

HELLO!

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JENNIFER ANISTON
HER LOVED-UP
MALLORCAN
YACHT TRIP



ANDI OLIVER
ON THE 'GREATEST
LOVE AFFAIR OF
MY LIFE'

BEAUTY SPECIAL

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SPECIAL REPORT

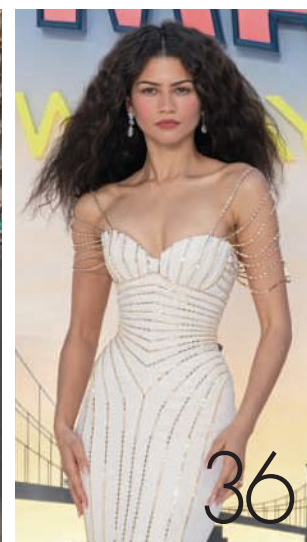
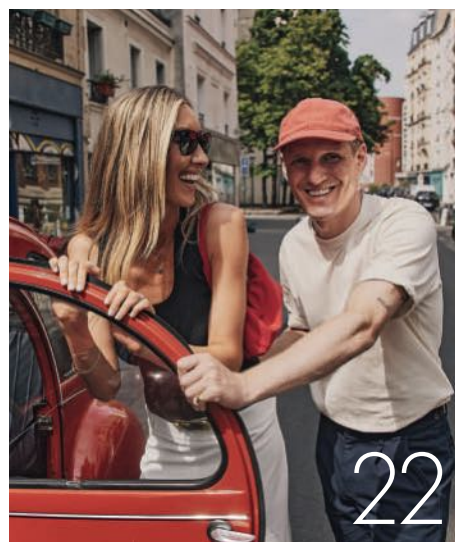
LOVE AND LAUGHTER

AS ZARA AND MIKE TINDALL CELEBRATE
15 YEARS OF MARRIAGE, INSIDE THE
FUN AND FRIENDSHIP THAT KEEP
THEM STRONGER THAN EVER

'SHE'S ALWAYS BEEN MY BEST FRIEND... THAT DOESN'T CHANGE'



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THIS WEEK

PEOPLE IN THE NEWS

- 4 ERNESTO and GABRIELA COPPEL** The Mexican hotel tycoon and his wife open the doors to their spectacular home
- 22 SOPHIE HABBEO and JAMIE LAING** exclusively reveal **THE KING's** prediction for their son – and how they're coping with being new parents
- 26 JENNIFER ANISTON** turns heads during a yacht trip in Mallorca
- 28 ... as THE BECKHAMS** lead the A-listers jetting off to soak up the sun
- 36 ZENDAYA** stuns in London at the premiere of the new Spider-Man film
- 38 ... as TOM HOLLAND** explains why he loves working with his actress wife
- 40 KAIA GERBER and CINDY**

- CRAWFORD** Meet the latest crop of "nepo babies" taking the world by storm
- 46 COVER STORY ZARA and MIKE TINDALL** As they mark 15 years of marriage, we look at how the couple have become key to the royal family
- 52 THE DUCHESS OF SUSSEX** What's next for **MEGHAN** as she turns 45?
- 56 THE QUEEN** A fascinating new book explores how **CAMILLA** and other royal wives have changed the monarchy
- 58 ISABEL VON HABSBURG-LOTHRINGEN, ARCHDUCHESS OF AUSTRIA** European royals gather as she marries **CARLOS DE PALACIO GAYTÁN DE AYALA** in Vienna
- 62 SIR BEN AINSLIE** The Olympic sailor

- shares his hopes for more sporting success alongside **THE PRINCESS OF WALES**
- 64 FREIDA PINTO** joins the Indian stars captured for the 2027 Pirelli Calendar
- 70 ANDI OLIVER** The chef opens up about how her daughter's best friend **LILY ALLEN** is coping with heartbreak

REGULARS

- 17 INSIDE STORIES** This week's most glittering celebrity outings
- 60 THE ROYAL BRIEF** All the best from the royal diaries
- 68 PUZZLES** Tea-break teasers
- 69 7 DAYS** Celebrity news in brief
- 72 CULTURE** The singer **CHLOE STROLL** on the joys of motherhood

- 91 HELLO! SUBSCRIPTIONS** Great deals with guaranteed delivery

STYLE & LIVING

- 75 STYLE** Welcome to our beauty special
- 76 ... where the celebrity facialist DEBBIE THOMAS** answers your questions
- 78 ... as we share the latest BEAUTY NEWS** you need to know
- 80 ... find out why K-BEAUTY** is about to revolutionise your routine
- 82 ... discover the melt-proof make-up our BEAUTY COLLECTIVE** can't live without
- 84 ... and share expert tips on SCALP CARE** to keep your head happy this summer
- 87 COOKERY** Tasty plant-based dinners
- 90 RACHEL STEVENS** Her top luxuries

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PACIFIC HEIGHTS

The Mexican hotel tycoon Ernesto Coppel and his wife Gabriela welcome us into their spectacular home in Los Cabos



Ernesto and Gabriela next to a pair of statues depicting the Egyptian god Anubis



The main entrance to the house, which perches on the mountainside, is framed by Moroccan cacti and exotic palm trees





Right on the beachfront in one of the most breathtaking corners of Mexico, with spectacular views of the Pacific, Gabriela and Ernesto Coppel have created their dream home, a space where avant-garde design merges with memories from their global travels.

The stunning property in Los Cabos, in the state of Baja California Sur, reflects the adventurous spirit of the tourism tycoon and his wife, who devotes her time to philanthropy through her own foundation.

Ernesto, who is fondly known as “Neto”, fell into the hotel business almost by chance following a difficult period, both personally and financially. He was just 30 at the time but quickly made his mark on the industry. It was the beginning of a successful career that is still going strong nearly 50 years later, with Ernesto continuing to pour the same energy and enthusiasm into ambitious new projects.

The businessman has three daughters. One of them is Bárbara Coppel, who, along with her husband, the former bullfighter Alejandro Hank Amaya, forms one of Mexico’s most influential power couples.

After his first marriage, Ernesto found love again with Spanish-born Gabriela Camus. Together for 20 years and married for 13, they are continuing to write their love story in their family home, which they bought in 2017 and are now opening exclusively to us.

Ernesto, what made you fall in love with this spot?

“The house sits at the highest point of the Quivira development, offering the best views of the ►

Clockwise from left: A light inspired by Tibetan prayer beads, Gabriela with her beloved dogs, and iron wall-hangings by the Mexican artist Joaquín Jurado, depicting local torote trees





‘WE BUILT
THE HOUSE
ENTIRELY
FROM
SCRATCH’

Ernesto Coppel



Ernesto in front of – and Gabriela inside – the sleek cylindrical lift that provides access to the spectacular library

Pacific Ocean. Quivira itself is a spectacular 750-hectare coastal residential and hotel resort here in Los Cabos."

Did you build it, or did you buy it and renovate?

"We built it entirely from scratch. To bring it to life, we worked with the architect Paty Danel and Katherine Pullen, a fantastic interior designer based in Phoenix, Arizona."

Was it easy to bring your personal style into the house?

"Yes, it really was. We poured so much love and enthusiasm into the build, drawing inspiration from our travels."

Which is your favourite room?

"Our bedroom. It's incredibly spacious and comfortable, and it looks right out over those magnificent sea views."

How would you describe the ambience of the house, and which pieces of decor stand out?

"The atmosphere is eclectic, bright and very spacious. In terms of the decor, the most ►



The library boasts columns inspired by the Villa of the Papyri in ancient Herculaneum, vaulted ceilings and a glass cabinet housing a Greek vase dating from 450BC



**'YEARS AFTER
WE FIRST
MET, WE
REUNITED AS
SOULMATES'**

Gabriela Coppel





The main sitting room features globe pendant lamps, hanging above an Italian table, and a wenge wood console that displays a Chinese Ming-dynasty horse. Right: Ernesto and Gabriela on the beach in front of their home. Facing page: Gabriela wears a fuchsia and green dress by Kathia Fontini that pops against the sea

special pieces are a Greek vase dating from 450BC and a Greek quadriga [a chariot drawn by four horses] – a replica of Phidias’s design on one of the Parthenon pediments in Athens.”

Are many of the pieces discoveries from your travels, family heirlooms or unique flea-market finds?

“Yes – nearly everything, in fact. The vast majority have been collected on our travels across Europe, the Americas, India, Africa, Egypt, Jordan and Turkey.”

Which object holds the greatest sentimental value for you?

“A Russian icon of the Black Madonna, which we found during a trip to Jerusalem.”

Do you live here all year round?

“We spend nine months of the year here – essentially all year, except the summer – and the weather during that time is magnificent. When the summer heat hits, we usually head off to California or Canada.”

Ernesto, you’re a titan of the Mexican tourism industry. How did you get your start in the sector?

“I fell into this world entirely by chance. I was 30 years old, completely broke and felt as though I hadn’t really achieved anything with my life. Then some Americans from Texas gave me a chance to start out as a part-time salesman, in a sales-manager role.

“Two years later, I struck out on my own, setting up my first project with the tiny bit of money I’d managed to save and the help of a partner. So you could say I entered the tourism industry by the back door... and here I am, still doing it 49 years later.”

What has been your toughest challenge?

“Weathering the periodic economic crises and the slumps in international tourism that Mexico has faced.

“But I’ve always managed to come through them unscathed, thanks to the work of the incredible team I’ve built around me.” ►



One of the bedrooms has a four-poster bed and wood cladding. Below: A view from one of the bathrooms, and the elegant dressing room



What are your future goals?

“To keep growing the company and expanding our timeshare portfolio. We’re currently partnering on the construction of a massive St Regis hotel right here in Quivira, which is the top-tier quality we’re looking for.

“Also under way is a development called Lighthouse, or El Faro, which will feature its own golf course. That’s alongside our existing Quivira course, which was named the best new international course by Golf Inc magazine in 2014.”

What does Gabriela mean to you?

“I deeply admire her simplicity and her huge heart. She means everything to me. My whole life

revolves around her, and I’d be completely lost without her.”

Your daughter Bárbara has been living in Madrid with her husband and children. Are you fond of Spain?

“I absolutely love Spain, and we fly over to visit Bárbara as often as we can. My wife is actually of Spanish descent and holds a Spanish passport – her grandfather was born in Cueto, just outside Santander, and emigrated to Mexico at the turn of the 20th century.”

Gabriela, how did you and Ernesto meet?

“We met through my brother-in-law, who happens to be from the same Mexican state ►





Gabriela poses on the sun-drenched terrace of the home where she and her husband spend most of the year



Gabriela with
a traditional
Mexican charro
hat woven with
silver thread

The hotelier with his 1965 Shelby Cobra classic sports car. Below: The couple visit the Quivira golf course, and a view of their expansive sitting room



as Neto. When Neto came to visit, my brother-in-law invited us all out to dinner. At the time, Neto was still with his first wife, and I was married too.

"Years later, life brought us together again at an event. We recognised each other instantly and reunited as soulmates."

How long have you been married?

"We've been together for 20 years, which we're celebrating this year, but we tied the knot in 2013."

What do you admire most about Ernesto?

"His immense generosity, his visionary ability to completely transform spaces and his huge heart. He's always helping his friends and supporting anyone who wants to better themselves and grow."

Tell us about your own work...

"I run a foundation that supports abused women and the elderly. I also have a boutique where I sell lovely decorative pieces, clothing and accessories. On top of that, we're partners in a project in Todos Santos, where we have a

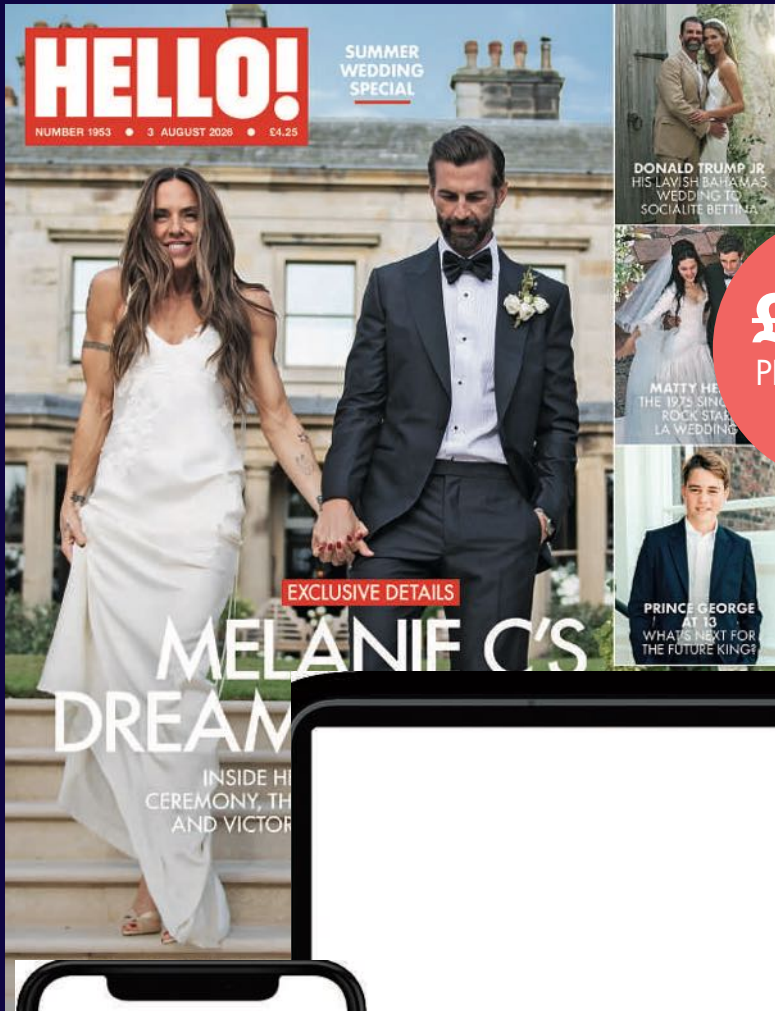
wonderful large venue called Oystera. Beyond business, I'm passionate about personal development and growth. I love it, which is why I previously practised as a therapist. I teach yoga, reiki and ThetaHealing.

"Ultimately, I love giving back to the community, and I want to keep doing it for as long as I can."

TEXT: CRISTINA OLIVAR
PHOTOS: VÍCTOR CUCART



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THE INSIDE STORY

A full-page photograph of two women, Emily Atack and Fearne Cotton, standing on a grassy field at a polo event. Emily Atack, on the left, is wearing a light pink off-the-shoulder dress with a large red and purple floral pattern. Fearne Cotton, on the right, is wearing a black double-breasted blazer with large silver buttons and a black leather collar. She is holding a black handbag. Both women are smiling at the camera. In the background, there are other people, a large golden trophy, and a white tent under a clear blue sky.

FEARNE AND EMILY GLOW AT THE POLO

Her character in the hit TV show *Rivals* is often found at the polo – so it was fitting that the actress Emily Atack, who plays Sarah Stratton in the series, was one of the famous faces invited to the Hurlingham Polo Association's International Day in Egham, Surrey.

She was joined by her fiancé, Alistair Garner, her co-star Katherine Parkinson and Fearne Cotton. The broadcaster attended with her new partner, Elliot Hegarty, who has worked as a director on *Rivals*.

Emily and Fearne spent time catching up before the actress posed for a photo with some of the *Rivals* team, including Dominic Treadwell-Collins, an executive producer.

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SILVER DRESS BUT A HEART OF GOLD

Shimmering in a silver sequinned Coperni dress, Eva Longoria Bastón looked radiant as she attended the Global Gift Gala at the Lucia Marbella beach club in Marbella. The actress, 51, served as the charity event's honorary chair and was also its co-host, alongside the brand and culture expert Nick Ede.

"I loved supporting my best friends, Maria Bravo and Alina Peralta, who co-founded the charity," she exclusively told **HELLO!**.

"So many of my friends are over from the US for the summer, so it really does feel like a celebration. My highlight was presenting my friend Elsa Collins with the humanitarian award – she had no idea, so it was quite a surprise."

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GEMMA'S OFF TO THE RACES

Gemma Owen looked elegant ahead of her horse-racing debut at the Qatar Goodwood Festival last week.

The TV star and daughter of former England footballer Michael Owen stepped out in a bespoke Holland Cooper look, days before taking part in the Markel Magnolia Cup, a charity race for female amateur jockeys.

Gemma – who rode Turbo Trotter, one of her father's racehorses – told **HELLO!** that she didn't feel nervous in the run-up to the race, which she completed in fourth place. "I'm extremely competitive; it runs in the family."

Gemma and her family are set to star in *Meet the Owens*, a docuseries that will be released on Amazon Prime at the end of August.





