



The princess looks amazing on royal day out



Eugenie's joy as she showcases new look

Princess Eugenie wowed fans as she stepped out at Royal Ascot, looking stunning in her elegant neutral outfit.

Ditching her trademark flowing frocks, the princess, 36, opted for a chicer vibe at this year's races – pairing a flattering white skirt with a simple brown cropped top.

But while the mum-of-two – who has sons August, four, and Ernest, two – looked super-stylish on her day out, online trolls were quick to accuse Eugenie of slimming down using 'skinny jabs'. The term refers to the popular weight loss injections – including Ozempic and Mounjaro – that are gaining popularity. 'Congratulations on affording the jabs,' wrote one critical comment, as another added, 'Ozempic can only do so much.'

However, seemingly quashing this theory, Eugenie recently revealed that she and husband Jack Brooksbank, 39, are now both gluten and dairy-free, and living a healthy and carefree life in Portugal part time. Calling life in the sun a 'dream,' she shared, 'I can go to the supermarket in my exercise gear and my hair piled on my head and not mind. No one cares.'

Eugenie has been open about her workouts and health journey in recent years and embarked on a strict fitness regime in the lead up to her

wedding in 2018. She revealed, 'I go the park from 7 to 8am. I do circuits, which I love because they're quick: burpees, squat jumps, lunges. It's much better, as I can't run for a long time. Or I go with my best friend to this amazing, women-only gym called Grace Belgravia.' A membership at the West London retreat is said to cost upwards of £5000 a year. The swanky Knighthouse-based club also offers GP services, dinner, massages and facials.

Eugenie also recruited the same diet guru Prince Harry did for his own wedding prep. As part of her regime, it's reported the princess took supplements created by nutritionist Gabriela Peacock, which cost around £100 for a month's supply, and are said to help suppress hunger and reduce cravings.

Since tying the knot with Jack, Eugenie's life has looked very different. As a mum to two young boys, the princess has candidly opened up about learning to love her post-baby body. Eugenie shared, 'I don't know about you, but on the post-baby body thing, it sends me mad but I find it really hard to shake the baby weight. I guess society dictates that you have to shake your baby weight and all that stuff.' However she's done it, this young mum looks incredible.

