

'I was always half pissed in Atomic Kitten!'

Jenny Frost reminisces about her 'wild' girl band days and reveals all about her life since she ditched the UK for Ibiza nine years ago

As we pull up a sun lounger next to Jenny Frost in the scorching Ibiza sunshine, we can hardly believe our luck. The former Atomic Kitten star has invited us to the Spanish island, where she's lived for the past nine years, to fill us in on what she's been up to since leaving the UK, as well as delving back into her former life as a member of the chart-topping girl band.

It's little wonder the star has hung up her microphone in exchange for a fabulous life abroad since falling for her businessman hubby Vincent Juan Spiteri during a holiday on the island in 2009. They live in a gorgeous villa and are now parents to six-year-old twin girls Nico and Blake. Jenny's son Caspar, 11, whose dad is her ex-fiancé DJ Dominic Thrupp, also lives with them.

The 41-year-old singer, who was also in the girl band Precious in the late 90s, tells us that she never planned a career in music and says she'll probably never perform on stage again.

"I feel very, very lucky that I had those opportunities, but singing wasn't something on my agenda," she tells us. "I was just taking a friend to an audition for Precious back in 1998 and I got roped into doing it. I ended up getting the job and my friend didn't – it was completely mad!"

Now, Jenny leads a very different life to what she calls the "scally party days" of the early noughties, when she hung out with notorious former party girl Davinia



Taylor and fellow Kittens Natasha Hamilton and Liz McClarnon.

"We had some wild times," Jenny laughs. "I can't tell you how happy I am that there were no camera phones back then!"

These days, the sun-kissed star fills her time with school runs, tennis lessons and acupuncture sessions. But while it all sounds idyllic, behind her glowing tan and chilled-out vibe, Jenny confesses she's recently had a very tough time – which she believes is the result of having her hormone coil removed.

Over a frozen strawberry daiquiri by the pool at Beach Star

Hotel, the star opens up about her recent health struggle, life as a mum and why she can't see herself appearing on stage with Atomic Kitten any time soon...

Hi Jenny. How do you find living in Ibiza?

I love it, but I obviously miss my family and friends. And the supermarkets. And I really miss Boots! Caspar's dad lives in the UK, so he went over in the Easter holidays. I flew to London to pick him up and took an empty suitcase with me. The woman in Boots looked at me as if I was absolutely mental because I was stockpiling!

We don't blame you! How often do you go back to the UK?

Not that often. I probably go back more in the winter months, because everyone comes to me in the summer. I don't know why, but I'm a lot more popular in the summer [laughs]. I've always got a house full of guests here.

Do you think you'll stay in Ibiza forever?

The plan is to stay here, but my husband knows I'm a complete weirdo and if the kids go to university in the UK, I'll say, "I think we should move back." I'll want them to be able to come home for Sunday lunch. ▶



'I love Ibiza but miss my family and friends. And I miss Boots!'

'I've struggled with mental health my whole life'



▶ Although they'll probably want me to stay in Ibiza so they can fly out and get a bit of sun for a weekend.

Tell us about a typical day on the island...

I've been intermittent fasting through the week since October, so I only eat between 2pm and 10pm Monday to Friday. I wake up at 6.30am and the first thing I do is make myself a black coffee. Then I get the kids ready and drop them off at school. After that I do a gym class then work on Beach Star Hotel stuff throughout the season. The winter months are more chilled. I spend time with my husband, go to the supermarket, potter round and take the dog for a walk.

It sounds blissful! Are you fasting to lose weight?

I did in the beginning, but I'm not doing it for weight loss now. If it was to lose weight, I'd be eating fewer calories than I do between 2pm and 10pm. It's like I've been let loose on the fridge when it gets to 2pm! I'm doing it because

it's said to lower the chances of diseases like cancer. I've lost both parents to cancer, so I'm very aware of it. I don't fast at weekends because I like to sit and have breakfast with the kids.

How are they doing?

Great. Caspar is 11 now so he'll be going to big school soon. He's just started doing his own hair. We're definitely in a new phase. In the next couple of weeks it'll get to the point where the kids will get out of the car from school and jump straight into the pool. The girls will take their uniforms off to do it. Caspar won't – he's crazy!

Does he speak fluent Spanish?