HAMPTONS

KATIE FINDS HER PERFECT MATCH

Rumours of their romance had been circulating for weeks – and now, Katie Holmes and her new boyfriend, the artist Jason Bard Yarmosky, have made their relationship official.

The pair arrived wearing co-ordinating navy outfits at a dinner thrown to celebrate the fashion house Ferragamo's four-day pop-up at the Topping Rose House hotel in The Hamptons in New York state. When asked about their looks, the actress said: "I think we just have similar taste."

Katie, 47, and Jason, 38, reportedly started dating after meeting at the Tribeca Festival in New York in June, and were spotted together on several outings in the city last month.

BRINGING UP BABY

Sophie Habboo and Jamie Laing exclusively reveal why they want a lot of children – and the King's prediction for their eight-month-old son Ziggy





Sophie and Jamie are loving life as first-time parents

Jamie Laing and Sophie Habboo are in a remarkably upbeat mood considering that their eight-month-old son, Ziggy, has chickenpox and isn't sleeping well.

"He's only got a tiny number of spots," Jamie tells **HELLO!**. "He's not feeling unwell – he's really resilient and just gets on with it."

Jamie, 37, and Sophie, 31, famously met while starring in the TV reality show *Made in Chelsea*, and started dating in 2019.

After marrying in 2023, hosting celebrations in both London and Sotogrande, Spain, they welcomed Ziggy, their first child, last December. He was named for the Six Senses Zighy Bay resort in Oman, where he was conceived.

The couple knew Ziggy's gender from the start. "We found out straight away," Sophie says. "We would have been happy with either [gender], but we were so excited to have a boy. He's the first boy in my family – I just have a sister, and my dad only had sisters, so it was exciting for my dad."

"I knew it was a boy," Jamie says. "When Sophie fell pregnant, I said: 'I can feel it's a boy.'" The parents-to-be even had a near-accurate prediction from the monarch after meeting him at a King's Trust event at Buckingham Palace in June last year.

"He was so lovely," Sophie says. "Ziggy was in my tummy and [the King] was trying to guess Ziggy's birthday. He thought Ziggy would be born in November, which was not too far off."

Although they're in a temporary tough patch with their son's chickenpox, the couple would love to have more children. "Lots and lots," Sophie says. "Jamie comes from a really big family. I want to have more and grow the family."

Jamie – the great-great-grandson of Sir Alexander Grant, 1st Baronet, who created the McVitie's digestive biscuit in 1892 – is the co-founder of the popular vegan sweet brand Candy Kittens, which he launched with his friend Ed Williams in 2012.

FAMILY AFFAIR

Jamie has clearly inherited his family's business acumen: he also hosts several podcasts, including *NewlyParents*, which he co-hosts with Sophie, and *Great Company* with Jamie Laing.

Sophie previously co-hosted *Wednesdays* with her former *Made in Chelsea* co-star Melissa Tattam, but announced last week that she was leaving the podcast to spend more time with her son.

She also runs JamPot Productions, a media production company, with Jamie; they were both executive producers of their recent three-part documentary *Raising Chelsea*, which was broadcast on Disney+ in April and followed the couple as they navigated becoming first-time parents.

It's an experience that still has its challenges, Jamie says, referring to a parenting blunder the previous night. "I made a huge error because I was so tired," says the star, who is speaking from Candy Kittens' headquarters in Marylebone.

"I forgot to put his nappy on [when] putting him to bed, and half an hour later, he was crying. I was like: 'Why is he crying?' and he'd peed himself. I'm feeling so guilty today. How can I forget to put his nappy on? What is wrong with me?"

Despite this, the couple are enjoying every second of their new life. "We're loving it," says Sophie, who joins our video call from home. "It's exhausting, but the best thing ever – so rewarding. The love is like nothing you've felt before."

"It is honestly the most wonderful thing," Jamie says. "We're a really good tag team, but I think mums are just incredible."

Sophie adds: "No, we're a real team. Jamie's so great – he's got unlimited energy, so he's been ►



useful at night because I love my sleep. Jamie manages to live off about two hours. He's so helpful, so present, such a great dad."

The pair get along well, although they are known for their hilarious disagreements on their podcast. "We're best friends and we bicker, but it's harmless," Sophie says.

"I think people forget that Sophie and I were such close friends before [becoming a couple]," Jamie says. "Our relationship has never changed."

As we speak, Ziggy wakes from his nap and Sophie, clearly besotted, brings him into view. "I feel as though he's going to be a mini Jamie," she says. "He's very energetic, so loving, quite needy, loves his mum and is a really happy, lovely boy."

BABY STEPS

Every new parent experiences high and lows in the first few weeks, and Sophie and Jamie were no different. For Sophie, the highlight was being handed Ziggy following her emergency C-section. "It was truly the best moment of my life," she says.

The early days were a struggle, she admits. "I had him in the depths of winter, and it rained every single day, so I had a bit of cabin fever one month in," she says. "I was so tired and I couldn't leave the house because it was pouring."

Now, she's relishing her little boy. "He laughs and smiles and lights up when you walk in a room. He's now saying 'Mama'. Those things are incredible."

Jamie also found the process of becoming a parent difficult to navigate at the start. "What people don't talk about, especially for men, is that guys become super-protective straight away," he says. "There was a moment at about 3am when he was so little and I was rocking him. I put him down and looked at him, and he sort of smiled at me. I was like: 'Oh my God – that's my baby.' That was a pretty amazing moment."

Now, he says: "My thought process is: 'Ziggy, Ziggy, Ziggy.' Now that little man is at the forefront of my mind. The tricky thing at the beginning is adjusting to your new life."

The couple went on their first mini-break without Ziggy in July, which proved heart-wrenching but gave them some much-needed time together.





The couple at the premiere of their documentary *Raising Chelsea*. Facing page: Meeting the King at Buckingham Palace last year and hosting their podcast *NewlyParents*

"I cried leaving him, but he was fine," Sophie says. "He had a sleepover and he had the best time, and we had the best time."

For their trip to Paris, they teamed up with GetYourGuide, an online travel-planning platform that is championing the nation's unsung Holiday Heroes – friends, partners and family members who do all the holiday planning.

"Sophie and I were having this battle [about] who the holiday hero is. We finally settled on me," says Jamie, who planned a pastry masterclass to make tarte tatin with a Parisian grandmother through GetYourGuide. "It was a really fun day."

BIG DREAMS

They have some "exciting things" coming up at the beginning of January, but their lips are sealed. Jamie would love to host the Academy Awards, while the Met Gala is Sophie's ideal gig.

"To talk about all the outfits, that would be the dream," she says, noting that she adores the French label Saint Laurent. "It's so simple but unbelievable."

Whatever transpires, the future looks bright. "We're building up our media company JamPot together and focusing on being the best parents possible," Jamie says. "We get to travel the world together, work together and experience life together, and that is the most amazing thing." **H**

INTERVIEW: SOPHIE HAMILTON

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SMOOTH SAILING

*Jennifer Aniston enjoys quality time – and a workout
– with her boyfriend and A-list friends in Mallorca*



Jennifer holds a plank position and (right) cools down with a pedal-kayaking session



The actress relaxes with her boyfriend, Jim Curtis – who shared a photo of the couple on a yacht (above) to mark her 57th birthday in February – and her Friends co-star Courteney Cox

Jennifer Aniston is as celebrated for her acting as she is for her world-class fitness regime – and the enviable physique she has achieved.

Not even a lavish yacht holiday in the Mediterranean with A-list friends including the actor Pedro Pascal and the actress Courteney Cox, as well as her boyfriend, Jim Curtis, could keep Jennifer from her workout.

The Friends star, 57, was pictured talking to Jim – who is a life coach, hypnotherapist and author – as she balanced in a plank position while wearing a string bikini.

Jennifer, who co-owns the functional fitness programme Pvolve, has long been vocal about her love of exercise.

“I love a quickie workout,” she has said. “Even a body part I’m dreading, like glutes... 15-minute sessions can work the entire body in a short amount of time, which is a gamechanger. I also love that you can break a beautiful sweat during it.”

STEADY RELATIONSHIP

The break in Mallorca marks a year since Jim and Jennifer were first spotted on holiday together, also on the Spanish island – and judging by the photos from this year’s break, they are just as smitten as they were then.

The couple are said to divide their time between Jennifer’s multi-million-dollar properties in Bel Air and Montecito, as well as Jim’s apartment in New York.

This year, they were joined by Jennifer’s Friends co-star and long-time close confidante Courteney Cox, 62, who split with her partner of over a decade, the Snow Patrol musician Johnny McDaid, in June. The actress was spotted on a dinner date with the actor Geoff Stults last month.

The friends have made the most of the great outdoors, with Jennifer spotted pedal-kayaking and Courteney putting on flippers before heading into the water.

The Last of Us star Pedro Pascal, 51, who has grown close to Jennifer in recent years, was spotted relaxing on the boat. The actor Jason Bateman and his wife, the actress and producer Amanda Anka, also joined the party, along with the director Judd Apatow, as they sailed around the popular Balearic island.

Jennifer and Jim’s holiday is the latest in a series of appearances by the couple, whose bond has strengthened over the past year.

Last September, Jim was by the actress’s side at the premiere of season four of her hit Apple TV series The Morning Show. In January, Jennifer joined him as he hosted an event at a bookshop in California.

Jennifer is scheduled to interview her boyfriend on stage at an event in New York in September, when he will be talking about his new publication, The Book of Possibility. **H**

REPORT: MIRANDA THOMPSON

LONG HOT SUMMER

Sir David and Lady Beckham are among the celebrities jetting off for sizzling holidays under the sun



THE BECKHAMS

The Beckham family have been making a splash in Ibiza. Sir David and Lady Beckham – Victoria, 52, wearing an elegant wide-brimmed hat – were joined by their son Romeo, 23, and his girlfriend, Kim Turnbull, 25, when they went out for lunch with one of David's sporting heroes, Michael Jordan, and the basketball star's wife, Yvette Prieto.

Michael and David, 51, were seen warmly embracing outside the beachfront restaurant Jondal before spending the afternoon together. The Mediterranean break came after the family spent a month in the US as they followed the England team's progress in the Fifa World Cup.



SIMONE ASHLEY

The *Bridgerton* star Simone Ashley took to tropical Panama for an idyllic beach break, sharing pictures of a girls' trip that included paddleboarding and picturesque boat outings. "Probably the best trip ever," she wrote on Instagram.

The holiday was a change of pace for the actress and singer, 31, who released her debut EP, *Songs I Wrote* in New York, in April. She has also been filming the latest series of *Only Murders in the Building*, the Disney+ crime caper starring Martin Short, Steve Martin and Selena Gomez. ►



SELENA GOMEZ

It was a case of la dolce vita for Selena Gomez as she celebrated her 34th birthday in Italy with her husband of almost a year, the producer Benny Blanco, 38. The singer and actress shared a carousel of pictures from their romantic European getaway, which featured yacht trips, sightseeing, candlelit meals and plenty of affectionate moments between the couple, who will mark their wedding anniversary in September.

The holiday also included a stay at Il Borro, the Ferragamo family's estate in Tuscany, where the pair made fresh pasta and went horse riding.





KYLIE MINOGUE

Kylie Minogue looked sensational as she reclined in a yellow string bikini during a well-deserved Mediterranean break. “Thank you Corsica-aahh,” Kylie, 58, wrote on social media as she shared a series of pictures from her holiday. “First proper-mini break in a long looong time,” she captioned another post, which showed her playing Scrabble against a mystery opponent.

It’s been a busy year for the singer, who unveiled her three-part Netflix documentary series, *Kylie*, in May. Now, she’s preparing to return to Australia, where she will headline the pre-match entertainment at the 2026 AFL Grand Final in Melbourne. ►



ROSIE HUNTINGTON-WHITELEY

The model Rosie Huntington-Whiteley looked stunning in photos taken during her “sweet summer” holiday in the Mediterranean.

Rosie, 39, has been enjoying family time on board a luxury yacht with her fiancé, the actor Jason Statham, 59, and their two children, Jack, nine, and Isabella, four.

The model has revealed that she “genuinely loves” working out and has become a vocal advocate for strength training. “I feel my fittest when I train with weights,” she has said. “I’ve noticed a difference in my posture, muscle tone and definition.”



AMANDA HOLDEN

The Britain's Got Talent judge Amanda Holden issued a warning from her Greek holiday as she posed on a boat in the Mediterranean Sea. "And so begins the annual onslaught of bikini shots," she wrote on social media. "You have been warned!"

Amanda, 55, who also co-hosts *Amanda & Alan's Greek Job*, a home renovation show set in Corfu, with Alan Carr, revealed that she was enjoying downtime with her family "before the friends arrive and the partying begins".

Her summery look went down a storm with the actress Elizabeth Hurley, who commented: "U look FABULOUS." ►

A full-page photograph of Jennifer Lopez walking down a stone path in Sicily. She is wearing a light blue Dolce & Gabbana floral co-ord set, consisting of a long-sleeved crop top and matching shorts, both featuring a vibrant floral pattern. She is also wearing large black sunglasses, a blue headband with a bow, and multiple gold bracelets and rings. She carries a small, light-colored handbag and wears high-heeled sandals. The path is flanked by lush greenery and red flowers, with stone walls and large terracotta pots visible in the background.

JENNIFER LOPEZ

JLo proved she had the glow as she posed in Dolce & Gabbana floral co-ords in Sicily. The singer and actress performed at the close of the fashion house's exclusive Alta Moda show on the Italian island.

She was accompanied by her sister, Lynda Lopez, who turned 55 in June, and the sisters made the most of their getaway by celebrating their birthdays together – Jennifer, who turned 57 in July, shared a photo of them blowing out candles on a cake.

Her next stop? Rome, for a city break with Max and Oskar, her 18-year-old twins with her former husband Marc Anthony.

ALEXANDRA BURKE

Alexandra Burke soaked up the sun in Greece as she enjoyed a family holiday with her fiancé, the former professional footballer Darren Randolph, and their two young children.

"We finally got a little moment, just us, in our favourite place," the singer and actress, 37, wrote on social media, sharing pictures of her partner and children, whose names and genders she keeps private. "This short trip made me realise more than ever how precious these moments are."

The X Factor winner-turned-West End star will be returning to the London stage after her break, playing Chaka Khan in a musical about the singer's life.

SUSANNAH CONSTANTINE

The TV star Susannah Constantine opened up about her weight loss as she shared swimsuit pictures taken during a sunny holiday. Posting on social media, she wrote: "This is a weight loss drug free body that weighs 147lb after five months of no refined sugar."

Susannah, 64, who shot to fame as a co-presenter of the TV show *What Not To Wear* with Trinny Woodall in the 2000s and has been sober for 13 years, has spoken candidly about cutting out sugar from her diet, revealing that she found it harder than quitting alcohol. **H**



SPIDEY FASHION SENSE

The A-list stars of Spider-Man: Brand New Day dazzle at the film's London premiere

Zendaya saved her best look of the Spider-Man: Brand New Day press tour for last as the blockbuster superhero film took over Leicester Square in London last week for its final premiere.

The actress, 29, looked sensational as she stepped out with her husband and co-star, Tom Holland. Styled by her longtime collaborator, the Hollywood super-stylist Law Roach, Zendaya wore a Tamara Ralph gown from the designer's autumn 2026 couture collection, which debuted in Paris in July.

In a special nod to the arachnid theme, a small gold spider brooch by Keren Wolf was added to the back of the dress, and she finished her look with Mouawad jewellery.

It's not the first time that Zendaya has worn a dress fresh from the catwalk on the red carpet in London. For the world premiere of The Odyssey in July, Law flew in a Schiaparelli gown that had made its runway debut that morning in Paris.

SUPERHERO STYLE

Tom, 30, who has starred as Spider-Man in seven films over the past decade, wore a suit by the British heritage brand Anderson & Sheppard, which holds a Royal Warrant, to the star-studded event. He accessorised with a one-of-a-kind Pragnell spider brooch crafted from black opal.

In June, following months of speculation, Tom confirmed that he and Zendaya – who met when they were cast in the 2017 film Spider-Man: Homecoming – had tied the knot. The couple, who went public with their relationship in 2021, share a home in south-west London.

It's been a big year for the pair, who both star in The Odyssey, Christopher Nolan's hit adaptation of Homer's ancient Greek epic.

In the Spider-Man films, Zendaya plays MJ, the



Husband and wife Tom Holland and Zendaya on the red carpet in Leicester Square

love interest of Tom's character. When asked if she had any tips for working with one's husband, the actress replied: "I think when you're best friends, it's pretty easy."

Tom was seen giving his co-star Marisa Tomei, who plays his character's aunt May, an affectionate hug on the red carpet at the Odeon Luxe Leicester Square cinema.

