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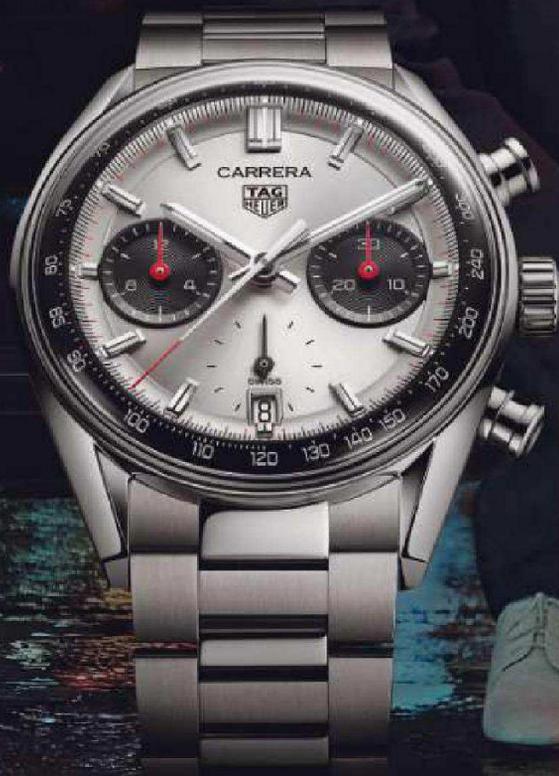
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THE SUNDAY TIMES

26 MAY 2024

*'We've
always had
opinions...'*

The world
according to
Lily Allen &
Miquita Oliver

Plus
HOW SPRINGWATCH IS
YOUR WARDROBE?
THE RISE OF GORPCORE DAD



"I'M THINKING BEYOND MY TIME TO THE LEGACY I LEAVE BEHIND."

GISELE BÜNDCHEN, WORLD-RENOWNED MODEL, ENTREPRENEUR, AND NYT BESTSELLING AUTHOR

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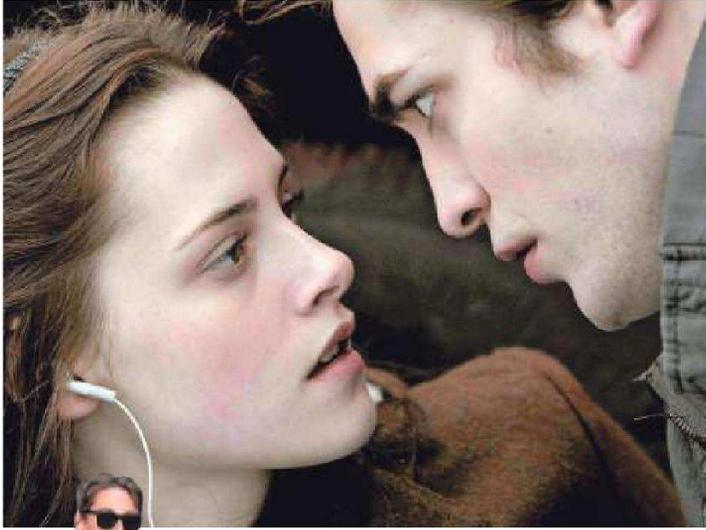
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The Barometer

Edited by Priya Elan

Fashion! Beauty! People! Things! Welcome to your weekly guide to the stuff everyone will be talking about. Do keep up

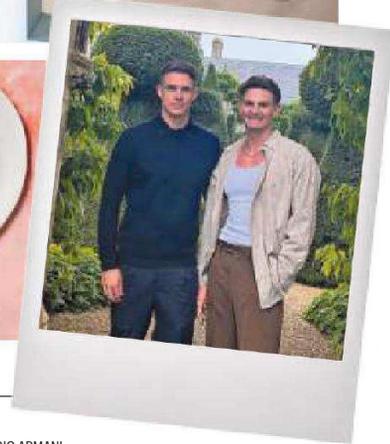


Everyone's talking about ... Opus 11, caterers to the A-List

From Beyoncé's Renaissance tour to events for Hermès and Loewe, Opus 11 are the fashionable caterers to know right now. Set up in 2018 by Josh Bradshaw and Charlie Karlsen, *bottom right*, the duo pride themselves on bespoke menus, fabulous cocktails and "special event tablescaping". Hero dishes include seared Scottish scallop with celeriac, apple slaw and Amalfi lemon, but their party dish of the moment, according to Bradshaw, is "a wagyu beef tartare hash brown with blood orange hollandaise the size of a 50p piece." And for pudding? "The most delicate caramelised banana, blueberry compote, French toast breakfast canapé," Karlsen adds. "Naughty and nice is definitely on the menu." Yes, chef(s)!



Catering for a Frieze dinner. Below some of Opus 11's popular plates



Bite back: the Twilight revival is here

Twihards, rejoice: the queen of emo-scream, Kristen Stewart, is making another fangs-and-everything film. Yes K-Stew, *left and above*, will be starring opposite Oscar Isaac in *Flesh of the Gods*, due out next year, in which the duo will be going all *Lost Boys* in Los Angeles in the Eighties. It's perfect timing: 12 years after the end of the Y2K franchise, *Twilight* is now back on Netflix, bringing with it a new generation of Bella/Edward/Jacob stans (see Gen Alpha recreating their favourite moments on TikTok.) Meanwhile, the haute-goth look is also having a revival: Emma Chamberlain's ox-blood lace on the Met Gala's red carpet was a case in point, *left*, and the forthcoming *The Crow* remake with Bill Skarsgard and FKA Twigs is very techno-goth. And for those of us who want to revive the original with... an orchestra (sure!), *Twilight in Concert* is going on tour in the UK in October. Renesmee not included.



Alamy, Getty Images, James Moyle, @glenmarvor

STYLE

ON THE COVER MIQUITA OLIVER AND LILY ALLEN PHOTOGRAPH PAOLO ZERBINI STYLING SARA GILMOUR. PINK TOP, £190, AND SKIRT, £350, EMPORIO ARMANI. VINTAGE BELT, £60, RELLIK. NECKLACE, £195, OTIUMBERG. VINTAGE YELLOW CORSET TOP, £65, RELLIK. KNICKERS, £150, AND SHEER SKIRT, PRICE ON APPLICATION, SUPRIYA LELE

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Heating up



▲ POP GIRL SUMMER

A season of bangers heading our way thanks to new albums from Normani, Beabadoobee and Tems



▲ MORELLI'S GELATO

An icon in Broadstairs: Dua Lipa popped by when filming her new video

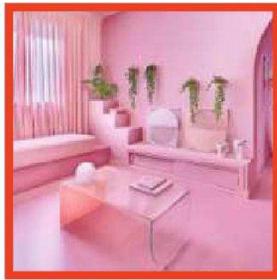
▲ TEARDROP EARRINGS

From Bottega to, um, Asos. The most duped earring of the moment



▲ FONDANT PINK

Suddenly A Thing in interiors again: just don't call it millennial pink, OK?



Cooling down



▼ LEEK 'VASES'

Tablescapers are now using leeks to put their flowers in. Does it count as one of our five a day?

▼ FROSÉ

Bit basic. Try a slushy with Campari, orange, tomato cordial and strawberry purée at Pastaio instead



▼ CRAWLING

Release your inner baby in this hot new workout! Said no one ever



▼ PARTY FAVOUR TATTOOS

Come back sugared almonds!

Do your nails match your aura?

Mood-matching manicure, anyone? Enter aura nails, the manicure bringing fresh "energy" to your talons this summer, which — woo-woo alert — attempts to match your nail colour with your electromagnetic field. A seamlessly blended orblike medley of two (or more) shades, aura nails have been spotted on everyone from Megan Thee Stallion to Megan Fox. Dua Lipa is a fan too, recently debuting a gothic twist created by the New York-based nail artist to know, Mei Kawajiri, who was also behind the singer Troye Sivan's Met Gala nails, *below centre*. Cult salons such as Nuka Nails and Selfish, both in London, offer them, as does Amsterdam's groovy Lakwerk. Nailed it.



Hot under the collar (less)

You can forget popping your collar this summer (sorry, Usher). In fact, it's a good idea to forget that collars even exist: the style lords have deemed them out of fashion. Instead, tailored jackets and waistcoats that are instantly recognisable by a lack of lapel are prime fashion fodder among those who like their tailoring to feel as fresh as a dip in the North Sea. Victoria Beckham loves them — her collection with Mango features a waistcoat and ivory lapel-less blazer — while Cos, The Row and Toteme are also all over the trend. Wear yours with nothing underneath à la the street style set for a summer look that oozes a new breed of soft power. Whatever will they think of next?

From left Yellow blazer, £165, [aligne.co](#). Taupe blazer, £49, [amrlondon.co.uk](#). Black blazer, £95, [cos.com](#). Cream blazer, £416, [Raey](#)





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Some like it hot

Hanging out in a sauna is where it's at this summer
— **Kate Spicer** reports on the new sweat set

It's **May Day** and the summer season is warming up. The DJ Rob da Bank could have chosen to play at any number of events where people wear silly hats, get high and have a good time — say a music festival or somewhere hedonistic on the Med. But in the end he chose a new festival in Hackney with a crowd for whom Nelly's *Hot in Herre* could have been written: the Saunaverse, the UK's first sauna festival, featuring all manner of saunas, from fragrant, wood-fired versions to high-tech electric ones. It was a sell-out.

Rob, 50, describes the crowd as diverse: "Like the Green Fields at Glastonbury, a mix of hippies, trendy east-London types and some older people. I saw people turn up in Mercs and on hired bikes, but once everyone's got their kit off it's a democracy."

He has long been a sauna fan: his own Slow Motion Sauna has two sites on the Isle of Wight — first Yaverland and now one at the National Trust's Compton Bay, opening on Thursday. In January he did a pop-up in Coal Drops Yard, King's Cross; Chrissy Cullen, the development's marketing director, said they were "overwhelmed, with the slots selling out almost immediately".

It's got to be said: sauna-going is hot right now. Take the recently opened Sauna & Plunge in east London, where members can enjoy steam and infrared saunas for £160 a month. Its co-founder, Max Reynard, says the space is designed to "eke out conversation and social interaction... if you're in the mood." For a more bucolic feel, the Wild Saunas (wildsaunas.info) website lists alfresco hotboxes across the UK and Ireland, such as at Elie harbour in the East Neuk of Fife, Logi Saunas' roving operation (currently in Pembrokeshire) and the skincare brand Haeckels's sea bathing machine in Margate (it's free, but donations are welcome). While, for the more elitist sweat set, Surrenne is the new members' spa at the Berkeley Hotel in central London — you can't get through the door without dropping £15,000 — and includes a sauna with an automatic infusion system that floods the hot coals with different essential oils every 20 minutes. Then there's the infrared sauna at the Club by Bamford, set in 3,500 acres of Cotswolds countryside, where membership options start at £2,250.

But really this new wave of sauna culture sweeping the country is not about swanky,



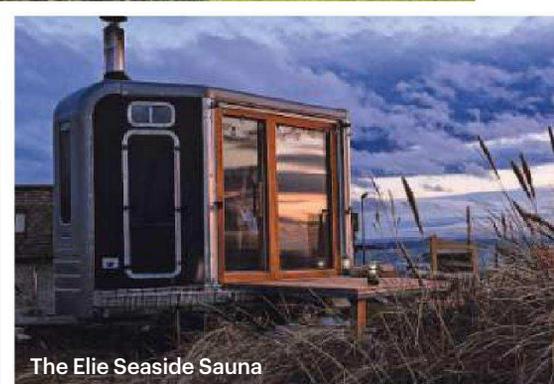
The infrared sauna at the Club by Bamford in the Cotswolds

spenny sweating. The British Sauna Society has been "deluged" with enquiries from people wanting to set up their own sauna and their membership has doubled in the past year. "Saunas should be inclusive, democratic health and wellbeing hubs," says the society's president, Mika Meskanen. In Finland, he says, where there are about 3 million saunas for a population of 5.5 million, "everyone is a sauna-goer. Saunas belong to everyone."

The new-style sauna set are seeking the wholesome endorphin and dopamine rush caused by heat, maximised by alternating it with icy cold dips — known as "contrast bathing". This is a big part of the burgeoning British sauna culture, with more and more gyms including ice baths alongside sauna and steam. Contrast bathing even has its own guru, a serene Dane called Dr Susanna Soberg and her Thermalist Method.

Saunas are also becoming events hubs, with everything from artist programmes to poetry readings on offer. At the not-for-profit Community Sauna — which has sites in

'People turn up on bikes or in Mercs, but once everyone's got their kit off it's a democracy'



The Elie Seaside Sauna

Peckham, Stratford and Hackney Wick — there are trans nights, sessions for new mothers and a regular grief sauna. The collective is also leading the way in accessibility, with entry for as little as £6.

Rob da Bank says the sauna crew is a friendly and motivated lot. With their dinky felt sauna hats — like something a pixie might wear sitting on a toadstool, but actually designed to stop the head getting too hot — and predilection for whisking each other with fragrant leafy twigs, they come in many shapes and sizes. And from communities to corporations, saunas are spreading. "I've been involved in record labels, festivals, clubs," says Rob da Bank, "and this scene is genuinely the most exciting, fast-moving cultural movement I've seen. People say it's the new yoga or the new pub — and while that sounds unlikely, all I can say is don't doubt it." ■

A photograph of two women, Lily Allen and Miquita Oliver, embracing on a city street. Lily Allen, on the left, has her hair in braids and is wearing a denim crop top and jeans. Miquita Oliver, on the right, is wearing a white and black striped sweater and a red patterned skirt. They are standing in front of a row of colorful townhouses.

'We're more like sisters...'

Lily Allen and Miquita Oliver have been best friends since they were babies – and now they present a headline-grabbing podcast together.

Laura Craik meets them for some serious girl talk

Photographs **Paolo Zerbini** Styling **Sara Gilmour**

S

aturday afternoon in a brasserie in a chichi Mayfair hotel, and the lifelong friends and nascent podcast queens Lily Allen and Miquita Oliver are in very different moods. Allen is jet-lagged, having just flown in from New York to celebrate Oliver's 40th birthday. Oliver is the opposite of jet-lagged, fizzy and excited about the

party she's throwing that night. Allen's elder daughter, 12-year-old Ethel, quietly reads a novel at the next table while her mother sits and chats, albeit not quite with the same deliciously uncensored abandon that has made the duo's podcast, *Miss Me?*, such a hit.

Broadcast twice a week from Brooklyn (where Allen lives) and east London (where Oliver lives), the 3,500-mile distance is no impediment to the success and intimacy of *Miss Me?*, which has consistently been in the Top Ten on the UK podcast charts since its launch in mid-March. So far the show has tackled topics as thorny and varied as virginity, head lice, dating apps, stalking and the patriarchy. ("Did you see that after the patriarchy episode we went down four spots in the charts?" Oliver asks Allen. "We touched a nerve!"). That it has the same raw, uncensored feel as the midnight FaceTime chat you might have with your best friend is

deliberate. "I like that we've done something [in a format] that everyone probably does with someone they love," Oliver says. "We don't like being produced. It needs to feel normal. And it makes me feel like Lily doesn't live [far] away."

"I think that's what resonates with people," Allen adds. "The familiarity in the way we talk to each other reminds people of their relationships with their best friends."

