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Gwyneth

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has given my life
meaning'

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interview

How
Gwyneth
got her
glow back

Finding the man of her dreams and becoming a mother picked Gwyneth Paltrow up when she needed it most - right after the heart-breaking loss of her father. She tells Tiffany Rose why she's thinking of giving up her day job. Photographs James White

To the casual observer, Gwyneth Paltrow leads a charmed life. She has an Oscar-winning film career, dozens of celebrity mates, a wardrobe to die for, and, in case you hadn't heard, over the past year she added a healthy baby girl and a rock-star husband to the list. Unsurprisingly, she also has a bit of a glow.

'Actually, I'm just sweating,' she jokes, taking a comfy seat in a stylish New York hotel suite, halfway through a press tour to promote her new film, *Sky Captain And The World Of Tomorrow*. It's the first time in months that she's had to work, and if her new, relaxed frame of mind wasn't already evident, she sparkles like that diamond on her ring finger at the mention of Apple, her five-month-old daughter with Coldplay frontman Chris Martin.

'Becoming a mother has completely altered my world. The second they put Apple on my chest, my life changed like that,' she says, clicking her fingers. 'It's the strangest thing. I seriously can't remember what it was like when she wasn't with me. She's given my life meaning and a context, and she's obviously so much more important than making films right now.'

It's not just motherhood and marriage that have made her rethink her priorities. Two years ago, within days of her 30th birthday, she lost her father to complications arising from cancer. The two were very close, and understandably, she took his death hard. Chris and Apple have clearly helped her come through it, and today, the woman sitting before me seems somehow different - not just because of her newfound curves. Her loose, honey-blond hair is shiny, her skin is creamy, with minimal make-up, and appropriately enough, given *Sky Captain's* retro, film-noir feel, she's chosen to emphasise her figure in 1940s-influenced clothes: a peach cashmere short-sleeved cardigan (with a few buttons undone, revealing an ample cleavage), grey pinstripe pencil skirt and teetering high heels.

It's a look that she seems to have been born to wear, and likewise in *Sky Captain*, she's a natural fit for the pin curls and skirt suits of the era - playing up to the classic Hollywood comparisons that have stuck ever since the beginning of her career. Set in a pre-war vision of the future, complete with zeppelins docking at the top of

the Empire State Building, it stars Gwyneth as a newspaper reporter who discovers that world-famous scientists are going missing. After New York falls under the attack of giant flying robots, she teams up with her ex-lover, ace fighter pilot Captain Joseph Sullivan, aka Sky Captain (Jude Law), to find a mad scientist bent on destroying the world. One of the most anticipated films of the year, it's a unique experiment - the actors were all shot against blue screens, with almost all the sets (including those giant robots) painstakingly drawn in with computer graphics.

Gwyneth admits it was a bit of a risk, but says she was instantly attracted to the character. 'I've always been drawn to that sassy, sexy, strong 1940s archetype - such as Lauren Bacall or Katharine Hepburn. I saw this as a great opportunity for me and I'd never done an action movie before.'

'BECOMING A MOTHER HAS COMPLETELY ALTERED MY WORLD. THE SECOND THEY PUT APPLE ON MY CHEST, MY LIFE CHANGED'

But don't expect any more action movies from her any time soon - or *any* movies, for that matter. After the January release of *Proof*, the film version of her hit play, co-starring Anthony Hopkins, she's taking a long break. In fact, it's all she can do to be a few rooms' distance from Apple. She's just come back from feeding her, and while she completes the whirlwind round of promotion for the film, including interviews on *Oprah* and a red carpet pit stop at the MTV Video Music Awards, she has hired a temporary nanny.

'I know this sounds like a cliché, but when I wake up I get that excited feeling you have when you're little, and it's Christmas morning.' She glances out of the window at the people bustling around Central Park. 'This has been the first time I haven't been with her all day, and it's hard. I'll see how I feel about going back to work, what I'm going to do and when, and try not to judge myself by the decision I make.'

For now, parenting books have replaced scripts, and an average day in the Paltrow-Martin household consists of timed feeds and nappy changing. 'We get up at seven and I feed Apple. Then she goes to sleep until 10, and then I feed her again. We might take a walk, but she'll be asleep a lot. We

play music around the house, then I'll feed her again. It's basically a lot of feeding, walks and baths together - which is my absolute favourite part of the day,' she smiles.

Unusually among her peers, she has opted not to have a full-time nanny. 'I don't feel I should be applauded for not having help,' she insists. 'I really love being with Apple. We had a baby nurse for the first few weeks and she showed me how to bath her and get her on to a proper schedule.'

'I'm sure if I go back to work, I'll hire one, so right now I'm just cherishing being with her while I can. But I'm not some superhero. If I want to get a massage, I'll ask her daddy to watch her, or we get a baby-sitter if we want to go out for dinner.'

Gwyneth and Chris divide their time between New York and London. They haven't decided which city Apple will attend school in, but she has dual citizenship. 'She has an American and a British passport with her fat little baby face,' Gwyneth laughs. 'It's hilarious.'

