

PORTFOLIO



Nicola Montfort

UNLESS OTHERWISE MENTIONED, I HAVE ALSO TAKEN
RESPONSIBILITY FOR THE CREATIVE AND ARTISTIC DIRECTION,
AS WELL AS THE STYLING OF MY PHOTOGRAPHIC WORK
DEPICTED ON THE FOLLOWING PAGES.



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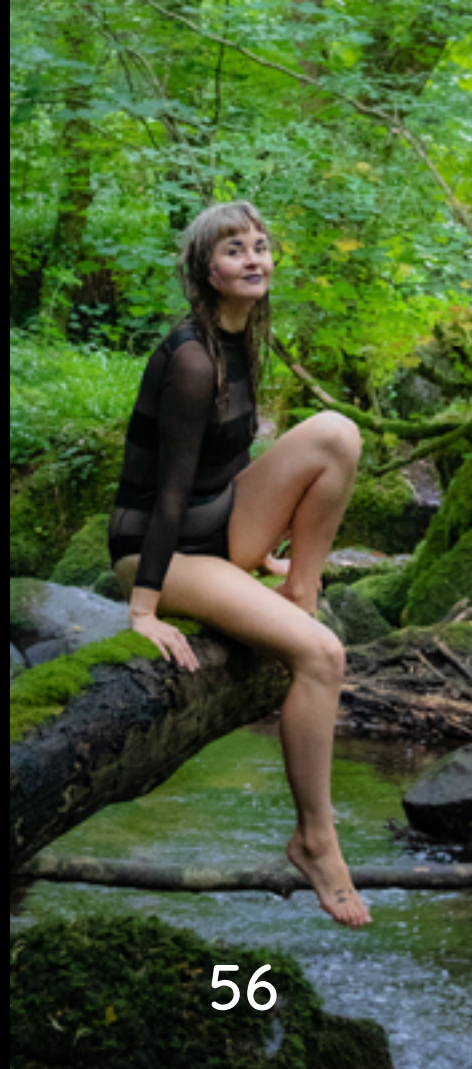
