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TO THE MAX

Nomzamo



Basetsana
Kumalo

Enhle Mbali

ChianoSky

Brümilda van
Rensburg

Rolene Strauss

Dineo Moeketsi

Roxy Burger

Ursula Chikane

Get
Sexy!

How to lap
dance, be
bold, get hot

FASHION INSIDER

CONFESSIONS
FROM THE
FRONT ROW

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Makeup, spa
treats, sunnies,
and more

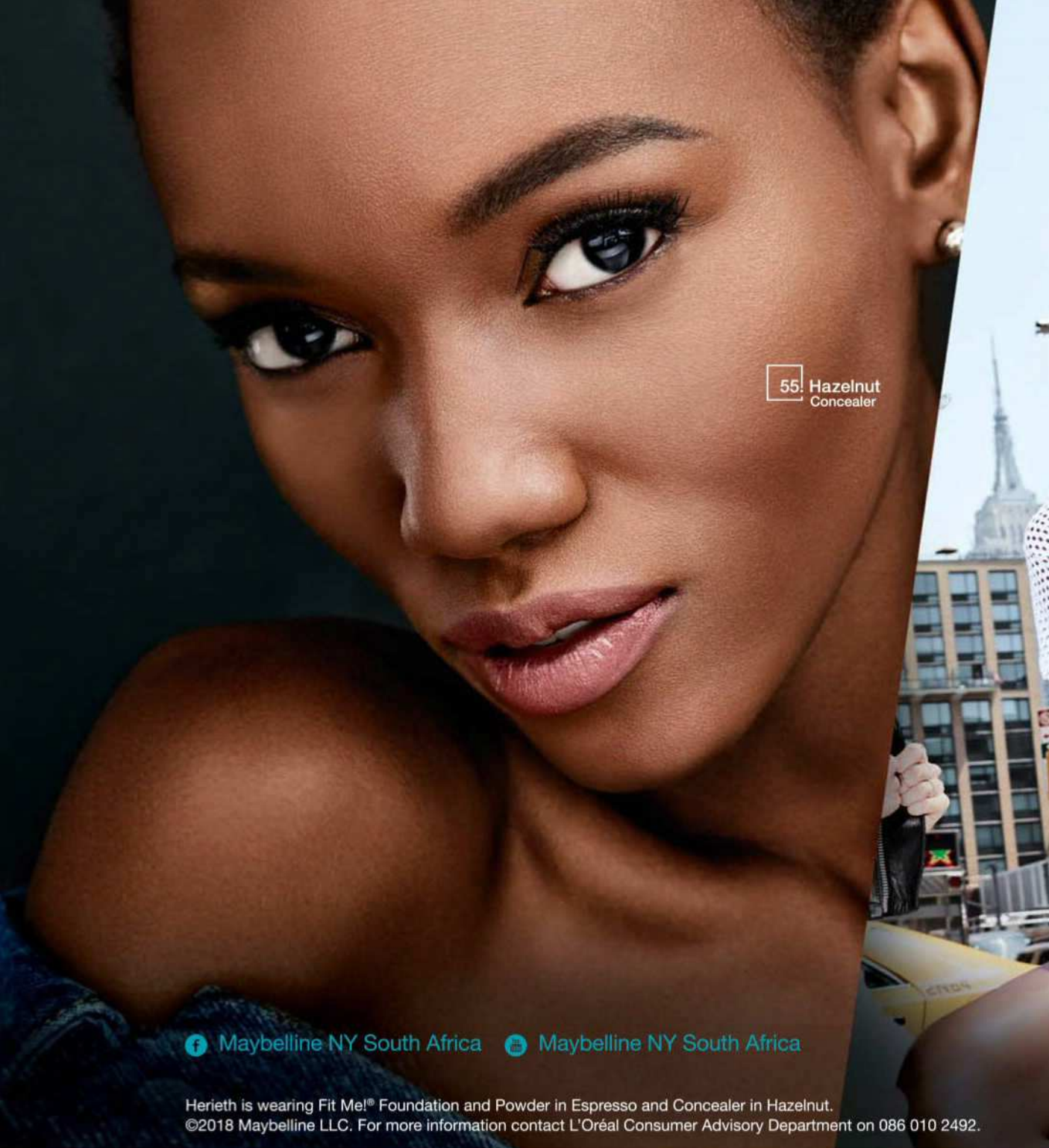
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Shine on,
SA

[10 MINUTES FOR AN EXPERT DETOX] [CUSTOMIZE YOURS WITH MULTIMASKING]

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Barbara Palvin

Maria Borges

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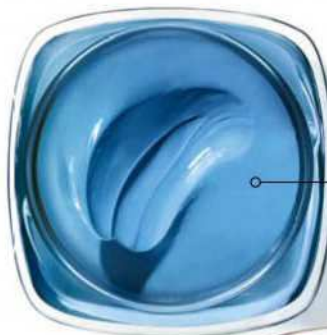


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WIN! The cover look

Get Nomzamo's cover look with L'Oréal products worth R1 800! SMS 'NOMZAMO', your name, address and email to 37338* (SMS costs R1.50. Comp closes 30 April 2018)

Cover photography: Johan Wilke. Additional cover photography: Warwick Saint; Photography: Jacques Weyers, Sibusiso Sibanyoni at Kande Photography; Stills photography: Conde Nast Digital Studio. Nomzamo wears: Dress Warwick Gautier; earrings Pichulik. *Comp closes 30 April 2018. SMSes cost R1.50 each. Errors will be billed. Free minutes, SMS bundles and Telkom Mobile SMSes do not apply. See 'The get it guide' page for terms and conditions.



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GLAMOUR confidential



LIFT OFF Cathy Steed ensures perfect flow on the 'Shine on, SA' fashion shoot.

Glamour to the max: Behind the scenes of this month's issue



WIND BENEATH Michelle Brownlee Smith creating windblown hair at our Nomzamo cover shoot.



STRIKE A POSE Tania Durand at our mega shoot with photographer Jacques Weyers.

So #MadeInSA

There are all kinds of causes to celebrate in April, but the one we feel most passionate about is Brand South Africa. And what better time to honour Brand South Africa than April, the month that marks our country's first democratic election 24 years ago? Time was when inhabitants of the mystical land known as 'overseas' seemed to have cornered the market on smarts, sophistication and style. Happily, that time is long gone. In fact, it's the other way around now, with much of the world looking to us for talent, creativity and vision. All of which leads to the collectible issue you're holding in your hands right now – every word, image, design and detail, proudly and positively homegrown. So let's raise a glass of great South African bubbly and revel in the inspiration of our heartland as we –

Live the life. *Fill it with GLAMOUR!*

Prina Fenster

Prina Fenster, editor



FEELING THE LOVE Prina Fenster, Sarah Tuft and Lauren Williams in the pink at our Valentine's Day celebrations.



LOVING LUXE Believe us, it isn't often like this, but when it is, well, Jesé-Che Lillienfeldt spas with the best.



ART FELT Kirsty Jardine getting inspired at Zeitz MOCAA.



HOT STUFF Lovelies on the morning coffee run: Lesley Mathys, Leanne Botha and Tumi Moletsane.



TRULY ROYAL The utterly beautiful Rolene Strauss and Cathy Steed.



GLAMOUR Gold is the highest accolade and your instant route to the very best style or value buys of the month.



Keep an eye out for Shop ZA – it's all about fabulous local creativity.



GLAMOUR Green indicates eco-friendly buys that help you to help Mother Earth.

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WEEK 8

WEEK 12

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GLAMOUR

Question of the month

What is your favourite South Africanism?

The GLAMOUR team responds.

Editor Pnina Fenster

pnina@condenast.co.za

... Party, out on the town, great times... none of it has the spirit of the word 'jol'.

Deputy Editor and Beauty Director

Michelle Brownlee Smith

michelleb@condenast.co.za

... I use 'Ja, nee' more than I'd like to admit. It doesn't really make sense, but it's such a great little affirmation.

Managing Editor Staci Lazarus

staci@condenast.co.za

... 'Just now'. It doesn't sound logical, but still makes complete sense in SA – and I'm getting to it.

Contributing Art Director

Leanne Botha

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... 'Robots'. Foreigners find this hilarious.

Contributing Fashion Editor

Cathy Steed *cathysteed@mweb.co.za*

... 'Hello, howzit'. There is nowhere else in the world that says it quite like us.

Special Projects and Events

Manager Sarah Tuft

saraht@condenast.co.za

... 'Kif'. It's surf talk for 'cool'. And you have to add 'bru' at the end; it can never be on its own, like "That's kif, bru!"

Syndication Executive Lesley Mathys

lesley@condenast.co.za

... 'Yoh' has so many applications.

Junior Designer Kirsty Jardine

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... 'Slap chips'. It's the best description for oily fries.

Senior Copy Editor Tumi Moletsane

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... 'Now now'. Don't expect anything to happen any time soon.

Promotions Assistant Lauren Williams

promotions@condenast.co.za

... 'Braai' gives off a sense of unity, and it has a way of bringing people together.

Fashion Assistant Tania Durand

taniad@condenast.co.za

... 'Lekker jy'. I grew up hearing that phrase, so it always brings up nostalgia for my childhood.

Beauty Assistant

Jesé-Ché Lillienfeldt

jese-che@condenast.co.za

... 'Uiteindelik'. Said loudly, and with lots of attitude!

GLAMOUR work experience

Zeneth Kakora *zenithleahkk@gmail.com*

... Using 'Ag man' to express sympathy or irritation. It's much easier than an entire conversation.



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GLAMOUR alert

It's all about you – your opinions, your style... Tell us everything!

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Dream shoes do exist! Liked from @crystal_kasper.



Proudly SA. Liked from @igersouthafrica.



Can never have enough. Liked from @teeteenteta.



Dreaming of sunnier weather. Liked from @emmajanementeath.



#HairGoals. Liked from @demileighnp.



GLAMOUR TO GO!

Congrats to Lameez Weels pictured in Bali, Indonesia. She's won an Africology voucher worth R2 500. Send us a photo of you with a recent copy of GLAMOUR in an exciting spot to glamour@condenast.co.za, and you could win, too.



SHORT 'N TWEET
@GLAMOUR_sa

The @GLAMOUR_sa Jan/ Feb 2018 issue has inspired me to create a goal book that's filled with positivity and inspiration. So excited for the future! – @Skywebb103

Thank you @GLAMOUR_sa. Really appreciate the 'Man Candy Monday' interview and article. – @NayMaps

Honoured to be named one of @GLAMOUR_sa's best dressed at the L'Ormarins Queen's Plate alongside Ghislaine Mutombo, Ricky Rick, Sechaba Gqeba, Brigitte Willers, Cindy Nell, Rosette Ncwana, Mbali Nkosi and K Naomi. – @liezelv

Nothing like @GLAMOUR_sa and a pedicure to make a great weekend. – @miss_ashleighclaire

@GLAMOUR_sa is shine and confidence. #glamoursa – @fatimakolia_

Thanks @GLAMOUR_sa for getting me through the day! And who doesn't love a free gift? – @thecrownslips_zs



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Glamourama

News, views and DOs and DON'Ts



Text: Staff; Photography: Zander Opperman at Lampost-Lustre; Director: Lezanne Viviers; Stylist: Armand Dicker; Makeup: Sibella Weber. Model: Hauwa Dauda at Ice Models; Assistant: Daisie Jo Grobler

April's style DO

It's all about
Joyful artistry

Style icon and fashion pioneer Marianne Fassler has celebrated SA's creative vitality for over 30 years, with high-octane designs that have been worn everywhere from the Oscars red carpet to the stages of Paris. Draw inspiration from this exuberant and potent mix of pattern and colour, typical of her Leopard Frock label.

DO own your signature style

Nothing beats the impact of bonding with a brand, as Dineo Moeketsi demonstrates.



2017 In Quteria & George at Thando Thabethe's Ciroc launch.



2017 In Quteria & George at the GLAMOUR's Most GLAMOURous Awards 2017.



2017 In Quteria & George at the Prince of Wales Cup.



2017 In Quteria & George at the TEA Awards.



2017 In Quteria & George at the SA Style Awards.



2016 In Quteria & George at the MTV MAMA Awards.



2017 In Quteria & George at the Durban July.



Trevor Noah

Award-winning hit show TV host, bestselling author, international wit supreme and now the subject of a movie about his life (with none other than Lupita Nyong'o playing his mother, Patricia), Trevor Noah is nothing short of brilliant.



Albertus Swanepoel

Known as "fashion's favourite milliner", Pretoria-born Albertus Swanepoel's hats have graced the heads of Gwen Stefani and Yoko Ono, appeared in every *Vogue* worth mentioning, enlivened countless designer collections and made it onto shows ranging from *True Blood* to Broadway's *Hello, Dolly*.

DO adore SA's superstars

Man, oh man, this is the way to fly the flag: from our shores to around the globe.



Jan Hendrik van der Westhuizen

Chic and charming, this Mpumalanga-born chef, opened his restaurant, JAN, in Nice, France, five years ago. He now has a global reputation and a Michelin star (the restaurant world's answer to an Oscar) to his name.



Wayde van Niekerk

As triumphant tales go, it's hard to beat the one about a premature baby given 24 hours to live to the one who went on to break Olympic sprinter Michael Johnson's 400m world record from 1999 at the 2016 Olympics.



DJ Black Coffee

Nkosinathi Maphumulo has overcome a slew of challenges to become a legend in the world of DJing. His achievements include numerous local and international awards, two chart-topping albums, collaborations with the likes of Alicia Keys, and spinning for Diddy and Giovanna Battaglia Engelbert. Plus, incredible style!



Cassper Nyovest

A high school drop-out at 16, award-winning musician at 27, Cassper Nyovest has three albums and over 10 awards under his gleaming belt. And, in addition to being the opening act for hip-hop giants like Nas and Kendrick Lamar, he set new standards last year when his own show filled Joburg's FNB Stadium – a first for both SA and African hip-hop.

Compiled by: Lesley Mathys; Text: Staff; Photography: Austin Malema for Instagram/Dineo Moekeksi, Stills by Tom for Instagram/Dineo Moekeksi, Instagram/Trevor Noah, Instagram/Jan Hendrik van der Westhuizen, DPPI for Instagram/Wayde van Niekerk, Instagram/Albertus Swanepoel, Instagram/Black Coffee, Instagram/Cassper Nyovest, Instagram/Thembisa Mdoda, Instagram/Thembisa Mdoda, Instagram/Lee-Anne Liebenberg, Instagram/Pabi Molo, Instagram/Thando Thabathe, Instagram/Candice Swanepoel, Instagram/Kim Engelbrecht, Instagram/Lesley-Ann Brandt, Laugé Sorensen

Anatomy of a DO!

Singer, actress and TV presenter, Thembisa Mdoda lines up with style in this Ndebele-inspired attire.

1

A striking ensemble like this one needs bold but simple embellishment, and this Ndebele dzilla necklace is the perfect accessory.

2

The plunging neckline on this Theodorah Zulu number adds instant sex appeal, and with a mermaid cut, it's chic, too.

3

From Balmain to Saint Laurent, '80s shoulder pads are big news. The key is getting the right amount to give you the illusion of broader shoulders but without too much bulk.

4

Copy Thembisa and wear a headwrap in a matching print. And a classic red lip is always a winner – make sure to choose a shade that doesn't overshadow your dress.



DOs and DON'Ts of African styling



Lee-Anne Liebenberg

DO offset black with bold and graphic colours.



Pabi Moloi

DO know that comfort is crucial to looking cool.



Thando Thabethe

DO wrap things up with striking accessories.

DO love these SA greats

Ladies making us proud.



Supermodel Candice Swanepoel has covered Japanese, Italian and Spanish *Vogue*, and straddled the chic divide from the likes of Prada and Chanel to Victoria's Secret. Her latest venture: Tropic of C, her own swimwear range.



Best known for her role as Lolly in *Isidingo*, Kim Engelbrecht now lives in Los Angeles, where she plays the role of the villainous Marelize DeVoe in *The Flash*.



Capetonian Lesley-Ann Brandt got her acting break in the New Zealand series *Diplomatic Immunity*. Look out for her now as Mazikeen in the American supernatural series *Lucifer*.



DO feel the passion

Meet Shannon Glover, star of the wildly romantic (and achingly tragic) ballet *Carmen*.

If ever there was a storied role, it's the role of Carmen, the irresistible and fiery cigarette factory worker who plunges into a doomed love affair. First related in the form of a novella, the dramatic tale went on to become an adored Georges Bizet opera and, in turn, went on to inspire an amazing 22 movies, including SA's *U-Carmen eKhayelitsha*.

The ballet version has also become legendary – in the years since its 1875 Paris opera debut, the ballet version has been performed literally thousands of times with great dancers, including Zizi Jeanmaire, Alessandra Ferri and Diana Vishneva playing the lead role.

Now, Shannon Glover, the 32-year-old Joburg Ballet principal dancer, is stepping into the shoes of the Spanish femme fatale in Veronica Paeper's restaging for the company. "I've always wanted to play this part," says Shannon.

"The ballet is so intense, with its story of raw passion, love and betrayal, and I've always been intrigued by Carmen's feistiness. It's also been fun to play around with my sexy side, as you have to be comfortable with your own body and sexuality, as well as really strong, to play Carmen."

See Joburg Ballet's *Carmen* at the Joburg Theatre from 6-15 April.

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Fashion Flash



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Style and the city

Glitzy, laid-back, earthy? Turn the page to find your style according to your postal code.

"Fashion is a part of everything we do; it is an unspoken language." – Brett Robson

Styled by your city

As any Joburger who has wandered into a Cape Town yoga class in her City of Gold glory will tell you, there really is such a thing as a sartorial urban code.



Biker jacket
Vintage
Zionist at
Spree.co.za
R1 995



Frameless sunglasses
Naked Eyewear R395



Layered skirt
Cleo Droomer at
Woolworths R999



Broad ring
Matter of
Fakt R390



Choker Matter
of Fakt R350



Slip dress
David by
David Tiale at
Spree.co.za
R2 999



Court heels
Madison R699

Jumpsuit Gert-
Johan Coetzee
at Spree.co.za
R1 399

KEFILWE MABOTE
@kefilwe_mabote



Joburg
It's not called City
of Gold for nothing.



Gold earrings
Pichulik R1 300



Durban

Beachy tropical vibes combine with easy-going attitude.

Shift dress Leigh Schubert R1 295



Espadrilles Espadril R800



One piece Paige Smith at Zando.co.za R449

BRETT ROBSON
@brettrobson

Cold-shoulder dress Cleo Droomer at Woolworths R1 099

Grey-tint sunglasses Ballo R2 190



Bucket hat Crystal Birch R980



Loose-fit top T_Niche at Spree.co.za R565



Halter bikini BeachCult R1 090 (for set)



Clutch bag Aaliyah Makoni R499



Sneakers Maria McCloy at Woolworths R799



Drop earrings Kirsten Goss R1 925



Pencil skirt Loin Cloth & Ashes at Spree.co.za R719



Nelspruit

Animal print, khaki and wood:
inspo from Mother Nature herself!



Stud earrings
Kirsten Goss
R840



Crop top Brett Robson
at Zando.co.za R289

Drawstring trousers
Hannah Lavery R1 100



THITHI NTETA

@teeteenteta



Off-shoulder bodysuit
Paige Smith at
Zando.co.za
R269



A-line dress
Erre at
Spree.co.za
R1 199

GLAMOUR **old** INVESTMENT



Gemstone ring
Pichulik
R1 360



Felt hat
Simon and
Mary R650



Slip-on shoes Coast and Koi R3 500



Wood-frame sunglasses
Ballo R1 590



Beaded necklace
Henriette Botha
R1 100



Cape Town

Mountains, sea and wine add up to a beachy-goddess mood.

Fitted skirt David
by David Tlale at
Spree.co.za R899



Flared dress
David by
David Tlale
at Spree.co.za
R1 899



Lace-ups
The Fix R130



Straw hat Crystal
Birch R1 100



GLAMOUR **old**
GO GET IT!

AQEELA HARRON-ALLY

@fashionbreed

Bar earrings
Famke R425



Cross-body bag Jane
Sews R1 999



Retro-style dress Lalessa
R2 490



Shopper bag Chapel
Goods R299



Sunglasses Naked
Eyewear R495



Sandals Jane
Sews R999



GLAMOUR **old**
ON TREND



Watermelon bikini Tiger Lilly R600 (for set)



Hoop earrings Pichulik R600



Sneakers Tribal Kicks R850



Flared-sleeve top Eve Emporium at Zando.co.za R349



T-shirt Mevrou & Co R390



Sweater Mr Price R100



Cap Simon and Mary R500



Brown-tint sunglasses Chapel Goods R999



KAI WOOLF
@kaiwoolf2001



Striped dress Magents at Zando.co.za R599



Tote bag Missibaba R1 250



Slides Espadril R750

Jeffrey's Bay

Two words for style this side: surf's up!

Fashion assistant: Tania Durand; Text: Staff; Photography: Instagram/Keifwe Mabote, Jerome Stoffels for Instagram/Brett Robson, Keagan Kingsley Carlin for Instagram/Thithi Nieta, Abdul Matlick Ally for Instagram/Aqelalah Hamon-Ally, Joanna Askew for Kai Woolf, BeliciousMuse.com

Pretoria

Polished and feminine make the grade here.



Twist bodysuit
Tiger Lily R360

Curved earrings
Famke R265



BEATRICE BANDA
@beliciousmuse

Pendant necklace
Matter of Fakt R1 250



Shift dress ALC at Spree.co.za R795



Block heels
Madison R599



Blazer
The Fix R399



Trousers
The Fix R250



Ruffle dress
Gert-Johan Coetzee at Spree.co.za R2 599



Pleated skirt Rubicon by Hangwani Nengovhela at Spree.co.za R1 999



Scarf Daphne Accessories R250



Bag Aaliyah Makoni R649



FOR MORE STREET STYLE TRENDS, CHECK OUT GLAMOUR.CO.ZA.