The two are friends of such long standing that they can't even remember when they first met. "People keep asking us that," Allen says. "We didn't — she was there when I was born."

"It's like when you've known people for so long that you don't really know life without them," adds Oliver, whose mother, the broadcaster and chef Andi Oliver, is still close friends with Allen's mother, the film producer Alison Owen. The two grew up in and out of each others' houses in west London (which is where Style shot them, in some of their old haunts) alongside a gaggle of auntsies (including the legendary Neneh Cherry) and cousins to whom they're still extremely close. "We've had 39 years of being in each other's lives, but it's not just about having a shared past. It's about growing together, standing up for each other and showing up for each other. Lily still makes me laugh and I love her. That's why she's my best friend."



Miquita Oliver and Lily Allen at Dorian, Notting Hill, where Oliver had her 40th birthday dinner. Jacket, £4,900, and bag (on table), £1,460, Louis Vuitton. Earrings, £290, By Pariah. Necklace, £195, Otiumberg. Oversized blazer, £3,260, Givenchy. **Opposite Top, £475, and jeans, £475, Coperni.** Earrings as above. Silk T-shirt, £1,390, and skirt, £1,390, Burberry



Above Oliver outside the Tabernacle, a music venue and performing arts centre where her and Allen's parents ran a pantomime for five years. Shirt, £470, and skirt, price on application, Ahluwalia. Shoes, £675, Manolo Blahnik

"We can still be quite spiky with each other, though," Allen says. "We're more like sisters than we are best friends. It hasn't always been plain sailing. We've had our ups and our downs, but so does everybody."

"In episode two we have a fight, but that's life," Oliver says cheerily. "It's relatable. No one has all their shit together. Me and Lily certainly don't. Maybe Lily a bit more than me. We have it together more than we used to, but there's still mess in our lives. Weirdly, doing this podcast has been really great for our friendship, because of how we communicate with each other 'off camera'. We're revealing quite a lot about ourselves. We have to protect and look after each other."

Having found fame at a young age — Oliver was 16 when she started presenting Channel 4's *Popworld* in 2001, while Allen was 21 when she released her first hit, *Smile* — they learnt to look after each other early on. "I had a bit of a nightmare with the press, but not in the same way that Lily has had and continues to do," Oliver says. "It was quite a strange thing to happen to a young person, and we did feel kind of helpless. You just think that's the way things are. There's a lot that Lily went through that I think I just accepted she had

to go through. The way you were talked about in the press was horrific, but I don't know whether it's any better now."

"People actively tell you to never complain and never explain," Allen says. "There's quite a strict set of rules, which is that you've made your bed, so lie in it. You have to accept. 'See how privileged you are?' It's naive to say no one ever tells you how to behave, because they do. They tell you to put up with it."

Both remember being criticised for their looks, with Allen's frequent description as "the girl next door" being one of the milder examples. "Because Lily wasn't glamorous, it became part of the way she was spoken about — [she represented] the other side of beauty," Oliver says. "And I was always called grubby. I was mixed race, with a weave. I was not put into the sector of beauty or glamour, and that was fine. But it was quite hard to be told that you're grubby. I was Lily's bridesmaid at her first wedding [to the builder Sam Cooper, in 2011] and they called me 'my big fat ugly bridesmaid!'"

In the early Noughties the world was equally hostile towards young women with strong opinions — though, again, they don't think much has improved.

"I'd never seen how ridiculous it is until we started this project together," Oliver says. "We'll always be very honest and say whatever we think. It's really not big news that me and Lily have opinions. We've always had opinions. If you look at our careers, that's how it's always been."

Were they hesitant about doing the podcast? After all, despite their lifelong friendship, they'd never worked together before.

"I thought Lily would say, 'No way,'" Oliver says.

"I kind of did think, 'No way,'" Allen smiles. "But I was really struggling with writing music at the time, and I'd just finished *The Pillowman* [the West End play she starred in last summer]. I'm not a planner, but my kids have just started middle school in New York [Allen has a second daughter, Marnie Rose, ten, with Cooper], so they really need me to be around. I knew that I was going to have to stay in Brooklyn. So when Miquita mentioned it, I thought it could work."

A recent episode devoted to the Netflix hit *Baby Reindeer* saw Allen open up about her harrowing experience with a stalker, a seven-year hellscape that started in 2009 and ended with his imprisonment in 2016, after he broke into her home. At the time she was critical of the police, saying in 2016: "The police made me feel like a nuisance, rather than a victim." Now she says: "I find it interesting that *Baby Reindeer* has landed so massively. I feel like if it had been a female protagonist it wouldn't have got greenlit. People will not be remotely as interested in a woman's story, which is arguably far more common than a male story. I remember when I was going through my stalking thing, when I started to come back outside again and go to dinner parties and stuff, and I'd talk about it. There were a handful of occasions with men that I vaguely knew who would be surprised at how I felt I'd been mistreated by the police, because they had had experiences with female stalkers and said the police couldn't have been more helpful. In contrast to how women feel when it happens to them, it's quite upsetting."

Allen has always been searingly honest about her life, and brings the same honesty to *Miss Me?*, whose



Allen and Oliver outside the Globe, one of London's oldest nightclubs, and where Oliver's parents met. Tank top, £300, and track pants, £830, Celine by Hedi Slimane. Poloshirt, £740, knickers, £600, and padded miniskirt, £900, Miu Miu



This page In the Notting Hill flat of a friend. Oliver lived opposite for 15 years and came to carnival parties here. Shirt, £810, jumper, £675, and gold lamé skirt, £1,790, Miu Miu. Shoes, POA, 16Arlington. Scarf top, £590, Conner Ives. Skirt, £540, Supriya Lele. **Opposite** At the reggae specialist People's Sound Records, London W11. Top, £360, 16Arlington. Trousers, £425, Coperni. Leather jacket, £4,045, Ferragamo

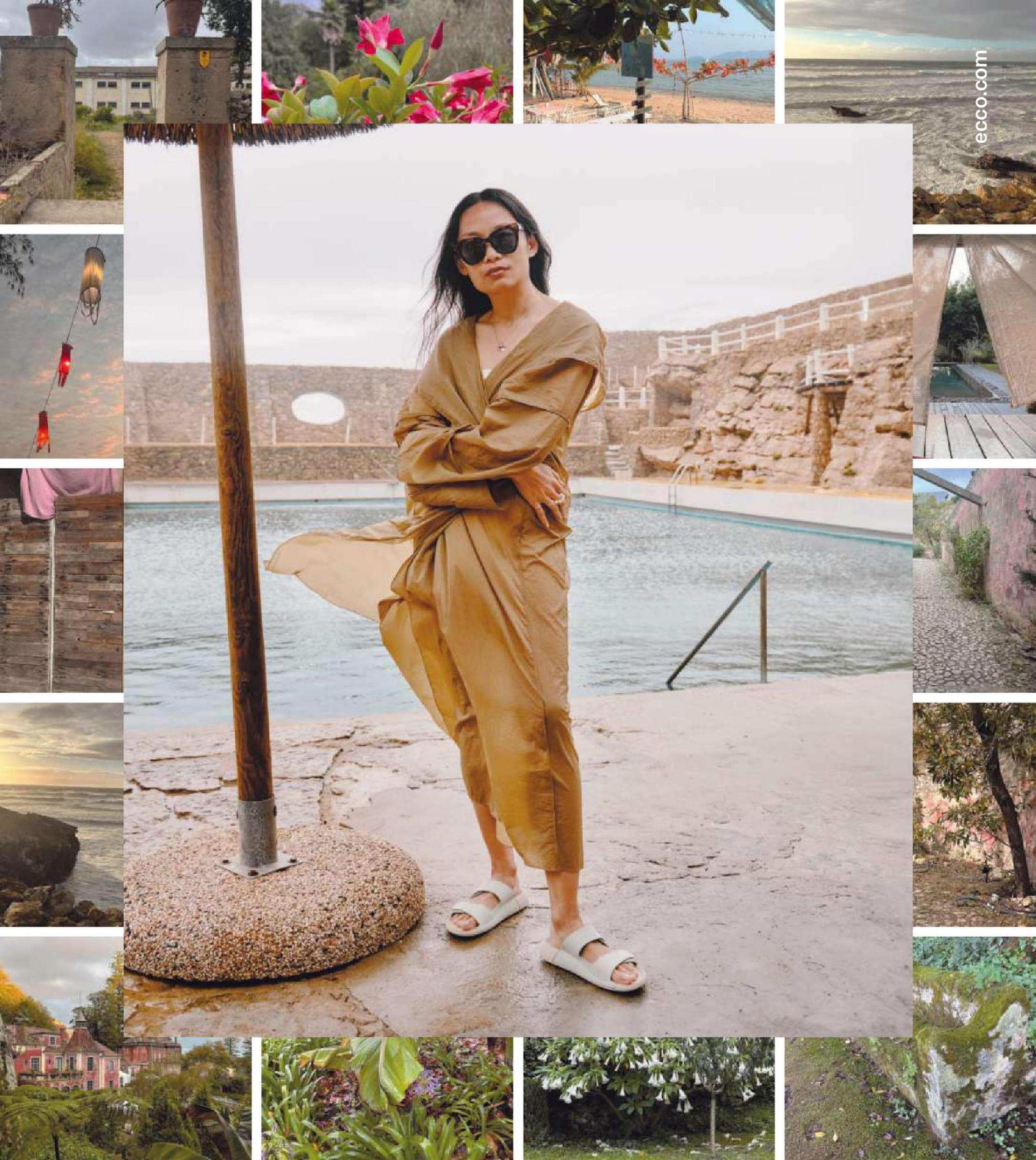


no-holds-barred approach is as popular with Gen Z as with their mothers (my 18-year-old daughter listens as avidly as I do). Does she regret some of the things she has talked about now that she's older? "I don't wish that I hadn't talked about anything. There was a time and a place for everything I've said."

She does regret how the internet has rendered every comment indelible and intractable. "It's unnatural. I don't think, as human beings, that you're meant to share ideas and for them to be set in stone. We are meant to evolve as people. How are you meant to do that if you're

always held to account by things that you've said in the past? I said that 20 years ago, when I was a completely different person, hadn't been married, didn't have children. Of course I had a different outlook on life. Don't hold me to that."

While she uses social media, she worries about its effects. "The creative side of my brain has been ruined by smartphones. I feel like everyone feels the same. I don't know anyone who could possibly say that the quality of their life is improved by the presence of a smartphone. I think it's destroyed us as a species. It's horrendous that



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they're designed to be so addictive. Some of us have more addictive personalities than others. It's evil."

Last weekend she took her daughters' smartphones away, after reading a book that claims children shouldn't use them until they are 14. She and her husband are also limiting their own usage. "I now have a kids' phone called Pinwheel. It has no browsing capability and no social media, but you can still have Uber and Spotify. My husband is the caregiver on it, so he controls what I'm allowed to have as an app on my phone. I'm the controller of his as well. Because they're made for kids, he's my parent and I'm his parent. "What's your child's name? David, aged 50," she giggles.

Allen married the *Stranger Things* actor David Harbour in September 2020, in a Las Vegas wedding officiated by an Elvis impersonator (the bride wore Dior). Oliver thinks that Harbour is good for Allen. "He makes her laugh. Lily likes to giggle. From the second I met David I fell in love with his energy. He is very kind. And he really, really likes her."

"I've only just recently started to be able to ask people like my husband or my mum for help," Allen says. "I went on a treatment, a sort of trauma weekend, in upstate New York. It was just with one person — a one-to-one thing. And what came out of it was this complete inability to be vulnerable. So I've been exercising my right to ask for help, and it's completely changed my life. Just dumb things, like getting up in the morning, being tired, rolling over and saying to David, 'Can you do breakfast and the school run this morning?' And him saying, 'Yes, course I can!' And I'm like, what?"

Recently Lily did some recording in Nashville, but she says she isn't pressuring herself to put out an album. "I'm always working on music. And when an album reveals itself to be a completed collection of songs, then I'll put it out."

"What about touring?" Oliver asks.

"No, I don't think so. Maybe, like, five cities."

Other than the big bash at Notting Hill Arts Club (where Allen and a slew of other friends, including Nick Grimshaw, DJ'd), Oliver's future plans involve building on Ropes, her fitness brand dedicated to getting more people skipping, as well as a follow-up to the travel series she made with her mother in 2023, which saw them visit the Caribbean to reconnect with their West Indian roots. After a long period of estrangement from her biological father, Robin Baillie, an art historian in Edinburgh, four years ago she also reconnected with her Scottish roots. "My biological father came to my birthday dinner and he brought a blanket that he had made with Oliver tartan from my Oliver side and Baillie tartan from his side. I was like, 'We are healing some bridges here!' My parents were never together," she adds. "It was just a nice weekend."

"A nice weekend!" Allen giggles.

"On the heath," Oliver adds, also giggling. "Just a nice walk in Hampstead Heath. That's quite a good one for *Miss Me?*, do you know where you were conceived? I do. Yeah, I was conceived on Hampstead Heath. That is actually kind of amazing. I've only got to know all my Scottish family in the past four or five years, and that's changed how I feel about myself hugely. I've been really lucky. I've got this whole [other] family now. My brother



Beaded dress,
POA, Knwls

is 23 and my sister's 26 and I've got a lovely grandma and stepmum and it's just the best thing I ever did."

Oliver is not currently in a relationship, so I ask Allen what kind of person she'd like to see her friend meet. "A nice, grown-up person who has their shit together and wants to look after you and lift you up. We don't want anyone dragging you down."

"Yeah, we have no more time for that bullshit. Forty!" Oliver says, clearly relishing the novelty of her new age.

"I would hate for somebody to come into your life and start to try and influence you, or dictate how you should be living your life, 'cause you've figured it out yourself," Allen adds.

"That's the great thing about building your life so good that if someone comes into it they're only a cherry on top, and not the eggs and flour. The cake has been made," Oliver says, laughing at her own extended metaphor.

"They're the baking powder," Allen adds. "They're just going to help the cake rise a bit."

"Yes!" Oliver shrieks. "We're looking for the baking powder, Laura!" And they dissolve into more giggles, the cherry on each other's cake. ■

Hair Raphael Salley at Saint Luke Artists using Amika.

Make-up Gina Kane at Caren (Lily) using Chanel Les Beiges and Chanel Hydra Beauty Skincare, and Nat Minkie (Miquita) using Ilia Make-up and Rare Beauty.

Local production Today Management







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How Springwatch is your wardrobe?

Gore-Tex trainers? Check!
Waterproof trousers? Yes please! School-gate dads have taken on the gorpcore trend, and Chris Packham is their pin-up, says **Richard Gray**

Fashion fans, rejoice: a new series of *Springwatch* starts tomorrow. Yes, you heard that right, “fashion fans”, because Chris Packham — he of the knockout collection of all-weather, brightly coloured puffer jackets, shells and fleeces by brands such as Mountain Equipment, plus the odd hiking jacket by the Japanese designer Junya Watanabe — has unwittingly become a style pin-up for a new generation of fortysomething men. And all this while pointing at some owl poo.

