



## THIS IS WHAT 57 LOOKS LIKE

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### TRY WRITING THERAPY

AS A child, I was taken into care and, by my early 20s, I felt like the world had forgotten me. One day, in a taxi, the driver asked me how I was and everything came out. He didn't charge me the fare, but said, 'Remember, good things can happen to you, too'. It pretty much validated me. I managed to find a job as a PA and turn my life around. Now I keep a daily journal. Writing is therapy.

### BUDGET BEAUTY RECIPES

I LOVE to make my own beauty products. For a moisturiser, I mix shea butter, coconut oil and sunflower oil, plus a few drops of essential oils. Rosehip oil is great for boosting collagen, re-hydrating and soothing sun damage; I use frankincense to stop my skin getting too oily; and bergamot to help with inflammation.

### MIDLIFE YOGA CONVERT

I GOT divorced in 2013. During my ten-year marriage I put on weight, going from a size 12 to 16. My confidence hit rock bottom. So I took up yoga. Now I do it every day. I leave my mat down by my bed, so I have no excuse not to. In 2016, I went on a month-long retreat in the Himalayas, to learn how to teach it (£1,200, [omshantiomyoga.com](http://omshantiomyoga.com)) — now I run classes and post video tutorials.

### THE RAW FOOD CLEANSE

I BELIEVE food is medicine, so I try to eat healthily. But last year, I also did a 30-day raw food cleanse, only eating cold, uncooked fruit and vegetables. I went down to a size eight. For breakfast, I'd have a fruit smoothie; then avocado with courgette hummus for lunch; and a 'raw shepherd's pie' for dinner, with a blend of mushrooms, onion and herbs as the 'meat', plus a cauliflower and garlic 'mash'. It's an amazing detox.

### AGE-GAP RELATIONSHIPS

I'VE never dated anyone older than me — and most of my previous relationships have been with men who are ten years younger. People think you start to slow down in midlife, but I model, sing and do casting work in films, which has been so much fun. I'd only date someone my age now if they had a youthful outlook.

■ DO YOU look good for your age? Reveal your secrets to: [inspire@dailymail.co.uk](mailto:inspire@dailymail.co.uk)

By FLORENCE SCORDOULIS

# Summer's hottest drink? A nice COLD CUPPA!

by Louise Atkinson

**S**WEEP down the tea and coffee aisle of your local supermarket in search of PG Tips and you'll find the shelves peppered with new ranges of bright, colourful boxes and jars.

For where oolong might have nestled next to Darjeeling or stacked happily beneath lapsang souchong and Lady Grey, there are now rows of 'cold brew' teas, iced teas and 'fruit infusions' designed to go nowhere near a kettle.

This latest craze is for tea leaves or tea bags which you drop into cold water — to serve in a big jug full of ice and slices of fruit, or to carry around in your reusable water bottle.

Most contain a combination of herbs and tiny fruit pieces which have been heat-treated to release their flavour swiftly on contact with cold water. Some also contain green or black tea leaves.

The truth is, you can 'cold brew' pretty much any tea if you've got enough time (preferably overnight). Even an ordinary tea bag tastes refreshing if it has spent an hour in cold water (it is the boiling water which releases tannins and caffeine), and many fruit and herb teas appear to work well in cold water.

The cold brew tea trend arrived from the U.S. in 2018 when loose tea specialists Bird & Blend started experimenting with flavours, and last year big-name brands such as Lipton, Tetley and Twinings joined in. Now the UK 'cold infusions' market is worth £7 million, according to market researchers Nielsen, and growing fast.

It has the added benefit of being very low calorie (2-3 cals a cup), sugar free and natural. Most brands boast no artificial flavourings, colourings, sweeteners or preservatives.

And perhaps surprisingly for those of us who like our tea strong, traditional and steaming, the cold cuppa has become cool as well as cooling.

It is the drink to be seen carrying — particularly if you invest in a special glass water bottle which boasts a wide neck and filter to keep any stray tea leaves away from your mouth. (A Twinings bottle costs £10 but the top Bird & Blend glass bottle will set you back £29).

