

## S11 Ep5: Val Garland & Her Ding Dong Dazzle

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### **Charlie Hedges**

I'm Charlie Hedges and this is *My Wardrobe Malfunction* – a podcast about the moments, memories and mistakes that shape our style.

So today I'm so excited to be joined by the absolute legend makeup artist Val Garland. So let's grab the brushes, open *My Wardrobe* doors and find out what's inside...

Val, I don't know how you're going to take this, but I think we're joined by royalty today. How are you?

### **Val Garland**

Oh, I'm very well, thank you. I'm very well indeed. I'm very excited to be here with you, Charlie.

### **Charlie Hedges**

Oh my God, I can't believe you're here! This is so cool. I've got so many questions. So first things first, what are you wearing today? Can you describe your outfit please?

### **Val Garland**

Well, my outfit's a bit of a mishmash, really. I'm wearing a Zara T-shirt that I've had for like about two years. I'm wearing a very old vintage Comme des Garçons pencil skirt. You're gonna laugh at my footwear, because I'm at home. I'm wearing these little slippers...

### **Charlie Hedges**

Oh, they're cute! With smiley faces on them.

### **Val Garland**

I know that I got off of Amazon, and then this is a vintage Comme des Garçons jacket that I'm wearing as well. You know, I tend to quite like a shirt or a bit of a jacket situation. I kind of think that works for me.

### **Charlie Hedges**

And obviously we have to talk about your glasses, I can't imagine how many pairs of glasses you've got.

### **Val Garland**

I have got tons of glasses. And it's so annoying, I meant to bring them over here. They're over there on the table. Can I just quickly run and get them?

**Charlie Hedges**

Yeah!

**Val Garland**

Is that all right? Hold on because this isn't all of them, but because I've got a whole drawer of glasses, but I'll just bring this over.

**Charlie Hedges**

This is great. By the way, even a chair's cool. She's got a checkered cover on her chair, I can't see the bottom of the chair, but even, look at that...

**Val Garland**

Yeah, the chair was a vintage chair, well actually you know there's quite a few interesting little chairs here but I'd have to move everything around. But yeah this was a vintage chair and I have this scarf from Comme des Garçons that I bought many years ago and it was this sort of pattern which is called a MacLeod tartan and I loved this scarf so much I thought 'You know what? I'm gonna cover a chair in MacLeod tartan from Scotland.' And I've got in front of me, what my computer's sitting on, I've got a footstool so I can sit here on my MacLeod tartan and feel rather regal. OK so this isn't all my glasses this is just sort of on a daily, well...there's one, two, three, four, five, six, seven there and then another three there. And then I've probably got four pairs in my handbag that I take to work every day and then I've got a drawer full downstairs. I'm obsessed with glasses.

**Charlie Hedges**

Where do you get your glasses from? Does someone design them for you or are they like are they from actual shops?

**Val Garland**

I get them from, mostly, I have had some glasses made for me by Cubitts, have I got them here? No, they're in my bag. By Cubitts, the glasses company, and they made me bespoke glasses that on the inside it says 'Ding dong', and on the other side it says 'Val Garland'. But mostly because I don't like a lot of ordinary glasses because they're all the same, so I buy sunglasses, take the lenses out and put my prescription in. So these are like, I think these are Lorvae. I was on holiday in Spain and I saw them in a shop and I thought 'They're a bit barking, I need those.'

**Charlie Hedges**

So do you put your glasses on first then dress to match the glasses or is it outfit then glasses go on?

**Val Garland**

It's outfit then glasses. Yeah, yeah, yeah.

**Charlie Hedges**

OK. Iconic. First clothing memory, Val. What's your first memory that kind of made you think 'Do you know what? Yeah, I love clothes, I love fashion, this is a bit of me'?

**Val Garland**

Well, my mum was really into clothes. We didn't have a lot of money and she used to make a lot of clothes. But I grew up in Bristol and we had this shop, which was heaven. It was called C&A. It was in Broadmead. And my mum would sort of like take us there, window shopping, you know, before we went round to Woolworths to get a knickerbocker glory. So I think, yeah. So my mum's into fashion. Me and my sister, we were, we were into fashion as well too. So we would go into C&A and they, you know, they had sort of like kids' versions of grownup clothes. And I remember being about eight and going to the school disco. And in C&A, well, there was two things. They had this culotte outfit. So it was like a shorts that was a skirt. And there was a jacket and a waistcoat and it was all in flower power orange.

