

GRAZIA AUTUMN HAS ENTERED THE CHAT

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COVER AND PAGE 4: PHOTOGRAPHER, JACK GRANGE; STYLIST, MOLLY HAYLOR. HAIR: PATRICK WILSON AT THE WALL GROUP USING GHD. MAKE-UP: BUSTER KNIGHT AT A-FRAME USING COSMETIC CONSULT. NAILS: AMY HIDE USING ESSIE AND L'OCCITANE. SHOOT PRODUCER: ANNA DEWHURST. PHOTOGRAPHER'S ASSISTANT: KAROLINA BURLIKOWSKA. DIGITAL: LIAM PRIOR. FASHION ASSISTANTS: LIV BELLAMY, AMBER BACKHOUSE. COVER: JACKET, £1,855, SKIRT, £1,020, ROLLNECK, £175, ALL LONGCHAMP. PAGE 4: BLAZER, £790, SHIRT, £325, POLO SHIRT, £295, TROUSERS, £510, ALL LONGCHAMP. THIS PAGE: PHOTOGRAPHER, KEIR LAIRD; STYLIST, ANNIE HERTIKOVA; MODEL, CYNTHIA WROBEL AT MODELS 1; HAIR, MAKI TANAKA USING ORIBE; MAKE-UP, MEE LEE USING DIOR; CASTING, EMILIE ÅSTRÖM AT RAWSTUDIO.CASTING; SHOOT PRODUCER, GABRIELA VELASCO; PHOTOGRAPHER'S ASSISTANTS, ROBIN BERNSTEIN, LUKE REGAN, ALIJAŽ HABJAN; FASHION ASSISTANT, AMBER BACKHOUSE; PRODUCTION ASSISTANT, ERINNN HITCHCOCK; JACKET, £32, TU AT SAINSBURY'S; BLAZER, £20, TROUSERS, £9, F&F; SHOES, £79, DUNE LONDON; EARRINGS, £135, OTIUMBERG

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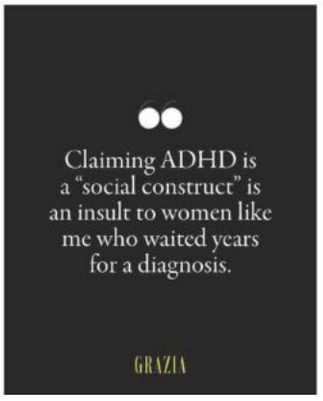
AND THE REST

89 Get 5 issues of *Grazia* for £10!

90 The last word... Jameela Jamil

MEANWHILE, ONLINE...

YOU'VE BEEN READING...



Our writer's reaction to Channel 4's controversial documentary, *The Great ADHD Myth?*

COMMENTING ON...



The surprise colour combination that the street style set are embracing right now.

WATCHING...



Our new video series The Beauty Brief, where Thandi Maqubela shares her hero products.

BUYING...



Rise & Fall's chic cashmere wrap. Lightweight, oversized, it's the perfect transitional accessory.



WELCOME TO THE ISSUE

FOR MANY MILLENNIALS, Effy from *Skins* was a formative figure. More than a decade after the iconic teen show ended, actor Kaya Scodelario still gets recognised as Effy by a new Gen Z audience. But like many of us OG fans, in the intervening years she's had to navigate life's ups and downs and find her voice, a process she reflects on in a frank interview (page 32) as she returns for season two of Guys Ritchie's *The Gentlemen* (which a certain duchess reportedly may or may not be joining). However long it's been since your school days, September inevitably brings that-new term feeling. With that in mind, the fashion team have curated 14 pages of the best workwear (page 48) and found the perfect 'back to school' shoe. So, sharpen those pencils and let's get back to it!



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Hattie Brett is on holiday



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GRAZIA VIEW

AT-HOME CERVICAL SCREENING KITS WILL SAVE LIVES

The NHS is now offering at-home testing kits for **cervical cancer**. Screening prevents cervical cancer by checking for high-risk types of human papillomavirus (HPV) but currently only two-thirds of women attend in-person appointments, leaving as many as four million women behind on their check-ups. If you've missed a smear test, you'll be invited to **order a free kit** through the NHS app or website. 'Offering millions of women an alternative test they can do from the comfort of home will be a **gamechanger** – making it easier than ever for them to get tested,' says Dr Sue Mann, national clinical director for women's health at NHS England. If you've been putting off your screening, this is your sign to do it now – it's never been easier and it could **save your life**.

Skin by Bio-Oil®



POLLY VERNON

The internet's newest seduction technique? Smelling



I'D ASSUMED RECENT prevalence of smelly men was about widespread poor hygiene exposed by the heatwaves and/or a general flailing awareness of Other People... but, NO! Apparently – it's a dating ploy! *They* (Reddit, TikTok, Clavacular or, IDK, someone equally qualified to speak to matters of the heart) are calling it 'pheromone-maxxing'. The principle is you intensify the clout of your pheromones – chemical signals secreted through your pores, some of which concern sex – by not showering, *ever*, thus allowing them to accumulate, emanating ramped-up sexiness at all who cross your path. Eventually, inevitably, luring – no! Summoning! – hot women to you... DUDE! You'll be fighting them off in a week!

Except that... will you? The flaws in this plan are pretty obvious ie, BO's tendency to repulse, instantly eliminating the thrall of all maxxed-out pheromones. No one wants to be in close naked proximity to a pungent whiffer, do they? I also wonder why this story is being sold exclusively to men; I've seen no suggestion women max *their* pheromones (though I am reminded of one friend who always swore the best way to seduce a man was to work out which perfume was most popular at the time of his teenage sexual awakening, then wear it, thus tricking his subconscious into thinking you're all his formative crushes at once).

But beyond the freakin' obvious lunacy of not showering as a way to Get Women, lies a greater truth about the pity of modern dating. How much focus is placed on hacks, tactics, strategies and games... And how little on Just Going Out With People. All those muppets, all over the internet, giving you their tricks! The Do This-ers, Don't Do That-ers, '*don't* shower', '*do* lean into your soft girl era', '*don't* be funny, you'll get Clown Zoned!'... But no one saying: Just Go Out With People. Just, do *that*! Just ask for a number, risk rejection, risk the date, then – risk another. Risk a third! Risk those tentative, terrifying WONDERFUL intimations; you might actually like them! Risk not knowing if they like you back. Risk seeing them again, anyway. And again. Risk falling in love. Risk telling them. Risk them telling *you*. Risk it not working out, even so! Risk getting your heart broken. Risk crying for seven days straight. Risk the slow climb back to not feeling like you want to die *all the time*. Risk swearing, 'never again!' Risk doing it anyway.

No one learned love from the internet. You learn love firsthand, through the hard, terrifying, humiliating, heart-awakening, miraculous graft of doing it. Being in it. Losing it. That's why they write all the songs about it. That's why it's good.

CURRENTLY OBSESSED WITH...



1

Albaray's kilt collection
If your thoughts are turning to autumn...

2

Silhouette's Dora One
An excellent name for glorious shades.





3

Lousin jeans
Absolute beaut of an addition to the denim market.



4

Sweed's Glass Skin Foundation
A heavenly formulation. A new fave.

5

M&S's halter neck swimsuit
Also works as a v nice top with jeans.



No7

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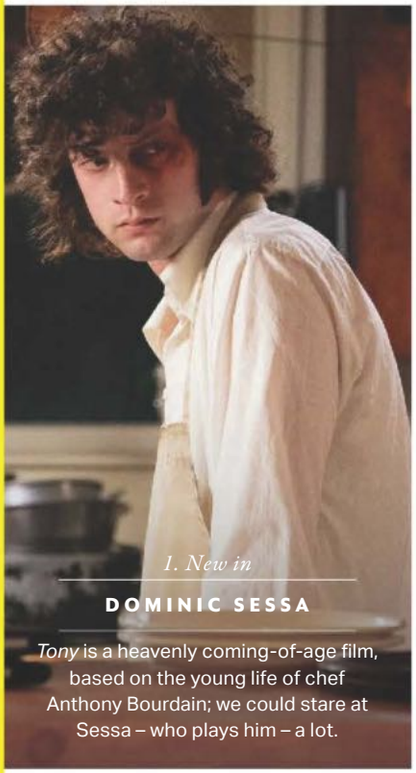
*Appearance of crow's feet and undereye wrinkles, firmness. **Save £10 when spending £20 with instore voucher. Single Transaction. Most Boots. Exclusions apply. Use NO7SAVE10 at basket. Ends 06/09/26 instore, 07/09/26 online. £3.95 delivery may apply. Subject to availability.

Boots

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

CHART OF LUST





1. New in

DOMINIC SESSA

Tony is a heavenly coming-of-age film, based on the young life of chef Anthony Bourdain; we could stare at Sessa – who plays him – a lot.



2. Up

MEN WITH HOOP EARRINGS

Jacob Elordi was among the first, but now? The single silver hoop is all over men everywhere. Elordi's hoop = the Connell's chain of now? TBD.



3. Non-mover

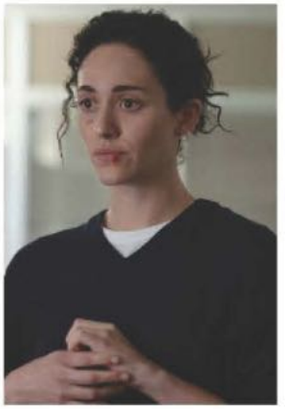
ERLING HAALAND

Seems to have cut all his hair off for the new season. We are confident he shan't lose his power, in the style of Samson.

4. Non-mover

ZOË KRAVITZ

Wore a pair of cropped flared jeans (widely assumed to be The Row), instantly launched a new fashion movement.



5. Up

EMMY ROSSUM

Furious is exactly our kind of thriller (ie, no women get killed). Rossum is excellent as FBI Agent Alice Black.

6. Up

JAY-Z

Enjoying a resurgence as youngsters discover him on TikTok. (Wait till they 'discover' Beyoncé. They'll lose their minds.)

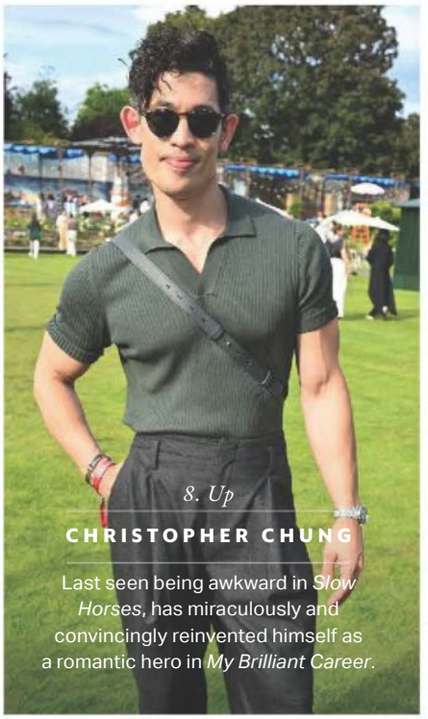




7. Non-mover

CAMILLE COTTIN

A trailer for the film version of *Call My Agent* has reignited our epic, though dormant, crush on Andréa (played by Cottin).



8. Up

CHRISTOPHER CHUNG

Last seen being awkward in *Slow Horses*, has miraculously and convincingly reinvented himself as a romantic hero in *My Brilliant Career*.

9. New in

AU

A Montagu's harrier who has apparently single-handedly kept his species from extinction. Fathered two broods and raised six chicks this year alone.





10. Up

THE CRYING EMOJI

Most popular emoji in the world, according to new data. (Its usage, according to Gen Z etiquette, is v complex – and you're probably doing it wrong.)

WORDS: POLLY VERNON.
PHOTOS: GETTY, ALAMY, INSTAGRAM

WHAT'S NEW NOW!

September calls for fresh starts and wardrobe updates. Here's what to shop



Seaside trips may be over, but we're still wearing our beachy beads. Look for the chunky kind in sunny shades of yellow, coral and turquoise to add colour to simple 'fits. **£49.99, pilgrim.net**

This just in. With Nothing Underneath has branched out into denim with three timeless cuts in a wearable blue wash. **Jeans, £150, withnothing underneath.com**



Ease yourself back into 'proper shoe' season and bring out these rope-lace loafers in place of your flip-flops. **£245, loeffler randall.com**

Fronted by Lara Worthington, Aje's latest campaign marks not only the beginning of the brand's denim evolution, but the start of a whole new season, too. Alongside the great jeans, this oversized leather jacket is going straight to the top of our wish list. **ajeworld.com**





Our favourite styling tip? A silk scarf worn around the neck under cotton shirts and trench coats. Marina Rinaldi's chain print ticks all the boxes. **£90, marina rinaldi.com**



Consider this car coat your transitional season staple. Wear over cotton midi shift dresses and ballet flats for a '60s feel. **£48, tuclothing.sainsburys.co.uk**



Sunshine season may be waning, but sunglasses remain an essential in our book. COS's supersized aviators will elevate all outfits. **£75, cos.com**



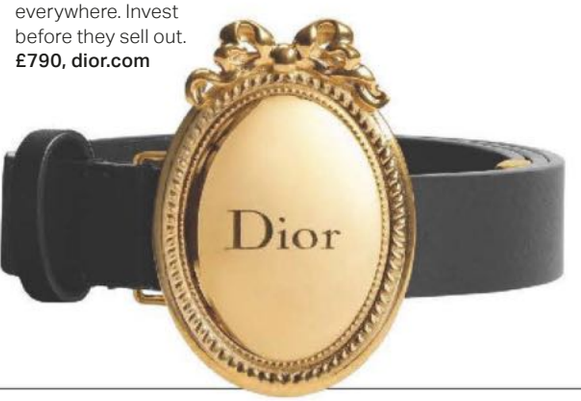
There's nothing like a new handbag to signal the start of a season. Vagabond's modern take on the doctor's bag looks super-chic and has space for *everything*. **£300, vagabond.com**



Asymmetric or 'hanky hemlines' are bang on trend right now. New Look's deep khaki midi nails the brief and looks more expensive than it is. **£27.99, newlook.com**



Aquamarine takes the top spot as shade of the year. Tilly Sveaas's leather T-bar bracelet will show that you're in the know. **£95, tilly sveaas.co.uk**



Trust us, you're about to see Dior's Western-inspired belt buckle everywhere. Invest before they sell out. **£790, dior.com**

EDITED BY JULIA HARVEY

10 HOT STORIES



Harry and Meghan re-enter the fray

Emily Andrews reports on their surprise homecoming – and how it has landed with the Waleses



1.

SIX YEARS AFTER the Duke and Duchess of Sussex left the UK, they're back where they started. The couple have returned to Britain to set up home, arriving via private jet at Birmingham airport on 26 August, where they were met by a privately paid security team. This month, their two children, Archie, seven, and Lilibet, five, start at a new private prep school.

The family have bought a £12m Cotswolds farmhouse to serve as their UK base. Home to the Beckhams, Kate Moss and Hugh Grant, as well as the Sussexes' close friends Ellen DeGeneres, Portia de Rossi and Princess Beatrice, the celebrity enclave boasts excellent schools, plus the charms of Soho Farmhouse (where Meghan had her hen do), Daylesford Organic farm shop and farm-to-table Michelin-starred restaurant The Wild Rabbit.

It's also Harry's old stomping ground. He grew up at Highgrove House on his father's 18th-century Gloucestershire estate, and still has non-famous friends in the area. For Meghan, it holds special memories – the couple rented a farmhouse in Great Tew as their country getaway after they were engaged in 2017. So far, so idyllic.

The story of the prodigal son returned is an appealing one. But what do the Prince and Princess of Wales – who were so deeply hurt by, as they saw it, the betrayals of *Spare*, the Netflix documentary and Oprah interview, and the accusations hurled from the Sussexes' Montecito mansion – make of the comeback? The 'Fab Four' were once considered vital to modernising the monarchy, viewed as a bridge to younger demographics by blending traditional duty with celebrity appeal. But for those hoping for a reprisal, don't hold your breath.

William has no trust in his brother or sister-in-law, so it's unlikely there will be any private reconciliation any time soon. And he won't have to bump into his brother now that Harry no longer has Frogmore Cottage on the Windsor estate. ('Windsor is William's territory,' I'm told. 'He doesn't want Harry anywhere near it.') Sadly, the Wales children have no relationship with their Sussex cousins, either, and that's unlikely to change. Their parents will be focused on Prince George, 13, starting at Eton, while it's back to their Berkshire prep school for Charlotte, 11, and Louis, eight.

As for a real reconciliation with the King, that's a better prospect. His health is a major part of the reason the Sussexes chose to return. Charles was diagnosed with cancer two years ago and has responded well to treatment, but as Harry said last year, 'I don't know how much longer my father has.' While father and son have only met twice in the last year, being permanently in the UK makes further reunions and family occasions much more likely. Harry would also dearly love his father to stand by his side publicly at the opening of next year's Invictus Games in Birmingham.



The Fab Four in 2022. Below: Kate and Prince George at Balmoral, 23 August



Another reunion on the cards? Meghan and the small screen. Outside of wanting the children schooled in Britain (they are officially Prince Archie and Princess Lilibet, after all), it was a big draw that Meghan was in talks with Guy Ritchie to star in *The Gentlemen*. It was reported that the casting process stalled after the news broke, but when asked directly whether Markle would star, Netflix executive Manda Levin declined to deny speculation, saying cryptically, 'All bets are off.' There's also talk of Meghan expanding her lifestyle brand, As ever, in the UK and Australia (it currently only retails in the US).

The big question is could Harry and Meghan ever return as working royals? At the Sandringham summit, the late Queen Elizabeth made it clear that there was never an option for a half-in/half-out royal model. While the Palace has said there are no current plans for the Sussexes to reprise their official working roles, note that word 'current'. Seemingly, they're leaving the door open for future opportunities.

PHOTOS: GETTY



COPENHAGEN FASHION WEEK

2. Off out? You need a just-in-case jacket

YES, WE'RE SLAP-BANG in the middle of the most sartorially confusing time of year when – dare one say it – transitional jackets come into play. But let's not call them that. Partly because it feels like we're tackling the same wardrobe conundrum over and over again, and partly because it echoes your grandmother scolding you for leaving the house without a proper vest on. Instead, let's call them lightweight jackets. The kind you wear before that brief window when leather jackets make perfect sense, the ones you take just in case, only to find yourself tying them around your waist the moment the sun comes out and it becomes inexplicably hot. So what does such a jacket look like now? Styles run the gamut, but what unites them is an element of practicality. Water repellent, brushed cotton, breathable technical fabrics, easily packable shackets and airy trenches all make the grade, with plenty of fashion mileage. Just don't call them 'transitional'. We've moved on.

The track top
Fashion's love for vintage-inspired athletic outerwear shows no sign of waning. A nylon track jacket looks particularly good when offset by something sharper and tailored.



Jacket, £175, **Norba**

Sunglasses, £340, **Miu Miu**

Sandals £170, **Alohas**

Trousers, £29.99, **Bershka**



COPENHAGEN FASHION WEEK



Polo, £545, **JW Anderson**

Jacket, £75, **Arket**



Skirt, £100, **Massimo Dutti**

Heels, £119.99, **Mango**

The trusty shacket
A questionable neologism, but undeniably useful. The shacket remains the ultimate in-between weather layer. Feeling too hot? Tie it around your waist.



The extra ventilation trench
Trench coats were invented for this exact weather, especially when they come unlined and cut from fluid fabrics that allow for plenty of cooling airflow.





The Harrington
The classic cotton Harrington is 2026's answer to the chore jacket. Practical, sturdy and evoking just the right amount of nostalgia. Bonus points for a vivid colour.

WORDS: HENRIK LISCHKE
PHOTOS: GETTY


KIKO
MILANO

3.

