

fit **ness**

MUSCLE
EXCITATION

beat the cheat

Find out why cheating on your diet can be a good thing, and what healthier choices you can make

HOLIDAY workout

Avoid adding extra kilo's with our holiday nutrition plan and work out while you're away

fuel your figure

How to get better results from your time in the gym

THE TRUTH ABOUT CELLULITE

How to turn your oranges to apples

INFO INSIDE

Altitude training

Training Journal
Proper form for squats

Fitness with Nicole
Part 4 of our workout series

R37.95 incl VAT

Other countries R 33.29 excl TAX





BEAUTY MUST HAVES

it's a chick thing... good hair days

With summer here, your hair is probably in desperate need of some TLC. Check out StyleScoop's top hair picks and three steps to fabulous, gorgeous summer hair.

HEAD & SHOULDERS HYDRATING SMOOTH & SILKY SHAMPOO

A gentle, pH-balanced shampoo suitable for everyday use will fight dandruff while hydrating dry or damaged hair. (R37.99)

ghd GUARDIAN CONDITIONER FOR COLOUR TREATED HAIR

Help preserve the vibrancy of your hair while cleansing and enhance elasticity and shine (R195)



ghd OPULENCE MASK FOR COLOUR-TREATED HAIR
A luxurious, weekly treatment to help keep your colour more vibrant for longer (R260)



THERAVINE

HAIR PROTEIN CREAM MASK

HAIR CARE

125 ml / Net Wt 4 oz

THERAVINE HAIR PROTEIN CREAM MASK

Give your hair nourishment and hydrate with therapeutic qualities, essential oils and soothe an irritable scalp (R210)



PANTENE PRO-V TRIPLE AMINO INSTANT REPAIR TREATMENT

Penetrates the hair to help replenish amino acids that are lost in the hair (R59.99)



ghd PRECIOUS Limited edition Christmas styler for sleek, straight locks. (R2 400)

ghd PURIFYING SHAMPOO

Remove oils, pollutants and product build up in your hair (R160)



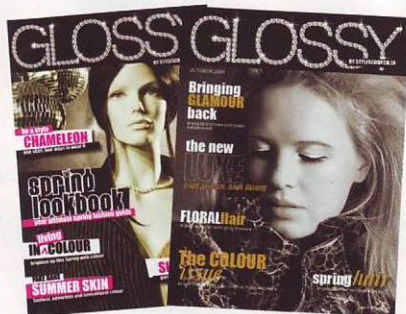
WELLA HIGH HAIR DESIGNER SPRAY
No more helmet-hair! Keep your hair styled for longer (R73)

WELLA HIGH HAIR SLEEK WONDER
An ideal product to keep your hair frizz-free this summer. Tames and straightens hair from roots to ends even when exposed to humidity (R198)



L'OREAL STUDIO MINERAL CONTROL MESS IT UP PUTTY

Sick of gel? Try styling putty to give you hair great texture and style (R54.95)



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