

S11 Ep1: Caroline Stanbury & Her Salmon Surprise

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Charlie Hedges

I'm Charlie Hedges and this is My Wardrobe Malfunction – the podcast where every outfit tells a story. Sometimes a masterpiece - but often a comedy or a tragedy! We love hearing your tales so please keep them coming in by tagging us @mywardmal or emailing help@mywardmal.com.

On to today's special guest, someone who knows all about glamour and style on the global stage – it's TV personality, businesswoman and podcaster Caroline Stanbury!

So let's grab the handles, open My Wardrobe doors and find out what's inside...

So today we are jetting off with a woman who embodies fearless fashion from *Ladies of London* to *The Real Housewives of Dubai*. It's Caroline Stanbury! I am buzzing about this today. Thank you so much for being here.

Caroline Stanbury

Yay! I want your energy. What time is it for you? I'm like in my afternoon slump and you're like absolutely... I don't know, whatever you're on I want it!

Charlie Hedges

Well, I can tell you it's an Americano with no milk!

Caroline Stanbury

I've just had a matcha and it's not doing that for me.

Charlie Hedges

If I could send you some I would! So for those people that are listening and not watching this right now, can you describe what you're wearing please today?

Caroline Stanbury

Oh my God, well, this is not indicative. I've just had a salmon sperm facial, so I am like a pin cushion. I am covered. I'm wearing today just an off the shoulder L'Agence cardigan and leggings and my dog, because I just got home. I have no makeup on because I am doing all these lasers. I'm on a skin journey right now.

Charlie Hedges

Talk to me about salmon sperm because that's all I heard. I don't know what you're talking about. Please could you let me know and do I need to get some?

Caroline Stanbury

Well, first of all, I don't know how old you are. How old are you?

Charlie Hedges

39.

Caroline Stanbury

Oh, there you go. I'm 49. And honestly, it's the best. Salmon sperm is the best for youthful, glowing, gorgeous skin. The Kardashians use it. Look at my skin. I've not got makeup on. I'm 49 years old. Look at it all. And you can see all these little bumps now. I know if you can see them, but that's where the injections were. That goes off in two hours or so and then it will just go in. But it's like the best thing for regenerating collagen, youthful skin, fine lines, plumping your skin... It's just amazing. My skin is shining.

Charlie Hedges

You look great.

Caroline Stanbury

Thank you.

Charlie Hedges

See, my thing at the minute, I've got like... I was gonna flash you then, but I won't. But like the sort of lines on the boobies, yeah.

Caroline Stanbury

That's very common. It gets more and... The poor boys that are on this... There are two men that are in this podcast that have just muted themselves. They're probably over there trying to shoot themselves too right now as we discuss our cleavage. But anyway, yes, so what happens is when you sleep on your side, which I do and you probably do, and I've got fake boobs as well which is probably too much information for the boys out there but you get these horrible fine lines through and I can't bear it. And so I do salmon sperm and PRP mixed in there and it has worked wonders. It's completely changed my skin. And on top of it, I would suggest you do BBL, which changes the texture of your skin. My skin is like a baby's bottom. My husband is 20 years younger than me and I have better skin than he does.

Charlie Hedges

Yes you do. Go on girl! You know what he needs? He needs a bit of sperm! Anyway moving on...

Caroline Stanbury

We all do.

Charlie Hedges

Moving on. I'm not coming in on that! Let's talk about your first clothing memory. So whether that's like an outfit you saw someone else wear or maybe it's like a first outfit that you bought that you were like 'Do you know what, I look great.' Where did your love for fashion come from?

Caroline Stanbury

Well, please don't judge me on today's because I've just come out of a facial, so I'm limited as to what I could wear.

Charlie Hedges

You look great.

Caroline Stanbury

Thank you. My love of fashion really came, I think, from going to boarding school. We were in uniform most of our lives, so I think the only way you could express yourself was through fashion on weekends or differentiate yourself. And it's funny, actually, if I really think back to when you were in school, you actually didn't want to differentiate yourself. We went from a uniform to the other uniform, and I think the other uniform was Jigsaw. We all wanted Jigsaw back then. Everybody wanted the same sweater, everybody wanted the same bag. It's so funny. We were like little sheep. And so I think ever since I got out of... I went to boarding school from six to 18 and then got married. And I think as soon as I was out of school, I was like 'I'm gonna wear what I want.' And just loved playing with colour and fashion and it makes me really happy. I don't know if you've seen pictures of my house, but it looks like a rainbow threw up in here. And... You know, that everyone comes and they're like, it's the most... It's been in all the magazines. Whether anyone will ever buy it from me, I've no idea, but I don't want to sell. But I don't care. It just makes me so happy. I come downstairs, I defy you to be in a bad mood in this house.

