

THE

# WM

## fab 40

THE HOTTEST TRENDS,  
THE COOLEST PEOPLE,  
AND ALL THIS SEASON'S  
BEST-KEPT STYLE SECRETS

Edited by Sarah Drew Jones



the WM fab 40

### BEVERLEY KNIGHT

Following her hauntingly beautiful hit *No Man's Land* last May, soul singer Beverley is back with a fantastic new album and nationwide tour that hits Wales this winter ([www.beverleyknight.com](http://www.beverleyknight.com)). At 34, she's showing youngsters like Amy Winehouse and Kate Nash how it's done. "I do believe I'm in the best musical shape of my life," she says, adding that "the voice I have now, I didn't have when I was 15. I've lived some life, I'm singing things that I've been through. I think it gives character to the voice that only comes with time and wisdom." Last year Beverley toured her greatest hits album, but also found time to record a new one, *Music City Soul*. It's a change in



direction, bringing her heart-rending gospel roots to the fore, and was created in Nashville in just three days, using musicians who had played with Al Green and Elvis, and with a guest appearance from Rolling Stone Ronnie Wood.

### 2 SHEERINO'KHO

This skincare brand is both space-age (it responds to the environment to fight the ageing effects of pollution, dry air, extreme cold etc) and hippy (plant-based ingredients, no parabens, colours or

chemicals). Perfect for winter, the complex formulas leave skin as fresh as a baby's and the recycled packaging is to die for. Find it in the UK exclusively at [www.spacenk.com](http://www.spacenk.com)



### 3 ARIZONA SPAS

The red rocky state is building itself a reputation as a spa destination with resorts like The Four Seasons, Scottsdale, and Amara Creek and The Boulders in Sedona. They fuse Native American healing with space-age treatments for the ultimate in luxury. Arizona Office of Tourism, 020 8741 7256, [www.arizonaguide.com](http://www.arizonaguide.com)





**UGLY BETTY FASHION**

The hit American show is responsible for this season's geek-chic trends: pussycat bow blouses under lurid tanktops, knee length skirts in geometric patterns, grey woolly tights and Mary-Jane

wedges. Loud? Sure, but high street stores Oasis, Miss Selfridge and the influential Topshop have all gone mad for it...



**5 REESE FOR AVON**

Hollywood cutie Reese Witherspoon has signed up to be the new face of Avon and is set to appear in the company's spring campaign early in the New Year. Tamzin Outhwaite, Tess Daly and Denise Van Outen were her 'celeb' predecessors on the Avon Lady circuit, so it's a big step up. Expect some Hollywood-standard new product lines too, as well as a re-think on packaging.

**6 BEAUTYICON.COM**

Got a nagging beauty query? Why not email it to fabulous new website [www.beautyicon.co.uk](http://www.beautyicon.co.uk) for a personal reply. You can also buy goodies there from a growing range of exclusive, hard-to-find brands ... and pocket some free samples

with every order, too. Owner Sharmilee Patel, 34, is a beauty obsessive and let us in on her all-time best beauty find: "Freeze and Go (£39) – it's literally a miracle in a tub: use it under or over make-up to instantly smooth and brighten the skin and create a flawless finish."

**7 BIG CHRISTMAS FILM**

Fans of Cecilia Aherne's atmospheric and touching debut novel *PS I Love You* will be happy to hear it's been made into a movie with Hilary Swank, and is set to be the must-see movie

of the Christmas period. Out on December 21, it tells the uplifting story of a young widow who discovers her late husband has left her messages from beyond the grave, intended to ease her pain and help her start a new life.

**8 WINTER WILDLIFE**

Big trend for Christmas decorations? Wildlife. Selfridges and Harrods have decked their Christmas trees out in metallic robins and silver reindeer, and if it's good enough for them, it's good enough for us. This year, we're binning the baubles and going wild for birdies like this gold sequin one, three for £3 from Woolworths.



**9 SKIWEAR**

Ever since Victoria Beckham turned up on the slopes last year in head-to-toe Chanel skiwear, the fashion world's taken a fresh look at this utilitarian area, producing some exciting new ranges. Forget unflattering colours and padding, think streamlined and sexy. The best (and most affordable) is at TK Maxx.