So here's our taste test of some popular flavours...

### ECO CHAMPION

Teapigs Cold Brew Lychee and Rose, £4 for ten 'tea temples', from supermarkets

**CONTENTS:** Apple, white hibiscus, rose and lychee flavouring, turmeric, citric acid and rose petals packed into silky tea bags with no string or tab. The mini bag and clear inner bag are made from plant starch and compostable wood pulp, and the box is recyclable.

**VERDICT:** Brews to a very pretty and feminine rose colour, and

smells and tastes of lychees. Tangy and sharp and extremely moreish. It worked just as well in sparkling water. **5/5**

### DAILY DELIGHT

Sainsbury's Blackcurrant Cold Brew, £2.50 for 15 bags, [sainsburys.co.uk](http://sainsburys.co.uk)

**CONTENTS:** Hibiscus (32 per cent), blackberry leaves, lemon-grass, apple (12 per cent), beetroot and blackcurrant.

**VERDICT:** An everyday fruity blend which turns the water a deep red. The blackcurrant flavour intensifies over the course of an hour to the point where it tastes one notch short of blackcurrant squash — at double the price. **2/5**

### FUN PARTY TRICK

Bird & Blend Blue Raspberry, £6.75 for 50g, [birdandblendtea.com](http://birdandblendtea.com)

**CONTENTS:** Loose leaves of Chinese sencha green tea with blue pea flowers and raspberry pieces which expand and leach colour and flavour when spooned into cold water.

**VERDICT:** Turns the water a rich blue colour, which miraculously transforms to bright purple

Step away from the kettle. Hold the milk. The nation's favourite drink has chilled out. We put the icy new brews to the test...



Picture: ALAMY

(like methylated spirits) with a squeeze of lemon, or bright pink if you add lemonade. It's a great summer party trick, and delicious, refreshing and very fruity, with a green tea buzz. Loose tea is more fiddly, unless you have a bottle with a filter. **5/5**

### SWEET TREAT

Twinings Cold Infuse Clarity, £3.80 for 12 'infusers' (bags), from supermarkets

**CONTENTS:** Rosemary (54 per cent), natural mandarin flavouring (25 per cent), stevia leaves and vitamin C granules.

**VERDICT:** The strong flavours of rosemary and mandarin peel shout out of the glass as the water takes on a cloudy, pale yellow hue. Once brewed (after five minutes) the taste is deliciously sweet — much sweeter than the other teas (it's the only one containing a sweetener) — with a fizzy 'pear drops' aftertaste. **4/5**

### REFRESHING MINT

Tetley Cold Infusions Mint, Lemon and Cucumber, £2.50 for 12 bags, from supermarkets

**CONTENTS:** White hibiscus, peppermint leaves (18 per

cent), apple and cucumber pieces with peppermint oil.

**VERDICT:** This has a subtle scent and flavour, like a jug of water into which you've dropped a few slices of cucumber and a sprig of mint — a cheaper option. But it is certainly refreshing. **3/5**

### SIP OF LUXURY

Whittard Lemon Sherbert Iced Teabags, £8 for five bags, [whittard.co.uk](http://whittard.co.uk)

**CONTENTS:** Lemon myrtle, hibiscus, ginger, apple, liquorice root, and safflower and marigold petals.

**VERDICT:** This requires steeping in boiled water for 15 minutes, before loading with ice, but it's delicious! It's zingy yellow and tastes like lemon sherbert. Each bag makes a litre. **5/5**

### ACQUIRED TASTE

Lipton Real Iced Tea, £3.50 for 15 bags, [waitrose.com](http://waitrose.com)

**CONTENTS:** Black tea leaves (70 per cent) mixed with natural fruit flavourings and blackberry leaves in a paper tea bag attached to a string and tag printed with the words: 'Licence to chill'.

**VERDICT:** This flavoured black tea is a bit of an acquired taste. Sadly it wasn't for me. **2/5**