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## Having my head rubbed like a baby cured my stress: After her father died and she lost her job at a glossy magazine all in the same year, one woman tries craniosacral therapy

- Niki Browes' dad had been ill for several years with a rare brain disease
- Less than a month after her father died, her boyfriend proposed
- She then lost her job as an editor on a glossy magazine

By **NIKI BROWES FOR THE DAILY MAIL**

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You never really know what a new year has in store for you but, for me, 2016 will always be remembered for throwing a few right hooks.

It started on January 9 with an early-morning phone call. 'Did you get my message?' said my brother, Ben. Alarm bells rang immediately.

Our dad had been ill for several years with a rare brain disease called progressive supranuclear palsy and had been in a care home near to Ben's house. I'd been mentally bracing myself for this call for ages. But, I now know, nothing prepares you.



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**Nikki Browes at The Mandarin Oriental Hotel spa in London. She said: 'You never really know what a new year has in store for you but, for me, 2016 will always be remembered for throwing a few right hooks'**

Less than a month after Dad died, my boyfriend proposed.

This was undoubtedly wonderful news and, having known each other since our teens, we decided we were well acquainted enough not to have to sit out a long engagement. So we set a date for just months later, not really taking into account that planning a wedding in such a short period of time can be, well, rather tiring.

Add to this relocation from one city to another (including researching schools for my seven-year-old son, Burt, from a previous relationship), and buying a new house.

We opted for a cottage that needed a major refurbishment — just because we hadn't got enough on our plates.

Then, in the midst of it all, a body blow — I lost my job as an editor on a glossy magazine.

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The year isn't even over yet, but it's safe to say 2016 has thrown me some of the most stressful life events I've ever experienced.

I've tried very hard not to let it get me down but, I admit, I sometimes felt like a punch bag. It was the continual low-level anxiety — which manifested in tense head and neck aches even painkillers couldn't help — that made me decide something needed to be done; I needed to feel like 'me' again.

A friend mentioned she'd been having craniosacral therapy — George Clooney was an advocate! — and found it restorative, even healing.

An alternative medicine, craniosacral therapy — or crania, as it's sometimes known — is thought to relieve pain and tension by gentle manipulation of the skull, as well as other body parts, to realign the natural rhythm in the central nervous system.

At first, I poo-pooed this as new age nonsense. Wasn't this what I'd had done for my son as a baby? It was one of those 'must-do' neurotic mum fads (along with baby yoga) that we were all urged to do to make our babies sleep through the night.

**Of Modern Art benefit in NYC honoring Tom Hanks**

Looked sleek and sexy



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Enjoyed some outdoor retail therapy together

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Looking radiant

[Ariel Winter dons tiny shorts for fast food at In-N-Out Burger in Burbank](#)  
Finished off her scantily-clad ensemble with a grey top

[Bethenny Frankel offers to adopt five-year-old girl abandoned at bus terminal after mother's murder](#)  
Says she is serious

+2

### **Craniosacral manipulations on a five-month-old baby. An alternative medicine, craniosacral therapy — or cranio, as it's sometimes known — is thought to relieve pain and tension by gentle manipulation of the skull**

At five days old, I'd taken him to a craniosacral specialist in Harley Street, desperate for some respite from his refusal to sleep. It didn't work for my son — I wasn't confident it would help de-stress an adult.

So it was with some reluctance that I went to see Elena de Antoni, a leading cranial practitioner at the Mandarin Oriental Spa in London.

She's devised a package called the Stillness Ritual, which is craniosacral therapy plus a separate massage. The idea behind the 50/50 combination — which is unusual, as you usually have cranio on its own — is that the two work hand-in-hand to restore the body holistically.

As the base of my spine was slightly twingy, I decided to pair my cranio with a back massage.

I arrived full of a nasty cold, so Elena recommended we work on the back area first, using a body oil made with eucalyptus and peppermint. She said I should leave the oil on all day, as both ingredients work as an anti-viral treatment. She gave me a gentle massage for an hour.

By then, I'd shed a layer of my tenseness and was intrigued to see how cranial could relax me further.

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Carried his own luggage with a large rucksack

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Spotted in Los Angeles

Elena lay her hands underneath my neck and held them there for several minutes. Next, she cupped my head, touching it gently and later asked me to lift up my pelvis, so she could hold her hands under my lower spine as I lay on her hands.