Inside Kendall and Jacob's romance

Hollywood's new 'It' couple have been teasing a hard launch all year, says *Nikki Peach*



Kendall and Jacob leave China Tang restaurant in London

PHOTO: GOFF/CLICK/SPLASHNEWS.COM

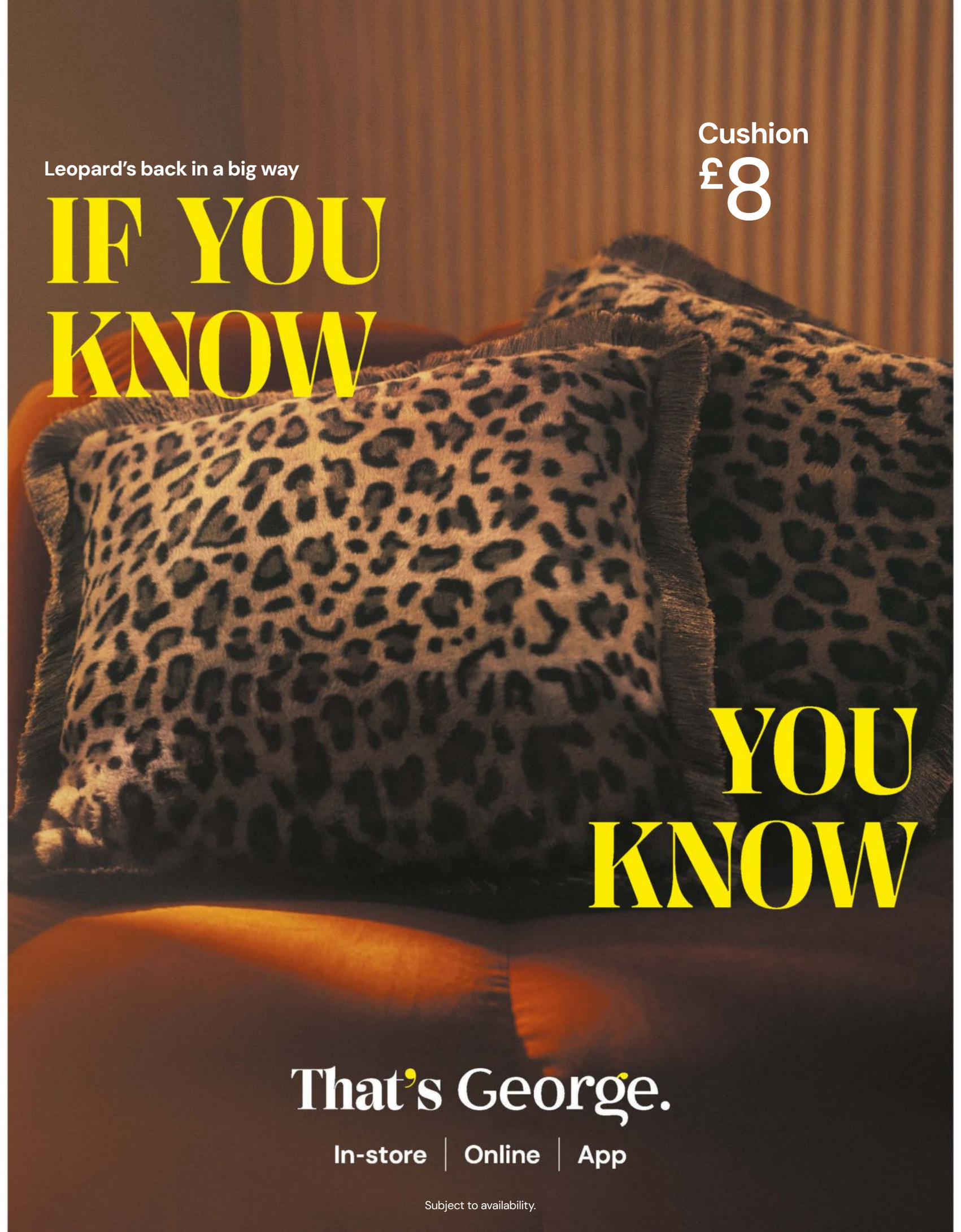
ONE NIGHT IN the Colorado Desert, a tall brunette model named Kendall Jenner was spotted kissing a tall brunette actor named Jacob Elordi at the not-so-inconspicuous Justin Bieber headline set at Coachella. Many fans were so dumbfounded by the pairing that they assumed it must be the work of momager extraordinaire Kris Jenner.

Five months later, however, and Jenner and Elordi are still going strong. In fact, despite walking the red carpet alone at the London premiere of his latest awards season bid, Ridley Scott's *The Dog Stars,* Elordi hard launched with Jenner in a rare PDA outside China Tang at The Dorchester. Their short stay in the capital also saw them squeeze in a visit to The River Café (for more PDAs, of course) and a few late night cocktails at Soho House.

Far from a publicity drive, Jenner and Elordi have been 'practically inseparable' since they were introduced by Kylie Jenner last awards season. They got 'super close' on a romantic trip to Hawaii at the start of May, where they were pictured lying on the beach swigging rosé straight from the bottle (ah, young love). Then came a double date with sister Kylie and her own Oscar-nominee beau, Timothée Chalamet, in LA, where the foursome were spotted ducking inside Elordi's car to avoid photographers. The couple have since racked up the air miles, visiting noodle bars in Tokyo, dog walking in Brisbane and taking family trips to Byron Bay, where Jenner reportedly got acquainted with the Elordi family, including his three older sisters (a dynamic she knows all too well).

Although she was initially met with the same sexist snobbery that Kylie was subjected to when she started dating Chalamet – 'What could a reality star and a serious actor have in common?!' people screamed online – what the naysayers don't realise is that Jenner, 30, and Elordi, 29, share a lot of similarities. Good looks and familiarity with intense fame notwithstanding, they share a love of the outdoors (hiking, surfing, horse riding and drinking warm rosé, to be specific) and both have more reserved personalities and a deep desire to be taken seriously within their chosen industries. You can add to that a love of travel-maxxing, even if some of it is for work.

This is the first time Jenner has stepped out with a boyfriend in public since her 2023 romance with Bad Bunny and it's Elordi's first romance since his four year on-again-off-again relationship with influencer Olivia Jade ended last December. 'Things have already gotten pretty serious,' a source told Page Six. 'They're in that phase where they want to do everything together and definitely see a future with each other.' Who'd have thought it? The supermodel and the 6ft 5in actor's romance has legs.


Leopard's back in a big way
IF YOU KNOW
Cushion
£8
YOU KNOW
That's George.
In-store | Online | App
Subject to availability.



4.

Natalie Harp in the White House

Trump's biggest fan causes a stir

Natalie Harp, aide to the President, is grabbing headlines. *Rosamund Urwin* reports on a strange relationship

EVERYBODY IN DONALD Trump's orbit is a loyalist, but Natalie Harp is his most fervent disciple. She has credited the President with helping save her life, professed that he is 'all that matters' and even once climbed into the boot of a car to stay close to him.

Harp is Trump's executive assistant and gatekeeper, on an annual salary of $150,000. Colleagues have dubbed her the 'human printer', because she trails Trump with a portable machine, churning out favourable articles about him and drafts of posts for social media. She's the lieutenant who walks five feet behind him and hovers at his shoulder, just out of shot.

Now, though, Harp has found herself in the spotlight, after Jon Ossoff, a Democratic senator, mentioned her in a speech attacking Trump. 'He doesn't want to do the job,' Ossoff said. 'He wants to build his ballroom and travel with Natalie on their apparently defenceless flying palace gifted by the Emir of Qatar.'

Why Natalie? Because her relationship with the President is unusually intense even by the standards of Trumpworld. The 35-year-old first came to Trump's attention after she said she survived bone cancer, which she credited (it appears incorrectly) to his Right to Try legislation, claiming it enabled her to obtain experimental treatment. She spoke at the 2020 Republican convention and worked for far-right broadcaster One America News before joining Trump's operation and becoming one of his closest confidantes. There have even been wild rumours that Harp has registered as a hospice nurse and is secretly administering care to Trump, who at 80 is the subject of persistent speculation that he's wearing adult nappies.

Harp, who grew up in California and was homeschooled by her mother, Jill, is a devout evangelical Christian. Her devotion to Trump runs just as deep. On 6 January 2021, as the Capitol was stormed, Harp posted more than 150 pro-Maga messages on X, including repeated calls to 'fight for Trump'. She has also sent him intensely personal letters, including one in which she called him her 'guardian and protector in this life'. Trump, meanwhile, has said that she loves him as much as his wife and children do.

Her loyalty has occasionally sparked awkward scenes. When Trump was about to appear in a New York court in October 2023, there was reportedly no room for Harp in his motorcade. A screaming match with other staff ensued, according to CNN, before Harp climbed into the boot of an SUV rather than be left behind.

He appears to have repaid that loyalty. As the President left the Nato summit in Turkey this summer, there were fears Iran was planning an assassination attack targeting Air Force One. Harp was one of the few aides secretly transported with Trump on to a different plane via a catering truck.

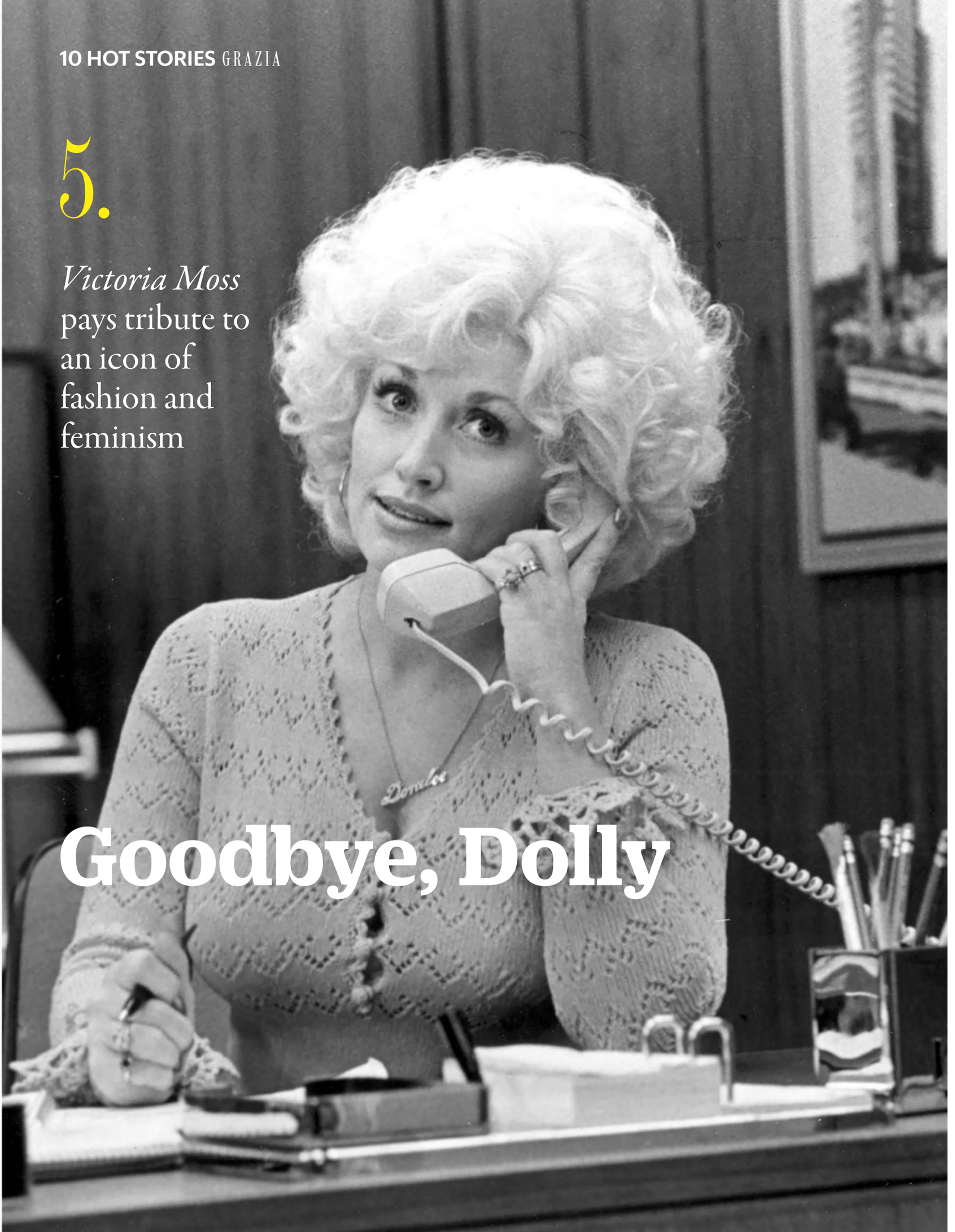
In the 2024 documentary *The Art Of The Surge,* Harp says that she was never into politics until she watched the Republican debates with Trump. 'He was my first exposure to politics and I loved it. Like, this guy, he gets it,' she said.

While there is no evidence of an affair, intrigue over Trump's relationship with Harp was fuelled by the recent absence of his wife Melania from public life. Melania resurfaced a few days after Ossoff's comments, holding hands with the President at a press conference. But when Washington is gossiping about your husband's 'travel companion', the problem is no longer just political – it's become personal, too.

PHOTO: EYEVINE

5.

Victoria Moss pays tribute to an icon of fashion and feminism



Goodbye, Dolly



Above, L-R: Dolly on a tour bus, 1978; on her own show, 1987; in 1996; on stage in 2023. Main pic: starring in *9 To 5*

OH, DOLLY. IT IS a measure of her character that the outpouring of love for Dolly Parton extends from everyone you follow on Instagram to the King's Guard at Buckingham Palace. Her unmistakable appearance belied fashion, on purpose. Yves Saint Laurent said 'fashions fade, style is eternal', for Parton that was just a way of life. She was joyously OTT. The hair (via hundreds of wigs, at least one for every day of the year), the giant, spangly jewellery, the high heels (bespoke)... it was a glorious gluttony of glamour which elevated her –literally, she was only 5ft. Crucially, in personifying the so-called 'dumb blonde' stereotype, Parton was knowingly subverting it. There was nothing dumb or indeed blonde about Parton (her infamous words).

Her look was solidified as early as her songwriting, which she started aged five, living in poverty in a tiny two-room cabin in the foothills of the Smoky Mountains in Tennessee. She famously detailed the inspiration for how she wanted to present herself. On the infrequent visits into town, it was a local 'tramp' whose style was etched into her psyche. In a 1978 interview with Barbara Walters she offered her long-touted tale. 'She had these long red fingernails. She wore bright lipstick. She had peroxide, long hair, wore tight clothes and I thought she was the most beautiful thing I had ever seen. And my mother said, "Oh, she's just trash. She's a tramp." And I thought that's what I want to be when I grow up.'

As a child she squished red pokeberries for lipstick and used a burnt matchstick for eyeliner. Parton stayed steadfastly true to that early vision, creating a look that would not only ensure she stood out, but that would help her to upturn every lazy stereotype made about women. She was more than in on the joke, she told it; 'it takes a lot of money to look this cheap' she'd quip.

Her music was entwined with her indelible stamp of self-belief. 'Just because I'm blonde, don't think I'm dumb, 'cause this dumb blonde ain't nobody's fool' she sang in 1966 on *Dumb Blonde*, from her first solo album, *Hello, I'm Dolly*.

She never explicitly called herself a feminist ('I'm feminine' was her usual answer) but she didn't need to. Equality was threaded through her existence in every move she made and lyric she wrote. *9 To 5* is essentially a union anthem. Speaking to *Interview* magazine in 1984 she said, 'It shouldn't matter who you are, whether you're Black, white, green, gay, male, female. If you can do a job and do it well, you should be paid for it, you should be respected for it, and you have to be responsible.'

Parton long set an example of a woman in control of her power and prowess. She published her own music, ensuring that she received every penny made from them. She refused to allow Elvis Presley to record *I Will Always Love You* because he'd require half of the (lucrative) publishing rights. It was Whitney Houston's version, of course, that propelled the song into legend. Parton quietly used some of the royalties to invest in an office complex in a Black neighbourhood in Nashville. She had a vast business portfolio, funnelling her riches back into her community and the causes – notably childhood literacy through her Imagination Library scheme – important to her.



Tributes on Dolly's Walk of Fame star

Her penchant for tight, bright, sparkly and spangly turned her into an emblem of Americana as renowned as Mickey Mouse (she described herself as a cartoon) or the Stars and Stripes. She would be recognisable in silhouette. In the '80s, where perhaps her look felt most at home, she called on Bob Mackie (who else) and Tony Chase. From 1991 Steven Summers became creative director of the Dollywood Atelier, which reportedly housed over 2,000 pairs of shoes and a 50,000 square-foot archive of her glitzy stage outfits – some of which are on show at Parton's Dollywood theme park in the Behind The Seams exhibition.

She was an avatar of pop culture, immortalised by Andy Warhol, celebrated by Alessandro Michele in his S/S '19 Gucci collection and by Jeremy Scott in 2016 (in a show he called 'Dolly on molly'). Surprisingly, in 1994 she attended king of minimalism Calvin Klein's show in New York. She wore leopard print and gobstopper earrings.

When Walters challenged her on her 'extreme clothes', Parton had an admirable retort. 'I don't like to be like everybody else. I've often made the statement that I would never stoop so low as to be fashionable. That's the easiest thing in the world to do. So I just decided that I would do something that would at least get the attention. Once they got past the shock of the ridiculous way I looked, then they would see there were parts of me to be appreciated. I'm very real where it counts, and that's inside.'

PHOTOS: GETTY, ALAMY, SHUTTERSTOCK.

6.

Nicole caps off summer of fun

Almost one year on since her shock divorce, Nicole Kidman is embracing her 'free falling' era, says *Georgia Aspinall*

TRUST THE BRITISH weather to bring Nicole Kidman's hot girl summer right back down to earth. The 59-year-old dazzled in an otherwise dreary Leicester Square in an ice blue custom Chanel gown for the premiere of the hotly anticipated sequel to *Practical Magic*, alongside longtime friend Sandra Bullock, who wore leopard print Givenchy by Sarah Burton.

In the sequel, set 28 years after the first instalment, Kidman and Bullock reprise their roles as Gillian and Sally, with Sally's daughters (played by Maisie Williams and Joey King) now grown up.

Kidman's promo duties follow a summer of Ibiza raves (she throws on a dark wig to party incognito), Portofino bae-cations with her new boyfriend, private equity businessman Michael Reinstein, and a girls' trip to Mykonos with her *Lioness* co-star Zoe Saldana. Kidman rounded off her Euro summer with a family trip sailing around Iceland in August.

Dubbing this era of her life 'free falling',

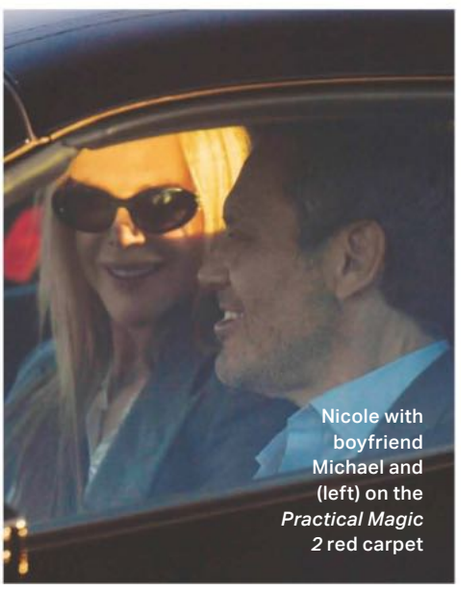


PHOTOS: GETTY, GOFFPHOTOS.COM

Kidman's new taste for spontaneity is fitting for a woman who, by her own admission, has no idea what's coming next. The end of her 19-year marriage to Keith Urban came as a shock last September and was quickly – in celebrity divorce terms – wrapped up by January.

Six months later, Kidman was pictured with Reinstein, who was very much on boyfriend duty: gleefully leaving her hotel room in Italy; relaxing on side-by-side loungers at Portofino's Belmond Splendido hotel pool; picking her up from LA's Burbank airport after a work trip to New York. Worth an estimated £244m, Reinstein, 55, has seemingly lived a few lives: a qualified lawyer, he was once a junior staffer to President Ronald Regan, before moving into Hollywood talent agency ICM Partners and then starting a private equity firm in 2013. Since going public with Kidman, he's wiped and set his (previously public) Instagram to private.

Kidman is, apparently, smitten. 'I've approached my whole life feelings first,' she said in a recent interview. 'My desire is not to be ruled by my head. I've always wanted to live a well-examined life, so what does that entail? Trying things, making mistakes, failing, getting back up, moving on, embracing love, staying open, keeping the heart open and the possibilities.'



Nicole with boyfriend Michael and (left) on the *Practical Magic 2* red carpet

Friends say that while her romance with Reinstein is new, it's the real deal. 'Nicole's very excited about him,' an insider tells *Grazia*. 'But she's making a conscious effort to take it really slow. Nicole is a romantic, but she's staying grounded because her kids are her number one priority. She wants to make sure they have their footing again.'