Yeah. I'm so lucky, all the kids are amazing at it. We took his technology off him for three months at the start of the year because he was spending far too much time on the game *Fortnite*. I noticed he wasn't communicating with us as much as he used to. He had a complete meltdown when I first took it off him, but the next day he was on his guitar and he's



been reading more since. He's back on it now, but the detox worked as he's not as interested as before.

How are the girls doing?

I'm sure they're lulling me into a false sense of security and they'll turn into little nightmares when they hit their teens and be a bit naughty and cheeky, but right now I'm very lucky.

Which one is most like you?

Blake. She's a massive introvert but also an extrovert. She's really shy if you don't know her. But when she gets to know people, she's an absolute wally, like me! Nico's a lump of love. I think she might become a lawyer – she'll defend anybody. If her brother says, "The sky is sparkly green," she'll say, "Yes, I saw it, too." We're a very loving, supportive family. I'm so lucky. Although I wasn't feeling myself earlier in the year.

What happened?

I had the Mirena coil removed after five years and I had some side effects. I felt really, really down. I got really sad and angry – it was a complete roller coaster of mood swings. I did some research and some people have called it the Mirena crash. It's been dripping this hormone on a daily basis for five years

and all of a sudden it's taken away and your body starts firing all these hormones at the wrong pace.

What were the side effects?

It got to the point where I'd be having a conversation with someone and I'd have to run to the toilet and projectile vomit. My boobs were massive. I felt like I had mastitis. There's lots of forums where people talk about the Mirena detox, which people do before they have it removed, and it's said to soften the effects of what I went through. I asked the gynaecologist if there would be any side effects of getting the coil removed and she said no. When I posted on my Insta stories about what had happened to me, I had hundreds of messages from women who'd had exactly the same experience.

When did you first have it put in?

Towards the end of 2013. I'd just had the girls. You can have it for five years. I had it on the recommendation of my gynaecologist. I'd been on the pill before that, which didn't massively agree with me. When I had the coil fitted, I was suffering with postnatal depression. About six months after having the coil, I started to lose my hair

and my moods were more up and down than usual. I put the symptoms down to postnatal depression, which I had for nearly two years, but now, after doing research, I've read one of the side effects of Mirena is hair loss.

How long did your down period last for?

I've only recently started feeling myself again, so I'd say about three months in total.

Did you change your lifestyle during that time?

I didn't have any alcohol for five weeks, which is a long time for me [laughs]. I changed my diet, took supplements and had acupuncture once a week. I also ate loads of sauerkraut –

fermented cabbage is meant to flush your body out. The second month was the worst. I was working out five times a week and just eating berries all day. I cut out processed foods. I don't eat much red meat, I'm probably 80-90 per cent veggie, but I do like a bacon butty now and again!

What did Vinnie do when you were feeling down?

The worst thing was, while I was in this really bad phase, being sick and with my comedy boobs, he was away on a 10-day fishing trip with his dad and his brother in Manila. So I was with the kids on my own. I was like, "Don't worry about me, I'm just losing my shit over here!" It was

probably good he wasn't there, because I was feeling angry and he's the one who always gets it. I've struggled with mental health my whole life – I've seen therapists on and off since I was 16. I'm a great believer that if you've got something in your head, it's good to get it out.

Do you see a therapist now?

No, I sporadically see a hypnotherapist, so if I'm ever feeling a bit negative and not appreciating the life I've got, I go and have a bit of a reboot.

How do the sessions help?

I always feel really lovely afterwards, like I do with acupuncture. The acupuncturist does massages, cupping and

acupuncture, so I kind of float out of there. But yeah, overall, I feel like I've levelled out and I'm much more myself.

You've been a singer and you've also done some presenting in the past on *OK!* TV. Which did you prefer?

I loved presenting because I love chatting to people. I enjoy that part of being in a band too, but being on stage was not my favourite part of it. I love the girls and I loved the experience we had travelling the world, but being on stage was always quite nerve-racking. I was completely winging it.

In 2015, you said in an interview that you don't speak to Natasha and Liz any more...