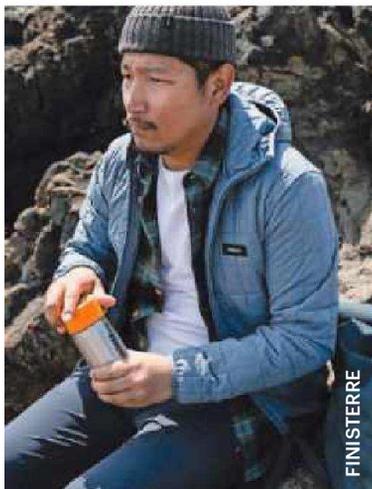
You’ve probably heard of gorpcore — coined by the American writer Jason Chen in 2017 — aka the great outdoors look for urban dwellers. “It’s uber-functional and outdoorsy clothes made for wet-weather walks in somewhere like the Peak District,” says Joseph Furness, assistant editor at *Esquire* magazine. And the gorpcore bit? “Good old raisins and peanuts,” he says. “Gorp refers to the nuts and dried fruit you eat on a hike while wearing these clothes.” Basically it’s American for trail mix.

As with all trends, Gen Z were first to fully embrace it, but now the look has suddenly, and inexplicably, caught on with middle-aged blokes and dads. Head to the school gates on a weekday and you can’t move for men in fishing vests and ACG fleeces.

“They’re all over it,” says Paul Toner, deputy editor at *10 Men Magazine*. “Rucksacks with karabiners, Gore-Tex trainers and a million and one waterproof jackets — you would think some of these dads were off to climb Kilimanjaro at 8.37 on a Monday morning, not just dropping off the kids.”

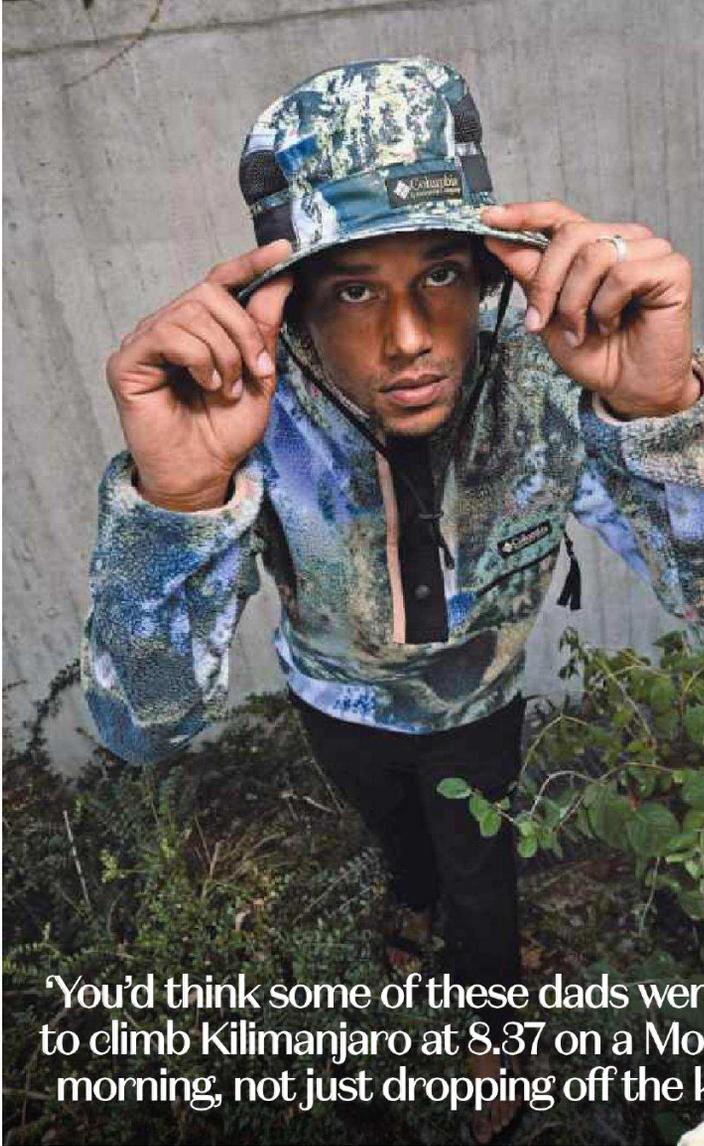
The clothes are specialist and techy: rainproof jackets by outdoor brands such as Arc’teryx and Columbia; backpacks by Salomon worn with Asics trainers; fleeces come with care of Snow Peak and Patagonia. Serious gorpcore fans shop at sites like thisthingofours.co.uk and outsidersstore.com for hard-to-find imports.

Chris Packham in a Mountain Equipment down jacket



FINISTERRE

Below Paul Whitehouse and Bob Mortimer in *Gone Fishing*. **Bottom** Gorpcore on the streets



'You'd think some of these dads were off to climb Kilimanjaro at 8.37 on a Monday morning, not just dropping off the kids'



Toner credits TV's middle-aged gorp influencers — see the aforementioned Packham plus *Countryfile*'s Matt Baker (spot that Snaefell jacket by 66 North, natch) — with helping the look to go mainstream. “Let’s be honest here, your average dad isn’t buying a brightly coloured stormproof jacket because he’s off hiking anytime soon,” he says. “He’s buying it because it looks good. This is basically middle-aged men dressing like Chris Packham.” See also Hamza Yassin of *Animal Park* (eagle-eyed dads may spot a North Face fleece or two) and even the brilliant Bob Mortimer and Paul Whitehouse in *Mortimer & Whitehouse: Gone Fishing* — for gorpcore fans, their outdoor gear is exceptional.

Note, this isn’t about catwalks or influencers, it’s about gear that does stuff: protective stuff, stuff that keeps you warm and dry. It’s about technical fabrics and all the serious science behind them that speaks directly to a dad brain. It’s also great for bragging down the pub. “By the way, Brian, did I mention the seams on this waterproof jacket are just like those worn by Tenzing Norgay on Everest?” ■

And now it’s no longer saved for the young, the dad crowd can’t get enough. How else to explain the hike in outdoor clothing sales at places like John Lewis? The retailer reports that sales of Salomon trail runners have doubled this past year, and brands like The North Face and Rohan have become bestsellers. Similarly, at gooutdoors.co.uk — long a go-to for all things outdoor pursuits — searches for “cagoules for men” are up 22 per cent year on year. With a cord-pull here and a Velcro-fastening there, these all-weather “wardrobe wingmen” speak directly to that inner mountaineer — and they’re fuelling some serious shopping.

Yet it’s waterproof trousers rather than jackets that have had a serious uptick in sales, according to the high-street camping and hiking specialist Mountain Warehouse. Also known as warts — possibly fashion’s most unfortunate diminutive — waterproof trousers have become the default trouser choice of just about every dad, everywhere. Even in the office. The Teslas of the middle-aged man’s wardrobe are reliable, urbane and have still very much “got it”. What man of a certain age hasn’t been seduced by the promise of an elasticated hem and multiple pockets? Yes, they come with a *lot* of pockets. “The more pockets, the better,” Toner says. “A man always needs to keep his meat thermometer handy.”



1 Sunglasses, £305, District Vision, mrporter.com. **2** Jacket, £450, arcteryx.com. **3** Fuji Speed 2 trainers, £160, asics.com



Practical MAGIC

The perfect navy jumper, denim that will last a lifetime and, yes, lots of pockets: 77-year-old Margaret Howell's functional clothes are every fashion editor's secret weapon, says **Karen Dacre**



If there is a polar opposite to the Gen Z phenomenon of creating a bizarre pair of trainers with the purpose of blowing up Instagram, or a red carpet gown so tight its wearer needs an army of minders just to be able to get out of her car, it is Margaret Howell.

The 77-year-old designer would never dream of something so preposterous. With her no-nonsense approach and the ability to make even the most straight-faced fashion editor swoon, she is known for beautifully made, unfussy pieces created with the intention of not standing out from the crowd.

"For me, clothes have to perform a function. You choose the right fabric for the right thing," says Howell, who rarely gives interviews, of her purposeful approach to design. "It's very simple. I suppose I've always considered all of this to be quite straightforward." The "all of this" she is modestly referring to is a world-renowned menswear and womenswear brand that has the kind of diehard fanbase your average contemporary designer could only dream of.

With no fashion show to talk of — after decades of staging small catwalk productions, predominantly at her Wigmore Street flagship in central London, Howell called time on them in 2020 and is adamant that there is very little she misses about them — she remains among the country's most successful designers. Certainly hers is one of the most referenced labels in a retail landscape that is saturated with brands desperate to harness the Howell magic — with the figures to show for it. The Margaret Howell Group is recovering well after the Covid slump, logging sales of £18.4 million for 2022, an increase of 6.8 per cent year on year.

For those who have never had the joy of a soothing stroll round one of her stores, Margaret Howell, in a nutshell, is uncomplicated clothes made really well. A place where navy knits sit next to slouchy slacks and tweed overcoats crafted from Scottish wool. Think creaky wooden floorboards, carefully chosen interiors pieces by the likes of Ercol and Robert Welch and Margaret Howell tote bags to lovingly carry your purchases home.

Established in 1970, Margaret Howell now has more than 100 stores and concessions worldwide, including in Paris, Florence and, crucially, Tokyo, where the designer enjoys Paul McCartney levels of fame. Not that you'd know it. With an introverted personality to match her understated brand, Howell is something of an enigma.

We are meeting at her brand's headquarters, a busy Tardis of a place tucked behind her London flagship. Howell is just as I imagined her, wearing dark jeans, a cashmere sweater and a navy blue neckerchief.

There are no flowery anecdotes, nor is there any of the "therapy speak" that I'm used to hearing from other designers. Howell instead gives short, considered responses to my questions and is modest to the point that it seems she can't quite believe anyone would be interested in hearing her story.

Happiest pruning a hedgerow in her garden in Suffolk ("I love to tame a garden but I wouldn't say I'm a gardener," she says) and spending time with her grandchildren, Howell avoids the champagne receptions and panel talks that are



Photograph
Lily Bertrand-Webb

Above The designer Margaret Howell at her brand's headquarters at the Wigmore Street flagship store, London. **Opposite** Looks from the spring/summer 2024 collection

commonplace for some of her contemporaries. In fact, I get the impression she is repelled by the idea of them.

"I've never really been one for those things," she says. "I might agonise over an invite for a while, but it's not what I'm drawn to."

Instead, it's the opportunity to escape city life and be among nature that has been Howell's life force — both in her work, which has since the very beginning taken its lead from the natural and heritage fabrics that remain crucial to the brand today, and in her life away from fashion.

When London was swinging in the Sixties and Howell was following her sister Jean to enrol at Goldsmiths, University of London, she remembers being more concerned with leaving the city centre at the weekend than heading into it. "There was always a longing to get back to a greenbelt," she says.

Howell traces her love of the great outdoors back to her childhood. Having grown up in postwar Britain with her

mother — who had a job in a dress shop — and her father, an army captain, she remembers long days spent outdoors with her two sisters. For holidays they headed to Cornwall. "It was never hotels, always countryside cottages. We were always outside and always among nature. Since a very early age I have always appreciated that."

She still does now. With a design team in place at the Wigmore Street HQ, Howell splits her time between Blackheath, in southeast London, and a 1960s house in Suffolk, where she enjoys looking out to her garden through "a wall of window".

It's not often she has time to sit down. As well as being a keen swimmer (Charlton Lido is her pool of choice) and cyclist, Howell prefers to walk the 1.5 miles to the office from the train station and back each day. Does she live in trainers? "These are all I wear," she says, pointing to the black Mizuno runners on her feet (I spot the same pair when I walk through the shop on my way out and immediately add them to my mental wish list).

Howell doesn't laugh much but can't help but let out a giggle when I ask if she ever wears a high heel. And I can see why: clothes that might constrict the wearer from doing what they want to do are not only not very Margaret Howell, they are at odds with the label's entire business model.

"From an early age I recognised that the things I enjoyed the most meant I needed clothes that functioned and allowed me to move and not feel restricted. I needed pockets in my clothes, the things that men had appealed to me just as the idea of breaking down the male and female to create something more androgynous appealed to me. It seemed sensible. I wasn't trying to be bold or revolutionary."

I dare not say it for fear of making her squirm, but revolutionary is exactly what Howell is. When her first London store, on South Molton Street, opened in 1977, women inspired by *Annie Hall*, which was in cinemas around that time, flocked to her for masculine

shirts and they kept coming back for more.

Great design comes intuitively to Howell, who developed her aesthetic while shopping in Marks & Spencer men's department for her school uniforms, and then on a sewing machine she was given for her 21st birthday.

"It was always an oversized V-neck sweater or a tie, chosen in the school colours of course," she says. "Then [my sisters and I] started to make our own clothes, which was great fun. Sometimes you'd end up in tears because it didn't fit the way you wanted it to. I'd use French patterns as the cuts were better — they always came out looking more sophisticated."

It was what Howell describes as a "funny set of beads", created from rolled-up newspapers, that would culminate in her first big break into the fashion industry.

"My sister Jean was taking something she'd been working on to Vogue to show them, so I went along with her and took the beads with me. They liked them."

STUDIO

PICTURE THIS

PHOTOGRAPHY BY ASH&PED



Imagine a world seen through the eyes of underrepresented **artists** that are too often ignored by the **creative** industry. Where **equality** is the norm and **diversity** is **celebrated**. Where **fresh** perspectives and **dynamic** voices are **valued** and nepotism and elitism are a thing of the past. That's our **vision**. Join our **creative revolution** if you want to see it too.

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It seems almost inexplicable, when you consider the rich knits and linens Howell is famous for now, that those same beads would go on to catch the eye of a costume director working on a film starring Elizabeth Taylor.

“She asked me to make a beaded top for her, which as I remember was quite hideous,” Howell says, “but I got to go on set to meet [Taylor]. Richard Burton was there as well, and he was a little bit ... I think he was going through his alcoholic period, but it was quite a thrill.”

At less close quarters, Howell would enjoy another dalliance with Hollywood, in 1980, when Jack Nicholson wore her M025 jacket in Stanley Kubrick’s *The Shining*.

“It was Jack’s own jacket. He initially got it from a chap we used to know who ran a store in LA and bought things from us,” Howell says. “During the course of shooting the film, they came back with another order for at least a dozen more. I think some got ruined, but I think a lot of the other people had them too.”

When she was starting out, support came from many places, beyond her ex-husband Paul Renshaw, who was her business partner until they divorced in 1987. “Ralph Lauren bought my shirts before he started making his own,” Howell says. She also sold through her friend Paul Smith, who carried some of her pieces in his Nottingham store.

These days she has three head designers to help her see out her vision. But I get the impression that handing over (some) control to them is the hardest part of her job. “I am learning to sit on my hands sometimes,” Howell says. “I have a wonderful team, but having someone else do it means you can’t have it just as you would have done it. You have to get as near as you can to your vision and not stifle their vision. I think we manage that well.”

Is she ready to stop anytime soon? “There’s still plenty to be done,” Howell says. “We are constantly evolving, constantly changing. People might not think so but there is a constant shift. Collars shift, shirts change shape. It’s a subtle slide, but it is there.” ■ @karendacre



Margaret Howell, the label, backstage and on the catwalk at London Fashion Week over the years



How to do Howell



1 Linen logo bag, £50. 2 Cashmere-blend cardigan, £395. 3 Knit gilet, £375. 4 Cotton trousers, £565. 5 Drop-shoulder shirt, £535. 6 Pleated skirt, £375. 7 Cotton and recycled-polyester jacket, £995. All margarehowell.co.uk

LOCAL



If you have been to the Pelican, you will know why the Hero is the pub everyone will soon be talking about and drinking in. If you haven't, allow me to explain. When the owners Phil Winser and James Gummer reopened the Pelican in Notting Hill in 2022, it was one of the first modern public houses that was more than just a boozer. They transformed it into a brilliant pub, full of glorious light with a lively vibe and a cosy dining room that served fantastic British food (think monkfish scampi or a head of brill, deep-fried), and whose regulars now include Dua Lipa and Princess Eugenie.