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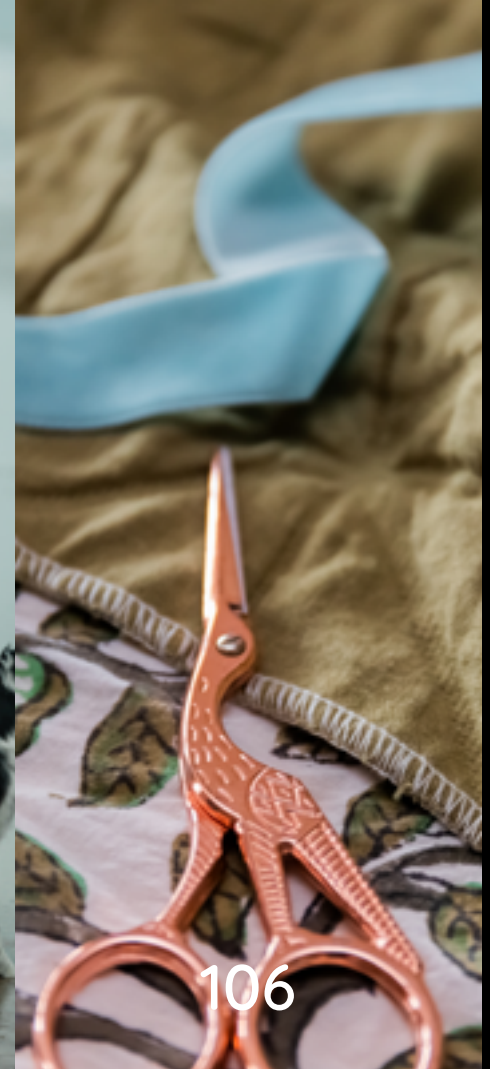
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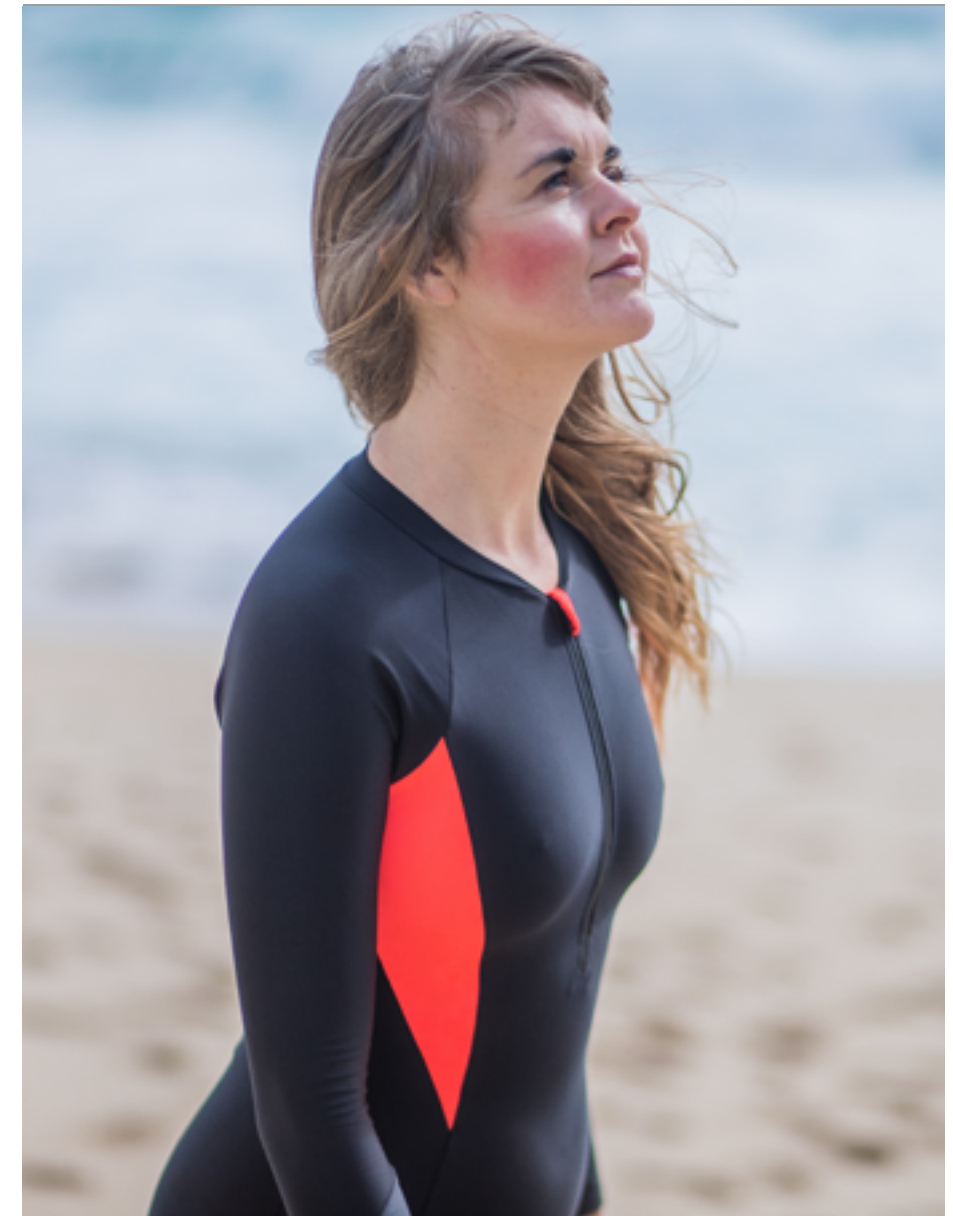
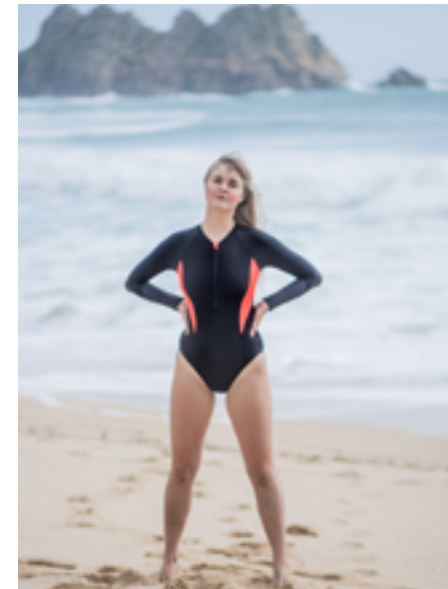
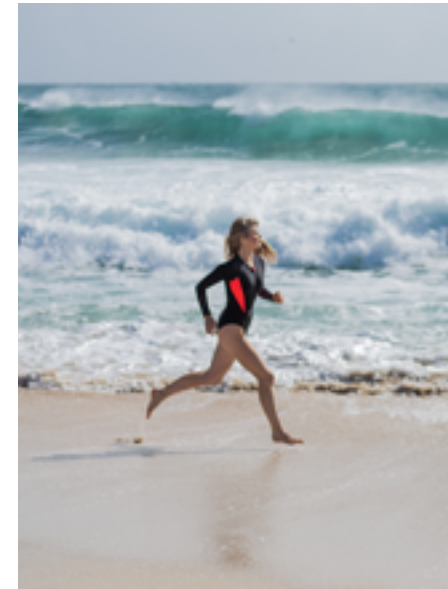
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SPEEDO





