

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.



A man 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 hair. And he does that best.



I'd do almost anything for Jon Snow. That brain and those socks... Boof.



The sexiest scent out there is Opium. No question.



London Zoo +
ADMISSION Husband and child +
Watching Neighbour Tries to Eat a Shit Sandwich =
A day off in London

Fortnum & Mason

The only place to go to at Christmas

(One year I bought smoked salmon... + ...a tea strainer and... + ...the best boiled sweets I ever tasted. + My children refer to it as 'Heaven World'.)



GUT FEELING

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. 'Alkaline' is a buzzword on their 'luxury & lifestyle' detox: numbered platters and platters of raw veg appear throughout the day, and supper is a lighter version of Tyrolean fare – dishes stuffed with herbs, mushrooms, morels. Treatments, too, are virtuous: hot-stone massages and wraps help to rid the tummy of toxins. Itching for activity? There's skiing, hikes and (indoor) yoga. *Five nights from £4,070, including transfers, meals, treatments and guided hikes (hoteltannenhof.at).*