To say this treatment is subtle is an understatement. The only thing you feel are the practitioner's hands. There is no massage. But I felt so relaxed that parts of my body began to twitch involuntarily, like when you're on the verge of sleep.

I'd usually be embarrassed to find my body reacting like this in front of a stranger, but I was too blissed out to care. When the treatment was over I had many questions: primarily, had she moved her hands at all? If not, how could it have had an effect?

“I'd usually be embarrassed to find my body reacting like this in front of a stranger, but I was too blissed out to care”

Elena explained that the light contact of craniosacral treatment lets her feel the rhythmic motion throughout the body — 'as though I can feel the body breathing'.

She can tune in via the gentle contact and address and release any disturbances and resistances, even if you the patient never knew they were there. This stimulates self-healing within the body. Intrigued, I wanted to know if she could feel anything when she was touching me.

She said that, at first, she felt a 'weightiness', which slowly evaporated. I admit it all sounds a bit woo-woo. But I felt a lightness I haven't in months and as good as if I'd floated out of the spa.

I spoke to Beatrice Double, spokesperson for the Craniosacral Therapy Association, to find out why more adults are using what was once seen as a treatment mainly for babies. 'I would put it down to modern-day stresses and hectic lifestyles meaning we burn ourselves out quickly,' she explains. 'We're looking for more of a balance.'

'What's interesting is how more and more people are drawn to therapies that treat the body as a whole and recognise the interconnectedness of body and emotions, for example, via the nervous system, which craniosacral therapy treats so well.'

I'm certainly a convert. I've had five treatments since, and the results have been as successful. At my last session, I challenged myself to try to keep my eyes open during a particularly relaxing part of the treatment, but I couldn't. I was tranquil drunk.

With cranio, I feel as though I've found my inner boxing gloves. So, 2017, if you've got any nasty surprises waiting around the corner, bring 'em on. Cranio has returned me to my emotional fighting weight.

**The Stillness Ritual lasts an hour and 50 minutes. Sessions from £250. Contact The Spa at Mandarin Oriental London on 020 7838 9888 or email molon-spa@mohg.com**

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Looked as calm and collected as can be

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The Needed Me singer has a soft spot for acting

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The pair both looked amazing

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The 42-year-old son of George Hamilton

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Shared busty selfies of herself

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Jumped on a connecting flight from Australia

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The Vogue model wore a black dress

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Looked stylish

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 Paid homage to Hanks

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 Made quite the entrance



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Marijoy, sterling heights, United States, 1 day ago

This is something that I think would work for my husband. Due to trauma in his early life, he is "armored", in that certain areas of his musculature remains very tightened constantly. Tho only other treatment for this is Rolfig

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Click to rate 1 0



Zero tolerance, Warlingham, United Kingdom, 1 day ago

My daughter, as a youngster, had severe ADHD. The only thing that calmed her down was cranial osteopathy. It was fabulous to see a child with endless energy sitting calmly and relaxed - the effects lasted for several days :)

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Chric962, France, 1 day ago

Sounds like an advert similar to those miracle diets - it tells you where to buy it, how much it costs and has one or two users who give glowing testimonials, yet totally ignores any scientific research and neither does it seek the opinion of independent clinicians.

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Chric962, France, 1 day ago

Not forgetting, of course, the celebrity endorsement.

Click to rate 4 2



Wonderland\_Zoo, Cardiff, United Kingdom, 1 day ago

Or, if you ignore all the pseudo-science new-age hippy mumbo jumbo, massages relax you. Earth shattering news....

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NPNp, london, United Kingdom, 2 days ago

The price quoted is atrocious but I can attest to its effectiveness. My newborn would take an hour to burp after feeding and also suffered with constipation. 3 visits to my local craniosacral osteopath and she was sorted. Might be TMI but baby filled her nappy whilst in the appointment each time too.... I was sceptical but became convinced after I had to ask my mum to take baby to her final appointment. Mum gets migraines but a the therapist offered to treat her there and then. Over 4 treatments (1 a month) the headache have reduced and finally disappeared altogether. . It's weird as they don't seem to be doing much but it definitely works

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Martin, Malaga, 2 days ago

Yawn!

