

YOU

A full-page photograph of Christine Bleakley, a woman with long dark hair, wearing a white motorcycle jacket over a black top and dark sequined pants. She is smiling and has her hand on her hip. The background is plain white.

ROSE JARVIS/GETTY IMAGES

THE ANTI-AGEING DIET

Youth-boosting foods that will help you drop a decade

50 REASONS TO LOVE 2012

Your fashion and interiors go-get guide

'I COULDN'T LOOK AT MYSELF IN A MIRROR'

Liz Jones on her decision to have a face-lift

Exclusive interview

CHRISTINE BLEAKLEY

Off the sofa and into orbit!



CASHMERE WRIST WARMERS, £36, Hush, hush-uk.com

CASHMERE THROW, £366, Aspinall of London, aspinallofondon.com



ALL-IN-ONE, £95, Aubin & Villa, nifi-porter.com



STELLA MCCARTNEY



JUMPSUIT, £199, Lounge Lovers, loungeovers.com



TOP, £115, Crumpe, crumpeterland.com



DIARY, £70, Smythson, tel: 0945 873 2435

SNUG AS A HUG

Planning on hibernation? Then don't hit the sofa without these...



SILK TROUSERS, £140, Lucca, lucca.com



CASHMERE CARDIGAN, £345, Chiri and Parker, chirilandparker.com



HOT WATER BOTTLE AND COVER, £25, Ruby & Ed, tel: 01664 452906

BACKGAMMON SET, £450, Aspinall of London, aspinallofondon.com



SLIPPERS, £40, Bedroom Athletics, bedroomathletics.com



DRESS, £135, Zoe Teal, from Trilogy, trilogystores.co.uk