Charlie Hedges

Because a lot of us, well, I sort of dress, I think, according to my mood really. I'm quite an up person in general. But I think if I want to cover up every now and again, if I just don't feel great about myself, I'll always draw for black. But actually, I sometimes feel worse because I feel like I'm hiding. So actually, bringing a bit more colour into your life is probably the right thing to do.

Caroline Stanbury

Well, you've got the same colouring as me. Normally I'm tanned. Again, I'm not in the sun at the moment. I'm doing this whole... I'm doing three lasers and nobody's in Dubai, so I'm out of the sun. I've got rid of all the sun damage. It's amazing. So normally I would be your colour. I'd put on a nice bit of fake tan, a bit more warm looking than I look, like I match this wall right now. But I never wear black because I think it does affect your mood. I think everything affects your mood. I have black things but I really don't wear them. I don't have a black handbag. I don't have anything black really, because I just find it really hard. I just love putting on colours and I just think it lifts your mood so much. And on blondes I love brown as well. I love creams, pink, yellow. If you lift it up towards your skin, I love peach.

Charlie Hedges

Yeah, go on, show me.

Caroline Stanbury

I'm in my wardrobe as well. Out here. Everything is just multicoloured. All my handbags are red, yellow.

Charlie Hedges

Oh my God! Take the camera back to the wardrobe. Oh my God! Look at it, it's huge. How many outfits do you think you have? Oh my gosh! Is that all shoes on the right?

Caroline Stanbury

Yes, and then I've got like Birkins over here. I just bought this really pretty Chanel. Hang on, I love colour.

Charlie Hedges

Yeah go get it! Oh my God, I love this lady! This is the best. I feel like I'm literally... My God, she's gone to get the bag guys. She's gone to get the bag.

Caroline Stanbury

Look, mint green. Like it doesn't have to be crazy, but why, why, why would you buy this in black? Like buy it in the colours.

Charlie Hedges

So explain this, describe this.

Caroline Stanbury

This is the new Chanel 25 that everyone's gone bananas for, bananas. The reason... Yeah, so I got it in mint green. Look, and mint green goes with everything. You think it doesn't and it goes with everything. It does. And look, I'm sitting here with my pink blanket. Like colour, people!

Charlie Hedges

See green and pink, those two colours look beautiful together.

Caroline Stanbury

Everything uncut. Everything has to be coloured.

Charlie Hedges

I hate to talk about prices, but just that Chanel bag, how much does that actually cost? Because I would have no idea, literally no idea.

Caroline Stanbury

You sound like my husband. Thank God, I hope he doesn't listen to this because he has no idea either.

Charlie Hedges

That's all right, I've muted him, don't worry. We've muted him, we've kicked him out!

Caroline Stanbury

This would be, I think it's about seven thousand pounds.

Charlie Hedges

Bravo. Do you know what, well done you! Too right, treat yourself as you should.

Caroline Stanbury

Well, let me tell you something I've learned along the way. I support a lot of people. A lot

of people work for me. I've got three kids. Everyone is clothed. Everyone is happy. My staff are very happy and have worked for me for a very, very, very long time. My current assistant has worked for me since she was 18 and she's now 31. So I feel like I support everybody else. And there was a stage where I wasn't buying luxuries for myself at all because I'd had quite a bad court case and lost a lot of money. You know, I do believe if you work hard and everyone is around you, the most important person to keep happy is you. Because if you're always just paying bills, then where is the joy? You've got to be able to treat yourself. And I know a lot of people have this whole scarcity mentality thing about holding on. And I always say 'Treat yourself.' Every big deal I make, I buy myself something.

Charlie Hedges

Good for you. Do you know what? I kind of stand by a similar thing actually. Every birthday I treat myself to a little something. Like it doesn't have to be like an expensive item, but just something.