Onlookers were surprised to see Florence Pugh in attendance; the actress appears in the film but this was the first of the premieres that she had attended. Like Zendaya, she chose Tamara Ralph couture for the occasion, accessorising with jewellery by Bulgari. **H**

REPORT: MIRANDA THOMPSON

Spider-Man: Brand New Day is in UK cinemas now

Zendaya is on theme in a Tamara Ralph dress with web-like details. Left: Florence Pugh, in silver Tamara Ralph; and Marisa Tomei



A full-page photograph of actor Tom Holland standing on a red carpet. He is smiling and looking towards the camera. He has curly brown hair and is wearing a dark blue zip-up jacket over a maroon t-shirt, paired with dark grey trousers and a black belt with a silver buckle. His hands are in his pockets. The background is a blurred crowd of people and photographers under bright daylight. A large, dark, curved graphic element is on the right side of the image.

FLY GUY

*The Spider-Man star Tom Holland on
working with his wife, Zendaya, and the
biggest lesson fame has taught him*

It's been ten years since Tom Holland first swooped on to the silver screen as Spider-Man – and the franchise has been good to him. Not only has the British actor played the character in seven films, attending the premiere of the newest movie in London last week, but he also married his co-star Zendaya this year, following months of speculation.

Tom, 30, confirmed in June that the couple had tied the knot after AI photos supposedly showing their nuptials flooded the internet. He revealed that his grandmother had seen the fake wedding pictures and thought she had missed the ceremony.

Of working with his wife, Tom says: "It's a lot of fun. It's the times when you get to work with people you're close to, like Zendaya, that you realise how incredibly lucky you are and how ridiculous this job is."

It's been a busy summer for the couple, who share a home in south-west London but have been jetting around the world as they promote joint projects.

They both star in Christopher Nolan's new film, *The Odyssey*, and in *Spider-Man: Brand New Day*. Tom reprises his role as Peter Parker, whose alter ego is the eponymous superhero, while Zendaya returns as his love interest, MJ.

SHOWBIZ START

Tom, whose father is the comedian Dominic Holland, grew up in Kingston upon Thames with three younger brothers.

Although he took the lead role in *Billy Elliot the Musical* in the West End when he was 12, he says that he was "just a normal teenager" until he was cast as Spider-Man aged 19.

"From that day on, my life changed for ever, so I've always felt that my life has some kind of parallel to Peter Parker's in that way," he says. "Of course it's amazing, and I love being Spider-Man, but there are also things I can't do any more because so many people know who I am."

The role has taught him a lot about how to handle fame, he says. The biggest lesson? "If you have a secret that you feel you need to tell someone, you should tell them rather than have that power taken away from you."

"If they find out on their own, it's always so much worse than if you'd just told them. It's better to be honest and let people know."

Playing Spider-Man is a "huge responsibility", Tom says, adding: "Like they say, with great power



Tom and Zendaya at the Italian premiere of *Spider-Man: Brand New Day* in Rome; and (below) reprising their roles as Spider-Man/Peter Parker and MJ in the new film



comes great responsibility. I really do take this role very seriously because Spider-Man is a role model to so many kids out there.

"I do feel as though it's my responsibility to uphold that image all the while I'm lucky enough to play Spider-Man."

He has relished the opportunity to act alongside some of the industry's most well-respected names. "Working with Alfred Molina was amazing; Willem Dafoe, too," he says. "It always feels surreal when I get to work with such amazing actors."

After getting hurt "all the time" while filming Spider-Man's action scenes, Tom has lined up a role that offers him a change of pace.

The actor has signed on to play the legendary Hollywood actor and dancer Fred Astaire in a biopic – and he's planning to do all of the dancing scenes himself. "I've got so much work to do to try to make Fred proud," he says. **H**

INTERVIEW: ADAM STONE/FEATS PRESS

A full-page photograph of two women standing side-by-side in front of a row of classical columns. The woman on the left is wearing a bright red, sequined, off-the-shoulder gown and has long, dark, wavy hair. The woman on the right is wearing a gold and brown sequined, off-the-shoulder gown and has long, dark, wavy hair. Both women are looking directly at the camera. The background consists of a series of grey, fluted columns with ornate capitals.

THE KIDS ARE ALL RIGHT

Meet the latest crop of well-connected young stars – or ‘nepo babies’ – set to take the worlds of acting, music and modelling by storm



With Hollywood actors, musicians and models for parents, it's no surprise that the children of celebrities often follow in their footsteps – take Kate Hudson, the daughter of the actress Goldie Hawn, or Jamie Lee Curtis, the daughter of Hollywood legends Tony Curtis and Janet Leigh.

Now, there's a new crop of young stars in town. These well-connected proteges are often referred to as “nepo babies” – the children of famous parents who initially gain success through nepotism, or their family name.

The supermodel Cindy Crawford and the actor Richard Gere were married between 1991 and 1995, and now, two of their children from their subsequent marriages are starring together in the blockbuster new TV show *The Shards*, which launches on Disney+ this week.

Based on Bret Easton Ellis's horror novel, which follows a group of elite youngsters in Los Angeles as they are stalked by a serial killer, it features the model and actress Kaia Gerber, 24 – Cindy's daughter with her husband, Rande Gerber – as well as Homer Gere, 26, the son of Richard and his former wife Carey Lowell.

MODEL BEHAVIOUR

Kaia has already made a name for herself in the modelling world, teaming up with the likes of Versace and Marc Jacobs.

Her foray into acting began with the 2016 film *Sister Cities*, and she has since starred in movies such as *Bottoms* and *Saturday Night*, as well as the Apple TV series *Palm Royale*.

“I won't deny the privilege that I have,” Kaia has said, adding that her mother has been “a great source of information and someone to give me great advice – that alone I feel very fortunate for”.

She previously said of her new career: “With acting, it's so different. No artist is going to sacrifice their vision for someone's kid. That just isn't how art is made, and what I'm interested in is art.” ►



Richard Gere and his son Homer; the young actor stars opposite Kaia Gerber (together above) in the TV series *The Shards*

Facing page: Kaia and her mother, the supermodel Cindy Crawford



David Duchovny and his daughter, West, who appears in the TV series *The Five-Star Weekend* with Patricia Arquette's daughter, Harlow Jane (together right)

Facing page: Patricia and Harlow step out in style

Cindy, 60, has praised her daughter for how she has learnt to cope with public attention, saying: "I feel as though she has a very good head on her shoulders and is figuring out how she wants to create that private-public balance."

Kaia lives in Los Angeles and is in a relationship with the actor and fellow "nepo baby" Lewis Pullman, 33, the son of the *Independence Day* star Bill Pullman. The couple will appear together in the forthcoming erotic thriller *Bulls*.

Homer, her co-star in *The Shards*, rose to fame more recently, having enjoyed scene-stealing moments alongside Sydney Sweeney in HBO's hit TV show *Euphoria*.

The Shards is his first leading role, and he is also set to star in Oliver Stone's forthcoming film *White Lies*, alongside acting greats such as Willem Dafoe and Michael Douglas.

Homer has said that his movie-star father gives him good advice that is "not necessarily related to the craft, but more like: 'How do you carry yourself, how do you make this work in a positive way?'"

Richard, 76, who stars in the Paramount+ series *The Agency*, recently said of his son: "I'm proud of him on two levels. One, he's really good. He really kind of preternaturally knows what he's doing. But he's also handling it really well. He's a good kid."

TV DREAMS

Another must-see show this summer is the drama mini-series *The Five-Star Weekend*. Available on NOW, it is led by Jennifer Garner and features rising stars West Duchovny and Harlow Jane.

West, 27, whose parents are *The X-Files* actor David Duchovny and the actress Téa Leoni, plays the daughter of Chloë Sevigny's character in the show, which follows a bereaved food blogger as she reconnects with four friends from different chapters of her life.

West's parents didn't push her into the industry, David, 65, has said. "There's no sense that my daughter becoming an actor is in any way fulfilling any dreams of her parents. We didn't groom her to be an actor. It wasn't like: 'We want you to go into the family business.' It's completely her passion."

West – who has also been cast in the forthcoming drama *The Right Kind of Wrong*, opposite Scott Eastwood, the son of Clint Eastwood – became good friends with her ►



**'I'M SO BLOWN
AWAY BY HER
TALENT'**

*Patricia Arquette on
her daughter, Harlow*





Moses Martin (above) with his parents, Gwyneth Paltrow and Chris Martin, and his grandmother, Blythe Danner. A budding musician, he has also modelled for Burberry (right)

co-star Harlow, 23, who is the daughter of the Academy Award-winning actress Patricia Arquette and the Boogie Nights actor Thomas Jane.

Harlow, who plays the daughter of Jennifer Garner's character in the show, recently opened up to **HELLO!** about acting, revealing that she landed two roles early in her career due to family links but accepted them because she "wanted the experience and wanted to be on a set".

She said: "What I realised from that – from not auditioning for the job and getting it thrown in my face because of a family connection – was that I couldn't walk on to that set with the confidence of knowing that I really deserved to be there and that I really had worked for it."

She subsequently turned to auditions, winning a role in the 2023 film *She Came to Me* alongside Anne Hathaway before landing her part in *The Five-Star Weekend*.

Patricia, 58, is proud of her daughter. "I'm so blown away by her talent," she has said. The pair will co-star in the forthcoming film *Evil Genius*, directed by Courteney Cox, who is Harlow's aunt through her former marriage to Patricia's brother, David Arquette.

HITTING THE RIGHT NOTES

The summer of 2026 will be a launchpad for the model and musician Moses Martin, the son of the actress Gwyneth Paltrow and the Coldplay singer Chris Martin. (Moses's sister, Apple, 22, has modelled for Chanel and will star in the 2027 film *Paris* Paramount with Penélope Cruz, Owen Wilson and Jude Law.)

Moses, 20, is the lead singer of the alternative-rock band *People I've Met*; their song



PHOTOS: BACKGRID, BURBERRY, GETTY IMAGES, PLANET PHOTOS

Cillian Murphy's son Aran stars opposite Jenna Ortega in the forthcoming film *Klara and the Sun*. Below, the young actor with his mother, Yvonne McGuinness, and Cillian



For Hire provides the soundtrack for Burberry's autumn 2026 campaign, *Escape to the Countryside*, which stars Moses in his fashion debut.

The band will be playing their first festivals, Reading and Leeds and Ireland's Electric Picnic, at the end of August. Whether or not his famous parents are found in the mosh pit at his shows, it seems as though Moses has a positive sounding-board in his musician father, Chris, 49.

"Musically, he's always told me to trust the songs and not overthink anything beyond that," Moses has said.

Meanwhile, Gwyneth, 53 – herself the daughter of the actress Blythe Danner and the director Bruce Paltrow – has criticised the phrase "nepo baby", calling it an "ugly moniker".

"There's nothing wrong with doing or wanting to do what your parents do," she said.

ACTING UP

Aran Murphy, 19, the son of the *Peaky Blinders* star Cillian Murphy and the Irish artist Yvonne McGuinness, will also step into the spotlight this year.

He has a role in HBO's legal thriller *War* with Dominic West and Sienna Miller, as well as a part in the film *Klara and the Sun*, which is directed by Taika Waititi and stars Jenna Ortega, and is due for release in October. He is also set to appear in Sharon Horgan's forthcoming TV series, *Youth*.

"There's no way any kid will get by on nepotism alone," Cillian, 50, has said. "Everyone in this business gets found out unless they're good, and he's a good little actor."



REPORT: SOPHIE HAMILTON

A ROYAL ROMANCE

As Zara and Mike Tindall celebrate their 15th wedding anniversary, we look at how they're more in love than ever and why they are a key asset to the royal family



Zara and Mike tie the knot in 2011; and (above right) posing for engagement photos at their home in Gloucestershire the previous year



It's been 15 years since they said their vows at the royal family's favourite church in Edinburgh, but Zara and Mike Tindall still look as though they're on their honeymoon.

The couple, who married at Canongate Kirk on 30 July 2011 and are now parents to three children, appear to be more in love than ever. Although they share many interests, as well as deep mutual attraction and a sense of humour, perhaps the secret to their happy marriage lies in the fact that, according to Mike, Zara is a very easygoing wife.

"I can't believe she's letting me play golf on her birthday – what a legend," Mike, 47, told **HELLO!** when we joined the couple at his annual charity tournament, which coincided with Zara's 45th birthday, in Sutton Coldfield in May.

The down-to-earth pair – who met during the 2003 Rugby World Cup in Sydney, where Mike was playing for the England team and Zara was taking a gap year – have long been considered among the more relatable members of the royal family.

Indeed, they are just as likely to be found shovelling horse manure as they are dressed up for Royal Ascot. Two years ago, Mike told **HELLO!** that his family's life in their farmhouse at Gatcombe Park – the rural Gloucestershire estate of the Princess Royal, Zara's mother – was nowhere near as grand as some people might imagine.

"We have three dogs, three kids and horses, so there's a lot of poo in my life. It's a great leveller," he said.

BUILDING A LIFE TOGETHER

The couple's first date in Australia, after Zara gave Mike her phone number via one of his teammates, turned out to be "quite a boozy one", according to Mike. Boozy lunches have now given way to domestic routine as they bring up their children – Mia, 12, Lena, eight, and Lucas, five – but that doesn't appear to have dampened the couple's sense of fun and adventure. ►

The fun-loving couple
enjoy this year's
Magic Millions
racing carnival on
the Gold Coast in
Australia, the country
where they met





Above: Zara and Mike take their children – Mia, Lena and Lucas – to the Houghton International Horse Trials in 2022; and (above right) Zara and Mia enjoy the Grand National at Aintree this year



Mia catches up with her cousin Princess Charlotte as they attend church at Sandringham at Christmas in 2023



Meanwhile, being at the top of their game in their respective sports has been key to their rock-solid relationship. “He understands the pressures and vice versa, which obviously helps, but it actually started from becoming very good friends,” Zara, a world champion and Olympic equestrian, once explained.

“It’s always been good for us, being two professional sportspeople. It’s a bit clichéd, but you understand each other, what your motivations are. I think that’s why we gel,” Mike said in an interview in 2021.

They have also been brought closer by facing challenges together, in particular the two miscarriages that Zara previously suffered.

“A marriage or long-term relationship can’t always be roses and rainbows,” Mike has said. “When you have children, that’s a massive shock... there are going to be those rocky roads. There are things thrown at you that test both of you and that relationship. You have to work through it together.”

If Zara is looking for relationship goals, she need look no further than her mother’s happy marriage to Vice Admiral Sir Tim Laurence, while the wedding of her brother, Peter Phillips, and Harriet Sperling in June must have brought back happy memories of her own big day.

INSIDE THE INNER CIRCLE

Although she is the King’s niece and 22nd in line to the throne, Zara does not have a royal title, and as a non-working royal, she does not receive an income from the public purse.

Nevertheless, she and Mike are valued members of the royal family’s inner circle and could play an even more important supporting role once the Prince of Wales becomes King.

“They are a great success story and are very well liked,” Robert Jobson, the author of *The Windsor Legacy*, tells **HELLO!**

“Zara is probably the only person who could go up to the King at Royal Ascot and put her arms around him from behind. Meanwhile, Mike has become a trusted part of the family.

“They are in an interesting position because they’re part of the royal network but they’re not limited by being titled or working royals. The King and others can call on them when needed, and they are happy to turn up at events like the ►

**‘ZARA HAS
ALWAYS BEEN
MY BEST
FRIEND –
THAT DOESN’T
CHANGE’**
Mike Tindall

The couple at Mike's annual charity golf tournament on Zara's birthday in May; and (left) Zara with Lucas at the Badminton Horse Trials the same month

Zara, pictured
with Prince
William at Royal
Ascot in 2024, is
close to her cousin



PHOTOS: ALAMY, BACKGRID, CAMERA PRESS/MARK STEWART, GETTY IMAGES, JAMES WHATLING, PA, SHARON MOORE/BAY MEDIA/REX, STEPHEN DANIELS/ALPHA PRESS



Zara puts an arm around her uncle, the King, at Royal Ascot last year. Below: Mike hugs Prince George at Christmas in 2023, and shares a laugh with the Princess Royal and the Prince and Princess of Wales

Princess of Wales's Christmas carol concert, and to support William when he hosts garden parties at Buckingham Palace.

"I can see them having a semi-official role at family events in the future. Zara and Mike are optically helpful to the more modern, less taxpayer-funded monarchy that William is probably looking to try to achieve, without all the drama that comes with someone like his brother [the Duke of Sussex], who is nearer to the throne [than Zara]."

Zara has always been close to William, and the cousins enjoy getting together with their families for Christmas at Sandringham. They often co-ordinate their annual trips to Balmoral in the Scottish Highlands when they visit the King during his summer holiday, too.