**Charlie Hedges**

Oh my gosh!

**Val Garland**

It was amazing. So yes, I had to have that. And then my other favourite outfit that I got from there was this hot pink sort of Mary Quant sort of like mini dress with a massive zip at the front. And I thought I was Charlie Biggs... I thought I was the bee's knees, yeah.

**Charlie Hedges**

I've read that you said yourself you was a bit of a strange kid. I don't know what that means, but I want to know what that means and also how your imagination sort of showed up through your style back then?

**Val Garland**

Well, for me – what was it? – I quite liked being on my own. And I had a very vivid imagination. And I had lots of dolls. And like, I sound like a right weirdo. And like...

**Charlie Hedges**

No, you don't. I was the same kid.

**Val Garland**

We had, you know, I had lots of dolls. I had this one doll called Phyllis, who I was absolute... Phyllis. Who called her doll, Phyllis? Anyway, so yeah, I just wanted to be different. It was my sort of like teenage years, early teens was sort of like 70s. And then, you know, twenties was 80s. Well, sort of like... Yeah, everybody wanted to be glamorous. You know, we had the sort of... Yeah, it was like Studio 54. Everybody wanted to be glamorous. So for me, all the girls kind of ended up sort of same because they were all going for the same sort of glam.

And I had an older sister who was gorgeous, she still is, and very glamorous, big hair. You know, it was all Ursula Andress, tits and arse gorgeousness. And I was sort of like, knock-kneed, thick of ankle with a flat chest. And I thought 'Well, I can't compete. So I can't be gorgeous. So I'm just going to be weird. I'm going to be different.' So, you know, I was always shaving my hair or... Well, the very interesting thing, it all starts when I was four years old. And when I was born, I'd sort of grown into my mother's pelvic bone. So I came out, you can't really see it here, but I came out and I had this sort of like lump on my forehead, which I still have. And so when I was at school, I used to get called 'Egghead', this sort of thing, you know. And my mum and dad said like 'Right, you know,

we need to sort her out. We don't want her to have an inferiority complex.' So my parents sat me down one day and they said 'Right darling, you know that you've got a different shape to head to everyone else?' And I was like 'Yes.' And they said 'Well, you know why that is?' And I said 'Why?' And they said 'Well, what you've got is a bump of knowledge. And what that means is that you are very special.' So...

**Charlie Hedges**

Oh, I love that.

**Val Garland**

I was like 'Am I really? Am I really special? Fantastic.' So after that, I used to shave the front of my hair so that it, four, five, six and seven, so that everybody could see how special I was.

**Charlie Hedges**

Oh my God, I love your parents.

**Val Garland**

I started off weird, yeah.

**Charlie Hedges**

You talking about having loads of dolls and obviously your imagination, I used to draw. I think I beat you for being weird because I was a strange child. I used to get pebbles and little stones in the garden, make mud pies and then draw on the stones and they would be my friends and I had one called 'Susie'. I think I beat you for the weirdness.

**Val Garland**

Yeah, I think you did, I think you did, yeah.

**Charlie Hedges**

Tell us about the famous careers talk moment. You was at school. I want to know about this?

**Val Garland**

Well, you know I was sort of like 15 and my sister was, and is, an incredible hairdresser and she was very artistic. I remember overhearing my mum saying that 'Well you know Marion's the beautiful one and Val's got the brains.' And I was like 'Oh, OK. So I want to be pretty but anyway...' So when I was 15 I thought 'OK, I've got to use these brains. I want to go to university.' And when I went to see the careers officer he was sort of like you know I don't want to do O levels and A levels and I went to a secondary modern school and he said 'Hmm, Val, I think you need to, you know, set your sights a little bit lower. Maybe get a job you know as a typist or possibly a hairdresser, get an apprenticeship.'

And I was so angry at that that I just walked out of school and, as I was walking home, I was thinking 'Well, I haven't got a job, you know, I wanted to go to university, I haven't got a hope in hell of doing that now.' And so I saw a hairdressing salon and there was an advertisement in the window you know 'We're looking for apprentices.' So I just went in there and sort of said 'Look, gissa a job. I always wanted to be a hairdresser.' Lying, and got the job and that's you know that's how it started. Because what I really wanted to do

was travel the world but I actually did that through hairdressing so I just think I was meant to, I was meant to go into that job

**Charlie Hedges**

So where was the change from doing hair to then, you know, moving to makeup, moving to the makeup world?