BUCH WIEN 19



BUCH WIEN - INTERNATIONAL BOOK FAIR
OFFICIAL PHOTOGRAPHER



GOOD HOUSEKEEPING MAGAZINE UK



FEATURE ON VITALITY, MARCH 2021 ISSUE



Transformed by our VITALITY MAKEOVERS

Are you looking for a new activity that helps you feel – and look – fabulous? Take inspiration from three women who've discovered what gives them zest

'Swimming is the best beauty routine – it beats lipstick!'

Pippa Best, 48, feels revitalised after swimming off the Cornish coast – and ready to take on anything

Before I go for my morning swim, I'm tired and grumpy from organising my kids and worrying about the work day ahead. But when I step out of the sea 15 minutes later, I feel like a goddess! I can't stop smiling and I feel so positive, like I can achieve anything. I moved to Penzance in 2003 with my husband, Cam, and it's where we decided to raise our son and daughter, now 13 and 10. But, though the sea is just minutes away, I only started swimming in it four years ago. I was going through a difficult period, working through the summer holidays as a film script editor, while also running retreats and working as a life coach. Cam is a film location manager and was working away and the kids were at a holiday club. It was a bit to juggle and life felt very hectic. Every day, after the children had gone to their clubs, I'd walk down to the sea to

sit on the beach and enjoy some quiet time. There was a group of swimmers, aged 60-plus, I'd always watch getting in to the water. One day, one of the ladies approached me and asked if I'd like to join them. I needed something to help clear my head and cheer me up before tackling the day ahead, so I thought, "Why not?"

EXHILARATED

The next day, I arrived at the beach in my swimsuit. I felt self-conscious, but the group was welcoming and, as we headed along Penzance prom chatting, I began to relax. Carefully stepping down the granite steps into the sea I gasped as the icy water hit my ankles. Taking a moment to control my breathing, I took another step and then another, so the water eventually covered my knees, then thighs. Then, I took one last breath and pushed myself off, letting the water take me.

I was so focused on my breathing and moving to keep warm that all the stress I'd been feeling was erased from my mind. I only did 50 strokes one way and back, but I'll never feel so present. When I got out of the water and hugged my towel around my body, I felt exhilarated, like I could take on whatever the world threw at me. Since then, I swim at least five times a week – in the mornings – sometimes even

twice a day. The buzz I get from the coldness of the water and stepping out of my comfort zone has become addictive. In summer, I swim for around 30 minutes, but in winter this drops to around 10 minutes. I do a range of strokes, but sometimes I just lie on my back floating, watching the sky and seagulls. On a good day I'll finish with some handstands in the shallows! I still swim with my group, but sometimes it is nice to swim alone.

I have goggles and, in spring and summer, I love sticking my head beneath the surface and seeing the underwater world of kelp and seaweed forests. Sometimes seals even swim with me, which is magical, though also a little scary. When I walk out of the water, I am glowing and have a huge grin on my face. My friends always joke, "The sea looks great on you!" It's made such a difference to how I feel and when I broke my foot in 2019 and couldn't swim for six weeks, it was tough. I felt so sad, but my lovely friend brought me a little jar of seawater just so I could feel it on my skin again.

I wanted to share everything I'd learned from the sea and the gifts it has given me, so in 2018 I set up my business Sea Soul Blessings. I sell mindfulness books, cards and online experiences to help others explore the magic of the sea. I honestly believe this is the best health-and-beauty routine I've ever had, it's quick and I always feel and look so energised afterwards. For me, it's certainly better than lipstick!

For more info, visit seasoulblessings.com



Swimming in the sea has become part of Pippa's morning routine

goodhousekeeping.com/uk

goodhousekeeping.com/uk

Be inspired



Every time I walk out of the water, I am glowing



Pippa feels energised by the sea

MARCH 2021 GOOD HOUSEKEEPING 49

Editor's letter

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TV presenter Kate Garraway tells us about her husband's coronavirus battle and how she tries to stay optimistic



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Right: we speak to the women who changed their lives by finding the right exercise



Love & hope are the most important things

There's no doubt that 2021 has not got off to the start that any of us had hoped or wished for. Through the turbulent months of 2020, I think many of us felt that the new year would be a wonderful fresh start and held the promise of much better times. Of course, it still holds all that promise and we're still in the early part of the year, but it's far from the instant bright beginning of our dreams. But, if ever there was a person to articulate the importance of staying positive and strong in the face of challenge, it is our fantastic cover star, TV and radio presenter Kate Garraway.

Kate's life has been under the shadow of Covid since last March, when her husband, Derek, was first struck down with the virus, and he has been in hospital ever since. Meanwhile, Kate has been the rock for her family and has been juggling caring for her children with the multiple demands of work. She declares, "You've got to find the joy in life, however bad the situation is."

Kate tells us about the importance of kindness, love and hope, and reveals the tactics that she has found to keep herself in a positive frame of mind. From planting seeds and bulbs and finding solace in the garden to eating a very hot curry and looking up at the sky, Kate has some simple tricks to raise her spirits. She also loves getting into a bed of freshly laundered sheets, blasting out Dancing Queen by ABBA and drinking a strong cup of tea...

I think we could all do with being a little more Kate! I do hope you'll enjoy reading her interview and might, perhaps, try some of her tips to boost your own mood, should it be flagging through the last few weeks of winter (page 10).

We have many more ideas for rediscovering your zest in this issue, too. I especially loved hearing from readers Pippa, Barbara and Alison (page 48) about the things that make them feel better. Despite being terrified of cold water, Pippa's passionate enthusiasm for sea swimming is so persuasive I really want to give it a go – something to aim for when we're permitted to venture away from home once more.