Zara and Mike's children love spending time with Prince George, 13, Princess Charlotte, 11, and Prince Louis, eight, attending events such as the late Queen Elizabeth's Platinum Jubilee Pageant in 2022, when Mike was seen jokingly gesturing to an exuberant Louis to show that he was keeping his eye on him.

The former rugby star is also close to George; he has said that the pair play football together, and their bond was evident when he was seen giving the young Prince an affectionate hug at Christmas in 2023.

"Mike and Zara have great kids who interact well with the Wales kids," Robert says. "Mike is a great dad and seems to be a good role model for Prince George, who obviously likes him."

Meanwhile, Mike has revealed that the adults in the family have played beer pong, with the retired sportsman nicknaming William "One-Pint Willy" because of his limited capacity for drinking.

ADAPTING TO ROYAL LIFE

Mike has slotted seamlessly into the royal family and gets on particularly well with his mother-in-law, Princess Anne – whom he has called "a legend" – as he did with the late Queen Elizabeth II. "Believe it or not, marrying into the royal family was pretty easy for me. They were always nice to me and I was always nice to them. Simple, really," he has said.

Since retiring from rugby 12 years ago, Mike has reinvented himself as a pundit and public speaker. He hosts the podcast *The Good, The Bad & The Rugby* with his former England teammate James Haskell and the broadcaster Alex Payne, and took part in the ITV reality series *I'm a Celebrity... Get Me Out of Here!* in 2022.

Outside horse riding, Zara has ambassador roles with brands including Rolex and Land Rover, as well as the Australian thoroughbred-racehorse auction house Magic Millions.

She and Mike travel to the Gold Coast every January for its annual racing carnival, which gives them a chance to enjoy time together as a couple and reconnect with the country where they met.

"She's always been my best friend – that doesn't change," Mike once said when asked about the success of his marriage.

"I don't know if I've got any top tips. She's always right – is that a top tip?" **H**

REPORT: TRACY SCHAEVERIEN





MEGHAN'S NEXT MOVE

As she turns 45, experts tell us what could come next for the Duchess of reinvention

Meghan speaks in New York in 2025. Since stepping down as a working royal, she has built a wide-ranging career

As the Duchess of Sussex blows out her birthday candles this week, surrounded by her family, she may well pause to reflect on her many blessings, as well as a year of ups and downs.

Meghan certainly has plenty to celebrate when she turns 45 on 4 August. She enjoys an idyllic lifestyle in California with her husband, the Duke, and their children, Prince Archie, seven, and Princess Lilibet, five, while her professional life has been given a boost by the news that her recent appearance as a guest judge on *MasterChef Australia* resulted in the show's highest-ever ratings.

Fresh from a family holiday in the UK and Portugal, a sun-kissed Duchess stepped out in Los Angeles last week for a screening of *Cookie Queens*, a new documentary about Girl Scouts made by Archewell Productions, the production company founded by Meghan and Prince Harry.

A friend tells **HELLO!** that the Duchess was planning to mark her birthday by enjoying "a chilled day surrounded by loved ones".

Once the celebrations are over, her focus is likely to turn to the future as she and Harry continue to navigate their financially independent lives outside the royal fold.

PORTFOLIO CAREER

Since the couple stepped down as working royals six years ago, Meghan's business ventures have ranged from TV and podcasts to fashion and her lifestyle brand *As Ever*, with speculation that she could even make a return to acting. So, what might the Duchess do next?

"Meghan remains one of the most talked-about women in the world and, love her or loathe her, she has an undeniable ability to attract attention," the brand and culture expert Nick Ede tells **HELLO!** ▶



The Duke and Duchess of Sussex in Hollywood; and (left) with their children, Prince Archie and Princess Lilibet, in Portugal in July



Meghan relaxes this summer with her rescue dog Mamma Mia. Above right: speaking in Geneva in May; and (below left) appearing on MasterChef Australia



NO CHILD LOST TO SOCIAL MEDIA

World Health Organization

ARCHEWELL

"If you look at Barack and Michelle Obama and Sir Richard Branson, they have top production people. The quality has got to come from the team, not from what she thinks is good."

He adds: "If lifestyle is what she's about, she needs a strong relationship with a recognised retail partner."

Mark also believes that reconnecting with the royal family and the UK is key to the success of the Sussex brand – something that Harry and Meghan made tentative steps towards last month, when they took Archie and Lilibet to visit the King and Queen at Highgrove.

"The important thing is some level of rapprochement to try to create some healing with the royal family," he says. "Meghan needs a critical friend who will advise her to eat humble pie and look at a gradual return to Britain."

"She could be a powerful celebrity duchess – but not a working royal – if she could find purpose and help Harry have a more dignified relationship with Britain."

EMULATING BRAND BECKHAM

Keeping her business interests separate from those of her husband is a "smart move", according to Nick, who points to the success of Sir David and Lady Beckham as a brand.

"It enables each of them to develop an individual identity," he says. "That said, there is huge value in Brand Sussex when they come together around shared values and purpose."

"The Beckhams work because David and Victoria have distinct careers but unite around family, loyalty and entrepreneurship. Authenticity is what makes a couple's brand endure."

"If Meghan consistently delivers engaging content and develops a clear identity independent of the royal story, she doesn't need reconciliation to succeed," he adds.

"It would remove a major distraction, but the strength of her future brand will be built on trust, consistency and giving people a reason to stay interested beyond the headlines."



REPORT: TRACY SCHAEVERIEN



"For broadcasters, that level of interest is invaluable. It proves that her celebrity status is still incredibly powerful, even if opinions about her remain divided."

"She has explored several different avenues, but audiences are still trying to understand exactly what her long-term identity is. Rather than launching another new venture, I'd like to see her focus on one area and build genuine authority," he continues.

"Lifestyle works when it feels authentic, but it needs to be rooted in her own experiences rather than aspiring to perfection. The strongest personal brands evolve steadily, rather than constantly reinventing themselves."

Although her Netflix lifestyle show *With Love*, Meghan and her Spotify podcast *Archetypes* – both produced in partnership with Archewell – were cancelled, the public relations expert Mark Borkowski believes that there is still scope for her to succeed in this field, if she lets others take the lead.

"I would have another crack at getting it right with a good team to make documentaries and lifestyle TV that are really good and where Meghan can use her best assets," he says.

‘MEGHAN
HAS AN
UNDENIABLE
ABILITY TO
ATTRACT
ATTENTION’



Meghan wears a
column dress by
Harbison Studio at
a fundraising gala
in Los Angeles
earlier this year

A photograph of Prince William, Catherine, and their children at Trooping the Colour. Prince William is on the left in a red military uniform with gold braiding and medals. Catherine is in the center wearing a light blue suit and a large matching hat. Their daughter, Princess Charlotte, is in a white dress to the left of Catherine. Their sons, Prince George and Prince Louis, are in dark blue suits to the right of Catherine. They are all standing in front of a stone building.

The Princess of Wales, pictured with the Prince and their children at Trooping the Colour in June, is a key figure as the wife and mother of two future kings

THE WOMEN OF WINDSOR

A fascinating new book reveals the influence, rivalries and remarkable power of the royal wives who have transformed the British monarchy

They are the women who married into the House of Windsor and arguably became more compelling to royal-watchers than the princes they married.

The Queen, the Princess of Wales, the Duchess of Sussex and Diana, Princess of Wales have all made their mark on a monarchy that dates back more than 1,000 years. Now, a new book explores how they have helped to reshape the institution, whether through duty, influence, emotional intelligence or their approach to parenting.

"They have all had a big impact," says Simon Vigar, the author of *The Four Wives of Windsor: Rivalries, Influence and the Real Power Behind the Crown*. "I've always thought that it's the outsiders who come in who see it in a more clear-eyed way. And how they adapt, change it, deal with it or don't deal with it is fascinating."

The broadcaster has spent almost three decades covering the royal family, beginning with Diana. "She had genuine star quality," he tells **HELLO!**, explaining how her emotional openness and desire for her sons to understand life beyond palace walls changed the royal family for ever. "Diana was the first person to make sure that her boys had some sort of normal lifestyle."

Following her death, "the country definitely changed", Simon says. "How British people grieve is much more public now than it was before 1997. How the royal family behaves is very different now because of that strange, terrible week."

STAYING TRUE TO HERSELF

By contrast, Camilla had to overcome considerable negativity from the public in the aftermath of the breakdown of Charles and Diana's marriage, but has gradually won hearts and acquired influence by being herself.

"She's done it by being Camilla," Simon says. "She is completely authentic, through and through. She hasn't changed – the rest of us have." Pivotal to her transformation in the public's

mind has been the happiness she has brought to Charles throughout their 21 years of marriage. "They make each other laugh," Simon says.

As for the Princess of Wales, she has benefited from the lessons taken on board by the royal family following Diana's experience. "They learnt from Diana being rushed in," Simon says. "Catherine was given several years to decide whether she was going to join the royal family or not – and once she had made that decision, she was all-in."

"Now, her children – Prince George, 13, Princess Charlotte, 11, and Prince Louis, eight – are having a similar childhood to the one that Catherine [and her siblings] Pippa and James had."

"The Middleton family will have a huge impact on the future of the monarchy. Catherine is married to the next King and she is the mother of the one after that."

In his book, Simon argues that Meghan will have an influence on the way the royal family thinks of "spares".

Reflecting on the "Sandringham summit" in January 2020, when Prince Harry was told that he couldn't be "half in, half out" as a working member of the royal family and decided to step down, he says: "The Sussexes clearly believed – or Harry believed – that there could be a third way."

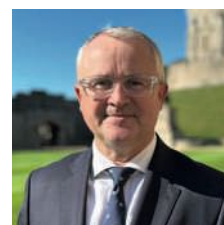
"At the summit, he was told by [the late Queen] Elizabeth, Charles and William: 'You're either in or you're out.' At which point he said: 'OK, we're out.' He saw the door and he went for it."

"But there has to be a better way of doing this. There must be a way in which Charlotte and Louis can support their brother in the decades to come and still have their own lives."

"I think the Sussexes are very important and will be very important. Let's see what [their children] Prince Archie and Princess Lilibet do."

Between them, Camilla, Kate, Meghan and Diana have challenged, strengthened and transformed the monarchy in very different ways, showing that its future may depend as much on the women who marry into the royal family as the men born into it. **H**

INTERVIEW: EMILY NASH



*The full interview with Simon Vigar (left) is available on **HELLO!**'s A Right Royal Podcast. The *Four Wives of Windsor: Rivalries, Influence and the Real Power Behind the Crown* is out now, published by Century, priced £22*



Diana, Princess of Wales visits Thorpe Park with Princes William and Harry in 1993. Below: The King and Queen – Camilla has won hearts by being "completely authentic"



VIENNESE DREAM

European dynasties unite as Isabel von Habsburg-Lothringen, Archduchess of Austria, marries Carlos de Palacio Gaytán de Ayala



Prince Gabriel, Princess Elisabeth, King Philippe and Queen Mathilde of Belgium. Below: The bride arrives at the Jesuit Church with her father before the ceremony

The finest of European high society gathered to celebrate the wedding of Isabel von Habsburg-Lothringen, Archduchess of Austria, who married Carlos de Palacio Gaytán de Ayala in Vienna.

The bride – who is the daughter of Archduke Simeon of Austria and Princess Maria Paloma of Bourbon-Two Sicilies – tied the knot with her groom in an elegant ceremony in the Jesuit Church in the centre of the city, watched by royalty, close family and friends.

Although they chose to hold their wedding in Austria, the newlyweds are based in London, where they both work in finance.

The ceremony was followed by a reception in the building's courtyard and a grand gala dinner later that evening.

ROYAL GATHERING

Guests who travelled to Austria to attend the wedding included King Philippe and Queen Mathilde of Belgium and their two eldest children, Prince Gabriel and Princess Elisabeth, as well as Archduke Carl Christian and Archduchess Marie Astrid of Austria.

The Belgian royals were notable for their fashion choices, with Mathilde choosing a red dress by Natan Couture and Elisabeth wearing a green dress by Maje.

In keeping with family tradition, the bride wore the Bourbon-Two Sicilies Diamond Button Tiara, on loan from her

uncle, the Duke of Calabria, as well as a pair of pearl earrings that she borrowed from her mother.

Princess Maria Paloma wore the exquisite tiara, which is made up of five round diamond “buttons” set in a platinum foliage design, when she married in 1996.

Princess Cristina, Isabel's aunt, wore the tiara at her wedding in 1994, as did Maria Paloma's other sister, Princess Victoria, who chose to wear diamonds from the piece as hairpins when she tied the knot in 2003.

Both the bride and groom are descendants of notable European families.

Isabel's father, Archduke Simeon, is the grandson of Emperor Karl and Empress Zita of Austria, while her mother, Princess Maria Paloma, is the daughter of Infante Carlos, Duke of Calabria, and Princess Anne of Orléans.

The groom's parents are Don Carlos Maria de Palacio y Oriol and Teresa Gaytán de Ayala y Domínguez.

Other guests at the nuptials included Archduke Georg of Austria and Duchess Eilika of Oldenburg, and Prince Nikolaus of Liechtenstein and Princess Margaretha of Luxembourg.

Also present were Princess Miriam Ghazi of Jordan and her son Boris, Prince of Tarnovo, and Rafael of Orléans-Braganza and Margherita delle Piane.



REPORT: LAURA BENJAMIN





Beaming with joy, Isabel and Carlos leave the church in Vienna as husband and wife

THE ROYAL BRIEF



QUEEN MÁXIMA OF THE NETHERLANDS

Wearing a striking hat by Berry Rutjes, Queen Máxima opened WorldPride 2026 at Vondelpark in Amsterdam, making history by becoming the first reigning queen to launch the global event. The Dutch royal spoke to attendees and visited information booths during the gathering, which calls for worldwide visibility and equal rights for the LGBTQ+ community.



THE KING

Days after opening the 2026 Commonwealth Games in Glasgow, the King met serving aviators and their families on a visit to RAF Marham in Norfolk, where he learnt about the capabilities of the F-35B Lightning aircraft. The monarch, who is the royal honorary air commodore of the base, viewed the cockpit of the aircraft and met members of a community support, resilience and climate-change group that is based at the airfield.

THE PRINCESS ROYAL

Sipping an iced coffee, the Princess Royal looked relaxed as she attended King George Weekend at Ascot Racecourse in Berkshire, where she was pictured alongside her husband, Vice Admiral Sir Tim Laurence. The couple watched the races from the Royal Box before Princess Anne presented a trophy to the owners of the racehorse Kalpana, the winner of the King George VI and Queen Elizabeth Stakes.



PRINCESS OLYMPIA OF GREECE

Pictured posing on a yacht, Princess Olympia of Greece, one of the King's goddaughters, marked her 30th birthday with a series of lavish celebrations with friends and family. She was joined by her rumoured boyfriend, the Argentinian businessman Martin Pacanowski, as well as her parents, Crown Prince Pavlos and Crown Princess Marie-Chantal. Her father posted pictures of his daughter's celebrations on social media, writing: "Happy Birthday dear Olympia, you are my sunshine."

Four-time Olympic gold medallist Ben believes that Kate will take up his invitation to join him on board again soon



KING OF THE SEA

Olympic champion Sir Ben Ainslie reveals his plans for another sporting success alongside a 'very accomplished sailor' – the Princess of Wales

The Olympic sailor Sir Ben Ainslie has long been impressed by the Princess of Wales's sailing skills. Nearly ten years after he invited Kate to join him at the pinnacle of professional sailing – yacht racing with the British team in the America's Cup – he reveals exclusively to **HELLO!** that the invitation still stands.

"I'm hopeful we'll be able to convince the Princess to come down for another sail, whether it's through SailGP or the America's Cup next year," says Ben, 49, who is the chief executive officer of the Emirates Great Britain SailGP Team and whose company, Athena Racing, will be competing in the 2027 America's Cup.

"She came sailing with us [in 2017] but sadly didn't make it to Bermuda [where that year's America's Cup was held]. We've had two campaigns since, and we've always kept in touch," Ben adds. "I'm pretty confident that we can convince her to get back out on one of these boats sometime soon."

ROYAL SUPPORT

Ben and Kate met during the 2012 Olympic Games in London, where he won his fourth gold medal, making him the most successful sailor in Olympic history. In 2014, they teamed up to launch Britain's bid to win the America's Cup, and the same year, Kate became a patron of the 1851 Trust, a charity co-founded by Ben to provide young people with Stem and climate education.

He sends the Princess annual updates on his projects. "She's always incredibly generous and writes a nice response... she's keen to know what's going on," he says.

What does Ben make of the Wales children, whom Kate has introduced to the sport? "She's obviously a great sportswoman across a number of sports, and super-competitive, so I'm sure there's some fantastic inter-family competition, which no doubt spurs them all along," he says.