## 10 TUMMY-TUCK JEANS

Miracle in fabric! Lisa Rudes-Sandel was so sick of bum-baring, low-rise jeans she designed her own for women who want support around the tum, lift across the derriere and a great fit on the leg. A 'criss-cross' panel holds you in without being uncomfy. At Vania Jesmond, Swansea, Seasons, Haverfordwest, and Lois in Cowbridge from around £79.



## 11 COOL CARDIS

Bargoed-born knitwear designer Kate Jenkins has worked for Marc Jacobs, Missoni, Donna Karan and Whistles and now, four years

after launching her own label, Cardigan, she's just opened her first shop in Brighton. Too far? Buy her signature wraps, knitted jewellery and woollies online at [www.cardigan.ltd.uk](http://www.cardigan.ltd.uk)

## 12 FEMININE FRILLS

Influenced by period films such as Keira Knightley's Atonement, fashion's gone a bit frilly for autumn/winter. Dresses are sporting front frill panels, shirts have frilled cuffs and even scarves are getting in on the act. Just don't overdo it and spill into Laurence Llewelyn-Bowen territory...



**13 DIY HAPPINESS** Ever heard the expression 'happiness is a choice, not a stroke of luck'? Teach yourself to be happy by investing in the year's most addictive little book: Teach Yourself Happiness, by Paul Jenner £8.99. It'll help you understand why you aren't as happy as you could be and give you tricks to remedy it.



## 14 MERCURE HOLLAND HOUSE

There are so many good hotels in Wales these days (check out our guide on page 115!) that it's easy to overlook this gem, tucked away on Cardiff's Newport Road. But step

inside and you'll find a state of the art gym, a spa to rival anything in London and a cocktail bar and restaurant that have 'Saturday night out' written all over them. Classy, sophisticated and very, very WM, dahling... We'll see you in there for champers...

## 15 ABSOLUT DISCO

Two of our favourite things: disco and vodka, together at last! Absolut's given its world-famous vodka a Studio 54-style makeover just in time for party season, wrapping it in a coat inspired by mirrored disco balls. There's even a hook to hang it from the ceiling! Dancing queens can bag their limited edition at Asda for £13.99.



## 16 THEO FENNEL FOR CDLM

The Beckhams' favourite jeweller, Theo Fennell, has been collaborating with Crème de la Mer for five years now, creating super-luxe silver packaging for the world's best skincare, and to celebrate the two have collaborated on the very last

word in lust-have beauty. Theo has created an exquisite handcrafted sterling silver hallmarked lid for the Crème de la Mer The Lip Balm for a liplicious £100. Get it on your Dear Santa list!



## 17 PENELOPE CRUZ FOR MANGO

Here's a pairing that makes sense. The outrageously beautiful Spanish actress has teamed up with Madrid-based fashion house Mango, to front their winter campaign of soft wool separates and understated cocktail dresses. Currently, Mango doesn't have any shops in Wales (you'll have to schlep to London) but WM's heard rumours that

it'll be opening in Cardiff's St David's 2 in 2009.



# 18



**WELSH WINE** For our birthday issue, we've been taste testing lots of bottles (we lost exact count, OK? Also consciousness at one point). Welsh wine from the postcard-pretty Llanerch Vineyard scored highly, with

the Cariad Blush Vintage Quality Sparkling Wine, £17.95, standing out a mile (and not just for its beautiful coral colour!). Buy mail order (01443 225877) or from Howells of Cardiff.

## 19 DESIGNER TOILETRIES

We're used to Stella McCartney dabbling in posh cosmetics and Giles Deacon designing for New Look but now there's a new trend: big names teaming up with everyday toiletry brands. London designer Marios Schwab has created a limited edition range of

Sure deodorants (£2.89, available until March 2008), which are bound to be good, given that Vogue wrote about him this season: 'His is the show that the fashion elite make sure they're on the list for...'



## 20 CHINESE SUNGLASSES

Shanghai Tang is the first luxury brand to emerge from China, and is

becoming a cult label among fashionistas. These sunglasses, £129, are the current must-have of the collection. Invest now before it becomes as old hat as Gucci... Stockists: 0800 7831372.



## 21 NEW VINTAGE

Seems the fashion world has finally tired of wearing dead women's clothes, and is now getting its vintage fix from brand new goodies designed to look antique. The trend's especially big in shoes and bags: look out for 40s-style beading and crystals, fabrics like silk and satin replacing leather and suede, and vintagey touches like clasps, ribbons and buckles.



