can that be?', now is your moment.

LAUNCH YOUR BRILLIANT INVENTION

The world has been waiting far too long for a rotating ice cream cone holder that

ensures drip-free equitable distribution to tastebuds.

GET A BODY TO RIVAL J-LO'S

With those five elusive hours, you too could have perfectly sculpted abs for life. Your failure to have them already is nothing to do with a lack of discipline and a weakness for fancy M&S crisps.

BECOME FLUENT IN A FOREIGN LANGUAGE

Duolingo who? Silence, s'il vous plaît, I am watching *Lupin* sans sous-titres before reading Valérie Perrin's *Fresh Water For Flowers* in the original.

EMBARK ON AN AFFAIR

Now you're fluent in French, you might as well adopt the tradition of the *cinq à sept* – the two-hour window in which one meets one's paramour. You could even juggle a couple of suitors, should you so wish. Also, you might feel there's a score to settle, given the disproportionate R&R your partner's accumulated over the years...

RE-WATCH OFF CAMPUS

While eating the fancy M&S crisps. (Let's be realistic.)



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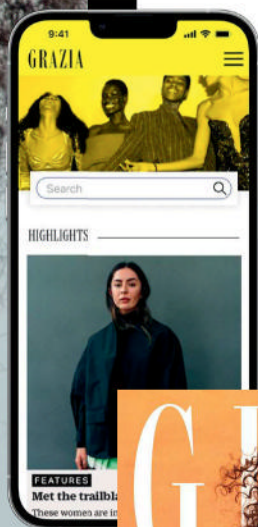
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*Maya Jama's new
era sees her swap
the *Love Island*
villa for *The
Traitors'* castle*



PHOTOGRAPHS THERESA MARX
STYLING GEORGIA MEDLEY
WORDS EMMA DAVIDSON

M

A



Y A



THIS PAGE
Top, £261, **Extreme**
Cashmere; skirt,
price on request,
Stella McCartney;
earrings, £171, **Misho**

PREVIOUS PAGE
Dress, price on
request, **Jil Sander**

MAYA JAMA IS FEELING rough, but there's no time to slow down. 'I'm actually really sick,' she says as she sits down post-shoot, a mug of Lemsip clasped between her hands. A bout of tonsillitis has turned her already husky voice even more sultry, but the fact she didn't cancel this cover shoot in favour of staying in bed feels emblematic of the woman who has become one of British television's most recognisable faces. The 31-year-old is gorgeous, glossy and glamorous on the surface, but there's a deep-rooted grit underneath it all that has propelled her from Bristol's suburbs to the height of British entertainment.

That's maybe why, when we start talking about beauty – she is a Rimmel London ambassador and has her own skincare line, MIJ –she doesn't immediately get into the technicalities of looking good and instead talks about how much more comfortable she feels within herself now she's hit her thirties. 'I think when you get a bit older you sort of just accept everything you used to complain about,' she says. 'You're like, "This is me, this is my face. I've had it for long enough, I'm used to it."'

Today, she's known for her clear, glowing skin and a pared-back approach to make-up, but her relationship with beauty used to be far more experimental. Growing up, she idolised Naomi Campbell, 'and I loved Iman, because she's Somali as well. I always thought we had similar cheekbones so I'd look at what she was doing with her skin and her blush and think, "Yeah, I can look like that."' She didn't quite hit the nail on the head when it came to emulating the supermodel, however. 'I used to do the biggest eyeliner. It would cover my whole eyelid, which made me look like I had the tiniest eyes. And I'd do these really heavy, thick eyebrows when mine are actually quite small, and strip lashes that were way too long. They dragged my eyes down and changed my whole face. I was very about chasing and trying to fit in with trends.'

Cut to 2026 and Jama has stripped away all the excess and realised that her winning formula is pretty much just being comfortable in her own skin. But, she admits, she likely wouldn't be considered an angel by her aesthetician. 'I'm actually quite a tramp when it comes to taking my make-up off,'

she laughs with zero shame. 'If I've gone out-out, 85% of the time I'll wake up with half my face on the pillow. It's a little wet flannel stroke at best.'

That straight-up, untamed honesty is precisely why audiences have embraced her as the host of *Love Island*, which she's been presenting since 2023; you get the impression that, on a night out, she'd be the one in the bathroom telling you how fab you look, doling out pep talks to the recently dumped. Part of Jama's magic as host is balancing the producers' directions with genuine warmth, and she's actively encouraged to go off-piste. 'They encourage me to use my own words and just say what I want now.' While viewers analyse her every facial expression to try to figure out her true feelings for the Islanders, she's conscious of what a mad situation they're all placed in.

'Off camera, I'm always very kind to them,' especially given, as much as she loves guiding them through their villa experience, there's not a chance in hell she'd ever want to be sitting on the other side of the fire pit. 'I think what I'd find hard is not being able to have a lie-in, and I'd want

four glasses of wine instead of one,' she laughs. 'And what about when you're too hot and you've got to flirt and kiss? "It's boiling, can we not do that right now? I'm sweating!" The girls always look amazing, but I'd definitely be at the fire pit in a T-shirt and shorts with my hair in a bun on top of my head.'

Not that she's not used to scrutiny. Being the face of the nation's biggest guilty pleasure comes with relentless speculation from the media, including the perpetual rumours that she's hanging up her hosting duties. 'Every year the press says I'm leaving,' she says. 'But it's fake news – they're always just clutching at straws.'

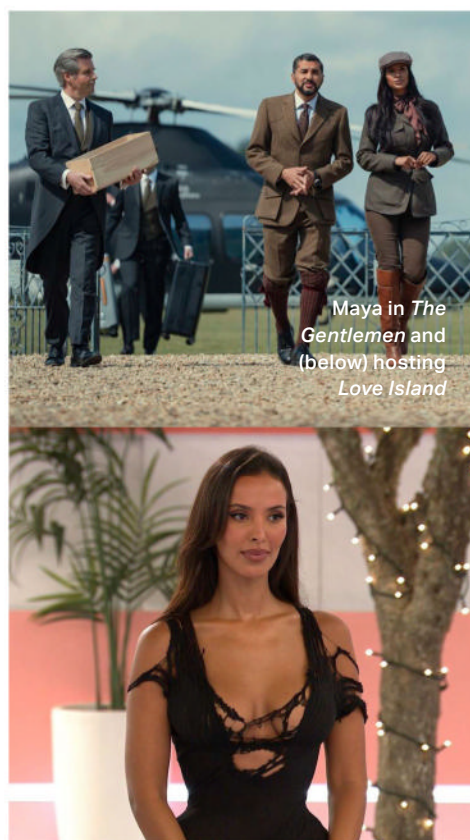
If she were to part ways with the show any time soon, she's got plenty to keep her busy: stepping out of her comfort zone is a big objective for her thirties. First up, a pivot into acting. Her debut role comes in season two of Guy Ritchie's *The Gentlemen*, a Netflix gangster romp with Theo James, Ray Winstone and Joely Richardson. Undertaking it was thrilling and terrifying in equal measure. 'When I got on set, I was super-shy and starstruck, like, "What the fuck? These people are massive,"' she recalls.

Working with Ritchie was also a baptism of fire. 'Everyone says he has a different way of doing things – he'll change lines at the last minute, for example, which he did with me,' Jama says. 'I did this internal scream at the time, but it made everything flow so much better.'

Don't expect her to play it safe when it comes to future roles. Jama isn't interested in playing the predictable love interest. 'I really want to steer clear from the typical roles people would think I'd play because of *Love Island*.' Her dream role? 'The Grinch! I'd love to be the first woman Grinch. I want to be that weird character. It would be so fun for me.'

While she wouldn't survive the *Love Island* villa, Jama did agree to put herself under the reality TV microscope for the second series of *The Celebrity Traitors*, which airs this autumn, alongside the likes of Jerry Hall, Richard E Grant and James Blunt. Stepping into an environment where she had zero control of the edit was a daunting proposition. 'And no glam!' she laughs, feigning horror at the idea. 'I had to

Continued on page 34



“ I'D BE AT THE FIRE PIT IN
T-SHIRT AND SHORTS
WITH MY HAIR IN A BUN







THIS PAGE

Top, £420, skirt, £395 both **Sportmax**; earrings, £3,000, ear cuff, £4,220, and ring, £9,440 all **Tasaki**

PREVIOUS PAGE

Top, £3,295, and skirt, £5,550, both **Tod's**

Continued from page 31

do my own hair and make-up. I didn't wash my hair for – well, I can't tell you how long or I'll be in trouble. But yeah, just keeping my blow-dry going with dry shampoo and a bonnet.'

Appearing on the show also raised the question: who am I on camera when I'm not hosting? 'In *Traitors* you don't have your outside life, so you're completely consumed by it. I'm quite an unserious person, so trying to remain serious in that intense situation was hard.' Stripping the teleprompter away forced her to lean entirely on her instincts. 'The only thing you can do in that environment is be yourself and hope it reads well,' she says, adding that her poker face is 'not great', although whether she's trying to throw me off the scent of her being a Traitor over a Faithful remains to be seen.

The drive to navigate tough environments stems from her upbringing. She was raised in Bristol before moving to London at 16 with zero industry connections and very little cash in her account. She knows how inaccessible creative careers can feel, which is why she launched her MIJ mentorship initiative to help women from similar working-class backgrounds get their foot in the door.

'When I was younger, having these dreams and passions but not having any beginning point was so overwhelming,' she reflects. 'Now that I'm in this position I wanted to offer some guidance, because it can be so wild and confusing.'

Thinking back to her years hustling in the industry, her advice is simple: keep going. 'All the things I didn't get led to things that were way more suited to me. Everyone I know who is in a great position had a million nos before the yeses. Consistency is what separates the people who make it from those who don't.'

For Jama, the hustle finally pauses – for a few months. With the *Love Island* finale behind her, she's taking a well-earned summer off to visit family in Sweden and celebrate her birthday in Ibiza. After that? It's straight back to business and the release of *The Gentlemen*, *The Celebrity Traitors* and, if there's any justice in the world, a future starring role as the Grinch. On anyone else, it might feel like saturation point. But with Jama, we just can't get enough.

HAIR: PATRICK WILSON AT THE WALL GROUP MAKE-UP: HILA KARMAH AT ARCH THE AGENCY NAILS: EMMA WELSH AT SB COLLECTIVE SHOOT PRODUCER: ANNA DEWHURST PHOTOGRAPHER'S ASSISTANTS: TOM PORTER, JODY EVANS FASHION ASSISTANT: AMBER BACKHOUSE OTHER PHOTOS: ITV/SHUTTERSTOCK

“
CONSISTENCY
SEPARATES
THOSE WHO
MAKE IT
FROM THOSE
WHO DON'T



Skirt (worn
as dress),
£850, George
Trochopoulos

FEATURE GRAZIA

A photograph of four Afghan women walking from left to right. They are wearing black chadors and colorful headscarves (green, red, and patterned). They are also wearing black face masks. They are walking on a dirt path with a brick wall in the background. The image is used as a background for the article title.

'A GENERATION OF WOMEN HAS BEEN SILENCED'

Five years since the Taliban returned to power, what is life like for Afghan women? *Georgia Aspinall* investigates



Women must cover up in public and cannot go out alone

DON'T WORK. DON'T go to school past the age of 12. Stop going to parks, gyms, beauty salons. Don't vote, protest, or use public transport without a male escort. Want to go to university? Absolutely not. Want to meet your friends in public? Not happening. Marry this man – his age doesn't matter, nor does yours. Don't laugh out loud. Don't speak in public. Don't even be seen through windows in your house. Otherwise, expect a visit from the morality police. There will be consequences.

These are the rules Afghan women have had to follow for five years of Taliban rule. Hundreds of decrees violating human rights have been issued since they returned to power on 15 August 2021, most targeting the women's rights. Most recently, the Taliban removed the minimum age for marriage, with girls as young as seven being sold to men as wives; some even promised to them as babies.