As is, she thinks, all the fuss surrounding Apple's name. Chris suggested it, and Gwyneth loved it immediately. 'To me, Apple conjures up such lovely things,' she says. 'Besides there are lots of people named Rose, Lily or Daisy. What's the big deal?'

Chris, she adds, 'is a fantastic daddy and very hands-on. He sings lullabies and funny joke songs to her all the time. She just loves his music. I played it a lot while she was in my belly. She adores her daddy.'

A self-confessed 'daddy's girl' herself, the loss of her father in October 2002 hit her hard. A producer and director for film and television, Bruce Paltrow had taken his daughter to Italy to celebrate her 30th birthday, while her actress mother, Blythe Danner (who co-starred with her in *Sylvia*), stayed in the US because she had to work. Father and daughter were staying with their friend, the fashion designer Valentino, when Bruce suddenly felt unwell and was rushed to hospital. The next day, he died.

Gwyneth's world was completely shattered. She said at the time that she never knew she could suffer so much, but she also realised that, 'I had to open myself up to a life in another way, to make it



worth something and make it about the right things and not waste time.'

Enter Chris Martin. At the end of that month, a friend introduced her to Chris backstage at a Coldplay concert in London. After a year of romantic dinners, reuniting on film sets and dodging the press, Gwyneth fell pregnant, and the couple eloped to Santa Barbara, on the Southern Californian coast. It was as low-key a wedding as they come - no friends or family were present when they exchanged vows on December 5th last year and, somehow, they managed to avoid the paparazzi.

'I've lived most of my adult life in a fish bowl and, for this one special day, I didn't want to be in the spotlight,' she says.

With two high-profile relationships - ex-fiancé Brad Pitt and Ben Affleck - behind her, Gwyneth is no stranger to being tabloid fodder. Motherhood, however, has made her even more wary of paparazzi.

'Jude told me it broke his heart when his children knew the word "paparazzi". He said it was as if they said the c-word out loud! I fear for Apple's safety, because if I'm being chased by men in cars, they are putting our lives at risk. She doesn't have to be subjected to that.'

That said, she remains philosophical about it. 'I'm a strong believer in fate. I think things work out in their own mysterious way. I really

believe in the Yin and Yang - you've got to be strong and take the good with the bad.'

It helps, of course, that she grew up in the business. Born in 1972 in Los Angeles, she was raised in a close-knit family, where her mother put her career on hold to raise her daughter and younger son, Jake. When Gwyneth was 11, the family moved to New York, where she enrolled in Spense, a prestigious girls' school. Her time at the University of California at Santa Barbara studying history of art, however, lasted just a year, because she was more interested in attending auditions than lectures. She soon got her break with the role of Wendy in 1991's *Hook*, after her father ran into family friend Steven Spielberg while in a cinema queue. It took another five years before she landed the lead in *Emma*, a film that would change her life in more ways than one. It helped her win a role in *Shakespeare In Love* - and a Best Actress Oscar, to boot. It also meant months living in London. Not that we endeared ourselves to her straight away.

'British people are so different from Americans,' she says, choosing her words carefully, with a wry

smile. 'But once you get to know them they're amazing - you just have to penetrate that shield! Now it's become a place where I really click with my friends. I love the parks and the theatre and the restaurants and the conversation. It's just a very special city.'

Her London friends include Kate Moss, Stella McCartney (who designed the costumes for *Sky Captain*), fellow emigrant Madonna and, of course, Jude, who she met when filming *The Talented Mr Ripley* in 1999. They became great friends and it was partly the opportunity to work with him again that led her to sign on to make *Sky Captain* - before she even saw a script. (Neither did they earn a penny for their work - instead they'll get a percentage of the profits.)

Now that she has Apple, it will take a lot to get her on to a film set. A biopic of Marlene Dietrich is being written with her in mind for the lead, but shooting isn't scheduled to begin until 2006. All of which means she's under no pressure to lose the baby weight - not that it shows that much on her 5ft 10in frame.

'I gained about 35lb - not much, but it's not 20lb and it's not 75lb either,' she shrugs. 'My mother told me, "You can't diet when you're breast-feeding." I was frustrated for the first three months because I didn't lose any weight, but when I started exercising again - Pilates and yoga - it slowly came off. Still, I hear you

stay 10lb or 15lb overweight while you're breast-feeding, so I'm trying to enjoy my new curves!'

There was a time when the thought of never working again would have petrified her, but today, a much calmer, more laid-back

Gwyneth merely shakes her head. 'The most important thing to me is my family. If I don't work for a while, it really wouldn't be the end of the world now, would it?' And with that, she gets up and heads off to her next appointment, the end of the day in sight. ■

Sky Captain And The World Of Tomorrow is out now

'JUDE TOLD ME IT BROKE HIS HEART WHEN HIS CHILDREN KNEW THE WORD "PAPARAZZI"'



Clockwise from top: Gwyneth, Oscar and proud father; on the set of *Sky Captain*; Chris and Apple



Close

