CELEBRITY

Graph of greatness
The good and bad of what we’re talking about this week

GREAT

GREAT

PERIOD TEES
Bodyform has launched Intimewear period pants with these printed T-shirts, £18 on Depop, with profits supporting The Eve Appeal charity.

PROFFEE
The latest TikTok bev we’ll all be making is a blend of iced coffee and protein powder. Sounds... intense.

ADULTING
The average Brit has to complete 10 different tasks before we even start the working day.* Exhausting.

ECO SEX TOYS
Womanizer’s Premium Eco vibe is the first mass-produced biodegradable and recyclable device. Oh, yes!

NOT SO GREAT

PEEP CLUB
This chic new eye spray, £15, is a lifesaver after staring at screens more than ever this last year!

NORAY

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LEARNING CURVE
Suzi Quatro

ROCK ‘N’ ROLL PIONEER, 70

I believe in equality and that we’re all the same. It doesn’t matter about gender, if you’re rich or poor, or famous or not famous – we’re all human beings. It starts internally. You’ve got to believe in yourself and be who you are. Find your light and don’t let anybody switch it off. Realise your dreams and be as good a person as you can be.

Living apart can keep the romance alive. You’re not in each other’s pockets, but it’s a balancing act to make sure you don’t lose that familiarity. I had a 24/7 marriage with my ex [Len Tuckey]. He was my guitarist, so we were playing together and living together. I loved it on that level, but I’ve been with my husband Rainer [a music promoter] for 27 years and we’ve run two homes for the entire time we’ve been married. He lives in Hamburg and I live in Essex. That can only work if you both trust each other. It’s a killer if you don’t, but we do.

There are three secrets to a good relationship. The number-one factor is respect, followed by being able to laugh, and keeping the lines of communication open. Luckily, I am one of life’s great communicators!

Don’t lose your femininity. I try to preach that to girls coming up today. You can be one of the guys – in my business, you have to be tough and resilient – but it’s important to hold on to your femininity. I keep my feminine card in my back pocket, like a penalty card in football. If anybody steps out of line, out comes the feminine card. If I walk into a room full of male musicians and somebody says something out of order, I’ll pull out my feminine card and say: “Shut up!” If a guy did something really bad, I’d knee him in the balls. I use it when I have to. There’s an invisible line you don’t cross – and if you do, you know about it.

You have to follow your instincts. Getting divorced confirmed that for me. It’s always a shame when a relationship falters, and I wished that it didn’t because I was raised as a Catholic and we were married in the Catholic church. I still believe in God and I’m a sayer by nature. I’m in for the long haul – that’s the way I am. But you try your best, and if it can’t be fixed, then you have to move on. It’s not about placing blame, it’s just what happens. We’re still very close, but life does what it does.

I’m not bothered about getting older. Everybody asks me my secret all the time, and my secret is, I don’t care! I never have. I’m 70 now, and I announce my age from the stage. I’m proud of it. I always say: “What are you going to do about it? Are you going to be the one person in this world to get younger?” I don’t think so. So what you can’t change, you just roll with – that’s my attitude. I don’t feel my age and I don’t look my age, but even if I did, I still wouldn’t care!

● Suzi Quatro’s new album The Devil In Me is out now

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