



THE GOOD LIFE

Alice B-B gives thanks to Elizabeth Hurley for perhaps saving her life

THIS MONTH I'LL BE

1 Obsessed with Forest Lungs; a scent proven to replicate the healing effects of nature. thenueco.com

2 Booking in for post-lockdown low-touch/high performance treatments at The Recharge Rooms. recharge-rooms.co.uk

3 Religiously taking immune-boosting Vitamin D. wild-nutrition.com



CHECK YOUR TITS! Elizabeth Hurley promoting Breast Cancer Awareness month made me realise I'd lapsed my yearly mammograms. So I had a feel in the bath. And there it was. Tiny. Like a lentil. I thought it was just another cyst – but at hospital the following week, the cliché moment happened. The doctor's smile disappeared and he uttered that chilling word: cancer. Tests, biopsies and an MRI; lots of tears, laughs and chats with wise friends. Ten days later I had successful surgery to remove the tumour. I've been so lucky. My cancer was small, slow growing and it hadn't spread. I've now learnt that early diagnosis can massively increase successful treatment. And if just one person is diagnosed as a result of this column then this whole rollercoaster episode has been worthwhile. And P.S. Thank you, Elizabeth Hurley – your tireless campaigning may well have saved my life.

PUPPY POWER! First stop post-surgery was a puppy training session with my friend Leonora (aka @mybabainsta) and dog whisperer Mark Thompson (owner of dog holiday and training facility The Dog House in Wales). Within five minutes her very regal corgi puppy and my bouncy golden doodle, Betty, were utterly spellbound by Mark. They stared at him as if he were a pooch James Bond, ready to bound off into the sunset with 00woof. And we learnt a lot. Turns out

that most dog behavioural issues are largely down to their owners. You get out what you put in. So it's back to school. For all of us.

ALL DRESSED UP. Even if it's a party for one, I'm slipping into

the Isabella velvet dress by Laura Bailey for Iris & Ink, at The Outnet. Her first collection is a wishlist of classics; long-term lovers with a permanent slot on my rail. Other things making me feel great right now; the Lyma laser – a powerful, portable, painless clinic-grade skin-renewal for home use. It's doing wonders for my neck. (My neck? One morning I woke up and my neck was like a wrung-out sheet that no one had bothered to iron.) Before stressful situations I'm merrily puffing on my Rain Cloud CBD pen. And I've just received La Cure by Sisley – a new four-week protocol to unlock the skin's vital energy. Frankly I'll take any cure right now. ■

LUXURY & NECESSITY

DRESS UP!
Laura Bailey for Iris & Ink. theoutnet.com



A QUICK PUFF
Clean CBD pen. raincbd.co.uk



CURE ME
Four weeks of skincare. sisley-paris.com



LASER POWER
Skin renewal. lyma.life

PUPPY PARADISE
Holidays and training. thedoghousetrading.com