Why we should all



The CEO of Afrikan Soul Headquarters Productions, Western Cape representative for Fashion Revolution SA and a noted voice in the drive to support the local industry, Cyril Naicker talks sustainable fashion and the importance of wearing local.

As long as I can remember, I've loved fashion and been one of those people who swims upstream – in 2003 these two impulses collided and changed my life during a trip to India. I was working as a buyer for a large clothing company at the time, but seeing Delhi's manufacturing district with its shoddy factories, dense pollution and exhausted workers was so shocking to me that I decided to leave the fashion business altogether.

After a few years of working in hospitality and eventing, I was ready to return to the world of fashion. But this time around, I was on a mission: I wanted to feel a purpose for what I did. And so, I joined the international Fashion Revolution movement as Western Cape representative for the South African drive.

To understand the need for Fashion Revolution and what it does, you need only cast your mind back to 24 April 2014 – the day when Rana Plaza, a five-storey factory in Bangladesh, collapsed, killing 1 134 clothing workers and badly injuring another 2 500. This incident forced us to not turn a blind eye to the injustices in the world.

The poet Maya Angelou said, "When you know better, you must do better." And this, the deadliest clothing-factory accident in history, was reason for us all to do better. The tragedy was commemorated with an annual #WhoMadeMyClothes campaign; more importantly, it spurred on Fashion Revolution, an international drive dedicated to promoting ethical, conscious and sustainable clothing production.

Ready to join the Revolution? Then use the power of your voice, the impact of your spend, and research the companies from which you buy:

- * Do they respect workers' rights?
- * What are the factory conditions?
- * Does the factory pay workers enough to ensure that they can properly support themselves and their families?

The next step: buy as much SA-made clothing as you can. Research shows that when we support independent, local enterprises, we strengthen our own communities. Plus, buying local is good for jobs, creativity and the environment.

Our country has so many amazing big brands including: Edgars, Foschini, Miladys, Markham, Truworths, Woolworths and Mr Price that all manufacture their clothes on home soil. Then

there are our wonderful designers, from up-and-coming talents to icons like Marianne Fassler, who focus on local. For my own wardrobe, I love clothes by Mzukisi Mbane, of the label Imprint ZA, as well as Magents Lifestyle Apparel and Blue Collar White Collar.

Now, when I look back at my childhood dream of working in fashion and at the coincidences that brought me in and out, and then back into the industry again, I see that it was all part of the lessons I needed to learn, just as the people I met were all part of my story.

Now, as the CEO of the publicity and media company Afrikan Soul Headquarters Productions, my job involves working closely with our client Wear SA (Wear South African), and promoting local and ethical fashion. Turns out that swimming upstream was all part of my purpose!

To learn more about Wear SA, visit wearsouthafrica.co.za.

For more info about Fashion Revolution, visit fashionrevolution.org.

To join #WhoMadeMyClothes on 24 April, visit fashionrevolution.org.

buy SA!

“When we support independent, local enterprises, we strengthen our own communities.”

Style Central

These SA stunners know a thing or two about looking good. Let them inspire your own new outfit ideas.



Courtney Hall
@courtcee_96

If amped-up bell sleeves seem a little too OTT for daytime, team them with casual shorts and add a fresh pair of kicks to the mix. Her special touches: retro sunnies, neutral sneakers and relaxed hair.



Patricia Dolz
@divadolz

Fashion and lifestyle blogger Patricia Dolz makes a classic dress her own. We love how the high neckline balances off the mid-thigh hem. Her special touches: tassel earrings, floral heels and a bright bag.



Demi Lucas
@demilucasblog

Shift into high gear with quality pieces you can take up or down. This shift goes easily from day to night: just swap out strappy sandals or ballerina flats for chunky heels. Her special touches: a statement necklace and gladiators.

Compiled by: Cathy Steed; Text: Staff; Photography: Julie Aarts for Instagram/Courtney Hall, Roelise Events for Instagram/Patricia Dolz, Vine Lucas Photography for Instagram/Demi Lucas, Bianca Koyabe for Instagram/Luyanda Madonia, Abdul Malick Ally for Instagram/Aqeelah Harron-Ally, Austin Matema for Instagram/Nomuzi Mabena



Luyanda Madonia

@silverwears

Mixing prints is an art, and this unexpected mix of floral, zebra and text is just right. The key to pattern pairing is balance. If your outfit is mainly black or white, go for strong details. If your look is busy, keep your jewellery simple, small and discreet. Her special touches: major earrings, great hair and a bold red lip.



Aqeelah Harron-Ally

@fashionbreed

The easiest way to do the oversized trend? Wide-leg trousers! Especially when they go with a soft, fitted top. Her special touches: Aviator sunglasses, great ankle boots and a broad belt.



Nomuzi 'Moozlie' Mabena

@moozlie

Talk about put together! Brilliant camo print, bell sleeves, terrific black sneakers and eye-catching sunglasses. Her special touches: chunky rings, and beautiful hair and nails. 📸

The **ULTIMATE** **GUIDE** *for him*



ON SALE
now!

Beauty Flash



Photography: Katinka Bester at Hero Creative Management

Local heroes

Mood-boosting scrubs, moody blues, natural wonders and more.

"Beauty is power; a smile is its sword." – John Ray



Star turn

Fresh, fun and beguiling, singer ChianoSky is as striking off stage as she is on. So, of course, we want to know all about her style and life rules.

you can't help being swept away by the energy that is ChianoSky. Her breathy voice and sweet attitude make everyone feel like her best friend. And that's to say nothing of her

talent. Full disclosure: we saw success in her future when we celebrated her talent and promise with a 2012 GLAMOUR Women of the Year award in the 'Next Big Thing' category.

Since then, Chiano, 24, has recorded three albums, released the hit 'Auntie' featuring hip-hop artist Kid X, knocked it out of the park on numerous red carpets, and appeared in the Pharrell Williams ad campaign for Woolworths.

Here, ChianoSky and those who know her best, share her best secrets.

Chiano talks fashion, beauty and more

The singer shares her thoughts.

My style icons It's a toss-up between the amazing Gwen Stefani and Marilyn Monroe.

The advice I live by Be responsible for the energy you bring to the table, and the energy you let into your life.

The hair disaster I learnt from Never cut your own fringe!

The hair product I can't live without I love the Paul Mitchell Awapuhi Wild Ginger Keratin Intensive Treatment (R365).

My makeup must-have I like to carry shimmer wherever I go, so you'll always find Gerard Cosmetics BB Plus Illumination Facial Creme (R595) in my bag.

My body pampering thrill I adore rose essential oil, and add about four drops to my bath water. It helps soften my skin and it leaves a lovely, romantic scent behind.

My hair-magic find When I want lots of extra texture and thickness, Tigi Bed Head Small Talk 3-In-1 Thickifier (R139) is simply fantastic.

My hair colour rule I used to have super long hair, but since dyeing it red, the ends need extra care, so I use serums regularly.



3 Hair rules to live by

By ChianoSky's hair stylist, Celeste Scott of Tint Salon.

1 Go natural Coconut oil is a great natural hair moisturiser. Apply and leave on overnight, then shampoo the next day.

2 Do the flip Blowdry your hair upside down. You'll get a great volume boost, and the blood flow to the follicles and scalp encourages growth.

3 Go pro Want to get the best out of your hair? Invest in it with salon treatments and products – especially if you have a bold colour.

4 Things you didn't know about ChianoSky

By close friend, Jemaine Jacobs.

1 She's creative You'll often find Chiano making collages and jewellery, painting and revamping old clothes. She's extremely crafty.

2 She was almost called something else Chiano was her mother's second name of choice, because her grandmother vetoed the name Blue.

3 She's a danger to tech Can't keep a charger alive for more than a month!

4 Even her pet is music obsessed Quincy Jones... yes, that's the name of her cat.

Text: Nicola Davidson; Photography: Katinka Beester at Hero Creative Management, Instagram/ChianoSky; Production: Michelle Brownlee Smith; Styling: Tina Tshangela, Tania Duranci; Hair and makeup: Colleen van Rensburg at Bird on a Wire. OPPOSITE PAGE Chiano wears: Dress Gavin Rajah. THIS PAGE Chiano wears: Jumpsuit Ruff Tung

Chiano's favourite Instagram moments



A new look for 2018 in my Simon and Mary hat.



This is the shortest cut I've ever gone for.



Hanging out in a record store. This pic sums me up.



With the RapLyf family after performing on SuperSport.



With my cat Quincy Jones. **G**



FOR MORE BEAUTY PRODUCTS WE LOVE, VISIT GLAMOUR.CO.ZA.

Trend alert: blue eyes!

Sapphire, cerulean, sky and sea – blue's had a cool new makeover on the runways of Guo Pei and Marni. Dive in with this expert advice.



graphic shapes, a wash of sheer or a bold liner – there are many ways to wear blue. “Plus, the shade works on everyone,” says makeup pro Lindy Lin, who’s worked on TV personality Claire Mawisa and blogger Nadia Jaftha. “If you have pale skin, go for lighter, icy shades like cyan or powder blue. For darker skin tones, electric and metallic cobalt’s work best for you.”

Use our step-by-step guide to ace the look yourself.

Step 1 Do the prep

Using a concealer brush, apply primer over your eyelid to make the shadow last. To create the look pictured, Lindy says: “Use a small eyeshadow brush, and blend a gold-yellow shadow in the inner corner and inner lid of your eye. Work in outwards strokes.” TRY [3]

Alila Professional Makeup Shimmer Dust Eyeshadow in De-ja-vu (R125).

Step 2 Build it up

“Using a medium-sized brush, apply blue shadow on the outer corner of your eye creating a C on the crease of your lid until you have the desired intensity,” adds Lindy. We love [1] **Sorbet Eye To Eye Eyeshadow Quad** in Smokey Joe (R179.95). Then blend the two shades with a clean brush.

Step 3 Create the wing

With a firm liner brush, apply the same blue shadow in a V-shape, ending in line with your brow to create a cat eye. Use a pointed cotton bud, dipped in makeup remover, to give the edge a sharp point.

Step 4 Add the final touches

Give your lashes two coats of [2] **Kelso Beauty Mascara** in Loadshedding in Blouberg (R159.95). Finish your look with [4] **Justine Luxe Couture Crème Lipstick** in Nude Slip (R196).



Text: Jessé-Che Lilienfeldt; Photography: Steve Marais at One League Creative Management; Stills photography: Conodé Nast Digital Studio

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LISS BRUSH 3D

THE NEW STRAIGHTENING BRUSH FOR A SHINY AND NATURAL RESULT



FEATURE 1

Rigid plastic bristles comb the hair without damaging or pulling it



FEATURE 2

Soft silicone bristles gently draw the hair towards the heating element



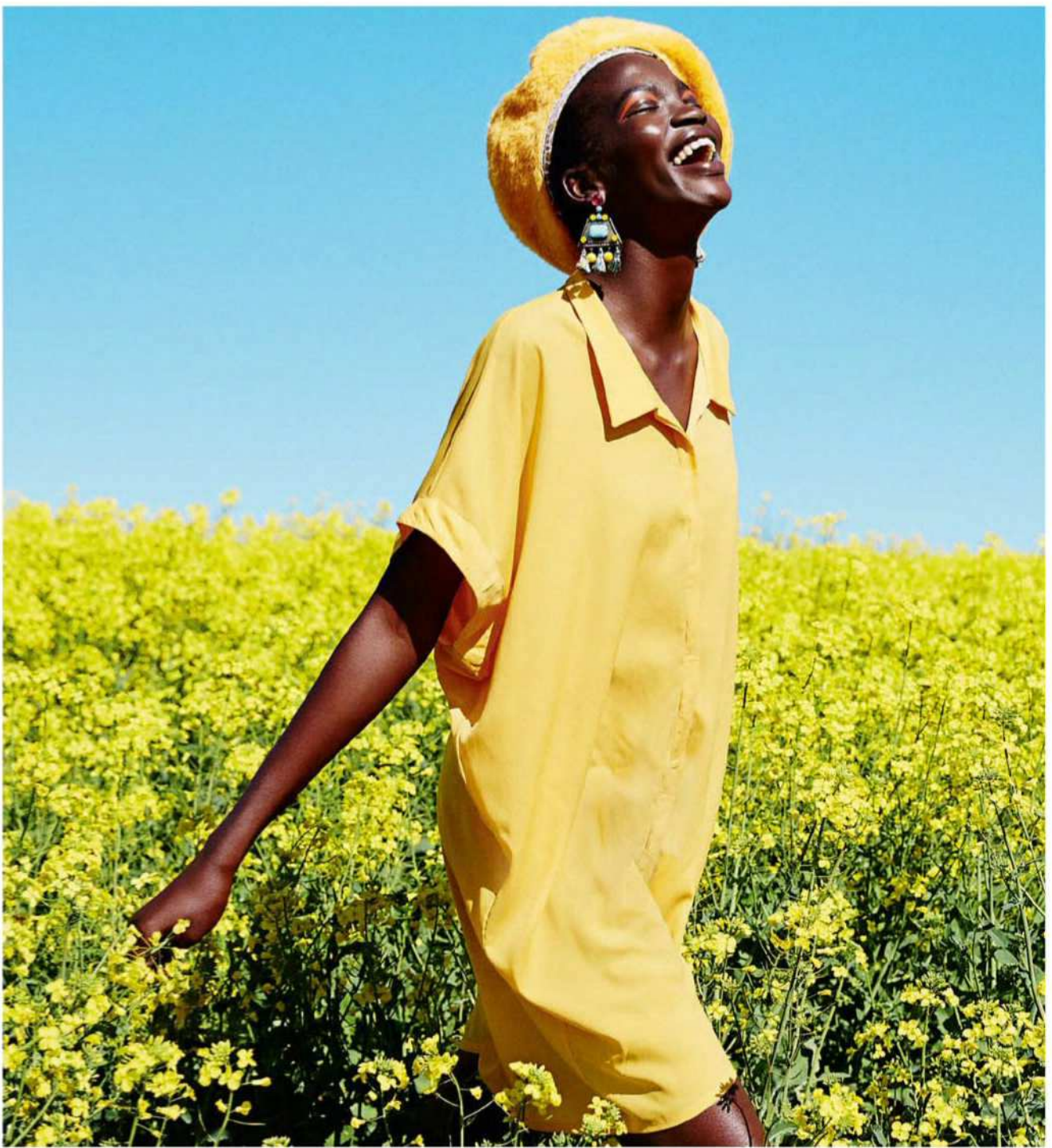
FEATURE 3

The ceramic heating system evenly distributes heat for flawless, frizz-free straightening



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0860-254-257 or www.clicks.co.za



The power plant list

Ramp up your beauty regime, support local talent and cosy up to Mother Nature with ingredients grown on SA soil. Eight greats, here.

Rooibos

This aromatic plant works wonders, whether you drink or apply it. As Professor Lizette Joubert explains, "Aspalathin is a unique antioxidant found only in rooibos. It protects your cells' DNA from free radical damage." Add natural alpha hydroxy acid and you'll see why this is great for acne, eczema and ageing.

Find it in Skoon Phyto Light Beauty Aid Moisturiser R595



Myramaze

You may not be able to pronounce it at first glance, but as Esna Colyn, CEO of Imbalie Beauty notes, "This shrub offers incredible benefits, thanks to its ability to survive without water for long periods of time. In droughts, it shrivels up and looks dead, but as soon as the rain comes, it returns to being lush and green." And if it can do that for itself, imagine what it can do for your skin; hydration, reduced redness and protection!

TRY Placecol Illuminé Firming Masque R370



Buchu

"Known as a miracle herb, buchu, which grows in the Western Cape, is a brilliant anti-inflammatory," says Hannah Rubin, founder of Skin Creamery. Its benefits: a great antiseptic, insecticide and healer. **We love Skin Creamery Buchu Facial Cleansing Powder** R260

Baobab oil

From this giant of a tree comes the perfect multitasking oil that can treat oily to severely dry skin. "It's been used for centuries and is considered one of Africa's best kept secrets," adds Cara MacCallum from SOiL. "This rich, golden oil with a nutty scent helps restore your skin's elasticity, and gives your face and body a gorgeous glow." The secret ingredients: vitamin C and fatty acids, including omega-6 and -9. **Go for SOiL Baobab Organic Carrier Oil** R105



Aloe ferox

Unique to SA, aloe ferox contains more aloin (a moisturising, soothing component) than its international counterpart aloe vera. "The aloin content is higher if it's grown wild in coastal areas like Mossel Bay, rather than on a farm," says Jan Laubscher, marketing manager at Aloe Unique. "It's great in treating cuts, healing bruises, and soothing sunburns and rashes."

We like Aloe Unique Aloe Gel R195



Kalahari melon seed oil

Reportedly used for more than 4 000 years by the San people, this multitasking oil moisturises skin, conditions hair and, when mixed with water, works as a sunblock. Its power lies in linoleic acid, which is known to heal, hydrate and plump. Who doesn't want that?

Go for Esse Body Oil R535



Rosehip seed oil

"Derived from rose bush seeds, this amazing oil is rich in vitamins A and C, both of which are great for tackling signs of ageing and blemishes, and protecting and replenishing fats that

make your skin look good," says Leandri van der Wat, research and development manager at Optiphi.

We love Optiphi Intense Retinol Infinity Serum R1 277



Grapes

"The antioxidants in grape derivatives are 50 times stronger than those in vitamin E, and 20 times the strength of vitamin C," says Lisa Smit, founder of TheraVine, which utilises the world-class grapes from the Stellenbosch region.

"Antioxidants are great because they help repair past damage and prevent future damage." **TRY TheraVine Pinotage Exfoliating Enzyme** R375 **G**

Beauty flash / Buff up



Smooth operators

Your beautiful body must-have? A glow-inducing, limb-loving treatment. Meet our favourite SA scrubs.

Your body, like your face, can also benefit from sloughing off dull and dead skin cells. Plus, regular use will allow body creams to penetrate your skin better, and give you a gorgeous glow, too.

Focus on rough areas, like your elbows, heels and knees, to get them smooth and younger looking. Then work the scrub in a circular motion from your toes towards your heart to help with lymph drainage and rid your body of waste.



SKIN IN THE CITY



From pollution and crowded transport, to late nights and work stress, city life can take its toll - particularly on the skin. But for true city girls, slowing down isn't an option. Instead, they know when the city gets tough, it's time to get tougher and boost their defences.

Help boost your skin's defences with New Neutrogena® Hydro Boost City Shield SPF25

Enriched with hyaluronic acid, the New Neutrogena® Hydro Boost City Shield not only boosts hydration but also protects skin from sun damage and helps preserve the skin barrier, allowing it to defend against pollution and other aggressors.

Hyaluronic Acid works to help replenish skin with a boost of intense hydration, while antioxidant Vitamin C helps

protect skin against the effects of pollution and Helioplex® technology, a superior broad spectrum, photostable SPF 25 filter, shields against both UVA and UVB rays.

Used in conjunction with the rest of the Hydro Boost range of cleansers, moisturisers and eye cream, Neutrogena® Hydro Boost City Shield will help boost your skin's defences for resilient, supple and healthy looking skin.



Nomzamo's City Survival tips

Nomzamo Mbatha, the local face of Neutrogena, travels all over the world and knows all about the excitement and stress of city living!

On self-love: *"Learn to love and be KIND to the woman you see in the mirror. She is your key survival tool."*

On skincare: *"My skin has never looked better! The Neutrogena® Hydro Boost range is miraculous! My skin feels softer, more radiant and hydrated!"*



Neutrogena South Africa
Neutrogena.co.za

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We want to treat you to something special.



SMS the key word of the prize you want, with your name, address and email to 37338*. (SMS costs R1.50. Comp closes 30 April 2018.)

Photography: Marius Strydom at Lampost-Lustre, Supplied by subjects. *Comp closes 30 April 2018. SMSes cost R1.50 each. Errors will be billed. Free minutes, SMS bundles and Telkom Mobile SMSes do not apply. See 'The get it guide' page for terms and conditions. Products received may vary to those pictured.

in prizes up for grabs

Fabulous giveaways coming up, right here.



10 Kelso Beauty hampers worth R1 500 each!*

From your pout to your pinkies, Kelso Beauty is all about expressing your unique self. So get set to do just that with Kelso Beauty Blusher, luxurious Satin Lipstick, moisturising Lip Gloss and long-wear Nail Polish. For info, visit edgars.co.za.



40 Pairs of Brentoni Eyewear sunglasses worth R375 each!*

Sophisticated and striking, Brentoni sunglasses are designed to make a statement, and protect your precious peepers. And you'll find a fabulous choice of styles by this Cape Town brand, from trendy aviators to sexy cat-eyes. For info, visit brentoni.co.za.



Six Beaucience Natural hampers worth R2 500 each!*

In search of skincare that's organic, luxurious and effective? Then the Beaucience Natural range of products is for you. So how about this prize: Natural Skin Renew Serum, Natural Superior Flash Lift Cream, Natural Eye Lifting Gel, Natural Hydrating Cleansing Gel and Natural Vitamin Super Cream. For info, visit beaucience.co.za.