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Joanna Krupa sues Tampa strip club for using her image without permission to promote 'dance and shower' shows  
 Pink Pony club

'She called me her second daughter': Ariel Winter gushes about Caitlyn Jenner after they meet at Glamour awards  
 She is a big fan of the Kardashian clan

Chrissy Teigen looks chic in all white before she slips into plush black ensemble to match John Legend on romantic date night in NYC

'Turn haters into motivators!': Khloe Kardashian whips fans into shape in trailer for new TV series Revenge Body  
 Struggles with body image

Katy Perry bounces back from crying over Clinton and a 'family emergency' to shine at Hollywood Walk of Fame  
 Singer looked stunning in Los Angeles

'Due to the current climate': Alicia Keys switches from new single to political song Holy War on The Voice  
 The 35-year-old singer got political



Celebrity chef Matthew Tivy, 55, dies from brain tumor while awaiting trial on charges of having sex with a teenage boy  
 Passed away

 MailOnline  
FREE - On the Microsoft Store

at Worldwide, India, 2 days ago

his around 20 years ago, in fact, all osteopath's work is this. It works because they are slightly "massaging" the fluid around the brain. I watched pasty faced dull eyed babies of around 6 weeks going into my osteo and suddenly after 30 mins you would hear them gurgling and making other baby noises. I had similar and he worked on my head, my eyebrows and high on the cheek bones along with my sternum (where he hold our emotions). the first time I sat and asked him "was it good for you" lol. It was amazing. With my second oseto I could have gone to Mars and back, it could have been 3 minutes or 3 hours or 3 days. It was like an out of body experience. I am not one for fanciful notions and question everything especially when people say "we have always done it this way". WHY?

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3



Davie, Wisbech, United Kingdom, 2 days ago

Used to be called Indian Head Massage !

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Davie, Wisbech, United Kingdom, 2 days ago

Used to be called Indian Head Massage !

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11



Laura1981, Longon, 2 days ago

Isn't it the massage that's doing the magic?

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Looked like she had plenty on her mind

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Declared he was heterosexual

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The 29-year-old was spotted looking tanned

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Looked radiant

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Tragic news

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Bravo reality star shared heart-breaking tweets

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Long hair was as usual parted in the middle

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The 50-year-old posted a snap of her desk

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Also rocked a fluffy, off-the-shoulder sweater

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Canceled appearance at Latin Grammy's recently

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Wife of Chris Hemsworth

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The actress is currently starring in Suits

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in steamy topless scene  
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Is she trying to find the free agent a job?

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Grand Tour host

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Attenborough at  
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Lachey shows off her  
growing belly as she  
celebrates her 36th  
birthday**  
Third baby for actress

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rescue puppy named  
Freddy**  
New addition to family

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pretty in pink for  
magazine cover shoot  
as she releases Scrappy  
Little Nobody memoir**  
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Perfect actress

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Palin shares a snap of  
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grinning away while  
covered in chocolate  
and cookie crumbs**

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\$10k bracelet she wore  
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weeps as she sees the  
destruction of the  
rainforest in her native  
Brazil in sneak peek of  
Nat Geo show**  
Got very emotional

**'I hope you realise  
what s\*\*\* you laid on  
Yoko!': John Lennon's  
furious letter to Paul  
and Linda McCartney  
over their treatment of  
his wife goes up for  
auction**

**Date night! Dennis  
Quaid, 62, walks hand-  
in-hand with girlfriend  
Santa Auzina, 30, on  
romantic stroll**  
Had smiles fixed to their  
faces

**Captain America: Civil  
War leads the way with  
seven People's Choice  
Awards nominations as  
Rihanna and Drake  
prepare to go head-to-  
head**

**Sizzling Emily  
Ratajkowski shows off  
her peachy posterior**

and perky assets as she strips down to NOTHING in yet another saucy snap

[View](#)

Judge rules Nick Loeb must name his former lovers at the request of ex-fiance Sofia Vergara in bitter row over frozen embryos he wants to raise as children

For sale! Cindy Crawford and Rande Gerber list beachside four-bedroom Malibu home for whopping \$60million Super property

What a waist! Katherine Waterston displays her trim midriff in bewitching sheer two piece as she arrives at the London premiere of Fantastic Beasts

Maisie Williams rocks a thigh-skimming kilt and knee-high socks at Fantastic Beasts premiere...as she shows off new Game of Thrones tribute tattoo

The magic returns! Eddie Redmayne and wife Hannah join J.K. Rowling at star-studded London premiere of Fantastic Beasts and Where to Find Them

'The next Taylor Swift' Grace VanderWaal teases upcoming first album with sweet video after America's Got Talent win She's only 12!

