



FT MAGAZINE MEDIA SPECIAL
Smart art
 Charles Saatchi talks about his new art revolution

WOMAN IN THE NEWS PAGE 9
Bayreuth bother
 Has Katharina Wagner overplayed her hand?



TEA WITH THE FT MAGAZINE
Simon Cowell
 The rough-tongued music impresario at home in LA



Bathing beauties

Edwina Ings-Chambers picks the 10 must-pack items for the beach...



The Sunglasses
 The 1980s are back, and there's nothing quite like a pair of aviators - Cébé by Marcolin has a great version (£115). Or try Tom Ford's retro classic Anouck (£185) - a little bit Audrey Hepburn, a little bit Tom Cruise. www.cebe.com www.tomford.com

The Hat
 Melissa Odabasi's straw cowboy Amaya (£75, in natural, white and brown) comes with wired edges so you can flatten it to pack with no damage. Genius. www.odabashi.com



The Travel Wallet
 The YSL Muse leather travel wallet (£280) is chic enough to double up as an evening clutch, if necessary. Or wait for October and the Belle de Jour patent version from the new cruise delivery. It's a tough call. www.ysl.com



The Sandals
 High heels? Yes, but evenings only; on holiday it's flats all day. These Chanel silver Antigone python sandals (£460, also in gold) are as chic as they are comfortable (often a fashion oxymoron). www.chanel.com www.musalondon.co.uk

The Jewellery
 Don't take the diamonds. It's just asking for trouble. But do take some Carolina Bucci bangles (£300 each, in yellow, pink and white gold), and layer them with the latest Bulgari B.zero1 bracelet (£700) with three drums in a mix of yellow, white and pink gold. www.astleyclarke.com www.bulgari.com



The Beach Bag
 Make like a modern-day Carmen Miranda and snap up this Betsy Johnson beach bag (£64) complete with flouncy ruffles and apple-print lining. www.betsyjohnson.com



The Cosmetics Carrier
 Sonia Rykiel Woman's velvet Beauty Bag (£42) is smart, fun and practical with a wipeable plastic lining. Pass the sunscreen. www.soniarykiel.com



The Beach Towel
 Yes, it can seem a chunky inclusion in your suitcase when you're trying to travel light, but a chic beach towel is still the last word in summer style. Jane Carr's colourful Trapeze (£245, limited edition) is, she says, "about luxury when you're at your most relaxed". We're all for that. www.jane-carr.com



The Swimsuit
 This summer has seen the return of the one-piece. Heidi Klein's own-label Malta (£135) is a halterneck (so easy to fold down when tanning) and cut just high enough on the leg to lengthen limbs but not leave you wishing you'd packed an elliptical trainer. www.heidklein.co.uk

The Bikini
 Tara Matthews is this year's name to drop: her bikinis (from £140) are hand-beaded in India, and there are matching hand-printed silk tareo wraps (£120) or simple cotton dresses (£100). www.staritd.com and on www.net-a-porter.com

POWER DRESSING
Trey Lee
 Hong Kong-born and Berlin-based cellist Trey Lee has produced two albums for EMI Classics and is working on a third. Trey Lee, his debut album, spent weeks on the classical music bestseller list and his latest album, Schumann, Mendelssohn and Chopin, released last year, topped the classical charts. He can also be heard on the soundtrack of The Drummer, this summer's Asian blockbuster, starring Jaycee Chan, action star Jackie Chan's son.

Sun, sea and chlorine: be hair-prepared

Rebecca Rose BEAUTY
 Holidays and swimming go together like peaches and cream at this time of year. But, though the benefits of a regular front-crawl may be abundant - it keeps you fit as a fiddle, is a great stress-buster and even works as a miracle hangover cure - the downsides are also undeniable. For a quick dip, even just once or twice a week, will soon turn hair to straw and skin to sandpaper if you don't obey a few waterbaby rules. Firstly, don't make the mistake of thinking that

also has plenty of tips for protecting her long blonde hair: "I keep a spray bottle in my bag that contains a mixture of water and conditioner that I spritz on my hair before putting my cap on," she says. And if, like Streeter, you do opt to wear a cap, then according to open-water swimmer and author of *Swimming to Antarctica* Lynne Cox, silicone is best, as "rubber caps tend to tear hair when you remove them". Streeter, however, also suggests that those with long thick hair should put it in a French plait before donning a cap in order to avoid any resulting "cone head" look.

Use a conditioning hair mask to banish - or at least reduce - any holiday hair frazzle

After any water works, it is also important to use a good clarifying shampoo (Aveda's Rosemary and Mint is loved by swimmers) and a rich conditioner, such as Aussie's 3 Minute Miracle Reconstructor, in order to counteract any drying impact. And once you've decided to retreat from the beach for the day, be sure to comb some leave-in conditioner through your hair or reapply your factor 30 if you have a date with the sunlounger. Once or twice a week during the holiday use a conditioning hair mask such as Kérastase's Nutritive Masquintense which will banish - or at least reduce - any holiday hair frazzle. Remember, too, that chlorine is not a sexy scent. So be sure to banish it by showering after every swim with something sweet-smelling such as Burt's Bees' Citrus & Ginger Root Body Wash. And, just as chlorine dries out hair, so it does skin, so make sure you pack a good body moisturiser - and here you'll find many swimmers would travel far for a bottle of Nivea's Rich Care Body Moisturiser.



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