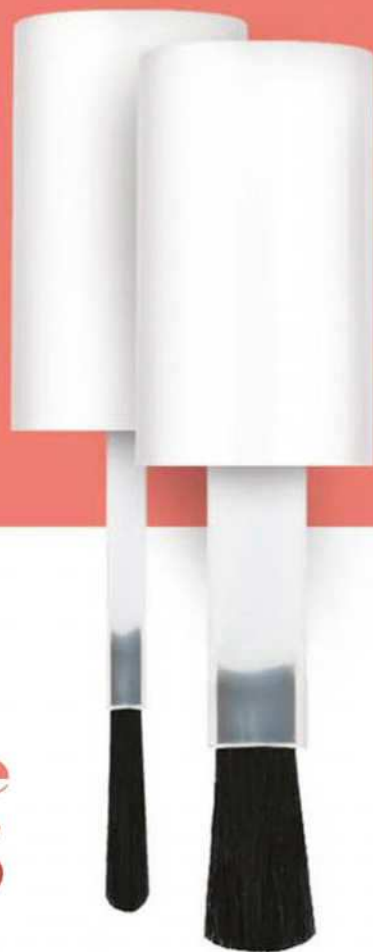


15 Mangwanani Moonlight Night Spa treats worth R999 each!*

Every woman deserves pampering – especially if it comes in the form of a Mangwanani Moonlight Night Spa experience: traditional full-body massage with hot stone therapy, North African head, neck and shoulder massage, and a Royal African foot massage. For info, visit mangwanani.co.za.

out with the old,
in with the

NEW



NEW price
R99.95

NEW brush

NEW formula



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YouYouYou

News, views and DOs and DON'Ts

Hey, it's OK...

... To pull on your finest activewear when the only cardio you'll be doing is a stroll to the café for a greasy samoosa.

... To declare your horoscope gospel when it's good, and then to decide it's utter rubbish when it's bad.

... To eat a large bowl of cereal for supper. And maybe just another. OK, OK, it was three!

... If you still can't manage the art of curling your hair with your flat iron.

... To scan every roll of wine gums until you find one containing the most of your favourite flavour.

... If you have pizza delivered to your door, even though you live just a few metres away from the restaurant.

... If you immediately unmatched with someone on Tinder after you've Facebook stalked them and discovered their penchant for ugly shoes.

Text: Leigh van den Berg; Photography: Niquita Bento



TWEET US YOUR OWN HEY, IT'S OK...
MOMENTS AT @GLAMOUR_sa.



Men

“The woman who changed my life”

Whether she's fierce and fabulous or cool and composed, a woman always has the power to make an impact – as these men know all too well.

The game changer

“I was a drinking, smoking, greasy fast food-consuming sloth. She was a teetotaling vegetarian gym bunny. Yet somehow it worked. So much so that we eventually got married.

“Nowadays, I still eat the occasional takeaway and drink beer, but she's taught me to make healthier food

choices and exercise more. And I'm still alive, so she's doing something right!”
– **Matthew, 39**

The godmother

“Zimbabwe's land invasions caused untold suffering to my godmother, but even in depressing circumstances, she maintained her sense of humour and optimism. Her

strength of character helped me to see the way through my own difficult situations, and taught me to stand tall and stay positive no matter what life brings my way.”
– **Alex, 25**

The teacher

“I've known my wife for 22 years, and although over that time we've been separated by her family, our marriages to other people and once through my own actions, she's taught me the most important lessons of my life.

“When we were kids, she taught me self-love, showing me how to accept myself for who I was, rather than the way other people saw me – an outcast and a loner. Later, she taught me faith, and how to truly believe in the universe's plan. Finally, she taught me the meaning of true love; how it can calm

your soul and make the noise in your head disappear.” – **Randall, 38**

The sister

“When I was 10, I lost my mother to cancer, but my older sister immediately stepped in to take her place. The loss of our mother changed our relationship from sibling rivalry to matriarchal. As a result, she impacted my upbringing significantly, and influences all romantic relationships I've had to date.

“No woman can ever replace the unconditional love my mother gave me, but my sister has showed me that no matter what happens, the sun will always come out tomorrow.” – **Karabo, 33**

The inspirer

“One woman who continues to inspire me is a friend I've had since primary school. As a single parent, she has not only managed to feed, clothe and educate her two sons, but she's also raised them to be confident, capable, well-rounded young men. The home she has created is the one I would love to emulate for my own sons in the future.”
– **Steve, 55**

The partner

“The woman who rocks my world is the one who shares my home and my heart every day. My wife inspires the change that's helped me become a better man, and she's been by my side for 10 years.

“She recently convinced me to adopt a dog, and I've never been happier than I am now with these two in my life.” – **Sivu, 38**

Work

Duty calls

Phone etiquette matters, and this is especially so in a work environment. IT recruiter Annie Mercer shares the DOs and DON'Ts of picking up like a pro.



DO state your name when you pick up, and use a clear professional tone of voice. Find out the other person's name immediately, and use it during the conversation; this demonstrates attention to detail, and adds an appealing personal touch.

DO be friendly, courteous, approachable and upbeat.

And even though the other person can't see you, smile when you pick up the phone – a positive tone of voice makes for a great start.

DON'T let the phone ring more than three times when answering a call. And don't keep the receiver on hold for longer than necessary. It creates a bad impression.

DO make sure you can be easily heard. Switch off the TV in the background, close the car windows, or move to a spot that is quieter if need be. Basic manners!

DO maintain an even, confident pace. Mumbling creates frustration (and it sounds weak), and speaking too fast makes the other person feel rushed.

DON'T place anyone on hold without telling them first, and don't keep them on hold for minutes on end. It's just bad manners. And whatever you do, don't leave the phone lying on your desk; the receiver will hear everything that's being said in the office. Make sure you use the hold function if you do have to step away.

DO give your full attention to the conversation. We can all sense the distraction that goes with someone reading emails during a business call.

DO end your conversation with a summary of any steps that might need to be taken. If you need to return any calls or follow up, always do so when promised and on time.

DON'T eat during phone calls. It's completely unprofessional. Ditto for using slang and swearwords in a business capacity.

DO stay calm. Even if the other person is infuriating or downright rude. Count to 10, breathe deeply and keep your temper under control. Remember: you're a corporate representative, and both you and your employer have reputations to maintain.

Self

The power of positivity

Do you believe in the power of crystals? If so, you're not alone. Sharon Avenant, of Forever Gems, breaks down the best ones to have by your side.



Amethyst Known to help with insomnia, amethyst is also said to have protective qualities.



Clear quartz An all-purpose healing stone that absorbs, releases and regulates energy.



Citrine Also known as 'the merchant stone', citrine can help remove financial blockages and bring about all forms of abundance.



Rose quartz Looking for love? Carry a rose quartz with you, also known to create a calm and harmonious feeling.



Carnelian We could all do with a little inspiration, which is exactly what carnelian is said to manifest.



Health

The truth about oats

These small cereal grains are filling, healthy, easy and they pack a big nutritional punch!

To oat or not to oat?

If you're a low-carb follower, you might not be completely sold on the thought of oats. They're a grain, they're high in carbs, and they often contain added flavouring and colourants. So they're bad, right?

"Don't count them out just yet," advises Monique Matthyssen, a holistic nutritional consultant. "Oats are high in carbs because they contain fibre, and it's this soluble fibre that helps to lower blood cholesterol (LDL) without affecting good cholesterol (HDL).

What's more, soluble fibre also lowers the absorption of glucose into the system, helping regulate blood sugar, while the antioxidant properties lessen inflammation. Which is exactly why you'll find this super food in many skin products. Perhaps a bowl for breakfast isn't the worst idea after all.

The good stuff

But the goodness of oats doesn't stop at face masks. Take a look at what else they can do for your body:

- The high fibre content helps relieve constipation.

- Decreases the risk of hormone-related cancers due to their high levels of lignin.
- Reduces the risk of heart disease and hypertension (high blood pressure).
- Regulates the skin's pH level.
- Increases the immune system's response to disease and illness.
- Helps weight loss by filling you up for longer, and suppressing cravings.

The not-so-good stuff

With so many benefits, are there any drawbacks to oats? "Yes," says Monique. "While oats are naturally gluten-free, some sufferers of celiac disease can react negatively. The protein found in oats is similar to proteins found in wheat, which can be a trigger." Also, variants like flavoured instant oats will leave you feeling hungrier sooner.

Despite this, oats are still hugely beneficial in an eating plan that allows for a moderate to high intake of carbs, thanks to their rich content of lipids, fibre, proteins, carbohydrates, vitamins and minerals.

So grab a spoon and eat up!

Overnight oats

Try Monique's high-protein overnight oats recipe for the easiest mornings ever.

What you'll need

4 tbsp rolled oats
1 tbsp peanut butter
1 tsp raw honey
Dash of cinnamon
Water

The how-to

In a container or bowl, mix the rolled oats, peanut butter, raw honey and cinnamon together. Once properly mixed, add water until the contents are just covered.

Mix well and put the bowl in the fridge, covered, overnight. Enjoy it the next day, either cold or warmed on the stove.

Variations

Leave out the water. Replace with unsweetened almond milk or coconut water. Then add fresh berries, nuts, seeds or raw cacao as alternatives to the peanut butter.

Sex

Lights, camera, all the action

Some movie sex scenes are entirely forgettable. And some are remembered for decades. Get up close and personal with these big-screen love scenes.

Ecstasy (1933)

Female empowerment, pearls, skinny-dipping and a woman having an orgasm. Sounds like many a modern romance, right? Except this piece of ground-breaking cinema was filmed in 1933, when the female orgasm had never before been shown on screen.

Ecstasy, starring Hedy Lamarr as Eva Hermann, stirred up a storm of controversy; it was banned, censored and even denounced by the Pope. And so, a simple movie about an affair inspired a complex and far-reaching dialogue about female pleasure. For that, we say a big thank you!

9 ½ Weeks (1986)

These days you might think nothing of going to town on your partner with a few strawberries and a dollop of whipped cream. But back in 1986, sex and food wasn't really a thing – until *9 ½ Weeks* that is.

John Gray (Mickey Rourke) seducing Elizabeth McGraw (Kim Basinger) in front of a fridge made us see food in a whole new way, and sexy times became a lot tastier as a result. Bon appétit!

Wild Things (1998)

The girl-on-girl scene in *Black Swan* may have had people talking, but *Wild Things* did it first in the late '90s, with TV sweetheart Neve Campbell and famed sexpot Denise Richards. Put them together in a swimming pool and you have one of the most erotic scenes in cinema – and the springboard for women to try same-sex experiments of their own.

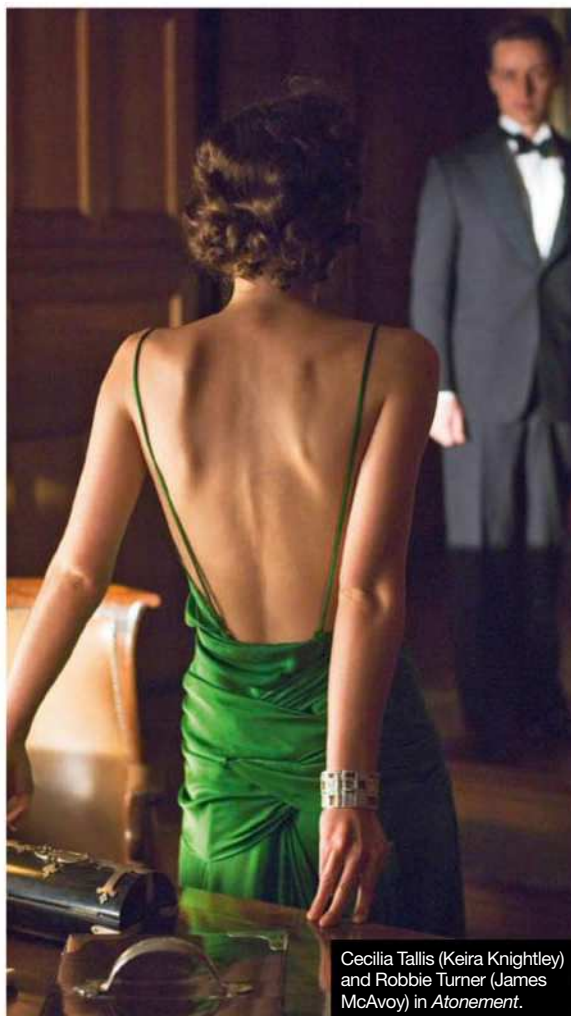
Secretary (2002)

Long before *Fifty Shades of Grey* tied everyone up in knots, dominant/submissive duo, E Edward Grey (James Spader) and his secretary, Lee Holloway (Maggie Gyllenhaal), were exploring S&M in unusual, funny and often touchingly sweet ways.

Picking out just one part of this darkly beautiful movie isn't easy, but the spanking scene in Mr Grey's office is iconic. And it probably spurred a lot of couples on to adding spanking to their own sexual repertoire.

Brokeback Mountain (2005)

As new developments go, you'd be hard pressed to



Cecilia Tallis (Keira Knightley) and Robbie Turner (James McAvoy) in *Atonement*.

find a more talked-about change agent than the *Brokeback Mountain* tent encounter between Ennis del Mar (Heath Ledger) and Jack Twist (Jake Gyllenhaal). One of the first homosexual love scenes in mainstream cinema, it caused an uproar (as did the movie itself).

It also helped create greater tolerance for gay relationships, both in cinema and in life. 'Passion is universal' is the message the film upholds to this day.

Atonement (2007)

Why have sex lying down on a bed when you can do it standing up against a bookcase? And while you're dressed in a fabulous green silk dress?

The pivotal sex scene in *Atonement* comes after childhood friends Robbie Turner (James McAvoy), the son of a local groundsman, and Cecilia Tallis (Keira Knightley) finally give in to their desires. It's passionate, it's electric and it's the stuff of fantasies. Plus, that dress.



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THE MUSE

WORN BY NOMZAMO MBATHA.

The women who made me

From the streets of KwaMashu, Durban, to the world, Nomzamo Mbatha has come a long way. She opens up about the women who have helped make her journey such a successful one.

it's pretty much impossible not to fall into instant like with Nomzamo Mbatha. At 27, this constantly-rising star is beautiful, smart and talented, with an infectious laugh, warm vibe, inviting attitude, and penchant for cronuts and designer shoes that will make you feel as if you've just found your new BFF. But way beyond her love of flaky pastries and collection of sky-high heels, Nomzamo is passionate about female empowerment and prospects. "What we are seeing in the world around us isn't just the year of the female; it's the century of the female," she says. "Men have had their time – and now it's ours."

And what a time Nomzamo is having. To begin with, there's her stellar career as a TV and film actress, and her growing status as a fashion icon. Then there are her professional associations with brands like Puma, Neutrogena, Audi and L'Oréal Paris Hair. And, to top it

all off, there's her role in human rights, as an advocate for the United Nations High Commissioner for Refugees (UNHCR).

A huge part of her success? Love, inspiration and guidance from the women in her life. "I'm very happy and blessed to be surrounded by so many strong individuals, people who inspire me to work towards being the best version of myself," she says. "In turn, I really hope that I will be able to have a positive impact on others, because that's what it's about. When one of us wins, we all win."

With a motto like that, we're sure you'll want to listen in as Nomzamo talks about the female forces who helped shape her success.

From my grandmother: my sense of family

My grandmother, Mildred, and I were very close up until the day she passed, and I count her as the greatest love of my life. She was a domestic worker, and she taught me so much about loving myself, and sharing kindness and compassion with others. Above all, she taught me that beauty is skin deep, so I shouldn't be obsessed with my appearance. Better to work on your mind, she would say, because no one can ever take your intellect away. I really wish she'd lived to see the woman I've become (even though she wouldn't understand me being on TV).

FROM MY MOTHER AND AUNT: MY ATTITUDE
My mother, Phumzile, and aunt, Ntombi, are loud and boisterous, with bags of personality, and have a laugh you can hear from the other end of the house. They both are a people's person: sociable and extremely effervescent, and I've always marvelled at their ability to fill a room with their presence. And it's thanks to them that I have confidence and self-belief. ➔



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**“When one of us
wins, we all win.”**

Dress Galluzzi e Gini
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Philippa Green R579

From my producer: my career break

Desirée Markgraaff is an executive producer, co-founder of Bomb Productions (creators of *Yizo Yizo* and *Jacob's Cross*), and the person who gave me my first role, the life-changing part of Thandeka Zungu in *IsiBaya*.

I came to Joburg as a 21-year-old dropout from the University of Cape Town, and I walked into the auditions without any proper life plans. There was no script, so I had to do improv – hugely intimidating for someone who's never gone to drama school! I still remember Desirée sitting there, watching it all, and even though she gave me a 'who is this?' look when I walked in, she was teary-eyed at the end.

Desirée is my mentor for life. She pushes me to the limits as an actress and a person. I love being able to talk to her about my dreams, and whenever I do, she reminds me to reach for the stars.

FROM MY MENTOR: MY SUCCESS

Ava Hall, vice president of the BET International TV channel, has played a huge role in moving me forward. It's thanks to her that I co-hosted the 2017 BET International Awards in Los Angeles, and thanks to her that I have met people who can help turn my career dreams into reality. I am so grateful that there's someone looking out for me.

From my mother figure: my self-belief

Growing up, I longed to work for the United Nations, as I've always wanted to give back. So it was incredible to be offered the chance in 2017 to be an advocate for the UNHCR. And along with that amazing opportunity, came something I never expected – a mother figure in the form of Needa Jehu-Mazou, the UNHCR partnerships and private manager for Africa.

It's easy to get caught up in the Joburg scene, and to lose yourself in the glitz. Needa always says to me, "You have a light, don't ever forget it." She believes in me, affirms me and reminds me that I'm capable of more than I ever thought.

FROM ZENDAYA: MY STYLE

Zendaya never gets it wrong, and she's a fashion chameleon who never does the expected – something I try to mirror in my own style. I also adore Enhle Mbali Maphumulo – everything she wears seems effortlessly put together.

FROM MY BEST FRIEND: MY SPIRITUALITY

My dear friend, Gomolemo Makhalemele, prays for me, even when I'm not praying for myself, and she holds me accountable when I fall by the wayside. And because she is an accountant, and not in the media world, she's able to be objective. Gomolemo has inspired my growing Christianity and spirituality. Altogether, she is a hugely positive influence in my life.

From my sister: my health and body

I was never really into my looks as a child – my grandmother made sure every ounce of vanity was drummed out of me. But my late sister, Matu, was obsessed with her body (which caused a fair number of clashes between her and my grandmother). At the time, I didn't understand her focus, but looking back, I can see her influence.

Now I enjoy exercising, feeling my muscles work the way they're meant to, seeing progress and experiencing the boost in confidence. In my second year of being in the industry, I was told by a colleague, "You're a pretty girl, but you don't behave like one." That stuck with me for a while, so I tried to change – to be softer on camera and to do more of the 'smizing' I thought they were looking for. I didn't look happy in the pictures though; acting that way just didn't resonate with me. So I thought, 'Forget that – I don't know what a beautiful woman behaves like, so I'm just going to behave like me!'

BEAUTY BEAT

My moisturiser trick

I love pampering my body with avocado oil. Don't tell anyone, but I use the lemon-flavoured one from the Woolworths food aisle!

The hair product I can't live without

L'Oréal Paris Elvive Curl Nourishing Cleansing Conditioner (R99.95).

My natural-hair magic trick! I love the no-foam effect, which allows for easy detangling using only my fingers.



My icons

I have two: Audrey Hepburn and Khanyi Dhlomo for being ageless, chic, graceful and stylish. **G**

Text: Nicola Davidson; Photography: Katinka Beester at Hero Creative Management; Production: Michelle Brownlee Smith; Hair: Amanda Misani; Makeup: Moda by Rea Productions; Fashion assistants: Tania Durand, Tina Tshangela; Stills photography: Conde Nast Digital Studio; Additional photography: Instagram/ Nomzamo Mbatsha, Jerrit Mokgofe, Vikash Gajjar, Instagram/Stills by Torn, Philly Mhlaa, Frennie Shivambu, Gallo Images/Getty Images, Ramaanda Mutshhekwa

Nomzamo's red-carpet style

No wonder she's hailed as an SA style icon.



2015 In Khosi Nkosi at the SA Style Awards.



2016 In Rich Factory at the MTV African Music Awards.



2017 In Dolce & Gabbana at the Veuve Clicquot Masters Polo.



2017 In Jacques LaGrange at a Veuve Clicquot event.



2017 In a white hot gown at the South African Music Awards.



2017 In C/MEO Collective and Zara at the Durban Essence Festival.



2017 In Rich Factory at the BET Black Girls Rock! Awards.



2017 In Malan Breton at the DSTV Awards.



2018 In Missguided celebrating the completion of her accounting degree.



8 Sexy situations, sorted

With 15 years experience as a relationship consultant, Ali Murray is one clued-up woman. Take notes as she talks us through all sorts of hot topics.

Q “I like someone I’ve just met, but how do I tell if it’s the real deal or just infatuation?”

The major question in any new relationship is whether you’re in lust or the early stages of love. Until you’ve worked that out, don’t make any serious decisions like moving in together.

Lust, when sex is the primary drive, is not to be underestimated. MRI scans of people in lust show brain stimulation in the same area that lights up when drug users get their fix, meaning that

you’re literally addicted to the chemicals that your body releases when you’re turned on and getting what you want. This can be a wonderful thing in itself, as long as you know that raging sex hormones can cloud your vision, making you idealise your partner. You may also keep parts of yourself hidden, for fear of seeming needy or unattractive.

By contrast, when you’re in love, you want more than sex, even if sex is still an incredible part of the relationship. That means sharing quality time, wanting to be the best person you can be, and also

revealing your vulnerable sides and recognising your partner’s shortcomings.

How to tell the difference between the two? One way is to ask yourself where your focus is. When you’re in lust, the other person’s appearance is paramount; you’d rather have sex than hang out, and whatever your feelings, you won’t discuss them – or at least, not with ease.

Finally, what do you want to do after sex? If it’s lust, things may feel a bit awkward, and there won’t be much cuddling or intimacy. If it’s love, breakfast and getting even closer are on the cards.

