NW newwoman

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SEX GONE STALE?

THE ONE TRICK YOU'RE PROBABLY MISSING

'I WENT HUNGRY FOR A NEW CHLOE BAG'

The women sacrificing everything for fashion

WHY CAN'T YOU STOP EATING?!

We know – and have the cure

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WHAT NO ONE TELLS YOU ABOUT BEING MARRIED

COLEEN EXCLUSIVE

On Wayne, kids and her shiny new career

'SHE STUBBED CIGARETTES OUT ON MY ARM'

The story most men would never tell

Welcome to your spring wardrobe!

41 PAGES OF SHOES, DRESSES, TOPS, THE LOT! PLUS THE JUMPSUIT YOU REALLY CAN WEAR

HOT HOTELS

Designer inspiration

Decorate when Colin McAllister is a regular at Fifi and Ally's shopping emporium in Glasgow's Princes Square. 'I always stock up on plates' home items like Miller Harris candles, Jonathan Adler ceramics and the cushiony of them all – Donna Wilson's natural handmade creatures,' he says. If you're not feeling flush enough to buy, indulge in some window-shopping before heading next door for afternoon shopping where for 'dirty cupcakes at a very pure-friendly £3.95.'

Fifi-and-Ally.com 37-52 Princes Square, 48 Buchanan Street, Glasgow G1 3JX or call 0141 229 1988

Romantic retreat

For a taste of true nature, head to Exmoor National Park where cosy cottage hotel, No 7 West Street, awaits. It's the top choice of travel writer Alistair Sawday, author of the 'Special Places to Stay' guidebooks. 'It's perfect for a lovely up break,' he says. 'The beds have iron headstocks and pale brush quilts and there's a living room with a roaring fire.' Double rooms cost from £65.

No7weststreet.co.uk 7 West Street, Dunster, Somerset TA24 6SN or call 01643 821065

Foodie heaven

The best place to commune and hate off calories on brisk, beach walks, according to Juliet Kinsman, editor-in-chief of the Mini Mini South Coast guide, is The Bull Hotel in Bridport, Dorset, where warm-cast beam abs. Bridport's a foodie's paradise,' she says. 'There's a plethora of small holdings offering organic, sustainable cheese, game, fish and veg, and there's both seafood and pizza.

TheBullHotel.co.uk 19 East Street, Bridport DT6 3LF or call 01308 422836

Fine art for £50

If you like modern art but can't afford to pay thousands for a Banksy, head yourself out of bed on a Sunday and make your way to the Sadie Hall gallery in east London. You might meet actress Holly Davidson (Sadie Hall's sister) while you're there. 'Original and limited prints by up-and-coming artists start from around £50,' she explains. 'I love to pick up prints as unique gifts for friends and I particularly love Natalie Fernandez's feminine floral pictures.'

HallyHall.com 156 Columbia Road, London E2 7RG

Country haven

Even the wettest party people have to get away, Howard at sometimes. Dry gem Juliet Harris (pictured) loves the Lake District's Broom House Inn. 'It's so beautiful. Windermere and the fells around to meet, she tells us. B&B from £35 per person per night.

Thebroomhouseinn.co.uk 01539 531 443/01

Boutique break

For a stylish weekend away, you can't beat Brighton's Blanch House. It comes highly recommended by our own travel editor Siobhan Grogan, who says, 'I've been to a lot of beach but nothing comes close to this place. It combines the personal service of a B&B with the sophistication of a boutique hotel.' The 12 rooms are all individually designed – Siobhan loves the Galaxy room, inspired by the chocolate! Rooms cost from £100, but it's well worth that for a treat.

BlanchHouse.co.uk 17 Adelaide Street, Brighton BN2 9PL or call 01273 402008