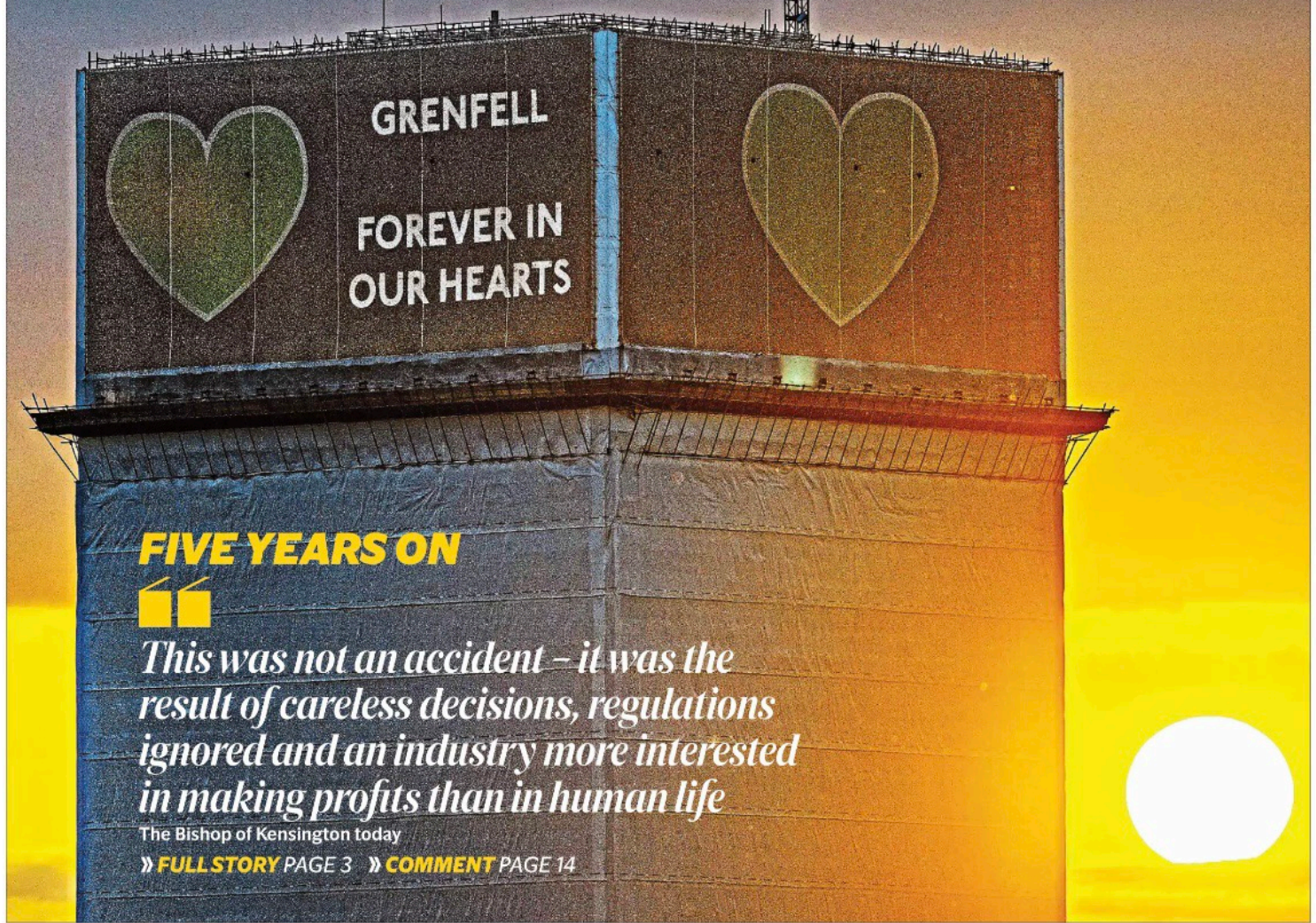


WEST END FINAL
Evening Standard



FIVE YEARS ON



This was not an accident – it was the result of careless decisions, regulations ignored and an industry more interested in making profits than in human life