It's a harrowing reality for the more than 25 million women who were promised a more 'progressive' Taliban leadership five

years ago, when they took power.

Lyse Doucet, the BBC's chief international correspondent and author of *The Finest Hotel In Kabul*, has reported from Afghanistan since 1988. She was in Doha during the 2020 negotiations that saw Taliban representatives meet with the Afghan Government and US officials with the aim of reaching a peace deal and withdrawing US troops from the country.

Despite the Taliban not being in power, the Doha Agreement was reached without consensus with the Afghan Government, a move that was widely criticised. As soon as troops began to withdraw, the Taliban initiated a four-month military offensive that saw province after province fall, prompting then-President Ashraf Ghani to flee, and the Taliban to declare victory.

'I'll never forget being in Doha during the negotiations,' says Doucet. 'The Taliban representatives would say to me, "We learned from the first time we were in power. We aren't going to rule in the same way again. We want to have a relationship with the international community, and women will have all of their rights under Islam. Women can hold all of the jobs, they can be educated. They can go to university. They can even choose their own life partner."' Those promises went unfulfilled because the Taliban negotiators in Qatar were not the ones who ended up in power, says Doucet.

'Afghanistan has always been a patriarchal society but, during the 20 years prior [to the Taliban's return], women had fought to leave their homes and moved into society,' says Zahra Joya, founder of the first feminist news agency in Afghanistan, Rukhshana Media. Joya attended school in disguise as a boy during the Taliban's first rule and fled the country in 2021 after being targeted for her reporting. She now runs Rukhshana in exile, through reports secretly sent from women on the ground.

'They went to school, university, to work,' she says. 'They had hope they could overcome challenges, that they would one day be full participants in society. But now women tell me they've lost everything.'

A UN Women report published last year found that child marriage has gone up 25% since Taliban rule in correlation with the ban on their education after age 12. There's also been a 45% increase in early childbearing and 92% of Afghan women have experienced intimate partner violence at least once. With women barred from

working even in healthcare, their maternal mortality risks have increased 50%.

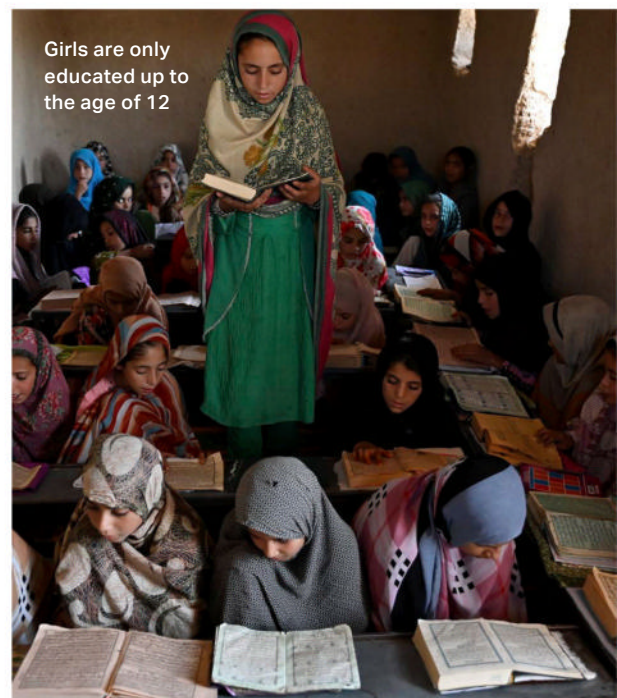
Marwa Qanit, 21, was studying to be a teacher when the Taliban regained power. 'Almost immediately, daily life became filled with uncertainty,' she says. 'My family, like others, stayed inside our home for days, overwhelmed by fear. Plans that once seemed achievable became impossible.'

Qanit eventually fled Afghanistan and now lives in Turkey, where she is studying architecture. With many of her friends left behind, she feels guilty about the opportunities she's been afforded. 'My friends in Afghanistan feel hopeless,' she explains. 'Some still believe things will change one day. The heartbreaking part is that they don't know whether they will be there to witness it. A whole generation has been silenced and denied rights that many around the world take for granted.'

Joya has spoken to many women whose mental health has suffered since losing their opportunity to live any kind of meaningful life outside the home. 'So many women are taking their lives,' she says. It's impossible to measure the scale due to the lack of reporting and access to information.

Doucet says that, in fact, most members of the Taliban are not in favour of this severe oppression of women, not least because it impacts the country's growth. 'A founding member told me 95% of the Taliban don't agree with the harsh edicts coming from the top,' she says. 'They're very traditional, but they'd say women should go to university and be able to work in most jobs.'

But if the vast majority think the rules are wrong, why don't they do something? 'What the senior Taliban members have made clear is that they will not go back on their oath of allegiance to their emir [supreme leader Hibatullah Akhundzada],' Doucet explains. 'Being in power and not descending into the factionalism is



more important to them.'

There have, however, been acts of resistance from the Afghan people. Protests in 2021 and 2022 saw women take to the streets, but many were arrested and some disappeared. Demonstrations then moved indoors. Women filmed themselves removing headscarves, started secret schools and recorded protest videos from safe houses. Most recently, two people were killed in Herat during a rare protest around women being detained for violating dress codes.

Guisa Fari, advocacy and policy manager at Malala Fund, which helps finance underground schools, says learning is still going on in secret, often online. Joya says women in her network walk for hours in the mountains to find a phone signal and send her reports, an act of resistance in itself.

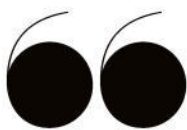
At the Malala Fund, their focus is lobbying for the treatment of Afghan women to be recognised under international law as gender apartheid. At present, only racial apartheid is recognised as a crime against humanity; a legal framework that codifies gender apartheid as a crime would create pathways for sanctions and intervention.

Doucet still has hope. 'Nothing lasts forever... the international community would say we're not making progress, but to give up would be even worse.'

Scan the QR code to write to your MP and demand that the UK Government recognise gender apartheid



PHOTOS: GETTY



WOMEN TELL ME
THEY HAVE LOST
EVERYTHING...
MANY ARE TAKING
THEIR OWN LIVES

CULTURE DEBRIEF

WITH OTEGHA UWAGBA



Your summer status read, decoded

THE CATSITTER'S BOOKED, your out of office is on and you're finally lying on a sunlounger with that long-awaited holiday read in hand – but what does your beach read of choice say about you?

London Falling Generally speaking you consider yourself above true crime – you find it all a bit mawkish (not to mention ethically dubious). But this is *journalism*... Patrick Radden Keefe writes for *The New Yorker* y'know? Also, it's come up at literally every single dinner party you've been to for months and you're sick of being out of the loop.

Famesick Celeb gossip but make it highbrow(ish). You tell everyone you're reading it for Lena Dunham's insights on navigating chronic illness and dealing with public scrutiny, but really you just want to know what *actually* went down between her and Adam Driver.

Careless People You picked this up with some lofty notions of 'doing your civic duty' by informing yourself of the ills of one of the most powerful tech companies in the world, but let's be real – you're really here for the gossip (and boy does it deliver!).

Strangers You loved the JFK Jr and Carolyn Bessette TV series and you're loving this – what can you say? You're a sucker for the relationship woes of wealthy WASPs for whom 'summer' is a verb. Maybe next year you can swap Cornwall for Martha's Vineyard?

The Odyssey The Emily Wilson translation, obviously. The star-studded film adaptation piqued your interest, so you thought you'd try something a bit more cerebral for this year's holiday read. You'll probably give up a few chapters in and turn to the backup Emily Henry you also packed, but it's *The Odyssey* that'll end up on your post-holiday Insta dump.

I Want You To Be Happy Young adults causing one another reparable emotional harm... feels a little too close to home, doesn't it? You'll spend hours telling your friends about how the dynamic between



Poolside reading at The White Lotus

the central duo reminds you 'so much' of that awful on-off situationship you were embroiled in last year, and then for reasons unknown (alcohol) you'll send said situation a pithy text explaining why you were too good for them anyway, something you'll regret the next morning.

Yesteryear If it's not trending on BookTok or recommended by Jack Edwards, you're not interested. It doesn't matter if the book is actually *good* – just that you've read it (and diligently logged it on your Goodreads account).

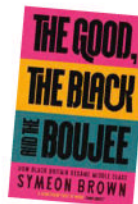
Lost Lambs Where there's a Literary It Girl you're never far behind – likely harbouring ambitions of one day writing a novel yourself (and feeling slightly envious that a 29-year-old has written one of the most raved about novels of the year). Is 36 too late to be considered an ingenue?

Flesh You packed this because it won the Booker so you figured it *must* be good, and you're quasi-ironically making an effort to 'read more male authors'. Also – it won the Booker! Which is what you keep telling everyone when they ask if you're enjoying it.

ON MY RADAR

READING
The Good, The Black, And The Boujee by

Symeon Brown, a meticulously researched cultural study of the Black British middle class.



VISITING

The Proms in the coming weeks for a spot of live classical music.

LISTENING

To **Love Trapped**, an investigative true-crime series that honestly has it all – reality TV stars, a paternity scandal and lots of lawyers. Riveting.



As Steven Bartlett learned, there's no quicker way to be denounced as smug than to mention you avoid alcohol, writes *Laura Antonia Jordan*



WHAT'S SO ANNOYING ABOUT SOBRIETY?

WHEN I STOPPED drinking a decade ago, people had a lot of questions. Why? How? What are you going to spend your money on now? (Insanity. Support. The Row).

Over the years, those have slowed – my sobriety is not novel and is simply part of who I am. Still, one question still pops up sporadically, spoken or unspoken. ‘Do you think I have a problem?’ The question comes with small print: ‘Are you judging me?’

No, I am not. It would be a bit rich of me, who was an absolute mess, to adjudicate on anyone else. I didn’t put down white wine and pick up a halo and chastity belt. Yet, like many sober people, I sometimes feel judged for deciding not to drink.

There does seem to be scepticism around sobriety. When *Diary Of A CEO* podcaster Steven Bartlett said that three glasses of wine one night had ‘ruined’ the next three days of his life, he unleashed a wave of eyeroll responses. (The gist? Chill out! Live a little!) Bartlett can be divisive, but surely his aversion to hangovers is harmless?

But this was just the latest eruption of snark. In January, *The New Yorker* published a story on ‘The dry January hangover’, which explored the arrival of ‘Wet January’ – a mocking movement that promotes the pleasure of heavy drinking. Then in April, when Green Party MP Hannah Spencer bemoaned the drinking culture in the Houses of Parliament, she caught flack from fellow MPs.

Why should one person’s abstention from alcohol make drinkers so touchy? Some of this response isn’t new. ‘Alcohol is unusual because it’s one of the few drugs we expect people to justify not taking. If you turn down a cigarette, nobody asks if you’re pregnant or have some kind of problem,’ says Rosamund Dean, author of *Mindful Drinking* and the Well Well Well newsletter. ‘But with alcohol, abstaining somehow gets treated as a commentary on everyone else’s choices. A lot of that is projection. Most of us have a slightly complicated relationship with alcohol, even if we wouldn’t describe it as problematic.’

Often, a negative reaction to someone else’s sobriety – or a big lifestyle change of any sort, be that trying to be more responsible with money or losing weight – can be ‘based on envy’, says social psychologist Dr Sandra Wheatley, a chartered member of the British Psychological Society. ‘Also,



Steven Bartlett and (below) MP Hannah Spencer



WHAT WE’RE SEEING NOW IS A BACKLASH AGAINST SELF-OPTIMISATION

there is fear: fear of loss, that this person will no longer be part of their social group. They feel that their inferiorities are being illuminated.’

Still, there’s no denying that a backlash has amplified, which is the result of broader cultural ebbs. ‘It’s been interesting to see the pendulum swing,’ Lauren McQuistin, author of *No Lost Causes Club: An Honest Guide To Recovery*, says. Around 2020 to 2022, she noticed that ‘we all became obsessed with self-optimisation and sucking the life out of every second of the day to make ourselves more productive. What we’re seeing now is the pushback against that. Cigarettes are back in, cow’s milk is back in, self-destruction is back in.’

