

# COSMOPOLITAN

JULY 2018

THE ULTIMATE GUIDE TO

## Launching Your Biz



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## Denim

\*New Ways to Rock It

\*Head to Toe for Under R500

*Zoe Saldana*

...IS WAY TOUGHER THAN SHE LOOKS

# #GOALS

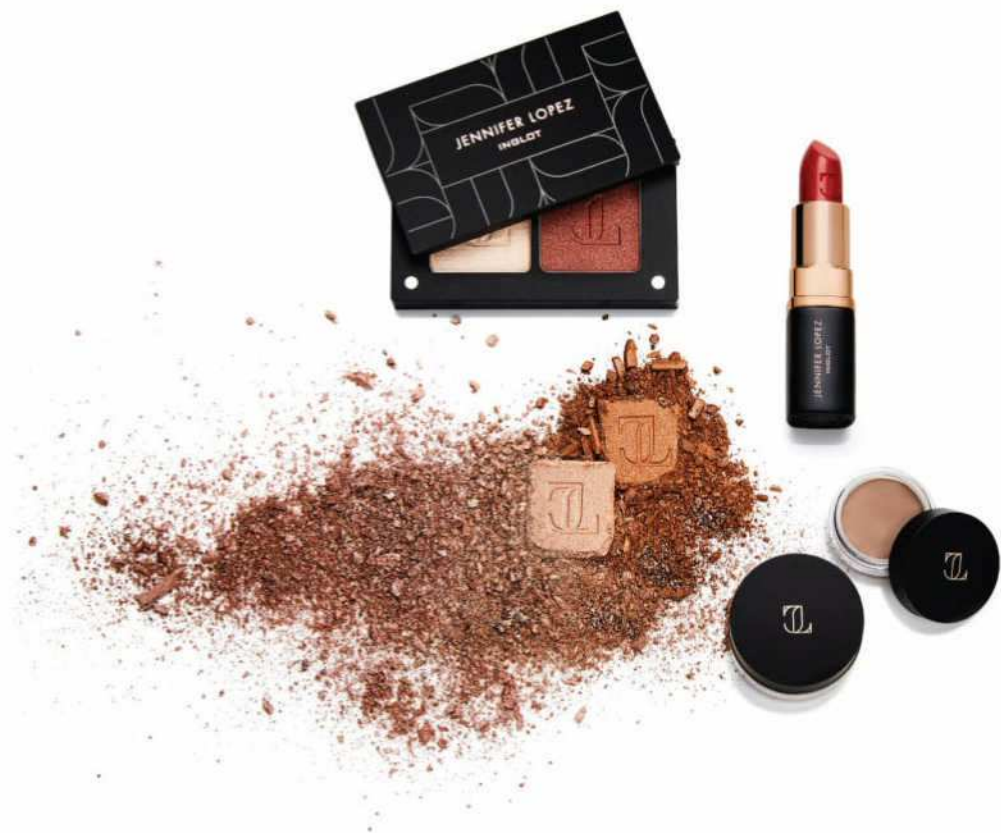
**GYNAE ALERT**

Why More Women Are Quitting the Pill

# ISSUE

ONE-NIGHT STRANDS

Have a **FLING** with Hair Colour



JENNIFER LOPEZ  
INGLOT



# get into it

## July

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# 58

**Pretty Tough**  
Denim that celebrates the rough with the smooth

### Our cover star: Zoe Saldana

**Photography** Max Abadian **Fashion** Sairey Stemp **Fashion assistant** Maddy Alford

**Hair** Mara Roszak/Starworks Artists **Makeup** Vera Steimberg/Criterion Group

**Manicure** Tina Au **Prop styling** Danny Diamond **Production** A+ Productions

**Re-create her look with Yardley cosmetics**

**Her face** Colour Correcting Primer (R110), Even Complexion Foundation (R190) Medium Beige and Even Complexion Pressed Powder (R190) Medium Beige with Blush (R130) Canterbury Bells and HD Highlighter Pen (R110) **Her eyes** Eyebrow Pencil + Brush (R89,95) Woodburn and Quad Eyeshadow (R130) Wanderlust with Multi Effect Mascara (R79,95) and Raincoat Mascara Invisible Water Resistant Top Coat (R99,95) **Her lips** Intense Matte 16HR Lipstick (R110) Rouge with Stayfast High Definition Lipgloss (R120) Rocking Red **Her dress** Isabel Marant **Her earrings** Monica Vinader **Her bracelet and ring (right hand)** Miansai **Her ring (left hand)** Zoe's own

**ADVERTORIAL**

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**COSMOPOLITAN + takealot** 

# COSMOPOLITAN

What's on your bucket list?  
THE COSMO TEAM ANSWERS:



'Seeing the Northern Lights and visiting the Blue Lagoon in Iceland. Literally can't get over how beautiful they look in pics; I'd love to experience them in real life.'



'To travel to another country so I can experience a new culture and be taken out of my comfort zone.'



'A coastal road trip around the country, and to visit Namibia and Kenya (especially Nairobi). And I'd love to experience Jamaican nightlife!'



'So much! But the Inca Trail in Peru and seeing the Northern Lights in Iceland are pretty high up.'

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The proprietor and publisher of COSMOPOLITAN is  
Associated  
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## EDITOR'S LETTER



### PSSST: Don't Miss COSMO's Fashion + Beauty Fest!

The beauty and fashion event of the year is here. Join us at this one-day, one-night, one-stop destination, in partnership with Bernini, for a fashion show with live performances, and a mega makeup, skin, hair and nails masterclass with demonstrations and expert advice. For more info, visit [Cosmopolitan.co.za](http://Cosmopolitan.co.za).

**Date** 27 and 28 July  
**Location** Canal Walk, Cape Town  
**Hosted by** Nomalanga Shozi  
**Tickets** Available at [Quicket.co.za](http://Quicket.co.za):  
Fashion Fest R270;  
Beauty Fest R450;  
Fashion + Beauty Fest combo R650  
**Goodie bag**  
Ah-mazing, and filled with beauty swag worth R800 (available at Beauty Fest only)

## Shop the Cover Look

All white for winter is #OOTD goals. Get Zoe Saldana's monochromatic look and ace your style game!



From R1212, QUIZ at Takealot



From R879, QUIZ at Takealot



From R690, DESTINY at Takealot



From R600, QUIZ at Takealot

## Shopping Goals

**W**hat I love about online shopping is that it's so forgiving. Malls don't like it when I shop in my sweatpants with unwashed hair and no makeup. Malls make me leave my flat white with the security guard. Changing-room mirrors stack on 10 kilos, shopping bags leave rings around my arms, and the masses of people give me anxiety. And with so many brands and so many stores, trying to find something you actually *like* is a dizzying and tiring gamble.

That's where we come in: at COSMO, our fashion and beauty editors work hard to scour the retailers and source the best of the best buys in the industry so you don't have to. And this month we've teamed up with Takealot and turned the magazine into a shop window so you can simply buy off the page. See something you love? Want to buy it instantly? You can! All you need to do is open your Facebook app, tap on the menu, select 'QR Code', scan any of the QR codes in this issue and shop now. Even better: you can use your R200 Takealot voucher and get money off any items you love in this issue. Let us know what you buy: tweet us @CosmopolitanSA with your favourite find, using the hashtag #COSMOxTakealot.

PHOTOGRAPHY NIQUITA BENTO

**Holly Meadows**  
Editor

Me: I never have any money  
Also me:



### HOW TO SHOP

- ▶ Open Facebook and click on the ☰ symbol.
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# Ford

ALL-NEW FIESTA



**GO YOUR WAY. GO FURTHER.**





# cosmo guy

## Zakes Bantwini

The kwaito muso became Bae of the Year when he threw his wife, Nandi Madida, a surprise 30th birthday party (that we fawned over on Insta). Learn more about this cutie here

### **Happiness is...**

Music. I'm happiest when I'm making music or performing. I unwind by taking long drives, listening to music and watching football.

### **Perfect date night**

Anywhere nice with my wife.

### **A role I cherish**

Being the Celebrity Advocate for UNICEF South Africa. It's such a rewarding opportunity, mentally and emotionally. I'm so grateful to be making a difference with an organisation as big as UNICEF. We advocate for projects that promote child safety and responsible parenting, and encourage fathers to be more involved in their children's lives. Our primary role is looking after children globally.

### **RN I'm listening to...**

Shekinah, Heavy K, DJ Maphorisa – my current local faves.

### **Laughter matters...**

Because it heals – and it makes you look younger!

### **Most people don't know...**

That I compose music: I write, sing and perform all my music. I also style myself.

### **I get goose bumps when...**

I hear raw talent – and when the audience sings my songs word for word. ■



# best month ever

July

LOL!

## 1 Hear Her Roar

Queen of bubblegum pop Katy Perry is hitting Jo'burg's Ticketpro Dome from 18 to 21 July, bringing with her a larger-than-life set and an overload of powerful, pop-tastic tunes as part of her 'Witness: The Tour' concert tour. [Bigconcerts.co.za](http://Bigconcerts.co.za)



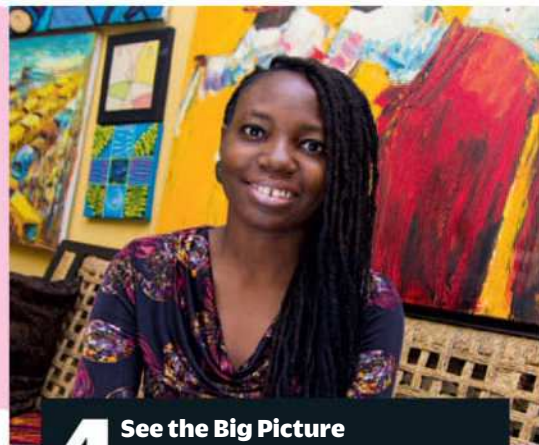
## 2 Get Creative

It's time for the annual escapade to Grahamstown for the National Arts Festival, taking over the small town from 28 June to 8 July. Big names this year include platinum-selling muso Amanda Black and multitalented jazz musician Thandi Ntuli (above). [Nationalartsfestival.co.za](http://Nationalartsfestival.co.za)



## 3 LOL

Chase away winter blues with the Jive Cape Town Funny Festival, bringing plenty of LOL moments to Baxter Theatre from 10 July to 6 August. We can't wait to watch Marc Lottering, Siv Ngesi and renowned Australian impersonator Gerry Connolly. [Webtickets.co.za](http://Webtickets.co.za)



## 4 See the Big Picture

From 19 to 29 July, the Durban International Film Festival is bringing film-makers from all over the world to venues across the city. Expect everything from glitzy screenings to intimate panel discussions with the likes of Nigeria's Oluoyomi Tolulope Ososanya and Ema Edosio (above). [Durbanfilmfest.co.za](http://Durbanfilmfest.co.za)

## Read



**5 Only Child**  
**Rhiannon Navin**  
Six-year-old Zach survives a horrific shooting at school by hiding in a classroom cupboard, and must learn to live with the loss and grief. Gut-wrenching and inspiring. *From R279 at Takealot*



**6 Soweto, Under The Apricot Tree**  
**Niq Mhlongo**  
This anthology of short stories provides a satirical, thought-provoking look into the lives of the people living in one of South Africa's biggest townships. *E-book from R255 at Takealot*



**7 The Land Is Ours**  
**Tembeka Ngcukaitobi**  
Focusing on the first black lawyers in South Africa, Ngcukaitobi explores how they advocated for human rights and freedom. Heavy yet enlightening. *From R280 at Takealot*

## Listen to This



**8 Dua Lipa**  
**Dua Lipa**  
You're already singing along to her catchy tunes, such as *Hotter Than Hell*, *New Rules* and *IDGAF* – so why not listen to the whole album and put it on repeat? *From R153 at Takealot*



**9 Invasion Of Privacy**  
**Cardi B**  
If you haven't already got your hands on this superstar rapper's debut album, what have you been doing? It will become the kick-ass soundtrack to your life. Promise! *From R159 at Takealot*

## Watch



**10 Mamma Mia! Here We Go Again**  
In this hilarious sequel, Donna and Sophie grow closer as Sophie struggles with her pregnancy. Be ready to laugh and cry in equal measure.



**11 Mission: Impossible - Fallout**  
Tom Cruise is back as secret agent Ethan Hunt on a nail-biting mission. The stunts are impressive – especially since Tom performed most of them himself.

**12 Help End Period Poverty**  
**This Mandela Day**  
#ActionAgainstPoverty is this year's theme, and you can get involved by taking action against period poverty. Donate sanitary products to those in need through one of these causes:

- R40 provides a pack of pads to those in need via [Shebafeminine.co.za](http://Shebafeminine.co.za)
- R180 a year provides pads for those in need via [Mimiwomen.com](http://Mimiwomen.com).



**13 Kick Back by the Sea**  
The Pick n Pay Knysna Oyster Festival takes place from 29 June to 8 July. From bubbles and oysters (obvs) to organised hikes and live music, there's something for everyone. [Oysterfestival.co.za](http://Oysterfestival.co.za) ■

# confessions

You reveal your most embarrassing, ridiculous, what-was-I-thinking moments



**'I was fooling around with a guy who said he didn't get why girls are so obsessed with weddings.** I agreed. When my pants came off, I realised I was wearing undies with "Bridesmaid" on them in rhinestones! They were a gift from my sister-in-law... He got super-awkward. I wanted to explain myself but no words came out – so I left!' -RACHEL, 25

**'At boarding school, we snuck into the boys' dorm for a party.** We were having a couple of drinks on the balcony. Suddenly, the teacher on duty entered and caught everyone in the room drinking, which can get you kicked out of school. It was three weeks until matriculation! I freaked out – I climbed over the roof and through the bathroom window on the other side of the hall, and slept in another boy's room. No-one got kicked out – and I even won the Student of the Year award!' -ELIZABETH, 30

**'I went on a date with a guy. (I'd thought he was annoying at first, but after some texting I gave him a chance.)** He picked me up; when we got out of the car, he couldn't find his phone. He asked me to call it. Thing was, I didn't remember his name – or save his number under a name because I didn't think I'd see him again. He was scrolling through my contacts to find himself, and I was trying to explain... He thought I was the biggest douchebag ever. Can't blame him.' -MITRA, 24



**'Many people try their luck with me, but I obviously don't like everyone who hits on me. It's hard to be straightforward ... so if I don't like a boy, I tell him I have a BF and send pictures of me cuddled up, with a guy's arm around me. I use my brother as a prop!'** -CASSIDY, 19

**'My friend and I were being weird.** Her fake lashes kept coming off, so she put them in my nose (naturally). Later, I was talking to a guy, and he said I had something in my nose. I hadn't taken the lashes out! I pointed to my friend and said, "Oh, those are her eyelashes!" He walked away.' -NIKKI, 24

PHOTOGRAPHY ALLIE HOLLOWAY CONFESSIONS HAVE BEEN EDITED FOR CLARITY AND LENGTH

# cosmo shop

Everything you need to ace your studies or work project

1

From R5 each,  
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at Takealot



2

From R399,  
**YANKEE CANDLE**  
at Takealot



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at Takealot

3

*Economics For South African Students* by Philip Mohr & Associates (from R518 at Takealot)

*Introduction To Business Management* by Barney Erasmus, Sharon Rudansky-Kloppers and Johan Strydom (from R553 at Takealot)

*A Student's A-Z Of Psychology* by V van Deventer and M Mojapelo-Batka (from R232 at Takealot)



8

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at Takealot

4



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6



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5

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# the quickie

With 28-year-old rapper Nadia Nakai, who opened for Chance the Rapper in Jo'burg this year

**My #MCM:** My bae because he's so sexy. **My #WCW:**

Bonang Matheba. She's always on point – you never catch her slipping. **Insta crush:** New York-based sisters Shannon and Shannade Clermont (@clermonttwins). I'm so inspired by their style, and I love their swag. **Words to live by:** It's not

about what they call you; it's about what you answer to. **What inspires my music:** My fans – I do it for them. I'm so grateful for their support.

**Advice for aspiring female rappers:** Stay true to yourself. Don't try to do what works for someone else. Find your own vibe, one that works for you – the more authentic you are, the more successful you'll be. **Guilty pleasure:** Cake! **The artist who inspires me:** Cassper Nyovest because he

works so hard. He knows how to focus on his craft and avoid negative energy. I've learnt a lot from him. **The first thing I do every morning:** Eat cereal. I even have cereal for dinner, yo!

**The last thing I do before bed:** Pray.

**I get my style inspiration from:** Many different people, fashion blogs and Pinterest.

I'm constantly trawling the Internet for new style inspo. **My happy place:** Home!

I love my space so much that it's actually borderline obsessive. I always want to be at home. **My sense of style in three words:**

Vibrant, current, unique. **The TV series I can't get enough of:** *Young Sheldon*. **Best part of my job:** Working with new artists – people

who I can learn from. **Must-have beauty product:** MAC Retro Matte Lipstick in Ruby Woo. **Number-one beauty tip:** Always wash

your face before you go to sleep – I know it can be hard, but you need to do it! **I feel sexy AF when:** I'm wearing cute matching underwear. ■



**Yes** 👍

**Busisiwe Gumede**

TV anchor, journalist, producer

Twitter: Busisiwe\_G

**Five years ago, I found myself very unhappy at work. I was spearheading a newsroom of young reporters at Gauteng's biggest commercial radio station – a big opportunity after graduating.** A misunderstanding with my managers made me feel unsettled, unworthy and frustrated. I wanted out. And so, after a five-month tug-of-war, I drafted my resignation letter. I knew I wanted to be more, and that I had the skills and determination to achieve it. I thought I was going to storm out of there and find myself a better job the next day – but life showed me flames.

It took six long, hard months for me to find another job. It was pretty gruelling. Being unemployed in a home where I was the breadwinner was painful. Six months of watching my former colleagues 'slaying' their lives on social media while I was at home hustling data to send my CV depressed me. I knew I had to figure out an alternative way of finding employment. I *had* to fake it to be where I am now – one of the youngest anchors of a leading TV news station in South Africa.

When I joined the station, I had zero TV experience, nor did I know how to produce a standard news piece. I met my boss at a coffee shop. After I introduced myself, she agreed to a sit-down interview and gave me my first shot – producing a 30-minute investigative piece. I was overwhelmed, scared and confused. TV is an entirely different animal from what I knew, which was radio. I did my research, consulted a few people who had experience in TV production and did my best to submit a story I was proud of. That story landed me a job.

I am a product of the 'fake it till you make it' mentality – a principle that I think everyone should embrace. It's like taking a leap of faith and accomplishing things you never thought were possible. People who think otherwise have a fear of the unknown: 'What if I won't be able to do the job? What if I'm not good enough? What if I fail?' We are put on this planet to discover our greatness. As clichéd as it may sound, you'll never unearth your talent and purpose if you don't push your limits.

Faking it till you make it is an effective tool – essential to becoming more successful and happy.



**No** 👎

**Gugs Mhlungu**

Editor, columnist, presenter

Twitter: GugsM

**We've all done it: pretended that the 'joke' made at the staff meeting or in an e-mail wasn't offensive, that the sex wasn't as unfulfilling as it actually was, and so on.** There are many instances in which women pretend things are far better than they really are, or that we aren't as hurt, offended or downright outraged about something as we actually are. The reality is, to be a woman – especially a black queer woman – is 'to be in a rage almost all the time' (paraphrasing from James Baldwin, speaking about African-Americans).