**Val Garland**

OK, well, I always, uh, yeah, so I started off as a hairdresser, but I always wore lots of makeup. You know, we're talking sort of like, you know, the eighties and it was all about the New Romantics. And I'd left Bristol and had gone to live in Australia. And I started doing hair procession work. So working for, you know, magazines, pop videos, I used to work within INXS, Kylie. And...

**Charlie Hedges**

Oh, did you?!

**Val Garland**

Yeah, yeah, yeah.

**Charlie Hedges**

Oh my gosh!

**Val Garland**

Yeah, I loved INXS. And Kylie of course. But in Australia, you had to do both. You had to do hair and makeup. So I kind of like learned the basics there. But then when I decided to leave Australia, you know, I sort of like divorced my husband – I was married – divorced my husband, sold my salon, said 'I will never do hair again. I'm off to London.' So that's what I did. I came to London and the hair just fell away. It became all about the makeup.

**Charlie Hedges**

So Val, talk to me about the period where you worked with the likes of Alexander McQueen, Vivienne Westwood, Kate Moss. I mean, is there one moment that really stands out for you?

**Val Garland**

Well, all the moments stand out for me because they were all incredible in their own right. I mean, the McQueen moment that stands out for me was when we were doing this show and Shalom Harlow was being painted by these robots on a stage. And it was so incredible because we hadn't rehearsed it. We didn't know if it was going to work or not. And it ended up being one of the most iconic shows ever from McQueen.

But there were so many amazing moments working with Lee. I mean, the Boss show, that's an incredible show. That's where all the girls are inside this box. And in the middle of the box, there is another box that's black. And at one point during the show, it's just before the finale, the box is made of glass, and the four walls of the box come open and smash glass all over the floor. And inside is this woman reclining on a chaise longue. And it's sort of like, the pose is taken from a book by Joel-Peter Witkin. And so there's this rather voluptuous lady on this couch. And she's wearing this sort of like breathing

gas mask. And her whole body is covered in butterflies. But my assistants, like about 40 minutes before the show, were in there attaching these butterflies with honey to her body. And as the glass smashed open and made this incredible noise, there was all the butterflies and they just sort of flew up into the air.

**Charlie Hedges**

Oh, wow, you know, I mean, that sounds like a dream. That doesn't even sound like something that's real.

**Val Garland**

Well, everything to do with working with Lee McQueen and the whole entire team was, you know, we always knew that it was going to be making history. You know, we were gonna be crossing boundaries trying new things. So that was amazing.

And working with Vivienne Westwood, it was a different type of amazement. But, you know, that was always about characters and the makeup was really as important to the show. I remember once a friend of mine was maître d' at a party and Vivienne was there. And my friend Johnny went up to Vivienne and sort of said 'Hello Vivienne, I believe you know one of my friends?' And she's like 'Who's that darling?' And he said 'Val Garland.' And she said 'Val Garland? She's madder than me. She's bonkers!' And I thought 'I have now arrived. I feel blessed. I feel grateful.' Yeah, yeah, yeah.

**Charlie Hedges**

See, look, you said you was a strange kid. I mean, it's paid off!

**Val Garland**

Well, you know, I, yeah, I just, I just always liked, I just, I don't know, I just liked being different. And I liked, yeah, I like other people that are a little bit odd too. So, yeah, it works.

**Charlie Hedges**

There'll be a lot of people listening now that won't realise that the Lady Gaga *Born This Way* album cover, that is one of your most famous looks. That is you.

**Val Garland**

Yes.

**Charlie Hedges**

Tell us about that. What was it like working on that project?

