

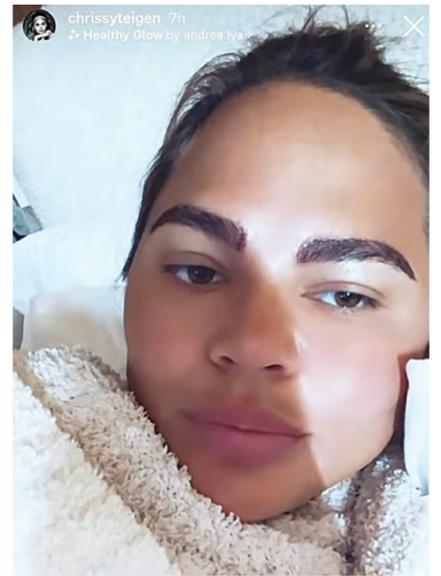
Lifestyle | Gossip

TEIGEN SLAMS CRITICS OF EYEBROWS TRANSPLANT

Chrissy Teigen has hit back at critics of her eyebrow transplant transformation. The 35-year-old model took to Instagram to enthuse about the procedure, which involves putting hair from the "back of your head" to the brows to create a fuller look, after years of overplucking the facial feature as a teen. She wrote: "I never wear makeup if I can avoid it so I was so excited for this eyebrow transplant surgery where they take hairs from the back of your head!! (sic)." However, not everyone was a fan of the procedure, with the star being mocked for the move. Responding to the haters on her Instagram Story alongside a screenshot of an article about it, she wrote: "WHY are peoples so

riled up over any little thing I do? You're gonna give yourselves a heart attack." In a previous clip, Chrissy had said: "They look so cool. He did hairs up here to even them out. Crazy." The 'Cravings' author added: "a little dark from the pencil it's so cool to have brows again!" She went out to issue a warning: "Teens: do not pluck them all off like I did. (sic)" Chrissy's Dr Diamond chimed in with the sentiment, writing that "too many people" are experiencing the same issue as Chrissy. "He said on a screenshot of Chrissy's post that 'eyebrows play a huge part of the facial aesthetic.'" He went on: "They frame the eyes and can either be an asset to the eyes, or they can be the annoying part of your

morning you have to spend ten minutes filling in." The latest transformation came after the same surgeon removed fat from his client's cheeks. Chrissy - who is married to award-winning musician John Legend - said in an Instagram Story video: "I did that Dr. Diamond buccal fat removal thing here. And since I quit drinking, I'm really seeing the results. And I like it, yeah." The television personality also insisted she feels no embarrassment about having undergone the procedure. Chrissy - who also underwent surgery last year to have her breast implants removed - wrote over the video clip: "No shame in my game."



ALESHA DIXON EATS 'EVERY TWO TO THREE HOURS'



The 'Britain's Got Talent' judge has shared her diet and fitness regimes to maintain her "lean" figure, including chowing down on a healthy variety of foods at regular intervals. The mother-of-two - who has Azura, eight, and Anaya, two, with husband Azuka Ononye - told the December 2021 issue of Women's Health UK magazine: "I eat every two to three hours. My body is naturally lean, so I have to be regimented to maintain my weight. For breakfast, I have porridge with raspberries and maple syrup. Later, I'll eat rye toast with a boiled egg before working out. Then it's a protein shake - I'm trying to hit 75g to 90g a day - with dates, oat milk, flaxseeds, chia seeds and turmeric. Lunch is salmon and veg with quinoa, then a Jamaican dish like ackee and salfish for dinner. I eat plenty of carbs, but I'll opt for fibrous varieties like brown pasta." The former Mis-Teeq star revealed how her fitness routine has always been her "savior in challenging times", and she loves the structure it gives her. She said: "Fitness has always been my savior during challenging times - it rids me of stress and keeps my brain clear. I like structure, so I do a mix of weight training and cardio with my personal trainer, Janet Malinowska, on Mondays, Wednesdays and

Fridays, then Pilates on Tuesdays and yoga on Thursdays. I enjoy sweating, but adding in lower-intensity forms of movement has really helped calm me down. I rest on the weekend." The 43-year-old singer also admitted she has never felt "healthier" mentally as she does now, and she credits her current headspace to learning to "like myself more" and not letting her mind "control" her. Alesha added: "Every day I try to like myself more. I regret things, but that's human." The Power Of Now by Eckhart Tolle has shown me the importance of not letting your mind control you. I'm in a healthier headspace compared with 10 years ago. I hope that in 10 years' time I'll be in an even better one." Elsewhere, the 'Breathe Slow' singer insisted she has no qualms with ageing as it provides her with "clarity". She explained: "Some people are afraid of ageing, but the beautiful thing about it is clarity. You lighten your load along the way and put things into perspective - it makes life enjoyable as you know what matters. I could say I'm happiest on stage, but it's actually in the garden with my daughters [Azura, eight, and Anaya, two] and our 12-year-old dog, Daisy."

