



WARDROBE CHECKLIST

TOPS/T-SHIRTS: Approximately 30 – I get my favourite fitted T-shirts from Wallis.

DRESSES/SKIRTS: Oh God, at least 50, including Michael Kors, Dolce & Gabbana, LK Bennett and French Connection. I also like Osman Yousefzada – he sells in Selfridges and Harvey Nichols and he has a studio in London.

TROUSERS: Fifteen, including a pair of classic Nicole Fahri linen trousers in white that I really like. I wear them for a lunch or when friends and family are coming over.

COATS/JACKETS: Six main ones, but plenty more as I'm always outside watching football! I've got a beautiful D&G coat (pictured below) with crystals around the collar, as well as a sheepskin coat from Joseph that the sports photographers often picture me in, and a Michael Kors cashmere caramel fitted coat. My bargain is a casual tan leather coat I've just bought from Wallis that cost £100. I've got a fake-fur trimmed parka for sitting in the stands.

BAGS: Probably 30, the majority of them Chanel. I'm keeping them all stored away in the loft for Sophia when she gets older.

SHOES/BOOTS: Thirty again, including Prada, Gucci, LK Bennett and some YSL heels for work.

Picture: SEAN COOK

the knitwear is fab. I like nothing more than a nice, cosy cardigan.

CHRISTIAN LOUBOUTIN SHOES

MY HUSBAND Paul bought these tan slingbacks (left) from Christian Louboutin for my 40th birthday. He's pretty good at buying me special presents, like my Chopard watch. These Louboutins are more of an ornament than a practical shoe because they're so high. I wore them to the wedding of Ann Summers boss Jacqueline Gold, and my feet were lifeless at the end of the night.

CHANEL HANDBAG

HANDBAGS are a weakness because they can last for ever. You can't go wrong with this pink quilted Chanel handbag (above left). It was part of the Rena Lange outfit with matching dress and formal coat I wore when I met the Queen.

CHANEL NECKLACE

I WORE this necklace (left) a lot when I was filming my first season on *The Apprentice*. It's



a cream and black pearl necklace on a gold strand, with their distinctive tiny CC emblems. It really makes a difference, whether you wear it with a formal dress or jeans and a T-shirt. I wish Lord Sugar gave me a wardrobe allowance – unfortunately, everything I'm wearing in the show is my own and paid for out of my own pocket.

VALENTINO BLOUSE

IF I'M going to an important meeting, I've got this beautiful rose-printed sheer blouse from Valentino (left) that I wear under a suit. When David Gold and I wanted to buy West Ham, I had to do a presentation in front of 25 bankers. I wore that blouse and we came up

trumps, so I now consider it my lucky blouse!

BLACK MICHAEL KORS DRESS

I WEAR this dress when I'm having a wardrobe crisis moment. It's made of black



crepe material. I've had it for a few years and it looks as good as the day I bought it.

DOLCE AND GABBANA DRESS

MY SECOND favourite dress is a black and white D&G knee-length dress. I wear it a lot – it's feminine but formal. You could wear it to a business meeting or to a dinner party. My wardrobe has to work as hard as I do, so if something can work during the day as well as the evening, it's a bonus.

PINK CASHMERE TOP

PAUL hates my cashmere jumper and more than likely would love to burn it because he thinks it's frumpy, but I love it! It's really cosy and has gone a bit shapeless over the years as I've worn it to death. If I knew the label, I'd buy another one.

■ FOR tips on how to manage a healthy, busy and balanced life, please visit lifesqueezer.co.uk

SARAH EWING

Win!

DON'T miss the chance to win all these fabulous prizes. All you have to do is follow the instructions below.



Three-night, mid-week stay for two at Hotel Es Vive in September, £528, hotelesvive.com



Lunch for two at the Playa D'en Bossa beach restaurant Sands, £50, sandsibiza.com



Print kaftan, £139, peterhahn.co.uk



The InStyler – the 360 degree rotating iron, £89.99, instyler.co.uk



Return flights to Ibiza from various UK airports, from £31.99, easyjet.co.uk

■ YOU can enter this fabulous competition by either telephone or text message. By phone, call 0911 665 0114. Calls cost 41p per minute from a BT landline, calls from other networks vary. Lines close at midnight tomorrow. By text message, text LUXE followed by your name to 65700 (eg: LUXE Olivia Smith). Texts cost 50p plus your standard network charge or send your entry by post to Luxe List Promotions, 2 Derry Street, London W8 5TT. The winner will be drawn on Monday, May 16, and contacted that day.

the size of the barn conversion on that!



What's interesting is that around 6.2 million people admitted to looking at properties that are significantly out of their price range. Why buy a £200,000 semi in suburbia that you can easily afford when the penthouse apartment overlooking the river for £450,000 is far more 'you'?

The most popular reason given for this 'guilty pleasure' is that people enjoying 'searching for their dream property', but 18 per cent of people cited 'envy and curiosity', while 14 per cent said it inspires them to

work harder and save money. These certainly ring true with many of my fellow virtual house-hunters.

My friend Emma devotes many an hour to property porn and has a collection of interiors magazines that could be housed in the British Library.

SHE says: 'I need a lottery win to be able to afford any of these places, but it's only like women drooling over £2,000 handbags or men thinking that one day they'll be able to afford an Aston Martin. We need to believe that one day our lives will be perfect as soon as we move into that house.'

Similarly, another friend, Becky, has even asked her parents if they'd consider selling their own house so she and her husband can afford the barn she's found in Wales. Her mother and father would live with them, but that doesn't solve the problem of finding the other £300,000 that's needed to meet the asking price. 'We could rent out one of the rooms,' she told me – only half joking.

Psychologist Nick Baylis says our attraction to property is likely to be part of our instinct to build a nest for ourselves and our loved ones. 'We want that nest to be as

attractive as possible to potential partners and to be a thing of beauty – because beauty is, in itself, healthy and inspiring to us. We are also hard-wired by our evolutionary history to be ambitious, inquisitive and striving, which means we're always hunting for ways to improve our present situation.'

And on a serious note, that for me, at least, is the reason why I think I spend so much time online. I never used to care this much about property, preferring to spend my money on clothes, shoes and holidays.

But having bought our flat four years ago, we've never been 100 per cent happy here since my husband was attacked 50 yards from our front door a month after moving in. We've never felt safe.

He's fine now, but the incident stole away any joy and pleasure we should have had in moving into a new place and making it our own. I've always felt that 'The One' is out there, somewhere, and we will have a much nicer life when we move into it.

So for now, I'll continue to be a Rightmove recluse, hiding myself away and seeking out corners of the UK in search of the perfect home and tapping in ridiculous figures into the 'minimum price' box. After all, my virtual house-moving motto is: 'A woman's aim should out-reach her grasp, or what's a mortgage adviser for?'