

# HELLO!

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**MIKE TINDALL  
TALKS FAMILY &  
ZARA'S BIRTHDAY  
CELEBRATIONS**



**EXCLUSIVE  
INTERVIEW**

**KYLIE'S TRUTH  
ON MICHAEL  
HUTCHENCE &  
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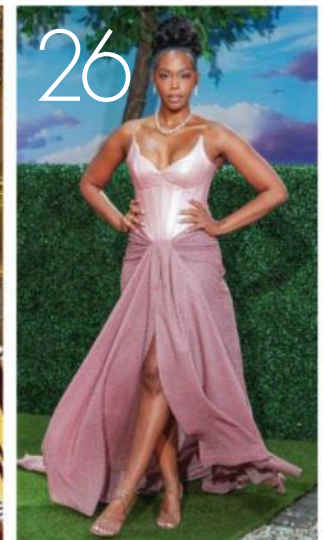


*Love that.*

A woman with short brown hair stands on a rock by the sea, wearing a light-colored, sleeveless mini dress with a black floral pattern and a black belt. She is also wearing black strappy high-heeled sandals. The background is a clear blue sky and a calm blue sea.

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# THE SIMPLE LIFE

*After the influencer Lydia Millen built her brand on fashion, moving to a cottage in the Cotswolds gave her a new appreciation for country life*

PHOTOGRAPHER: PETER FLUDE



Lydia lives on a farm  
in Northamptonshire  
with her husband  
and 11 chickens  
– including her  
favourite, Pavlova, a  
buff cochin





Lydia wanted to weave soft elements into the house's interiors, including a living room (left) decorated in green to bring the surrounding woodlands indoors

**W**hen Lydia Millen bought her countryside home eight years ago, she had no idea to what extent it would change her life.

The lifestyle influencer and content creator, who has more than four million followers across various social-media platforms, lives in a former gardener's cottage on the estate of a stately home in Northamptonshire with her husband, Ali Gordon, also a lifestyle influencer.

Although Lydia, 38, was won over by the property's "dream kitchen", its interiors weren't quite as she envisioned. The original cottage, which has gates that lead into the neighbouring stately home, had previously been redeveloped.

"Everything was marble, everything was glass, everything was chrome," she says. "The thing with shiny surfaces is that you spend your life polishing and worrying about them."

#### STARTING MARRIED LIFE

The couple married in 2017 and moved in the following year. Since then, Lydia has focused on "blending" the house with its surroundings, using heritage textiles and soft paints.

"Our living room has been three colours: blue, black and now green," she says. "You realise that you want to blur the line between the view of the woodland and the inside." Now, she loves watching the seasons change from her kitchen window. "It's as if I'm sitting in the front row at the best show."

These surroundings have inspired her, she says. "I never realised this was my dream. I imagine ►

"A kitchen island that everyone congregates around feels like the beating heart of the home," she says





Lydia's design style is heavily influenced by her grandmother; she also keeps a doll's house built by her grandfather in her office (right)



myself [before the Covid-19 pandemic] and I think: 'You just never lifted your head up from your phone, Lydia.' I don't think I appreciated fully what we had here."

Her flock of 11 chickens brings her joy, too. "My husband said no for so long, and then he got me a chicken coop for my birthday, so I figured that was a yes," she laughs, recounting the joy of being able to collect her own eggs. "I'm a lot more grateful for what they produce."

Her favourite chicken is Pavlova, a buff cochin. "She just runs around the garden like an absolute basket case," Lydia says.

#### COUNTRY LOVE

Ali, 37, has embraced beekeeping, having trained with a beekeepers' association during the pandemic. "What's lovely is that all of our neighbours' gardens go into making that honey, so every year, we give them a pot. You can taste the difference in what foliage was available," Lydia says.

The couple met online around 14 years ago, when they were in the early days of their fashion blogs; Ali was working as an electrician and Lydia at the head office of a fashion brand.

"He found me on Instagram," she says. "I met him a week later and it was a car crash – he might have had a few too many drinks before coming to meet me! But I could see the potential. Sometimes, the greatest love stories begin unconventionally."

Now, Lydia says they love strolling with their dachshunds, Porter and Berkeley – "just walking around in the garden and seeing what's ▶







The bedroom, which is decorated in muted earth tones; and the living room (below), a calming space with exposed beams and an array of works of art



changing and what's happening", she says. Life is "very secluded", she adds. "I get overwhelmed in big cities. It makes sense because I can spend a whole long weekend in my garden and not speak to anyone, and not worry about anything."

Lydia, who has built a career based on fashion since she began blogging in 2011, has pivoted into content that celebrates country life. Her garden has frequently been a focus since she learnt about growing vegetables during the Covid-19 lockdowns.

Last year, she sold her 75-strong luxury bag collection, which included a vintage Hermès Kelly bag listed for nearly £18,000. This year, her videos have included a tour of the gardens at the King's private residence, Highgrove, where she hosted an event with The King's Foundation charity, as well as a tour of her spring garden.

#### GETTING BACK TO NATURE

"This whole weekend, other than three hours when I went to the stables, I've been in my greenhouse and my kitchen garden," she says; the latter is a space where she grows vegetables and fruit. "What's lovely is that we've made use of a part of the garden that we didn't really know what to do with."

Previously, she says, there was "just a bit of lawn and some trees". The goodies currently growing include radishes, raspberries, beetroot and rhubarb. "It feels like a simpler life when you can pick something and use it in your kitchen."

The kitchen is one of her favourite places. "I'd felt quite out of sorts growing up; I didn't really have a solid base. A kitchen island that ►



Lydia built her career as a fashion blogger but now creates content celebrating country life; she even sold her 75-strong luxury bag collection last year

everyone congregates around feels like the beating heart of the home. It's just lovely."

Lydia's parents divorced when she was young, and she says that she was "sort of between the two of them" as she grew up in Hertfordshire. Eventually, after attending university in Northampton, she went to live with her grandmother for two years.

"She is the best woman on earth," she says. "It was just us in her cottage [near] Oxfordshire. She let me save until I could buy my first home with my boyfriend, who is now my husband."

It's clear that her grandmother, who is 92, has had a strong influence on Lydia's aesthetics. "I get a lot of my style from her. I look back at her outfits and think: 'I would wear that now,'" she says. "My office feels most like my grandmother."

Her office is home to the doll's house that her grandfather built her as a Christmas gift, with interiors designed by her grandmother. For its walls, Lydia chose hessian fabric in homage to her grandmother's love of decorating with textiles. ►



Bringing the outdoors inside;  
and (above) an al-fresco  
dining spot surrounded by  
flowers and greenery





Green fingers: Lydia learnt to grow her own vegetables during the Covid-19 lockdowns. She shares the sprawling Northamptonshire property with her husband, Ali (right), two dachshunds, Porter (above) and Berkeley, and a Bengal cat, Lumi

The office took two years to complete. “I constantly second-guess myself,” she says. “Now, as I move towards my forties, I feel like I’m more confident and I’m like: ‘Yes, we’ll go for red!’”

Children aren’t on the cards for the couple. “I feel so grateful for everything I have that I can’t imagine more,” Lydia says.

“For a long time, I was like: ‘Why don’t I want this?’ I love my life the way it is. I’ve got six nieces and nephews, we’ve got godchildren, and I’m so lucky. And then I get to spend the whole weekend in my greenhouse.”

#### NEW BEGINNINGS

Life has been nothing short of busy for her, however. Last week, she made her Buckingham Palace debut at a garden party celebrating the 50th anniversary of The King’s Trust, for which she is a digital ambassador.

“I’m trying to rewear as much as possible, but there are certain events that I like to be a fashion moment, and this was definitely one of them.”

The couple have just bought their first holiday home on the Norfolk coast, and there’s a lot to do. “It hasn’t been touched for 50 years,” she says.

There, Lydia should be able to channel her new passion: antiques. “It’s almost like the excitement of the Hermès bags, but without all the faff. That’s what antiques have given me. It’s great when you find the perfect item.”

And as she’s become more confident in her interior-design choices, she’s also developed a new career goal. “I would love to do something with cushions. I just love the impact they make – I think they change up a whole space.” **H**

INTERVIEW: MIRANDA THOMPSON

Find Lydia on Instagram @lydia



**'I NEVER REALISED THIS WAS MY DREAM. I DON'T  
THINK I APPRECIATED FULLY WHAT WE HAD'**



A full-page photograph of Dame Joan Collins on a red carpet. She is wearing a white, off-the-shoulder gown with large, voluminous ruffles and a high slit. She is also wearing black gloves, a diamond necklace, and earrings. The background is filled with photographers and cameras. The text 'DIALLING UP THE GLAMOUR' is overlaid in large white letters across the middle of the image.

# DIALLING UP THE GLAMOUR

*Dame Joan Collins and Jane Fonda are among the Hollywood legends commanding attention on the red carpet at Cannes*

Dame Joan Collins wears Stéphane Rolland haute couture for the opening of the 79th Cannes Film Festival



As one of the most glittering red-carpet events in the world, the Cannes Film Festival always attracts the most glamorous of stars. And as this year's extravaganza got underway last week, some of Hollywood's grandest dames flew into the south of France to provide a masterclass in stealing the show.

Dame Joan Collins, 92, put in a dazzling appearance while attending the festival's opening ceremony and screening of *La Vénus Électrique*. The former *Dynasty* star, who will take on the role of Wallis Simpson in the biopic *My Duchess*, wore an orchid-shaped couture gown by Stéphane Rolland, which she accessorised with opera gloves and diamonds.

Joan – who attended the festival with Percy Gibson, 61, her husband of 24 years – recently revealed that she had taken dance lessons with the choreographer Paul Robinson so as to command attention on the Cannes red carpet.

"I thought I want to just be able to get on the red carpet and not be a lump," she said. "I've never liked walking. The only time I want to walk is when I'm walking around Selfridges department store."

Matching Joan in the ruffled-gown stakes was the *Emily in Paris* star Philippine Leroy-Beaulieu, 63, who dressed in an opulent plum-coloured Saint Laurent creation recently worn by Beyoncé – which she teamed with Pomellato jewels.

#### SEQUINS AND DIAMONDS

Also attending the opening ceremony, held in the Palais des Festivals on the famous Boulevard de la Croisette, were the legendary Hollywood stars Demi Moore and Jane Fonda.

Demi, 63, shone in a sequined bustier dress by Jacquemus and a Chopard diamond necklace while Jane, 88, glowed in a black Gucci gown that boasted a high neck and long sleeves. She paired her look with a



Jane Fonda and Demi Moore wear Gucci and Jacquemus, while Philippine Leroy-Beaulieu (above left) chooses Saint Laurent

breathtaking Pomellato necklace featuring a 46.34-carat aquamarine.

Demi is on the festival's jury this year and joined her fellow members, including the Irish actress Ruth Negga, for a photo on the red carpet before posing next to Jane, who was making her first public appearance since the death of her former husband, Ted Turner, earlier this month.

Jane joined the actress Gong Li on stage inside the Palais to officially declare the festival open.

"I believe that cinema has always been an act of resistance, because we tell stories and stories

are what make a civilisation," Jane said. "Stories that bring empathy to the marginalised, stories that allow us to feel across differences. Stories that let us see that there is an alternative future that is possible."

The *Lord of the Rings* director Peter Jackson was then presented with an honorary Palme d'Or by the movie's star, Elijah Wood.

The second night of the festival saw Demi rule the red carpet once again when she attended a screening of *La Vie D'Une Femme* wearing a custom-made lilac Gucci gown and matching ▶



Demi chooses a show-stopping Gucci gown for the premiere of *La Vie D'Une Femme*



‘TRUE ART  
COMES FROM  
THE SOUL,  
THE SPIRIT  
OF EVERY  
ONE OF US’

*Demi Moore*

purple heels. She had earlier urged Hollywood to embrace the forthcoming AI revolution when she spoke during a panel with the festival’s jurors. “AI is here. And so to fight it is to, in a sense, to fight something that is a battle that we will lose. So to find ways in which we can work with it is a more valuable path to take.”

“The truth is there really isn’t anything to fear because what it can never replace is what true art comes from, which is not the physical, it comes from the soul. It comes from the spirit of each and every one of us sitting here, to each and every one of us who creates every day. And that they can never recreate through something that is technical.”

**NEW LOOK**

Elsewhere at the festival, Gillian Anderson debuted a new curly-haired look as she joined co-stars, including Hannah Einbinder, for the photocall of her forthcoming horror film *Teenage Sex and Death at Camp Miasma*.

Gillian, 57, opted for an archival Miu Miu dress, but it was her fresh new hairdo that garnered most of the attention.

“Curly hair really care! Love you @miumiu,” she wrote on Instagram.

Meanwhile, the actress Michelle Rodriguez reunited with her *The Fast and the Furious* co-stars on the famous steps of the Palais to attend a special screening of the hit 2001 movie to mark the 25th anniversary of the franchise.

Dressed in a floor-length strapless Paolo Sebastian couture gown, Michelle joined Vin Diesel, Jordana Brewster and Tyrese Gibson at the screening as well as Meadow Walker, the 27-year-old daughter of the actor Paul Walker, who starred in the franchise before he passed away in 2013.

Speaking on stage at the screening, Vin paid tribute to his late co-star, saying: “This is a film where brotherhood was introduced to our millennium, by myself and my brother Pablo [his nickname for Paul]. The person that was not going to let me come alone here to represent that brotherhood was Meadow Walker.”

The cast will star in the 11th and final movie in the franchise, *Fast Forever*, which is set to hit cinemas in 2028. “I just want you all to know, the only reason why we’re making the final *Fast* for 2028 is because of each and every one of you that has given us your hearts and your loyalty,” Vin told the audience inside the screening. “You make us want to make you all proud.”

Other stars who were seen on the red carpet during the first week of the festival included Heidi Klum, Maura Higgins and Poppy Delevingne. **H**

REPORT: MIRANDA THOMPSON, LAURA BENJAMIN



Gillian Anderson rocks Miu Miu at the premiere of *Teenage Sex and Death at Camp Miasma*. Below: Diane Kruger wears a playful dress by Givenchy with matching sandals and a sweeping forest-green cape



Lucy Punch, Philippa Dunne and Jennifer Saunders represent the Bafta-winning series *Amandaland*

# STARRY, STARRY NIGHT

*The Baftas bring together Britain's biggest names for a night celebrating standout shows*

**W**omen in comedy took centre stage at the Bafta TV Awards, where the atmosphere was as much about the comedy as the trophies. Lucy Punch, Philippa Dunne and Jennifer Saunders led the celebrations as their hit series, *Amandaland*, scooped the scripted comedy award, beating heavy hitters such as *Big Boys* and *How Are You? It's Alan* (Partridge).

Lucy and Philippa left the audience in stitches as they joked about being nominated in the same category: actress in a comedy. Lucy questioned why they were competing against each other when her character was clearly the lead: "No offence obviously, but I play Amanda."

However, it was the *Rivals* star Katherine Parkinson who received the accolade for her role in the BBC One comedy *Here We Go*.

The laughter continued as Claudia Winkleman accepted the reality award for *The Celebrity Traitors*. Celia Imrie became the night's recurring

punchline owing to her well-documented flatulence on the show – a detail even the American actor Seth Rogen noted while accepting the international award for *The Studio*.

Meanwhile, Alan Carr thanked Paloma Faith for his memorable moment award, joking: "There's no one I'd rather murder than you."

**HELLO!** was at the heart of the action, spotting that Alan and Amanda Holden were inseparable all night. The duo even helped each other to navigate the stairs to the afterparty following the gruelling three-hour ceremony with no breaks.

The financial expert Martin Lewis, who also received a Bafta, revealed his secret to surviving the show: a stash of Popchips, Maltesers and a banana. Steve Coogan shared the sentiment – upon winning the actor in a comedy award, he joked that he was thrilled to win because it meant that he could finally escape to use the bathroom.

On the red carpet, the presenter Vogue Williams teased her friend Joanne McNally's

progress in the current season of *Celebrity Traitors* – which is filming now – telling **HELLO!**: "Oh, Joanne is going to nail the *Traitors*. I haven't heard from her, which is always a good sign!"

Amid the comedy, the gritty drama *Adolescence* dominated the night. Stephen Graham won leading actor, and Owen Cooper and Christine Tremarco the supporting categories. The show also received the accolade for limited drama.

## BACK TO REALITY

Meanwhile, *Code of Silence* won the drama series award, and *EastEnders* took home the soap prize. The Bafta TV host Greg Davies couldn't resist poking fun at the abundance of reality TV shows nominated, saying: "I remember when reality television was just a matter of locking a few unstable people in a house full of alcohol and then we film them, but it's got complicated, hasn't it?" **H**

REPORT: GEORGE STARK, SHARNAZ SHAHID, LUCY NORRIS



Celebrity Traitors stars are out in force, including Alan Carr (above with Amanda Holden) and Celia Imrie (above right), and its host Claudia Winkleman (below, with her husband Kris Thykier)



Katherine Parkinson, currently starring in Rivals, wins a Bafta for her role in Here We Go

hulu

# RIVALS

Emily Atack looks sensational at the season-two premiere of *Rivals* last week

## LOVERS AND RIVALS

*Emily Atack leads the charge as Rutshire's glamorous stars bring the drama to London*

Jilly Cooper's *Rivals* is making bonkbusters fashionable again, and, for one night only, the BFI Imax at Waterloo in central London was transformed into the ultra-glamorous Rutshire countryside as stars of the series put their best Eighties-inspired foot forward.

Leading the arrivals in a plunging silver gown with a dramatically sculpted waistline, Emily Atack joined her on-screen husband Rufus Jones for pictures and interviews on the red carpet.

The actress, who plays Sarah Stratton, gushed over her castmates and told HELLO! that all of them were invited to her upcoming nuptials to Alistair Garner. "They are coming to every single thing I ever do for the rest of my life," she said.

"We're having to attend everyone's weddings [and] funerals," Rufus added.

Indeed, Emily also revealed that he would be delivering a reading on her big day. "He's my telly hubby, so, yeah, he's going to be doing a reading."

Rufus joked: "I'm a fantasy husband and she's just having to settle for the real thing."

#### CLOSE CASTMATES

Victoria Smurfit, who plays Maud, the wife of Aidan Turner's suave Declan O'Hara, wowed in a light mint-coloured, crystal-embellished Stella McCartney dress. She walked the carpet with David Tennant's on-screen wife Claire Rushbrook, who wore a kaftan-style burgundy midi dress.

They reflected on the cast's famed chemistry – both on set and off – and told us: "It's fair to say for all of us it was like just slipping back into a comfortable warm side of the bed. It really felt like no time had passed at all. The minute we all got back to set, it was like opening the door to the sandpit and all the kids racing out and eating sand. And that was us!"

In October 2025, in the middle of filming the second season, Jilly, the story's creator, who was an executive producer on the Disney+ series, died suddenly, aged 88. "She was very quietly spoken, so you'd have to lean in close to hear what she would say, and then she would just say



Victoria Smurfit, Katherine Parkinson and Danny Dyer. Below: Aidan Turner; and Alex Hassell and Bella Maclean

something magnificent that would make you feel like a million dollars," Claire recalled.