There are endless attempts at making women seem unreasonable or (sexism's favourite) crazy for being upset or angry at some violence or injustice we've endured. From birth, girls are socialised to believe they must 'fit in' and 'accept', otherwise society punishes us. As a result, many of us adopt ways to fake living in a society that doesn't accommodate us.

Don't get me wrong: there are some good ways you can fake it till you make it. As women, we can suffer from imposter syndrome, which can wrongfully undermine who we are and what we do. One way to overcome this is to fake confidence until we genuinely feel it. Sometimes the only way to get through and to get things done is to pretend things are better than they are. But long-term faking can be detrimental to every area of our life, from finances to a relationship that no longer nurtures us. It can also have devastating effects on our health, both physical and mental.

Where there is trauma involved, faking it can simply be how we keep getting out of bed in the morning. Again, this can't be a healthy or sustainable long-term solution. It's not fixing the root of our problem (pain, trauma, lack of confidence) – it's putting a plaster over it. In Beyoncé's *Lemonade*, one of my favourite lines is from the Warsan Shire poem: 'If we're going to heal, let it be glorious'. If we are to heal, we must be honest. If we are to heal, we need to stop faking it.

Campaigns such as #MeToo and #TimesUp are a sign of the times: women are no longer willing to fake it and pretend things are okay or normal. So much of faking it has to do with silence, which reminds me of the danger of silence. This danger is best articulated by author and anthropologist Zora Neale Hurston, who famously wrote, 'If you are silent about your pain, they'll kill you and say you enjoyed it.' ■

## Should You Fake It Till You Make It?





# beauty!

## 6 Ways to Protect Your Hair

Stop winter from wrecking  
your hair game with these  
essential care tips ▶

BY APHIWE KHAMBULE



### HOW TO SHOP

- ▶ Open Facebook and click on the ≡ symbol.
- ▶ Select 'QR Code'.
- ▶ Scan the code and go!

Winter weather isn't good for our hair, so it's vital to invest in hydrating and moisturising products. Follow these steps to prevent cold-weather woes.

*1 Wear Protective Styles  
Protective styles guard natural hair against the elements – and they're fun to rock! Detangle with a brush with gentle bristles that won't tug on hair.*



## 2 Seal Your Hair (Especially the Ends)

Coat hair in an oil-rich product before washing it to lock in moisture and prevent breakage. The oil offers protection for the hair shafts, as well as extra hydration.

**TRY** L'Oréal Elvive Total Repair 5 Restoring Crème Conditioner (from R49 at Takealot)

## 3 Commit to Weekly Treatments

Dry air strips away hair's natural oils. The best way to deal with this is to slather on a nourishing treatment once a week.

**TRY** Marc Anthony Deep Repair Deep Repairing Conditioning Treatment (from R60 at Takealot) Aloe Vera/Jasmine



## 4 Buy Richer Butters and Oils

Swap lighter products for thicker, richer ones to keep hair hydrated. Shea and murumuru butters are great for nourishing the scalp, while oils rich in vitamin E (such as argan and olive) help to keep moisture locked in.

**TRY** Cantu Shea Butter Tea Tree & Jojoba Hair & Scalp Oil (from R159 at Takealot)



*6 Avoid Winter Fabrics  
The friction from wool hats and beanies can thin out hair. Wear a satin or silk head wrap under your beanie for protection – or get one with built-in satin lining.*



## 5 Double Up on Conditioner

Focus on deep-conditioning hair rather than washing it – substitute your shampoo with a hydrating, repairing leave-in conditioner.

**TRY** The Perfect Kinky Coil Deep-Deep Conditioner (from R199 at Takealot)

## Naturalist Experts' Top Tips



**Robyn Ruth Thomas**  
**@robynruththomas**

Holistic beauty and lifestyle blogger

'My number-one rule is to wear a protective style. I've been loving the mom-bun – an easy way to ensure my ends are concealed and retain moisture. I apply Soil Ugandan Shea Butter (R90), which is high in vitamins A and E, to keep hair hydrated.'



**Eleanor Barkes**  
**@eleanorjadore**

Natural hair content creator

'Co-washing ensures that hair remains moisturised through the cleansing process. As I Am Coconut CoWash Cleansing Conditioner (R199 at [Obulunji.com](http://Obulunji.com)) does a great job of removing product residue while preserving moisture.'



**Sne 'Ceecee'**  
**Mabaso**  
**@ceeceeee**

Hairstylist

'Treat hair more often than you would usually to retain moisture, and base the scalp with oil-based moisturisers that contain olive or coconut oil. Try ORS Olive Oil Hair Food (R16,99).'

# Let Your #OOTD Inspire Your Eye Look

**Well Red**  
**CATRICE**  
*Art Couleurs*  
 Eyeshadow  
 (from R55 at Takealot) 090



OLIVIA WILDE



RIHANNA

**Good as Gold**  
**OFRA** *Blind*  
*The Haters*  
 Highlighter  
 (from R550 at Takealot)



SELENA GOMEZ

**Fired Up**  
**MAC**  
*Eye Shadow*  
 (R235)  
*Suspiciously Sweet*



DEMILOVATO

**Purple Reign**  
**BOBBI BROWN**  
*Shimmer Wash Eye Shadow*  
 (R390) Lilac

1

## Swipe Bright

Apply a primer to lids to neutralise skin discoloration – it's the secret to getting the truest shadow shades, says celeb makeup artist Paloma Romo. Smooth on an eye shadow that matches your outfit (stopping at the crease), then swipe the same colour along the lower lash line.

2

## Buff It Out

With your ring finger, 'Use a patting motion to soften the edges,' says makeup artist Jill Powell, who created Demi's look on this page. The result? 'A soft halo effect.'

3

## Serve Major Lashes, Minor Lips

Coat lashes – top and bottom – with two layers of volumising mascara, and finish the look with a low-key nude lip hue. ■

**UNDER COVER**

If you prefer full coverage, you'll love this game-changing foundation: it's lightweight and hydrating, transforming skin to airbrushed perfection. **MAYBELLINE 24HR Superstay Foundation** (R200) Cocoa

**TOUGH AS NAILS**

Revive weak, brittle nails with a strengthening treatment that's infused with wheat, protein and calcium. **OPI Nail Envy Original Nail Strengthener** (from R379 at Takealot) Samoan Sand



**PUCKER UP**

The innovative cushion applicator allows this lip cream to glide on smoothly - and the mousse-like texture ensures a perfect flush of colour. **NYX Powder Puff Lip Cream** (R176) Teenage Dream

# What We Love This Month

Fresh finds to add to your beauty stash

**RELAXING RITUAL**

We can't remember what our self-care days were like before this heavenly body conditioner landed. It's non-greasy and packed with nourishing cocoa, argan oil and shea butter. **LUSH Ro's Argan Body Conditioner** (R295)

**HIDDEN ASSET**

This waterproof concealer can cover up all kinds of discolouration - even tattoos. Dab some on skin, and pat in with your ring finger. **URBAN DECAY All Nighter Waterproof Full-Coverage Concealer** (R400) Dark

**GLOW GETTER**

With its perfect blend of shimmer and glitter, this long-wearing liquid eye shadow dries down smoothly for an impeccably sparkling finish. **STILA Shimmer & Glow Liquid Eye Shadow** (R350) Grace

**PINK CRUSH**

At the heart of this scent is the queen of the night flower - but the base notes of white amber and sandalwood make it long-lasting, and perfect for the colder weather. **THIERRY MUGLER Alien Flora Futura** (R995 for 60ml EDT)

**EASY LIVIN'**

ICYMI, you can now get the J.Lo glow in a jar. Apply to your décolletage, shoulders, cheekbones - anywhere that needs shimmer! **J.LO X INGLOT Livin' The Highlight Illuminator Face, Eyes, Body** (R399) Radiant

# Splits Happen

*(Here's How to Deal)*

## The Lowdown on Split Ends

'Think of your cuticles – hair's outer layer – like roof tiles,' says cosmetic chemist Randy Schueller. Anything damaging chips away at that protection, exposing and tearing into the inner cortex, and separating the strand.

## Protein Is Key

The 'roof tiles' you're losing are made up mostly of keratin, so anything that infuses protein back into hair – like Tresemmé's Keratin Smooth Deep Smoothing Mask with Marula Oil (from R85 at Takealot) – will make it stronger.



## So Is Heat Protection

Limit the use of heat on hair – especially hand-held hairdryers and straightening irons. If you do need to blow-dry, use a heat protectant such as MoroccanOil Heat Styling Protection Spray (R385), and set heat at lowest.

## Don't Ignore Them

With time, split ends travel up the hair, forcing you to cut off more than you would have originally needed to. For tightly coiled hair, a regular trim (every six to eight weeks) keeps damage in check.

## Moisturise!

Natural hair easily succumbs to split ends because it's dry. Add daily manipulation such as thorough combing, and you're likely to get dry knots at the ends of strands.

## The Truth About 'Menders'

You can try a repairing conditioner, such as Schwarzkopf Gliss Magnificent Strength Express Repair Conditioner (from R99 at Takealot) to fuse frayed pieces together temporarily – or seal the ends by applying an oil or butter product to them. ■



# Scent-sational!

Next time you spritz on your favourite perfume, these tweaks will leave a lasting impression



### Store Right

Just like wine, fragrances need to be stored properly to preserve the notes. Keep your Elie Saab Le Parfum (from R735 for 30ml EDP at Takealot) in a cool, dark place – light will affect its intensity.

### Suit Your Mood

Research has shown that a quick spritz of the right fragrance can lift your mood. Feeling tired? Look for something with citrus notes to awaken your senses – try Paco Rabanne Olympea Intense (from R1 150 for 50ml EDP Intense at Takealot).

### Don't Rub – Just Spray

It's a subconscious reaction to rub your wrists together after spraying on a fragrance to make it last longer – but it does the exact opposite. The friction heats up skin, causing it to produce enzymes that affect the top and middle notes. A floral such as Marc Jacobs Daisy (from R1 899 for 100ml EDT at Takealot) can lose its freshness when warmed up.

### Maximise the Scent

Instead of spraying a fragrance on wrists, spritz it onto pulse points such as the back of the ankles, the sides of the neck and the inside of the elbows. This makes lighter scents such as Stella McCartney Pop (from R1 105 for 50ml EDP at Takealot) last much longer.

### Go Play

Wearing a single fragrance is so 2014. Layering allows you to create your own signature scent – just remember to layer in the same fragrance family. Notes of musk, vanilla and citrus work with anything – so try a combo of Jean Paul Gaultier Classique (from R1 000 at Takealot, part of a JPG minis set) and Carolina Herrera 212 VIP Rosé (from R1 595 for 80ml EDP at Takealot).

### Shake Your Hair

Mist your hairbrush with Gucci Flora (from R925 for 30ml EDT at Takealot) or Jimmy Choo Illicit Flower (from R1 095 for 100ml EDT at Takealot), then comb through hair. When you move, the scent will disperse all around you.

# 6 Healthy-Skin Vitamins

## VITAMIN A

**You know this as retinol.** It smooths skin's texture by speeding up the natural cell-turnover process and increasing the production of collagen and elastin (proteins that keep skin firm), explains dermatologist Joshua Zeichner. Apply it at night – it's deactivated by sunlight.

**DERCA Bio Lifting Deluxe Anti-Aging Day/Night Creme** (from R420 at Takealot)



## VITAMIN B

**Get familiar with two types:**

B5 (panthenol) is used in creams and gels (such as Dermaceutic) to hydrate; B3 (niacinamide, in Paula's Choice), brightens skin tone and minimises break-outs by 'regulating both pigment and sebum production', says celeb facialist Renée Rouleau.



**DERMACEUTIC Panthenol Ceutic Restoring Ointment** (R545)

**PAULA'S CHOICE Resist 10% Niacinamide Booster** (R1050 at Samika.co.za)

## VITAMIN C

**Dealing with dark spots or hyperpigmentation?**

Fade them with vitamin C. The ingredient suppresses melanin activity (by both lightening pigment and preventing it from forming), and also stops existing spots from getting darker, says Rouleau.

**DIOR Capture Youth Glow Booster Age-Delay Illuminating Serum** (R1585)



**Applied topically,**

this antioxidant can help protect skin from environmental aggressors (such as UV rays and pollution), and prevent wrinkles by promoting skin-cell turnover, says Zeichner.

**ENVIRON Pharma Nutritional Supplement Vitamin A & D** (R195)



## VITAMIN E

**Dry, dehydrated skin will love E's nourishing and moisturising effects.**

Its emollient properties help smooth rough, scaly patches, says Rouleau.

**L'OCCITANE Amande Supple Skin Oil** (from R645 for 100ml at Takealot)



## VITAMIN F



## VITAMIN F

**F stands for fatty acids**

(such as linoleic acid). They fill the cracks between surface skin cells to improve barrier function – essential for preventing bad stuff like dirt and bacteria from penetrating and good stuff like moisture from escaping, says Zeichner. ■

**THE ORDINARY Ascorbyl Tetraisopalmitate Solution 20% in Vitamin F** (R410)

PHOTOGRAPHY: LEANDRO CRESPI/STOCKSY; ANDRÉ WEPENIER/PIXEL LOUNGE  
TEXT: LAUREN BALSAMO. PRICES CORRECT AT TIME OF GOING TO PRESS  
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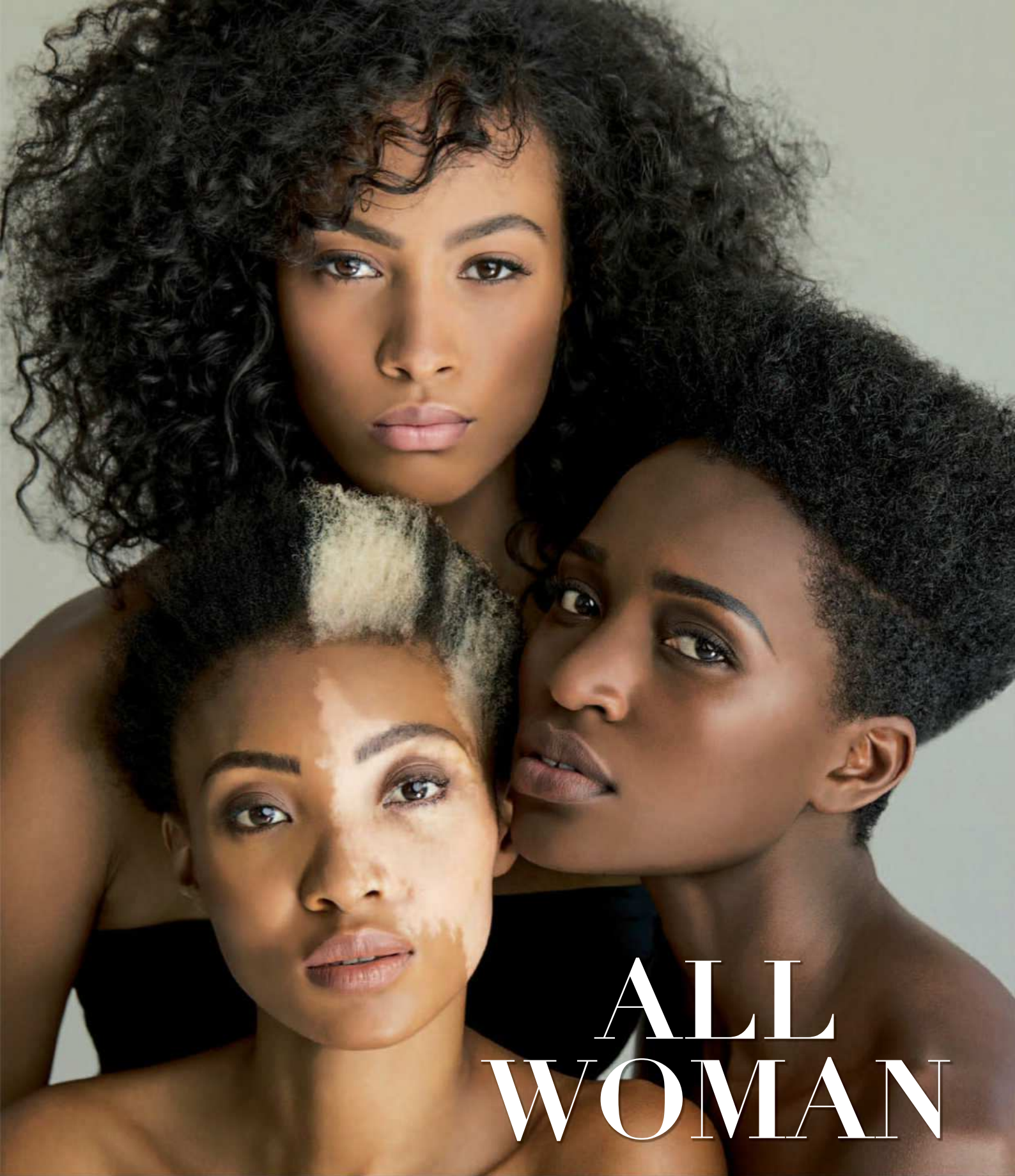


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# Style

## Loud & Clear

The modern-day Cinderella slippers are far less delicate – and much more daring. All hail the clear-shoe trend!



From  
R1899,  
ALDO at  
Superbalist

PHOTOGRAPHY COLLEEN COPPENHALL/DIS COMPILED AND STYLED BY CLEO MARCOPOULOS AND CLARE ROBERTSON PRICE CORRECT AT TIME OF GOING TO PRESS STOCKISTS ON PAGE 123



### HOW TO SHOP

- ▶ Open Facebook and click on the ☰ symbol.
- ▶ Select 'QR Code'.
- ▶ Scan the code and go!

Insider Secrets for Ultimate Winter

# StyleGoals

## The Denim Coordinator

**Nwabisa  
Ntlokwana, 29  
@nwahh**

### Nwabisa's Style Notes

✦ When you're shopping for denim and unsure which shade to go for, go dark – it will always have a place in your wardrobe. Have a statement piece such as a denim jacket: focus on its quality, even if it means paying a little extra.

✦ This winter I'm revamping my wardrobe with metallic boots. I'm obsessed! Metallics act like neutrals, so they're super-versatile and can be styled in many ways. They really stir things up.



From R693, QUIZ at Takealot



From R799, TAKEALOT

*STYLE SECRET*  
Statement boots will power up any outfit.



R149, H&M



R999, TOPSHOP

*STYLE SECRET*  
Invest in a quality denim piece.



R559, ZARA



**STYLE**

*STYLE SECRET*  
Invest in a statement coat.

# The Style Influencer



From R1267, QUIZ at Takealot



R403, WOOLWORTHS



From R1033, QUIZ at Takealot

**Kiara Kittner, 23**  
**@by\_kiara**

### Kiara's Style Notes

- \* Because wearing black in winter is inevitable, a coat in a bright colour – such as red or yellow – is an easy and effective way to take your look to the next level.
- \* My new style MO is wearing different shades from head to toe. Tonal dressing makes for a subtly striking OOTD that's super-modern and chic.



