



Katie Piper

Fashion fix

I've managed to pick up these floral palazzo trousers for just £19.99 from owntherunway.com - and they come with a free belt!



team Reveal

I'm a total scaredy-cat but plucked up the courage to see the London stage show Ghost Stories last week. My friend Sam and I jumped throughout, but it was brilliant. I won't tell you too much as there is a twist at the end, but it's definitely a must-see. I loved it so much that I'm hoping to go again this week!

Katie x

MY ADVICE

Hi Ellie,
I'm only 19 and have lines on my forehead and in between my eyebrows. It's getting me down so much that I never feel like going out. I've heard that Retinol A cream can get rid of them - is this true? And is laser treatment safe?
Ellie, Ireland

Hi Ellie,
You're still young so should really go by the motto that prevention is better than cure. Always use a sunscreen and wear a hat when it's hot, try not to smoke, eat healthily and adopt a regular skincare routine. If you do have a few lines and wrinkles, say to yourself, so what? How did you get those lines? Probably from laughter, smiling and living life. In terms of any treatment, the best thing for you to do would be to talk to your GP or a dermatologist.

POOR AMY

I felt so sad watching Amy Winehouse's shambolic performance in Serbia last week. Amy is a young woman with so much talent, but she obviously hasn't had much success in conquering her addictions in rehab. I actually think it was irresponsible to let Amy go on stage like that. If someone went to work in that state, I'd hope their colleagues would tell them they weren't well. I worry for Amy so much, as she's had addictions for so long now. I really hope she gets sober one day, but it will be hard for her to look back and question why the people around her were allowing her to perform while she was struggling.

Amy Winehouse should not have been allowed on stage



CITY HOPPER

I visited Brighton last week to attend a fundraising event for The Katie Piper Foundation organised by my friend and former nurse Becky Holland. I met Becky at a medical conference earlier this year and she has now decided to support KPF through her business. A member of Becky's family has also been affected by burns, so it is close to her heart. The event was a great success and afterwards we all went for dinner at Jamie Oliver's restaurant. The next day I had to travel to Birmingham to see my dentist. I managed to tie it in with a visit to see my sister Suzy, who lives there. I miss her so much, so it was great to catch up!



Katie with ex-nurse Becky (top) and sister Suzy



Justin Bieber is set to buy a £30,000 old laptop, but I'm not bitter. He works hard, gives to charity and it will come in handy with his school work!

Got a question you'd like me to answer? Email me at katie.piper@revealmagazine.co.uk

Katie regrets that she cannot personally reply to emails