



ENTER THE DRAGON
Duncan Bannatyne shows his softer side

LISA B
Tips on living in the fast lane

ANNA CHANCELLOR
Playing posh at the National Theatre

May 08

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Chefs cook up cash

ATUL KOCHHAR, head chef at Renais restaurant in Berkeley Square, hosted a charity dinner in support of Great Ormond Street Children's Hospital. Some of the UK's top chefs (pictured), including Phil Howard (The Square), Aiden Byrne (The Grill at the Dorchester) and Marcus Wareing (Pétrus), each hosted a table where guests enjoyed a lavish five-course meal and accompanying wine. Television presenter Jeni Barnett handled the auction, which raised £15,000. Prizes included a day out with The Hairy Bikers.

Best foot forward

SHOE DESIGNER Georgina Goodman has moved her store from Shepherd Street to 44 Old Bond Street, signifying the brand's success in recent years. Architects Wells Maxwell have transformed the Grade II listed building. Hand-painted stripes, which are Goodman's signature style, are used on the store's interior walls. Other features include a dramatic suspended drop ceiling over the centre of the store in gold and bronze mirrored glass above a gold banquettes. Goodman says: "This store marks a coming of age for my brand and brings new blood to Old Bond Street."



Lisa launches book

LISA B with former Pink Floyd drummer Mick Mason (right) and Opium owner Flavio Gratore at the launch of her book, *Lisa @ Lifestyle Essentials*, held at the Cookbook Cafe at the InterContinental in Park Lane. Jenna Kidd and James Bunk were also there. See interview with Lisa B on pages 32-33.

PHOTO: ANDREW BERRY

News in brief

REMY MARTIN has introduced a limited edition Louis XII Black Pearl Magnan, presented in a Baccarat-designed crystal decanter with platinum accents. Available exclusively from Selfridges, at £20,000, each magnan pays homage to the heritage of Louis XII and comes from a 100-year-old barrel selected from the family's historic distille at La Grappe.

TO CELEBRATE its 150th anniversary, jewellery company Boucheron has expanded its partnership with luxury telephone company Vertu to create a mobile phone inspired by the seven muses of the 150th anniversary collection (Audacious, Voluptuous, Magic, Curious, Gourmand, Daringous and Mysterious). Each phone is covered in brilliant stones.



YASMINE LE BON (below) is the new face of House of Fraser. The campaign, shot by celebrity photographer Robert Erdrossi, features the model wearing a selection of brands available at the store, including exclusive labels Linea and Untold.



ART IN THE CITY is a new series of guides revealing the art scene through the work of modern and contemporary artists. The series kicks off with London and Paris, with author Tiddy Rowan giving the inside track on what to see.

THE MALL GALLERIES has introduced a service for clients who want to commission a work of art. The Commissioning Art service matches clients with the right artists.

TO CELEBRATE the Chelsea Flower Show, Wedgwood has teamed up with Telescopos of Vermont to showcase the exclusive Porter Garden Telescope. The telescope will feature in the Wedgwood flagship store in Regent Street from May 5 to 26.



INTERVIEW

DO YOU NEED A CONFIDENCE BOOST OR SOME ADVICE ON HOW TO LOOK YOUR BEST? LISA B SHARES SOME OF HER ESSENTIAL LIFESTYLE TIPS WITH NUALA CALVI

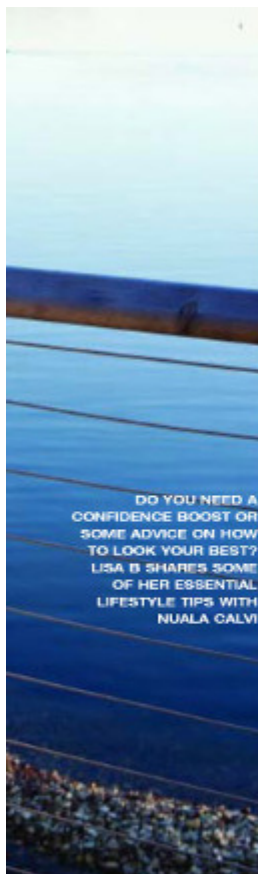
Lisa's design for life



IMAGE: ANDREW LAMBERT

Lisa's make-up tips

Remember – make-up should enhance your looks, not overwhelm them. Concealer, concealer, concealer – don't leave home without it! Avoid using foundation in the daytime – instead, apply a concealer to cover any dark circles or blemishes and use a soft powder to set it in. Always apply make-up gradually. Apply too much at the outset and you risk having to wipe it all off and start again. For fast application and good coverage, use a dual powder and foundation in one. Before applying your powder, blot your foundation with a tissue to remove excess oils. Focus a dominant colour on one area of your face and counterbalance it with a paler shade on the others. Use an eyelash curler before applying mascara, or even if you're not wearing mascara. To create fuller-looking lips, use a natural pencil on the outer edge of your lip, and blend inwards with a natural shade of lipstick or tinted gloss. A soft, rosy blush on the apple of your cheeks will give you a more youthful look. Shading under your cheekbones will enhance their definition.