R450, COLETTE BY COLETTE HAYMAN



From R884, QUIZ at Takealot



R499, ZARA



R433, WOOLWORTHS

# The Stylist

**Tinuke Eboka, 21**  
**@tnxbk**

## Tinuke's Style Notes

- \* My brown faux-fur coat (thrifted in Paris) is my favourite winter piece. I layer jackets with jackets, so I'll layer the faux-fur coat over a biker jacket for an unexpected twist.
- \* It's all about the grunge elements: chunky black combat boots are my go-to shoe choice this winter.
- \* I love a travel cup filled with hot tea: it's a bonus cuddle buddy!



From R1350,  
**QUIZ** at  
Takealot



From R1316,  
**QUIZ** at Takealot



*STYLE SECRET*  
Layer outerwear over outerwear.



R4790, **MIU MIU**  
at Luxottica

R330,  
**THE FIX**



R230,  
**MRP**



From R77,  
**KOOSHTY**  
at Takealot



# The Fashion PR Pro



From R240, GOTCHA at Takealot



R433, WOOLWORTHS



R199, TALLY WEIJL



R1590, VOGUE EYEWEAR at Luxottica



R529, H&M

R240, TESSA DESIGN



Zuhaa Isaacs, 21 @zuhaa\_isaacs

### Zuhaa's Style Notes

- \* I'm all about a sporty take on winter dressing, so sneakers are NB. A good pair takes a basic work outfit from 'too formal' to trendy-sporty OOTD magic.
- \* Fancy sunnies and a beret will pull together a simple winter look, adding a current touch.

*STYLE SECRET*  
Sneakers are a game-changer.

*STYLE SECRET*  
The beret is an accessory BFF - and cool sunnies seal the deal.



From R499, BKLYN at Takealot



# The Fashion-Designer Besties



**Amber-Rose Hennings, 24**  
@amberrosehennings

## Amber's Style Notes

- \* Treat the polo-neck – chunky and knitted, or slinky and fitting – as a blank canvas to build your outfit around. It will help you achieve a polished look fast.
- \* Don't underestimate the power of a belt. Belting over a coat or blazer is a cool way to accessorise that will earn you extra style cred.
- \* My latest purchase: red patent-leather ankle boots with a thin kitten heel.



From R1051, QUIZ at Takealot



*STYLE SECRET*  
Build your look around a polo-neck top.



R300, THE FIX



R629, H&M

From R79, LILY & ROSE at Takealot.



R231, WOOLWORTHS



R49,99, MRP



R659, ZARA



From R1212, QUIZ at Takealot

## Paige's Style Notes

- \* My winter go-to is a tailored blazer in a unique colour. I wear it with heels in the evenings, and with sneakers on weekends. Can't go wrong!
- \* Layer a mesh or long-sleeved top under a baggy slogan or branded T-shirt, so summer items don't go to waste. Layering goes a long way in winter.
- \* Thigh-high boots are a must. They elevate any winter look – and you can wear summer skirts while still covering up your legs.



From R549, LEVI'S at Takealot



*STYLE SECRET*  
Layer summer tees over long-sleeved tops.

**Paige Martins, 22**  
@paigemartins



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\*Compared to previous formula.

# How to wear:

## PVC Pants

This winter calls for glossy vinyl leather. Here's how to look badass (not bondage!) in this season's hottest trousers

### Fierce Attitude

You may think you can't wear these somewhat risqué pants – but you're wrong. It's all about confidence and a self-assured posture: head up, shoulders back and plenty of sass to own the pants before they own you.

### Slick Simplicity

Avoid pairing them with other trend-based items – it could look costume-esque rather than chic. They look great with a relaxed-fit biker jacket and a bandeau top, as seen on Bella Hadid. Her all-black vibe is cool – but don't be afraid to add a bright power top.

### High Waist

They'll look most flattering in a mid- or high-waisted cut – the glossy exterior will catch the light as you move, highlighting your waistline.

### Shoes to Choose

Black ankle boots elongate legs, making these pants even more flattering. For a sporty look, white sneakers are the perfect match; for evening endeavours, court heels will stop a slide to the dominatrix side of the scale.

### Clean Slate

Air your vinyl pants inside out after each wear, and use a damp cloth to wipe off any marks. Avoid frequent washing – but if necessary, hand-wash in lukewarm water and hang up to dry inside out. Stay away from sources of extreme heat – the fabric can melt! ■

# under R500

R300,  
MRP



R429,  
FOREVER 21



R350,  
FOREVER 21

R499,  
COTTON ON



R329,  
TOPSHOP



From R399,  
QUEUE at Takealot



From R220,  
DISTINCTIVE  
JOURNALS  
at Takealot



From R299,  
DIGITIME  
at Takealot



R499,  
THE FIX

From R499,  
CROSSHATCH  
at Takealot

# Denim Remix

Shake things up in the denim department: this classic fabric is not just made for a pair of jeans, but for a ready-to-wear head-to-toe ensemble

# 'I Always Wanted to Be the Warrior'

Actress, wife, mother, activist...  
Best not to mess with Zoe Saldana,  
as we found out ▶

**BY** LOTTIE LUMSDEN  
**PHOTOGRAPHY** MAX ABADIAN





**Z**oe Saldana takes a sip of rosé from a white-china cup and looks out towards the mellowing Los Angeles skyline. We've been together since 9am, and choosing to drink wine out of a coffee cup is probably the least surprising thing about her.

On set, shortly after she decamped into the makeup chair, a small shoal of children arrived with a handsome, long-haired Italian man and a smiling older couple in tow. This was Zoe's family – her three sons Cy, Bowie and Zen, her husband Marco, and his parents. The children did what children do – ran about, shrieked – but also snuck a look at mom at work on set. Zoe says it's important for them to see that she's happy at work – that's one of the reasons she tries to bring them to everything she does.

Marco is a quiet, steady presence, always watching and smiling, like a handsome pirate. Zoe, 40, decided last year that her family should join her at work whenever possible. She'd had a crazy few years filming *Avengers: Infinity War* and *Guardians Of The Galaxy: Vol 2*, and starting work on the long-awaited *Avatar 2*. Then there were the promotional tours for the franchises, moving house and giving birth to Zen. 'I think 2017 was my most hectic year,' she says. 'A lot happened. I was dividing my time between my family life, my personal life and also two of my movies, which were shooting in different locations – Atlanta and Los Angeles. It all became very stressful.

I realised that life needs to be more balanced. Not only was it affecting me, it was affecting my children and my husband.' Twins Cy and Bowie are three; Zen is 18 months old. 'Many decisions were made for the betterment of our health.'

Zoe and Marco married in 2013, with her artist husband famously taking her name to become Marco Perego-Saldana. She says he is her greatest confidant, and that she turned to him while trying to process everything going on in Hollywood in the wake of the Harvey Weinstein scandal and the #MeToo and Time's Up movements, of which she is very much a part.

'My husband has been an inspiration,' she says. 'The conversations we've been having, safely and intimately, have been evolving. And it's been very rewarding. He is a part of the #MeToo group. We have to broaden the narrative of #MeToo. The same way it applies to victims, it should apply to men who were blind but have now seen. If there is one thing I can advise, it's to be kind to the men who are making an effort, and not to put them all in one box. Let's not do to others what has been done to us. If we know how bad it's felt for so long, then we know what not to do and how not to teach.'

It's easy to forget in the calm of the Hollywood Hills, amid the swaying palms and huge mansions, that Hollywood is burning, vaporised from the inside out by one of the biggest revolutions to ever hit the industry. But when you're living and breathing it every day, like Zoe is, it can never be far from your mind. 'I get choked up,' she says. When she speaks again, her voice is hoarse with emotion. 'Never in my life would I have dreamed that what happened last year could happen. We were all reaching out to one another as women, providing care for each other. I never experienced that when I got to Hollywood 20 years ago.'

**'I realised that life needs to be more balanced'**

Zoe moved here at the age of 19. Soon afterwards, she was cast as a ballet dancer in her debut film, *Center Stage*. She'd been signed to a talent agency after she was spotted in a New York Youth Theatre production of *Joseph And The Amazing Technicolor Dreamcoat*.

Although she was born in New Jersey, she moved to the Dominican Republic at the age of nine with her Puerto Rican mother and two sisters, Mariel and Cisely, after her father (who was Dominican) tragically died in a car crash.

Later, they moved to New York. Growing up, her role model was *Alien's* Ellen Ripley. 'She was everything,' she says. 'It was all I wanted to watch. It wasn't easy for me to look at princess movies – I always wanted to be the warrior or the ninja.' As a child, Zoe describes herself as 'insecure, vulnerable, confident ... but also a loner. I was picked on by other girls. I always felt I was the luckiest because my best friends were my sisters, but they've said, "It must have been painful for you because you cried a lot."'

Arriving in Hollywood for the first time was 'fun'. 'It was great,' she says. 'You arrive here and you're just as innocent and impervious to good things [as you are to] bad things. You learn as you grow – what to do, who you should never work with again...' She laughs. 'And who you should have been more thankful to.'

Small film roles came early on in *Get Over It* with Kirsten Dunst and *Crossroads* with Britney Spears. But it didn't take long for Zoe to realise that being a woman in the film industry came with issues.

'You cry [now], because you didn't know how hard you had it then,' she says. 'Now I see it differently. We were all suffering, quietly. The high road for women for centuries was silence. You kind of go, "F\*ck!" The new high road is speaking up. I don't want to go back to feeling minimised and like I'm lucky to be here. It was unfair and uneven, from how you built the part to why you were cast ... to how you are dressed. ▶



And that one scene where you have to be in your underwear, and why you have to have this sex scene that feels gratuitous. Or when you arrive on set and see your male director and co-star having a collaborative discussion about a scene that involves you – and you're not a part of it because you're the serviceable character. And how hurt you feel in your trailer... I don't want to go back to that.

'You feel stupid. I don't want to hear another man say, "You were my muse." I don't want to f\*cking be your muse any more. I don't want you to post me on your wall and look at me. I want you to listen to me!'

Zoe's first big film role came in the form of pirate Anamaria in 2003's *Pirates Of The Caribbean: The Curse Of The Black Pearl*. It was a learning curve. 'I was very young; it was my first massive production. I was dealing with people who were great and people who were not so great. I left that experience feeling a little bitter,' she says. 'It was super-elitist. My time is everything to me; when I don't spend it wisely, I'm unhappy. So if I'm like, "I could have been with my family, in school learning, or travelling; instead I'm here being treated like an extra – but in a very despicable way – by people who don't even

speak properly..."', my time is being wasted. A lot of that has to do with insecurities, too, and an inflated ego. So I was immature also.'

Still, that experience almost led to her quitting the industry. And it was only her next job – a Steven Spielberg production alongside Tom Hanks – that stopped her. 'I booked [my role in] *The Terminal* right afterwards, so I got to work with an amazing director known for being humble – and a mentor,' she says. How did she get her passion back? 'By speaking up. I shared [my experience] with him, and he said, "It's unfortunate that you went through that. But keep doing this. You're really good at it. There are good people out there."

'He'd invite me to sit with him on set – there would be a chair right next to his. It made my heart ache with happiness – he remembered I'd been made to feel irrelevant before, and he went out of his way to make me feel the opposite.'

Shortly afterwards, Zoe starred as warrior Neytiri in James Cameron's epic *Avatar* in 2009. Until December (when *Star Wars: The Force Awakens* overtook it), it was the highest-grossing film in US history, with a lifetime gross of about R9-billion.



## ZOE'S CV

### 2020 Neytiri, *Avatar 2*

'It's wonderful to be back filming. Kate Winslet has joined the cast, and we've had our first full rehearsal, which involved tapping her into all of the emotional beats that her character needs to have in relation to ours.'

### 2018 Gamora, *Avengers: Infinity War*

'Many women from the Marvel universe are involved in the Time's Up movement. We all reached out at the time, and encouraged each other to communicate with bosses and producers. And we did – and they replied. It was inspiring.'

### 2018 Launches BESE

'Latinos are expected to make up 30% of the US working population by 2060. BESE is an acknowledgement of where we're headed.'

### 2017 Gamora, *Guardians Of The Galaxy: Vol 2*

### 2016 Lieutenant Uhura, *Star Trek Beyond*

### 2016 Nina Simone, *Nina*

### 2014 Gamora, *Guardians Of The Galaxy*

'I don't see Gamora as tough. I see how broken she is, and that's what makes me like her. The fact that she can kick ass

and defend herself makes her a complete woman.'

### 2013 Co-founds Cinestar Pictures production company with sisters

'My sisters and I have never felt bad about what we look like. We are American. Cinestar, and the content we create, is for that and about that.'

### 2013 Uhura, *Star Trek Into Darkness*



She's in the middle of filming the second instalment now, due for release in 2020.

But two years ago, trouble brewed again – this time for very different reasons, when Zoe took the role in the biopic of singer and civil rights activist Nina Simone. Social media and certain factions of the press were incensed that she had to wear dark makeup to play the part, because her skin was too light.

## 'I don't want you to post me on your wall'

At the time, she tweeted a Nina Simone quote, "I'll tell you what freedom is to me – no fear. I mean, really no fear," #NinaSimone.' Simone's estate responded by tweeting, 'Cool story but please take Nina's name out your mouth. For the rest of your life.' Today, Zoe is reflective about the situation. 'There's a personal feeling because I'm a human being.

I had my reactions, but there is also an acknowledgement that it's a systemic issue and I'm just a fragment in it. Listening was the only answer at that time. Not to the hate, but to the facts and the issues. I learnt a lot, but I have no regrets. I just wanted her story to be told. Nobody else was willing to do it,' she says.

This is not the first time Zoe's ethnicity has caused her grief. At times she's found herself dealing with race on top of everything that comes with being a woman in Hollywood. 'That was difficult because it was hurtful. It has always been hurtful. I've always known it's wrong.'

Frustrated by her own experiences, in 2013 Zoe co-founded production company Cinestar Pictures with her sisters, to create content that reflected them as women. And in February this year, she and her husband launched BESE – a digital media company that focuses on empowering Latinos.

Does she feel she's had to work harder because of her skin colour? 'I'm not going to sugar-coat it for you,' she says. 'Ask any artist of colour if they feel like they have to work harder. I don't mean we deserve special treatment – I don't want sympathy.

But I do encourage empathy because you do have to work twice as hard to make someone who has the power to f\*ck with your life and your dreams see why they should hire you, and why you are the right person for the role.

'We are yet to have Asian superheroes. And I'm waiting for that. It's time. Time's up!' What's the answer? 'Standing up, and speaking with love and respect whenever you feel you've been treated unfairly.'

Zoe recently reprised her role as the green anti-heroine Gamora in *Avengers: Infinity War*. 'Perhaps I chose to live in space for so many of my roles because in space I wasn't just someone's other,' she says. 'I was my own person. I think art really needs to start depicting women more accurately.'

With that, it's time for us to go. The sky has blackened, and the temperature has dipped. She grabs her blazer and pulls it tightly around her body as she makes her way to the purring car in the driveway. She envelops me in the sort of hug an old friend would pull you into. And then she's gone: back home to her babies, to her husband, to saving the world ... whether that's on screen or in her own universe. ■

**2011** Directs short drama, *Kaylien*

**2009** Neytiri, *Avatar*

'I played this warrior, which was amazing. The female icons I had admired growing up were created by James Cameron: *Alien's* Ellen Ripley and *The Terminator's* Sarah Connor.'

**2009** Uhura, *Star Trek*

'I'm part of a series that's made history. It brought people together 50 years ago – when it was

unimaginable. Uhura gave the African-American community the aspirations it needed; it gave them presence in high ranks.'

**2007** Kat, *After Sex*

**2004** Andrea, *Haven*

**2004** Dolores Torres, *The Terminal*

'Working with Steven Spielberg reminded me I mattered. I've had all these mentors in my life: my mom,

my ballet teacher, Steven, James Cameron. Whenever my spirit was broken, they'd restore my faith.'

**2002** Kit, *Crossroads*

**2001** Maggie, *Get Over It*

**2000** Eva, *Center Stage*

**1999** Belinca, *Law & Order*

**1995** Burger King, server

'I was 17 and making my own money. I had a blast! It was empowering.'

## EDUCATION

**Newtown High School, New York**

'Growing up, I was pretty wholesome. I was actually a little bit of everything – brave, a coward, insecure, scared but also very confident.'

**ECOS Espacio de Danza dance academy, Dominican Republic**

# How to Tell Your Partner #MeToo

BY STACEY COLINO

**Since October 2017, the #MeToo movement has dominated social media and our cultural conversation – for good reason. The scope of sexual misconduct in this country is enormous.** According to a COSMO poll, 84% of people say sexual harassment is a constant feature in the workplace. And as high-profile allegations keep surfacing in the news, millions of women are reliving their own experiences. Some are wondering how to talk about them – not on Twitter or Facebook but at home.

Tackling #MeToo – and the anger, confusion and heartache the topic may provoke – with your partner can be tough, says relationship therapist Laura Berman. ‘If it goes well, it can bring you closer together,’ she says. ‘But if your SO doesn’t get where you’re coming from or he is not empathetic, it can cause tension or even a rift.’

Read on for how to have this convo, whether you’re a #MeToo survivor or not.



- 1 Set an objective.** Pre-talk, think about what you want to get out of the discussion. Perhaps news headlines are pissing you off so much that you need to vent, or you feel it’s time to tell your guy your personal story. Once you nail down an intention, find a quiet, relaxed setting. Then bring up the latest public scandal, and ask him what he thinks about it.

‘This is kind of a litmus test,’ says clinical psychologist Megan Fleming, a sex and relationships expert. ‘It gauges his overall attitude and thoughts.’ In other words, if he responds in a way that makes you feel supported (‘It’s amazing that these women are coming forward’), you know you have a safe space in which to share your views or experiences.

## INTIMACY AFTER TRAUMA

Being a #MeToo survivor doesn't doom you to an unsatisfying sex life. Follow these steps to reclaim your sexuality in your own time

**Talk about it,** either in therapy or with a trusted partner. 'This releases any feelings of shame or self-blame,' says relationship therapist Laura Berman. It also helps you process your feelings.

**Rediscover solo pleasure.** Spend time doing physical activities that help you feel more powerful and in control of your body, says clinical psychologist Lonnie Barbach, co-founder of the Happy Couple app. Then progress to sensual experiences, such as applying lotion naked or masturbation.

**Move slowly together.** 'Start with cuddling and kissing, then graduate to mutual massage to build trust and comfort,' says Barbach. If it feels good, move on to below-the-belt foreplay.

**Take the lead.** Before you try intercourse, let your partner know what you like, and which areas are sensitive for you. 'If you have flashbacks, have him just hold you – or not even touch you,' says clinical psychologist Debra Borys. Knowing that you can stop will help you regain a sense of sexual safety.

But if his reaction makes you pause ('Come on, she was asking for it' or 'When will this male witch-hunt end?'), you'll want to find out why he feels this way, make room to hear his thoughts, and invite him to discuss it further, says Fleming. For advice on how to do this, see 'Brace for bumps' on the next page.