Caroline Stanbury

No, doesn't have to be that big. Anything. Get your hair done. Get your roots done. Get your nails done. Go to a spa. Get some me time. Buy the top you wanted. Whatever is in your... You know what you're earning. I do a percentage of my earning. You know, whatever feels right for you, buy yourself something. You know, normally I set aside 10 or 20 per cent of what I'm earning and, you know, go and knock myself out.

Charlie Hedges

Good for you, my gosh. Love that for you. In terms of how you see yourself, you're a woman of many layers. Do you see yourself as more of an influencer, a businesswoman or both?

Caroline Stanbury

It's funny because we were just going through this today. I loathe the word 'influencer'. It's sort of a by-product of what I do because I think it takes away the, you know, 15 fucking years I've worked to get here. You know, like I didn't just pop up in my sitting room and just, you know, launch an Instagram page. It's like, I've been on TV for 15 years. I've run multiple big businesses. I've employed tons of people. I have a podcast with over 17 million downloads. Like I, you know, I am not sitting at home taking pictures of my shopping hauls all day. You know, and I respect it, but I do feel I'm a bit more than that. So, you know...

Charlie Hedges

Honestly, I knew this was going to be a good chat. I called it. I've watched you over the years actually. *Ladies of London*, obviously, now *The Real Housewives of Dubai*. You have to respect your honesty. I honestly stand by that. In terms of *Ladies of London*, how did that come about? Because that was from, what, that stopped in, was it 2017?

Caroline Stanbury

Yeah, so *Ladies of London* came about, well, exactly as I was saying, I had a big company and, you know, when you're... I had about 87 female employees and I think, you know, I had a fund that had invested and they wanted, you know, me to double my revenue, whatever it was back then. And I was like, 'Oh my God, how am I going to do that?' And then I thought to myself, 'Well, I could buy myself a billboard in Times Square,

or I can become a reality TV star.' And the funny thing is there was this show coming and I'd never thought about it. I mean, back in those days, you know, my parents were horrified. Like we didn't have reality TV. We were one of the first. I think the only things that we'd ever seen of reality TV was Snooki throwing up on the side of the road. So, you know, like... People from where I came from didn't do it. So my parents were like, 'Oh my God, don't tell anyone.' And I actually just thought I would see if I could get in and if I didn't want to do it, I would get out. And I was one of the first people they chose and the rest is history. And then I became a breakout star of it. And then it just snowballed and I just haven't really stopped. I took a bit of a break in between, I think it was six years or seven years. And now I've just filmed two shows this year. I've just done *Traitors* in America. I've just done *Housewives of London*.

Charlie Hedges

Hang on. Whoa, has *Traitors* already gone out?

Caroline Stanbury

No, I've filmed it. It's not out yet. It'll be out next year.

Charlie Hedges

Oh my God! Obviously you can't, you're not going to be able to say... I'm trying to think of who... Would you be a traitor or not? I don't know what I would do with you if I was casting the show. Did you have fun?

Caroline Stanbury

I had the best time of my life. Literally, I never wanted to leave and that was saying something because I was going to... Where was I going? I was going to Monaco to a boat and I was like 'I want to stay here forever. I'm in Inverness in a fucking field and I want to stay here.'

Charlie Hedges

Do you know what? What a brilliant booking to get you on that show. Have you seen anything about *The Real Housewives of London*? Because that's recently launched.

Caroline Stanbury

I'm in three episodes.

Charlie Hedges

Are you?!

Caroline Stanbury

I'm in episode two, which is about to launch, yeah.

Charlie Hedges

So do you know a few of the girls in the new show?

Caroline Stanbury

I know quite a few, yeah. So I knew Amanda Cronin for years. I've known Juliet [Angus] for years and years. Juliet wasn't going to do it. I literally... I think the last phone call to her I said 'Don't make me come over there and smash your face in.' And I think I actually said it like that because I can't listen to how she wanted to go back. And then she was

like 'I don't know if this is the right one for me.' I'm like 'You're an idiot.' Anyway, that's why she doesn't come in till episode five, because I was still talking to her. Then Juliet Mayhew I've known for years and years. So yeah, a lot of them.

Charlie Hedges

Do you think it'll do well? Do you think the show will do well?