That was after [ITV2 show] *The Big Reunion*. They asked me to do it and I didn't want to, so we had a bit of a fallout over that and we didn't speak for a while. It's as simple as that. I was pissed off with them, they were pissed off with me. That lasted a couple of years and we're back to where we were now. Liz can't come here because she's got a severe fear of flying. I'm always like, "Get a bloody kayak!" Tash was here last year and she's coming again this year. Last year she came with Charles [Gay, her fiancé] and we had a really nice time, but this year she's coming with the whole family – her mum, dad, the kids – so that'll be great fun. I'm looking forward to having a big party at my house.

Were you worried you wouldn't sort it out with them when you first fell out?

We're like sisters. The relationship we had and have is very... you know when you spend so much time with someone, there's no airs and graces, if you're cross, you say it, then once it's all blown over and you've got it out of your system, there's a bit of a sulking period. Then it's like, "What you up to?" When we sorted it all out it wasn't like, "Let's talk this through, let's be friends again." It was organic.

What's your favourite memory of touring with the girls?

I wish I had more of them because I was always half pissed! We were wild in Asia. Everything was great. We were three young girls with no responsibilities, travelling the world and being looked after. We were princesses. Looking back, it's like an absolute dream, it's ridiculous. These days I've constantly got three backpacks on, a guitar, two

'I'll have my boobs uplifted in the future. They need it!'



ukuleles, thinking in my head, "Oh my God, where's my tour manager to carry this shit?!" It's a completely different life. I'm very grateful I had those experiences. I wish I appreciated them more at the time. I have nothing but positive memories of being with the girls. They worked so hard to get into the band and I was just in the right place at the right time, so I've always been very grateful for that.

Would you ever have a reunion with Atomic Kitten?

No, not on stage with the band.

Does performing live still put the fear in you?

Even more so now. I don't think anyone wants to see me prancing round in my hot pants any more.

You look amazing! What's your stance on cosmetic surgery?

I'm all for whatever makes you feel better about yourself. It's very easy to go too far and people need to be careful, but if you've got good friends, good family and good advice, I think do whatever makes you happy. I don't understand how people who have gone too far don't have friends that say, "Right, stop now."

Have you had Botox?

Yes, I still have it. I don't have fillers. I'm too scared. I probably will at some point in my life, but not right now. I had my boobs done 11 years ago. I've been to have them checked and I don't need them redone, but I will have them uplifted in the future. I've breastfed three children, so they need it!

Going back to your pop star days, do you ever see any of the other celebs from that time?

Duncan [James, from Blue] stayed here last summer. He's funny and a real character. Other than that, not really. Even back then I never really had many friends in the industry. I've been really lucky that I have a group of seven of us that have been best friends since we were teens. Cassie Lomas is one – she's been my best friend since we were 14 and was my make-up artist in Atomic Kitten. And Sophie McDonnell from my Precious days. Davinia Taylor is there, too – she's about to celebrate ten years of being sober, which is amazing. We all get together a couple of times a year and call it "lockdown". The next location

is the end of June at my house. **You've helped to design the pool and bar area of Beach Star Hotel in San Antonio. What was your inspiration for it?**

It's all stuff I love. Designing it was a team effort with Vinnie and our resident DJ, Anton. I can lose myself on Pinterest for hours

in the night when I should be asleep. It's like porn for me! I'm doing up my house at the moment, building a guest house, so I'm using Pinterest a lot.

LISA BLAKE

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Dr Alex Eskander, Consultant Gynaecologist at The Gynae Centre, explains, "Jenny's symptoms are very rare. From those described, it may be that she is at risk of depression as she developed postnatal depression in the past and was therefore susceptible to hormone changes.

"People talk of the Mirena crash after removal, but it is difficult to believe that is due to withdrawal of progesterone as this is a natural hormone, secreted each month after ovulation, and is what leads to the symptoms of premenstrual tension. The most common side effect of the Mirena coil is breast tenderness. Less common side effects include

nausea, vomiting and, rarely, hair loss, though excess hair growth has also been reported.

"There are many benefits of the Mirena coil, mainly reduction of menstrual blood and control of heavy periods. It is also an excellent contraceptive with a very small failure rate of 0.03 per cent. I've only heard of the Mirena detox referred to online and cannot see any benefit to this because progesterone in the blood is rapidly bound to proteins, most of which are excreted through urine in less than 24 hours. So any side effects should disappear just a few days after removal of the Mirena coil."

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