The Bishop of Kensington today

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RWANDA BATTLE GOES TO THE WIRE

» **MINISTERS BRACED FOR LEGAL CHALLENGES FROM ALL SEVEN PASSENGERS ON MIGRANT FLIGHT**

Martin Bentham, Nicholas Cecil and Rachael Burford

MINISTERS were today bracing themselves for the first Rwanda deportation flight to potentially be left with no passengers amid new legal battles and a row over the morality of the policy of export-

ing asylum-seekers. Only seven migrants were still scheduled this morning to be on tonight's privately-operated flight to Kigali following the removal of dozens of others after legal challenges.

Three of the remaining passengers were lodging further claims today to block their deportation, bringing the potential number of departures down

to four. But Home Office sources said they expected all the others to make last-ditch claims too using modern slavery laws and other legislation.

They admitted that the Government was preparing for the flight to be left with no migrants to carry. "They'll all make claims," the source added. "We are working really hard to overcome these

barriers, but the way the system is, the bar is so low for a claim. There's a good chance there will be nobody left on the flight."

The admission came despite defiant words today from Foreign Secretary Liz Truss as she insisted

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The new mood-altering perfumes

A SPRITZ of an uplifting scent can do wonders for your mood, but a new wave of wellness brands claim they have the science to use fragrance to tap into specific areas of the brain and activate desired emotions, from focus to happiness and deep relaxation. The body of science backing up functional fragrance is growing and given the state of the world right now, we're willing to give anything a go for an extra layer of emotional wellbeing.

French brand **Edeniste**, which describes itself as an "active wellbeing fine fragrance", is the latest player to join this wellness space. It launched in Harrods last month with a line of genderless eau de parfums and booster essences, which founder Audrey Semeraro has spent four years researching with the help of Japanese fragrance house **Takasago** and perfumers **Aurelien Guichard** and **Jerome Dimarino**.

The brand says it has identified certain molecules that have a proven impact on an individual's olfactory pathways and limbic system (or part of the brain involved in processing emotion and memory) by using various scientific testing methods, such as EEG analysis and fMRI. It's a dual-pronged approach (though obviously that implies buying two products). First, lay the foundations with an eau de parfum (from £130 for 100ml, harrods.com). Choose from seven scents, each of which contain a patented de-stress heart accord that's proven to regulate your stress levels, according to Semeraro. Next, layer with one of the six **Lifeboost active essences** (£68 for 30ml) to enhance your mood — from energy, happiness and the like.

The aforementioned neurophysiological analysis "has shown how some odorant molecules are more prone to induce some emotional responses", explains Dr Gabriel Lepousez, neuroscientist and Edeniste committee director, and these have been carefully selected for each product. This analysis, it argues, is what sets it apart from your average uplifting scent.

Supplement brand **The Nue Co** was one of the first to

BEAUTY

Anti-stress scents, essences that activate your brain and formulas to boost zen — functional fragrance is the new frontier of wellness. By **Rosie Fitzmaurice**

launch a functional fragrance in 2018, **Forest Lungs** (£85, thenueco.com), and has since introduced two more: **Functional Fragrance** and **Mind Energy**. Founder Jules Miller says she essentially set out to create a "fast-acting anti-stress supplement". "On average a capsule takes between 20 and 40 minutes to break down...and a tincture takes about 20 minutes to absorb into the body, whereas your sense of smell is one of the fastest ways to impact our cognitive and emotional state."

She continues: "Of the five senses, scent is the only one with a direct line to three of the most important areas of the brain: the orbitofrontal cortex, which signifies awareness; the hippocampus, which is linked to memory; and the amygdala, which helps us sort smells and is associated with our emotions and mood. There's a powerful connection between cognitive function and the olfactory system; certain scents can elicit certain reactions with the body, both physically and psychologically."