McQuistin’s Instagram account, @Brutal Recovery, is essential viewing for anyone who thinks that getting sober means ascending to holier-than-thou status. ‘Sobriety is seen as this honourable, somewhat smug choice of “I’m better than you”. But

my Instagram is testament to “I’m not better than you, I’m a fucking maniac!”

Indeed, current scepticism around sobriety is perhaps really a reaction to self-improvement culture. Reacting to Bartlett, the BBC Radio 1 presenter Greg James posted a clapback on Instagram, but qualified, ‘Fair enough if you want to give up alcohol, it can ruin lives, got that – that’s not what my issue is. My issue is this endless optimisation and measuring of everything to the point where it starts to make you feel a bit miserable if you don’t quite hit your own targets.’

Dean believes we’re seeing a ‘correction’ in how we view wellness. ‘For years, it was sold as a kind of moral performance,’ she says. ‘That inevitably created a backlash, because nobody wants to be made to feel they’re failing because they’re not optimising perfectly. The danger is that we’re swinging too far the other way, where any attempt to look after yourself is dismissed as smug, privileged or self-obsessed.’

I do get it. Even a decade in, now in my forties, at times I feel compelled to tell people about the crazy and dangerous and decadent things I did in my drinking days – *See! I wasn’t always boring!* – as if to qualify I’m not staying sober because I am beholden to an Aura ring.

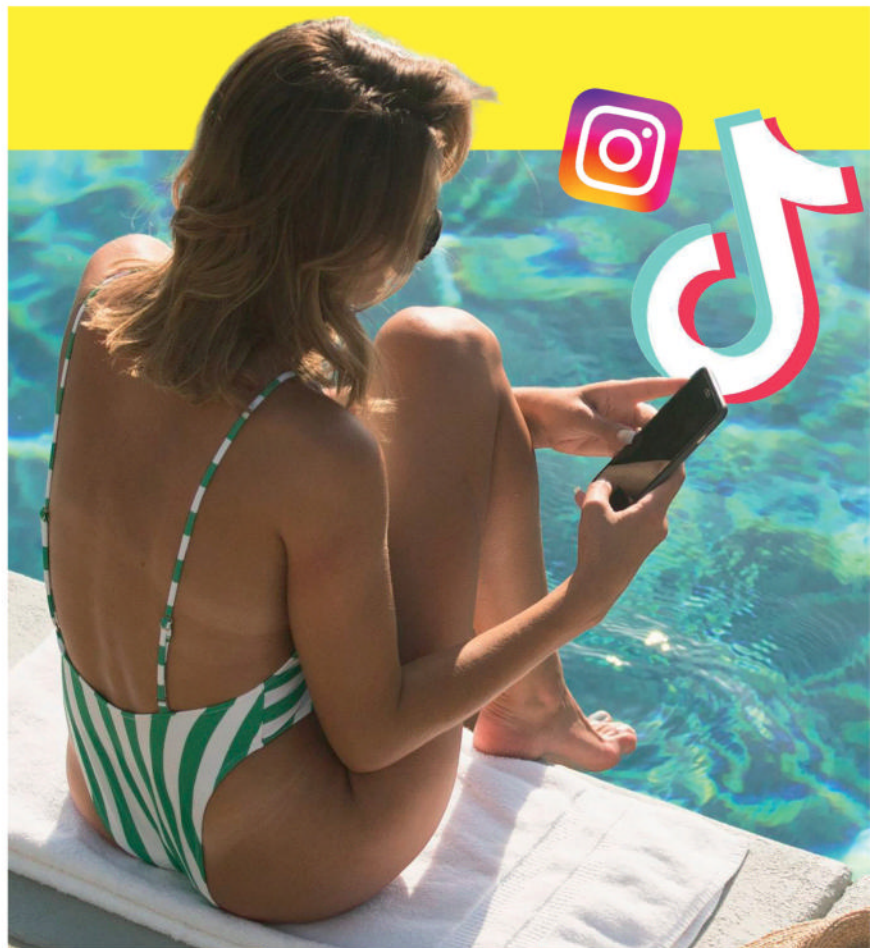
But the thing is, I don’t think I am boring now. Actually, I am far more interesting (blacked out people do not make for the best conversationalists) and *interested* in the world around me. What I am not interested in, however, are other people’s drinking habits.

McQuistin is not too worried about drinkers making fun of the sober. ‘The longer you stay alive, the more you realise that these things are just cycles,’ she says. ‘I feel like a lot of kickback against wellness is really a kickback against tech bro culture and I think that is correct. Things are going to settle back down. And what we have outside of trends, outside of the pendulum swing, outside of social patterns, is our relationship with ourself.’

At a particularly binary, divisive moment socially, the ‘us versus them’ of choices feels inevitable – but it is avoidable. ‘We don’t need to divide people into “wine mums” and “biohackers”, drinkers versus non-drinkers,’ says Dean. ‘The truth is a bit more boring: adults have the right to make different decisions about their own bodies.’

WHICH AUGUST TRIBE ARE YOU?

Office resentment, holiday politics, dodgy accommodation... *Victoria Moss* rounds up the stereotypes of the summer



THE OFFICE-BOUND MARTYR

Having taken annual leave in June, smugly avoiding the school holiday crowd, Grace was looking forward to a few weeks slacking off. Alas, with her entire office seemingly at an all-inclusive in Mallorca, she has more decks to polish than the P&O ferry fleet. She recalls her boss cooing, 'You're so lucky. It's always really quiet in August!' before asking her to prepare all the Q3 reports. After a late night hate-scroll over their splash-pool content (imagining there is at least one toddler having a meltdown out of shot), she spends the bank holiday planning a Thailand escape in early December – just as her colleagues begin school Nativity season.

THE CONTENT CREATOR

Cassie is a staunch supporter of the Phone Free Childhood campaign. At least weekly she hijacks the school's WhatsApp group to cajole everyone to email her templated letter to their local MP. So it is with indignation that she has discovered her 13-year-old daughter has hacked into her phone to set up a TikTok account and troll her online, recording her screaming at the kids to put the iPads down, creating memes of her passed out by the pool and rating her outfits. While she is impressed

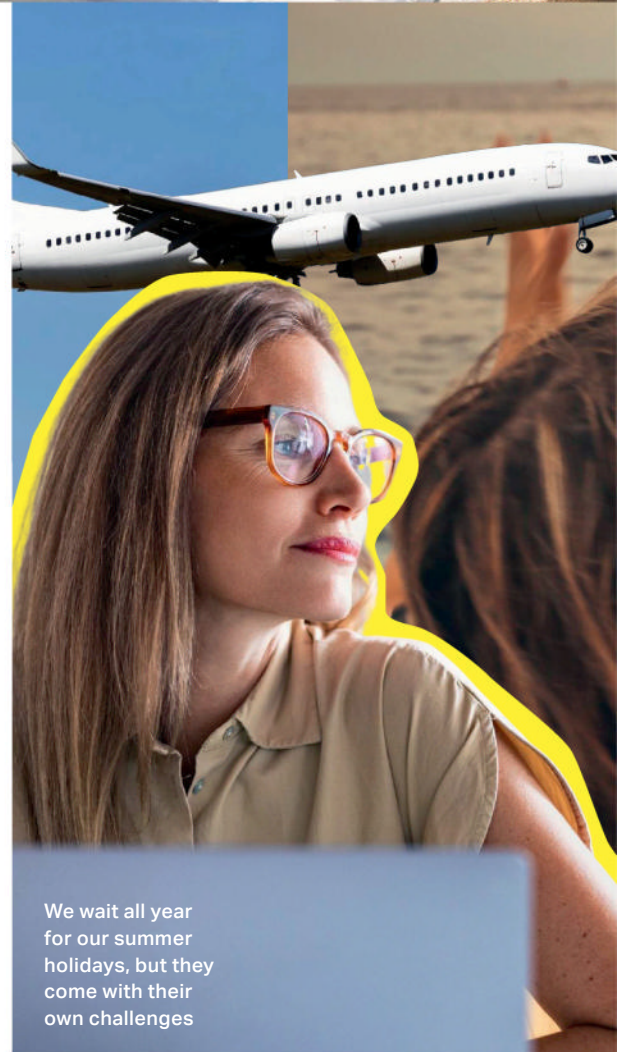
with her daughter's retro use of *Itsy Bitsy Teeny Weeny Yellow Polka Dot Bikini* she takes umbrage with the unflattering video of her emerging from the sea. It is interesting, she reflects, to feel humiliated and vindicated at the same time.

THE HOT DIVORCEE

Regina's middle-aged friendship group are the last women she is going to spend her hot divorcee summer with. Let them have their yoga retreats: she's off to Ibiza with her 29-year-old assistant and his crew (not that she can bring herself to say 'crew' out loud). She doesn't mind that they seem to disappear when the bill comes, or that she always pays for the cabanas. They've given her a passport into a world she abandoned years ago for binge watching Harlan Coben thrillers. As the sun rises over the crowd at DC-10 she feels high on whatever was in that vape Giorgio gave her. 'Middle-aged, my Reformer-toned arse,' she thinks.

LAST-MINUTE LAURA

As she looks out from their studio flat balcony, watching the teens arguing in the carpark, Laura again laments not being someone who books their holiday in January. Unlike other families, hers communicates by passive aggressive email



We wait all year for our summer holidays, but they come with their own challenges



PHOTOS: GETTY, ALAMY



THERE ARE MEMES OF HER PASSED OUT BY THE POOL

links to holiday suggestions until someone eventually caves and books in mid-July. But they are having fun! The meltdown over last night's game of Barbie Uno has subsided and they've agreed to take it in turns to sleep on the skanky sofa bed in the kitchen. (Although, thinking about it, she's been on it for the past four nights.) Still, at least she's getting her steps in every day on that 50-minute trek to the beach.

THE PATRIOT

Having spent their savings (and sanity) on getting their loft finished, Zoe accepts this year will be a staycation. It was a low when they briefly lost their toddler at Warwick Castle, but after a pit-stop near Carlisle for two flat tyres, they are onwards to Skye. Her heat-avoidant partner is thrilled to pack a cagoule, while she has thrown in a bikini, hopeful of a sauna session at least. The more she hears, 'If you squint it's just like the Caribbean,' the more whisky she knocks back. She pulls her scarf closer, buoyed by the thought that it's only three hours until bedtime.



HOW TO BRIDGE THE GENDER CONFIDENCE GAP

Katty Kay has spent a decade researching women's self-doubt. While we are still hitting a glass ceiling at work, she says it's more crucial than ever to be bold

AS TOLD TO POLLY DUNBAR

I WISH WE didn't have to have this conversation – that after all women's hard-won progress, our place at the top levels of business was secure. But new research shows that for the first time in decades, it's the opposite: women are losing ground at work.

In the US, women's share of executive positions has fallen for the first time in 20 years, while appointments to corporate boards is slowing. In Britain, which has diversity mandates, women occupy nearly 45% of board seats across the FTSE 100

Katty Kay: 'I've sat in meetings convinced I was a fraud'

– but the pipeline to real executive power remains blocked. We hold only around 8% of CEO roles across the FTSE 350 and just 15% of executive director positions.

Companies started by all-male founders still receive around 89% of investment. The UK gender pay gap has also widened in vital sectors including tech, where it's currently at its highest in nine years. All this despite the fact that, on average, women are better educated than men.

This matters – for everyone. A wealth of research shows that when companies employ more women in senior positions they perform better than their competitors by every measure of profitability. What company wouldn't want that? When women are missing from the rooms where the important decisions are made, those rooms lack talent, experience and perspectives that can make our economy stronger. Beyond profit, leadership should also reflect the society it serves, so we can all play a part in shaping the future.

There are some changes only governments and employers can make. Women deserve to be paid the same as their male colleagues for the same work, and governments can help make that happen. Some companies have seen success taking leaders out of the decision-making process for their successor – a move that makes it more likely that John will be replaced by Mary or Mohamed. I've also become more persuaded by the value of quotas; if the old boys' network won't open its doors, it's probably time for a sledgehammer.

