

INSIDE: DETOX - HAVE YOUR CHAMPERS AND DRINK IT



'I can smell BS!' Why we ♥ Adam Lambert!



You won't BELIEVE who they're dating!



DANNY! LARRY!

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We're back with a bang!

R18.95 incl VAT. 16 - 22 January 2010

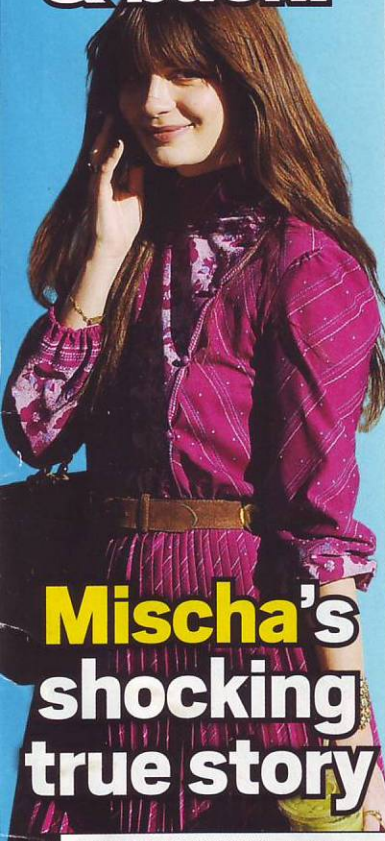
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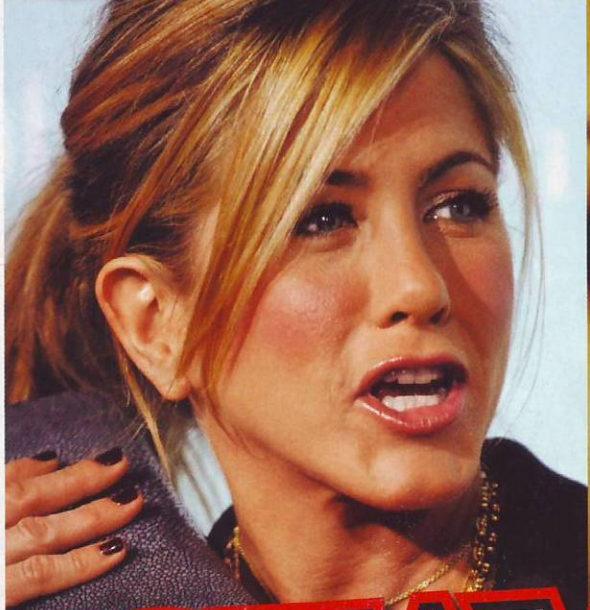
Meet your **2010** style gurus!

EXCLUSIVE!

To hell & back!



Mischa's shocking true story



'STAY AWAY!'



Brad's desperate pleas to Jen!

Issue 295
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Solutions!

5 Check the expiry dates

Make sure that your beauty products haven't passed their expiry dates. If they have, throw 'em out! Once products are exposed to air, germs and your fingers, they can cause irritations, breakouts and even skin infections. Mascaras need to be replaced after every three months to avoid eye irritations!



R100
Rimmel The Max Volume Flash Mascara in Ultra Black



R90
Rimmel Sexy Curves Waterproof Mascara in Black



Lauren Conrad

9 Trim your ends every eight weeks!

To keep your hair looking healthy, trim it every eight weeks. Get into a routine and book the next appointment every time you're at your hairdresser!

7 DIYfacials: an easy way to look good

Invest in a good mask and scrub set so that you can save some cash by doing your own facials!



R37
Rooibos Gentle Exfoliating Face Mask, 50ml

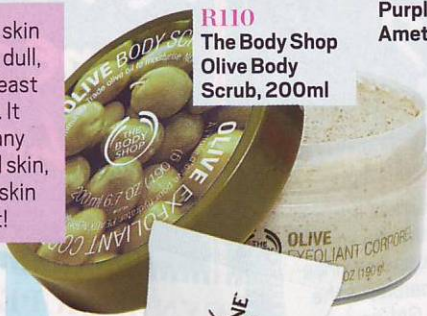
R75
Neutrogena Visible Clear Blackhead Eliminating Daily Scrub, 150ml

6 Exfoliate once a week

To keep your skin from looking dull, exfoliate at least once a week. It will remove any dry and dead skin, leaving your skin more radiant!

R130
Revlon Double Twist Mascara in Blackened Brown

Heat loves this!



R110
The Body Shop Olive Body Scrub, 200ml

R125
Almay I-colour Eyeliner in Purple Amethyst

8 Try out a new colour

One of the quickest ways to change your look is to try a new colour, especially one you wouldn't usually wear! It's fun to experiment with make-up, and there are loads of colours available! We're so spoilt for choice!

R79.95
Rimmel Moisture Renew Lipstick in Coral Queen

R66
Nivea Visage Gentle Exfoliating Scrub, 75ml

R110
TheraVine Grapeseed Facial Exfoliator, 50ml

R30
Essence Eyeshadow in Hypnotic Blue



Peaches Geldof

10 Check your spots!

It's important to check your own skin, preferably once a month. Be on the lookout and tell your doctor about any spots, moles or freckles that look different or have changed in size, colour or texture... it could mean the beginning of a melanoma!

Stockists Almay 011 971 0800 (at Revlon) Chanel 021 442 7700 (at Prestige Cosmetics) Edgars 0860 334 277 Essence 0860 254 257 (at Clicks) IQ 0860 254 257 (at Clicks) Jay Jays 021 900 1297 Meltz 011 555 0600 Mr Price 031 310 8000 Neutrogena 011 807 7133 Nivea 021 460 1911 Revlon 011 971 0800 Rimmel 021 507 8558 Rooibos 021 514 3100 (at African Extracts) The Body Shop 011 883 9060 TheraVine 021 886 6623 Truworhs 021 460 2300 YDE 021 460 2800