Q “I’d love to treat my partner to a sensual massage. Any tips for setting the scene?”

1 Start with the right approach

Sensuality lives in the imagination first, and you can rouse their senses and your own, long before any kind of touch by preparing the room with the help of colour, warmth and scent.

2 Add colour, but keep away from florals, pinks and blues

You can easily change the atmosphere in a room with drapes and pillows, but make sure you choose sensual, opulent colours like deep red, black, burgundy and violet. Floral prints, and shades like pink and blue, are cute and pretty – but not sensual.

3 Play with texture

Think soft cotton, shiny satin, slippery silk and rich velvet for the decor details. And don’t stop there! Fill a basket with tactile treats, like feathers, silk scarves and faux fur that can be used to caress their naked skin.

4 Change the lighting

Use coloured light bulbs and candles to create a beautiful mood.

5 Hit a high C

Soothing music, like harmonious new-age compositions or albums that are specifically designed for sensual massage, encourage you both to feel more relaxed and receptive.

6 Check the temperature

Even if the sun is shining, lying naked without moving can be cold work, so heat up the space before beginning. (Speaking of warmth, you might also want to warm any oils you use.)

7 Prep your oils

You can make your own massage oil by adding a few drops of essential oils to a base like grapeseed or almond oil, but do get advice at a health shop, as the wrong combination can have unpleasant results. Musky aromas, like sandalwood, or sexy classics, like beautiful ylang-ylang, are more suited to sensual massage than floral ones.

Alternatively, use a pre-mixed scented oil. Decant it into a bottle that has a dropper lid, so you can control the amount you use (remember: a little goes a long way), and keep it in a bowl of hot water, so that it’s warm (but not hot).

Now for the massage!

1 Make sure that both you and your partner understand the boundaries before you begin, and treat their body with love, respect and appreciation.

2 You don’t have to be a professional here. You’re giving them a beautiful treat and gesture, and touching with love is more important than technique in this situation.

3 Stay present and focus on your partner. This should not be giving in order to get something in return, but giving for the sheer joy of it.

4 Remember that the recipient is the boss. Check that they are enjoying what you’re doing, and be open to any suggestions they make.

5 Make sure that you have total privacy and undisturbed time together. No phones, pets, kids or mother-in-laws required! ➡





Q “I’ve been fantasising about doing a sensual dance for my partner, but it feels a bit intimidating. How can I gain some confidence and just do it?”

Sensual movement took the world by storm a few years ago when women started to see private lap dances as a way to enjoy their own sensuality and express their sexual power. It can be challenging to get comfortable with the idea of exposing yourself in this way, and you may want to compare yourself with what you see in the media, but your partner will likely be totally thrilled and blown away by this gift of your time and self, and the act of doing a lap dance will, in itself, boost your confidence. Plus, it’s a wild workout!

You’ll find plenty of dance studios offering sensual classes like burlesque and pole dancing, but if this feels too public, practice at home with a video. Watch ‘The Art of Exotic Dancing for Everyday Women’ on artofexoticdancing.com, it will give you everything from basics, like walking and eye contact, to using everyday features, like staircases and bannisters as props.

Q

“What’s the best music to do a sexy dance to?”

Sensuality is slow, so go for slow songs. You don’t want them jiving in their seat – you want your partner panting for more. I’ve had some great feedback with these:

Ja Rule ft Ashanti

‘Always on time’

Hot Chocolate

‘You sexy thing’

Joe Cocker

‘You can leave your hat on’

Céline Dion

‘A new day has come’

Madonna

‘Erotica’

Janet Jackson

‘That’s the way love goes’

Seal

‘Don’t cry’

Shakira

‘Undereath your clothes’

Britney Spears

‘I’m a slave for you’

Shania Twain

‘Man! I feel like a woman’

Sting

‘Desert rose’

George Thorogood

‘Bad to the bone’

Peggy Lee

‘Fever’



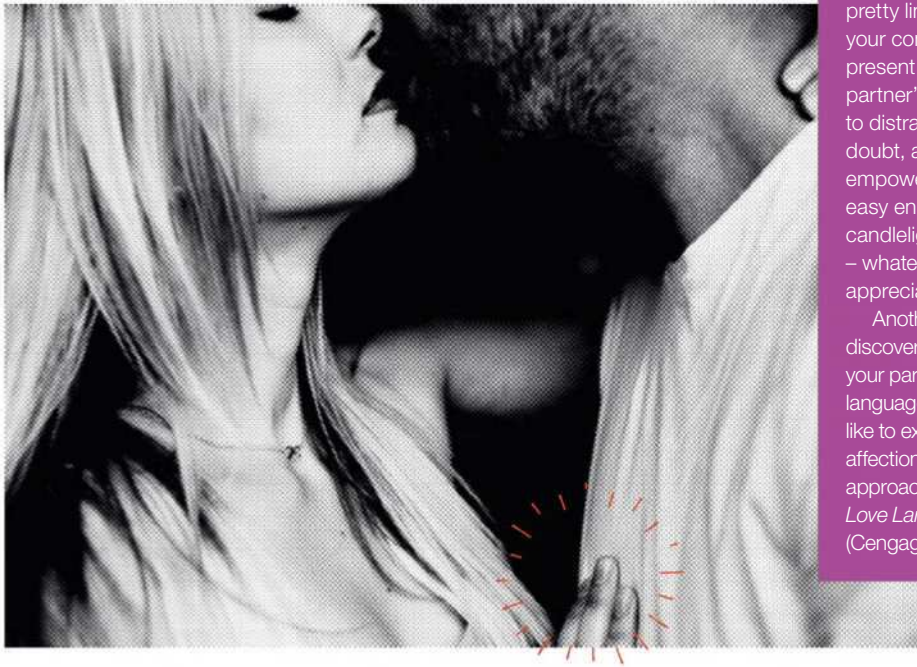
Q “How should I let my partner know what I’m wanting without making him feel insecure?”

Don't think you're alone in this! Intimate communication is challenging for many of us. But be assured – there are ways to reveal what you want without destroying your partners sex mojo.

First of all, don't wait until you're in bed together to tell him that he's doing something wrong. Have this discussion when you're both feeling relaxed and not rushed, over a glass of wine or a meal, for example. And be careful about hurting his feelings and his ego. Gently explain that you have a fantasy

about him you'd like to share, then talk about how you would love him to touch you in bed. Pay attention to how you convey your message. Studies show that only 35% of communication is verbal, so smile, touch him while you talk and keep your body language open. By the time you're done, you may very well be feeling turned on.

But if you do decide to have the conversation in bed, don't tell him what to do; instead, guide him by using your hands and body, and give him plenty of positive affirmation by saying things like, “It feels so amazing when you touch me here,” and “Don't stop doing that, it's so hot!”



Q

“The thought of revealing my sexy side makes me blush. How can I get over my shyness?”

Relax, appreciate yourself and your partner, and remember: we all have bits and bobs we don't like (even supermodels can be insecure), so don't be too serious!

Start by pampering yourself with a lovely bath, perfume and pretty lingerie, as this will enhance your confidence. Being fully present and focusing on your partner's pleasure is a good way to distract yourself from self-doubt, and can also be empowering. And don't overlook easy enhancements, like candlelight and music you enjoy – whatever helps you unwind and appreciate your unique self!

Another useful approach: discover your love language and your partner's. Simply put, love language is the way in which we like to express and receive affection. For more about this approach to intimacy, read *The Five Love Languages* by Gary Chapman (Cengage Learning; R263).

Q “What are the big bedroom DON'Ts?”

If you and your partner can maintain your sense of humour and communicate openly, there shouldn't be any, although talking about your ex or calling out the wrong name while in the throes of passion would definitely be mood killers! And I do have a big personal DON'T: wearing ratty old underwear. Invest in sexy lingerie. You'll feel hot instantly – and your partner will absolutely love it, too! **G**

About Ali Murray

Ali Murray is a relationship counsellor and mentor with over 15 years of experience in the field. As the managing director of Joburg's AMRC Consultancy, Ali provides communication and relationship counselling for both couple and professional relationships.

Look out for her latest book, *Relationship Enrichment Guide for Women* (AMRC; R199), and for more info, visit alimurray.co.za email info@alimurray.co.za or call 083 408 4061.



Dating disasters



As with any sport, the dating game has its rewards – and challenges. But for every night you spent with lipstick on your teeth or struggled for things to say, someone else has had it worse. So lighten up, sympathise and smile, courtesy of these true tales of dating at its worst.

We've all been on an awful date, the kind that feels as if your life is melting away, painful moment by painful moment. But these stories will make you grateful your suitor merely spent the evening talking about his ex.

The creepy stalker

"My would-be date, a match I'd met on Bumble, suggested we go for dinner, but I explained that I was working late and suggested coffee the next day. I actually did work late, but finished sooner than expected and ended up joining friends for drinks.

"The next morning, as we had arranged, my date and I met for coffee. He made a point of saying I looked tired and dreadful, and even suggested that I must be hung-over. Then he whipped out his phone to reveal stalkery screenshots of the Facebook post in which I had said I was out and about – a shock, since I assumed he didn't know my surname. This, he said, was 'proof' that I'd lied to him. 'Just so you know, you're starting off with minus 10 points because I can't trust you,' he announced. My response to that: 'OK, bye!'" – **Babette, 27**



The freeloader

"It was lunchtime at a great restaurant, and my date ordered up a storm, all while bragging about how much money he made. Then came the bill – and the announcement that he'd forgotten his wallet. "Why don't you pay for this, and I'll cover the next one?" he asked. I had no intention of enduring him ever again, so I told him there probably wouldn't be a next one and offered to give him my banking details. He replied he'd left his bank card in the car, so he'd draw for me. Ten minutes later, there was still no sign of him, so I checked my phone. He'd blocked me on WhatsApp. What a winner!" – **Owethu, 28**

The self-absorbed one

"After a bit of back and forth, the hot doctor I'd matched with on Tinder started trying to talk me out of meeting him. His angle was that he was trying the app out resentfully because his family was worried he was becoming a workaholic who was going to die alone. 'If you still want to meet up, I'm willing to do it, but consider this: I set my radius to 10km so that any resultant

dating won't put too much mileage on my new car,' he said. Bemused, yet not completely deterred, I jokingly suggested we just Skype date or that I join in for a coffee with one of his other nearby matches to save him time and effort. The poor guy didn't get that I wasn't being serious. In fact, he thought both options were great ideas. And with that, I was out!" - **Yvette, 29**

"The result was a hideous quiff that made me look like a troll doll!"

- Xenia, 30

The cheapskate

"My blind date walked into the coffee shop wearing a scruffy, hole-riddled T-shirt. Yes, this was the man my well-meaning aunt saw fit to set me up with. Clearly, she didn't know my taste. Things got worse when he answered two unimportant calls from friends and spent a good six minutes chatting away while I stared into my latte. The kicker was when the family at the table next to us got up and left. Their child had taken a bite out of a muffin and left it, and my date snatched it up and dropped it into his backpack! Wanting to die from embarrassment, I made an excuse to cut things short and ran for the hills." - **Zippora, 33**

The uncomfortable one

"I studied drama at university, and the guy who had a crush on me knew this and decided to impress with an evening at an artistic movie. Being conservative, he didn't realise that most arty movies are anything but, so we sat there marinating in exquisite embarrassment, while a series of super graphic sex scenes played out on screen. Things got even more humiliating later, when he gave a loud reading of a poem he'd written, all in front of a group of girls who couldn't keep from laughing. It was seriously awkward." - **Abena, 32**



Happy endings

Not every awful date has to end right there. Some women have gone from disaster to happy ever after. Or, at least, comfortably coupled up.


The keeper

"I matched with my boyfriend on Bumble, where one of the very first things I told him was that his face looked familiar. His response: 'Familiar enough to sit on?' Usually I'd unmatch instantly with someone like that, but, uncharacteristically, I persevered. Then he cancelled on our first date, at which point I knew I should give up. And yet, I agreed to a second try, and when we finally met, he turned out to be my person. We've now been very happy together for a year, and the future looks good!" - **Phindi, 34**

The carer

"My boyfriend and I embarked on a weekend away - a brave decision, considering we'd only been on two dates. So, you can imagine how awkward it felt when I was struck down with terrible stomach flu. At one point, I was so weak he had to hold me up in the shower and then blowdry my hair while I lay on his lap. (The result was a hideous quiff that made me look like a troll doll!) Not very romantic, right? Or, perhaps it really was, because his patience and caring nature shone through. We're now six years together and counting." - **Xenia, 30**

The light-hearted one

"I'd had a crush on this guy forever, so when he asked me out on a date, suggesting we go for a 'walk', I was only too happy to pull on my trainers (and a full face of makeup). Turned out his idea of a stroll was hiking Cape Town's Lion's Head mountain. The gruelling vertical climb resulted in foundation and mascara dripping off my face. By the time we reached the top, I looked like a muddy raccoon. What a horrible start! And yet, we quickly became a couple. Now he likes to joke that I impressed him with my gorgeous-looking personality." - **Winnie, 20** 

"We sat there marinating in exquisite embarrassment, while a series of super graphic sex scenes played out on screen."

- Abena, 32



Confessions from the front row

Trend forecaster Nicola Cooper shares her inside track.

Preparing like a prize fighter might not be the first thing you'd imagine when it comes to fashion week. But with five different fashion weeks in SA, all running up to midnight for four to six days at a time, and usually twice a year – proper prep is surely required. And I don't say this as a social butterfly obsessed with hemlines, but as a trend forecaster whose job involves observing, critiquing and taking serious notes.

First up (no surprise): my wardrobe. After eight years of shows, I've learnt to plan in advance, and I begin by talking to designers to see if they're happy to loan me pieces from their collections. I only wear local when I represent fashion in public arenas like TV, photo shoots or Fashion Week. This is also

a chance to express my personal style and to have fun. Since I like to choose according to my mood on the day, I put together around five outfits as options. The one thing that doesn't change is the necessities I pack in my handbag: the all-important power bank, phone, lipstick or lipgloss, concealer and fragrance. (I love Tom Ford Sole di Positano as it's strong enough not to need constant reapplication.)

The professional FW attendees, who include editors, fashion editors, buyers and trend forecasters like myself, tend to arrive early. I hate being late, as the number of people can be overwhelming. The organisers allocate our envelope of tickets and wristband (not my best – wristbands make me feel like I'm at a club or festival), then you'll usually

find us outside, waiting for shows, taking pics, chatting and (maybe) smoking.

You've probably seen the photographs, but one of the things you don't get from pictures is just how exciting it can be. Then again, you also don't see how hot or cold the venues get, or how crowded – which is why nerves are frayed by day three, especially when someone's taken your seat!

And if the attendees are tired (five shows a day takes energy), think of the models, set builders, sound technicians, choreographers and backstage teams who keep the wheels turning. And the designers – often operating on no sleep and too many nerves.

As for the front row attendees who watch every show, year after year, this is a job rather than a *jol*. Most of us work

during the day, then go on to Fashion Week until around midnight. That means hardly pausing for breath, let alone eating, so there's a well known post-show drive of shame through fast food spots. (Any chocolates in the goodie bags to devour? Been there, done that and got the post-fashion week breakouts to prove it.)

But of course, I'm fully aware that these are first world problems. Hit in the face by a flying string of beads (it actually happened to a colleague) or flashed in error as a tiny dress swings onto the ramp? Well, there are far worse jobs than sitting front row, even if some things can never be unseen.

Don't walk on the runway... And other Fashion Week insider rules.

DO watch where you're going, so you don't damage someone's long dress or expensive shoes. After all, we're here because we care about fashion.

DON'T lean forward and block the view, unless it's briefly, to see a detail.

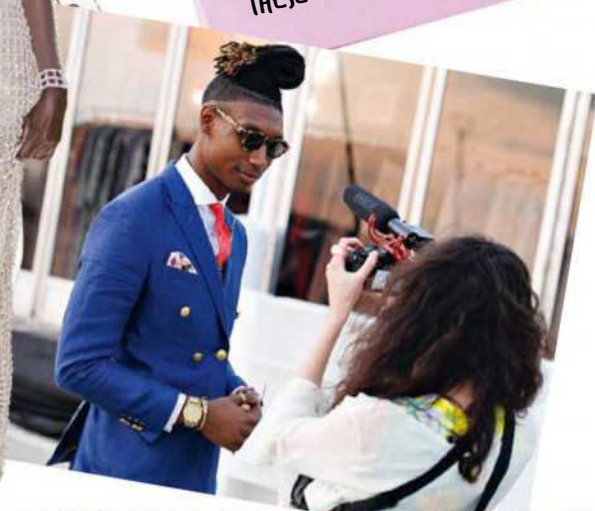
DO be quiet during shows. If you want to communicate with someone on the other side of the ramp or a few seats down, send a WhatsApp.

DON'T whoop, yaaas or catcall when you spot a sexy man, bare chest or scanty skirt. It's not a strip joint. (Come to think of it, you also shouldn't whoop, yaaas or catcall at a strip joint.)

DO respect the ramp. You wouldn't climb onto a theatre stage. Same approach applies. ➡



"ONE OF THE THINGS YOU DON'T GET FROM THE PHOTOGRAPHS AND VIDEOS IS JUST HOW ELECTRIC AND EXCITING THESE EVENTS CAN BE."





2016 In Selfi at SA Menswear Week.



2017 In Guillotine at AFI Mercedes-Benz Fashion Week.



MY FAVOURITE FASHION WEEK LOOKS

Fashion Week is an opportunity to turn up the style volume. So play, experiment and have fun (after all, we have to tame things down the rest of the time!).



2016 In Cotton On and Jozi High Street in Braamfontein, between shows.



2015 In Balmain at the Balmain X H&M collection launch.

2017 In Guillotine at SA Fashion Week.

Fashion week things to know

1 Study the industry and it's players

Remember the *The Devil Wears Prada* scene in which Miranda Priestly's (Meryl Streep) assistant, Andrea Sachs (Anne Hathaway), memorises a file of names? Be like that.

2 Remember your manners

Rudeness is a bad idea in any field, and things change fast in this one. The assistant you just insulted may be a fashion director a few years from now.

3 Don't think being young is an achievement

Youth is simply a temporary fact of life, so don't feel superior or complain that the 'older' generation sits front row. Fashion is tough, and those are the true powers, ongoing icons and survivors. (I say this as a mature member of the audience.)

4 Remember: the internet and the industry do not forget

Going on record with an opinion? Then mean what you say.

5 Be gracious

It took me years to gain access to the front row, and I'll never forget getting into an elevator with Jackie Burger, then a renowned fashion director. As a junior in the style world, I felt way out of my depth with this media royal, but she greeted me warmly, chatted about the shows, and so awed me with her graciousness that I immediately promised myself I would be as much like her as possible!

Yes, there are rules and regulations, DOs and DON'Ts, stresses and pleasures, but the crucial aspect of any fashion week is that it informs and inspires. So, embrace diversity, revel in creativity and enjoy the bubble before it bursts.



ORAPELENG MODULTE STYLE AVENUE



The who's who

All so important that we had to put this in alphabetical order.

THE CELEBS What would Fashion Week be without celebs seated front row? And we have an abundance of photogenic ones.

THE DESIGNERS Talented, visionary, hugely hard-working – and there to make the rest of us look amazing. Plus, fashion creates jobs. A standing ovation for these wonderful people!

THE DESIGNER FANS Major clients, family and friends, and in some cases, their children, which makes for a cuteness factor that upstages the A-listers.

THE HUNGRY STUDENTS Most SA fashion weeks have a stand-by queue for aspiring fashion lovers and students. It's about the hustle – but patience pays off.

THE MEDIA Look for the mobiles and furious typing! These are the people who know the secrets – like how to make an iPhone image look professional, and which part of the show makes the best Instagram story (the finale, actually).

THE SOCIALITES No one knows what they actually do, but they are omnipresent, label-clad and often to be seen clutching a goodie bag with all their strength.

THE STYLE ICONS Look for the crowd of photographers or the TV crew, and you'll find a style icon right there – at the centre of the action. Style icons might not have anything of great importance to say, but their fashion perfection is so great that they could give advice to the professional stylists. **G**

My hair journey

Unique, self-assured and utterly gorgeous, these women tell us how they finally ditched the straightening tools and embraced their natural hair.

“I love being that woman with big, curly hair”

Eleanor Barkes, 35, travels the world coaching women about curls, after learning to accept her own.

I started embracing my natural hair when I was 31 and had just moved to Tokyo. My hair was breaking off because it was constantly dried out, so I started Googling natural ways to take care of curly hair. I really didn't know anything about natural hair care, so I did it all by trial and error, reading blogs and importing products to Tokyo.

Since then, I've come to understand all the different curl types that I have; the ones on the crown of my head, for example, are tighter and drier than the rest, so I apply more product to keep that section moisturised. The curls in the nape of my neck are much looser and need less moisture. That's pretty much it: I just apply more or less product, depending on how well a specific area retains moisture.

My advice to anyone transitioning to natural hair? Keep it moisturised with a good leave-in conditioner, followed by an oil (try coconut or olive), then go for a style that will blend the two textures (curly and straight) together nicely – a roller-set, twist-out or braid-out works well. My hair loves coconut, avocado and olive oils, as well as aloe, and shea and walnut butters. I look for products that contain these ingredients, and avoid anything containing sulphates or mineral oils. Sulphates may clean your



“All hair is good hair, and all hair is beautiful.”

hair and remove product buildup, but they also strip it of natural oils, and tend to leave it dry and straw-like. They can also cause scalp irritation and hair loss.

I treat my hair with love, because it's an extension of who I am. For the last few years I've been rocking natural curls – and I would never go back to the days of burning my scalp with relaxers just to try and fit in with society's idea of beauty. I've come to love being that woman in a crowd with the big, curly hair.

