

# 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.



**The last occasion I felt truly starstruck...** I got an MBE from Princess Anne and she's such a boss royal. She was brilliant.

**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*



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

