

HELLO!

NUMBER 1852 • 12 AUGUST 2024 • £3.40

EXCLUSIVE

'She's the glue that keeps the monarchy going forward'



NICOLE KIDMAN AT THE OLYMPICS

EXCLUSIVE INTERVIEW

HOLDING THE FAMILY TOGETHER

HOW KATE IS MORE CRUCIAL THAN EVER TO THE FUTURE OF THE ROYAL FAMILY

3 3
9 7 7 0 2 1 4 3 8 8 2 6 3
Germany 8.20€, Italy 5.99€, Greece 6.75€, Austria 10.30€, France 6.50€, Switzerland 11.40CHF, Luxembourg 9.60€



SKODA

Model shown includes optional equipment and is not UK specification. Official fuel consumption WLTP in mpg (litres/100km): 66.2 (4.3)–50.5 (5.6). WLTP CO₂ combined emissions are 112–131 g/km.

“Škoda is life
Octavia is
love”

r/CarTalkUK



You said it and
now there's a
new Octavia to
jump into



64 RIGHT ON TIME

HELLO! THIS WEEK



50 PEOPLE'S PRINCESS



22 STAGE STAR



56 WINNING SMILE



38 GOING SWIMMINGLY



68 SISTER ACT



18 SUN WORSHIPPER

PEOPLE IN THE NEWS

- 6 ERIKA TROJER** The former model invites us into her stunning properties beside Lake Como, filled with the intricate art she creates herself
- 18 LEIGH-ANNE PINNOCK** is among the stars hitting the beach as she jets off to Ibiza to relax with friends after a tough week
- 22 DANIELLE DE NIESE** At home at Glyndebourne, the soprano opens up about loving life in her 40s and keeping her young children close
- 38 REBECCA ADLINGTON** Our Olympic Games columnist gives her view on all the latest tears and triumphs for Team GB
- 40 OLYMPIC GAMES** Royals and celebrities flock to France to join the global party
- 46 ISA GUHA** Presenting the Olympics from Paris, the former cricketer chats to us about overcoming obstacles and her favourite sporting stars
- 50 THE PRINCESS OF WALES** As his new book is published, royal author Robert Jobson tells us why **KATE** really is the people's princess
- 56 THE KING** enjoys a musical trip to the Highlands, while the **QUEEN** presents a prestigious trophy at Ascot after an exciting day at the races
- 60 ... and HIS MAJESTY** opens up the Castle of Mey in Caithness for guided champagne tours
- 64 NICOLE KIDMAN** makes time to talk as she enjoys the Games and takes stylish daughter **SUNDAY** to a glamorous Omega event
- 68 FLEUR EAST** on adapting to motherhood and why she's teaming up with sister **KESHIA** to help nourish natural hair
- 74 JAMES NORTON** is spotted on set filming Netflix's all-action *House of Guinness*
- 76 VINCE SPINNATO** At home in California with the A-list perfumier as he reveals the secrets of working with the stars

REGULARS

- 32 INSIDE STORIES** All the stars, on and off duty
- 62 HELLO! SUBSCRIPTIONS** Great deals and guaranteed delivery
- 63 7 DAYS** Celebrity news in brief
- 90 PUZZLES** Coffee-break posers

STYLE & LIVING

- 83 SIENNA MILLER** How to put together her casual chic look
- 84 FASHION** Get the preppy aesthetic with crisp shirts and neat pleats
- 86 TERESA TARMEY** Top tips from the facialist to the stars
- 88 WELLBEING** All the latest health news, including natural ways to beat brain fog
- 91 ROSIE GREEN** Our columnist on why rest is a vital part of recovery
- 93 COOKERY** Healthy and hearty dishes from Melissa Hemsley
- 96 NATALIE PORTMAN** The *Lady in the Lake* star tells us about her dream role
- 98 MELISSA ODABASH** The swimwear designer's guide to Rome



• For daily celebrity news, fashion, beauty and lots more, visit hellomagazine.com
 • Get your copy of **HELLO!** digitally on your computer or tablet. Visit hellomagazine.com/digital-edition

FOUNDER Eduardo Sánchez Junco
CHAIRMAN & EDITORIAL DIRECTOR
 Eduardo Sánchez Pérez
CHIEF EXECUTIVE OFFICER
 Javier Junco Aguado

EDITORIAL
CHIEF CONTENT OFFICER
 Sophie Vokes-Dudgeon
EDITOR Jessica Callan
DEPUTY EDITOR Alexandra Wilby

ASSOCIATE EDITOR Sally Morgan
CREATIVE DIRECTOR Freddie Sloan
ROYAL EDITOR Emily Nash
NEWS DIRECTOR Laura Benjamin
CONTRIBUTING EDITOR Rosalind Powell
ROYAL & FEATURES CONTRIBUTOR
 Tracy Schaverien
PICTURE EDITOR Becky Cox
DEPUTY PICTURE EDITOR Sharon Mears
ACTING DEPUTY PICTURE EDITOR
 Tijen Denizmen

ART EDITOR Lisa Tobin
SENIOR DESIGNER Linda Millard
DESIGNER Inés Alvarez
PRODUCTION EDITOR Anch Warlow
CHIEF SUBEDITOR Jonathan Empson
DEPUTY CHIEF SUBEDITOR
 Elizabeth Carr-Ellis
SENIOR SUBEDITOR Ria Hopkinson
CONSULTANT PRODUCTION MANAGER
 Susannah Lewis
BEAUTY DIRECTOR Charlotte Jolly

JUNIOR BEAUTY WRITER Lydia Mormen
LIFESTYLE ART EDITOR Amy Reiter

DIGITAL
WEBSITE EDITOR Andrea Caamaño
LIFESTYLE MANAGING EDITOR Kate Thomas
SENIOR DIGITAL DESIGNER Lauren Connolly

BUSINESS & COMMERCIAL
 020 7667 8749
CHIEF REVENUE OFFICER Tamsyn Spires

HEAD OF BRAND Deborah Field
CREATIVE CONTENT DIRECTOR
 Arianna Chatzidakis
HEAD OF DIGITAL MARKETING & CUSTOMER ACQUISITION Catherine Kinch-Willis
PROJECT MANAGER Jessica Ford
STYLE & COMMERCE DIRECTOR
 Tanya Philipson
EXECUTIVE FASHION DIRECTOR Gila Polak
ACCOUNT DIRECTORS Claire Gibbins, Lucy Hey

CLIENT DIRECTOR Natasha Rosenbaum
ACCOUNT DIRECTOR Chloe Hall
CLIENT BEAUTY DIRECTOR Elle Wilson
FASHION & BEAUTY CLIENT DIRECTOR
 Ellie Naber
CONTENT LEAD Esther Coombes
DESIGN & PRODUCTION Ashleigh Swaile
PROGRAMMATIC MANAGER Tom Nickson
SYNDICATION MANAGER Marian Bausa
 (hellosyndication@hola.com)
I.T. MANAGER Imran Zia



LIFE'S NOT FAIR. **IT'S FABULOUS.**TM



BURLESQUE

A **BIG** NEW MUSICAL
BASED ON THE **HIT** MOVIE

Featuring songs by

CHRISTINA AGUILERA | SIA | DIANE WARREN | JESS FOLLEY & TODRICK HALL

BOOK NOW burlesqueonstage.com



RELAXING AT HOME BY LAKE COMO

ERIKA TROJER

THE FORMER MODEL TURNED ARTIST SHOWS US HER FAMILY GETAWAY IN LOMBARDY

When artist Erika Trojer and her husband, entrepreneur Vincenzo Schettino, decided to build a hideaway on Lake Como, they knew they couldn't improve on nature.

Surrounded by a landscape of such spectacular beauty, they had all the inspiration they needed. So they designed Villa Torno to showcase the white stone that comes from the heart of Como's ring of mountains, with wide windows that frame sweeping views over the water.

Outside, the secluded location exudes tranquillity. Inside, Erika's symbol-rich sculptures, all created from recycled materials, sound an ode to mother Earth.

It all feels a world away from the hustle and bustle of Milan where the couple met at a party in the 1990s. At that time, Erika, a Miss Italy finalist, was pursuing a career as a model, but once she met the love of her life, she decided to put motherhood first.

Their daughter Greta was followed by a son, Goffredo, and the family settled happily in the Lombardy town of Cernobbio, where they still live today.

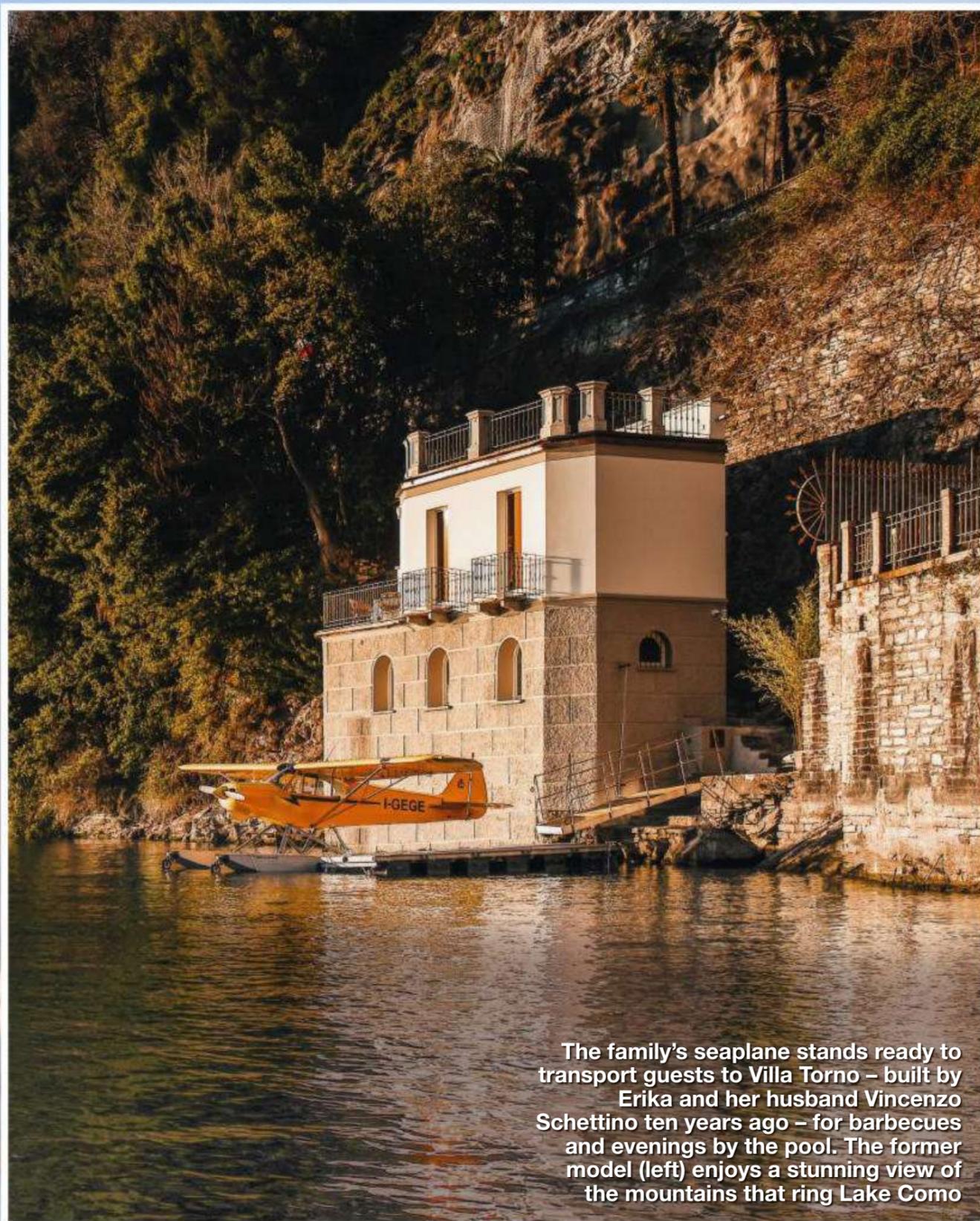
It was while bringing up her children – both now grown up – the former model discovered her talent for art, opening a studio on the site of an old bakery. Named Spazio Forno, its output is known for its freshness of vision. ▶

**'My life as a model
opened new
horizons for my
mind and heart'**



Erika poses on the speedboat that takes her across Lake Como in North Italy from her family's main home in Cernobbio. Then it's a short walk to Villa Torno (above left); they keep the boat and a seaplane moored at a private jetty on the lake (far left)





The family's seaplane stands ready to transport guests to Villa Torno – built by Erika and her husband Vincenzo Schettino ten years ago – for barbecues and evenings by the pool. The former model (left) enjoys a stunning view of the mountains that ring Lake Como

'I grew up in the South Tyrol – my bond with nature is in my DNA'

Ten years ago, Villa Torno put the icing on the family's cake. Located in the charming fishing village of Torno, just the other side of the lake, it's ideal for lively parties and quiet weekends away.

And thanks to the speedboat and seaplane moored at their own private jetty, they can whizz across the water whenever they please.

Erika, do you remember the first piece of art you created?

"I wanted to give Vincenzo a birthday present and had the idea of using a series of old photos of him to make a mosaic. Creating a harmony of colours and shapes, I made his zodiac sign.

"As I was doing it, I felt immensely happy. I knew this was my path."

How would you define your work?

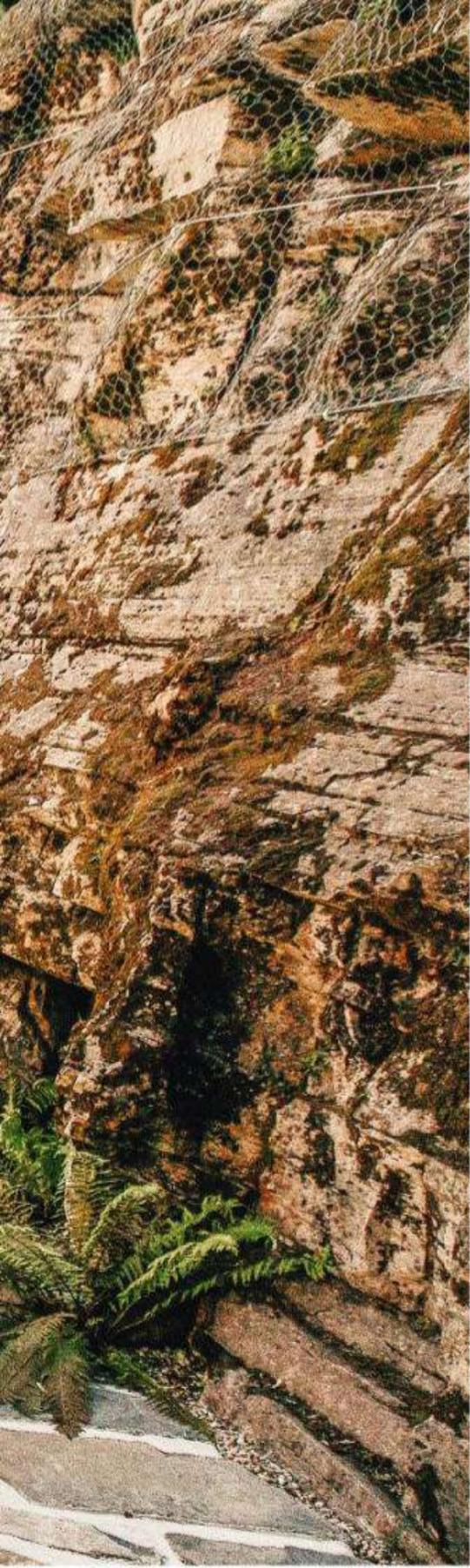
"Right now, I'm making a big sculpture from bottle caps. I never plan anything and I don't do it to make money. My art is my drug.

"Everywhere I live, I like to be surrounded by my sculptures. I'm self-taught and want to be free in my art. I don't want to be conditioned to create in a certain way." ▶



The villa's Jacuzzi-style swimming pool is built of the local white stone, while the walls behind it belong to a centuries-old quarry. Vincenzo relaxes in the garden with son Goffredo and a canine companion (together below), while daughter Greta (right) also poses outdoors





'When we're here, we often organise dinners, barbecues and evenings by the pool'



Your sculptures have been very well-received...

“When someone sees my pieces, which are up to 20 feet tall, they’re blown away by the time and effort I put into them.

“Also, from a distance, people can’t tell what they’re made of, so when they get up close, they’re impressed and excited.”

What inspires you?

“My passion for recycling comes from my origins in the South Tyrol. My bond with nature is in my DNA and explains my love for flora and fauna. Before leaving for Milan at 18, I grew up in a very down-to-earth family there. Nothing went to waste. That’s something I’m really grateful for.

“I had an older sister, so she passed on her clothes to me; my mother only bought us new ones on special occasions. She made clothes for us by hand. I have wonderful jumpers that I still cherish today – in fact, even more than I did then. ▶



'By following my mother's example, I've turned thriftiness into something creative that fills my life with joy'





The house combines traditional stone walls and wooden beams with – as seen here, in the living room – modern concrete floors, steel and glass. Vincenzo and Erika relax in the comfortable space (also seen above left), where, in addition to a beautifully set table (far and second left), Erika’s art is on display, including a sculpture made from old clocks (left)

“Our lifestyle was the exact opposite of today’s throwaway philosophy. And, by following my mother’s example, I’ve turned thriftiness into something creative, an enjoyable job that gives my life purpose and fills it with joy, and is also good for my mental health.

“Some people undergo

psychoanalysis, others practise yoga. It’s through my art that I strengthen my connections to my deepest roots.”
How do you remember your modelling years?

“I recall them as journeys that opened new horizons for my mind and heart. Those years taught me to be flexible and dynamic; to open

my eyes, accept what is different from me and treat it with respect. I learned that the world is made up of infinite nuances.”

Your husband Vincenzo is the chief executive of consultancy Emecom. How did you meet?

“Enzo and I met in Milan, at a private house party. I thought ▶



he was handsome, intelligent and amazing all round. He really made me laugh, and everything flowed in a very natural, beautiful way.

“When our daughter Greta was born, I decided it was time to leave fashion and our frenetic life in Milan.”

And so you came to live in the Como region?

“First we lived in the Dolomite Mountains for a few months, and then we settled in Cernobbio in the late 1990s.

“Como is a great place for family life. It gets lots of visitors from April to October, when it’s popular for weddings and a hotspot for celebrities, but the winters are much quieter.”

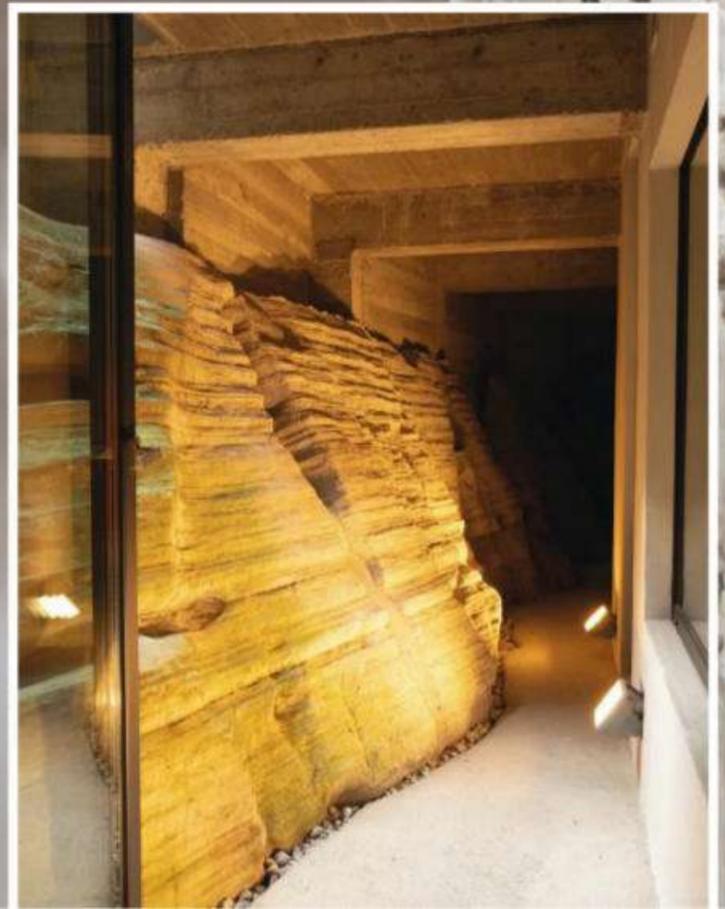
Do you travel much?

“We love to travel. We’re only an hour and a half from Milan and even closer to Switzerland. So if we want a change of scene ▶

'As we don't have neighbours, the villa is totally private'



Erika poses in the kitchen, with its dramatic stone walls. The same material features on the staircase (below far left), while the sauna (below left and below) is hewn from the rock of the mountain





Erika returns to the guesthouse near the family's main home in Cernobbio, on the other side of the lake. Windows in Venetian neo-Gothic style dominate one of the bedrooms (above right; another bedroom, seen far right), while visitors can also see works from Vincenzo's collection of ethnic art (right)

or a bit of fast-paced city life, we can have them.”

How about entertaining?

“When we’re here, we often organise dinners, barbecues and evenings by the pool. As we don’t have neighbours, it’s totally private.”

Have your children inherited your artistic vein?

“Unfortunately not. They were born in a different era, have other interests and aren’t attracted to creating with their hands.

“I understand their attitude, because you need a lot of patience for it. For their part, they’re very proud of me.”

What decorative object could you not live without?