Kidman's daughters with Urban – Sunday Rose, 18, and Faith Margaret, 15 – are said to be 'supportive' of their mother's new relationship, a source noting, 'They just want her to be happy and can see that Michael makes her smile.' Certainly, they've made a point of showing their support for Kidman publicly since the divorce. Six days after the announcement, the three of them posed holding hands at Matthieu Blazy's debut Chanel show in Paris, and Sunday attended the Met Gala at her mum's side this year.

The dynamic trio also spent part of their Euro summer on a theatre tour across London (seeing *1536*, *The Guilty* and *The Oresteia*), with Kidman now setting her sights on the stage. With the rights to 'a couple' of plays, her theatre return is as yet undecided and largely depends on when she has time for the gruelling eight-shows-a-week schedule that is life on the West End stage – but nonetheless, she's excited to ride out the career peak she's been enjoying for the last few years. Those promises of a career break she mentioned last year? Off the cards now because, according to sources, Urban was the one pushing for her to press pause.

'Now that she's totally free to do whatever she wants, work is very high on the list because she genuinely loves creating,' the source explained. 'She's in talks to team up with [*Big Little Lies* showrunner] David E Kelly again for a new project plus she's interested in doing theatre in London and she's got a new eight-part series [*Discretion*, with Elle Fanning] that she's just started shooting in the States.' The more Kidman on our screens the better, we say.





AOC plans to share her whole experience of egg freezing

7.

It's time to stop 'life-editing'

Women are adept at hiding our personal lives at work, but Alexandria Orcasio-Cortez is showing us another way, says *Claire Cohen*

'DON'T BE WEIRD about this,' Alexandria Orcasio-Cortez says as she injects hormones into her abdomen in a video shared on Instagram. The New York Democratic representative, 36, has announced she's freezing her eggs and intends to record the entire process. 'My hope is that by sharing my experience, it can help others and perhaps normalise not keeping women's bodies in the shadows,' she has explained.

AOC is often called 'radical', but this time she really is: a high-profile professional choosing to share such a personal decision is rare. She has acknowledged that there may be a 'political tax' for doing so.

So many of us have done the opposite, haven't we? It's what the BBC's *Woman's Hour* recently termed life-editing: when fear of being penalised at work causes us to hide or downplay what's happening at home, whether that's IVF, baby loss, early pregnancy, caring responsibilities or a relationship breakdown. We worry we'll be considered unprofessional, distracted or less ambitious if we share them (or be accused of 'oversharing', as AOC has been). We fear being judged, interrogated, gossiped about and, worse, treated differently.

A former colleague of mine was so traumatised by her boss 'jokingly' asking her every day when she was going to have a baby that when she did become pregnant, she hid it for as long as possible, feeling a mixture of dread and shame. Friends who have undergone IVF have life-edited clinic appointments and egg removal procedures. 'I felt I wouldn't be seen as being serious about my career,' says one friend.

And that's a fair concern. According to the charity Pregnant Then Screwed, 74,000 women lose their jobs each year for the crimes of getting pregnant or taking maternity leave. When my friend told her employer she was pregnant, they took away the promotion they'd given her two months earlier. The fact that sharing something so important can be so fraught says something about the extreme standards we apply to working women.

When expecting my son two years ago, I told no one outside my close circle. As a freelancer, I was worried that it would change how much work came my way – that I'd be overlooked by well-meaning colleagues worrying that I might be tired. I'd already life-edited by having never, at the age of 41, given them any sense that I might be interested in having a child. It seemed normal to just keep up the pretence. And that's AOC's point.

We might not all want to share this stuff on social media, but we do need to push back against a culture of fear that says we shouldn't bring our whole selves to work. This also starts with male colleagues offering support, bosses providing open channels of communication and companies allowing paid time off for medical appointments and compassionate leave. Because wouldn't it be great to quit the life-editing?

PHOTOS: INSTAGRAM/AOC



Sarah Pidgeon in New York recently in the shoe style of the new season

WORDS: HENRIK LISCHKE.
PHOTO: GETTY

8.

Bookmark your back to work shoe

WHAT DO SARAH PIDGEON, Sienna Miller and Phoebe Philo have in common? They are all partial to a high-vamp shoe (where the upper that covers the top of your foot is extended). Philo designs them, while Pidgeon and Miller have both recently stepped out in what we're calling the back-to-school shoe of the season.

After several summers of ballet flats and a tidal wave of flip-flops, both of which put toe cleavage firmly on display, fashion is covering feet up again. And, happily, this isn't a return to cumbersome footwear. High-vamp pumps (or HVPs if you will) retain much of what made ballet flats so appealing. They sit close to the ground, occasionally come with a modest block heel and create a neat silhouette. Crucially, they're sturdier than those whisper-thin flats that leave you acquainted with every pebble on the pavement and are the ideal segue back into proper shoes once heatwaves and holidays draw to a close.

They also chime with fashion's current appetite for grown-up, ladylike clothes. A knee-length tweed skirt suit is one route, but not compulsory. Straight-leg or cropped flare jeans in pale blue or indigo are an alternative. Think of it as the loafer-and-denim formula, only fresher.

With skirts and dresses, follow Pidgeon's lead, but watch the hemline. A calf-skimming skirt combined with a raised vamp can visually shorten the leg, and who would want that?

The White Company has a stellar pair for £140, while M&S offers its version for £58. Jil Sander's £540 gorpcore take provides a sportier proposition and has piqued our interest. Phoebe Philo's £800 pumps come with a flight-attendant-height heel, while Toteme's round-toe pair at £610 is for those willing to venture higher.

Shoes are often the first thing to date a wardrobe and, this season, raising the vamp could be the required update to bring your looks bang up to date.

IT'S A COVER-UP!
High vamp hot buys



£540, **Jil Sander at net-a-porter.com**



£610, **Toteme**



£140, **The White Company**



£58, **Marks & Spencer**



£800, **Phoebe Philo**

9.

AllSaints gets a reboot

The noughties high street label is getting its cool back, says *Henrik Lischke*

SET FOOT INSIDE an AllSaints store from today and things will look ever so slightly different. The soundtrack has changed. The imagery has changed. The T-shirt you went in to buy fits that little bit better, while the winter coat on a nearby rack looks more like something you might stumble across at Dover Street Market than on your local high street. Even the labels look different.

This is AllSaints according to Aaron Esh, 35, the born-and-raised London



Aaron Esh is the designer behind the revamp

Coat, £299, trousers, £159, and shoes, £299

designer who was appointed chief creative officer last November, tasked with ushering the brand into its next chapter.

The Central Saint Martins graduate has spent the past few years becoming one of London's most exciting young designers, building his namesake label around a particular strain of gritty after-dark allure. It's an aesthetic that feels timely amid fashion's renewed fascination with indie sleaze. Now he is joining that club of industry greats who have migrated to high street brands for the opportunity to dress millions (think John Galliano at Zara and Clare Waight Keller at Uniqlo).

'The majority of people around the world who walk into an AllSaints store have no idea who I am, they come in to buy a jacket,' Esh tells *Grazia*. 'And they will be positively surprised, as they will be able to get something nicer than before. When I started I felt daunted, but the leadership team were open to change. I didn't have to wrestle with a corporation.'

Founded in 1994 by Stuart Trevor and Kait Bolongaro, AllSaints became part of the visual language of British fashion during the discombobulated style of the noughties. Distressed denim, raw-edged T-shirts, skinny boots and, crucially, very good leather jackets made it a uniform for a generation raised on east London nightlife and paparazzi pictures of Kate Moss tumbling out of parties. 'When I was 21, I was the customer,' says Esh.

Somewhere along the way, AllSaints became less central to the cultural fashion conversation. Esh wants to change that, although not by terrifying the customers who have continued shopping there, but by diversifying who buys the brand and bringing back a younger audience. 'I've tried to make it broad enough in sensibility that it doesn't need to have a specific demographic, and that young and old, and city and non-city, and fashion and non-fashion can buy into something,' he says.

Prices are an important part of the equation. Esh was adamant that his arrival should not result in them shooting upwards. Instead, the ambition is to make the product better. And what should you actually buy? The outerwear is particularly convincing, from shearling to leather pieces that feel considerably more expensive than their price tags suggest, alongside the Effie Coat (£299) and the tweaked Undergound T-shirt (£59). The best pieces capture something of old AllSaints without feeling like a Noughties tribute act.





AllSaints is a global business, with over 300 points of sale globally, making Esh's new remit a considerable leap from the tightly edited collections of his independent label, which he continues to run alongside his new role. In roughly three months, Esh and the AllSaints team conceived more than 300 pieces per gender, spanning T-shirts, tailoring, dresses, denim, shoes, bags and outerwear. Store teams around the world have even been trying on the new product and feeding their thoughts directly back to him. 'Those are the people who live and breathe the brand. This is what we mean when we talk about creating a tribe. They're the ones in the stores, and that's how we'll sell clothes.'

The numbers take some adjusting to. A single AllSaints T-shirt can sell 500,000 units, a rather different proposition from producing a runway collection for a small London label. 'It's been mad and if I think about it now, a task beyond my comprehension,' he says. Beyond the clothes, 10,000 copies of a free zine will land in stores. 'It's all about the community of collaborators that I work with and platforming them.' It's the clearest indication of what Esh wants AllSaints to be: a brand with a point of view and people around it. The clothes are a very good place to start.



Charli XCX (top) and Addison Rae. Bottom right: the OG Wonderbra ad

10. Cleavage makes a comeback

Love or loathe a push-up bra, they're everywhere again, writes *Laura Antonia Jordan*

WELCOME BACK, BOOBS! Of course, they never went away – certainly not for this writer (30E at last measurement) – but they have boisterously bounced their way slap-bang into the middle of the zeitgeist once more. Perhaps it's more accurate to say that *cleavage* is back – and you can thank the renaissance of the push-up bra.

The boosted boob finds its most obvious advocates on stage, courtesy of va-va-voom pop princesses. Promoting a new album (with appropriately suggestive first single, *Wink Wink*), Charli XCX recently posed in a push-up balconette for a shoot at Agent Provocateur Broadwick Street – before performing a surprise Nashville show in a Fleur du Mal lace number. Addison Rae and Sabrina Carpenter also love the lift, while last month Zara Larsson posted a video of herself in a bedazzled Victoria's Secret number. 'Bombshell bra review: feeling like 9th grade again,' she captioned it.

I didn't resemble anything remotely as confident as the Swedish pop star in year nine, but I relate to the Proustian flashback that occurs when fastening oneself into any sort of Wonderbra-adjacent scaffolding (even better if it's artificially hued, with unnecessary, jazzy detailing).

'There is a massive trend looking back at the '90s, when the ladettes used to flash their bras – the pop stars who are wearing [push-up bras] now maybe grew up around that,' says Sarah Shotton, creative director at Agent Provocateur. 'But the new generation is doing it in a more controlled way. It's less carnage, more, "I'm hot and going to show my boobs off." Bright lingerie, push-up, fun, sexy.'

After its heyday in the '90s and early '00s, however, unapologetic cleavage developed an image problem. Charges against it have ranged from kowtowing to the male gaze to being politically right-wing (Sydney Sweeney's cleavage has been ID'd in some circles of the internet as a death knell for woke). Lately, GLP-1 culture has further deflated our boobs and body confidence.

Working in fashion and being in possession of a pair of generously proportioned boobs can feel like being a short basketball player: you just ain't made for this world. And while there will always, of course, be something elegant about the lean line of a willowy, no-bra-needed body in a plain white tank, that is simply not reality for most of us.

How gorgeous, then, to see how fashion girls have recently got behind the push-up, not dismissing boobs as either matronly or tacky. Vivienne Westwood's Nova Cora dresses, which nip the waist and boost the bosom, have become the unofficial uniform of every cool bride you know, IRL or online. There were ritzy bras at Dario Vitale's super-hot, one-and-done Versace; heaving cleavage courtesy of Dilara Findikoglu; bullet bras at Marc Jacobs and 16Arlington.

The latest addition to my own underwear drawer is a berry-coloured Jasmine Lace Wired Push-Up, a snip at £10 from M&S. It serves a similar purpose, I'm sure, gifting one a swish of confidence and the empowering knowledge that you could, if you wanted to, ruin someone's life (wink, wink). Life's so serious, sometimes we all need a pick-me-up – so why not pick them up, too?

PHOTOS: GETTY, ALAMY, ADVERTISING ARCHIVES


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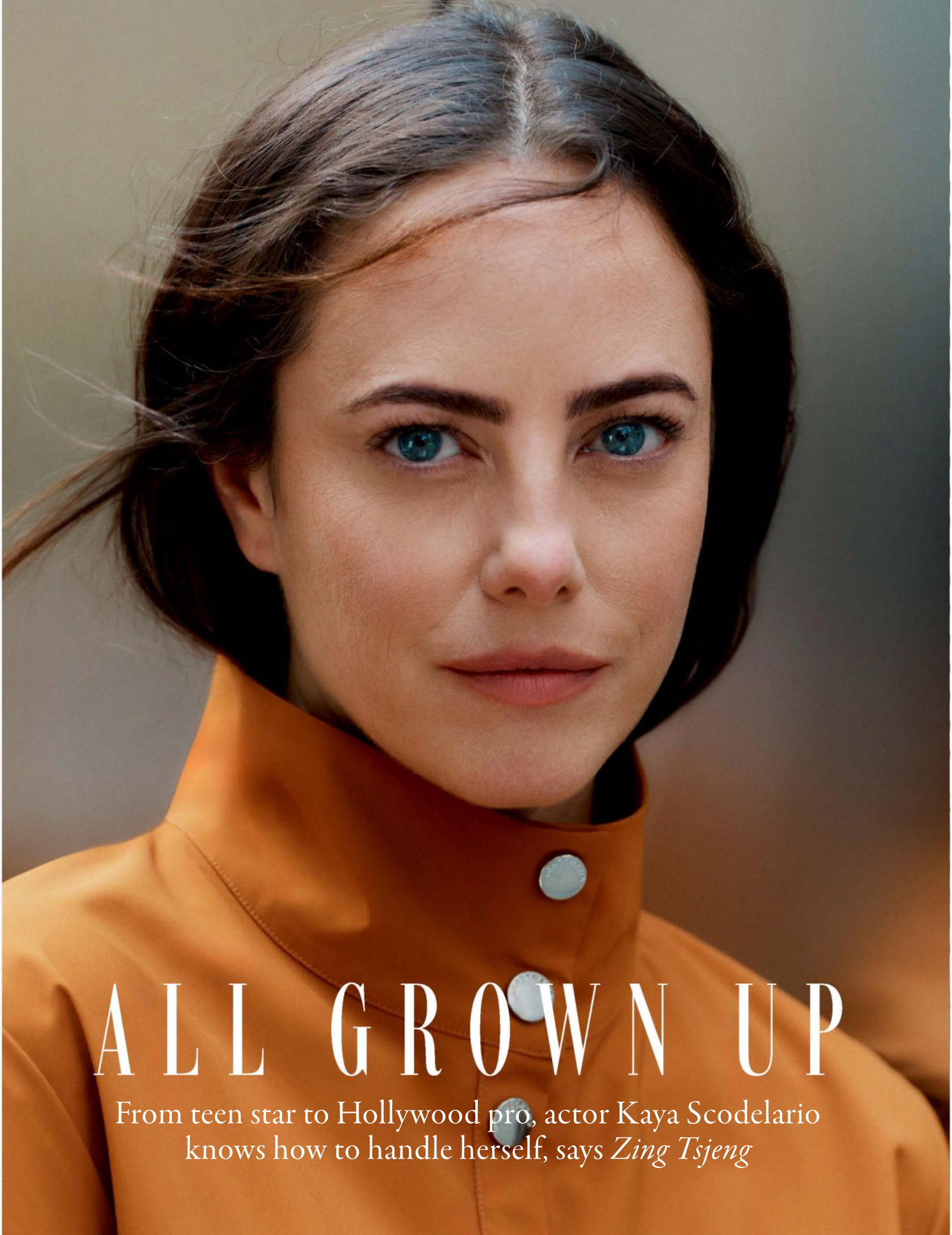
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ALL GROWN UP

From teen star to Hollywood pro, actor Kaya Scodelario knows how to handle herself, says *Zing Tsjeng*



PHOTOGRAPHS JACK GRANGE
STYLING MOLLY HAYLOR



THIS PAGE
Dress, £545, and sandals, £510, both **Longchamp**

OPPOSITE
Top, £295, and trousers, £1,760, both **Longchamp**

PREVIOUS PAGE LEFT Jacket, £455, **Longchamp**

PREVIOUS PAGE RIGHT Blazer, £790, shirt, £325, polo shirt, £295, and trousers, £510, all **Longchamp**

KAYA SCODELARIO has been getting recognised by a lot of Gen Zers lately – mainly in supermarkets. 'I want to go to them, "I'm an old lady!"' she protests. (She's only 34, FYI.) '"I'm just in Sainsbury's doing my shopping – why do you care?" But *Skins* does seem to transcend generations.' The show is enjoying a renaissance via Instagram and TikTok with a new audience, but if you grew up anywhere near a TV screen in the late '00s, the gritty E4 teen drama was inescapable – and by extension so was Scodelario, who played Effy, the coolly mysterious Bristol tearaway who inspired teenage girls all over Britain to smudge their eyeliner and rip holes in their tights.

Today, the Brazilian-British actor cuts a significantly more grown-up figure when we meet at the Andaz London hotel, wearing a chic Longchamp dress from her *Grazia* cover shoot and politely tucking into her lunch of grilled salmon. Unlike Effy, she was never the chaotic party girl. 'I would love to be a mess, but life has turned out in the way that I've had to grow up quite quickly.' That's putting it lightly. After starring in five seasons of *Skins*, the teenage Scodelario ventured across the pond to star in blockbuster franchises like *Pirates Of The Caribbean*, *The Maze Runner* and *Resident Evil*. She's had an impressively nimble career ever since, pulling off festive romcoms (*This Is Christmas*), gut-churning horror (*Crawl*) and Agatha Christie-esque thrillers (*The Woman In Cabin 10*). 'I was determined to push myself to do different things and to not be typecast [after *Skins*],' she explains. 'I felt like I could play anyone in America.' She once broke a finger on day one of a film set and pushed through the pain – not for nothing was her childhood heroine Sarah Connor from *Terminator*.

This year, Scodelario returns for season two of the Netflix crime caper *The Gentlemen* as the impeccably styled and whipsmart Susie, a mobster's daughter who has commandeered an English country estate for a weed empire. Directed by Guy Ritchie, the rollicking reimagining of his film of the same name is given a feminist twist thanks to Scodelario's character. 'She's got the biggest balls in the room at all times.'

Ritchie has a notoriously off-the-cuff approach to directing – Scodelario's co-star Theo James has called it getting 'Ritchied' – in which the director rewrites scripts on the go and feeds the new lines to actors on the spot. 'On the day, he reads the dialogue



> I LEFT HOME AT 16 WITH £36.50 IN MY BANK ACCOUNT



Dress, £510, boots, £585, and bag, £480, all **Longchamp**

“SEX SCENES ARE LIKE STUNTS. THEY SHOULD BE TREATED WITH THE SAME CARE

and goes, "No, I don't like any of that. Let's change it all,"' Scodelario says. 'This time around, me and Theo knew what was going to happen – and it does unlock this really unique way of being completely present as a character, which I love.' It can be terrifying for anybody not used to it. It's why, ahead of filming, Scodelario made a point of sliding into the DMs of *Love Island* presenter Maya Jama, who makes her acting debut as the glamorous Aisha. 'I just said, "Hey, babe, heads up! This is going to not be what you expect. Be ready to be on your toes and trust the process,"' she says. 'I knew how intimidating it is stepping into a new part of your career and coming from a working class background. I just wanted her to know that I'm a girls' girl.'

Unlike the couture-clad Susie – the kind of woman who wears a Chanel towel and disco ball earrings in the sauna – Scodelario is more of a 'jeans and T-shirt' girl. She based the ultra-glam character on her Brazilian mother's friends and the parents of her mates growing up on a council estate in north London: confident, fast-talking women who were never spotted without red lippie and big earrings.

Scodelario was raised by her mother, immersed in Brazilian culture – she still speaks fluent Portuguese and makes a mean *feijoada*. 'It was 100% an immigrant childhood,' Scodelario says. 'I've always wanted to earn everything that I have. I think maybe that does come from coming from nothing.' After getting cast in *Skins* at 14, Scodelario decided to pursue acting full-time just two years later. 'I was ready to be on my own two feet and start life.' This didn't come without challenges. 'I left home at 16 with £36.50 in my bank account.' She sofa-surfed for a year at various friends' houses. 'I would have loved to [go to drama school] – it was just something that I knew would never be on the cards for me financially.'