"She's a very accomplished sailor. We did a race in Plymouth against New Zealand and she was steering – with a little bit of guidance, but she was on the handlebar steering the boat, and we won."

On 25 July, the SailGP competition arrived in the UK for Emirates Great Britain Sail Grand Prix Portsmouth, the eighth stop of the Rolex SailGP Championship, where 20,000 spectators watched 13 50ft yachts reach speeds of more than 100km an hour. "For a sailing boat, that's



The Duchess of Cambridge, as Kate was then, joins Great Britain's SailGP team in 2022; and the Princess Royal (below left) catches up with Ben in Portsmouth in July

phenomenal," Ben says. "It's a full-on spectacle."

The team were honoured with a visit from the Princess Royal, who met the Great Britain team and toured their race boat ahead of their practice sessions. But despite Ben's hopes of glory, the team finished in fifth place.

SPECIAL CONNECTIONS

It's nearly 40 years since he and Princess Anne first met, when Ben was a junior sailor at West Kirby Marine Lake near Liverpool. "She came with her children and I was maybe 11 years old," he says. In 2013, Anne knighted Ben at Buckingham Palace. "I've been fortunate enough to meet her a number of times – what a fantastic influence she's had on sport in the UK," he adds.

Have they ever reflected on that initial encounter? "I've got to know [Anne's daughter] Zara and Mike Tindall over the years with Georgie, my wife, and it might have come up in conversation a couple of times," he says. "It's a funny old world."

Two years ago, Ben stepped down as the driver

of the Emirates Great Britain SailGP Team. "It's more emotional watching it, because when you're doing it, you're in the thick of the competition," he says. "But the team are doing a fantastic job."

Ben, who has two children with Georgie – daughter Bellatrix, ten, and son Fox, five – says that he won't be forcing his legacy on them. "There's not so much sailing in Wimbledon," he laughs of the London suburb where he lives with his family.

"If we go on holiday and there are boats around, I'll take them out. But I've got no desire to push them into sailing. If they want to do that, great, but I'm not going to be one of those pushy parents."

The SailGP championship continues until the final in Abu Dhabi at the end of November; after that, Ben will be focusing on the America's Cup in Naples next year, looking to finally achieve the dream of a British win. Is he hopeful? "Definitely," he says. "We've got a great team." **H**

INTERVIEW: MIRANDA THOMPSON

For more, visit emiratesgbrsailgp.com



PICTURE PERFECT

We go behind the scenes of the 2027 Pirelli Calendar – a homage to classic glamour with a stellar line-up of Indian stars



Since its launch in 1964, the Pirelli Calendar has become one of the highlights of the fashion year. For more than six decades, the annual publication – known as “The Cal” – has been bringing together the world’s most captivating faces and in-demand photographers: think Kate Moss being captured by Herb Ritts for the 1994 edition, or Annie Leibovitz photographing Serena Williams in 2016.

The 2027 calendar maintains that glamorous tradition, but this time with a focus on India: it features stars including the actress Freida Pinto, the model Bhavitha Mandava, the TV presenter and model Padma Lakshmi and the sitar player and composer Anoushka Shankar.

FIRST AMONG EQUALS

Anoushka – the daughter of Ravi Shankar, arguably the most famous sitarist of them all – is delighted to have been included in “an amazing line-up of women”, she says.

“I think they’ve made some lovely choices. I wouldn’t want to be in charge of choosing 12 women, because my brain went to 30, 50 as soon as they said it was happening.

“I grew up aware of the calendar, but it was never in my frame of reference that I’d be asked to be in it,” the musician adds. ►



In the pink:
Freida Pinto
poses outdoors

Anoushka Shankar is doused by giant hoses during her shoot, while Padma Lakshmi (right) is immersed in water and Bhavitha Mandava (below) strikes a pose





Posing in a “punk” sheer Rick Owens dress in Rajasthan was a joy for Anoushka, 45. “It’s real,” she tells **HELLO!**. “An Indian woman would be completely edgy and punky. Even if it’s a Pirelli calendar, it’s very much about who you are. I love that they did something I didn’t expect.”

Capturing the pose, in which Anoushka smiles through droplets of water, was a “crazy experience” that involved being doused by giant hoses on a “really elevated wooden platform”, offering a reminder of the monsoon season that she loves.

“It’s always meant a lot to me. Sometimes I would plan to be [in India] for it as a young adult.” She explains that it feeds her creativity, “that feeling of release, the shift when you see nature change”.

For Anoushka – who last month performed in London with Gorillaz, co-hosted the Royal Academy of Arts Summer Exhibition Preview Party and curated a cultural evening for Refugee Week at the Royal Festival Hall on London’s South Bank – the calendar’s focus on India is “beautiful”.

She adds: “For young people growing up, [saying] ‘here’s a calendar of beautiful people from India’ is just gorgeous.

“Growing up in London, there was a spillover of National Front stuff in the atmosphere. When I moved to the States [aged 11], there was a lot of ignorance, a complete lack of knowledge about [India] and maybe the idea that it was backwards and primitive. There’s been a huge shift since then, which is really empowering.”

PASSING THE TORCH

For the first time in the calendar’s history, the 2027 edition will feature the work of two photographers: the Norwegian photographer Sølve Sundsbø, who returned to the project after conceiving the 2026 calendar, and the Indian photojournalist Raghu Rai, who died in April and whose daughter, the photographer Avani Rai, committed to realising her father’s plans.

“The work my father created for Pirelli was a tribute to India,” Avani says. “When I took this on, I took it back to the streets, because that’s where he came from.

“Bringing it to life feels deeply personal, as if I’m stepping into his gaze and the way he saw India through his camera.”

Sølve says: “It was clear to me as a white, middle-aged, middle-class dude that I had no right, in any way, shape or form, to try to capture the essence of India.” Raghu was, he says, a “photography god”.

The project provided a profound insight into Indian culture; Sølve cites his work with the actress Aditi Rao Hydari, a huge Bollywood star with royal lineage.

“I remember shooting Aditi and then driving through Jaipur, where there were huge posters of her everywhere,” he says. “I think she’s beautiful and I admire her career, but you don’t understand it on a proper level until you go there. If she was on the street here, there would have been 100,000 people crowding us.”

Although Avani’s work features street photography, Sølve focused on the portraits for which he is renowned. “I photographed people I admire,” he says. “I think the two things together – the heritage of the calendar and a completely new part – are brave, cool and very beautiful.” **H**

REPORT: MIRANDA THOMPSON

For more, visit pirelli.com



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puzzles online

PUZZLE TIME

TIME TO
TAKE A
BREAK

See if you can solve this week's brainteaser.

Answers next week

ARROWWORD

The arrows show the direction in which the answer to each clue should be placed.

Absent	▼	Folklore giant	▼	Pipe	▼	US crime agency (inits)	▼	Tiny particle of matter	▼	Electrical units	▼	Unearthed (3,2)	▼	General footwear	▼
Expensive Japanese beef	▶					Criticise (3-5)	▶		▼						
Variety		Wool's thickness		Fishing lure	▶					Having facial hair		Posy worn on the lapel		Jack ___, small terrier	
▶		▼		Ruby colour		Goggle		Hardly known	▶	▼		▼		▼	
Elegance	Subject to ebb and flow		Lights	▼	Match	▶				Classical piece	▶				
▶	▼		▼		Friend in war		Crypt	Atmosphere	▶			Milky gemstone		Reflective poems	
Eve's partner		Electrical joining device	▶		▼		▼			Middling (2-2)	▶	▼		▼	
▶				Astrological lion	▶			Covered, swathed	▶						
In addition to		Friend, mate	▶			Honour given by the King (inits)	▶			Force 8 wind	▶				
▶				Lout	▶			Lives, inhabits	▶						

LAST WEEK'S ANSWERS

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

H	A
X	P
Y	J
S	L
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G	D
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Z	Q
W	I
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M	C
F	B

EASY

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

MEDIUM

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



SARAH FERGUSON

Former Duchess of York's charity closes

A charity run by Sarah Ferguson has been formally wound up.

In February, Sarah's Trust closed "for the foreseeable future", just days after new details emerged about her relationship with the disgraced late sex offender Jeffrey Epstein. It has now emerged that the organisation had been removed from the public register of charities.

The trust was established in 2020 and focused on supporting vulnerable communities.

The former Duchess of York has not been seen in public for several months.



CARLY SIMON

Singer reveals she has Parkinson's disease

Carly Simon has revealed that she has received diagnoses of Parkinson's disease and skin cancer.

The singer, 83, opened up about her health while explaining her recent absence from the spotlight. "So many people have written to me, kindly wondering about my relative silence, asking how I am and what I've been doing," she said.

"The truth is, I've been learning how to live with Parkinson's disease. It has taken me some time to understand the diagnosis and adjust to it," she said, adding that she had undergone surgery for basal cell carcinoma, a form of skin cancer.



BILL ODDIE

Popular birdwatcher dies aged 85

The comedian and wildlife presenter Bill Oddie has died at the age of 85.

He found fame with the comedy trio The Goodies in the Seventies and later presented several programmes for the BBC, including Springwatch and Birding with Bill Oddie.

"Bill was a multi-talented celebrity – wildlife presenter, broadcaster, comedian, writer, songwriter, musician and conservationist. Yet it was never fame that he valued," said his agent, describing the late star as "the country's best-loved birder".

7 DAYS

A ROUND-UP OF NEWS REPORTS



STORY OF THE WEEK

SIR CLIVE ALDERTON

King's right-hand man to step down

Sir Clive Alderton, the principal private secretary to the King and Queen, has announced that he is to step down next year.

Clive has been working for the couple for the past 20 years, including 11 in his current role. He will leave the position following his 60th birthday next May, but said that he would continue to support the royals in a "less formal capacity".

"It has been the greatest honour to serve the King and Queen through such historic times and with unforgettable humour along the way," he said in a message to staff. "That support will continue, in a less formal capacity, for all of my life."

A spokesperson for Buckingham Palace said: "Their Majesties are deeply grateful to Clive for his tireless support and wise counsel, and for the loyalty that will ensure a smooth transition to his successor."

QUOTE OF THE WEEK

‘I encourage everybody to enjoy yourself the way you are right now’

Shania Twain is happy in herself

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DAVID JONSSON

British actor is Marvel's new Black Panther

Industry's David Jonsson will star as the new Black Panther in the Marvel franchise's third film.

David's role in the movie, which is set for release in 2028, was announced on stage at San Diego Comic-Con, with the actor taking to the stage to rapturous applause. The British star, 32, will play the son of T'Challa, the role played by the actor Chadwick Boseman until his death in 2020.

"I don't want to say too much because I want to let the screen do the talking. But believe me, the honour is entirely mine," said David, who won the Rising Star Award at the Bafta Awards last year.



SURI NOELLE

Tom Cruise's daughter drops his surname

Suri Noelle, the 20-year-old daughter of Tom Cruise and Katie Holmes, has dropped her father's surname.

The news emerged after records showed that she had registered to vote under the last name Noelle, which is her mother's middle name.

Suri, whose parents divorced in 2012, is a student at Carnegie Mellon University in Pittsburgh. Her move to drop her father's name comes shortly after Brad Pitt and Angelina Jolie's children Vivienne, Shiloh, Maddox and Zahara filed paperwork to drop Brad's surname.



ANDREW MOUNTBATTEN-WINDSOR

Trial delayed in threatening-behaviour case

A man who was accused of using threatening, abusive or insulting words or behaviour towards Andrew Mountbatten-Windsor will stand trial in December, a court has heard.

It is alleged that Alex Jenkinson, 39, caused the former Duke of York to "fear unlawful violence" in Norfolk on 6 May. The trial was due to be held last week, but a new date was set for 21 December in relation to concerns about the defendant's mental health.

The former royal is expected to be among the witnesses, giving evidence by video link.

"She's the greatest love affair of my life," says Andi of her friendship with the singer Neneh Cherry (right)

HELLO!
SECOND
ACT

FOOD FOR THOUGHT

The chef and broadcaster Andi Oliver on love, loss and the power of lifelong friendship



Andi with her daughter, Miquita Oliver, and her partner, Garfield Hackett

At the age of 63, the celebrity chef Andi Oliver has achieved a level of success and happiness that, at one point, she thought impossible.

A single mother in her twenties, the former singer suffered a breakdown after the sudden death of her brother, Sean, aged 27 from sickle cell anaemia, and went on to develop an eating disorder. Being a parent to her daughter and only child, the TV presenter Miquita Oliver, “saved my life”, says Andi, who went on to have life-changing therapy.

“When my brother died, it broke me. It was the toughest time of my life,” the Great British Menu host tells Ateh Jewel on this week’s episode of **HELLO!**’s Second Act podcast.

“I was on quite a self-destructive path. If I hadn’t had Miquita, I don’t know if I would have got better. Being a mother drove me, grounded me and directed me, and still does.

“There’s something that happens when you survive something earth-shattering. You put yourself back together again. It makes you more powerful, more resilient and able to withstand more things.”

FAMOUS FRIENDS

That doesn’t make it any easier to witness loved ones go through hard times, as Andi experienced when her daughter’s best friend, Lily Allen, endured a very public split from her husband, the Stranger Things actor David Harbour. The singer described the breakdown of her marriage in her hit 2025 album *West End Girl*.

Lily and Miquita – who previously hosted their own podcast, *Miss Me?*, on BBC Sounds – have been friends since birth, as Andi is close to Lily’s mother, the film producer Alison Owen. Andi says she’s thrilled that Lily has found love again with the artist Jonah Freud.

“I’m very conscious of the fact that Lily made this incredible record and had a visceral moment with the entire world,” she says. “But for her family and the people who know her well, seeing her so hurt and going through that pain was hard.

“She was so vulnerable. I don’t know David at all – I only met him a few times – but I think that betrayal is the worst thing in the world.

“Lily had all of us. We will always be there for her and she will always be there for us, because that’s what families do. But it was horrible. You don’t like seeing any of the kids in that kind of

pain, feeling that fragile. It’s difficult because you don’t know how to help them. If you could go through it for them, you would, but you can’t. So you’ve just got to make sure that you’re there and that they know you’re there to catch them.”

Throughout all of Andi’s ups and downs, her best friend of 40 years, the singer Neneh Cherry, has remained by her side.

“She’s the greatest love affair of my life,” Andi says. “She is one of the most magnificent human beings I know. We brought each other up before we brought our own kids up, and we continue to help each other survive to this day.”

Andi says she has no desire to marry her boyfriend, the restaurateur Garfield Hackett, although the couple have been together for more than 30 years.

“I don’t feel as though I need to,” she says. “It’s about celebrating each other, your love and the family you’ve created together and all of that stuff, but we do that all the time.”

The star celebrated her 60th birthday in 2023 with a three-day event that was, she says, like a wedding. “Birthdays are fabulous because I’m alive. I’m always amazed that I’ve survived another one.”

Family and human connection are at the root of everything Andi does, including bringing people together through her cooking. A recent trip to Malawi with the charity WaterAid, to see how it is helping to provide communities with clean water, had a profound impact on her. “The older you get, the more you understand that human connection is powerful,” she says.

“I met a woman with this powerful vision for her life and the next generation of women and girls coming up through those communities. She was so excited that the water was coming to her community and that it’s going to change her life.

“She has all of that hope and powerful positive energy while going up and down the mountain eight times a day to get water. The human

capacity for resilience is quite extraordinary. Malawi really showed me that.” **H**



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



TV presenter Miquita with the singer Lily Allen; the pair have been friends since birth

A full-page photograph of Chloe Stroll sitting on a brown couch. She is wearing a bright yellow, chunky-knit sweater and a yellow skirt. She has long, wavy brown hair and is looking off to the side with a thoughtful expression, her hand resting near her chin. The background consists of light-colored, vertically pleated curtains.

IN FULL BLOOM

The Canadian singer Chloe Stroll on her musical inspirations, the joys of motherhood and supporting the elite sportsmen in her family

The Canadian singer-songwriter Chloe Stroll burst on to the music scene in 2023 with her debut single *Run*, going on to make a name for herself with her powerful, emotive ballads.

Now 31, Chloe has been married to the Australian five-time Olympian snowboarder Scotty James for three years. The couple live in Monaco with their one-year-old son, Leo – who is, Chloe tells **HELLO!**, “my second biggest fan”, after her husband.

The Montréal-born singer recently released her debut album, which has amassed more than seven million views on YouTube across its 12 tracks. The record is named *Bloom in the Break*, inspired by Chloe’s love of peonies.

“This image kept popping into my head of a beautiful peony blooming through broken glass. It’s the cracks and [imperfections] that make us unique and beautiful,” she says.

Chloe comes from a hugely successful family. Her brother is the Formula 1 driver Lance Stroll and her father is the Canadian billionaire Lawrence Stroll, part-owner of Aston Martin and the owner of the Aston Martin Formula One team. Her mother, Claire-Anne Stroll, who was born in Belgium, is a fashion designer.