Sharing my hair story through my blog (eleanorjadore.wordpress.com) and YouTube channel (@eleanorjadore) means so much to me, because I've been able to help countless women embrace their hair. I believe that every woman should feel empowered to wear their hair naturally; it's just a matter of working out which products your hair likes and how it likes to be styled.

All hair is good hair, and all hair is beautiful. This is part of the reason my four natural sisters and I host the annual Cape Town Natural Hair Fest, where people can be themselves without fear of ridicule. They can also get their hands on hard-to-find natural hair products.



“We learnt to love our 4C curls”

How sisters Michelle and Samantha Tshwarano Perkins, 21, renounced relaxers and learnt to love their locks.

We both started transitioning our relaxed, damaged hair about three to four years ago. Our hair type is super-kinky. Many people confuse ‘curly’ and ‘kinky’, but it’s important to understand the difference – hair care for curls is quite different to hair care for kinks. With a very low porosity, 4C kinky hair needs to be moisturised twice as often as curly hair, because the moisture struggles to find its way to the bottom of the super coily kinks.

We owe all our years of unhealthy hair to the mistreatment of relaxers, straighteners, dyes, perms and hair dryers. Nowadays, the furthest we go

with experimentation is protective styles like box braids or cornrows.

When our hair seems dull, limp and hard, we know that a deep conditioning treatment is needed. When it isn’t soft and flexible, we know it needs healthy oils and moisture. Healthy oils for Afro hair range from coconut oil (which will save your life in many ways) and olive oil, to Jamaican black castor oil.

Jamaican black castor oil hasn’t been overly refined, so it contains all the health benefits that normal castor oil lacks. We apply it to our scalps – not to the hair directly, as it will weigh down the hair too much. But it’s number one for maintaining a healthy scalp. People always seem to downplay

“Our hair helps remind us that it’s OK to be yourself, and conforming to beauty standards isn’t the only way to go.”

the importance of a clean, healthy, moisturised scalp.

The fact that so many people love – or are stunned by – our hair helps remind us that it’s OK to be yourself, and that conforming to beauty standards isn’t the only way to go. ♦♦

“Shaving my hair gave me a fresh start”

24-year-old Jessie Crichton's modelling career blasted off with a buzz cut.

I remember the first time I shaved my hair. It was April 2015. I was in my final year of studying Fashion Design at Nelson Mandela University in PE, and longing for something different. Prior to my current look, my hair was relatively short with an undercut (think Miley Cyrus circa 2013). I was a hair model for some time and sported various styles, so my hair was becoming progressively shorter long before the big chop.

The day I decided to shave felt like a turning point for me; I wanted a fresh start and to experience something new. A handful of people in my close circle expressed concern, but this left me with no hesitation; in fact, it drove me to go ahead with it. I was contemplating the style for a while, but the decision to shave that day was spontaneous.

Having such short hair for the first time felt empowering and free, like I had one less thing to worry about and could focus my attention elsewhere. My friends' and family's reactions were quite varied; I don't think it was too much of a surprise, though, because it's expected that I do the unexpected. Of course, the odd person would question my decision or share their unsolicited opinion, but this never fazed me.

Core benefits of short hair include quicker drying and styling time, plus saving money on hair products. The only downsides are having to deal with the cold and maintenance – regrowth is more noticeable! On the upside, beanies come in handy for both. The modelling industry has become much more inclusive of people with 'alternative' appearances; those falling outside of what is considered the conventional standard of beauty or what I like to call 'chocolate-box beautiful'.



One of the biggest misconceptions about short hair is that it belongs to one gender. But as they are doing in fashion, society is working tirelessly to eliminate the idea that hair is binary. Hair is absolutely not just hair, in my opinion. It expresses who you are as an individual. Personally, my style is constantly evolving – some days I feel more feminine and other days I feel more masculine; I make an effort to dress accordingly, but don't feel the need to look a certain way to embody either energy.

As much as I daydream about having long hair from time to time (and miss it oh so dearly), there are no regrets. Shaved hair served me well in 2016, when my best friend and designer, Armand Dicker, asked me to walk in his show for South African Menswear

“Following your gut and taking risks is well worth it. You'll be surprised at where a good haircut can take you.”

Week. Walking in that show was the first step in a chain of events that led me to signing with Boss Models.

I intend to keep my pixie cut for a while, but I would shave it again in a heartbeat. One thing I've learnt from this journey is that following your gut and taking risks is well worth it. You'll be surprised at where a good haircut can take you. **G**

Text: Solenne Kamba; Photography: Eleanor Barks; Instagram/Samantha Tshwarano Perkins, Trays Owen at One League Creative Management for Instagram/Jessie Crichton

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* Source: Nielsen, 12MM, July 2017

 planet of attraction

Inspiration

to
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Looking for incredible advice? Get it from these three beloved icons.

Basetsana Kumalo Businesswoman and style icon

What is the most important lesson you've learnt in your career?

Do what you love, and love what you do. There will always be challenges, but if you can find a level of satisfaction that makes up for those challenges, you're probably doing what you're supposed to be doing. So find what excites you, and do it to the best of your abilities each day.

What is the importance of family?

It's easy to get caught up in the demands of daily life, and my family keeps me grounded and balanced. My children's love is my greatest joy, and the support of my amazing husband, Romeo, makes all the difference. Time with family is a big part of self-care, because it allows you to see yourself through the eyes of people who love you most.

Advice for tough times?

I was very lucky to interview Oprah when I was a *Top Billing* presenter, and she told me about *The Four Agreements*

(Amber-Allen Publishing; R224) – a book by Don Miguel Ruiz, which suggests four principles for happiness in life:

1 Be impeccable with your word

This means having integrity, saying what you mean, not speaking against yourself or others, and using the power of your words to help create truth and love.

2 Don't take anything personally

Nothing other people say or do is because of you – it's all a projection of their reality, their dream. When you're immune to the opinions and actions of others, you won't be a victim to unnecessary suffering.

3 Don't make assumptions

Find the courage to ask questions, and express what you want. When we communicate clearly we can avoid misunderstandings, sadness and drama. This alone can transform your life.

4 Always do your best

'Best' changes from moment to moment, but simply do your best, whatever the circumstances, and you will avoid self-judgment and regret. If you're dealing with difficulties, ask yourself, "Have I done my best?" None of us are perfect, but if you do your utmost with honesty and integrity, you will overcome any challenges.

What are your thoughts on the entertainment world right now?

I'm so moved to see the women of Hollywood stand up against years of sexual harassment, and it isn't because they're stars, but because of their individual and collective courage. The fact that so many women put up their hands speaks to the fact that we continue to be marginalised and ill-treated, especially in SA, where women still earn less than men for the same work. Let's speak up, defend one another, and create networks for change. It's time to be recognised as the equals we are, and always were!

What is your message to young women?

Reach for your dreams! We are all here for a specific purpose, so figure out what yours is and you'll be able to contribute to a better world. Don't fall prey to social media: it's not a true reflection of reality. Realise your worth so you can actualise your future. And don't feel like a reject if you don't fit in to a particular group or environment. Just move on and find that place where you are celebrated for who you are! ➡



“None of us are perfect, but if you do your utmost with honesty and integrity, you will overcome any challenges.”

Ursula Chikane Broadcaster and producer

What is the most important lesson you've learnt in your career?

If things are going badly, find a way to breathe and work through them, but if the situation doesn't improve, and your health and sense of self are under threat, change course. Then, when you find where you belong, commit fully.

What is the importance of family?

Family will do what nobody else will do for you! Above all, I've learnt to value my parents and their unending wisdom.

Advice for tough times?

Confronting wrongdoers was never my thing, but now that I've paid my dues and learnt tough lessons, I make it near-impossible for anyone to exploit my time and reputation. My advice: keep your head in the game, your nose clean and side-step the drama.

What are your thoughts on the entertainment world right now?

The game has changed totally! There are still shows with a pre-millennium gender stance (ones where women are eternally inexperienced, giggling Gerties), but there are so many fierce directors, singers, actors, dancers and writers who own their female greatness. And while female sports commentators remain rare, I enjoy watching the likes of Kass Naidoo roll out their own welcome mats and open opportunities for other women.

What is your message to young women?

Don't get trapped where you don't belong; find your place and reason to excel. Don't exile your ambitions out of fear, take chances on yourself, and be ready to try and fail, and try again. Whatever your industry, it's important to get past rejection and to move forward. Sometimes, what others think of you is far less important than what you think of them. Allow them their opinions, then enjoy their reactions when they find out who you really are!



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Brümilda van Rensburg Actress

What is the most important lesson you've learnt in your career?

I love this by writer Kahlil Gibran: "Work is love made visible." I've never thought of my work as a job, but as a calling that brings meaning and purpose to my life. In the end, that will always be love.

What is the importance of family?

My family is my greatest support. My parents, Fanie and Freda, gave me unconditional love and taught me the love of God. My brother, photographer Renico, was my confidant and second-in-command, and I have huge respect for my sisters, Nancy and Fredrika. When I think of my family, pure love is what comes to mind.

How important is friendship?

My relationship with my friends goes back to our high school days, and we share our splendour, desires and delights as well as our grief. It's important to drop all accolades with your friends and simply be yourself. The ability to be completely vulnerable is of utmost importance – it aids in building life-long, healthy relationships.

Advice for tough times?

When it comes to work, I believe that everyone knows the rules: the show must always go on. So personal problems are best left at home. As for trials, they will come in all areas of life, but the key is to let your light shine regardless of the circumstances. Also, try not to gossip, don't be selfish, tell the truth, have compassion and always be respectful.

What is your message to young women?

Mark Twain said, "The two most important days in your life are the day you are born and the day you find out why." If you live with a sense of possibility, potential and optimism, you will discover your life purpose, and that will lead to happiness.



Brümilda's inspiration

I love inspiring quotes, and I make a note of the ones that have helped me on my journey. Here are some favourites:

"After every storm, there is a rainbow. If you have eyes, you will find it. If you have wisdom, you will create it. If you have love for yourself and others, you won't need it." – Shannon L Alder

"One is loved because one is loved. No reason is needed for loving." – Paulo Coelho
"Love has nothing to do with what you are expecting to get – only with what you are expecting to give – which is everything."

– Katharine Hepburn
"Don't let the mist of circumstances block your imagination and stop you from making new beginnings."
– Balroop Singh

Oh so glam!

Birthday party, wedding reception or just running errands? Icons and trendsetters share their most glamorous experiences.



I love my straw hat because you can literally wear it with anything

"I've decided to treat the city as my runway"

Tshego Seakgoe,
actress and model

My most glamorous experience is every day – including while running errands! I've recently moved to Dubai with my fiancé, and after constantly wearing sweats during the move, I've decided to treat the city as my runway. It's important to make an event of things, even the small ones, and it's true that you feel good when you look good.

My dress is by Zara, bought during a trip to Turkey.

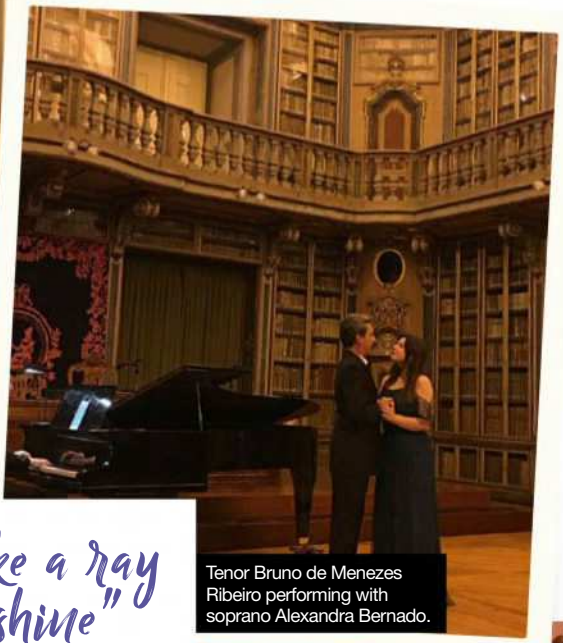
The event was buying plants at the nursery, meeting a friend for lunch and grocery shopping after that.

I loved this look because of its elegance. The print has a great '70s feel, and the cutout over the bust area is sexy but not vulgar.

When it comes to style wear what feels good. Trends come and go, but style is forever, so find and rock yours!

This dress is timeless. I'll probably still be wearing it 10 years from now

Text: Nicola Davidson; Photography: Namida Aldi for Tshego Seakgoe, Instagram/Gretha Scholtz, Courtesy of Zebra Square, 72 Photography, Xavier Merchet-Thau, Duncan Pape for Instagram/Clouds Drummond



Tenor Bruno de Menezes Ribeiro performing with soprano Alexandra Bernado.

"I felt like a ray of sunshine"

Gretha Scholtz, author, cook and foodie extraordinaire

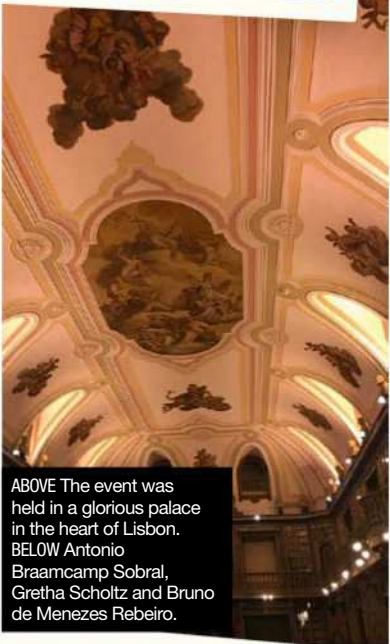
My most glamorous experience was a surprise birthday party for my dear friend, the opera singer Bruno de Menezes Ribeiro, last November, held in a gorgeous palace in Lisbon, Portugal.

The dress code was black tie and evening gown – a perfect opportunity to wear this creation by one of my closest and oldest friends, Gavin Rajah. Because the dress is a statement in itself, I styled it with simple hair and makeup, and gold earrings found in Japan.

The event was pure glamour from start to finish: champagne, great wines, dishes like chestnut soup with wild mushrooms, quail with black grapes, traditional Portuguese flan and mountains of the best chocolate mousse ever. The dinner table groaned under the weight of the silver and crystal, and the musical performances throughout the evening included one from the guest of honour himself.

I loved this look because it blends sophistication and old-world charm. Gavin sourced the vintage silk brocade in Paris. Complete with hand beading, silk ribbon and gold bullion thread, it made me feel like a ray of sunshine

When it comes to style I really love SA designers – and get so many compliments on my clothes. ➡



ABOVE The event was held in a glorious palace in the heart of Lisbon. BELOW Antonio Braamcamp Sobral, Gretha Scholtz and Bruno de Menezes Rebeiro.



I always feel beautiful in designs by my friend Gavin Rajah



Performance art piece to open the SA Style Awards by multidisciplinary artist Manthe Ribane.

"I felt like a million bucks"

Jillian Grogor, owner and founder of Zebra Square

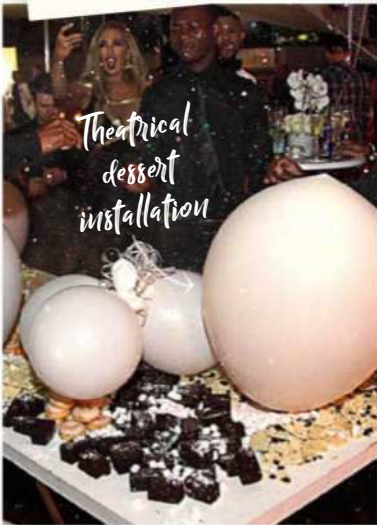
My most glamorous experience was definitely the 2017 SA Style Awards at the Sandton Diamond Walk and Sandton Sun Hotel.

I wore an emerald green gown designed by Gert-Johan Coetzee. Gert-Johan knows how to flatter a woman's body, and I completed the look with Prada accessories – gold heels, clutch and dramatic gold glitter ball earrings.

The event was a true showcase of glamour, honouring people who have benchmarked excellence across 10 categories, and I'm thrilled to have been part of it.

The highlights included mounds of oysters, Grey Goose cocktails, a gin bar, an Italian food station with Gorgonzola gnocchi, wild mushroom risotto, Ashbourne wines, Martini bikes serving barbecued meats and designer burgers, and the pièce de résistance: a theatrical dessert installation by Vicky Crease Catering and Events. Style from start to finish!

I loved this look with my Glampalm curls because of its old movie star siren look. I felt like a million bucks, and the compliments were wonderful.



Theatrical dessert installation



This column style was a perfect fit.

I always try to go for looks that are simple, yet elegant and classy as well

"It seemed like an appropriate and romantic gesture"

Enhle Mbali Maphumulo, actress, designer and businesswoman

My most glamorous experience

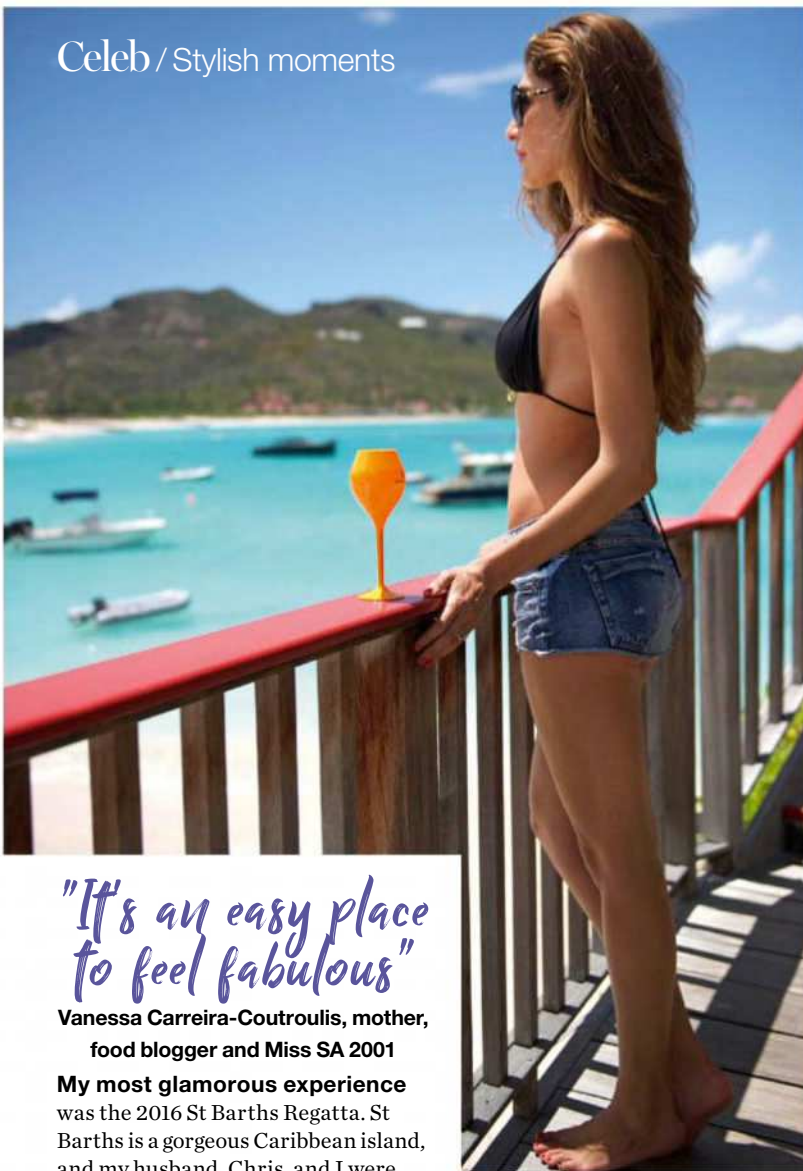
was the 2017 DStv Mzansi Viewers' Choice Awards at Joburg's Sandton International Convention Centre.

I wore my wedding dress, designed by Gert-Johan Coetzee. It wasn't what I'd planned, but on the way to the event, I damaged the zip on my first outfit. I was already late, so I dashed home to change. I've always loved my wedding dress, and it seemed like an appropriate and romantic gesture to wear it, as I was accepting an award on behalf of my husband, DJ Black Coffee, who was playing in Ibiza that weekend.

The event was one of the best award shows ever: fantastic food, classy decor and a stage setup worthy of any international production. From the performances to the winners, it was an absolutely outstanding evening.

I loved this look because it's a classic that will look great 10 years from now. And just because it's a wedding dress, doesn't mean it can't be worn again – which is exactly what I wanted to show.

When it came to makeup, I did my own, and I made my wig, too. ➡



"It's an easy place to feel fabulous"

Vanessa Carreira-Coutroulis, mother, food blogger and Miss SA 2001

My most glamorous experience was the 2016 St Barths Regatta. St Barths is a gorgeous Caribbean island, and my husband, Chris, and I were invited there by Veuve Clicquot.

The event took place over five days, and in addition to the races, there were concerts and events every night. It was all hugely exciting.

My look was really simple: a black bikini and denim cutoffs. But it's the setting that makes it special – the Eden Rock is one of the world's most fashionable and iconic hotels, and an easy place to feel fabulous! Over the years, it's been the setting of many lavish and decadent parties, and I loved experiencing that atmosphere firsthand.

I loved this look because it was just right for an iconic party island, with its pristine beaches, crystal-clear water and absolute glamour.

"The fit was super comfortable"

Clouds Drummond, blogger and fashion buyer

My most glamorous moment was at the SA Dressage Championships in November 2016.

I wore a 'Dragon' jumpsuit by my favourite design duo, Bridget Pickering and Ludwig Bausch from Ruff Tung. My bronze clutch was a loan from Bridget – her wardrobe is so full of glitter and sparkle that it's like a sartorial gold mine.

