

STYLE

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FASHION HOW TO WEAR NOUVEAU HIPPIE

ABBY CHAMPION
PHOTOGRAPHED BY
SEBASTIAN KIM

OPRAH WINFREY
EXCLUSIVE
THE PURPOSE
PROMISE
HOW TO USE IT
TO CHANGE
YOUR LIFE



Barometer

By Laura Atkinson



● ASMR ads

Brands now jumping on the slightly pervy internet trend: see Michelob's latest advert featuring a whispering Zoë Kravitz and fizzing beer noises

● East London 2.0

Harry 'Chiltern Firehouse' Handelsman's next big project will see the capital's fashion set schlepping to Stratford come May. See you on the Jubilee line, wheeeee

STRATFORD



● The boob bag

Shorten that strap and do as the street-style set do: wear your bag right under your chest. Cosy/ouchy, depending on your cup size



● 'Functional' ice cream

Low in sugar and high in amino acids, Nightfood ice cream claims to help you sleep. Any excuse



● Insta-Bibles

A Christian start-up has redesigned the Bible for the Instagram generation. Soya latte, tick, avocado toast, tick, Book of Proverbs, tick

HEATING UP

COOLING DOWN

● Hygge

We're all about 'pyt' now; means dealing with stress in a positive way. All together now: PYT



● Pink washing

Restaurants, hotels, wine, packaging, branding: overmarketed and, quite frankly, ovah



● Hot-tub culture

First they appeared at festivals. Then it was hot-tub cinema. Now? You can float down a canal in a hot tub. Basic, and then some



● Rent-a-pillow

The next step for the sharing economy? Renting your pillowcases and bedding (along with the rest of your home decor). Get that hot wash on



● Beigemageddon

Yes, yes, we are guilty as charged, but we're already craving colour again. When a trend becomes a monster

MRS MILLS

Answers your questions

SLIPPERY SUBJECT

Is it stealing to take those hotel slippers home in your suitcase? Surely no hotel is going to launder the slippers once they've been opened and used, so you might as well take them as the hotel will only throw them away. MP, Bromley

I have never thought about this before, because who in their right mind would want to take those flimsy slippers? It's like shuffling around with paper bags on your feet.

KICKING OFF

Could you please advise on what one might say to the people sitting behind you at the theatre or cinema about (unintentionally) kicking the back of your seat? It would be helpful to have a set response that calls attention to their behaviour without sounding aggressive or rude, but gets your point across. And what is the response if the kicking continues?

NB, London

Turn round sharply with an interrogative expression to indicate that you understand they have been trying to attract your attention and succeeded. If the kicking continues, you have to weigh up how much you want to disrupt the performance you are watching. Leaping to your feet and yelling, "Will you keep your feet still," certainly works, but is also rather distracting for the actors. Best to wait until the interval and then inform the management that the people behind you are recording the performance on their phones. Proving their innocence usually takes so long that they'll miss the second half (at least that's my experience to date).

TOOTH TRUTH

Can I ask my dentist if she would have dinner with me — with a view to pursuing a possible relationship? LL, Gloucester

Yes, but wait until all the instruments are out of your mouth. Also bear in mind what would happen if you decide you don't like each other, or see each other for a bit then fall out. You could hardly carry on seeing her for dental treatment. Good, reliable dentists are harder to find than "life partners", so you might be better off just keeping her for your teeth.



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