

SHAPE

A healthier, happier you!

FREE
workout cards
Inside!

Eat cake
& still lose
weight!
p58

Live your best life!

- * The Love Yourself diet: the plan every woman wants
- * Love your body: start today!

21 (fast) natural health fixes

Take an inch off your hips

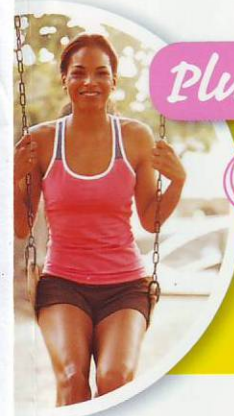
HEALTH REPORT

How clean is your home?
Our must-read exposé

THE WEDDING WORKOUT

Be ready for any event!

Plus! Put the fun back into exercise



7 secrets of happy couples



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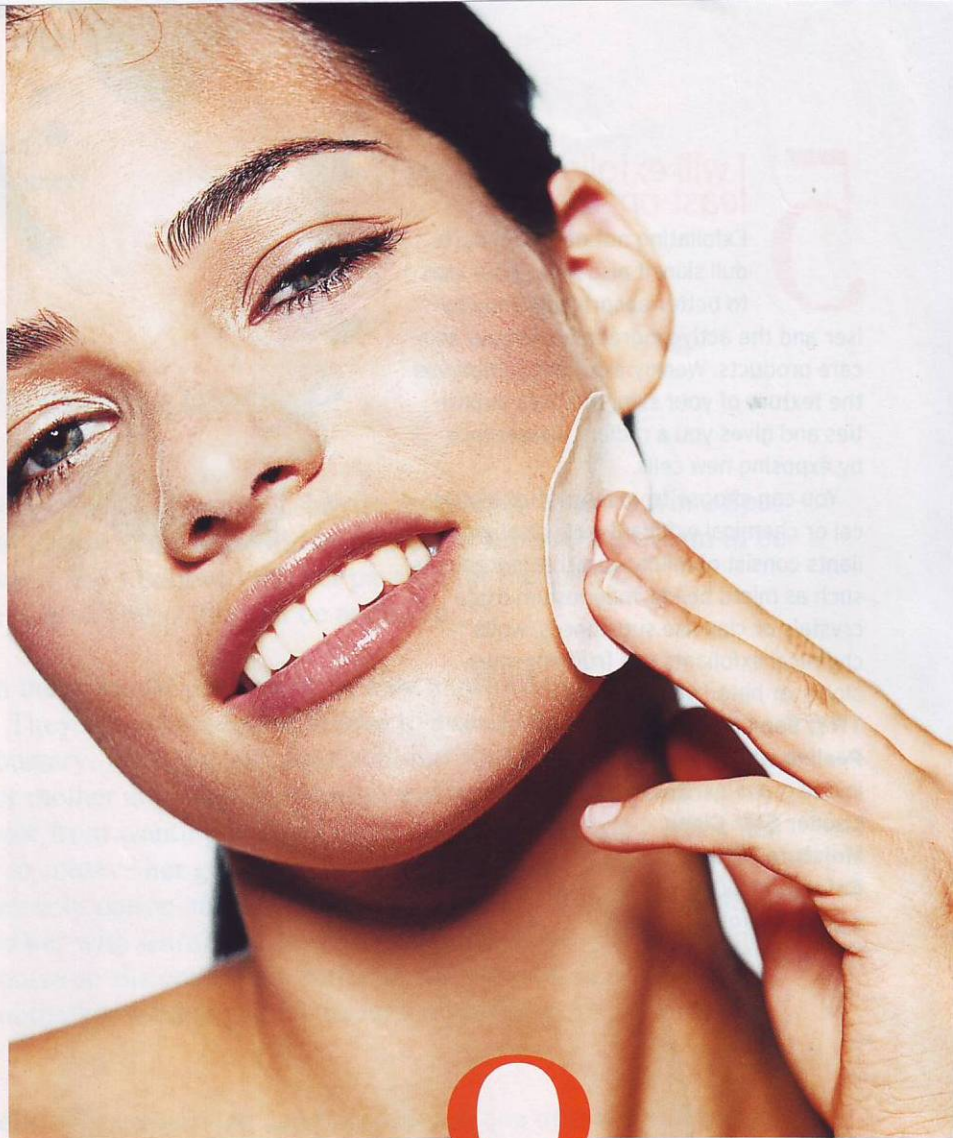
I will firm my neck

In *I Feel Bad About My Neck* (Vintage), writer Nora Ephron famously said "Our faces are lies and our necks are the truth." To know the true age of a woman, one need only look at her

neck, décolleté and hands.

Repeat after me: "My face stops at my bust". Apply any facial treatment you use all the way down your neck (think day cream, night cream, serums, sunblocks); if there is any left over, use it on the backs of your hands. Always apply products to the neck from the bottom up, working against gravity. Use a specific product to protect and repair the delicate skin of the neck and bust.

TRY: Theravine Ultravine Pro-Firming Serum; Dermaxime Rejuvenating Neck Cream (also see Editor's Choice on p94)



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I will use an eye cream

The eye area is one of the first places to show signs of ageing. This may happen as early as your 20s. The skin under your eyes thins out in your 30s and beyond, making the blood vessels there more obvious and the area look darker. A study published in the *Journal of Cosmetic Dermatology*, found that eye creams containing a derivative of vitamin K, as well as vitamins A, C and E, were most effective in reducing dark under-eye circles while also decreasing wrinkles. Try sleeping with your head slightly elevated. This prevents fluid collecting under your eyes, which creates shadows.

Daily moisturising reduces the appearance of fine lines, wrinkles and dark circles, "But you also have to live a healthy lifestyle," says dermatologist Gervaise Gerstner. "Cut down on high-sodium foods, get enough sleep, and drink plenty of water."

TRY: La Mer The Eye Balm, which, while pricey, lasts for ages; **RoC Wrinkle Correxion Eye Cream**

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I will set a good skincare example

Building a foundation in good skin care is very important. Learning the basics of good skin care by your side will help your daughter feel beautiful and treasured, build confidence, and a strong bond with you.

TRY: Dermalogica Clean Start range; Garnier Skin Naturals Pure-Active Blackhead Clearing Scrub (ideal for teenage skins)

◀ **Dermalogica Solar Defense Booster SPF30 & Elizabeth Arden Eight Hour Cream SunDefense For Face SPF50**

◀ **Thalgo Foaming Marine Cleanser**

◀ **Estée Lauder Soft Clean Moisture Rich Exfoliator**

◀ **Jo Malone Lotus Blossom & Water Lily Cologne**

◀ **Clinique Youth Surge Night Age Decelerating Night Moisturizer**