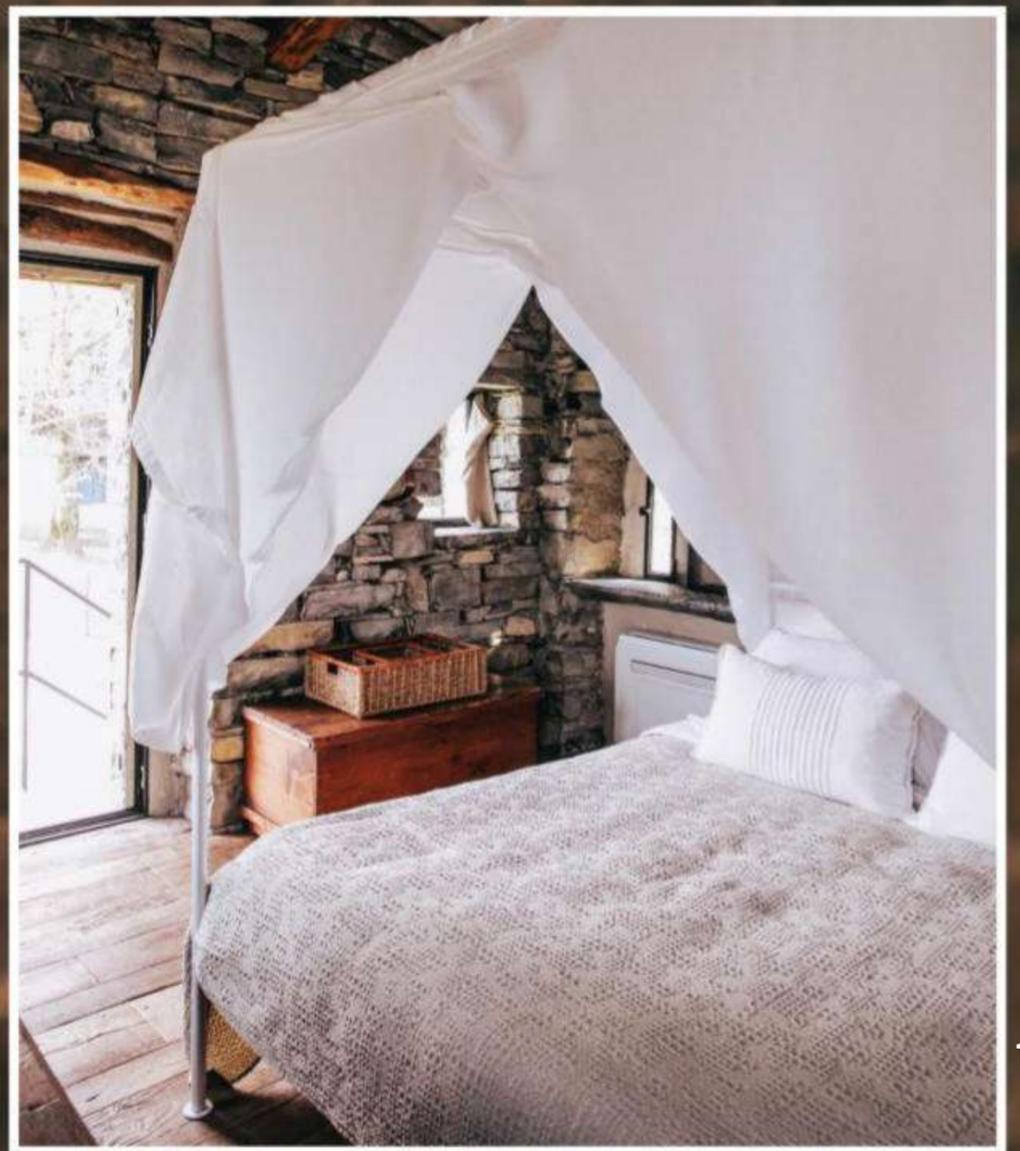
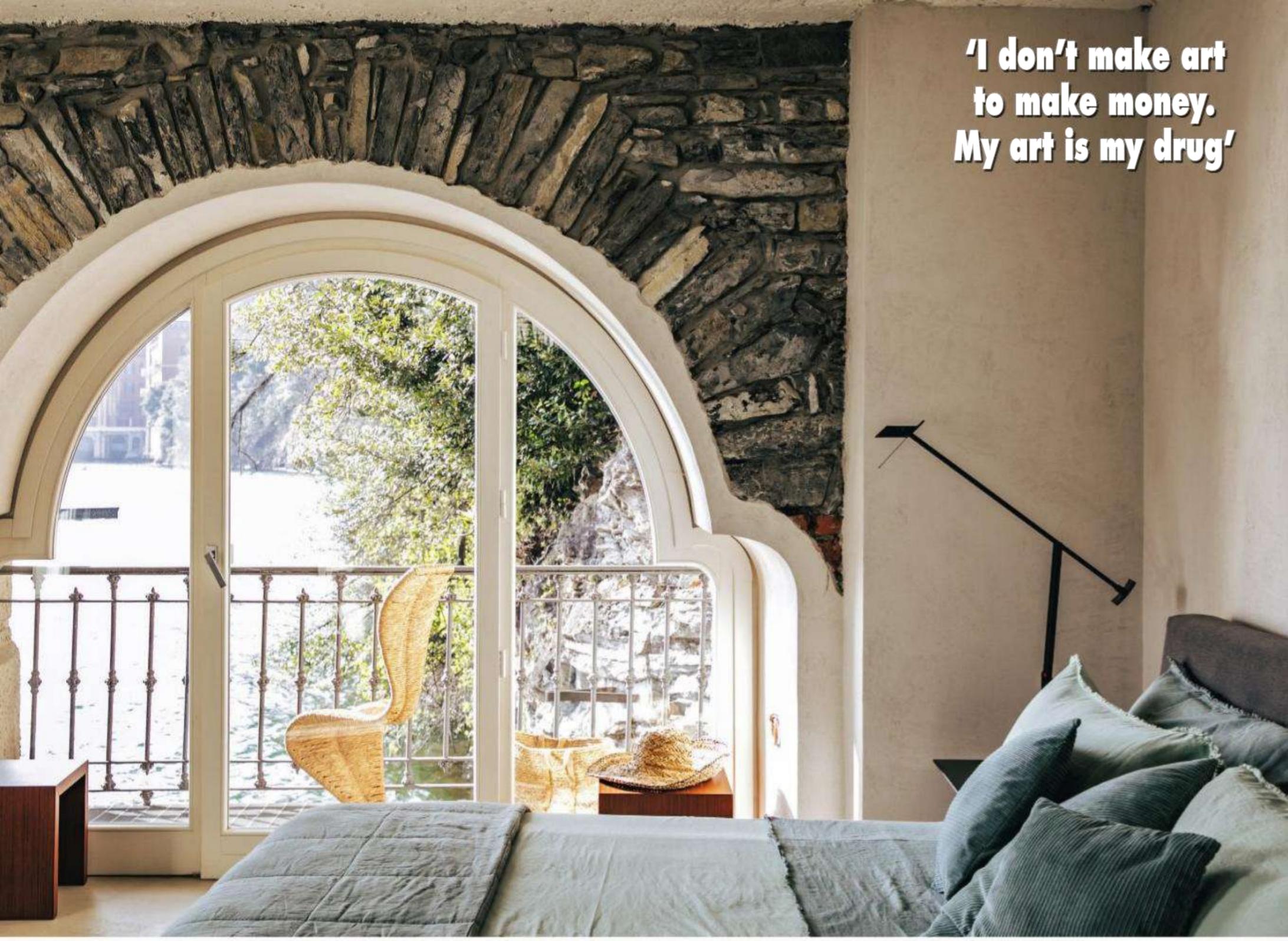
“My own creations. I can’t help but be fond of them. From the moment I pick up an object that someone has tossed aside, I give it a new life. From that moment on, it is safe with me.”



PRODUCTION & INTERVIEW: CRISTINA LORA ALARCON & ANA FERNANDEZ DE CORDOBA CENDRA
PHOTOS: FERNANDA NAVARRO & PALOMA ROJAS-MARCOS (COUCHE STUDIO)

HAIR AND MAKE-UP: VITACURA
CLOTHES: BROOKS BROTHERS, CHARACHENI, CHURCH, ERIKA TROJER KAFTANS, FERRAGAMO, LEVI’S

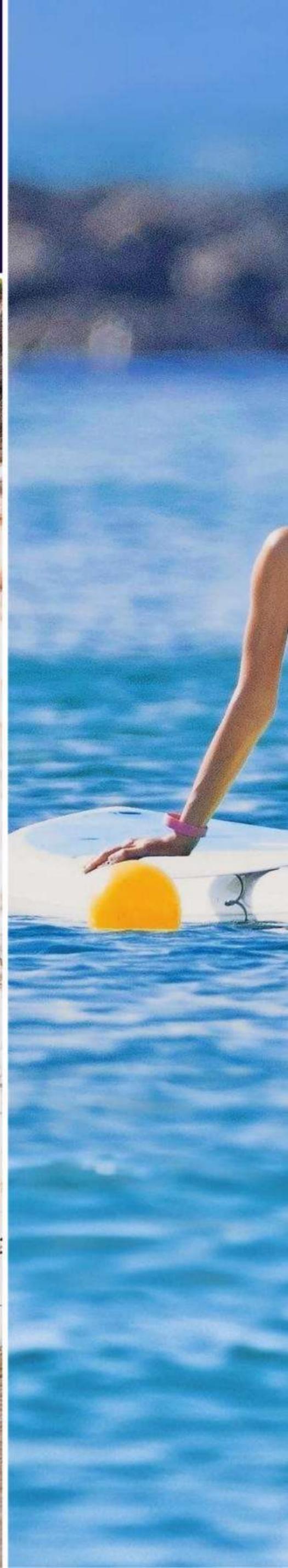
**'I don't make art
to make money.
My art is my drug'**



**THE LOOK OF LOVE – AND SUMMER SUN
STARS ON THE BEACH
IRIS LAW AND TRENT ALEXANDER-ARNOLD
HEAD THE CELEBRITY RACE TO RELAX**



As they were spotted on a beach holiday together, 18 model Iris and Liverpool and England footballer Trent confirmed last week they were now in a relationship



Iris and Trent took the romantic plunge together on an idyllic Caribbean trip



Trent paddleboards on a post-Euros getaway to the Caribbean island of Barbados with Iris; speculation that they were dating began when they were seen strolling together in London in May

It's that time of year when celebrities flock to the most coveted holiday destinations for some rest and relaxation.

But, while stars including Jessica Alba and Amanda Holden were content to just relax on some of the most beautiful beaches in Europe, supermodel-in-the-making Iris Law chose her vacation to reveal to the

world that she was in a relationship with England footballer Trent Alexander-Arnold.

The model and influencer, 23, flew to the Caribbean island of Barbados to enjoy some quality time with her new beau, who she has been dating since the spring. Iris – the daughter of actor Jude Law and actress Sadie Frost – confirmed her

relationship with the Liverpool football star, 25, when they were captured making the most of the idyllic beach trip together last week.

ROMANCE BLOOMS

The Marc Jacobs model was seen taking a turn on a paddleboard before cuddling up with Trent, who was taking time off after England's

run in the recent Euros tournament and before launching into training for the forthcoming season.

At one point the new couple took a stroll along the golden sands before taking a dip in the sea. The duo were first photographed together in May, when they were seen walking together in London, but Barbados is the



**'We have always encouraged body positivity in our house'
Amanda Holden**



Jessica Alba kicks back on the Greek island of Mykonos, where she was holidaying with husband Cash Warren and their three children



Amanda Holden's daughter Lexi, who is thought to be heading to a US university in the autumn, takes notes from her famous mum (above) and poses like a professional model on a luxury boat on the deep blue Ionian Sea

first time they have been photographed enjoying time together as a confirmed couple.

On the beautiful Balearic island of Ibiza, singer Leigh-Anne Pinnoch made the most of the sunshine and welcoming Mediterranean sea as she enjoyed a luxury holiday with friends.

The former Little Mix star was clearly relieved after a worrying time for her and her family the previous week when the disappearance of her 13-year-old niece Faith hit the headlines. Fortunately, the youngster was found safe and well.

MAXIMISING SUMMER

Over in France, Hollywood actress Jessica Alba, her husband Cash Warren and their children Honor, 16, Haven, 12, and Hayes, six, were seen basking in a luxurious Provençal retreat. Posting a number of photos to her social media of the idyllic destination, the mother of three wrote: "Kicking off our fam summer. We couldn't have dreamt up a better week and we truly cannot wait to come back."

However, one European pit stop wasn't enough for the family of five as



they then jetted to the Greek island of Mykonos for more fun in the sun. The *Fantastic Four* actress was photographed looking relaxed in a pale pink two-piece swimsuit as she and her husband of 16 years made the most of the white sandy beaches.

For Amanda Holden, 53, Greece was also the place to be. The *Britain's Got Talent* star opted for the picturesque island of Corfu, where she and her husband Chris Hughes and their daughters Lexi, 18, and Holly, 12, basked in the sun.

Amanda recently spoke about her and Chris's thoughts on Lexi posting social media photographs of herself in a bikini.

"Lexi did speak to me and her dad about this. She is 18 years old now, so I feel like she's confident and we have always encouraged body positivity in our house," she said. "I feel like if she's ready to do that then we're all for it. She knows what could happen from doing it, but I think she should be able to do what she wants when she wants, and at 18 that's the correct time to do it."

Leigh-Anne Pinnoch enjoys the warm waters of Ibiza where the former Little Mix star was chilling out with friends after a difficult week

PHOTOS: DIGGZY-JESAL/THE PHOTONE/BACKGRID, LEXI HUGHES, SPLASH NEWS

REPORT: FRANCESCA SHILLCOCK

Danni poses at her spectacular home, Glyndebourne in East Sussex. The soprano's husband Gus Christie grew up on the estate, his family having founded the world-famous annual opera festival there

EXCLUSIVE INTERVIEW AND PHOTOS

AT HOME ON THE STUNNING GLYNDEBOURNE ESTATE DANIELLE DE NIESE ON OVERCOMING OBSTACLES, LOVING LIFE IN HER 40S AND KEEPING HER CHILDREN CLOSE

When Danielle de Niese was eight years old, she drew a picture of herself standing alone on a stage in a big puffy dress. She knew she wanted to be an opera singer, and she loved dressing up.

Several decades on, the world-famous soprano has built an international career doing just that, with a passion and determination she has nurtured since childhood.

"I was one of the lucky ones who knew who I was at a young age: I had a purpose," she says. "That's given me a sense of identity that I've been able to carry throughout the madness of this work."

Our exclusive photoshoot and interview with Danni, 45, are taking place at Glyndebourne, the East Sussex estate she shares with her husband Gus Christie and their children, nine-year-old son Bacchus and daughter Sheherazade, three.

Gus is the executive chairman of the annual opera festival held on the estate, and Danni is its golden star. Her performance this summer as Hanna in Franz Lehár's *The Merry Widow* played out to rave reviews in front of star-studded audiences, sparking talk of a transfer to the West End.

The singer is charismatic, expressive and glamorous, and her way of talking is in itself a performance – she waves her arms, tosses her head, talks in rat-a-tat-tat sentences and even breaks into song.

She relishes her role as chatelaine of the estate

and is in her element posing in the grounds of her stately home in a series of gorgeous gowns.

"I was that girl who played with her mum's high heels and dresses," she says, relaxing in the living room as she takes a break from our shoot. "What you see is who I am. I can't be a persona."

There have been many career highs for the Australian-born singer, whose Sri Lankan emigré parents moved to Los Angeles to help further their daughter's singing career when she was still a child.

She made her professional operatic debut at 15 and has since performed on the stages of the most famous opera houses around the world.

WOMAN OF MANY TALENTS

We expect our divas to be alluring, but Danni believes some people "still have trouble reconciling brains and beauty. I remember when I was younger, talking about some chord structures and a conductor saying to me: 'Oh my God, you're smart.'"

"They knew I was talented, and pretty... it wasn't a time when you could go: 'I'm offended you've said that.' I glided through it. But if anyone in the business who knows me was asked what I'm made of, most people would talk about my musicianship, my commitment. That's what I'm proud of, as I don't depend on my looks at all."

People are often amazed by her energy levels – "do I look zinged or something?" she ▶

DRESS: THE ROYAL BALLET AND OPERA HERITAGE COLLECTION; NECKLACE & RING: LITTLEGENS-SHOP; EARRINGS: DRIFTJEWELLERY.COM; SHOES: ENZO ANGIOLINI



**'I was that girl
who played with
her mum's high
heels and dresses.
What you see is
who I am'**

'Performing at home is very special. I've known all the ushers for years, so I'll have a little wave'

says, pulling a frazzled face – but her drive has enabled her to power through some challenging circumstances in recent months.

First, she had a health scare when she had to have a biopsy to check out a suspected melanoma. It came back clear. Shortly afterwards, she fell and tore a ligament in her knee, which will need surgery, requiring her to spend the first half of a six-week rehearsal period on crutches.

“It was as if the gods of destiny – or whatever you want to call it – said: ‘How many hurdles can we put in her way?’ But it made the success of the show so much sweeter because in the face of those adversities, I held steadfast.”

A-LIST FANS

Helmed by director Cal McCrystal, who previously worked on *One Man, Two Guvnors*, the show sold 20,000 tickets over seven weeks and attracted a celebrity audience including Dame Joanna Lumley, Bruno Tonioli and Rufus Wainwright – all friends of Danni's. “Sometimes friendships are formed through mutual admiration, you know?” she says.

It also attracted the attention of bigwigs from impresario Cameron Mackintosh's team and theatre group Nimax, fuelling talks of a possible West End run, which would fulfil Danni's dream of making opera more accessible.

“This show is the poster girl for accessibility – you get slapstick, screwball comedy, a cabaret, a dance musical and an opera,” she says.

Although the festival is run by her husband, she doesn't always take part, but loves it when she does.

“Performing at home is very special, but for reasons you probably wouldn't expect. For example, if I go on stage to warm up before a ▶

(LEFT) DRESS: MARCHESA; NOTTE FROM NET-A-PORTER.COM; EARRINGS: LITTLEGEMS.SHOP; (RIGHT) DRESS BY GHOST & KIMONO; VINTAGE ANGELS/ALDEBURGH; SHOES: CHRISTIAN LOUBOUTIN; RING: LITTLEGEMS.SHOP; EARRINGS: DRIFTJEWELLERY.COM

To celebrate 90 years of Glyndebourne Festival, the estate is showing work by leading British artist Conrad Shawcross, including *The Primary Conditions*, nine striking large-scale outdoor sculptures with a relationship to music and sound



'Our children see all my shows but will often stand in the wings because they like to dance around with us there'

Danni relaxes inside the historic house with son Bacchus. The nine-year-old travelled the world with her until he started school – “He was my little adventure man for so long,” his proud mum says





show, I see all the ushers doing the sweep of the theatre. In another theatre, I don't know those people, but here, I've known them for years. So I'll have a little wave, and those moments are special."

Throughout the festival, the director, designers and other creatives from the productions stay in the main house, creating what Danni describes as an artistic commune with "a wonderful collectively collaborative atmosphere".

MUSIC MATTERS

She also has Gus, whom she met at Glyndebourne in 2005 and married in 2009, on hand to critique her performance – "but only if I ask him", she laughs.

And she can enjoy the company of her children, who love to watch their mother perform. "They see all my shows but will often stand in the wings because they like to dance around with us there. And the songs are so catchy. The other day, my three-year-old was like: 'Na na na na, na na na na... champagne... na na na na,'" she sings. ▶

'Most of the time, I don't feel 45. I feel like the same person I was ten, 20 or 30 years ago'

"I said to Sheherazade: 'Do you like that song, darling?' She was like: 'Alexa, play the song from Mummy in the theatre,' and Alexa was like: 'I don't know the song *Mummy*.'"

It is, she agrees, a magical environment for them to grow up in, which in turn has shaped their personalities. "They are strong, magnetic children," she says, proudly. "They have a performer mother and a father who runs a theatre, so they're going to be dynamic. They can hear the sound of the audience from the nursery or bedroom."

She wouldn't be surprised if they pursued a career in the arts. "They and Gus are the only people who know what it's like to be born and grow up in an environment where they've only ever known a household full of artists."

Gus was born upstairs at Glyndebourne and took over the running of the festival from his father George in 2000. His grandfather, John Christie, built the first opera house in the estate's grounds for his wife, the Canadian soprano Audrey Mildmay.

It's a love story that parallels Gus's own – he fell in love with Danni when she sang Cleopatra in Handel's *Giulio Cesare* at Glyndebourne in 2006, a part she has called "the biggest milestone of my life".

PRODIGAL TALENT

Danni's childhood in Australia was driven by her desire to sing, which her parents encouraged, finding a classical teacher to train her.

"I felt this unique ability to sing in a classically produced sound, which felt natural to me. I started to think: 'Well, my friends can all sing and dance and act, but none of them can do this.' I remember feeling as though the music just came out of me."

At 15, having moved to the States, she was appearing with the Los Angeles Opera in her professional debut. Many triumphs followed – Puccini's *La bohème* at the Royal Opera House, the Last Night of the Proms at the Royal Albert Hall, *The Merry Widow* at Sydney Opera House and *Giulio Cesare* at La Scala in Milan.

Opera is traditionally considered an elitist art form, the province of white, affluent middle classes. Danni describes herself as a "poster girl for colonisation" – her parents are Sri Lankan, mixed with Dutch and Scottish heritage. Has she encountered much racism in her career?

"I probably did have the odd encounter when I was young in Australia," she says, pausing. "But my parents taught me how to brush it off or helped me cope with it in a way that it didn't affect or stop me."

"Also, the power of talent is that people were like: 'This girl is too good to ignore.'" She acknowledges, however, that when she was starting out, "there weren't many people who looked like me".

She is equally sanguine about her age. "Most of the time, I don't feel 45. I feel like the same person I was ten, 20 or 30 years ago. When I was younger, I remember reading about celebrities hitting their 40s and saying: 'I'm in the best shape of my life and doing my best work,' and I feel the same."

"Also, everybody says that in your 40s, your voice finally settles into the colour it will be for the rest of your career."

The opera world doesn't discriminate in terms of age as much as film does, she believes. "It's not like in Hollywood, where you age out of the ingenue roles but haven't yet aged into the mum roles."

"We have lots of roles for which we suspend our disbelief, because maybe a 35-year-old is playing a 15-year-old in an opera. And if you're lucky to have good genes and look the part, it's great." ▶



Danni takes a walk in the stunning gardens, now in full bloom. Having moved to the US as a child after growing up in Australia with her Sri Lankan emigré parents, the star was well prepared for international success





Now that she's finished at Glyndebourne, she'll be on the road again, with concerts in London, America, Scandinavia and Germany. Next year she'll be performing in Bizet's *Carmen* for the first time, at a landmark opera house yet to be revealed.

"Everybody has been asking me to do it forever," she says of the sensual, passionate lead role that could have been written for her.

SCHOOL'S OUT FOR SUMMER

At the same time, the family will be trying to juggle their work-life balance. "Sheherazade is going to get her turn to do what Bacchus did, which is travel the world with me until she has to go to school. It's a different chapter.

"He was my little adventure man for so long, but I have to explain to him: 'Dad needs you, you need to go to school and it's Sheherazade's turn to have a few adventures of her own,'" she says.

But "the lads" will be visiting "the girls" in Florida during the October half term.

It is time for her to dress up in another gown and strike another pose. Knee injury aside, she's happy that this year, so far, has been a success.

"All artists worry that they'll do new work and people will compare it and go: 'When they were in such and such, that was great.' But that's not happening, and I'm grateful for that," she says.

"I feel I've been emerging from a chrysalis in a different or even better form of myself." **H**

INTERVIEW: ROSALIND POWELL
PHOTOS: ELISABETH HOFF

STYLING: OLIVIA POMP
HAIR & MAKE-UP: DINA CATCHPOLE USING ZOEVA COSMETICS & RUBY HAMMER BEAUTY USING FUDGE (@THECREATIVEARTISTSLTD)

(LEFT) DRESS: SOLAGE LONDON FROM NET-A-PORTER.COM; BOOTS: BETSEY JOHNSON; EARRINGS: LITTLEGEMS.SHOP; (RIGHT) DRESS BY SUSAN CROFTS FROM VINTAGE ANGELS ALDEBURGH; NECKLACE & EARRINGS: LITTLEGEMS.SHOP

30 The soprano takes tea before playing with three-year-old Sheherazade (together right), who is enjoying the unique experience of growing up in a household entirely dedicated to art and artists



'Sheherazade is going to get her turn to do what Bacchus did, which is travel the world with me'



BLAKE LIVELY TURNS DAY AT WORK INTO A COSTUME DRAMA

Apologies to her husband, *Deadpool* star Ryan Reynolds, but Blake Lively was unmasked as the real superhero in their household when she not only promoted her latest film, *It Ends With Us* (which she produced as well as stars in) but also unveiled her own haircare range, Blake Brown – doing so in a seemingly effortless trio of glitzy and glamorous outfits.

At the Blake Brown press conference in New York, Blake modelled a tasselled mini dress by Big Apple label Dauphinette, teaming it with a mushroom clutch from Katy Perry's collaboration with Judith Leiber (above).

The playful mood continued for the latest stage of the *It Ends With Us* press tour, with Blake once again giving a nod to her character Lucy Bloom's occupation as a florist – her second Dauphinette design of the day featured a whimsical print and rows of multicoloured ostrich feathers (left), which she later swapped for a more classic take on florals.

Blake's wardrobe is not the only thing looking rosy; so, too, are the prospects of her first venture into beauty. Seven years in the making, the Blake Brown collection – Brown is her father's surname – is described by the mother of four as “my haircare baby”.

And one person who could not be more proud is her husband of 13 years, who called the eight-piece range “exactly what you'd expect from a hyper-obsessive, detail addicted, uncompromising quality control genius”.

GWYNETH PALTROW LINES UP HER A-LISTER PALS ON A TRIP TO THE HAMPTONS

Whether as an Oscar-winning actor or the head of a multi-million-dollar wellness empire, Gwyneth Paltrow (right) has earned her stripes... and she's happy to wear them. On an outing in New York State's chic Hamptons, the Goop founder was the epitome of coastal casual in a blue and white striped G. Label by Goop Cannes dress, which she teamed with white trainers and shades.