But there's another barrier that's close to my heart: the well-documented confidence gap between men and women. Confidence is what turns our thoughts into action. It's what pushes us to ask the question, apply for the promotion or negotiate the pay rise – it's vital to our success.

I've spent more than a decade trying to understand it. Through research for my books and, most recently, conversations for my new podcast with psychologists, business leaders, broadcasters and elite athletes, I've explored why so many women struggle with self-doubt and risk-taking, even when we project as



GOING FIRST DOESN'T GUARANTEE YOU'LL DO IT PERFECTLY, BUT IT PROVES YOU CAN DO IT

supremely confident.

I too have walked into rooms and wondered if I belong. A few years ago, I sat in a meeting at the White House, surrounded by Middle East experts, convinced I was a fraud. I thought, if I ask a question I'll blush, I'll stutter, and everyone will realise I don't know as much as they do.

Eventually, I forced myself to speak anyway. My question wasn't the smartest, but it wasn't the stupidest either. I'd done the hard thing and the sky hadn't fallen in. More importantly, I'd proved to myself that I could do it. The next time, taking that risk was just a little bit easier.

The dancer-turned-Peloton instructor Ally Love, who I spoke to for the podcast, has a powerful motto: 'When I'm afraid, I go first.' In a ballet class, when everyone hangs back hoping someone else will volunteer to pirouette across the floor, she steps forward. Her reasoning is that everyone else is just as nervous. Going first doesn't guarantee you'll do it perfectly, but it proves to you that you can do it anyway.

Confidence is something we have to build. We tend to think it comes first – that once we feel confident, we'll put ourselves forward. In reality, it's usually the other way around.

Research shows that women consistently underestimate their abilities, while men overestimate theirs. We wait until we meet every criterion before applying for the job. We ask for fewer pay rises and, when we do, we ask for – and receive – less. We know

men often feel the same doubts, but are less likely to let that stop them from acting.

One UK study even found that when business-school graduates were asked what they deserved to earn five years into their careers, women valued themselves around 20% lower than men. Somewhere along the way, too many of us have internalised the idea that we're worth less.

I love the advice from organisational psychologist Adam Grant. If you're sitting in a room wondering whether you deserve to be there, remember that someone invited you into it. Your employer hired or promoted you. Someone with more experience than you saw your abilities and decided you belonged. Chances are, they're right.

Building confidence doesn't let employers off the hook – they have a responsibility to create fairer workplaces and promote talented women. But while we keep pushing for those changes, we can push ourselves to do things that scare us, proving we're capable of doing the next scary thing, too. Don't wait until you feel fearless – that moment might never come. Do it anyway. *Watch or listen to Doing It Anyway with Katty Kay wherever you get your podcasts*

KATTY'S CONFIDENCE TOOLKIT

Go first.

Sit or stand tall,
with shoulders back.

Make eye contact.

Keep a note of your
successes as a reminder of
what you're capable of.

Remember: you've been
invited because someone
wants your input.



3 for £8

on delicious summer deli

Turn picky bits into a feast with our mix and match deli, including aperitivo platter filled with buttery nocellara olives, creamy provolone cheese and crisp sourdough breadsticks, crispy coronation chicken pastries and creamy mozzarella balls in a pine-nut and fresh basil pesto.

WAITROSE

The home of food lovers

Waitrose Thai Green Chicken Meatballs, 180g, £3.75. Waitrose Italian Aperitivo Selection 145g, £4.50. Waitrose Coronation Chicken Pastries, 100g, £4.00. Waitrose Mozzarella & Basil Pesto, 170g, £4.00. Selected stores and lines. Subject to availability. Offer ends 22 Sept. Minimum online spend and delivery charges apply. Prices may vary in Channel Islands, Little Waitrose & Partners and concessions. Prices correct at time of going to print. Serving Suggestion shown.

GRAZIA FASHION



EMPORIO ARMANI
MILANO 1981

PHOTOGRAPH CAMERON BENSLEY STYLED BY JULIA HARVEY EDITED BY MOLLY HAYLOR

AS A NOD TO Emporio Armani's founding year, the Italian house introduces a line of bags called 1981. Inspired by Japanese origami, the collection oozes easy elegance via shapes that feel timeless without trying too hard. Our favourite? The hobo.

1981 leather hobo bag, £480, **Emporio Armani**

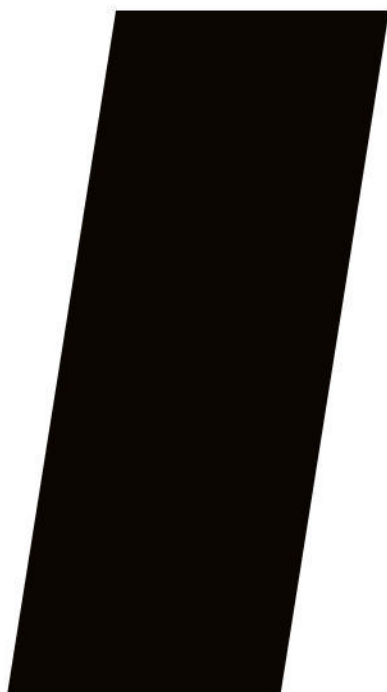




COLEEN'S NEW STYLE FLEX

Now 40 and with a second collection for Primark, Coleen Rooney has transformed from WAG to national sweetheart

PHOTOGRAPHS LAUREN MACCABE
STYLING MOLLY HAYLOR
WORDS VICTORIA MOSS



IN A WEST London hotel, Coleen Rooney is talking me through her second By Coleen collection with Primark. It's a succinct edit of pared-back tones, soft grey tailoring and soft, chunky knitwear. There's shirting with neat, ruched details, an olive trench coat and a checked blousy bomber. She may live in a £20m house in Cheshire and do Reformer Pilates five times a week, but she's no snob and she knows her fan-base well. 'My audience are down to earth, they want fashion for everyday, things you can re-wear with a different top or pair of trousers.' The idea is that 'you could do the school run in it, but then you could go for a meal in the evening'.

It's a polished offering that reflects her current life stage, light years away from when she was first papped on her way to school, aged 16, wearing a puffer jacket and carrying a bag from Cheshire's famed luxury boutique, Cricket.

But we've all grown up since then. That image has become an avatar of British popular culture, along with her bold luxury noughties fashion looks and mahogany tan at the Baden-Baden 2006 Euros. The public eye was something she was thrown into, with the tabloid wolves picking over her every move.

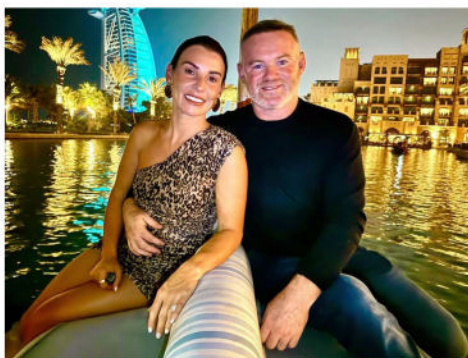
'When I look back now, I think I was naive to it,' she says. 'They were criticising my weight, dress sense – they could say things that you would not get away with

now. For me to come in at that stage and not get hung up about things, I think I've done a good job. I'm still sane.'

The difference now is that comments come from the public on social media as well. 'We all like a little gossip, we all like our own say, but once you go that bit further and start typing horrible comments... You have to not take that onboard, but a lot of people, especially young people, do.'

Today, there's a new generation of WAGs in the spotlight – her advice to them: 'Just enjoy it, it goes so quick.' Rooney herself is embarking on a new decade, having turned 40 in April. 'With age you change no matter what. You have children, your priorities change. I would say I've always been quite wise. I welcome people, but I am very good at sussing out characters. I think I've probably become more savvy to that over the years.'

There has been a mellowing of the public attitude to her. She is undoubtedly, now, a national sweetheart, fuelled in no small part by her infamous 'Wagatha Christie' triumph – a reminder that Rooney is also one of our most steely, honest and popular public figures. You don't mess with Coleen.



From top: Coleen on holiday with husband Wayne; in the jungle for *I'm A Celebrity...* December 2024

'It seems like forever ago,' she tells me. 'I dealt with it at the time. I did the documentary to have my say... I knew that wasn't going to be the end of it, but it was my way to close the book on it.'

The success of that riveting Disney+ documentary will be followed up this autumn by *The Rooneys*, another fly-on-the-wall series that documents her husband Wayne's move from managing to commenting, alongside Coleen's creation of the second By Coleen collection with Primark.

I ask if she saw the headlines about Wayne's World Cup 'fits'. 'Wayne Rooney's glow-up' touted one. She nods, but adds, 'He's not too bothered about fashion'. She buys his clothes. 'We've got to know what suits him; he likes a two-piece. That's what we've found, with a plain tee – actually the T-shirts are from Primark. They look really good because of the thickness, they're not see-through.'

When Wayne does indulge in retail therapy, it tends to be on TikTok. She rolls her eyes, laughing. 'We kept getting deliveries of TikTok shit, but that's quietened down now. We've got a year's supply of teeth whitening strips, if anyone wants them. I don't know what he clicked on, but loads of them kept coming through the post.' There was better success with Meta glasses. 'They're actually really good, especially when, you know, we're on holiday with the kids. You can just take a photo.'

She and Wayne have been married for 18 years, since their nuptials aged 22 on the Italian Riviera. 'There's been highlights and then there's been lows,' she says, 'but we are friends. We get on and we have a laugh. Obviously, we argue. We're just like any other couple, but I think that we understand each other. We're total opposites in life. I like to get up and go and do things whereas Wayne's a bit more chilled, but it works. Sometimes I think, "Come on Wayne, pull your finger out!" but he came out of a structured environment since he was a kid, it's hard to navigate which way you're gonna go.'

She's seeing him more than ever now, with him largely at home while doing his BBC duty at MediaCityUK in Salford. 'He's doing his thing, I'm doing mine.' She continues, 'I think people are too quick to jump [out of a relationship]. They're too quick to call it a day. Sometimes, you've

THIS PAGE

Denim jacket, £18,
jeans, £18, heels,
£16, and earrings,
£2.50, all Primark

PREVIOUS PAGE

(Left) Shirt, £14, jeans,
£18, and earrings,
£2.50, all Primark

(RIGHT) Denim jacket,
£16, T-shirt, £6, jeans,
£18, and sunglasses,
£5, all Primark

**'I'VE ALWAYS
BEEN QUITE
WISE. I'M
GOOD AT
SUSSING OUT
CHARACTERS'**





THIS PAGE
Blazer, £30, top,
£14, and trousers,
£18, all Primark

OPPOSITE
Top, £16, trousers,
£18, and earrings,
£4 for pack of 2,
all Primark

just got to work at it. If it's not gonna work, it's not gonna work. But if it is, just work at it to get back to where you were. It's not a young relationship, it's a marriage.'

Their favourite date nights are concerts – most recently Robbie Williams – but sometimes they book a babysitter for their four boys and hide in the annex of their house with a takeaway and watch telly.

Both are now at a stage in life where they can pick and choose the projects they work on. She is savvy about which ventures she will turn her hand to and has turned down a huge amount since her cachet was elevated by her appearance in the *I'm A Celebrity* jungle, which also showed her that her family wouldn't fall apart if she took the odd bit of time out.

'We've both had good careers. We're comfortable, we're not greedy. Some people will be throwing themselves at everything and anything, whereas I like to look at the project and see whether it's something I relate to. I don't want people to think, "Oh, she's only doing that because she's getting paid loads of money."

Rooney's particularly proud of her work with Applied Nutrition, a Liverpool-based wellness brand, in which she has invested as well as being its spokesperson, like the Gwyneth of Merseyside. Does she feel like a businesswoman? 'Everyone I work with tries to drum that in,' she laughs. 'I see it as I'm lucky to have these opportunities. Looking at the investor stocks, I feel like maybe I am a bit more of a businesswoman now.'