A ray of sunshine! Lily Collins flashes flat stomach in vibrant cut-out dress while revealing she relates to her 'naive' Rules Don't Apply character

Let me entertain you! British pop singer Robbie Williams to take centre stage at Australian music's night of nights and award show the ARIAS

Gemma Arterton strips down to her lingerie as she gets VERY hot and heavy with nearly nude Idris Elba in steamy scenes from 100 Streets

'The story of my life is written on my skin': David Beckham explains the inspiration behind his tattoos as he goes shirtless for new collaboration

From peacoats to parkas, the outerwear fashions you will see

**everywhere this winter -  
and where you can find  
them**

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Sponsored

**Bono is joined by his wife and daughters as he urges Donald Trump to prioritise gender equality during Glamour Awards acceptance speech**

**Kelsey Grammer, 61, becomes a father for the seventh time as his fourth wife Kayte gives birth to a boy**  
The couple have already named the bundle of joy

**Jenn Murray sashays down the indigo carpet in a stunning metallic gown at the Fantastic Beasts and Where to Find Them premiere in London**

**Ariel Winter displays EXTREME cleavage in a plunging top as she changes into a second sexy outfit at Glamour Women of the Year Awards**

**As fashion brands vow to donate funds to Planned Parenthood with sale of specially-designed products, FEMAIL rounds up the items now being sold**

**What a Dream! Blac Chyna shares heartwarming snap of newborn daughter sleeping in her arms**  
Welcomed her daughter just five days ago

**Nick Viall goes shirtless as contestants fawn over his 'super hot' body in first promo for The Bachelor's new season**  
Fans can't wait!

**Kat Von D plunks down \$6.5 million for Los Angeles home used in Steve Martin comedy Cheaper by the Dozen**  
Real name is Katherine von Drachenberg

**'Strange men turned up outside. Death threats were common': Megyn Kelly reveals safety fears after 'thin-skinned' Trump began publicly attacking her**

**'The band back together!': Kelly Ripa shares rare family photo with husband Mark Consuelos and their full brood**  
Happy family

**Reality star Kristin Cavallari said she's been bullied by**



**'insecure' fan of her Chicago Bears quarterback husband Jay Cutler on Twitter**

[View](#)

**Prince Harry wears identical bracelet to the one girlfriend Meghan Markle has as he meets staff at a sexual health charity and is serenaded by the group's choir**

**'Never let anyone belittle you for your gender': Hilaria Baldwin tells her three-year-old daughter to never be 'objectified' in letter following Hillary's defeat**

**Jimi Hendrix's adopted sister is sued by the musician's bandmate for 'refusing to return guitars used in Rock and Roll Hall of Fame exhibit'**  
Ugly battle



**DON'T MISS**

**Michelle Williams holds hands with co-star Casey Affleck at Manchester By The Sea premiere in Beverly Hills**

Williams, 36, was simply stunning

**Dwayne 'The Rock' Johnson is officially named People's Sexiest Man Alive for 2016**

The 44-year-old scoops the title from last year's winner David Beckham

**'He been f\*\*\*ing some model chick': Perrie Edwards 'took a direct swipe at ex Zayn Malik's girlfriend Gigi Hadid in original Shout Out To My Ex lyrics'**

**'It's great that she still finds me attractive!' Eddie Redmayne gushes over wife Hannah Bagshawe... and jokes they are just 'trying to keep their baby alive'**

**Jessica Biel shows off some impressive acrobatic skills as she splashes around to celebrate getting 2**

**Sheer daring! Elyse Taylor bares her nipples in a see-through bra and jeans in a VERY steamy photo shoot...after posing completely naked**

**'Is Jeremy a bully? No... not really': Richard Hammond reveals nerves about launch of \$200m Grand Tour and claims the public will TORCH the trio if it fails**

**Megyn Kelly claims Roger Ailes threatened her after she rejected his advances, and he'd still be Fox News CEO if Gretchen Carlson hadn't filed lawsuit**