Until then, during the time we're grounded, there are plenty of good sediments to get stuck into and I hope we'll inspire you, whether it's giving your home a little TLC (page 92), trying one of our 'letterbox bakes' to send to a relative or friend (page 138), or sitting down and doing the all-important planning of your pension (page 154). Wishing you a productive and positive month.

With love,

Gaby

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MARCH 2021 GOOD HOUSEKEEPING 3

FIERCE FLORA S/S 21

EDITORIAL SHOOT FOR MEANING MAGAZINE
SHOT ON LOCATION AT THE STUDIO OF FELICITY MARA
AT PORTHMEOR STUDIOS, ST IVES.

FOR FULL STORY VISIT [READMEANING.COM](http://readmeaning.com)













ANOUK LAMM ANOUK

ARTIST ANOUK LAMM ANOUK AT THEIR SOLO SHOW
“POST/PRE LESBIAN JAZZ”

STYLING: ANOUK LAMM ANOUK
SHOT ON LOCATION AT HOTEL SACHER, MARBLE HALL,
VIENNA







BUCH WIEN 21



BUCH WIEN - INTERNATIONAL BOOK FAIR
OFFICIAL PHOTOGRAPHER











OUTDOOR SWIMMER

OUTDOOR SWIMMER MAGAZINE
COVER STORY





FIERCE FLORA STUDIO



FIERCE FLORA STUDIO FOR MEANING MAGAZINE.
FOR FULL STORY VISIT [READMEANING.COM](https://readmeaning.com)