£70, Dune

## 22 CHARITY TREKS

If your resolution is to get fit or do something worthwhile, try an overseas challenge to raise money for Breast Cancer Campaign's vital work ... and fulfil a lifelong ambition.

How about The Great Wall of China (March), Etna Volcanic Adventure (May), London to Paris cycle ride (August), Machu Picchu in Peru (October) and Everest Base Camp, Borneo (November). Call 020 7749 3700 or email [treks@breastcancercampaign.org](mailto:treks@breastcancercampaign.org)

## 23 CRYSTAL CLEAR EYE PEN

We might ditch our Touche Eclat for this battery-powered portable gizmo claiming to use rotating nodules to stimulate muscles around the eye while pushing firming serum into the skin to get rid of bags and circles. It sold out in a month when it was launched and has been on beauty experts' wish lists ever since – our grumble is it's only available in Selfridges but you can order one for £135 at [www.crystalleareyepen.com](http://www.crystalleareyepen.com)



## 24 80S HAIR

Don't panic: it's less Joan Collins in Dynasty, more Kate Bush in a leotard. Yes, free-flowing, voluminous 80s hair is back, thanks mainly to the new haircare range by stylist-to-the-stars James Brown. The 16-piece collection is designed to give a mussed-up look. Available in Boots priced from £5.99.



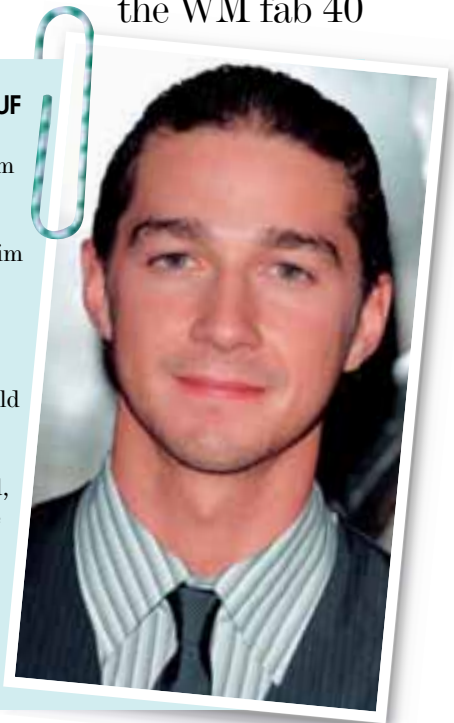
**25 AFTER-PARTY SHOES** Don't you hate that crippled, achey, slightly sick feeling you get at the end of a party, thanks to your lovely-but-ludicrous heels? Slip on a pair of After Party Shoes for the journey home: with a clever split sole that allows them to fold away neatly into their own little pouch, you can stow them in the smallest of clutch bags. They come in eleven gorgeous colours and designs: buy from [www.redfootrevolution.co.uk](http://www.redfootrevolution.co.uk) for £25 plus postage and packing.

**DEBENHAMS' NEW ADS**

How much are we loving the new ad campaign for Debenhams this season? Grouping models together in clubs (ramblers, Women's Institute, caravanners!) it's full of charm, wit and cartoony styling and it beats

the frilly panties off the rest of the high street. We're also in lust with the Designers at Debenhams range: Betty Jackson suiting, John Rocha homewares, Julien Macdonald bedlinen: it's all gorgeous!

**26 SHIA LABEOUF** You probably know him from this year's hit movies Transformers and Disturbia, but we know him as our secret (and borderline inappropriate) crush. The word from Hollywood, where the hotter-than-hot 21-year-old actor is currently filming the new Indiana Jones movie with Harrison Ford, is that he's out-acting the ageing sex symbol: can't wait to see how THAT plays out when the blockbuster opens next spring.



**27**



**28 ALEX JONES**  
Blonde dumb-ass TV

presenters are two a penny, so that's why we're glad to see that Alex Jones' career is on the rise, flying the flag for brunettes-with-brains everywhere. Swansea-born Alex, 28, is best known for her S4C work on shows like Cwpwrdd Dillad but she's now graduated to the fab magazine show Be on BBC2W (with our very own Charlotte Hayden!). What's next: Davina McCall's crown?