She is keen to imbue her ferocious work ethic in her young son and daughter, whom she shares with her ex-husband, the actor Ben Walker. The pair met on the set of the fantasy film *The King's Daughter*. 'I hope that's something I'll pass on, that they'll always be resourceful and not expect anything for free in life.'

Her background is in sharp contrast to the many British actors who tread the well-worn path from private school to elite institutions like RADA. 'When *Downton Abbey* was huge, I'd get sent auditions for it,' she explains. 'Before even looking, I knew that I was auditioning for one of the downstairs people. I never once got an audition for one of the ladies.'



From top: teenage Kaya in her breakthrough role in *Skins*; in *Pirates Of The Caribbean*; as Susie in *The Gentlemen*

Class, she says, is still very much an issue in the film and TV industry. 'I absolutely still feel like I am a minority as a working-class actor,' Scodelario says thoughtfully. 'I'll be at a work dinner party and maybe one or two people will sound like me, but certainly not everyone else.' It's why, you suspect, she has such affection for *Skins*, which introduced an entire generation of young working-class talent to our screens – and, more importantly, introduced them to each other. She is still best friends with many of its actors: 'Nick [Hoult, who played Effy's brother] is someone that I will always feel understands my path and my career more than anyone else,' she says. 'Ollie Barbieri [JJ], I go to for romantic advice.' Daniel Kaluuya, who grew up in the same neighbourhood as Scodelario and played Posh Kenneth, is her son's godfather. There's even a *Skins* group chat, which has a distinctly 'not safe for work' name she decides to keep under wraps.

'We had this crazy experience. Going through that together means that we have a protectiveness with each other.' That fondness is tempered by the complications of looking back on a show filmed in an age before the widespread use of intimacy coordinators and other safeguarding measures. On TikTok, Scodelario once posted about watching the equally gritty HBO teen drama *Euphoria* and thinking it was 'crazy for 17-year-olds, then [I remembered] what I was doing on TV at 14'. A director on an episode would 'maybe have a discussion with the actors', she acknowledges, 'but then again they'd usually be much older men talking to teenagers about being intimate together'.

She's still weighing up how she feels about it all. 'I've always said sex scenes are like stunts,' she says finally. 'They should be treated with the same care and respect.' Has anyone from the production company ever reached out to her? 'Not yet. But I think it's a conversation that we will have one day.'

Two decades on, Scodelario now goes out of her way to advocate for other actors – to be, as she said, a girls' girl. 'If there's a younger actress [on set], I'll go up to her in the make-up chair and say, "If anything makes you uncomfortable or you have any questions and you're too nervous about going to a producer or a director, come to me and I'll help you out."'

These days, Scodelario is clearly much more den mother than sullen *Skins* teenager – even though, as I keep reminding her, 34 is nowhere near as old as she thinks. 'I run the class WhatsApp group for my kids at school, and that brings me so much joy,' she protests mischievously. 'Honestly, I get more "I did a good job today" [satisfaction] because I reminded everyone about the bake sale than I do walking a red carpet.'

'The Gentlemen' season two starts 3 September on Netflix

HAIR: PATRICK WILSON AT THE WALL GROUP USING GHD. MAKE-UP: BUSTER KNIGHT AT A-FRAME USING COSMETIC CONSULT. NAILS: AMY HIDE USING ESSIE AND L'OCCITANE. SHOOT PRODUCER: ANNA DEWHURST. PHOTOGRAPHER'S ASSISTANT: KAROLINA BURLIKOWSKA. DIGITAL: LIAM PRIOR. FASHION ASSISTANTS: LIV BELLAMY, AMBER BACKHOUSE. WITH SPECIAL THANKS TO THE ANDAZ, LONDON. OTHER PHOTOS: ALAMY, NETFLIX



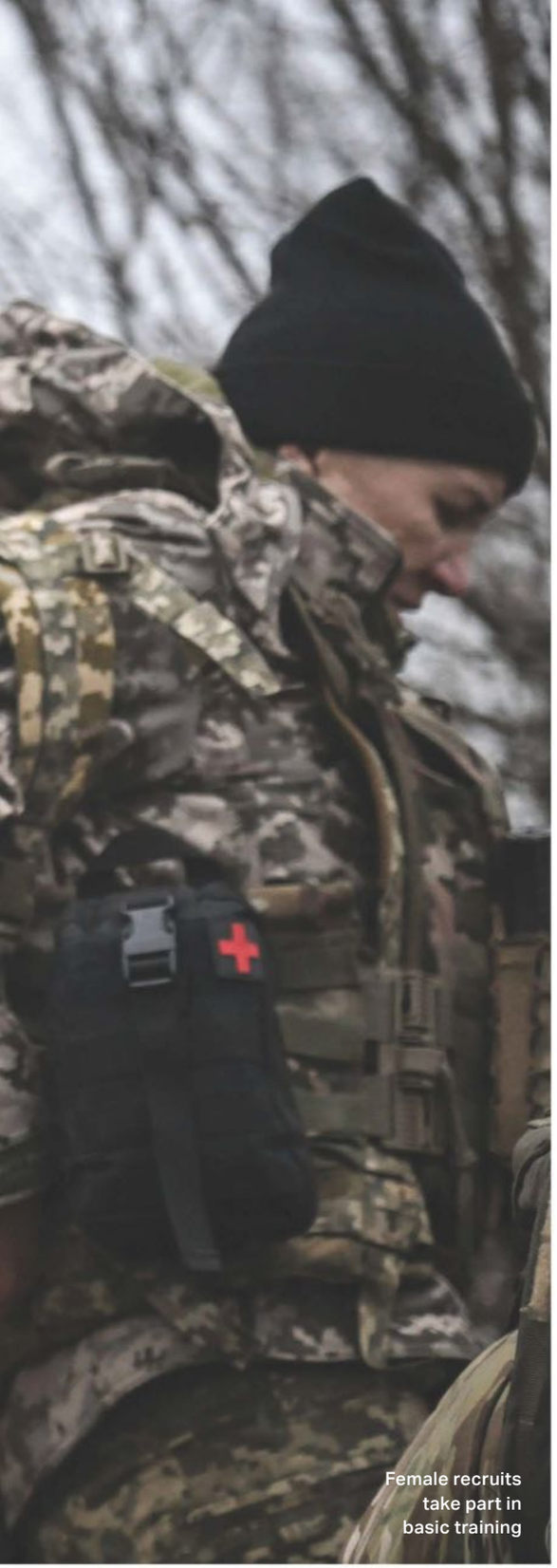
THE WOMEN FIGHTING ON UKRAINE'S FRONTLINE

As the war with Russia returns to the headlines, *Sofia Johanson* meets the soldiers navigating terrifying conditions, disrupted home lives and military sexism

'WHAT ARE YOU doing here? Did I forget something?' asked Katya's husband when she arrived at his military unit's base in March 2022. He was fending off Russia's invasion and she explained that she was doing the same, serving in his unit. He protested, but she'd made up her mind; the couple served together for more than a year.

As a clerk in the logistic service, Katya was mostly delivering weapons and ammunition, but she was repeatedly trapped underground due to Russian fire and the threat of being exposed by villagers collaborating with the invading forces. Constantly on the move, she wore a 15kg bullet-proof vest, slept in abandoned buildings, rarely had access to a toilet and faced temperatures of minus-20 degrees.

When her husband was injured, they were both demobilised and only then did she begin to reflect on the toll the war was taking on her body and mind. She has



Female recruits take part in basic training

health issues that she believes are a direct result of the tense conditions and gruelling routine that she experienced between March 2022 and May 2023. Her doctor says it will be five years before her liver and pancreas recover from the damage done by the army provisions, which were dense in animal fat, designed to keep soldiers energised for longer. It took months to overcome her paranoia, flashbacks and panic attacks, which were particularly acute when she travelled on the Kyiv metro.

Though Vladimir Putin's invasion in 2022 is often considered the start of the war, the conflict originally began in 2014, when Russia annexed Crimea and hostilities began in the eastern Donbas region.

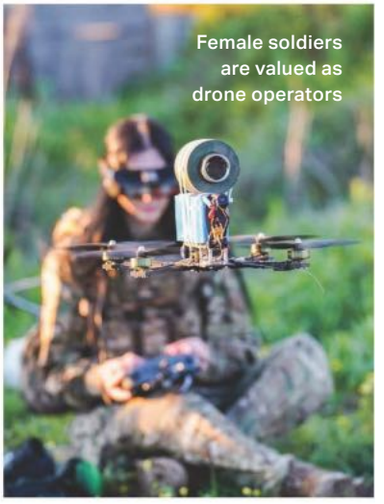
Back then, women seeking to join the army were often rejected by several units before making it to the frontline. Alina, 18 at the time, was dismissed repeatedly and eventually told one unit that she was a journalist trying to cover the war so they would let her accompany them. Eventually, she revealed that she was medically trained; at that point, her ability to source supplies and give treatment became indispensable.

Being rejected, ignored, mocked and passed over for promotion was common, and women in the armed forces battled sexual harassment and being de-prioritised for equipment. Until 2018, it was technically illegal for women to serve in combat positions; their military IDs had titles such as 'seamstress' or 'sauna attendant', despite the fact they were serving in combat.

Daria, 39, had volunteered in 2015 but rejoined as a sniper instructor in 2018. Despite some modernisation within the military, she says, 'There were still some Soviet traditions, Soviet generals, people only pretending to do their job.' She wanted to be a part of bringing things up to date.

Now, more than 250,000 women are serving, and Ukraine's technological innovations have often led to their promotion – partly because women are considered particularly good at drone operating, which requires great dexterity.

Advances in female soldiers' treatment are also the result of tireless advocacy. Practically every woman I meet credits Katerina Priimak, leader of the Veteranka Movement, a community of veterans that supports female soldiers. 'Ukraine is a leader when it comes to the feminisation of the military,' Katerina tells me, pointing out that women are the most motivated group



Female soldiers are valued as drone operators

in the army because they have volunteered rather than being conscripted. She and her organisation have forced legislative and on-the-ground changes, ensuring women are not blocked for promotion or deprived of equipment.

But with two million Ukrainian men suspected to be avoiding the draft, there are whispers about introducing female conscription. Among the women who have served, there is bitterness towards draft dodgers and the so-called 'booking' system, which allows workers deemed 'critical' to be exempt from service.

There's a sense of injustice among the female soldiers who have put their lives on hold to serve their nation. Daria has been contemplating motherhood for a while and says, 'It wouldn't be so bad if some man came and took my place and said, "Darya, your service is done. Thank you very much. Go live your civilian life."' At 39, she concedes that she could soon 'miss her train'.

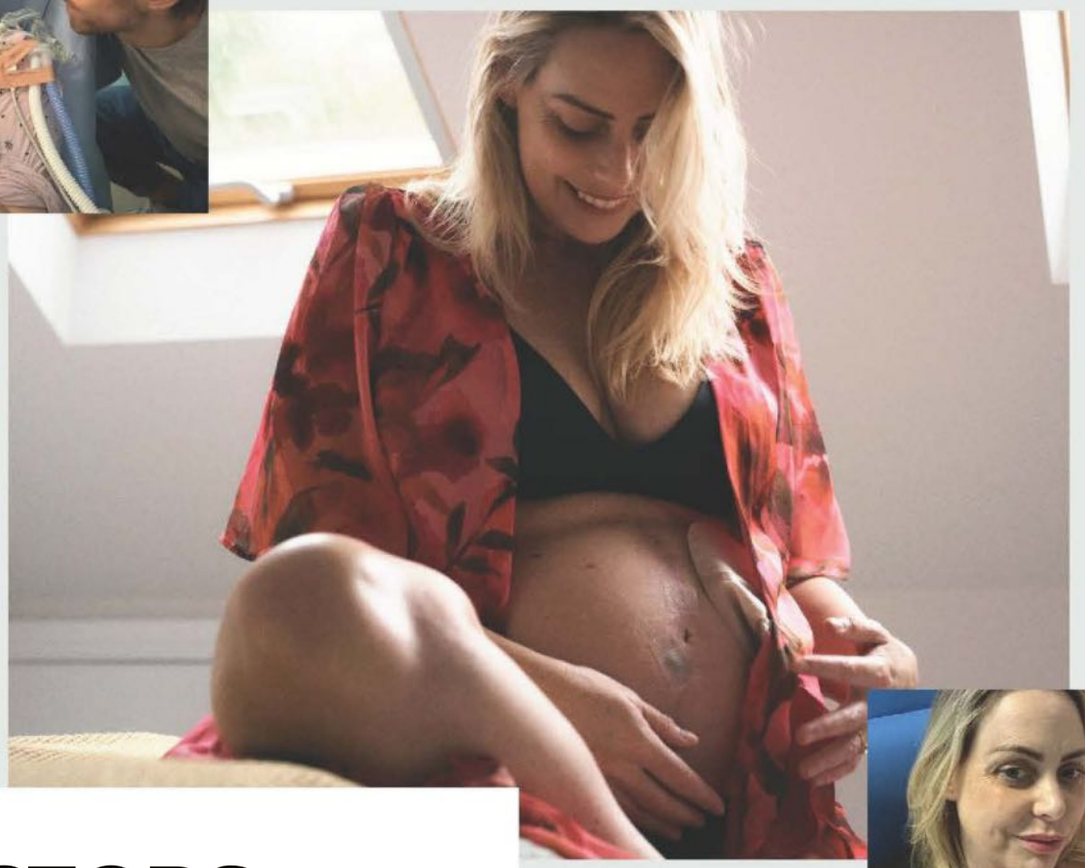
Ohla*, a marine, was on the front line as a medic before Russia invaded. One day her unit faced enemy fire from three sides. 'They shot at us with tanks and machine guns,' she says. 'Three guys were wounded near me, two guys were killed and, as the only medic, I had to go between them. We couldn't even take the bodies sometimes.' She spent 18 months participating in drone operations at night, then coming home to make meals for her 12-year-old daughter. She is 'exhausted', but says she 'will be there to the end'.

Russia has a population of more than 140 million, while Ukraine has 35 million, making the pool of recruits smaller. With no end in sight, Alina says, 'There are no simple answers in Ukraine any more.'

> IT WOULDN'T BE SO BAD IF SOME MAN CAME AND TOOK MY PLACE

*NAME HAS BEEN CHANGED.
PHOTOS: REUTERS







Haelwyn underwent cancer surgery while she was pregnant; baby Magnolia was delivered safely at 32 weeks

'DOCTORS DON'T KNOW OUR BODIES BETTER THAN WE DO'

Haelwyn Adams' pain was dismissed by doctors – and she went on to be diagnosed with stage-four cancer. The feeling of being disbelieved is familiar to many women, finds *Maria Lally*

WHEN HAELWYN ADAMS appears on our Zoom call, her beaming nine-month-old, Magnolia, is in her arms. Haelwyn hands her to her husband so we can begin.

It's a poignant moment in the context of why we're speaking today: Haelwyn, who is 41, has stage four incurable colon cancer. It was only discovered halfway through her

pregnancy after years of stomach pain and exhaustion that doctors dismissed as being caused by stress, hormones and IBS. She was repeatedly told she was 'too young and fit' to have colon cancer.

'We assume that if a doctor tells us something, that's it,' she says. 'By the time of my diagnosis, I was so tired from being in pain and not listened to, I felt beaten down.' She was also pregnant with her much longed-for baby, after years of miscarriages and IVF. She was told she would have just weeks to live if they didn't operate immediately; doctors offered her a termination, but instead Haelwyn took the risky option of undergoing surgery while pregnant. At 32 weeks, Magnolia Sunshine was born via C-section and taken to neonatal intensive care while Haelwyn began gruelling chemotherapy.

'After my diagnosis I began sharing my story on Instagram, despite being a reluctant user,' she says. 'It became like a diary when I was up alone in the middle of the night.' Other women began contacting her, finding that her story of being dismissed by doctors resonated with them. 'So many had been dismissed, dismissed, dismissed,' she says. 'One woman told me that after seeing my posts she got a colonoscopy and found she had stage one cancer. That's when I knew I had to keep speaking out, because my life might be gone, but I can help others.'

Haelwyn's story, which she has shared widely, has hit a chord; the NHS still seems to have a problem when it comes to making women feel heard. 'I speak to women on a daily basis who are told that nothing is wrong with them, that they're too young for tests, that their pain isn't severe enough to warrant it,' says Evelyn Scott, whose book, *A Bloody Scandal*, explores medical misogyny and her own fight to be diagnosed with endometriosis. 'It's hysterical-women syndrome – when you push for tests you're seen as a nuisance, when you stay quiet, you begin to doubt yourself and then the pain eats into your happiness, career, energy levels and so on. As women, we're so often damned if we do and damned if we don't.'

A 2021 study from UCL found that healthcare staff routinely underestimate women's pain compared to men's, believing that women are oversensitive or exaggerate, and that women's pain is often under-treated as a result. The 2022 Gender Pain Gap Index Report by Nurofen revealed that over half of women (56%) feel their pain is ignored or dismissed by healthcare professionals, with 27% saying it was easier to self-diagnose than seek professional help.

Haelwyn wants others to learn from her experience. 'Doctors don't know our bodies better than we do,' she says. 'If something doesn't feel right, keep speaking out. I'm still angry with myself that my voice got smaller before I was diagnosed, and it's going to cost me my life.' Rates of bowel cancer [which is a broad term that includes colon cancer] among under-50s have doubled since the 1990s; if you have blood in your poo, a change in bowel habits, or abdominal pain, see your doctor.

Motherhood, for Haelwyn, is a beautiful but tough experience. 'I'm doing what I can, but I'm not the mum I dreamt of being. I watch my daughter become less attached to me and more attached to her father because I'm in hospital so much. I'm happy about that, but it breaks my heart.'

Their decision to name her Magnolia was a hopeful one. 'When the magnolia tree is dying, it still blossoms and has flowers,' she says. 'It made me think that when I'm dying, she'll still be here, growing."

You can support Haelwyn and her family at: justgiving.com/crowdfunding/haelwynmagnolia

> MY VOICE GOT SMALLER BEFORE DIAGNOSIS – AND IT'S GOING TO COST ME MY LIFE

HOW TO BE HEARD IN HEALTHCARE

Take notes into your appointment. 'This changed everything for me,' says Evelyn Scott, author of *A Bloody Scandal*. 'I write bullet points detailing symptoms and dates, but also what I need from that appointment. Otherwise, I'm often so flustered I forget to ask.'

Ask for a second opinion. 'The system is designed to help and support you so, if you don't feel like you're getting anywhere with one doctor, don't be afraid to ask for a second opinion,' she says.