Fast-forward to today and the hottest reservation you can have is in the restaurant above a boozer where food is cooked in plain sight over a huge, fiery grill. Over the past few years acclaimed pubs with restaurants, such as the Parakeet in Kentish Town, the Plimsoll, Finsbury Park, and the Three Horseshoes in Batcombe, Somerset, have opened their doors. The most famous example is the Devonshire in Soho, run by the Irish landlord extraordinaire Oisín Rogers. It sold 19,000 pints of Guinness in the week before Christmas and tables for dinner sell out in seconds.

"We were one of the earliest people to do that with the Pelican. It was us testing the water about what we think a good pub should be," Winser says on a May afternoon at the 146-year-old Hero in Maida Vale, which, even though it only opened its doors a few days ago, is already becoming the hottest new pub in the city. "You go to France and they have their brasseries. You go to Italy and they have their trattorias. You come to the UK and we have our pubs. It's a unique part of our identity that has been built out of our culture and history and they serve a real purpose. But they had become disjointed."

In addition to the Pelican, in 2023 the duo — along with the businessman Olivier van Themsche, who is also involved in the Hero — opened the Bull, a bubbling Cotswolds pub in the "kissy-kissy, darling" town of Charlbury, Oxfordshire. This is where west London migrates to at weekends, and where Giles Coren, the Times food critic, said he had the best pie and pint of his life. Carrie Johnson reportedly spent New Year there. Jeremy Clarkson is a regular, and apparently the Beckhams have visited, smuggled in through the back door.

The Hero is about a 25-minute walk — or 7-minute Uber ride — from the Pelican, sandwiched between a café and an electrical shop. Each of the site's three floors is a showcase of what is great about modern public houses. On the ground floor is the pub and the beating heart of the building, which serves pints and nostalgic bar snacks as well as British classics that make you go "wow" (brilliant food is part of the DNA here). On the pans is the chef Ed Baillieu, who brings



Their first two pubs have become hits with the A-list and foodies alike. As they open a third, the men behind the Pelican tell **Hannah Evans** about making the British gastropub great again

HERO



us a ridiculously good Oglesfield, Cheddar and red Leicester cheese toastie with pickle, a Scotch egg and a ham, egg and chips with a heavenly honey, mustard and parsley sauce, followed by four desserts including a devilishly good sticky toffee pudding and a lemon tart that, I am told by a member of staff, Nick Jones of Soho House said is the best he's had. And then there are the pies — from cheese and onion to shepherd's pie — the dish the pub group has accidentally become famous for.

Up on the first floor is the Grill, which opens on June 3. It's the Hero's white tablecloth, sit-down-dinner restaurant, with a private dining room next door, and is a beautiful room with washed walls, wooden floorboards, original mouldings, fireplaces and brown leather booths. Winsler tells me how they made a point of stripping back all modern additions and holding back on any paint. "We wanted to pay homage to the beautiful details so that the features can shine through."

I want to know how they will manage the booking system. Right now among foodies, bragging about the reservations you have secured has become a relevant, albeit jarring, form of social clout and smuggerly. For example, imagine not having had dinner at the Devonshire, and therefore not being able to fill your Instagram and TikTok with pictures of its langoustines and pints of Guinness? What a cruel, cruel world that would be. What on earth would you say when you answered the question "Best pub in London?" in your imaginary episode of TopJaw — the cult Instagram series in which the host,

Above Inside and outside the Pelican, Notting Hill. **Below** The Beckhams have been seen at the Bull, Charlbury, while Dua Lipa is a regular at the Pelican. **Right** The food at the Hero should be a draw.

Opposite The Grill restaurant at the Hero, and its founders: Phil Winsler, Olivier van Themsche and James Gummer

Jesse Burgess, quizzes London chefs and celebrities on their favourite restaurants. Brew Dog? Please, have some self-respect.

Diners at the Hero won't be in a similar pickle. Gummer tells me they will always keep tables back for walk-ins. "If you want to be a local pub and an asset in the community, letting yourself fall into a trap where you're booked out really far in advance makes that tricky for those who aren't around to refresh their booking page every five minutes."

Up again, on the second floor is the Library, a very chic, very sexy cocktail bar that feels more like your cool friend's living room, complete with a record player. Martinis will be the drink to get here.

Not everyone has taken to the pub group's popularity. Last year Kensington and Chelsea council imposed a wave of restrictions on the Pelican after a local group complained that the pub — and its customers — were becoming a public nuisance.

"The first thing we do when we go into a neighbourhood is listen to a community and hear what they want," Gummer says. "Pubs are such cornerstones and prominent buildings. What we're trying to do with this space and the rest of the floors is offer that much more. Come in for a casual pint, or hire out the space upstairs for a birthday, or book in for a Friday night dinner."

Back downstairs in the pub, it's just past lunch. A whole spectrum of characters are streaming in or poking their head around the door — families, trendy couples and locals. "This pub has had lots of iterations," Gummer adds. "It's had lots of ups and downs over the years. What we've noticed is just how excited people are to have their pub back." The best things, it would seem, really do come in threes. ■



When Candice Carty-Williams's *Queenie* was published in 2019 it became a literary sensation. Now the novel has been adapted for TV — and Dionne Brown plays the title role. **Alice Kemp-Habib** meets a rising star

Photographs **Ryan Saradjola**
Styling **Helen Atkin**



DRAMA QUEEN

When Dionne Brown was cast as the lead in *Queenie* — the TV adaptation of Candice Carty-Williams's award-winning debut novel — she phoned her friends and family and told them in no uncertain terms: “I f***ing bagged that ting.” Did she celebrate? “Nah, I was just so gassed, it was like, I don’t even want to be drunk. I want to be sober all the time so I can be like, ‘It’s real.’”

Immediately Brown, 28, distinguishes herself from the book’s protagonist. Queenie Jenkins is a Jamaican-British 25-year-old working in a mostly white newspaper office who prefers to dull her senses with sauvignon blanc and sex. Following a difficult break-up, Queenie begins spiralling towards rock bottom, putting her career and

relationships in jeopardy along the way. It’s an often discomfiting exploration of black British womanhood masquerading as chick lit, in which Queenie navigates racism from her ex-boyfriend’s family, microaggressions in the workplace and endless fetishisation on dating apps (“chocolate girl” is the least of it).

The novel propelled Carty-Williams to literary stardom in 2019, winning book of the year at the British Book Awards (she was the first black author to receive the top prize), and it has sold more than a quarter of a million copies in the UK alone. Carty-Williams is an executive producer on the Channel 4 adaptation — she wrote some of the episodes along with a team of writers including the

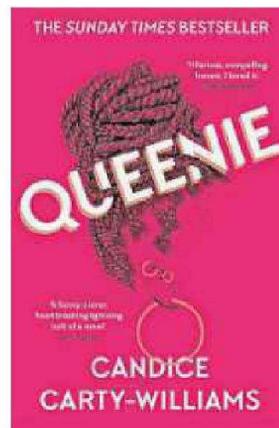
author Natasha Brown — and the eight-part series stays faithful to the book, with Brown in nearly every scene.

I meet the actress in the Shoreditch studio after her Style shoot; her post-shoot look consists of slides and leggings paired with chunky Prada sunnies and a Fiorucci bomber. The sex scenes — which she filmed with three different actors — were especially nerve-racking, she tells me. “In drama school I didn’t have any intimate scenes. I remember thinking when I finished, ‘Oh my God, it might have been good for me to tackle that here,’ but it just didn’t happen. Then I got *Queenie* and I had to kiss four boys in a month and a half. I shot my first intimate scene during week one. There were times when I was rattled. But I was always given what I needed. There were a lot of women on set that did and still do have their arms around me.”

She credits the show’s intimacy co-ordinator, Adelaide Waldrop (who has worked on shows including *You* and *Sex Education*), with “breaking down the space into something comfortable and approachable”, and says that Carty-Williams was vital in helping her get to grips with the character. The notes she provided were concise, Brown says. “I would be like, ‘Hi, shall we talk about the scene?’ And she’d be like, ‘Today is the worst day of your life’ — sometimes less is more,” she says, laughing.

“Dionne’s commitment to understanding who the character is was really important to me,” Carty-Williams says over email. “I could tell that she’d studied the novel and studied *Queenie*, and as someone who is incredibly meticulous when it comes to my own processes, that really mattered to me. Dionne would always ask me about *Queenie*’s thoughts, motivations, how *Queenie*’s voice should be in a moment, but most importantly she’d ask about *Queenie*’s feelings.” On the subject of feelings, therapy is another key theme in the

Dionne Brown as the eponymous *Queenie* in Channel 4’s series



show. Towards the end of the series *Queenie* takes herself to a light-filled therapist’s office in Highgate, much to the ire of her stoic Windrush-era grandmother. Of Jamaican and Ghanaian heritage herself, Brown says: “In African and Caribbean culture a lot of things are handled in-house, it’s seen as a weakness to practise emotional vulnerability. I think black women, or probably the community in general, would benefit from being more open with how they feel.”

Brown was born and raised in north London, one of five siblings, including a twin brother, and describes her upbringing as busy and full of love. Initially a dancer, she turned to acting following an injury in her teens. Performing in a gender-swapped version of *A Raisin in the Sun*, Lorraine Hansberry’s seminal play about an African-American family’s struggle for financial stability, stoked an early love of the craft. “It was during drama GCSE, we were dressed up as men and being really brash. It was completely out of our comfort zone and how we’ve been conditioned to carry ourselves [as women], but that’s why it was so much fun,” she recalls.

She studied with the National Youth Theatre and at ArtsEd, before landing her first TV role in the ITV drama *The Walk In*. In January she appeared in the Apple TV+ series *Criminal Record* with Peter Capaldi and Cush Jumbo. Brown first met Carty-Williams when auditioning for the author’s BBC series *Champion* in 2021, about a musical rivalry between two south-London siblings — she didn’t get the part, but she did get invited to audition for *Queenie* later that year. After months of tapes, screen tests and chemistry reads, she finally “bagged it” in early 2022.

Brown read the book in preparation for the role. “I remember thinking, ‘I didn’t know other black women felt like this.’ Being in spaces that were not built for you, feeling as if you don’t belong and trying to figure out how to adjust to it.” Which spaces made her feel like that? “Drama school,” she replies, before moving on.

Brown hopes that viewers will find real value in *Queenie*’s story. “She is just so exemplary of the fact that everybody is on their own journey. Sometimes you get stepped on a bit, and that’s not OK, but it’s gonna happen. You as an individual need to form boundaries and create a home for yourself within yourself.” ■

Queenie starts on Channel 4 on June 4



Dress, £1,890, and trench coat, price on application, Burberry. Trainers, £200, Onitsuka Tiger. Socks, £17, Falke. **Opposite** Leather jacket, £4,900, Louis Vuitton

Say yes to *the dress*

The dress is dead, long live the dress! Florals may be over but the dress remains in pole position where your spring wardrobe is concerned, says **Karen Dacre**



There was a time, not long ago, when clothes for a certain type of woman revolved around one specific shape of dress. If you can picture the silhouette in question — think a fitted smocked top, blouson sleeves and a flared skirt — you'll also know that it had to be floral. You may also be aware that the aforementioned frock was big on the internet. It was also popular with smiley TV presenters, who clung to their floral frocks in an attempt to keep their style credibility in check.

Happily, there is a new era emerging, with the dress reborn in, dare I say, a sophisticated new form. The really marvellous thing? There is not a whiff of florals.

Everyday dresses — by which I mean the sort you wear to work, to the pub on a Friday, to your mate's kid's dog's first birthday — are a pared-back breed. The best of them are simple in shape: think shirt dresses, cap-sleeved A-line numbers and, my personal favourite, full-length tank styles that can be worn with just about anything.

This vibe shift is the result of a trickle-down effect from the catwalks, which saw plentiful bold shapes and bright colours this season. Collectively, we've had enough of the frou-frou frills that have dominated for the past few seasons and designers have adapted accordingly, with brands such as Gucci and Prada avoiding florals. Even floral fanatics — see Wes Gordon at Carolina Herrera — are reining it in, with block colours and simple A-line shapes a focus.

On the high street, retailers such as Whistles and John Lewis are finding their customers increasingly drawn to motif-free dresses and pared-back prints. Whistles counts its button-through Estella shirt dress among its bestsellers, while Me+Em — once the home of the floral — is going all out on cap-sleeve styles in block colours that its customers adore. "We're definitely seeing an increase in customers coming to us for more muted styles, which lend themselves to a multitude of styling options," says Clare Hornby, founder and CEO of Me+Em. "The versatility of these neutral dress styles and how hard they will work in your wardrobe makes them more appealing."

What binds this new generation of dress is that they are feminine without being girly or, worse, dowdy. They are also highly versatile, with neutral block colours very much dominating. Indeed, the best are dynamic enough to be worn in a host of ways — whether that's dressed up for work with a blazer or made park-ready with sandals and an oversized raffia tote. "But what if I really, really love prints?" I hear you groan. To which my response is, stripes are your new best friend. Without the tweeness of florals, an elegantly shaped stripy dress is a foolproof way to incorporate a flash of colour while retaining a level of cool. ■ @karendacre

Pink shirt dress, £97, arket.com

An oversized shirt dress in pale pink works perfectly with nude accessories — and a tan. Add low heels for the office



THE SHIRT

- 1 White oversized, £210, thefrankieshop.com.
- 2 Stripy, £220, bymalenebirger.com.
- 3 Khaki poplin, £119, massimodutti.com.
- 4 Denim midi, £115, cos.com.
- 5 Blue silk, £460, apieceapart.com.
- 6 White pleated, £350, Mother of Pearl, net-a-porter.com.
- 7 Black sandals, £45, urbanoutfitters.com.
- 8 Sunglasses, £99, jigsaw-online.com.
- 9 Belt, £205, dehanche.com.
- 10 Bag, £425, demellierlondon.com.
- 11 Mary-janes, £46, zara.com



Metallic dress, £275, meandem.com



WEAR WITH



Teamed with a sharp-shouldered blazer, a great A-line dress has the power to be all things to all occasions

THE MINIMALIST

- 1 Green, £356, ba&sh, saksfifthavenue.com. 2 Strapless, £350, Eres, net-a-porter.com. 3 Crinkle, £70, Gap, zalando.co.uk.
 4 Red, £250, meandem.com. 5 Beige, £97, arket.com. 6 Navy, £350, Polo Ralph Lauren, net-a-porter.com.
 7 Sunglasses, £276, Versace, selfridges.com. 8 Mules, £116, Dolce Vita, revolve.com. 9 Bracelet, £60, jigsaw-online.com.
 10 Suede tote bag, £870, toteme.com. 11 Sandals, £195, russellandbromley.co.uk

THE NEW STRIPE

- 1 Diagonal stripe, £215, Staud, mytheresa.com. 2 Blue and white, £189, whistles.com. 3 Halterneck, £75, kitrystudio.com.
 4 Bias-cut, £60, mango.com. 5 Blue, £30, hm.com. 6 Green, £239, Faithfull the Brand, net-a-porter.com.
 7 Sunglasses, £125, chimi-online.com. 8 Red sandals, £30, schuh.co.uk. 9 Bag, £324, byfar.com.
 10 Earrings, £94, anisasojka.com. 11 Beige sandals, £95, dunelondon.com



WEAR WITH

This nipped-in
 stripy midi from
 Whistles is a
 flattering shape.
 Add sandals in
 a contrasting
 shade



Oversized dress, £745,
 joseph-fashion.com



Shop with Style

What our beauty director **Phoebe McDowell** loves this week



1

SAVE FACE

Like a facialist in your pocket, this small but mighty tool helps to sculpt and define. Delivering 14,400 oscillations a minute, five minutes a day with this device makes tired complexions look alive and faces feel firmer. Cutis, £525, bydrvali.com

2

STATEMENT EARS

I am big into silver jewellery at the moment and these sculptural earrings with chunky pearls are top of my list. Pleasingly tactile and as good for the office as they are for a night out. £139, missoma.com



PUMPED

Yes to pumps! But no to pumps with any kind of toe cleavage. This pair offers ample coverage in a dainty shape and sunny colour. I'll wear them with cargo pants and a stripy T-shirt this summer. Patent ballet flats, £149, arket.com

3



OLD HAT

I'm not usually a hat person but Glastonbury is coming up, which means sun-drenched days (hope springs eternal). With braiding and a leather patch, this sunhat provides decent — and seriously chic — shade. £220, Isabel Marant, net-a-porter.com

4





SILK SUPREME

The summer events circuit is starting to warm up and this billowy silk dress with tie detailing down the back is perfect for posh(er) dinners and weddings.

