

# 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**



Germany 7.50€, Italy 5.99€, Greece 6.50€, Austria 9.50€, France 5.69€, Switzerland 10.00CHF, Luxembourg 6.20€





# 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

### 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](http://cubitthouse.co.uk). To book tickets for rail journeys to London, visit [trainline.com](http://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](http://rixo.co.uk)



Grenson Nina loafers, £305. Visit [grenson.com](http://grenson.com)

Neighbourhood Botanicals Dream Dream Dream night facial oil, £28. Visit [neighbourhoodbotanicals.com](http://neighbourhoodbotanicals.com)

Model Poppy Delevingne is a proud Londoner