CHANGE ROBE A/W 19



ALISEQUUS

NON-PROFIT ASSOCIATION FOR
EQUINE-ASSISTED THERAPY





LARA BARBIER

LARA BARBIER (SCREENWRITER) FOR
UAL NEWS BLOG

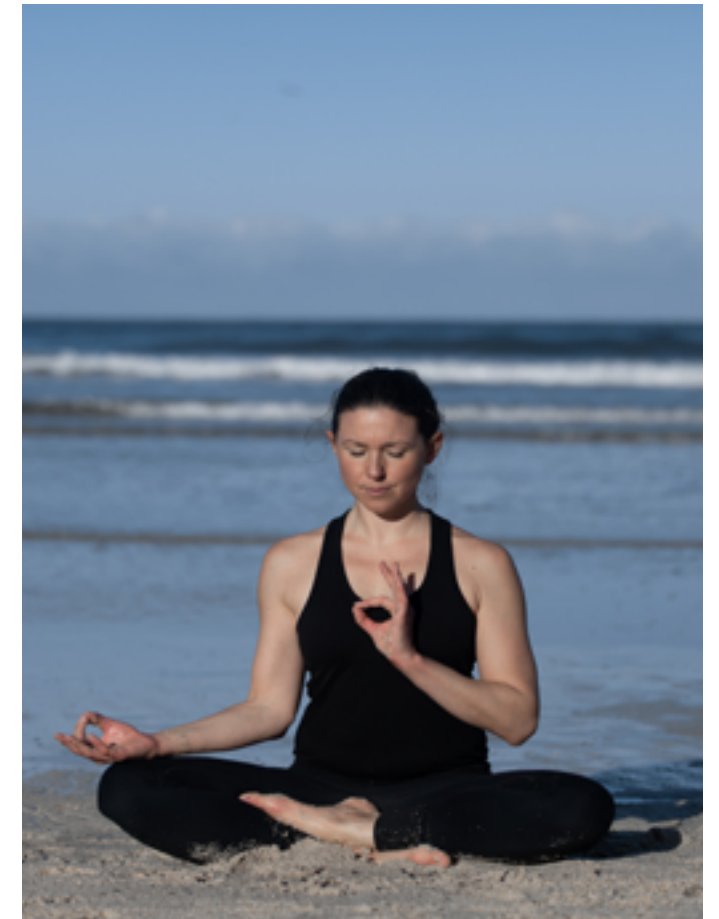


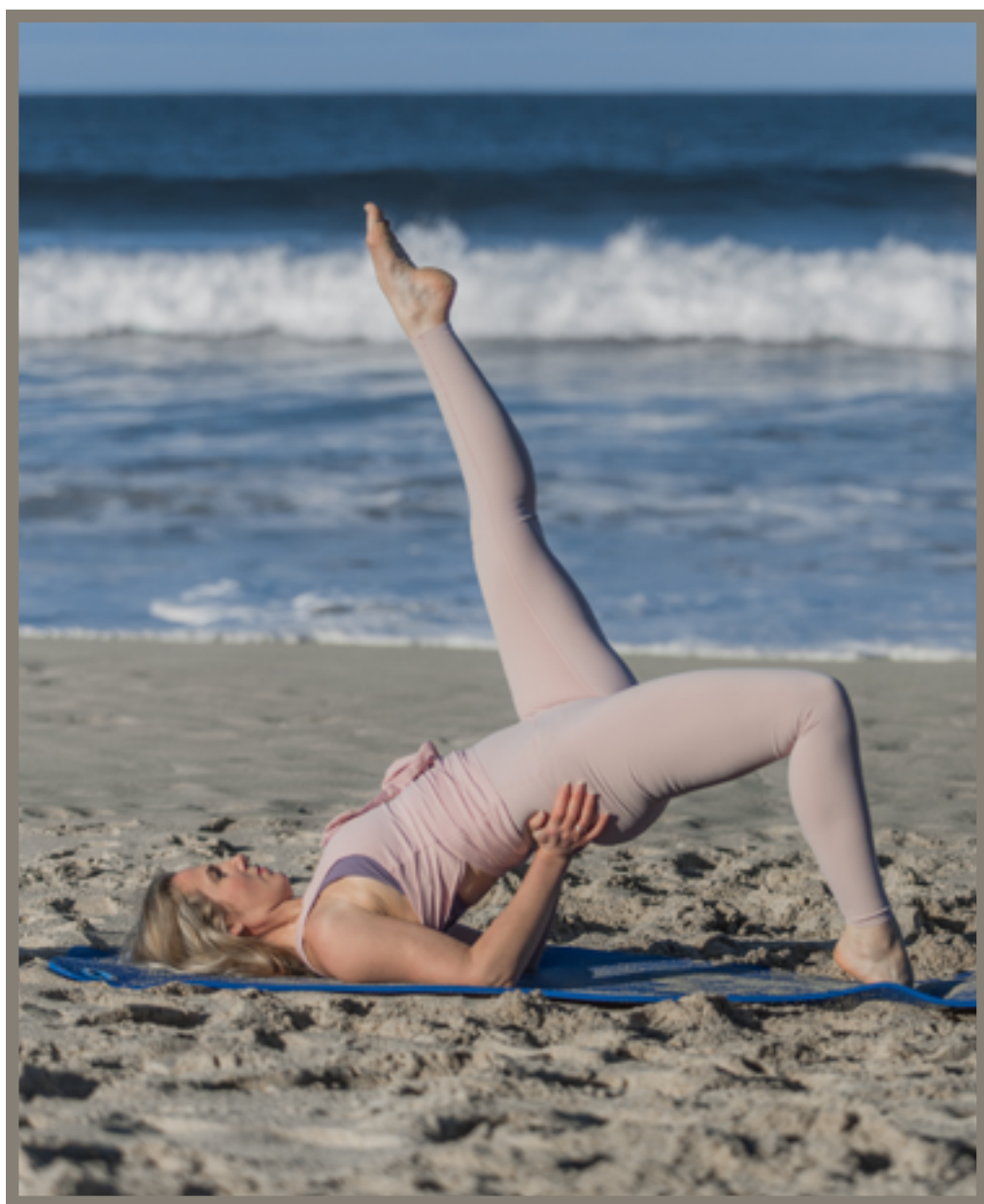
REGATTA GREAT OUTDOORS



SAVVY STUDIOS

DANCE AND FITNESS STUDIO









CHANGE ROBE A/W 20









ACTIVE ENGLAND

GUIDED TOURS AND HOLIDAYS





SACRED SOUND HEALING

SOUND HEALING STUDIO



