



Naomie Harris has a passion for chocolate – and housework!

That's HEAVEN *to me...*

A string of pearls, a bright lipstick, a chocolatey dessert... We all have hidden indulgences that make us feel like ourselves again. Four famous faces share the secret weaknesses they treat themselves to when no one's watching...



*'Salty **SNACKS** will always
come before a **CAKE** for me!'*

Tamzin Outhwaite
goes for savoury
every time



'Give me cheese, facials and DIY projects!'

Sweet treats don't do it for actress Tamzin Outhwaite, who prefers something more savoury when it comes to her favourite foods

You either have a sweet tooth or you don't and I crave salt more than sugar. I love seaweed, crisps, olives and bacon, as well as halloumi cheese. Salty snacks will always come before a cake for me. I like to think cheese is better for you than sugar but I'm not so sure! The weakness for me is portion control, though – I could do with being a bit stronger. After the first plate I need to leave it and not go back for seconds.

I don't get much time to exercise. That's my excuse, anyway! I absolutely adore hot yoga and ideally I go twice or three times a week. I am currently starring in *How The Other Half Loves* at London's Theatre Royal Haymarket, so I have a bit more time off during the day to do it.

I know I'm in a good place when I book a facial because it means I've got the time and I don't feel guilty about it. I've also got a voucher for the Corinthia Hotel in London, which has an amazing spa. But I won't be able to do it before going on stage as I'll never be able to ramp up the performance afterwards!

My major indulgence is interiors. I have a massive passion for art and I've got decorating goals that I am working towards. Sometimes it's to do with tiles or fabrics or lighting. I've always got a little project happening. I promised my seven-year-old daughter, Florence, that we will decorate her bedroom, as it's the only room in the house that hasn't been painted since we moved in. That's my next project...



'I love to have time for a facial,' says Tamzin

'Chocolate, Hoovers and cooking for my friends'

Bond's Miss Moneypenney, Naomie Harris, often travels for work, but is secretly a homebody who loves to clean and cook – without an audience!

I appreciate the nurturance of food. It's an exchange of love, which is why I think learning to cook is so important.

I enjoy cooking – it's so relaxing, as long as it's only for myself or a close friend. Making dinner for a group of five or six people gets me highly stressed, but I love it if there's just one other person. My family is Jamaican and sharing meals played a really huge part in our lives.

I have a chest filled with cookery books. I put little tags on all the recipes I want to make – although I never get round to most of them! I'm very proud of my vegetarian lasagne. It takes a long time to make but everyone loves it, and they can't believe there's no meat. But my absolute weakness is dark chocolate. If it's on a dessert menu, I have to have it. I have to be careful because the caffeine can play havoc with my sleep cycle – but dark chocolate torte with a side of double cream is sheer heaven for me.

Wherever I am in the world, I like to

create a home with little trinkets. I bought my first house four years ago and I really went to town decorating it. My taste is traditional British countryside with a twist – I love vibrant fabrics and coral colours, so my sofa is a grey velvet with bright orange flowers. It sounds odd but it's beautiful!

I really enjoy a day of cleaning. I feel like it reconnects me to my home, which is important, as I spend a lot of time away. I went to Morocco for my latest film, *Our Kind Of Traitor*. It's a spy thriller that explores the complicated dynamic between a married couple, in which the wife, Gail, earns more than her husband. I always look for strong, independent women, and liked seeing how Gail discovers her softer side.

I'm very strange when it comes to gifts. I don't like luxury things. I'd rather have practical presents I can use, like the Hoover my best friend bought me, or my serving spoons!



Naomie: 'If dark chocolate is on the menu, I have to have it'

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'A beach, a glass of wine and a warm sea'

Touring the world as the BBC's Royal Correspondent instilled a love of travel in Jennie Bond. These days she's enjoying exploring at her own pace, with her husband, James, for company

When I was a child, we couldn't afford to travel. We never went beyond Norfolk or Devon. I was 15 before we went abroad, to Austria. My father drove us all the way there and it was a massive event in our lives.

Working as the BBC's Royal Correspondent took me around the world several times. I so enjoyed it. Some days there would be a plane or two to catch, and there were all sorts of exciting news stories to report on. But it was always for work, so it's lovely to be able to travel with my husband now, and occasionally with our daughter, Emma, too. Travel is our indulgence as a couple.

These days I require a beach, a glass of wine, and a warm sea. We live in a beautiful part of the world, in Devon, overlooking the ocean. The Summer months are just wonderful here and I never want to leave. So instead, our indulgence is to go away during the

Winter - and it's getting more and more indulgent as the years pass! I can foresee a time when I'll want to spend all the months from January to April on a cruise.

One of my favourite places I visited with the Royals was Australia. I went there four times covering their trips. My husband and I are about to go back. We're taking the Ghan railway from Darwin in the north right through central Australia past Ayers Rock, all the way down to Adelaide in the south. I so enjoy exploring that vast country and I love the heat.

I won't travel anywhere without my lipstick. I'm never knowingly without it and I will turn back for it. I tend to keep my lipstick down my bra because that way I know I've got it. I'd always wear it in front of the camera, but I've just narrated an audio book, Elizabeth II, on the Queen's reign, with Audible, and during recording sessions I'd stop and say, 'I can't start without my lipstick!'



'I love the heat,' says Jennie

'It's pearls for me, every time'

Woman Of Substance author Barbara Taylor Bradford celebrates a life-long love affair that began with a gift 65 years ago...



Barbara: 'You have to wear pearls, not lock them away'

My father gave me my first string of pearls for my 18th birthday. I remember he told me that you can't lock pearls away - you have to wear them because they have to breathe. I have always remembered this, and I try to wear my different pearls all the time when I am going out, like he said.

Now I have about seven sets of pearls, most of them bought for me by my husband, Bob. He is very generous and he knows how much I love them. I am not a frilly frock kind of person, I don't like fluff and frills and frou frou. I much prefer plain, tailored clothes and I think they always show off jewellery better.

A few years ago I sold a lot of my jewellery, mostly things that had been

bought in the 1980s and 1990s, which I didn't wear any more. But I kept all the pearls. I always wear them at a book launch. If I didn't, my fans would notice: they have become something of a trademark for me.

The only time I don't wear them is when I am typing away at home. I have been busy finishing off my 31st novel, *The Clavendon Luck*. It's set during the Second World War. I had so much research to do for it that I almost feel as if I have actually lived through a war!

I still love writing as much as ever. I think it keeps me mentally alert and bright, and I would be bored to death without it. My husband goes to work every day, so what would I do, go to lunch? I have never done that. I am a working woman! □

FEATURE: NIKKI OSMAN, NATASHA LAVENDER, JACKIE BROWN, JESSICA CALLAN. PHOTOGRAPHY: KATE PETERS/GUARDIAN NEWS AND MEDIA. BONHAMS/DAN FONTANELLI. THE CLAVENDON LUCK BY BARBARA TAYLOR BRADFORD IS PUBLISHED BY HARPER COLLINS IN JUNE. JENNIE BOND NARRATES ELIZABETH II, AVAILABLE TO DOWNLOAD AT AUDIBLE.CO.UK