Gwyneth was accompanied by close friend Sheryl Berkoff. The *Seven* star first met Sheryl, who has been married to Rob Lowe since 1991, when Gwyneth was a teenager and make-up artist Sheryl was working with her actor mother Blythe Danner. "I was immediately obsessed with her," Gwyneth has said. "She was so cool."

No stranger to the Hamptons, Gwyneth has a house at Amagansett and often spends time there with husband Brad Falchuk (together below). "Summers on the East Coast have a certain kind of magic to them," she said last year.

Always happy to mix business with leisure, her latest trip coincided with the two-day opening of Goop Pharmacie, a pop-up beauty store, in Amagansett. Gwyneth also joined actors Cameron Diaz and Reese Witherspoon at a garden party to celebrate the former's organic wine Avaline, and networked with fellow businesswomen at the G9 Ventures Summer Summit.



THE **INSIDE** STORY

ROSIE HUNTINGTON-WHITELEY SAYS ALO TO V.I.P. GUESTS AT LONDON LAUNCH



Model, mother and beauty entrepreneur Rosie Huntington-Whiteley knows all about the flex. She's also more adept than most at striking a pose. All of which made her the perfect person to host the opening party for clothing and wellness brand Alo Yoga's new UK flagship store in London's Regent Street.

Rosie has been working (and working out) with Alo for a decade, discovering the brand before the birth of her son Jack, six, and two-year-old daughter Isabella, with her fiancé, Hollywood star Jason Statham.

Describing herself as "an OG fan" of the cult brand, Rosie told *Page Six Style*: "To be here at the Regent Street opening, in my own home country, is great. It's a wonderful partnership that I'm proud of."

Along with Jason and their children, Rosie made the move back to the UK from California in 2021, homesick after years in the US. "I miss everything about home," she said in 2017. "I miss the culture. I miss the people and I miss the realness of Brits and the sense of humour." Despite making frequent trips back across the Atlantic, the family are now based at their four-storey grade II-listed property in London's Chelsea.

Dressed in white, Rosie greeted VIP guests including Sabrina Elba (together left), the model and activist wife (and business partner) of *Luther* star Idris, and singer and presenter Rochelle Humes (above).

VICK HOPE KEEPS HER COOL WITH A HOT LOOK AS WORK WARMES UP

If Vick Hope was feeling the heat during one of the warmest days of the year, she didn't show it. The TV and radio presenter was photographed leaving the BBC Radio 1 studios in London looking neither hot nor bothered.

Bringing a touch of Ibiza style to the capital's streets, Vick – who shares a home on the Balearic island with her husband, DJ Calvin Harris – showcased a lightweight knitted Prada dress with cutout panels, and flat slip-ons, adding a pop of colour via her floral hair accessory. Along with a YSL shoulder bag, she also carried a summery straw tote, leaving her hands free for her phone and BBC security pass.

While her look may have been effortless and relaxed, Vick's summer will be anything but. In addition to her regular Radio 1 drivetime show with Jamie Laing and Katie Thistleton, she is prepping to co-host Channel 4's live breakfast-time coverage of the Paralympics – which kicks off later this month – alongside Formula 1 commentator Billy Monger. Sharing the news on Instagram, she told her followers she was “beyond buzzed... to be presenting live from Paris”, adding: “[I] absolutely can't wait.”

Then there's her latest TV coup, which will see Vick narrate new BBC reality series *Made in Korea: The K-Pop Experience*. It follows the fortunes of freshly minted British boy band Dear Alice as they strive to become the latest K-Pop sensation.

“Sooooo we launched a brand new Saturday night TV show AND a brand new boyband,” Vick revealed on her Instagram story.

Now that's a real Korea move...



KATE BECKINSALE SPOILT BY MUM AND THE STARS ON HER 51ST BIRTHDAY

A three-tier cake, sequins, dancing, A-list guests and a tongue-in-cheek re-enactment of her own arrival into the world... Kate Beckinsale (left) had the mother of all 51st birthdays, with a little help from her actual mother, fellow actor Judy Loe.

After “waking up at my mum’s house in my bedroom from when I was six”, Kate had what she later described on Instagram as a “lovely loving birthday morning at home”, with treats including a Colin the Caterpillar cake, balloons and gifts.

The celebrations did not end there for the *Underworld* star, however. Kate made a night of it, hosting a party at Mistress of Mayfair in London. She was joined by famous friends including Jemima Khan, comedian and writer David Baddiel and fashion designer Bella Freud (below, from left). Also helping her mark the occasion were magician Dynamo, artist Daniel Lismore and *Drag Race UK* star Baga Chipz. But it was the opportunity to share the special day with Judy that was the icing on the (pink-bow-bedecked birthday) cake for Kate.

Always close, mother and daughter have been inseparable in recent months, with Judy, who has stage 4 cancer, accompanying Kate on an “old girls jolly” to Wimbledon last month, as well as starring alongside her in numerous Instagram reels. The Hollywood favourite has previously called Judy and her own daughter, Lily Mo Sheen, 25, “the two [people] I’ll kill and die for”.

Ever-busy Kate also has three films in post-production: *Canary Black*, *The Patient* and *Stolen Girl*.



REPORTS: KATHRYN WILSON. PHOTOS: DAVID BENNETT/GETTY IMAGES. GETTY IMAGES

JOSH HARTNETT IS HAPPY TO BE CAUGHT IN THE PARENT TRAP

The film is a thriller but there was no shortage of romance on the red carpet as *Trap* star Josh Hartnett and his wife, fellow actor Tamsin Egerton, attended the UK premiere. Together for 13 years and married for nearly three, the couple (right) held hands, enjoying a rare moment in the spotlight together.

Since their 2021 move to a Hampshire village, where they live with their four young children and pets including a herd of pygmy goats, the pair have tended to stay largely under the radar.

And while *Trap* sees Josh play a father with a grisly secret, in real life he makes no attempt to disguise how much he loves his brood. "It puts things in a totally new perspective, of course. Your ego just melts away when you have a new kid – your heart leaves your body, and you give it permission to walk around with someone else for a while," he has said.

He and Tamsin, who met while working on *The Lovers* in 2011, this year welcomed their fourth child – a fact Josh let slip at the SAG Awards in February. "I have four kids. I'm busy either working or taking care of them," he said.

The *Oppenheimer* star was not the only one getting some family time at the screening. With director M Night Shyamalan were (all below) his wife Bhavna Vaswani and two of their three daughters: film-maker Ishana and singer Saleka, who makes her acting debut in *Trap*.



EXCLUSIVE DIARY AND PHOTOS

BEHIND THE SCENES WITH
FORMER OLYMPIC MEDALLIST

REBECCA ADLINGTON

TEAM G.B.'S
TRIUMPHS AND TEARS
AT PARIS 2024

Two-time Olympic gold medal-winning swimmer Rebecca Adlington's first full week in Paris for this year's Games has been nothing short of spectacular. From making precious memories with her husband Andy Parsons and their three-year-old son Albie, to witnessing swimming champ Adam Peaty take home silver for Team GB, plus reporting on the action poolside, it's safe to say that Paris 2024 has been joyous.

Popular Olympian Becky is reporting exclusively from the French capital for **HELLO!**, and in her second column she tells us all about her jam-packed diary from the past seven days – revealing the emotional moments that left her in tears and her biggest highlight so far.

Exploring Paris

Andy and Albie have been here, so we went to Team GB House and spent the whole day exploring. We saw the Louvre, the Olympic flame and walked all the way down to the Eiffel Tower and had the best time.

We also met Andy's sister, who lives in Paris, but Andy and Albie are now down south with his parents. Albie is obsessed with planes, trains, cars, any form of transportation. So I stood waving to see them off and there were no tears because he was so excited to get on the train.

I'm FaceTiming my daughter Summer every day. She's loving life in Spain holidaying with her cousin. She says: "Miss you," and then does all these poses in front of the camera; she's so funny and a typical nine-year-old.

It's lovely that the kids are watching it. I wish they had tickets – we tried, but there were no swimming tickets left. It just wasn't meant to be.

We don't really get to relax here, it's been so busy. It's like that time between Christmas and New Year, where I don't know what day it is. I'm trying to get out to see some of Paris because it's so beautiful. I feel like I'm in the Netflix show *Emily in Paris*...

Adam's silver lining

It was so emotional watching Adam Peaty. I started crying even before the race. When the BBC showed the "Dear Adam" video with his family, it really got me. Anything with the kids; seeing [Adam's son] George say to his dad: "Are you the fastest boy?" I was a mess because him



Rebecca and husband Andy Parsons pose in front of the Olympic rings at the Louvre and (below) grab a family snap with their son Albie. But its mainly all work and no play as the former gold medallist reports on the Games with Clare Balding (top left) and Mark Foster



'It was so emotional watching Adam Peaty. I started crying even before the race'

and Albie are similar in age, so I can imagine Albie saying the same thing.

Adam's so busy and trying to recover from Covid. But I've messaged his coach, Mel Marshall, and he's been in the water, so he's doing OK.

You just can't prepare for the moment you receive a medal. Your emotions are going wild and the microphone gets thrust into your face within a minute of you finishing.

I don't know Adam's journey specifically, but I know what goes into being an elite sportsman. I know those dark times at 5am. I know those times when you are so broken you can't even put your shoes on and walk to your car. And I just thought he spoke so beautifully, and you could see that he couldn't have done any more.

This is the most vulnerable I've ever seen Adam. There are expectations in sport that you've got to keep those things close to your chest and if you don't, it's a weakness. But that's a total myth. He's been able to just be true to himself and it's been amazing to see.

Gold for GB

A highlight for me in the pool has been the men's 4x200m relay when Matt Richards, James Guy, Tom Dean and Duncan Scott won gold for Team GB.

We made the history books by winning that gold medal three years ago, but no one, no man or woman, has ever defended a title, let alone defended the title with the same four people – it's so rare. Their chemistry and bond really come across. I could see there was a lot of joy, but there was also a relief.

I think all four of them had been on their own journey, and all four of them individually are fantastic. But when you put them together, they create history.

Disqualification drama

I'm so gutted for Luke Greenbank. The rule on backstroke is that your head must break the surface of the water at or before the 15 metre mark, the red line on the lane rope. But his face was technically still under the water until after the red line. He didn't know he had done it, so he had finished this amazing heat to make it through to the semi, and it wasn't until he got out that he realised.

My heart breaks for him because he could have won that event and absolutely got a medal. I'm devastated for him and his coach, Mel, because it's so easily done. I hope he can find a way to move forward.

From an international perspective, I have to mention Léon Marchand. He's got three gold medals for France so far – two in the same night and that blew my mind.

Poolside pundits

The three of us, myself, Mark Foster and Clare Balding, have the biggest amount of laughs. We get on really, really well. I've been putting stuff on Instagram everyday and everyone's been saying: "We love you guys," and that's been really sweet.

I'm in awe of Clare. There's no Autocue, by the way. I said: "How do you remember everything?" and she says it's because she writes it all herself. She's such a pro.

As I'm writing, we've still got some amazing swims to come and I'm hoping there are at least three or four medals on the cards.

The busy Princess Royal attended multiple events, including visiting Team GB House



The Princess Royal – herself a proud former Olympic equestrian – prepares to present gold medals to Team GB's eventing team on day three of the Games

FLYING THE FLAG IN FRANCE THE OLYMPIC GAMES

ROYALS AND A-LISTERS FLOCK TO PARIS TO JOIN THE GLOBAL PARTY

It attracts athletes and spectators from all over the world, and among them at the Olympic Games are royal and celebrity visitors, too.

The Princess Royal, Queen Letizia of Spain and King Willem-Alexander and Queen Máxima of the Netherlands all travelled to Paris to cheer on their respective countries, while Hollywood stars including Ariana Grande and Nicole Kidman have also been spotted in the stands.

Perhaps not surprisingly, given her famously busy schedule, Princess Anne attended multiple events, such as visiting Team GB House to meet athletes including gymnast Max Whitlock.

Given her love of all things equestrian, it was fitting that the former Olympian presented the British eventing team with their gold medals on the third day of the Games.

Anne, who is president of the British Olympic Association, also did the honours at the rowing, handing out golds to Team GB's women's quadruple sculls crew last Wednesday.

But it wasn't all work for the royal, who watched the men's field hockey and men's rugby sevens with husband Vice Admiral Sir Tim Laurence.

ROYAL SUPPORT

Queen Letizia put on an animated display as she watched the Spanish water polo team take on Greece. Elsewhere, at a doubles tennis match featuring Carlos Alcaraz and Rafael Nadal, Letizia and King Felipe VI's daughters, the Princess of Asturias and Infanta Sofía, were in the crowd.

The sisters also took a selfie in front of the Eiffel Tower while watching the beach volleyball.

Prince Albert and Princess Charlene of Monaco – both former Olympians, in bobsledding and swimming respectively – flew to Paris to attend the Games. Albert, who is president of the Monegasque Olympic Committee, cheered on his country at a variety of events including swimming and rowing.

The Dutch royals also enthusiastically supported their athletes. King Willem-Alexander and Queen Máxima were joined by their daughters the Princess of Orange and Princess Alexia as they took in the action at events including mountain biking, handball, rowing, field hockey, volleyball and water polo.

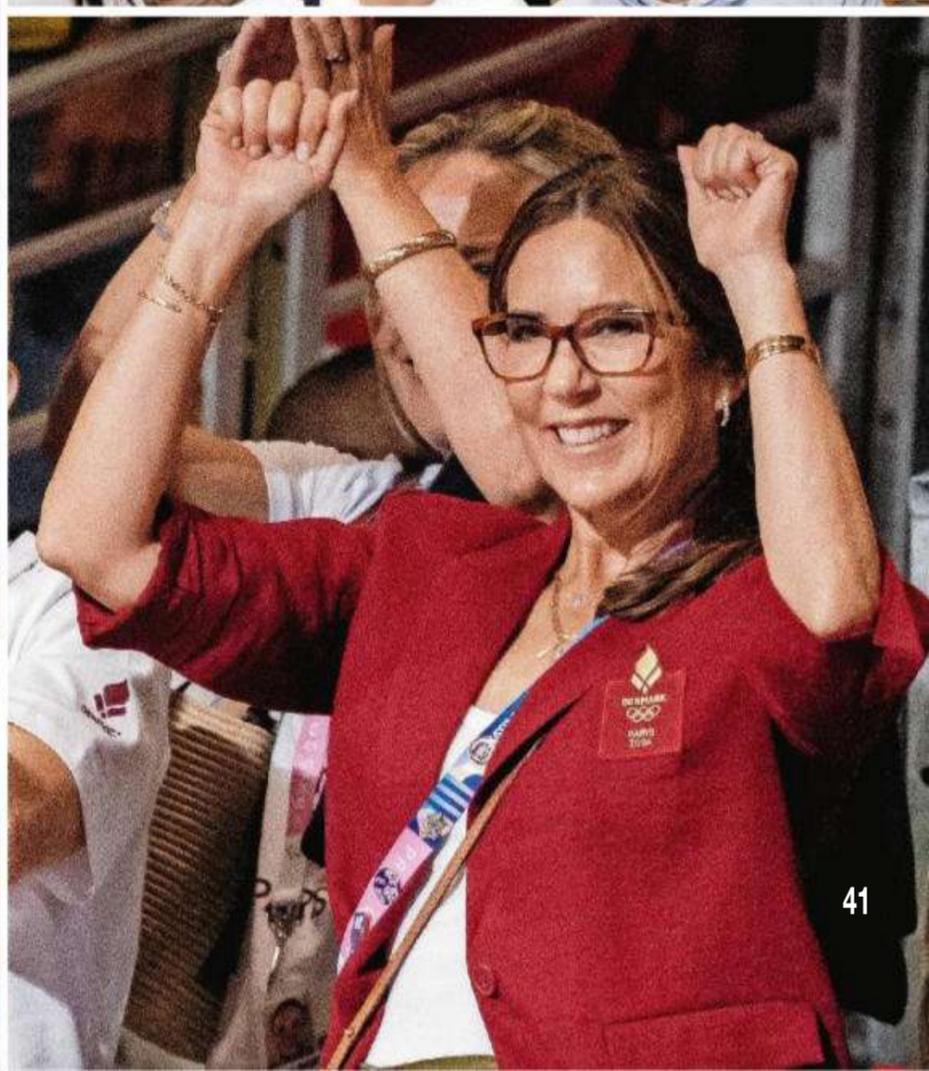
Often dressed in patriotic orange, the Dutch VIPs clearly enjoyed the spectacle, with King Willem also going to meet the hockey players and coaches after their match. "Good luck to all Olympians from #TeamNL in #Paris2024!" the family wrote on social media before the competition began.

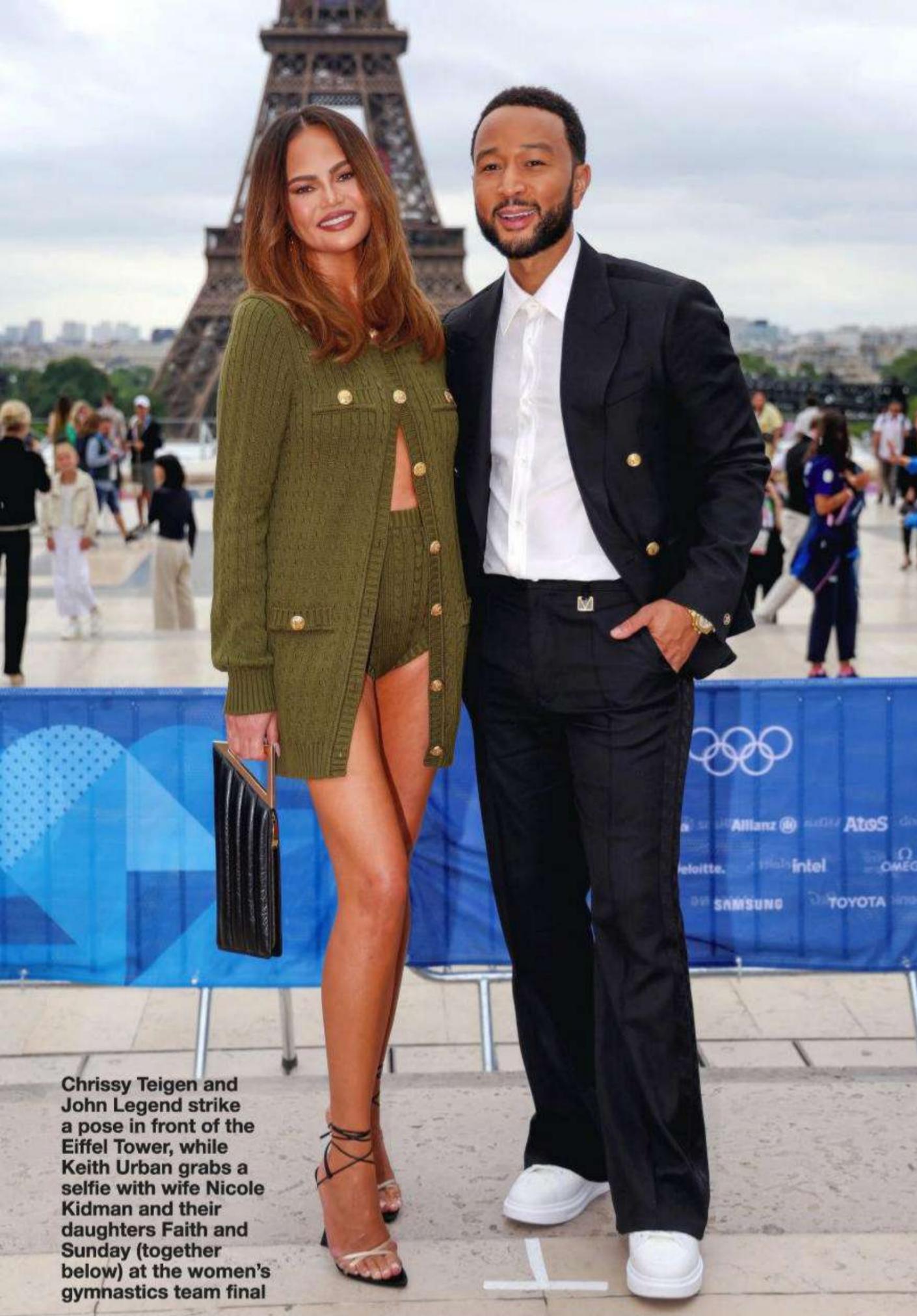
The Games also provided a chance to reminisce for Queen Mary of Denmark, who met her husband, the then Crown Prince Frederik, in a pub in her native Australia during the Sydney Olympics in 2000.

The couple took time to remember the start of their romance when they snapped a ▶



(Clockwise from above) King Willem-Alexander, the Princess of Orange, Princess Alexia and Queen Máxima cheer on the Netherlands women's volleyball team; Alexia blows bubbles while she, Amalia and Máxima watch some swimming; Queen Mary supports Denmark's handball team; Spain's Princess of Asturias and Infanta Sofía enjoy the beach volleyball; Monaco's Prince Albert and Princess Charlene, both former Olympians, arrive at the Games





Chrissy Teigen and John Legend strike a pose in front of the Eiffel Tower, while Keith Urban grabs a selfie with wife Nicole Kidman and their daughters Faith and Sunday (together below) at the women's gymnastics team final



Former tennis star Serena Williams enjoys the women's gymnastics with husband Alexis Ohanian and their daughter Olympia (together above). Also taking in the action are an animated Natalie Portman (right) and a sporty-looking Kendall Jenner (below right)

photo of them in front of the Eiffel Tower and posted it on social media, writing: "The strong community that you feel at the Olympic Games has always meant something special to us, just as it brings back wonderful memories to experience the Olympic atmosphere together again."

Royals weren't the only big names to hotfoot it to the sporting arenas. Nicole Kidman looked delighted to have a spot in the stands at the women's gymnastics team final – and to witness US superstar Simone Biles spin and flip her way to gold – alongside fellow actress Natalie Portman.

Nicole attended the Games with her musician husband Keith Urban and their daughters Sunday, 16, and Faith, 13.