Victoria added: "She was one of life's amazing, sunny champagne, sparkly cheerleaders."

#### DRESSED TO IMPRESS

The bitterly cold evening did not stop the rest of the cast from making an appearance. David Tennant embraced his character's flair for dramatics in a Tony Baddingham-style purple velvet blazer and diamond-encrusted brooch. He posed for pictures with his wife Georgia and daughter Olive.

The series's most controversial couple, Taggie (Bella Maclean) and Rupert Campbell-Black (Alex Hassell) were joined at the hip as they did the red carpet rounds. Bella was dressed in a stunning cut-out pink and black sheath dress, while Alex was dapper in a grey pinstriped blazer and black vest. Struggling with the cold, Bella graciously accepted Alex's jacket and adopted it as her outer layer for the evening.

Danny Dyer opted for a stone-grey double-breasted suit, deep turquoise silk shirt and tie and some orange-tinted sunglasses, while Nafessa Williams stole the show in a blush-pink corset dress that featured a glittering rose-coloured sheer organza train. **H**

REPORT: LAURA BENJAMIN, LUCY NORRIS

Season two of *Rivals* is streaming now on Disney+



Season two of *Rivals* has turned the dial up, according to Nafessa Williams, who plays the ambitious TV producer Cameron Cook.

"I didn't think the show could shock me any more," Nafessa said at the Los Angeles Times Festival of Books, where she spoke alongside Dominic Treadwell-Collins, the showrunner of *Rivals*. "I couldn't believe some of the moments and some of the new relationships. It's drama and it's spice and it's sex."

Previously known for her roles in the 2022 biopic *Whitney Houston: I Wanna Dance with Somebody* and the superhero TV series *Black Lightning*, Nafessa, who grew up in Philadelphia, was thrilled to be reunited with her character, who was last seen embarking on an affair with the show's swaggering lead, Rupert Campbell-Black, played by Alex Hassell.

In fact, Cameron was the reason for Nafessa's move from Los Angeles. "When I read the script, I called my team and said, 'I will move to London,'" she said. "It was because she is such an empowering character that you just didn't see in the Eighties."

#### FITTING TRIBUTE

Dame Jilly Cooper, who died in October last year, was heavily involved with the TV adaptation of *Rivals*, having served as an executive producer. Nafessa hadn't heard of the books beforehand, but said she can see now what they meant to people – and what the show's success meant to its author.

"What was a blessing for me was watching someone like herself, who had had so much success, still have dreams come true later on in life," she said. "She would come to set and be so giddy, especially around the guys – she loved how handsome they were. You literally watched her dreams happening, and to be a part of that was really special."

Jilly's star-studded memorial service in January was unforgettable for many reasons, not least because it was attended by the Queen, one of the author's long-time friends; Camilla's first husband, Andrew Parker Bowles, was said to be one of the inspirations for Rupert.

"I'd never been at a funeral – right after, we had champagne. I was like: 'This is very Jilly.' I also had to wait for the Queen to come through. We could be sad about it, but it was a celebration of her life."

Before Jilly's death, Dominic, who has the TV rights to the entire *Rutshire Chronicles* book



# 'JILLY WOULD BE SO GIDDY'

*Rivals* star Nafessa Williams reveals why she feels blessed to have worked with the legendary Dame Jilly Cooper



series, said that he had "talked to her about further seasons and about where we were going with the series".

This season sees Nafessa's character deviate from the original storyline. "In the book, she turns into a drip, so we've had to look at that and go, 'How can we play around with it?'" Dominic said. "We have this rule that she's always the cleverest one in the room – she's always one step ahead."

"When I get dressed as Cameron, the game is on," Nafessa said. "She knows who she is, and she's not afraid of it. The men think they're really strong on the show, and Cameron always has a good surprise for them. I can't wait for you all to see some of the surprises." **H**

REPORT: REBECCA LEWIS, MIRANDA THOMPSON

*Season two of Rivals is streaming now on Disney+*

Nafessa, who plays Cameron Cook in *Rivals* (left), at the premiere last week; and (below) with Dame Jilly Cooper at the season one screening in 2024



# 'WE HAVE A LOT OF FUN'

*Tamara Beckwith Veroni and her daughter Violet tell us about their special bond as they prepare for Lady Garden's first appearance at Chelsea Flower Show*



Laughter fills the air as Tamara Beckwith Veroni and her lookalike daughter Violet lark around in the spring sunshine. Not only does Violet – who goes by the nickname ViVi – bear a striking resemblance to her mother, but they also share the same fun-loving nature, which is evident as they playfully pose for the camera in this exclusive photoshoot with **HELLO!**

“I have never been serious, ever,” admits Tamara, who is a campaigner for women’s health. “To me, life is about fun. I mean, if you put me in McDonald’s, or a DIY shop, I’d have a great time. Being serious is hard work. I don’t really enjoy it.”

At 17, Violet is the same age that Tamara was when she had her eldest daughter, Anouska, which is something Violet finds difficult to comprehend. “Can you imagine?” she says.

Violet’s life is certainly different from that of a teenage Tamara, who left school to have her baby and later juggled single motherhood with a ▶

Violet’s dress, Aje; earrings, Pragnell; ring, Solange x Lady Garden; bracelets, Missoma; boots, Mango

Tamara’s suit, Serena Bute; T-shirt, Rag & Bone; heels, Terry de Havilland; bracelet, Carolina Bucci; other jewellery, Pragnell

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**‘VIVI IS  
MUCH MORE  
RESPONSIBLE  
THAN I WAS AT  
THAT AGE’**

*Tamara*

---



Tamara's trousers,  
ME+EM; shirt,  
Wiggy Kit; jewellery,  
Pragnell; shoes,  
Gianvito Rossi

Violet's dress, Sister  
Jane; necklace,  
bracelets and ring,  
Pragnell; earrings,  
Essēn



Tamara  
with Violet  
in 2012  
(left)

Nineties “It-girl” lifestyle – socialising on the party circuit in London and Los Angeles while writing columns for newspapers and glossy magazines.

“There’s a whole room in our house that has magazines stacked everywhere, and mum has put Post-it notes in between [the pages] where her friends are and where she is,” Violet says.

“When I was little, I used to go in there and go through those pages. It’s so funny to think that she was my age doing all of that and I’m still at school figuring it out. She had different experiences, which is interesting.”

“ViVi is much more responsible than I was at that age,” Tamara says.

“I was in trouble at nursery school, I was in trouble at prep school, I was in trouble at ballet... It wasn’t like I was trying to be naughty, but I think my thirst for life is just unquenchable.”

#### **SPEAKING OUT**

After the death of her mother from endometrial cancer at the age of 68, that passion for life – and living for as long as possible – galvanised Tamara to co-found a women’s health charity, the Lady Garden Foundation, 12 years ago alongside her friends Jenny Halpern Prince, Chloe Delevingne and Mika Simmons.

This week, Lady Garden is in full bloom at the RHS Chelsea Flower Show, where Tamara and a host of celebrity supporters are showcasing the charity’s design, titled Silent No More. It has a prime position opposite the garden created by The King’s Foundation, which is hosted by His Majesty and Sir David Beckham.

Among the famous friends who will be taking turns hosting are Davina McCall, Trinny Woodall and Vernon Kay, who will help to raise awareness and spark conversations with visitors about the five types of gynaecological cancer, which kill 21 women in the UK every day yet are not often talked about.

“The Chelsea Flower Show is the biggest flower show in the world, so I don’t think we have ever worried about having visibility, but with the King having his foundation’s garden this year, and David Beckham having just been made a Sir, I think the interest is going to be even more than normal,” Tamara says.

“I have met David Beckham many times, but I haven’t been properly introduced to the King.”

Designed by the award-winning Cornish landscape designer Darren Hawkes, the garden features abstract clay sculptures representing the female anatomy and water that connects ►



Dress, Rixo;  
boots,  
Mango



spaces, to symbolise communication. There is also seating and a communal area where people can share stories.

“Our brief was that we wanted people to be more vocal and not be embarrassed, or feel like this is taboo,” Tamara says.

“When Mummy got ill, I think we were very angry because we knew she hadn’t gone to the doctor when she had severe symptoms. She was from a generation where you didn’t complain and women were embarrassed, so they were very alone.

“This is the first Chelsea Flower Show that a gynaecological cancer charity has been at, so in as far as breaking that ground, we’re thrilled. Obviously, fundraising is one side of the charity, but the education is what we’re properly launching at the garden.

“Darren asked me if there’s anything I would like and I said I’d like something pink, I’d like a little bit of water and I’d like somewhere to be able to talk to my mum.”

#### **FAMILY SUPPORT**

Violet, who was only two when her grandmother died, plans to join her mother at the show later in the week. She has also taken part in previous events such as the annual Lady Garden 5km run at Battersea Park, where participants have included Davina, Princess Beatrice, Cara Delevingne, Millie Mackintosh and the Spice Girl Melanie Chisholm.

It’s clear how close mother and daughter are as they coordinate their looks, choose jewellery and admire each another’s outfits.

“We’re both similar in the way we like to be silly, and we have a lot of fun doing simple things like karaoke in the car, which my brother loves,” says Violet, who spends weekdays at a boarding school, where she’s studying for A-levels in Spanish, English and business. She hopes to go to university in Madrid or the US.

Tamara's jacket, Really Wild Clothing; jeans, Frame; earrings and bracelet, Carolina Buccì; t-shirt, ME+EM

Violet's dress, Beulah; necklace, Soru

The Silent No More garden at the 2026 Chelsea Flower Show (below) invites visitors to sit and share stories about gynaecological cancer




Tamara, 56, also has an 11-year-old son, Vero, with her husband, the Formula E executive Giorgio Veroni, as well as a granddaughter, Anouska's seven-year-old daughter, Luna. She jokes that Violet has inherited "the double gene" when it comes to socialising at the weekends.

"I like to go out – I call it social networking," Violet says. "Mum gives me a lot of leeway, but if I have to be back by a specific time and I'm not back, then that means I'm not allowed to do that the next time, which is fair enough."

Tamara says: "Having been a mum both young and old, I think I'm better as an older mum because I'm more relaxed. Everything's for them, and I'm not trying to be everywhere and see everything and do everything and give everything."

"From the moment ViVi arrived in my arms, I just couldn't stop staring at her silky jet-black hair and her big violet-blue eyes and long black lashes – she has always been a beautiful Italian signorina. Her vivacious love of life and her papa's strong sense of style make her fun to be around. Ever since she was little, we took her everywhere with us, so she loves being around people."

"We are very compatible and, surprisingly, she doesn't have any desire to push my buttons. My mother thought she was going to be my payback, but so far, whilst she's definitely no angel, she brings me immense joy." 

INTERVIEW: TRACY SCHAVERIEN

*Lady Garden Foundation's Silent No More garden is at the Chelsea Flower Show from 19 to 23 May*



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### SABRINA BRINGS THE SUNSHINE

In the most on-trend colour of the moment, butter yellow, Sabrina Carpenter made a dramatic entrance at the Dior Cruise fashion show in Los Angeles. The singer, 27, wore a stunning sheer dress from the label, featuring a drop waist and floral embellishments.

She was joined on the red carpet by A-list stars including Miley Cyrus and Lauren Hutton, all of whom gathered at the Los Angeles County Museum of Art for the catwalk presentation, which marked the brand's creative director Jonathan Anderson's first Cruise collection.

Explaining the concept of the show, he said: "We started with this idea of dressing up: dressing up in daytime, dressing up in evening... We just wanted a collection that is a bit fun."



A full-page photograph of Michelle Dockery. She is wearing a black double-breasted blazer over a black top and a black belt with a gold buckle. She has long, wavy brown hair and is looking directly at the camera with a slight smile. The background is slightly out of focus, showing white window blinds and a dimly lit interior with other people in the background.

### MICHELLE CARVES OUT TIME TO NEST

Michelle Dockery kept it low-key in black for a night out in Mayfair – a rare public appearance after recently welcoming her first child with her husband, Jasper Waller-Bridge.

She was attending the birthday of Darnell Strom, United Talent Agency's European head.

The actresses Michaela Coel and Gugu Mbatha-Raw were also among the guests at the restaurant Fenix.

Michelle recently starred in the third and final *Downton Abbey* movie, but is now planning a well-earned break.

"I am actually looking forward to having a little bit of time out," she said recently. "Who knows what is next? And that's what's so exciting about what I do."



## PENNY EARNS HER FREEDOM

Sir Rod Stewart said he was “so proud” of his wife, Penny Lancaster, after she received the Freedom of the City of London honour last week. The model and TV personality was honoured for her work as a special constable in the police as well as her support for charitable causes, including The King’s Foundation.

“She has a heart of gold and keeps me in order, and anybody who can keep me in order deserves an honour,” Rod said. “I’m so proud, I don’t know what she sees in me. I’m just a mere knight of the realm, but it’s well deserved.”

Penny said she found the accolade astonishing. “I was shocked to be nominated and to be awarded this for my work... because it’s all about giving back and thinking of others.”



## PRIYANKA DAZZLES IN LA

Priyanka Chopra Jonas was presented with the global vanguard honour at the Gold Gala in Los Angeles in recognition of her 25-year film career. The gala event celebrates people shaping cross-cultural narratives.

The actress, who is from India, chose a bespoke embroidered gown by the New Delhi-based fashion house Amit Aggarwal for the occasion.

“For this piece, we revived a two-decade-old Chikankari sari, embroidered entirely by women on an incredibly delicate chiffon using a single silk thread,” Amit said of his creation.

“Thank you @goldhouseco for the honour and the feeling of community and belonging last night,” Priyanka wrote on social media.

# THE INSIDE STORY



## JANET JOINS HALL OF FAME

Her seminal album may be nearly four decades old, but Janet Jackson's *Rhythm Nation 1814* is still making waves.

The record, which was released in 1989, was inducted into the Grammy Hall of Fame last week, with the woman herself attending the gala to accept the honour.

"I'm so grateful and honoured that *Rhythm Nation* is being recognised tonight in this wonderful, wonderful way," she told the audience at The Beverly Hilton in Los Angeles.

"It's beautiful to relive the memories attached to this project. I don't see *Rhythm Nation* as a phenomenon that lives in the past. It's an ongoing force that fights bigotry and promotes understanding."

# THE INSIDE STORY



## AMELIA PUTS THE FUN IN FLORALS

The opening of a new boutique on London's Sloane Street is always a glamorous occasion – and last week's event to celebrate the new Zimmermann shop was exactly that, with guests including **HELLO!**'s fashion contributor Lady Amelia Windsor and the model and actress Poppy Delevingne.

Amelia looked radiant in a floral gown by Zimmermann, which she teamed with her trademark brogues. Poppy, who recently turned 40, arrived fresh from an appearance at Cannes Film Festival and looked elegant as ever in a fringed dress by the label.

Guests, who also included Lady Mary Charteris and the nutritionist Emily English, were served champagne before enjoying a luxurious sit-down dinner.

REPORTS: LAURA BENJAMIN. PHOTOS: ALAMY STOCK PHOTO. GETTY IMAGES. PA IMAGES

## TAYLOR'S NIGHT OUT IN NYC

Her every move is documented by legions of devotees, so Taylor Swift's fans – aka Swifties – were delighted to see the megastar venturing out in a variety of fashionable looks last week.

The pop star is preparing for her forthcoming wedding to the NFL star Travis Kelce.

After a whirlwind trip to London, where the couple attended Poppy Delevingne's birthday party, Taylor was spotted in New York looking chic in grey trousers and a white Stella McCartney peplum top, which she paired with a Fendi bag and heels from The Row.

The singer, 36, spent the evening at the exclusive private members' club Zero Bond in Manhattan's NoHo area.

It has been reported that Taylor and Travis will tie the knot in the city this July.



A portrait of Kylie Minogue with long, wavy blonde hair, looking directly at the camera with a slight smile. She is wearing a light blue and green plaid dress with a delicate green lace overlay. Her right hand is resting on her chest. The background is a plain, light-colored wall.

# 'I KNEW I'D CRY ABOUT MICHAEL'

*With an explosive documentary about her life and career about to be released, Kylie Minogue tells HELLO! why she's finally ready to share her story*



**K**ylie Minogue is as much an honorary national treasure as she is an enigma. Despite spending four decades in the spotlight, the “Princess of Pop” has kept her private world behind a velvet curtain – until now (George Stark, pictured with Kylie, writes). With a highly anticipated three-part Netflix documentary out this week, one that is set to pull back the lens on her extraordinary life, Kylie is finally ready to tell her story.

Yet when **HELLO!** meets the “five foot and a whisper” superstar at a suite in Soho’s Ham Yard Hotel – dressed in full glam, of course – she is playfully apprehensive about its imminent release. “It’s not out in the wild yet,” she says, “so I’ve yet to see what the result is.”

“It” is a fascinating and celebratory retrospective. From her breakout success as Charlene on the Australian soap opera *Neighbours* in the late Eighties to her evolution into a global pop icon with more than 80 million records sold, the documentary spans the full, vibrant gamut of Kylie’s career. Nevertheless, taking part was clearly an overwhelming experience for the notoriously private star.

“The trust fall was one worth taking,” she says of working with Michael Harte, the Bafta-winning director behind similar Netflix documentaries on Sir David Beckham and Michael J Fox. “But the process was deep, long – it was a lot of work. But I think we all wanted to work hard and get a good result.”

The documentary sees Kylie, who recently returned to her native Australia after nearly three decades living in the UK, sitting in a long-time friend’s apartment in Paris as she sifts through her archives, revealing never-before-seen personal photographs and home videos.

“I’d come across archive after archive for months and months,” she tells us of the process, adding that often unmarked video tapes “from God knows when” would spark memories. Then she’d quickly have to get the camera set up to film her reaction. “I think we had some lucky breaks along the way.”