**Getting cosy on the courtside: Jason Derulo and backing dancer Ragon Miller cuddle up at NY Knicks game with Ben Stiller and his wife**  
A-list crowd

**Make like Madonna in Cuba, Kim Kardashian in Mexico or the Beckhams in Greece: The hottest places to holiday in 2017 according to A-Listers**

**That's some good ombre! Gwen Stefani glides down the Glamour Women Of The Year Awards red carpet in a stomach-baring ball gown**

**Chest amazing! Amber Heard wears lacy cutaway gown as she makes rare public appearance at Glamour Women Of The Year Awards**

**'I do!' Adrienne Bailon and Israel Houghton share first kiss in touching wedding video**  
Revealed the dress and the wedding cake and first dance

**The not so Simple Life! Paris Hilton is left embarrassed when her passport is no longer valid as she prepares for Australian tour**  
Tried to board a flight

**Bedraggled Joanne Froggatt is worlds away from Downton Abbey as she's seen filming gritty drama Liar for the first time**  
Was unrecognizable

**Blonde bombshell Rihanna sizzles in burlesque-style hotpants as Cara**

**Delevingne strips to her bikini in new trailer for Valerian**

[View](#)

**A family affair!**  
Pregnant Tori Spelling shows her support for The Rock's new movie as she attends Moana premiere with her children

**Laurie Hernandez tearfully dances way into DWTS finals as late grandmother cheers her on in pretaped message**  
The 16-year-old wiped away tears

**Caitlyn Jenner dazzles in bright orange gown at Glamour Women Of The Year Awards...after being honoured the year before**  
Looked sensational

**Chrissy Teigen wears sheer white dress as she walks hand-in-hand with John Legend on romantic outing in NYC**  
Enjoyed a rare night out with her husband

**Newly-single Bella Hadid shows The Weeknd what he's missing as she flaunts her abs in a crop top just days after their split**  
Revealing outfit

**Why IS John Cleese such a bitter old man? He blames his mum. But, as he wishes his ex-wives dead, JAN MOIR says he blames women for everything**

**What a cheek! Amber Rose tests the limits of spandex as she showcases her robust rear in tight workout pants**  
Her most famous feature

**'They were aware of what they'd done:' Mel C reveals she was BULLIED during her time in the Spice Girls... but refuses to 'name any names'**

**Trying on for size? Bride-to-be Miranda Kerr stuns in form-fitting white frock as she makes a stylish arrival at Jaguar Concept Reveal**

**O wow! Pregnant Natalie Portman blazes in stunning solar-themed Dior gown at Jackie premiere in LA**  
Now that's how to do maternity wear

**'He's incredible': Vicki Gunvalson gushes about new beau on RHOC reunion and**

**daughter Briana approves**  
Hated the last one

[View](#)

**Chest saying! Ariel Winter makes cleavage focus of her look during Glamour Women Of The Year Summit where she admits she has 'no filter'**  
Modern Family actress

**Racy Rita Ora vamps things up in a dominatrix-inspired dress and thigh-high boots as she shoots scenes for new movie Wonderwell in Italy**

**Heavenly! Nicole Scherzinger is a wonder in white gown as she attends Los Angeles premiere of Moana**  
She stunned for the star-studded occasion

**She looks pin-credible! Elizabeth Banks showcases her stunning stalks in burgundy dress at Glamour Women Of The Year event**

**'She stole my heart': Garth Brooks and Miley Cyrus fight back tears over teenager Darby Walker on The Voice**  
They were both moved by her

**Fifty shades of red! Bella Thorne dyes her hair following a recent splurge on tattoos and piercings**  
Can't decide on which look to keep

**'Get over it': Jax Taylor tells girlfriend Brittany Cartwright to move past his growing rumors on Vanderpump Rules**  
Risked losing her once and for all

**Must be that rocking bod! Dwayne 'The Rock' Johnson 'to be named' People Magazine's Sexiest Man Alive**  
Once the Undisputed WWE Champion

**Making him proud! Robert Irwin, Bindi and their family, pay tribute to the late Steve Irwin as they put on a crocodile show at Australia Zoo**  
Keeping his memory

**Smell what The Rock's cooking? Dwayne Johnson gets very hot and bothered on the Moana premiere red carpet sweating through his suit**