Part of Roksanda's second collection for Jigsaw, it won't hang around for long. £395, jigsaw-online.com

5



SUN SEEKER

I'm headed to the great British seaside next week and despite writing this during a thunderstorm, am hopeful for some sun. Enough to have me packing a bikini — one that looks exactly like this. Top, £155, and bottoms, £155, toryburch.com



BROW BEATER

I don't do much with my brows in the make-up department any more but I will never give up trying to make them as thick and bushy as possible. Olaplex Browbond Building Serum is packed with proteins to bolster strands and can produce more bountiful brows in as little as a month. £64, olaplex.com

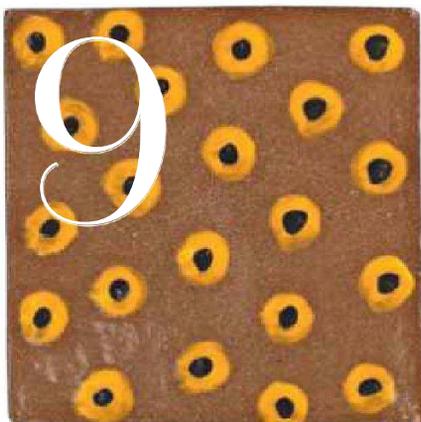


HYDRATE ME!

From a new brand (on my radar at least) that I've heard great things about, this moisturiser is a proper thirst-quencher. That said, it sinks in quickly, is packed with marine ingredients, and leaves my skin feeling springier and a little less crumpled. Glycan Enrich Moisturiser, £72, seabody.com

CRAFTED COASTERS

I can't decide whether I want to use these hand-painted tiles as a splashback or as coasters, but either way, I'm having them. Casa Veronica has the most exquisite (and, yes, expensive) homewares by the way. Ojos tile, £30, casa-veronica.com



10

KEY TO MY HEART

Greek key borders are having something of a revival in the interiors world, and it looks no better than on this Studio Atkinson mirror. I'm in the middle of redoing my bathroom and it's largely green but this will add a nice contrast. £1,200, studio-atkinson.com

CASE CLOSED

Fashion tips for a perfect holiday

Planning a sun-soaked escape to luxury? Cover all bases with these stylish wardrobe picks

No matter what kind of holiday you're planning, getting your look together is a large part of the fun. Whatever you're dreaming of doing on your break – dressing up for cocktails, looking casual but chic at the pool, sightseeing in divine co-ords – Indulgent Escapes by Jet2holidays has all options covered with hundreds of gorgeous luxury resorts across Europe.

For those who love posing during cocktail hour, you'll find resorts with resident mixologists ready to pour you a margarita before you shimmy off into the night in top-to-toe sparkles and on-trend metallic accessories.

If you're looking to spend the whole stay in a swimsuit, make sure it's cut to perfection. Water fans will be spoilt for choice by Indulgent Escapes' range of beachside resorts with swimming pools and spas galore. It's the ideal excuse to invest in a cute scallop basket, big enough to hold poolside essentials – like designer shades for people-watching.

Foodies will adore the sophisticated culinary options on offer, with several resorts boasting restaurants with Michelin stars. It's reason enough to pack something truly elegant, teamed with a splash of subtle jewellery. For bar snacks and strolls through the resort, a crochet co-ord set will beat the heat and score fashion points in an understated way.

Take a look at our edit of effortlessly stylish holiday clothes that give a whole new meaning to blue-sky dressing. To whet your appetite, we've chosen three standout Indulgent Escapes destinations. The good news is Indulgent Escapes come with a generous 25kg luggage allowance included plus 10kg cabin baggage – so no fretting over what to leave behind. You also have your return private transfers included,* a priority lane pass for your UK airport and two complimentary drinks to sip in the sky.** It all begins with just a £60 per person deposit.^

All that's left for you to do is slip into your new outfits, apply sunscreen liberally and relax.

INDULGENT ESCAPES*

by **Jet2holidays**

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Book your trip at jet2holidays.com/indulgent-escapes

*Unless otherwise stated. **Excludes champagne which is payable. ^On bookings made ten weeks or more before departure. Full payment required by balance due date. T&Cs apply



Pool time at the Conrad in Portugal

Once you've said *olá* to the snow-white buildings of the Conrad Algarve and ensconced yourself, you'll never want to say *adeus*. Pack baskets for languid hours by one of three fabulous pools in this pretty Portuguese resort, which features a luxury spa. With a trip to the marina in mind, think nautical stripes. Then dream about what you'll wear to the hotel's Michelin-starred restaurant in the evening...



- 1** John Lewis Hello Sailor swimsuit, £36
- 2** Oliver Bonas piña colada pouch, £30
- 3** Cabana striped towel, £24.95
- 4** IOLLA Campbell sunglasses in honey, £85
- 5** Braided Rug Company scallop tote, £49

Explore more from Sani Club in Halkidiki

What better way to debut your new look than a stroll through Greece's glamorous Sani resort? Stop at one of the many eateries for some fine dining and take in the relaxed vibe of the marina. Head for local archaeological sites, including Aristotle's birthplace, Stagira, and the beautiful preserved mosaic floors of Olynthus. You could even simply enjoy a beachside walk in a cool crochet two-piece that's trendy enough for a well-earned sundowner by this ocean resort's stunning lagoon-style pool.

1 Boden raffia sliders, £115 **2** Chinti & Parker organic crochet capri shirt, £150 **3** Ottoman Hands Noa emerald cocktail ring, £65 **4** Anya Sushko wristlet bag, £165 **5** Chinti & Parker organic crochet capri shorts, £125



Evening cocktails at the Amavi in Paphos

Cyprus is the perfect destination for anyone who loves stunning views, delicious food and plenty of evening entertainment. The beautiful Amavi resort caters for couples only, so the emphasis is on relaxation, peaceful pool lounging and indulgent spa treatments. In the evening, dress for decadence with a touch of sparkle, and start with cocktails before moving on to one of four signature restaurants that make the ideal backdrop for Instagram stories.

1 Oliver Bonas Malia beaded flower hoop earrings, £24 **2** River Island embellished mini dress, £90 **3** Saint Laurent acetate cat eye sunglasses, £220 **4** Apatchy The Mila phone bag, £68 **5** Whistles Addie heeled sandals, £189

DOING IT FOR THE KIDS

Rubber ducks in your master bathroom? Please! It's all about giving the kids their own 'wash space', says **Olivia Lidbury**

If you follow even just a handful of interior designers on Instagram, chances are you'll have recently encountered the latest home flex: the #kidsbathroom. This new breed of considered and playful space has amassed more than 50,000 tags, with the accompanying captions alluding to "lucky" (read: privileged), pint-sized users.

In the homes of Dalrymple Studio's high-net-worth clients, en suites for each offspring, preferably with a walk-in shower and a separate bathtub, are the norm. "They're aware [the clients] that they weren't so lucky when they were young — everyone had to share — and no expense is spared to make them really lovely," founder Amy Dalrymple says. (Interestingly, when dads are calling the shots, they're almost always willing to spend more on their little girls' bathrooms than the boys', she reveals.)

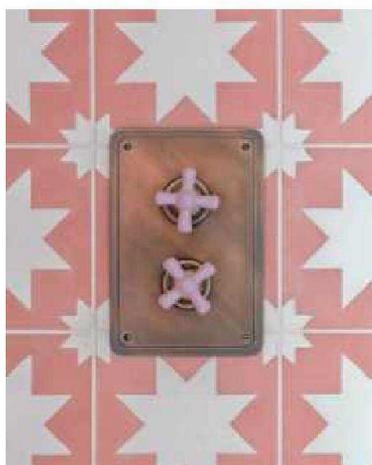
But it's not only a trend for the one per cent. Parents, whether in semis in Yorkshire or terraces in London, are increasingly carving out en suite bathrooms for themselves by extending into the loft or knocking through to a spare bedroom. This leaves a family home's main bathroom the property of the kiddos — and means that mum's three-step hair system need never compete with a mildew-infested rubber whale for shelf space again. "People are staying in their houses longer and adapting them to work long-term," the interior designer Lonika Chande says. She also notes that, due to the increased cost of living, children are now staying in the family home well into adulthood.

So while the grown-ups might opt for serene swathes of marble or microcement, a dedicated children's wash space is an opportunity to push the dial creatively, the interior designer Lizzie Green says. "It's a fun brief as clients are often willing to do something bolder because they won't necessarily be the ones lying in the bath," she



Above Terrazzo tiling and a rounded bath, in a bathroom designed by Karen Knox, make for a considered space for two young boys.

Left The Water Monopoly's Rockwell shower taps with tiles by Bert & May in a shower designed by Dalrymple Studio



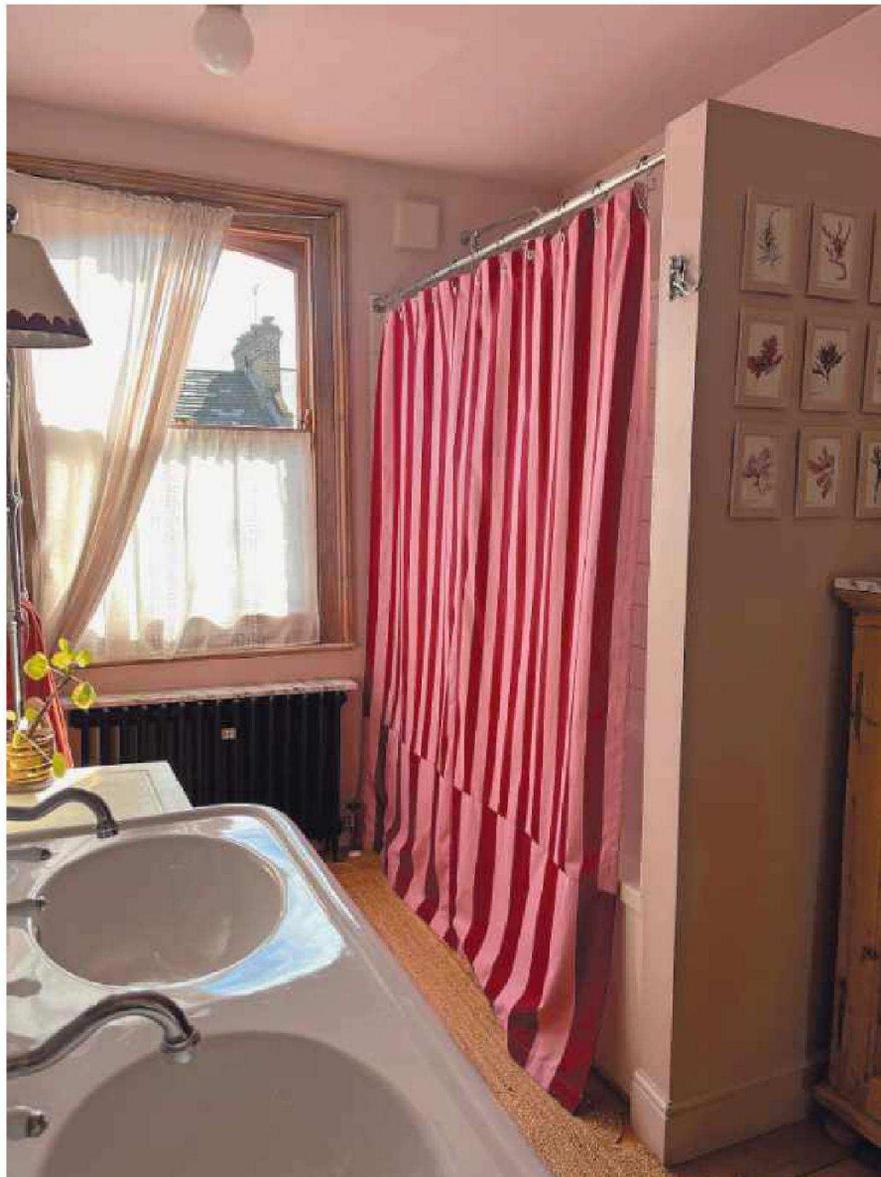


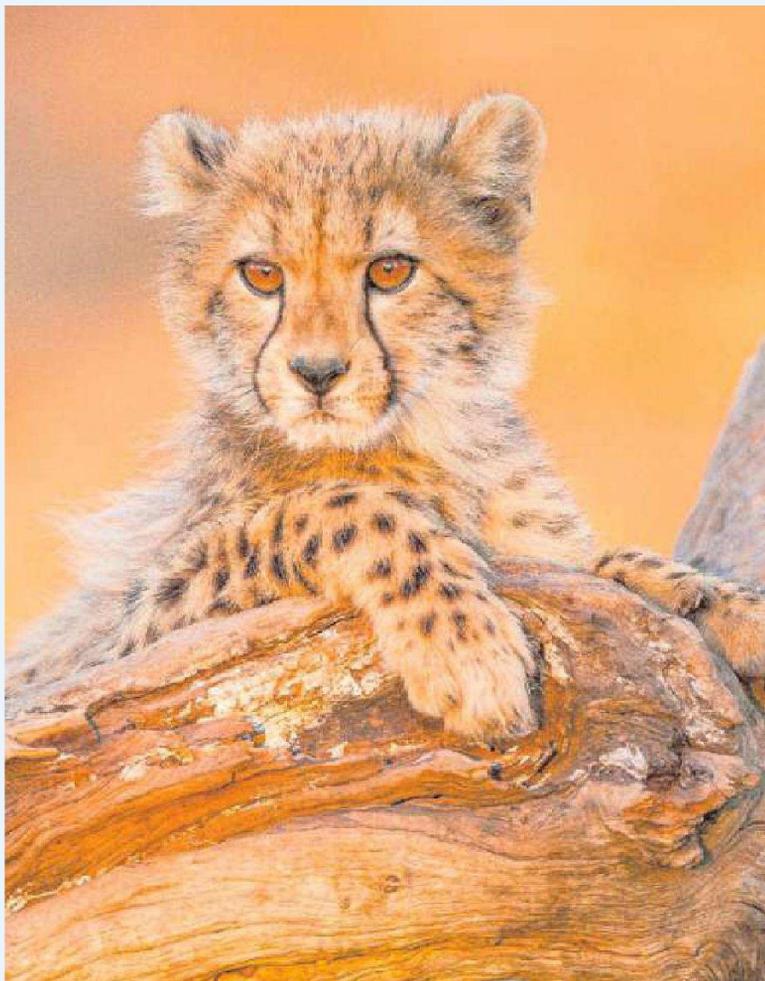
Above A bold vanity unit against stripy tiles creates a playful mood in this space by Lonika Chande. **Right** A shower curtain from Colours of Arley is a new addition to Leanne Kilroy's bathroom for her daughters. **Below** Lizzie Green created floor-to-wall stripes using zellige tiles from Mosaic Factory

adds. Geometric or stripy tiles, be they printed or laid out in formation, make a statement without being babyish. Green and yellow are popular for catering to both sexes — in the house that the homeware designer Alice Palmer is currently renovating, she has opted for Moroccan zellige tiles in mustard to warm up the north-facing aspect, and to appeal to her sons and daughter aged between three and eight. “I like it and they can grow into it,” she says. Did they get a say on the decor? “No!” she laughs, unapologetically.