#### KYLIE AND JASON

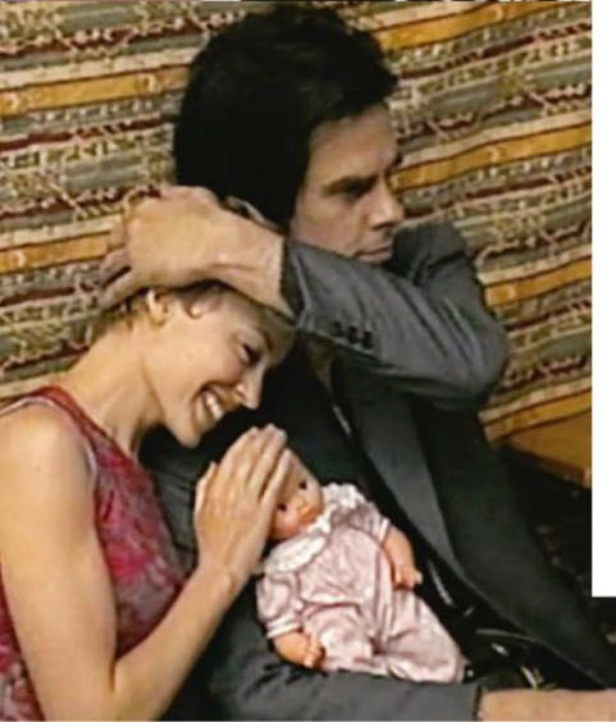
One of the lucky breaks was getting her former boyfriend and *Neighbours* co-star Jason Donovan, whom she dated from 1986 to 1989, to contribute to the documentary. The couple famously became close while playing on-screen sweethearts Charlene Mitchell and Scott Robinson on *Neighbours*. ▶



Kylie (above) with her younger sister, Dannii, and (below) with her mother, in a photo shared to mark Mother’s Day this year



Nearly 20 million British fans tuned in to watch Kylie and Jason's fictional sweethearts Charlene and Scott tie the knot on *Neighbours* in 1988. Top: Kylie fell in love with Michael Hutchence in 1989. In 1995, she collaborated with Nick Cave (below) for the song *Where the Wild Roses Grow*



The painful conversation to which Kylie alludes occurs when Jason is asked about his feelings towards the late Michael Hutchence, the frontman of the band INXS.

#### MEETING MICHAEL

Michael famously dated Kylie for two years after she split from Jason in 1989 – a break-up that, at the time, appeared particularly bitter from Jason's perspective. "I could tell something wasn't right. I could tell. I could smell it," Jason recalls in the documentary.

Kylie tells us that, for her, speaking about Michael, who died by suicide in 1997, was understandably emotional.

"That was the first time I cried on camera in interviews," she says. "I was like: 'Uh oh, uh oh, uh oh.' I knew it was gonna happen and here it comes. I didn't think it would be about that conversation. But when I really think about him and talk about him, I can often just feel his presence and think about that time."

"In the conversations about Michael, I was really trying to put myself back in the moment, so I would become more emotional, which was interesting. I think it was good. I think maybe it's just something that people can relate to."

The documentary reveals that Michael led Kylie into a decadent, rock'n'roll lifestyle and a journey of self-discovery that helped to change her image from innocent soap star to pixie-cropped pop diva.

Their ultimate split left her "devastated" and, in one of the most revealing moments of the entire series, she says: "It was definitely an amazing point in time and I've probably been looking for something like that ever since – and I haven't got it."

#### PRIVATE LIFE

The documentary also explores the "devilish" rumours of her past, touching on whispers of a high-octane "sex, drugs, and rock'n'roll" lifestyle during her most rebellious era.

Ever the professional, Kylie remains expertly tight-lipped, letting the mystery of those wilder years speak for itself.

"I like to keep the mystery," she tells **HELLO!**. "I am not a kind of 'here it all is' [person], I don't think I'll ever be that person."

"And I think for one's own sanity, you need to keep... I mean, it probably sounds at odds as I'm sitting in front of a documentary ▶

In a highlight of the first episode, Jason is surprisingly candid about their love affair. He appears heartbroken that it ended – admitting that he thought they would get married and start a family together – and uses colourful language as he complains that to this day he's still constantly asked by cab drivers about their romance.

So how did Kylie feel about Jason dropping these truth bombs? "There's some clangers!" she laughs. "It's just unreal. I just thought that's quintessential Jason Donovan. Maybe all of us, as we kind of go through life, become [bigger] versions of ourselves."

"I just thought that's so JD. Swearing, telling it how it is. I love seeing how he felt at ease enough to be really truthful, even when it was a painful conversation. I appreciated it so much."

Kylie adds: "I didn't know what any of the contributors had said. I didn't know what the shape of the documentary was. It was all revealed to me when I went to see it. So you can only imagine it was... I was very moved by what Jason said and also just all the footage of us in *Neighbours*. So, yeah, very fond memories."



Kylie at Michael's funeral in 1997. "When I really think about him and talk about him, I can often just feel his presence and think about that time," she says now



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'I'VE LIVED  
A PUBLIC  
LIFE, BUT I  
AM STILL A  
VERY PRIVATE  
PERSON'

---



Kylie in the video for *Can't Get You Out of My Head* in 2001 and (below) during her *Showgirl* tour in 2005 contrast with snapshots from her personal life, including those charting her cancer treatment

poster. I've lived a public life, but I am still a very private person."

However, the singer did agree to have her whole family appear together on film for the first time. In a touching scene, Kylie is joined by her sister, Dannii, her mother Carol, her father Ronald, and her brother, Brendan, who is rarely seen. "There is not a world in which my parents are going to sit down and do a talking-head interview. They don't do that," she tells us. "So I really have to speak with all the family before kind of hitting the green light."

Kylie explains that if she found anything family-related in her archives, she would immediately check in with them to ensure that they were happy with the result.

"Anything that had family in it? I sent it to them first," she says. "So, yeah, again, it's been a process. If it was my archive, that was fine, but anything to do with family, I needed them to be OK with it."

#### DEALING WITH CANCER

In the final episode, Kylie delves into her huge pop comeback with the single *Spinning Around* in 2000, as well as her experience with breast cancer, which she admits was a "struggle" to relive for the documentary.

In May 2005, at the age of 36, Kylie was informed that she had breast cancer, which forced her to cancel her tour and a Glastonbury appearance for surgery and chemotherapy.

After undergoing treatment in Melbourne and Paris, she was given the all clear in 2006 and returned successfully to the stage.

After a long pause, Kylie tells **HELLO!** that the experience of discussing this was "both cathartic and difficult".

She says: "You know, I'm talking about it from a vantage point where I'm not in that situation now, so my only struggle with that is I can never really tell that whole story, because there's a lot to it and it doesn't kind of come and go. It's something you still have to navigate."

Kylie says that she can't help but quote her own song *Story*, a deeply personal closing track from her hit 2023 album *Tension*, in which the lyrics reflect on overcoming personal difficulties with the support of others.

"I knew that [the cancer battle] would be part of the story. I just keep going to the [song's lyrics]... were you part of my story?"

Reflecting on our conversation about holding back on private matters such as these, she tells us: "Again, I think my audience, in general, know there's boundaries and are happy to exist with me either reading between the lines or knowing that [they've] got my heart, but my common sense holds me back a little bit. And I'm happy with that ratio." **H**

INTERVIEW: GEORGE STARK

*KYLIE is available to stream on Netflix from 20 May*



PHOTOS: @KYLIEMINOGUE, ALAMY, GETTY IMAGES, NETFLIX

The King and Queen arrive at the Royal Albert Hall for the special anniversary celebration

# THE KING'S A-LIST PARTY

*Celebrity guests join the King and Queen at the Royal Albert Hall to mark 50 years of The King's Trust helping young people*



George and Amal Clooney; left, Good Morning Britain presenter Kate Garraway

**T**he King and Queen were joined by a glittering cast of A-listers as they celebrated 50 years of His Majesty's inspirational charity, The King's Trust.

The star-studded line-up at the Royal Albert Hall included the Hollywood power couple George and Amal Clooney as well as Sir Idris Elba, Benedict Cumberbatch and Lily Collins.

**HELLO!** was a media partner for the event, A King's Trust Celebration, an evening of entertainment and awards honouring some of the young people who have been helped by the charity that Charles, as the Prince of Wales, founded in 1976 with his Royal Navy severance pay.

The evening included performances from Sir Rod Stewart, Rita Ora, Jools Holland, Craig David, Anne-Marie and Skye Newman, and was hosted by the King's Trust ambassadors Ant and Dec, whom the King said never looked any older. "It's all make-up," Ant replied.

Other high-profile names included Fearne Cotton, Kate Garraway, Alesha Dixon, Rochelle Humes and Charlotte Tilbury, who revealed that the Queen wears her lipstick brand.

**STARRY CROWD**

As Charles and Camilla met celebrity supporters backstage, the human rights lawyer Amal, who presented a women's empowerment award and turned heads in a striking gold gown, told the King that she was "proud and grateful" to be involved.

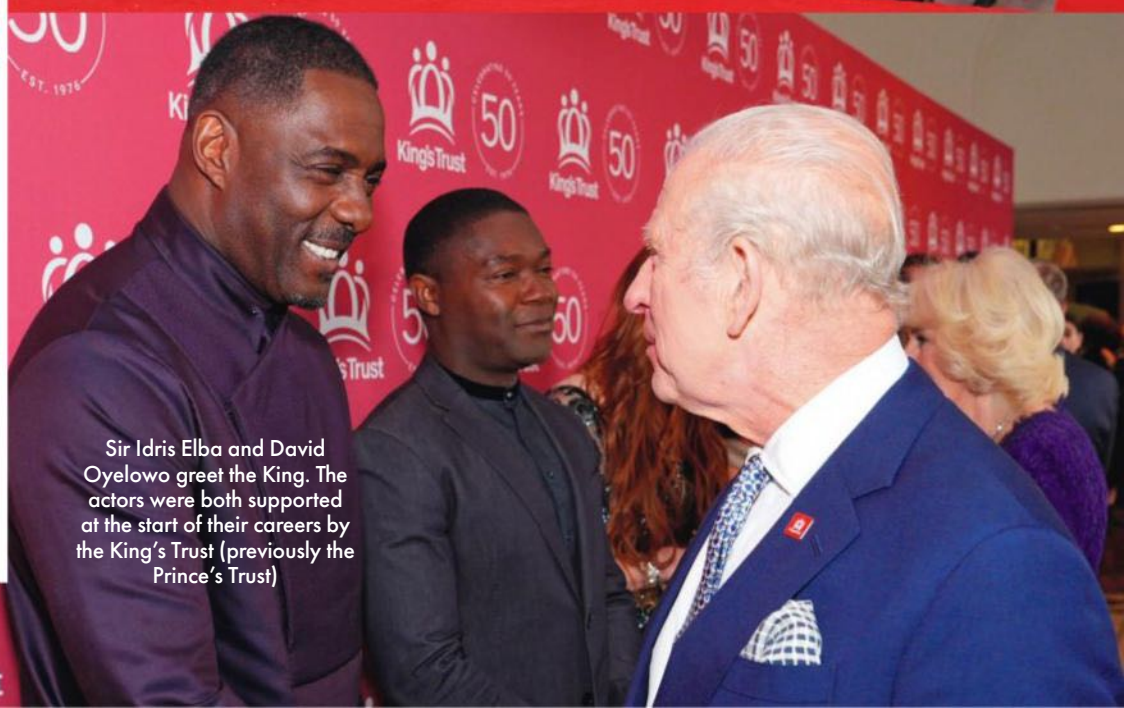
George added: "What can I say? Thank you for inviting me. We very much appreciate it. Thank you."

Camilla, in a lace evening dress and purple cape, chatted to Amal about make-up after hearing that she was wearing Charlotte Tilbury.

Confirming that the Queen also wears her brand, Charlotte said: "Yes, she does... Pillow Talk isn't the number-one bestselling lipstick in the world for nothing!"

Charlotte, who is a global ambassador for the King's Trust, praised Charles for helping to transform the lives of 1.3 million disadvantaged young people in the UK by helping them to develop skills to find work, adding £1.4bn to the economy.

"My advice to young people is always to dare ▶



Sir Idris Elba and David Oyelowo greet the King. The actors were both supported at the start of their careers by the King's Trust (previously the Prince's Trust)



Rita Ora; the King with King's Trust ambassadors Charlotte Tilbury (above) and Sir Rod Stewart (below); left, Fearne Cotton



to dream it, dare to believe it and dare to do it. Because if you dare, your dreams will 1,000% come true," she told **HELLO!**.

Gaby Roslin, an ambassador for 30 years, said of the King: "He's passionate about the Trust, he's passionate about caring for young people, he believes that everybody should have an opportunity and he's passionate about the planet, too. He's a good man."

#### FULL CIRCLE

Among the winners on the night was Brandon Tattersall, 27, who received the Homesense Young Achiever award from the former England football manager Sir Gareth Southgate and, along with fellow winners, met the King and Queen during the evening.

Brandon, from Chorley, Lancashire, struggled at school and sank into depression after being made redundant and then failing to get an accountancy apprenticeship. However, after joining the King's Trust's business administration training programme, he is now thriving as a data analyst.

"The redundancy, the rejection of the apprenticeship and bottling a lot of things up inside, I was sort of getting to a breaking point," Brandon told **HELLO!**. "Now I'm motivated every day to push forward and to get as far as I can in my career. I never thought I would be this confident in what I do. It's like the difference of night and day."

Now a youth ambassador for the charity, he added: "It's also a massive thing for me to be able to help young people who are in similar positions to myself and help to give them the opportunity to develop themselves and fulfil their potential. I don't really want to think about where I would be without the King's Trust, but I know I definitely wouldn't be anywhere near this."

#### ROYAL SUPPORTER

Formerly known as The Prince's Trust, the charity helps young people aged 11 to 30 from disadvantaged backgrounds develop essential life skills and gain access to job opportunities.

The Bafta-nominated actor David Oyelowo, 50, who like Idris launched his career with the help of the King's Trust and is now an ambassador, told **HELLO!**: "I feel really privileged to have been part of the legacy of this Trust, from a recipient to now an ambassador to now be celebrating half a century of what I think is truly one of the jewels in the crown of what the royal family do."

"What the King has done with his privilege –



and I think he would describe it as such – it’s a very special thing.”

Recalling how Charles had watched him play Henry VI on stage in 2001, he continued: “He always tells me how proud he is of me. I remember him coming to see me at the Royal Shakespeare Company, which was a beautiful thing, because his Trust paid for me to go to the youth theatre where I started that journey. So him coming to see me play the King of England at the Royal Shakespeare Company was quite special.

“I think he got some tips on how to be King,” he added with a laugh. **H**

REPORT: TRACY SCHAVERIEN AND MILLIE JACKSON

Lily Collins, whose father Phil Collins has worked with the King’s Trust for over 40 years



# FIT FOR A KING

*HELLO! joins stars for a special garden party at Buckingham Palace to celebrate 50 years of The King's Trust*

**C**elebrities dressed up in their finery for a garden party at Buckingham Palace to celebrate 50 years of The King's Trust. The rock legends Sir Rod Stewart and Sir Brian May and their wives, Penny Lancaster and Anita Dobson, or Lady May, were among the famous guests.

Also in attendance were **HELLO!**'s chief content officer, Sophie Vokes-Dudgeon, and magazine editor, Jessica Callan.

The weather was typically English, with guests braving rain and hail before a beautiful double rainbow appeared above the palace.

Rod and Brian were full of smiles. Rod had painted his nails green to celebrate the previous night's win for his football team, Celtic. He also chatted with the singer Phil Collins and his wife, Jill, the actor Christopher Biggins, and the broadcaster Kate Garraway.

Geri Halliwell's daughter, Bluebell, had extra cause for celebration. "It's her 20th birthday today so I've taken her here to the Palace," the former Spice Girl told us.

The British astronaut Tim Peake praised The King's Trust, telling us: "I ran the 2016

[London] marathon on a treadmill aboard the [International Space Station] to raise money for what was then the Prince's Trust."

Dame Helen Mirren was having a fabulous time despite having to shelter under an umbrella. The King pointed to her wrist brace and asked if she was all right. "Oh, I'm fine – I broke my wrist," she replied.

#### **BUSY SCHEDULES**

The singer Sam Ryder told us about his theatre show, *Jesus Christ Superstar*, which opens in London's West End next month, while the Homeland star Damian Lewis revealed that he was doing "a bit of music" while trying to get his children through A-levels.

Also spotted were the TV stars Ant and Dec, Holly Willoughby and Myleene Klass.

Other famous faces included the former prime minister Theresa May and her husband, Sir Philip May, and the MP Angela Rayner with her partner, Sam Tarry. "It's Sam's first time at Buckingham Palace," she told us.

Sir Idris Elba was DJing at the party with 22-year-old Christian St Louis – an alumnus of

the King's Trust Creative Futures programme, launched in partnership with Idris.

To the delight of the crowd, the King joined them to press play on the music. Idris said: "He said he was going to DJ today, and he did!"

The event featured magicians, live art and a talk by the former England football manager Sir Gareth Southgate, who brought his daughter Mia. Waiters offered guests English breakfast tea, iced coffee and apple juice.

The quintessentially British menu included coronation chickpea and chicken wraps, trout and cream cheese mini bagels flavoured with elderflower and dill and a selection of finger sandwiches: gammon and mustard, egg and cress and, of course, cucumber with labneh and mint.

The afternoon tea was rounded off with a generous selection of cakes, including Victoria sponge, strawberry Battenberg, honey apricot cheesecake, chocolate topped with a gold-leaf crown, along with the traditional scones with blackcurrant jam and clotted cream. **H**

REPORT: SOPHIE HAMILTON



The King greets Dame Helen Mirren and Damian Lewis (far left), Mylene Klass (right) and Ant and Dec and DJ Carl Cox (below). Left: HELLO!'s Sophie Vokes-Dudgeon and Jessica Callan with singer Sam Ryder. Above: the designer Kelly Hoppen with Holly Willoughby



The Princess of Wales arrives in Reggio Emilia for the two-day visit as part of her work in early childhood development



# A ROYAL SUPERSTAR WELCOME

*The Princess of Wales is energised as she flies to Italy to unveil ambitious plans for early years education – and prompts joyous scenes reminiscent of Diana-mania*



Surrounded by thousands of fans who had lined the streets to welcome her, I watched as the Princess of Wales made her incredible comeback to international travel last week and launched a “global mission” to take her work as a children’s champion around the world (writes **HELLO!**’s royal editor, Emily Nash, pictured).

This momentous visit was her first overseas working trip since her cancer diagnosis two years ago and Kate was said to be “enthused and energised” during the two-day visit to Reggio Emilia in northern Italy.

She also spoke more personally and emotionally than she has done on previous overseas tours. A Kensington Palace spokesman told **HELLO!** that she found the trip “deeply

moving on both a professional and personal level.” I joined the Princess as she received a superstar’s welcome in the medieval town, where about 3,000 people, including nuns and preschoolers, had gathered, shouting her name as she stopped to chat and pose for selfies.

There were echoes of her late mother-in-law, Diana, Princess of Wales, as Kate-mania gripped the town. She was greeted by cheering crowds calling her name and shouting “Bellissima!”, meaning “very beautiful”.

Looking chic in an azure blue trouser suit by the Canadian-British designer Edeline Lee, the Princess revealed an impressive command of Italian as she chatted with locals and stopped to play with a baby.

“I think Italian people see Kate as following on from Diana,” Paolo Rosato, a senior journalist at the newspaper *il Resto del Carlino*, told **HELLO!**. “For my generation, Diana was so important. ►

I'm 44 but my daughter is nine, and she knows Kate and likes her very much. I think Kate and Diana's stories are close. She has replaced Diana in people's affections, so the announcement of her trip here was a moment of joy and great happiness."

The Princess had not travelled for work since 2022, when she joined her husband, the Prince of Wales, at the Earthshot Prize ceremony in Boston. This time, she was in Italy solo to promote her own passion project, the Royal Foundation's Centre for Early Childhood, and wanted to find out more about Reggio Emilia's world-leading philosophy for raising children.