LADY GAGA REVEALS BENNETT'S REACTION TO THEIR 6 GRAMMYS NOMINATIONS

Lady Gaga has shared her delight at Tony Bennett, who has Alzheimer's, understanding her every word when she told him the news they are up for six Grammys. The 'Stupid Love' hitmaker, 35, and the 95-year-old Jazz legend have been showered with nods for their acclaimed second duets album, 'Love For Sale', including the prestigious Album of the Year prize. And the 'House of Gucci' star has been left "utterly speechless" after finding out they are up for several accolades for the follow-up to 2014's 'Cheek to Cheek'. The duo are also in contention for Record of the Year for 'I Get a Kick Out of You', and best Pop Duo/Group Performance, Traditional Pop Vocal Album, Music Video, and Engineered Album Non-Classical. Tony became the oldest artist in history to be nominated in the general categories. Their first LP took home Best Traditional Pop Vocal Album seven years ago. In a lengthy statement on Instagram, Gaga gushed: "Thank you so much to the @RecordingAcademy for these 6 nominations for Love For Sale. I am stunned and shocked and beyond grateful. I don't know what to say. I just keep crying and am utterly speechless. This means so much to me, @itstonybennett, the Bennetts, my family, jazz



music, and the great Cole Porter who wrote all these timeless classics. I'll never forget today and congratulating Tony on his 6 nominations." On Tony's reaction, she continued: "I'll never forget that today he could track every word I was saying and understood the world was celebrating him and celebrating jazz - a genre that embodies the joy, abundance and imagination of Black music throughout history. Thank you to all the Grammy voters for recognizing me and Tony's dedication to jazz music and for also recognizing it in major categories where this music is often not nominated. (sic)" The 'Born This Way' singer admitted there is no better feeling than the "love and partnership" they share - despite their 60-year age gap. Gaga concluded: "This album happened because it was Tony's idea and I made him a promise that we would make it and we did. At 95 years old, he has more nominations than ever, I'm so honored to be his companion in music and his friend. Thank you to the public for loving us, we surely love each other, and you. Believe in love and partnership, even with 60 years between us, and Alzheimer's, there is nothing like the magic of music. I love you Tony, and the world loves you too. How could they not?"

12 TO FACE TRIAL OVER KIM KARDASHIAN ROBBERY

12 people are to face trial over Kim Kardashian West's Paris robbery. The 41-year-old beauty faced a terrifying ordeal in October 2016 when five men gained entry to her hotel room and tied her up while they stole \$10 million worth of jewelry from her at gunpoint and two judges have now indicted a group of people on various charges over the incident. A judicial source told E! News the defendants will be tried for robbery with a weapon committed in an organized gang; kidnapping and forcible confinement; or criminal association. However, prosecutors haven't given the names of those who have been charged, or for which alleged crimes. A trial date has yet to be set. The former 'Keeping Up With the Kardashians' star - who has four children with estranged husband Kanye West - previously admitted she thought she would die during the robbery. Kim told how she felt "immediate panic" when she heard footsteps "stomping up the stairs" to her hotel room. Once inside the room, the intruders "grabbed" Kim - who was only wearing a

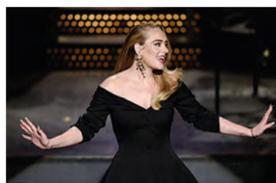
bathrobe at the time - and the SKIMS founder admitted she thought she would be sexually assaulted. She said: "I was like, 'OK, this is the time I'm gonna get raped. Like deal, this is gonna happen, just tied her up while they stole \$10 million worth of jewelry from her at gunpoint and two judges have now indicted a group of people on various charges over the incident. A judicial source told E! News the defendants will be tried for robbery with a weapon committed in an organized gang; kidnapping and forcible confinement; or criminal association. However, prosecutors haven't given the names of those who have been charged, or for which alleged crimes. A trial date has yet to be set. The former 'Keeping Up With the Kardashians' star - who has four children with estranged husband Kanye West - previously admitted she thought she would die during the robbery. Kim told how she felt "immediate panic" when she heard footsteps "stomping up the stairs" to her hotel room. Once inside the room, the intruders "grabbed" Kim - who was only wearing a



her for two years prior to the Paris attack. She said: "I didn't know that they had someone at the elevators, someone at the front, someone that moved the camera, someone that broke the door, someone in the getaway car. There was a whole team of people that had planned this."