The general consensus, it seems, is not to consult little Arlo on a mood board in order to ensure a space has longevity. “They can get involved with impactful additions such as bathmats, laundry baskets and prints, which can be changed inexpensively. But don’t be too specific about what they’re into,” warns Chande, a mother of three.

That’s not to say that a space shouldn’t be thoughtful. When the designer Karen Knox conceived a bathroom for a family with preschoolers in Harrogate, she favoured a curved-edge bath with an overflow filler and a retractable shower hose to keep the tub obstacle-free. She





SOUTH AFRICA

South Africans call their homeland 'a world in one country'. It covers an area equivalent to five times the size of Britain, with a climate ranging from temperate, Mediterranean and sub-tropical to desert; it offers spectacular scenery with arguably the finest wildlife on earth and no less than 11 official languages. South Africa is truly a world-class destination.

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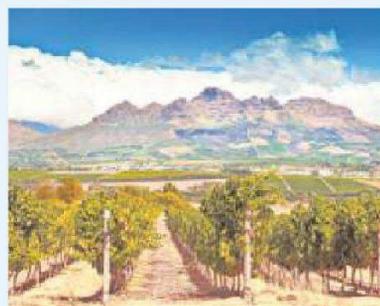
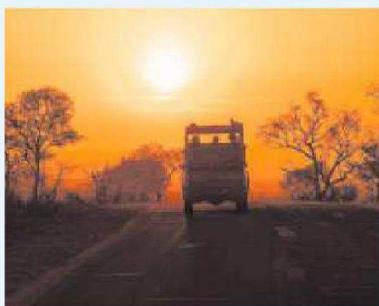
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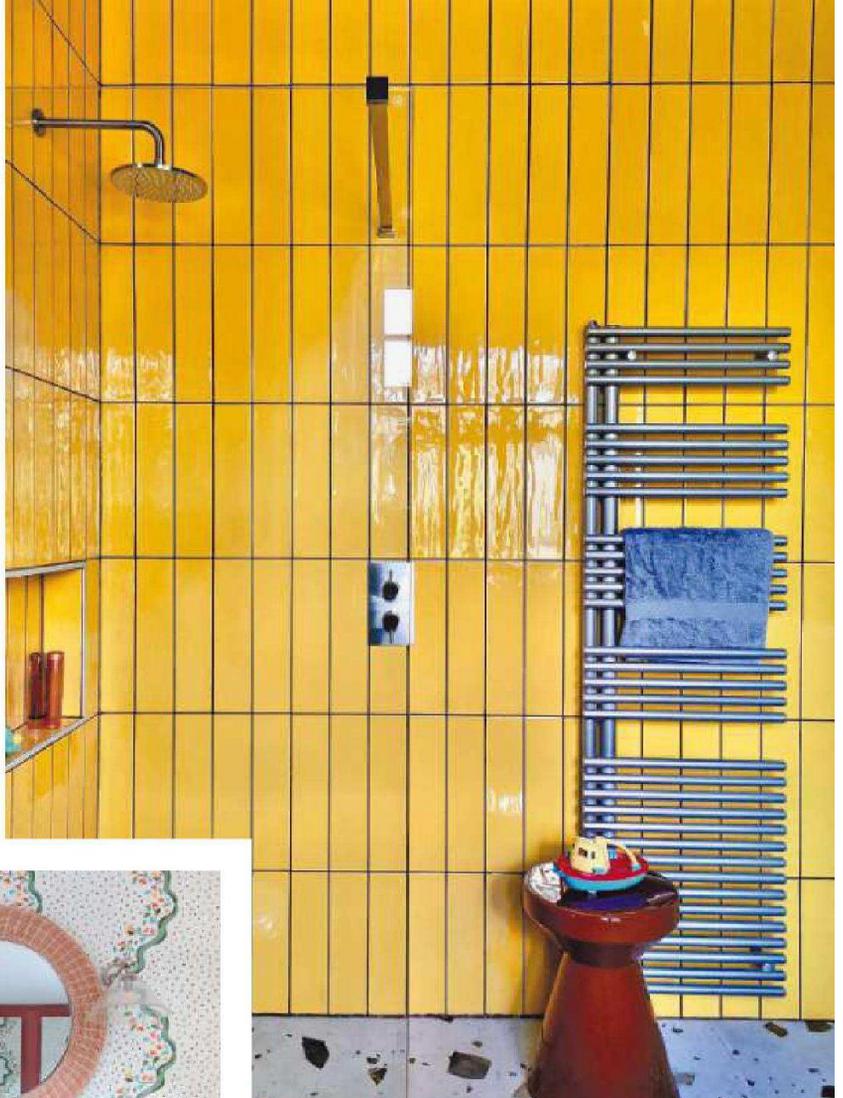


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Above Lizzie Green added a shelf by this freestanding bath as a perch for essentials. **Right** The walk-in shower in the boys' bathroom by Karen Knox. The children often sit on the stool to rinse out shampoo. **Below** The wallpaper in this bathroom by Dalrymple Studio is by Ottoline



also picked a vanity unit with rounded edges and avoided deck-mounted sinks: "All the water and grime ends up dripping down on to the countertop," she says. In the kids' walk-in shower, the niche is low enough for them to reach, and the terrazzo tiling (with a high slip rating) feels spirited but not juvenile. "It's forgiving with dust and you can update details around it like paint in order to make it feel different," she says of the latter.

Designers agree that the level of sanitaryware (sinks and loos etc) can be dropped when renovating a child-centric space and that lighting can be perfunctory. But never — whatever the potential saving — scrimp on taps. Leanne Kilroy (aka @goodboneslondon on Instagram) discovered this false economy when turning a top-floor kitchen in her London townhouse into a bathroom for her three daughters. On a shoestring, end-of-renovation budget, she went economy on the double sink, bought plain white tiles (grouted in cool neon pink) for £1 a pop, but "we went far too cheap on the taps and while they look pretty, they don't function properly after just a year", she laments.

Green has also been burnt by cheap fittings and has landed on the following formula: "If Mum and Dad are having Drummonds, Aston Matthews or Samuel Heath, then the kids might have a mid-range brand like Crosswater or Grohe," she says. Dalrymple loves the Water Monopoly's chunky Rockwell taps, which come in pastel shades named Bonbon (lilac) and Sherbert (yellow), and which can be colour-matched to any Farrow & Ball shade.



Bigger is always better with heated rails, as the little darlings morph into gangly teens with larger towels

Addressing storage is a universal desire for parents dedicating a bathroom to their brood. For towels, Chande sources vintage freestanding cupboards, which she updates in vibrant gloss paint to add personality. If, like Kilroy, your teen has discovered Space NK and suddenly owns a million beauty products, then a chest of drawers could be the answer — her pine find is topped with a marble offcut. For the garish plastic toys, Green has discovered that Ferm Living's rectangular metal plant boxes (£75 each) perch neatly at the end of a bathtub, while Knox rates plastic woven baskets as they drain water like a colander. And bigger is always better with heated rails, especially as the little darlings morph into gangly adolescents with larger towels to match.

If pivoting an existing space, a bold shower curtain can provide a touch of whimsy: check out Colours of Arley for pick-and-mix stripes, and industry insiders' favourite Christopher Farr's collaboration with the performance fabric brand Perennials. To update tired floors, Chande steers clients to marble-effect Marmoleum, an eco-friendly lino that's warm underfoot. It's cheaper to lay than tiles, as is making over bare walls with a patterned wallpaper — but you'll have to seal the latter with a varnish so that it doesn't peel off.

But the ultimate win is having somewhere to sit. A plump chaise or armchair is ideal for flopping on while supervising the chaos that is bathtime. Failing that, a chunky ceramic stool from Oka or La Redoute, or Normann Copenhagen's sculptural Bit range in recycled plastic, is great for kids to sit on while showering. It also just happens to be the perfect place to rest a glass. ■

When the model **Charli Howard** lost weight due to stress, she wasn't expecting such a negative reaction. It's not the first time her looks have come under scrutiny, she writes

People have been commenting on my shape since I was a child. When I was nine a friend's mum told me how "lucky" I was to be naturally thin like my mother — how lucky we both were not to have to work for our figures. Even then, at a time when I should have been playing outside with my friends, I was aware that being thin gave me some sort of superpower — that I had something other women, young or old, wanted or envied. My body has rarely felt like my own — rather, it was for the interest, dissection or even ridicule of other people.

But then I became a teenager and, suddenly, I wasn't very special at all. I had just been sent to boarding school, my parents living abroad, and went from being the most physically underdeveloped person in my previous class to being the most developed girl in my new one. My unfashionable clothing became the butt of jokes. I towered above everyone. I'd developed a stutter, which people found hilarious to imitate. I felt on show, and not in a good way.

In a quest to combat homesickness I began eating. Eating and eating and eating, until I couldn't physically move, before eating some more. Second portions, third portions, until I was so full that I wanted to be sick. If there was any benefit to boarding school — a benefit I couldn't quite figure out — it was having the freedom to eat chocolate, crisps and other "bad" foods without any parental supervision. I became the very definition of a kid in a candy store. Food became a friend and a comfort blanket, filling a very large, very lonely, very unlovable-feeling hole.

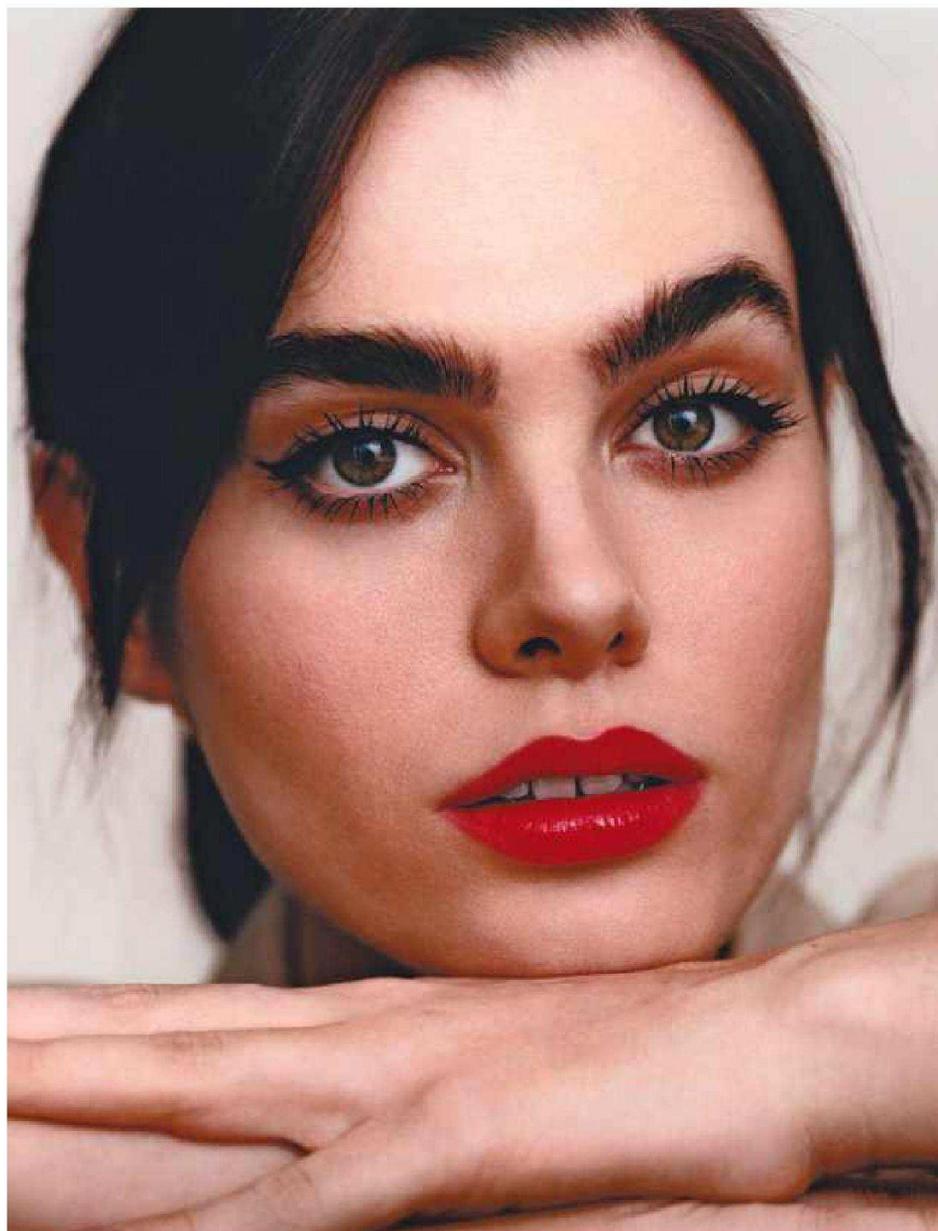
Not too surprisingly I put on weight. At 12, and about 5ft 5in, I weighed 13st. I hadn't really been aware of my growing size until I overheard some family members hissing among themselves one weekend about how much weight I'd gained.

That night I looked in the bathroom mirror and studied my naked body properly for the first time. For months I'd been hiding it underneath boys' hoodies or baggy jumpers. I clenched the rolls of fat either side of my ribcage, slapped my tummy until it wobbled and left red marks. No wonder I didn't have friends. No wonder I was made fun of. No wonder my parents didn't want me.

Body positivity didn't exist in the Noughties, but if it had it would have told the world that my weight was fine, that I was allowed to be happy at the size I was, that it was fine to eat what I wanted and for people to leave me alone. Except, of course, I wasn't happy. I was absolutely miserable. I felt trapped in my skin. At that moment I knew something had to change.