The city focuses on the importance of attentive carers, the environment that surrounds a child and nature as "the third" teacher.

At the end of the visit, Kate said: "Over the past two days in Reggio Emilia, I have seen first-hand the power of nature and creativity that put human connection at the centre of a child's world.

"I have had such a deeply moving and unforgettable time here. Thank you to the people of Reggio Emilia for welcoming me into a culture of care with such warmth and generosity."

#### WELCOME RETURN

The tour marked a significant milestone in Kate's return to royal duties, as her team continues to try to find the right balance between supporting her continuing recovery and her return to public-facing engagements.

It also signals a new phase in her work highlighting the importance of early childhood development, and is the first of several she is planning around the subject.

"Undoubtedly, this is a huge moment for the Princess," said a royal aide. "Although there will be many highlights of 2026, I think this being her first official international visit ▶



Kate is presented with the Primo Tricolore award by the mayor, Marco Massari; and (top) greets children in Italian, having picked up the language during her gap year in Florence



Kate proves very popular with pupils at the Anna Frank preschool



post-recovery is a really significant moment for her. This visit is an important step in the Princess's recovery journey. She takes great joy from this work. I think it is only right that her first international trip since her illness is one that is focused on an issue that she is committed to championing for decades to come and is a real issue that she wants to shine a spotlight on.

"It's a global mission. She wants to look at other models around the world and really create a global conversation."

Kate spent three months in Florence in 2000 before beginning her history of art degree at the University of St Andrews and was thrilled to be returning to Italy and to have a chance to practise the language. While her vocabulary was limited, her accent and delivery were polished, and she could clearly understand a lot of what was being said to her.

In the town square, she was handed gifts of flowers, cards and poems. Elderly women kissed her hand. "Parlo un po' d'italiano," she said,

gesturing that she speaks only a little Italian, before asking children their names and telling them that her name is 'Caterina'. "Come ti chiami? Io sono Caterina."

Alice, aged five, said afterwards: "She asked my name in Italian. She spoke Italian very well."

#### NATIONAL TREASURE

Antonello Guerrero, the UK correspondent for the Italian newspaper La Repubblica, told **HELLO!**: "Kate is the most famous member of the British royal family in Italy. The King is incredibly famous too, but I think she's the most loved because of her origins; she's a commoner."

"She's not from the lineage of the royal family. This always made her more palatable in a country like Italy, which rejected the royal family a century ago. She's young and glamorous and is a member of the royal family, but she comes from a normal background."

"When she was ill, everyone was so shocked and the empathy was enormous... I felt like, almost on a daily basis, friends and family were asking me: 'How's Kate, what's going on? Will she get better?'"

During her visit, the Princess met children, educators and experts and observed the "Reggio Emilia approach" in action at preschools, where creativity, nature and relationships are at the centre of learning.

Science shows that these factors are crucial to a child's development up to the age of five and that they influence the rest of their lives – research that has been at the heart of the Centre for Early Childhood, which Kate launched in 2021.

"This was something that she personally wanted to come and see," an aide said in advance of the trip. "She's energised, she's enthused, ►



Kate, wearing a suit by Edeline Lee, receives gifts and an affectionate hug

On the second day of her trip, Kate wears a blazer by Blazé Milano with a pleated skirt by Jenni Kayne and a necklace and earrings by Kiki McDonough



she's excited to see Reggio Emilia in action and meet the people here too."

Her first stop on arrival was at the town hall, where she was greeted by the mayor, Marco Massari, and awarded the Primo Tricolore – the city's highest honour – in recognition of her early years work. "Wow, what an honour. I'm very grateful, it's very gratefully accepted," she said, putting her hand on her heart.

#### GETTING INVOLVED

From there, she moved on to the Loris Malaguzzi International Centre, which each year welcomes 130,000 people – researchers, teachers and families – who want to learn about the Reggio Emilia approach and how it supports child development.

Here, she rolled up her sleeves to take part in a clay workshop and revealed how she had played games during the Covid pandemic lockdown with her children, Prince George, now 12, Princess Charlotte, 11, and Prince Louis, eight.

"It's encouraging children these days to slow down because their world is so fast-paced now – it's getting them to notice things in their sensory environment as well," she said.

When shown a table covered with colourful plastic objects for children to play with, she said: "I did this in lockdown with the children. We tried to find as many objects in the house as we could with as many colours in the rainbow as possible."

Later that day, she headed to the Anna Frank preschool for three to six-year-olds, which places a particular value on learning through creativity and relationships, and where teachers were moved to tears by her recognition of their work.

At the Salvador Allende preschool the following morning, Kate observed their outdoor, nature-based learning.

Wearing a blazer by the Italian brand Blazé Milano and a fabric bracelet by Atelier Molayem, a small label based in Milan, the Princess practised her Italian with children and joined them for activities including rolling "tree roots" from clay and marvelling at the school's peaceful outdoor setting.

Kate has been emphatic about the role nature has played in her recovery from cancer, and appeared in her element as she sat on a tree stump in the outdoor learning area.

"In the digital age that we're living in it's difficult not to forget that we are of nature and it's important to connect to it," she later said. "It's a way to interact with a part of ourselves that we don't get a chance to, often, in everyday life."

"I'm passionate about creating environments where love can flourish."

She gamely joined the children in handling a newt from the pond, saying: "In most urban areas, even in central London, we have newts like this. It's extraordinary; if you look and spend time, you realise how close it is to you." ▶

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**‘YOU HAVE TO  
BE ABLE TO  
EXPERIENCE  
NATURE IN  
ORDER TO  
PROTECT IT’**

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“David Attenborough says you have to be able to experience nature in order to protect it – it’s so true.”

Watching two little girls painting, she said: “They can be far more expressive when they do things outside. Nature itself is creative and free-flowing. It’s a teacher to us in so many ways.”

“Can you teach me some Italian?” she asked one boy. “Come stai?” (“How are you?”) he asked her. “Bene, grazie mille,” she replied, smiling.

Another boy told her the word for “roots” was “radici”, which she repeated. “I’ve learnt a new word, thank you,” she said.

#### **GREEN-MINDED**

Kate’s final day also took her to Remida, Reggio Emilia’s creative resource centre, where businesses donate waste materials including wool, string, textiles and plastic tubes to help preschool children with creative play.

“There’s a popular character called Bob the Builder, and he has a philosophy of ‘reduce, reuse, recycle’. And you embrace that here,” she said. “It’s something as a mother, and I feel as a family, we do a lot – to try to have that at the back of our minds.”

The Princess rounded off her tour by making fresh pasta at the Agriturismo Al Vigneto, a farm-stay vineyard and farmhouse in the hills.

Kneading flour, oil, salt and water in a large bowl with her hands, she said: “When I do this at home it’s without a big bowl and it goes everywhere. It’s a good workout.”

Christian Guy, executive director of the Royal Foundation Centre for Early Childhood, told how Kate’s passionate belief in the importance of early childhood has driven the work of the centre, which is working to build a global alliance and develop a blueprint to ensure all children have the best possible start in life.

“The Princess is here with her Centre to lead a new global conversation about this, believing we now need to focus on early brain development and nurturing the whole child with the same urgency and sense of mission as other global challenges like climate change,” he said. “If we truly want to get ahead of these challenges in the future, this is about genuine prevention.”

“This has been driven by the Princess of Wales’s leadership over more than a decade and her commitment to elevating early childhood as one of the most important issues facing society today.”

A Kensington Palace spokesperson told **HELLO!**: “The Princess found the visit deeply moving on both a professional and personal level. She was incredibly grateful to the people ►



Top: Kate takes part in a painting session with students. The rapturous welcome she received in Italy has prompted many to recall Diana's 17-day tour of Italy in 1985 with Prince Charles, as he was then



of Reggio Emilia for the warmth and generosity they showed her throughout the week.

“Being back in Italy also brought back many very happy memories from her time spent in Florence during her gap year and she spoke afterwards about what a special feeling it was to return. She was also very much looking forward to returning home to Windsor and sharing stories and moments from the visit with the Prince of Wales and their children.

“To see a community place such value on emotional wellbeing, creativity, relationships and human connection in everyday life was especially powerful. She came away feeling genuinely hopeful about what is possible when children are nurtured in this way.”

#### **SUCCESSFUL VISIT**

Kate is naturally shy and reserved, but this trip demonstrated how vocal she has become about the things she cares about, her direct and personal messaging a far cry from what we have seen in previous generations of the royal family.

It may have been a flying visit, but the Princess of Wales conquered Italian hearts and took a major step forward in her public work, furthering her ambition to make early childhood development a global conversation. 

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REPORT: EMILY NASH  
ADDITIONAL REPORTING: TRACY SCHAEVERIEN

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Kate visits Remida, a creative resource centre; and (left) helps to prepare tortelli at the Al Vigneto agriturismo (working farm). Alongside her Cartier Ballon Bleu watch, she wears an £8 fabric bracelet by Atelier Molayem bearing the initials of her children





# FAMILY CELEBRATION

*Zara Tindall and her brother Peter enjoy a sunny day out at Badminton Horse Trials*



Lucas, Zara's son, enjoying the 2026 Badminton Horse Trials, seen on the facing page with his mother; left, Zara with her husband Mike and daughter Lena



**H**orses leapt, the sun shone and the 25th in line to the throne brandished a fearsome sword: Lucas Tindall, five, was entertaining himself at the Badminton Horse Trials with a toy broadsword.

He was at the world-famous equestrian event with his parents, Zara and Mike Tindall, and his sister Lena, seven, although the eldest Tindall child Mia, 12, was elsewhere.

Also present were Zara's brother, Peter Phillips, and his fiancée, Harriet Spurling. The smiling couple walked hand in hand at the event, which tests horses and riders in dressage, cross country and showjumping.

In less than a month, on 6 June, they will be dressed more formally at All Saints' Church in the Cotswolds village of Kemble, where they will be married in what will be the royal wedding of the year.

Last week, **HELLO!** revealed that Andrew Mountbatten-Windsor, Sarah Ferguson and Prince Harry had not been invited.

Peter, 48, the son of Princess Anne and Captain Mark Phillips, arrived at Badminton with his daughters Savannah, 15, and Isla, 14, from his marriage to Autumn Kelly. Harriet's daughter from a previous relationship, Georgina, 13, did not attend. Peter put his arm around Isla as he walked with Harriet to catch one of the events.

#### LOOK OF LOVE

One onlooker said that the couple were clearly in love. "Peter and Harriet looked in their element, chatting to friends and mingling happily with the crowds at Badminton," the witness said. "They were so tactile, holding hands and leaning into each other with beaming smiles. It was wonderful to see them enjoying ►



Zara's niece Savannah; above, her niece Isla, brother Peter and his fiancée Harriet; right, Zara and her mini-me daughter Lena



the event as a family with Savannah and Isla, just weeks before their big day."

Zara, who turned 45 last week, wore a blue and white check shirt that fashion watchers suggested was part of her cowboy-chic wardrobe, seen previously in an Instagram photo posted in February as she and Mike posed alongside a mechanical bull.

#### TIMELESS STYLE

Laura Sutcliffe, HELLO!'s fashion and beauty news editor, says that Zara is consistently stylish. "She has an innate way of making casual clothes look preened and stylish and this lightly checked shirt-and-jeans combination is giving cowgirl fashion, but in a classic, timeless way."

Zara was seen embracing her son Lucas as he squeezed her face with his hands and leaned in for a kiss. In the past, Mike has said of his son: "You can't stop him. He wants physical contact.

He wants to be wrestled. He imagines himself as a ninja and he just walks around with sticks, whacking people."

Mike, 47, who starred as a centre in the England rugby team from 2000 to 2011, described Lucas as "a typical boy", full of energy. "You almost have to run him into the ground with exercise, like a dog, otherwise he won't sleep. You're built that way, so being fully masculine, which a lot of rugby players are, is not a bad thing."

Zara also held Lena on her knee to watch one of the events. She once said of her younger daughter that she had planned to name her Elena but had been concerned about comparisons with extra-terrestrials: "I liked the name Elena, but I didn't want her initials to be ET, so she's Lena." **H**

REPORT: JACK MALVERN



Peter and Harriet at Badminton; they will marry next month in a low-key ceremony in the Cotswolds



Mike and Zara Tindall look fetching in green for his annual charity golf tournament



# DAY ON THE GREEN

*Mike Tindall tells HELLO! why his annual charity golf tournament is so close to his heart – and what Zara thinks of him playing on her birthday*

I can't believe she's letting me play golf on her birthday," Mike Tindall, who is wearing a pair of pixelated trousers, says as he poses for a photo with his wife, Zara. "What a legend!"

The couple were at The Belfry in Sutton Coldfield for Mike's annual charity tournament, the ISPS Handa Celebrity Golf Classic, which the former England rugby centre attends every year in trousers chosen to startle.

Asked by **HELLO!** in an exclusive interview whether Zara would rather he took her somewhere else for her 45th birthday, Mike protests that there is nowhere she would rather be.

"Zara loves the golf day," Mike says. "It's such a great occasion with a lot of friends and people who just want to have a good time."

"She helps with their golf swing by making sure they have plenty to drink and is on hand with mulligans [permissions to disregard a bad shot, in exchange for a charitable gift] to help ease the pain of a bad round. All of which makes a huge amount of money for charity, so it's a win-win. She gets a load of mates in one place, and a big party on her birthday!"

#### IMPORTANT CAUSES

Guests joining the event included the actors James Nesbitt and James Phelps, the rugby players Jeremy Guscott and Martin Bayfield, the footballer John Terry, the cricketer Graeme Swann, the former Boyzone singer Keith Duffy and the broadcaster Jenni Falconer.

Zara posed alongside Autumn Kelly, her brother Peter's former wife, and her friend Dolly Maude, who is lady-in-waiting for her mother, the Princess Royal.

The event supports two causes close to Mike's heart: Cure Parkinson's and the sporting-injury charity The Matt Hampson Foundation. Mike says that his father's life with Parkinson's disease is a struggle.

"My dad is not doing great at the moment. Parkinson's is brutal and there is no let up from how it attacks the body and changes people."

Autumn Kelly poses with the actor James Nesbitt; and (below) with Zara and Dolly Maude, Princess Anne's lady-in-waiting



"After 23-plus years of the disease, it has quite honestly left him a shell of what he once was. It gives me so much motivation to help push for a cure and work with Cure Parkinson's on their research and trials."

Mike says that Matt Hampson, 41, who is paralysed from the neck down after a rugby accident at the age of 20, is an inspiration. Matt has now signed up for the New York Marathon after completing the London Marathon this year with the help of the jockey Sir Anthony McCoy.

"I am constantly amazed by the work he does and the difference he and the Foundation make to people's lives," Mike says.

He adds that while his children, Mia, 12, Lena, seven, and Lucas, five, could have sporting careers like their parents, the important thing is that they have fun. "My main focus is that they enjoy sport and it's an important part of their life – whatever form or level that takes is up to them."

"I want them to have fun and be part of something where you have wins and losses and work out how to get through it with teammates who you can have a laugh with."

Zara and Mike celebrate their 15th wedding anniversary on 30 July, traditionally marked with a gift of crystal. Has he found a suitable present yet? "I've got a birthday and a golf day to get through first. So a bit of time on that one." **H**

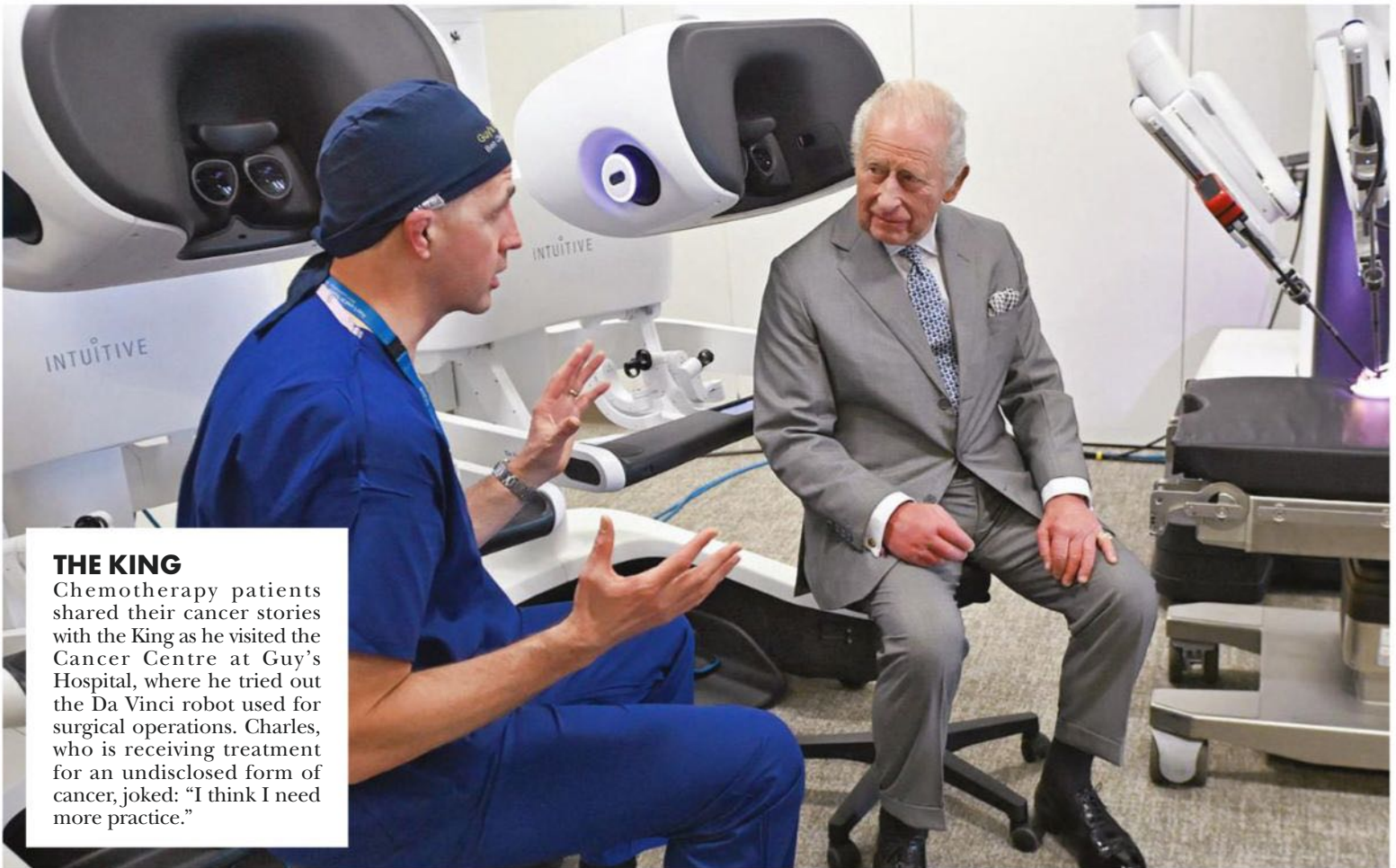
INTERVIEW: JACK MALVERN

# THE ROYAL BRIEF



## THE KING AND QUEEN

Wearing the Imperial State Crown, the King attended the State Opening of Parliament to deliver his third King's Speech, setting out his government's agenda. More than 1,100 members of the armed forces and almost 200 horses put on a display of military splendour for the occasion.