Lisa B is one of those impossibly perfect women who manages to juggle a ridiculous number of projects at one time while never looking less than fabulous. The model, actress and singer balances her various careers with two households, two young children, a high-flying husband and an international family – and now the promotion of her new book, *Lisa B Lifestyle Essentials*. Luckily for the rest of us, the publication – launched last month at the InterContinental hotel in Park Lane – contains all her secrets for organising a successful and busy lifestyle while looking (almost) as good as she does. It's a road map down the catwalk of life, beginning with building inner beauty and self-esteem, and concluding with achieving your dreams and aspirations – via chapters on health, beauty and style.

"I was inspired to write it because of my own life, which is really hectic at times," she explains, over tea at Brown's Hotel on Abchurch Lane. "In order to run our lifestyle, I started creating these protocols with the PowerPoint program on my computer. Everything had a protocol – if we travelled, if we entertained at home in the country, the kids' routines, everything, I'm a bit OCD in that way!"

Lisa's blueprints for getting organised will be on a website, www.lifestyle-essentials.com, to be launched in September. The site will offer fully interactive worksheets and checklists which can be saved to an individual profile, for ladies too busy to lunch. In the meantime, Lisa's book shares her tips on subjects such as being the perfect host – something she and her husband, the property developer Anton Bilton, love to do at their country home Tynningham Hall in Buckinghamshire.

"There are lots of little details I've picked up from my time entertaining, or being entertained. For example, it's really busy when you come into a room and you see your host has thought of putting some water by your bed, or they've cut some wild flowers and put them in a vase. It's things like that that make you feel relaxed because you know someone's pleased you're coming to stay with them."

Lisa drew on her own experience of coming to London from Brooklyn to pursue modelling, aged just 17, for a chapter which advises women on the importance of staying grounded and believing in yourself.

"Having built myself up from scratch and then spent years in the modelling industry, where I spent my life being judged about how I look, I realised that – particularly for young girls – there's not enough importance put on building a sense of self," she explains.

"So many girls with things like eating disorders don't have that sense of self – they haven't realised what inner work they need to do to feel confident."

She also draws on her time walking the runways for Chanel, Valentino and Dolce & Gabbana to give women advice on what really works when it comes to their beauty routine.

"What I've learnt is it's not as complicated as you'd think. There's a bar when it comes to how much you can spend on a product for it to be any better. Once you get into certain designer products you're spending for the name and you won't necessarily get a better result."

"My grandmother was a great inspiration to me because she really took care of herself – she's 91 now and she doesn't look a day over 65. She's just cleaned her skin every night with a simple cleanser and used cocoa butter all over her face, hands, knees and feet. I've done that ever since."

If Lisa's velvet, olive complexion is anything to go by, it's a tip worth following – although she does have Italian and Puerto Rican genes on her side.

She also has a high metabolism – as a teenager she used to have to wear five pairs of long johns under her jeans to try and fill out – but has plenty of suggestions about how to stay slim and healthy at the same time, with simple meal plans and exercise tips.

"It's really important to eat well, eat healthy – but in balanced, moderate doses throughout the day, and then you don't get hungry."

"My husband gets it wrong all the time and I tell him off – he spends all day trying to be good and eating nothing then he'll binge and have two portions of dinner and just defeat the whole tortuous day he's had!"

And, of course, the book includes Lisa's guide to looking stylish. "The key is knowing your own body shape and dressing to make the most of your best qualities," she says. "If you've got a big asset and suddenly cropped tops come in this summer, you shouldn't wear them just because that's the trend."

While that's not a problem she is likely to be grappling with any time soon, Lisa hopes the book will be a useful resource for women, no matter what their shape, size or lifestyle.

"I'm hoping the book will be a useful tool, something that, rather than being read from beginning to end, can be picked up when you need to find a particular chapter pertaining to your life right now – whatever you're going through."

Lisa B Lifestyle Essentials is on sale now, priced £12.99 (John Books), www.lifestyle-essentials.com