**'You gotta know your angle!' Kylie Jenner shows Khloe**

**Kardashian how to take the perfect selfie**  
Revealed how much of a big deal her photos are

[View](#)

**Hot metal! Matt Damon's gorgeous wife Luciana Barroso dazzles in silvery dress during date night at Manchester By The Sea premiere**

**Maria Shriver looks beautiful in blue blouse dress as she speaks at Glamour Women Of The Year Summit**

Was a featured speaker at the LA event

**Legs for days! Demi Lovato and Zendaya show off their sculpted stems in flared dresses for the Glamour Women Of The Year Award**  
Cut glamorous figures

**Not so quick on the draw! Evan Rachel Wood's Westworld is renewed by HBO... but may not be back until 2018**  
She'll be back...

**Sheer-ly amazing! Cara Delevingne stuns in black see-through gown at Glamour Women Of The Year Awards**

One of the world's most recognizable models

**Hot metal! Iskra Lawrence shows off her incredible figure as she squeezes into skintight silver dress at Glamour Women Of The Year Awards**

**Green goddess! Jenna Dewan wows in skintight cutaway dress as she attends Glamour Women Of The Year Awards**

Turned a head or two

**Has Chloe Lattanzi been editing her Instagram photos AGAIN? Olivia Newton-John's daughter shows off her VERY slim frame in new snaps**

**Ewan McGregor debuts dramatically different look as he sports a severely shaved head at charity event in LA**  
Top for the crops

**Skin-tight! Baz Luhrmann, 54, sports a VERY wrinkle-free complexion as he poses for pictures in LA**  
He looks younger than ever

**Brooke Shields, 51, looks youthful while**

**enjoying some retail therapy in Los Angeles**  
**The Blue Lagoon star**  
layered her sweater with a white tee underneath

[View](#)

**'It's the greatest thing that's ever happened to me': Justin Timberlake gushes about son Silas as he talks about returning to the studio for his fifth album**

**Disco doll! Chanel Iman bares her back in silver-sequined halter gown at Glamour bash**  
Gave NeueHouse Hollywood patrons an eyeful of her taut figure

**Bikini babe! Hailey Baldwin reminds everyone why she's a top model as she flaunts her toned body during Caribbean holiday**  
Shared a sexy snap

**Where's Eleven? Caleb McLaughlin, Gaten Matarazzo and Finn Wolfhard seen on Stranger Things season two set for first time**  
Getting excited

**Breakup diet! Bella Hadid shows off unusually small waistline in crop top during Nike photo shoot in NYC**  
In training for the runway

**Jude Law receives Sir Ian McKellen Award at Only Make Believe Gala**  
The 77-year-old acting legend wished his fellow countryman well via video

**Playboy model, 26, who appeared in Justin Bieber video boasts of her incredible \$1million wedding to 63-year-old Egyptian multi-millionaire**

**He's a sight for sore eyes! Actor Scott Eastwood shows off his VERY muscular torso as he jogs down the beach shirtless during day out in Sydney**

**Sienna Miller stuns as she puts on leggy display in lacy gold mini dress at Tale of Thomas Burberry celebration**  
Looked absolutely fabulous

**Emma Roberts cuts a stylish figure in skintight top and jeans while grabbing coffee in Los Angeles**  
The niece of Julia Roberts



**Floating on air!  
Besotted dad Rob  
Kardashian surprises  
Blac Chyna and new  
daughter Dream with  
touching balloon  
message**

**Olivia Palermo dons  
flared denim at Letters  
to Andy Warhol opening**  
Was joined at Cadillac  
House by husband  
Johannes Huebl and  
Poppy Delevingne

**Jessica Simpson's  
father Joe, 58,  
confirms he has  
prostate cancer and has  
already undergone  
surgery**  
'He's feeling great now,'  
said a family source

**'Your mom was just in  
an accident': Khloe  
Kardashian and Kylie  
Jenner can't believe  
their ears after learning  
about Kris Jenner's car  
crash in KUWTK  
preview**

**Romantic getaway?  
Chrissy Teigen and  
John Legend jet to JFK  
Airport without baby  
Luna**  
On the way to the  
American Music Awards  
which air on Sunday

**Natural beauty! Salma  
Hayek wows in chic  
nature-inspired print  
dress for her pal Stella  
McCartney's star-  
studded fashion talk in  
London**