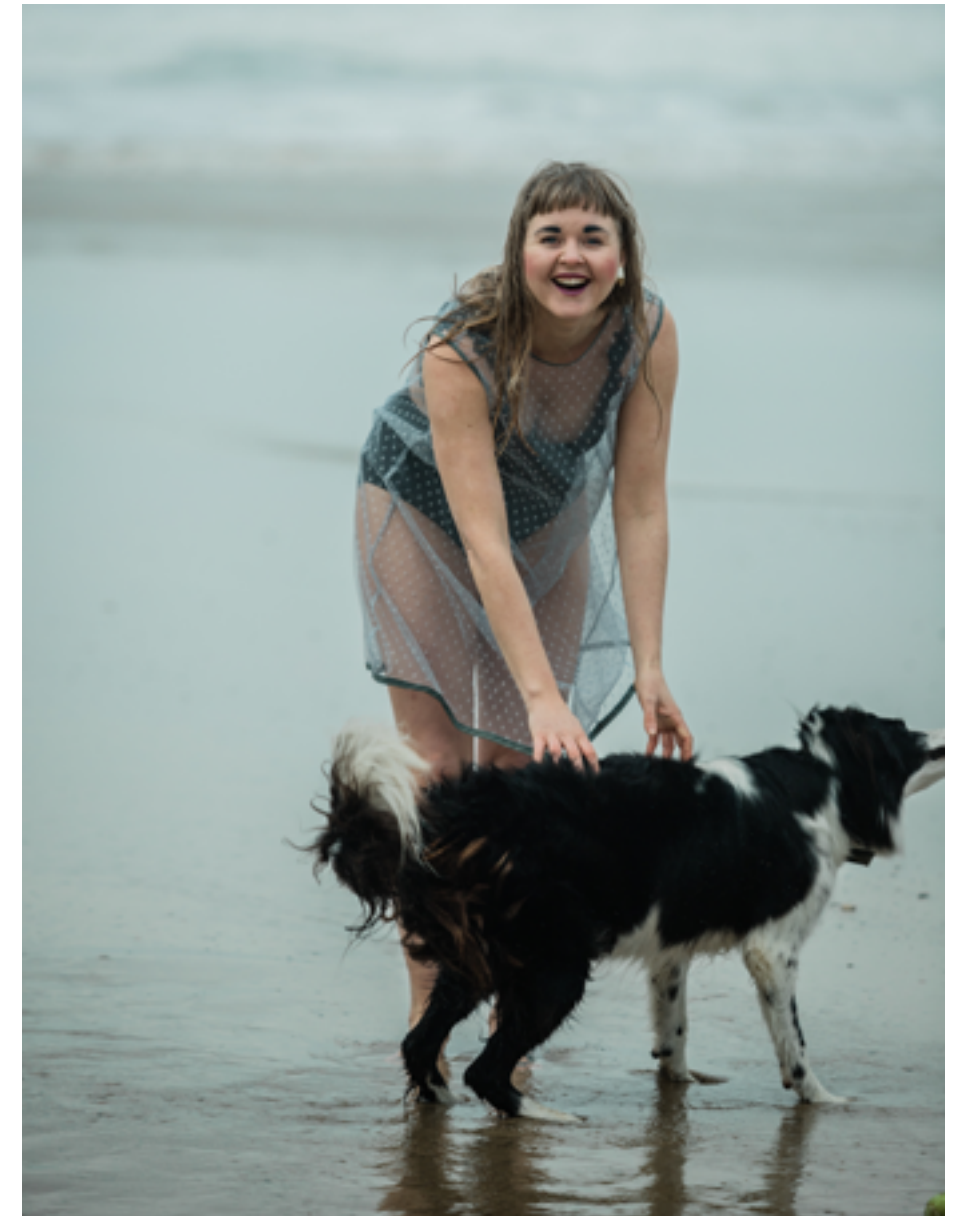
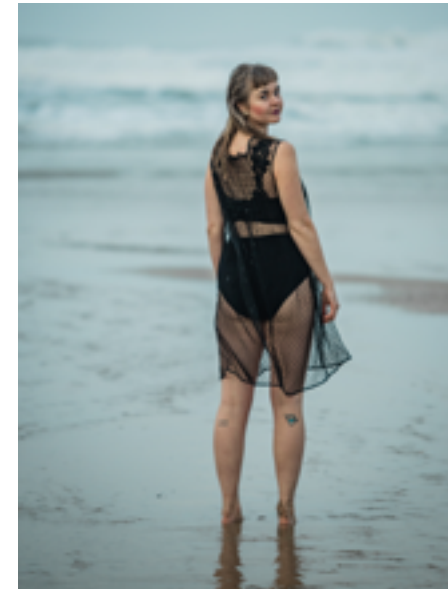
FIERCE FLORA A/W 19











FIERCE FLORA STUDIO









OH GIVE ME A BREAK!

SUSTAINABLE BAGS MADE IN U.K. - AS SEEN IN
COSMOPOLITAN U.K.





WICKED IMP DESIGNS



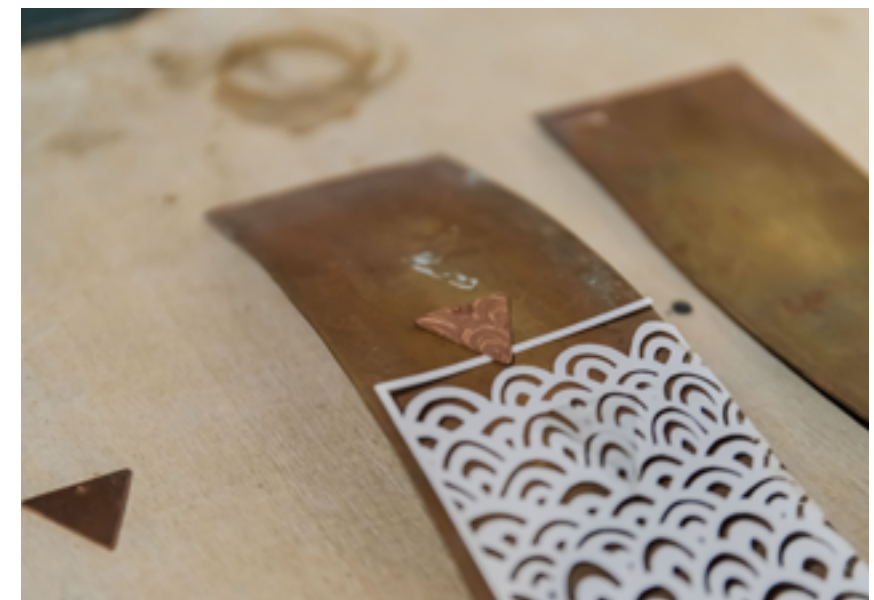






WICKED IMP STUDIO









FIERCE FLORA A/W 20



















ISA SCH - FRAGMENTS

ALBUM ART
(CONCEPT, PHOTOGRAPHY, STYLING, GRAPHICS, BOOKLET)

