

# FAIRY TALE

APRIL 2008 RSA R22,95 (R2,82 VAT INCLUDED)  
OTHER COUNTRIES R20,13 (TAX EXCLUDED)  
NAMIBIA N\$22,95 KENYA Ksh460

**YOUR DIET**

**EAT YOURSELF 5 YEARS YOUNGER!**

**FASHION & BEAUTY**

**CONFIDENCE BOOSTING WORKWEAR FABULOUS NEW MAKE-UP: PERFECT PINKS**

**WOMEN WHO CHOOSE NOT TO DRINK - COULD YOU?**  
(and still have a social life)

how to make him...

- GET MARRIED
- STOP DRINKING
- LOSE WEIGHT
- QUIT SMOKING
- HAVE KIDS

**BONDED**  
IS MARRIAGE THE NEW MARRIAGE?

*maybe* ♥ **BABY**

**WHY IT'S FUN TO PUSH BOUNDARIES IN THE BEDROOM...**



**20 EASY WAYS TO GET SORTED!**

*Anne Hathaway*  
**IS SHE THE NEW JULIA ROBERTS?**

# lose

LONG-TERM  
SOLUTIONS AND  
SHORT-TERM QUICK  
FIXES FOR A  
WHOLE NEW YOU.

# 10 YEARS *off your* FACE!

## RADIANT AND YOUTHFUL

In your 20s your skin's cells regenerate approximately every 20 days, so new plump cells reach the surface of the skin fast. In your 30s, it's every 30 days, and in your 40s – well, let's not go there. So what's a gal to do?

### IN THE CHAIR

A dermabrasion treatment is a quick fix for dull skin. Super-fine crystals are blasted onto the surface of the skin to exfoliate superficial cells so that your complexion looks fresher and more refined. Two or three treatments have a positive effect on the skin, but a fourth – and subsequent treatments – can do the opposite. So think twice before you go overboard.

Dermabrasion should always be performed by a qualified therapist at a reputable salon, spa or aesthetic medicine clinic.

### AT HOME

Woolworths Dermo Recovery Facial Re-Texturising Kit (R225) contains fine crystals, hydroxy acids and Vitamin C to boost skin radiance. Apply a measure of Dr Sebugh Pure Vitamin C Powder Cream (R1 200) directly to your skin – the powder turns to cream as you apply it – for immediate radiance. We also love the convenient Skinvitals C-Brighten Cloth Facial Treatment Mask (R29,99). Apply Environ C-Boost (R165) morning and evening under your day and night cream. This light cream-gel is an excellent long-term investment for a younger looking skin.

## FIRM AND SMOOTH

As skin starts to lose its firmness, you start to look tired, and it seems that no amount of R&R can make you look better.

## IN THE CHAIR

Non-surgical cosmetic procedures for women between 35 and 50 are on the up and up. Less invasive equals less downtime, fewer risks and, when performed by a skilled medical specialist, can delay or even do away with the need for cosmetic surgery later in life. Both Titan and Thermage firm skin the non-surgical way. Titan uses infra-red light to tighten and firm, while Thermage relies on radio frequency technology. The new kid on the block from Syneron Medical Ltd. is the Matrix IR. 'Banking' collagen for the future is what all these

treatments do, with results visible over time. For more information on Matrix IR, call Argento on (031) 561 4028.

## AT HOME

Products that contain peptides and retinol combat inflammation, improve skin structure and boost cell communication, all necessary to improve skin tone. Innoxia Skin Lift & Firm contains Matrixyl, which promotes firmer, smoother skin. Dior Capture R60/80 XP Ultimate Wrinkle Restoring Crème Light (R855) packs firming ingredients derived from stem cell research into a remarkably light-textured cream. For precise application, try Good Skin Tri-Aktiline Instant Deep Wrinkle Filler (R350) with Argireline and antioxidants, Garnier UltraLift Deep Wrinkle A (R124,95) or RoC CompleteLift Lift Pen for Eyelids and Bags (R220).

## FAKE IT FAST

Clarins Eye Revive Beauty Flash (R295) immediately tightens the skin around your eyes so that your make-up lasts longer and looks lovelier. Revlon's Age Defying Instant Firming Face Primer with Botafirm (R135) keeps foundation looking fresh and helps to smooth lines.

## UNDER THE RADAR

A New Age skin diagnostic machine gives you a peek at your skin on a deeper level. Once over the initial shock, you'll be able to deal with your specific problems like pigmentation blotches, capillary damage and bacteria responsible for causing spots, before they become visible. VISIA Complexion Analysis is offered at Sandton Aesthetic Institute (011) 883 3116, Renew Clinic (011) 514 0800 and The Bay Skin Care Institute (021) 438 9800. ✦

PHOTOGRAPHS: ANEL VAN DER MERWE

## BONAQUA ADVERTORIAL

**100% fun!**  
 Flavourful and funky, there's never been a better way to keep cool.

You're going to love Bonaqua's new range of still flavoured drinks, available in four fabulous new flavours: Outstanding Orange; Smashing Strawberry and Watermelon; Adventurous Apple; and Gorgeous Grape and Apple. Besides tasting delicious, each drink is enriched with a combo of vitamins B3, B6, B12, E, and Biotin. So feel good! The new range is sweetened with sugar and available in a 350ml bottle complete with a sports nozzle to allow you to drink it on the run. It's a great way to stay cool.

For more information, visit [www.bonaqua.co.za](http://www.bonaqua.co.za)  
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