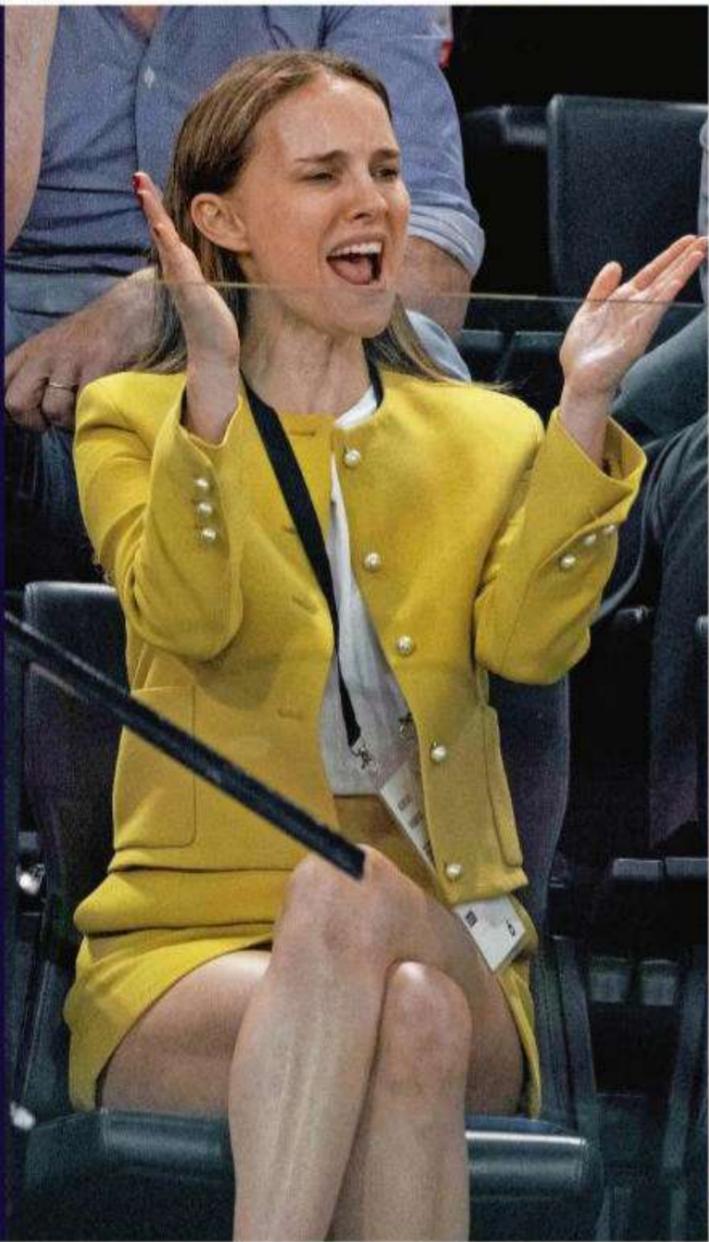
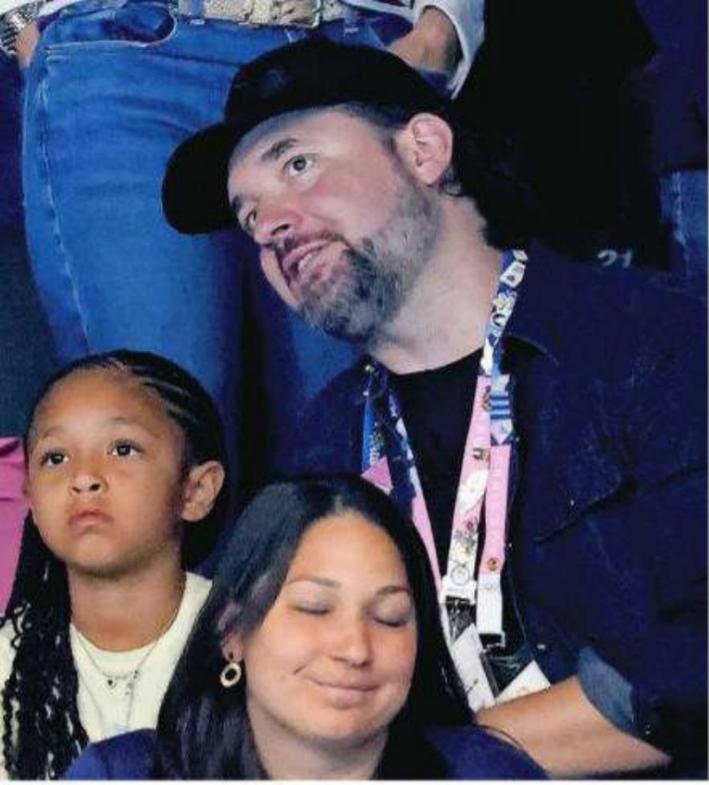
FRONT ROW SEATS

Serena Williams, another former Olympian, was also captured soaking up the atmosphere with the aptly named Olympia, her six-year-old daughter with husband Alexis Ohanian.

A sporty-looking Kendall Jenner looked delighted to be witnessing the women's all-around gymnastics final, having arrived in Paris with her rumoured boyfriend Devin Booker.

Ariana Grande, who made a splash when she attended the opening ceremony with





**'The strong Olympic community is special to us'
Queen Mary of Denmark**



Wicked co-stars Cynthia Erivo and Ariana Grande make a statement, channelling their 43 characters in emerald Louis Vuitton and pink Thom Browne



Style stars (clockwise from right): basketballer LeBron James wears Ralph Lauren with a £210,000 Audemars Piguet watch; sprinter Sha'Carri Richardson nails it; and the South Sudan team show off their smart Moshions suits

Sparkling performance: Simone Biles performs on the beam on her way to claiming team gold with her fellow US gymnasts. After carrying the torch, rapper Snoop Dogg (right) has become an unofficial face of the Games



Simone Biles returned in a \$3,000 blue leotard decorated with 10,000 Swarovski crystals

her *Wicked* co-star Cynthia Erivo, also watched superstar Simone in action, as did actress Jessica Chastain and rapper Queen Latifah. John Legend was spotted in Paris, too, posing at the Eiffel Tower with his model wife Chrissy Teigen.

The glitz and glamour weren't restricted to famous fans. Simone made a triumphant return to the gymnastics arena in a blue star-design leotard decorated with 10,000 Swarovski crystals, created by GK Elite and estimated to cost \$3,000 (£2,300).

Rapper Snoop Dogg became the unofficial mascot of the Games, having carried the Olympic torch, and seemed particularly impressed by the US gymnastics team.

NAILING IT

Team USA sprint legend Sha'Carri Richardson demonstrated her flair for accessorising, showing off lengthy nail extensions featuring charms and flags.

The South Sudanese basketball team were also lauded for their elegance when they donned smart black suits designed by Moshions, applauded by basketball superstar LeBron James, who showed off his own slick style in a smart Team USA Ralph Lauren blazer and jeans, which he paired with a £210,000 Audemars Piguet Royal Oak watch. **H**

REPORT: LAURA BENJAMIN





EXCLUSIVE INTERVIEW

MOVING FROM CRICKET TO TENNIS TO THE OLYMPICS

ISA GUHA

THE BUSY BROADCASTER ON HER SPORTING HEROES AND PASSING THE BATON TO THE NEXT GENERATION

Having spent weeks serving up ace coverage of Wimbledon for the BBC, anyone would think presenter Isa Guha would be tired of talking tennis.

But after hotfooting it to Paris to work on the Olympic Games for the corporation, the former international cricketer turned commentator already has her eyes on the next set.

“It was so exciting to have Wimbledon winner Carlos Alcaraz and Rafael Nadal partnering up for Spain in the men’s doubles, so I was

mostly looking forward to that,” she exclusively tells **HELLO!**

“I absolutely love the gymnastics and seeing Team GB competitors like Max Whitlock and Joe Fraser – it’s an incredible art and skill.

“Simone Biles is the greatest ever female gymnast and is looking better than ever, so I’ve been looking forward to seeing her too,” she says.

Isa, 39, is a woman in demand, having also featured on BBC Radio’s *Test Match Special* as the England men’s cricket team recorded a series

victory over the West Indies in July.

“I’m really excited to be in Paris and be involved,” she says. “I worked in Rio de Janeiro [at the 2016 Olympics] and at the Commonwealth Games [in 2022 in Birmingham], so I know how incredible it is seeing all the athletes being part of something really special.”

WALKING THE WALK

A trailblazer in her field, Isa is an inspiring sports star in her own right. The first woman of Indian heritage

to play cricket for England, she had a stellar career that included winning the Ashes in 2005 and the Women’s World Cup in 2009.

When she retired in 2012, she was the second-highest female England wicket-taker in the history of one-day international cricket.

And now, having adapted to life after elite sport, she is well placed to offer advice to sporting legends Sir Andy Murray and recently retired England fast bowler James Anderson.

“It was very emotional,” she says of

'I'm really excited to be in Paris, seeing all the athletes being part of something special'

being courtside at Wimbledon as Sir Andy confirmed that he would not play at the tournament again. "He has given so much to tennis. He is the epitome of graft, sheer determination and will power.

"He is the only player who has ever played on the professional tour with a metal hip.

"To come back from injury and be the first male British player in 77 years to win Wimbledon, that's testament to him and his will to push himself in front of some greats of tennis – Roger Federer, Nadal – to become world No. 1.

"And then I was there to say goodbye to Jimmy [Anderson] in his final Test at Lord's. They have both lived and breathed the sport their whole lives.

MOVE WITH THE TIMES

"My philosophy in life has always been that change is the only constant, so you have a degree of acceptance that some things come to an end.

"Like anything that changes, you have to grieve that part of your life, because it's over, but you can hold on to so many incredible memories as a result of everything you've done."

Once her decision to retire was made, Isa slipped into retirement relatively easily. "I was always keen to have things outside sport to keep the balance in my life," she says.

She graduated from University College London with a degree in biochemistry and molecular biology, ►

Having already worked on Wimbledon and a Test series this summer, Isa has been looking forward to seeing some of the world's greatest athletes in action too

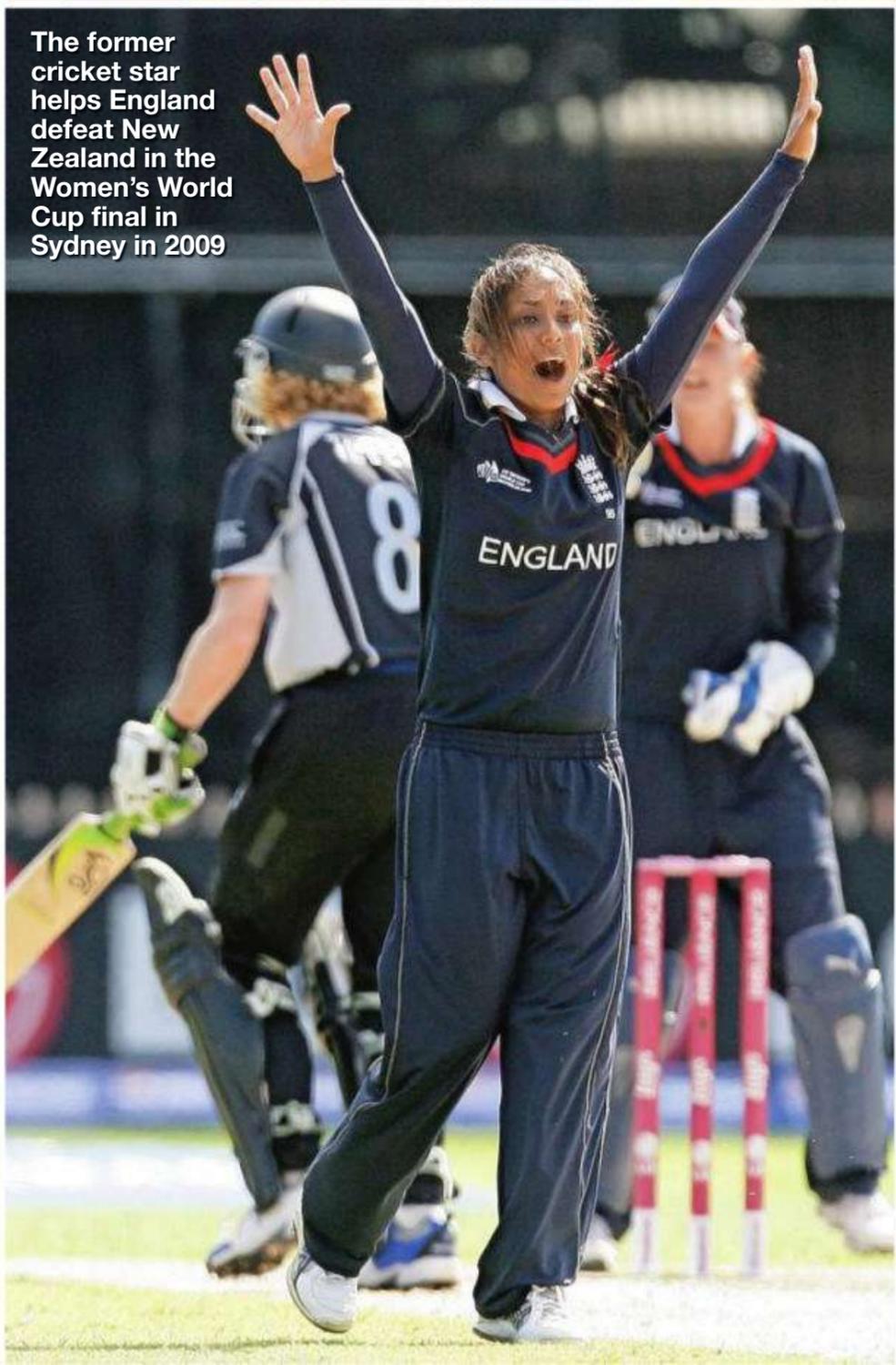
'The benefit of a different perspective is so important, and that's not just gender'



Isa poses in Paris with fellow presenter Mark Chapman and Team GB's bronze medal-winning divers Yasmin Harper and Scarlett Mew Jensen



The former cricket star helps England defeat New Zealand in the Women's World Cup final in Sydney in 2009



having played for England while studying, and later completed an MPhil in neuroscience there.

In 2018, she married *Brother & Bones* musician Richard Thomas, and she has been known to entertain the crew backstage with her own guitar and singing skills.

"When I retired, I found other passions I could get excited about, whether it was broadcasting or travelling, and I was still doing my thesis in science," she says.

Isa never anticipated that broadcasting would be her next career move. Yet she has excelled in this arena too, shrugging off some initial sexist criticism with support from the late Australian cricket legend Shane Warne and respected BBC broadcaster Sue Barker.

That's no mean feat in a male-dominated world, but her resilience was forged at an early age when she had to fight for a place on the boys' cricket team.

"At the start of my career, people would say: 'What is she doing? There shouldn't be a woman doing it,'" she recalls. "I was lucky to have a lot of positive male role models who supported me – people like Shane and a lot of other guys on the circuit.

"The benefit of a different perspective is so important, and that's not just gender. It's people from all backgrounds, with different personalities, who have grown up in different spaces and can give a different viewpoint on a sport."

So what is the secret to

broadcasting success? Being yourself, the star says. "That's the key advice I'd give to anyone. It's something Sue Barker said to me when I first started doing Wimbledon – 'You've got to do it in your own way and your own style' – and I took that on board."

FAMILY SUPPORT

From the outset, her biggest supporters have been her parents, in particular her late mother Roma, who gave the teenage Isa the confidence to pursue her dream.

"There were definitely times when I felt I wasn't fitting in and my mum gave me the advice I needed to keep going and do the talking on the pitch," she says.

"This is something I'm trying to do with my charity Take Her Lead, so young girls in sport have mentors who can support them. We want to retain girls in the sport, whatever that looks like. Whether it's playing, coaching or administration, we want to provide more opportunities for women in the game."

Would she like to try coaching? "Maybe down the line – I wouldn't rule it out," she says. "But I'm really enjoying what I do right now. I feel very privileged to broadcast both here and in Australia and around the world."

For now, her focus is getting stuck into the Olympics. "There is a lot to fit in," she says. "It's an **H** utter privilege."

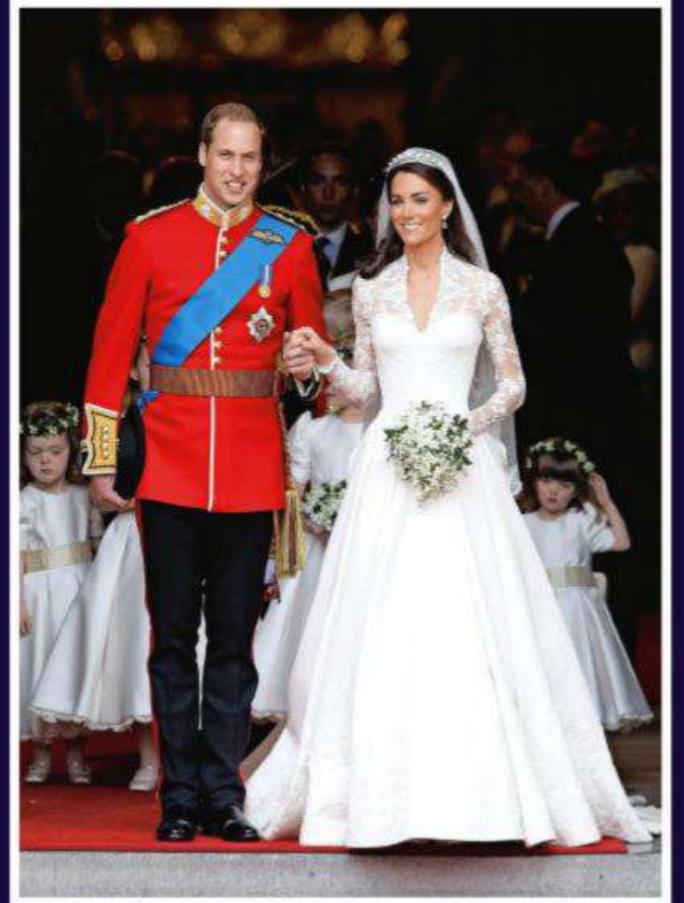
INTERVIEW: DANIELLE LAWLER

AS ROYAL AUTHOR'S NEW BIOGRAPHY IS RELEASED THE PRINCESS OF WALES

SMART, STEELY AND DETERMINED – AND WHY THE MONARCHY NEEDS HER MORE THAN EVER



Kate pictured during her cancer treatment, at home in Windsor in June. Royal author Robert Jobson believes that the Princess is now held in even higher esteem by the public, having shared her diagnosis earlier this year



It's been two decades since the now Princess of Wales first came to the public's attention as Prince William's girlfriend.

The couple famously wed in a fairytale ceremony in 2011, and in the intervening years, Kate has won legions of fans worldwide.

But the Princess is now more important to the future of the monarchy than ever before, according to the author of a new biography.

"She's the glue that keeps the monarchy going forward together," Robert Jobson tells **HELLO!**. "She certainly has captured the imagination."

"She's a woman of the time... she understands a lot, and I think that she's important [to the royals] as that glue with the people."

Such is the fascination with the future Queen, says Robert, that his book, *Catherine: The Princess of Wales*, has already been translated into 19 languages. And he believes her openness around her cancer treatment has propelled that interest into a whole new stratosphere.

FRESH APPRECIATION

When Kate shared her diagnosis in March, "people realised what they had for the first time... they suddenly realised: 'Kate's very important to us'", he says. "She does things in a very subtle way, but people have realised she's special."

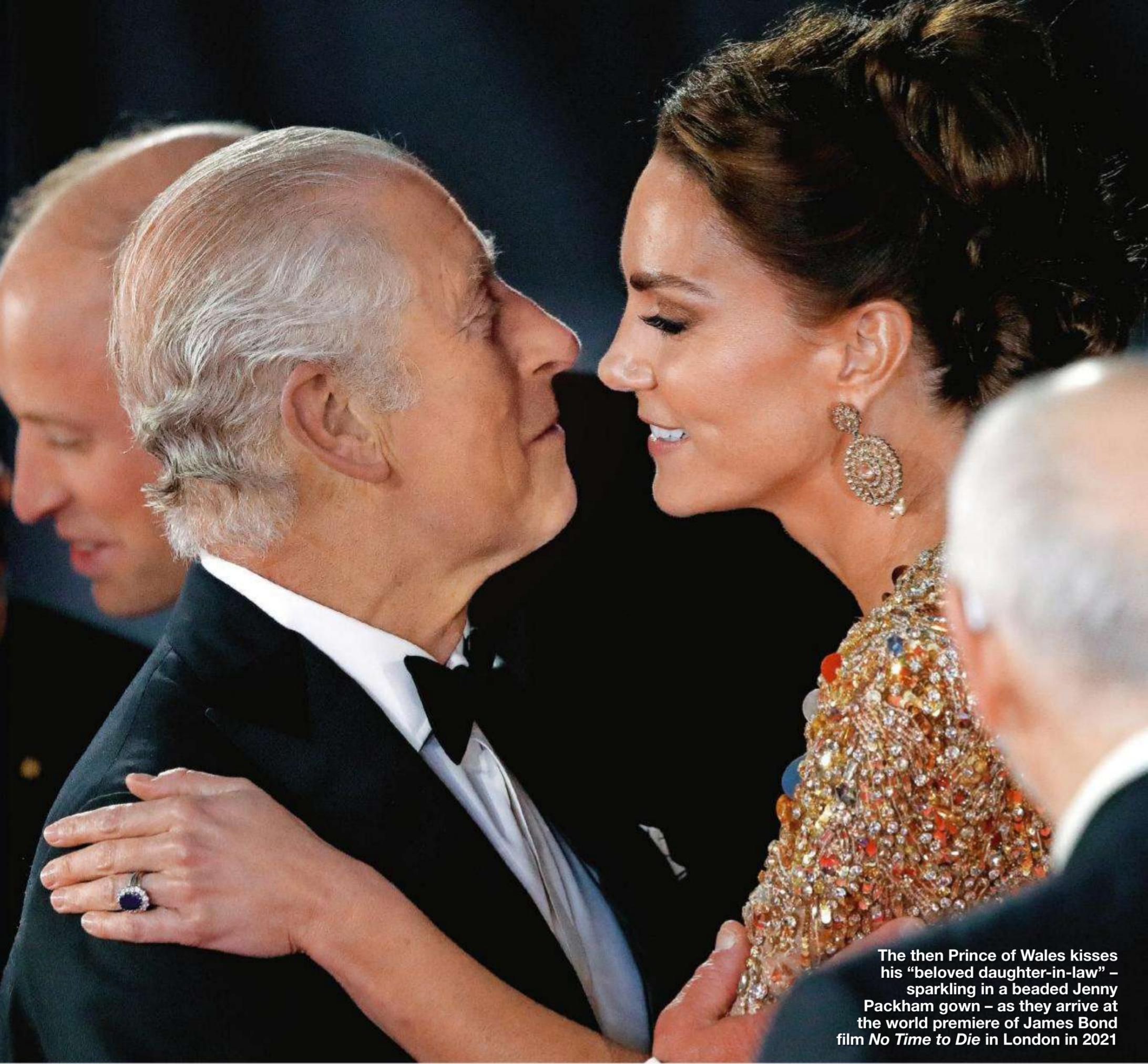
Robert says that the Princess is "a bit of an enigma", but adds: "I wanted to get a sense of who she really is."

"This is a girl who went to work on a double-decker bus, like a lot of us have done in London; she went to very good schools, obviously."

"But her grandfather, on her mother's side, was a painter and decorator. The reality is that she comes from a different world from ▶



Kate, smart in pink Alexander McQueen during a trip to London's Foundling Museum in 2023, has become an invaluable asset to the royal family since marrying Prince William (together above left) at Westminster Abbey in 2011



The then Prince of Wales kisses his “beloved daughter-in-law” – sparkling in a beaded Jenny Packham gown – as they arrive at the world premiere of James Bond film *No Time to Die* in London in 2021

where her children were born as Princes and a Princess. Her husband was born a Prince. Her father-in-law was always destined to be King.”

The book charts Kate’s childhood and youth with her parents Carole and Michael Middleton and siblings Pippa and James.

And her relatively ordinary family background has given her an understanding of “all those things that people really have to face”, Robert says.

“She may be a commoner, but there’s absolutely nothing common about her,” he tells us. “She’s very smart; she’s driven.

“Going forward for the monarchy, it seems so important at this moment that you have someone who’s really not just a people’s Princess – this beautiful person – but somebody who is a Princess of the people, who actually understands it in a way her children will never be able to understand, nor her husband, despite the fact that he seems to be quite a normal guy.”

The book also describes how Kate has carved

out her role on her own terms, with the clear aim of putting her family first.

“With her children, she made it very clear to both the late Queen and to the Prince of Wales, as he was – now the King – that she’s not going to be rushed into doing things that she doesn’t necessarily want to do,” Robert says.

“That takes quite a lot of courage, because you’re in a very alien world. But I think she realises that she only has one shot at this. She’s got three young children, and they have to come first.”

RISING TO THE CHALLENGE

Outlining the qualities that have helped Kate withstand the pressures of public life so far, he tells us: “She is smart, she’s steely, she’s determined. She will make sure she defends her position.”

Robert, who has been writing about the royal family since 1991, credits the Princess with helping her husband strengthen his bond with his father,

with whom he has not always seen eye to eye. And he describes the King’s warm relationship with his “beloved daughter-in-law”, who affectionately calls him Grandpa.

“The King clearly adores Kate. You only have to look at the way he greets her,” Robert says. “He makes a beeline for her and every time he sees her, his eyes light up. And she is able to make sure he sees his grandchildren whenever that can be done.”

Sharing the experience of cancer treatment has also brought the pair closer together. “That’s a real connection for them,” he says.