The event was a glorious afternoon of wining and dining, complete with copious L'Ormarins MCC and tapas-style food. Our marquee was hosted by top Cape Town restaurateur Peter Weetman of Societi Bistro, and the occasion was relaxed and indulgent, without fuss or formality.

I love my look because it's stylish and event-appropriate. The colours were amazing, and the fit was super comfortable, which gave me confidence – something you can see in the pics. (Photos never lie!) As a blogger, I promote and support SA designers, and the Ruff Tung brand is beautifully tailored and suited to most body shapes. Plus, I've formed a close friendship with the designers. 🐾





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Pnina Fenster

Pnina Fenster, editor

“What I’ve learnt from writing romances”

Looking to create your happily ever after? Three Mills & Boon authors share love lessons that go way beyond the page.

“We all need to make an effort to be romantic.”



Thérèse Beharrie started her blog, *For the love of love*, in 2014. A year later, she entered a Harlequin writers competition, and that was the beginning of her writing career.

Eight things I learnt from writing romances novels

- ◆ Relationships can be complicated, but they are so well worth it.
- ◆ We all need to make an effort to be romantic, both men and women.
- ◆ Every one of us has character flaws,

but those flaws are part of what makes true love so powerful.

- ◆ Love looks different to all of us and every version is equally important.
- ◆ Strong women are beautiful.
- ◆ Happy ever after is not an unrealistic goal; it just takes work.
- ◆ Engaging all your senses is the best way to experience greater sensuality.
- ◆ Love is worth all kinds of sacrifice.

My three favourite books and what they taught me

Twilight by Stephenie Meyer (Little, Brown Book Group; R190)

Love can happen anywhere, at any time and between anyone.

Suddenly One Summer by Julie James (Penguin; R109)

The power of sincere love and support can help move us beyond traumas from the past.

Sleepless in Manhattan by Sarah Morgan (Harlequin; R114)

Strong chemistry and an emotional connection are the keys to a wonderful love life.

Thérèse’s latest novel is *Falling for His Convenient Queen* (HarperCollins; R117)

“Magic is in everyday things; we just need to look for it.”



The author of 10 novels, Lucy Ryder teaches English at a community college in Benoni, where she lives with her two daughters.

One thing no book can teach you

To have a sense of humour. There’s so much stress and drama in the world that we often forget the importance of laughing at ourselves.

One thing I wish I could still learn

To be better at taking criticism. Too many people allow other people’s opinions to make them unhappy – myself included!

10 Things I learnt from writing romances novels

- ◆ Happily ever afters aren’t just for Disney movies – every woman deserves one of her own.
- ◆ True love is often more surprising and satisfying than anything you imagined.
- ◆ Even modern women go weak at the thought of being swept off their feet.
- ◆ Women are just as sexual as men. In fact, I believe we have more imaginative fantasies than men, who tend to be mostly visual creatures.
- ◆ Romance never goes out of fashion.
- ◆ With time, kind words and thoughtful deeds become more romantic than candlelit dinners and bouquets of roses.

◆ Shared laughter makes great foreplay because it heightens intimacy.

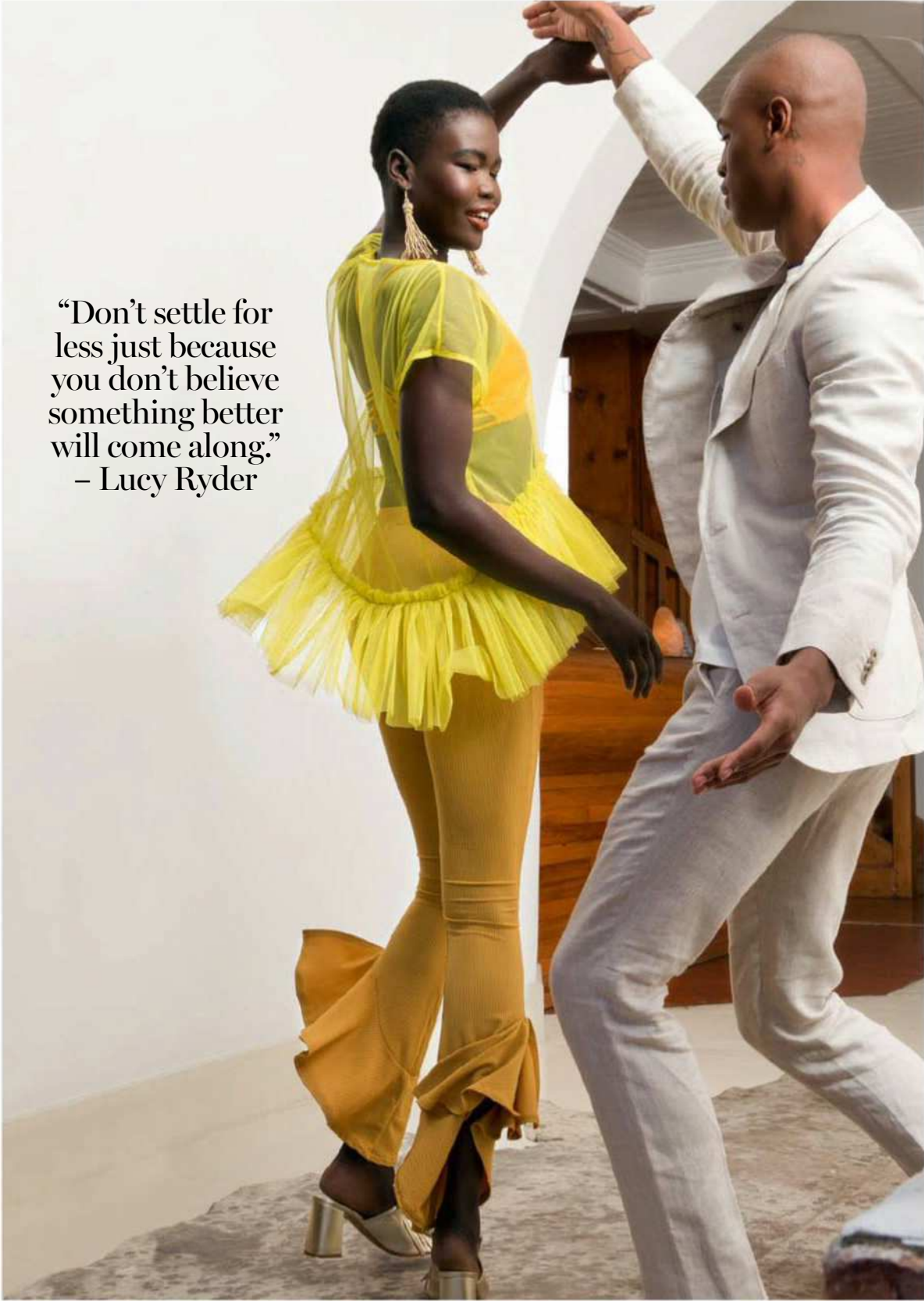
- ◆ Women find affection just as sexy as a carefully considered seduction.
- ◆ If a man shows a woman how he feels, she’ll probably do anything for him.
- ◆ A woman in love doesn’t need expensive beauty treatments, she glows from within.

My three favourite books and what I learnt from them

Pride and Prejudice by Jane Austen (Penguin; R106)

Don’t settle for less just because you don’t believe something better will come along.

The Secret Door by Enid Blyton (Hachette Children’s Group; R175) ♦♦

A photograph of a couple dancing in a bright, airy setting. The woman is wearing a vibrant yellow, short-sleeved, ruffled top and matching high-waisted, flared trousers. She is also wearing large, gold, tassel earrings and silver high-heeled shoes. The man is wearing a white suit jacket and white trousers. They are captured in a dynamic dance pose, with the man's hand on the woman's shoulder and the woman's hand on the man's waist. The background features a white wall and a wooden staircase.

“Don’t settle for less just because you don’t believe something better will come along.”
– Lucy Ryder



Magic is in everyday things; we just need to look for it. Also, be kind, even to people you don't think deserve it.

Hamlet by William Shakespeare (Penguin; R166)

When the chips are down, fake madness. Crazy covers up a lot of awkward moments.

Lucy's latest novel is *Resisting Her Commander* (HarperCollins; R119)

“You have to be able to laugh with the person you fall in love with.”



Joss Wood wrote her first book at eight – and she hasn't stopped since. Now a full-time author, she has 25 novels for Mills & Boon to her name.

One thing no book can teach you

How to deal with losing love. Whether it's a breakup or death. That pain has to be lived through.

One thing I wish I could still learn

To trust myself more. And, more than that, I wish the process would get easier. Then again, if you aren't pushing yourself, you aren't progressing.

10 Things I learnt from writing romance novels

- ◆Manners never go out of fashion. Opening a door or pulling a chair out makes a guy hot, not weak.
- ◆What you think you want and what you actually need aren't always the same. Think you want a bad boy? It could turn out that it's the geek who rocks your world.
- ◆Relationships reveal our flaws, and that's fine. Flawless people are boring, anyway!
- ◆Family doesn't always mean being linked by DNA. Sometimes, love creates a stronger bond than DNA ever could.



- ◆Life is hard, and life without a best friend is doubly so. Why wouldn't you want the support and love of a funny, feisty woman who has your back?
- ◆In romance novels, the heroine always has a massive smile on her face after sex, and really, shouldn't life imitate art?
- ◆Love doesn't mean moulding yourself into the person your partner wants. True love is about being appreciated for exactly who you are – faults and all.
- ◆Relationships can't only be about a hot body and sexy face. There has to be substance below the surface.
- ◆You have to be able to laugh with the person you fall in love with.
- ◆We all have to experience pain in life.

My three favourite books and what I learnt from them

Pride and Prejudice by Jane Austen (Penguin; R106)

This classic is a reminder that we all pull

on a cloak in the hopes of encouraging others to see us as we would like to be seen, rather than how we really are. But if we don't look beyond that cloak of appearances, we could miss out on wonderful friendships and even on the loves of our lives.

Wishes Fulfilled by Wayne Dyer (Hay House; R253)

This book is a great guide to the art of manifesting: understanding that we become what we imagine we are, and our thoughts create our destinies.

The Grand Sophy by Georgette Heyer (Cornerstone; R190)

Georgette Heyers delivers a master class in writing a heroine who is fantastically relatable and strong-willed – a 21st-century woman living in the historic Regency world.

Joss' latest book is *Little Secrets: Unexpectedly Pregnant* (Harlequin; R75)

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JOANNA HEDLEY



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- ★ First date disasters that will make yours look like a breeze.
- ★ Cold feet? Four things to talk about before saying "I do".

Beauty-director tested: SA brands to get you glowing.

Text: Staff; Photography: Katinka Bester at Hero Creative Management, Mark Cameron at Agent Emma, Kat Grudko Photography

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Fashion & Beauty



The hot list

SA talents, SA designers,
SA everything!

Photography: Jacques Weijers



SHINE ON, SA

New-season trends, stellar designers and a galaxy of stars combine in this top-to-toe celebration of SA style.

Photography **Jacques Weyers**
Contributing Fashion Editor **Cathy Steed**



WINTER
FLORALS
on Rio Hooper
Model

Dress Zarth Designs
R3 500; cuff Armilla
Designer Jewellery R950;
sneakers Tribal Kicks R850

FEATHERS
on Patty Monroe
Rapper

Coat KLÜK CGDT R3 500;
earrings Missibaba R495;
heels Patty's own

HOLLYWOOD GLAMOUR

on **Rolene Strauss**
Doctor and Miss
World 2014

Dress Warrick Gautier Price on request



DAYTIME
SHINE
on Lolly Nqanqase
Model

T-shirt Me&B R299; sequin
jacket Found Collection at Convoy
R1 280; trousers Ruff Tung
R1 400; hat The Fix R100; sneakers
Superga X Pichulik R1 099





PINK
on Emma Jane
Menteath
Fashion and
lifestyle blogger

Dress Zarth Designs
R10 500; **loafers** Coast
and Koi R4 500

TEXTURE

on Minette Pieters
Fashion blogger

Dress Zarth Designs R4 290;
bra and bottoms Just Say
Maybe R335 (for set)





STRUCTURED

Jacket Sonja von Mellenthin
R1 500; sequin top Kat van Duinen
R1 500; trousers Ruff Tung
R1 400; brogues Poetry R1.399

GOLD

on DJ SistaMatik
DJ

Kimono Ruff Tung Price
on request; **bodysuit**
The Fix R120; **earrings**
Pichulik R1 900; **boots**
Coast and Koi R7 000





MIXED PRINTS

LOLLY WEARS

Top Imprint ZA R1 200; **skirt** Sonja von Mellenthin R595; **sunglasses** Ballo R2 190; **earrings** Pichulik R1 900; **bag** Coast and Koi R3 900; **sneakers** Tribal Kicks R795

RIO WEARS

Jacket Mr Price R160; **trousers** Sonja von Mellenthin R595; **hat** Crystal Birch R760; **sneakers** Tribal Kicks R850

STATEMENT COAT

Coat Marianne Fassler
R12 500; T-shirt Mr Price R90;
skirt KLÜK CGDT R2 800;
boots Aya at Convoy R1 950





JEWEL
TONES
on Rushda
Moosajee
Fitness trainer

Kimono Isabel
de Villiers R1 900;
earrings Pichulik R650



GRUNGE CHIC

T-shirt Mr Price R90; **skirt** Shana Morland R4 500; **glasses** Vintage glasses; **bag** Found Collection at Convoy R320; **boots** Vintage boots



BRUSH
STROKES

on Anelisa
Mangcu

Fine art curator
and blogger

Kimono Ruff Tung R1 299;
earrings Henriette Botha
at Convoy R900



EXAGGERATED SHOULDERS

RIO WEARS

Top Avant at Convoy R995; shorts Mr Price R80; earring Kirsten Goss R1 625

LOLLY WEARS

Dress Gert-Johan Coetzee R999; necklace Pichulik Price on request

Hair: Renee de Wit at Gloss Artist Management, Mary Gouveia; Makeup: Algrita Ferreira; Models: Rito Hooper at Ice Models, Lolly Ngandase at Boss Models; Photographer's assistants: Matt Moon, Sam Ngeni; Fashion assistant: Tania Durand

NEW
ROMANCE
on Roxane Hayward
Actress

Dress Jacques LaGrange
Price on request; **sneakers**
Superga X Pichulik R1 099



Losing your hair? What really works (and won't)

What if your crowning glory is becoming less glorious? The first thing to know: you're not alone! The second: help is at hand (and it isn't horse shampoo!)

When it comes to the movies, women with buzz cuts are capable and tough, from

Demi Moore in *GI Jane* to Charlize Theron in *Mad Max: Fury Road*.

In real life, however, it doesn't always go that way – especially when you didn't sign up for a buzz cut (let alone thinning locks).

"Losing my hair makes me feel less womanly, self-conscious about my bald patch and sure everyone's staring," says Bianca, 20, a Cape Town student.

She's not alone. According to the Academy of Dermatology, 10-12% of women have genetic hair loss by age 40, and over 50% are prone to post-partum loss. Add stress, styling and hormones to the mix, and the result is devastating.

The root cause

What causes female hair loss? Dr Larry Gershowitz, of the Medical Hair Restoration Clinic and an expert in the field, cites these factors:

1 Normal fall out
With washing, combing and brushing, it's totally normal to lose 50-100 hairs daily. These are usually replaced with new strands, and may not require any treatment at all.

2 Hormonal abnormalities
Diabetes can affect hair, and the hormonal problems that affect hair include an over or underactive thyroid, high insulin, elevated testosterone, Polycystic Ovarian Syndrome, post-pregnancy changes and menopause.

3 Scalp inflammation
Eczema (itchy, inflamed skin), seborrhoea (red, itchy rashes on the scalp, nose, upper chest or back), and psoriasis (chronic red, scaly patches on skin), and other scalp infections can cause patchy hair loss.

4 Styling and treatments
Regular perms, bleaches and straightening procedures, as well as tools like tongs and dryers, can contribute to hair loss. Tight hairbands, cornrows, and poorly attached extensions and weaves can also lead to thinning and breakage.

5 Medication
Does the thinning coincide with new meds or a higher dosage? What keeps you healthy may harm your tresses. Steroids, antidepressants, diuretics, chemotherapy, radiation treatment, and some over-the-counter drugs have been linked to female hair loss.

6 Psychological factors
Stress and anxiety are the most common causes of female hair loss by far. "When we experience stress, our bodies produce adrenaline, and this, in turn, increases sebum (oil) production," says Carl Howell, founder of Advanced Hair Studio. "The testosterone in sebum plays a key role in the formation of DHT (Dihydrotestosterone), and it is this DHT that causes the miniaturisation (shortening) of the hair follicle."

This makes it all the more important to get help, as stress-related hair loss can create even more anxiety, thus causing a cycle of increasing worry. The good news? There is medication to counteract DHT.

But wait... what exactly is the problem?

It could be any one of the following:

Androgenetic alopecia
Also known as male pattern hair loss (MPHL) or female pattern hair loss (FPHL), this genetic condition thins hair over time, and is the most common cause. While MPHL is characterised by bald patches, FPHL is typified by thinning and wispy hair on the crown and front. ♦♦



Alopecia areata

This autoimmune condition causes patches of hair loss, and is usually linked to skin disorders like eczema and psoriasis, or diseases such as lupus, cancer or vitiligo.

Traction alopecia

Caused by excessive pulling or styles like braids, weaves and ponytails.

Telogen effluvium

Linked to extreme stress, or menstrual-related iron deficiency.

So what to do?

“If something is amiss in your body, your hair acts like a health barometer,” says Trevenen Bam, a Cape Town trichologist (hair and scalp expert).

So, if you spot thinning or excessive shedding, see a physician, dermatologist or trichologist.

And now for the new you!

While you cannot – and should not – have hair extensions installed while there is active hair loss, they can make a world of difference once your locks have recovered, as they were originally designed to help people with very fine hair, and they add instant volume and length.

If do you decide to go this route (along with the likes of Kim Kardashian and many a beauty queen, model and Hollywood star), see a professional hairstylist for advice on your suitability and the look you want. According to Great Lengths (globally known as the Rolls-Royce of hair extensions), there should be no damage to your own hair if done and maintained correctly.

You can choose from a range of lengths and colours, application takes three to six hours, and it usually lasts three to five months. (Make sure you have them installed and removed by a trained professional in a Great Lengths partner salon.)

Which is the right treatment for me?

Nutrition and good hair care are important in the prevention of some hair-loss disorders, and most specialists will tell you that the sooner you start preventative treatments, the better.

Shampoos and lotions

You probably have a shelf full of disappointments – including horse shampoo (which, sadly, is made for horses). “Use reputable products,” says Trevenen. “Be wary of those that promise instant results, and research what clinical trials were done.”

Minoxidil

Clinical studies show that the medication Minoxidil (also known as Rogaine) can stimulate follicles, helping hair thicken and grow. Just check out potential side-effects, and know this is a lifetime commitment to daily application. At Medical Hair Restoration Clinic this is often combined with tablets designed to counteract the effect of DHT.

Hormone therapy

Topical treatments may help, but only temporarily if hormonal imbalance is the root cause. See a specialist doctor to bring your levels back into balance, often reversing hair loss.

Non-surgical replacement

Laser can be effective in some cases. Explore this option with companies such as Advanced Hair Studio. Just be sure this is what your condition will respond to.

Stem cell treatment

Recent studies on patients with androgenetic alopecia found that stem cell therapy may help to generate bigger hair follicles, restoring hair growth.

Platelet-rich plasma

This relatively new, minimally invasive treatment at Medical Hair Restoration Clinic can help to stimulate scalp health and hair growth, but make sure it's an appropriate treatment for you.

Hair transplantation

If you're a suitable candidate (consult a specialised surgeon), you could opt for this procedure, which has advanced so rapidly that it's now difficult to distinguish between transplanted and natural hair.

