

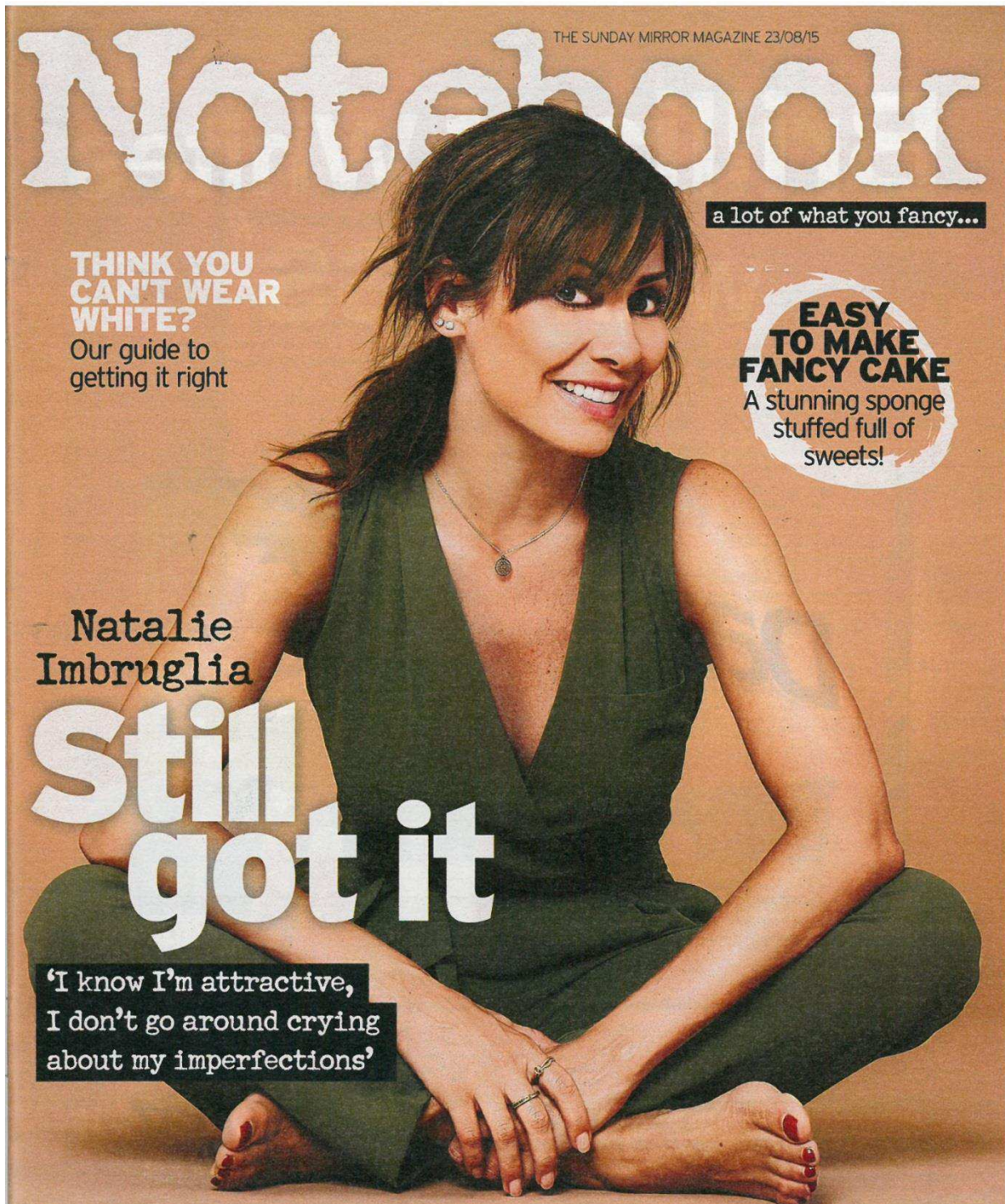
Press Coverage: Historic Sussex Hotels

Notebook (Sunday Mirror)

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8 THE FIRST RULE OF TANTRUM CLUB IS

...let it all out

It's hard being a grown-up. It's frowned upon to live on sweets, you have to pay rent, and we've all had to learn to stop throwing an epic strop in the supermarket when they've run out of our fave chocolates. But what if you could go back to having a sweaty, red-faced tantrum to express your frustration? Step in Tantrum Club - a spa day at Ockenden Manor Spa in West Sussex, where 'tantrum instructor' and life coach Katie Phillips will lead a workshop encouraging guests to 'scream, shout, stamp, punch and air-kick' their stresses away.

The idea came about after research found it's better to let out negative emotions than keeping them pent up. And as well as letting out your grievances, you'll get the chance to use the spa facilities to relax, and have a soothing massage. Starting from 8 September and running until mid-2016, the cost is £125 and lunch is included.

NB: hshotels.co.uk

With two No 1 singles under her belt, as well as the small matter of a Grammy (no big deal), **Jess Glynn**, 25, is a mega-star in the making. Within five minutes of meeting her, she's offered to let us sit on her lap, told us why she recently didn't say a single word for three weeks, and explains that she always, always needs to wear waterproof mascara...

It all got a bit hairy recently when you had to cancel festival performances for an emergency operation on your vocal chords. How are you feeling now?

I'm getting there, though I'm not as strong as I was, vocally. I had a polyp on my larynx and some bleeding, and I completely pooped my pants when I was going into surgery! It was totally terrifying to have my whole career in the hands of a surgeon.

How long did it take before you could sing again?

I wasn't allowed to talk, or make any kind of noise at all, for three weeks. It was insanity inducing - I had to write messages on a white board, and was WhatsApping everyone to let them know what I was trying to say. But I was just so scared of doing any

Hot right now

Singer chat

9



more damage that I managed to stay quiet, although I did forget a few times. After the three weeks of silence, no one could shut me up!

Your new album is called *I Cry When I Laugh*. Do you actually do this?!

I really do, and it's a huge problem! It's so annoying. I only have to have a little giggle and my mascara will be halfway down my face. On my first ever photoshoot, the photographer had to take a break so I could have my make-up redone because I'd laughed and cried so much.

How did it feel when you won the Grammy for Best Dance Recording with *Rather Be*?

I was the most surreal moment of my life. I wasn't expecting to win at all, so it was such a weird moment when they announced our names. Me, my manager and the guys from Clean Bandit [who collaborated on the record]-just flew out of our seats and started screaming and cheering. Later we went to Sam Smith's after-party at a huge house in the Hollywood hills, and I just remember thinking how insane it all was.

NB: Jess is the face of #smartrebel workout, powered by glaceau smartwater, which is a 45-minute workout specially designed to slot into busy lifestyles. Sessions begin 25 August at trebel.co.uk/ or [@glaceau_sw](https://twitter.com/glaceau_sw)



Star Wars is back

NB: www.tesco.com/clubcard/deals; www.starwars.madametussauds.com/london/en/

FORCE-ING IT!

Star Wars: Episode VII: The Force Awakens is out in December and we're all as buzzy as a lightsaber about it. To get in the mood, or to introduce youngsters to the Force, go down to Madame Tussauds to have your pic taken with Chewbacca. Madame Tussaud's is a partner with Clubcard, so £9.50 worth of Clubcard vouchers can be exchanged for a one-day admission token. Good sense it makes, young Padawans.

Words: Emma Jones, Flavia Bertolini, Laura Millar, Rosie Hopegood, Clemmie Fieldsend, Lauren Goodwin-Grafton, Pictures: Getty