As for her future as Queen Catherine, Robert believes that Kate will be key to the success of King William V.

“They play a very important role as a double act, and she very much supports him,” he says. “That will be important, because it’s a lonely existence, flying around the world half the time, as they will do as King and Queen.”

But for now, as Kate continues her recovery ▶

Kate wears her ceremonial robes as a Dame Grand Cross of the Royal Victorian Order – teamed with a Jess Collett x Alexander McQueen headpiece and pearl and diamond earrings that once belonged to Diana, Princess of Wales – at the King's coronation last year



Kate leads her family – Princess Charlotte and Princes George and Louis, holding the hand of cousin Mia Tindall, plus husband William – to the Christmas Day church service at Sandringham in Norfolk last year. She has a strong bond with her sister Pippa and mother Carole Middleton (together below left) and enjoyed a good relationship with Queen Elizabeth II (together below in 2012)



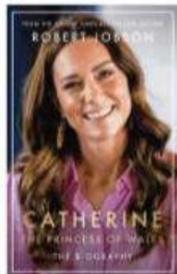


Drawing support from her family as she continues her treatment, Kate appears on the balcony of Buckingham Palace at Trooping the Colour in June, before attending the men's singles final at Wimbledon in July (right)



from cancer, Robert believes the Princess is right to prioritise her private and family life while she can.

"She's very calm," he says. "She's a person who wants to find solutions and rise above the noise and the drama, and I think, given what she's gone through, you don't want to waste any time on noise, on drama, when you've had anything to do with your health. You live day by day; you do the things you want to do."



"Her children are very, very young. This is a time she won't get back again."

"The difference between her and other people is that, in your career, you may have different phases. With her career, it's only going to get more and more official." **H**

INTERVIEW: EMILY NASH

Catherine: The Princess of Wales is out now, published by Bonnier Books, priced £22.



Baron Philip von Ullmann, owner of Goliath, the winner of the prestigious King George VI and Queen Elizabeth Qipco Stakes at Ascot, is delighted to receive the gold trophy from the Queen

BACK TO NATURE AND A DAY AT THE RACES FOR THE KING AND QUEEN BEFORE THEY START A WELL-EARNED SUMMER HOLIDAY IN THE HIGHLANDS

The King and Queen have been winding down their official duties before beginning their traditional annual break in Scotland, with Her Majesty enjoying a day at the races at Ascot before heading north of the border.

Keeping her cool in a wide-brimmed hat and a blue iris-print Suzannah London shirt dress called the Montecito – coincidentally, the same name as the exclusive district

in California where the Duke and Duchess of Sussex now live – she chatted with her former husband Andrew Parker Bowles at the Berkshire racecourse and watched as her filly Handcuffed competed in the Princess Margaret Stakes.

PRESTIGIOUS PRIZE

Although she missed out on a winner herself, she presented the large golden trophy for the King George

VI and Queen Elizabeth Qipco Stakes to Baron Philip von Ullmann after his horse Goliath, ridden by French jockey Christophe Soumillon, romped home at odds of 25-1. It was the first time a French steed had won the prestigious race, described by Ascot as its “premier midsummer showpiece”, for almost 20 years.

After chatting to the owner, Her Majesty spent time mingling with

jockeys and racegoers, including Queen Elizabeth II’s racing manager, John Warren.

She and the King plan to stay in the Highlands until September, with His Majesty starting his break at the Castle of Mey in Caithness, which was previously the holiday home of the King’s grandmother, the Queen Mother.

The King will carry out a handful of official engagements while in

Her Majesty spent time mingling with jockeys and racegoers at Ascot



Sporting a summery Suzannah London dress, Camilla chats to the late Queen's racing adviser John Warren

Scotland and was expected to attend the Mey Highland Games last weekend.

BEST OF BRITISH

Shortly after arriving in the area, the King visited Forsinard Flows nature reserve in Sutherland, which was recently named Scotland's seventh Unesco World Heritage Site and the UK's 35th.

The peatland, which is home to an array of wildlife, is the world's largest blanket bog and is estimated to store around 400 million tonnes of carbon dioxide – more than all of the UK's woodlands combined.

Wearing traditional Highland dress including a tweed jacket, kilt and sporran – plus a sgian dubh, a dagger tucked into





The King greets the 42F King's Lynn Squadron Air Training Corps as he attends a Sunday church service in sunny Sandringham before travelling to Scotland, where (right) he meets members of the Feis air an Oir children's orchestra

his sock – the King, who is patron of the Royal Society for the Protection of Birds, met staff from the charity.

He also talked to representatives of NatureScot, which led the bid for Unesco recognition, and The Highland Council.

Signing the visitor book, he joked: “I’m hoping that my pen is going to work; it doesn’t usually,” a reference to his frustration when he encountered a leaky fountain pen at Hillsborough Castle in Northern Ireland in 2022.

RARE TREAT

The monarch then met families at a community festival, watching as venison burgers were cooked and served with homemade condiments including blackcurrant ketchup.

“I hope the venison burgers are up to standard,” he quipped, before being given a saddle of venison to take home.

He also listened to a performance by children’s orchestra Feis air an Oir – Gaelic



Wearing a kilt for his Highlands visit, His Majesty – a long-time supporter of organic farming – is handed a saddle of venison to take home



The King is expected to host the new Prime Minister at Balmoral Castle

for Festival on the Edge – with young fiddlers prominent among the ensemble.

Later this week the royal couple will spend time at Birkhall, their private home on the Balmoral Estate, before moving on to the castle.

SPECIAL GUESTS

Over the summer, they are expected to host members of the royal family there, as well as dignitaries including Prime Minister Sir Keir Starmer, accompanied by Lady Starmer.

Also on the agenda during the coming weeks is a weekend at the Braemar Gathering, which was one of his mother's favourite events in Scotland. **H**

REPORT: TRACY SCHAEVERIEN



Charles shares a joke with the MSP for Caithness, Sutherland and 59 Ross, Maree Todd (second right), who is also Scotland's minister for social care, wellbeing and sport



The Queen Mother with her dog Honey at the estate (today, below), where her grandson the King (right) poses in front of the castle



BELOVED RETREAT OF QUEEN MOTHER AND THE KING THE CASTLE OF MEY TO OPEN FOR EXCLUSIVE CHAMPAGNE TOUR AND DINING EXPERIENCE

The King is opening one of his favourite Scottish retreats to private diners this summer, offering visitors a unique chance to follow in his footsteps.

For the first time, visitors can book an exclusive dining experience at the Castle of Mey, once home to the Queen Mother and still a summer holiday base for the monarch.

Groups of up to 12 can take a champagne tour of the 16th-century castle in Caithness before enjoying a bespoke three-course menu created by a local chef.

Dinner will be served at the King's Table in the dining room, which His Majesty still uses, with the option of a whisky or gin tasting in the drawing room and a live performance from a piper to follow.

Guests can already stay overnight at the luxurious Granary Lodge at the castle between April and October, overlooking the Pentland Firth, with views to Orkney on a clear day and sometimes even sightings of the Northern Lights. The dining experience, however, will be available year-round – when the King is not in residence; he spends at least a week there at the start of August every year.

POPULAR WITH THE PUBLIC

The Queen Mother bought the castle in 1952, following the death of her husband George VI. She spent three weeks there each August and another ten days in October. In 1996 she gave it to the Queen Elizabeth Castle of Mey Trust, which opened it to the public for the first time after her death in 2002.

It now attracts tens of thousands of visitors a year and is open Wednesday to Sunday from May to September, apart from a period in late July and early August when the King and Queen return there for a holiday.

All proceeds from tours, stays and experiences go to The King's Foundation, which looks after the historic property. The charity also offers education courses for more than 15,000 students annually, health and wellbeing programmes for nearly 2,000 people every year, and supports traditional arts and crafts. **H**

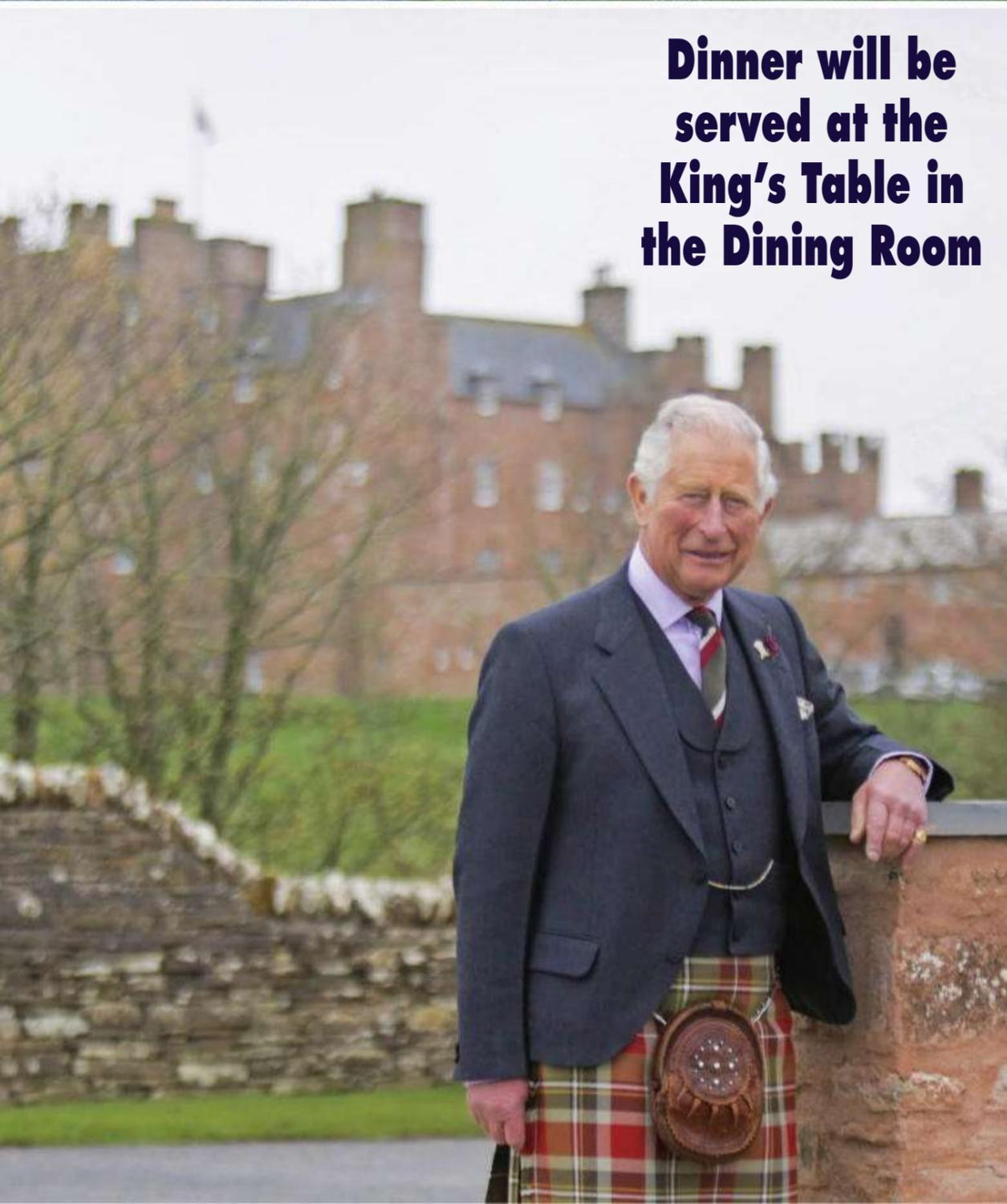
REPORT: EMILY NASH

For more information, visit castleofmey.org.uk.



The Castle of Mey is the most northerly inhabited castle in Scotland

Dinner will be served at the King's Table in the Dining Room



A three-course menu will be served at the King's Table with a traditional piper performing



**SIX TRIAL
ISSUES
FOR JUST £10**

**SAVE OVER 50%
PLUS ENJOY FREE
HOME DELIVERY**

HELLO!

Summer



VISIT [CHECKOUT.HELLOSUBSCRIPTIONS.CO.UK/QHE824UK](https://checkout.hellosubscriptions.co.uk/QHE824UK)

OR CALL 01858 438430 QUOTING QHE824UK OR SCAN THE QR CODE

Terms and conditions: After six-issue trial, payment changes to £45 every six months. Other discounts are available; visit checkout.hellosubscriptions.co.uk/QHE824UK. All offers are for UK residents aged 18 and over only, are for print subscriptions only and not available for digital subscriptions, and are subject to availability. HELLO! or its agents or business partners may contact you about new promotions, products and services. For quality and training, we may monitor communications. For queries about existing subscriptions or new orders, email hello@subscription.co.uk. Existing subscribers can manage or renew online at account.hellosubscriptions.co.uk. The full UK annual subscription rate is £173.40.

SAOIRSE RONAN

Secretly ties with knot with actor Jack Lowden



Actress Saoirse Ronan has tied the knot with her boyfriend Jack Lowden in a secret ceremony.

Brooklyn star Saoirse, 30, and *Slow Horses* actor Jack, 34, who began dating in 2018 after starring together in the film *Mary Queen of Scots*, married in a private ceremony at

Edinburgh Registration Office. It is believed that the event was held over the weekend of 20 July.

Friends and family of the bride and groom are thought to have been present, although no photos from their big day have been released yet.

The couple, who were recently spotted together at Glastonbury Festival, sparked engagement rumours last October when Saoirse attended a Louis Vuitton show in Paris with a diamond ring on her left hand.

CAROLINE FLACK

Stars flock to Flackstock in presenter's memory



Caroline Flack's family and celebrity friends came together at the third annual Flackstock festival in July to pay tribute to the late TV presenter and raise funds for mental-health charities. Former *Love Island* host Caroline took her own life in 2020, aged 40.

Over its first two years, the event raised almost £500,000 for four charities that were important to Caroline: Choose Love, Mind, Samaritans and the Charlie Waller Trust.

Princess Beatrice attended the festival in the grounds of Englefield House in Berkshire, along with Carol Decker, Kate Lawler, Denise Van Outen, Natalie Pinkham and Chris O'Dowd.

Guests enjoyed performances by headline act Olly Murs, Rebecca Ferguson and All Saints' Shaznay Lewis, as well as a DJ set from Gok Wan.

DUKE AND DUCHESS OF SUSSEX

To visit Colombia after official invitation



The Duke and Duchess of Sussex are to visit Colombia later this year, at the invitation of the country's vice-president Francia Márquez.

The couple, who live in Montecito in California with their children Prince Archie, five, and Princess Lilibet, three, will travel to the capital

Bogotá, as well as coastal areas of the country.

The vice-president said: "During their trip, the Duke and Duchess will join me in visiting Bogotá, as well as the Caribbean and Pacific regions of Cartagena and Cali.

"They will have the opportunity to engage with leaders, youth and women who embody the aspirations of Colombians committed to progress.

"In addition to these meaningful interactions, they will experience the rich heritage of Colombia."

DIANA, PRINCESS OF WALES

Affectionate letters to housekeeper sell at auction



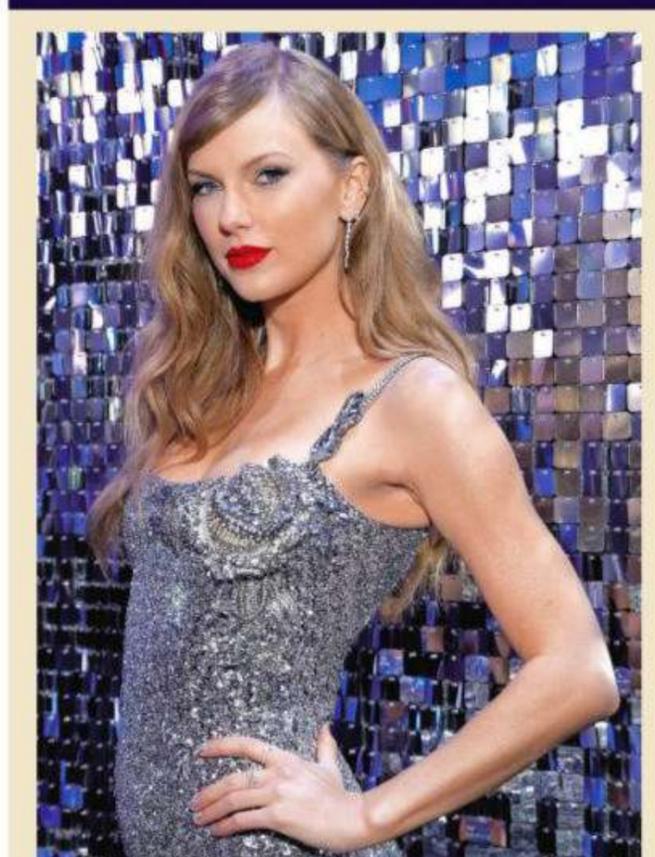
Letters and cards sent by Diana, Princess of Wales, to her former housekeeper Violet Collison, whom the royal affectionately called "Collie", have fetched £54,500 at auction.

Violet, who worked as head housekeeper at Park House on the Sandringham Estate in Norfolk while Diana was growing up, was a close friend of the royal and her children, Princes William and Harry, often giving them gifts.

In return, Diana sent Violet thank you letters and cards, which have now been sold at Sworders auction house in Stansted Mountfitchet, Essex.

One letter, dated September 1984, showed the boys' closeness, as Diana wrote: "William adores his little brother and spends the entire time pouring an endless supply of hugs and kisses over Harry."

STORY OF THE WEEK



Taylor Swift's 'shock' at Southport deaths

Taylor Swift has released an emotional statement following the killings of three young girls at a dance class themed around her music in Southport, Merseyside.

Bebe King, six, Elsie Dot Stancombe, seven, and nine-year-old Alice Dasilva Aguiar were killed, with five other children and two adults left in a critical condition.

Suspect Axel Rudakubana, 17, of Banks in Lancashire has been charged with three counts of murder, ten counts of attempted murder and possession of a bladed article.

Taylor wrote on Instagram: "The horror of the attack is washing over me continuously and I'm completely in shock... the loss of life and innocence, and the horrendous trauma inflicted on everyone who was there, the families, and first responders.

"These were just little kids at a dance class. I am at a complete loss for how to ever convey my sympathies to these families."

After details of the tragedy emerged, the King released a message, writing: "My wife and I have been profoundly shocked to hear of the utterly horrific incident in Southport.

"We send our most heartfelt condolences, prayers and deepest sympathies to the families and loved ones of those who have so tragically lost their lives, and to all those affected by this truly appalling attack."

The Prince and Princess of Wales shared their "love, thoughts and prayers", writing: "As parents, we cannot begin to imagine what the families, friends and loved ones of those killed and injured are going through.

"Thank you to the emergency responders who, despite being met with horrific scenes, showed compassion and professionalism when your community needed you most."

For the latest celebrity news, visit hellomagazine.com

Quote of the week



'I can move mountains with my bum. I've been working out like a crazy person'

Adele is getting in shape for her Munich concerts this month

LORD FELLOWES

Diana, Princess of Wales's brother-in-law dies



Baron Fellowes, brother-in-law to Diana, Princess of Wales and uncle to the Prince of Wales and the Duke of Sussex, has died of undisclosed causes aged 82.

Born Robert Fellowes in 1941, he served as Queen Elizabeth II's private secretary for nine years and married

Diana's older sister Lady Jane Spencer in 1978. He is survived by her and their three children.

His father, Sir William "Billy" Fellowes, was the land agent at Sandringham from 1936 to 1964, and a shooting companion of George VI.

Lord Fellowes once said of Diana: "I was deeply fond of her. She was a very good person. She found it difficult in life to find happiness."

● **Francine Pascal**, author of the *Sweet Valley High* young adult books, has died at the age of 92.

HUW EDWARDS

Guilty of making indecent images of children



Former BBC newsreader Huw Edwards has pleaded guilty to three counts of making indecent images of children between December 2020 and August 2021.

The presenter, 62 – who resigned from the BBC in April on medical advice, having been off air since July

2023 – appeared at Westminster Magistrates' Court.

The charges relate to 37 images shared on WhatsApp: six category A images – the most serious type – along with 12 category B pictures and 19 category C photographs.

The presenter, who recently split from his wife Vicky Flind, was found to have the images after police seized a phone owned by convicted paedophile Alex Williams, which had the newsreader's numbers stored in it.

EXCLUSIVE

PARTYING IN PARIS NICOLE KIDMAN AND DAUGHTER SUNDAY SHINE AT OMEGA OLYMPICS BASH

For Nicole Kidman, attending the Olympic Games has provided not only a chance to see the world's top athletes in action, but also an opportunity to spend time with her family in the city of love.

The Australian actress, 57, has spent the past three weeks in Paris soaking up the atmosphere with her husband, singer Keith Urban, 56, and their two daughters, Sunday, 16, and Faith, 13.

The family have been taking in the action from the sidelines, and it seems the Academy Award-winning actress is a big fan.

"I went to the London Olympics [in 2012] and the Winter Olympics in Vancouver [in 2010]. We were meant to go to Tokyo [in 2021, during the Covid-19 pandemic], but obviously that couldn't happen. So this feels like the first big one back in a long time," Nicole says.

"It's great to see how much work they've put into it and how it's flowing so well. They've worked it out beautifully."

IN HER BLOOD

It's perhaps unsurprising that the *Big Little Lies* star is keen to keep up with the latest sporting events, having grown up in an active environment.

"I play tennis, I love running and I love swimming. I think that's just being Australian. You participate in sports really early on," she says. "But I'm also a great spectator. I love to cheer people on."

If her dual nationality leaves fans wondering whether the Hawaii-born star is pledging allegiance to Team USA or Team Australia, Nicole has enough support to go around.

"We're supporting both. It depends on the event," she says. "We really wanted one of the Aussie girls to win in the swimming."

"There was also an American girl competing who went to one of my daughter's schools. So in that case, we were definitely going for them in the US team."

Swimming is one of the jewels in the Olympic crown, and for Nicole's family, it was an event like no other.

"Watching [France's] León Marchand set an Olympic record in the 400m individual medley was beautiful. The atmosphere was electric. It feels like you're in a nightclub," she says.

A full-page photograph of Nicole Kidman standing on a red carpet. She is wearing a white, short-sleeved, structured crop top and a matching white skirt. Her hair is blonde and styled in loose waves. She is smiling slightly and looking towards the camera. The background is a red wall with large, stylized white letters spelling out 'OMEGA' and 'HER TIME'.

Nicole is chic in a structured white Valentino top and skirt as she arrives at Omega House in Saint-Germain-des-Prés, accompanied (left) by daughter Sunday in a grey Chloé waistcoat and flared trousers

Nicole and Keith, who married in 2006, and their daughters were also seen glued to their seats as they cheered on 14-year-old Australian skateboarder Chloe Covell, who was competing in the final eight at La Concorde skate park.

“I find the resilience of these athletes extraordinary,” she says. “The Olympic Games crosses all demographics and everyone is part of it. It’s about us all having hope – hope for every single athlete who comes here. That’s what I love seeing people so united on.

“As an athlete, if you can tell people that you went to the Olympics, you have that for the rest of your life. It’s about competing, but it’s also about experiencing so much joy.”

HOPE AND GLORY

After a fun-filled few days, Nicole took Sunday to the Her Time event at Omega House, the watch brand’s home for the duration of the Games.

Arriving at the Hôtel de Poulpry in the historic quarter of Saint-Germain-des-Prés, Nicole looked pristine in a white Valentino crop top and matching skirt, while Sunday embodied smart casual in a grey Chloé waistcoat and flared



Global brand ambassador Nicole often wears vintage Omega timepieces, while Rebel Wilson (above) teams her Balmain ensemble with a watch from the brand

trousers. The *Eyes Wide Shut* actress, who is a global ambassador for Omega, also wore a rose-gold watch by the brand.

“Whenever I go to a black-tie event, I’ll say to Omega, what have you got that’s one-of-a-kind and extraordinary?” she says.

“They lend me things from the vintage collection and your jaw just drops. My favourite changes all the time, but the Ladymatic is the one I’m always drawn to.