Other treatments such as oral anti-androgens and oestrogens for FPHL, microneedling and supplements like biotin, zinc and omega-3 fatty acids have been known to stimulate growth. If your loss results from an underlying medical condition, stress or medication, removing the trigger can help reverse it permanently. **G**

Thinking of exploring hair loss treatment? Check out these options

Medical Hair Restoration Clinic

9 Somerset Rd, De Waterkant Centre, Green Point; 021 425 7755

Advanced Hair Studio

Century Falls Rd, Century City; 086 062 7282

Cape Town Trichology

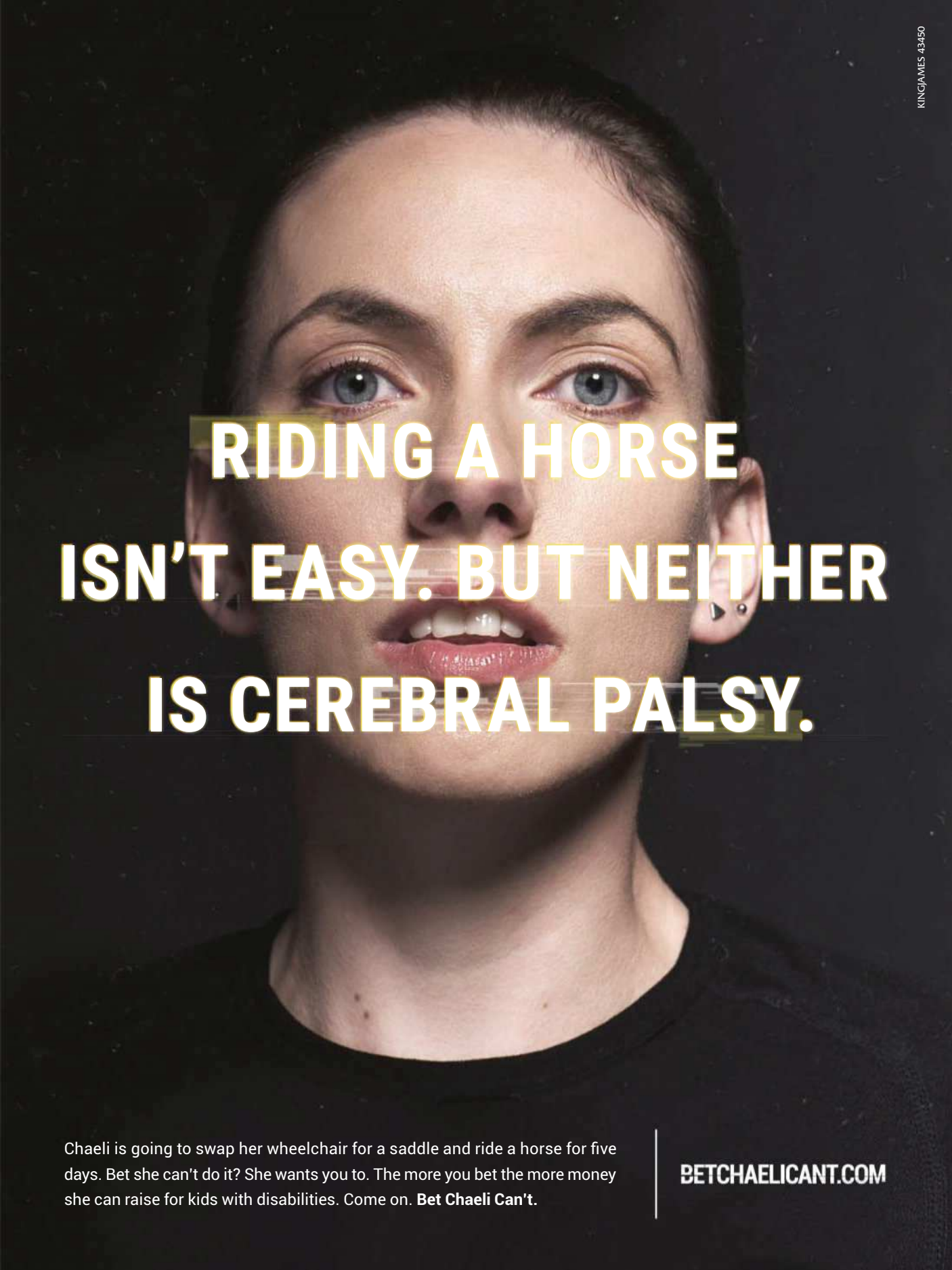
Email Trevenen@capetowntrichology.co.za or call 082 660 5410

Great Lengths

Visit greatlengths.co.za, email info@greatlengths.co.za or call 011 326 1525



Turn the page for tips on how to style your new 'do.

A close-up portrait of a young woman with dark hair pulled back, looking directly at the camera with a neutral expression. Her eyes are light blue. The background is dark and out of focus.

**RIDING A HORSE
ISN'T EASY. BUT NEITHER
IS CEREBRAL PALSY.**

Chaeli is going to swap her wheelchair for a saddle and ride a horse for five days. Bet she can't do it? She wants you to. The more you bet the more money she can raise for kids with disabilities. Come on. **Bet Chaeli Can't.**

BETCHAELICANT.COM

HAIR TRENDS TO TRY TODAY!

We stalked the feeds of Instagram to find the hottest cuts, lengths and styles. Which one will be your next look?

SHORT AND SEXY

Thinking about lopping off your locks? Here's what you need to know when going short.

1 It's versatile

Think cropping your hair is all about a short back and sides? Think again! The hottest cuts include pixies, layered bobs, shaggy fringes, undercuts and even bowl cuts. There are many cuts – not to mention styling ideas and colours – to suit your personality.

2 It's edgy

With the right tools, you can shape your hair into spikes, braid longer pieces to create a focal point or comb down the sides for a modern Mohawk. Add gel, mousse and texture paste to your arsenal for different effects.

3 It's on-trend

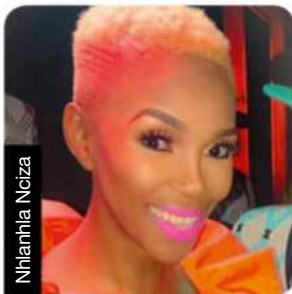
"A short back and sides with volume in the crown is what I'm doing on my African clients," says Brian Warfield, Tanaz senior stylist and ethnic hair expert. "We finger wave the sides and add curls to the volumised top for a fresh take on a Mohawk."

When it comes to Caucasian hair, it's all about making a mess. "Messy-looking hair is huge," says Lesley Jennison, global colour ambassador for Schwarzkopf Professional and Essential Looks. "The key to this is using the right products. Use a paste for a matte and messy style or a volume powder for hold and texture."

4 It suits everyone

"Most face shapes are suited to a short cut, it just depends on the style and colour placement," explains Lesley. "Contouring, baby lights and balayage are popular ways to create interest and shape. All-over bleaches look great on short lengths and rainbow shades are becoming more of an everyday look."

The bonus of having short hair? Bold colours are a short-term commitment. If you don't like it, just shave it off and start again. ♦









Mishka Patel



Jeannie D



Shashi Naidoo



Zoë Brown

VOLUMISED, TOUSLED WAVES

Want that effortless goddess look? Read on for the how-to.

1 If there's one hairdo that says 'relaxed', it's the styled-but-not-styled bedhead wave. Carlton Hair master stylist Carey Partridge sums it up: "It needs to look as if you've spent all day in the sea and just stepped off the sand. So don't put too much work into it – keep it natural-looking."

2 Shampoo and condition with lightweight products, so your hair isn't weighed down. It works best on fine- to medium-textured hair with a layered cut.

3 Towel-dry your hair so it's damp rather than dripping, then comb it with a wide-toothed comb to retain its natural movement.

Apply two drops of hair serum or three squeezes of hair oil, working it in from root to tip.

4 Divide your hair into four sections, and plait each individual section as you would normally, fastening each one in place with an elastic band. Allow hair to dry naturally, or speed up the process by blow-drying it.

5 Once your hair is 90% dry, untie the plaits and brush your fingers through. To add more waves, curl a few extra strands with a wide-barrelled curling iron. Choose pieces of hair at random, and hold onto the barrel for eight seconds. Spritz with sea salt spray to enhance the texture.

STRIKING CORNBROWS

Want to make a fashionable statement? The pros are loving graphic cornrows.

1 Doing your own cornrows can be challenging, says L'Oréal hair expert Mimmi Biggar, but give it time and patience, and you can DIY with the best of them. The first thing to know: while professional stylists need only about 2cm of length to braid cornrows, you'll need 4-5cm to make a good job of it. Does your hair measure up? Good! Then shampoo, condition and dry it thoroughly.

2 Using the sharp end of a rat-tail comb, create a section in your hair for the first row. The larger the section, the larger the braid will be. Be careful of applying too much pressure to your hairline, and maintain even spaces between each row.

3 Now divide the section you've created into three parts, starting at your hairline. Braid those three parts as you would normally, adding more hair to each of these from the rest of the section as you go.

4 Continue by adding more hair from the sides. If you're struggling to get a hold of your strands, spritz on a little water every so often to make it easier to grip.

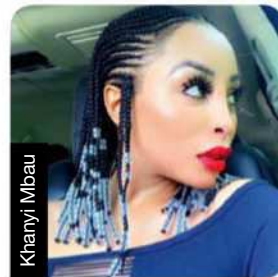
5 Once you've finished working the cornrows onto your scalp, braid all the way to the end or add extensions for length and secure with an elastic band. ♦♦



Amanda du-Pont



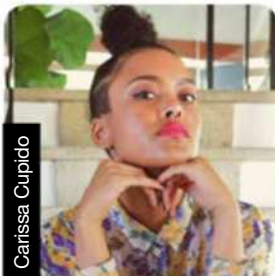
Bonnie Mbuli



Kharayi Mbau



Liesl Laurie



Carfissa Cupido



Vanessa Carneira-Coutroulis



Rolene Strauss



Melinda Bam

SLEEK TOP KNOT

Move up in the style stakes with this easy, exotic (and great for bad hair days!) look.

Ashanti, Rihanna, Zendaya... what do these fierce celebs all have in common? Apart from fame and a single name, they've all been known to rock a sleek top knot in their time.

Want to get in on the act? Follow these steps.

1 Make sure that your hair is long enough to style in a high knot. If it's 30cm or longer, then you've got the perfect length to work with, says Sonny Magano, Mizani artist and owner of Sonny Magic Hair & Beauty Lounge. If not, look into adding 30cm extensions to your hair, or try Mimmi's tip: buy a ready-made ponytail or bun to enhance your existing look.

2 Shampoo and condition your hair the day before, rather than on the actual day. Doing this will allow it to hold the knot better. To start, wet your hair, then

blow-dry in an upward motion towards the top of your head. Keep in mind that the aim is for your hair to look as smooth and sleek as possible.

3 Squeeze a R2-coin sized amount of strong-hold gel onto your fingers and work evenly from root to tip. Then comb all your hair onto the crown of your head, form a high pony and secure with an elastic band.

4 Create the top knot by wrapping your ponytail tightly around the elastic band at the base, pin it in place with bobby pins and fix with a holding spray. If you need to use a hairpiece, wrap it around your ponytail (twist it over the elastic and pin). Finally, neaten your hairline with an edge tamer or gel and comb flat with a bristle brush.

WOW WIGS AND WEAVES

A protective style for your own hair and a stunning way to make a statement.

1 Consider your style

A weave or wig should complement your facial features and bone structure. Consult with your stylist to ensure that your cut suits and defines your face, advises Mimmi. Weaves and wigs can give your hair a chance to grow. Replace your weave every six weeks to keep it looking its best. "The more you spend on quality hair, the longer it will last," says Mimmi.

2 Less is more

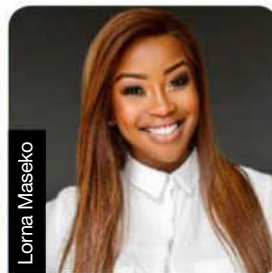
The biggest mistake you can make when taking care of a weave or wig? Using too much aftercare products, says Sonny. Overuse of products can give your hair piece an oily appearance, make it stiff and unnatural-looking. On 100% human hair pieces, shampoo and condition once a week, and always apply a heat protector when heat styling. Sonny's top tip: add a few drops of serum every second day to keep your locks looking glossy.

3 Easy does it

Follow Mimmi's tips for a glam weave: shampoo gently, then add a generous amount of leave-in conditioner and comb it through. Dry your hair about 60% of the way with a hairdryer, then wrap sections around large rollers in a backwards direction. Once dry, remove curlers and separate with fingers. Add serum for shine. **G**



Poppy Ntshongwana



Lorna Maseko



Pearl Modjadie



Jessica Nkosi

Text: Nicole Davidson; Photography: Instagram/Nhlanhla Nciza, Instagram/Bianca le Grange, Justin Dingwall for Instagram/Nandi Macida, Instagram/Pabi Molo, Cameron McDonald, Zeenat Banderker for Instagram/Mishka Patei, Instagram/Shashi Naidoo, Instagram/Jeanne D, Ebraheem Davids for Instagram/Zoë Brown, Instagram/Amanda du-Pont, Instagram/Khanyi Mbaui, Instagram/Bonnie Mbuli, Donald Chipumha for Instagram/Liesl Laurie, Instagram/Carlissa Cupido, Kevin Mark Pass for Instagram/Rolene Strauss, Instagram/Vanessa Carreira-Coutroulis, Instagram/Melinda Bam, Instagram/Poppy Ntshongwana, Instagram/Pearl Modialele, Billy Cypher for Instagram/Loma Maseko, Instagram/Jessica Nkosi, Mark Cameron



Time to DIY

Love your budget and go natural with these easy, super affordable beauty treats from Christina Sukop, of the *Natural Nerd* blog.

Strengthening anti-dandruff shampoo

This nourishing recipe helps with dryness, dandruff and thinning. Stronger follicles and shine coming up!

WHAT TO KNOW

You don't have to wash daily if you use this, as it won't strip out natural oils.

WHAT YOU'LL NEED

This will last a month if used every third day.

- 1/4 cup raw, untreated honey
- 2/3 cup pure, unscented liquid Castile soap (faithful-to-nature.co.za; R39)
- 1 tsp jojoba vegetable oil
- 50 drops rosemary essential oil

THE HOW-TO

Step 1 Mix ingredients well, except the Castile.

Step 2 Once combined, add the Castile and gently mix without stirring too vigorously (as this will destroy the 'bubbly power').

Step 3 Pour into a container of your choice. Shake gently before use.



TIP!

If you have extra greasy hair, exclude the jojoba oil.

Simple coconut oil moisturiser

This super cheap, all-in-one treat is easier to make than a sandwich, and you can use it to treat acne, and repair and keep your hair smoother for longer. It smells delicious, too!

WHAT TO KNOW

This moisturiser melts easily in warm weather, becoming more like a nourishing oil than a cream. If this bothers you, just put it all into a double boiler over gentle heat, and add a teaspoon of beeswax. Stir until the beeswax is melted (don't

overheat or boil), and pour back into the container to cool. Too much hassle? Just keep it in the fridge.

WHAT YOU'LL NEED

This will last three months if used daily.

- 1/2 cup organic coconut oil
- 1 tsp vitamin E oil
- 10 drops lavender essential oil
- 5-7 drops tea tree essential oil (optional, but very good for treating and preventing acne)

THE HOW-TO

Mix all the ingredients together, and store in an airtight container.

Natural eyeshadow

Don't expect too much from DIY makeup. The coverage will not be the same as store-bought cosmetics. At the same time, the effects are still pretty – especially if you like a natural finish. Plus, it's quick to make.

WHAT YOU'LL NEED

- 1 tsp bentonite clay (faithful-to-nature.co.za; R49)
- Organic cocoa powder (add according to the colour intensity you want)

THE HOW-TO

Step 1 Using a pinch at a time, add the cocoa powder to the bentonite clay until you have your desired colour. If you want a white-grey colour, exclude the cocoa powder and only use the bentonite clay.

Step 2 Store in an airtight container away from moisture to avoid clumps from forming.

Step 3 If you want a stronger brown colour, start with the cocoa powder as your base and lighten it accordingly by adding the bentonite a little bit at a time. The bentonite will help your eyeshadow stay put. Lightly dust on your shadow. Building it up as you work. ➔



TIP!

Apply your makeup to well-moisturised skin – it helps it to stay in place.





Exfoliating coffee and sugar body scrub

If you love the delicious aroma and instant wake-up effect of freshly brewed coffee, you'll love this scrub. Just like that cuppa Joe it revives dry skin, smells yummy and takes about the same amount of time to make as your morning cup.

WHAT TO KNOW

Work upwards in circular motions in the direction of your choice, and wash off (this will take a little extra time). Then revel in silky-smooth skin.

WHAT YOU'LL NEED

- 4 tbsp ground coffee beans (can substitute with sea salt or Epsom salts)
- 4 tbsp brown or white sugar
- 4 tbsp olive, sunflower, coconut or sweet almond oil
- 1 tsp cinnamon (optional)
- 10 drops essential oils for fragrance (optional)

THE HOW-TO

Step 1 Blend all the dry ingredients together.
Step 2 Combine oils, then add to dry ingredients and mix well.
Step 3 Store in an airtight container away from direct sunlight. Make sure water doesn't get into the jar, as this will shorten the shelf life.



Protective eye serum

Your eyes are the first part of your face to show signs of ageing and fatigue. Take care of them with this home-made marvel – the nourishing oil and detoxing tea will help lighten age spots and dark circles.

WHAT YOU'LL NEED

This will last two months if used daily.

- 90ml sweet almond, argan, jojoba or coconut oil
- 1 tbsp vitamin E oil
- 30 drops chamomile essential oil
- 10 drops sandalwood essential oil
- 5 drops carrot seed essential oil
- 2 teabags green or rooibos tea

THE HOW-TO

Step 1 To infuse the oil with green tea, warm it over a double boiler and submerge the teabags. Simmer until warm, but not boiling. (Boiling the oil will destroy its nutrients.) Turn off the heat, but allow the oil to continue simmering over the hot water for as

long as possible (at least one hour). When the water in the double boiler is completely cool, replace it with more hot water until enough time has passed for the green tea to infuse.

Step 2 After infusing, remove teabags and squeeze out any oil.

Step 3 Allow the oil to cool, mix in vitamin E and essential oils, and pour into an airtight container.

Step 4 Take a drop or two and pat it on

TIP!

Store your serum in the fridge. The coldness helps with puffiness and dark circles.

Healthy hair spray

This spray is not the kind you use for styling, but rather to give your locks the healthy boost from a vitamin shot. Essential oils have many special properties, so use the chart here to customise the recipe according to your hair type.

WHAT YOU'LL NEED

- 100ml distilled water
- 20 drops rosemary essential oil
- 5 drops carrot seed oil

THE HOW-TO

Step 1 Add all ingredients directly into a spray bottle.
Step 2 Shake well before each use.
Step 3 Spritz on daily for best results.

FIND YOUR BEST ESSENTIAL OIL

All hair types

Rosemary, carrot seed and lavender

Dry hair

Geranium, sandalwood and yarrow

Greasy

Eucalyptus, lemon, thyme and basil

Fragile

Chamomile, thyme and sandalwood

Thinning

Thyme, sage, clary sage and yarrow

Dandruff

Basil, thyme, tea tree, eucalyptus and peppermint ☺



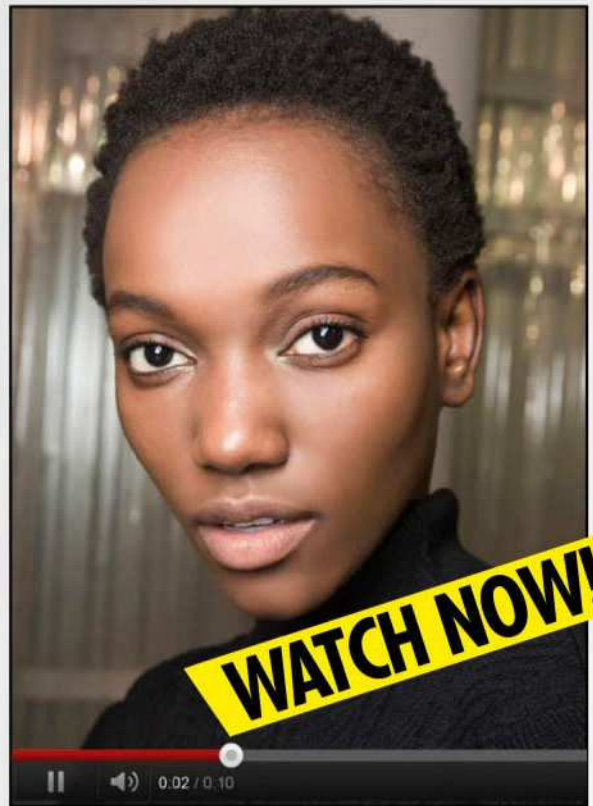


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BEAUTY VIDEOS

Easy how-to's for girls on the go

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- ▶ Ready for new? See our trendy makeup picks
- ▶ Budget beauty? Then you'll love coconut oil
- ▶ Coil queen? Prep like a pro tonight (and every night)



Photography: Matteo Scarpellini/IMAXtree.com



GlamGuide

Hot spots, good vibes, great books, movies and TV series



/Movies

Tomb Raider

It was Angelina Jolie who first brought the video game icon Lara Croft to powerful and vibrant life. Now, seven years later, Alicia Vikander has stepped into her own combat gear to kick serious butt. No stranger to physically demanding roles (think Ava in *Ex Machina*), the Oscar winner really owns the role of the London bike courier who goes in search of her father, Lord Richard Croft (Dominic West), all while putting an end to a planned genocide and saving the world. Action-packed is an understatement.

★★★★○

Acrimony

The talented Tyler Perry wrote and directed this psychological thriller starring Lyriq Bent as the womanising Robert and Taraji P Henson as Melinda, his vengeful wife who is driven to the brink of insanity after she learns of her husband's double life and philandering ways. A chilling tale that's a far cry from Tyler's *Madea* comedies.

★★★○○

Gringo

Like your humour on the zany side? Then this Nash Edgerton-directed film is for you. Our own Charlize Theron and Sharlto Copley star alongside David Oyelowo, Amanda Seyfried, Thandie Newton and Paris Jackson. Drug cartels, trips to Mexico, kidnapping and all-round mayhem rule in this lighthearted, but fun action-comedy.

★★★○○

Midnight Sun

Patrick Schwarzenegger has paid his dues for over a decade, and finally has a starring role in this sweet remake of the 2006 Japanese film centred around Katie (Bella Thorne), a 17-year-old with a life-threatening skin condition that prevents her from being exposed to sunlight. Can she find the love and freedom she yearns for? Tissues at the ready.

★★★○○

/Reads

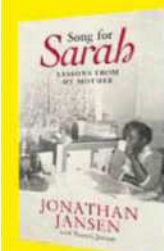


GLAMOUR
must-read

Mine by Sally Partridge (Human & Rousseau; R221)

Romance and the promise of a more promising future bloom when teens Kayla, a devotee

of comic books, and Fin, a rap artist, find the connection they long for. But things take a dark turn when someone from their past threatens to tear them apart. Quirky and charming, with a great feel for the Mother City, *Mine* will tug at your heartstrings, from start to finish.

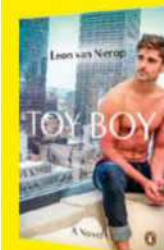


Song for Sarah by Jonathan and Naomi Jansen

(Bookstorm; R246)

In this touching memoir, renowned academic Professor

Jonathan Jansen celebrates the commitment and dedication of motherhood under the most trying circumstances. At its heart is his own mother, Sarah, a woman of strength and profound love. You'll laugh and cry as struggle leads to joy.