Caroline Stanbury

I think it's going to be amazing. I've got a little pang of jealousy. I'm like... Obviously I don't live in London anymore and I feel like lightning doesn't strike twice. I've already done two. I don't think I could be the one that keeps going round. But I think it's going to be wonderful. I'm watching it. It really, really made me laugh. It feels very like *Ladies of London*. It's hilarious. It's brilliant. It's car crash TV at its finest.

Charlie Hedges

Yeah, I mean what more do you want, let's be honest.

Caroline Stanbury

Nothing. Nothing.

Charlie Hedges

Exactly that! Let's go back to fashion. So one of the questions we normally ask people is about a comfort blanket. So if there's an item of clothing that you own that you feel safe in, like whether you are having a bit of a crappy day and you just throw something on, like what makes you feel good? What's your comfort?

Caroline Stanbury

Well, I think I'm doing it now. I've just come home from having a facial and everything else. So my comfort is just like leggings and an easy top. You know, this is how I like to be at the house and it's really easy. But I mean, I live in Dubai, so normally it's something like this or a swimsuit, believe it or not. I'm in swimwear the whole time because my whole house is indoor outdoor living. So it's all glass. So I just open everything. But I didn't feel it was right to do this in a swimsuit.

Charlie Hedges

I mean, I wouldn't have taken any notice to be honest! In terms of best fashion advice that someone's given you, obviously we've just talked about how colourful you are and how confident you are in wearing lots of bright colours, but have you been given some good advice that's kind of got you to that point?

Caroline Stanbury

I think the best advice is to not worry about the trends and buy what suits you. I think so many people get caught up with looking at pictures of other people and things. And then we get in this like... You know, like everyone wants the same bag and there I am, I bought the bag, everyone's got the bag, but like... You know, everyone wants the same pair of shoes and this and that. Don't worry about those things. Worry about what looks good. You want to wear clothes that you're wearing, that don't wear you. Basically the opposite of the girls in *Housewives*. How about that?

Charlie Hedges

Brilliant! I was going to ask you about your husband actually, because you mentioned him at the start of this chat. So there's... Did you say 19 years' difference?

Caroline Stanbury

19, but he's got the worst dress sense ever. I just give away his clothes whenever he's out of the house. Literally. You'll see, like, there's workers all round where we live wearing his clothes. I can't bear them. He's Spanish Latin. He owns those dreadful things that look like ballet shoes for men. You know, those velvet slipper things? It's just awful. Awful. Luckily he's good looking, so lots of things just kind of work for him, but I can't bear the way he dresses.

Charlie Hedges

I was going to ask you if you would let him pick an outfit out for you. So imagine like you've got the biggest gig of your entire... If you guys could see her face right now, your eyeballs have just got so big! Would you ever let him pick an outfit for you that you haven't seen?

Caroline Stanbury

My husband's a lover, like he's a Latin lover. Everything I do makes him happy. So like he would come in now and go 'Baby, that is the best outfit I've ever seen on you ever in your life.' And I'm like 'Oh my God.' So he would be a disaster. Like I can't get rid of anything in my closet, nothing. He's an actual hoarder. So like, you know, my closet is... His closet's full of rubbish until he goes away. And then mine, I do like, I keep my fashion moving. I do sales of all my old stuff that I've worn on Instagram to events and things like that. And every time we go on a live show it's so funny, because I do the live shows with people and they buy the outfits because once I've worn them to these things, I can't use them again. So I like to keep it moving. He'll be like 'Oh my God, we wore that on that date. You can't...' He takes it back off the show while I'm selling it. We literally go back with half of the stuff. He's like, you know, I've still got the dress from the first date. I mean, I don't even remember going on the date and he's got the dress in the...

Charlie Hedges

Oh, he sounds like a sweetie!

Caroline Stanbury

He is.

Charlie Hedges

You've done well there. He sounds absolutely lovely. He sounds very sweet.

Caroline Stanbury

He is, he is. He's very sweet. It's very funny.

Charlie Hedges

What do you say to people that cane you about the age difference? Because I think that is a load of rubbish. I'm so bored with the age thing and 'Oh you've got to this age. You can't have this amount of years between people.' It's boring. Boring. What do you say?