“I have a daughter who is now obsessed as well. She’s more sporty than me, but she’s wearing a Ladymatic here in Paris. She’s got style.”

TEAM SPIRIT

Nicole’s collaboration with the brand is perfectly timed for her stint in the French capital, given that Omega is the official timekeeper of this year’s Games.

“The reason I love coming is that Omega is a people brand, so like the Olympic Games itself, they bring people together,” she says.

Away from the high-stakes sporting action, it’s the French food that has Nicole’s heart.

And the one item she wishes she could take with her? “The baguettes. They just don’t compare anywhere else. I don’t care what people say.”





Ω
OMEGA

Ω
OMEGA



Sisters Fleur (left) and Keshia decided to develop a haircare range specially for curly, coily, wavy and tight-textured hair to address a gap in the market



EXCLUSIVE INTERVIEW AND PHOTOS

THE ULTIMATE SISTER ACT FLEUR EAST AND SISTER KESHIA TELL US ABOUT THEIR JOURNEY OF DISCOVERY

Giggling and sharing secret smiles as they throw identical poses for the camera, Fleur East and her sister Keshia could be twins. With their trademark curls, bouncy demeanour and infectious personalities, they light up the room at this exclusive **HELLO!** shoot.

Taking turns to cuddle with *The X Factor* and *Strictly Come Dancing* star Fleur's adorable four-month-old baby daughter Nova, they are as close as two sisters can be.

Make-up artist Keshia, 31, is, Fleur says, an "amazing" aunty and she hopes Nova – who she shares with husband Marcel Badiane-Robin – will follow in the sisters' independent footsteps.

"I really want her to be passionate and follow her goals and dreams and whatever inspires her," the singer tells us. "I don't ever want her to be afraid. I just want her to be confident in whatever it is that she wants to do and to believe that she can really achieve."

Indeed, having found success in the music industry with hits such as *Sax* and a popular show on Hits Radio, Fleur has joined forces with her sibling to launch revolutionary haircare brand Kurl Kitchen, offering the kind of products they wished they had growing up in East London.

CURLS TO THE FRONT

Their mother Irene was from Ghana and their father Malcolm from England; neither knew how to work with their daughters' natural curls. "The assumption when you have our hair type is that having a black mother, she would know exactly what to do. But her hair type is completely different to ours," says Fleur.

"And our father's hair was also completely different, so we had a struggle on both sides. Back then, curls weren't really celebrated – you kind of always wanted to fade into the background."

There will be no fading into the background for anyone struggling to tame their hair now, if the East sisters have their way.

They have incorporated natural ingredients found in Ghana into the range to honour their heritage. "We've used things that our mum cooked traditional Ghanaian meals with, like wild yam, plantain skin, baobab and okra," Fleur explains. "We're really excited to bring African ingredients to the forefront in a way that's pretty unique."

The pair had frequently discussed launching a beauty company together but it was the death of their father in 2020 that pushed

Singer and presenter Fleur hopes her and Keshia's entrepreneurial spirit will set an inspiring example for her baby daughter Nova, who was born in March

'Fleur's the older one so she's got that authority, and I am probably the bossier one'

them into action. "We needed to do something together because we thought: 'Life is too short'," Keshia says. "Our dad always encouraged us to do business ventures together, so it was really nice to honour his memory by creating something."

Their mother is delighted at the girls' initiative, especially because it has roots in her own personal history. "Our mum has absolutely loved it because it's been a nice journey of discovery for us," Fleur says. "We went to Ghana to formulate all the ingredients, which took us back to our heritage. We've sat with mum and spoken a lot about what she used to do when we were younger. We even did a video on social media where we speak Twi, the Asante dialect. For us to be born here and to understand her mother tongue is quite a big deal."

MAKING WAVES

The sisters "work well" together alongside Fleur's husband Marcel, who also helped set up the company, Keshia says. "It's lovely to work together and we have got such a nice relationship. She's the older one so she's got that authority, and I am probably the bossier one, so it all works out."

Yet, despite the existence of Kurl Kitchen and other trailblazing beauty ranges such as Fenty by Rihanna shaking up the industry by providing products for all skin types and ethnicities, they say a lot more can be done.

"The situation has definitely improved but there's still a long way to go," Keshia says. Fleur adds: "We are still hearing of circumstances where people with Afro hair types are walking into salons and people are telling them they can't do their hair. I remember going on shoots and bringing my curl cream, a diffuser and a comb, because I almost expected that someone was there that wouldn't know what to do with my hair, which happened a lot."

They both hope Nova will not follow their example as young girls and instead embrace her locks. "I would love her to just really celebrate her natural hair," Fleur says. "I hope I can be that example to her. I remember on my wedding day I had my curls out and now I'm so happy ▶



'We've used ingredients that our mum cooked Ghanaian meals with, like wild yam, plantain skin, baobab and okra'





'I remember on my wedding day I had my curls out and now I'm so happy that Nova can look back on that'

that Nova can look back on our wedding pictures and see that. I feel like me and Keshia can be a strong example for her."

Keshia, who also runs hair tools company No Knot Co, adds: "I think Nova is so lucky because she's got us as her examples. When we were growing up, we didn't have anyone in our family who owned a business, we didn't know anyone that knew what to do with our hair. So she's got all that to look up to now."

A "smiley, happy" baby with lots of energy, Nova is described by her besotted mother as "so positive and bubbly". Four months into motherhood and she and Marcel – who takes care of their daughter during the HELLO! shoot – are hitting their stride.

EMBRACING MOTHERHOOD

"When she was first born, I felt like I had been hit by something. I was sitting on the bedroom floor and thinking: 'Why do other mothers not tell you how hard it is?' But now I'm already in a better position and am enjoying it so much."

Singing in front of crowds is a different experience now she is a mother. "I recently said on stage that Nova was in the crowd," Fleur says. "And the minute I said it, I felt this ball in my throat and I was almost going to burst into tears."

"I think all those moments mean so much more now because, before you have a kid, you're predominantly doing a lot of things for yourself. And now it's all for her. I feel like now when I am

me, it's a different me – she's always on my mind, no matter what I do."

She is also always on her aunt's mind, who has earmarked her for a huge role in the future: flower girl. Keshia recently got engaged to boyfriend Connor and can't wait to have her niece there on the big day.

"I'm so excited to get married," she says. "I've had Fleur as a great example of what comes on the other side of the rainbow with Nova – although I'm not in any rush to have children myself. It feels lovely to be an aunt, it feels like a child of your own."

Fleur – who is performing at the Women's Open Golf at St Andrews this month and returns to her morning radio show in September – hopes she and Keshia can inspire the next generation to love themselves. "I remember one evening when I was straightening my hair with an iron and my dad said: 'What are you doing? You are ruining your natural beauty.' I remember thinking he just didn't get it but now I realise he was right. We've got the tools and the education to encourage a generation of girls to love their curls." **H**

INTERVIEW: LAURA BENJAMIN
PHOTOS: CHRISTOPHER FENNER

STYLING: JODIE NELLIST
HAIR: UMUNIQUE JAMISON USING KURL KITCHEN
MAKE-UP: KESHIA EAST USING FENTY BEAUTY, REVLON, SKIN
ROCKS SKINCARE AND EYLURE LASHES

Kurl Kitchen is available in Boots stores nationwide and at thekurlkitchen.com.

FLEUR'S DRESS: MONSOON. EARRINGS: HOT DIAMONDS. KESHIA'S DRESS: ME + EM. (TOP LEFT) KESHIA'S DRESS: CELIA B. EARRINGS: CARRIE ELIZABETH. STYLING ASSISTANT: CIARA RUSSELL

James gets into character on set in Liverpool, where he has been seen filming gritty fight scenes. His co-stars include *Enola Holmes* actor Louis Partridge (together below)



ALL-STAR CAST IN NEW BREWERY DYNASTY DRAMA **JAMES NORTON** SPOTTED ON SET FILMING HOTLY ANTICIPATED 'HOUSE OF GUINNESS'

With a cast including James Norton and some exciting up-and-coming Irish talent, *House of Guinness* is the next big drama set to thrill and intrigue TV viewers.

Billed as *Peaky Blinders* meets *Succession*, the Netflix series tells the story of how a family-run brewing business in Ireland became a huge conglomerate in the drinks industry, growing into a brand that remains a household name.

The comparisons with previous hit shows are perhaps unsurprising. The script has been written by Steven Knight, who created the BBC's *Peaky Blinders*, and the power struggle within the Guinness family's corporation has echoes of

HBO's *Succession* – so fans of gritty TV series are in for a treat.

BACK TO BLACK STUFF

"The Guinness dynasty is known the world over. Wealth, poverty, power, influence and great tragedy are all intertwined to create a rich tapestry of material to draw on," Steven said.

"I've always been fascinated by their stories and am excited to bring the characters to life for the world to see."

Set in 19th-century Dublin and New York, the drama unfolds following the death of Sir Benjamin Guinness, grandson of Arthur, the inventor of the





Niamh McCormack shoots a scene relating to the death of Sir Benjamin Guinness, the patriarch responsible for the brewery's huge success. James (right) prepares for his next shot

world-famous stout and the man responsible for the firm's extraordinary success.

Much like the fate of Brian Cox's Logan Roy in *Succession*, the patriarch's death and the handling of his estate have ramifications for his adult children – Arthur, Ben, Edward and Anne – as well as for a group of characters in Dublin who are connected to the business.

It's not just the script that will impress; the glittering cast will enthral viewers, too.

Happy Valley's James Norton is taking on the role of Sean Rafferty, although details about his character and connection to the Guinness dynasty are yet to be revealed.

The actor, also known for his performances in *McMafia* and *Grantchester*, has already been spotted on set in Liverpool filming some gritty fight scenes.

Meanwhile, a clutch of new names will portray the Guinness family. Eldest sibling Arthur is played by Anthony Boyle, a stage actor who came to prominence in *Harry Potter and the Cursed Child* and has since landed screen roles in the film *Tolkien* and the Apple TV+ series *Masters of the Air*.

Fionn O'Shea, who will be familiar for his depiction of Jamie in *Normal People*, plays second son Benjamin, while *Enola Holmes* star

Louis Partridge – who is reportedly dating pop star Olivia Rodrigo – portrays third son Edward.

Emily Fairn, who starred in the BBC's Bafta Award-winning drama *The Responder*, plays Anne Plunket, Benjamin's only daughter.

Other members of the cast include *Game of Thrones* star Jack Gleeson, Tony Award-nominated stage actor David Wilmot, *Dungeon & Dragons: Honour Among Thieves* actress Niamh McCormack, and *Blue Lights'* Seamus O'Hara.

NET GAINS

It's no wonder that the streaming giant, which is said to be planning to release the series in 2025, is so excited about *House of Guinness*.

Netflix's vice-president of UK content Anne Mensah said: "We cannot wait to see this story come to life through [executive producer] Tom Shankland's inspired vision and his breathtaking cast.

"Steven Knight's scripts read like pages torn out of a classic novel, spinning the story of the four heirs to the Guinness fortune and how their lives and loves are changed by it overnight."



REPORT: FRANCESCA SHILLCOCK



EXCLUSIVE INTERVIEW AND PHOTOS

**AT HOME IN CALIFORNIA WITH
THE PERFUMIER TO THE STARS**

VINCE SPINNATO

**ON THE SECRETS OF WORKING
WITH A-LISTERS AND THE
SWEET SCENT OF SUCCESS**

Sunshine pours through the windows and a faint scent of coconut wafts through the air as Vince Spinnato welcomes **HELLO!** into his stylish home in Southern California.

Relaxing next to a swimming pool surrounded by palm trees, with the mountains of the Orange County countryside behind, the perfumier to the stars is enjoying a bit of downtime in between running his businesses.

It's no surprise that the property, which is filled with oversized artwork and designer soft furnishings, smells as good as it looks, thanks to diffusers that emit

luxurious scents from Vince's own Hollywood fragrance collection.

"The house always smells good," says Vince, 49, who has made perfumes and cosmetics for celebrities including Jennifer Lopez, Victoria Beckham and Gwen Stefani, as well as salon spas and five-star hotels.

"The diffusers permeate every five minutes with my own scents. Today, it's the Sunrise scent, which is light and breezy, with elements of pineapple and coconut.

"For evenings I have Sunset, which evokes Hollywood by night and pulls in a very sexy, sultry clubbing experience, with rich leathery notes."

Vince and his husband, French-Canadian fashion designer Roberto Racanelli, bought the five-bedroom property four years ago and wanted to create a space that reflected not only their personalities, but also their surroundings.

BOLD AND BRIGHT

In the open-plan living room, a Hollywood-style red carpet leads to a sofa designed to look like piano keys, while Versace armchairs are accessorised with bold velvet cushions.

Paintings of the couple's dogs, past and present, deck the whitewashed walls, and a huge

canvas of Judy Garland – another famous name for whom Vince has created a fragrance – hangs above the open fireplace.

Meanwhile, Vince's office is filled with notes and plans for the products he plans to work on in his laboratory.

"We're around an hour from the Mexican border and we're surrounded by horses, so we've turned the house into a modern and eccentric Studio 54 ranch, with lots of leather, cowboy hats and pictures of bull horns," he says.

"Roberto studied interior design, so he has a really good eye. He has converted the big dining

'We're surrounded by horses, so we've turned the house into a modern Studio 54 ranch'



Vince by the pool at the home he shares with his husband, French-Canadian fashion designer Roberto Racanelli, near the mountains of California's Orange County



'I want to make people feel good about themselves. It's about making people beautiful'

room into a studio, so it can be an interesting place to live and sometimes feels like a bit of a creative madhouse. I can be up at four in the morning and a mannequin goes by on wheels.

"But the special thing for me is the swimming pool, which is a quarter-Olympic size and 12 feet deep. I grew up by the beach and I swim five or six times a day."

Sharing Vince and Roberto's home are their English mastiff Dominique and rabbit Miss Bunny, who lives between the master bedroom and its en-suite bathroom.

"They are great friends and sometimes sleep together," Vince says. "Miss Bunny is toilet-trained and lives on organic lettuce, carrots, blueberries and dried fruit."

Vince's interest in perfume and cosmetics is rooted in his childhood in New Jersey, where he became fascinated by the glamour of TV shows *Dynasty* and *The Young and the Restless*, which he loved to watch with his grandmother and whose characters included a perfumier.

LIFELONG PASSION

"From the age of about three, I knew what I wanted to do," he says.

"I grew up in a rural farming community and we didn't have a lot of glamour around us, so the cars and the jewels and the beauty of those shows really resonated with me.

"From the age of 11, I suffered from the hair-pulling disorder trichotillomania. I didn't feel good in my own skin; I was completely bald and always in therapy, and watching a show about a beauty company that made people feel better about themselves and having plastic surgery made me realise you can make yourself look better.

"And so, I want to make other people feel good about themselves. It's about making people beautiful.

"When I first came to California and met [late film and TV producer] Aaron Spelling, who created *Dynasty*, I thanked him for helping create my whole career. I'm still friends with his daughter Tori."

After studying cosmetic chemistry and business at university, Vince headed to Paris, where he learned his craft with Chanel by working on the development of the brand's fragrance Allure.

Over the past 30 years, he and his companies, which include Turnkey Beauty and Vincenzo Skincare, have formulated and



Master at work: Vince uses his famous sense of smell – which is insured for \$1m – to work on new perfume projects. He relaxes with the couple’s English mastiff Dominique (together left) in the living room, which features a Hollywood-style red carpet

developed hundreds of products for skin, hair, babies and even pets, as well as fragrances for a host of celebrities. He has also written a book, called *My Pursuit of Beauty*.

Now a “certified nose”, the prestigious accreditation has enabled Vince to have his sense of smell – and hence his livelihood – insured for a million dollars.

“Just like Jennifer Lopez has her butt insured, I have my nose insured,” he says. “Thankfully I did it before the pandemic and I have been lucky not to have caught

Covid-19, which can cause people to lose their sense of smell. I was really freaking out about that.”

Jennifer was Vince’s first celebrity client in the late 1990s, when he helped her create her second fragrance, *Still*.

MEETING OF LIKE MINDS

“We had a good, collaborative relationship,” he recalls. “She is from the Bronx and I grew up in New Jersey, and she used to call me Vinnie from the Block, referencing her song *Jenny from the Block*.

“She was already a superstar but not on the level she is now, so I got to work in the trenches with her and she got to say what she loved, what she hated, changes she wanted.

“I saw her recently at an event and she remembered me. I stay in touch with most of my clients.

“When I did my skincare line for Victoria Beckham, for a hotel in Dubai, I didn’t meet her, but her people told me what she wanted, and what she approved and didn’t approve.”

There are other stars he hasn’t

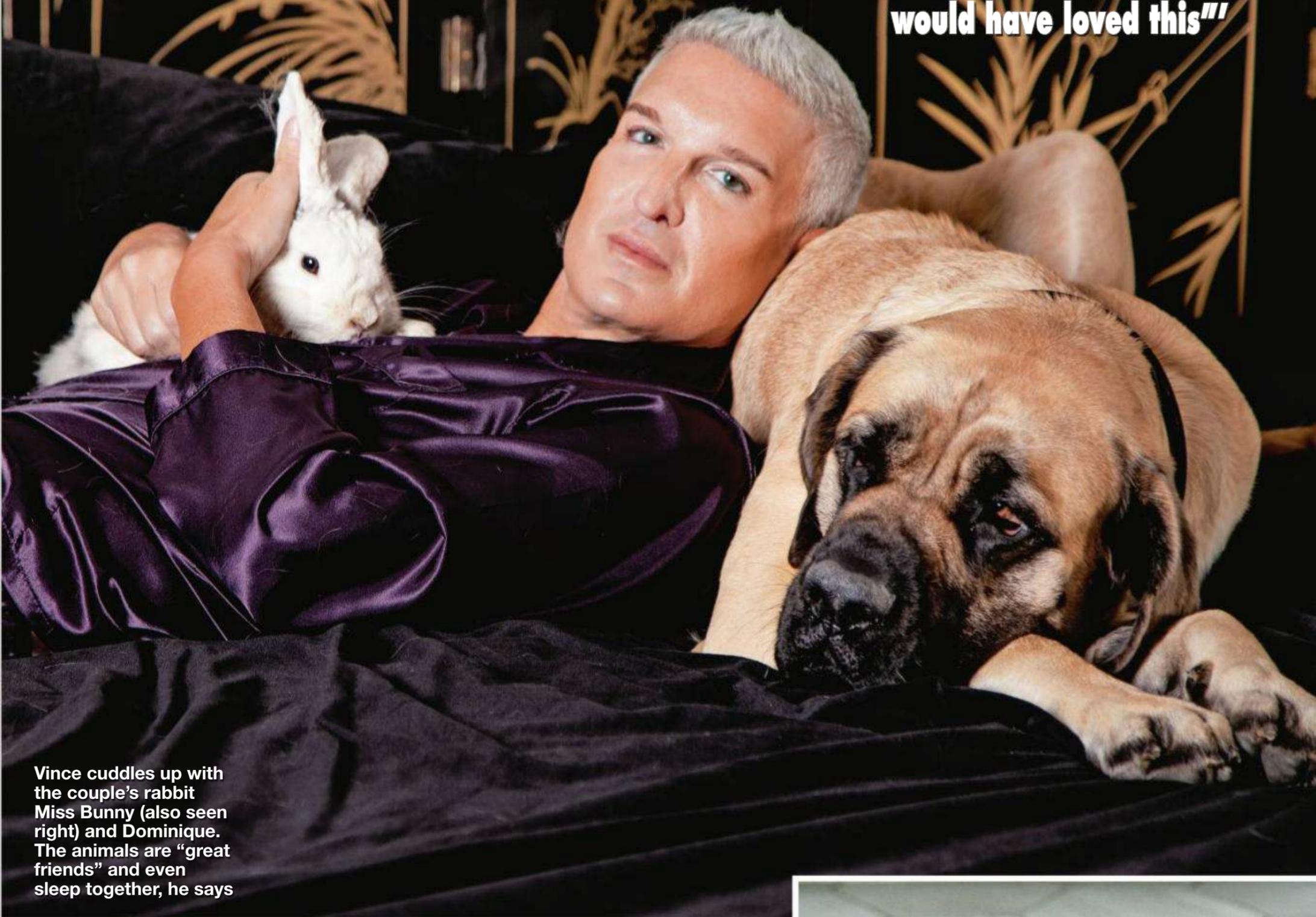
met personally, because they are no longer alive. Recently, Vince was thrilled to collaborate with Judy Garland’s three children – Liza Minnelli and Lorna and Joey Luft – to create a body fragrance to commemorate what would have been the film star’s 100th birthday in 2022.

He also designed a fragrance for the new Judy Garland suite at The Gore hotel in London, which houses a pair of ruby slippers she wore in *The Wizard of Oz*.

“Meeting her children was



'It was amazing to meet Judy Garland's kids. They were able to say: "Momma would have loved this"'



Vince cuddles up with the couple's rabbit Miss Bunny (also seen right) and Dominique. The animals are "great friends" and even sleep together, he says

amazing," he says. "I got to learn all the stories about her life and they were able to say: 'Momma would have loved this, she would hate that.'

"So I had a sense of her legacy and her body of work and her fan base, to help me come up with something their mother would have loved and enjoyed.

"Whether you're working for a country singer or an A-list celebrity or a dancer, model or musician, you really want to be able to unpack their legacy and their body of work, but also consider their fan base, who will be buying and enjoying it."

THE SECRETS OF SCENT

Vince, whose latest projects are for Shania Twain and to commemorate Princess Grace of Monaco, says: "We usually go methodically through the notes that they've already identified they like, and we present a plethora of flowers and essential oils to the client.

"You have top notes, middle notes and bottom notes. The top notes are a collection of notes you smell right away, as you spray it, which makes you want to buy the fragrance; then the middle note is what dries down on

your skin over the next two or three hours.

"The bottom note is what's left on your clothes or bedding for two or three days.

"There can be ten to 100 essential oils, so you have to be methodical in putting it all together and finding a balance. Then you add alcohol and water, so it's safe on the skin and not overpowering.

"Personally, I gravitate towards the sweeter, more floral feminine scents, which are light and fresh – like dark orchid and coriander, or vanilla and citrus – rather than tobacco and leather. I'm very sensitive to smells, so I don't want to wear anything overpowering."

He adds: "There are thousands of different scents and you can always find new ways to put them together, so one day you might mix jasmine with eucalyptus, and then you might mix it with vanilla.

"And new materials are always being discovered. Even though I started studying at 18, I will never stop learning." **H**

INTERVIEW: TRACY SCHAVERIEN
PHOTOS: JONAS MOHR

STYLING: ROBERTO RACANELLI
GROOMING: VINCENT BRACAMONTE



HELLO! FASHION

YOUR ESSENTIAL STYLE FIX



LATEST ISSUE OUT NOW

- ◆ YOUR DEFINITIVE HIGH STREET SHOPPING EDIT
- ◆ THE HOTTEST BEAUTY TIPS & TRENDS
- ◆ THE LATEST IN LUXE LABELS
 - ◆ EXCLUSIVE CELEBRITY & FASHION INSIDER INTERVIEWS

**SUBSCRIBE
ONE YEAR
(SIX DOUBLE ISSUES)
FOR ONLY £23
PLUS
ENJOY FREE
DELIVERY**



**VISIT CHECKOUT.HELLOSUBSCRIPTIONS.CO.UK/JJ24
CALL 01858 438430 QUOTING HFMJJ24 OR SCAN THE QR CODE**

Terms and conditions: Offer applies to new one-year UK print subscriptions only and is not available for digital subscriptions. The rate of one year for £23 is limited to Direct Debit payments and will automatically renew at the rate of £23 for one year. You will be notified should the price go up thereafter. One-off payments are also possible – please see website for details. Subscriptions will begin with the next available issue. For quality and training, we may monitor communications. For queries about existing subscriptions or new orders, please email hfm@subscription.co.uk. One-year subscriptions comprise six issues a year. The full UK subscription rate is £23.94.