### 2 Explain what you need.

Next, if you feel ready, share your objective with your guy. Be clear that you want his ear, support, understanding and empathy (not advice or evaluation), says clinical psychologist Debra Borys, who specialises in treating trauma. 'Most men are socialised to approach communication about problems in an immediate, action-oriented way by giving suggestions about what to do,' she says. 'Setting expectations prepares him to simply listen and be supportive.' Declaring your intentions also helps your partner see that you're looking to him as an ally, rather than the enemy.

This process worked for Jandra, 28, a writer. After the #MeToo hashtag went viral, she finally felt ready to tell her husband about her personal sexual-assault story. She started by saying that she was glad to see people coming forward, but also sad that so many women are suffering. 'I approached it with honesty,' she says, 'and I didn't ask him for anything other than just to listen.'

### 3 Share your story.

If, like Jandra, you have a specific experience you want to bring up, be direct and say, 'This is hard for me to talk about because it's upsetting, but...' Then explain what happened to you. Jandra told her husband about the time she was dancing at a concert and a stranger shoved his hand down her skirt and tried to fondle her. As requested, her husband just listened – and he has been empathetic in their follow-up conversations. ▶



WHEN YOU CAN SEE EYE TO EYE ON THIS SUBJECT, EVERYONE BENEFITS

# #IWILLSPEAKUP

perhaps by bringing up behaviour you and he find acceptable versus unacceptable at work, and why. (Sometimes it's easier for guys to talk about specific situations than abstract ideas, says Howes.)

Also, know that you don't need to divulge every detail of your #MeToo moment at once. Sharing in stages can work just as well. When Rachel, 27, an image consultant, had her ass slapped and grabbed by a client, she confronted the man – then told her boyfriend right away. What she didn't reveal was that, after the incident, the client refused to pay her unless she met with him in person. She refused and was never paid. It wasn't until more than a year later, when the #MeToo movement began, that Rachel told her BF the rest of the story. 'He was outraged – but also proud that I took control of the situation,' she says.

## 6 Look to the future.

If you feel as though you have accomplished your objectives and you got the support you need, you can move forward together by suggesting what your partner can do to help. 'I told my husband that he can tell his friends when a behaviour is unacceptable, and encourage others to treat women with respect,' says Jandra.

If, however, over time and several talks, your partner isn't empathetic or supportive, 'That's not a good thing in terms of the longevity of the relationship,' says clinical psychologist Christine Nicholson. It could be that he has blind prejudices about women, or he's confused about his own #MeToo moment as the victim or perp. If you don't both commit to addressing the reason, you may be in for a rocky road, says Nicholson – and you'll need to decide whether you want to stay or go. ■

Many men are now using this hashtag to support #MeToo survivors.

## 4 Brace for bumps.

Ideally, your partner will respond with understanding and support – but there's a chance that he won't. If, instead, he is judgmental, condescending or dismissive, or he makes light of you or the victim in the situation you're discussing, try to show curiosity about where he's coming from, says Fleming. Then explain how his responses make you feel using 'I' statements. Say, for example, 'I'm not sure you understand how I feel about this' or 'I feel hurt that you're focusing on what I [or the victim] might have done, rather than holding this guy responsible for his behaviour.'

It might feel grating to remain calm, but pouncing on him angrily won't further the conversation.

That said, you can take a break – especially if your guy blows off your 'I' statements – and pick it up again later. Remember that your perspective might be foreign to your partner (and vice versa), or he might feel helpless, so it may take a few tries to get your feelings across. Often, emotionally complex topics have a learning curve – it's rare to be fluent in them right away.

## 5 Keep the convo open.

Just like you would do when talking about politics or religion, you can make it a point to revisit sexual misconduct periodically to ensure you're seeing eye to eye for the long haul, says Lewis Howes, author of *The Mask Of Masculinity*. If, for instance, your first attempt ended in an argument, you can try a different tactic next time,

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BEHIND THE SCENES



From dubiously crusty blankets to mid-air engine fires: Lizzie Pook speaks to flight attendants (past and present) to reveal what really happens at 35 000 feet ▶



**T**hey were three glasses of Champagne down before

we'd even taken off. By the time we'd done the safety presentation and given them a snack, they were hammered. First Class is usually the least rowdy cabin; but this couple was so drunk, they took off all their clothes and ran naked down the aisles.' This, according to Mandy Smith, an ex-Virgin Atlantic flight attendant with 10 years in the air under her belt, is pretty standard for a long-haul flight. Just another day in the office, in fact.

You see, as you sit there, idly mulling over where to jet off to for your next holiday, entire casts of flight attendants are currently pointing out the emergency exits to passengers who haven't nodded off yet. And here's the twist: not only are they judging your fellow passengers, but they have seen it all.

Because it's not just our dietary willpower that goes out of the window the minute the cabin doors close – it's apparently our inhibitions and, on occasion, human decency, too. Women and men like Smith (pictured throughout), who wrote a whistle-blowing book, *Cabin Fever*, about her time in the air, get to see some hilarious – and sometimes horrific – things in the line of duty.

You don't have to take their word for it. Perhaps it's the heady mixture of confined space, pressurised cabin air and the mere vicinity of so many miniature bottles of gin in one place that does it,

but an emerging body of research now suggests that flying can do strange things to our mind, alter our mood and change how our senses work. Some studies even show that relatively mild levels of hypoxia (aka the deficiency in oxygen that we can experience on flights) can alter our ability to think clearly.

That doesn't just go for the passengers – it goes for the crew, too. Ever wanted to know what *really* goes on behind that little navy curtain? Ever been irked by your flight attendant's rigidly forced smile? There's almost certainly a reason for it. Read on and you might just find out.



You know those urban flight myths about how dressing up for the check-in desk can help you score an upgrade? Categorically not true. You can be as smart as you like, but those who work for airlines can spot you coming a mile away. The major giveaway? Your jewellery and watch.

'I can usually tell what class someone will be sitting in just by looking at them,' says Smith. 'Style is something money certainly can't buy – but I find that diamonds are always a giveaway for women, and a gentleman's watch can tell you how wealthy he is, even when he has his sleepsuit on.'

Frequent Business flyers are usually easiest to deal with.

'They've had treatments and food in the club lounge, and they just want to come on board and sleep on their fully flat beds,' she says. 'But you can spot an Upper Class first-timer right away, ordering everything off the menu and staying up all night at the bar.'

★ ★ ★ ★ ★ ★ ★ ★ ★ ★

## 'Passenger rudeness rarely goes unpunished'

★ ★ ★ ★ ★ ★ ★ ★ ★ ★

There's a particular breed of passenger, however, that some attendants just dread serving. 'Premium Economy passengers are the worst by far,' says Smith. 'Upper Class get on quietly and go to sleep; the Premiums get hammered. We call them "the gin-and-tonic brigade" – they expect free booze and think their slightly more expensive seat buys them the right to be rude.'

As infuriating as it is when you only get one teeny bottle of Grey Goose at a time or get woken up from a nap to put your seat in the upright position, it's best to keep your flight attendant on your side. Acts of rudeness by passengers rarely go unpunished. 'Midway through one of my flights, a Business Class passenger was incredibly rude to staff, speaking in a belittling way and being really difficult,' says Hayley, 32, who works for a well-known airline. 'So when it came to breakfast, my flight manager prepared this guest's food, but made sure he rubbed the omelette around the waste water outlet (a sort of liquid bin into which we tip

all leftover alcohol, soft food and coffee). He then served it to him with a smile.'

Sometimes, rudeness can escalate to something more physical. 'I've had staff who've been dragged from one end of the cabin to the other by passengers,' says Smith. Again, it's often not those in the cheap seats at the back who are the worst offenders. 'It's because they've had too much to drink – wine is the most lethal – and it's down to a mixture of sleeping pills and alcohol. It sends people off the rails.'

'A colleague was once head-butted by an old lady – the mother of a famous Hollywood actor. She was restraining her from behind, and she lashed back and bust her nose open. We had to pin her to the floor and handcuff her.'





MANDY SMITH SEARCHES FOR A POLITE PREMIUM ECONOMY PASSENGER

## All Aboard!

Follow these commandments when you next fly – for your health (and sanity)

### **DO** Bring hand sanitiser

An investigation showed that, on average, airlines only clean their blankets once every 30 days. Unless they're visibly soiled, the blankets are just reissued in new plastic packaging.<sup>1</sup>

### **DON'T** Drink the tea

You'll never see a flight attendant doing this – they know the water comes from an on-board tap, sourced from the plane's tank, and that (often stagnant) water can be revolting. According to a 2004 study of 158 planes, 13% of them had coliform bacteria in their water.

### **DO** Wipe down your tray table

The most germ-ridden place on a plane? Your tray table, which has more than *eight times* the amount of germs per square centimetre than the flush button in the toilet. The toilets get cleaned, but there's rarely time to wipe the tables.<sup>2</sup>

### **DON'T** Watch sad movies

Avoid *Marley & Me* like the plague. Studies have shown that spending time at altitude can increase negative emotions and affect people's ability to deal with stress. Virgin Atlantic has even issued 'emotional health warnings' before films that might upset its customers.

### **DON'T** Add more salt

The combination of dryness and low pressure on board reduces the sensitivity of our taste buds to sweet and salty food by about 30%.<sup>3</sup> Many airlines compensate by smothering their dishes in salt. So don't add more – unless you want to be sweating crystals.

This incident, however, is a bit of an anomaly – most of the time, you'd not even know there was a bona-fide A-lister just a couple of metres away. Celebrities will often be escorted door-to-door in private shuttles, attended to at private check-ins and escorted onto the aircraft either very early or very late.

Cabin crew are instructed to play it cool, even with the most famous of passengers – but it doesn't always work out like that. 'On one flight to Los Angeles, my colleague, Laura, and I heard a coat cupboard rattling,' says Smith. 'She was puzzled because she had locked it a while ago. So she strode over and gave it a push; it burst open and out stomped the late *Austin Powers* star Verne Troyer,

clutching a leather jacket angrily in his fist. She'd locked him in! Thankfully, when we saw him five minutes later, he was laughing and regaling other First Class passengers with the story at the bar.'

While most First Class passengers just drink their Champagne quietly and catch up on their beauty sleep (well, aside from those frisky on-board streakers), celebrities can sometimes be the exceptions that prove the rule. 'On my friend's flight, a famous girl-band member got utterly wasted, and one of the crew had to unlock the toilet from the outside, haul her off the floor, pull her undies back up and carry her to her seat,' says Hayley. 'It was the talk of the galleys for ages.'



If the antics of the passengers are bad, the stuff the crew get up to (while casually asking whether you want chicken or fish) is almost sybaritic by comparison.

'Our male flight attendants were like a rugby team, and they had a points system for having sex with different members of staff,' says Smith. 'They'd get a red tag for shagging a junior, a white tag for sleeping with an in-flight beauty therapist and a brown tag if they'd had anal sex with anyone.' ▶

<sup>1</sup>A 2007 WALL STREET JOURNAL INVESTIGATION ACCORDING TO TRAVELMATH.COM UNDERTAKEN IN 2010 BY GERMANY'S FRAUNHOFER INSTITUTE

On-board sex was rife, too. 'Crew often popped into the Premium Economy loos for a quickie,' says Smith. 'It's the most spacious toilet on an Airbus A340, with a handy fold-down baby-changing table to rest your butt on.'

According to Jenny\*, a 28-year-old flight attendant for a European airline, this sort of thing isn't limited to the loos. 'I know a couple who are both flight attendants,' she says. 'Once, they ended up playing drinking games with their team at a stopover, and were given a dare that had to be carried out on the plane the following day. She had to give him a blow job before the passengers started to board, then keep a mouthful of semen and walk up and down the plane as people were taking their seats. Things like that are more common than you might think.'

It's not just the crew who are at it. 'Passengers definitely do stuff under the free blankets,' says Smith. 'I saw a chap "entertaining himself" under his once. He thought we couldn't see him because it was dark, but remember: our eyes are more adjusted than most, so my friend walked up and left a box of tissues beside him – just so he knew we were aware of what he was doing.'

Jenny agrees. 'We find so much dodgy stuff left on board after our flights,' she says. 'Used condom wrappers in food boxes, sticky patches on the free blankets... It's disgusting – especially when you consider that the planes don't really get cleaned thoroughly, if at all, between flights.'



'CHICKEN OR FISH, SIR? OR A QUICKIE?'



Debauchery aside, there is a more serious side to life in the air – and, in the rush to watch that entire season of *Big Little Lies* in one sitting, it's easy to forget your crew are also the only thing standing between you and a life-and-death situation. 'On one flight, during a particularly rough patch of turbulence over the Atlantic, the toilet alarm bell sounded,' says Smith. 'In training we're told this means someone is in difficulty, but we'd got used to just finding a pervert with his pants around his ankles. But that day we heard crying, and when we pushed open the door, we saw a woman in her late 20s perched on the toilet, covered in blood. She was rocking back and forth and whimpering like an injured animal.'

There were bloody handprints on the walls and mirrors. She'd had a miscarriage. It's one of the most shocking things I've ever seen in the air.'

Then, of course, there are those who simply don't make it off the plane. 'If a passenger dies in the air, there's not much we can do,' says Samantha\*, 25, who works for a domestic airline. 'The procedure is to place the body in an empty row with a seat belt on. If that's not available, they just remain in their seat – we're not allowed to cover them with a blanket, as it would draw attention. We're told to make it look like they're sleeping. A passenger can't technically die in the air,

or be pronounced dead by a flight attendant – they'll legally be "alive" until we hit ground and a doctor comes on board.'

That, believe it or not, isn't even the worst thing that can happen in the air. 'The worst thing that could happen is a fire, which happened on one of my flights to Miami, when an engine caught alight,' says Smith. 'I knew something was up when the service manager asked us to "assemble in galley two" – that's always code for a massive problem.'

There's also something fairly important you should be paying attention to in the safety videos. 'If your oxygen mask drops down from above your passenger seat, put it on *immediately*,' says Samantha. 'Although the oxygen lasts about 15 minutes, plenty of time to reach a safe altitude, you only have 30 seconds to put on the oxygen mask before losing consciousness. When they say you should help yourself before helping others, you should *definitely* listen.'

So the next time you put on your headphones before you've even buckled your seat belt, realise that the couple from row E have been gone for a suspiciously long time or notice your omelette tastes slightly odd, remember: there's much more going on on board than meets the eye. ■

\*NAME HAS BEEN CHANGED



## BEHIND THE SCENES LIZZIE POOK

'Talking to these women made me realise how much pressure female flight attendants face to look "perfect" – even if that means doing your eyeliner in the loos between two overnight flights. Some even told me about "fat letters" – strongly worded notes sent to them if they were above a size 14. And no, such letters weren't sent to men.'

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# Does Privacy Still Exist?



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In a world of **data-leak scandals and social media**,  
is it possible to **protect your private info?**

And should you even bother to try?

**Emma Sadleir**, founder of the Digital Law Company  
(*Thedigitallawco.com*) and South Africa's leading  
**expert on social media law**, is here to help



KHANYI  
MBAU

**W**e are all celebrities, and everyone around us is the paparazzi. Every moment

of our life is documented by ourselves, our friends and our family in a way not dissimilar to the tabloids, with new baes, break-ups and births being broadcast on social media almost as soon as they happen.

Yet unlike (most) celebs, we seem to flock to the paparazzi rather than away from them. That's the problem. Celebrities have learnt how to take care of their privacy. Jennifer Lopez asks paparazzi to keep away from her home and children – even successfully stopping the production of a film that would tell the story of her first marriage to Ojani Noa. Actress Sienna Miller sued Big Pictures, a London-based photography agency, after claiming they made her life 'intolerable'. There's a reason why many celebs have pros managing their social media, and avoid overly personal posts. ▶

But hey, we live in a post-privacy era, and we should give up expectations of privacy because it's dead anyway, right? Wrong. In South Africa, privacy is a fundamental constitutional right to which every single person is entitled. That's why we were outraged to find out that Cambridge Analytica had obtained our information via Facebook under the guise of a personality test. The company used this info to create targeted campaigns that helped sway the results of the 2016 US elections and UK Brexit vote. Scary, right?

In terms of our law, the test for whether or not your privacy has been infringed is whether there is a reasonable expectation of privacy in a particular set of circumstances. For example, if a photograph is taken of you while you're fully clothed and out in public, you're unlikely to have a problem with it – but if you're naked in the shower and someone sneaks a snap, you'll definitely be up in arms. That's why when Facebook addressed the Cambridge Analytica data scandal in a press statement in March, it said that your information was 'misused' but not 'stolen'. Why? Because you made that information readily available: you didn't set your Facebook privacy settings to be as stringent as possible. In other words, you were out fully clothed in public with your info on Facebook, rather than taking a private shower.



ACCORDING TO WYLIE, CAMBRIDGE ANALYTICA HELPED DONALD TRUMP GET ELECTED

While the way Cambridge Analytica *used* the data was immoral, the way it *accessed* the data was perfectly reasonable

## Hold up: what is the Cambridge Analytica scandal?

In a nutshell: Cambridge Analytica was a UK political-consulting firm hired by the Trump campaign to mine Facebook data in order to sway the results of the most recent US election. The firm created a personality quiz, shared via Facebook, which gave it access to user information of anyone taking the quiz *and* their Facebook friends. In doing so, Cambridge Analytica was able to harvest user information from more than 80-million Facebook profiles.

Like most people who take online quizzes to figure out their spirit animal, celebrity spouse or vegetable lookalike, those who were affected by the Cambridge Analytica

scandal clicked 'agree' on the third-party-permissions request that popped up when they took the quiz without a second thought. In reality, every morsel of information that Cambridge Analytica mined was readily available on public profiles. And by putting that data out in the open (on a public social media profile), users didn't establish a meaningful expectation of privacy. So while the way that Cambridge Analytica *used* the data was immoral, the way it *accessed* that data was perfectly reasonable.

So what? Your information was accessed – but Facebook uses that information every day to advertise things to you anyway. (That's why that pregnancy-test ad keeps popping up on your feed, after you clicked on a fertility story. Facebook's clever like that.) But the Cambridge Analytica scandal is a biggie for two reasons:

the fact that it was so easy for a third party to gain access to your information, and what this information was used for. It was used to create psychological profiles of Facebook users, which allowed the Trump-Pence presidential campaign to gradually target users with advertisements and 'fake news'. Without people realising, they were being 'brainwashed', in a way. This process of subtle influencing played a large role in the success of Trump's campaign, and amounts to large-scale social engineering. And no – this isn't just an awful Trump-ism. It's believed that Cambridge Analytica was also hired by Kenyan President Uhuru Kenyatta and the *Leave.eu* campaign, among many other largely successful parties in recent pivotal world events. This is particularly worrying: it's one thing to use your Facebook data to sell you honeymoons and holidays; it's a totally different thing to use it for propaganda and social engineering.

The scandal has triggered backlash for Facebook (around US\$60-billion – the equivalent of about R770-billion – was wiped from its share value) and social media as a whole. The #DeleteFacebook campaign was trending, and big names (including Elon Musk) removed their company pages from the social media platform. This may seem extreme, but unfortunately it's the only way to ensure your data and confidential info stay out of cyberspace.