Caroline Stanbury

Well, I live in a society here where it's very, very common the other way around, obviously. So I am the only person, I think... I don't think there's another woman with a 20-year younger husband or 19-year younger husband in the Middle East, that's for sure. This is a man's world. Look, when we started out and I was 43 and he was 24, that was weird for me to get my head around because you've been told so much that it won't work. You know, I Googled every relationship this way around and really there weren't any that had lasted. And then I was like 'Well, I'm not really looking, it doesn't matter if it doesn't last, who cares? We're having fun right now. I really don't give a shit.' And now we're seven years on. So you know, it is what it is. Somehow it works. I mean, it just works. And actually I think it works better for me because I'm not conventional in any way, shape or form. I'm probably the younger one. He's like a little old man trapped in a young body.

Charlie Hedges

And that, ladies and gents, is why it's working!

Caroline Stanbury

Yeah, exactly.

Charlie Hedges

What's the biggest misconception about you do you think?

Caroline Stanbury

Oh, that I'm a total bitch. I mean, I am if I don't like you, but I'm not. I'm really nice. I, you know, I'm a sharer, I'm a giver, I'm a workaholic. I'm quite funny. I don't know. I think people just... I think people are just naturally scared of me, but I have little time for bullshit. I don't like... And it doesn't matter who you are or where you are in life. Like, I don't care who you are.

Charlie Hedges

Yeah.

Caroline Stanbury

I don't like fake people at this stage of my life. I don't really have much time in my own life. So if I like you, I like you. If I hear like shit behind my back, you're out.

Charlie Hedges

The thing is, regardless of what people think about you, you can't knock you for being like that because, yeah, if you can see through people's BS, then why are you going to take it? And like you said, you've got a lot going on. You've got your family, you've got your businesses. Surely it's better to be honest and cut those people out than be fake and be friends with people that actually you're not interested in.

Caroline Stanbury

No, and I'm not a fake person. I don't need extra friends at this point in my life. And I have a lot of friends who I've had for a long time. So I just feel like if it's not a two-way street, then I don't want it.

Charlie Hedges

Love it. Let's talk about your birthday suit. So an outfit that you've... Not like that, don't worry! Not going to ask you to get the bikinis out. Let's talk about an outfit that you own that is your number one go-to outfit. So again, think like glitz, glamour, a top event that you need to go to. What do you pull out?

Caroline Stanbury

Well you see, I'm in a different thing because I don't go back to all my old gowns because if you're being photographed and you're going to top events, you have to get something new. So I work...

Charlie Hedges

So you never ever repeat outfits, never ever?

Caroline Stanbury

Not really, not for big events. But I work with a lot of designers. That's the great thing about being on TV, right? You know, designers want to dress you. And so I have one designer that I worked with from my wedding dress to whatever. She's a Greek couturier, she's unbelievable. Celia Kritharioti. I can't say it very well, but she's dressed me, Nicole Scherzinger, JLo.

Charlie Hedges

Wow.

Caroline Stanbury

And I mean, I actually wore her on my birthday, a beautiful beaded dress with like matching boots that she had made for me. And I mean, I feel amazing. But I'm lucky enough, as I said, that, you know, all these events I sort of have new dresses. That's one of the perks of the job. There aren't a lot of perks, but that's one of them.

Charlie Hedges

Listen, you've got to find a perk, whatever it is. Have you got an accessory that you own that you would like to hand down to someone?

Caroline Stanbury

Birkin. All my Birkins are going to my daughter.

Charlie Hedges

Lucky girl. How old's your daughter?

Caroline Stanbury

She's now 18.

Charlie Hedges

My gosh. Does she nick your stuff anyway? Does she take your bags and whatnot anyway?

Caroline Stanbury

Well, it was funny because she used to think I had the world's worst taste and now she wants everything that's in my wardrobe. She was just up here a minute ago scouting.

Because I call it, my house is full of mini pickpockets. They just come up and take everything. And my sons do the same. I have a Labubu collection that my sons have also taken.

Charlie Hedges

Have you?! How many have you got?

Caroline Stanbury

Oh God, I don't know, 15? And they've all got dressed. They're all dressed.

Charlie Hedges

I need to ask you about these right, because like do you actually... Do you like them or do you think they are ugly?

Caroline Stanbury

They're ugly as fuck. I don't know why. I heard someone say the other day 'They're for adults that haven't dealt with their childhood.' I'm like 'Mm, no shit.' I don't actually keep them on my bag. I've got the big ones too.

Charlie Hedges

No you haven't!

