My close-up
Claudia Winkleman

The Strictly star on sexy scents, sweets and Jon Snow (not the GoT one). By Katie Thomas

I like every black eyeliner that's out there, but I've been known to physically skip when I open a brand-new Smashbox one. And if I use anything other than MAC Myth lipstick, I feel like I'm being unfaithful.

Have you ever been to the Nimb in Copenhagen? They bring bread and cheese to your room every hour and hot chocolate is mandatory in the morning.

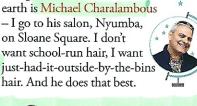


Aman I call the Tanning Lord comes to my house and erects a tent. He's called Jules Heptonstall, he works for St Tropez and everyone should meet him.

My favourite sandwich is toasted cheese. Hot cheese is the key to life.



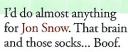
The greatest hairdresser on earth is Michael Charalambous - I go to his salon, Nyumba, on Sloane Square. I don't want school-run hair, I want just-had-it-outside-by-the-bins





The sexiest scent out there is Opium.

No question.









The only place to go to at Christmas



One year boughtsmoked salmon...



...a tea strainer



...the best boiled sweets Levertasted.



My children refer to it as 'Heaven World'.



## PURIST VS TOURIST

## PARKHOTEL IGLS. INNSBRUCK, AUSTRIA

The Parkhotel is the real Mayr deal: fasting, chewing, salivating, Epsom salts. For the first few days, anyway -

after that, solid, delicious food is introduced. With your stomach in recovery mode, there's time for serious mindfulness, and a new programme tackles it head-on. The cranio sessions involve fractional movements of bones, body tissues and fluids, releasing constrictions in your nervous system while also undoing emotional knots in your stomach. It's a holiday for your gut, giving it the rest it's been begging for. Healing Holidays offers seven nights from £1,749 per person, including flights, transfers, meals and treatments (healingholidays.co.uk).

## HOTEL TANNENHOF. ST ANTON, AUSTRIA

Austria is known for its grub, but Hotel Tannenhof – a slice of Alpine charm, peering down on St Anton from its

mountainside vantage – is taking a different tack. Alleger buzzword on their 'luxury & lifestyle' detox: numbered and platters of raw veg appear throughout the day, and a lighter version of Tyrolean fare - dishes stuffed with morels. Treatments, too, are virtuous: hot-stone massages wraps help to rid the tummy of toxins. Itching for action skiing, hikes and (indoor) yoga. Five nights from £4.07 transfers, meals, treatments and guided hikes (hoteltanners)