# Think Social Media Is Free? Think Again

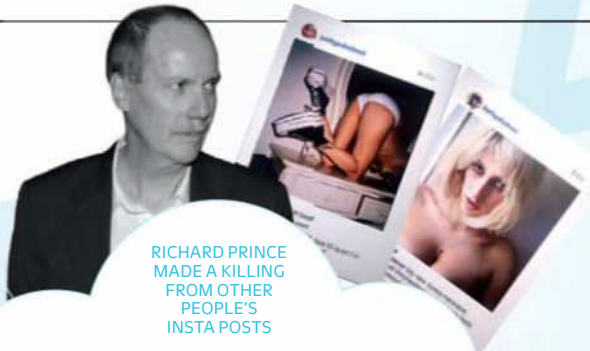
Here's the thing: this isn't ground-breakingly new to us, and we've mostly been okay with it. You know the saying 'There's no such thing as a free lunch'? Well, it's true – there's no such thing as using a 'free' social media platform for free. These platforms do not owe us anything. We are the *product*, not the client. We are what these platforms can sell to their actual clients: advertisers, marketers, political parties – anyone with a message, person or product to sell.

That your likes are used to target an ad for new shoes to you hasn't stopped you from using Facebook, or Instagram for that matter. In fact, these targeted ads can be surprisingly convenient. They are, after all, based on your behaviour and data, likes and dislikes. Targeted advertising isn't a new concept: it's been around since the '70s, when advertisers put billboards in certain neighbourhoods or only advertised with one type of magazine to ensure that money wasn't wasted pandering to a market that wouldn't buy their product.

Targeted advertising is something we've become comfortable with because it isn't particularly invasive or deceptive.

The problem happens when this 'data for services' model starts to be used in more covert ways – when psychological models are created to determine your fears, biases, likes, dislikes and how easily you can be swayed; and when these models are used to manipulate you, and sway the outcome of elections and events that can be pivotal in the history of individual nations and the world. Propaganda is no longer just posters and radio announcements – propaganda is now articles seemingly showing up inadvertently on your newsfeed that subtly alter your opinion without you even knowing it, or the innocuous personality test that's shared with third parties.

So what now? Time to ensure you've protected what you've shared.



RICHARD PRINCE  
MADE A KILLING  
FROM OTHER  
PEOPLE'S  
INSTA POSTS

Deleting your social media is hardly an ideal fix. Rather focus on *how* you use it

## Should I Delete My Social Media?

Social media is super-useful. Beyond the clichés of how it connects us and makes the world smaller, it allows us to stay more up to date with news than we could have ever imagined, helps us to find events nearby when we're struggling to plan Saturday night, makes job searching easier... The list is long. Deleting your social media is hardly an ideal fix. Rather focus on *how* you use it.

It may not seem it, but any 'free' social media service does come at a cost to you: you're paying with every morsel of information that you provide. This doesn't just mean massive corporations such as Cambridge Analytica

and Facebook – your info can be exploited by any person on the platform who has access to it.

Richard Prince, an artist known for his controversial artistic appropriation, demonstrated this with his collection entitled *New Portraits*. Prince went onto public Instagram profiles and took screenshots of posts by fine-art and commercial photographers. He then printed the screenshots onto canvases and sold them for upwards of US\$100 000 (about R1,3-million) each. When copyright lawsuits were filed against Prince by the people he 'stole' the images from, he challenged them by saying that by including the comments and other information in each screenshot, he was effectively creating a new piece of art. ▶

## So What Can You Do?

**Once information is out there, it's out there for good – so you need to protect what you put out there in the first place. Start with these tips:**

- Put as little as you can on your profile.
- Protect what you share by putting up the strictest privacy settings possible, and review them as often as possible because (according to most platforms' user agreements) they can be relaxed at any time for any reason whatsoever.
- If you are a Facebook user, you can check whether your information has been accessed by Cambridge Analytica in Facebook's Help Centre.
- Review all third-party apps that your data is shared with, and remove any that are not absolutely necessary.
- Be more mindful when you click 'accept', and try not to post every waking moment of your life on social media. (By doing so, you are giving away information that can be used to track your movements and behaviour.)
- On Instagram, unless you're promoting a business, make your account private and try to limit who follows you to people you know quite well.
- To be as safe as possible when you shop online, be vigilant and be constantly on the lookout for websites that seem dodgy. Try to buy only from well-known websites such as Takealot and Superbalist – it will be easy to hold them accountable should something go wrong.
- Try to share your credit-card information as little as possible. If you get an e-mail from your bank asking you to confirm your banking details, do not reply – call the bank's helpline and rather give the information over the phone once you're able to confirm that it's a representative of your bank you're communicating with. Make sure you get SMS notifications from the bank every time a transaction takes place. That way you can stay on top of your funds and report fraud should your credit-card information get stolen.
- Be very picky about filling out forms and surveys, and signing up for newsletters – these are common ways to mine data and take your information.

### What About Nudes?

When it comes to sexting, know this: it's risqué *and* risky. Everything you put online stays online and is stored in some or other database that, no matter what the marketing tries to tell you, is vulnerable.

Once, after getting out of the shower, Jennifer Lawrence was feeling particularly good about the way she looked naked and decided to snap a few pictures in the mirror. The photos stayed on her phone for a few minutes before she deleted them.

However, her iPhone automatically backed up the pictures to her iCloud account. Years later, that iCloud account got hacked and her nudes, along with those of 100 other celebrities, got leaked. But in her mind, she'd deleted them!

The Internet is a very permanent place which, when paired with the volatile nature of human relationships, presents us with a dangerous situation when it comes to nudes. The person you're sending your nudes to now may be (hopefully) someone you trust. Unfortunately, while that may be the case now,

relationships can change faster than a perfectly manicured Kate Middleton walking out of the hospital mere hours after giving birth. It's horrible to think about, yes – but your best friend or bae may have a motive to turn against you tomorrow. And if they have your nudes, it's easy for them to share this content on social media – and even porn sites.

### If you do decide to send nudes, be safe – and make sure that:

- You know who you are sending your nudes to,

and that you've met them in person.

- You trust the person completely, and they know the content you send them is intended for their eyes only.
- Your face, any identifiable features on your body (such as tattoos and birthmarks) or any familiar things in your room are not in the shot.
- You double-check the message you're sending is going to the right recipient. The last thing you want is for your saucy voice note to end up on the family group chat. (Good luck explaining that one, Bok Boks!)





GABRIELLE UNION  
AND JENNIFER  
LAWRENCE  
BOTH HAD THEIR  
NUDES LEAKED

## Don't ever:

- Pressure anyone into sending you nudes.
- Keep the messages and pictures on your phone. Delete them as soon as you're done with them, and ensure your sexting partner does the same.
- Ask for nudes, send nudes, create nudes or keep nudes in your possession if the subject of the nudes is under 18. This amounts to child pornography under South African law, and is a criminal offence.
- Send unsolicited nudes. (We shouldn't have to explain this one!)

## The Internet is a very permanent place – dangerous when it comes to nudes

## What Can I Do if My Privacy Is Breached?

This all depends on the type of information that's been shared. If it's your nudes, there's a fair amount you can do. You could send an urgent lawyer's letter to ensure the person deletes the content and undertakes not to distribute it further; you could lay a criminal case of *crimen injuria* (infringement of dignity) at a police station; or you could obtain an order under the Protection from Harassment Act or the Domestic Violence Act. In some extreme cases, there may even be cause for an urgent interdict or to bring

a defamation claim, depending on the context and nature of the incident.

In terms of your personal information, the Protection of Personal Information Act (POPI Act), which governs the way in which individuals and organisations manage, store and process your personal information, gives you some really powerful rights. If you feel that someone has infringed your privacy by sharing your personal information or not taking the necessary steps to protect it, you may have recourse to lodge a complaint with the South African Information Regulator ([Justice.gov.za/infoereg](http://Justice.gov.za/infoereg)). Should the Information Regulator find that the POPI Act has not been

complied with, it is empowered to impose a fine (up to R10-million); to pursue criminal prosecution (the result of which are a fine of up to R10-million and imprisonment up to 12 months); to launch a civil action on your behalf; or to issue an 'enforcement notice' requiring the organisation to stop processing personal information.

If it's a situation like the Cambridge Analytica scandal, there is often little chance that you will know your data has been leaked – and there is even less of a chance of you having any options for recourse. The things you always have control over? The amount of info you share – and the privacy settings on your platforms.

## Tips for Protecting Yourself Online

- Remember: the Internet is permanent.
- Be selective of who you connect with and allow to follow you on social media.
- Make your accounts private, and make the privacy settings as strict as possible.
- If you have multiple accounts, be aware that posts may link to each other. (For example, something you post on Insta gets shared on Facebook.)
- Turn off the location function on your camera – and on all apps except for Find My iPhone (or other tracking-software equivalents), Uber and Google Maps.
- Delete or disable old accounts that you no longer use. You never know when your younger self can pop up to haunt you again.
- Rather under-share than over-share.
- Never post in the heat of the moment: anger or sadness can heavily cloud your judgment.
- Always fact-check any news you see, especially if it seems a bit far-fetched or incites an intense emotional response.
- Remove all third-party plug-ins on Facebook.
- Don't send nudes! ■





HAVE  
IT ALL.

CANAL WALK

400 STORES | 9AM - 9PM

# Pre Tou



# ttv gh

*A denim skirt set is one high-impact look. Opt for a dark wash and add a flash of femininity with pearl details.*

From R850,  
**PURPLE  
GYPSY**  
at Takealot



R1411, **TRENERY**  
at Woolworths



R403, **WOOLWORTHS**



R399,  
**ZARA**

*WE'RE MIXING CLASSIC DENIM  
WITH DELICATE SILK AND FEMININE  
FRILLS. WHY? BECAUSE, IN THIS LIFE,  
YOU HAVE TO TAKE THE ROUGH  
WITH THE SMOOTH*

**PHOTOGRAPHY** OSKAR GYLLENSWARD  
**FASHION** AMY BANNERMAN



R170, COLETTE  
BY COLETTE  
HAYMAN



R249,  
H&M



R829,  
ZARA

*Vintage-looking  
or distressed denim  
worn with romantic  
pieces forms the  
perfect synergy  
between downtown  
and delicate.*

**FASHION**

*Make a low-key statement with an oversized trucker jacket - and a miniskirt for extra flair.*



R300,  
THE FIX



R850,  
FOSCHINI



R429,  
H&M



From R550,  
SWAROVSKI  
at Takealot



*Wear relaxed-fit jeans with a ruffle-heavy blouse for an effortlessly polished OOTD.*



scan via 



takealot



R629,  
H&M

From R1079,  
CLOSET  
LONDON  
at Takealot

scan via 



takealot



From R129,  
LILY & ROSE  
at Takealot

scan via 



takealot

From  
R79, LILY  
& ROSE  
at Takealot

R599,  
ZARA





**FASHION**



From R399,  
SKYLA  
JEWELS  
at Takealot



R1299,  
ZARA



R450,  
FOSCHINI



R499,  
FOSCHINI



R220,  
THE FIX

*A lace polo-neck top worn with flared jeans, a quirky belt (like this season's belt bag!) and a white blazer will update your boho look.*



R115,  
COLETTE  
BY COLETTE  
HAYMAN

*Treat light-wash  
denim as a blank  
canvas that can be  
livened up with a  
crazy print – like  
polka dots or checks.*

scan via 



takealot 

From  
R1462,  
CLOSET  
LONDON  
at Takealot

R200,  
MRP



R659,  
ZARA



R500,  
THE FIX



R49,99,  
THE FIX



R79,  
TALLY  
WEIJI



R240,  
MRP

*Who says denim is limited to jeans? Wear a trench coat with rose-tinted accessories for a power look.*



ADDITIONAL FASHION: CLEO MARCOPOULOS AND CLARE ROBERTSON ON FASHION TO CASSES (LEFT), MAKEUP: MICHÈLE DALY ON GREEN PEARLS (CORRECT), STYLING: TIME OF GOING TO PRESS (STYLING), MAKEUP: SOFIA SIOUSTELLA, CREATIVE ARTISTS: MA KEUP, MICHELLE DALY, HAIR: SOFIA SIOUSTELLA

# Coast

PHOTOGRAPHY JASON KIM  
FASHION AYA KANAI





From technicolour puffers to daring faux furs, this season's epic outerwear makes the grey days of winter feel like a super-stylish party

# check



9



2

# Playful

1



8



3



7



4



# Puffers



6



5

- 1 R400, THE FIX
- 2 R300, MRP
- 3 R699, COTTON ON
- 4 From R1631, QUIZ at Takealot
- 5 R2599, YAYA WOMEN at Pacific Group
- 6 R799, FOREVER 21
- 7 R1999, ZARA
- 8 R5499, LIU JO at Pacific Group
- 9 From R1596, QUIZ at Takealot



**PSSST!**

**As temps drop, a super-moisturising lipstick will be your BFF. We love Max Factor Velvet Mattes Lipstick (R156).**







9



8



2



3



1

# Faux Fur

# Gone Wild



7



4



6



5

- 1 R1699, FOREVER NEW
- 2 R1099, ZARA
- 3 R5580, TED BAKER
- 4 R2499, GUESS
- 5 R2299, THE LOT
- 6 R1899, ZARA
- 7 R8999, LIU JO
- 8 R1299, ZARA
- 9 From R2027, QUIZ at Takealot

**FASHION**



9



2

- 1 R1699, ZARA
- 2 R1099, COTTON ON
- 3 R1799, LEVI'S
- 4 R1099, H&M
- 5 R1329, TOPSHOP
- 6 R1399, TOPSHOP
- 7 R1699, ZARA
- 8 R1499, FOREVER NEW
- 9 R949, FOREVER 21



8



3



1

**Shearling**

**Delight**



7



4



6



5

**ADDITIONAL PHOTOGRAPHY:** COLLEEN COPPENHALL/DIS **ADDITIONAL FASHION:** CLEO MARCOPOULOS AND CLARE ROBERTSON **MODELS:** ROSE BERTRAM/IMG, DANIELA LOPEZ/IMG **HAIR:** NICOLAS ELDIN **MAKEUP:** CHRISTIAN MCCULLOCH/STREETERS **MANICURE:** CASEY HERMAN/THE WALL GROUP **PRICES CORRECT AT TIME OF GOING TO PRESS. PRICES ARE RECOMMENDED RETAIL PRICES. STOCKISTS ON PAGE 123.**



**PSSST!**

**Having major curl envy? Getting defined, frizz-free spirals is easy: work a coin-sized amount of Moroccanoil Curl Defining Cream (R510) through wet strands, then dry with a diffuser.**

# ONE- NIGHT STRANDS

Transform your hair with one of these no-strings-attached styles. And when you're over it? Just shampoo!

BY LAUREN BALSAMO PHOTOGRAPHY HARPER SMITH FASHION AYA KANAI

## GEMSTONE STREAKS

Meet unicorn hair's more sophisticated sister. Starting with your bottom layers, colour section by section, using a mix of emerald, ruby and amethyst hair paint or crayons, then run a brush through hair for a soft, jewel-tone effect. An easy-to-use option? Hair chalk (from R199 for a six-colour set at Takealot). ▶



### Start with Clean Hair

Oil and product residue can affect how well dye adheres to hair. Be sure to shampoo and blow-dry before colouring. Try Dove Nutritive Solutions Nourishing Oil Care Shampoo (from R49 at Takealot).





## MULTI-COLOURED STARS

Think of these as temporary tats for hair – they're perfect for sleek styles or cropped cuts. Hold a stencil sheet with differently sized stars against your head, then use spray-on or sponge-on colours such as Stargazer One Wash Colour Spray (R80) to fill in the shapes. If you're blonde, try Crazy Color Pastel Spray (R161) Lavender. Seal it in with hairspray.

### What Is Semi-Permanent Colour?

Unlike permanent dye, which penetrates hair cuticles, semi-permanent colour sits on top of strands, creating a temporary stain. (It won't lighten hair – it just adds colour.) Most wash out in five to 15 shampoos.

## BADASS BLUE

Less mermaid-y, more grunge girl, this denim-inspired hue feels just as cool as a pair of vintage Levi's. Apply Schwarzkopf Blond Me Instant Blush (R505 at [Everythinghair.co.za](http://Everythinghair.co.za)) Steel Blue to dry hair, starting a couple of centimetres past the roots and going all the way down to the ends. ▶



### **Skip Your Roots**

Start painting on colour 2cm from the roots. The contrast between your natural colour and the blue pigment will look super-edgy.



## HIGH-WATTAGE HIGHLIGHTS

The most extra way to sparkle through winter? Get soft, wavy curls with Russell Hobbs Glamour Curling Wand (from R399 at Takealot), then apply Kevin Murphy Color Bug Coloured Hair Shadow (R540) Shimmer from roots to tips. ■





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### 2 Very dry rough flaky skin

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RELIEF

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# body!



## Bring Sexy *Back*

Look excellent when walking away with moves from Miami's hottest trainer

BY DANIELLE McNALLY AND CATRIONA INNES

**W**e get it. It's behind you – whereas you get to see your abs (or lack of them) in the shower every single day. But that doesn't mean you should ignore your back muscles and only focus on visible ones. Why? 1) Because strong back muscles are vital for good posture and injury prevention; and 2) backless dresses. Repeat this circuit by Jacqueline Kasen, personal trainer at Anatomy At 1220, three times – then practise your best coy over-the-shoulder pose. ▶

**STEP 1**  
**SUPERMAN**

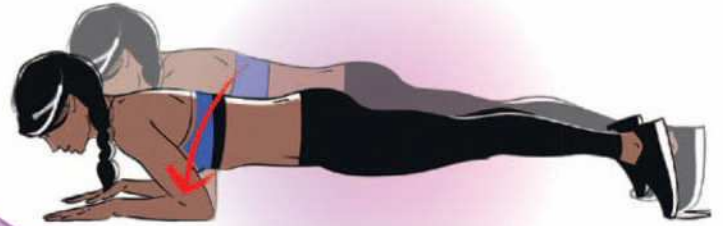
**TARGETS** Back, shoulders, core

- 1 Lie face down on a mat, arms extended in front of you.
- 2 Lift your arms, head, chest and lower legs off the mat, keeping your head and neck neutral.
- 3 Rotate your arms to the side, then to the back, touching hands behind you.
- 4 Return arms to the front. Do 20 reps. Think of Henry Cavill while you do so.



**Pssst!**

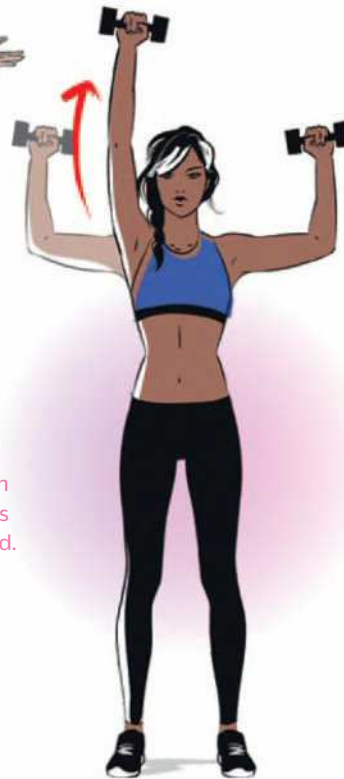
Kasen's fave workout soundtrack = Muscle Prodigy's inspirational talks over a background of music. Find them at [Muscleprodigy.com](http://Muscleprodigy.com).



