

YOUR FAMILY

NEW LOOK!

WIN PRIZES WORTH R65 000

JULY 2016 R28.00 (INCL. VAT)
Other countries R24.56 (excl. tax)

54 recipes inside

20 decadent chocolate ideas

5 chicken suppers

Comforting curry ideas

cozy

up!

KNIT THIS
winter essential

NEED TO GET AWAY?
Our top budget family escapes

NEW INSIDE
Low-carb series
Money smart
Tech tips for families

HOW TO

- Start your own blog
- Supercharge your memory
- Wear chunky knits

yourfamily.co.za

BEAUTY UPDATE

WAYS TO LOOK AND FEEL AMAZING

Make every day a SPA DAY
...and enjoy the benefits of pampering at a fraction of the price!

The facial
The right kind of facial reaches directly into the skin, removes dirt, strips away dead skin cells, improves the look of your skin, unclogs pores, stimulates facial muscles to appear firmer, plumps up your skin, helps to manage acne, fades discoloration, and reduces puffiness around the eyes.

The full-body exfoliation
A good exfoliation will rid you of rough and dry skin, even out skin tone, allow you to have a closer shave, help prevent breakouts, and leave your pores clean and unclogged - allowing skin products to penetrate better. Plus, it'll make you glow! But there's no need to spend a fortune...

The mani
Manicures keep your nails and hands healthy and clean, help you to look more professional, increase blood flow, remove dead skin cells, allow new skin cells to grow, remove fungal growths, and relax one of the hardest-working parts of your body.

Theravine Collagen Pro-Firming Skin Care Selection, R650, comprises Rich Collagen Cream, Pro-firming Serum and Anti-wrinkle Eye Serum.

Theravine Hydravine Chardonnay Grape Mask, R214

Afriderm Exfoliating Body Scrub, R80

Mineraline Body Peeling Lemon Grass, R116

Charlotte Rhys Spa Rituals for Feet Pumice Foot Polish, R108.50

Charlotte Rhys Spa Rituals for Feet Enriched Foot Crème, R68.20

Essence Studio Nails Triple Care, R34.95

Scholl Velvet Smooth Nail Care Oil, R139.99

Skin Republic Hand Repair 20 Minute Treatment Anti Aging, R46.99

LCN Spa White Tea Overnight Hand Mask, R450

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