Here, Chloe shares her thoughts on music, motherhood and Monaco.



Chloe performs at her album launch party in London; and (left) with her husband, the snowboarder Scotty James

‘MY SON IS THE KID WHO WANTS TO SHARE HIS TOYS, AND I LOVE THAT’

Chloe, how has your day been so far?

“It was a mum-filled morning, which I love. I always get up and make coffee with my little man. He loves to push the buttons on my coffee machine.”

Does your son, Leo, like your music?

“He loves my singing. He’ll be like: ‘Play Run, Run, Run!’ He knows my songs but he doesn’t know my [singing] exercises so much. The other day, I was doing this crazy belting exercise and I think he thought I was being attacked, because he started crying hysterically. I said: ‘Relax, I’m not screaming because I’m hurt – it’s just my job.’”

“He’s got a gentle old soul, but he’s also his father’s child, where he’s kamikaze headfirst into everything. But he’s the kid in the park who wants to share his toys, and I love that.”

You wrote 70 songs and chose 12 for your album – how did you whittle it down?

“I went with: ‘What’s the message I’m trying to give?’ I wanted it to be vulnerable, to be: ‘This is what I’ve experienced.’ What I want people to take away from the album is that you’re not alone – there’s someone who knows what you’re going through, even if you don’t feel it right away.”

What are your favourite songs on the album?

“Home was an amazing one to write and record, especially as I was pregnant at the time. Right now, I’m in a Prisoner mood. Leo loves Prisoner, so we sing that together.”

You worked in business before your singing career took off...

“I was working in venture capital in a family office, and I do still dabble in it. I like to keep my brain firing on all cylinders. I was looking to do something with my dad in the fashion world, then Covid-19 hit and it felt like the right moment [for my music career]. My parents asked: ‘Why aren’t you in music any more? Why have you given it up?’ I never gave it up. It was a path that everyone was so excited for me to take.”

You must be proud of your brother, Lance...

“I’m so proud. I go to seven to ten [Formula 1] races a year. I’m very close to him. If he wants me there, I hop on a plane, and I’m glad to be there for him.”

Is it true that your brother introduced you to your husband?

“Scotty and I met in New York in early January 2019, but we were introduced through my brother in 2018. My brother met him at the Australian Grand Prix in Melbourne, and called me right after and said: ‘I just met the coolest guy.’ I thought he was 100% kidding, but he put us in touch and the stars aligned.”

Has Leo stood on a snowboard yet, like his dad?

“We haven’t yet, because he was too young last winter, but he became obsessed with the magic carpet [conveyor belt on the nursery slopes] when we went sledding. This winter, we’ll attempt to get him on a little snowboard. I grew up skiing but I didn’t have a love for it until I met Scotty.”

Do you plan to expand your family?

“I want Leo to have a sibling at least, so whatever the future has in store for us, I will take. I hope I’m blessed to have another child.”

What are your aims when it comes to your music?

“It would be naive to say that I don’t hope to win a Grammy Award one day – of course I do – but truly, my goal is that someone listens to this album and feels a little less alone. If you know you’re going to have a hard day, all you need is a dance in your bathroom to the right tune and it sets you up for the best day possible.”

INTERVIEW: SOPHIE HAMILTON

Chloe’s debut album, Bloom in the Break, is out now

DON’T MISS THIS WEEK...



THEATRE AVENUE Q

This acclaimed musical follows college graduate Princeton as he moves into a shabby apartment on New York’s fictional Avenue Q, where he navigates work, love and paying the bills.
At the Shaftesbury Theatre, London, until 3 January 2027



BOOK THE GREAT GAME

Set in London in 1905, this thriller follows a Sikh trainee lawyer and a gentleman thief implicated in a series of killings that attract the attention of a young Winston Churchill and an ageing Sherlock Holmes.

By Arvind Ethan David, out now, published by Thomas & Mercer, priced £8.99



FILM THE SUMMER BOOK

Glenn Close (above, with Emily Matthews) stars in this adaptation of Tove Jansson’s 1972 semi-autobiographical novel, which follows an intergenerational family across one transformative summer on a remote island in the Gulf of Finland.

In UK cinemas from Friday



EVENT

DAVID BOWIE: ON TOUR

Highlights from the music icon’s extraordinary archive, including previously unseen items, go on display at locations across the UK, beginning at the V&A Dundee. Legendary costumes and musical instruments are among the pieces on show.

At the V&A Dundee from 4 November

PROMOTION



Our host, Ateh Jewel (centre), and guests Anna Williamson and Cassie Steer

COME AND SEE US UNPACKED

Join HELLO! in London for a live recording of our Second Act: Unpacked podcast, in partnership with L'Oréal Paris True Match Hyaluron Tinted Balm

The **HELLO!** Second Act team warmly invites you to an exclusive evening at the stunning Bluebird Chelsea in west London for the first ever live recording of our Second Act: Unpacked podcast, sponsored by L'Oréal Paris.

Midlife isn't about fading into the background – it's about finding your stride, putting yourself first and celebrating your unique journey.

Bringing this evening to life is our brilliant and bubbly Second Act host, Ateh Jewel. She will be sitting down for honest, inspiring conversations with two guest panellists: the TV presenter, author and relationship expert Anna Williamson and **HELLO!**'s head of beauty, Cassie Steer.

Together, the trio will unpack what it truly means to navigate midlife with confidence, reclaim your self-worth and nurture the most important relationship of all – the one you have with yourself.

More than just a live talk, this is an evening designed to pamper and inspire you while connecting you with like-minded women and L'Oréal Paris' new True Match Hyaluron Tinted Balm, the perfect foundation for changing skin.

As well as being part of the audience, you will have the chance to ask Ateh, Anna and Cassie your burning midlife-related beauty and relationship questions during a Q&A session.

You'll also enjoy delicious drinks and canapes while mingling with a community of women who completely get it.

Plus, take advantage of our exclusive sampling session, in which make-up professionals will help you to find your ideal L'Oréal Paris True Match Hyaluron Tinted Balm shade, and walk away with a VIP goodie bag packed with best-selling L'Oréal Paris beauty favourites.

The event takes place on Wednesday 19 August at Bluebird Chelsea, 350 King's Road, London SW3 5UU. Doors open at 6pm for drinks and mingling, with the recording starting at 6.45pm sharp.

Tickets on sale now. To keep the atmosphere personal, spaces are strictly limited, so we encourage you to buy your tickets early. We don't want you to miss out...

Scan the QR code on the right for a 20% discount on tickets to the first ever live recording of our Second Act: Unpacked podcast



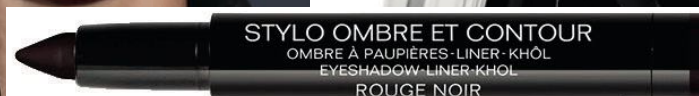
Bluebird Chelsea



Unpacked
SECOND ACT
With L'ORÉAL
PARIS

STYLE

BEAUTY SPECIAL



STEAL THE STYLE

Tightlining

Kicking off this month's beauty special is an eye-enhancing trick beloved of the actress Keri Russell. Tightlining involves gently lifting your upper lid to apply eyeliner directly into the upper waterline and in between the roots of the lashes.

"It gives the illusion of thick, voluminous lashes and effortlessly defines the eye without taking up a single millimetre of valuable lid space," says the make-up artist Ruby Hammer. This makes it a great option for those with hooded eyes.

To master the look, use a reliable, long-wearing formula such as **Marc Jacobs's Drawn This Way Eyeliner** (1, £22), or try **Kiko Milano's Lasting Gel Eyeliner** (2, £11.49) for exceptional precision and root coverage. Alternatively, you can go full-on waterproof with **Ilia's Thru Line Waterproof Eyeliner** (3, £24). To amp up the sultry drama even further, reach for **Chanel's Stylo Ombre Et Contour 3-in-1 Eyeshadow-Eyeliner** (4, £36) for a smudgy, smoky finish.

A close-up photograph of a woman's bare back. She is wearing a red strapless top and has her hair pulled up. A smiley face is drawn on her back using thick white cream. The eyes are two small, vertical strokes, and the mouth is a wide, curved stroke. The woman's head is tilted back, and her eyes are closed. She is wearing a large silver hoop earring and a pearl necklace.

YOU ASKED, WE ANSWERED

This week, we're going further than just skin deep, as the celebrity facialist and skin expert Debbie Thomas explains how to get the happy skin of our dreams

BEAUTY

There's no compliment quite like being told that "your skin looks good" – but anyone who's been on the receiving end of those words will know that there's a lot more to a clear, fresh complexion than drinking water and a nightly cleanse, as celebrities so often claim.

To get to the bottom of what we really need to know about how to achieve skin that makes us feel confident, we called upon Debbie Thomas (inset below), a celebrity facialist and founder of the skincare brand Cellis, for her words of wisdom.

Debbie, is 'glass skin' really achievable?

"My take is that to achieve the glass look, you need to do a lot to your skin – lots of peeling, lots of products – and even then, if glass skin is not your natural skin type, you won't achieve it fully.

"I'm not a fan of the glass-skin trend. I think that in trying to get it, people are damaging their skin and stripping the barrier. Healthy, glowing skin should be the goal. Remember, pores and texture are normal and natural."

I'm considering masseter Botox because I clench my jaw when I'm stressed. Can facial massages help?

"This is something I've tried myself. I'm a clencher, not a grinder; I do it subconsciously and mainly at night. Massage can help to relieve the tension in the muscles – for example, if you get tension headaches or an aching jaw – but it's the clenching itself that's damaging the teeth. A mouthguard at night could be an option if you would prefer to avoid Botox."

I'm in my thirties and getting pigmentation on my upper lip – what do you recommend?

"It's possible that this is melasma. Triggers can include waxing or threading followed by sun exposure, though sometimes it's purely down to a hormonal shift causing more photosensitivity. Melasma can be aggravated not only by UV rays, but also by heat and inflammation, so try to avoid anything that makes your skin go red.

"SPF is essential – make sure that it covers both UVA and UVB rays, and try not to expose your face to direct sunlight. Hats and sun shades are your friends. Even if the pigmentation is not melasma, the same advice applies, as pigmentation comes from DNA damage caused by inflammation and UV damage.

"There are lots of products that can help to manage the pigment, but they will only work if you get the fundamentals right first. I treat pigment in my clinic using different methods, depending on the type of pigment – anything from lasers and peels to microneedling, but always combined with good home care."

The texture of the skin on my face and neck has become bumpier since I hit my forties. How can I reduce this?

"This is tied to hormonal shifts, and the first step is looking at your skincare and working out if the

products are still relevant to your new skin type. Your skin can become sensitive to products that historically you've been fine with. Sometimes, cutting back to a simple routine, then slowly building up and adding products back in one at a time, will help.

"If you decide to change your products, the same applies: swap over gradually and let your skin get used to each new product before you introduce the next one. I always recommend hydrators that contain ceramides to help support the skin barrier – and never skip SPF, as the sun's rays massively speed up visual signs of skin ageing.

"If your skin is not sensitive at all and you haven't already started, using a retinol is a good addition to your routine. It takes time but it does help texture. Another option would be some type of acid product for gentle but regular exfoliation to smooth the skin."

How can I make my pores look smaller?

"It's not easy, unfortunately. In the clinic, we focus on building up the collagen in the skin to create plumpness, which makes pores look smaller, although they haven't officially shrunk.

"At home, I recommend regular but gentle exfoliating – using a thick acid, not a scrub – and keeping the skin hydrated. You don't need a thick moisturiser, but do try to get one with ceramides to support the skin barrier."

I have combination skin that looks permanently congested. What do you suggest?

"Gentle but regular exfoliation is key. I like acids such as azelaic or lactic, as they are less likely to dry out the skin.

"For hydration, work on your barrier – try a hydrating lotion or gel that contains ceramides, as these are perfect for combination skin. Also, never skip SPF, as UV rays will cause more havoc."

What do you think about the LED masks on social media? Are they worth the money?

"They can be great to help maintain the skin if you get a good-quality one, but don't expect a facelift. They need to be used regularly and consistently to give results."

Do I need a different skincare routine in summer compared with winter?

"The main change I make is moving to a lighter moisturiser or swapping to a hydrating serum, but if your skin is

already happy, no big changes are needed."

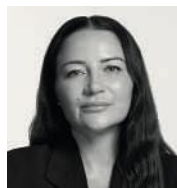
My skin is super-dry but thicker moisturisers give me spots. What would you recommend?

"This is such a common issue. First things first, your skin is dehydrated, not dry, meaning that it's lacking water, not oil. Move over to a lotion or lightweight moisturiser with a good ceramide complex, as you need to focus on your skin barrier. I recommend applying your moisturiser while your skin is still slightly damp, as this helps to lock in the water that is there.

"For cleansing, wash your skin with a mild non-stripping cleanser and use lukewarm water rather than hot, as hot water strips natural oils and dehydrates the skin further."

How often should I exfoliate? And which product would you recommend I apply afterwards?

"This very much depends on the type and strength of the exfoliator. The first place to start is with the instructions for the product you're using, then listen to your skin. If your skin is becoming irritated by your exfoliator, reduce the frequency."



'PORES AND TEXTURE ARE NORMAL AND NATURAL'

SKIN HEROES

THE EXFOLIATOR Skin Rocks The Gentle Acid, £53

The skincare guru Caroline Hiron created this liquid exfoliator for beginners.

As the name suggests, this is gentle enough for sensitive types, offering brighter, smoother and more even skin thanks to mandelic and lactic acids.



THE RETINOL Cellis Overnight A Complex Night Support Serum, £195

From Debbie's own range, this nighttime renewal treatment combines encapsulated retinol with ceramides and astaxanthin to deliver repair and restoration while you snooze – the true meaning of beauty sleep.



THE BARRIER SUPPORT Dermalogica Futurecode Booster Damage-Correcting Longevity Serum, £89

Add this to your existing moisturiser to supercharge it or use it alone to support and strengthen your skin barrier. Ingredients such as red algae and tara-fruit extract work to defend against environmental aggressors, keeping skin stronger for longer.



THE SPF Beauty of Joseon Relief Sun Aqua-Fresh Rice + B5 SPF 50+, £15.50

Debbie says that a UVA/UVB SPF is non-negotiable, and it doesn't need to cost the earth. This lightweight formula is infused with a host of skin-loving ingredients, including panthenol, a humectant that helps to lock in moisture for hydration as well as protection, and vitamin-rich rice-seed water to brighten the appearance of skin.



MATCHA DO ABOUT SOMETHING

We know it's good for us, but if you can't quite swallow the taste of green tea, you can still ensure that it does wonders for your complexion. **Tatcha's The Matcha Cleanse** (1, £42) infuses Japanese matcha green-tea extract, sourced directly from Kyoto, into a cloud-like, purifying foam. It leaves the skin feeling clean but never stripped, thanks to a thoughtful blend of prebiotic inulin to balance the microbiome, while pore-refining green clay delivers a deep yet gentle cleanse.

If you want to take the "matcha make-up" trend to a wellness level, **By Terry's Matcha Mist Elixir** (2, £59) adds a deluge of hydration for both face and body. This bi-phase formula delivers protective antioxidant energy while instantly refreshing, calming and strengthening.



From saline summer scents to the ultimate skin-saving solid balms, we're all over the season's boldest beauty drops

BEAUTY NEWS



GENTLY DOES IT

Why do so many of us still subscribe to the outdated "no pain, no gain" adage when it comes to our skin? It's a phenomenon that Dr Hiroshi Takami, a board-certified consultant dermatologist and the founder of Takami skincare, noticed after more than half a million patients were treated at his clinic in Japan.

The result – his fruit enzyme-infused **Daily Renewing Soft Peel** (1, £35), currently a No 1 bestseller in Asia – flips the script on harsh, abrasive exfoliation. Instead, it delivers the smoothing equivalent of a 30% glycolic acid treatment with zero barrier disruption. So put down the aggressive acids.

Then there's retinol, one of skincare's ultimate star players. The brand **Renew + Me** proves that cellular renewal doesn't have to equal the dreaded flaky skin shed. Thanks to an ultra-rich, calming base cream that reinforces the skin barrier, patients can easily tolerate high-strength actives such as the prescription retinoid tretinoin – the potent hero ingredient at the heart of **Renew + Me's Nightly Active Treatment** (2, £34.99 a month).



BEAUTY

PINCH ME

If you manage to bat off the cloying confection of vanilla and fruit gourmands currently crowding on, you may notice a whisper of something far more subtle. Salt is having a moment as the ultimate antithesis to sugar, beautifully recreating the mineral feel of post-beach skin.