Toy Boy by Leon van Nierop

(Penguin; R220)

One of SA's most prolific and high-profile writers, Leon van Nierop's talents

range from acclaimed TV scripts to bestselling novels. This, his latest, is a pacy, contemporary and dramatic tale of sex, commerce and identity. At its heart: the question of how we truly value ourselves and those we love.



Movies: Jacqui Thompson; Books: Turmi Moletsane, Lesley Mathys, Prina Fenster

Hot ticket

Get on out

Shows, concerts, events – we've got your schedule sorted!



/Cape Town

Say cheese

It isn't an award-winning festival for nothing! The SA Cheese Festival, which celebrates its 17th anniversary this year, is attracting cheese lovers from all over SA with two days of over 400 varieties to sample, outstanding music, workshops by celebrity chefs and artisan cheese makers, as well as fun activities for kids and teens. On 27-29 April at Sandringham Farm, Stellenbosch. Tickets are from R20. Book yours via computicket.com.

Local is lekker

Soulful house group Mi Casa won us over with songs like 'Don't wanna be your friend' and 'Jika', so don't miss this super talented group live in Stellenbosch. And it's for a good cause: all ticket sales go to Stellenbosch Hospice, which is celebrating 25 years of providing palliative care. It all takes place on 14 April at Van Der Stel Sports Grounds. Tickets are R180. Book yours via computicket.com.

Oink oink

A global superstar with the world's preschool set, Peppa Pig is bringing her theatrical tour to Cape Town. With life-sized puppets, interactive sing-alongs and beautifully-costumed characters, *Peppa Pig Live in SA* promises to have fans laughing, cheering and dancing. Plus, VIP guests will get front-row seats, meet-and-greet opportunities and access to Peppa Pig after the show. On 6-8 April at the CTICC. Tickets are from R199. Book yours via computicket.com.



/Durban

Biker chick

Engines at the ready, the South Coast Bike Fest is back and will be invading Margate on 27-30 April for another jam-packed instalment. With thrilling performances by top DJs and local acts, including DJs Fresh and Doowap, GoodLuck, The Kiffness, Matthew Mole, Babes Wodumo, Aewon Wolf, Sketchy Bongo, Kyle Deutsch, Springbok Nude Girls, Francois van Coke and Karen Zoid. It's the ideal way to kick off your long weekend celebrations. Tickets are R60 per day for non-bikers. For more info, visit southcoastbikefest.co.za.



Wedding bells

Turn your big-day dreams into a reality with the help of the Fab Bridal Expo. On 7-8 April at D'Aria, Durbanville, it's the place to be for wedding-related issues, with fashion shows, live music, informative demos and a wealth of experts. Plus, be greeted by delectable foods and drinks. Tickets are R80. Book yours via webtickets.co.za.

/Nationwide

Music to the ears

Legendary musician Carlos Santana is making his way to SA shores, and he's bringing his Latin American charm with him. This Grammy award-winner became famous in the '60s, and he has been a super star ever since. He plays his 'Divination Tour' at Cape Town Stadium on 11 April, and then Joburg's Ticketpro Dome on 13-14 April. This is sure to be a magical night! And did we mention that Mango Groove is the opening act? Tickets are from R405. Book yours via computicket.com.



/Joburg

Laughter galore

Actor, MC and stand-up comedian, Mark Banks is set to knock your socks off with 'Stark Raving Mark', a hilarious look at his real-life events. On 1 April at Studio Theatre, Montecasino. Tickets are from R130. Book yours via computicket.com.

Cool kids

Now in its 17th year, TeamLab Future Park is set to transform the digital universe into a magical space where children can watch their creativity come to life right in front of their eyes, with interactive drawings, 3D crafts and symphony balls. On until 8 April at The Globe, Silverstar Casino. Tickets are from R130. Book yours via computicket.com.

Centre stage

Carmen, the acclaimed ballet created by Cuban choreographer Alberto Alonso in 1967, is back on the Joburg stage. See Shannon Glover, Sanmarie Kreuzhuber, Claudia Monja and Monike Cristina in the title role from 6-15 April at Mandela Theatre, Joburg Theatre. Tickets are from R100. Book yours via webtickets.co.za.



Don't miss our May issue!



New season style

Get the latest trends, must-have buys, statement pieces, and sensational looks and tips for every shape, spend and style.

Is it time to give news the boot?

We investigate why a growing number of people are calling it quits with the news.

So long, Dr Google!

The experts answer some of your burning health questions.

How to sex-up your life in 60 minutes

On sale from mid-April

Spots

View from the top

The sky's the limit at these airy spots.

/Joburg

The Q Club

12 Lower Ross St, Maboneng Precinct; 079 458 5350

Perched atop the AGOG Art Gallery, with wonderful CBD views, industrial-style interiors and a live band, this vibey spot is loved by Joburg's creative crowd. Tantalise your taste buds with fresh flavours like citrus-cured salmon on bruschetta (R55), Parma ham, pepper, red onion and rooibos balsamic flatbreads (R75), and a classic avocado beef burger (R105).

San Deck

Cnr 5th and Alice St, Sandton Sun Hotel, Sandton; 011 780 5000

A great wine list, delectable cocktails, sweeping vistas, toasty fires and live music combine with chef Gerard Vingerling's terrific African cuisine, and the result is an A-list favourite. The food attractions include spicy chakalaka mini vetkoeks (R65), sweet chilli soy vegetable dumplings (R65) and heavenly strawberry-topped chocolate cake (R85).

Rockets Bryanston

86 Hobart Rd, Bryanston; 087 727 2777

This hip eatery, courtesy of restaurateur Sean Barber, features all-white decor, bungalow-style seating and an outstanding dining experience, making for a wonderful way to luxuriate in delights like Thai fish cakes (R62), merlot and mushroom beef fillet (R232), and white chocolate cheesecake with orange sorbet (R57).



122 glamour



/Cape Town

CASA

Cnr Main and Camberwell Rd, The Ritz Hotel, Sea Point; 021 439 6010

Stepping into CASA is like time travelling to gloriously sexy '80s Miami. The gold, white and black decor makes for a luxe setting, and the Instagram-worthy hipness includes palm trees, private cabanas, sun loungers and a brilliant bar. Sunday Brunch is the big attraction; revel in a wide range of sushi, pastries and breads, roasts, and more (R250 p/adult, R95 p/child).

14 Stories

23 Buitengracht St, CBD; 021 492 9999

A vertical garden, indoor pool, skyline views and a warm atmosphere make for a trendy and happy time, especially on weekends. The extensive drinks menu includes attractions like the Cape Dutch Mule cocktail (Ciroc vodka, bitters, lime and ginger beer; R80). Add a snack basket (prawns, samoosas and spring rolls; R85), and get set for enjoyment.

Chinchilla Rooftop Cafe & Bar

Victoria Rd, The Promenade Building, Camps Bay; 021 286 5075

The latest creation from the Kove Collection (known for popular spots like Lily's, The Bungalow and Dalliance) has a buzzy vibe, appropriately beachy theme and great see-and-be-seen allure. We loved the litchi and basil gin and tonic (Tanqueray gin, peaches, sage and tonic; R95), and just couldn't say no to the Bouillabaisse (prawn, clam, monkfish, mussel and fennel stew; R180).

/Durban

The Lighthouse Bar

2 Lighthouse Rd, The Oyster Box Hotel, Umhlanga Rocks; 031 514 5000

With sweeping ocean views, sophisticated decor and slick service, this landmark spot is a spectacular place to unwind. Looking for a light meal? Try the flavourful calamari and chorizo (R160) or the garlic cream prawns (R195), a must-have for seafood lovers.

Panorama Bar

63 Snell Pde, Elangeni & Maharani Hotel, North Beach; 031 362 1300

With its warm and lively atmosphere, elegant setting and views to match its name, Panorama is a perennial favourite. The lamb bunny chow (R95) is succulent and moreish, and the renowned pizzas include toppings like seafood (R110) and lamb (R105).

Roma Revolving Restaurant

Jonsson Ln, John Ross House, South Beach; 031 368 2275

This classic, romantic and much-loved establishment takes 60 minutes to rotate completely, meaning you have ample excuse to linger for ages, as well as the pleasure of constantly changing sea and city vistas. The tempting menu includes crowd-pleasers like deep-fried calamari (R55) for starters, Old Man Steak (R149) and homemade ice cream (R45).



Skincare must-have

I love the Mama Mio range, especially **Boob Tube+ Multi-Action Bust Firmer** (R960) and **Tummy Rub Butter** (R774.95) – trying to get rid of pregnancy stretch marks!



Hot hangout?

My favourite spot right now? My bed. With my newborn, Adrienne, I've never been more tired in my life. Generally, though, my husband and I are restaurant crawlers. So take me for a great dinner and I'm a happy camper.

Secret escape

Sabie River in Mpumalanga. Or into a good book.



Perfect scent

I wore **Elie Saab Le Parfum** (R1 890) for the first time on my wedding day, so it reminds me of walking down the aisle.



Roxy loves...

The host of E! Entertainment's *How Do I Look?* *South Africa* shares her all-time favourite things.



Anele Mdoda

TV hero

So many: CNN's Christiane Amanpour, Jeannie Mai [ex-host of *How Do I Look? US*], Ryan Seacrest, Reese Witherspoon (for bringing *Big Little Lies* to life), Anele Mdoda and Ursula Chikane.

Handbag essential

Smashbox Always On Liquid Lipstick in Stepping Out (R330) is my absolute favourite shade. I've already gone through three!

Red-carpet moment

The Just Tonight Josephine dress I wore to the 2016 South African Music Awards has to be my favourite, as well as the look I wore to the 2016 *YOU* Spectacular Awards.



Everyday style

I can't live without my boyfriend jeans. My best style friends, even when I was pregnant!

Text: Tumi Moleitsane; Photography: E! Entertainment Television, Instagram/Roxy Burger; Stills photography: Corndé Nast Digital Studio



Taurus 20 APR-20 MAY

Team up

Unexpected obligations such as hospital bills will affect finances, especially around 2-3 and 30 April. Important decisions will be thrust upon you at work, and you may not feel prepared to deal with all of it. But look to colleagues for support; they're willing to lend a helping hand. Unattached? A new love interest on the horizon will introduce you to new things. Partnered up? Expect fun times with close friends. This is an excellent time for a new fitness regimen.

Gemini 21 MAY-20 JUN

Enjoy abundance

It's a great time for finances, and money will be in abundance. So splurge a little when out shopping, you deserve it! A job offer that will feed both your mind and spirit is heading your way, especially around 14-15 and 23-24 April. Love takes on a new level of commitment this month. You and your partner will focus on finding more balance and stability in your relationship. For those single, you're well starred for new love with someone older and authoritative. Your health looks good, and the only areas of possible concern are your hands.

Aries 21 MARCH-19 APRIL

YOUR YEAR AHEAD If you're an Aries, like Jeannie D (13 April 1982), you're fiery, ambitious and a natural-born leader. The start of the year asks you to take charge of your finances, stabilise your career and take action in the romantic arena. Your ideal partner should also be your best friend, they could likely turn out to be someone you already know. Coupled up? Your sex life will be especially nurturing, so set time aside to get up close and personal with your other half. Use this year to invest in your home, whether it means redesigning or buying new property. You're searching for more stability in your career, and 16 May is the best date for getting things in order. If you find yourself overeating, turn to exercise that challenges you, like a marathon.

YOUR MONTH AHEAD *Expect progress*

There may be an opportunity to move up in your career through a promotion that puts you in a leadership role. There could also be changes to your money, but keep watch on this, as you're prone to spending impulsively. If you're in a relationship, share an adventure, such as a road trip or learning a new language. Single? You'll attract an individual who loves to travel, especially around 1 April. Your fitness routine may have slipped a little, so add some variety into your workouts and get active!

Cancer 21 JUN-22 JUL

Share the love

There are new projects and fresh opportunities for making money, so grab them! Work partnerships will set the tone for your career – look to 1 April for meetings with new contacts. Looking for love? Expect a match to step into the picture – they may very well be a Pisces. Coupled up? You're in for good times, especially around 27-28 April, and may travel for weddings or engagement parties. See your doctor about changing your diet; you need to include foods that contribute towards strong bones.

Leo 23 JUL-22 AUG

Assume responsibility

It's important to stick to all your commitments at work, as a lot of responsibility will fall on your shoulders, especially around 17 April. On the money front, your finances are in great shape, and you may spend on international travel and tertiary education. If partnered up, tension may arise between you and your partner's mother – tread carefully. If you're not in a relationship, you're starred to meet someone elegant and powerful. Health warning: limit your alcohol intake, and develop a regular workout routine.

Virgo 23 AUG-22 SEPT

Reap the rewards

This is a month full of financial gifts, especially around 5 April. You may inherit money from a business partnership, marriage or family member. There will be sudden, important changes in your profession, and you'll have the opportunity to network with authority figures who can further your ambitions. Seeking love? You'll attract a new love interest, look out for them at an art gallery or music show. If attached, the stars encourage you to share creative fun with your partner, so keep your evenings open for dates to the theatre or new dining spots. Look after your ankles, they are especially vulnerable this month.

Libra 23 SEP-22 OCT

Get flirty

Your finances are going really well, and you'll find it easier to make money through personal business affairs, so keep up the optimistic attitude. Your earnings are set to soar, particularly if you're involved in marketing. Love wise, it's a warm, generous and sexual month for you and your partner, where many romantic dinners and intense love making will follow! Single? Your potential match is sexy, athletic and interesting, and you'll encounter them at a bar or club. When it comes to your diet, stay away from salt.

Scorpio 23 OCT-21 NOV

Enjoy the journey

Wealth will come from creative sources, and there will also be a link between your siblings and finances. Career wise, you're going to be very busy with work that involves real estate or children. All of this work will nurture your creative spirit. Romantically involved? The passion between you and your mate will be sultry and exciting, with lots of role playing. Unattached? You'll attract a new flame, as well as lots of attention from a charming Pisces or worldly Taurus around 2-3 April. Focus on your heart with cardio, like boxing or dancing.

Sagittarius 22 NOV-21 DEC

Accept change

Money will be a big focus for you, and it is of great importance that you have an extra savings account for surprises that may come your way. Your work, heavily guided by Mars, symbolises something new coming up that involves food, makeup or writing. Relationship wise, it's time to spoil each other and indulge: take baths together, splurge on gourmet cuisine – just enjoy life. For those single, an introduction through friends may spark a new romance. On the health front, use this time to recharge and relax, as you need the time out.

Capricorn 22 DEC-19 JAN

Treat yourself

The good news is that this is an excellent money month, allowing you to spoil yourself and others, especially around 21-22 April. If your work is in a literary, academic or public speaking field, now is the time to excel, as planetary shifts will heighten your skills and chances of success. Coupled up? Your mate will be attentive and loving. Single Capricorns will find a potential match through family or their social circle. You have a lot of excess energy, so balance it out with daily workouts that get your body moving and your mind focused.

Aquarius 20 JAN-18 FEB

Think out the box

You're gaining and saving money at the moment, and more will be coming your way through marriage or partnerships, especially around 12-13 April. There are major happenings in your career, with a possible salary raise and work that deals with the environment. Attached? It's time to experience new things that will keep the fire burning – think sultry Latin dance classes or at-home spa nights. If single, get out there and prepare to meet a special someone who makes you feel confident and valued at all times. On a health note, drink plenty of water!

Pisces 19 FEB-20 MAR

Work smarter

Financially, it's a better month for you compared to what you have been experiencing lately. If you need any financial assistance, now is the time to ask. You'll feel greater ambition to succeed and further your career. Put in overtime, do more than what is asked and the rewards, in time, will pay off. When it comes to love, single Pisces have an excellent chance of meeting someone via work. For couples, your partner will attend to your needs, especially in bed. Focus on your heart with exercise that gets your heart pumping and a good diet.



If he's an Aries, like Maps Maponyane (16 March 1990), he is adventurous, courageous, passionate and sex-driven. His ideal partner is athletic, lively and very independent. Fellow fire signs like Leo, Sagittarius and other Aries are great matches, while Pisces (provided the Pisces is strong-willed) make for good friends. He is drawn to airy Gemini, Libra and Aquarius, and Cancer is way too emotional and clingy for him. There will be similar world views and sexual chemistry with Scorpio, but explosive fights to go with them. He will have power struggles with Taurus, lose patience with Capricorn and just can't understand Virgo. **G**



The get it guide!

Fashion flash

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12 Thoughts every party host has



7 'Was that mysterious pink stain on my cream carpet there before now?'

8 'Where did she get that glass? I put out enough plastic cups to build a plastic-cup fortress.'

9 'Why hasn't anyone Instagrammed my display of fairy lights and mason jar cocktails? That stuff was made for Juno filter.'

10 'Boyfriend's friend's brand new girlfriend is drinking rosé. Pink-stain culprit located. Mission: toss comments about cleaning into chats with her for the rest of the night.'

11 'Ignore the neighbours; they're always parking across our driveway. Now it's payback.' (Googles 'noise pollution', just in case.)

12 'If I stay in bed all day tomorrow, I can pretend this unconquerable mess doesn't exist.'

1 'What if nobody comes? What if they do come, and have a terrible time? What if they never talk to me again?' Hostess stress level: 10/10.

2 'The Facebook event page said, "BYOB (and some for me, too)." Whoever's got my drink please make yourself known.'

3 'Glazed Brie is all very well, but really, how wrong can cocktail sausages, carrot sticks and onion crisps really be?'

4 'Where the heck is my phone? Someone's stolen my phone! Oh, no, my phone! Help, anyone seen... Oh, it's in my pocket.'

5 'Wow, my playlist is hot. Who doesn't love '90s Britney? Note to self: check out DJ gigs as a matter of urgency.'

6 'Wait, did I invite him? He's standing alone – not a good sign. But he is cute. OK, I guess he can stay.'



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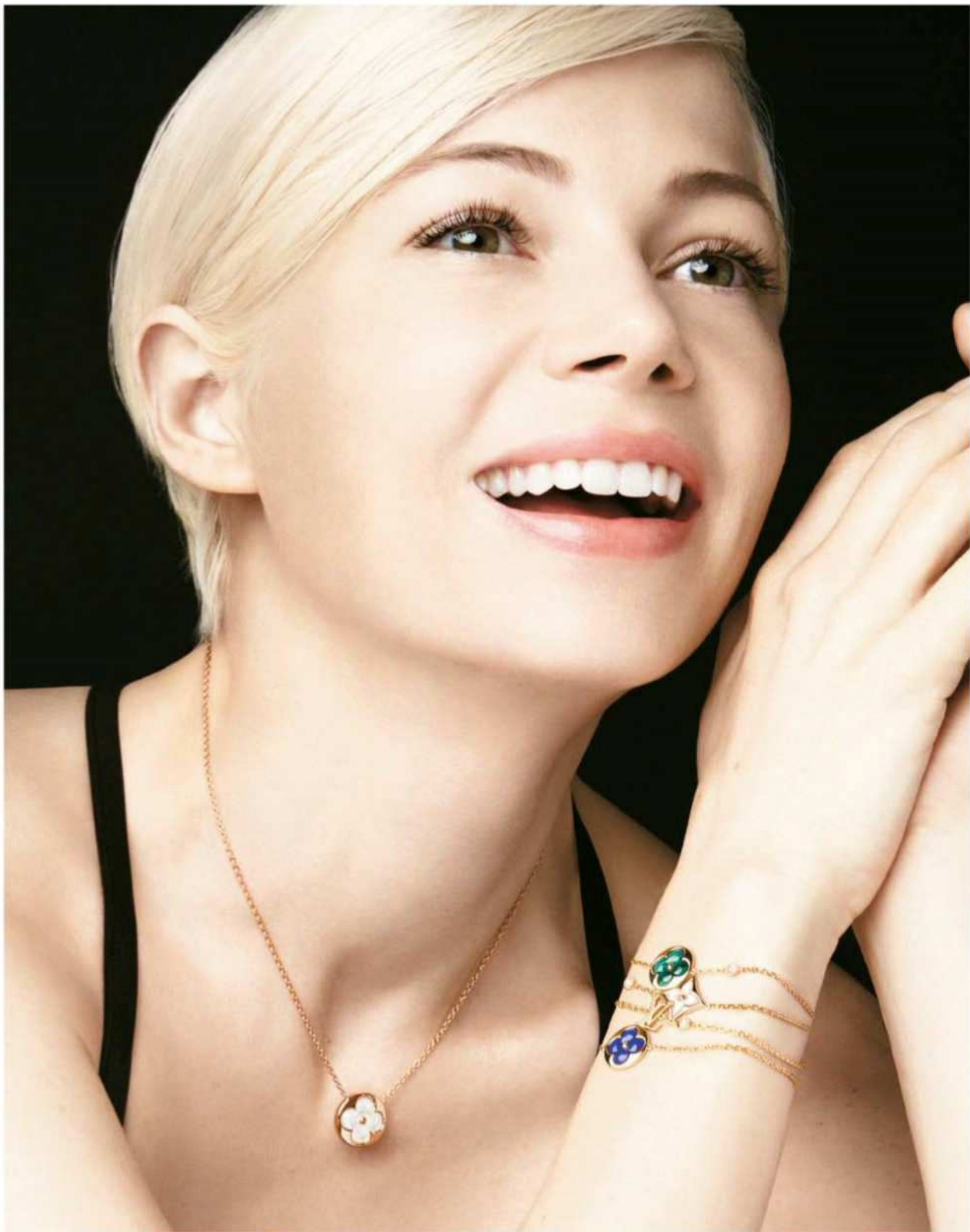
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