**32 DANIEL JENKINS**  
He's only

22. He's a fashion wunderkind, who's already worked for some of the biggest names in fashion retail, like Cricket and Flannels. And now he's opened an elegant eponymous menswear boutique in Monmouth, carrying labels like ACNE, YNC, John Smedley, Satyenkumar, and many other impossible-to-find-elsewhere-in-Wales brands. Neath-born Daniel told WM's men's editor Matt Thomas: "I must have been

the only straight kid who'd sit watching The Clothes Show with his mum like it was Match of the Day. We're going to provide men in Wales with the sort of store they've been deprived of previously."



one to watch

**29 ECO-FRIENDLY LIVING**  
Green girls are taking

their lead this season from the Hollywood A-list: Cameron Diaz has just bought a Toyota Prius gas-electric hybrid car, Renée

Zellweger has her food ordered in from an organic-only deli, and Drew Barrymore has been extolling the virtues of ethical fashion and fairtrade shopping. Time to re-assess your lifestyle and fall in line?

**30 DIOR PARTIES IN CARDIFF**  
We'll be seeing

in the new year in style at Cardiff's Park House Club, where the exquisite Christian Dior will be sponsoring a

masquerade ball. The whole place is going to be transformed into a Venetian palace for an evening of opulence: think champagne, a five-course feast, live music and luxury gifts from Dior.

**31 CRUISE COLLECTIONS**

More and more labels are focusing on mid-season 'cruise' collections to get through the dreary mid-winter period. Now accessories are getting in on the act. Billy Bag has this fabulous gold leather tote in its new cruise line, for £120 ([www.billybag.co.uk](http://www.billybag.co.uk)).



**33**



**CALIFORNICATION**

Remember how oddly sexy David Duchovny was in The X Files in the 90s? Well, he's even better in his comeback series, Californication, in which he plays a moral-free writer with a sex problem: he can't get enough and he

doesn't mind who or what gets hurt in the process. Doesn't sound promising? Trust us, it's fab. Catch Californication on five on Thursdays. He's also just started filming for the second X Files film, due out next year, the naughty minx.

**34 MERMAID QUAY** If it's been a while since you made it to Cardiff Bay, now's the time to go. There's been a raft of new places

opening recently, with two new French restaurants (for reviews, turn to page 168), a new Italian eaterie, boutique Clobbered Up and a handful of treasure trove gift shops.



# 35

## WAREHOUSE

Watch out Topshop – Warehouse is after your High Street crown this season. This underrated chain eschews celebrity tie-ins and cheap tricks in favour of solidly good design and quality fabrics. This winter, the partywear is outstanding, as you can see from this Burberry-style dress for just £125.

**36 OCEANA VIP SUITES** This swanky club on Cardiff's Greyfriars Road runs a VIP



service second to none: for £200, you can hire a

VIP room for you and 15 of your mates, queue jump the masses outside, and have champagne served by your own personal waiting staff ... or for £300 you can enjoy a sumptuous buffet too. Move over Paris Hilton ... call 233833 or visit [www.oceanaclubs.com](http://www.oceanaclubs.com)

**37 BACK TO BLACK** Last year's trend for black candelabra and glassware has morphed into an altogether sexier new interiors idea this year: inky black kitchen appliances. Hoover has a range of fantastically fashionable washer-dryers, fridges, freezers and dishwashers, from £399: exclusively in Wales at Leekes ([www.leekes.co.uk](http://www.leekes.co.uk), 01443 667350).



**38 THE NEW YOU BOOT CAMP**

It's a women-only intensive seven-day residential course to kick start your fitness and drop some pounds, run by Royal Air Force physical training instructors. A typical day consists of a sunrise trek, beach running, nutrition

lesson, body confidence therapy, boxing, abseiling, tribal dancing, and night walk. It takes place at a secret location: participants are told to meet at a train station and are blindfolded for the journey! Come and have a go if you think you're hard enough. Visit [www.newyoubootcamp.com](http://www.newyoubootcamp.com)

**39 THE BIG CHILL PACKAGE**

The Haven spa in Penarth (029 2070 2211) is offering an

amazing bargain this winter: an aromatic full body massage (for an hour and a half! Bliss!), a relaxing, hydrating facial, and a reflexology treatment, all on one day, for just £79.50.



**40 PAINTBOX COLOURS** With so much black-on-black on the catwalks, we're all craving a bit of colour with our gothic glamour. Luckily a number of jewellery and accessories brands have gone big on primary colours. Splash out on a bright watch for an easy way to add vibrancy: red chronograph Milano watch, £185, Breil.