**STEP 2**  
**POWER PLANK**

**TARGETS** Core, upper back, triceps

- 1 Get in a forearm-plank position, elbows under shoulders, feet hip-width apart.
- 2 Rotate your shoulders back and down as you lower your chest towards the ground and squeeze your shoulder blades together.
- 3 Pause, then reverse the motion and press back up, rounding your shoulders slightly.
- 4 Do 15 reps. Feel unstoppable.



**STEP 3**  
**MILITARY PRESS**

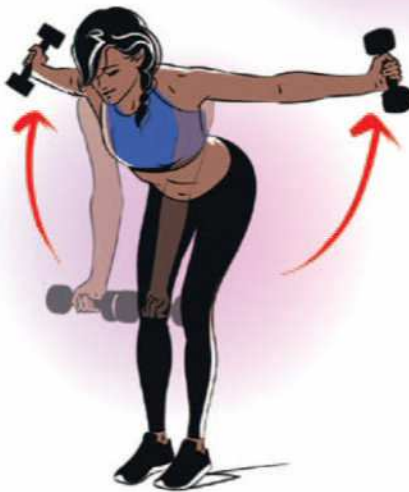
**TARGETS** Triceps, upper back

- 1 Stand with feet hip-width apart, knees soft, holding a dumbbell in each hand, arms at shoulder height out to the side, elbows bent at 90°, palms facing forward.
- 2 Extend your right arm over your head.
- 3 Lower, then repeat with the left arm. That's one rep.
- 4 Keep alternating sides for 10 reps. Attention!

**STEP 4**  
**REAR DELT FLY**

**TARGETS** Upper back, biceps, triceps

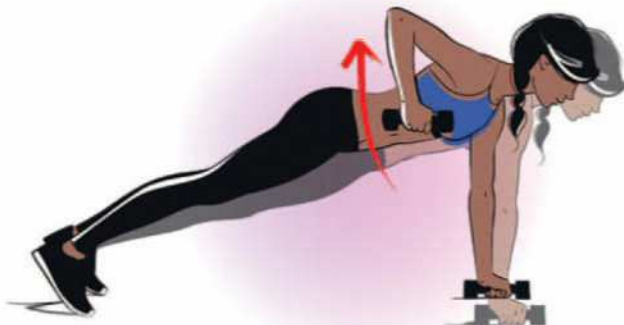
- 1 Stand with feet hip-width apart, knees slightly bent, with a dumbbell in each hand, arms hanging, palms facing forward.
- 2 Bend forward at the hips.
- 3 Simultaneously raise both arms to shoulder height, out to the sides.
- 4 Lower, counting to three as you do so. Do 12 reps.



**STEP 5**  
**RENEGADE ROW**

**TARGETS** Triceps, biceps, upper back

- 1 Get into a high plank, holding a dumbbell in each hand, wrists under shoulders, feet hip-width apart.
- 2 Bend your right arm, drawing the weight to your chest.
- 3 Lower, then repeat with left arm. That's one rep.
- 4 Continue, alternating sides for 10 reps. We get it, it burns! ■



# 'Functional Training Changed My Life'

Qualified personal trainer and gym owner Rushda Moosajee, 33, gave birth to Haydar Ebrahim in October 2017 – and trained throughout her pregnancy. Here's how she did it

## Functional training reduces injuries

'Almost 10 years ago, I decided being sedentary wasn't for me any more. I focused on shifting my mind, spirit and body. I wanted to be a better person; to feel and live better. I took up running and yoga, but would get injured often. Eventually I discovered functional training – specifically kettlebell training – and it changed my life forever.'

## Not motivated? Routine is key

'Training has become part of my daily routine, like brushing my teeth. Not every day will be the same, but I always have a cup of coffee, show up and do my best. You need to make time to exercise and prioritise what's important.'

## Must-try functional training move

'I love the kettlebell swing because you use all your muscles. Improving your thrust tones your body and makes you a better athlete.'

**Step 1** Stand with your feet shoulder-width apart and hinge forward at the waist. Hold the kettlebell in front of you with both hands.

**Step 2** While engaging your core, swing the kettlebell back and behind your knees.

**Step 3** Thrust your hips forward and stand up straight while raising the kettlebell in front of you at chest level. Do 10 reps.

## Top exercise tips if you're pegggers

'I trained as often as I could and did whatever my body allowed me to do during each phase of my pregnancy. Because I'm really petite, the weight was too much for my pelvis and I had difficulty walking. Running was definitely out of the question, as well as lunging and jumping. So I did a lot of light boxing and upper-body work using weights. Towards the end of my pregnancy, I did pool exercises to relieve the pressure.'

## Avoid these exercises

'If you're pregnant, steer clear of anything that puts you at risk of falling, such as horse riding, ice skating, skateboarding and skiing. I gave up trail running and also didn't lift anything too heavy to avoid damaging my hips, pelvis and lower back.'

Visit [Rushtush.co.za](http://Rushtush.co.za) for Rushda's training and eating guides. ■

## MY DAY ON A PLATE

### BREAKFAST

An espresso with milk, then eight egg whites after training

### LUNCH

Chicken fillet, vegetables and sometimes rice

### SNACK

I try not to snack but if I do, I'll have green juice, coffee or tea

### SUPPER

Chicken fillet and vegetables, sushi or steak with chips

### DESSERT

Chips – a savoury craving I acquired during pregnancy that never went away



# Are Young Women Totally Over the Pill?

BY JULIE VADNAL

## Lately, I've felt like I'm the last Millennial still on the Pill.

For as long as I can remember, my girlfriends have set a daily alarm to remind themselves to pop their tiny tablets. In high school, it seemed as though everyone was taking it – for acne, for bad cramps and, you know, to prevent pregnancy. At varsity, when more of us were actually having sex on the reg, the trusty Pill achieved true BFF status. But these days, we're kind of growing apart. One of my pals blames it for her blood clots; another told me that taking it from age 13 to 34 was enough. One ditched it because she suspected the hormones were messing with her metabolism. I'm still swallowing it, for now – but my Pill pack has started to seem like a Discman in a Spotify world (and not in a hip, ironic way).

When the Pill debuted in 1960, it was a huge deal. By 1967, nearly 13-million women in the world were using it (in place of condoms and diaphragms, mostly). 'Women were suddenly in a position of having contraception options other than not to have sex,' says gynaecologist Lauren Streicher, director of the Northwestern Medicine Center for Sexual Medicine and Menopause.

By the 1980s, up to 80-million women were users and enjoying the new-found freedom that came with the

Pill's 91% effectiveness (99% when used perfectly). Since it hit the market, the number of women in the workforce has more than tripled. Just try to name another pharmaceutical product that has done so much for womankind. (No, not Viagra.) R-E-S-P-E-C-T. So why the sudden lack of gratitude?

COSMO teamed up with Power to Decide, a campaign to prevent unplanned pregnancies, to find out. And what we discovered – in a survey of more than 2000 young women – signals a massive birth-control shift.

A whopping 70% of women who have used the Pill said they had stopped taking it or thought about going off it in the past three years. Yup: almost three-quarters of young women are no longer feeling the med that led to their mothers' and grandmothers' liberation.

## The new guards

'I have definitely seen attitudes change over the past few years,' says gynaecologist Andrea Chisholm. 'Millennials are looking for more convenience.' And today, there are many other easier – but just as trustworthy – birth-control methods out there, says gynaecologist Mary Jane Minkin, a clinical professor at Yale University School of Medicine.

It's true that we've never had as many ways to prevent pregnancy as we do today.

Our survey revealed that 25% of women stopped or plan to stop taking the Pill because there's another kind of birth control they want to try. Many are intrigued by the IUD (or intrauterine device), a long-lasting, very effective option whose popularity has surged since 2012, when the American College of Obstetricians and Gynecologists proclaimed newer versions to be totally safe. (In the '70s, an infamous IUD known as the Dalkon Shield was linked to serious complications, like infertility.)

Others who've cooled on the Pill (18% in our survey) said they're switching to the patch, implant or shot – all get-it-and-forget-it methods that don't require daily reminders.

For some, the new fuss-free options make the Pill's scheduling hella annoying – and daily dosing kind of quaint. 'Having to take it at the same time every day is ridiculous,' says Kaitlin, 30. ▶



## Why I'll Always Love the Pill

**Gynaecologist Jennifer Ashton on why it'll never stop poppin'**

### 1 It Reduces Cancer Risk

Taking the Pill has been linked to reduced risk of endometrial, colorectal and ovarian cancer. After five years of total use, your chances of getting ovarian cancer plummet by an incredible 50%.

### 2 It Clears Your Skin

The way it levels out hormones lowers the amount of sebum in your pores, which can help erase acne.

### 3 It Lightens Your Carbon Footprint

The Pill generally means lighter, more predictable periods. Many women may not bleed at all. Think of all the tampons and pads you're saving on!

### 4 It Allows You to Press Pause

You can use it to skip a period (around, say, your wedding or a holiday) – not exactly a medical benefit, but surely a logistical plus...

With work, exercise and a social life, she says, who can be bothered? 'And if you miss one, you have a total freak-out that you're pregnant.' Kaitlin recently ditched the Pill and put a ring on (or in) it. She changes her vaginal ring just once a month. 'If you're a type-A person, the Pill can work,' she says. 'If you're more go-with-the-flow or don't have a structured life, it's difficult.'

## An unclear choice

But the Pill's decline among young women isn't just about convenience. There are also the rumours – you know, *those* ones. Some women told me a decade or more on the Pill could lead to miscarriage (nope) or that the body needs a 'break' every few years (false). 'It's common to share these stories with friends – but they can leave people with the wrong impression,' says Ginny Ehrlich, CEO of Power to Decide.

News reports can also be confusing. A recent study linked the Pill (as well as hormonal IUDs) to breast cancer. But the increased risk was relatively small, and most media coverage failed to mention the Pill also *decreases* your risk of other serious types of cancer, like ovarian and endometrial.

Then there's what I'll call the Goop factor. As juice cleanses go mainstream, athleisure becomes SFW and the multibillion-rand wellness industry infiltrates Instagram, artificial hormones can feel outdated. And some women are worried about ingesting them, according to our survey. (The synthetic hormones in birth control pretty much mimic the ones in your body, but they're still lab-made.)

A full 26% said they were switching to zero-hormone condoms versus other types of hormonal birth control.

'I'm not all about being natural and eating organic – but why do it if you don't have to?' says Kayla, 28, who just ditched the Pill after eight years. 'I'm not even having sex!'

The must-be-natural craze is fuelling questionable birth-control practices, such as the fertility-awareness method. Once used mainly for religious reasons, it's now blowing up thanks to fertility-tracking apps. 'I'm thrilled by new technology, but these apps are basically variations

of the [famously unreliable] rhythm method,' says Minkin. And beware: in January, 37 women using Natural Cycles (an app the European Union has approved as legit birth control), alleged they still became pregnant.

'The idea that these hormones are bad for you is incorrect,' says Streicher. 'No medicine is risk-free but the risks of the Pill are quite low – especially compared to the risks of pregnancy.' Still, side effects do exist – and were cited by 25% of women in our survey. Most common complaints included weight gain, mood swings and loss of sex drive. (Other hormonal methods can cause similar issues; even the non-hormonal IUD may bring on heavier periods, or worsen cramps.)

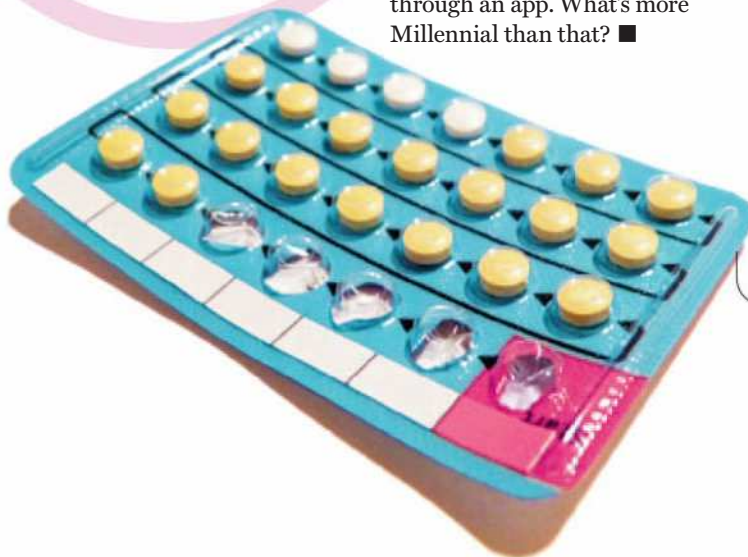
Which is all to say: there is no right or wrong decision to make about the Pill. It works, and it may be great for you – or not. 'Birth control is a journey, and women change methods all the time based on what's right for their body or circumstances,' says Ehrlich. If you do move on, just be sure to find another method that suits you (unless you're planning to procreate).

As for me, I'm sticking with the Pill. Call me old-fashioned but it's done its job – and kept me zit-free. And I can order it through an app. What's more Millennial than that? ■

# 50

THE PERCENTAGE OF  
18- TO 34-YEAR-OLD  
PILL USERS WHO  
HAVE QUIT IN THE  
PAST THREE YEARS.

SOURCE: 2017 COSMO/POWER  
TO DECIDE SURVEY



## No Pill, No Prob You have other options

### IUD

The tiny T-shaped device (there are hormonal and non-hormonal options) sits at the top of your uterus and is 99% effective for up to 12 years.

### IMPLANT

Also 99% effective, this matchstick-sized rod of hormones can be inserted under the skin of your arm. It lasts up to four years.

### INJECTION

A progestin hormone injection keeps you covered for up to three months and is 94%\* effective.

### VAGINAL RING

The circular band releases hormones into your vagina and is fail-proof 91% of the time. (FYI: you have to put it up there yourself.)

### PATCH

Worn on your belly, back or arm for three weeks per month, the hormonal adhesive is 91% effective.

### CONDOMS

Rubbers are hormone-free, 85% effective, and the only option that also protects against STIs.

\*MOST EFFICACY RATES GO UP WHEN BIRTH CONTROL IS USED PERFECTLY.



## Gynae Info

# ‘Why Do I Always Get Emotional After Sex?’



**Dr Lindi Murray** and **Dr Ilana Johnson** are our COSMO gynae gurus. Together, these clued-up ladies own Lila, an ob/gyn practice in Cape Town – and they’re here to answer your questions

### **Will a UTI ever go away by itself? Should I ride it out, or relent and use antibiotics?**

Urinary tract infections (UTIs) are infections anywhere from the bladder (cystitis) to the kidneys (pyelonephritis). UTIs are caused by bacteria; most people who get a UTI will need antibiotics to target that bacteria. That said, symptoms of lower abdominal pain are often mistaken for urinary tract infections, so a trip to the doctor and pharmacy is not always necessary.

Our advice? If you are healthy, don’t have a fever and only have the beginning of niggly symptoms, drink lots of fluids (including cranberry juice), buy a urinary alkaliser (available over the counter), and empty your bladder often. If the symptoms do not improve within two days, go to the doctor.

### **I’m a lesbian – do I still need to go to a gynae?**

Yes – lesbians and bisexual women need to see a gynae as often as heterosexual women do. It is, however, important to disclose your sexual orientation to the doctor so he or she can be thorough and ask the correct questions. Pap smears, breast and pelvic exams, and mammogram screenings are done at the same intervals, regardless of your sexual orientation.

It’s a common misconception that lesbian women don’t need Pap smears – but some studies have shown women in same-sex relationships are at an increased risk of ovarian and breast cancer as well as cardiovascular disease. Your gynae will be able to determine your specific risk profile. Couples seeking fertility advice will also find the gynae a good starting point to discuss options.

### **Bae just told me he is HIV-positive and now I’m scared AF to have sex with him. I love him and want to get intimate. What do I do?**

First and foremost, your partner should be on antiretroviral therapy (ART) under the care of a dedicated clinic or a doctor who deals with HIV on a regular basis.

The aim of ART is to cause viral suppression, meaning there would be no measurable virus in their blood (although they *are* still HIV-positive). With viral suppression, the risk of transmission through sex is negligible – but not impossible. And that means condoms should *always* be used. For people deemed to be at especially high risk for contracting HIV, a doctor may recommend pre-exposure prophylaxis as additional protection in case you come into contact with HIV (for example, through sex with your partner). Ask your partner to specifically speak to their HIV doctor about safe sex with a negative partner. Better yet, go with them to ensure you get all the necessary info to engage in sex safely.

### **Why do I always get so emotional after sex?**

Feeling emotional after sex is common. Most of the time, the oxytocin rush that follows an orgasm can cause a few happy tears – but in some cases, sex can trigger feelings of anxiety and depression. This is known as postcoital dysphoria (PCD), and 50% of women have reported this phenomenon at least once in their life. It’s uncertain what causes it, and many women say they’re unable to explain why their mood takes a dip. It usually has nothing to do with your partner or the sex itself (probably a good idea to tell them so they doesn’t take it personally!). It’s most likely part-biological reflex and part-response to the vulnerability associated with sex. In some women, sex may trigger feelings of fear from previous abuse. ■



# Don't Hate Morning People – Be One!

BY LAMBETH HOCHWALD

**Getting out of bed in the dark dead of winter truly sucks** – but it might be a key part of your overall wellbeing. Research shows that morning people – anyone who feels energised in the AM, instead of hitting snooze six times – tend to be happier, and report feeling physically healthier than night owls do. And a study in the journal *PLOS One* found that morning people have a lower body mass index – possibly because catching pre-noon sun syncs your circadian rhythm (internal body clock) and helps keep your metabolism on track.

Down to reap the perks? You'll have to commit to the lifestyle seven days a week. 'If your ideal weekend = staying up all night and sleeping till noon, it'll be difficult to stay on track on weekdays,' says sleep specialist W Christopher Winter, author of *The Sleep Solution*. But if you follow these steps, you'll soon be one of those annoyingly chipper people passers-by snarl at.

## Attend an AM Dance Party

A morning sweat sesh is one of the best things you can do to reset your internal body clock, says Winter. 'You're telling your brain that you're in the wake stage of your 24-hour circadian process,' he says.

Start hitting the gym with a friend who begins her day with a class and will hold you accountable. If your crew lacks early risers, meet some at a sunrise gym class – try Virgin's 6am group schedules of circuit training, boxing and functional fitness. After a few weeks of morning workouts, your body will anticipate them.

2

## Rise and Grind

Yup: 7am sex might actually help you join club morning glory, says Winter. Early morning Os kick off your day with a flood of energising neurotransmitters such as dopamine, which promote wakefulness. And making a habit of sun-up sexy time (with yourself or someone else) encourages your body to expect morning pleasure, says Winter, helping you wake up more easily (duh).

3

## Don't Tuck Yourself in with an Insta Story

A 2017 study suggests that surfing the socials 30 minutes before passing out leads to worse sleep than if you quit liking pics long before you get into bed. There may be many reasons for this: your phone's blue light curbs your natural melatonin flow; social media can cause cognitive arousal (i.e., that feeling when your ex tags his new GF); and hours spent feeding your habit displace sleep time. To wake up refreshed, stop scrolling at least half an hour before bed.

