

INSIDE: MEET HOLLYWOOD'S MOST SPOILT BRATS!



**INSIDE:
Gigi goes
NAKED!**

**GIGI: What
really goes on
in strip clubs...**

**OSCAR ROCKS
ITALIAN
SURVIVOR!**



GET HEAT ON YOUR PHONE: m.heat.co.za!

South Africa's only weekly glossy!
R18.95 incl VAT. 8 - 14 May 2010

www.heat.co.za

heat

**heat
5 STAR
AWARDS 2010**

**VOTE
FOR YOUR
FAVOURITE
THINGS &
WIN!**

EVERY TUESDAY!

**BEATEN
UP!**



**KIM K's EX
HORROR!**



EXCLUSIVE!

**'YES, I'M
PREGNANT!'**

Ecstatic Lee-Ann's baby news!

Issue 311



4. Facial

Say bye-bye to bags, blemishes and blocked pores... and hello to clear, glowing and fresh skin!

With the right products and know how, it's easy to get salon results in your own bathroom. Here's how...

1. Cleanse

Your skin will be drier in winter, so go for a milky cleanser like the Clarins Pure Melt Cleansing Gel. It's gentler and will absorb extra oil without stripping your skin of its natural oil.

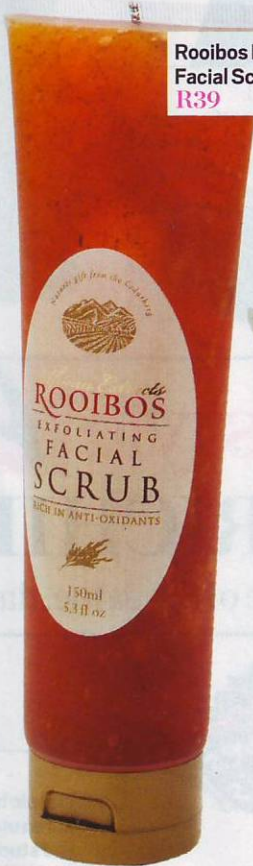
2. Exfoliate

Start by removing all the dead skin cells that make your skin look dull and grey! A good exfoliator is gentle and has fine granules and can often be used up to three times a week.

3. Nourish

Use a hydrating mask after exfoliating, it will keep your skin in great condition throughout winter and give it a healthy glow.

**Yves Saint Laurent
Natural Action Exfoliator
Granule-free Radiance
Revealer, 75ml R375**



**Roobos Exfoliating
Facial Scrub, 150ml
R39**

**IQ Rescue Mask Home
Facial Clay & Herbal
Detox, 75ml R90**



**Clarins Hydra Quench
Cream-Mask, 75ml
R365**



**Clarins Pure Melt
Cleansing Gel,
125ml R295**



**Theravine Grapeseed
Facial Exfoliator,
50ml R224**



**Prevage Face
Advanced Anti-
Ageing Serum,
30ml R895**



**ROC Complete
Lift Serum Lift
Flash, 30ml
R395**



Kate Bosworth