Caroline Stanbury

People keep... I need everyone out there to know. I actually haven't bought one of these damn things for myself. I keep getting gifted them and then I get these amazing outfits for them and then I quite like them and I can't put them in the bin. I really like them. And then I...

Charlie Hedges

Where are they? Where's the big one in the house? Where do you keep it? Go on, yeah, go get it, please.

Caroline Stanbury

OK, here are my small ones, hang on.

Charlie Hedges

Oh my gosh!

Caroline Stanbury

Some of them.

Charlie Hedges

See that one, do you know what? That one's not too ugly. What's that? So that's what, that's got like a little pink bow on its head, right? It's like mint green. You do love a bit of... See that would go nice on your Chanel bag because it's mint green and pink.

Caroline Stanbury

Right, and then this one is called a Crybaby.

Charlie Hedges

I mean that's a little creepy, but it's all right! That one's literally got tears.

Caroline Stanbury

And then this one's in Chanel.

Charlie Hedges

Ah, see that's cute. So that one's got like a little black and white dress on, right? Is that... Wait, wait, wait. You say it's in Chanel as in is that an actual Chanel dress?

Caroline Stanbury

No, no, no, no, I'm not insane totally, but I mean, I'm verging on it, but not there yet.

Charlie Hedges

I do think you should attach one to a bag.

Caroline Stanbury

I mean, you know, but I've got... This is one of like... I've got so many. My husband is going to bring up the big one now.

Charlie Hedges

Is he actually?

Caroline Stanbury

Yeah, I've got a huge one. So people keep sending them, then, you know, I've got another brown one, like a big one. But I didn't buy any of these. People kept sending them to me and then just... I just... Whatever. I love them now. Sorry, he's cute.

Charlie Hedges

Yeah, they... No, no, no. That one, the one with the crying eyes, is a little freaky. Go on, see?

Caroline Stanbury

Look, look, OK if I had to do it, here it is on my pink... It's not hideous.

Charlie Hedges

So guys, she's attached the mint green and pink bowed one to the Chanel bag and I've got to tell you it's looking good. If I see you out in that on your Instagram, I'm claiming that.

Caroline Stanbury

It looks good. And my little Crybaby. The big one, the big one. Oh, bring me those two. And here's more. My big white one in the bar.

Charlie Hedges

Look, that one's got a Chanel hat on!

Caroline Stanbury

This one's in Prada.

Charlie Hedges

Oh, come on!

Caroline Stanbury

This one's in Gucci.

Charlie Hedges

Oh my gosh!

Caroline Stanbury

I might have an illness, I don't know.

Charlie Hedges

I didn't even know you could get those ones. So you can buy actual clothes for them?

This is nuts. I had no idea.

Caroline Stanbury

Yes, yes, on Etsy they're like four dollars or something, the clothes. And then that's so much fun. My children think I've actually gone mental. They don't even have any of these. I keep saying they're for my kids and they don't want them.

Charlie Hedges

Let's talk about your sunglasses collection because you're obsessed with sunglasses.

Caroline Stanbury

Yeah.

Charlie Hedges

How many pairs have you actually got?

Caroline Stanbury

A lot.

Charlie Hedges

Oh my...! Hang on a minute guys, stop the sunglasses chat. The big one is... That is bigger than your actual body.

Caroline Stanbury

Yeah, how cute is that? My girlfriend got me this for my birthday and he's...

Charlie Hedges

Are you not a little bit worried that that's going to come to life in the middle of the night? Because I don't know if I'd sleep with that.

Caroline Stanbury

And look, his eyes move.

Charlie Hedges

No, you've gone too far. Sorry, you've gone too far.

Caroline Stanbury

I've gone too far. I do. I need a Labubu intervention. But anyway...

Charlie Hedges

You've gone too far! Oh my God, you're brilliant. So I think we should just keep him in for the rest of chat, by the way. Talk to me about your sunglasses obsession. Is it worse than the Labubu?

Caroline Stanbury

No, I just feel like if you can't update your wardrobe and I have to update it all the time. So that was just saying... Like my... As somebody who's heavily followed for fashion and beauty and things like that. So like I try and I just think the cheapest way to update your look any time is your sunglasses. So I just add some, you know, every year wherever I go. My husband has to, well, wants to cut me off, but I think sunglasses are a great, great thing. And glasses if you, you know, you read. I love updating it all.