Like many girls I was sold the idea that thinness made your life better. Over the course of a school

'My body has rarely felt like my own'



Food became a friend and a comfort blanket, filling a very large, very lonely hole

summer break, when I lost weight without actually meaning to, people began complimenting me for being pretty. Upon my return to school my weight loss became the talk of the class. In fact, the more weight I lost, the better I was treated by everyone. I was finally being noticed by boys — including men — and invited to discos at the boys' school. Whether I liked it or not, life became easier.

As I saw the benefits of becoming thin, it merely encouraged me to lose more weight — and faster. During the rest of my time at boarding school, and lasting for many years beyond that, I developed full-blown anorexia and bulimia, where abusing my body became the norm. And as I continued to lose more weight, I began getting scouted by model agencies.

In the Noughties, however, my size 8-10 body meant I was still not model material. At my lowest weight I was 7½ stone. Even then I was told I was too big.

I first learnt about the body positivity movement when I moved to New York eight years ago. I had just been dropped by my UK agency for my size, had written a Facebook post about the difficulties of starving myself that had gone viral, and an agency decided to fly me over.

Once I got to New York I found myself in an even stranger position: not being big enough to be a plus-size model, but too big to become a mainstream fashion model. I got booked once in an entire year — that was until I discovered body positivity.

Body positivity began as a way for bigger women to champion bodies that society had never accepted. The movement was starting to become mainstream, moving from blogging sites like Tumblr to Instagram. Women were sharing raw, unedited photos of themselves, a far cry from the filtered pictures people usually posted, and telling stories of their fight for acceptance, their journey towards loving the bodies they were taught to hate. If anyone shared or understood that struggle, it was me.

I began posting up-close photos of my body — photos of cellulite, stretch marks and stomach rolls. It was the first time — either online or off — that people praised me for looking like myself, where my body, which had miraculously kept me alive thus far, was presented realistically. I finally saw the beauty in my body and in the female form. I even started to book jobs — all from being authentically myself.

However, not everyone who saw my posts saw the positivity. As I began documenting my weight gain — a slow and difficult process, for which I was going against everything I had been taught about beauty — I began receiving hate from numerous plus-size bloggers. No matter how hard I tried to explain that I was trying to represent bodies that looked like mine — of which there are many — I was constantly shut down. People accused me of trying to capitalise on a movement not designed for women like me, of distorting my body in photos to make it look more curvaceous than it actually was. Many said I would never understand the struggles that they'd been

through, that my body would always be accepted in the mainstream. While that is true to an extent, I doubt they would have wanted to experience life in my shoes either.

I know I'm not plus-size, nor have I ever tried to insinuate that I am. As at various other points in my life, people have chosen to categorise my body and place it where they see fit. All I know is that a lot of women take

solace in seeing someone like me — someone who isn't thin but who does have squishy bits — posting realistic photos of their body. People forget that in the Noughties, anyone who wasn't rail-thin was instantly made to believe they were "fat", and that most women still have an incredibly distorted view of their bodies because of it.

When a plus-size model — a woman sized 18-20 — told me that she, too, had been dismissed by the body positive movement and slammed on forums for "capitalising on the movement", I began questioning what element of that movement was positive. How big did you have to be in order to be accepted? Who, exactly, was the movement for? The more I delved into the various Twitter threads or posts where bloggers were slamming women like her, or even me, I simply saw an online world where women were cruel towards one another — where acceptance came with a whole lot of hefty rules.

The problem with body positivity is that it only tends to take in the body people see in front of them at that particular moment in time. It does not take into account past trauma, mental health issues, eating disorders or other health concerns, let alone the idea that it's natural for women to lose or gain weight. Weight loss, in particular, is often seen as an attack on the movement. Wanting to exercise or lose weight to improve your health is like turning your back on a collective, which just isn't fair.

A couple of years ago I experienced a difficult break-up and consequently lost weight without trying. Eating was not always at the forefront of my mind. All of a sudden my body became the topic of conversation and gossip once more. People online began asking if I had fallen back into my old ways. Other people said it was a shame I wasn't "fat" any more — the so-called fat they are describing, by the way, is me at a size 10. Some even accused me of discarding the movement once I'd made money from it — statements that simply aren't true.

In real life people began telling me how "great" I looked for having lost weight. While I don't always think they mean it maliciously, it definitely made me question myself once more. Did they think I was uglier when I had a bit more weight on me — a time when I was happier?

Body positivity was created as a force for change and acceptance, for bodies that didn't fit society's standards of beauty to be recognised and accepted. But unless this movement is truly inclusive, with the understanding that body struggles are complex and unique, some people will, unfortunately, remain their own worst enemies. ■

SPRITZ

SEASON



Fennel seed, fresh linen, spearmint... the hottest new fragrances are designed specifically for summer, says **Morgan Fargo**

Laundry day

There's something about the smell of fresh sheets, laundry on the line and soap lather — and now the perfume world has latched on. The much-awaited **Acne Studios par Frédéric Malle** collaboration (1 £200 for 50ml EDP) evokes the best of laundry day, airy freshness and powdery fabric softener — it's the sort of scent you want to bury your face in and breathe deeply. **Maison Francis Kurkdjian Aqua Universalis** (2 £175 for 70ml EDT) is a similar haven for clean-smelling enthusiasts. The citrus is sharp on first spray but the scent quickly settles into something soft and sweet. Or, fresh from Miami, there's **Binaurale Incident Light** (£140 for 50ml EDP), a luminous, slightly woody soap scent that smells like the inside of an airing cupboard. Much nicer than it sounds, trust us.

Not your granny's gourmand

If the word gourmand (that's a fragrance that smells edible and sweet) makes you think of cloying vanilla and sickly caramel, you're not alone. For every beautiful iteration, there are myriad others that are quite obnoxious. The new generation, though, are sophisticated and sweet — but subtle about it. From **Infiniment Coty Paris** is **Encore Une Fois** (3 £195 for 75ml EDP), which is decadent and alluring, blending smooth (like, *really* smooth) vanilla with a hint of booze. For a smokier, more masculine gourmand, **Miller Harris** has **Soufflot** (4 £180 for 100ml EDP), a fresh take on what a unisex yet sweet perfume should be. It's nutty and dark, muddling rich hazelnut and chestnut with tobacco. Bold and sensual too, it's not for the faint-hearted — if you like Maison Francis Kurkdjian's Baccarat Rouge 540 or Tom Ford's Tobacco Vanille, there's a good chance you'll fall for this. If you gravitate towards woodier scents, **Experimental Perfume Club Pistachio Haiku** (£165 for 50ml EDP) keeps the earthy sweetness of pistachio but also has jammy fig and hazelnut.

Homegrown

Comparing fragrances to a kitchen garden feels twee, but veg-inspired scents are on the up and smell anything but. First, a succulent burst of basil leaf, French lavender and vetiver in **Perfumer H's** new offering, **Dandelion** (£130 for 50ml EDP), a heady mix of blooming flowers, budding shoots and seeds. Next, a soon-to-launch gem from the Somerset-based indie brand **Ffern**, simply called **Summer 24** (5 £99 for 32ml EDP), arriving at the end of next month (the brand releases four limited-edition perfumes a year to align with the seasons and first dibs go to those on its membership ledger, who also get a discount. Get yourself on the waiting list now). This one is warm and



plush, combining herby fennel seed, bay leaf and blood orange. It's spicy thanks to notes of pink peppercorn, with bright flashes of citrus-laced sunshine from the grapefruit, green mandarin and lemon rind. Or for something that smells like fat berries ripe for the picking, **Gabar No III Swim** (6 £120 for 50ml EDP) is a concoction of blackcurrant bud, wild fig and vetiver, but is crisp and green without sacrificing any jamminess.

Meditation station

OK, something a little more woo-woo. The founder of the new brand **Bibbi**, Stina Seger, says that each of its nine perfumes came to her while meditating — some the physical representations of spirits that visit her, others manifestations of energetic forces that surround us. Just nod and then pick up **Swimming Pool** (7 £225 for 100ml EDP), a heady, herbaceous scent, full of basil, spearmint, eucalyptus, geranium and wet grass. It's somehow spicy and sharp but intensely refreshing and will be perfect for cutting through the (hopefully) stifling heat this summer. Then to two new scents named for the extraterrestrial and unknown... First, **Charlotte Tilbury Cosmic Power** (£130 for 100ml EDP), a warm cocoon of spices — cinnamon, black pepper and bergamot all vie for attention. Next, **Kylie Cosmetics Cosmic Kylie Jenner** (£55 for 100ml EDP), which you're urged not to dismiss too hastily on account of its creator. It's spicy with a kick of citrus, helped by top notes of blood orange and star jasmine.

Club Med

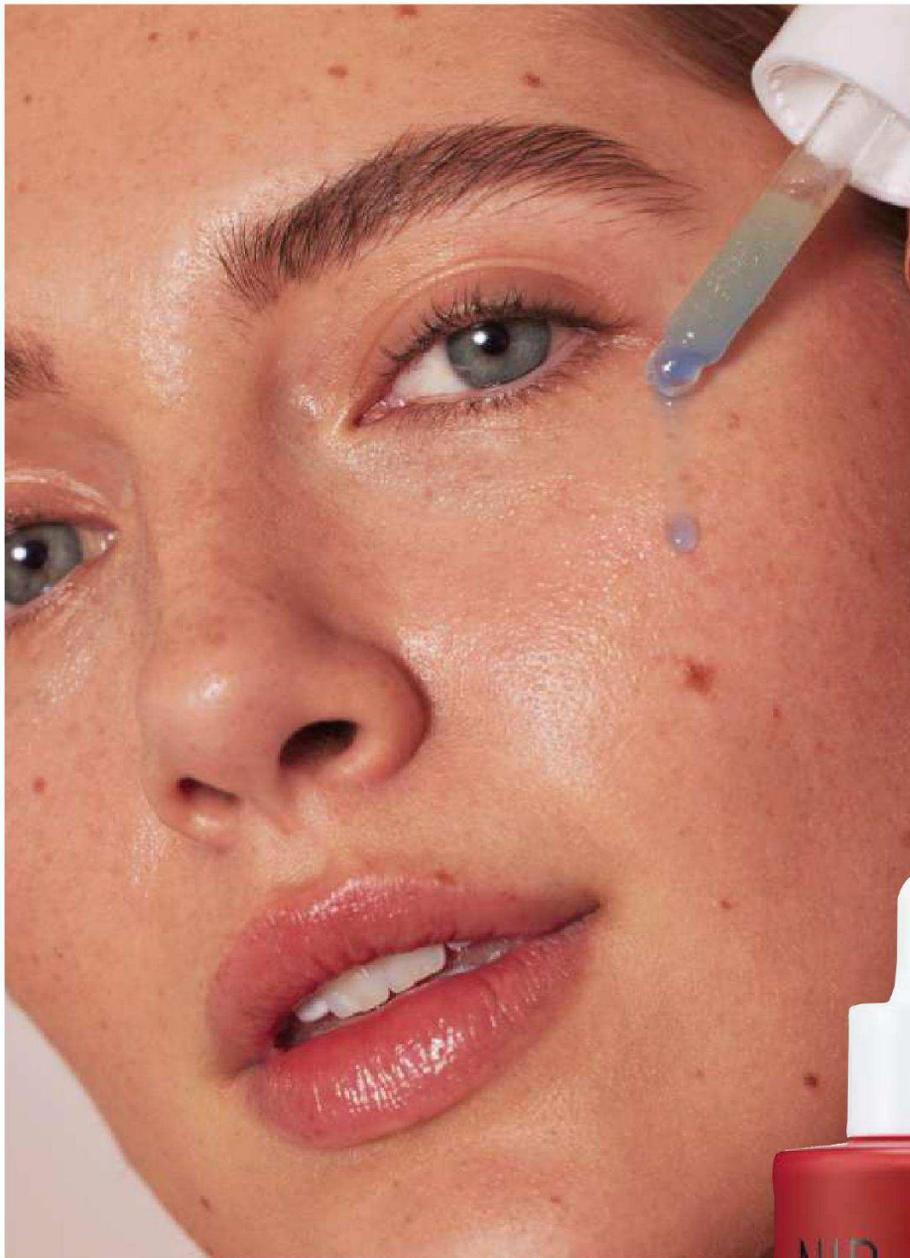
Sink into the haze of a summer day spent *en la playa* with the new **Loewe x Paula's Ibiza** collaboration, **Cosmic** (8 £90 for 50ml EDP). Juicy without being juvenile, the scent combines crisp pear, ripe mango and cypress resin — delight personified, or perfumified, even. The new **Moschino Toy 2 Pearl** (£45 for 30ml EDP) is similarly holidayesque, akin to that first lick of cooling sorbet. It's tart and acidic, with lashings of lemon top note, plus powdery freesia and green woodiness from the vetiver and cypress. For something earthier, **L'Objet Kérylos** (9 £200 for 100ml EDP) blends grapefruit, yuzu and galbanum (an aromatic, bitter resin) with sandalwood and musk. Finally, a Baltic-inspired (place not temperature) scent from the Dalston-based perfume outfit **Gallivant**: the new, limited-edition **Nida** (10 £170 for 100ml EDP), which captures the essence of a sun-soaked artists' colony on the Lithuanian coast. Luminous and warm, with floral and amber notes (iris and jasmine), it's made fresh and radiant with mandarin and tea. A holiday in a bottle, we think.

Social scent-sations

Throw TikTok a bone (read: beautiful perfume) and it will make an overnight sensation of it. Take **Parfums de Marly Delina** (£245 for 75ml EDP), a heady rose that soared to sell-out success thanks to the 49 million videos posted about it. (That's more than five times the population of London, FYI.) Now there's a limited-edition bottle, adorned with a climbing rose (11 £255 for 75ml EDP). The celebrity hairstylist Jen Atkin's cult brand **Ouai** is also doubling down on its viral successes, releasing a **Hair & Body Mist** (£26 for 97ml, from July 1) in its moreish, tropical St Barts scent. Finally, an American import that is about as hyped as it gets: the **DedCool Xtra Milk** (12 £71 for 50ml EDP). Warm, cosy, creamy and clean, it has the staying power of a power perfume without any of the brashness. ■ @morganfargo



your blue heaven



alongside three types of active peptides. First, an acetyl hexapeptide-8 and palmitoyl tripeptide-1 complex, with the potential to temporarily relax facial muscles and boost the production of collagen and elastin. Then there are the antioxidant copper peptides – the reason for the product's blue hue. These ingredients sit in a base of cold-pressed sunflower and pumpkin seed



Peptides are the guardian angels of skin elasticity

oils, which themselves contain a third raft of active peptides, plus omega 3 and 6.

The finishing oil is infused with other skin barrier-boosting ingredients, including vitamins A, D and E, sweet almond, baobab, passionfruit seed and grapeseed oils, so you'll wake up with skin that's visibly more plump, hydrated and nourished.

Looking to overhaul more of your skincare routine? Partner Nip+Fab Peptide Fix Finishing Oil 2% with Peptide Fix Melting Jelly Cleanser, a three-phase skin purifier

powered by a hydrating and smoothing peptide complex. And customers love it. "It's so easy to apply and makes my skin feel extremely hydrated and plump. A must have in any facial regime," one review read.

Nip+Fab Peptide Fix Finishing Oil 2%, £29.95, is available now from Boots and nipandfab.com

Imagine waking up with a radiant face that's been lovingly nourished while you slumber – it's an easy overnight win for your skin

NIP+
FAB

If you could see the aggressors your skin meets on a daily basis, you'd be doing more to nurture it. While SPF is non-negotiable during the day, an addition to your evening routine could be just what the skin doctor ordered.