**Val Garland**

Oh, it was great because Gaga, she gives you her face, she gives you her body, you know, like she wants to, yeah, she wants to do something new and different and great. And yeah, she's, she's open to new things. So, you know, it was an easy thing really, because I felt we were both coming from like the same place, you know, I sort of said to her, because when I met her, she wore like four sets of eyelashes, she had a big dark brow, and you know, she, there was a lot of glam. And Nicola Formichetti said 'I want to do something different for Gaga, for the *Born This Way* album. What do you suggest?' And I said 'OK, let's strip it all back. No eyelashes, no mascara. I'm going to bleach your eyebrows, I'm going to take those away as well. I'm going to give you like a big, strong,

punky sort of like liner. And then, oh yeah, let's do some prosthetics.' So I cut up these little paper airplanes and put them on her cheeks. So I said 'You know, we'll make your cheeks more prominent.' And that was that. And I didn't know if they were going to go with it or not. But three months later, I'm actually on the shoot for *Born This Way*. And a prosthetics person came into the studio. And he sort of said 'Here are the prosthetics that you designed for Gaga, Val.' And I was like 'Wow!' You know, they really, these paper airplanes actually became cheek extensions. And so yeah, that was it. But it was great. And, you know, Gaga always wanted to go the extra mile. So it was fantastic.

**Charlie Hedges**

What's more rewarding, working with a client who is open to suggestions and kind of just lets you do what you want to do or a client who is the complete opposite but actually the outcome at the end you've completely changed their mindset? Is there one more rewarding?

**Val Garland**

No, I think they're both rewarding in different ways. You know, if somebody gives you their face, that's great because they're trusting you to do something. You know, the other, a few weeks ago, I got to work with Miley Cyrus and I hadn't worked with, yeah, I hadn't, yeah, yeah, yeah.

**Charlie Hedges**

Doing what?!

**Val Garland**

We were doing, we were doing a shoot for, I think it was for the *CR Fashion Book*, which is a magazine by Carine Roitfeld. And I hadn't worked with her before and Miley does have a certain sort of, you know, she has a certain sort of like way. And I thought 'I wonder, you know, what she'll be expecting.' But I had a phone call with her. Well, actually, no, it was a text from LA. And then when she walked in on the day, you know, she just went 'Ding dong, darling. Just do it.'

**Charlie Hedges**

Oh my God!

**Val Garland**

So, you know, so she let me, she let me sort of do what I wanted to do. So, yeah, that was great.

**Charlie Hedges**

And what did you do with her?

**Val Garland**

I kind of turned her into a sort of 20s Parisian sort of show girl. But maybe this is like four in the morning. She's been sort of like, you know, dancing all night. So her makeup is sort of, yeah, it's a little bit worn in, you know, but it's a strong look.

**Charlie Hedges**

Oh my God, how exciting.



**Val Garland**

She was amazing. I loved her.

**Charlie Hedges**

Let's talk about your clothes. What item of clothing or accessory do you have that is your comfort blanket?

**Val Garland**

Well I guess it has to be for me jewellery. I love jewellery, I wear a lot of jewellery and today I'm wearing one, two, three, four of my favourite pieces. So the first one is an angel. That's this one, here. That's an angel. I love necklaces. I can't really wear earrings because I've got tiny ears. I can't take the weight. So this is a little angel and I always have that with me. It's kind of like I've got an angel protecting me. I love that.

**Charlie Hedges**

Ah, that's nice.

**Val Garland**

Then I'm obsessed with Tessa Metcalfe. She makes jewellery. She's made this ring and she's made this necklace and it's got everything to do with pigeons' claws. Like you can't really see it but it's a pigeon's

**Charlie Hedges**

Oh wow!

**Val Garland**

Yeah and then this ring is pigeon claws holding, it's a tree. Anyway so I love Tessa Metcalfe because it's a little bit woo, it's a little bit way, you know, it's just a little bit... pigeons' toes. Anyway and then, being a Catholic girl, I love a cross but I also love a whistle. I always used to have a whistle when I was working backstage at shows, just to get people's attention.

**Charlie Hedges**

Hang on a minute, you mean an actual whistle, as in you blow through it whistle?

**Val Garland**

Yeah, yeah, yeah. Like if somebody was doing a great makeup, you know, I'd sort of blow my whistle and go like 'That is a great makeup. Ding dong!' That's where 'ding dong' came from. So I did this collaboration with Vicki Sarge recently. Yeah, so you know this is one of the pieces that we collabbed on so I love that.

**Charlie Hedges**

So hang on a minute, Val, I've got to ask you. So is that an actual whistle there?

**Val Garland**

It is, but it's not a very loud one.

**Charlie Hedges**

Oh, come on, give us a go.



**Val Garland**

[Whistles]. It's not very loud, it's not very loud.