**THE KING**

Chemotherapy patients shared their cancer stories with the King as he visited the Cancer Centre at Guy’s Hospital, where he tried out the Da Vinci robot used for surgical operations. Charles, who is receiving treatment for an undisclosed form of cancer, joked: “I think I need more practice.”

**THE QUEEN**

A love of dogs united the Queen and James Middleton at an event recognising medical detection dogs at Clarence House. Camilla greeted the Princess of Wales’s brother, whose dog food company, James & Ella, supports the charity Medical Detection Dogs. She patted the head of Jodie, a golden labrador who has been trained to detect bowel cancer.



**THE PRINCE OF WALES**

Nga wai hono i te po, the Māori queen who succeeded her late father King Tūheitia in 2024, met Prince William at Windsor Castle after attending the King’s Trust gala at the Royal Albert Hall. The monarchy described the meeting as meaningful. They discussed “a shared passion for environmental solutions that bring together indigenous knowledge and Western science”.

COMPILED BY JACK MALVERN. PHOTOS: GETTY IMAGES. MATTHEW WALDER

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To verify contact Vitabiotics Ltd, 1 Apsley Way, London NW2 7HF. <sup>†</sup>One poll survey, 1,000 women, January 2025.



# 7 DAYS

A ROUND-UP OF NEWS REPORTS



## TESS DALY

### TV presenter splits from husband

The former *Strictly Come Dancing* host Tess Daly and the BBC Radio 2 presenter Vernon Kay have announced they are separating after 22 years of marriage.

In a joint statement, they wrote: "After much consideration, and with a deep sense of care and respect for one another, we have made the decision to separate amicably. We remain great friends and, most importantly, fully committed to our roles as loving and supportive parents."

Tess and Vernon have two daughters: Phoebe, 21, and Amber, 16.



## SIMONE ASHLEY

### Record deal for *Bridgerton* star

Simone Ashley has signed a music deal with Universal and is expected to return to America at the end of the year to record an album.

The British-born actress and singer, who went to Redroofs Theatre School for the Performing Arts in Berkshire and ArtsEd in London, is best known for her role in Netflix's *Bridgerton*, and is currently starring in *The Devil Wears Prada 2*.

She recently released an EP titled *Songs I Wrote In New York* and has said that she is "really proud" of her music work. "Music was the first thing I did before acting," she said.



## SIR DAVID BECKHAM

### Former footballer joins billionaires club

Sir David Beckham is now a billionaire, according to new figures released by the Sunday Times Rich List. The joint income of the former England captain and his wife, Lady Beckham, is said to be £1.185 billion, which means that the 51-year-old is the UK's first billionaire sportsman.

Liam and Noel Gallagher made their debut in the list after their recent Oasis comeback tour propelled them to a fortune of £375 million.

Others on the list include Adele, with an estimated wealth of £172 million, and Harry Styles, who is thought to be worth £235 million.



# STORY OF THE WEEK

## THE KING

### Monarch visits Golders Green

In a show of support to the Jewish community, the King visited Golders Green in north London, where he met Michael Shine and Shloime Rand, the victims of the recent terrorist attack.

"He was very concerned," Michael said. "The most inspiring thing was that he didn't let go of my hand. We feel we have a genuine friend in [him]."

His Majesty spoke with members of the community and local schoolchildren, who presented him with a loaf of challah bread. "I'm glad I came to visit," he said. "Huge admiration."

Meanwhile, the Duke of Sussex wrote an article about the "deeply troubling" rise in antisemitism in the UK.

"Jewish communities are being made to feel unsafe in the very places they call home," he wrote in the *New Statesman* magazine.

## QUOTE OF THE WEEK

**‘There was something inside of me that knew I wanted to do this’**

**Kylie Jenner on becoming pregnant with daughter Stormi when she was 19**

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## JAMIE FOXX

### Oscar winner to be a father again

The actor Jamie Foxx and his girlfriend, Alyce Huckstepp, are expecting a baby. It will be Jamie's third child. The Academy Award-winning star already has daughters Anelise, 17, and Corinne, 32, from previous relationships.

Jamie and Alyce have been dating on and off since August 2022. He has spoken previously of his pride in his children, saying: "We're so proud of them. They ended up being OK."

The 58-year-old actor suffered a life-threatening brain bleed and stroke in 2023, spending 20 days in a coma, but he has since made a full recovery.



## SIENNA MILLER

### Star welcomes her third child

The actress Sienna Miller has given birth to her third child. She and Oli Green, her partner of four years, also have a two-year-old daughter, whose name has not been made public, and Sienna has a 13-year-old daughter, Marlowe, from her relationship with the actor Tom Sturridge.

Sienna, 44, told an interviewer: "It's happened. I have a tiny baby next door. I'm on very little sleep but I'm madly in love with my baby."

Her pregnancy was "announced" at the Fashion Awards in 2025, when she wore a semi-sheer dress that revealed her prominent baby bump.



## MADONNA

### Music legend to play at World Cup final

Madonna is set to perform at a half-time show at the World Cup this summer, the first in its history.

The singer, who recently announced her comeback album *Confessions II*, will sing during the World Cup final, which will be held at the MetLife Stadium in New Jersey on 19 July.

It is thought that she will make an appearance alongside other stars, including Shakira and BTS, in a set that is being curated by the Coldplay frontman Chris Martin.

The Muppets characters Miss Piggy and Kermit the Frog are also expected to feature.

# A right ROYAL PODCAST

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# LIFE GOALS

*Match of the Day's Gabby Logan  
on how painful life lessons have helped  
to shape her happiness*

**W**hen it came to talking to her mother about menopause, the Match of the Day host Gabby Logan didn't get the answer she was hoping for.

She broached the subject after a "eureka" moment in which she walked past a mirror one day and realised that she looked older than she felt.

"My mum is very glamorous. She's in her mid-seventies and she's from the school of thought that just talking about it would somehow age her in a way," Gabby, 53, tells Ateh Jewel on this week's episode of **HELLO!**'s Second Act podcast. "She said, 'I didn't have a menopause. No, I just had lots of Bacardi and Coke and dark chocolate.'

"I look back and think, 'I remember you in your early fifties. I think you did.' We're quite lucky genetically, I think I probably have followed a similar pattern. I haven't had massive physical changes, but there was definitely a creeping level of anxiety and things that felt a little bit more uncertain... something hormonal was clearly going on."

## LEARNING FROM EXPERIENCE

She is determined to be honest with her twins, Reuben and Lois, 20, to help to prepare them for every stage of life, especially now that they have left home. "I really miss their company," she says.

However, Gabby's honest approach backfired when Lois read her unfiltered confessions in her 2022 memoir, *The First Half*. Gabby says: "She was horrified. I cheated on a boyfriend and she said: 'I can't believe you did that.' I said: 'It's really important that you know I've made mistakes, because you can come back from those things.'"

Her 25-year marriage to the former rugby player Kenny Logan, who has recovered from his 2022 prostate cancer diagnosis, has been solid.

"We're each other's biggest fans," she says. "He's never begrudged any career success I've had. He's always really encouraged me, and that's been wonderful."

Gabby opens up about the impact her parents' "painful" divorce had on her following the death of her brother Daniel, who died aged 15 in 1992 from an undiagnosed heart condition.

She also talks about the loss of her father, the former footballer Terry Yorath, in January. The night before his unexpected death, she read a message to him she had received from a long-time fan who recalled his kindness – a moment she says she treasured as the tributes to him flooded in.

"Learning to love and learning to lose, learning to experience the full range of emotions, is really important. You've got to have those times that are a little bit harder to get through, and learn to come through the other side." **H**



*Listen to HELLO!'s  
Second Act podcast  
now on Apple Podcasts,  
Spotify, Amazon  
Podcasts and YouTube*

A full-length portrait of Freddie Fox, a young man with light brown hair, smiling warmly. He is wearing a light blue denim button-down shirt over a white t-shirt and blue jeans. He is standing in front of a vertical wooden slat wall.

# 'THIS IS A BOYHOOD DREAM'

*Freddie Fox is making his musical debut – and he's happy to make a song and dance about it*

**H**e has landed huge parts in TV and film and taken on several classic stage roles, but Freddie Fox is never content to rest on his laurels.

"I think if you're an actor who works, you are one of the luckiest people on Earth," says Freddie, 37, who has starred in *Slow Horses*, *White House Farm* and *House of The Dragon*.

"I am so happy going to work and I think the secret ingredient of that is variety.

"I'd be the first to admit I'm a bit of a jack-of-all-trades and definitely not a master of anything, but the way I think I'm going to have the best time in this game is to do new things."

To that end, he will be making his musical theatre debut at the Barbican Theatre this week, starring alongside Felicity Kendal and Helen George in a new production of the Cole Porter classic *High Society*.

The actor is soaking up the experience: "I made it very clear at the beginning that I was a newbie to the world of musical theatre and the company has all embraced me and been so reassuring."

It was inevitable that Freddie would choose this career. He is part of a famous acting dynasty, which includes his father, Edward Fox, who starred in *The Day of the Jackal*, and his mother, Joanna David, who appeared in hits such as *Sense and Sensibility*. His sister, Emilia Fox, leads the cast of *Silent Witness*.

Raised between London and Dorset, he made his stage debut at the age of seven in a television adaptation of *Rebecca* and later attended the Guildhall School of Music & Drama. His career has flourished ever since, spanning TV, film and regular returns to the stage in productions including *Romeo and Juliet*.

Here, he talks about the moment he fell in love with musical theatre and what he thinks of his famous family.



Freddie Fox and Dame Kristin Scott Thomas in the thriller series *Slow Horses*

**'IT'S SUCH A WONDERFUL, JOYFUL PIECE, I FELL IN LOVE AS I WAS AUDITIONING'**

**Freddie, were you always a fan of *High Society*?**  
 "I'd never seen it, so I was going in quite new, but when I started singing the songs I thought: 'Oh my God, it's such a wonderful, joyful piece.' I just couldn't resist it. I fell in love with it as I was auditioning for it."  
**Have you always wanted to do musical theatre?**  
 "This is a realisation of a boyhood dream. I saw *Guys and Dolls* at the National Theatre when I was probably four or five and I fell in love with that style of music."  
 "When I saw the first night of *The Producers* when I was 15, I thought: 'If I don't do this in my life, a piece of me will be missing.' It means that much to me."  
**How have your *High Society* co-stars been helping you?**  
 "Today we were singing a number and I said: 'I'm sort of struggling with the diminuendo on this particular note.' Helen said: 'Think about doing it that way.' And that changed everything."  
 "I'm very aware that I'm playing with the Premier League, which is lovely."

**Do you think your surname has helped or hindered you?**

"I definitely think it probably helped more than it hindered for many reasons, with the people you meet and also the normalisation of things that, for a lot of families, would be completely abnormal.  
 "A lot of parents would say: 'You've got to do a degree or get a normal job first.' My family obviously didn't really have much of a leg to stand on in that respect."

"But just because it's of interest because you're so and so's son... after that, if you don't make it work, they remember your mistakes more easily."

**Is acting in the Fox family genes?**

"Acting has been in the family for 150 years, but I don't know if it was just a lack of imagination to do anything else. I'm very unashamedly proud of my sister and the same with my mum. I'm shamelessly proud of my dad as well."

**What's the best piece of advice they've given you?**

"When I would worry about stuff, my dad would always say: 'Have a cup of tea and go to bed, don't worry too much, none of it's that important.' The older I get, the better that advice seems to become."

**What's next for you?**

"I've just wrapped on Sharon Horgan's new show, *Youth*. I hope to do some more theatre and then do the final season of *House of the Dragon*. I have also just finished the edit on a documentary feature about British theatre in the 20th century."

**Which role have you enjoyed the most?**

"I loved acting in *Slow Horses* and Gary Oldman is one of my all-time acting heroes, so to work with him, to become friends and to play that part [Spider], who was such a b\*\*\*\*\*. It's always a joy playing somebody that nasty, because you can really go to town."

INTERVIEW: LAURA BENJAMIN

*High Society is at the Barbican Theatre, London, from 19 May to 11 July. The UK tour runs from 16 July to 14 November. [highsocietymusical.com](http://highsocietymusical.com)*

**DON'T MISS THIS WEEK...**



**TV**  
 THE BOROUGHS

In a seemingly perfect retirement community, a group of unlikely heroes band together to defeat an otherworldly threat. Produced by *Stranger Things*'s the Duffer Brothers and starring Geena Davis, Alfred Molina and Alfre Woodard.  
 On Netflix from 21 May



**BOOK**  
 AMERICAN FANTASY

Newly divorced midlifer Annie reluctantly goes on a cruise alongside a boyband she loved in her teens, where she's forced to embrace a side of herself she thought she'd never see again.  
 By Emma Straub, out now, published by Michael Joseph, priced £18.99



**FILM**

JACK RYAN: GHOST WAR

John Krasinski reprises his role as the titular CIA analyst and former Marine, who is pulled back into the world of espionage for his most dangerous mission yet. Sienna Miller also stars as the MI6 officer Emma Marlowe.  
 On Prime Video from 20 May



**THEATRE**

A MIDSUMMER NIGHT'S DREAM

In this vibrant new production of Shakespeare's classic comedy, staged at the faithful reconstruction of the original Globe Theatre, a group of giddy lovers cross paths with playful spirits in a fairy realm for a night of mischief and wonder.  
 At Shakespeare's Globe, London, until 29 August

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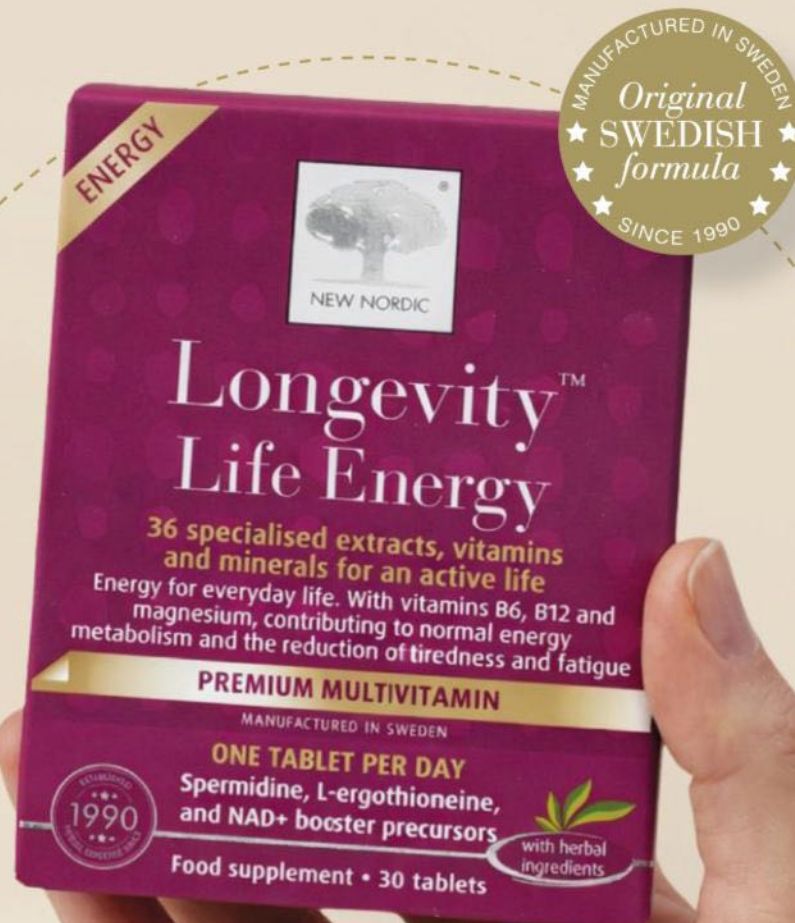
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# HELLO!

SUMMER  
BEAUTY  
SPECIAL

# BEAUTY POWER-UP

GLOW SMARTER, FEEL STRONGER: UNLOCK YOUR MOST CONFIDENT, RADIANT SELF



# LIFT OFF

*From roots to tips, raise the bar on your beauty routine  
with products and techniques designed to lift*

PHOTOGRAPHER: ELLYSE ANDERSON  
MAKE-UP: MEGUMI MATSUNO  
BEAUTY DIRECTION & WORDS: CASSIE STEER



## A HEAD FOR HEIGHTS

Most of us crave a little root lift, even if a big, bouncy, Nineties blowout isn't on the moodboard. How to go from flat to full? According to the hairstylist Wilson Fok, creating volume starts long before you pick up a hairdryer.

"Boosting body begins in the shower," he says – and today's shampoos build far more than a lather. Take L'Oréal Paris's Elvive Collagen + Lifter Volumising Shampoo (£8), which is formulated with collagen peptides to deliver 75% more volume. Avoid conditioner on the roots, though, as this can weigh them down, Wilson warns. Then it's down to styling. "Start by applying a root-lift spray or lightweight mousse, then blow-dry your hair upside down or use a small round brush to lift the roots as you dry," he says. "Finish with a lightweight texture spray or hair powder at the roots."



## THE LUMINOUS LIFT

When your skincare is doing the heavy lifting, you instantly raise the bar on glow. "Skin prep is almost more important than the make-up you put on top," says the make-up artist Megumi Matsuno. Hydration is the cornerstone of a perky complexion, so look for serums containing both macro and micro hyaluronic acids to hydrate both at the surface and deeper within the skin. Follow this up with a skin-evening moisturiser paired with an SPF. When it comes to complexion, less is more (especially for more mature skin). "For a naturally radiant finish, add strategic coverage where needed," Megumi says. Think cushion foundations, skin tints and softly blurring textures that enhance rather than mask."

# BEAUTY



## FRINGE BENEFITS

Trade the cement-filler concealer for a more structural approach: lifted, architectural lashes are one of the most subtle ways to look instantly more awake. “Eyelash curlers are your passport to fresher-looking eyes,” says Megumi, who recommends choosing a mascara specifically designed for lift. “Apply one coat of mascara to the top side of the upper lashes and let it dry, then apply a second coat from underneath for maximum lift and even coverage.”



## DOPAMINE DIGITS

In a world ruled by screens and keyboards, our hands – and fingertips – have never faced more scrutiny. Nails are a permanent accessory that can serve as a powerful seasonal pick-me-up, so opt for a colour that sparks joy.

“This tomato colour is a punchy, summery take on a classic red,” says the manicurist Jasmin Samavati, who recommends pairing it with a modern square-shaped nail with round edges.

If you’re painting at home, prep is non-negotiable. “Buff the nails before applying polish,” she says. “It removes surface oils and creates the perfect clean canvas, helping your colour to last longer.”