## Don't Let Booze Wreck Your Snooze

A full glass of vino tastes great after a long day. But if you want to be a rise-and-shiner, just pass. Aim to stop drinking wine (or any alcohol) four to six hours before bed, says Winter. If there's too much booze in your blood, your body suppresses crucial REM sleep (the restorative sleep stage important for learning and memory) during the first half of the night. As you sober up mid-sleep, your REMs may launch closer to morning, rejigging your natural circadian rhythm and delaying the wake-up time of your 'alert' neurotransmitters. Translation? You wake up tired AF and piss off your BFF by sleeping through spinning class.

## Set a Bedtime Alarm

You promised yourself you'd go to bed at a reasonable hour – but then you remembered there's a 24-hour sale online, and you've been meaning to Marie Kondo your cupboards. Boom, it's midnight ... and you haven't even brushed your teeth. The easiest solve ever is to hold yourself accountable with a sleep alarm. 'An alarm will alert you to shut down whatever you're doing and get to bed,' says certified clinical sleep educator Terry Cralle. Before you know it, your instinct to conk out will kick in before the alarm goes off.

## THREE WAYS TO JUMP-START YOUR MORNING

○ The Night Shift feature on iOS changes your phone's blue light to an orange-red hue that won't have as big of an impact on your circadian rhythm.

○ Try the Neutriherbs Advanced Aromatherapy Diffuser with Timer (from R900 at Takealot) and be summoned from sleep by vapourised oils.



○ Hi-tech Sora Sky bulbs (Sora.com) – used in buildings such as Jozi's Mesh Club and the City of Johannesburg Council Chambers – sync their blue-light levels to your sleep and wake times, helping you hit the pillow and get up at the same time on the reg (thus promoting better sleep).

6

## Say Cheese

This Liz Lemon-approved bedtime snack is actually legit, says Winter. Cheese contains the snooze-inducing chemical tryptophan, which facilitates the production of melatonin and makes you tired. Try a bowl of cottage cheese, a few mozzarella balls or a couple of slices of low-fat cheddar an hour or two before bed to help you get your sleep on.

7

## Spoon a Heating Pad

Turn up the heat in bed in the morning and you'll be more likely to get vertical. That's because your circadian rhythm syncs your temp to your sleep-and-wake cycle. When your core temp is low, it's time for bed. When it's high, it's time to get up. It might take a few weeks to revamp your body clock – so set an alarm for 30 minutes before you need to be up and, when it goes off, turn on the electric blanket and go back to sleep. As your temp rises, you'll feel more alert. ■



# win

A 12-month membership to a co-working office space in Cape Town or Jo'burg, worth up to R27 000, courtesy of COSMO, Akro and The Business Exchange



**T**he co-working trend is changing the way we work and network – and it's the perfect way of keeping costs low while upping your profesh factor. If entrepreneurship is on your list of #lifecycle goals, this is a great place to start. For this awesome giveaway, we've brought together two leading co-working spaces: Akro in Cape Town and The Business Exchange in Johannesburg.

**THE AKRO CO-WORKING SPACE GIVEAWAY INCLUDES:**

- Office space in the Cape Town CBD
- Free Wi-Fi connectivity
- Private meeting rooms
- Monthly talks by business veterans and leaders
- A recreation room with table tennis, a gaming station, and more!

**THE BUSINESS EXCHANGE CO-WORKING SPACE GIVEAWAY INCLUDES:**

- Office space in Sandton Central, Rosebank Central or Morningside
- Free Wi-Fi connectivity
- Four free hours of video conferencing and boardroom usage per month
- Free event space
- Access to monthly networking and business events, and more!

**For more info on these office spaces, visit [Akro.co.za](http://Akro.co.za) or [Thebusinessexchange.co.za](http://Thebusinessexchange.co.za), or connect on social media:**

akrocapital

AkroGlobal

TheBusinessExchange.Africa

TBEAfrica

**HOW TO ENTER**

1

Go to the Office Space post on the 'Win' tab at [Cosmopolitan.co.za](http://Cosmopolitan.co.za) and enter the keyword COSMOOFFICE.

OR

2

Scan the QR code to enter.



PHOTOGRAPHY | ISTOCKPHOTO.COM



# Love



Hell yes,  
it can!  
Let COSMO  
lead the way

Wait,  
Dating Can  
Be Fun?

**These days, the dating process can seem more horror flick than romcom. (‘I swear, if I meet one more freak...’) But in reality, the outlook isn’t that bleak,**

according to an exclusive COSMO/Tinder survey of more than 4 000 male and female Tinder users between the ages of 18 and 34. When asked what their experience is with dating in general, 60% said it’s ‘sometimes great, sometimes a struggle’.

What’s really holding them back from totally enjoying the journey is fear. ‘The most surprising discovery in our survey is that both men and women are preoccupied with not finding the right person – 46% are afraid of settling for the wrong partner,’ says relationships expert and Tinder and Bumble sociologist Jess Carbino. ‘We’ve been socialised our whole life with the pressure to find The One, which produces a lot of anxiety about choosing wrong.’

Those who can’t deal with the pressure are likely to opt out of the dating game ... or approach the process half-heartedly. But those who want to be in love (48% of men and women in our survey say one of their biggest fears right now is not finding it) are taking the prospect of coupling up very seriously. If that’s you, use this advice to remove some of the frustrations, and make dating the awesome and exciting adventure it’s meant to be.



‘Who ordered the “tall and handsome” happy-hour special? Oh yeah, me...’

#### SPOT THESE RED FLAGS

**He is a few centimetres shorter or a couple of years older (read: 10), or his hairline has seriously receded overnight... For 68% of women, a date not looking like his profile pics is the ultimate turn-off. Melissa Hobley, CMO of OkCupid, shares the signs a guy is being shady about his appearance online:**

- Grainy or pixelated photos
- Full-body shots taken from a great distance
- Parts of his face cropped out
- Hats, ski goggles or sunglasses – in every pic
- Strictly group poses with eight frat-tastic friends
- Only one photo



# Plan Dates Like a Boss

If men and women could change one thing about dating today, it would be to make it less exhausting and time-consuming. It may sound counterintuitive, but to lessen the stress, approach meet-ups like you would a business, suggests Carmelia Ray, a dating coach and expert for Match. Some sanity-saving tactics:

1

## Slow Your Roll

Putting pressure on yourself to meet someone in the next month because you're ready to settle down right now sets you up to make bad, impulsive choices. You wouldn't expect to achieve a big career goal in such a short time, right? Setting a more realistic timeline – at least six months to a year – normalises your dating space.

2

## Schedule Swipe Sessions

Tapping into your dating app(s) while waiting in line at the store is an absent-minded way to go about it. Instead, pick a standing window of time at least once a week (for instance, Match's app sees its peak of activity on Sunday nights). Then keep your DMs flirty but focused – otherwise, you risk falling into the pen-pal trap.

3

## Edit Well

If you're looking for someone you can one day share a wedding hashtag with (or at least a utilities bill), be firm in your search. Nix anyone who mentions something you definitely don't like (as in, he says he's a smoker or he doesn't want kids) in their profile or as you two are messaging. They're simply not qualified.

4

## Establish Boundaries

Changing your own schedule around to accommodate first dates can get super-frustrating. You want to be flexible, but not available 24/7/365. So throw two nights out there and stick to your guns – there's always next week. (Hint: according to Match data, many Millennials prefer Friday date nights.)

# 'I Tried FaceTiming My Matches'

'I've been on plenty of bad first dates that have made me regret not staying home in my sweats, swigging wine. Which got me thinking: instead of spending my time, money and effort meeting dating-app matches, what if I just FaceTimed them? It seemed like such a "duh" – so I tested it out. Whenever I got the "You want to meet up?" message from a match, I wrote back: "Would it be cool if we FT first? Just want to make sure you're not an avatar. 😊" Most guys couldn't deal. They'd disregard the question (probably thinking, "Who is this loser?") and ask to meet up again. Or they'd just ghost. Cool. But finally, one brave soul agreed to go through with it: a really cute 25-year-old who I'd had super-witty banter with.

'When our FaceTime session started, phew! He looked the same as he did in his profile. But after we got past "Hey, how are you?", it was clear from the anxious giggles and silence-breaking "so..." comments that he felt just as awkward as I did. I wasn't being myself; I was too distracted by what I could see behind him. (Is that an enormous pile of dirty laundry? Gross.) Our stupid connection kept cutting out (thanks, Wi-Fi). And flirty body language? Yeah, I couldn't detect it.

'After 10 minutes, I decided this was a) painful and b) not a fair gauge of how we gelled together. I needed to see this dude in person. Thankfully, he agreed. One pro? It was way easier to find him in the bar!

'After we hugged and ordered drinks, I asked him what he thought of our chat. He said he wasn't into it, and was glad I still wanted to meet up. And from the way we were leaning into each other, I thought, "Same!" -DANIELLE KAM

# Ditch Your 100-Point Check List

Odds are you have a list of requirements a guy should meet that goes: cute, brown hair, went to X school, makes RXXX per year... Guess what? It won't help you find the person you truly vibe with. 'Someone can be perfect in superficial terms, but they may not give you what you need,' says Joanne Davila, coauthor of *The Thinking Girl's Guide To The Right Guy*. Here are the four most NB qualities to look for when assessing a date's compatibility:

○ **He is empathetic and can see your perspective on issues.**

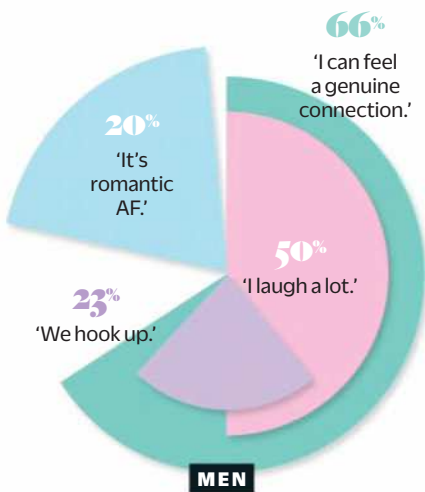
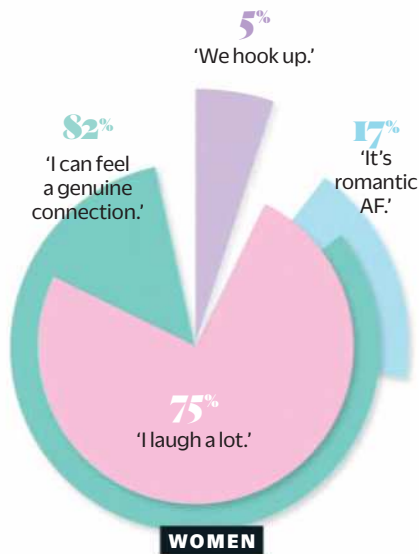
○ **He has similar future goals (where to live, financial aspirations).**

○ **He's excited about your passions in all aspects of your life.**

○ **He makes you feel comfortable enough to talk about sex. ▶**

## FIRST-DATE WINS

Surprise!  
Most Tinder users  
aren't in it for sex.  
See what they  
say makes for  
an amazing  
first date:



# Move on from the DTR-Phobes

In our survey, 60% of women said their biggest dating frustration is that no-one wants to commit. They're kinda right. Overall, many of us are delaying or opting out of marriage. When this milestone is pushed back, there's less of a rush to define the relationship, says Carbino. Take this quiz after you've been on a few dates to figure out whether he's on the BF track:



## QUIZ

### Is He Ready to Commit?

○ He talks about the future but neglects to introduce you to his friends or family.

— TRUE — FALSE

○ He often complains about being insecure in his career or dissatisfied with where he is in life.

— TRUE — FALSE

○ He's made comments that suggest (or has flat-out stated) that he's not looking for anything serious right now.

— TRUE — FALSE

**If you answered 'true' to two or more,** he's not in a good spot to lock it down – and he may have even told you this. Rather than waste your energy trying to convince him otherwise, tell him you're looking for something more serious and that you have to move on.

**If you answered 'false' to two or more,** he's likely ready to couple up, and he's giving you signs that it's something he may want to do with you. Keep talking honestly about where you see this going – but don't overthink your current status too much.

## 10 FUN DATE IDEAS – YAY!

- Visit an art museum and bond over how much you don't get it.
- Hit up a pub quiz at a bar.
- Rent bikes – helmets are the great equaliser.
- Order a meal-kit delivery service, and cook dinner together.
- Take in a movie at midnight.
- Dance your butts off at a silent rave.
- Take a walking tour of your city.
- Eat your way through a food market.
- Sip leisurely at a winery or a microbrewery.
- Play old-school board games.



# Ghost No More!

# 43

The percentage of men who listed ghosting as their biggest dating frustration. So, shocker: while you may hate this ghostly game, it's likely that you're also guilty of playing it. Sign your pledge to stop!



Guilty of going MIA? Boo on you!

## COSMO'S GHOST-BUSTING CONTRACT

**FROM THIS DAY FORTH,** I, \_\_\_\_\_, pledge to leave no correspondence incomplete – even if my heart and vagina have shut out the sender like a steel trap. Through iOS/Android updates and the evolution of the F-boy species, I will respond to every text, if only to say, 'We're not the best match.' If typing isn't easy, I'll remind myself that although closure can be tricky, by refusing to virtually disappear off the face of a person's phone, I'm doing my part to make the digital world a less savage dating space.

**SIGNED, A VERY MUCH ALIVE HUMAN AND REFORMED FLAKE**

## Meet a Hottie IRL!

Both men and women agree: they'd like to meet someone face to face – like, in real life – again. But most have only asked someone out in person once or twice. In fact, almost half of all women aged 18 to 24 have *never* asked a person out! It's time to make moves, girl. Start with the locations and one-liners here (feel free to improve!):

### GROCERY STORE

Sameera Sullivan, CEO and chief matchmaker at Lasting Connections, says she finds attractive bachelors for her clients at the deli counter.

#### YOUR LINE

'Food shopping when you're starving is such a bad idea, right?'

### COFFEE SHOP

Go between 4pm and 8pm to scope out who's getting

a pick-me-up or taking a break, says Sullivan. The relaxed space is ideal for striking up a convo.

#### YOUR LINE

'I wonder what creative spelling the barista will use for my name today!'

### HARDWARE STORE

Go with a home project in mind, says Sullivan – then spot a stud who can help you pick out what you need.

### YOUR LINE

'Hey, do you know which screws are best for hanging up pictures?'

### RUNNING GROUP

'You'll quickly learn who's single just by seeing

the group socialise,' says Jasmine Diaz, a celebrity matchmaker and dating strategist.

#### YOUR LINE

'I'm gonna get a smoothie after this. Want to join me?' ■



PHOTOGRAPHY ALLIE HOLLOWAY COMPILED BY TAYLOR ANDREWS, FAYE BRENNAN, JESSICA GOODMAN, EMILY C JOHNSON, DANIELLE KAM AND HELEN ZOOK

A woman's legs are shown from the knees down, wearing a vibrant purple, shiny silk dress. Her hands are visible, resting on her thighs. The background is a deep purple, matching the dress, with a subtle pattern of light-colored dots.

THE  
COSMO  
**SEX  
TOY**

A W A R D S  
**2018**

**Who better to test and compare the host  
of naughty gadgets out there than  
COSMO? Time to treat yo'self**

BY BUSANG SENNE AND BLUE MASOKA

## Best for Beginners

### Why you need it

The sucking motion has six speeds, so you can work up to the highest intensity.

### What we loved most

If you're playing after dark, the head comes with fancy light effects.

### Must-know

The head can be changed, with an XL option to suit your body's needs.

**WINNER**  
Womanizer Pro40  
Clitoral Stimulator  
(R1 885 at  
Matildas.co.za)



### Why it's worth trying

The shaft is 20cm in length and broader on one side for max internal contact. The narrower side is perfect for precise external stimulation.

### What we loved most

It's a great combo of power and fun.

### Must-know

You can charge it via USB.

### Why it didn't win

The bulbous shaft doubles as a G-spot stimulator – but it's not easy to change the settings while it's inside you, which can be a buzzkill.

**RUNNER-UP**  
Swan Mini Swan  
Wand (R1 215 at  
Matildas.co.za)



## Best for Being Discreet

### Why you need it

Four vibration modes and power levels offer plenty of options, and at 11cm long, it'll fit into a drawer, your handbag, and wherever else you want to take it to play.

### What we loved most

This luxe vibe is whisper-quiet – and you can get it engraved with a message (or name) of your choice.

### Must-know

If you pinch the two parts together, it becomes a hand-held vibrating nipple clamp.

**WINNER**  
Crave Duet Clitoral  
Vibrator (R3 254 at  
Matildas.co.za)



### Why it's worth trying

It looks like a tube of lipstick and it's tiny – but it packs a seriously pleasurable punch.

### What we loved most

The eight settings include different patterns, pulses and speeds. The flat tip makes clit stimulation easy, and doubles as a massager for any place you like.

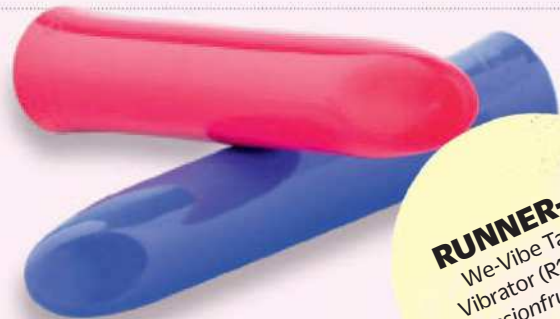
### Must-know

The vibrations are deep and rumbly without being buzzy, so the smooth pinpoint stimulation won't make your clitoris numb with direct contact.

### Why it didn't win

The magnetic grip of the charging point isn't very strong – small bumps or a pull can disconnect it. ▶

**RUNNER-UP**  
We-Vibe Tango  
Vibrator (R1 495 at  
Passionfruit.co.za)



## Best for Solo Play

### Why you need it

The power of this wand is insane!

### What we loved most



The cord spans an impressive 2,8 metres, making it very versatile. Also, it's intense AF.

### Must-know

While it's perfectly safe to use, the PVC material does raise a red flag in terms of bacteria. Nervous? Use a barrier such as underwear or a condom.



**WINNER**  
Doxy Wand  
Massager  
(from R2 115 at  
Matildas.co.za)



### Why it's worth trying

The swelling of the shape means it fills you with volume, not just length.

### What we loved most

The delicious rumbles from the dual motor, and the broad shape for full-on sensation.

### Must-know

Its innovative shape may not be for everyone.

### Why it didn't win

It lacks vibration modes and options.

**RUNNER-UP**  
Swan Silver Swan  
Powerful Multi-Speed  
Rabbit Vibrator (R1 899  
at Desir.co.za)



## Best Bang for Your Buck

### Why it's worth trying

Two silicone spheres slip easily into your vagina – or you can use it externally for thrilling clitoral play.

### What we loved most

This pleasure treasure is a clitoral stimulator, a Kegel exerciser and an internal vibrator.