Miller and her team drew on research from a five-year study by The

University of Geneva which focused on neural imaging processes to review reactions to scent. "MRI scans revealed the parts of the brain that were stimulated by different emotions and then, which fragrance notes lit up these same areas," she explains.

Also formulating things a little differently is London-based Australian **Yasmin Sewell**, who created perfume and home fragrance brand **Vyrao** in May 2021. "Each ingredient in our formulations has been selected for its healing properties, we use plant and flower remedies, and inside each bottle is a Herkimer diamond — one of the most powerful quartz crystals on earth, which has been charged by our quantum energist Louise Mita," Sewell says.

Are wellness scents the future? "I think this category is taking off now because I truly believe we have entered an age of consciousness — our awareness of the physical, emotional, and spiritual is growing and defining the choices we make. Taking a moment for yourself, to sit down and pause and give yourself that intention, creates a huge shift internally."

FIVE SMART SPRITZES

- 1. The Nue Co. Mind Energy**
Clary sage, juniper, pink peppercorn and clove — to help you focus.
● £85, thenueco.com
- 2. Neom Grapefruit, Lemon & Rosemary Natural Wellbeing Fragrance**
Crisp, clean and uplifting — you'll power through the day.
● £40, neomorganics.com
- 3. Edeniste Wellbeing Lifeboost (30ml)**
Green notes, ginger, jasmine and iris, to instill self-confidence.
● £68, harrods.com
- 4. Vyrao Free 00 Eau du Parfum for Liberation & Sensuality, 50ml**
Sicilian lemon, orange flower, with added jasmine, vanilla and sandalwood — delicious.
● £135, seifrides.com
- 5. Rahuu Palo Santo Oil Perfume**
A rollerball oil for zen on the go.
● £34, harrods.com



TONIGHT'S TELEVISION

BBC1

- 6.00 BBC News at Six (S,HD); Weather.
6.30 BBC London News (S); Weather.
7.00 The One Show (S,HD). With Alex Jones and Jermaine Jenas.
7.30 EastEnders (S,HD). Ben struggles to keep his anger in check.
8.00 DIY SOS: the Big Build (S,HD). The team help Gloucestershire former car mechanic Peter renovate his house to make life easier as he looks after his wife and daughter, who have a genetic disorder.
9.00 Sherwood (S,HD). 2/6. Kevin Salisbury from the Met arrives to assist in the investigation.
10.00 BBC News at Ten (S,HD).
10.30 BBC London News (S); Weather.
10.40 Everything I Know About Love (S,HD). 2/7. Maggie worries she is losing Birdy as she settles into a relationship with Nathan.
11.25 PRU (R,S,HD). 2/4.
11.50 Freeze: Skating on the Edge (R,S,HD). 2/4. The squad is left reeling after a shock announcement.
12.40 Celebrity Catchpoint (R,S,HD). 1.10 Weather for the Week Ahead (S,HD). 1.15 BBC News (S,HD).

BBC2

- 6.00 Richard Osman's House of Games (R,S,HD). 47/100.
6.30 The Farmers' Country Showdown (S,HD). /20. Two ambitious alpaca farming families compete at the Westmorland County Show in Cumbria.
7.00 Cricket: Today at the Test (S,HD). England v New Zealand.
8.00 Springwatch (S,HD). 10/12. Chris Packham and Michaela Strachan share the latest live action from the nests.
9.00 Madness of King George: Lucy Worsley Investigates (S,HD). 4/4. How the attempt on George III's life changed psychiatry forever. Last in the series.
10.00 State of the Union (S,HD). 9/10. Scott and Ellen share a magical night together.
10.15 State of the Union (S,HD). 10/10.
10.30 Newsnight (S,HD). Headline analysis.
11.10 Weather (S,HD).
11.15 The Chris and Rosie Ramsey Show (R,S,HD). 5/6. The couple host the comedy entertainment show.
12.00 Sign Zone: Eden: Untamed Planet (R,S,HD). 12.50 Sign Zone: The Great British Sewing Bee (R,S,HD). 1.50 Sign Zone: Britain's Top Takeaways (R,S,HD). 2.50 This is BBC Two (S,HD).