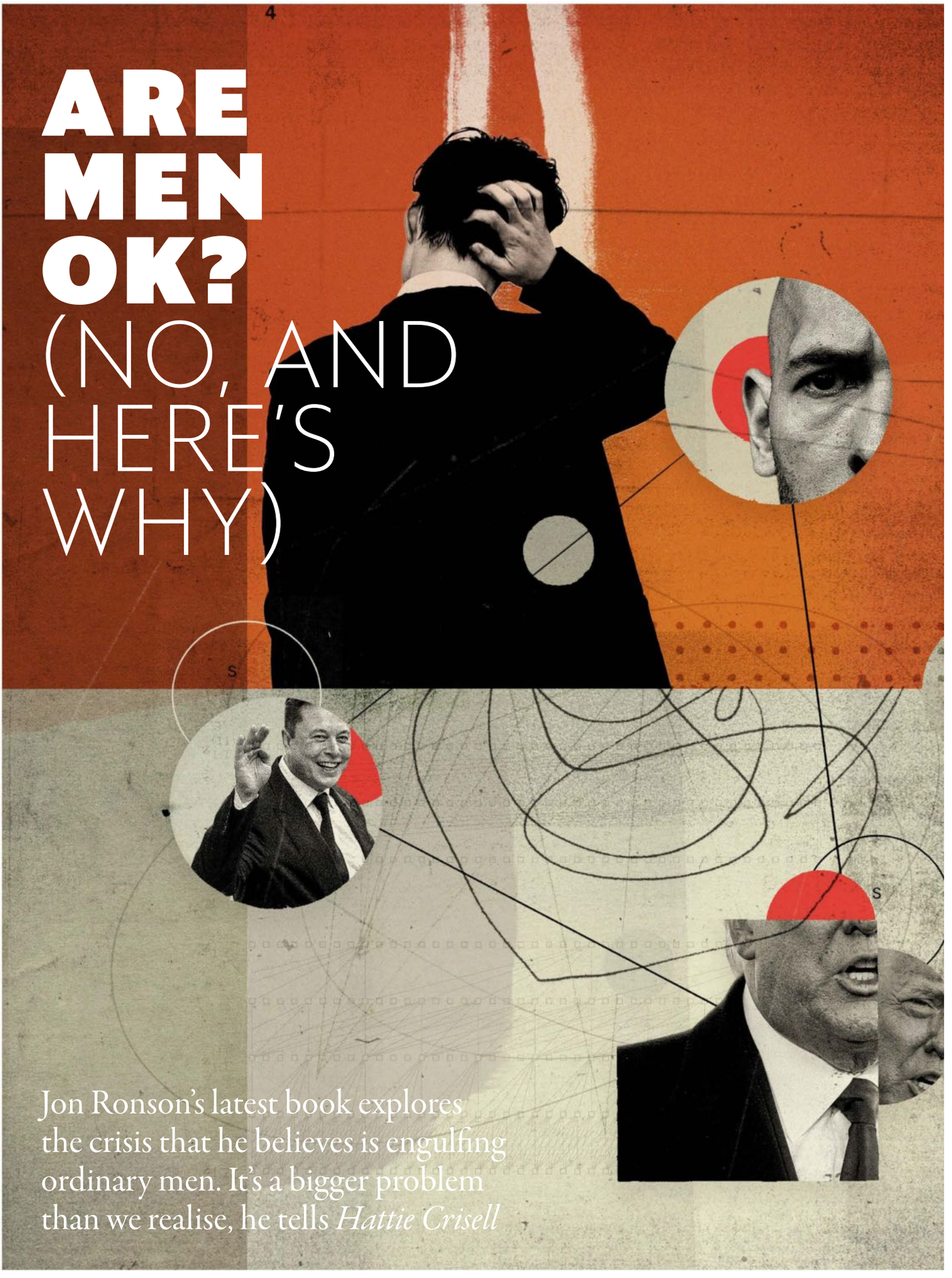
Take a friend. 'Bring a chaperone along to your appointments for support if you need one,' says Scott.

Ask for a referral. 'Doctors often don't like referring because waiting lists are long, but if you're not getting the answers you want, push for a referral to an expert,' she says.



PHOTO: JOONEY WOODWARD

ARE MEN OK? (NO, AND HERE'S WHY)



Jon Ronson's latest book explores the crisis that he believes is engulfing ordinary men. It's a bigger problem than we realise, he tells *Hattie Crisell*

ILLUSTRATION
ALEX WILLIAMSON

Hear the words 'masculinity crisis' and you probably think of the manosphere. It may be grim but, if you're lucky, at least it feels removed from everyday life: the men you know wouldn't be so stupid as to admire misogynistic figurehead Andrew Tate.

But maybe this headline-grabbing stuff is just the visible part of an iceberg-like crisis. The writer Jon Ronson believes that it's a problem affecting men around you, even if they haven't spoken about it. 'I wanted to write about ordinary men feeling this weird gnawing emptiness,' he says of his new book, *The Castle: Adventures In A World Of Unravelling Men*. 'And I think that feeling is pretty widespread.'

Ronson, a Cardiff-born best-selling author who lives in upstate New York, argues that society used to hold a clear and crucial role for men: to work hard, provide for others and be stoical and tough. In just a few decades, this has turned on its head.

Factories have disappeared and, with growing automation, so have many office jobs. By 2022, according to the Brookings Institution, one in six American men between age 25 and 54 weren't working – and two-thirds of those weren't even looking for jobs. They'd seemingly given up.

Meanwhile, previously valued masculine qualities were falling out of favour. In 2018, the American Psychological Association issued guidelines in which they described traditional masculinity as 'on the whole, harmful'. Their list of negative male traits included risk, achievement and adventure.

'I'm reading this thinking, "I'm doing all of those things just while writing this book – and not only do I not find them harmful, but they're the best things in my life,"' says Ronson indignantly. 'I thought, "God, this is really irritating."'

There was a lot going on around the time those guidelines were issued. It was peak #MeToo, when a tsunami of conversations about abuse, public accountability and consequences swept the media. 'There was definitely a lot of defensiveness after #MeToo and, out of that defensiveness, a lot of men found themselves ignoring how widespread [abuse] actually is,' says Ronson.

Rather than being strong, men are now told to get better at showing vulnerability. But the day before I speak to Ronson, a male friend tells me that on dates, women pull back when they learn about painful experiences in his life. Even Brené Brown, whose TEDx talk, The Power of Vulnerability, is one of the most watched of all time, has acknowledged that women may ask men to be vulnerable, but they can't always stomach the reality.

All of this adds up to Ronson's 'unravelling man': someone who feels misunderstood, devalued by society and purposeless. For many, the impact is private – depression, perhaps, or existential angst. Ronson says he feels it himself. 'I'm obsessed with work and, because it's the one thing I do well, I tend to think I should just do it constantly,' he says. 'But it is conflicting. I've not had a day off in several years, but when I do try to take time off, it's only three or four hours before the gnawing emptiness creeps in.'



ORDINARY MEN ARE FEELING A WEIRD GNAWING EMPTINESS IN THEIR LIVES

For those men in more extreme circumstances, he suggests, these feelings can lead to anger, misogyny and simply weird behaviour. In the book, he meets a man who has tried to create a harem; an unemployed single dad who found YouTube success by filming his daughters pretending to be babies (he was later 'cancelled'); and a content creator who moved to the far right when he failed to find mainstream work.

He mentions the sociological concept of anomie. 'It's the idea that when society's rules abruptly change, people go crazy. Sometimes they take their own lives or they lash out in unrestrained, disinhibited ways. With all the changes that we're living through, men are in a turbulence of "What does it even mean any more?"'

If nothing means much, then anything goes. And if you're deeply unhappy with your position in the world, maybe you gravitate to the kind of 'heroes' who seize what they want – like Tate, Donald Trump or Elon Musk. 'I think this "Fuck you, I'm going to do whatever I like" attitude does feel seductive to some people,' says Ronson.

Still, he is cautiously hopeful that a pushback is growing against this disinhibited behaviour. He gives the example of the UFC fighter Sean O'Malley. 'He's always talked about his open marriage, which is one-sided: he's allowed to have sex with anyone he wants, but his wife Danya isn't,' says Ronson. 'The way he's explained it is by saying, "Well, Andrew Tate puts it very well: I've got status, so I can do this."'

In June, however, Ronson met O'Malley at a UFC event at the White House; O'Malley admitted that Danya had put a stop to this 'open' marriage. 'He looked so baffled at this change in his fortune,' says Ronson. 'I thought, well, the pendulum very strongly swung one way, and maybe it's just beginning to go back – because you can't create a world in which you get to do whatever you want.'

*'The Castle: Adventures In A World Of Unravelling Men' (Viking) is out now**

*TICKETS FOR THE LIVE SHOW, 'JON RONSON: ENTER THE CASTLE', AT VENUES ACROSS THE UK FROM 5 SEPT TO 8 OCT, ARE AVAILABLE NOW. PHOTO: EMLI BENDIXEN



IS IT OK TO USE EARPLUGS TO DROWN OUT MY KIDS?

They're the must-have accessory for stressed parents – but they may cause mum guilt, says *Rebecca Holman*

IT'S 8AM on a hot Saturday and I'm ready to explode. One of my sons is repeatedly screaming 'Muuuuuuum!' – his brother has knocked his cereal over. The TV is playing the theme to Numberblocks at full blast, a football is bouncing off the walls and there is the crash of another breakage.

'I've had enough of both of you!' I shout, turning off the TV, throwing the football outside and threatening to cancel the playdate we've arranged with friends (a totally self-defeating move on my part). By 8.15 we are all in tears, the telly is back on and I am trying to do yogic breathing in the downstairs toilet. Then I remember what's stashed in my bag, the most vital bit of parenting kit: my earplugs.

I put them in and feel myself relax. I can still hear the boys squabbling, but my body is no longer reacting like the house is on fire. It's like the earplugs have created a tiny barrier between the sound and my nervous system, which is great – except... is this what good parenting looks like?

When they hand you your baby for the first time, you don't imagine a scenario when you will find their noise so grating that you have to drown them out. I was first tipped off in a noisy softplay, where I spotted my friend Olivia serenely enjoying a coffee. 'It's these,' she said, showing me a pair of discreet, coloured earbuds. 'I got them for gigs, but one day I was feeling really overwhelmed and my husband suggested I try them around the kids. They dull the noise just enough.'

On further questioning, I learned they were from Loop, which offers a range geared variously towards sleep, events, deep focus and – yes – parenting. Since then I've spotted them in playgrounds and at kids' birthday parties. Loop tells me they're growing steadily, and made €202m (£173m) in revenue last year..

It feels like a meaningful development. Much has been made recently about the pitfalls of '90s parenting (too many UPFs, too much passive smoking), but at no point in my childhood did my parents physically block out the sound of us. Were my brother and I quieter than my kids?

'Our parents weren't managing constant notifications, this always-on, activated state – even things like open-plan living,' says psychologist Anna Mathur. Our baseline for noise and sensory input is higher than it ever was for previous generations, she explains, 'but we all have a finite capacity before we tip into that stress response'.

She started using them herself a few years ago. 'My son is autistic and finds sound modulation hard,' she says. When she started taking HRT and realised she hadn't reached for her earplugs once, it became clear that hormones were also playing a part. Perhaps noise is a little rougher on the later-in-life mums than the younger mums who went before.

I never thought I'd be blocking out the sound of my own kids, but parenting in 2026 is a wild ride. If earplugs make me just 10% more patient, they're doing us all good. All I need now is a crash helmet.

> BY 8.15 WE ARE ALL IN TEARS AND I'M TRYING TO DO YOGIC BREATHING

PHOTO: GETTY

CULTURE DEBRIEF

WITH OTEGHA UWAGBA



The true crime genre has made armchair detectives of us all

READ MOST MAINSTREAM media coverage of the Lindsay Clancy trial and you'd understand it as the tragic case of three children killed by a mother allegedly suffering from severe postpartum psychosis. Peruse social media, however, and you might conclude that it is, in fact, Clancy's *husband* who bears responsibility for the killings, thanks to increasingly outlandish conspiracy theories that have proliferated online.

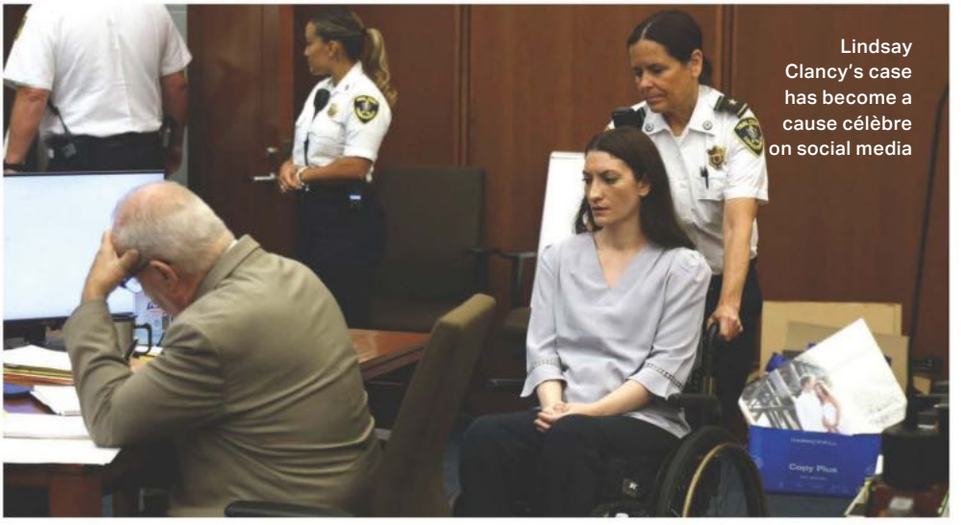
Fuelled by the popularity of true crime as a genre, when a high profile crime makes the news these days, an ecosystem of armchair detectives and online commentators is rarely far behind. Ongoing criminal proceedings or missing people cases have become a new, macabre form of mass entertainment, in which ordinary people's lives become a whodunnit everyone feels qualified to weigh in on.

When US news anchor Savannah Guthrie's mother was abducted from her home earlier this year, the internet was aflame with speculation that members of the Guthrie family were responsible for her disappearance, while the Arizona suburb she lived in was inundated with YouTube and TikTok creators determined to 'investigate' the crime themselves – and, of course, broadcast it online.

Similarly, the 2023 disappearance of Nicola Bulley in Lancashire prompted amateur sleuths to cast suspicion on her devastated partner, prior to the eventual reveal of Bulley's tragic accidental drowning. When 19-year-old Jay Slater died in an accidental fall while on holiday in Tenerife in 2024, cruel online speculation alternately theorising he'd faked his own death, been murdered by drug dealers or even his own mother swirled online. Invariably, these internet sleuths have little evidence to go on, instead overanalysing witnesses' body language or police activity for hidden clues.

In the most generous possible reading, their motivations stem from those rare instances where public scrutiny into criminal cases does influence the outcome. Years after his conviction for the murder of his girlfriend Hae Min Lee, Adnan Syed had his sentence reduced and was freed from jail, essentially because the huge popularity of OG true crime podcast Serial and the ensuing public outpouring prompted a judicial review. One suspects the internet has been chasing the high of that tangible impact ever since – even though the more likely impact is merely to inflict emotional distress on victims' family and friends, and potentially even prejudice legal proceedings.

This desire to true crime-ify real life events means that even where a case is fairly open and closed (as with Clancy – there really is no mystery, merely the question of criminal responsibility), the internet invents B-plots and chases red herrings to add drama to already incredible events. As the boundaries between real life, scripted TV, reality TV and true crime become increasingly thin, crime stories have become an entertainment category of their own – and when reality fails to answer all our questions or provide a satisfying enough plot, the internet is only too happy to invent one.



Lindsay Clancy's case has become a cause célèbre on social media

PHOTO: ALAMY, BBC, INSTAGRAM/GEMPINKNEY

ON MY RADAR



WATCHING

It's Different For Girls, Billie JD Porter's excellent (and necessary) short documentary about the pioneering world of male birth control.

VISITING



Kismet, a new Borough Market Turkish restaurant that's been all over my Instagram for weeks (and turned out to be totally worth the hype).

CATCHING UP

On **Two Weeks In August**, a finely observed BBC drama about a group of old friends whose group holiday turns sour.




British luxury brands support nearly
half a million jobs nationwide
Walpole
Promoting, protecting and developing the business of British luxury
thewalpole.co.uk
Johnstons of Elgin, textile manufacturing, Scotland. Shot by Sam Walton



MICHAEL KORS: 187-191 REGENT STREET, LONDON W1B 4JQ

HAVING DEBUTED BACK in 2009, the Michael Kors Hamilton Moderne makes a triumphant return, this time in conker brown leather. Inspired by muse Suki Waterhouse, the Hamilton will bring a touch of London It-girl glamour to everyday outfits.

Bag, £365, **Michael Michael Kors**



PHOTOGRAPHS KEIR LAIRD
FASHION ANNIE HERTIKOVA

OFFICE READY

Reboot your nine-to-five with sharp styling tricks that reinvent your wardrobe, not just refill it

TIE IT ON Roll neck, £34.99, **Uniqlo**; trousers, £335, **Theory**; shoes, £16, **George at Asda**; bag, £795, **Tory Burch**; grey and white ties, £90 for two, **Gant**; blue tie, £28, **Next**



THE COAT CHECK Coat, £25, **F&F**; black jumper, £98, and white roll neck, £68, both **Reiss**; skirt, £40, **M&S**; boots, £1,425, **Jimmy Choo**; bag, £795, **Aspinal of London**; earrings, £195, **Otiumberg**



BLOUSON LAYERING Leather jacket, £1,790, **Vince**; blue jacket, £59, **River Island**; top, £370, and leather skirt, £1,395, both **Tory Burch;** ear cuff, £120, **Otiumberg**



SCARF STYLING 2.0 Cream shirt, £305, and scarf, £125, both **Marina Rinaldi**; stripe shirt, £52, **Nobody's Child**; shorts, £299, and brooch, price on request, both **COS;** sunglasses, £400, **Oliver Peoples x Khaite**; earrings, £210, **Ruddock**



BROOCH, MEET YOUR JUMPER Green jumper, £79.99, **Uniqlo**; blazer, £159, and trousers, £75, both **Arket**; shirt, £36, **M&S**; shoes, £27.99, **H&M**; brooch on blazer, £185, and brooch on jumper, £135, both **Susan Caplan**; bangle, £49, **Next**; earrings, £170, **Otiumberg**; green purse, £125, and brown notebook, £145, both **Aspinal of London**; navy notebook, £175, **Smythson**



ELEVATED CASUAL Blazer, £174, **H&M Studio**; jacket, £39.99, **Uniqlo**; shirt, £16, **George at Asda**; jeans, £65, **COS**; shoes, £159, **Dune London**; belt, £150, **J&M Davidson**; gloves, £32, **Next**; earrings, £170, **Otiumberg**

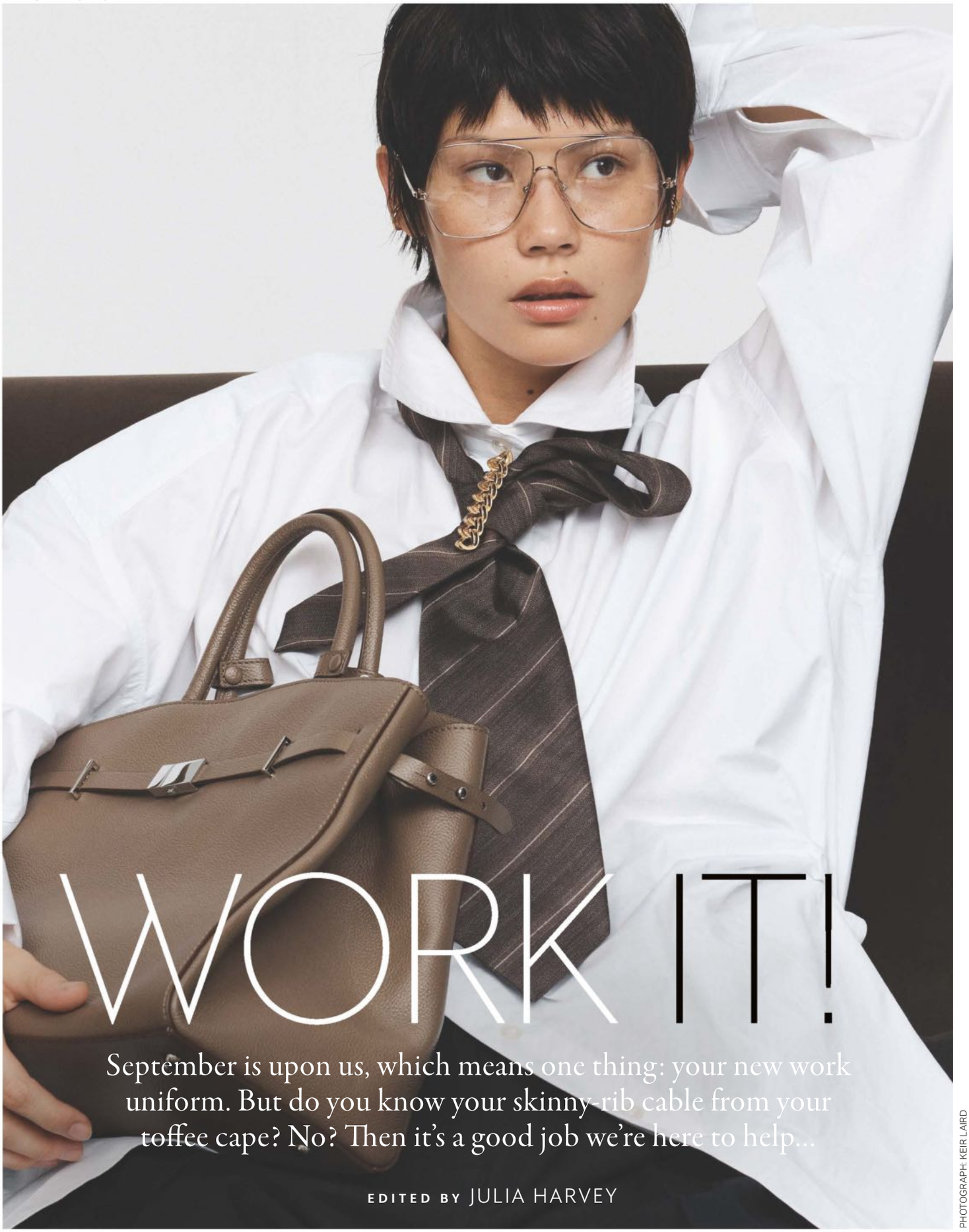


THE NEW SCHOOL UNIFORM Blue jumper, £21.60, **ASOS**; pale blue cardigan, £527, and grey cardigan, £577, both **Extreme Cashmere**; skirt, £18, and trousers, £12, both **Primark**; earring, £195, and ring, £195, both **Otiumberg**

Model Cynthia Wrobel at Models1 **Hair** Maki Tanaka using Oribe **Make-up** Mee Lee using Dior Beauty Forever Foundation and Dior Capture Le Sérum **Casting** Emilie Åström at rawstudio.casting **Shoot producer** Gabriela Velasco **Photographer's assistants** Robin Bernstein, Luke Regan and Alijaž Habjan **Fashion assistant** Amber Backhouse **Production assistant** Erinnn Hitchcock



SUITING, LAYERED WITH LEATHER Faux leather jacket, £32, **Tu at Sainsbury's**; blazer, £20, and trousers, £9, both **F&F**; shoes, £79, **Dune London**; earrings, £135, **Otiumberg**



WORK IT!