# BEAUTY

L'Oréal Paris  
Infallible Fresh Wear  
Cushion Foundation,  
£19.99

Hershesons  
Zhoosh Foam,  
£20

UKLash eyelash  
curler, £11

L'Oréal Paris  
Elvive Collagen +  
Lifter Volumising  
Shampoo, £8

L'Oréal Paris  
Revitalift Triple  
Laser Anti-  
Ageing Creamy  
Serum, £31.99

L'Oréal Paris  
Revitalift Filler  
Hyaluron Aqua-  
Fluid SPF 30,  
£15.99

# GET THE LOOK

Chantecaille  
Bio Lifting  
Concealer, £56

L'Oréal Paris  
Telescopic Extensionist  
Lengthening & Curling  
Mascara in black, £13.99

Palette London  
Nail Paint in  
Seville Sunset, £9

L'Oréal Paris  
Revitalift Filler  
Glass Skin Liquid  
Cream, £17.99

PHOTOGRAPHER: ELYSE ANDERSON AT ONE REPRESENTS. PHOTOGRAPHER'S ASSISTANT: ARTHUR MILLER RADNALL. HAIR: WILSON FOK USING L'ORÉAL PARIS. MAKE-UP: MEGUMI MATSUO AT ONE REPRESENTS USING L'ORÉAL PARIS. NAILS: JASMIN SAMAVATI AT ONE REPRESENTS USING ESSIE. STYLING: GEMMA HAYWARD AT MONDAY ARTISTS. MODEL: HANNAH SAMADDDAR AT STORM. WHITE DRESS: ZIMMERMANN. WHITE SHEER TOP: AJE

A woman with dark hair, wearing a white one-piece swimsuit, stands on a balcony. She is holding a large stack of white folded towels in her left arm and has her right hand raised to her forehead, shielding her eyes from the sun. The background shows a blurred view of a building and a blue sky. Pink flowers are visible in the bottom right corner.

# BODY ARMOUR

*In summer, it's not enough just to  
moisturise your body – now is the time  
to bolster it ahead of the hot weather*

# BEAUTY

As we head into summer, we tend to lighten our facial skincare, swapping heavy, comforting creams for refreshing gel moisturisers. It may come as a surprise, then, that we should do the opposite with our bodycare.

“Summer exposes the skin to a number of environmental stressors,” says the consultant dermatologist Dr Alexis Granite. “Increased UV exposure, heat, sweat, salt water, chlorine, shaving or waxing and frequent showering can all contribute to dehydration and compromise the skin barrier, resulting in dry, rough and tight skin.

“In summer, many people also exfoliate more and regularly use self-tan, which can further dry the skin. Although we focus on facial skincare, the skin on the body experiences many of the same challenges and also benefits from a thoughtful routine to maintain resilience and hydration in the summer.”

With the warmer months just around the corner (and many of us already frequently self-tanning), now is the time to bolster the skin on our bodies. Luckily, bodycare is in the midst of a skinification revolution, in which skincare-level ingredients are being infused into our body lotions, washes and serums, creating a skincare-for-your-body approach.

These are the boosted bodycare buys we’re upgrading to this summer...



## THE OIL

**Neom Wellbeing Real Luxury Pro-Vitamin D3 Dry Body Oil, £35**

Bring the spa home with this fast-absorbing lavender, jasmine and sandalwood-scented oil for radiant, healthy skin. As well as having a divine fragrance, it helps to repair the skin’s natural barrier thanks to vitamin D3.

## THE BODY-BRUSH UPGRADE

**Magnitone Diablo Pro Body Sculpting Device, £180**

Supercharge your dry body-brushing with this souped-up version, which uses microcurrents, radiofrequency and mechanical massage to target the deeper layers of the skin. It helps with skin laxity and texture and also improves circulation to support collagen production.

## THE TREATMENT

**Tranquil Flow**

You’ve probably heard of lymphatic drainage – in which case, think of this as its more sophisticated older sister, adding sculpting, breathwork, energetic work and coaching to the mix. The treatment evolves in real time, with your therapist adapting the session to what you need in the moment, leaving the body feeling lighter and more balanced.

Although lymphatic drainage is lauded for its sculpting powers, that’s not the only reason your body needs it during the summer. “Heat itself can slow lymphatic flow, affect hydration at a cellular level and place subtle strain on the nervous system,” says the wellness practitioner Sonia Rose, who offers Tranquil Flow at her studio, Umā Touch.

Sonia adds that summer takes its toll on our bodies, with Tranquil Flow helping to reset. “We are often taking on more, whether socially, emotionally or environmentally, without giving the body enough space or care to process it,” she says.

**THE BUDGET BUY**  
**Mixa Ceramide Protect Body Lotion, £8.99**

You don’t have to break the bank to support your body’s skin barrier. This lotion from the French pharmacy brand Mixa includes glycerin, lipids and ceramides to repair the skin barrier for less than the price of lunch.

## THE LONGEVITY LOTION

**Joonbyrd Future Romance Body Glaze, £62**

Longevity has been a skincare buzzword for a few years, and it’s found its way into the bodycare category, too. Focusing on long-term skin health rather than instant results, this serum/lotion hybrid is made from a science-focused blend of grape stem cell-derived exosomes to support cell renewal and repair, along with seven molecular weights of hyaluronic acid, promising long-lasting hydration. It leaves skin smooth, luminous and ready for summer dress season – and one more plus point? It smells of banana, for a nostalgic, sweetie-inspired treat.

## THE WASH

**Naturium The Calmer Ceramide Body Wash, £19**

It’s tempting to simply reach for the shower gel that’s on offer in the supermarket, but a nourishing body wash will make all the difference in terms of soothing summer skin, caring for your body from the very first step of your routine.

Naturium’s latest launch is packed with ceramides, oatmeal and cocoa butter to support the skin barrier and relieve dryness. Elsewhere, Elemis has expanded its Pro-Collagen range into bodycare with its Body Cleansing Balm (£45), which supports the skin’s barrier even after being rinsed away, thanks to the hero hydrator saccharide isomerate. The brand’s signature padina pavonica algae also helps to lock in moisture.



REPORT: MELANIE MACLEOD. PHOTO: STOCKSY



# Summer mist-haves

*Smart spritzes to carry you through the sunny season*

**1. OREBELLA BODY AND HAIR PERFUME MISTS, £32**  
 Bella Hadid expands her fragrance brand's bi-phase formula – two layers that must be shaken to activate – into a collection of three alcohol-free, water-based mists. The result is a subtle, skin-loving veil of scent from head to toe.

**2. KEREN BARTOV HYDRATION GLOW SPRAY, £100**  
 Not your average facial spritz, this skincare powerhouse, distilled into an ultra-light mist, is designed to give you the A-list facialist's signature glow without the wait list. It's perfect for an on-the-go hydration boost or to refresh and set make-up.

**3. AESTURA ATOBARRIER 365 CREAM MIST, £18**  
 Korea's number-one skincare brand recommended by dermatologists delivers again with this refreshing barrier booster. Its milky texture isn't what you'd expect from a mist, but the intense hydration hit absorbs instantly

and doesn't disturb make-up, making it a non-negotiable for summered-out skin.

**4. BIODERMA SÉBIUM KERATO+ BODY SPRAY, £25**  
 If you're second-guessing going strapless, this targeted treatment has your back – literally. With blemish-blitzing ingredients like salicylic acid and niacinamide, it helps purify, calm, and reduce inflammation across the shoulders, chest and back.

**5. DOVE WHOLE BODY DEODORANT, £6.30**  
 Redefining all-over protection, Dove's latest innovation targets every contour and anatomical fold, from underarms to under-boobs. It's designed to curb odour anxieties with advanced ingredients and three sophisticated scents, so expect a refreshing hit of confidence.

**6. LIVING PROOF PERFECT HAIR DAY STYLE REFRESH MIST, £27**  
 Whether you're going for beachy waves or a voluminous blow-out,

this hairstyle reviver is like a zhuzh in a bottle. Powered by a blend of amino acids, polypeptides and hydrating actives – much like the ingredients found in our favourite skincare products – the ultra-fine mist resets, rejuvenates and redefines strands in seconds.

**7. SAIE CITYSET LIGHTWEIGHT SETTING SPRAY, £30**  
 Summer in the city isn't always as dreamy as it sounds. Thankfully, this glow-giving spritz sets, soothes and extends your make-up look for 16 hours without that tacky, hairspray-like finish, thanks to a plant-based corn starch polymer.

**8. HELLO SUNDAY THE RETOUCH ONE REAPPLICATION MIST SPF 30, £20**  
 Let's be honest – SPF top-ups often fall by the wayside, much to the despair of derms. But this ultra-light micro-mist makes reapplication effortless. Infused with niacinamide and vitamin E, it refreshes and protects the skin, layering seamlessly over make-up.

# The BEAUTY FIX

*Meet the must-haves at the top of our wish list this week*

Self-care just got a sensorial upgrade. Rituals has relaunched its cult range, The Ritual of Ayurveda, by revisiting much-loved icons with a modern touch.

Embracing inspiration from Ayurvedic traditions, the collection embraces a holistic approach to wellbeing, designed to restore balance between body and mind through the power of self-care.

From a velvety foaming shower gel and purifying clay mask to a super-dry body oil, whipped body cream and home perfume, each product is infused with a delicious blend of Indian rose and sweet almond oil. The range's signature fragrance does all the talking: a warm, floral and nutty finish that lingers on skin and in the air.

From left: The Ritual of Ayurveda Super Dry Body Oil, £24.90; Foaming Shower Gel, £10.90; and Whipped Body Cream, £28.90. Visit [rituals.com](https://www.rituals.com)



POWERED BY RITUALS



# SCENTS OF PLACE

*Fragrance and travel have always been intertwined, but new neuroscience-led scents are set to elevate your out-of-office experience*

# BEAUTY

There's a reason the smell of sunscreen sparks instant joy. Yes, there's the fuff of diligent application and the inevitable greasy fingerprints on everything you own – but it's also tied to a version of ourselves that feels freer, lighter and maybe even a little more "boho" than real life allows.

"Fragrance can become a fundamental part of travel because it directly influences how we feel," says Lauren Rooney, the vice-president of marketing excellence and scent at DSM-Firmenich, an industry leader in beauty innovation. "Travel is as much an emotional journey as it is a physical one."

Of course, travel isn't all turquoise water and feta. There's the airport security cortisol spike, nights spent tossing and turning on a paper-thin mattress and night air that feels like a hairdryer pointed at your face. This is where scent – particularly functional fragrances powered by neuroscience and bioactives – comes in.

Designed to influence mood, cognitive function and emotional state, these fragrances don't just smell good – they support the entire travel experience.

"Fragrance has become a true emotional travel companion," Lauren says. "It's something that supports emotional wellbeing throughout the journey, easing transitions, deepening engagement with new places and shaping how people feel throughout their stay."

"It's one of the quickest ways to shift your mood, which is invaluable when travelling," agrees Adam Reed, a hairstylist, fragrance expert and the founder of Arkive Headcare. "It can ground you in unfamiliar environments, reset you after a long journey or create a sense of routine when everything else feels out of sync."

"I use scent as a way to mark moments: something uplifting when I arrive somewhere, or something more calming when I'm winding down. It becomes part of the rhythm of the trip."

## KEEP CALM WITH CARRY-ON

"Alongside anticipation, there is often stress, from navigating airports and new environments to long-haul fatigue," Lauren says. The key, she says, is to use fragrance to create an emotional anchor throughout your trip, which can help you to feel more grounded.

"Before a flight, calming scents can help ease pre-travel tension. During transit, particularly on long-haul journeys, relaxing fragrances can help the mind settle and recover. And upon arrival, fragrances designed to evoke positive emotions, such as happiness or social connection, can help travellers ease more smoothly into a new place."

Adam takes a similarly intentional approach: "For short-haul travel, I lean into fresher, lighter scents that feel clean and energising without

being overpowering. For long-haul, it's more about comfort and wellbeing. Softer, cocooning scents work well, and I'll often reapply as a way to reset. It becomes almost ritualistic, using fragrance to stay connected to yourself when you're in transit for long periods."

## HOME COMFORTS

Grounding scents have evolved far beyond a token whiff of palo santo. Today, neurotechnology is shaping how fragrances are formulated, as seen in DSM-Firmenich's emotiOn programme, which identifies scent structures that enhance feelings of connection and grounding.

Similarly, AromaWellness technology, used in Arkive Headcare and developed with CPL Aromas, draws on neuroscience to link scent with emotional responses, whether that's calm, clarity or uplift. Not that you have to use up all your baggage allowance on fragrance.

"It's less about having lots of fragrances and more about having a few that serve a purpose depending on how you want to feel," Adam says.

Scenting your surroundings can also help you to feel anchored. "Fragrance zoning, which ties different scents to specific times and ambiances, can help people connect, disconnect and reconnect in physical spaces," says Olivia Houghton, a lead beauty, health and wellness analyst and the insights director at The Future Laboratory. Translation: permission to pack that travel candle.

## 'FRAGRANCE CAN SERVE AS AN EMOTIONAL SOUVENIR'

## MAKING MEMORIES

Scent is the only sense directly connected to the limbic system, the part of the brain that governs emotion and memory. "When a scent is experienced consistently during a journey, it becomes a powerful memory anchor," Lauren says – which explains why that whiff of sunscreen can instantly transport you back to the emotional essence of a specific trip.

"In this way, fragrance can serve as an emotional souvenir, often more powerful than photographs, because it doesn't just help you remember, it helps you feel."

### 1. Arkive Headcare The Brightside, £30

Your "passport to unforgettable memories", this bright, herbal-floral scent with zesty basil, lime, bergamot and vetiver is the spritz guaranteed to spark a spirit of adventure.

### 2. Being Serene, £39.99

Looking for an emotional support scent? Assuage airport anxiety with soothing notes of neroli, orris and sandalwood, powered by technology

that's scientifically shown to promote relaxation.

### 3. Edeniste Dream, £80

This soothing, aromatic musk centres on a neuroactive base of Spanish labdanum essence, blended alongside white freesia and amber, designed to help you surrender to your surroundings and ease into sleep.

### 4. Vyrao Mamajuju, £165

A grounding base of Australian sandalwood is spiked with a piquant

blend of saffron, cumin, cardamom and black pepper for an earthy, spice-forward fragrance with a formula rooted in neuroscience.

### 5. The Nue Co Functional Fragrance, £125

From airport lounge to sun lounger, help recalibrate an overwrought nervous system with this unisex, non-toxic scent, which blends calming green cardamom, coriander and palo santo.

### 6. Moods Found Moodroller, £25

After a mile-high existential crisis, ground yourself with this neuroactive blend of eight complementary oils to shift both atmosphere and mind.

### 7. Initio Sugar Blast, £275

Make your holiday a joyride with this science-backed (hello "Joydrop complex") gourmand scent that leans more on vanilla cheesecake than saccharine sweet.





# CURL POWER

*Summer is the enemy of soft, shiny curls  
— here's how to revive them*

Summer is the season when curly girls imagine embracing their natural ringlets, with salt breezes and faster air-drying time conjuring images of shiny, happy kinks and coils. Sadly, beneath its sunny exterior, warm weather is a trying time for curls, with 70% of damage to curly hair caused by humidity, according to the haircare brand Olaplex.

“Summer can be brutal for curls,” says Ricky Walters, a stylist and the founder of Salon64. “Curly hair thrives on balance, and hot, humid weather throws that completely off.”

If you find your curls look more bedraggled than beach babe in the heat, you’re not imagining it. “Your scalp produces more sweat when it’s sunny, which disrupts the curl pattern at the root,” Ricky says. “Summer moisture isn’t the good kind, either – it causes curls to collapse, separate and lose their definition.”

“Humidity is essentially the enemy of a well-defined curl. Curly hair is naturally more porous, which means it absorbs moisture from the air very easily.” This causes the hair shaft to swell and the cuticle to lift, resulting in frizz.

“Your curls lose their structure in hot weather because they’re taking in inconsistent levels of moisture from the environment,” Ricky adds. “It’s why you leave the house with perfect curls but within minutes, they’ve doubled in size and lost all definition.”

If you treat your curls properly, they can look incredible in summer. It’s just about working with the weather, Ricky says – not against it.

## CARING FOR CURLS

“Summer care for curly hair should focus on gentle cleansing, lightweight hydration, protection and maintaining definition,” says Dani Caldeira, a stylist at the Mayfair-based salon The Six.

Dani believes that we need to power up our haircare come summer. “Rather than trying to fight the season, it’s better to adapt your routine to it. Curly hair tends to thrive when it’s supported by the right balance of moisture, protection and styling.”

“Hydration is key, but it should be approached in the right way. Curly hair benefits most from water-based moisture that can penetrate the hair, followed by products such as gels or mousses to help to lock in that hydration and support the curl pattern.”

“Heavy oils alone are often not enough, especially in summer.”

Read on for our foolproof summer guide to getting the best from your curls.



### 1. RESET YOUR CURLS EACH MORNING

“Don’t fight yesterday’s curls,” Ricky says. “In summer, I always recommend rinsing the hair each morning and reapplying your styling products. It brings the curl pattern back to life.” If you haven’t got time to wet your hair, try **Curlsmith’s CurlFit Reviving Mist** (£25). Simply mist it on to dry hair and reshape curls with your fingers. It does the same job as wetting your hair to restyle, but with the added benefit of neutralising odours and softening hair.



### 2. SORT YOUR SCALP

“During warmer months, there is often more sweat, build-up and environmental exposure, so it’s important to cleanse the scalp regularly without stripping the hair,” Dani says. Try a clarifying scalp scrub, such as **MoroccanOil’s Scalp Purifying Scrub** (£29.50). It makes speedy work of ridding the scalp of debris without feeling rough.



### 3. BE MINDFUL OF TYING UP YOUR HAIR

It’s tempting to throw your hair into a messy bun when it’s hot, lest it feel like wearing a hairy scarf – but how you tie it up is important. “If you need to get your hair off your neck, use a silk scrunchie and go for loose styles,” Ricky says. “Tight buns and elastics will stretch and damage the curl pattern.” If you find your hair tangled after tying it up, try **Nak’s Hydrate Detangle Mist** (£23). The feather-light mist hydrates and protects the resilience of your hair.



### 4. LOCK IN MOISTURE

Layering hair products is a clever way to create a barrier against humidity, Ricky says. “Use a leave-in conditioner followed by a curl cream or gel.” Ricky’s curl cream of choice is **Wavy’s Everyday Curl Crème** (£22).



### 5. DEEP-CONDITION WEEKLY

“Sun, sweat and humidity all dehydrate the hair,” Ricky says. “Weekly masks keep curls strong, elastic and defined.” Our mask of choice is **Garnier’s Method for Curls Mask** (£9.99). Formulated especially for textured hair, it creates defined, bouncy curls.



### 6. PROTECT YOUR HAIR FROM THE SUN...

Look after your hair as you would your skin, because UV exposure can weaken it over time, Dani says. Try **Aveda’s Sun Care Protective Hair Veil** (£32), which gives water-resistant UV protection to your hair.