ADELE OFFERED MILLIONS FOR NETFLIX SPECIAL CHARTING HER COMEBACK

Netflix has reportedly offered Adele "millions" to make a special feature charting her comeback. The 33-year-old superstar has just made a record-breaking return with her latest LP, 30, and after two TV specials in the US and UK, there is a chance fans could see a docu-film on the streaming service, which would include footage from her UK comeback gigs at American Express presents BST Hyde Park next July. A source told The Sun newspaper's Bizarre column: "Adele is the most in-demand woman of the moment and Netflix thinks it could create something really special with her. Her team have been approached about a possible multi-million-pound film that would chart her comeback and huge BST shows next July. At the moment any plans for a world tour are on ice because of COVID and this film could bring Adele live closer to fans who weren't able to get tickets.



"Netflix has done amazing music films with stars including Taylor Swift and Shawn Mendes and it thinks Adele's could be incredible if she was up for it." The insider said the 'I Drink Wine' singer would be given full "creative freedom". They added: "She involved in the early stages of the proposal have made it clear Adele would be in the driving seat. She would have total creative freedom and full approvals on the edits if they do give the project the green light." At the weekend, 'An Audience With Adele' aired on ITV in the UK, and the 'Hometown Glory' singer answered questions from A-listers in the crowd, including the likes of Dame Emma Thompson, Samuel L. Jackson, and Stormzy. The US special, 'Adele One Night Only', meanwhile, saw the Grammy-winner sit down for a one-on-one chat with TV legend Oprah Winfrey and give the live debut of songs from her record before it was released.



KATE BECKINSALE HAS TO HAVE A BATH EVERY NIGHT

The 48-year-old actress admitted her habit can be really "annoying" because she's so set on her evening ritual, she'll take a dip in the tub before she goes to bed, no matter how late it gets. She told People magazine: "I literally cannot transition from day to night unless I have submerged myself in water. Which is really annoying because I could get a hotel room and it'll have cockroaches and go, 'Okay, fine.' But if [the room] doesn't have a bathtub, I'll be like, 'Sorry, can I move?' I really need to have that every day, no matter what. Even when it's Oscar night and you're getting home at seven in the morning once you've been to 15 parties. I still have to go through the whole bath thing." The 'Pearl Harbour' star - credited her youthful appearance to good genes but admitted it was helpful that she "didn't see the sun" until she was an adult after she moved from the UK to

CIARA MASTERED 'DISCIPLINE' EARLY ON WORKING IN FASHION

Ciara learned the art of "discipline" when she launched her fashion ventures. The '1,2 Step' hitmaker runs The House of LR&C with husband Russell Wilson and launched the new apparel line Dare To Roam in August. And while with her music she was able to push back work, that's not possible in the fast-paced fashion business. And so, very early, she had to adjust to the tight deadlines - because fashion "timelines" wait for no one. Speaking to Glossy Pop, the 36-year-old star said: "Obviously, I came from the space of being an artist before I got this great opportunity to be able to build a business in the fashion space." And sometimes, because of that creative mind, you have to have discipline and timelines. "In fashion, timelines don't wait for you. In music, I can be like, 'I want to push this album back; let's do it in a couple of weeks.' But it's like, 'No, you have Nordstrom prepared for the drop on this day.' You've got to make [a certain] time for fashion. So there's that discipline that you learn when you get the chance to be involved on the business side. Now, I've mastered the discipline - I had no



choice but to master it pretty early on in the process. But it's been really fun learning and taking on the challenges that the business side of it all brings you." Ciara also spilled that her sources of inspiration for fashion include, her music and the mood it puts her in, life, and people she clocks on the street in New York and Atlanta, who are of "all different ethnic backgrounds". She shared: "You go through different seasons. Sometimes it's all about the mood you're in - for me, when I'm making an album, my music inspires me and how I want to look. It's like, 'OK, these songs are making me feel this way. This is the vibe I want to be on, from a fashion perspective.' Life inspires me, and sometimes others inspire me - like when I'm walking around in the streets of New York or the streets of Atlanta, where I came from. I see people walking around from all different ethnic backgrounds and rocking all different kinds of styles in a super-expressive way. I get inspired by that. The beauty of fashion is that the inspiration can come from so many different places. Sometimes it's really in the moment: You have a vision for something or an encounter with something that happens in life, and you're like, 'I'm really inspired by this moment. I'm going to go back to the drawing board.' That's the beauty of fashion."

California and had always been "paranoid" about her freckles coming out. She said: "I'm really lucky, my mum's got really good skin. I think obviously some of it is a genetic thing, although you can mess that up. I didn't see sun for the first several decades of my life and that's probably been a big help. A great deal of it was geography [growing up in England], but the other thing was on the very rare occasions when we would go on a family vacation somewhere hot, I was paranoid that I would get freckles in a mustache formation on my face. So I was wearing Factor 70 [SPF]. I just didn't want a mustache, that's really why I used sunscreen." Kate would love to try a chemical peel on her face but is worried something could go wrong. She said: "I really would like to, because I see people who've had them but I just think something will go wrong and I'd be scarred." —BangShowbiz