

Adele's cheers and tears at the Grammys

Star wins five awards but stumbles during tribute to George Michael

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WEST END FINAL

PRINCE ANSWERS CALLS FOR HELP

WILLIAM MANS THE PHONES TO LAUNCH CENTREPOINT HELPLINE FOR YOUNG HOMELESS



Matt Watts and Ed Cumming

PRINCE WILLIAM today launched the Centrepoint Helpline as it was hailed a "major step" towards ending youth homelessness.

He joined Evening Standard proprietor Evgeny Lebedev at the service's central London HQ, listening in to one of the first calls and chatting to staff and volunteers.

The helpline – the first national Freephone service for 16 to 25-year-olds facing homelessness – is a reality thanks to Evening Standard readers. Our Young and Homeless Helpline appeal, run alongside The Independent and the i newspaper, has raised £3.25 million to fund the service.

Mr Lebedev said: "I'm delighted to have launched the helpline with the Duke of Cambridge today. It was his call to arms in November that spurred us on to launch the campaign."

"Youth homelessness is an unacceptable blight in modern Britain. The helpline will save lives and rescue countless more from vulnerable and perilous situations."

"None of it would have been possible without the hard work of hundreds of people behind the scenes – Centrepoint,



Royal support: Prince William and Evening Standard proprietor Evgeny Lebedev at the Centrepoint Helpline's London HQ today

Thanks to your generosity young people can get support they need

EVGENY LEBEDEV
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help line
centre point

This service for those on the verge of disaster will save lives

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thick of it

is to create width in the lengths of hair versus height at the roots, which is what people commonly perceive as volume," says Ade. That's more, the cut works to keep all hair types and textures, not the follicles challenged, and is

versatile in the maintenance department – simply shake, scrunch and leave to air-dry for naturally full locks. (From £70, 45 Conduit Street, W1; hershesons.com.)

Hair today: left, The Thickening Cut from Hershesons; far left, Colour Wow offers Root Cover Up to give more body

The body-boosting colour

Hair dye isn't just for disguising greys. When used strategically, colour can transform fine hair, adding depth and creating the illusion of texture and volume. But don't just take our word for it – book into Aveda which, this month, launches its new thickening colour-service menu with three body-boosting techniques.

For longer lengths in need of a lift, try the Full-Body Balayage, a method that starts closer to the roots than your average ombre to give a fuller effect. Alternatively, its Thickening Highlights work by incorporating larger slices of colour to simultaneously add width and contour for a flattering effect.

Or to boost your bob, opt for the Transformational Tint, which layers a darker colour underneath one a few shades lighter to create subtle shading (from £70, 174-177 High Holborn, WCI; avevainstitute.co.uk).

The roots manoeuvre

As far as faking thick hair goes, it can pay to get to the root of the problem. Colour Wow's Root Cover Up (or to use its unofficial name, the "quicker thicker-upper") is a favourite among such seemingly lasciviously locked celebs as the Kardashians for its ability to cover up instantly so-called hairline "fractures" – the annoying, sparsely populated patches of hair that come from years of tight ponytails.

Apply it like a concealer, using the brush to fill in any uneven gaps. It comes in seven multi-tonal shades to blend seamlessly with your hair and works particularly well on darker hair types, on which an exposed scalp

can be more noticeable, as well as during times when selfies are a certainty, as a camera's flash can reveal more than just your narcissistic side. (£28.50, selfridges.com). @standar fashion



Me-treat yourself

WHEN London's nine-to-five feels less like a rat race and more like a hamster wheel, it's time to break out of the cycle. But are sweltering circuits, morning hikes and boot-camp instructors what you need to kick-start your 2017? Not for us rodents. This year say no to fitness camps and yes to the mighty "me-treat" – relaxing spa retreats that refit your mind, body and soul without you having to break a sweat.

Sleep easy

You don't need to leave the bustle of London for a good night's sleep. Spa Inter-Continental Park Lane allows guests to book a session on the dry-flotation bed, 20 minutes on which affords the body the equivalent rest to four hours' sleep (from £22.50, spaintercontinental.com). Overseas, the state-of-the-art Kata Rocks spa in Thailand combines the best spa tech with ancient Thai treatments in Phuket's paradise-like settings, including Senso water massage beds, which contour to your body, giving a massage feel and effect, and futuristic Metro Energy nap pods that align your body for the perfect snooze (Senso Healing treatments from £170, katarocks.com).

Gut feeling

When your stomach just can't take the stress and carb-heavy diets of modern life, help is at hand. The five-star Macdonald Randolph hotel in Oxford offers a Body Sculpting Cellulite and Colon Therapy, which includes a firm massage for the stomach meant to kick-start the

digestive system and detoxify (from £80, macdonaldhotels.co.uk). Further afield, nutritionist Jeannette Hyde's Gut Make-over retreats take place at luxury Mediterranean villa Cugó Gran in Menorca, with carefully crafted, gut-friendly meals every evening and a jaw-dropping 250-acre estate to relax in (£2,550 per person, cugogranmenorca.com).

Digital distractions

Screen fatigue got you down? Rockcliffe Hall, a five-star, 19th-century manor spa outside Darlington, practises digital deprivation, relieving you of your devices at reception in exchange for yoga, meditation and mindfulness classes (£190 per room, rockcliffehall.com). The luxury, adults-only boutique resort Nayara Springs in Costa Rica, set beneath the third-most active volcano in the world, won't leave you blowing your top: devices are handed in at the door as part of the Digital Detox programme, with nothing to do but surrender to the spa, private pool and rainforest grounds (three-night packages from £1,993, navarasprings.com).

Back to work

Why not take that zen back into the workplace? Stress Free Success retreats at Six Senses, in the Douro Valley in Portugal, combines a blissful break: tai chi, meditation and yoga classes and workshops on how to maintain your chi-centred chill back in the office (from £1,697, working-in-balance.co.uk).

Samuel Fishwick @fish_o_wick

Sign up to the London to Brighton Bike Ride with the chance to win a bike

The British Heart Foundation and Tesco are giving all participants who sign up to the London to Brighton Bike Ride the chance to win a new bike worth up to £800.

Simply sign up before 1 March 2017, type 'win a bike' in the 'Evening Standard promotional code box' on page 2 of the sign up form and you will be in with the chance of winning.

Signing up for the London to Brighton Bike Ride, which takes place on 18 June 2017, costs £40. The ride has run for more than 40 years, and has built up fantastic support along the 56-mile route, with local communities cheering on participants and offering refreshments all the way.



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(Bike picture is not actual prize)

To find out more go to bhf.org.uk/l2b2017