ITV

- 6.00 ITV News London (S,HD); Weather.
6.30 ITV Evening News (S,HD); Weather.
7.30 Emmerdale (S,HD). Nicola is attacked.
8.00 Cooking with the Stars (S,HD). Kelly Holmes, Anne Hegerty, Dr Ranj Singh and Maura Higgins take to the kitchen in a series of head to head battles.
9.00 Doc Martin (R,S,HD). 2/8. Martin has to complete three refresher courses, starting with phlebotomy. Meanwhile, Louisa focuses on her new career as a child and adolescent counsellor.
10.00 ITV News at Ten (S,HD); Weather.
10.30 ITV News London (S,HD); Weather.
10.45 Million Pound Pawn (R,S,HD). 1/5. Return of the documentary about pawnbrokers and their customers, this time lifting the lid on the fast-moving world of luxury pawnbroking on the Costa Del Sol.
11.50 Jonathan Ross' Comedy Club (R,S,HD). Featuring sets from Nigel Ng, Bec Hill and Jordan Brooks.
12.20 Shop: Ideal World (HD). 3.00 Loose Women (R,S,HD).
3.25 The Cruise: Sailing the Caribbean (R,S,HD). 3.50 Unwind with ITV (S,HD). 5.05 Ant & Dec's Food We Love (R,S,HD).

CHANNEL 4

- 6.00 News (S,HD).
7.00 Live England International Football (S,HD). England v Hungary (Kick-off 7.45pm). The sides will be familiar with each other after meeting in Budapest 10 days ago, when the Hungarians recorded a shock 1-0 win thanks to Dominik Szoboszlai's 66th-minute penalty after substitute Reece James was adjudged to have fouled Zoltan Nagy just inside the area just after coming on. The nations were also paired with each other in the same qualifying group for this year's World Cup, when England prevailed 4-0 away after an excellent second-half display, but were held to a 1-1 draw at Wembley Stadium.
10.00 The Bridge: Race to a Fortune (S,HD). 3/8. The contestants finally discover they are not alone.
11.05 England International Football (S,HD). 12.05 Ramsay's Kitchen Nightmares USA (R,S). 1.00 Taskmaster (R,S,HD). 1.55 The Lateish Show with Mo Gilligan (R,S,HD). 2.50 Spreadsheet (R,S,HD). 3.20 Spreadsheet (R,S,HD). 3.45 Come Dine with Me (R,S,HD).
4.40 George Clarke's Old House, New Home (R,S,HD). 5.35 Jamie's Quick and Easy Food (R,S,HD).

LONDON LIVE

- 6.00 London Live News.
7.00 Never the Twain. Veronica appears on the scene.
7.30 After Henry. Sarah hatches a plan to stop her mother from intruding into her part of the house.
8.00 Goodnight Sweetheart. Gary returns to 1940 following an ultimatum from Yvonne.
8.45 Secrets of London with Mark Monroe. The hidden and more quirky parts of London.
9.00 Rudyard Kipling: a Secret Life. A profile of the author, which looks at how the writer's childhood and the loss of two of his three children influenced his work.
10.00 The Intercline Project (1974). A professor plots to eliminate the heads of his own industrial espionage network by tricking them into murdering each other. Spy thriller, starring James Coburn and Lee Grant.
11.50 The Violators (2015). Drama, starring Lauren McQueen and Brogan Ellis.
1.50 Film: She Did That (2019). Documentary about four successful black businesswomen. 3.20 Film: Electrician (2020). Drama, starring Rory Farrelly. 5.00 The Travel Bug.