**Charlie Hedges**

Oh my God, I love it!

**Val Garland**

And then my pièce de résistance is... I'm a bit of a magpie and I like collecting things and so rather than a charm bracelet I decided many years ago to make myself a charm necklace and...

**Charlie Hedges**

It's a great shout.

**Val Garland**

Yeah and this was so I found a chain on a cruise ship in Egypt. It was like the last holiday that I went on with my mother before she passed. So I got the chain there and then whenever I see a charm that I like I add it to the chain and then sometimes people will give me a charm you know as a present. Like I love drinking tea so I've got a teapot here you know. I've got a little artist's palette here, you can't really see it, and you know there's the odd puzzle. Oh, and there is a little whistle...

**Charlie Hedges**

Oh I love this! I think you've got the best accessories out of all the people that we've spoken to so far, you know.

**Val Garland**

I do like an accessoire, I really do. You know, rings and necklaces, yeah, that's my thing. Yeah.

**Charlie Hedges**

One beauty hack. If you could share one with the world right now, what hack would you share?

**Val Garland**

What hack would I share? Gosh, there are so many hacks. I would say, you know 'Do you, don't follow trends. You know, you be your trend.' People always say 'You can't wear an eye and a lip together, can't you?' Of course you can. And you don't need to have the 12-step programme of makeup. You know, I don't think you need a ton of products to look gorge. I like having a product that's multi-task, so if I can have a product that I can, you know, use on my lips, use on my cheeks, and use on my eyes, that's great.

**Charlie Hedges**

Can I ask you about winged eyeliner? Because I've got like saggy eyes.

**Val Garland**

I love a winged eyeliner. Love it.

**Charlie Hedges**

I know. But how do I do, if you've got, if there's people listening with saggy eyes like me, how'd you get a good wing that doesn't then dip?

**Val Garland**

Well, I've got a saggy eye. And that is a great hack because you need to find first of all a waterproof liner because that will stay put. It won't sort of like you know drag into your crease. And it's practice, it's practice. And what I would say is do the wing first. I like to take either an angle brush or a pen liner and just stamp on your wing. Do the bad side first. The bad side is, if you're right-handed, your harder to do side is the left side. So do that side first and then match it up with the other side. And then, you know, with your eyes looking down into a mirror – I use a magnifying mirror – just you know start in the middle of your eye and work out getting slightly bigger towards the tick or tail and then come back in and then do the skinny bit close to the tear duct but it's practice, practice, practice.

**Charlie Hedges**

Sorry Val, I just, I feel like I'm on *Glow Up* right now. You don't understand how much I love this show and you want it. I mean you must love doing that show as well?

**Val Garland**

I do. I love seeing the talent coming through. It's extraordinary what these young MUAs can sort of like bring. So I'm constantly in awe and inspired. It's great.

**Charlie Hedges**

I wonder how many people go on there just to hear 'Ding dong' come out of your mouth. Because to be honest I'm rubbish at makeup but I'd apply for that show just to try and get a 'ding dong'!

**Val Garland**

The weirdest thing is, if you know me, it's something I've always said. So you know on that first episode you know when I was like 'That's amazing. Ding dong!' I never thought it would become this catchphrase, you know, but it's sort of stuck.

**Charlie Hedges**

It's wild!

**Val Garland**

Who knew?

**Charlie Hedges**

Let's talk about a wardrobe malfunction, have you ever had a big poo poo?

**Val Garland**

Yes, yes. I'm just going to grab this outfit. Come here you... I recently did a masterclass and, you know, I sort of said I like a sort of like a suit.

**Charlie Hedges**

That's nice. A pinstripe.

**Val Garland**

And so I was wearing this outfit, which is by Serena Bute. And it's a great outfit, but for some reason, the flies keep coming undone on the trousers. And so I was there getting this complete masterclass and talking to everybody and 'Da, da, da, da, da'. And I did the whole thing with my flies undone and nobody said a word, you know. So that was the most recent malfunction, yeah.

**Charlie Hedges**

You're lucky I weren't there because I'd have shouted out 'Ding dong, Val!' I am that friend that tells people if they've got their flies undone or have got a bogey. You need those friends in your life.

**Val Garland**

You do, you do.

**Charlie Hedges**

Yeah, that's not on. Do you have an accessory or an item of clothing that you would hand down to someone, something really special?