Charlie Hedges

And shoes? Are you a big shoe person? Obviously I can see your collection, but how often do you buy new shoes?

Caroline Stanbury

I'm actually not.

Charlie Hedges

Are you not?

Caroline Stanbury

No, shoes is something that I least enjoy to shop for. And then I look at other people and I'm like 'Oh, those are nice.' But then I just don't... You know, I don't wear a lot of heels anymore. I live in the Middle East. So I'm always in flip flops or sandals or, you know, very kind of more casual here. And you know, I just need a nude pair of shoes or a gold pair of shoes, a silver pair of shoes, you know, a core collection. And that's it.

Charlie Hedges

So are you happy to re-wear shoes?

Caroline Stanbury

All the time. I'll wear them to death. Like that's fine for me. But clothes, no.

Charlie Hedges

What's the most expensive item you've seen someone else purchase? You don't have to tell us who, but have you got like a mate of yours who has like gone to town on something?

Caroline Stanbury

Well, I live in the Middle East, so hello.

Charlie Hedges

Come on give us the splash of the cash.

Caroline Stanbury

I don't know, it's just... Here it's all about the bags, so like a Himalayan or something like that is what, \$150,000. Watches... You know, I have a girlfriend that wears like a \$600,000 watch.

Charlie Hedges

Whoa!

Caroline Stanbury

I mean, you can't do it in London. No, here it's a different level. The good thing about the Middle East is you don't really have... Like, there's always going to be someone richer and more successful than you. So you don't have that whole keeping up with the Joneses that you do, I think, in England.

Charlie Hedges

Do you miss living in England or are you like 'Hell no, I'm good'?

Caroline Stanbury

Hell no. I'm very sad by what's going on in England right now. I just think, you know, I actually have not had one girlfriend that's visited lately that hasn't been mugged and it's insane. Like every time I come... And I love, I love... Like I don't wear a lot of jewellery. I haven't got anything on now. I haven't, you know, I don't wear tons of jewellery, but I don't bring anything. I can't even wear my handbag. Like I'm worried to wear my handbag and I don't want to live like that. Who wants to live like that? What's the point of having all this stuff if I can't use it? Here...

Charlie Hedges

How long have you lived in Dubai?

Caroline Stanbury

Nearly 12 years. And let me tell you something, if I fill this most-wanted handbag up and everybody knows what it is here, put cash in it and went to the mall and put it in the middle of the floor, it will be there when I get back.

Charlie Hedges

That's nuts innit? As it should be, as it should be.

Caroline Stanbury

Actually, one of the girls, I don't know what she was called, she's a woman that sells pre-loved Birkins in London anyway. She moved here and she did one the other day where she went golfing, took off her AP and put her handbag on top of her car that she parked in the car park to go golfing in Dubai and left the AP with the Birkin on the bag and went golfing for two hours and came back.

Charlie Hedges

It's wild. Wow. Yeah, that is mad.

Caroline Stanbury

Wild. We couldn't do that for two minutes.

Charlie Hedges

Yeah, that's nuts, man. That makes me quite sad actually. Let's end the chat on something positive. Tell me what's going on in your world right now. What's going on with you? What should we be looking out for? What have you got going on?

Caroline Stanbury

OK, so I have launched [bustthelabel.com](https://www.bustthelabel.com), which is our new health and wellness sort of line, which is really exciting. So it's a lot of supplements that I take that we have just launched on the Shopping Channel. We sold out in one hour on the Shopping Channel in America.

Charlie Hedges

Smashed it.

Caroline Stanbury

Smashed it, going on every month now. So I'm really happy. www.bustthelabel.com. Then what else can I tell you? You know, I've got the TV show coming out. I've got my podcast, *Uncut and Uncensored*, so come and listen as well. And I've launched Stanbury Towers in Dubai. So if you're all coming over here, we have Airbnbs. So that's really fun. Lots of things.

Charlie Hedges

Love that for you. And before we go on to a quick Style Sprint have you got a wardrobe malfunction? I feel like you'll have one.

Caroline Stanbury

I have a great one.

Charlie Hedges

Go on.

Caroline Stanbury

So this was years ago. I was on *Andy Cohen Live*. And if anyone knows *Andy Cohen Live* it's like the pinnacle of our career. Everyone, everyone major goes on that, we really wanted to go on. And I took my dress and didn't bring anything else because I love that dress. It was a David Koma dress, which I love. Got on the show and two minutes before they switched on the lights and it was completely see-through on top, which we hadn't seen until the proper TV lights were on.