FOR FULL BOOKLET SEE WWW.ISASCH.COM/DOWNLOAD

TEXTS, HANDWRITING AND DOODLES: ISA SCH

3

Half of your seat is covered in snow
I hear what you say but pretend that I don't
You cover your ears, they are red from the cold
This is the last time before we're too old

But tonight, tonight, tonight
We can fight the winter if you hold me tight
Tonight, tonight, tonight
We can fight the winter if you hold me tight
enough

I walk down your street, it's getting dark
You gave me a key and a question mark
I still hear you joking 'it can never last'
The end is near, oh, I went way too fast

You look back at all the time that we spent
I analyse and cry and you shake your head, you say
'Remember the time you pretended to sleep?'
Some cuts will heal fast but some are too deep

Winter was only good with you
I hate you for all the things we didn't do
And for all you put me through



Winter



Bullshit Song

5

Oh, what a clumsy way to introduce myself
Spitting half the content of my glass on your best friend
And there goes the last hint of a chance I might have had
Taking a fake phone call suddenly seems not so bad

So I go on and on and on
About some bullshit, it's all bullshit
Thinking what the hell is wrong with me
Talking so much bullshit
Where do all these words come from
Why can't I ever be the quiet one

I've always been a little weird with social norms
Looking at my history opens up a can of worms
When I go to sleep I keep a knife beside my bed
Just in case someone breaks in and brings delicious bread

If silence is golden, I'm as silver as a spoon
If this is wine I'm having, god, in it lies no truth
My words are only smoke and mirrors to cover up the clues
And should you try to shut me up, I'll talk about that, too

You must think I'm shallow but I just can't handle when
You are in the room and there's a fire in my brain
I realized too late I was insulting you again
I love to make the same mistakes as often as I can

All my dignity has gone and it gets worse with every sentence
Every topic I touch on is only adding to the sadness
The only phrase that I'm not known for is
Your kiss would end this madness
Oh, if I had just said that
This whole song would have no point



Bullshit Song

9



Today, the light is in neither of its usual forms
Today, the light is in neither of its two usual forms
It's in pieces
In little yellow pieces

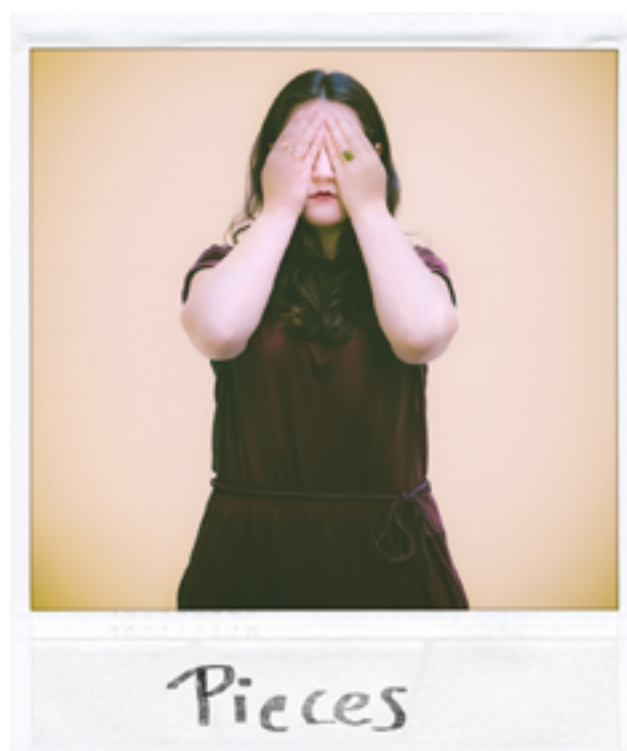
They hurt in my eyes and make me blind
But I can hear you
They hurt in my eyes and make me blind
But I can hear you through the dark
Is in pieces
In little yellow pieces

You can't see me, I've got my eyes closed
You can't see me, since the earth froze
This is my own world where you can't see me
I've got my eyes closed but time will tell

You will hide your face as soon as the water
You will hear your fate as soon as the water
Is in pieces
In little yellow pieces



11



Checkmarks and crosses, you gotta pick a side
You tick all the boxes, still there's something not
quite right
It's the end of it, I know it is the end of it all
You're gonna taste and then you'll fall

You know there's a reason
Why X is the symbol for poison
You know it's called treason
If you don't give her up
You know there's a reason
Why X is the symbol for poison
You know it's called treason
If you don't give her up

You play along with all that she's whispering
Trying to be strong but force isn't everything
1-2-3 jealousy, they called me blind
Now you're gonna see what's at the end of that line

You think that you're so exceptional
But check my pulse, life goes on
All that we hear are just fragments of thoughts
So let's be clear, this is not what I want

FOR FULL BOOKLET SEE WWW.ISASCH.COM/DOWNLOAD

TEXTS, HANDWRITING AND DOODLES: ISA SCH

SINGLE-USE HUMANS

“SINGLE-USE HUMANS” IS PART OF AN ONGOING PROJECT EXPLORING THE THEMES OF ENVIRONMENTAL POLLUTION AND THE HUMAN IMPACT ON OUR PLANET.