### 7. AND SWIMMING, TOO

“Before swimming, wet the hair with clean water and apply a light protective product,” Dani says. “This can reduce the amount of chlorine or salt water the hair absorbs.” We love **Mdlondon’s The 1 Hair Primer** (£15), a leave-in conditioner with added heat protection.

**S**ocial-media beauty trends can be a mixed bag – sometimes clever, sometimes questionable. But the viral “sunscreen sandwich” gets one thing absolutely right: anything that encourages better sun protection is worth paying attention to.

And it’s needed, considering that only one in six Brits wears SPF daily, while a third rely on make-up or moisturiser with SPF instead of a dedicated sunscreen, according to a 2026 study.

Let’s be clear: make-up with SPF alone is not enough, but when used as part of a well-layered routine, it can play an excellent supporting role. The “sunscreen sandwich” is all about strategic layering, combining skincare, sunscreen and make-up to maximise protection and hydration.

Like any good sandwich, it comes down to the quality of the ingredients – and the order in which you stack them.

#### ORDER OF THE DAY

“The ideal ‘sandwich’ involves applying active serums first, followed by a moisturiser and finishing with a generous layer of sunscreen,” says the consultant dermatologist Dr Anjali Mahto.

“Sunscreen – two finger-lengths’ worth – must always be the final step in your skincare routine to ensure that it forms an uninterrupted protective shield. If you apply serums or moisturisers on top, you risk diluting its efficacy, leaving skin vulnerable to UV damage.”

Anjali recommends allowing your skincare to fully absorb, waiting a minute or two between applying moisturiser and sunscreen to prevent the products from pilling.

#### PERFECT PAIRINGS

Some combinations work harder together. “Vitamin C and sunscreen are a powerful defensive pairing against environmental skin damage,” Anjali says. “Although sunscreen blocks or absorbs the majority of harmful UV rays, a vitamin C serum acts as a back-up, neutralising free radicals that slip through.

“Together, they provide a comprehensive, dual-layered defence system against premature ageing and pigmentation.”

And actives to steer clear of? “Retinoids should generally remain in your evening routine, as UV light degrades the active ingredient and renders it ineffective if worn during the day,” she says.

“They can also make skin more photosensitive, increasing your risk of sunburn if your sunscreen application is not absolutely flawless.”

#### EXTRA REWARDS

“Make-up containing UV filters can offer a small bonus layer of defence, but you must always apply a dedicated, primary sunscreen underneath it,” Anjali says. “When applying foundation over your sunscreen, use a gentle patting or stippling motion with a sponge or brush rather than aggressive rubbing, which can disrupt and displace the protective film you just created.”

The reality is simple: no one applies foundation thickly enough to achieve the SPF level listed on the label, but adding it into your sandwich? Chef’s kiss.



# THE SUNSCREEN SANDWICH

*Master the art of layering SPF for smarter skin protection*



FIND THE RIGHT SPF FOR YOU

<p><b>NORMAL</b></p>	<p><b>SPF</b></p>  <p><b>Environ Rad Activé Antioxidant Sun Cream SPF 20, £28</b></p>	<p><b>VITAMIN C</b></p>  <p><b>Alastin C-Radical Defence Antioxidant Serum, £165</b></p>	<p><b>MAKE-UP</b></p>  <p><b>Garnier Vitamin C Wondertint SPF 50, £14.99</b></p>
<p><b>OILY</b></p>	 <p><b>Clinique UV Solutions Mattifying Sunscreen SPF 50, £30</b></p>	 <p><b>IS Clinical Super Serum Advance+, £95</b></p>	 <p><b>Naked Sundays BeautyScreen SPF 50 Peptide Foundation Tint, £38</b></p>
<p><b>DRY</b></p>	 <p><b>Laneige Water Bank UV Barrier Sunscreen SPF 50, £26</b></p>	 <p><b>Evolve Vital Glow Vitamin C Cream, £32</b></p>	 <p><b>Laura Mercier Tinted Moisturiser Natural Dewy SPF 30, £39</b></p>
<p><b>SENSITIVE</b></p>	 <p><b>Shiseido Expert Sun Protector Lotion Sensitive SPF 50+, £41</b></p>	 <p><b>Beauty of Joseon Light On Serum: Centella + Vita C, £15</b></p>	 <p><b>Merit Beauty The Uniform Tinted Mineral Sunscreen SPF 50, £34</b></p>
<p><b>ACNE-PRONE</b></p>	 <p><b>Eucerin Sun Oil Control Ultra-Light Daily Face Serum SPF 50+, £29</b></p>	 <p><b>Skinceuticals Silymarin CF Serum, £169</b></p>	 <p><b>Erborian Super BB Full Coverage BB Cream for Acne-Prone Skin SPF 20, £38.50</b></p>
<p><b>MATURE</b></p>	 <p><b>Caudalie High Protection Glow Oil SPF 50, £22</b></p>	 <p><b>Medik8 Super C Ferulic, £69</b></p>	 <p><b>Kay Beauty Hydro Glow Tinted Sunscreen SPF 40, £16</b></p>

A close-up, high-resolution photograph of a woman's face, focusing on her eyes and lips. She has light-colored eyes and is wearing vibrant pink eye makeup and lipstick. The lighting is soft, highlighting the texture of her skin and the intensity of the pink tones.

# PINK REBEL

*Think you know pink? Think again. The saccharine  
sweetness is gone - get ready for a new power move*

# BEAUTY



**P**ink lipstick has long been cast as red's softer, sweeter sibling: pretty, polite and a little predictable. But don't be fooled. Like the Dolly Parton of the make-up world, pink comes with plenty of hidden grit. Beneath its delicate surface lies a quiet confidence – one that can disarm, disrupt and completely defy expectations (just ask Elle Woods).

Part of pink's power lies in its range. From barely-there blush tones to electric fuchsia, its nuances speak volumes.

"Pink has long been coded as sweet and feminine, but that's precisely what makes it powerful," says Anita Bhagwandas, a journalist and the author of *Ugly: Why the World Became Beauty-Obsessed and How to Break Free*.

"When reclaimed on your own terms, it stops being decorative and starts becoming disruptive – a colour that can signal defiance, visibility and control, rather than compliance." Her ultimate muse? The punk icon Kathleen Hanna, who embodies pink's unapologetic edge.

BEAUTY



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**'PINK CAN BE  
SOFT AND  
ROMANTIC  
OR BOLD AND  
EMPOWERING'**

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## MAYBE BABY

Once dismissed as too saccharine or soft, even baby pink has had a rebrand for 2026. “For a long time, many women avoided pale pinks because they didn’t want to be seen as ‘girlie’ or unserious,” says Karen Haller, a colour psychology expert and the author of *The Little Book of Colour*.

“Instead, they gravitated towards more intense shades like magenta and fuchsia, which feel bold and feisty, with a ‘don’t mess with me’ edge.”

Those brighter pinks still pack a punch, bringing a sense of confidence and presence to everything from home decor to fashion and make-up. But the pendulum is swinging back.

“We’re seeing a renewed appreciation for softer pinks,” Karen says. “They’re no longer seen as weak, but as a confident expression of compassion and self-care. I’ve often said that if hugs were a colour, they’d be a soft pink.”

## PRETTY POWERFUL

Pink’s rebellious streak isn’t new. In the 18th century, it was considered a strong, masculine colour, worn by fashionable men who embraced make-up and status dressing. Fast-forward to the Seventies and punk subcultures reclaimed it again – this time as a tool for subversion, rejecting traditional ideas of beauty and gender.

Today, that spirit lives on in modern make-up. Artists such as Terry Barber continue to play with pink’s duality, leaning into deliberately “bad-taste” aesthetics, from Pepto-Bismol-inspired tones to “sick” pinks that nod to rave culture. It’s all about context and placement; a heavy-handed blush can read doll-like or defiant.

## TICKLED PINK

Still not ready to ditch your signature red? Pink may surprise you. “Pink is one of the most versatile shades in beauty. It can be soft and romantic or bold and empowering,” says the make-up artist Aimee Connolly, founder of Sculpted by Aimee. “The key is choosing the right tone for your skin and building it in a way that feels modern and wearable.”

For everyday wear, she suggests a sheer wash of pink across the eyelids to brighten and refresh. “Multi-tasking products are key,” she says. “A glossy pink lipstick [she recommends Sculpted by Aimee’s Hydralip in Rose, £16] tapped on to the lips, cheeks and inner corners of the eyes instantly lifts the face and lends a fresh, tonal look with minimal effort.”

To dial things up, she suggests pairing a punchy fuchsia or magenta lipstick with fresh skin and minimal eye make-up. A muted-rose lip liner can help to anchor the look.

“The power of pink is in its adaptability,” Aimee says. “It lifts, enhances and adds warmth to the face. Whether you go subtle or statement, it’s all about wearing it with confidence and making it your own.”

## YOUR PINK POWER LIST



1. Dolce & Gabbana Cherry Glaze Bar Blush Stick, £40
2. Sephora Collection waterproof 12h colourful retractable eyeliner in Matte Fuchsia, £12.99
3. Sculpted By Aimee Hydralip in Rose, £16
4. Kiko Milano 3D Hydra Lippgloss in Pearly Pink, £12.99
5. Diorshow Overvolume extreme volume mascara in Overpink, £36
6. Charlotte Tilbury Charlotte’s Palette of Beautifying Eye Trends in Pink Love, £49





### THE CULT COMEBACK

"Clarins's revamped faux-glow icon, the **Self-Tanning Milky Lotion** (£28), has found its way back into my collection. The new and improved formula glides over the skin, leaving a soft hue of streak-free colour over your face and body. It's also deeply hydrating, and feels more like skincare than a typical tanning product. My top tip for any self-tan product is to run a dry tissue over your eyebrows if they are light in shade to avoid any colour change."

*Caroline Barnes, celebrity make-up artist*



### THE QUICK-FIX GLOW

"As a self-confessed pale person, it's accurate to say I'm obsessed with fake tan, and I've pretty much tried them all. St Tropez has always been a fail-safe when I want to wake up with a streak-free tan, but recently I've been leaning towards options I don't have to sleep in. The brand's new **Express Dark Whipped Mousse** (£37) is a dream as it genuinely gives a serious glow you can wash off after three hours, and the golden guide colour makes application foolproof."

*Hollie Brotherton, digital luxe & commerce editor*



# GOOD TO GLOW

*From believable bronzers to chic self-tans, our beauty collective share their go-tos for effortless summer radiance*



### THE LEG LUSTRE

"I'm not into the full-spray-tan commitment, but for an event I like a quick, temporary glow. I moisturise daily, and helpfully the **This Works Perfect Legs Skin Miracle** (£45) is a tinted serum that contains vitamin C and arnica, so I don't feel I'm missing a step in my skincare routine. It also gives just enough tint to even things out – it's make-up for the legs that then washes off at the end of the night (no orange sheets, no regrets). Technically it's for legs, but I'll use it anywhere – arms, shoulders, or a bit across the décolletage."

*Becky Donaldson, lifestyle director*



### THE INSTANT ICON

"Old-school St Tropez products are really easy and fuss-free thanks to their mousse texture, and I love how the ultra-dark version makes deeper skin tones really pop. But if you want to glow with less commitment, I love **By Terry's new Tea to Tan Golden Glow** (£42). It's a hydrating bronzing serum – one shade fits all – that combines skincare and make-up, and can be used on its own or with the cult-favourite Tea To Tan Face & Body mist."

*Ateh Jewel, host of HELLO!'s Second Act podcast*



### THE GROWN-UP GLAZE

"I've had one too many at-home tan disasters and don't have the time (or patience) for the prep and upkeep. **Vita Liberata's The Glaze Peptide Tanning Serum** (£29) is more like skincare than self-tan, packed with peptides and hydrating ingredients that elevate the quality of the colour. You apply it with your hands, and from the first use it takes the edge off paleness, then builds gradually into a believable bronze."

*Jo Jones, beauty expert and co-founder of Beauty Banks*



# BEAUTY



## THE BESPOKE BRONZE

"I use a couple of drops of **Tropic Skincare's Sun Drops Gradual Tanning Facial Serum** (£26) every few days with my morning moisturiser. It's gentle, Cosmos Organic-certified and gives me a fresh look. It very subtly helps even out my skin tone, so I can get away with just a dab of concealer here and there, and I love that it's customisable. Sometimes I'll use less moisturiser to up the intensity, brushing it onto the areas the sun naturally hits, like the tops of my cheekbones and tip of my nose."

*Jasmine Hemsley, author and wellbeing expert*



## THE SUBTLE SHIMMER

"The creamy formula of **Ilia's Multi-Stick in Bronze Pearl** (£36) adds the perfect, easy-to-apply glow to my skin, which has yellow tones and can be hard to match. As well as being an effortless way to add warmth to my face, I love the fact that Ilia uses clean ingredients, because my skin feels safe and stays hydrated."

*Nadia Alibhai, osteopath*



## THE RADIANCE BOOSTER

"I never tried the original, but this revamped version of **Guerlain's Terracotta Joli Teint Protecting Tinted Moisturiser SPF 20** (£47) has a beautifully lightweight, skin-like feel while still offering deceptively impressive coverage. The 90% naturally-derived formula boasts skincare goodies like hyaluronic acid and argan oil, and delivers a natural, sun-kissed glow reminiscent of a post-holiday tan, while subtly disguising under-eye darkness and uneven skin tone."

*Seni Crofts, HELLO!'s office manager*



## THE HYDRATION HERO

"For a natural-looking glow, I use a two-step approach that combines a hydrated base with an instant pop of warmth. First, I use the **Self Glow by James Read Sunblush Hydrating Tan Mist** (£18); it's brilliant for building a gradual, believable tan while keeping the skin beautifully hydrated. Simply spray (no rubbing) and let it develop. Then, for immediate foolproof radiance, I reach for my **Ruby Hammer Beauty Cheek Colour in Bronze** (£24), which is incredibly user-friendly and creates a sheer, buildable warmth that flatters everyone."

*Ruby Hammer, makeup artist and founder of Ruby Hammer Beauty*



## THE BODY BLURRER

"I subscribe to the Nicole Kidman school of glow; I've grown to prefer a paler face but still want a touch of warmth on my legs to soften that ghostly pallor, so I was thrilled to try **Gatineau's Golden Glow Blurring Body Bronze** (£40) in light/medium. As you would expect from skincare connoisseurs, it's packed with nourishing

ingredients such as hyaluronic acid and vitamin E, while the DHA-free formula expertly bronzes and blurs imperfections."

*Cassie Steer, head of beauty*



## THE GLOW GEL

"If you want to lure me in, all you have to do is mention the word 'gel' and I'm sold. I love the lightweight, flexible texture gel formulas have, and the **Sisley Phyto-Touche Gel Glow** (£79) blends in like a dream, with a second-skin texture and radiant finish. It's more of a subtle 'I've been in the garden' glow than an all-out sundrenched look, so it's ideal for this time of year."

*Melanie Macleod, deputy beauty and lifestyle editor*



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<sup>1</sup> Magnesium contributes to a reduction of tiredness and fatigue, and normal energy-yielding metabolism. Magnesium contributes to normal functioning of the nervous system and muscles (Health relationship: neurotransmission and muscle contraction including heart muscle). Magnesium has a role in the process of cell division and contributes to normal protein synthesis and psychological function. \* T&Cs apply: Get £5 off any order over £15 with code PA526HM at checkout at [Healthspan.co.uk](https://Healthspan.co.uk) or quote on freephone 0800 73 123 77. 'Now' price displays product RRP with the £5 off offer already applied. Single Use. New customers only. Cannot be used in conjunction with another offer/subscription nor redeemed instore or at any other retailer. Offer valid until 18.06.26.

# THE RIPE STUFF

*Playful, optimistic and surprisingly chic, banana is the unexpected summer scent hit. Here are the best of the bunch*



**1. Abel Miami Split, £160**  
Opening with a piquant brightness, this scent quickly reveals a white oud base that lends the vivid green-banana accord a subtly subversive twist. Crafted from 100% natural, biotech-powered ingredients, it's modern perfumery at its most compelling.

**2. Granado Yes, Nós Temos Banana!, £135**  
Why play it safe when you can make an (elegant) olfactive statement? Using all facets of the banana, from the freshness of the leaves to the sweetness of the fruit, this luminous floral-laced scent is refined with iris and sandalwood.

**3. Zara Sun Kissed Banana, £15.99**  
The high-street heavyweight may be known for its viral dupes, but this airy, floral blend stands confidently on its own. Banana flower is softened with almond and meringue for a delicately powdery scent that's easy to wear.

**4. 27 87 Hakuna Matata, £185**  
Tropical and unconventional, this amber composition centres around ripe banana and honey, sharpened with green peel. The scent was created by the master perfumer Rodrigo Flores-Roux, who is also behind Tom Ford's Neroli Portofino.

**5. Juliette Has A Gun Banana Rush, £140**  
Candied and cocooning, this sensual, syrupy gourmand layers banana and maple syrup over creamy coconut and a frangipani heart, while also laced with vanilla and sandalwood. Sweet but sophisticated.

# PUZZLE TIME

TIME TO  
TAKE A  
BREAK

*Pour a cup of tea and put your problem-solving skills to the test.  
Answers next week*

## CODEWORD

In this finished crossword, every letter of the alphabet appears as a code number. All you have to do is crack the code and fill in the grid. We have decoded some letters to start you off.

