



WHAT TO WEAR
PURPLE REIGN



Gucci, £135
www.vanmildert.com

NICA, £49
www.nica.co.uk



Sili collection £65
www.ice-watch.com

Dragon Band Ring, £90
www.babette-wasserman.com



Bonmarché £14
www.bonmarche.co.uk



Pomelo Leather Bird flip flop, £25
www.funkyflipflops.com



SPA OF THE WEEK

ST MICHAEL'S HOTEL,
 FALMOUTH, CORNWALL
www.stmichaelshotel.co.uk



Which celeb would you trust to do your packing?

ONCE the holiday has been booked and paid for, the major decision of what to pack for your trip comes to the fore.

So who would us Brits most trust to pick their clothes and help pack their holiday suitcase?

In a survey of more than 2,000 adults, the travel comparison site travelsupermarket.com found that we trust an eclectic mix of celebrities.

While *How To Look Good Naked* star Gok Wan tops the poll overall and for women, research revealed that men would prefer an injection of 007 style in their holiday wardrobe from James Bond actor, Daniel Craig.

The nation's sweetheart Cheryl Cole is the number one female celebrity on the list — she's the number two choice overall for men and women.

Other unlikely holiday style icons include Noddy Holder and Prince Charles (the third and fifth most popular male celebrity choices for holiday packing with four per cent each).

Here are the results from the poll:

The top five celebrities voted most trusted by UK women to pick their clothes and help pack their holiday suitcase:

1. Gok Wan (32%)
2. Cheryl Cole (16%)
3. Myleene Klass (13%)
4. Fearne Cotton (7%)
5. Victoria Beckham (6%)

The top five celebrities voted most trusted by UK men to pick their clothes and help pack their holiday suitcase:

1. Daniel Craig (12%)
2. Cheryl Cole (8%)
3. David Beckham (7%)
4. Noddy Holder (7%)
5. Myleene Klass (6%)

Katie Price, with her less-is-more



LOOKING GOOD ... Gok Wan voted most trusted celebrity to pack the nation's holiday suitcases

approach to holiday wear was chosen as the person Brits would least like to help them with their packing (30 per cent overall, 22 per cent of men and 37 per cent of women).

The least trusted celebrities as voted for by UK men are:

1. Katie Price (22%)
2. Gok Wan (12%)
3. Britney Spears (9%)
4. David Beckham (6%)
5. Russell Brand (5%)

The least trusted celebrities as voted for by UK women:

1. Katie Price (37%)
2. Britney Spears (10%)
3. Gok Wan (7%)

4. Peter Stringfellow (6%)
5. Victoria Beckham (5%)

Bob Atkinson, travel expert from travelsupermarket.com, said: "What we take on holiday is sometimes as important as where we go. And where you go obviously has a huge impact on what needs to be packed."

"Holidays are all about recharging your batteries, and the last thing we need is a last minute packing stress. Make sure you have a check list of all the essentials and pack light to avoid any excess baggage charges and to keep those travelling costs down."

Top packing tips from travelsupermarket.com:

- Make a check-list of your most frequently used/needed holiday items so you never forget the essentials
- To avoid baggage charges try to travel hand-luggage only for short breaks make sure you check the allowance on your airline's website as some do vary; and don't forget the liquid restrictions as well as items that are banned in the cabin
- Plan your holiday wardrobe in advance think about the weather and the activities you will be undertaking and then lay out your choices the day before ask yourself whether you really need each item before packing; try to create a capsule wardrobe where you can mix and match items
- Think about taking lots of thinner layers so you can wear several at once or not so many — this should save space and weight
- Put bulky and heavy items at the bottom of your case so they don't crease everything else



The nation's sweetheart Cheryl Cole is the number one female celebrity on the list

Are you a Lambrini girl?

IT gets a bit of bad press by the snobbier wine connoisseurs amongst us, but Lambrini doesn't pretend to be anything it's not.

And it is, quite simply, just a fun drink. It's not got a high alcohol content. It's 5.5 per cent alcohol by volume (ABV) compared to about 13 per cent ABV for your average bottle of wine.

So if you're looking for something thirst-quenching, light, sparkling, Lambrini's new flavours will fit the bill perfectly.

As well as the ever-popular 'Original', Lambrini comes in three other fruity varieties — Rosé, Peach and Cherry — adding a touch of cheeky charm to the ever-popular Lambrini range.

Lambrini Peach is a sweet favourite for anyone looking for something a little bit different. Fruity and feminine, it's great served ice-cold at barbecues.

Lambrini Cherry has the same ABV (5.5 per cent), but has a stronger, sassier taste which works well with food and is top of the list of favourite summer drinks.

Lastly, but by no means least, Lambrini Rosé is perfect for those



looking for a more sophisticated taste. This flavoursome little number is the ideal accompaniment to summer, offering the light and crisp tang you would expect to find in a Rosé, but with the added Lambrini sparkling twist.

Available from all good retailers in 75cl bottles, it's another fresh but cool way to experience Lambrini.

Don't be put off by the snobbery. And remember, Lambrini provides 40 per cent fewer units than a typical bottle of wine, and offers consumers a responsible lower alcohol alternative to the majority of wines and wine style products.

Go on, give it a try. You might even enjoy it!

TRIED AND TESTED: BAM BAGS

Bam Bags® Black and Silver Totebag. RRP £74.99. www.bambags.co.uk

A GIRL can never have too many handbags and these days there is an abundance of fabulous new designs in the shops and on the internet.

One of the latest designs to appear on UK soil are Bam Bags®.

Until recently (and I mean recently as in last week), this innovative bag was only available in America but, thanks to Emma Voss who is the sole UK distributor, us English Rose's can keep up with our Uncle Sam counterparts.

I was lucky enough to get my hands on a Bam Bag® Totebag a couple of weeks ago and was simply blown away by the design — a continuous length of high-strength zip, hence known as the original Zip Purse in the US. It has detachable handles (although I'm not too sure why), an interior zipped pocket for keeping loose change, a mobile phone pocket and a clip to attach car/house keys.

The latter is always an advantage in any handbag, and saves having to rummage around in the bottom of the bag for said keys. I was surprised at how much I could fit into the tote bag but definitely not surprised at the



reaction I received from my friends. They, as I do, love it. The bag is versatile, durable, lightweight and keeps its shape. I have put the bag through its paces and it still looks as good as it did when it was brand new. I predict Bam Bags® will be the fashion hit of summer — and don't forget you heard it here first!