

## Why Wills is all shook up

HE USED to blast away the Monday morning blues with AC/DC's rock anthem Thunderstruck, but I hear Prince William has a more varied musical palate these days.

He's now a big fan of Italian act Alessandro Ristori, right, and his band, the Portofinos, after seeing them at a London Ambulance gala – the Prince is pictured at the event, right.

The Elvis-inspired group, who performed at The Lady Garden Gala in London last week, have yet to hit the big time but a source close to William reveals: 'They are one of his favourites. Alessandro's a naughty Italian so to have Wills think he's good is quite a tickle.'



WHEN Mandana Dayani, boss of Harry and Meghan's media empire Archewell, stepped down this month, the Sussexes said she remained a supportive friend. But are things as amicable as billed? Despite being active on social media, Mandana didn't put up a single supportive post on the day of that documentary...

# Emily

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# Prescott

THE HOTTEST GOSSIP

## Is Kate's party over... as she changes rave barn into a wellness den?

KATE MOSS has long been telling us that her wild days are over – and now it seems she has put the final nail in the coffin of that life.

Sources close to the supermodel, 48, claim she is transforming the 'party barn' on her Cotswold estate into a wellness centre filled with products from her lifestyle brand Cosmoss.

The building has seen it all, from the debauched bash following Kate's 2011 wedding to The Kills frontman Jamie Hince to her psychedelic chic-themed 40th birthday in 2014.

'You name it, it has happened there,' says a source who has experienced the legendary gatherings that attracted the likes of Mick Jagger, Oasis and Sadie Frost, Kate's old hellraising pal.

'At one do, members of The Rolling Stones were playing the drums and singing karaoke, and parties there have been known to go on until lunchtime the next day.'

But now the drum kit, disco balls, DJ decks, jukebox and speakers are to be cleared out as Kate pursues her new venture Cosmoss, which she launched in September.

The source says rather than booming beats, the barn is likely to echo with the ringing of healing sounds. A meditation and yoga studio and a space for 'gong baths' – a type of inactive meditation where you 'bathe' in the healing vibrations of sound – are expected to be installed.

In 2018, Kate said: 'I go to bed early, I drink lots of water, not too much coffee, and I'm trying to cut down on cigarettes.'

The move was undoubtedly in part down to her relationship with Count Nikolai von Bismarck, 35, whom Kate has been dating since 2015. 'Nikolai



**STUMBLE:** Kate making her rambling speech at a New York event last month

has always preferred the chilled, laid-back Kate to partying Kate, so he has played a huge part in the way she has calmed down,' a friend says.

But some were concerned after Croydon-born Kate appeared to forget her words at a New York awards ceremony last month, relying on her phone to help her through her speech.

Kate has since lain low, missing two high-profile events – the Fashion Awards last week and a dinner hosted by Vogue editor and Kate's good friend, Edward Enninful.

But we're told her new routine sees her rising at dawn to meditate rather than going to bed when the sun comes up. And from now on, we can expect the superstar guests at the barn to be sober ones.

Kate declined to comment.

◆ **AS HEAD** of the British Army, he is used to being decorated with medals but General Sir Patrick Sanders confessed to having a sense of 'imposter syndrome' when presented with the Boisdale Cigar Smoker Lifetime achievement award last week. Modest Sir Patrick said: 'I genuinely have no idea why I am here,' and told me he plans to hang his certificate in pride of place... in his bathroom.



◆ **SKY News anchor** Jayne Secker, left, has been having to stifle sneezing fits on air and I can reveal why: she's allergic to her cat. But Jayne, 50, told me at the everywoman awards that she will have to put up with it because she has no intention of parting with her beloved Boots.

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## Suki sashays from the catwalk... to Benidorm

FOR most, the party season is in full swing, but model and singer Suki Waterhouse is trading wild nights for wellness. She has embarked on a pre-Christmas detox – perhaps to prepare for the celebrations ahead.

Suki, 30, who wowed in an Alexandre Vauthier dress at the Fashion Awards in London last week, left, joined her author friend and business partner, Poppy Jamie, at a clinic called Sha Wellness near Benidorm. The centre offers treatments including hydrocolon therapy, which involves flushing out waste from the body, and cranio-cervical water massages, which claim to release tension and energy blockages.

Thankfully Poppy has thus far refrained from sharing pictures of the pair getting these treatments with her social-media followers, but she did post a snap of herself 'layered with seaweed, in a heated bubble sink tank' last week. 'Happy as a clam,' she wrote. 'One step closer to rebalancing cortisol and hormones.' She also showed off a colourful breakfast of green juice and rice porridge.

Meanwhile, fellow model Poppy Delevingne, also seen at the Fashion Awards, below, has jetted off to Clinique la Prairie wellness centre in Switzerland, where a five-day stay costs £9,000.



## Mia scores in fashion game

HAS Gareth Southgate and his penchant for waistcoats inspired his daughter Mia's love of fashion? I only ask because the 24-year-old, left, who works as creative administrator for the agency that represents him, is sharing her daily outfits on social media and sells clothes on the second-hand marketplace Depop. Watch out, Gareth... one of those waistcoats could be up for grabs next.



## Dua's roast porky

POP star Dua Lipa, right, may claim that her roast potatoes are exceptional, but any praise for her spuds should really go to celebrity chef Jamie Oliver. In her online newsletter, Service95, 27-year-old Dua proclaims her roasties the 'most delicious' festive staple in the Lipa household. However, I quickly spotted that much of Dua's recipe seems remarkably similar to Jamie's – though the singer has added her own touch of flair with a liberal dousing of herbs.



## Bailey: Kate's my avapal

AVATAR 2 star Bailey Bass has found a new flexible friend – her co-star in the much-awaited sequel, Kate Winslet. The 19-year-old, left, has revealed that she and the Titanic star swapped mobile numbers soon after meeting on set so that they could organise yoga classes together.

Winslet, 47, plays Bass's mum in the film and the pair saw it as a way to bond.

James Cameron's second instalment of the sci-fi epic is due in cinemas this week and I'm told that the award-winning director is judging its success not on reviews but on how many audience members are brought to tears.



## Sabine's TV Megxit

PRINCESS EUGENIE is one Royal definitely on-side with the Sussexes, so I hope she doesn't ask her chum Sabine Getty for her verdict on their Netflix series – because it's scornful. Socialite and jewellery designer Sabine, 38, right, describes the shows as 'self-serving' and calls the couple 'hypocrites'. Three episodes were released on Thursday, but Tatler contributor Sabine says she was so bored by the second one that she turned off and decorated her Christmas tree instead...



## Vogue's sister act

DAVID BECKHAM may have been willing to overlook Qatar's anti-gay laws when he collected £10million to promote the World Cup, but model Vogue Williams refused to be seduced by the Gulf nation's cash – because her sister Amber is a lesbian. 'They invited me over to the World Cup to do influencing stuff. I said no,' said the 37-year-old, left. Vogue, who is married to Spencer Matthews, Pippa Middleton's brother-in-law, says she thinks Beckham should now give a portion of his money every year to an LGBT charity. 'He could save a little bit of face,' she says.

◆ **LINE Of Duty** star Martin Compston has come across the ultimate crime: handing the audience at a screening of his new Amazon show *The Rig* crunchy popcorn to eat from rustling packets. 'Whichever idiot thought that was a good idea needs to take a long, hard look at themselves,' said the irritated Scot, who played anti-corruption officer Steve Arnott in the hit drama.