September is upon us, which means one thing: your new work uniform. But do you know your skinny-rib cable from your toffee cape? No? Then it's a good job we're here to help...

EDITED BY JULIA HARVEY

PHOTOGRAPH: KEIR LAIRD

Shirt, £74.99, and trousers, £84, both **H&M Studio**; bag, £495, **Demellier**; tie, £150, **Edward Sexton**; brooch, price on request, **4Element**; glasses, £330, **Chloé**; earrings, £120, **Otiumberg**



1.

STYLE YOUR SCARF

If there's one instant update that will chicify any workwear look, it's a scarf. See Michael Rider's Celine for inspo. But in short, add a scarf for a flash of colour and dash of subversive prim.

1. Blazer, £190, MASSIMO DUTTI. **2.** Skirt with scarf, £25, F&F. **3.** Glasses, £145, ACE & TATE. **4.** Silk scarf, £440, CELINE. **5.** Shirt, £165, JIGSAW. **6.** Trousers with skirt overlay, £645, ST AGNI. **7.** Jacket, £89.99, MANGO. **8.** Bag, £2,630, GUCCI. **9.** Flats, £110, BALLERETTE. **10.** Earrings, £79, MONICA VINADER. **11.** Trousers, £100, MASSIMO DUTTI. **12.** Scarf, £420, TOTEME. **13.** Heels, £420, AEYDE. **14.** Ring, £99, PANDORA. **15.** Shirt, £64.99, H&M



2.

TIE IT UP

Our favourite new 'piece' is the humble tie. Please note, these don't have to be worn like school uniform, around the neck. Instead, leave them undone under the collar or wear multiple ties through belt loops.

1. Tie, £210, VALENTINO. **2.** Necklace, £70, ORELIA. **3.** Blazer, £350, GANT. **4.** Shirt, £150, WITH NOTHING UNDERNEATH. **5.** Glasses, £200, VICTORIA BECKHAM EYEWEAR. **6.** Tie, £265, SAINT LAURENT. **7.** Zip sweat, £295, FRAME. **8.** Long-sleeve polo, £260, FLORE FLORE AT NET-A-PORTER.COM. **9.** Earrings, £159, ROUJE. **10.** Trousers, £260, FILLIPA K. **11.** Watch, £159, GUESS. **12.** Tie, £135, POLO RALPH LAUREN. **13.** Belt, £48, REISS. **14.** Shoes, £480, JUDE. **15.** Bag, £450, DEMELLIER



3.

KNIT ONE

Knitwear is glorious this season! Whether you indulge in second-skin cable knits or go for a chunky cardigan, you can't go wrong. Just add a v long kilt and loafers. Nerdy specs optional.

1. Glasses, £99, BLOOBLOOM. **2.** Kilt, £28, TU CLOTHING. **3.** Polo, £77, & OTHER STORIES. **4.** Scarf, £95, RISE & FALL. **5.** Layered V-neck, £34, M&S. **6.** Jumper, £16, PRIMARK. **7.** Sweater, £85, COS. **8.** Skirt, £695, DRIES VAN NOTEN. **9.** Loafers, £700, JW ANDERSON. **10.** Knit vest, £395, MARGARET HOWELL. **11.** Cardigan, £280, HADES. **12.** Ring, £183.86, ANNIKA INEZ. **13.** Bag, £119, DUNE LONDON



4.

SENSE THE TONE

The tonal look might appear tricky because it's so sophisticated, but it's probably one of the easiest workwear looks to achieve – and certainly the most grown up. Just stick to varying shades of camel, toffee and caramel. Yummy.

1. Mules, £120, MASSIMO DUTTI. **2.** Shirt, £325, MARINA RINALDI. **3.** Polo knit, £120, REISS. **4.** Shirt, £150, THE FRANKIE SHOP. **5.** Vest, £45.50, BA&SH. **6.** Shirt, £160, DISSH. **7.** Earrings, £170, MARIA BLACK. **8.** Trousers, £39.90, UNIQLO C. **9.** Zip cardigan, £260, SAMSØE SAMSØE. **10.** Slingbacks, £52, RIVER ISLAND. **11.** Notebook, £260, SMYTHSON. **12.** Watch, £199, EMPORIO ARMANI. **13.** Bag, £695, ASPINAL OF LONDON. **14.** Trousers, £97, ARKET. **15.** Scarf, £110, BY MALENE BIRGER

YOUR FASHION FILOFAX

The brands to bookmark to nail your workwear wardrobe



VINCE
For a modern take on classic blouses and trousers – a mainstay in any work uniform – consider Vince your go-to. Expect silk cowl necks, cashmere knits and expertly cut trousers.
vince.com



AMALDA
Add a touch of Scandi style to your everyday. Each collection is created to be seasonless, so start building your workwear foundations with key pieces you'll come back to time and time again.
amaldalable.com



ST AGNI
Officewear shouldn't be dull, so look to St Agni for fashion-girl twists on the classics. Think asymmetric hemlines, layered minis over suit trousers and structured cotton tops. Chic.
st-agni.com



STUDIO NICHOLSON
Popular with cool girls everywhere, Studio Nicholson clothes look both contemporary and timeless at the same time. Expect barrel-leg trousers, fine knits and boxy jackets that'll never go out of style.
studionicholson.com



HEREU
This Spanish brand has quickly become one of our footwear favourites. Head to Hereu for office-friendly fisherman sandals, ballerinas and stylish flats that will give your shoe game a new lease of life.
hereustudio.com



FREJA
A goes-with-everything handbag is key to office life. Enter Freja New York, the new label to know for seriously good bags, each crafted from premium vegan leather and designed in small batches.
frejanyc.com



KAAI
If you're a hybrid worker, finding a laptop-friendly bag is a must. Sure, that canvas tote has served you well, but Kaai's new season drop will not only fit your office essentials, but look super-sharp while it's at it.
kaai.eu



COS
You can always count on COS for smart, office-friendly wardrobe staples and this season is no different. Don't miss the brand's latest shirt drop to upgrade your daily button-down rotation.
cos.com



THE FENDI BAGUETTE
The Baguette's fashion star never wanes, but its originator, Maria Grazia Chiuri, has given it a new lease of life.
Bag, £2,450, Fendi

THE NEW SEASON STATUS SYMBOLS

From Chanel's two-tone pumps to Celine's multi-buckle belt – these are the pieces that signify luxury now, says *Henrik Lischke*



THE ECOSYSTEM OF luxury status symbols isn't what it used to be. Once upon a time, a designer handbag, a Vertu flip phone or the latest pair of red-soled shoes was all it took to signal your belonging (or attempt to belong) to the 1% while simultaneously proving your fashion credentials. Today, that equation is rather more complicated. Fashion's democratisation, less in terms of price than its sheer visibility and accessibility through social media, has changed what we consider a status symbol. Resale sites, aggressive discounting and a trend cycle moving at warp speed have rendered fashion, well, a little washed out.

Instead, the flex has moved on. Experiences are the new social currency – a holiday nobody else can afford, a table nobody else can book, skydiving over the Swiss Alps before heading to St Moritz for caviar and Bellinis. Your 0.1% bag? Pah. Your 13-year-old niece probably has one and has already filmed a 'What's in my bag?' TikTok.

To assume fashion has entirely left the status chat, however, would be a huge misconception. Everyone still wants the thing that says they know what is happening before everybody else does (even if we don't want to admit it).

You only have to look back six months to the beginnings of Blazy-mania at Chanel, when Matthieu Blazy's two-tone



THE PHOEBE PHILO SHIRT
Nothing beats a good old button-down, so you either head to Charvet (recently acquired by Chanel) or to fashion's messiah – Phoebe Philo – to invest in a seriously great shirt. You won't regret it.
Shirt, £800, Phoebe Philo



THE CELINE BELT
Celine's Michael Rider is a master merchandiser. Here, with the judicious use of buckles, he has given the logo belt a whole new meaning.
Belt, £2,350, Celine



Backstage at Marni, Milan Fashion Week



THE LOEWE TRAINERS
Jack McCollough and Lazaro Hernandez are making their mark at Loewe. And their new Grip trainers are just about the coolest take on gorpcore trainers you could want for the new season.
Trainers, £795, Loewe



THE MIU MIU HEADBAND
Yes, you could get one for £3 at the pharmacy, but then it wouldn't say Miu Miu, be finished in metal and leather and give you that fresh-off-the-runway look. Fashionistas will understand its appeal.
Headband, £360, Miu Miu



THE PRADA SOCKS
Mrs Prada, aka the GOAT, has done it again with these knee-high, daisy-embroidered hiking socks. Wear them with hiking boots and a skirt and you'll win best-dressed at the school gates.
Socks, £860, Prada



THE AGNELLE GLOVES
This season has been all about bright accents. Carry this into autumn by way of gloves. Seen everywhere from Balenciaga to Givenchy, your hand cosies need to shout.
Gloves, £115, Agnelle at net-a-porter.com



THE CHANEL PUMP
If you thought Blazy-mania was ebbing, think again: everybody wants Chanel. And the brand's two-toned shoes come in various guises. So, take your pick.
Pumps, £1,170, Chanel

pumps sent fashion aficionados racing to boutiques around the world. It wasn't simply that they were pretty, but that owning them offered admission into a particular fashion moment. The minute one KOL (key opinion leader) unboxed their embossed green-and-black leather pair, everyone else wanted in.

Ditto Dario Vitale's single season at Versace. His archive-inflected collection is, despite his departure, still flying off the shelves, with everyone from Alexa Chung to Camille Charrière wearing his £2,000 face-print skirt. These pieces aren't anonymous markers of wealth, they are proof of fashion literacy.

Which brings us to the question of what exactly you are supposed to buy now. You could, of course, head to Jil Sander and spend the equivalent of a flat deposit on several new (beautiful) outfits, but there are easier ways into fashion's latest insider language. This season's luxury signifiers don't come at meal deal prices, but they do offer an efficient shorthand for anyone wanting to demonstrate that they've been paying attention to the runways. Here are the pieces that might not mean much to everyone, but to the right people say everything. And isn't that what a great status symbol has always done?

Unless, of course, quiet luxury is still your thing. In which case, head directly to the cashmere aisle. Cashmere. Always.

PHOTO: GETTY



IT'S BACK to school season – and back to the gym – season. Kylie Jenner in Alo Yoga's new campaign provides ample motivation.



TAKE NOTE

Your need-to-know fashion news

ELV DENIM has launched memory T-shirts. Send three to five beloved old tees to its London atelier and they'll be transformed into one patchwork piece. A novel way to make drawer space.

Memory T-shirt, £200



TORY BURCH'S signature Romy bag is getting its very own London celebration. Today, a Selfridges pop-up opens, complete with a little café and an exclusive version of the bag you'll only find at the department store.

Bag, £595



Vase, £79

INSPIRED BY the movement of paper, Georg Jensen's Fold collection brings a little tactility to the home with its winding, organic shapes. Chic.

EDITED BY HENRIK LISCHKE



Boston clogs, £450,
Birkenstock X Etro

FIRST SPOTTED on the autumn/winter '26 runway back in March, Birkenstock and Etro's new collaboration gives the classic Boston and Gizeh styles a suitably bohemian Italian makeover.



SMALL BUT mighty: everyone's favourite, Nobody's Child, has partnered with Louise Thompson on a delectable petite edit for the new season ahead.



WANT TO win the stroller Olympics? Simply roll up to your next NCT group pushing the new Bugaboo x Stella McCartney collaboration. Gold medal behaviour.

Pram, £1,850



ALHAMBRA APPRECIATORS assemble. Van Cleef & Arpels' iconic collection has a delicious new addition in the form of vibrant raspberry enamel. Pure joy.

Necklace, £17,400

Dartboard case,
£5,000



LOVE A GAME of darts down the pub? Now you can take it with you wherever you go in the coolest way imaginable, courtesy of Rimowa's dartboard case.



THAT'S HOT: Paris Hilton returns as the face of Karl Lagerfeld, joined by the brand's new digital character, Not-Karl, for the A/W campaign.


Magic
RADIO
it's glow time
Mel Giedroyc
Nicki Chapman
Gok Wan & Harriet Scott
at Breakfast
Gaby Roslin
listen on the
rayo app
the best variety
from the 80s to now

HEALTH+

BEAUTY

IT'S NEW +WE WANT IT!



PHOTOGRAPH
AMY CURRELL
EDITED BY
ANNIE VISCHER

CLARINS MARKS ITS haircare debut with a collection of five products inspired by skincare. The real power player is the Fortifying Scalp Concentrate made with niacinamide and iris extract to boost hair quality (volume and shine) at the root, and don't miss the Multi-Care Elixir, a luxurious blend of botanical oils that delivers mirror-glaze gloss.

Clarins Hair Therapy Fortifying Scalp Concentrate, £89, and Multi-Care Elixir, £43



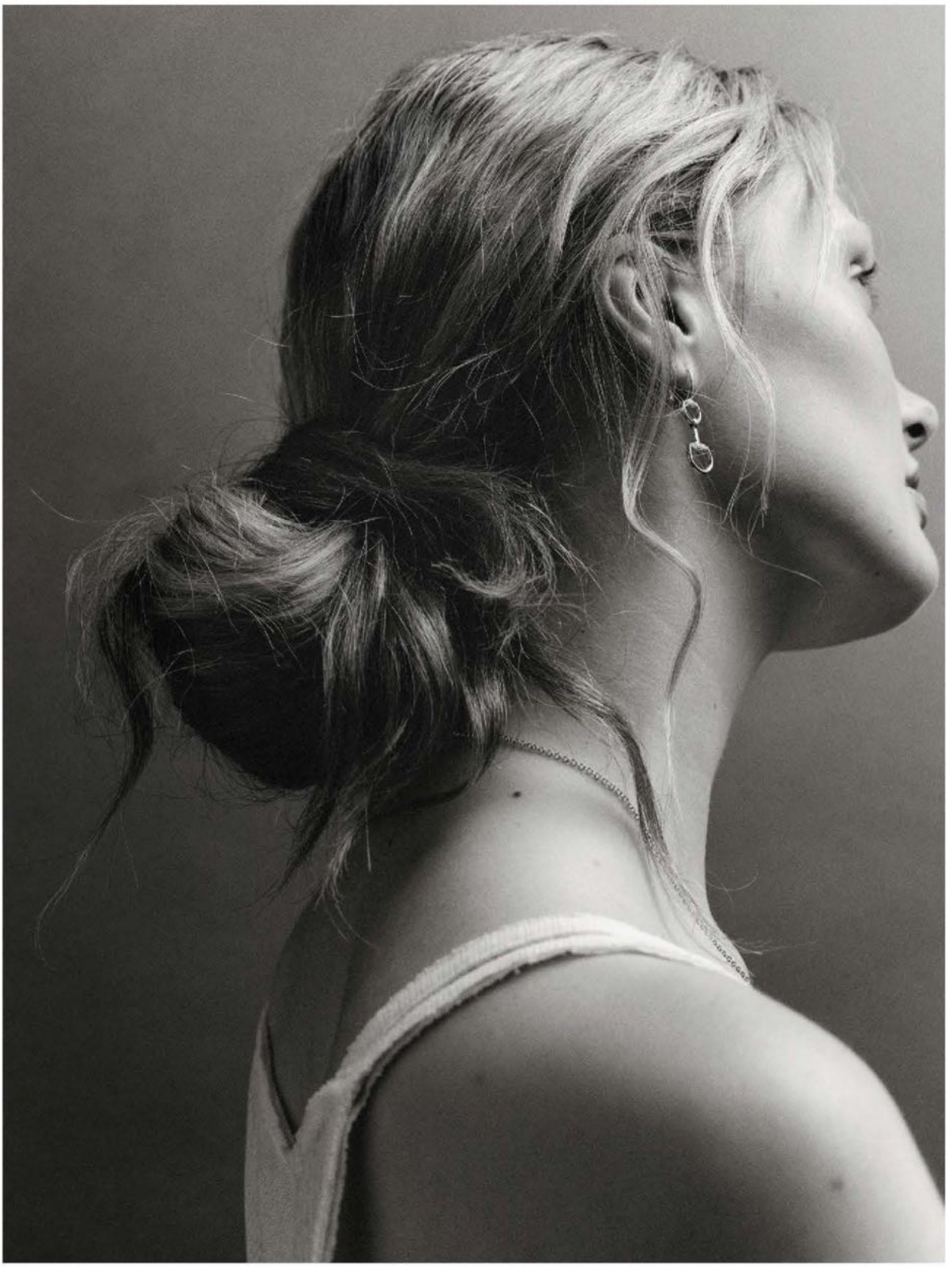
DOWN AND DIRTY

This style is giving 'couldn't find my brush and couldn't care less' vibes. 'Start by misting a good volumising spray through damp hair,' says Lewis Stanford, the pro behind these looks. 'If your hair is straight, fix into two Wednesday Addams plaits and leave to dry before tousling in bed-head levels of body with your hands.'

HOT MESS HAIR

Throw the clean girl bun a retirement party – now hair is big, loose and deliberately dishevelled

PHOTOGRAPHS **TOM O'NEILL**
HAIR **LEWIS STANFORD USING HAIR RITUEL BY SISLEY**
STYLING + BEAUTY DIRECTION **MOLLY HAYLOR**
WORDS **ANNIE VISCHER**



LEFT: BLAZER VEST, £445, GANNI. RIGHT: EARRINGS, £5,030, AND NECKLACE, £7,060, BOTH GUCCI. VEST, £9, NEXT

THE UNDONE BUN

'Use your hands (not a brush) to gather your hair at the nape of your neck,' says Stanford. 'Create a ponytail then twist your hair back on itself and secure, leaving the ends visible and fanned out. Finish by pulling a few strands free around your temples to frame your face.'



PLAIT DU JOUR

A plait that looks slept in is particularly cool slung over the collar of a crisp shirt or worn beneath a baseball cap. 'Gather hair at the base of your neck, plait and secure with a band at the end,' says Stanford. 'Gently pull at the sides to loosen up the look.'

LEFT: DRESS, £34, ASOS. RIGHT: EAR CUFFS, £10,500 AND £5,850, BOTH DIOR; HAIR ELASTIC, £26, THE WHITE COMPANY; TOP, £150, VINCE

ON A LOOP

A hit with style icons such as Sienna Miller, the half-up topknot gives the illusion of lifted features. 'It's all in the positioning of the bun,' says Stanford. 'Trace a line from the side of your jaw, up your ear and to the top of your head – that's where your loop of hair should sit.'





THE ADDED EXTRAS

Go chic and cheerful with hair accessories: tortoiseshell claw clips, gold hair pins, designer barrettes. 'Don't strive for precision placement when securing them,' says Stanford. 'Use them to add structure and interest to an undone style.'