**Val Garland**

Well, now this is interesting because I've already handed it down. I bought this bag in 2001.

**Charlie Hedges**

What is it? Oh my gosh!

**Val Garland**

It's a Balenciaga city bag. Now I bought it in 2001 and I kind of wore it to death. I had to take it to a shoemaker's and get them to put this patch in it here because I loved the bag so much. It was black but it's now sort of a bit of a brown colour because I think the leather is just sort of disintegrating. But I had it for so long and I thought 'I can't be dragging that around anymore because it just looks like it's falling to bits.' So I gave it to my godson, Zach, who is a stylist. I gave it to him, Zach Sunman. I gave it to him probably about 10 years ago and, even though it was falling apart, he customised it with all these pins. I think this is a scarf from Rockins. Yeah, it is from Rockins. And the handle was busted so the scarf's there to keep the leather handle together. So I think that was a good little hand-me-down.

**Charlie Hedges**

Yeah, he's given it a new lease of life. What do you think about, have you seen, have you seen the Labubu dolls that people are attaching to their bags?

**Val Garland**

Yeah, I think it's great.

**Charlie Hedges**

Have you got one?

**Val Garland**

No, I don't have one. But I remember doing things with dolls on bags, like I used to have trolls, obviously. Trolls.

**Charlie Hedges**

Oh, I love trolls.

**Val Garland**

I love a troll. And then I also did one with teddies. I like a bit of an odd teddy.

**Charlie Hedges**

Oh Val, I love how prepped you are and that you've just got stuff to show off. This is so nice. Thank you for doing this.

**Val Garland**

That's all right. What about him?

**Charlie Hedges**

Oh, look at that. Oh!

**Val Garland**

He's a cute teddy, isn't he? And it was quite funny because my, one of my other godchildren, I have many, Rebecca, she was having her first born child, Reuben, and I said 'Oh, I'm going to get him his first teddy.' And I got him this teddy, and I could see everybody going like 'That's a bit macabre to give to a little baby.' But I thought that was quite cute.

**Charlie Hedges**

You know what? I like it. It's like a what is it? It's like a red teddy and he's got sort of a side, a side smile.

**Val Garland**

No it's a snarl. It's a snarl!

**Charlie Hedges**

Oh, it is...!

**Val Garland**

It's fab!

**Charlie Hedges**

Listen, you can't just be dishing out any old teddy. It's gotta be a little bit different, right? It's you. Have you got a birthday suit in terms of an outfit that is your go-to outfit that makes you feel a million dollars?

**Val Garland**

OK, I'm going to say this is a dress that I wore for the press in the first season of *Glow Up*.

**Charlie Hedges**

Oh God, I love that. So, what is it?

**Charlie Hedges**

It's a dress by Preen, and it's got this sort of like plastic... It's all lacy and lovely. And then it's got this really hard plastic red bit on the front, and by the bottom in the back.

**Charlie Hedges**

Oh, love it.

**Charlie Hedges**

And whenever I've, you know, needed to go to a wedding or, you know, I've wanted to look really special or it's Christmas, out comes the Preen and people always remark on it. And for me, it just reminds me of great times, good times. So, yeah, it's got a good vibe.

**Charlie Hedges**

Who inspires you, Val, the most among the newer generation of artists out there, make-up artists?

**Val Garland**

Oh, there's so many, there's so many. I love what Isamaya Ffrench stands for and what she does. I think she's great and there was a makeup artist that was on *Glow Up* called Ophelia. I think it was season two and she actually won and I think she is an incredible talent. There is a makeup artist called Joey Choy. She's with The Wall Group. She was my assistant for about eight and three quarter years. I would never let her go. You know, I'd go 'Have this Gucci bag, stay, stay!' But she is an incredible talent as well. So Ophelia and Joey, I think they've both got great imaginations and I would like to see them go a long way because they are brilliant.

**Charlie Hedges**

What's the best piece of advice you'd give to a younger artist listening to this right now, starting out?

**Val Garland**

I would say 'Say yes to everything' you know. 'Work seven days a week, never think about the money, never think about the money think about the art. Not everybody's gonna like what you do but do it anyway. And just, you know, knock on every door. Don't take No for an answer. You are brilliant and just be you.'