WITH PLASTIC POLLUTION BEING ONE OF THE MAIN THREATS TO OUR PLANET AND CIVILISATION, I’VE HAD THE VISION FOR THIS SERIES FOR MANY YEARS. THE PICTURES OF DEFENCELESS ANIMALS MUTILATED OR CHOKED TO DEATH BY PLASTIC WASTE HAVE BEEN HAUNTING ME EVER SINCE MY CHILDHOOD. NOT WILLING TO USE ACTUAL SINGLE-USE PLASTIC, I HAD TO PUT THE IDEA ON HOLD UNTIL ONE DAY WHEN I WAS ACTUALLY ASKED TO WRAP MY LUGGAGE IN CLINGFILM. INITIALLY VERY UNCOMFORTABLE AND ANGRY, HAVING TO CREATE SUCH A HUGE AMOUNT OF PLASTIC WASTE IN ONE GO, I REALISED I WOULD FINALLY BE ABLE TO BRING MY VISION TO LIFE. WITH “SINGLE-USE HUMANS” I WANTED TO CREATE A SERIES OF IMAGES THAT HAVE THE POWER TO LURE THE BEHOLDER IN BY THEIR PICTURESQUE BEAUTY WHILST CAUSING UNEASE THE LONGER ONE LOOKS AT THEM. WHAT IF ALL OF A SUD- DEN IT’S ACTUALLY “US” AND NOT “THEM” ANYMORE. WILL WE LISTEN? WILL WE STOP?







MUSINGS

A SELECTION OF PERSONAL PROJECTS
REVOLVING AROUND MY LOVE FOR FASHION
AND THE OUTDOORS















PORTRAITURE





ALEXANDRA LOMEIKO, VIOLINIST





SRETEN MANOJLOVIĆ, BASS-BARITONE

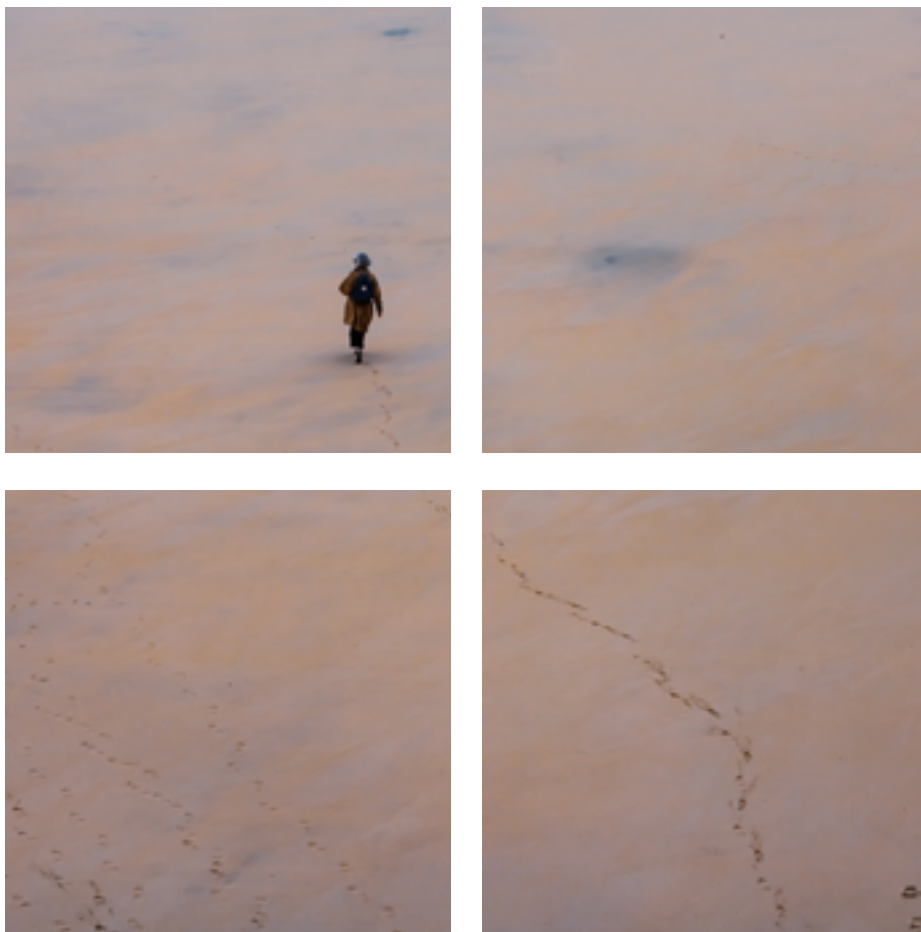


KATERYNA SOKOLOVA, STAGE DIRECTOR









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