Nip+Fab, a brand that focuses on affordable, science-backed skincare, has unveiled its new Peptide Fix Finishing Oil 2%.

The lightweight bi-phase formula gives all skin types deep-down hydration, boosting renewal as you sleep, thanks to a cocktail of peptides.

So, why peptides? These protein fragments act as messengers to the skin, communicating with cells to

ramp up the production of "youth proteins" such as collagen and elastin.

The cellular "go-betweens" are made up of a short chain of amino acids – the building blocks of proteins and one of the major components of our skin. By boosting natural production of these structural proteins, peptides can be considered the guardian angels of skin texture, strength and youthful elasticity.

Nip+Fab harnesses 1% retinol-like bakuchiol in its Peptide Fix Finishing Oil 2%,



Sarah Jossel

A new celebrity launch is targeting damaged and thinning hair — and it's just what I need right now



I haven't worn my hair back for just over a year now. A slick bun? My usual topknot? Forget it. Out of the question. It's no coincidence that this hairstyle change coincided with my giving birth. Indeed, I'm in the thick — or not so thick — of postpartum hair loss, a common condition that involves excessive hair shedding due to the sudden rise and drop in hormones.

It's a Thursday evening and I'm showing the broken bits in despair to Anna Lahey and Rita Ora on a Zoom call. Wait, hold on. Anna Lahey is the global beauty entrepreneur who founded the ingestible-collagen brand Vida Glow. But Rita Ora? As in the singer-songwriter global superstar? The one who sings *Your Song*? The one who just created quite the stir in a

barely-there Marni look at the Met Gala? Yes. *Yes!* That Rita. And she hasn't dialled in by mistake. Ora and Lahey met in Australia, became close friends and masterminded a three-years-in-the-making science-backed hair and scalp brand after long conversations about their respective hair woes. Lahey, a mum of four, has had the same postpartum hair breakage as me and Ora knows all too well about damaged hair: "I've been through it with endless bleaching and heat and overstyling in my career."

Back to this surreal 6pm Zoom call, where I am on my bed hiding from my daughter, whose new favourite game is "pressing Mummy's keyboard". The duo are in New York, dressed to the nines in colour-coordinated power suits for a day of press meetings for **Typebea**, their four-piece range made up of a shampoo, conditioner, mask and serum, "with styling products coming next", Lahey reveals.

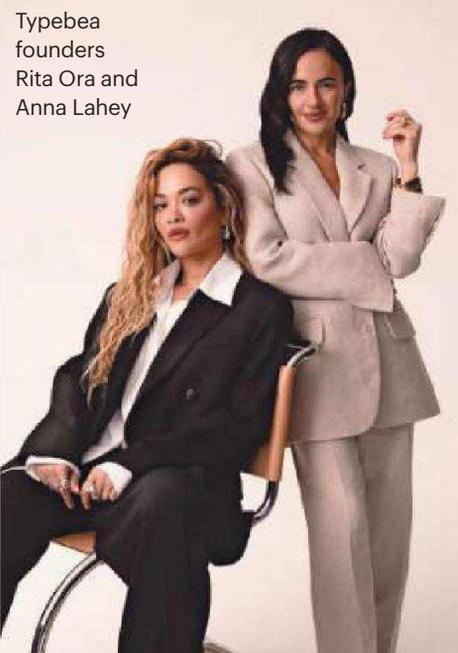
The star of the show is the **G1 Overnight Boosting Peptide** (£43), Ora says, while dropping the "non-greasy, water-based" solution on to her roots. "Seriously, Sarah, if you can use this consistently for three months — and I mean every day, you can't dip in and out — you will see incredible results." They are resolutely confident that they have created a before-bed formula that can deliver thicker hair and promote hair growth thanks to one of the key ingredients, Baicapil. "It revitalises hair follicles and is proven to be able to increase hair density by 59.3 per cent in three months," they say, nodding at each other's every word.

This is a really interesting time for the scalp and hair health market. The Space NK team was telling me that scalp care is now in the top five searches on its website and that's down to a newly made-up mouthful of a term, "skinification of haircare". This is the idea of giving our hair as much time and dedication as we do our complexions. It's true: we spend a fortune keeping up with our umpteen-step skincare regimes and then so many of us will use whatever shampoo is in the shower that day.

Sisley's high-tech hair range is also flying off the shelves. The **Hair Rituel by Sisley The Cream 230** (£84) is a godsend for those who rely heavily on blow-dries and heat styling — apply it to damp or dry hair like a leave-in conditioner to lock in moisture and protect against heat. And of course there is the renowned **Philip Kingsley**, whose range includes the **Density Stimulating Scalp Mask** (£25), a blessing for dandruff-prone, flaky scalps that are craving some TLC.

There is a big but with today's recommendations: these are not instant-gratification purchases. Hair loss and thinning is complex. While postpartum loss is (hopefully!) temporary, there are many more permanent variations that may require an appointment with a trichologist. The Hair Growth Clinic by Hannah Gaboardi comes highly recommended. Also, I'm conscious that the scalp-care market is not cheap, so if you're choosing between products, remember that shampoo and conditioners are wash-off stages. You're better off investing in leave-in products to see the most noticeable difference.

And finally, supplements — the Marmite of the beauty world. I know so many of you are on the fence but I've seen a friend's hair grow to Rapunzel-like length with my own eyes, and she puts it down to **Vida Glow Hairology Capsules** (£45). I ask Lahey about them at the end of our call. "Honestly, it's like hair magi..." My daughter had broken in and hung up on Rita Ora. Better hair days are coming. ■ @sarahjossel



Typebea founders Rita Ora and Anna Lahey



Pared-back design in stylish block colours? Yes, it's unique furniture favourite Made greeting summer with a bold new range

When it first burst onto the homewares scene in 2010, Made.com fast became the go-to interiors brand for discerning millennial renters. Sure, owning a home may have been out of reach, but a stylish interior filled with pieces impossible to find on the high street was something everyone could aspire to.

It was the year Instagram launched and *Mad Men* – with its mid-century modern stylings – was at the height of its popularity. The timing couldn't have been better for offering designer style and quality craftsmanship without the hefty price tag.

It's easy to see the appeal. Plush velvets and gold accents, a moody palette of forest greens and soft pinks, brass drinks trolleys and mango-wood furniture straight out of a 1960s Manhattan loft... Made had the retro aesthetic all wrapped up.

And now the beloved brand is back, returning to showcase its brand new designs. In keeping with the seasonal shift from spring into summer, bright and beautiful is the vibe. Think joyful, citrusy yellows, fresh greens and vibrant blues with furniture that – as we've come to expect from Made – treads the line between classic and modern.

Innovative design and a sense of playfulness, as ever, characterise the comprehensive range of lighting. Meanwhile the understated collection of outdoor furniture is ready to infuse any garden space with a touch of cool modernity on a balmy day.

The range of products, available at Made.com, can be browsed online. What are you waiting for? It's time to give your home a summer refresh – the Made way.

COLOUR FEELS

BROWN JEWEL

Maxton chair
in cinnamon,
£525



LIGHT AND SHADE

Eliya table lamp
in terracotta,
£169



NUTTY BUT NICE

Tova dining chair
in pistachio,
£199 each



PERFECT PASTEL

Uriel table
lamp in blue,
£89



MADE⁺

For more information and to see the full range,
visit made.com

India Knight

A glow-giving moisture booster that's perfect for summer



Whenever I try a product by Dr Barbara Sturm I am impressed enough to make a mental note to write about the brand more often, but then life carries on and I forget. I am way past the age of mental notes: if it's not written down, it's gone. Also, these products are not cheap. Sometimes products aren't cheap because the expense is supposed to reassure you that you're not buying a dud: if it costs a lot, it must be amazing, right? Nope. But sometimes they aren't cheap because they are really good, and happily that is the situation here.

The skincare — or at least the skincare I've tried from Dr Barbara Sturm — is fantastic. There's one called **Super Anti-Aging Face Cream** (£225) that I recommend in particular.

But today we're here for one of the brand's greatest hits: **Glow Drops** (£125). This is a skincare/make-up hybrid, in this case a complexion enhancer of genius, a glow-boosting hydrator that has anti-ageing properties and a pore refiner. Terms like "pore refiner" usually make me do derisive snorts, but in this instance there's something in it. Your pores aren't going to shrink — a physical impossibility — but mine are sort of glossed over flatteringly when I use this. They are certainly less obvious. Although really the amount of time people spend fretting over pores would be better spent reading a good novel. We all have pores and nobody likes theirs: very sad, but there we are.

Skincare capabilities aside — I'm not dismissing them, but all you need to know is that they're there and they work — what I really love about Glow Drops is the way they immediately make your skin look. They are an unpromisingly bright white liquid that comes in a little bottle with a glass dropper. You only need a few drops. You can use them on a bare face, on top of moisturiser (my preferred option) or on top of make-up, and what they do is make you look truly, genuinely, convincingly radiant. Not crazy radiant, not "Here I come with my big sparkly face", but rather "Hi, I have great skin". This remains true even if you aren't wearing a scrap of anything else on your face.

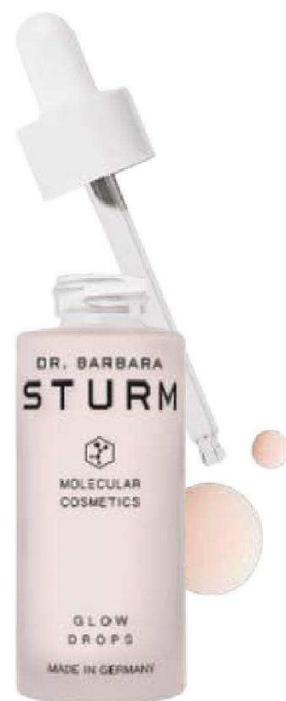
Now, every other product promises radiance, from highlighting powders to primers to foundations and blush. What they actually deliver is high shine — a sort of spray-glossed, slightly wet-looking shimmer effect that is certainly effective but quite hard to wear in daily life (having said that, I love Rare Beauty's Luminous Blush, though make sure you apply it with whatever the opposite of abandon is).

I don't want a shiny face, or a very faintly shimmering one, or one that looks a bit damp. I want the sort of face you get from using a decent vitamin C serum every day — the kind of radiance that looks like good lighting, makes skin glow with health and is very obviously not down to make-up. And that's exactly what Glow Drops provides. It's the sheen of good health, bottled, but is so natural-looking that there is no way on God's green earth that anyone would ever think it came out of a bottle, even in bright sunlight with magnifying glasses on. There's nothing artificial-looking about the results whatsoever.

If your face looks a bit dull, as in tired or weary, this will sort it. If your skin looks good, this will make it look better. It is a fantastic product. Don't be panicked by the whiteness if you have darker skin — it's fine and it will work. You need at least half a pipette's worth (the brand says one whole one) to see the effect. Also pat in rather than rub it in, and give it a minute if you're putting anything on top. ■

INDIA LOVES

READ I was desperate for Abir Mukherjee to produce a new Wyndham and Bannerjee book (a treat if you've not read them) and slightly annoyed to discover he'd written a standalone thriller instead. But *Hunted* (Harvill Secker £14.99) is so good: skintight plotting and a twisting storyline. All this, plus politics (a total goon is about to be elected US president) and trenchant commentary on race, gender and lazy assumption. It's unputdownable. PS: the audiobook is shockingly bad — read rather than listen.



It gives the sheen of good health but so naturally that no one will think it came from a bottle

Dear Dolly

Your love, life and friendship dilemmas answered
by **Dolly Alderton**

I've essentially grown up my entire life with the same best friend. Everything I did we did together. We are now 21 and she's got into a relationship with someone I really can't stand and has had what feels to me like a complete personality overhaul in the matter of a few months. She has really pushed me to the sidelines and despite everyone's advice (mainly my mum's) it doesn't feel like just a phase. It feels like the slowest and most painful break-up I could ever have imagined. I feel like I'm really losing her and I don't know how to do life without her. How do I cope with my person not being my person any more?

Oh, darling. I'm sorry. This is, unfortunately, a rite of passage. I so wish it wasn't, because I remember how painful it is, but it's a normal part of growing up. I think of my closest friendship from childhood as having two parts: before romantic love and after romantic love. Before boyfriends, we were each other's everything: weeknights, weekends, phone calls (an ancient method of communication from the Noughties), holidays, plus-ones at family events. After boyfriends, we never got that back. But — I don't think we were meant to get that back. I don't think anyone is meant to have exactly the same friendship from childhood until death. For what it's worth, the friendship I speak of, which went through exactly the same rough patch you describe, is still my closest friendship now.

The first thing I'm going to advise is that you have an honest conversation with her and give her a chance to acknowledge her behaviour and how it's affecting you. Don't do this how I did it, which was to be strange and passive-aggressive and needy until I drank too much and then shouted at her for "abandoning" me: 10/10 would not recommend. Go for dinner or a walk and tell her that you're finding this new phase of your friendship challenging and you want to be able to support her and her new relationship while also retaining something of the bond you've always had. Be careful not to hurl a list of carefully noted accusations at her, specifically citing all the things she's done that have made you feel left out. It will just make her defensive and she'll retreat further into her relationship because she will feel attacked. Only give her all the specifics if she asks for them.

Then, if this doesn't change anything, let her go. I don't mean ghost her or break up with her or make some huge point of your friendship being over. I mean: stop trying to make it work if she doesn't want to make it work. It's humiliating, will corrode your self-esteem and will make you slowly angrier and angrier. Let her go. Stop trying to force plans, stop trying to remind her of the magic of your friendship. None of it will work. If she has dissolved into her first romantic



relationship, forgetting the importance of the relationships that came before him, it's hard to pull her out of that. She has to realise her mistake on her own.

This is when I get to do the wise and weary old crone bit that I like: the likelihood is she's not going to be with this man for ever. Hardly anyone is with anyone for ever, apart from Goldie Hawn and Kurt Russell. They will probably break up at some point in her twenties and she will realise how

much she needs her friendships, and when she gets into her next relationship she'll find a way of being in love without it dominating her entire life. Or, if they do stay together, at some point she's going to realise that this relationship can't replace all other valuable relationships in her life and she will want you in her life again.

At the point when she comes back it will be important to tell her how this made you feel and make it clear that you don't want it to happen again. Let her explain why she made those decisions. Take the time to understand why it happened. And then the hardest bit: forgive her.

It is so easy to lose yourself to love, at any time in life, but especially when you're 21. I know how lost and unanchored you must feel, and you have every right to feel angry about how she's treated you. But I also think it will feel better to try to empathise with her, so you don't become embittered. For so many young women, the validation of first-time romantic love is so intoxicating that everything else becomes briefly meaningless. It is such a common misstep and one that, I promise, in the grand scheme of things, is so short-lived. No one in their late thirties is so obsessed with their husband that they leave their best friend's birthday party early to go hang out with him and his friends at some crap pub in Putney. All that stops. It's a rookie error.

Talk — if that doesn't work, let her go, focus on other friendships. Don't wait for her to come back. She'll come back at some point. All the good ones do and they don't disappear again. ■

To get your life dilemma answered by Dolly, email or send a voice note to deardolly@sundaytimes.co.uk or DM [@theststyle](https://www.instagram.com/theststyle)



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