

YOU

THE BEST WEEKLY

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Zing in

52 SIMPLE WAYS  
TO MAKE  
LIFE BETTERTHE YEAR'S  
BEST-DRESSED  
Discover our style winnersHOROSCOPES & HANDBAGS  
What next year has in storeSAVE A FORTUNE IN OUR  
GREAT INTERIORS SALE!FEELING FAT?  
What it really says  
about youGet  
ready for  
fameWe pick the stars  
of tomorrow

glamour

Normandie Keith



## Contacts

■ Estée Lauder Pink Ribbon Diary, £45 (£25 of which is donated to the Breast Cancer Research Foundation), exclusively from Harrods, tel: 020 7730 1234, harrods.com  
 ■ Dr Sebagh Crème High Maintenance (with handbag-sized pot), £120, from Space NK, tel: 020 8740 2085.

■ Normandie for Tesco Pedicure Moments – includes foot cream, soak, file, toe dividers, nail clippers and cuticle sticks, £8, from Tesco nationwide

## Read up

■ Good Mother Bad Mother by Gina Ford (£14.99, Vermilion)

## For a peaceful life...

■ If, like me, you have a teething baby, try Finn's favourite toy: Sophie the Giraffe, £8, from Marie-Chantal, tel: 020 7838 1111

Illustration  
BILL BROWN

NEXT WEEK  
WENDY LEWIS  
NIP & TUCK

## Out with the old me, in with the new

In a matter of hours a brand new year will be upon us. Can you believe it? Remember how long days seemed to be when we were kids? Ah, all the adventures we could have in just 24 hours. Now it seems like the years are flashing by at breakneck speed. For me, this year has been miraculous, confusing and, most of all, full of growing and learning. I am now a mum, and on 2 January my little guy will be a year old. I have to keep pinching myself, as I still cannot believe that I am a mother.

As a new year approaches, the overwhelming piece of advice I want to impart is one of never giving up. No matter how difficult my quest for motherhood was or how slim my IVF chances were, I always believed. If you are striving to reach a goal I want you to believe that what you truly want can be achieved. Dare to think big and believe in the impossible, since when it does happen, it is far sweeter because of the struggle it took to get there.

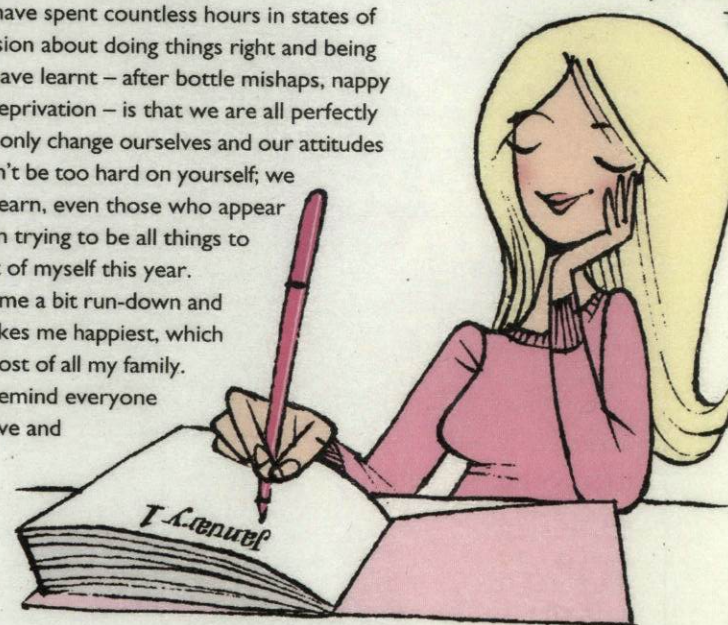
As a new mum, I have spent countless hours in states of near-panic and confusion about doing things right and being 'perfect'. But what I have learnt – after bottle mishaps, nappy dilemmas and sleep deprivation – is that we are all perfectly imperfect and we can only change ourselves and our attitudes one day at a time. Don't be too hard on yourself; we all have to grow and learn, even those who appear to want for nothing. In trying to be all things to everybody, I lost sight of myself this year. Because of this, I became a bit run-down and unable to do what makes me happiest, which is caring for others, most of all my family.

So, please let me remind everyone to take time out to love and care for yourself and your own inner child. Buy a diary – Estée Lauder has teamed up with Debreth's to

create a limited-edition Pink Ribbon Diary, which is a beautiful pink, leather-bound and handbag-sized. Best of all, a large share of the profits goes to the Breast Cancer Research Foundation. Then, note down your goals for the year ahead and, most importantly, write in time for yourself. Meditation, yoga, reading positive literature or getting involved in some kind of spiritual course can also broaden your mental outlook.

Basically, be high maintenance! There is no shame in caring for yourself inside and out. The genius dermatologist Dr Sebagh has even developed a supremely anti-ageing cream called High Maintenance, which defends the skin from external aggressors. Smooth this on, while repeating a positive affirmation to love and protect yourself, and you'll be glowing spiritually and physically. Then, every step you take, take it with purpose. Remind yourself to feel grounded and grateful for life's blessings, and in your me-time pamper your tootsies with my Normandie for Tesco Pedicure Moments box of foot treats.

Remember to rejoice, to laugh and to feel incredible gratitude for living. Nothing happens by chance: we create our circumstance, so seek joy, love and compassion and give back in however small or grand a way you can. I truly love all of my readers and cannot wait to share life's continuing journey together. Happy New Year! Normandie's column appears fortnightly; normandie.uk.com



## 'I just can't live without...' Patsy Palmer, actress



## ECOSOAPIA LIQUID SOAP

£6 for 295ml  
ecosoapia.com

This organic hand and body wash is gorgeous. Available in seven different scents, it has no preservatives or chemicals. Even better, ten per cent of Ecosoapia's profits goes towards saving the rainforest.



## PALMER-CUTLER SAVING FACE

£19.99 for 100ml  
From Boots nationwide or for stockists, tel: 01273 623748

I can't live without this anti-ageing SPF15 moisturiser from my own range. It contains pomegranate and is made from natural ingredients, with a hint of a fake tan. It gives you a lovely glow.



## AROMATHERAPY ASSOCIATES DEEP RELAX BATH AND SHOWER OIL

£30 for 55ml  
Tel: 020 8569 7030

In the evening it's lovely to light the candles in the bathroom and bathe in this deeply relaxing oil. I also use their Revive Morning Bath and Shower Oil with rosemary.