Charlie Hedges

Oh don't!

Caroline Stanbury

And I was like... He was like 'Oh my God, you've got to change,' and it's a live audience and all of this. 'You've got to change now and you've got about three minutes to do it.' And I'm like 'Oh my God, what do you mean? Like I don't, I didn't bring anything else.' And one woman in the audience took off her jeans. One woman took off her top...

Charlie Hedges

No!

Caroline Stanbury

And she sat like this. And you know how long people prepare to go on *Andy Cohen Live*? Like you've thought about your outfits, right? You like to just borrow someone's jeans and T-shirt in three minutes. It's like '3-2-1 you're live.' That was my biggest wardrobe malfunction and I'll never forget it.

Charlie Hedges

And the person that gave you the top was just sitting there then?

Caroline Stanbury

Yes, with her hands over her tits.

Charlie Hedges

Oh my... you know what? That's love right there.

Caroline Stanbury

I actually knew them. So they were friends of mine, thank God. And she was super sweet. But like awful, awful for all of... I mean, funny for us all in the end, but you know, everyone was trying to give her a jacket later, but it was just... We had no time to think. They're like 'Either that or you can't go on.' You're not... I'm already sitting up there. So it was like literally, I had to whack them down and whack them off. It's like... You know, the lights in, as you know, in a studio are completely different.

Charlie Hedges

Yeah, we had, I mean not obviously to that level, but we had an awards show actually for the radio show that I do about a year ago. And I wore all black and I didn't do the bend-over test, which I always do. Bloody wish I had. Because then lights came on and my ass was out. Not good. Deleted those photos.

Caroline Stanbury

Yeah, well that was the thing and I was wearing black too. So I hadn't noticed. It's the only time I've worn black and it was a disaster. There you go.

Charlie Hedges

We know what to do guys, wear colour. OK before you go we want to do like a quick 60 second Style Sprint, so basically just answer as quickly as you can. We've got 60 seconds and just go for your life. 3-2-1... Chanel or Dior?

Caroline Stanbury

Chanel.

Charlie Hedges

Heels or trainers?

Caroline Stanbury

Trainers.

Charlie Hedges

Mini dress or maxi?

Caroline Stanbury

Mini.

Charlie Hedges

Black Tie Gala or Beach Club Brunch?

Caroline Stanbury

Beach Club Brunch.

Charlie Hedges

I feel like I can answer all these for you now. Birkin or Kelly?

Caroline Stanbury

Birkin.

Charlie Hedges

Tote or clutch?

Caroline Stanbury

Tote.

Charlie Hedges

Your partner buys you a really expensive handbag. You split up. Do you keep the bag or do you give it back?

Caroline Stanbury

Keep it!

Charlie Hedges

Sequins or satin?

Caroline Stanbury

Satin.

Charlie Hedges

Rolex or Cartier?

Caroline Stanbury

Hmm, Rolex.

Charlie Hedges

For shopping, Dubai or Paris?

Caroline Stanbury

Paris.

Charlie Hedges

Blow dryer or slick back bun?

Caroline Stanbury

Blow dry.

Charlie Hedges

Red lipstick or nude gloss?

Caroline Stanbury

Nude gloss.

Charlie Hedges

And that is it, you're done!

Caroline Stanbury

Thank you.

Charlie Hedges

Thank you Caroline for being on today. Honestly, I respect your honesty. I respect that you're a boss bitch. You've got your own stuff going on. You've got businesses galore. And thank you for taking the time out to be a part of the podcast today.

Caroline Stanbury

Nice to meet you all. Take care.

Charlie Hedges

Thanks Caroline. Wow, what a lady and what a ride! Didn't think I'd be talking salmon sperm when I woke up this morning!

You can find Caroline @carolinestanbury on Insta and TikTok, listen to her *Uncut & Uncensored* podcast in all the usual places and see her on *The Real Housewives Of London* too.

And you can find US @mywardmal on our socials and at mywardmal.com and of course please do subscribe, rate and review us on your chosen podcast platform.

That's it - thank you again to Caroline and to all of you for listening.

Catch up very soon. Until then *My Wardrobe* is officially closed.