

HELLO!

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BUMPER EDITION

'He is a kind, sensitive man who cares deeply about people'

MEET OUR NEW MONARCH H.M. KING CHARLES III

FRIENDS AND ROYAL INSIDERS TELL WHY HE IS THE MAN FOR OUR AGE



MENOPAUSE MATTERS



'I felt like I was invisible and didn't know where to turn'

EXCLUSIVE

DAVINA McCALL

ON EDUCATING THE NATION AND HOW EXERCISE HAS CHANGED HER LIFE

WILLIAM AND KATE IN WINDSOR

'Her Majesty was looking down on us'



THE PRINCE AND PRINCESS OF WALES

ON RAINBOWS, THEIR CHILDREN AND HOW THE CARING PUBLIC HAS HELPED THEM COPE



INSIDE: SAY HELLO TO THE 15 'STRICTLY' STARS DANCING FOR GLITTERBALL GLORY



DREAM ESCAPES

A slew of cool new openings have brought a fizzing new energy to Britain's historic capital – and just in time for autumn

London



Model Poppy Delevingne is a proud Londoner

STAY

A stone's throw from Notting Hill's well-heeled Westbourne Grove sits the Princess Royal (3), a style-forward pub with rooms, and the latest in the Cubitt House line-up. Its four bedrooms tread a considered line between relaxed and refined, with pin-tucked headboards in bold prints, hammered brass sconces and cherry-red woodwork. Head downstairs for supper where waiters serve minty Whisky Smashes to go with chef Ben Tish's seasonal grub.

TASTE

Middle Eastern gem Bubala on Soho's Poland Street turns out an enticing roll-call of plant-based dishes – the braised hispi with seaweed, dried orange and sesame is a triumph. Notting Hill's new-on-the-scene Zephyr (2) delivers a modern riff on Greek island eating, with gob-smackingly good sharing plates served in colour-splashed surrounds. Across town in Borough Yards, Bar Daskal is a cool spot for a nightcap. Try the lemon sherbet-infused Clara.

› Rooms at The Princess Royal – part of the Cubitt House collection – begin at £250. Visit cubitthouse.co.uk. To book tickets for rail journeys to London, visit trainline.com.

INDULGE

Gleaming skin is a hot commodity whether you're people-watching or playing tourist and as far as hi-tech facials go, the Lanesborough Club & Spa's SW1 24 Carat Gold HydraFacial takes the prize. This 90-minute wonder begins with a once-over with a nifty congestion-clearing gadget before moving onto targeted LED light therapy and a 24-carat gold mask to reduce inflammation. Arrive with time to spare and glide between the hydro pool and eucalyptus-scented sauna (1) pre-treatment.

EXPLORE

Swing by Somerset House to take in the striking geometry-inspired works of interdisciplinary artist Amba Sayal-Bennett, while Coppa Club's new talk series sees Melissa Hemsley, Kris Hallenga and Anna Williamson sharing insights on topics spanning hope, relationships and feel-good food at Putney's waterside Coppa Between Bridges throughout the autumn months. Tickets include a nourishing post-talk brunch.



WHAT TO PACK



Rixo Poppy midi dress, £265. Visit rixo.co.uk



Neighbourhood Botanicals Dream Dream Dream night facial oil, £28. Visit neighbourhoodbotanicals.com



Grenson Nina loafers, £305. Visit grenson.com