LEFT: HAIRCLIPS, £320 EACH, BOTH MIU MIU; SHIRT, £50, M&S. RIGHT: TOP, £340, EXTREME CASHMERE. MODEL: AVA GOOD AT PREMIER MODEL MANAGEMENT. CASTING EMILIE ASTROM AT RAW STUDIO CASTING. HAIR: LEWIS STANFORD AT EIGHTEEN MANAGEMENT USING HAIR RITUEL BY SISLEY. MAKE-UP: MEE KEE USING DIOR FOREVER FOUNDATION AND DIOR CAPTURE LE SÉRUM. NAILS: ROBBIE TOMKINS AT ONLY AGENCY. HAIR STYLIST'S ASSISTANT: JOSH HIGDON. SHOOT PRODUCER: GABRIELA VELASCO. PHOTOGRAPHER'S ASSISTANTS: JOSH BRYANT AND HECTOR MARSHALL. FASHION ASSISTANT: LIV BELLAMY. SHOOT PART-SPONSORED BY SISLEY

TIME TO TOUSLE

Step away from the slick stick and embrace a new line-up of hair heroes



1. HAIR RITUEL BY SISLEY Revitalizing Fortifying Super Serum, £200. **2.** HAIR RITUEL BY SISLEY The Cream 230, £88. **3.** HAIR RITUEL BY SISLEY The Brush, £93. **4.** TYPEBEA G4 Hydra-Gloss Treatment Mask, £26. **5.** HAIR RITUEL BY SISLEY THE Invisible Hold Hairspray, £85. **6.** HAIR RITUEL BY SISLEY Precious Hair Care Oil, £98. **7.** CELINE XL Hair Claw, £440. **8.** HAIR RITUEL BY SISLEY Regenerating Hair Care Mask, £90



BEAUTY DROP
LEAVE-IN LUSTRE

There's a new multitasking haircare hero on the block

Famed for its high-performance haircare and premium packaging, it's easy to forget the radical legacy of Aveda. Launched in Minneapolis in 1978 by Austrian-born hairstylist Horst Rechelbacher (who learned about botanicals from his herbalist mother), Aveda combined environmental responsibility, botanical science and the ancient practice of healing Ayurveda from the off. It set the standard (no animal testing, plant-powered ingredients, sustainability) before its core principles became beauty buzzwords, all while positioning the brand as an upscale lifestyle choice, rather than a hippy statement.

The brand's latest mic drop moment comes by way of the One For All Leave-In Elixir, a does-it-all wet hairspray that goes way beyond conditioning. Sprayed through damp hair (which can then be left to air dry or styled), it detangles, smooths, hydrates, protects from heat, prevents colour loss, protects from UV exposure – you name it. Forget hair product stacking, this is your one-and-done hero.

The formula's been devised to perform on every hair type, which is no mean feat. It's rich enough to replenish textured hair in need of moisture, while being light enough to condition fine hair without weighing it down. It's the holy grail of haircare: a bona fide one-suits-all buy.

There's something to be said for the sustainability factor, too. The hero ingredient, moringa oil, is sourced responsibly from Guatemalan moringa trees grown by smallholder farmers in an agroforestry system, where they create a natural habitat for birds and insects. So you can spritz this product in good conscience.

One final bonus? Like all Aveda products, this stuff smells incredible. Never underestimate the appeal of good scent when it comes to a product you'll be misting yourself with near daily – the joy factor is essential when consistent use is key.

IN A NUTSHELL

WHAT IS IT?
Aveda One For All Leave-In Elixir, £29

HOW DO I USE IT?
Shake the bottle well, spritz through damp hair and style or leave to dry.

WHAT DOES IT DO?
What *doesn't* it do? Made with every hair type in mind, this multitasker hydrates, smooths, softens, detangles, protects from heat styling, prolongs colour – the list goes on.

WHAT WILL I BE TELLING MY FRIENDS?
'Trust me, pick up a bottle of this time-saving stuff and ditch the five-step routine; I'm a haircare minimalist these days.'



Aveda One For All Leave-In Elixir, £29

WORDS: ANNIE VISCHER.
PHOTO: AARON CROSSMAN



FIRST CRUSH

A blush that builds like a cream before diffusing into a soft wash of powder.
Violette FR Plume Blush, £35



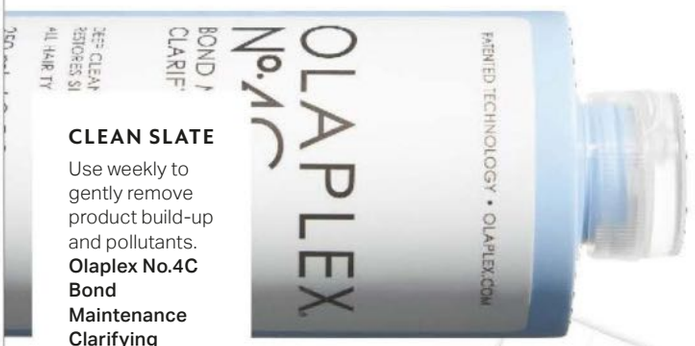
ART CLASS

A blendable brow pencil that makes achieving fuller, thicker brows a breeze.
Jones Road The Brow Pencil, £24



GOLD STAR

Pep up tired skin with this vitamin C serum made with a powerful blend of antioxidants.
Skinrocks The Antioxidant, £75



CLEAN SLATE

Use weekly to gently remove product build-up and pollutants.
Olaplex No.4C Bond Maintenance Clarifying Shampoo, £30



FRESH START

Powered by a clever micellar solution that absorbs oil, this dry shampoo leaves hair looking fresh and full.
JVN The Essential Dry Shampoo, £26



SPOT CHECK

A dinky (teen-approved) hydrocolloid patch that stops pesky blemishes in their tracks.
Rhode Spotwear In Daisy, £16

BACK TO SCHOOL BEAUTY

Discover the products that deserve top marks this term

EDITED BY **RACHAEL MARTIN**



WATER BREAK

Consider this the chicest way to stay hydrated.
Anya Hindmarch Stainless Steel Eyes Water Bottle, £45



PENCIL CASE

A versatile and expensive-looking pouch for your beauty essentials.
Kiko Cosmetics Matte Diaries Old Glory Case, £7.99

Holiday beauty habits I'm keeping



ANNIE VISCHER, HEAD OF BEAUTY

IT'S TEMPTING TO close the door on summer as soon you've pinch-punch-first-of-the-month'd your way into September. It becomes a reluctant sort of ritual, a to-do list peppered with soul-destroying tasks, like consigning all rattan accessories to the attic, packing away the outdoor furniture and laying down your sunglasses (aka the best under-eye concealer known to man).

The beauty change-up can feel like a jump-start too, but this year I'm set on clinging on to the last vestiges of the season for as long as I can. Why relinquish every feelgood habit I've accumulated in the last three months just because Zara has dropped its autumn collection?

This year I became fixated on replicating a Scandi girl summer. Nudge your Instagram algorithm in the direction of influencers such as Lovisa Wallin (@lojsanwallin) and your feed will be overrun by summer cabin snaps from the lakes and archipelagos, all rustic jetties, big cotton knits and pointelle pyjamas. The beauty aesthetic is barely-there make-up, a deep, even tan and bare nails.

Bare nails – that's the first switch-up I grappled with. A compulsive picker, I love a glossy gel manicure, but inflict a steady dose of damage when the polish starts to lift. My brittle nails were screaming 'give me a break!' so I threw in the towel and (after seeing Kate Moss with bare nails on the front row at fashion week) embraced the look. Nearly four months later I'm a convert. They're strong, healthy and – thanks to the validation that comes courtesy of my Scandi girl Instagram feed – I no longer feel naked without a layer of polish. I won't be forfeiting the treat factor of gel manicures altogether, but I'll resist chain-booking them like I used to.

On to summer skin. I can't achieve the look safely without a good fake tan routine, and I've used this column to discuss mine at length. Ordinarily, my self-tan sessions peter out by the end of September, but this year I'll keep them up. I've rediscovered the confidence boost I get from artificially warming up my skin tone and, as superficial as it sounds, it's considerable. Victoria Beckham told me that a good fake tan is one of the things that makes her feel her most confident, as did Sienna Miller, so who am I to deprive myself for the sake of seasonality?



Kate Moss rocks the bare nail look

Feelgood Scandi habits have found their way into my wellness routine, too. The traditional Scandinavian practice of *gökotta* translates into 'early-morning cuckoo' and involves waking up with the sun and stepping outside for 10-30 minutes. Doing this daily is said to reset your body clock, boost daytime energy and improve sleep. I'm sure the effects are magnified if you're traipsing lazily down from a Pinterest-able kitchen to stare at a cool, calm lake, but I can't deny, even standing in the garden with a steaming mug of tea and listening to the dawn chorus perks me up noticeably. Another habit I'll be holding on to, even as those sunrises get later and later.

ANNIE'S KEEPERS

BARE ESSENTIAL

This one-stroke-wonder blurs away ridges and leaves nails with a fresh and healthy pink flush, even if you're mere days into your most recent bout of gel manicure abstinence. **Orly Nail Retouch [1], £15.99**

GRADUAL GLOW

Clarins' new-gen gradual tan offering is pleasingly residue-free and gets to work in just a few hours. I apply every day for three days to build my colour, then top up once a week to keep things even. **Clarins Self-Tanning Fresh Gel [2], £28**

ALL CHEEK

I made like Sabrina Carpenter and intensified my blush across the apples of my cheeks and the bridge of my nose this summer. I'll be continuing to do so for the foreseeable. **Victoria Beckham Blush Stylus in Rossa [3], £38**

GET THE GLOSS

I'm years late to the party, but embraced this cult shine-enhancing buy when hair stylist David Wadlow recommended it. Now I'm hooked. **Color Wow Dream Coat Supernatural Spray [4], £29.**

SCANDI SCENT

An ode to my Scandi girl season, sparkling notes of pomelo, lavender and eucalyptus banish summer blues. **Björk & Berries September EDP [5], £130 for 50ml**



PHOTO: BACKGRID



PHOTO: JAVIER BIOSCA



FINDING MOTHERHOOD HARDER THAN EVER BEFORE?

YOU'RE NOT ALONE

Peanut and Nuna are championing the women closing the gaps for mothers, spanning everything from sports and advocacy to business and tech











IF THERE'S ONE THING THAT MOTHERS know, it's that parenting is far from easy. 93% of mothers say they are experiencing burnout – a running-on-empty level of tired – and for 58% of mums, it's happening often or almost always. Burnout isn't the exception any more. For many, it's become the backdrop to modern motherhood.

That's what The Motherhood Index, a new annual report from Peanut and Nuna, has uncovered. They reported that 71% of mothers do more childcare and domestic labour than their partner, with just under half saying they do 'significantly more'. It's an imbalance that's making mothers across the globe unwell: 64% of those doing more than their share of domestic labour reported burnout, versus 48% of those with an equal split.

Sleep is an issue, too, with 70% of mothers getting fewer than five hours of unbroken sleep a night. Just under half of those surveyed heartbreakingly shared that they had needed support, but that that help never came.

For many, it's part of the reason why careers are sidelined or shelved once children enter the picture. Multiple mothers told Peanut x Nuna that they significantly changed or paused their life plans, scaled back their ambitions, or even left the workplace.

Impacting your work, your home and fundamentals such as sleep and exercise, it's no wonder that becoming a mother, as incredible as it can be, shifts your identity at its core. The data says as much: over half of those surveyed admitted to feeling like a completely different person since having children. And yet matrescence – the exact word describing the profound physical, emotional, and psychological transition of becoming a mother – still has no real place in mainstream conversation.

This is the picture of modern motherhood: overwhelming, exhausting and pushed to the limits. And yet, somehow, 61% of mothers still describe their wellbeing as 'good'.

But what if 'good' means simply managing – and managing is far from thriving. As one parent told The Motherhood Index, 'A lot of women are depressed... It's a lot more than the stats say.'

Motherhood has changed, and many are finding it harder than ever before. But for all of this, there's a silver lining. Peanut x Nuna's research shows that modern mothers are speaking more openly about topics like identity, burnout, ambition and loneliness than any generation before. As a result, they know exactly what they want from the future.

So, what could change modern motherhood for the better? Women want flexible working, affordable childcare and stronger communities. While the traditional 'village' of generations past might have eroded, mothers are rebuilding it themselves – in group chats and baby classes. In fact, 43% of women say that it's community, not policy or partners, that give them the most hope for the future.

Which is where the Changemakers come in: nine women (pictured, left), who Peanut x Nuna have chosen to spotlight for closing these gaps. Elaine Welteroth is the woman behind birthFUND, tackling the maternal mental health crisis in America. Babba Rivera built the Latinx-owned haircare brand Ceremonia to ensure young girls see their culture reflected around them. Tinuke Awe and Clotilde Abe founded FiveXMore after Tinuke's own traumatic birth, campaigning to end the fact that Black women in the UK are up to five times more likely to die during or after pregnancy. Em Clarkson is reshaping how we talk about online safety and the pressure women carry. Model Jada Sezer is championing a world where ambition and motherhood can co-exist. Olympic bronze medallist Alysia Montaño founded her non-profit For All Mothers+ after watching sponsors drop pregnant and postpartum athletes, while Shiza Shahid is the co-founder of Our Place, focused on intentionally building the community that mothers so desperately need. After losing her leg to bone cancer at the age of eight, Jess Quinn is now working to ensure that children see differences as normal.

Challenging topics across maternal health and advocacy, to sport, media and entrepreneurship, the nine Changemakers' mission is clear: to help create a better experience of motherhood for everyone.

Discover more at peanut-app.io/changemakers, @peanut and @Nuna_uk

peanut × nuna

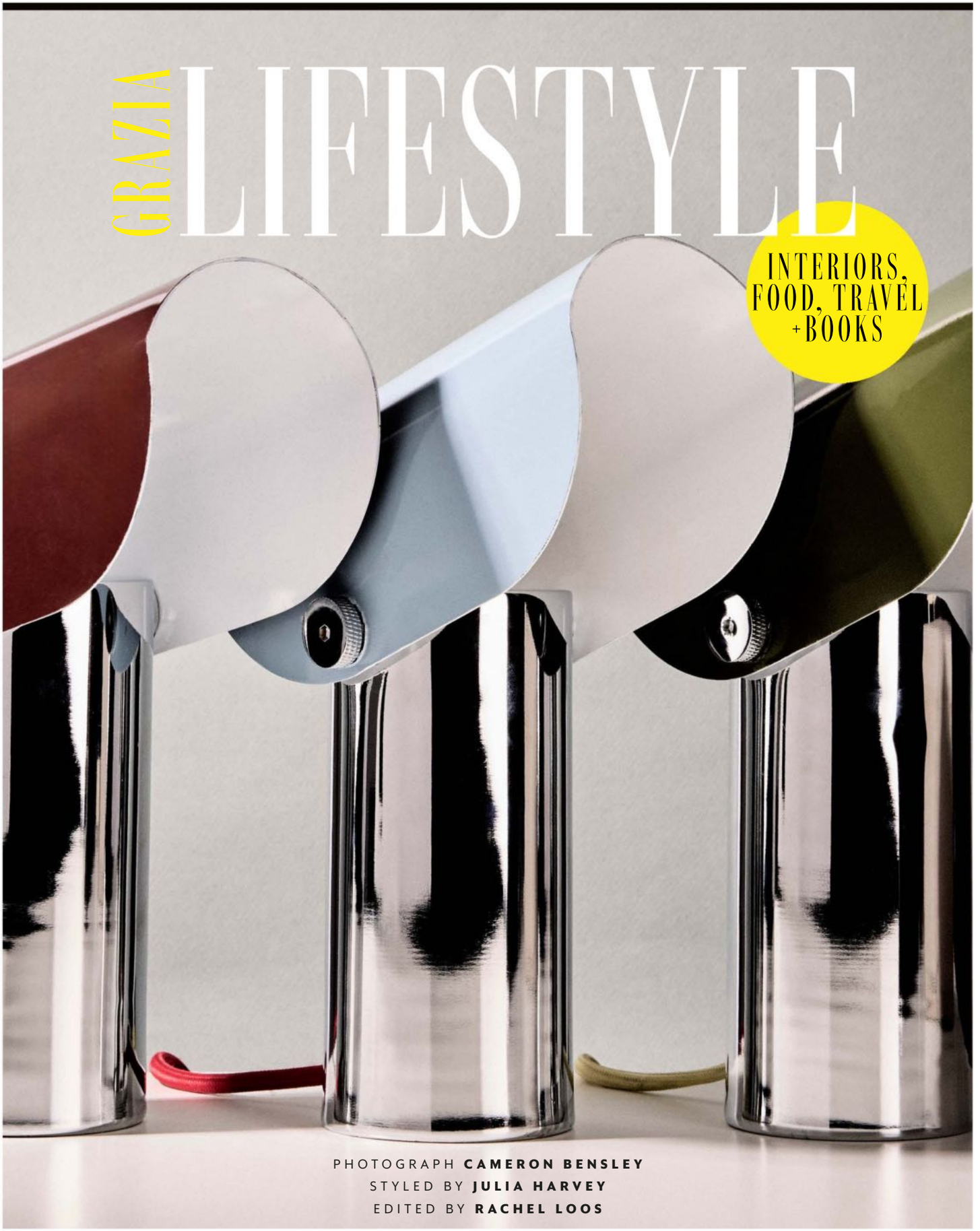


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LIFESTYLE

INTERIORS, FOOD, TRAVEL + BOOKS



PHOTOGRAPH **CAMERON BENSLEY**
STYLED BY **JULIA HARVEY**
EDITED BY **RACHEL LOOS**

WE LOVE A SCULPTURAL table lamp, especially this one from the new Made x Barbican collection. Inspired by the Barbican concert hall's tubular acoustic panels, the angled shade rotates on a sleek chrome base, with a contrasting fabric cable. Switch it on!

Lamps, £50 each, **Made x Barbican**

GOING SOLO

As more retreats for solo women spring up, wellness expert *Jasmine Hemsley* went in search of some rest and recuperation



AS I CLOSED the front door, I could hear my three-year-old son crying, his dad trying to comfort him. My daughter, five, wasn't happy either, asking me why she couldn't come too. The cause of the upset? I was going away for five days. The first time I'd ever spent more than a night away from my children. Travelling used to be part of my regular life. Work had taken me to retreats, hotels, restaurants and wellbeing events around the world. The invitations hadn't stopped, but I mostly did. The children came with me or I politely declined.

Then, just before my youngest turned three, I received an invitation to Mandali, a retreat in the mountains above Lake Orta in northern Italy. It offered the chance to slip into a different rhythm: yoga, uninterrupted meals, silence, music, nature and enough space to hear my own thoughts. After five years of days revolving around little people, I realised I was ready for some time alone. For the first time, the excitement to travel outweighed the hesitation; saying yes felt easier than saying no. I also hoped the break would help bring breastfeeding my son to an end. I wasn't sure how I would feel either physically or emotionally, and in my suitcase was a small hand pump in case it was needed.

I arrived after a winding drive up the mountain from Milan Malpensa airport. My room felt calm and looked out on to



Jasmine (left) at Mandali, where guests can try qigong (right)







Left and right: incredible views over Lake Orta and the mountains

the garden. I thought about unpacking and having a shower, but instead I lay down on the bed, just to see what it felt like having one all to myself (we co-sleep at home). I meant to stay there for five minutes; more than an hour later, I hadn't moved.

When I eventually emerged, the retreat was quietly underway. People were reading in the gardens or taking in the view of Lake Orta, before making their way to the temple for the first welcome circle. Mandali's founders had spent years immersed in the electronic music world until a silent meditation retreat inspired them to create a place where others could experience that same sense of stillness and perspective. Seated in the circle were about 30 people. Some had never tried yoga before, others had spent years going on retreats, a few women had also left their children for the first time.

As we settled on our cushions, I caught myself wanting to fast forward through the introductions and get on with it. Then it dawned on me that I was slipping straight back into my default setting – thinking about what came next. As a mum working from home, I spend much of my time planning ahead so I can fit it all in, finding a way to manage my time so I can be efficient when working but also be present with the kids.

But Mandali soon started to work its magic. Each morning began with a cup of tea in my room, followed by yoga in the temple, then a silent breakfasts overlooking the lake. I began to enjoy taking my time over breakfast, letting the morning sun warm my skin, watching the light dance across the water and enjoying the company without the need to chat. I'd forgotten how much I'd missed that.

The schedule was full: talks, walks, yoga, the spa, ice baths and long afternoons by the pool, but nothing felt compulsory. For someone who usually tries to make the most of every minute, it felt liberating not to, and to enjoy the feeling of not being needed. The day often ended with a walk around the grounds. One night we found ourselves surrounded by tiny glowing fireflies. It felt like something from a film.

A big draw for me was the conscious dance session, which brings together movement and meditation, losing yourself in the music and letting go of your inhibitions and mental chatter. For five years of motherhood, dancing had mostly meant bopping along with the children to pop songs. Here, it was expressive, freeing.