**Kourtney Kardashian  
returns home to a  
warm welcome from  
mom Kris  
Jenner...following her  
Mexican vacation with  
Scott Disick  
Sunshine break**

**Ashley Graham sizzles  
as she flashes  
cleavage in sexy  
beaded jumpsuit at  
Glamour Women Of The  
Year Awards...after  
wowing in clingy black  
dress**

**What a knockout!  
Katey Sagal, 62, looks  
half her age in  
shimmering gold dress  
at Bleed For This  
premiere in New York  
Star looked stunning**

**She's proud of that  
booty! Khloe  
Kardashian flaunts her  
derriere as she does  
squats at the gym**  
Enjoying working her  
glutes

**The person you wake  
up with, you stay with':  
Are Meghan Markle's  
words hinting at her  
relationship with Prince  
Harry, asks EPHRAIM  
HARDCASTLE**

**Greensleeves!**

**Zendaya adorns herself in petals in exquisite white dress at Glamour Women of the Year Awards**

The 20-year-old wowed in an exquisite number

**Married! Bachelor vet Bob Guiney weds for the THIRD time... 13 years after first appearing on dating show where he competed for Trista Sutter's heart**

**Easy, rider! Chris Hemsworth whizzes across a Byron Bay beach on an electric bike in Instagram video**  
Very 21st century way to get around

**'Let's keep fighting to make it a better world for our children': Katie Holmes shares rare photo of daughter Suri with powerful message**  
Post Trump's win

**Pucker up! Miles Teller plants a knockout kiss on girlfriend Keleigh Sperry at premiere of his new boxing film Bleed For This**  
Red carpet affection

**'They eat and stargaze': Sean Penn gripes about celebs who attend his foundation's annual gala... but don't donate a cent**  
Actor's not happy

**She's got some front! Michelle Dockery wears plunging pantsuit at premiere of her new TV show Good Behavior**  
Bought some necessary edge to the premiere

**She looks to be doing just fine! Kim Kardashian's friend shares rare photo of reality star recluse as she dresses up in belly dancer costume for fun**

**'Everyone can be Barbie!' Ashley Graham reveals doll designed in her likeness after being named one of Glamour's Women Of The Year**  
Looked beautiful

**'We gotta find these guys': Mark Wahlberg plays Boston cop at 2013 Marathon bombing in new trailer**  
For the upcoming film Patriots Day

**The day I gave Diana the crop and styled Cindy Crawford's locks with Coca-Cola: The hair raising confessions of a celebrity crimper**

**Make-up free Sofia Richie dresses down for a day of pampering at a Beverly Hills salon**  
Sofia Richie doesn't appear to have had the Monday morning blues

**Who's a Pretty Boy? Floyd Mayweather tries on some gold chains while browsing New York's Diamond District**  
More used to wrapping gold around his waist

**Rekindling the flame? Exes Serena Williams and Common fuel rumors they are back together as they attend same event**  
In Compton last week

**Poppy Delevingne flashes her abs in trendy crop top and sheer skirt combo as she cosies up to hubby James Cook at Andy Warhol exhibition in NYC**

**PICTURE EXCLUSIVE: Tom Hiddleston steps out with a pretty blonde Taylor Swift lookalike... two months after split with pop star**  
Flashed a beaming grin

**'I'm in love!' Nick Jonas cradles his newborn niece Valentina for the first time**  
Met the baby 18 days after his big brother Kevin welcomed her

**Southern comfort! Garth Brooks joins Miley Cyrus as he gives expert advice to final 12 The Voice contestants ahead of live performance**  
Southern comfort

**'Women are scared a predator will soon be residing in the White House': Lena Dunham talks Donald Trump win at Glamour's Summit**  
Shared her thoughts

**Bringing the heat! Stella Maxwell flaunts her petite figure in tight workout gear for VS photo shoot in Miami**  
Modeling with dumbbells for extra effect

**Stripe a pose! Karlie Kloss turns heads in black and white lace dress as she plays up for cameras at Carolina Herrera fashion celebration in Madrid**

**Rogue One: A Star Wars Story shares new IMAX poster as well as 'Call sign' clip one**

**month before film's release**[View](#)

The new movie is much anticipated

**Girl time! Bella Thorne and Demi Lovato don skinny jeans as they catch up over lunch at the trendy Urth Caffè**  
Chatting about their new romances?