She's fascinated by Skims and Good American entrepreneur Emma Grede. She bought Grede's book for her make-up artist who's launching her own range. 'I love that success story,' she says. 'Especially when they come from a working-class background. You can be successful but still grounded. That's something you should never lose.'

By Coleen for Primark is available in-store and online now



PHOTOGRAPHS FREDDIE HARE
EDITED BY JULIA HARVEY

Bag, £50, M&S

Necklace,
£112,
Sita Nevada

1.

BEACHY BEADS

Beach-bound days call for bohemian vibes. Think artisanal accessories, flowing fabrics and earthy tones to nail the laid-back look.

LAST MINUTE BEACH BUYS

Hit the sun and sea in serious style

Towel, £56,
Mizar & Alcor

Bangle, £425,
Max Mara

Maison Margiela
Replica Beach
Walk EDP,
£162 for 30ml

Bikini, £220,
Nounou

Sunglasses, £135,
Jimmy Fairly

Sarong,
£145,
Bimba Y
Lola

Kaftan, £85,
Monsoon

Rhode
Pocket Bronze, £35

Earrings,
£89,
Pandora



Top, £55,
Whistles



Scarf, £58,
Reiss



Hat, £8,
Primark



Merit
Beauty
The Uniform
Tinted
Mineral
Sunscreen,
£34



Trousers,
£27.99,
Zara



Sarong,
£245,
Joseph



Sandals, £150, A Emery
at net-a-porter.com



Bag, £4,450,
Loewe

Bumble and
Bumble
Hairdresser's
Invisible Oil
Heat & UV
Protective
Primer, £16



Bangle, £45, Aglaia

2.

SUNDOWNER CHIC

Head to the beach bar armed with Loewe's latest and greatest. Pair it with sleek separates, neat leather sandals and a strong splash of cherry red to bring a monochrome colour palette to life.



Dress,
£119,
Aligne



Sunglasses,
£310, Chimi

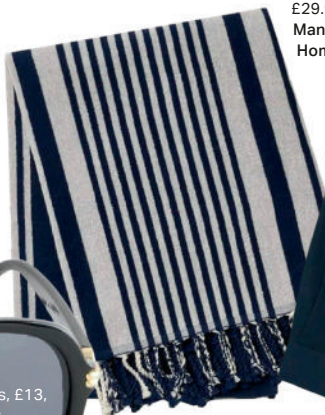


Necklace,
£117, Briwok

FASHION GRAZIA



Camera, £40,
Kodak



Towel,
£29.99,
Mango
Home



Shirt, £130, and shorts,
£75, With Nothing
Underneath



Hat, £60,
The White
Company



Sunglasses, £13,
Next



Flip-flops, £85,
Lauren by
Ralph Lauren



Chanel
Rouge Coco
Baume
Hydrating
Conditioning
Lip Balm,
£38

3.

COASTAL CLASSICS

Oh we do like to be beside the seaside,
preferably with Longchamp's
supersized basket bag in tow. Let navy
and white stripes be your pattern of
choice and consider light linen
co-ords your new uniform.

Swimsuit,
£42, John Lewis
& Partners



Laura Mercier
Tinted Blur
Balm, £39



Scarf,
£165,
Aspinal
of London

Bag, £545,
Longchamp





Flip-flops, £30,
Havaianas

Ultra Violette Sheen
Screen Hydrating
Lip Balm SPF 50, £17



Hat, £58,
Free
People



Necklace,
£170,
Anni Lu



Bag, £139,
Dune London



Sarong, £275,
Isabel Marant

T-shirt
dress,
£290,
Alémais



Swimsuit, £16,
M&S



Bikini £99,
Triangl



Sunglasses, £540,
Phoebe Philo at
mytheresa.com



Earrings, £366,
Jacquemus



Emma Lewisham
Sunceutical SPF 50
Face Creme, £48

4.

COLOUR CLASH

Make a statement with holiday-ready hues of chartreuse, bubblegum and coral red. For maximum impact, mix 'n' match prints and patterns to bring vibrant vibes to the shore.

WHEN TEMPERATURES rise, the last thing you're reaching for is a pair of weighty jeans, right? Wrong. Well, almost. While heavyweight denim is by no means a summer staple, finding lighter, warm-weather-approved alternatives is surprisingly easy. Start from the top. If you rely on denim all year round, consider shirts a happy medium until autumn. 'It's all about balancing out the utilitarian style while preparing for the unpredictability of British weather. I'm a big advocate for denim shirts as the perfect year-round staple, my go-to is taking our classic denim style in off-white with our Ceiriad shorts for an easy weekend look,' says With Nothing Underneath Founder and CEO Pip Durell. As for the jeans themselves, 'For me it's about a loose fitting pair, a bralette and a cool cotton shirt – light, loose and effortless.' So if you can't bear to part with your emotional support jeans, now you don't have to. Here's how denim devotees are doing it...

HOW TO WEAR DENIM THIS SUMMER...

Yes, jeans really can
work in the heat



CONSIDER THE JORT

Take note from teens and consider jorts the cool-girl take on city shorts. Wear with scarf tops and ballet flats for the ultimate summer 'fit.



KEEP IT LOOSE

Choose loose fit everything to avoid sweat-inducing cling. An oversized striped tee, baggy, straight-leg jeans and flip-flops are your new off-duty uniform.



LOOK ON THE BRIGHT SIDE

Switch out classic blue washes for sunny shades of lime and tomato. Pair with low-key tank tops and tees for easy-going outfits you'll reach for time and time again.



MAKE THE CUT

Denim cut-offs are no longer just for the beach, nor do they only come in bottom-baring lengths. Opt for longer styles in smart, dark washes for a considered approach.



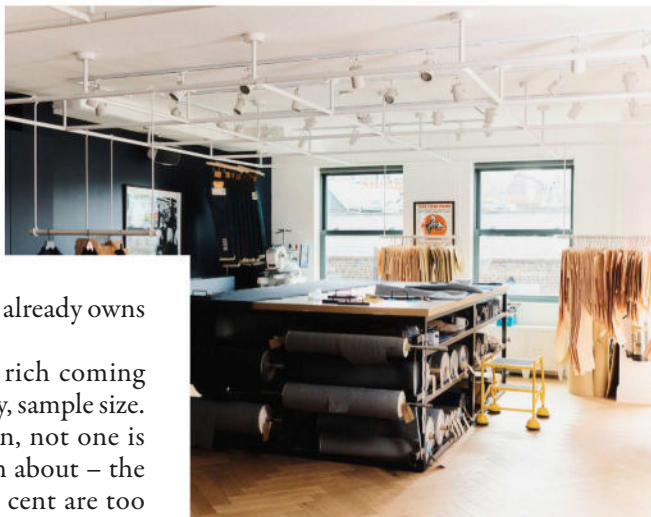
...OR BETTER STILL, DESIGN YOUR OWN JEANS

Henrik Lischke
owns 29 pairs of
jeans, but none of
them quite did the
job – until now...

LOOK, I DON'T have a tiny waist, nor am I pear or apple shaped. I am not, for the avoidance of doubt, a woman. Yet I have spent years wrestling with exactly the same problem: finding a pair of jeans that actually fits. It's one of fashion's few truly universal frustrations.

Which is how I found myself trying on a custom pair of Levi's on the hottest day of the year. It was also the same day I learned I'd have to move out of the flat I'd lived in for six years, precisely the wrong mood to stand in front of a mirror wearing denim. But here I was – I had been working with the Levi's Lot-1 team on a Made to Order pair of jeans for a few weeks. The moment I put them on, everything disappeared for a minute – a huge smile on my face. They fit. Of course they did, they were tailored to me. But not in the way we have come to accept as 'good enough', they fit *properly*. They looked like the pair I'd been trying, and failing, to buy for years. Levi's master tailor Pete Havard and the Lot-1 team had made my perfect jeans.

It's all in the
detail – every
aspect is
carefully
chosen by you



Left: the studio where the magic happens; Henrik in his new Levi's

And this, from someone who already owns almost 30 pairs.

I know this might sound rich coming from a man who is, technically, sample size. But out of all the pairs I own, not one is the fit we all keep banging on about – the perfect '90s jean. Eighty per cent are too short. The rest are too big at the waist, too tapered, or too carrot. The ones that *almost* work are women's jeans, specifically the Levi's 501 '90s (a rerun of the brand's most iconic cut as it existed three decades ago), which was my starting point when I arrived at the Haus of Strauss in central London, aka denim nirvana, to have a pair made just for me.

So what were my criteria? Nothing wildly original. The JFK Jr paparazzi shot of a jean: light blue, gently curved at the thigh, long enough to break properly over the shoe rather than crop at the ankle and, crucially, flattering to the bum. There is no point wearing jeans – whatever your gender – if they don't do something for the derrière. And having even a rough idea of what you want makes everyone's job easier, yours included.

The service itself is new. While Levi's Lot-1 Bespoke launched in 2013, offering fully custom pieces built from a paper pattern drafted at a first appointment, then fitted to perfection at a second, the newly launched Made to Order route is a faster version of the same idea. Rather than drafting a pattern from nothing, you start from an existing block; the waist and seat of the jean stay as they are (bar the size, obviously), while the leg shape is entirely up to you, anywhere from ultra-wide to slim to flared, along with pocket placement. It all happens in a single appointment rather than two, which shortens the process considerably (four to six weeks instead of 12 to 14) and brings the price down with it. Not that it's cheap: Made to Order starts at £650, against £950 for the fully bespoke version. But these days that's around the same price as, say, Phoebe Philo jeans or Dior, Bottega Veneta, Chloé, even Prada. Furthermore, and this is the most pressing point: I live in denim, so in my book, it's justifiable on a price-per-wear basis.

But don't assume the road here is easy, especially if you're the indecisive type.



Made to Order requires you make plenty of decisions: thread colour, the shape of the stitching on the back pockets, the pocket lining, the buttons, the hardware, even the care label. I chose aged gold topstitching, with the Arcuate (those famous arcs on the back pockets) and the bartacks in a paler, natural thread, vintage-style buttons and rivets, red cotton pocket bags (there's a

huge range of fabrics to choose from) and back pockets modelled on the 505. I wanted something timeless, but with just enough of a giveaway that these are custom – a small denim flex for anyone who knows to look. So I went for the two horse leather patch (which you cannot buy off the peg) and a silver-toned Levi's tab on the back pocket rather than the Lot-1 label, which spells the whole thing out. We settled on a classic mid-rise, referencing the 1950s 501 and sitting fractionally higher than the modern version, comfortable on the hip and, thanks to Havard, genuinely good for the bottom. Praise be – he got me. The fabric is a vintage style 16oz, 100% cotton selvage from Idea Blue Japan: mid-to-heavyweight, noticeably heavier than anything on the high street, stonewashed to a light, worn-in, brighter finish.

Even setting all of this down, the terminology can feel a lot. I didn't know most of it going into it either. But you're not doing this alone. 'It's easy to get overwhelmed by the options and the temptation to get really expressive,' says Havard. 'Generally, I try to convey that the denim and the silhouette will do the talking; mixing and matching threads and hardware is fun, but the goal is something versatile, timeless and flattering that earns its place in your wardrobe. That said, it's important to explore fit and style options outside someone's comfort zone too, to open up a new dimension that broadens what their wardrobe can do.'

I chose exactly what I'd always wanted and it's made me happier than I expected. Now the work is breaking them in, wearing them until they look properly loved. So next time, before you spend an alarming amount on a bag, think about having your perfect jeans made instead. It's one of the most satisfying sartorial decisions I've ever made and the ultimate shortcut to a genuinely great capsule wardrobe. One pair to rule them all. Levi's still does it best.



MARELLA'S NEW campaign, fittingly titled *Ti Voglio* (I want you), doesn't just star supermodel Irina Shayk, but also the brand's Hero blazer, which leaves us with one thought: we want you in our new-season wardrobe.

Blazer, £450,
Marella



Tank top, £250,
Stella McCartney

DON'T LET anyone tell you otherwise: being a horse girl is cool. Still not convinced? Ask Stella McCartney. She's already there.