I also found I loved spending time with the handful of women I'd naturally gravitated towards, while also feeling connected to everyone else by sharing the same quiet rituals each day. Mostly it was just a smile over breakfast or a glance as we crossed paths, and that felt enough. There was no pressure to swap life stories. Yet by the final afternoon, after sharing our experiences in the closing circle, we hugged goodbye as if





Left: Mandali has an indoor pool and also offers lots of space for quiet reflection (below)



we'd known each other for much longer than four days.

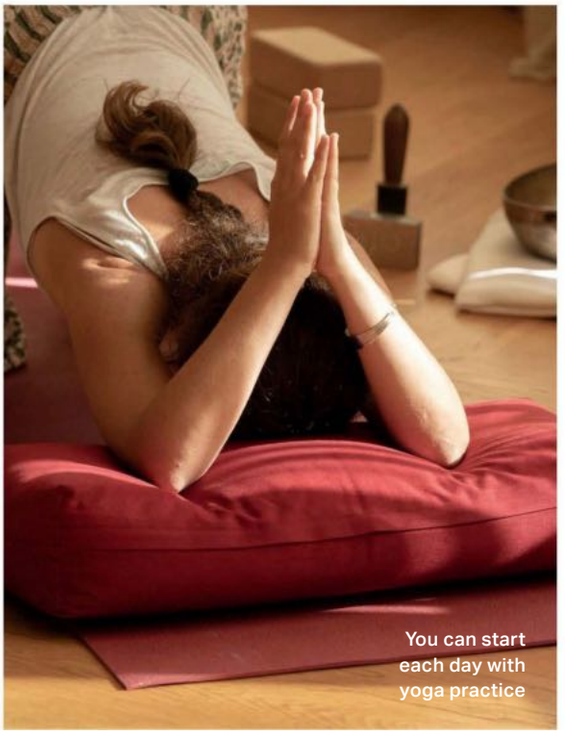
I thought about home less than I had expected. I slept for seven hours a night and felt rested after the meditative activities and, crucially, no night-time disturbances. A less stressful day and a proper evening wind down also made a huge difference.

I also had limited contact with home. The days were going smoothly there so I didn't feel I was needed. I also knew that calling could disrupt the flow at home and prompt the children to remember that they missed me. Instead, I just made sure I was available when they did try to video call, which was just the first day.

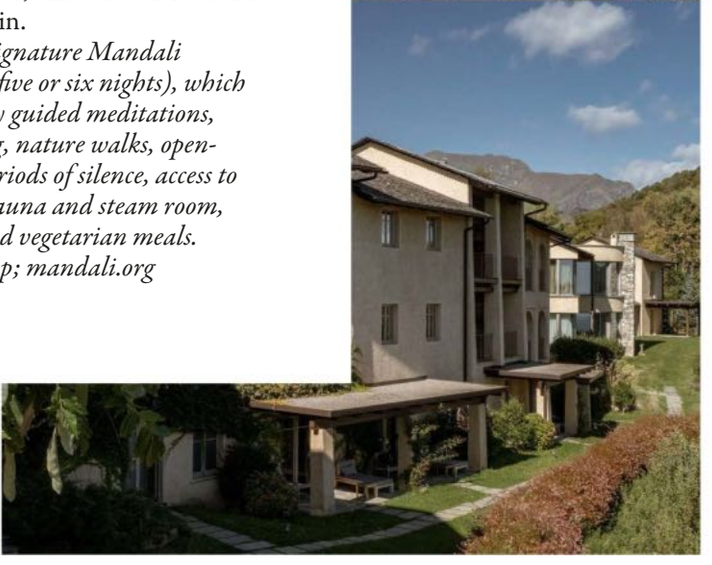
The return home was rather unremarkable. It was late, the children were asleep and my husband was halfway through a work email, waiting for me to get back so he could finally take the dogs out for a proper walk. I made myself a cup of tea and got back to family life. Snuggling back into bed with my sleeping children, and inhaling their scent, was heavenly. My son wasn't quite ready to give up being nursed, though, and over the following few days it was an emotional juggle until he accepted that it was the right time to let that go. It was a milestone for me too, and at Mandali I bought myself a slim obsidian bracelet as a keepsake of the transition. My daughter told me there were moments she missed me, and how she'd tried to help her brother cope with my absence. It made me feel a little sad and guilty, but also proud and happy that they had helped each other.

Staying at Mandali felt like I was returning to a part of myself I'd temporarily misplaced. At home, and at work, I'm usually the one making sure everyone else is all right. For a few days, I got to lean into being looked after instead – a reminder that there's nothing quite like being mothered. The notebook I'd packed to journal in came home empty. Looking back now, I think those blank pages reflected the pause I'd been looking for, and a break I would definitely take again.

Jasmine tried the signature Mandali Experience (three, five or six nights), which includes twice daily guided meditations, yoga and/or qigong, nature walks, open-themed sessions, periods of silence, access to the pool, Jacuzzi, sauna and steam room, and freshly prepared vegetarian meals. From about £770pp; mandali.org



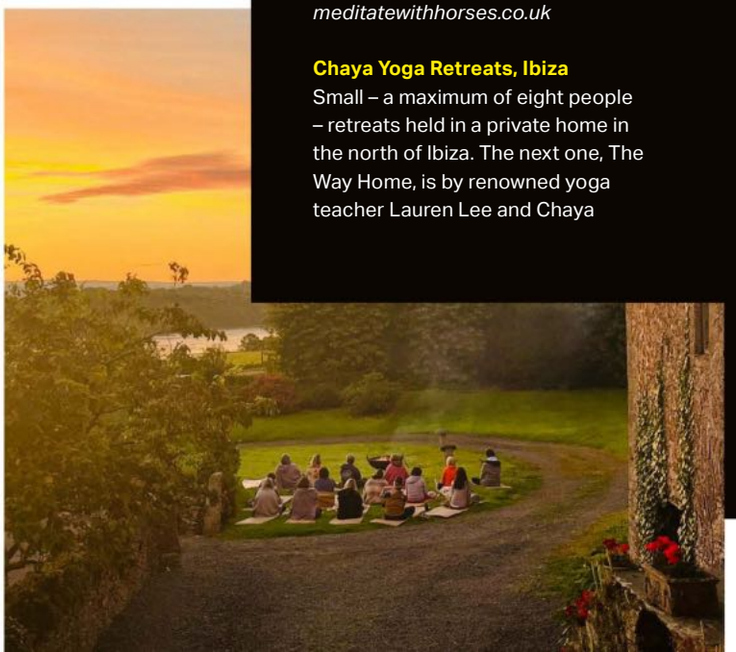
You can start each day with yoga practice

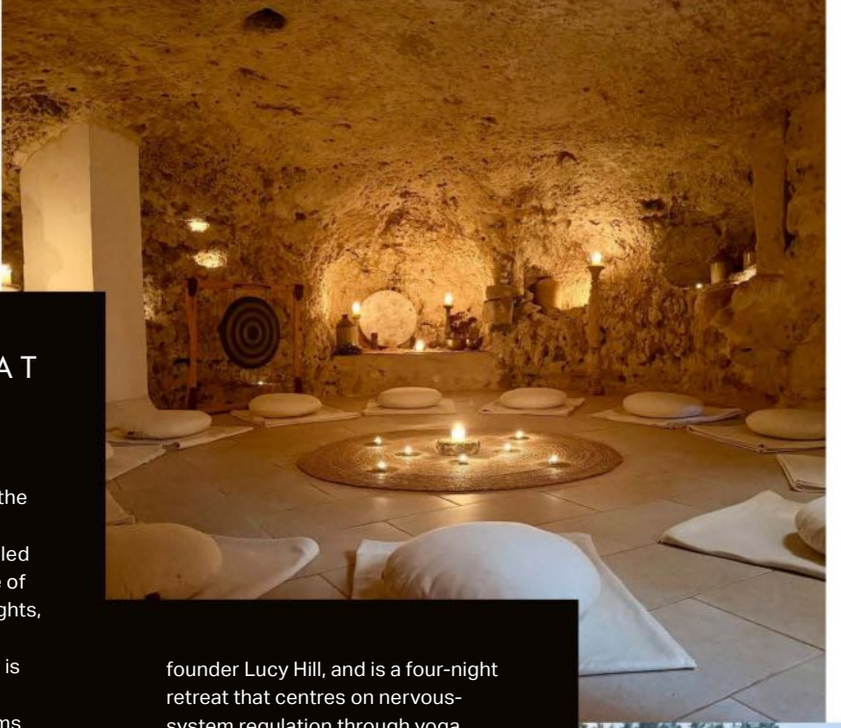






From top: The Dreaming; yoga at Chaya; seeing the sun come up at Erth





BEAT A RETREAT

The Dreaming, Wales
Singer Charlotte Church has transformed the former home of the late Laura Ashley into a place to escape from everyday life. Snuggled in the Welsh hills, it offers a range of retreats from one day to three-nights, as well as specialist retreats, including Song of the Soul, which is curated and delivered by Church. Accommodation is shared in rooms that channel a bohemian luxe look. *From £540pp, thedreaming.co.uk*

Erth, Cornwall
Set on a peninsula in a former medieval monastery with river views, Erth offers retreats devoted to yoga and Pilates, as well as four-day Wellbeing Retreats that aim to ground and nourish with a mix of walking the South West Coastal path and activities such as swimming and paddleboarding. *From £795 for three nights, erthretreat.com*

Meditate with Horses, Cumbria
Over six days, meditation-led equine therapy aims to reset your central nervous system and ground you, along with other wellbeing activities such as qigong, and a guided tea ceremony designed to support rest, awareness and letting go. Optional extras include a GP health check, acupuncture and Lomi Lomi massage. Accommodation is in shared rooms in a Victorian home by the beach in Arnside. *£800, meditatewithhorses.co.uk*

Chaya Yoga Retreats, Ibiza
Small – a maximum of eight people – retreats held in a private home in the north of Ibiza. The next one, The Way Home, is by renowned yoga teacher Lauren Lee and Chaya founder Lucy Hill, and is a four-night retreat that centres on nervous-system regulation through yoga, embodied movement, forest sauna, delicious food and deep rest. *19–23 September, from £1,050pp; chayayogaretreats.com.*

Samudra Retreats, Gozo
On the island of Gozo, week-long retreats include massage, energy healing and tarot reading sessions, daily yoga, breathwork and meditation (some by the sea), sound healing, sharing circles and ceremonies and creative workshops. Accommodation is in a traditional farmhouse with a private pool and the plant-based meals are prepared by an in-house chef. *From about £1,367pp, samudraretreatsgozo.com*

The Wild Sweden, Skinnskatteberg
Run by The Wild Times, which organises retreats in the UK, this is held in a pine forest two hours from Stockholm and includes daily vinyasa, yin, yoga nidra and meditation classes along with forest walks, a wood-fired sauna and lakeside dips, plus a silent breakfast and plenty of reflection time. *From £795pp, thewildtimes.co*

Cook's Club Hersonissos, Crete
In partnership with London-based wellness brand The Self Love Lab, this four-day immersive experience includes sunrise and sunset yoga, dynamic Pilates, sound-led sessions and confidence-focused workshops. Rooms are simply but stylishly furnished, while the Cantina restaurant offers Mediterranean mezze, Asian street food and vegan options. *From about £514 (or £685 with dinner), cooksclub.com*



From top: Samudra's sharing circle; lake swimming at The Wild Sweden; yoga at Cook's Club





Teapot, £71, **Annebet Philips at Serax**

Cushion covers, £24.99 each, **La Redoute Interieurs**

Rechargeable lamp, £39.99, **H&M Home**

Reed diffuser, £155, **Jo Malone London**

Vase, £16, **George at Asda**

A CLEAN SLATE

All you need to create a space that's cool, calm and collected

EDITED BY **JULIA HARVEY**

NEW SEASONS BRING fresh starts, a chance to take stock and simplify – and that includes your home. If a busy summer has seen piles of 'stuff' accumulate – suitcases left unemptied, things shoved into drawers to sort at a later date (guilty!) – know that a few stylish swaps and trips to the charity shop can quickly transform your home from cluttered to calm. Start with colour. Those mismatched candles, plates and cushions that seemed charmingly whimsical at first can quickly feel overcomplicated, messy even. Clear the decks and look to clean, crisp colour palettes that create a blank canvas, allowing statement items to take centre stage.

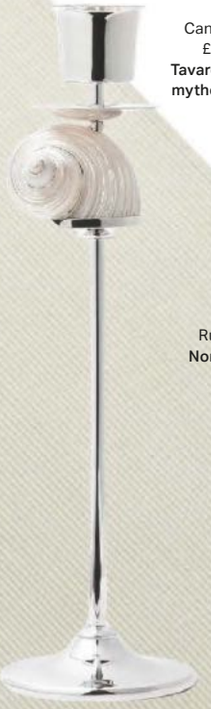


Throw, £36, **Made.com**

Mug, £36, **Home Studyo at Selfridges**

THE WHITE COMPANY





Candlestick, £1,205, **Tavares 1922 at mytheresa.com**



Linea Mini espresso machine, £4,890, **La Marzocco**

Rug, £495, **Nordic Knots**



Duvet cover, from £150, **Tekla**



Candle, £50, **Salt & Stone**

Candles, £10 for 6, **The White Company**



Side table, £1,600, **HMD Furniture at Monologue London**



Jug, £125, **Georg Jensen**



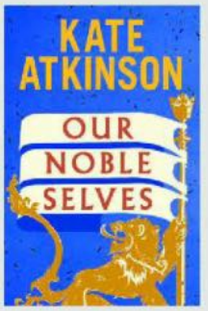
Sofa, £1,669, **Sofa Club**

SIX NOVELS FOR LONG, LAZY DAYS



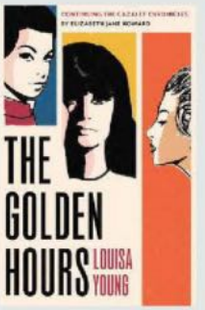
Sophie, Standing There
by Meg Mason

Mason, of *Sorrow And Bliss* fame, returns with the story of divorced, bookish Sophie, who works in literary event production and goes mostly unnoticed by The Talent she mics up. Coming up at the next festival is Lilac Dunne, an author Sophie becomes obsessed with online. Will they form a connection in real life? And will it help Sophie overcome her loneliness?



Our Noble Selves
by Kate Atkinson

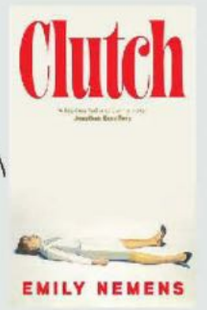
In 1950s London, Harry, a traumatised war reporter (and ladies' man), joins the eccentric staff of the Festival of Britain to fill the void left by his journalism career. But when Harry's latest date disappears and he was the last person to see her alive, he becomes both prime suspect and investigator. A highly entertaining post-war mystery from the multi award-winning Atkinson.



THE REBOOT

The Golden Hours
by Louisa Young

Five-book series *The Cazalet Chronicles* by Elizabeth Jane Howard is *adored* by its fans. Now Howard's niece has continued the generations-spanning saga with a novel that picks up the trials and triumphs of the upper middle class Cazalets (and their descendants) in the early 1960s. This works as a page-turning standalone, but you won't regret starting with the earlier instalments.



THE SOCIAL SATIRE

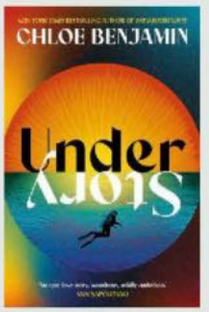
Clutch
by Emily Nemens

'Rich Millennial women on vacation' is a whole genre – consider this a gold-standard example. Five 40-something friends head to Palm Springs for a long-awaited reunion. Between them they're navigating infertility, divorce, the motherhood/work juggle, a run for Senate, and being the struggling, unsuccessful friend. On their return, we see their lives play out over the next year.



Taipei Story
by Rebecca F Kuang

A sharp look at the second-generation diaspora experience from the author of *Yellowface*. High-achieving Yale student Lily Chen arrives in Taipei for an intensive Chinese-language course. But after her grandfather dies, she falls out with her roommate and the language school gossip mill chews her up, her summer of adventure and advancement turns into an angst-ridden dissection of her identity and place in the world.



Under Story
by Chloe Benjamin

Meet biologist Laurel. She lives in a remote Antarctic station and works as a dishwasher. When a mysterious 'arc' appears, her physicist ex-husband arrives to study it, and – for reasons that become clear – they fixate on it being a portal to an alternative universe. A genre-defying love story getting lots of buzz, it's already optioned for film.

WORDS: HELEN WHITAKER

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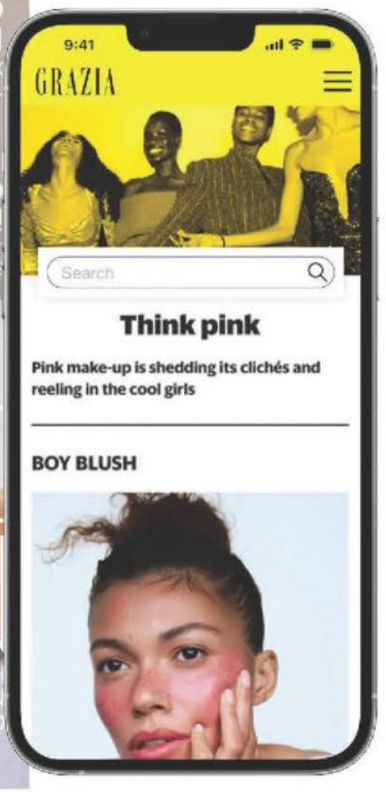
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THE LAST WORD
JAMEELA JAMIL



Each issue we ask people we admire to reveal their lasts, from books to box sets. Here, *Jameela Jamila* shares hers...

The last book I read... *The New Age Of Sexism* by Laura Bates. An absolutely harrowing but essential read.

The last song I listened to.... *Go Easy Kid* by Monica Martin. Makes me cry every single time.

The last TV show I binged... I'm on my ninth rewatch of *Girls*.

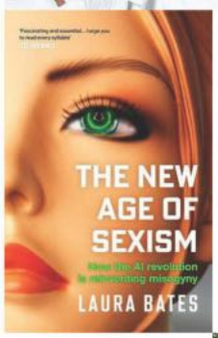
The last podcast I loved... My own comedy disaster podcast: Wrong Turns With Jameela Jamil. It is absolutely hilarious. My guests are hysterical. It's the best 35 minutes of your week.

The last item I added to my wardrobe... A navy blue silk raincoat from The Frankie Shop that you absolutely must not wear in the rain. But it looks utterly fabulous.

The last beauty product I used... I'm a Body Shop Shea Body Butter girlie. Especially in the warmer months, when I can't hide my ashen limbs and want to feel soft without seeming like you could fry an egg on my body.

The last item I bought for my home... I keep buying these candles from Selfridges that look exactly like pastries, which is quite disastrous because you never want to burn them.

The last account I followed on Instagram... Comedian Mary Beth Barone. Hilarious.





Jameela has read Laura Bates's book, loves Body Butter and last stayed at Hôtel Particulier Montmartre



The last time I felt starstruck... I ended up at an intimate after-party with Julia Roberts (very Tahani: IYKYK) and almost fainted when I shook her hand. To me, she is the epitome of a star.

The last promise I made... That I would stop eating so much Deliveroo and start home cooking. Nary a pan has touched my cooker so far.

The last restaurant I ate in... Zayna, in Marylebone. I ordered lamb biryani, tarka daal and the okra. Hands down my favourite restaurant in London.

The last holiday I had... Hôtel Particulier Montmartre in Paris, which was stunning, and had a sign over the toilet that said, 'Scarlett Johansson pissed here', which I thoroughly enjoyed.

The last great piece of advice I heard... A doormat is already lying down before people wipe their feet all over it.

The last thing people would guess about me... I officiated Larry David's wedding.

The Body Shop's Grow Wild campaign celebrates 50 years of empowering people to unapologetically take up space

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DAILY WELLNESS

Tess Daly



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Contains vitamins B6, B12, magnesium and iron which contribute to normal energy release. Wellbeing of Women is a registered charity. England & Wales: 239281. Scotland: SC042856. *UK's No. 1 Women's Supplement Brand. Source: Circana (UK) Ltd, All Outlets Incl Chemists & HB, Vitamins, Minerals, & Supplements, Sector: Women's Health, Value & Unit Sales, 52 WE 23 May 2026. Tess Daly Image Credit: Billie Scheepers.

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