**Jessica Marais oozes sex appeal as she shows off her cleavage in a range of stunning dresses for sultry InStyle beach cover shoot**

**Bon Jovi takes Billboard's number one album spot for SIXTH time with This House Is Not For Sale**  
Sold 129,000 units according to figures

**Suki Waterhouse shows off her lengthy pins in raunchy above-knee boots as she rubs shoulders with Gigi Hadid at fashion boutique launch**

**'Deadliest Catch' star is severely beaten and robbed after an altercation in Washington**  
Jake Harris was brutally attacked and robbed

**The People v OJ Simpson leads the way with six Critics' Choice Awards nominations... as Game Of Thrones gets five**  
Television showdown

**A legend returns! Hayao Miyazaki, 75, the filmmaker behind Spirited Away reveals he will come out of retirement to make one final film**

**All the handbags but no clothes to wear? Model Jessica Hart strips down to bikini top and dances around in a revealing new Christmas video**

**Respected PBS NewsHour anchor Gwen Ifill dies aged 61 after a short, private battle with cancer**  
She was surrounded by her family

**'My first pair of designer shoes cost more than my rent!': Anna Kendrick dishes on early fame as she plugs Scrappy Little Nobody book on Today**

**Winnie Harlow flashes her model legs in a thigh-skimming leather**

skirt as she makes a  
stunning entrance at  
VIP fashion launch  
Canadian supermodel

View

'It was very romantic':  
Goldie Hawn gets  
VERY candid about her  
and Kurt Russell's sex  
life and discusses split  
with ex husband Bill  
Hudson  
Dished on shared night

Stop, collaborate and  
listen: Vanilla Ice, Salt-  
N-Pepa, Coolio, Young  
MC, Color Me Badd and  
Tone Loc set to bring  
the ultimate '90s tour to  
Australia in 2017

EXCLUSIVE: How  
Andy Cohen refused  
invitation into Cher's  
bedroom, fueled feud  
between Mariah Carey  
and Jennifer Lopez and  
was flashed by a RH  
star

Mad Men vet Christina  
Hendricks, 41, looks  
youthful in grey pantsuit  
during Bad Santa 2  
panel in NYC  
Had everything clicking at  
the promotional event

Brazilian bombshell!  
Adriana Lima flaunts  
her shapely derriere and  
rock hard abs for  
sportswear photo shoot  
Victoria's Secret Angel  
supermodel wowed

'It's all I need!' Makeup  
free Ashley Hart  
flaunts her stunning  
figure in a bikini as she  
reveals her summer  
beauty regime  
Summer beauty regime  
for the model

Walking on sunshine!  
Ivanka Trump is all  
smiles as she leaves  
her apartment hand-in-  
hand with Jared - before  
taking on the  
mannequin challenge

Young And The  
Restless star Corey  
Sligh, 28, is arrested for  
'molesting a girl under  
the age of 10' in Georgia  
She was allegedly abused  
for months

Russia's Pussy Riot  
issues stark warning  
about Trump's  
presidency in shocking  
'Make America Great  
Again' video predicting  
what the future holds

Emma Watson stars as  
Belle in the first trailer  
for Disney's long-  
awaited live action  
remake of Beauty And  
The Beast  
Looks like a princess



**Fighting for his life at five months old: Parents of baby boy thought to have an ear infection discover he has deadly meningococcal disease after his lips turned grey** [View](#)

'She's thrilled': The Duchess of Cambridge is said to be delighted over Prince Harry's new-found romance with Meghan Markle

**From 'living with a woman that doesn't ever put out' to 'day to day annoyances like leaving the lid off the jar': Spouses reveal the most difficult things about marriage**

The 'healthy' foods that nutritionists would NEVER eat - including agave syrup, low-fat yoghurt and even fruit juice

**'I wouldn't date men again': Mother, 32, jailed for beating a woman with a CRICKET BAT reveals how her time in prison turned her into a lesbian**

'I got that flow': Comedy group makes light of THAT time of the month with new rap... and the video shows men dressed in maxi pads dancing along

**Which body type do men REALLY prefer? We fit 10 volunteers with eye-tracking devices to find out whether they like curvy, athletic or slim women... so who got the most attention?**

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