



Red

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Red's beach HOTLIST

- ✓ The bikini you'll want to wear all holiday
- ✓ The anti-ageing tanning boost
- ✓ The experts' guide to holiday health

Summer superfoods

Skinny dips, low-effort puds
& instant supper updates

MAKE OVER YOUR PLATE

The food fix for
body AND mind

TRUE STORIES

'I had one
good mother -
and one bad'

THE
LIFE EDIT

You're one
month from
NO-REGRETS
LIVING



Louise Redknapp

'I don't feel the
need to be perfect
any more'

FASHION • HOMES • FOOD • SHOPPING • BEAUTY • TRAVEL

'THIS IS ME AT 35 & I LIKE IT'

Pin-up looks, tick. Pin-up husband, tick. Gorgeous kids, tick. But Louise Redknapp doesn't take any of it for granted. She reveals her highs, lows and lessons learnt along the way

WORDS ALI HARRIS PHOTOGRAPHS DAVID GUBERT STYLING KATIE GERMEIN

When we meet, Louise Redknapp has the slightly harassed look of a woman trying to juggle too many things. But even so, she has the same fresh-faced beauty of that teenage girl who burst into the charts 17 years ago as one quarter of British girl-band Eternal, then forged a successful solo career (four-million record sales, no less) before seamlessly morphing herself into an in-demand TV presenter. And if all that wasn't enough, she's been happily married to footballer-turned-sports-pundit Jamie Redknapp for 12 years (a lifetime in celebrity relationships) and, as our pictures testify, still looks bloody amazing in a bikini after having two children: Charley, five, and Beau, 20 months.

Don't be fooled into thinking all this has been handed to Louise on a plate. From the in-group bullying she faced before she left Eternal, to her battle with endometriosis, to her own body insecurities, she has always been refreshingly open about the highs and lows of her life. Which is why it seemed fitting to find out in her own words, what's she's learnt along the way. ●

CASHMERE
CARDIGAN,
£216, Crumpet
LYCRA
BIKINI, £135,
Zimmermann at
Net-à-porter
SILVER ROSE
GOLD-PLATED
CHAIN, £185,
Chan Luu at
The Talisman
Gallery, Harvey
Nichols. RINGS,
Louise's own