**Charlie Hedges**

What's next for you? I mean, your career is insane. Is there stuff still to tick off the list of things to do or what's next?

**Val Garland**

Well, there's lots of things in the pipeline. I'd really like to be on *The Traitors*. That's what I'd really like to do.

**Charlie Hedges**

Oh, you would be, you would be unbelievable!

**Val Garland**

Of course I'd be a Faithful. Of course I'd be a Faithful.

**Charlie Hedges**

Oh my God, I'd love to see you on it! I'd love to do *Traitors* myself. Imagine!

**Val Garland**

I think yeah I mean yeah I'd like to do something like that. But you know I'm just enjoying what comes my way, yeah. And I think that's what it's all about.

**Charlie Hedges**

Have you been watching *The Celebrity Traitors*?

**Val Garland**

Yes. Yes.

**Charlie Hedges**

Who have you been surprised by?

**Val Garland**

Joe. I think Joe, I think he's fantastic, and so on it, and so right, you know. I mean, how he or they haven't got out more Traitors, I don't know, because he can really see it, you know, so...

**Charlie Hedges**

Who do you think is going to win? Do you think it will be Cat and Alan or do you think it will go for the Faithfuls, go in the Faithfuls' favour?

**Val Garland**

I think Cat stands a very good chance.

**Charlie Hedges**

So do I.

**Val Garland**

I think she stands a very good chance because she's played a very clever game. I mean, I got to work with Cat a few seasons ago on *Glow Up*. She came on as a guest judge and she was quite quiet and demure. But seeing her on *Traitors*, she's really, yeah, she's got a good head on her. So I hope...

**Charlie Hedges**

I love her.

**Val Garland**

Yeah, I love her. I love her and she's a great singer as well. So yeah, I'd like it if Cat won. Yeah.

**Charlie Hedges**

Belle, thank you so much for talking to me today. I've absolutely loved it. I've watched you on *Glow Up* for years. I just think you're brilliant. And by the way, I love your statement about 'Be Bold, Not Old.'

**Val Garland**

Oh, thank you.

**Charlie Hedges**

I just think it's bloody brilliant. I think you are glorious. Before you go, I would love to do a quick 60 second Style Sprint, which is basically a quickfire round. I'll ask you a few questions. You just tell me the first thing that comes to your head, OK?

**Val Garland**

Yeah.

**Charlie Hedges**

Right, here we go. Punk or glamour?

**Val Garland**

Punk.

**Charlie Hedges**

Bare skin or full face?

**Val Garland**

Mmm, difficult. I'm going to say bare skin.

**Charlie Hedges**

OK, gloss or matte?

**Val Garland**

Gloss.

**Charlie Hedges**

McQueen or Westwood?

**Val Garland**

McQueen.

**Charlie Hedges**

You get given a handbag from your partner. They're now your ex. You keep the bag or do you sell it?

**Val Garland**

Always keep it. Actually, no, no, sell it, sell it, sell it.

**Charlie Hedges**

Lashes or liner?



**Val Garland**

Liner.

**Charlie Hedges**

Leather or lace?

**Val Garland**

Leather.

**Charlie Hedges**

Mmm, oversized or tailored?

**Val Garland**

Tailored.

**Charlie Hedges**

Heels or boots, flat boots?

**Val Garland**

Boots.

**Charlie Hedges**

Corset or kaftan?

**Val Garland**

Oh, both actually, but I'm going to say corset.

**Charlie Hedges**

Trench coat or bomber jacket?

**Val Garland**

Trench.

**Charlie Hedges**

Sunglasses or earrings?

**Val Garland**

Sunglasses.

**Charlie Hedges**

Day look or night look?

**Val Garland**

Night look.

**Charlie Hedges**

And last one, ding or dong?

**Val Garland**

Dong!

**Charlie Hedges**

Thank you so much! I've loved speaking to you. Thank you, Val.

**Val Garland**

Absolute pleasure. Thank you, Charlie. It's been great.

**Charlie Hedges**

Thanks so much, Val. You can find her on Instagram and TikTok @thevalgardland and buy her book, *Validated*, in all good bookshops.

And of course, you can find us in all the usual places too @mywardmal and [mywardmal.com](https://mywardmal.com). Please do subscribe, rate and review as well, as it really helps to spread the word.

Thanks again to Val – and to all of you for listening.

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