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MUSCLE
EVOLUTION

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*your
new year's
guide to a*

GREAT BODY

Get the most from your fitness
lifestyle in the new year!

info inside...

FITNESS PLATEAUS

Overcome training obstacles

VEGETARIAN PROTEIN

Make the most of
your protein options

DIABETES & TRAINING

Balancing your training and
health needs

LEAN OUT

6 Tips to get you meaner
and leaner for 2010

DETOX

Cleanse your body
after the festive
season indulgence

R37.95 incl VAT

Other countries R 33.29 excl TAX



January - February 2010 issn 1816-2452



BEAUTY
MUST HAVES

it's a chick thing...

summer must-haves



easiSLEEP
A natural, non-addictive formulation of plant extracts to help combat insomnia.
R46.29 for 20 caps

NUTRIWOMEN EYE HEALTH CAPSULES

These capsules help with moisture and combating macular degeneration.
R91.95 for 60 caps

THERAVINE MOISTURIZING PINOTAGE FOOT OIL

Leaves you with satin smooth skin and improved circulation.
R165.00 for 50ml

ghd SEA SPRAY

For matte waves and great texture giving you surf-style waves.
R190.00 for 150ml

CRABTREE & EVELYN LA SOURCE REVITALISING FOOT SMOOTHER

Renews dry, rough feet and contains a blend of pumic, shea butter, peppermint oil and marine extracts. R220 for 150g



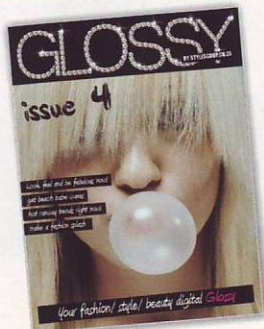
OLAY REGENERIST DAILY THERMAL POLISHER

Gently self heats when applied with water to give you a great cleanse. R164.99



ESTEE LAUDER SUMPTUOUS BOLD VOLUME WATERPROOF MASCARA

Ideal for even the sparsest lashes, helps load on the volume and keep it locked in.
R264.00



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