TAKE NOTE

Your need-to-know
fashion news



Dress, £335

ICYMI, LINGERIE is the coolest thing you can wear right now... outside. And Debuté's much-coveted Tallulah dress is back for round two. You'll want to move fast.



BEADED FROM top to bottom, Veronica Beard's latest version of the classic Swing bag is the sort of summer accessory that earns its place in every suitcase.

Bag, £525

THE ULTIMATE
poolside flex? Jewellery
that stays on instead of
disappearing into the
hotel safe. And nothing
looks better against
sun-kissed skin than
Fope's new Flex'it
Diamond Pavé ring.



Ring, £4,450

FRENCH BRAND
Repetto has answered
our Frankenstein-shoe
prayers by combining
the two styles that
dominate our summer
wardrobe – ballet flats
and Birkenstocks.
Cute orthopaedic
shoes? Fashion is
full of surprises.



Shoes, £375,
Birkenstock x
Repetto



NOW THAT you've
mastered the perfect
Hugo spritz, all you
need is a chic cocktail
shaker to serve your
al fresco drinks in style.
Alessi has you covered.

870 cocktail
shaker, £130

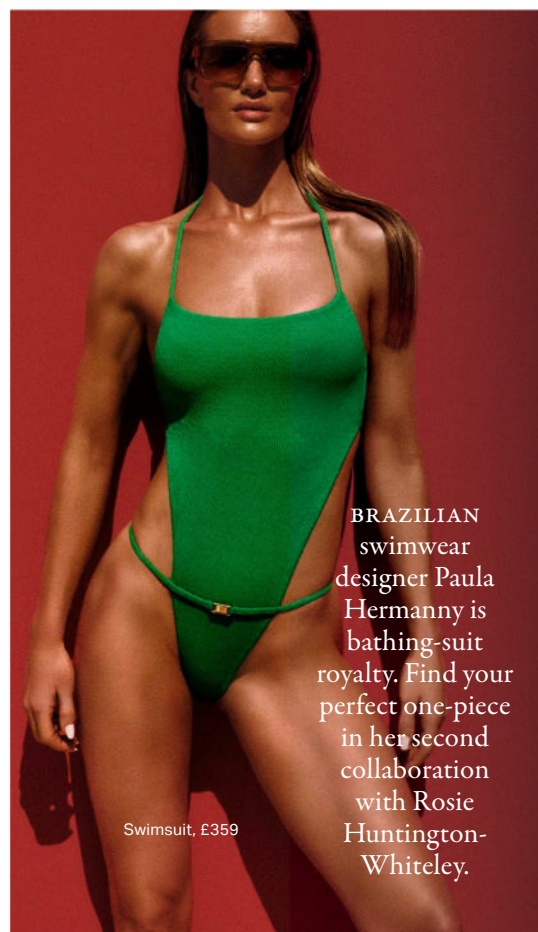


Bottega Veneta
Montebello EDP,
£170 for 50ml

HOW DO you bottle
heaven (otherwise
known as an Italian
summer)? Bottega
Veneta's Alta collection
comes remarkably close.
The perfect antidote to
the post-holiday slump.



CC-STEDDING, RUN by Nichola
Farnan and Ben Chaplin from their
east London studio, is the jewellery
brand on every cool person's wish list.
Working mainly with silver and gold,
the pair have already created custom
pieces for Lorde and collaborated
with Paul Smith and GmbH.



Swimsuit, £359

BRAZILIAN
swimwear
designer Paula
Hermann is
bathing-suit
royalty. Find your
perfect one-piece
in her second
collaboration
with Rosie
Huntington-
Whiteley.

LEGENDS OF THE FALL

It may be high summer, but savvy fashionistas are already curating their autumn wardrobes. Consider Primark your one-stop shop



CHECK IN

As summer begins to wane, florals can feel a touch too tied to holidays and heatwaves. This is where checks come into their own. Softly muted and endlessly wearable, they bring just enough interest without tipping into anything too formal. At Primark, cape tops, smart trousers and easy layers take the guesswork out of the seasonal switch, moving seamlessly from office days to weekends. Better still, the pieces are designed to work together, making it wonderfully simple to build a wardrobe that feels fresh, versatile and ready for whatever September has in store. ►

THIS PAGE

Tie-detail jacket, £16;
wide-leg trousers, £16

LEFT

Drape check top, £14;
wide-leg pleat
trousers, £16







LEFT

Funnel-neck jacket, £20; midiskirt, £14

BELOW

Cowl-neck top, £12; jeans, £18

OPPOSITE

Tie-front shirt, £14; wide-leg pleat trousers, £16, all Primark



PERFECT PARTNERS

The secret to a wardrobe that works harder is to think in combinations rather than single pieces. Gingham co-ords are an easy place to start, while a cocktail top worn with denim or a funnel-neck shirt paired with tailored trousers offers endless mileage. Keep the palette soft and the textures rich, then let each piece find its place with the next. Before long, getting dressed becomes a breeze thanks to these hard-working, interchangeable pieces.

*See and shop the collection in-store or via
Click & Collect online at [primark.com](https://www.primark.com)*

PRIMARK



Skin by Bio-Oil®



HEALTH+ BEAUTY

IT'S NEW
+ WE WANT IT!



PHOTOGRAPH
AMY CURRELL

EDITED BY
ANNIE VISCHER

CONSIDER LOEWE'S NEW Tomato Leaves Hand Cream the ultimate mid-commute power play. Its rich blend of botanical butters and verdant fragrance scream quality – and bonus points if you squeeze the very last drops out with the custom key.

Tomato Leaves Hand Cream, £46, **Loewe**



PRADA
MILANO

T H E G R A Z I A

S U M M E R

B E A U T Y

A W A R D S

PHOTOGRAPHS
AMY CURRELL
COMPILED BY
SAMEEHA SHAIKH

Whether you're gearing up for a *summer holiday* or powering through the *heatwaves* at home, meet the new tried-and-tested essentials that *belong in your bathroom*



THE INSTANT GLOW-UP

CHARLOTTE TILBURY
UNREAL HIGHLIGHTER
IN GLAZED GODDESS,
£32

'This Sienna-Miller-approved highlighter stick contains 92% skincare ingredients and delivers a post-facial glow in seconds.

Sweep it on to bare skin or over make-up and get ready to reel in the compliments.'

Sameeha Shaikh, beauty writer



THE SUNSET BLUSH

PRADA TOUCH
CREAM-TO-POWDER
COLOR, £39

'A genius blush that glides on like a cream before setting like a soft-focus powder. You get an even wash of colour that lasts.'

Lisa Potter-Dixon, make-up artist and Grazia Beauty Panellist



THE HOLIDAY SCENT FOR HER

LOEWE AIRE SUTILEZA
ELIXIR, £145 FOR 50ML

'An uplifting blend of pear, bergamot, sandalwood and wildflower notes, this smells expensive, earthy and zesty all at once. It's a breath of fresh air, bottled.' *SS* ▶





THE HOLIDAY
SCENT FOR HIM

**TOM FORD TAORMINA
ORANGE EDP,
£230 FOR 50ML**

‘This unisex scent will make anyone’s mouth water. Blended to evoke the lush blood orange groves and dramatic seascapes of Sicily, it’s a glistening plunge pool in perfume form.’

Annie Vischer, head of beauty



THE BODY BOOSTER

**BAMFORD GERANIUM SUGAR
POLISH, £44**

‘A clever blend of shea butter and brown sugar buffs skin without causing irritation (skin tends to be more sensitive in summer). And the scent makes you feel like you’ve checked into a spa.’

*Michaella Bolder, skin expert
and Grazia Beauty Panellist*



THE MUST-HAVE
MULTITASKER

**LISA ELDRIDGE
VELATURA BALM
DEWY LIP AND CHEEK
STICK, £27**

‘This is the blush I reach for when I want skin to look healthy, fresh and effortlessly beautiful. The balmy pigment is buildable, so it’s impossible to overdo and it gives lips a lo-fi sheen that makes them look fuller.’ *LPD*

THE BELIEVABLE
BRONZER

WESTMAN ATELIER
SUN TONE BRONZING
CRÈME, £69

'This innovative bronzer duo
combines cool and warm
undertones to mimic the way
a real tan develops naturally.

It delivers an impressively
authentic glow in seconds.'

*Cher Webb, make-up artist and
Grazia Beauty Panellist* ▶



THE LUXE LIP FIX

**CHANEL ROUGE COCO
HYDRA GLOSS, £39**

'This is not your average lip gloss. Infused with camellia ceramides and a techy hydra-peptide complex, the formula delivers up to 24 hours of hydration and is available in a pick'n'mix spectrum of mood-boosting shades. Leave it to Chanel.'

*Maria Papakleanthous,
beauty assistant*





THE LONG-HAUL HAIR HERO

**AVEDA ONE FOR ALL
LEAVE-IN ELIXIR, £29**

‘This does-it-all hair spritz not only delivers an eye-popping 25 benefits (from 72-hour hydration and split end prevention to protection against heat styling and UV damage), it’s suitable for every hair type too. Talk about a no-brainer.’ *SS*

THE IT GIRL BASE

**JONES ROAD YOUR
SKIN FOUNDATION
STICK, £36**

‘Never underestimate the convenience of a foundation stick come summer – this one is made with hydrating actives such as squalane and hyaluronic acid and is budge-proof in hot weather. It won’t count towards your liquid allowance if you’re travelling with hand luggage, either.’ *AV*

THE EYE ENHANCER

**L'ORÉAL PARIS
TELESCOPIC
EXTENSIONIST
LENGTHENING &
CURLING MASCARA,
£13.99**

‘This featherweight formula coats every lash and noticeably boosts length with one stroke without clumping. It’s an exceptional mascara, especially for anyone with short lashes like me.’

Lan Nguyen-Grealis, make-up artist and Grazia Beauty Panellist

THE SUMMER- READY GADGET

**SHARK CHILLPILL
3-IN-1 FAN, MIST &
INSTACHILL SYSTEM,
£129.99**

‘I put this to the test on the hottest day of the year in London and now panic if I forget to pack it. There’s a cold plate attachment you can hold fast to skin, a cooling mist function and – my favourite – an impressively high-powered fan that will earn you plenty of jealous side-eye from your fellow commuters.’ *AV*





THE TRAVEL INNOVATION

DYSON SUPERSONIC TRAVEL HAIR DRYER, £249.99

'Finally, a mini version of Dyson's world class hairdryer. The airflow packs a punch with two speed settings and three heat settings and – crucially – it's compatible with voltage levels worldwide, meaning no mid-trip malfunctions. It weighs less than a can of Diet Coke, too.' *SS*



THE TIP TOP TAN

CLARINS SELF-TANNING MILKY LOTION, £28

'A fake tan for people who don't like fake tan. The lotion sinks in instantly, meaning you can throw on your clothes mere minutes after application. It's enriched with aloe vera to soothe and condition skin and you can expect results in four hours.' *Rachael Martin, beauty director*



THE FIVE STAR FACE SPF

LA ROCHE-POSAY ANTHELIOS UVAIR SERUM SUNSCREEN SPF 50+, £26

'A gorgeous, lightweight texture and great for everyday wear. It sits nicely under make-up and is infused with skin-soothing niacinamide and hydrating hyaluronic acid.' *AG*



THE PREMIER PROTECTION

ALTA MAREA LA SETA SHEER SUN SILK FOR BODY SPF 50, £36

'A lovely lightweight formula enriched with an impressive collagen-boosting peptide complex to firm up skin.' *Dr Alexis Granite, dermatologist and Grazia Beauty Panellist*



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**DIOR SOLAR THE
SELF-TANNING
DROPS, £57**

'Two or three drops smoothed over cleansed skin deliver an even, beach holiday glow in just one hour. A hefty hit of hyaluronic acid hydrates away the drying effects of fake tan ingredients, too.' *RM*



THE SUMMER SKIN SAVIOUR

**PAULA'S CHOICE 7%
ECTOIN + HYALURONIC
ACID MILKY HYDRATING
SERUM, £43**

'This hydration booster absorbs quickly, layers well with other products and leaves skin feeling hydrated and soothed – a tonic during the summer months.' *Dr Aamna Adel, dermatologist and Grazia Beauty Panellist*



BE MORE GILLIAN

The actor, author and wellness entrepreneur discusses '90s trends, a 'tantalising' new stage role and her blasé approach to beauty

IF GILLIAN ANDERSON had her way, she'd be lying down and reading a book right now. She's describing her ideal day off. 'It would be sunny and I'd get outdoors,' she says. Over three decades into a high-profile acting career, life is not letting up for Anderson. Her latest movie, *Teenage Sex And Death At Camp Miasma* (a psychological horror film), premiered to critical acclaim at the Cannes Film Festival this year, *Animals* (a kidnapping thriller directed by Ben Affleck) is due for release on Netflix, her role as global spokesperson for L'Oréal Paris continues (if you didn't catch her show-stopping walk down the brand's illuminated Le Défilé show catwalk in Paris last year, consider it a must-google) and this autumn she returns to London's West End to play Martha in Edward Albee's *Who's Afraid Of Virginia Woolf?* at the Soho Place Theatre. 'I'm excited to step into her shoes,' says Anderson. 'She's not a character that you'd aspire to be like, but she's tantalising and a lot of fun to play.'