4	14	11	14	5		2	6	1	22	21	14	18	5		
18		6		6	I	5		24		18		3		21	
13	14	26	6	26	1	15	5	18		3	5	10	25	14	
14		12		14				13		6				23	
	12	22	6	26	24	7		5	L	6	12	9	6	26	3
16		14				10	11	14			26			14	
15	26	20	14	23	3	10		20	6	17	6	20	14		
23				14		5				6		10		1	
18	24	24	T	6	12		10	17	14	23	1	22	10	10	24
26		14		18		3		23		6		23		18	
	24	18	19	13	18	8	14	23		24	18	1	24	8	

A	1	14
B	2	15
C	3	16
D	4	17
E	5	18
F	6	19
G	7	20
H	8	21
I	9	22
J	10	23
K	11	24
L	12	25
M	13	26
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Y		
Z		

## SUDOKU

EASY

1								9
			9	1	5			
	2							7
		1	2		4	9		
2		8				7		4
4	7			8			1	2
	9			2				5
		6	8		1	4		
			4	3				

MEDIUM

		1						6	
		3						2	8
		8	2	9				7	5
		9	2		1	6			
			9		3	1			
		6				8	4		2
1	5	3				4			9
		2							

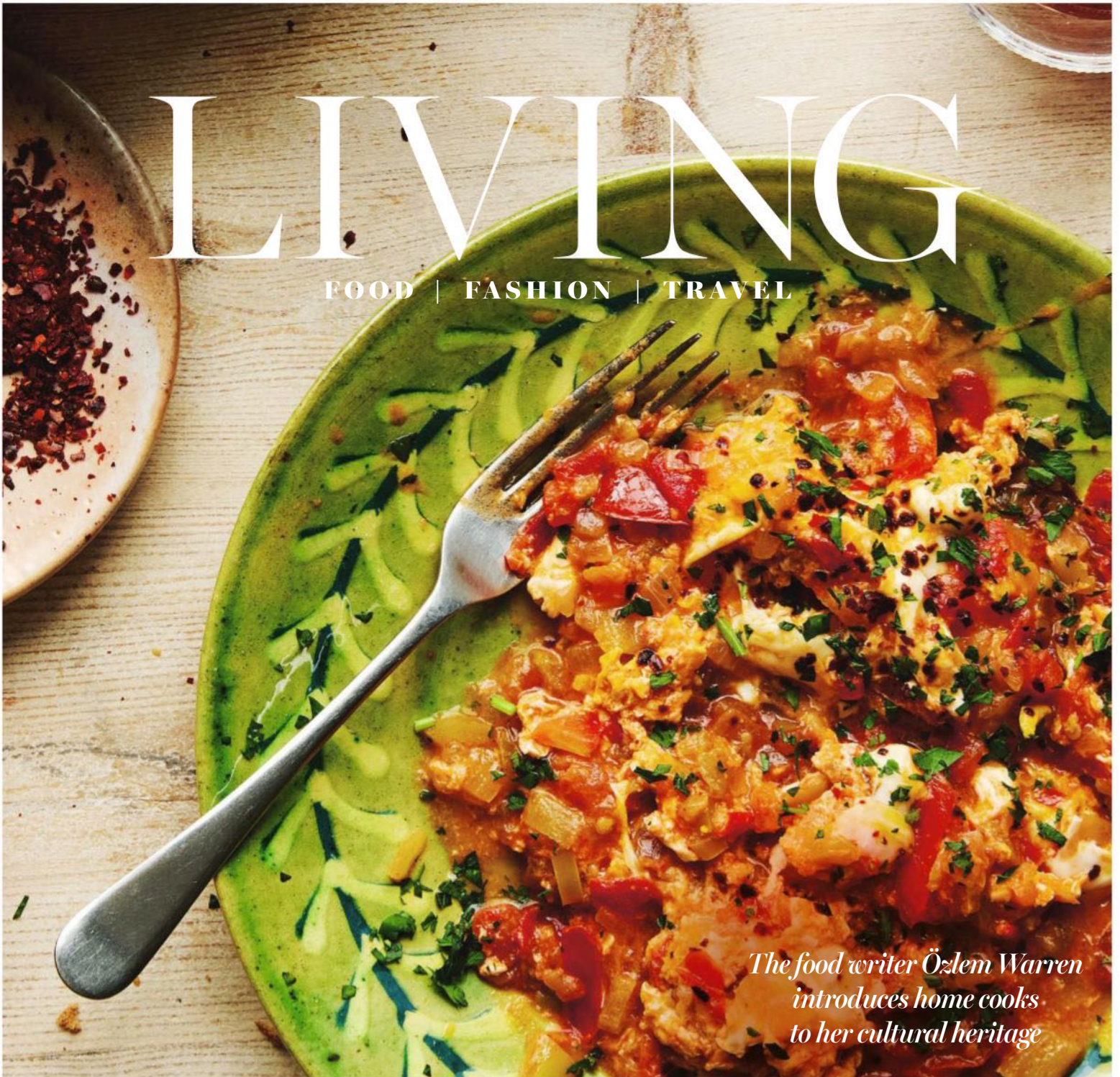
## LAST WEEK'S ANSWERS

E	M	J	Z	B	U	F	F	A	L	O	O	M
G	D	N	A	L	S	S	A	R	G	C	A	E
D	S	D	R	U	Y	T	H	S	Y	T	S	L
O	I	R	C	E	D	E	U	S	R	I	O	
L	G	M	A	I	L	N	K	E	E	O	S	H
T	H	P	R	L	S	E	E	N	I	N	A	R
H	T	U	E	E	U	B	P	S	O	N	A	E
S	I	I	T	E	E	C	O	H	T	M	K	T
N	N	C	G	D	J	D	O	E	A	C	R	A
I	G	L	L	E	T	I	L	N	A	N	B	W
A	N	I	M	S	R	O	K	R	I	O	T	R
L	W	O	T	I	P	E	T	A	R	B	E	Z
P	P	N	W	E	A	F	R	I	C	A	H	N

M	A	P	L	E	G	O	T	O	B	E	D	
U	A	L	U	E	A	E						
T	H	R	I	F	T	E	A	G	E	R		
U	A	I	N	A								
A	L	M	A	N	A	C	A	L	I	B	I	
L	O				O	G	N	L				
S	U	F	F	I	C	I	E	N	C	I	E	N
F	A	T	I	O		A	I					
R	A	T	I	O		A	S	P	I	R	I	
I							L	I	N	T		
G	U	E	S	T		C	O	U	R	A	G	E
I	T	E				A	C	T				
D	E	C	I	D	E	R	K	N	E	A	D	

# LIVING

FOOD | FASHION | TRAVEL



*The food writer Özlem Warren introduces home cooks to her cultural heritage*

## SOĞANLI MENEMEN

(scrambled eggs with tomatoes, peppers and onions) *Serves 2*

"This is probably the most popular egg-based breakfast in Türkiye. Every household makes their own version, but the staple ingredients are ripe tomatoes and pointy peppers called sivri biber."

### INGREDIENTS

- 3 tbsp olive oil
- 1 medium onion, finely chopped
- 85g/3oz sivri biber (green pointy peppers) or padron peppers, deseeded and finely chopped
- 400g/14oz ripe, medium

- tomatoes, finely chopped
- 2 medium eggs
- Handful of flat-leaf parsley, finely chopped, to serve
- Pinch of pul biber (Turkish red pepper flakes), to serve
- Extra virgin olive oil, for drizzling
- 27g/1oz beyaz peynir (white cheese) or feta, drained and crumbled, to serve (optional)
- Flatbreads or tirnakli pide ekmek (pide bread), to serve (optional)
- Salt and freshly ground black pepper, to taste

1. Pour the olive oil into a wide non-stick pan and place over a medium-high heat. Stir in the onion and saute for 5 minutes.
2. Add the peppers and cook for a further 3 minutes, stirring often; they will soften and start to char around the edges. Stir in the tomatoes, season with salt and black pepper and cook for a further 3 minutes, continuing to stir often, until the tomatoes begin to turn jammy and the sauce has thickened.

3. Reduce the heat to medium. Crack the eggs into the pan and swirl them into the sauce. Cook for around 2 minutes, or until the whites are set and the yolks are still a little runny.
4. Try not to overcook the dish, as you want to retain some sauce in which to dip your bread. Taste and adjust the seasoning if needed.
5. Sprinkle over the parsley, some pul biber and a drizzle of extra-virgin olive oil. Serve immediately, with any of the optional additions. ▶

## YOĞURTLU, KIYMALI MAKARNA (cheat's manti) *Serves 4 to 5*

"I love manti [Turkish dumplings], but when I'm short on time, I make this cheat's version using shell-shaped conchiglie pasta. Kiy mali makarna is a staple in many households in Istanbul. When topped with garlicky yoghurt and spiced oil, it's absolutely delicious."

### INGREDIENTS

- 3 tbsp olive oil (plus extra for drizzling)
- 1 medium onion, finely diced
- 1 small carrot, finely diced
- 2 sivri biber or 1 medium green pepper, deseeded and finely diced
- 450g/1lb minced beef or lamb
- 3 garlic cloves, finely chopped
- 1 tbsp tomato puree
- 200g/7oz tin chopped tomatoes
- 200 ml/7fl oz water
- 1 tsp ground cumin
- Small bunch of flat-leaf parsley, finely chopped

- 400g/14oz dried conchiglie or pasta of your choice (use gluten-free, if preferred)

- Salt and freshly ground black pepper, to taste

### For the garlic yoghurt

- 400g/14oz full-fat Turkish or Greek yoghurt
- 2-3 garlic cloves, crushed with salt and finely chopped

### For the spiced oil

- 4 tbsp olive oil
- 1 tsp pul biber
- 2 tsp dried mint

1. Around 40 minutes before you plan to serve, take the yoghurt out of the refrigerator and place in a bowl. Stir the garlic into the yoghurt, then taste and adjust the seasoning if needed. Cover and set aside to bring to room temperature. 2. Pour the 3 tablespoons of olive

oil into a wide, heavy pan and place over a medium-high heat. Stir in the onion and saute for 5 minutes, then stir in the carrots and peppers and saute for a further 2 to 3 minutes. Add the minced meat and garlic, then saute for 4 to 5 minutes until the meat is browned, stirring continuously.

3. Add the tomato puree, chopped tomatoes and water, swirling a little of the water in the tin to get any remaining bits of tomato. Season with cumin, salt and black pepper, stir to combine and bring to the boil, then reduce the heat to low and simmer for 20 to 25 minutes, stirring occasionally. The sauce will have thickened; check the seasoning and add more salt or black pepper if needed.

4. Stir in the parsley and turn off the heat.

5. Around 10 minutes before the meat sauce is cooked, bring a pan of salted water to the boil, then add the pasta and cook according to the packet instructions. Drain the pasta, then return it to the pan and drizzle over a little olive oil, so the pasta doesn't stick.

6. To make the spiced oil, pour the 4 tablespoons of olive oil into a pan and place over a low-medium heat, then stir in the pul biber and dried mint and gently infuse for 35 to 40 seconds.

7. Distribute the pasta among your serving bowls. Ladle over 3 to 4 serving spoonfuls of the meat sauce, then scatter over dollops of garlic yoghurt. Drizzle some spiced olive oil over the top and serve immediately.



*'Kiy mali makarna is a staple in Istanbul. When I'm short on time, I make this cheat's version'*



## A TASTE OF TURKEY

Fans of Turkish food will love this book by the award-winning food writer Özlem Warren, who pays tribute to her home country's culinary culture in her delicious recipes. *Istanbul* by Özlem Warren, with photography by Sam A Harris, is out now, published by Quadrille, priced £28

## ATOM (sauteed chilli peppers with garlicky yoghurt) *Serves 4*

"This is a fiery but delicious meze that you may come across in kebab houses in Istanbul. The creamy, garlicky yoghurt is a cooling counterbalance to the spicy dried red chilli peppers. Make sure to use suzme, or strained, yoghurt, otherwise your dip will be watery."

### INGREDIENTS

- 280g/10oz suzme (strained) yoghurt
- 1 medium garlic clove
- 15g/½oz dried red chillies
- 2 tbsp olive oil
- 15g/1 tsp salted butter
- ½ tsp pul biber (Turkish red

pepper flakes; optional)

- Sea salt, to taste
- Flatbreads or balon ekmek (Turkish balloon bread), to serve

1. Take the strained yoghurt out of the refrigerator around 30 minutes before using, to bring it to room temperature. Place the chillies in a small bowl and cover with hot water, then cover the bowl with cling film and allow the chillies to rehydrate for 15 minutes.
2. Grate the garlic over a chopping board and very finely

chop any parts that remain on the chunky side. Sprinkle with a pinch of salt and, using the flat side of a knife, gently squash into a fine paste.

3. Spoon the strained yoghurt on to a serving dish, add the garlic and stir to combine well, then season to taste. Swirl the centre of the yoghurt with a spoon to create a hollow.
4. Drain the chillies and pat dry with kitchen towel. Remove the stalks and cut into strips around 2cm/¾in in length.
5. Heat the olive oil in a small

pan, stir in the chillies and saute them over a medium-high heat for 1 minute. Stir in the butter, reduce the heat to medium and, once melted, stir in the pul biber.

6. Saute the chillies for a further 30 to 40 seconds, stirring constantly, then spoon them, along with the infused oil, into the hollow in the yoghurt.

7. Serve immediately with flatbreads or balon ekmek.

**SERVING SUGGESTION**  
Enjoy atom as part of a meze spread or with grilled dishes such as tavuk şiş (chicken skewers).

# FASHION

ZIMMERMANN  
SPRING/  
SUMMER 2026

CARRIE  
ELIZABETH  
coin hoop  
earrings, £130



LAURA HADDOCK



YASMIN MILLS



DAISY EDGAR-JONES



GEMMA CHAN



## FESTIVAL SEASON

*Grown-up festival style is all about mixing comfort with high-impact pieces – and having options to tackle unpredictable weather*



**LE SPECS**  
Outta Love  
sunglasses, £55



**BODEN**  
crochet jacket,  
£199, and shorts,  
£119



**NOBODY'S CHILD**  
white broderie  
anglaise lace-trim  
top, £65, mini skirt,  
£65, and natural  
raffia cowboy hat,  
£49



**ASTLEY CLARKE**  
Aurora necklace,  
£148

**M&S**  
pure cotton maxi  
dress, £40



**LULU GUINNESS**  
Heatwave fan, £65



**LUNA SCHWEIGER**

**WIGGY KIT**  
Keeper dress,  
£395



**FARM RIO**  
green scarf tote  
bag, £150



**HAYLEY MENDEZ**  
Taliha waistcoat,  
£240



**ALL SAINTS**  
Fleur bandana, £39



**LE CHAMEAU**  
Women's Nomade  
Chelsea boots, £100



**BARBOUR**  
Mackworth check  
jacket, £299



**POLÈNE**  
Solé bag, £360

HELLO! WORLD

# JEWEL OF THE CANYON

*It's nearly 40 years since Prince Charles and Diana travelled to Oman. Now visitors can take in the views at Diana's Point, the dramatic clifftop named in her honour*





The Anantara Al Jabal Al Akhdar resort offers canyon views across Jebel Akhdar, with amenities including a spa, villas and a rooftop lounge area. Below: Diana in the Gulf state in 1986

**T**he Princess of Wales has now returned to the international stage with a visit to Italy. Royal tours – even short ones – serve to remind us of the superb, lesser-visited places the world has to offer.

The impact the royals have when they venture overseas can be long-lasting.

Take this formerly obscure – yet sensational – viewpoint overlooking the canyon at Jebel Akhdar in Oman. In 1986, the Prince and Princess of Wales – Prince Charles and Diana – visited this Gulf state.

The place where they stopped is now known as “Diana’s Point”, and the canyon-side platform can be reached via a transparent walkway called The Royal Edge.

The Anantara Al Jabal Al Akhdar resort has unrivalled access to the spectacular spot, offering numerous dining options for guests. It’s an all-out experience, with connoisseur menus prepared by a personal chef and served by a butler.

The resort itself is one of the world’s highest, sitting on the Green Mountain, and offers excursions into the surrounding desert as well as stargazing experiences in the very spot that Princess Diana once stood.

**HOW TO DO IT** Double rooms at Anantara Al Jabal Al Akhdar cost from £291. The point can be found on a popular trek that connects Al Aqr and Al Ayn. If not a hotel guest, there is a parking area you can use but you must travel in a four-wheel drive (there are police checkpoints to make sure your car is powerful enough to traverse the mountains).

Check out “The world from here” every week on social media @hellomag



REPORT: PENNY WALKER. ADDITIONAL PHOTO: GETTY IMAGES



MY LITTLE LUXURIES  
**Aurélia Stouls**

*The fashion designer shares her take on luxury – untouched Mediterranean islands, weekly infrared saunas, and wild caviar*

**R**edefining everyday essentials such as T-shirts and tanks with luxurious suede and leather, the Parisian label Stouls was founded by the French designer Aurélia Stouls in 2004. Her pieces, which also include leggings, shirts, trousers and outerwear, are made using an innovative, ethically sourced, stretchy lamb’s leather, which is, believe it or not, machine-washable.

Aurélia lives in Paris, where her flagship store, which opened in 2014 near the Place Vendôme, is also based.

**My extra-large** Protestant cross, handmade in gold by my father when I was confirmed at the age of 15, is my most treasured piece of jewellery. It is quite a unique and sentimental piece to me.

**Any small Mediterranean** island still untouched by Instagram and by a certain polished, predictable idea of luxury is my ultimate destination.

**Escaping to my** country house in the south of France, near the Mediterranean sea, is my favourite thing to do. It is hidden in the middle of the forest, away from city life and surrounded by nature.

**A luxury evening** would be a candlelit dinner beneath majestic chandeliers in the Egyptian desert, beside the Siwa Oasis. Indulging in exquisite dishes under a vast, star-filled sky feels utterly magical.

**The ultimate** luxury meal is wild caviar. Farmed caviar can’t compare to the burst of flavour that we savoured back in the last century.

**When I travel,** I cherish service that’s gracious and free of condescension, paired with the genuine warmth of the staff.

**Morning coffee** in my bed is the little luxury I’ll never compromise.

**Sunsets in nature** shared with people I love, with a good glass of red wine, bring me the most joy.

**My last splurge** was a super-light silk blouse in a “chicissime” leopard print by the Parisian-Lebanese couturier Rabih Kayrouz. I style it with my deep-black suede pants from Stouls.

**My luxury beauty** routine comprises a Kobido massage at home at least once a month and time in a Japanese infrared sauna called an Iyashi Dôme once a week.

**The Prada store** in the Galleria Vittorio Emanuele II in Milan is my favourite luxury boutique. Wandering through this place gives you the feeling of being outside of time. The majestic space and every alcove reflects the excellence and modernity of the brand.

‘LUXURY IS  
 FREEDOM OF  
 SPEECH, OF  
 THOUGHT, OF  
 LAUGHING’

**In my travel bag** will always be the My Way zipper jacket from Stouls and a silk-lined glove pouch.

**I love the** simple luxury of walking barefoot on waxed parquet, feeling the warmth of the wood beneath your feet – not varnished, just natural and inviting.

**For an evening in,** I’ll wear silk and cashmere, pure and simple. I’m obsessed with robes – chic, effortless, embroidered or printed – collected from all corners of the world.

**My favourite cooking** essentials are all the spices I bring back from my travels... honey from Greece, za’atar from Lebanon, black Malabar pepper from India.

**For me, luxury** is freedom of speech, of thought, of praying or not praying, of laughing, of dressing as you wish, with your hair blowing in the wind. I’m creative, and unapologetically cerebral.



1. Aurélia loves retreating to her house in the south of France 2. Stouls Benny leather straight-leg pants, £2,225 3. The Iyashi Dôme, a Japanese sauna 4. The Prada store in the Galleria Vittorio Emanuele II, Milan 5. Odysea Greek wild thyme & fragrant herb honey, £12 6. The Siwa Oasis, Egypt

AS TOLD TO BECKY DONALDSON. PHOTOS: GETTY IMAGES, JACQUES GIAUME



**HELLO!**  
**WILLIAM & KATE**  
 CELEBRATING 15 YEARS OF MARRIAGE



FROM FRIENDSHIP TO LOVE, CHILDHOOD ALBUMS & A LOOK AT LIFE BEHIND PALACE WALLS

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 SALE  
 NOW**

# WILLIAM & KATE

## CELEBRATING 15 YEARS OF MARRIAGE

*Millions of people around the world tuned in to watch Prince William and Kate Middleton exchange vows in 2011. As we mark this milestone anniversary, we chart their journey from university sweethearts to proud parents, and explore their modern vision for their future reign*



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