STYLE

FASHION | BEAUTY | WELLBEING



& Other Stories
single-breasted
blazer, £165.
Visit [stories.com](https://www.stories.com)

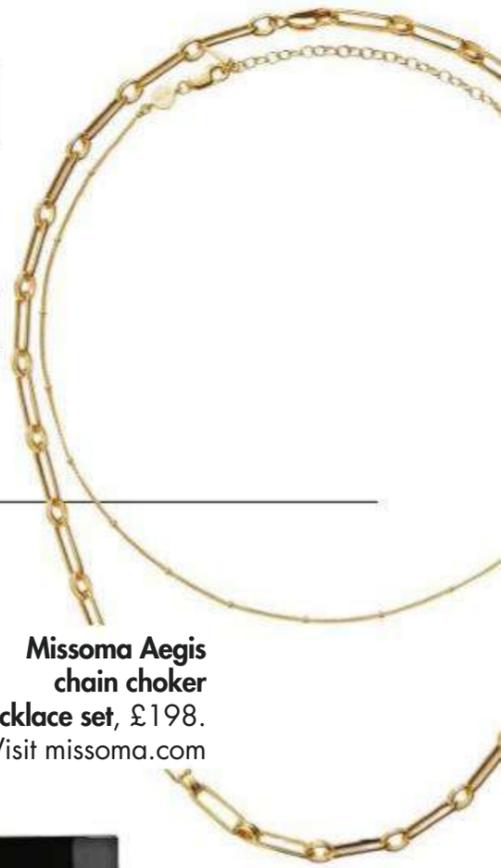


H&M black vest
top, £6.99.
Visit [hm.com](https://www.hm.com)

Frame Le Jane wide
leg jeans, £280.
Visit [frame-store.com](https://www.frame-store.com)



Anine Bing leather
heeled mules,
£292 (were £607).
From [miinto.co.uk](https://www.miinto.co.uk)



Missoma Aegis
chain choker
necklace set, £198.
Visit [missoma.com](https://www.missoma.com)



Dior Dior Vernis nail
varnish, £27. From
[harveynichols.com](https://www.harveynichols.com)



Fairfax & Favor Bibury
tan bucket bag, £345.
Visit [fairfaxandfavor.com](https://www.fairfaxandfavor.com)

Sienna Miller GET THE LOOK

Sienna Miller never fails to inspire, whether on the red carpet or enjoying a day out. The 42-year-old actress updated the classic denim-and-blazer combo on an outing in London, wearing wide-legged jeans and her sleeves rolled up to the elbows. Demonstrating her knack for making even the simplest outfit look chic and put-together, she accessorised with layered necklaces, gold bangles, cowboy boots and a subtle nude nail colour.

PHOTO: GETTY IMAGES. ALL PRICES AND STOCKIST DETAILS IN STYLE CORRECT AT TIME OF GOING TO PRESS



Polo Ralph Lauren striped wrap cardigan, £275 (was £549). Visit ralphlauren.co.uk



Tory Burch silk-front polo, £220 (was £440). Visit toryburch.com



Finesse Iden rugby polo dress, £44. Visit finesse.us



Marks & Spencer cotton tie-waist shirt dress, £39.50. Visit marksandspencer.com



Zara voluminous midi skirt, £35.99. Visit zara.com



Tory Burch Eleanor slim saddlebag, £660. Visit toryburch.com

Victoria Beckham



Preppy AESTHETIC

With crisp shirts, neat pleats, bold stripes and varsity badges, this trend is where polished Ivy League refinement meets classic country club casual



Dries Van Noten



Loewe



Tommy Hilfiger crest single-breasted tailored blazer, £180 (was £360). Visit uk.tommy.com



Falke needlepoint socks, £25. Visit falke.com



Frame silk sailor blouse, £380. Visit harveynichols.com

Pull & Bear Boston Bay washed cap, £12.99. Visit pullandbear.com



Superga Club S Swallow trainers, £129. Visit superga.co.uk





Tip: Multiple layering will really elevate your look - as seen at Miu Miu



Russell & Bromley Dartmoor moccasin saddle loafer, £245. Visit russellandbromley.co.uk



Rails Elsa stripe shirt, £198. Visit uk.rails.com



John Lewis Anyday wrap over V-neck Jumper, £32. Visit johnlewis.com



Dune London tan phone case, £50. Visit dunelondon.com



Taylor Swift (right) nails it with a rugby shirt, while two guests at Paris Fashion Week add preppy socks

THE SKIN WHISPERER

*Facialist to the stars
Teresa Tarmey on her
non-invasive approach
to smoother skin*



100ml e 3.38fl.oz.



From masterful extractions to microneedling and laser treatments, skin specialist Teresa Tarmey is known for her bespoke facials and capacity to improve the appearance of pigmentation, scarring and broken capillaries.

A true innovator in her field, the Sheffield-born aesthetician has had plenty of hands-on experience with royal and celebrity clients. And, as well as launching her own line of Teresa Tarmey tools and topical treatments, she has partnered with Dior Beauty as a global skincare expert, enjoyed a residency at Soho House and is now an ambassador for Alma Lasers.

“I was actually a terror at school,” Teresa tells **HELLO!** from her Notting Hill clinic. “Looking back, I was simply not academic and I found school hard. I left just before my GCSEs.

“I like taking care of people so I decided I was either going to do beauty or become a nurse. When I started to develop acne, that really took me down the skincare path.”

With a client base including Julianne Moore, Kate Moss and Poppy Delevingne, Teresa isn't fazed by the glitz and glamour.

“Luckily, I don't feel pressure when I'm working with celebrities,” she says. “I've never really had any huge disaster moments, although I did once turn up at an Oscar-nominated actor's house and he opened the door in his underpants. I can't say who it was!”

But it's not Teresa's discretion that keeps clients coming back, it's her devices and results-driven approach to skin health. An advocate of feeding skin with a nutrient-rich diet, keeping it clean and hydrated, the Alma ambassador also makes a strong case for some high-tech intervention: “Lasers are definitely the way forward in skincare, but only in

the right hands. You don't need strong lasers to see results. One of my favourites is Alma's ClearLift [£289 as part of Teresa Tarmey's Advanced Facial, visit teresatarmey.com]. It gives great results with no downtime – it doesn't hurt. I don't work with anything aggressive, I don't think you need to cause trauma to the skin to see an effect.”

But for Teresa, glowing skin starts at home, which is why she decided to develop her skincare line. “I'm most proud of my own products,” she says. Unlike a lot of brands, it's a streamlined range, comprising just three topicals – a cleanser, lactic acid treatment and a 0.3% retinol, plus a massage tool and home micro-needling kit.

Teresa, who has spoken openly about her shock at entering perimenopause at 47 and experiencing symptoms such as dry skin, low mood, brain fog and anxiety, believes in a back to basics approach to skincare. Breaking down her “skipcare” philosophy, she says: “I'm not a huge fan of layering products, two or three at a time is enough. And my biggest no-no is overusing oils. They can be the devil and bring on so much congestion.

“Heliocare SPF and retinols are my go-to products, alongside my trusted Alma Opus radiofrequency device [prices start from £520 at teresatarmey.com], which is great for skin tightening and resurfacing. My clients are seeing fantastic results for the jawline, neck and décolletage, as well as the face.”

When we ask Teresa what she has planned for the future, she's enthusiastic in her response: “To push the boundaries on what's possible with skincare. And I want to continue to help people feel better about themselves. I hope that one day I'll be lucky enough to do that in a charitable capacity. That's my long-term goal.”

‘Lasers are definitely the way forward in skincare, but only in the right hands’



Teresa and her clients (from above left): Julianne Moore, Kate Moss and Poppy Delevingne; and with her friend, entrepreneur Charlotte Tilbury

TERESA'S A-LIST KIT

1. **Cosmoss Sacred Mist eau de parfum**, £68 for 30ml; from harrods.com
2. **Heliocare Water Gel SPF 50+**, £31; visit heliocare.co.uk
3. **Teresa Tarmey 0.3% Retinol**, £72; visit teresatarmey.com



1



2



3



HEALTH MATTERS

This week, be a good sport at your local Fenwick store, plus discover products to protect you from the sun and holistic remedies to lift brain fog

FESTIVAL OF SPORT

Inspired by this summer's packed sporting schedule, Fenwick is running a Summer GB campaign. Look out for pop-ups, takeovers, exclusive events and limited-edition products, available at all eight stores nationwide and online until 15 September.

There's also a series of running clubs in partnership with Sweaty Betty and These Girls Run. Starting at selected stores, each run will be led by a member of the female running club These Girls Run and will conclude with brunch in-store, featuring acai bowls and smoothies.

And if you can get to the Bracknell, Kingston or Newcastle stores, head to Mason + Rye to enjoy an athletic gingerbread person or a patisserie gold medal, all handmade on site. For more information, visit fenwick.co.uk.

GET PROTECTED

According to new research from suncare brand Piz Buin, 31% of men believe that wearing sun cream is “unmasculine”, despite statistics from the *Skin Cancer Foundation Journal* showing that men between the ages of 15 and 39 are 55% more likely to die of melanoma than women in the same age group.

To encourage men to stay protected, the brand has launched a campaign called Hiz Buin with former *Love Island* stars Tom Clare and Casey O’Gorman.

“On the show, we never really thought much about it if we got a bit red, and it was always funny when someone got burnt,” Tom says.

“We didn’t think about skin damage. The girls were the opposite – they would always be helping each other out, doing each other’s backs, but the lads preferred to try to look manly, so would risk it.”



MAKE A SPLASH

If you’re looking for stylish swimwear that will protect your skin from the sun, Vuori’s Dune Swim Top (£90, visit vuoriclothing.co.uk) is a great option. It provides UPF 30+ and the four-way stretch fabric means it’s comfortable and easy to swim in, plus it’s made using recycled materials. For beach days, we love this top (below), which provides a little extra coverage.



NATURAL WAYS TO BEAT BRAIN FOG

Many women going through perimenopause and menopause experience what’s known as brain fog, which can include feelings of forgetfulness, confusion and an inability to focus. If that sounds familiar, these holistic remedies might help.

Mushrooms are having a moment thanks to their nootropic – boosting cognitive function – properties. And there’s growing evidence that Lion’s Mane – a little shaggy mushroom traditionally used by Buddhist monks to improve focus – can help clear the fog.

It may also reduce symptoms of anxiety by minimising inflammation and encouraging nerve growth. Try Together Health’s Organic Lion’s Mane supplements.

Meanwhile, one or two tablespoons of Sweet Bee Organic’s Inner Wisdom Balance drink can be added to any milky beverage to help clear your mind.

The elixir contains an antioxidant-rich blend of functional mushrooms and herbs to ease brain fog and irritability. It’s a strong substitute for coffee, and doesn’t come with caffeine jitters.

Fragrance can have a profound impact on the brain, but don’t worry – this one doesn’t contain any mushroom notes.

The wellbeing perfumes developed by London-based apothecary Anatome contain scent structures designed to support you through the day, and the Focus scent helps wake up your senses and promote clearer thoughts with an invigorating blend of cardamom, ylang ylang and nutmeg.

1. Anatome Focus eau de parfum, £125. Visit anatome.co **2. Together Health Organic Lion’s Mane supplements**, £27.99. From superdrug.com. **3. Sweet Bee Organics Inner Wisdom Balance drink**, £35.99. Visit sweetbeeorganics.com



PUZZLE TIME

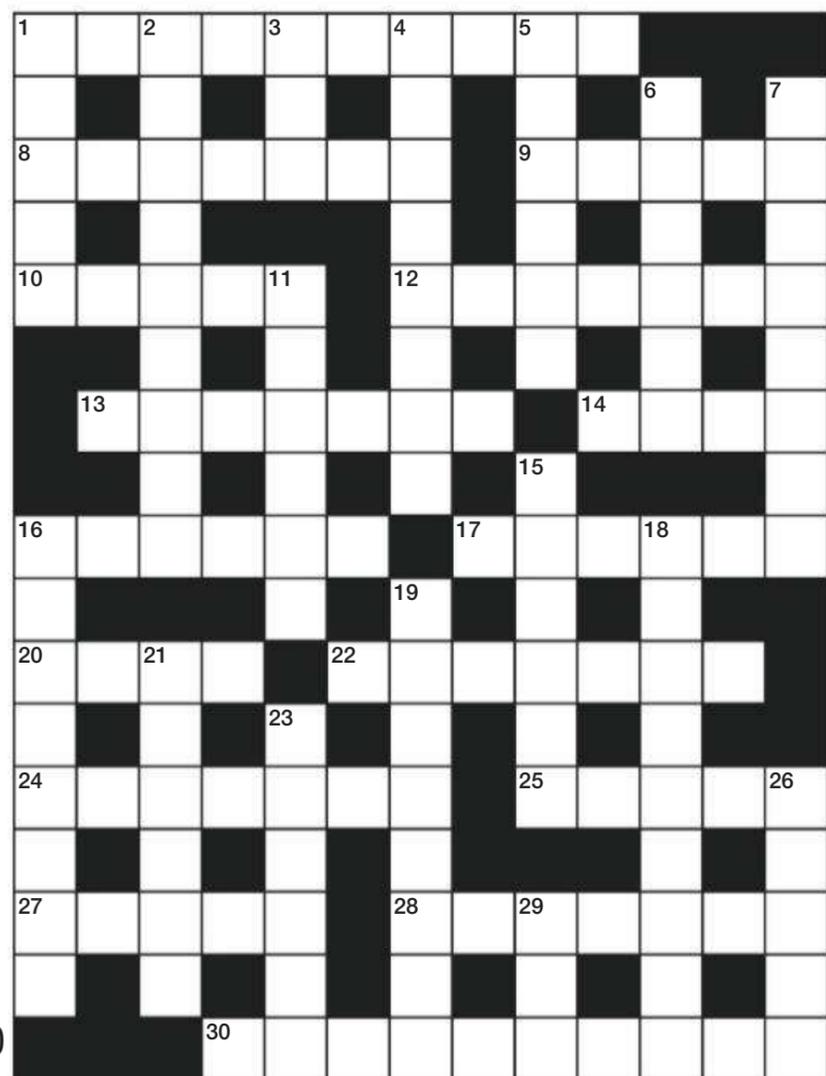
SEE HOW QUICKLY YOU CAN SOLVE OUR TWO JUST-FOR-FUN PUZZLES. THERE ARE NO PRIZES, BUT GIVE YOURSELF A PAT ON THE BACK IF YOU FINISH THEM! ANSWERS NEXT WEEK

WORDSEARCH

Locate all of these fashion-related terms in the grid. The answers appear forwards, backwards, up, down and diagonally, but always in a straight line. You can use letters in the grid more than once.

- | | |
|----------------------|----------------------|
| ACCESSORIES | HIGH STREET |
| APPAREL | ICONS |
| AUTUMN | LONDON |
| BLOGS | MAGAZINES |
| BOUTIQUES | MILAN |
| BUYERS | MODELS |
| CLASSIC | NEW YORK |
| COLLECTIONS | OUTERWEAR |
| COUTURE | PARIS |
| CRAFTSMANSHIP | PHOTOGRAPHY |
| CRUISE | READY-TO-WEAR |
| DAYWEAR | SPRING |
| DESIGNER | STREET STYLE |
| EDGY | SUMMER |
| EVENINGWEAR | TRENDS |
| FASHION WEEK | WINTER |
| FOOTWEAR | WOMEN'S |
| FORMAL WEAR | ZEITGEIST |

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



QUICK CROSSWORD

- ACROSS**
- 1 Write out (10)
 - 8 Capital of Iraq (7)
 - 9 Haul (5)
 - 10 Printer powder (5)
 - 12 Have command of (7)
 - 13 Black-and-white horse (7)
 - 14 Norwegian capital (4)
 - 16 Quick meals (6)
 - 17 Threefold (6)
 - 20 ___ Watson, actress (4)
 - 22 Canal-side track (7)
 - 24 Ancestry (7)
 - 25 Pinch (5)
 - 27 Capital of Vietnam (5)
 - 28 Clump of grass (7)
 - 30 County town of Dorset (10)

- DOWN**
- 1 Himalayan country (5)
 - 2 South American country (9)
 - 3 Turf (3)
 - 4 Make fun of (8)
 - 5 Manually (2,4)
 - 6 Large sea mammal (6)
 - 7 Congratulations! (4,4)
 - 11 Reprimand (6)
 - 15 Line parallel to the equator (6)
 - 16 Furtive (8)
 - 18 Underskirt (9)
 - 19 Of the home (8)
 - 21 Coal industry (6)
 - 23 Gambling club (6)
 - 26 Fire rod (5)
 - 29 ___ Perkins, TV presenter (3)

Last week's answers



PuzzleLife

Puzzles brought to you by PuzzleLife - Britain's best puzzle magazines!

PuzzleLife

puzzlelife.co.uk



Rosie Green

WHY YOU NEED TO GIVE IT A REST

HELLO!'s Second Act columnist on why slowing down to rest and recovery will make you stronger, leaner, happier and more productive....

'Have you got a minute?" My (internal) response to this question is always: "Nope and I haven't had since about 2005." I am busy, busy. Every day I am going at it full tilt from dawn till dusk (and then some). Working, parenting, exercising, socialising, cleaning and tidying – Sir Keir Starmer's schedule has nothing on mine. And if, by some miracle, I do get some spare seconds, I'll squeeze something else in. My boyfriend jokes I'm "time boxing" him, and my friends laugh that I'm like the Duracell Bunny.

Only lately I've been thinking my full-on approach might not be so funny. I've witnessed a few similarly inclined friends burn out, some sliding into crippling depression and anxiety.

The cult of busy has long been ingrained in us. For Gen X-ers like me, being "frantic" has become a status symbol, "always on" a badge of honour. But now the tide is turning and experts are saying taking adequate rest is not just good, but essential, recognising it can have huge benefits – physically, mentally and creatively.

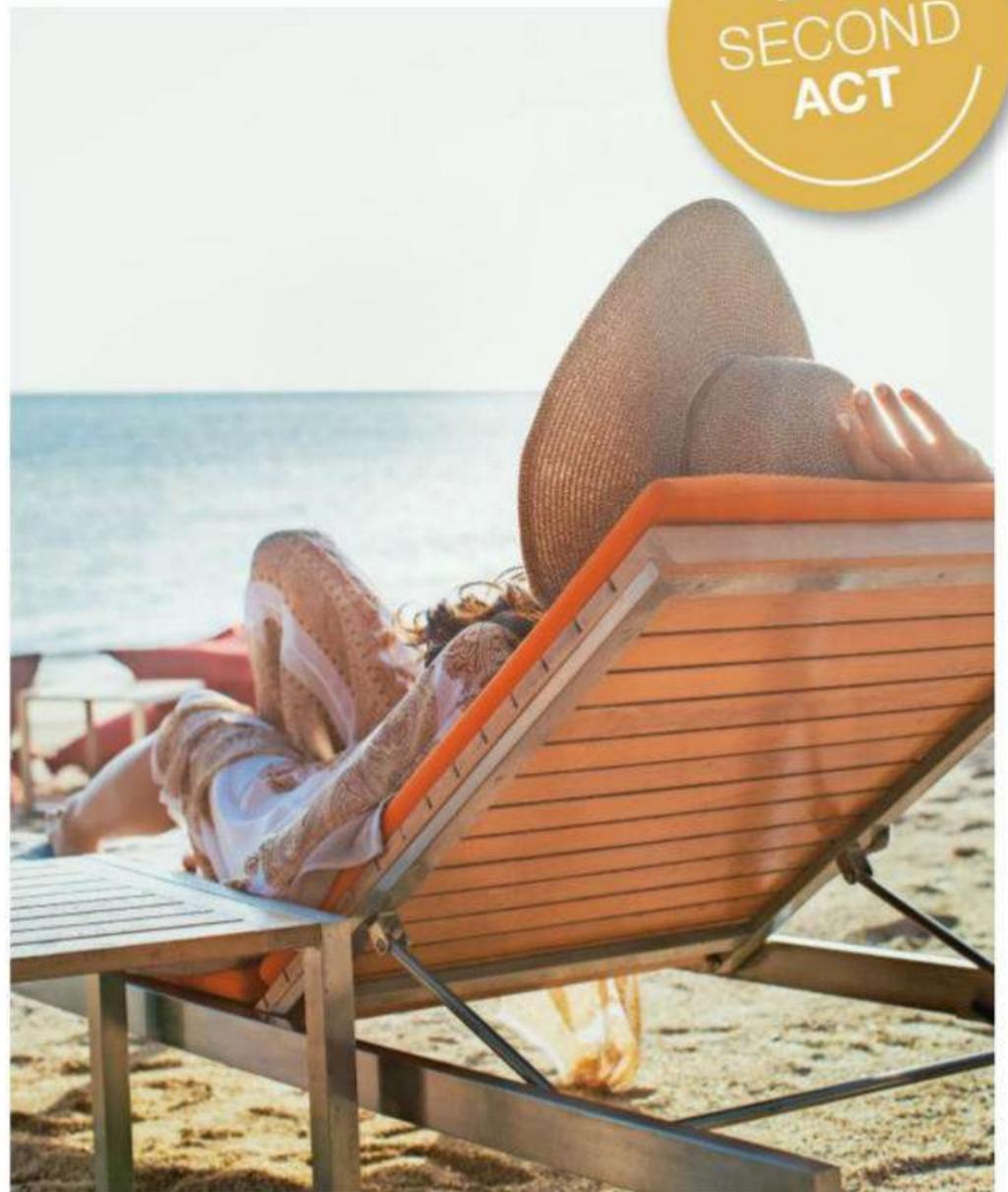
Only last week, Adele said she is taking a "big break" to recharge because her tank is empty and she isn't even singing in the shower any more.

Dr Charlotte Verney, lifestyle medicine practitioner at One5 Health, says rest is vital for maintaining physical health, a healthy weight and a well-functioning immune system. Plus, it wards off high blood pressure and type 2 diabetes. She tells me that most of the midlife women that come to see her suffering from exhaustion, headaches and increased anxiety are not prioritising rest. And if we lack rest, we can find ourselves in a constant state of stress, which can lead to an "increased risk of incident coronary heart disease and stroke".

And what about mental health? Fiona Murden, a performance psychologist who works with chief executives and elite athletes, says: "When we neglect rest it can be hugely detrimental. Stress levels rise, leading to heightened anxiety, irritability and disrupted moods, which over time can result in mental health issues. Conversely, enough rest enhances our relationships since it's hard to engage meaningfully when we're worn out."

Does the same go for exercise? I'm still in that 1990s mindset of "feel the burn" and "pain is just weakness leaving the body". But I am wrong, according to personal trainer Aimee Victoria Long, who works with celebrities such as *Queen Charlotte* actress India Amarteifio.

