HER OUTDOORS

DAVINA McCALL gets down to earth

Drama queen
Meet the woman behind cinema and TV’s most talked about hits

Live and let diet
Four foodies share their secrets to staying slim

A chic getaway
Weekend wear with wow (and warmth) factor

FOOD
Little-people pleasers: Diana Henry’s fantastic child-friendly meals
Stella loves...

The retro trio The Puppini Sisters have just released their fourth album, 'Hollywood'. Eleven classic songs, including Diamonds Are a Girl's Best Friend, Good Morning and Moon River, have been reworked with fabulous harmonies. We defy you not to sing along... £28.99

New year, new wardrobe... A great idea in theory but it sounds like an expensive business. However, we love Whistles' Resort Collection so much we're willing to say that just one piece would provide the sartorial equivalent of a breath of fresh air. Denim jacket, £175, and trousers, £110; whistles.co.uk

WIN THIS

The French lingerie brand Huit is one of our favourite labels for great-looking, comfortable underwear. One Telegraph subscriber can win a year's worth of lingerie and swimwear, up to the value of £1,000, by logging on to telegraph.co.uk/subscriber

The cosmetics brand Mac is known for its collaborations with leading figures from fashion, music and art. This blusher from its latest tie-up - with the style maven Daphne Guinness - is a spring glow in compact form. £22; maccosmetics.co.uk
These lights by Marset are brilliantly eye-catching. They're made from ceramic, though the gentle folds give them the look of tactile pieces of fabric. From £197, from feriouseonline.com

A one-of-a-kind cinematic charmer, The Artist is about a Clark Gable-esque silent-movie actor who loses his superstardom when the talkies arrive. Not only is this new film in black and white, it's silent, too – bar a couple of brilliant genre-busting scenes, that is. Don't miss it. In London West End cinemas now; elsewhere from Friday

Gym workouts after Christmas are always a hard slog. Unflattering sportswear doesn't help, so good old Gap for launching its high-tech – GapFit range. £39.95; gap.eu

This striped wool Ribbon scarf by the knitwear designer Gemma Shepherd is not only extremely cozy, but would also go with pretty much everything. £144; shepherdengland.com

The award-winning jewellery designer Husam El Odeh creates striking pieces that seem to suit everyone. This gold-plated broken-stone bracelet is something you'd never want to take off. £200, from Matches (matchesfashion.com)