Anderson's prep is methodical and thorough. 'I read the play many times over,' she says. 'Martha has been played by some very famous actors over the years [Elizabeth Taylor, Kathleen Turner, Diana Rigg, Calista Flockhart, Imelda Staunton] – it's interesting to read about their experiences.' Her dedication to research is the reason Anderson hasn't managed to get stuck into the pile of books on her bedside table. 'It feels sacrilegious to read anything else until the play is up and running in October.'

Anderson's career kicked off in the '90s, when she landed the role of FBI Special Agent Dana Scully on *The X-Files*. Cast in 1993, Anderson was only 24 when she assumed the role that would earn her a cult following. She exhibited grit beyond her years when she fought for visual and financial equity on set; she was paid less than her co-star David Duchovny for many seasons and was routinely asked to stand several feet behind him on camera, to walk, quite literally, in his shadow. She knew her rights, but she wasn't immune to insecurity. 'I was very judgemental about myself when I was younger,' she remembers. 'Of how I looked, my weight.' Over the years she has made a concerted effort to be kinder to herself. 'It has become really important to me not to self-criticise.'

As the founder of functional soft drinks brand G Spot (sparkling sodas boosted with adaptogens and nootropics), Anderson

INSIDE GILLIAN'S BATHROOM CABINET

L'Oréal Paris Elnett Hairspray,
£5.15

'I always have a can on the go.'

**L'Oréal Paris Volume Million
Lashes Panorama Mascara, £13.99**

'If I'm doing my own make-up,
this is all I wear.'

**L'Oréal Paris Age Perfect Serum
Le Duo, £31.99**

'They do a travel version too, which
I love.'

ZIIP Halo, £379.99

'I often travel with this face tool,
it really works.'

**Perfumer H Rose with Insect
EDP, £165 for 50ml**

'I cannot express how special and
unique their scents are.'



is a paid-up member of the wellness industry, but she has gripes with it. 'There is so much information out there, particularly on social media,' she says. 'It can make people, particularly young women, anxious about whether they're doing enough.' She encourages balance. 'Find something that makes you feel good, whether that's a particular type of exercise or a skincare routine, and hold it lightly – don't become a slave to it,' she says. 'You need to be able to let go of it at any point without punishing yourself – you need to have a life, to have fun.'

'I've never been one for trends or ticking boxes,' says Anderson. Look to her fashion archive for proof. Exhibit A: the 'thong dress'. Anderson made headlines in 2001 when she attended an Oscars party in a low-backed Eduardo Lucero dress and visible thong, a look that paved the way for later outfits, such as the Gabriela Hearst 'vulva gown' at the 2024 Golden Globes.

She is low-maintenance in the make-up department. 'I only wear mascara,' she says. And she's only recently resolved to remove her make-up every night. 'If someone brilliant had done my make-up for a big event I used to think, this looks great, it deserves two extra days and I'd sleep in it,' she says.

And she doesn't give much thought to ageing. 'I ignore it,' she says. 'I behave as I have always behaved – as though I am invincible and never going to die.' She allows that reaching this happy state of apathy is no mean feat. 'There are so many tools for arresting ageing,' she says. 'And as much as the conversation around ageing has evolved, most of the narrative still centres around it being something we should be afraid of, running from, or something that needs to be fixed. We need to be more accepting of ageing, to embrace it – we've still got a long way to go.' Proof that – make-up removal aside – we could all benefit from being more Gillian.



WE NEED TO
BE MORE
ACCEPTING OF
AGEING, TO
EMBRACE IT

Electrolytes are the supplement du jour. *Shannon Peter* unpacks if they're worth adding to your water

THIS ISN'T ELECTROLYTES' first orbit into the wellness sphere. Anyone who's ever leant on the lurid, teeth-tinglingly sweet tang of Lucozade Sport to get over a long run, an upset stomach or a particularly aggressive hangover can claim they were on this trend first. But in 2026, the hype around electrolytes has reached fever pitch.

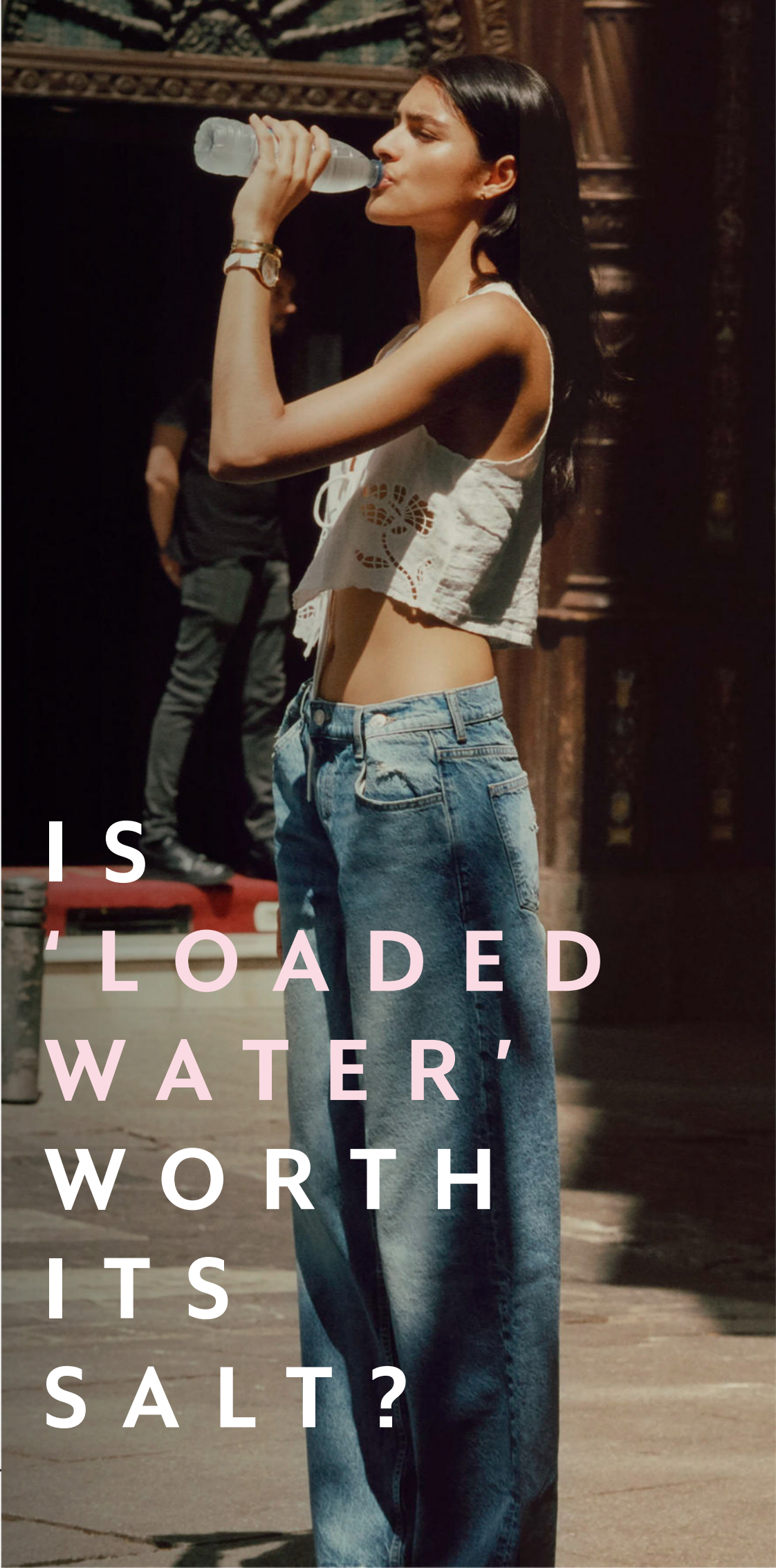
Now less of a one-off remedy and more of a daily ritual, electrolyte powders are being swirled into water bottles the size of small children across the country – and the internet – at a rate that retailers can barely keep up with. Boots notes a 775% rise in electrolyte searches on its website year on year, while just last month the retailer sold one hydration product every 8.5 seconds. According to plant-based electrolyte brand Humantra, 24% of UK adults now take electrolytes regularly.

Shelves are now packed with a new generation of pick-and-mix electrolyte powders, liquids and drinks, each promising to do more than quench our thirst. So pervasive is the trend, beauty booking platform Ruuby has even launched an 'electrolyte facial' (£90 for 60 mins, ruuby.com) in collaboration with drinks brand Nonni, promising hydration retention benefits for your skin *and* your body.

DO YOU NEED THEM?

So is the electrolyte wagon worth jumping on? Or are we all thinking the same thing: can't good, old-fashioned water do the trick?

To ascertain what electrolytes can add

A full-page photograph of a woman with long dark hair, wearing a white lace-trimmed crop top and blue jeans, drinking from a clear plastic water bottle. She is standing outdoors in front of a dark, ornate building. The text 'IS 'LOADED WATER' WORTH ITS SALT?' is overlaid on the right side of the image in large, white and pink capital letters.

IS
'LOADED
WATER'
WORTH
ITS
SALT?

HYDRATION STATION

to your wellness routine, you need to wrap your head around what they do. 'Electrolytes are minerals that carry an electrical charge once they're dissolved in your body's fluids,' explains nutritional therapist and functional medicine practitioner Rose Ferguson. 'The main players are potassium, magnesium, calcium, chloride and sodium.' Hence the signature salt-water taste.

Electrolytes play an important role in hydration. Drinking water is vital, yes, but electrolytes affect how it is used and stored in your body. 'They regulate fluid balance and help keep the right amount of water inside and outside your cells, which stabilises blood volume and blood pressure – this is how electrolytes influence how hydrated, clear-headed or headachy you feel,' adds Rhian Stephenson, registered nutritionist and founder of Artah. But there's still more to it than that.

Electrolytes also underpin nerve signalling and muscle contraction. 'When levels are mildly off you might notice cramps, twitchiness, weakness or that "wired but tired" sensation during or after exercise, or when under chronic stress,' Stephenson continues. 'They regulate pH levels and support the enzymes involved in energy production, helping you to swerve brain fog and an overall sense that your system is out of sync.' And unlike other supplements that require continuous use, electrolyte formulas claim to make you feel great, fast.

With benefits as glowing as that, it's no wonder so many wellness-seekers are loading up their Stanley Cups. But not so quick. 'Electrolytes are widely found in



FOR RAPID REHYDRATION

With a base of coconut powder water, **Ancient + Brave True Hydration**, £32 for a 30 day supply, has no artificial additives.



FOR ENERGY

A mix of vitamins and minerals, **Liquid IV Sugar Free White Peach Electrolyte Powder Mix**, £19 for a 15 day supply.



