

GLAMOUR

MARCH 2010 R26.95 (Incl VAT) OTHER COUNTRIES R23.64

South Africa

Rihanna OPENS UP

"I'm stronger, wiser,
more aware"

"THAT THING I DO IN BED"

Naughty ideas from our
favourite experts – you!

112 HOLLYWOOD HOW-TOS

STAR INSPIRATION FOR YOUR BIG NIGHT OUT!

GIVE YOUR LITTLE BLACK DRESS STYLE MILES

FASHION TIPS FROM KATE MOSS & SARAH JESSICA PARKER

EASY BEAUTY

Goddess hair
Killer nails
Sexy skin

EAT DRINK ENJOY!

And still
lose weight!

WIN!

R88 500
HANDBAG
MUST-HAVES!
Fragrance, phone,
makeup and more

CRAZY BUT GENIUS WAYS TO GET A JOB



A BETTER BODY? It's as easy as...

Forget nips and tucks! Try this heavenly body trinity.

A = **ABRASIVE SCRUB**
Sugar and salt blends feel satisfyingly gritty.

Used on dry or wet skin, **REN Moroccan Rose Otto Sugar Body Polish** (R450) leaves skin feeling smooth and smelling so good you can skip your usual fragrance spritz.

B = **BODY OIL**
After your bath, lock in moisture while your skin's still damp with one of these.

Packed with skin-softening Vitamin E and skin-toning Vitamin A, **Bio-Oil** (R42.99) is also ideal for parched elbows, knees and cuticles.

C = **CONTOURING CREAM**
Trade your lotion for something with extra benefits.

RoC Retinol Multi-Correxion Body (R325) is full of skin structure-improving retinol to tone and firm dimpled areas.

Aromatherapy Relaxing Exfoliating Body Scrub (R45.99) is tough on dead skin cells but gentle on you; the calming blend of lavender and neroli will have you hooked.



Yardley Skin Scars & Stretch Marks Hydro Tissue Oil Spray (R65.95) is a light, easily absorbed spray that not only hydrates but helps minimise the appearance of scars and stretch marks after four weeks.



Spike your usual dollop of cream with six to eight drops of this shape-enhancing elixir. The caffeine and botanical ingredients in **Clarins Body Shaping Supplement** (R540) increase circulation and aid lymph drainage.



Made with French Lavender essential oil, **SpaRitual Open Minded Organic Sugar Scrub with French Lavender** (R461) soothes and restores dry skin. Add it to your bedtime bath for a good night's rest.



Rich in essential oil, **Dr Hauschka Lemon Lemongrass Body Oil** (R296) helps firm skin.

Developed in the heart of Stellenbosch, **Theravine Sculpt-O-Vine Contouring and Firming Body Cream** (R340) includes grape-derived ingredients that moisturise and firm skin.



LOVEWATERLOVE



CLASSIC

NEW

NATURAL