Many of her midlife women clients feel the pressure to maintain a certain level of fitness and appearance and so often overlook the importance of rest and recovery. "But



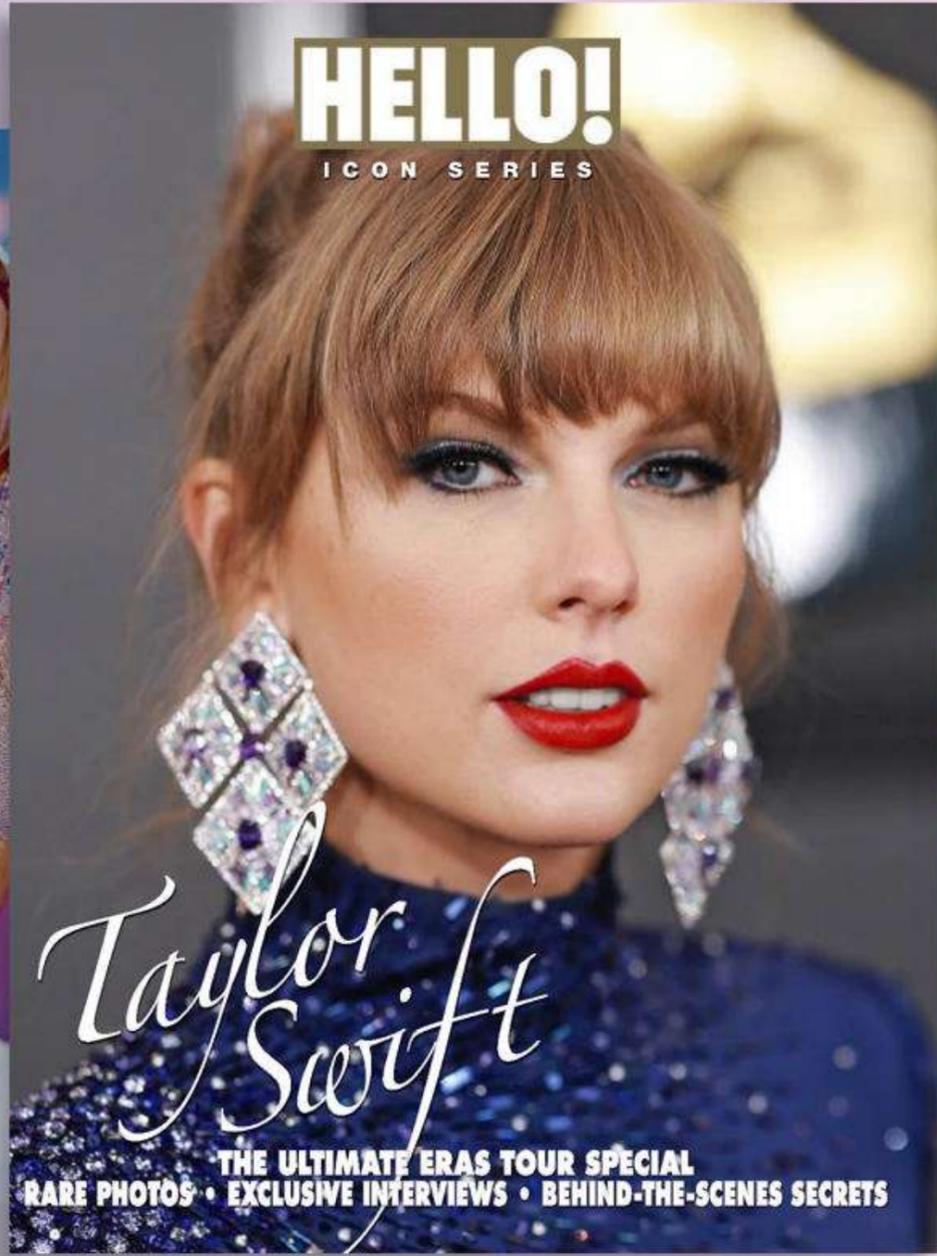
rest is not a sign of weakness," she says. "It's an essential part of a balanced fitness routine. It can make you leaner and stronger, allowing muscles to grow and repair. It plays a significant role preventing injuries and in achieving optimal performance."

So, er, how do you rest well? In terms of exercise, Aimee recommends having at least one or two rest days per week. "This doesn't mean you have to be completely sedentary; it can involve low-intensity activities such as stretching, swimming or walking." The latter is often called "active rest".

Charlotte adds: "The aim is to switch off and trigger the calming parasympathetic nervous system. This could be spending time in nature or being mindful, allowing thoughts to come and go without judging them. It's about slowing down our breathing, putting away devices and learning that an immediate response is not always needed."

Excellent. Now please excuse me while I treat myself to a long overdue lie down.

'Rest is not a sign of weakness. It's an essential part of a balanced fitness routine'



**ON SALE
NOW FOR
JUST £11**

CALLING ALL SWIFTIES!

If you love Taylor Swift like we do, make sure you grab a copy of our fantastic 148-page Icon Series special. Packed with stunning photos, fab facts and chats with those who know and love her, it's the perfect Eras Tour souvenir



Available in all good retailers while stocks last.
Or scan the QR codes to order the digital edition on Google Play, Apple and Amazon

LIVING

FOOD | HOME | CULTURE | TRAVEL

HEALTHY
AND HEARTY

Amid growing awareness of the dangers of ultra-processed foods, chef and food writer Melissa Hemsley serves up some simple, wholesome – but still tasty – dishes to help rebalance your diet

GRATED HALLOUMI TOASTS WITH HOT HONEY Feeds 2 Takes 20 minutes

"This recipe takes cheese on toast to the next level. As a long-term halloumi lover, it's taken me far too long to get into grating my halloumi. It's game-changing.

"Salty golden halloumi with hot honey and its chilli kick are an amazing pairing. If you can find cherry tomatoes on the vine, they're great here."

INGREDIENTS

- 400g/14oz cherry tomatoes
- 1 big handful of black olives, pitted
- 2 large slices of sourdough bread
- 3 tbsp olive oil
- Sea salt and black pepper
- 225g/8oz halloumi, coarsely grated
- 1 tsp dried oregano or thyme
- Good pinch of dried chilli flakes

- 1 tbsp runny honey
- 2 large handfuls of rocket

1. Preheat the oven to 240°C, fan 220°C, gas 9. Put the tomatoes, olives and bread on a large baking tray. Drizzle the tomatoes with 2 tbsp of the olive oil and season with salt and pepper. Bake in the preheated oven for 5-7 minutes to lightly toast the bread.

2. Pile the grated halloumi on to the toasts, then sprinkle with the oregano or thyme, drizzle with the remaining olive oil and bake for a further 10-12 minutes until the halloumi is melted and golden. As soon as you take them out of the oven, sprinkle the toasts with the chilli flakes and drizzle with the honey. Scatter over the rocket and serve straight away. ▶

Cook and best-selling author Melissa Hemsley is a champion of healthy, hearty and wholesome recipes, and she's also big on beating food waste. Her latest mission, explained in her new book *Real Healthy*, is to help reduce the amount of ultra-processed foods in our diets.

"I try to make cooking from scratch as convenient as possible, so we can all get the most from our time in the kitchen," says Melissa, who lives in East London with her partner, art curator Henry Relph, and their one-year-old daughter Summer.

Real Healthy is split into chapters including tray bakes that let the oven do the work and weeknight meals that take 30 minutes or less, plus meal-prepping ideas "for those who worry that it means their food will be boring, bland or soggy", she says.

Melissa, how do you devise your recipes?
"I love my job and, in a nutshell, think of it as being a sharer of healthy recipes that are delicious and doable. That's my motto and what I keep in mind when I'm creating recipes for my books.

"I like to fill them with meals that are achievable to make – healthy food you actually look forward to – with lots of tips,

tricks, building blocks and variations to make sure they give you bang for your buck and are a helping hand in the kitchen.

"This is especially important at the moment, when food costs and bills are rising and our time, energy and motivation to cook continues to fall as we get busier and busier."

You've previously said that your mum didn't teach you to bake, but that she did teach you not to waste...

"My mum is incredible at not wasting food – it's part of her make-up. I guess I absorbed that in some way, as I left home at 18 without any recipes up my sleeve but with the valuable knowledge of how to put together a meal with whatever is available, and how to roll over leftovers to the next day."

In 2010, you and your sister Jasmine co-founded Hemsley + Hemsley, a blog that became a cookbook, to help people with digestion and their relationship with food. How important is what we eat to our health and wellbeing?

"We started as private chefs 15 years ago, helping people in the entertainment industry. We know how good food supports our mood, energy and mental and physical health, and like all of us, our clients needed stamina and

resilience to get them through international stadium tours and West End performances.

"Since then, I've been focusing on three main areas. First, cooking in the community and kids' school meals, because we have a food waste and hunger crisis in the UK and lots of children are going without food.

"Second, food sustainability – sharing food skills to help save food, money, time and the planet. And third, real healthy food: food that supports us mentally and physically, that we recognise, that is familiar and wholesome and hearty and, of course, delicious."

You welcomed your first child, daughter Summer, last June. What tips would you give to parents moving on to weaning?

"She was due at the summer solstice, so we called her Summer Eliza – Eliza as my mum calls me Lilibet, because she wanted to call me Elizabeth after the [late] Queen!

"I was both excited and nervous about weaning, and sad to cut back on breastfeeding, which I really enjoyed. Most of the tips on weaning I received were about trying to not make life harder for yourself.

"We all want the best for our loved ones, so I was committed to giving Summer a great start in life via the food she ate and also making sure I didn't obsess over weaning or put myself under too much pressure, especially as I was already – and still am – sleep-deprived!"

'We know how good food supports our mood, energy and mental and physical health'



BIG VEG NOODLE SALAD WITH LIME, GINGER & PEANUT DRESSING

Feeds 2 Takes 15 minutes

"Even in the colder months, a big noodle salad is a great thing to have up our sleeves. In the depths of winter, I crave fresh, zingy, crunchy salads like this.

"Use any noodles you like – even spaghetti will work, if that's what you've got. I love buckwheat, or soba, noodles. Swap the peanuts and peanut butter for cashews or almonds, if you prefer. Do the lime trick to release more juice by rolling the limes on the kitchen counter before you slice them in half."

INGREDIENTS

- 2 nests of noodles
 - 2 tsp toasted sesame oil
 - 2 big handfuls of raw peanuts
 - 1 large carrot, cut into ribbons with a peeler or thin strips with a knife
 - ¼ sweetheart cabbage, very thinly sliced
 - 1 small apple or pear, cored and cut into matchsticks
 - ½ small cucumber, diced
- For the dressing**
- 2 tbsp smooth or crunchy peanut butter

- 2 big limes (zest of 1 and juice of both)
- 2 tbsp tamari or soy sauce
- Thumb of fresh ginger, peeled and finely grated
- Pinch of dried chilli flakes
- 2 tsp maple syrup
- Sea salt and black pepper

1. For the dressing, whisk all the ingredients in a small bowl or shake in a jam jar. Taste for seasoning.
2. Cook the noodles according to the packet instructions, then drain and rinse immediately with cold water. Toss the noodles with the sesame oil and set aside.
3. Toast the peanuts in a dry frying pan over a medium heat for 3-5 minutes, shaking the pan every so often, until golden.
4. In a large bowl, toss together the noodles, carrot, cabbage, apple or pear and roughly half the dressing. Slowly add more splashes of dressing if you like, tossing as you go, until everything is nicely coated. Top with the cucumber and peanuts.



'I love a cashew butter but keep it to the smooth variety for a silkier texture'

CHOCOLATE PEANUT BUTTER (NO-BAKE) BARS

Makes 16 Takes 20 minutes, plus setting time Keeps for 1 week, at room temperature

"This is a no-bake family favourite treat. The bars are pretty irresistible, but if you don't devour them in a few days, they will keep for a week in a sealed container; store them in the fridge in warmer months.

"If you're catering to nut allergies, swap the ground almonds for more oats and switch the nut butter for pumpkin seed butter. If you have a preferred nut butter, try that – I love a cashew butter but keep it to the smooth variety for a silkier texture. Look out for 60% minimum cocoa solids in your chocolate."

INGREDIENTS

- 250g/9oz smooth peanut butter
- 100g/4oz ground almonds
- 100g/4oz porridge oats
- 6 tbsp maple syrup
- 1 tsp vanilla extract
- Little pinch of sea salt

For the chocolate layer

- 180g/6¼oz dark chocolate, roughly broken (60% minimum cocoa solids)
- 1 tbsp smooth peanut butter
- Flaky sea salt, for sprinkling

Optional topping

- 2 handfuls of toasted peanuts

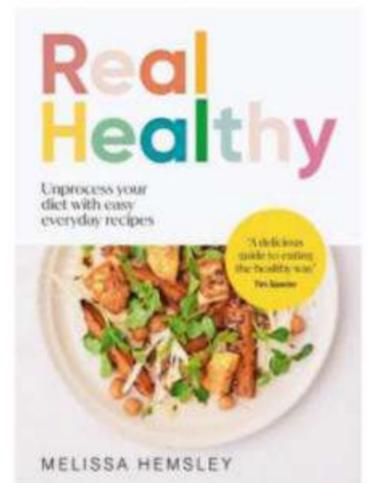
1. Line a small tin or dish (around 15x8cm/6x3½in or square equivalent) with greaseproof paper, making sure it comes up high enough on the sides that you can lift the mixture out of the tin once it's set.

2. Mix together the peanut butter, ground almonds, oats, maple syrup, vanilla and salt in a bowl. Transfer to the lined tin, pressing down with the back of a spoon or spatula to make it even and compact.

3. For the chocolate layer, melt

the chocolate in a bain-marie (a heatproof bowl set over a pan of very lightly simmering water, making sure the bottom of the bowl does not touch the water). Once melted, stir through the peanut butter and pour this mixture evenly over the base. If topping with the whole peanuts, scatter these over the chocolate layer. Sprinkle over a little pinch of flaky sea salt.

4. Set in the fridge for 1 hour or until firm, then cut into 16 pieces to serve.



TIME FOR CHANGE

Research has shown that ultra-processed foods (UPFs) are linked to illnesses including high blood pressure and heart disease, yet people in the UK get an average of 56% of their calories from UPFs, with the figure even higher for children.

Chef and food writer Melissa Hemsley's book *Real Healthy* embraces a lifestyle rooted in whole foods, helping you make informed choices about how to eat well every day.

◆ *Real Healthy* by Melissa Hemsley, with photography by Lizzie Mayson, is out now, published by Ebury Press, priced £26. Visit melissahemsley.com or follow her on Instagram @melissa.hemsley.

NATALIE PORTMAN

CLASS

ACT

She's a Hollywood heavyweight taking on a starring role in a 1960s-set TV series, but her acting career has never got in the way of academic ambitions

She made her debut in 1994 at the age of 13 in the French thriller *Léon: The Professional*, directed by Luc Besson, and gained worldwide recognition as Padmé Amidala in the *Star Wars* franchise in 1999, 2002 and 2005.

Then, in 2010, Natalie Portman won her first Academy Award and her second Golden Globe for her intense portrayal of a fragile and repressed ballerina in *Black Swan* – and her career has also seen her become an ambassador for French fashion house Dior for more than ten years.

Over three decades, the prolific Israeli-American actress has amassed a body of high-quality work playing characters from Anne Boleyn to Jackie Kennedy, and starring alongside stars such as Julia Roberts and Jude Law. From drama to romantic comedy, psychological horror to superhero franchises, she's done it all.

She's also found time to graduate from Harvard University, campaign for animal rights and give speeches about microfinance in developing countries, and be mum to Aleph and Amelia, her children with ex-husband Benjamin Millepied.

Her latest project is the Apple TV+ series *Lady in the Lake*. The seven-episode drama is released this month and is set in 1960s Baltimore. It follows the parallel lives of a struggling African-American mother – played by Emmy Award-nominated actress Moses

Ingram – who's dealing with a complex entanglement of trauma, marriage breakdown and involvement in organised crime, and a Jewish housewife with a secret past and uncertain future, portrayed by Natalie.

This intriguing thriller marks Natalie's first lead role in a



'I'm so grateful that I've had different experiences with film-makers and a life full of children, friends and adventures'





Natalie at the American Film Institute Awards in Los Angeles in January this year (left); with Julia Roberts (above), alongside whom she co-starred in the 2004 movie *Closer*; and (far left) in the role of Maddie Schwartz in Apple TV+'s *Lady in the Lake*, a thriller based on the novel by Laura Lippman

TV series and here she discusses the differences between starring in film and on TV, her extraordinary career achievements and how speaking different languages has shaped her.

Natalie, is there any difference from an actor's perspective between making films and making a TV series?

"Absolutely. In a TV series you have so much more space to explore the character, to find detail and nuance in different shades of their personality. And then, of course, just practically, it's very much a marathon compared to a sprint; it's such a long, intense process, compared to making a film which is quite short, relatively."

How do you feel when you see yourself on television?

"I don't look, I don't watch. I just move forward."

Is there a role you would like to play but you haven't had the chance to yet?

"I would love to do a musical. I did a little bit in *Everyone Says I Love You* [directed by Woody Allen, in 1996] when I was a kid, but it was quite small and a long time ago. So I would love to explore that again."

Was there one particular moment after your first movie when you suddenly realised your life had changed?

"No, I think I was lucky in that it was quite gradual, so it changed a little bit over a long time, and it wasn't overnight."

What single achievement are you most proud of at this stage in your career?

"Well, I'm so grateful that I've gotten to have so many different experiences with so many film-makers and artists that I admire. I'm also very grateful that I've been able to have a life full of children, friends and adventures that have also filled me so much at the same time."

You speak several languages; it's often said that multilingual people develop different brains. Do you have a different brain for each one of the languages you speak?

"Mmm, that's a great question. I think I do. Just having different sides of myself gives me an outsider perspective, wherever I am – like I never quite fit in. And I think that's very much like an artist's point of view of observing how things are different and how things are strange. I always feel like that."

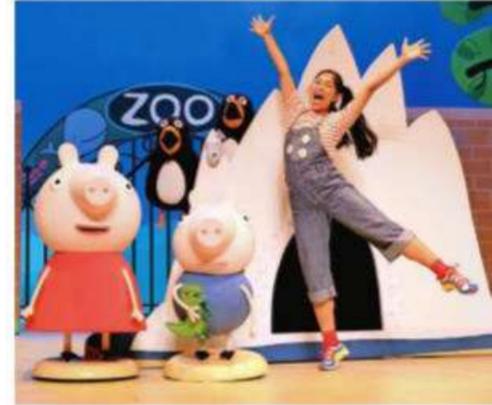
INTERVIEW: SILVIA PINGITORE

© 2024 Silvia Pingitore, first published by the-shortlisted.co.uk. Used under licence.

DON'T MISS THIS WEEK...

EVENT PEPPA PIG'S FUN DAY OUT!

The beloved children's character is brought to life in a new theatre show complete with songs, dances and games. Join Peppa and co. on their fun-packed day as they head to the zoo and the beach for a special party. Playing at London's Hackney Empire on 10-11 August and then at venues across the country. Visit peppapiglive.com.



FILM IT ENDS WITH US

Blake Lively and Justin Baldoni (together left) star in the highly anticipated movie adaptation of Colleen Hoover's novel. The story follows Lily, a florist who falls madly in love with neurosurgeon Ryle. Their relationship is met with complications when her first love, Atlas, comes back into her life. In cinemas from 9 August.

PODCAST DUNGEON MASTERS

Keep your eyes – or should we say ears – open for this thriller podcast starring Jon Hamm (right), best known for his role in *Mad Men*, who voices private investigator William Dear. The gripping tale delves into the world of role-playing game Dungeons & Dragons and is inspired by a real case. Available from 12 August.



TV THE UMBRELLA ACADEMY

Elliot Page and Tom Hooper return in the fourth and final season of Netflix's hit sci-fi series. The drama follows a dysfunctional family of adopted sibling superheroes who reunite after their father's death. The latest series sees the group stripped of their powers and in a timeline where they face a mysterious secret society. On Netflix from 8 August.

BOOK IN BLOOM

Eva Verde's affecting novel focuses on Delph – alone since the death of her first love Sol, who left her as a single mum at the age of 24. Years later, when her daughter Roche moves out and into a flat with Delph's estranged mother Moon, she starts to question her choices – and her relationship with partner Itsy. And as her daughter snoops into her grandmother's past, a disturbing pattern emerges. Out now, published by Simon & Schuster, priced £9.99.



Dream Destination

MELISSA ODABASH

From old-school trattorias to lively piazzas with impressive views, the resortwear designer shares her love for Italy, especially history-packed Rome

What makes Italy so special to you, Melissa?

"I love Italy. I used to live in Rome and had some of the best years of my life. It was also where I started my career."

Is there a scent, sound or feeling that you'll forever associate with Rome?

"The aroma of dough and tomato, which never failed to make me hungry!"

Where would you recommend staying?

"Hotel de Russie – an enchanting oasis located right in the heart of the city. I have a great love for all the Rocco Forte Hotels and often opt to stay in them. I adore their distinctive style, and they provide a comforting sense of home away from home."

And eating? What's your dish of choice?

"Pasta will always be my favourite. I love Maccheroni; they have the best pasta ever, followed by chocolate from SAID – Rome's oldest chocolate factory and restaurant."

Tell us about an unmissable experience in the city...

"I love walking to Campidoglio because it's in the centre and overlooks the Roman ruins, the Colosseum, the Victor Emmanuel II Monument and the most beautiful church in Rome, the Basilica of Santa Maria Maggiore."

And how about the most glorious view?

"The terrace on top of the Hassler Hotel is very magical; it overlooks the entire city of Rome and is a great spot for a cocktail."

Which three beauty essentials do you pack for every trip?

"Weleda Skin Food moisturiser, Rodial Peach Concealer and Dr Rita Rakus Protect SPF 50."

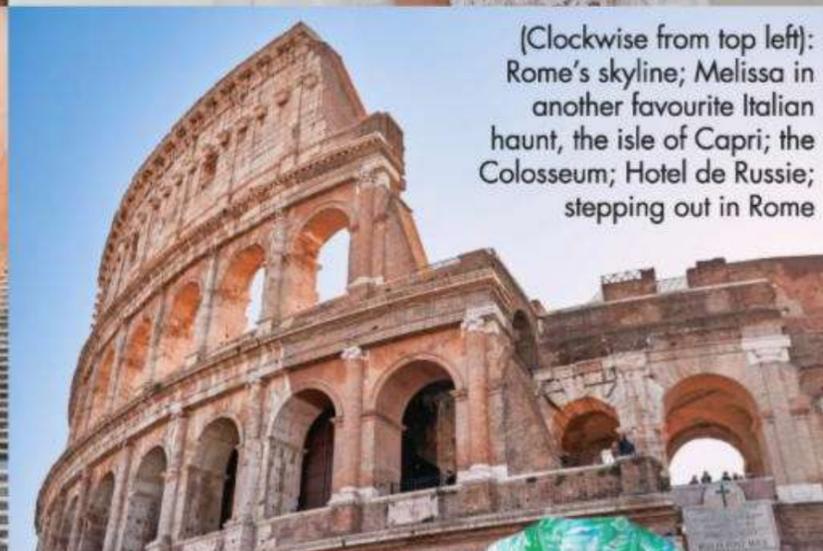
What about your travel wardrobe?

"Ballerina flats and sneakers for walking on cobblestone streets, a classic navy or white blazer and jeans with a white shirt and scarf, and a simple black dress for the evening."

Do you have a favourite holiday read?

"I enjoy anything about health. I also enjoy listening to podcasts – my current favourite is *The Diary of a CEO*."

Which songs would top your ultimate holiday playlist?



(Clockwise from top left): Rome's skyline; Melissa in another favourite Italian haunt, the isle of Capri; the Colosseum; Hotel de Russie; stepping out in Rome

"Anything from Elton John and Coldplay."

And finally, which souvenirs would you recommend bringing back?

"Parmesan cheese, olive oil, canned baby tomatoes, the famous chocolate biscuits and SAID chocolates."

To discover the latest Melissa Odabash swimwear collection, visit odabash.com.



Weleda Skin Food
£8.95. Visit weleda.co.uk



Melissa Odabash
Edith kaftan, £380.
Visit odabash.com

Dr Rita Rakus Protect Daily
Tinted Broad Spectrum SPF 50,
£54. Visit drritarakusshop.co.uk

GET YOUR HELLO! ON THE GO

THE LATEST ROYAL AND CELEBRITY NEWS • RED CARPET
REPORTS AND INTERVIEWS • INSPIRATIONAL STYLE
AND FASHION • SNEAK PEEK INTO FABULOUS HOMES
• MUST-HAVE HEALTH AND BEAUTY TIPS



VISIT [HELLOMAGAZINE.COM](https://www.hellomagazine.com)



On a P&O Cruises
holiday, I'm island
hopping by whirlpool



HOLIDAY LIKE
NEVER BEFORE

7 night Canary Islands
fly-cruise holidays from

£599 PP

Based on Inside cabin cruise A508*



P&O CRUISES