



No SWEAT!

These days your gym drawer doesn't need to be filled with faded t-shirts and frayed things that have gone grey. Sportswear brand HPE (Human Performance Engineering) is quite revelatory. Their range of separates are well cut, comfortable and actually stylish! Not only this, but the moisture wicking fabrics draw moisture to the outside of the fabric so it evaporates easily.

Available in Harrods, 87-135 Brompton Road, SW1, 020 7730 1234; hpe-shop.com

FASHION NOTES

With **Violet Naylor-Leyland**



Cover UP

New Year can feel a bit miserable, especially when your festive pot belly is a constant reminder you need to head to the dreaded gym. So invest in a stylish poncho, like this flattering N. Peal one. It's weaved in the softest cashmere and finished with velvety Rex rabbit fur cuffs. Its A-line cut allows you to glide about in your skinny jeans, obscuring the Yuletide spare tyre. Ponchos make lovely pregnancy wear too!

£695, 149 Sloane Street, SW1X, 020 7730 6891; npeal.com

Shoe SHINE

Nothing lifts the spirits more than a new pair of shoes and if you've not clocked Carlo Pazolini yet then you're in for a treat. Their crisp and quirky collection includes boots, heels and flats in delicious wintery shades like patent plum. These perky peach and aubergine courts are just the ticket for stylish officewear and are made from beautiful Italian leather.

£300, 15 Brompton Road, SW3, 020 7591 3913; carlopazolini.com



Winter ROSES

What I like about Cabbages and Roses is how comfortable it is in its own skin. It's not trying to be anything other than British rustic country chic. It's recently opened in Chelsea, and I'm eyeing up this Peter Pan smock dress.

£225, 121-123 Sydney Street, SW3; cabbagesandroses.com

Violet is a stylist, journalist and owner of fancy dress and vintage boutique, Violet's Box; violetsbox.com