FOR FOCUS

Low in sodium, **Artah Cellular Hydration**, £32 for a 30 day supply, contains magnesium, potassium and maca.



FOR GREAT TASTE

Nonni Pomelo Grapefruit, £9.99 for four cans, is a sparkling electrolyte drink that uses real food ingredients (and low salt).



FOR EVERYDAY ATHLETES

Humantra Black Cherry Electrolyte Powder, £19 for a 15 day supply, replaces the minerals lost when working out.

everyday foods including fruit, vegetables, wholegrains, legumes, nuts, seeds, dairy products, meat, fish and salt, and they're naturally occurring in drinks like milk and coconut water,' explains Vicky Pennington, nutritionist at Boots. That means that with a balanced diet, most of us are probably already getting enough.

But where supplementation could be beneficial is during periods when our bodies are pushed beyond the norm. 'Anyone sweating in heat, doing sauna work, long workout sessions, on a low-carb or fasting protocol where you lose sodium faster, or frankly anyone recovering from a sickness bug or a proper hangover would benefit from some electrolyte support,' Ferguson says. But she also notes, 'If you have kidney issues, high blood pressure or are on medication that affects potassium, piling in electrolytes might not be the way to go – check with your GP first.'

ADD TO BASKET

Want to add electrolytes to your water? Be sure to shop wisely.

First, watch out for sodium. A commonly-used electrolyte, sodium-focused formulas (Stephenson defines these as containing over 500mg of sodium per serving) are best reserved for those experiencing substantial fluid loss, whether that be through illness or long-term endurance sport.

'It's important to consider your dietary patterns,' Stephenson advises. 'In the UK, adults are consuming around 40% more salt and sodium than the maximum recommended amount, so adding electrolytes into the mix may further the imbalance.' Her formula, Artah Cellular Hydration (£32) is low in sodium but rich in magnesium and potassium. 'Those minerals are chronically under-consumed. NDNS (National Diet and Nutrition Survey) data shows that UK women aged 20-59 fall below recommended intakes for both.'

'Whether the supplement is liquid or powder makes almost no difference to how well you absorb it,' says Ferguson. 'What's in it is more important. A short ingredient list is a good sign.' If added sugar is a concern, there are many formulated without.

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GRAZIA

How I boost my body care for summer



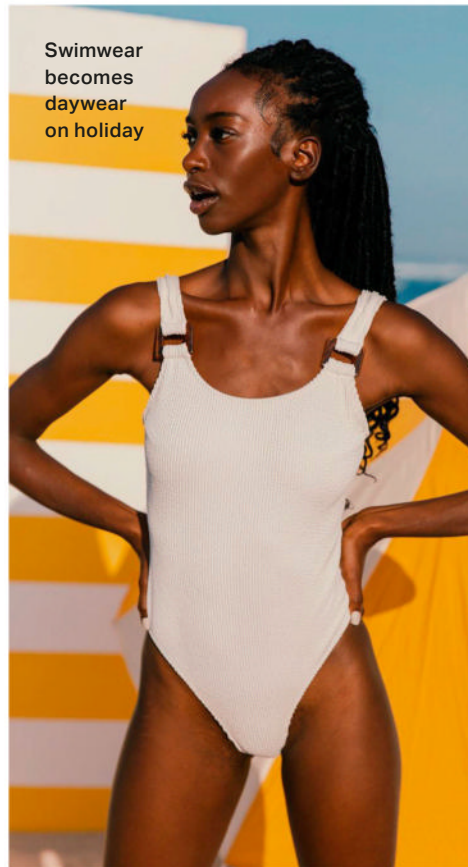
ANNIE VISCHER,
HEAD OF
BEAUTY

UPPING THE ANTE on body care during summer isn't exactly groundbreaking. Holidays turn swimwear into daywear and heatwaves shorten sleeves and hemlines – the great British limb reveal is in session and, as always, it calls for a product shake-up. Every year I aim for a *Miss-Congeniality*-style makeover, marching my Sandra Bullock self into the aircraft hanger for a thorough round of hair removal, polishing and preening.

A decent exfoliator is essential. In recent years I've veered away from grainy solutions that leave a gritty film on the bottom of bath, a nasty surprise for the next unsuspecting soul (we've all been there). Instead, I use an African net exfoliator alongside my body wash. Known as *sapo* in West Africa, net exfoliators have been used for centuries and were originally crafted from repurposed fishing nets. They gently slough away dead skin cells and the long length of material means you can tackle hard-to-reach areas like your back without dislocating a shoulder.

Hydration-wise, I like to apply body oil to wet skin after bathing to lock in moisture, but occlusives like this can cause your body to retain more heat at night. So, when the mercury soars, I tend to switch to a lightweight lotion. Nécessaire's Eucalyptus body moisturiser is my flavour of the month; it feels like smoothing on a breath mint – which is absolute bliss mid-heatwave.

You can't dig into summer body care without discussing all-over SPF. Now UK temperatures are regularly veering into the early thirties between June and August, I'm applying it as frequently as my foundation, which makes hitting on the right one more important than ever. My



no-brainer for the past two years has been Supergoop! Play SPF 50 – I plunk the XXL plunger bottle by the door to encourage regular application. It smells of lemon, isn't sticky and is gentle enough for my toddler to use too. I keep my trusty La Roche-Posay Anthelios Anti-Shine Sun Protection Invisible Spray SPF 50+ in my handbag for midday top-ups.

Of course, with diligent SPF protection throughout the day comes the need to wash it all off in the evening. These are stick-fast skincare ingredients designed to stay put, so I approach my evening showers like make-up removal. I smooth on a cleansing balm (a cheap one, because I use it by the dollop), wipe it all off with a damp flannel, then lather up a shower gel to whip away residue.

And finally, an unsexy saviour. Higher temperatures come with an onslaught of new skin irritants – reactions to increased SPF application, sun sensitivity and then there's the chafing. A mini tube of Bepanthen is my rescue remedy – if it can sort out nappy rash, it will see you through summer. Margot Robbie does the same, and you can do a lot worse than follow an Aussie girl's lead when temperatures rise.



PRESTIGE PROTECTION

A splurge, but Augustinus Bader's new release, powered by its patented TFC8 formula, works hard to renew skin (reduce dark spots, soothe, boost elasticity, strengthen your skin barrier) while it protects. **Augustinus Bader The Solar Shield SPF 50 [1], £120**

EVERYDAY ESSENTIAL

Sun lotion for those who hate sun lotion – it's residue-free and smells like lemons. A big bottle sees me, my husband and toddler through two weeks of full-body applications (complete with reapplications every two hours) on holiday. **Supergoop! Play Everyday Lotion SPF50 [2], £65**

TAKE IT ALL OFF

I reach for a basic cleansing balm to de-SPF my body after a day in the sun. **M&S Purely Nourished Cleansing Balm [3], £12.50**

FRESH FIX

A cooling lotion packed with facial skincare-grade ingredients, including hyaluronic acid. Its spa-like scent gives it the treat factor. **Nécessaire The Body Lotion Eucalyptus [4], £48**

SPRITZ-ON SPF

The first rule of SPF sprays it to apply liberally and shield any white clothing. If you do end up with a stain, soak in vinegar ASAP, rinse in cold water and leave to dry. **La Roche-Posay Anthelios Anti-Shine Sun Protection Invisible Spray SPF 50+ [5], £19**





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PHOTOGRAPH **CAMERON BENSLEY**
STYLED BY **JULIA HARVEY**
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Wall
light, £76,
Pooky



Table lamp,
£50, Marks
& Spencer



Table lamp,
£189,
Westwing

Wall light, £999,
Original BTC

GET THE LIGHT RIGHT

Outdoor lighting is now as exciting and stylish as indoor. Chic wall lights such as this modern take on traditional industrial lighting from Original BTC add style and design interest to a patio or terrace. Complement them with portable table lamps that provide flattering eye-level light and create a cosy mood.



Parasol, £375,
Burning Orange



£519, Hay at
Twentytwentyone



£225, Staycation
Vintage Parasols

SPOTLIGHT YOUR SHADE

The garden parasol is now as pretty as it is functional.

Think bright stripes, decorative trimmings and this season's favourite – a vintage look that's all scalloped edges and retro finish. This one by Burning Orange.

CURATE YOUR TABLE

Set a table that bursts with sunshine vibes. Be inspired by designer Deborah Brett's tablescape, which brings together fresh greens in a mix of materials, patterns and textures – from a fabric tablecloth to ceramics and even a Romanesco broccoli – and adds shots of bright yellow with lemons as table decorations. It's stylish but laid-back. *Tablecloth, napkins and ceramics, all DB Ceramic*



DEBORAH BRETT

Glasses,
£60 for four,
OKA



Candleholder,
£9.99, H&M Home



Tablecloth, £325,
Summerill &
Bishop

ADD SOFT LANDINGS

Hard seats mean guests are less likely to linger. So add cushions for extra padding – we love these shell-shaped ones (a summer motif in fashion and homes) from Garden Glory, which give a padded back as well as a soft seat. You don't have to choose outdoor cushions – opt for good-looking indoor ones and just bring them inside when the party is over.

Cushions, £89 each,
Garden Glory

£89, Birdie
Fortescue

£15, Cotswold
Company

Bistro chair, £145,
Rowan & Witch

Planter, from
£195, Kelly
Wearstler
at Serax

Vase, £11.95,
Graham & Green

DINE OUTDOORS

The greenhouse is now the spot for dining al fresco. In Cordelia de Castellane's greenhouse, the designer and creative director of Dior Maison and Baby Dior has placed large plants in pots and smaller ones on tables for a lush feel. You can also string up solar-powered fairy lights and lay down an outdoor rug. Then, just add a table and chairs and you're good to eat out.



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THE LAST WORD

FEARNE COTTON

Each issue, people we admire reveal their lasts, from books to beauty products. Here, presenter *Fearne Cotton* shares hers...

The last book I read... *Queenie Is Working On It* by Candice Carty-Williams.

The last song I listened to... *The Bug Collector* by Heynderickx.

The last podcast I loved... The Rest Is History on Queen Elizabeth I.

The last accessory I wore... was my Pandora necklace with my kids' names engraved on a key charm, as they have the key to my heart.

The last item I added to my wardrobe... A Never Fully Dressed skirt with suns on it, which I want to wear all summer.

The last gig I went to... Ludovico Einaudi. I'm obsessed with him. I've seen him live three times now and each time I've beamed with happiness throughout. This time he played the Royal Albert Hall, one of my favourite venues.

The last workout I did... was 30 minutes of HIIT before work.

The last present I gave... I got my radio producer a cute bag as she won a Sony Gold Award. I'm so proud of her.

The last great piece of advice I was given... My friend Patric Gagne gave me some breathwork exercises to do before bed, because I'm sleeping badly.

The last photo I took... was on my actual film camera – of the Colosseum.



The last account I followed on Instagram... an artist called Peter Uka.

The last beauty product I finished... Charlotte Tilbury Pillow Talk lipstick. I go through one a month.

The last item I bought for my home... was a gold bar trolley for my kitchen.

The last meal I cooked... Lasagne.

The last restaurant I ate in... Sora Lela in Rome, on the recommendation of Stanley Tucci.

The last app I downloaded... HeadOut. I bought tickets to the Vatican on it.

The last time I felt starstruck... I don't really get starstruck, but saying that if I met anyone from *Below Deck* I would!

The last thing people would guess about me... I never meditate. I haven't for years.

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Fearne loves the Queenie sequel, her Charlotte Tilbury lipstick and visiting Rome





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thewalpole.co.uk

A man and a woman are standing in a lush garden. The woman, on the left, is wearing a long, flowing green dress and is barefoot. The man, on the right, is wearing a light grey blazer and trousers. They are surrounded by several large, ornate lanterns with conical tops in various colors (blue, green, pink, yellow, gold). The lanterns are lit, casting a warm glow. The background is filled with dense foliage and trees.

NOVOGRATZ

x

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