

VOGUE

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The
FLORENCE
phenomenon

**ARM
CANDY**

*Welcome the
multi-tasking
handbag*

**WOMEN
UNDER SIEGE**
*A postcard
from Libya*

The **POWER
of PRINT**

**COOL
SCHOOL**

*Introducing the
new models*

Beauty
REVAMP
special

Style duo
Two pe...ces
to...
W

Escape

VOGUEAIR

PRINTED IN UK

THE NUMBERS TO CALL

• **DERMATOLOGIST**

Dr Stefanie Williams. Whether it's acne or the signs of ageing, she can help with both – and other skin concerns besides (020 7467 8500)

• **NATUROPATH**

Roderick Lane will scrutinise your diet and lifestyle before prescribing easily-adapted-to changes that work almost instantly (0845 094 3224)

• **MASSEUSE**

Book in with Korn at the Aman Spa at The Connaught for one of the best massages we've ever had (020 7499 7070)

• **REFLEXOLOGIST**

Gemma Ireland performs miracles on the sole (and soul) with her intuitive skills and considerable experience (07958 623120)

• **OSTEOPATH**

Guru Singh Khalsa practises in London and Cambridge. He's got your back (07976 285517)

The treatment

If the arrival of the winter solstice coincides with a spell of the grumps, turn to Annee de Mamiel for her "seasonal attunement".

A fusion of acupuncture, meditation mantras, chi-rejuvenation massage, healing tuning and a thorough facial, rounded off with a cup of Annee's special blend of seasonal tea, this is the ultimate combination of alternative medicines – with powerful results. *De Mamiel Seasonal Attunement, £195 for 90 minutes. Demamiel.com*

THE SELF-HELP BOOK

LEARN TO MANAGE THAT CRUSHING SENSE OF DISAPPOINTMENT SHOULD YOUR NEW YEAR'S PARTY (OR ANYTHING ELSE FOR THAT MATTER) FAIL TO LIVE UP TO EXPECTATIONS. NEUROSCIENTIST TAL SHAROT'S NEW BOOK, *THE OPTIMISM BIAS: WHY WE'RE WIRED TO LOOK ON THE BRIGHT SIDE* (CONSTABLE & ROBINSON, £9), EXPLAINS HOW TO ADJUST ANY OVERLY HOPEFUL PREDICTIONS. THEOPTIMISMBIAS.COM



THE RECIPE

TRAINER AND NUTRITIONIST JAMES DUGAN GIVES US A VITAMIN D- AND C-ENRICHED RECIPE TO LET THE SUNSHINE IN

Seared Mackerel with Red and Yellow Salad (Serves four)

- 1 yellow pepper, finely sliced
- 250g cherry tomatoes, quartered
- 2 carrots, peeled and grated
- Bunch of coriander, torn
- 2 tablespoons toasted pumpkin seeds
- 1 tablespoon flaxseed oil
- Juice of one lemon
- Sea salt and freshly ground black pepper
- 4 mackerel fillets

METHOD

- 1 Mix together all the ingredients apart from the mackerel. Dress with the flaxseed oil, lemon juice and salt and pepper.
- 2 Score the skin of the mackerel fillets and season on both sides.
- 3 Heat a heavy-based frying pan. Drizzle the skin of the fish with olive oil. Sear skinside down for 2-3 minutes, then flip and repeat on the other side.
- 4 Serve the mackerel with the salad.

CLEAN & LEAN DIET COOK BOOK (KYLE, £13), PUBLISHED JANUARY 5 (BODYISM.COM)

The only way IS UP

Why "get through" the month when you can own it? Vogue has the beauty experts, the recipe, the book and even the music to set you on the right track for the year ahead



THE QUICK FIX

KEEP A **POSTUREPLAST** IN THE DRAWER FOR IMMEDIATE RELIEF FROM LOWER-BACK ACHE. THE SUPER-SIZED X-SHAPED PLASTER WAS DEVELOPED BY AN OSTEOPATH, EASES ACUTE PAIN AND HELPS TO CORRECT BAD POSTURE. £14.50 FOR FOUR. POSTUREPLAST.CO.UK

THE SOUNDTRACK

Keep musically motivated while working out with a playlist especially created for Vogue by fashion's favourite man on the decks, DJ Jeremy Healy (left). These tracks hit the optimum workout speed of around 125 beats per minute...

- "Feel So Close" (Benny Benassi Remix), Calvin Harris
- "Hello Replica" (Hardwell Mash-up), Martin Solveig & Dragonette vs Afrojack
- "Replica in the Deep", Adele vs Afrojack
- "Run The World (Girls)" (Chris Lake Remix), Beyoncé
- "Beautiful People" (Felix Cartal Club Remix), Chris Brown ft Benny Benassi
- "Bounce" (Fly Eye Club Mix), Calvin Harris ft Kelis
- "Hot-N-Fun" (Boys Noize Remix), NERD ft Nelly Furtado

THE MAKEOVER PEOPLE

WITH MORE THAN 20 YEARS OF EXPERIENCE GETTING CELEBRITIES RED-CARPET READY, **THE GLAM SQUAD** - AKA MAKE-UP ARTIST VALE AND STYLIST CHERYL KONTEH - ARE RENOWNED FOR REINVENTING WARDROBES AND REVAMPING MAKE-UP BAGS. THEGLAMSQUAD.INFO

THE DVD

IF YOU CAN'T MAKE IT TO EVA BERG'S PILATES STUDIO JUST OUTSIDE DUBLIN, MASTER THE BASICS WITH HER NEW DVD, **WICKED LITTLE WORKOUT FOR THE WAIST**, WHICH TEACHES PRECISE PILATES MOVEMENTS FOR THE PERFECT HOURGLASS FIGURE. THESECRETPILATES.COM

The doctor's prescription

New York-based champion of integrated medicine Dr Frank Lipman, who counts Donna Karan, Gwyneth Paltrow and Space NK's Nicky Kinnaird among his devotees, says: "Create an electronic sundown. At around 10pm, turn off your computer and television. Scan your bedroom for blinking or glowing lights – the alarm clock, your recharging mobile phone, the DVD display. Turn these off or cover them. If you can't darken your room, wear a sleep mask. Each little bit of light can prevent melatonin levels – which you need to induce sleep and reach a deep restorative state – from rising. This is when your body repairs itself." *Revive! End Exhaustion & Feel Great Again* (Hay House, £9) by Dr Frank Lipman

HOLISTIC SILK SLEEP MASK, FROM £41, HOLISTICSILK.COM