

**LIZ EARLE MBE** is the name behind the famous beauty brand.

Liz, 52, co-founded the company 20 years ago and sold it in a multi-million pound deal back in 2010.

She was a familiar face on *This Morning* for many years and is back doing a series of wellbeing slots, helping viewers look good over the stressful festive period.

It can be seen on Wednesday at 10.30am on ITV.

Liz, who has five children, lives on a farm in the West Country with her husband Patrick.



# Out of Africa and out of this world

**W**E used to go down to Plymouth Hoe a lot when I was a kid to visit my grandmother who lived down there.

I've got such great memories of eating jam sandwiches sitting on the beach.

They were happy days. I think there's a great deal to be said for the British seaside. The beauty company's base was on the Isle of Wight and I got to know it really well.

So I took my children on many a happy holiday on the beaches there.

It's like a little throwback in time – that gentler pace, a bucket and spade, catching crabs and going for walks.

It's often those very simple pleasures that are the most memorable.

I'm patron of a charity called Ace Africa and last

## My favourite Holiday

with Liz Earle

year I spent some time in Kenya and Tanzania.

It was an amazing experience, seeing some of the tribes and giving out mosquito nets for malaria protection.

I spent a month out there and you come back changed from something like that. You have a different appreciation of everything that we have here.

It's easy to get caught up in all the Christmas jollities but just remember that not that far away in the world life is very different.

It wasn't all work when we were out there, though, and there was time to have a bit of a break.

We went on a walking

safari through the hills in northern Kenya and that was just incredible.

The scenery is breathtaking and you can walk for miles and not see another person. You don't see a car or a plane in the sky. It was very peaceful.

My husband is half-Italian and we spend quite a bit of time in Central Italy as there are friends and relations there.

What I love is how child friendly they are. You walk into an eating place with five children and they welcome you with open arms. Do that in the UK and everybody rolls their eyes. The Italian way of life is centred around bigger families and they're very warm which is so encouraging.

**By Bill Gibb**



## Canada's new entry system

AN Electronic Travel Authorisation (eTA) will be mandatory for entry to or transit through Canada from March 15 and can be applied for online.

The cost is \$7 and the eTA is valid for five years.

For information, go to [cic.gc.ca/visit](http://cic.gc.ca/visit)

Before any trip to Canada from mid-March you must apply before leaving.

■ easyJet has launched flights from Edinburgh to Stuttgart.

Flights operate four times a week and fares start from £34.99, one way, per person.

They also have a new flight from Glasgow to Marseille.

The service, which is expected to carry 10,000 passengers annually, starts on June 29.

Flights operate twice weekly, with fares starting at £33.49, one way, per person.

See [easyJet.com](http://easyJet.com)

■ This Christmas the Paradiso Spiegeltent returns to St Andrew Square, Edinburgh where it will play host to a glittering array of world class entertainment.

Don't miss international circus company Circa, who offer dazzling feats and an infectious fun soundtrack in their new show. Guaranteed to get you in the Christmas spirit.

Tickets from £15. See [edinburghchristmas.com](http://edinburghchristmas.com)

■ Get in quick for a fabulous cruise and a bite at the Big Apple.

Cunard guests booking a Transatlantic Crossing on the Queen Mary 2 before December 14 receive three nights hotel accommodation in New York.

The offer applies to participating crossings made between May 2016 and May 2017.

See [cunard.co.uk](http://cunard.co.uk) or call 0843 374 2224.

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