Jo Malone London kicks things off with one of its most anticipated launches, the **Sea Salt and Bergamot Cologne** (1, £88), which instantly transports you to a rugged cliffside by the wild Celtic Sea. Unlike the brand's classic salty icon, Wood Sage and Sea Salt (still a team favourite), this newcomer is a touch more masculine, boasting a fresh minerality and a grounding driftwood accord.

Speaking of masculine, **Issey Miyake's** new **Le Sel d'Issey** eau de toilette (2, £101) is another stunning ode to the ocean. Although it's technically geared towards the boys, it's one we fully intend to borrow indefinitely.

Finally, there's **Jil Sander's Salt** (3, £190), part of an ultra-minimalist contemporary collection built around premium natural ingredients. Consider us seasoned.



A BEAUTY EDITOR'S LOVE LETTER TO...

MDLondon The 1 Hair Primer, £15

"My haircare routine changes on a daily basis, depending on how I'm styling my hair. If I'm using a blow-dry brush to smooth out my curls, I spray Cloud Nine's Magical Quick Dry Potion [£25] to reduce the amount of time I need to spend applying heat to my hair. If I'm keeping it natural, I spritz on Living Proof's Leave-In Conditioning Spray [£29] to ease out knots and make my hair silky.

"But the one product I use every wash is MDLondon's The 1 Hair Primer. It's a creamy formula that I apply from root to tip for super-soft hair that behaves impeccably.

"Like applying a primer before your foundation, this product makes everything you apply afterwards – be it hair spray, mousse or a texture spray – work harder and better. Put simply, it's a leave-in conditioner with heat protection, created by the hairdresser Michael Douglas, who also happens to be Davina McCall's husband and hairstylist.

"When I attended the launch of his haircare range, named The Numbers, Michael said that he wanted to keep the collection as simple as possible – no fancy names or words that mean nothing to the average person. Each product is numbered one to six, with exactly what it does written on the packaging.

"If you're still unsure, each product has a QR code that you can scan to instantly access an AI version of Michael. You can ask him anything, from how to make your curls last to the best way to style fine hair.

"His advice for applying The 1? 'Pump it into your hands, smear it all over them and then scrunch it into the hair. Don't run your fingers through it, squeeze it in and encourage all the movement and the body. No brushing, no combing – just push the product into the hair.' Noted."

Melanie Macleod, HELLO!'s deputy beauty and lifestyle editor



EYE LIE

What do you mean, you don't have an eye-cream wardrobe? Needless to say, we're firmly in the "yes" camp when it comes to the benefits of targeted, high-performance skincare – and the delicate under-eye area faces its own unique concerns, from puffiness to fine lines, which we prefer to delegate to heavy hitters.

For powerful de-ageing, **Clarins's Double Serum Eye** (1, £62), inspired by the brand's popular namesake serum, is our latest go-to for brightening the eye contour. It contains niacinamide and horse chestnut escin, renowned for how effectively it works on vascular dark circles.

For hollowness (an issue that surprisingly few products address), there's **Dermalogica's Smart Eye Density** (2, £125). Powered by a growth-factor complex, it's designed to rebuild under-eye density by 129%, with the skin-rebuilding molecules giving your skin cells a not-so-subtle nudge to restore lost volume.



BEAUTY COLLECTIVE KEEPER

L'Oréal Paris True Match Hyaluron Tinted Balm Solid Foundation, £18.99



"Having been an ardent devotee for years, I've myself really enjoying this balm-textured foundation lately. This formulation from L'Oréal Paris is infused with 80% skincare actives, and my complexion is 100% thanking me for it.

"Perhaps it's the sheer ease of being able to smooth it on with your fingers when the summer heat arrives, but the product's portability – making it easy to build up over areas of redness when things start melting on the Tube – is a total godsend."

Cassie Steer, HELLO!'s head of beauty



L'ORÉAL PARIS



UP NEXT

*K-beauty is set to revolutionise
your hair, lashes and fragrance
wardrobe this summer*

BEAUTY

Already, K-beauty has supercharged sheet masks (if it's not made from hydrogel, we don't want to know), overhauled how we care for our skin barrier and brought toner pads bang up to date – and this summer, it's coming for our hair, our fragrances and even our beauty treatments. Here, we dive into the latest categories in which Korea is killing it.

HELLO TO K-HAIR

Korea is taking over our haircare routines – in particular our scalp care – with searches for Korean haircare increasing 111% in the past year, according to Boots.

“K-beauty reshaped skincare through education and routine-building, and we're now seeing the same mindset applied to hair,” says Melody Yuan, the founder and chief executive of the K-beauty retailer Skin Cupid.

She explains that it's all about preventative care. “Much like Korean skincare, K-hair is centred around maintenance and long-term health rather than harsh treatments or quick fixes.

“As Korean haircare gains influence, we'll see more open conversations around scalp care and a much more proactive approach to maintaining healthy hair.”

Gracie Tullio, the co-founder and creative director of the K-beauty emporium PureSeoul, says: “As Korean skincare philosophies have become globally embedded, it's only natural that they extend into haircare.”

Why now? Because summer is a tough time for our scalps. K-hair zooms in on scalp care, with routines that incorporate scalp scalers, sprays and packs, all designed to cleanse, soothe and balance the roots from which our hair grows.

Gracie adds that hair products with collagen, centella asiatica, niacinamide and vegan PDRN – a compound traditionally derived from salmon DNA – are popular in Korea, so expect the skinification of haircare to continue well into the summer months.

1. Narkā Core Rebuild Gentle Satin Essence, £18.90

This product mirrors skincare in both ingredient profile and positioning, with coconut oil and squalene in the line-up for glossy, smoother hair.

2. Aromatica Rosemary Salt Scrub Shampoo, £24

Scrub meets shampoo in this unique foaming formula, infused with caffeine and biotin for a cleansed, refreshed scalp.

3. Growus Sea Salt Therapy Scalp Scaler, £15

Salicylic acid and niacinamide team up to soothe scalp irritation and regulate oil production for happier hair.

THE K-LIFT

The warmer months encourage us to be the lowest-maintenance versions of ourselves, and K-beauty has just the treatment in the form of the Korean lash lift (KLL), tapping into the shift towards understated beauty.

Explaining the difference between traditional lifts and KLL, Jaimineey Patel, the head of treatments at Blink Brow Bar, says: “Traditional lash lifts tend to focus on creating a more pronounced curl. In contrast, Korean lash lifts are designed to lift the lash from the root, elongate it and direct it for a more tailored finish.

“The result is a softer, more refined look that enhances the natural lash rather than dramatically reshaping it,” she says.

In addition, KLL uses a gentler formula than traditional lash lifts, which helps to maintain your lashes' pH balance, resulting in less damage.

“More clients are requesting the treatment by name,” Jaimineey says of the rising demand for KLL treatments. “Many who have previously had traditional lash lifts are switching over, looking for something more natural with a softer grow-out.”

‘K-HAIR IS CENTRED AROUND LONG-TERM HEALTH’

K-FRAGRANCE FURORE

Summer is the time when we eschew heavy, heady scents in favour of lighter, fresher fragrances – and that's exactly what Korean perfume houses specialise in.

K-fragrance was originally seen as something closer to hygiene than a way to express yourself, with scents worn subtly as opposed to aiming to be noticed – hence the penchant for ultra-discreet notes reimagined in modern ways, with clean, crisp structures at the forefront.

Storytelling is key to K-perfume, too, with fragrances designed to evoke thoughts of everyday life. Leading the way is **Nonfiction**, with imaginative scents such as **Gentle Night** (£129), which mimics the

gradual turning of day into night, while **In the Shower** (£129) creates the feeling of taking a brisk walk in the woods after morning rainfall.

Our top pick is **Young Memories** (1), blending mint, basil, cedarwood and crushed wildflower to create a scent designed to smell like carefree days. It's not yet available in the UK, but when it finally gets here, expect to feel refreshed in the way that running through a meadow feels.

For a fresh summer scent, try **Anillo's Shower Time** (2, £45), which embodies crisp air and clean skin, or **Chwi's Daenam** (3, £60), which delivers a cool, calm and collected vibe inspired by a bamboo forest.



BEAUTY



THE BUDGE-PROOF MASCARA

"I always switch to brown mascara in the summer because it looks softer and more natural, and I only wear tubing formulas – my favourite is the **Rum Wrap Party Tubing Mascara in Double Shot** [£22]. It makes my lashes look longer, more defined and beautifully fanned out. No matter how high the temperatures climb, it never smudges, budes or flakes, and it stays put until I remove it with warm water and my fingertips."

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

HELLO! BEAUTY COLLECTIVE

MELT-PROOF MAKE-UP

*Discover which high-performance hero
Collective turn to when the heat*



THE BARELY-THERE BASE

"My go-to product in hot weather is my **Sculpted by Aimee HydraTint** [£24].

As a moisturising tinted serum, it gives skin a fresh, healthy glow while feeling incredibly lightweight and comfortable to wear, making it perfect for warmer days.

My top tip is to keep your complexion products light and breathable, rather than layering on heavy coverage. Opt for an SPF mist that you can use to top up your sun protection throughout the day."

*Aimee Connolly, make-up artist
and brand founder*





THE POWDER PLAYER

"My skin is on the dry side, so oil- and moisture-rich products are my go-to, but they don't always fare so well in the heat without a little help. Summer is pretty much the only time I reach for powder, and I love Ilia's **Soft Focus Finishing Powder** [£40]. It's talc-free and helps to manage shine without removing glow, so my skin still looks like skin and I can skip foundation altogether. I tap it on with a sponge to set the concealer under my eyes – my trouble area – and then dust the lightest layer with a fluffy brush over the rest of my face, where it also adds grip



THE PINK POP

"For me, summer is all about pink make-up for a feminine flush, but the challenge is often keeping it in place. Balm textures a lasting colour in Haus Labs' **Cc**



THE A-LIST TINT

"Dolce & Gabbana's **Blueberry Nutri-Tint** [£46] is the only base I've used this summer. This ultra-light, skin-perfecting tint is one of Kate Hudson's favourites, too, so I'm in good company. The formula includes SPF 20 and it adds a subtle luminosity to my skin, unifying my complexion and making me look like a fresher, more put-together version of myself without feeling as though I'm wearing any make-up at all – my top priority when it's hot."

Melanie Macleod, HELLO!'s deputy beauty and lifestyle editor



THE SWEAT SHIELD

"A great primer to secure your make-up in the heat is **One Size's Secure the Sweat Primer** [£34] – but you can't depend on just one product to solve your melting make-up. Be mindful of what skincare you're using and, if possible, switch to gel-based formulas, which will feel lighter and fresher and work



THE LOCKED-IN LIP COLOUR

"In the summer, I like to embrace the warm weather rather than fight it, so I use balm-type textures on my eyes and cheeks – but my trick is to juxtapose them with a lip product that doesn't budge, to make me look polished. I'm obsessing over **Mac's Lustreglass Stainglass Lip Tint in Posh Pit** [£23], a warm, rosy brown that pops on my skin tone, doesn't look ashy and locks in."

Ateh Jewel, broadcaster and journalist



HOT HEAD

Sun's out, scalps out – why our crowns dread holiday season and how to keep them happier

BEAUTY

months thanks to increased sunlight, which can help reduce the yeast that contributes to flaking,” Ophelia says.

“However, in some individuals, it can actually worsen due to a combination of heat, sweating, increased oil production and more frequent hair washing, all of which can disrupt the scalp’s natural balance and trigger flare-ups.”

It seems that excess oil production is the main culprit here. “Studies do show that sebum production can increase in the summer due to increased temperatures, which could aggravate seborrhoeic dermatitis,” Anabel says. “Having a flaky, itchy scalp can contribute to hair loss, so it is very important to keep your scalp clean.”

In these cases, targeted treatment is key. “Using an antifungal shampoo such as Nizoral, which is available over the counter, can be effective,” Ophelia says. “For best results, leave on the scalp for around 20 minutes before rinsing, allowing the active ingredients time to work.”

“Consistent use, along with gentle hair care and avoiding over-washing, can help to restore the scalp’s balance and keep flakes under control.”

DON’T SWEAT IT

“Sweating during the summer months, or while exercising, can cause oils to accumulate on your scalp, which can lead to inflammation and irritation,” Anabel says. “You’re also more likely to experience scalp conditions such as dandruff if your scalp is overly oily, as the yeasts responsible for dandruff thrive in an oily environment.”

When the heat is on, focus on reducing oil production and get strategic with active ingredients for a happy microbiome. “Ingredients like salicylic acid and coal can be particularly useful keeping the scalp comfortable in hot, humid weather,” says Dr Nora Jambou, a dermatologist and brand ambassador for Neutrogena T/Gel and OGX.

SCALP SOS

So, what should you do when confronted with the thinning line? “A burning sign that the scalp is exposed to

radiation and should be treated immediately and in the long term. “One of the most important and aspects of summer scalp care is protection, with the scalp being vulnerable in exposed areas like the face and neck.”

Both experts recommend protection, such as a hat, as well as adding to your summer haircare routine. “Avoid highly fragranced hair products and help to soothe discomfort with aloe vera or natural hydrating lotions.”

Most importantly, she notes the scalp is not just a short-term sun protection and regular skin care as mole checks, are especially important for those who have experienced sunburn.

And, following our mantra to stay hydrated, because dehydrated skin – including your scalp.

According to the infinite wisdom of the celebrity super-stylist Larry King, we don’t tend to give our scalps a second thought... until we do.

Summer is the season of burnt partings and scalps throwing their proverbial toys out of the pram. Although sun, sea and sangria are undeniably good for the soul, our heads are a bit more of a temperate homebody.

“Summer can be particularly challenging for both the scalp and hair, due to a combination of environmental exposure and lifestyle changes,” says the consultant dermatologist Dr Ophelia Veraitch. It isn’t a sexy topic (even the word “scalp” feels a little jarring), but it’s firmly on the beauty agenda as scalp health continues to trend on social media. So why is summer – and holiday season in particular – so hard on our heads?

SCALPS UNDER PRESSURE

“During the summer months, increased UV exposure can damage not only the hair shafts, but also the scalp itself, which can become more sensitive, irritated and prone to sunburn. Holidays often amplify this,” Ophelia says.

Although we’re constantly promised the perfect, effortless beachy texture through some divine alchemy of ocean water and coastal breeze, the reality of holiday hair tends to be more frayed and frazzled. It’s that combination of sun, sea, chlorinated water and more frequent washing that ultimately tips our scalps over the edge.

“Many people swim more frequently, exposing their hair and scalp to saltwater and chlorine, both of which strip away natural oils and compromise the hair’s protective barrier,” Ophelia says. “On top of this, more frequent washing – often daily – can further dehydrate the scalp and hair, disrupting the scalp’s natural balance and potentially leading to dryness, flaking or irritation.”

According to Anabel Kingsley, a consultant trichologist and brand president at Philip Kingsley, this is precisely why it’s important to switch up your haircare routine and include a targeted product that protects your hair and scalp from the sun.

FLAKE BREAK

Although winter tends to be the season of snowy shoulders (Anabel says that many of her clients with psoriasis report that their symptoms improve during the summer), for some, dandruff can worsen as the thermometer heats up.

“Dandruff, also known as seborrhoeic dermatitis, typically improves during the summer

SUN, SEA AND FREQUENT WASHING TIP: SCALPS OVER THE EDGE



OUR SUMMER SCALP SAVIOURS

Dyson Supersonic Travel, £249.99

We’ve all been scorched by a hotel hairdryer. Don’t let travel compromise your scalp with this small but mighty version of the original for gentle styling – it weighs less than a can of soda, and has universal voltage.



Nuxe Sun Mist Fresh SPF 30, £27

Designed for all-over protection, including the scalp, this ultra-light, non-greasy mist is a breeze to apply.

Dove Scalp + Hair Therapy Soothing Hydration 3-in-1 Scalp Serum, £10

Even high-street favourite Dove has taken up scalp care. This product has been formulated with Hyaluron-Complex to repair the scalp’s moisture barrier.



Rhute Triple Density Complex Pre-Wash Hair Oil, £35

This treatment developed by dermatologists optimises the scalp environment to support hair density.

Monpure Clarifying Scalp Scrub, £48

This cooling weekly scalp treatment with camellia tea oil, aloe vera and lactic acid gently exfoliates, hydrates and nourishes.

Hair Syrup Lemon Aid, £15.95

Infused with cold-pressed lemon and lemongrass oils, this purifying pre-wash treatment helps to refresh, rebalance and mop up excess grease.



