THE LAST WORD DAVINA MCCALL

Each issue, people we admire reveal their lasts, from books to beauty buys. Here, presenter Davina McCall shares hers...

The last book I read... Handbook For Hard Times: A Monk's Guide To Fearless Living by Gelong Thubten. I was interviewing him for my podcast Begin Again – it was earth-shatteringly good.

The last song I listened to... I like my house music and I downloaded a song that absolutely blew my mind the other day: Expander by Bonobo.

The last box set I binged... Disclaimer on Apple TV+ with Cate Blanchett and Sacha Baron Cohen. So good and dark.

The last podcast I enjoyed... I love The Diary Of A CEO.

The last item I added to my wardrobe... I'm a Zara queen and I bought a fluffy white cardigan last night at 11pm.

The last beauty product I finished... I colour my hair with Garnier Nutrisse every three weeks.

The last meal I cooked... I batch cooked a lentil and butternut squash soup.

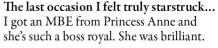
The last account I followed on Instagram... @abimillsyoga – she's so f*king funny, you won't be disappointed.

The last app I downloaded... Testi to find a driving test for my son.

The last day I felt perfectly at peace... Today. I'm in a good space.



Davina has been aettina tips from monks, looking for a driving test for her son and visiting Croatia



The last fashion mistake I made... I mean, that was obviously about 30 years ago. I'm very surprised I haven't been on some kind of fashion icon page!

The last restaurant I ate in... was at White City House – alone. I can't remember the last time I did that.

The last holiday I went on... Croatia for a friend's 60th birthday. He got one of those wooden gulet boats.

The last promise I made... I can't remember, but 15 years ago, my press agent made me promise I wouldn't say 'vagina' in every interview, and I still did. But now I literally can say it whenever I want because I'm menopausal.

The last great piece of advice I was given... 'Let go.'

The last thing people would guess about me... Music is my mood-altering drug. I was born in the late '60s, so the '80s, '90s rave culture, that's in my DNA. This year, I went to Pikes in Ibiza with all of our kids and I got up in the DJ booth with Jaguar, living my best life!

Davina is a Garnier ambassador