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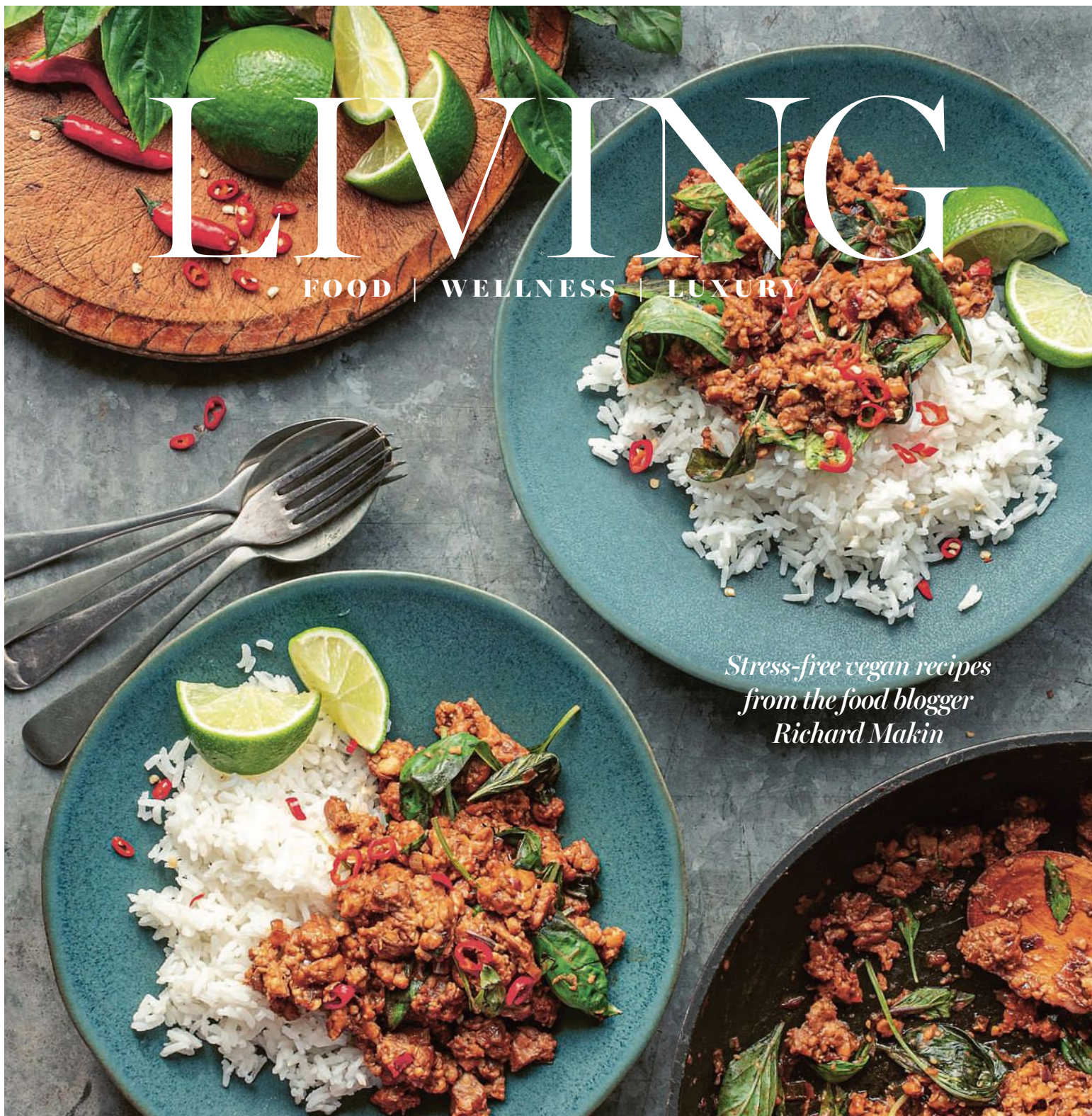
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LIVING

FOOD | WELLNESS | LUXURY

*Stress-free vegan recipes
from the food blogger
Richard Makin*

TEMPEH PAD KRA PAO Serves 4 Prep time: 5 minutes Cooking time: 15 minutes

"Pad kra pao is a popular Thai stir fry, traditionally made with minced meat and lots of fresh holy basil.

"It's spicy, aniseedy and, most importantly, super-quick and easy to make.

"I'm using crumbled tempeh, but you can use crumbled tofu or vegan mince instead, should you desire.

"The fastest way to crumble tempeh is to roughly grate it with a box grater, but you'll get bigger, less uniform chunks if you pull it apart by hand."

INGREDIENTS

- 1 tbsp vegetable oil
- 6 garlic cloves, finely minced
- 3-4 red bird's eye chillies, finely chopped (adjust to taste), plus extra to serve
- 3 shallots, finely diced
- 400g/14oz tempeh, crumbled
- 1 tbsp dark soy sauce
- 1 tbsp light soy sauce
- 1 tbsp brown sugar
- 100ml/3½fl oz vegetable stock
- 40g/1½oz fresh Thai basil leaves

(or holy basil, if available)

- Cooked jasmine rice, to serve

1. Heat the oil in a wok or a large frying pan over a medium-high heat. Stir in the garlic, chillies and shallots. Cook for 1 to 2 minutes, until fragrant and lightly browned.

2. Add the crumbled tempeh and stir-fry until it's golden and crispy.

3. Add the dark soy sauce, light

soy sauce, brown sugar and vegetable stock. Stir well to coat the tempeh evenly and cook for 1 to 2 minutes, or until most of the liquid has been absorbed.

4. Toss in the Thai basil leaves and stir until just wilted – about 30 seconds. Remove the wok from the heat immediately.

5. Spoon the pad kra pao over freshly cooked jasmine rice and garnish with additional basil leaves and chilli if desired. ►

FOOD

RED CURRY DUMPLINGS *Serves 2 Prep time: 15 minutes Cooking time: 30 minutes*

"Grab a bag of vegetable gyozas from the freezer aisle and make the most of them with this quick one-pot wonder. Ready in 13 minutes, it's one of the fastest recipes in this book, yet also one of the tastiest."

"The success of this recipe is largely determined by the curry paste you use, so make sure it's vegan and make sure it's tasty."

INGREDIENTS

- 1 tsp vegetable oil
- 2 spring onions, sliced, white and

green parts separated

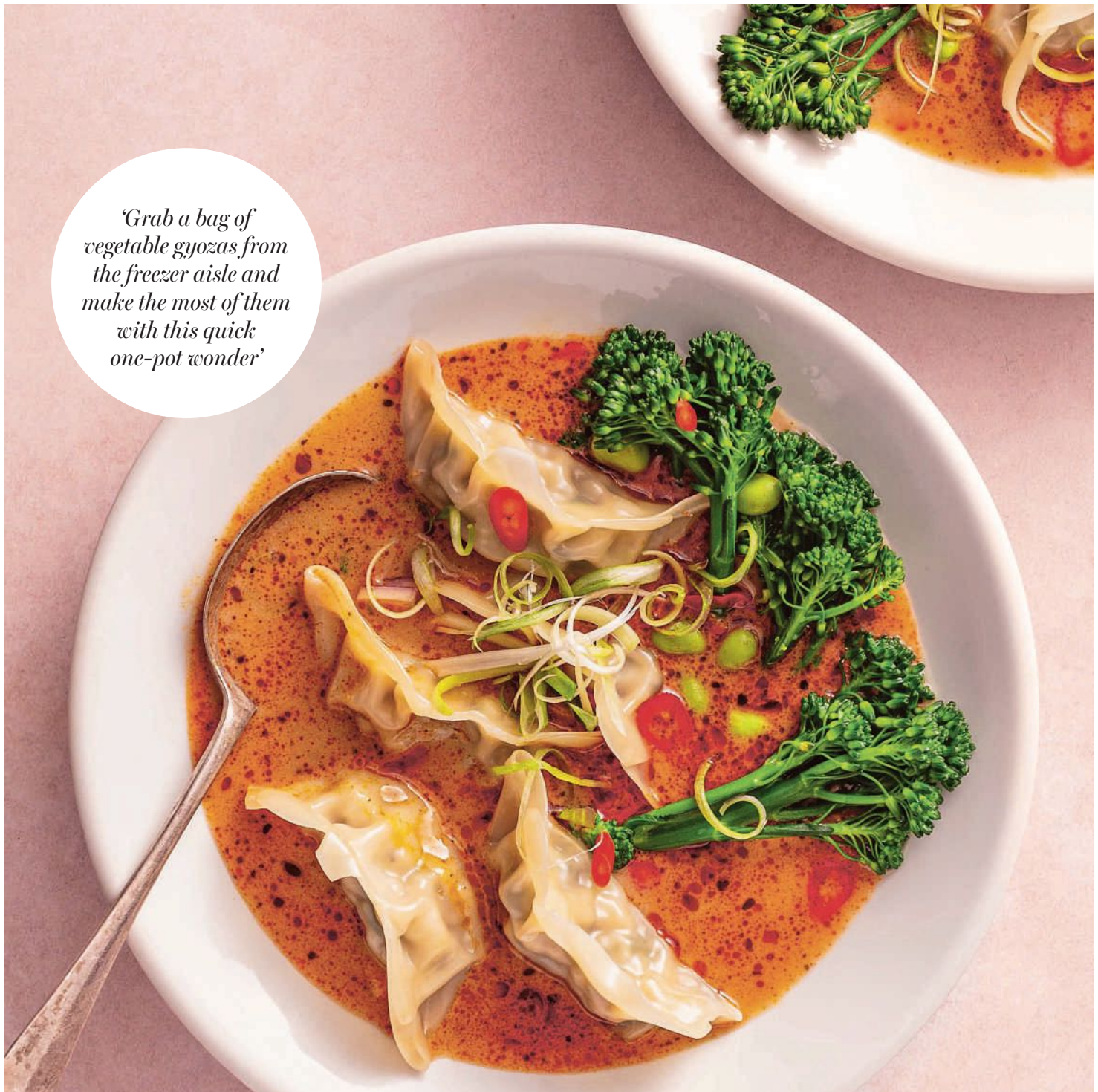
- 1½ tbsp Thai red curry paste (or yellow curry paste)
- 400ml/14fl oz vegetable stock
- 160ml/5½fl oz coconut cream
- 2 tsp soy sauce
- 2 tsp brown sugar
- 30g/1 oz frozen, shelled edamame beans
- 6 stems of long-stem broccoli
- 10 frozen vegetable gyozas
- Juice of ½ lime
- 1 red chilli, finely sliced, to serve

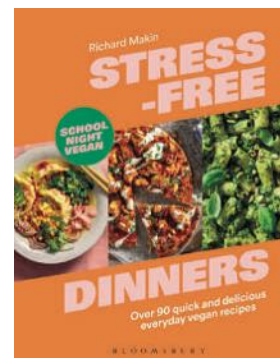
1. Heat the vegetable oil in a small saucepan over a medium heat. Add the sliced spring onion whites and curry paste, then fry for 1 to 2 minutes until fragrant.
2. Stir in the vegetable stock, coconut cream, soy sauce and brown sugar, stirring to combine.
3. Toss in the edamame beans and broccoli, then bring the broth to a gentle simmer. Cook for 6 minutes.
4. While the broth simmers, steam the frozen gyozas using a

metal sieve or a bamboo steamer placed over the same small saucepan. Cover and steam according to the packet instructions, until the gyozas are cooked.

5. Divide the broccoli and edamame between two bowls. Stir the lime juice into the broth, then divide between the two bowls. Arrange the gyozas on top.
6. Garnish with the sliced spring onion greens and sliced chilli before serving.

'Grab a bag of vegetable gyozas from the freezer aisle and make the most of them with this quick one-pot wonder'





VEGAN DELIGHTS

Want to eat less meat without sacrificing taste or time? The former street trader and food blogger Richard Makin's new book is packed with satisfying plant-based dinners for every situation: family meals, solo suppers, freezer-friendly favourites and ultra-quick dishes that can be ready in under 25 minutes.

Quick, comforting and delicious, this is stress-free cooking at its best.

Stress-Free Dinners by Richard Makin is out now, published by Bloomsbury, priced £22

SPICY TAHINI LIME NOODLES Serves 2 Prep time: 10 minutes

"It's been one of those days where you blinked somewhere around 9.45am and somehow it's now 8.30pm. It's an orange alert for hangry outbursts, and that out-of-date granola bar in your handbag barely touched the sides.

"Luckily, this nutritious dinner requires zero cooking and can be on the table in ten minutes. Crisis averted!"

INGREDIENTS

- 190g/6¾oz thin rice noodles
- 40g/1½oz kale, destemmed and roughly chopped

- 1 tsp toasted sesame oil
- 2 tbsp tahini paste
- 2 tsp gochujang (or substitute with harissa paste)
- 2 tbsp soy sauce (or substitute with tamari sauce)
- 2 tbsp lime juice
- 1 small garlic clove, finely minced
- ½ tbsp minced fresh ginger
- 160g/5¾oz cooked edamame beans
- ½ cucumber, sliced
- 2 spring onions, sliced
- 2 tsp crispy chilli oil

- 1 tsp sesame seeds

1. Place the rice noodles in a large bowl and cover with boiling water. Let them soak for 5 to 7 minutes, or until tender. Drain and set aside.

2. While the noodles are soaking, put the kale in a separate bowl, drizzle with toasted sesame oil and massage until it begins to soften slightly.

3. In a small bowl, mix together the tahini, gochujang, soy sauce,

lime juice, garlic and ginger to create a creamy dressing.

4. Add the drained noodles to the bowl with the kale. Pour the dressing over the noodles and toss everything together until well coated.

5. Divide the dressed noodles between two bowls. Top each bowl with half of the edamame, cucumber slices, spring onion, crispy chilli oil, if using, and sesame seeds.

6. Serve warm or cold.





MY LITTLE LUXURIES

Rachel Stevens

The actress and singer shares her take on luxury – trips to the Cotswolds, streamlined skincare and cooking with her daughter

Rachel Stevens rose to fame in 1998 as a member of the pop group S Club 7; the band, later known as S Club, split in 2003 before reforming in 2023. She released a solo album, *Funky Dory*, in 2003, and her track *Sweet Dreams My LA Ex* peaked at number two in the UK singles chart.

She now regularly works in fashion and is known for her public speaking and lifestyle partnerships, having recently been announced as the supplement brand Perfectil's newest ambassador.

Born and raised in London, Rachel lives in the city with her two daughters, Amelie and Minnie.

It's priceless because of what it means, rather than its value.

My ultimate long-haul luxury destination is the Maldives. It's peaceful, beautiful and the perfect place to completely switch off.

For a mini-break, it's the Cotswolds or the New Forest. They're close enough for a quick getaway out of the city but always feel relaxing.

In my travel bag, I always carry a nourishing skincare cream, eye patches and my Perfectil supplements. I also take a mini Caudalie Beauty Elixir spray everywhere with me – it smells amazing and I love being able to refresh my face when I'm on the go.

A lovely dinner with friends, great conversation and lots of laughter... for me, that's the best kind of luxury. My favourite meal would be amazing sushi with a good glass of wine or a lychee martini.

A relaxing spa day is such a treat and always leaves me feeling completely reset.

I'll never compromise on good skincare. It's one of those daily rituals that makes me feel as though I've taken a little bit of time for myself. I've started using a few incredible products from Rodial – I'm loving its skincare and make-up at the moment. And Sisley has always been one of my favourite luxury skincare brands.

My daily routine is much more streamlined now – I take Perfectil [supplements] in combination with a balanced diet and healthy lifestyle habits. There is so much noise online around "miracle" creams, but lasting results come from self-care and supporting your overall wellbeing. I never go a day without wearing SPF – my go-to is Clinique's UV Solutions SPF 50 mixed with La Roche-Posay's tinted SPF.

My last luxury splurge was on a handbag that I know I'll use for years. **Selfridges** and **Liberty London** always feel so special to visit.

My favourite piece of jewellery is a special ring I had made for myself.

'LUXURY IS HAVING A HEALTHY MIND AND BODY'

A calm, cosy home with candles – especially Diptyque; my favourite scent is Baies – adds comfort. [I love] walking through my front door into the safe space that I've created for me and my girls. And fresh flowers around the house instantly brighten my mood.

To elevate a cosy night in, I'll wear cashmere loungewear and cosy slippers.

In the kitchen, I have some amazing cookbooks. It's nice to pick a new recipe to cook with Minnie, as she loves cooking, with lovely fresh ingredients and a nice glass of wine on the side.

For me, luxury isn't necessarily about expensive things. It's about having time, feeling healthy, being surrounded by the people you love and appreciating life's little moments, like having a healthy mind and body.



1. The Maldives, Rachel's favourite long-haul destination
2. Caudalie Beauty Elixir Face Mist, £36
3. The Cotswolds, where Rachel likes to relax
4. Sisley Paris Sisleya L'Integral Anti-Age, £435
5. Diptyque Baies candle, £63
6. Vitabiotics Perfectil Max, £23.95

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