### Must-know

Frantically fishing for a toy can cause panic, but the Clarity has a thread for easy extraction.

### Why it didn't win

If you're a seasoned pleasure-ball user, this is quite small – and it's not the biggest G-spot hitter, either.



**WINNER**  
Wonderlust Harmony  
Rabbit Vibrator (R895  
at Matildas.co.za)



### Why you need it

It's not every day you come across a dual vibrator with powerful internal and external stimulation and a range of settings for under R1 000.

### What we loved most



The Harmony features 20 functions and has mobility, so you can move it around for extra thrusts.

### Must-know

Favourite Function Memory allows you to save your most pleasurable settings to the vibrator's memory. Clever!

**RUNNER-UP**  
Wonderlust Clarity  
Vibrating Kegel  
Balls (R619 at  
Drevestore.co.za)

# Best for Couples

## Why you need it

The Mio looks tiny – but oh, does it get bigger once it's inside! Along with the vibrations, it's meant to constrict bae's penis for an engorged look.

## What we loved most

Of the five vibrations, we found the deep rumbles intense at the base of the penis while it's inside of you.

## Must-know

The soft silicone constricts your man's penis for an out-of-this-world erection. If he has trouble maintaining his erection or you want to see how long you can go for, this one's for you.

### WINNER

Je Joue Mio Vibrating Cock Ring (R2 385 at Matildas.co.za)

## Why it's worth trying

It's an unintimidating way to get into kink.

## What we loved most

There are harnesses to put your hands and thighs through, making access easy. The harness is soft and comfortable.

## Must-know

It's made to hang on the door of your bedroom, hotel, actual love dungeon, you name it – if there's a door frame, it'll work. Just make sure it's a sturdy one!

## Why it didn't win

You do need a certain athleticism, and it'll take some practice before it's completely comfy.



### RUNNER-UP

Door Slam Love Swing (R1 100 at Boudoirboutique.co.za)

# Best Dressed

## Why you need it

From the leather pouch to the Renaissance painting covering the box, it comes dressed to impress. The egg itself is sleek and soft.

## What we loved most

It has eight vibration settings, 12 speeds and a snug fit with deep, intense vibrations that radiate throughout.

## Must-know

The setup of the remote control can be fiddly – and while the egg is waterproof, the remote isn't.

### WINNER

Coco de Mer Emma Remote Control Vibrating Egg (R2 945 at Matildas.co.za)

## Why they're worth trying

We know *that* scene in the movie – and if Ana's reaction is anything to go by, they definitely deserve a spin.

## What we loved most

The balls are heavy in a way we love, created for internal pleasure that feels like a toning massage. You really have to work your pelvic floor to keep them in.

## Must-know

If it's your first time inserting balls and you're worried that getting them up there won't be comfortable, lube is your BFF.

## Why they didn't win

They're beautiful – but they're more of a long, slow build-up than a powerful hit of Os. ▶



### RUNNER-UP

Fifty Shades Of Grey Inner Goddess Ben Wa Balls (R749 at Desir.co.za)

# Best for Booty Play

## Why you need it

Five spherical swells target sensitive places and anal sweet spots with each bubble. It's battery-powered, so you can get your kicks without having to wait.

## What we loved most

The seven vibration settings and the easy-to-use mechanism make it great for beginners.

## Must-know

The soft, flexible silicone feels like silk – but it may take a bit of wriggling around to insert the balls because they're not very firm.

**WINNER**  
Rocks Off Petite Pearls (R575 at [Passionfruit.co.za](http://Passionfruit.co.za))

**RUNNER-UP**  
BSwish BFilled Classic Unleashed Vibrating Anal Plug (R629 at [Desir.co.za](http://Desir.co.za))

## Why it's worth trying

A tapered tip (different from the standard butt-plug shape) makes it easy to insert and take out.

## What we loved most

Equipped with a remote, it vibrates to kingdom come – and with five different speeds, there's also plenty of variety.

## Must-know

The ABS material makes it versatile when it comes to cleaning and your choice of lube. The plug can be used for water play – just make sure the remote is tucked away safely.

## Why it didn't win

ABS is safe to use, but silicone is still the sensation king.

# Best Wearable

## Why you need it

Good for fun foreplay, and the ultimate teaser for when you want bae to be in control.

## What we loved most

The vibrations are soft enough to go undetected in public (the vibrator element is at the base of the knickers) – but they're enough to thrill you.

Up to 10 settings can be controlled wirelessly with the remote.

## Must-know

The remote control is cleverly designed as a ring – and will operate from up to 15 metres away.

**WINNER**  
Screaming O Vibrating Party Set (R695 at [Matildas.co.za](http://Matildas.co.za))

**RUNNER-UP**  
OhMiBod Club Vibe 3.0H Sound Activated Vibrating Party Vibe (R1 999 at [Desir.co.za](http://Desir.co.za))

## Why it's worth trying

It's sound-activated. Yes.

## What we loved most

One of the settings, Club Mode, responds to your environment: the microphone picks up surrounding sound frequencies and tunes the vibrations to match.

## Must-know

Comes with undies that have a specialised 'vibe pouch'.

## Why it didn't win

You need to be tech-savvy to really enjoy this toy.

# Best Accessory

## Why you need it

We were blown away by the number of goodies in one little box.

## What we loved most

The Sweet Snow Body Powder felt light, with none of that sticky feeling of other edibles. There's an Erotic Massage Oil, a warming Intimate Kisses Oil that adds delicious temperature, and a Secret Garden Orgasm Enhancing Cream that spreads a warm, tingly feeling.

## Must-know

There's nothing we don't adore about this pleasure box – especially the feather tickler.

**WINNER**  
Shunga Geisha's Secrets Collection (R780 at Boudoirboutique.co.za)



## Why it's worth trying

It looks like liquid gold in a perfume bottle, and comes with a feather for more sensual application. Everything about it screams Moulin Rouge.

## What we loved most

The light paint dissolves without leaving residue. And who doesn't want to taste like a literal snack? Dessert is served!

## Must-know

Did we mention how good this body paint tastes? Yes! Well, we'll mention it again – it's *that* good.

## Why it didn't win

Food is still food, so you'll either have to wash off whatever's left over or wipe off the saliva – so there's that.

**RUNNER-UP**  
Bijoux Indiscrets Poème Doughnut Delight Body Painting (R675 at Motildas.co.za)



# Best for Water Play

## Why you need it

This light, silicone pleasure egg has a velvety texture – but it's very powerful.

## What we loved most

The sleek, LED-interface remote activates seven settings that change the pattern, rhythm and speed of the vibrations. You'll never want to take it out.

## Must-know

It can be controlled from up to 30 metres away.

**WINNER**  
BSwish BNaughty Classic Unleashed Vibrating Egg (R699 at Desir.co.za)



## Why it's worth trying

Its easy-to-hold tear-drop shape has a tapered tip for all kinds of clit sizes.

## What we loved most

A power pulse with more than 10 settings lets you change the speed, intensity, duration and tempo of the vibe.

## Must-know

It's fully app-compatible if you fancy curating your vibrations from your phone screen.

## Why it didn't win

The pulse waves can feel disruptive when you're just about to reach O-town. ■

**RUNNER-UP**  
We-Vibe Wish Luxury Clitoral Vibrator (R2 200 at Boudoirboutique.co.za)



# Let's Talk About Butt Stuff

BY DANIELLE KAM

What was once a taboo, final bedroom frontier for hetero couples seems to be getting more airtime, especially in pop culture. Anal action has come up on television (*Girls*, *Broad City*, *Younger*), in celebrity news (actress Gabrielle Union praised giving and receiving back-door oral in a radio interview last year) and on social media (we'll let you search that at your own risk).

Many off-air couples are now bumming around, too. In our COSMO Sex Survey last year, one-third of you said that you'd tried anal sex – and according to Pornhub, searches for porn videos featuring the act grew a whopping 120% from 2009 to 2015.

'When people talk openly about sexual practices, more are likely to say, "I think I'll try that",' says sexuality educator Charlie Glickman. And for many, receiving anal pleasure is emotionally encouraging. 'It makes them feel as though there is nothing about them that's wrong.'

If you and your partner are down, butt fun – when approached correctly, safely (see below) and consensually – can be an erotic experiment with a new erogenous zone. This no-BS guide to booty sex will teach you the basics of a pleasure you can really get behind.

## Butt First, Four Things to Know About Venturing into the Great Bum-Known

### HYGIENE

Trim your nails, go to the bathroom, and wash your hands first, says sexologist Emily Morse, host of the 'Sex with Emily' podcast.

### SAFETY

STIs can be passed between partners. To minimise your risk, make sure you always use protection – a condom or a dental dam.

### COMFORT

Unlike your vag, your bum isn't self-lubricating. Use silicone lube to avoid painful friction, says Alicia Sinclair of anal sex-toy company b-Vibe.

### RELAXATION

If you're too anxious, your sphincter muscles can tense up. (Ouch.) Go slow and sync your breathing to your boo's gentle thrusts.

## ORAL MOVES

- Before you head downtown, give your partner a relaxing butt massage, suggests Morse. Lick their cheeks, then slowly brush your lips against the opening, working in a circular motion.
- Experiment with your tongue by using the tip to trace circles or the alphabet, says Glickman. Or run the flat of your tongue up and down. ➤ Using a dental dam, you can insert your tongue inside and delicately thrust it in and out.







## Manual Play

Use your fingers to try out different motions and pressures, and to help you decide whether you want to go all the way

### Massage His Perineum

Knead this outer spot between his scrotum and back door to stimulate his prostate (an orgasmic gland inside his body).

### Tease the Opening

With gentle pressure, rub lubed-up fingers slowly up and down the opening to the anus or around it in a circular motion.

### Give Good Vibration

Place the heel of your palm against the opening, press up, and then rapidly move your hand left to right to arouse his prostate externally.

### Inch Your Way In

Insert the tip of one finger, and slowly move it in and out. After a few seconds, you may be able to slide in just a wee bit more. Wiggle, and repeat.

## P-in-A Action

Because inserting something (a peen, a plug) into your bum can also put pressure on your vaginal canal, women can get indirect G-spot stimulation during anal penetration. And a man can feel prostate pleasure from pegging (when a woman enters him with a strap-on dildo). Use this primer – and a lot of lube – to do both correctly:

### IF YOU'RE THE RECEIVER

Start with vaginal play to get turned on or even climax, which can help you relax. Once he heads around the back, though, the vag is off-limits. (Alternating between the two can lead to infection.) Have your guy insert just his tip, and go deeper in later sessions.

Lie on your side in a spooning position. You'll have more control of the speed and depth of his thrusts. Or assume the missionary position, with your legs over his shoulders and a pillow propped under your butt.

### IF YOU'RE THE GIVER

Before attempting pegging (or inserting a butt plug), warm up bae with foreplay, then some backside manual touching to make sure he's aroused and ready, suggests Glickman. This will help make the experience smoother and more erotic for both of you.

If using a strap-on or toy seems a bit too much, you can aim to give him a prostate orgasm with your digits instead. Insert a finger about 5cm inside, and feel for a firm, round area. Slowly stroke it repeatedly until he reaches climax. ■



# ask him anything

Fhatuwani Mukheli, our guy with all the answers, is here to help



**Q This guy I've been seeing has the worst breath. How do I approach him about this?**

Think about how you would like someone to broach this topic if you were the one who needed to switch things up. Start gently and subtly. Perhaps let him know about an amazing toothpaste you've started using that you think he should try. If that doesn't work, you'll need a more direct approach. Try something such as, 'I really like you and I love being around you, but I find that your breath can get a bit funky sometimes. Perhaps it's worth going to the dentist to check whether everything is okay? I have a great dentist I think you'd love...' It's awkward, but it's necessary.

**Q One of my best guy friends made a joke about a girl 'wanting it'. How do I tell him he's part of the rape culture problem without accusing him of rape?**

While it sucks that the responsibility of educating him falls on you, explaining how his words and behaviour are problematic is important. There's a good chance he doesn't even realise he's part of the problem. Let him know by personalising his comments – saying something such as, 'Do you think I "want it" when I wear a bikini?' might horrify him when he realises the meaning of his words in relation to a woman he knows and cares about (versus a stranger). You can also force him to think harder about the power of his words by asking, 'What do you mean by "wanting it"?' Let him know how his words make you feel:

'You're suggesting it's her fault if she were to be attacked or raped. That makes me feel uncomfortable and concerned by your attitude.' If he doesn't get it after that, know that his crappy attitude isn't your responsibility.

**Q Why is telling a dude that he has a big penis, like, the biggest compliment he's ever heard?**

Men are simple creatures, really. Big dicks = the (often incorrect) assumption that they're better at pleasuring women. It's an ego boost and makes us, as competitive beings, feel somehow better (or at least bigger!) than your previous mates. It does differ from person to person, though. After all, there's a reason for the saying 'It's not the size of the boat that matters, but the motion of the ocean'... ■

**Q My high-school girlfriends and our husbands get together often. But when we start talking about our old classmates, my husband calls us 'mean girls'. Do all guys view gossiping as mean?**

It probably comes down to the type of gossip. Many people associate gossip with throwing shade and, in its worse form, bullying. That doesn't mean your kind of gossiping amounts to this, but perhaps it's worth taking a moment to check if it does. Everyone bonds differently, and girls often bond more over talking and sharing trusted secrets than guys do. Perhaps this is why your man perceives you laughing and sharing stories with your girls as a form of gossip, even if it isn't. The bottom line is this: is it mean? Are you pulling people down? Because those two things are never attractive.

# work

COSMO'S  
GUIDE  
TO ➔

## Finally Launching a Biz of Your Own

**Ever had the Sunday scaries – the sinking pre-Monday feels you get before another week at your whatever job? It can be a slog ... one you needn't do any longer. If you've fantasised about being your own boss, there is a solution. A good one: start your own business.**

**There's never been a better time for you to strike out on your own. According to a 2016/2017 GEM Global Report, 34% of South African small- and medium-sized companies were women-led, and 31% of entrepreneurs are female. Why not be one of them? You just need the right tools, people and, yes, money on your side – and this comprehensive guide. It's time to turn those Sundays into can't-effing-wait-for-Mondays. ▶**

BY JESSICA GOODMAN

*Sharpen your idea. It's go time!*



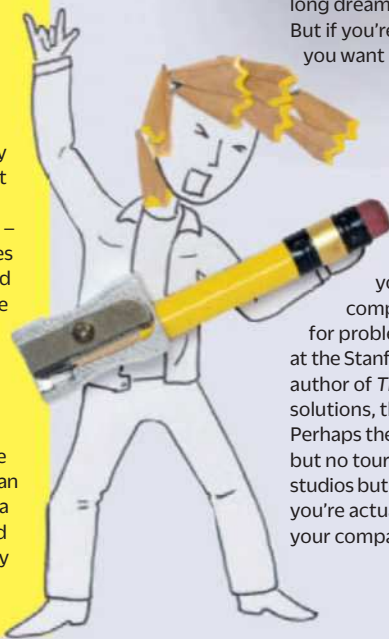


**HOW I DID IT**

KATY AUCOIN, 30,  
FOUNDER OF THE  
GIFT-PERSONALISATION  
APP **DEARDUCK**

**I LAUNCHED  
AFTER AN  
AWKWARD  
MOMENT  
WITH MY EX**

'I came up with my idea after I bought the wrong gift for a guy I was dating – a pair of sunglasses he *literally* laughed at. I thought, there must be a way to find the perfect gift. So I founded a company that uses quizzes to collect data on the recipient, so you can really personalise a gift. I didn't intend to start a company this way – but it all clicked.'



Always known you'd kill it as a personal trainer or long dreamt of opening a coffee shop? Get it, girl. But if you're struggling to define the *something* you want to start, follow these steps.

**Search for Solutions**

Ask yourself what's missing in your area. What do your friends always complain about? 'Go into the world looking for problems,' says Amy Wilkinson, a lecturer at the Stanford Graduate School of Business and author of *The Creator's Code*. 'When you find solutions, that's where your business idea will be.' Perhaps the town you live in has great hiking trails but no tour guides, or your city has a dozen yoga studios but no cycling classes. Just pick something you're actually into, says Wilkinson. 'When it's your company, you need to be committed.'



**ID Your Customer**

'If you can't name your first five customers right away, yours isn't a good idea,' says Wells. So if you're starting a matric tutoring service, you should be able to say, 'My friend Maria's sister would pay for this. Ditto my cousin Nikki.' Or close your eyes and invent your ideal client. Perhaps her name is Buhle, and she loves chocolate, wants to get into a good school and has parents who can foot the bill. If you draw a picture of her, you'll be able to anticipate what she might want (hint: a dark-chocolate bar when she gets a question right).

**Scope Out the Competition**

Figure out who you're up against, says Tina Wells, founder and CEO of Buzz Marketing Group. If you want to open a gluten-free pizza shop, list every pizza place within 10km, then tally up how many do gluten-free. None? You're good to go. But if you'll be competing with two spots in the next suburb, think again. (If you're dead set on slinging that GF crust, you must have stuff that sets you apart: original toppings, 24/7 delivery, etc.)

**Write Down Your Plan**

Yes: a legit business plan. One study found that 78% of unsuccessful companies crash because they didn't ace this crucial step. 'But you don't need an MBA to write a good one,' says Elizabeth Gore, president of Alice, a digital business adviser for women.

You can download easy-to-follow templates from Alice, and local sites such as *Entrepreneurmag.co.za* and *Sanlam.co.za*. Spend extra time on the following key factors, and seek help from Venture Network (*Venturenetwork.co.za*), a nonprofit that matches entrepreneurs with mentors and potential investors.

**The Mission Statement**

It should be hyper-specific and short – a few sentences maximum, says Gore. The tone needs to match the overall vibe of your brand. So if you're starting a line of fun, funky enamel pins which you plan to sell on Gumtree, announce your goals with the same attitude:

'We're disrupting the accessories industry with these little must-haves, so girls aged 12 to 18 can show off their fab personality.'

**The Background Research**

To nail this section, you'll need to amass in-depth deets on similar businesses. If you're opening a smoothie shop,



## Make It Official

# 1

### Settle on a Name

It should be short, unique and easily searchable. Try to think in two-syllable words (à la Starbucks, Twitter, Facebook, Tinder). Bonus points for wording that carries personal meaning you can later use to promote your brand's back story. Go to [Esearch.cipc.co.za](http://Esearch.cipc.co.za) to see whether someone has already trademarked your first choice. If not, apply ASAP with the CIPC on the same website.

# 2

### File the Forms

Register your business to make it totally legal. The whole process will cost about R600 and can be done at [www.cipc.co.za](http://www.cipc.co.za).

# 3

### Lock Down a URL

Typically, [brand name]+[industry] setups work well (for example, [Milkmakeup.com](http://Milkmakeup.com)). Check what's available by searching the [Whois.net](http://Whois.net) database. Claim your domain name via host sites such as Namecheap, DreamHost or GoDaddy, all of which charge about US\$15 (about R200) a year.

# 4

### Get a Company Registration N°

You'll need one to open a business account, apply for licences and permits, and pay taxes. Apply at [www.cipc.co.za](http://www.cipc.co.za) for about R175. Not all businesses need to be registered right away. You can trade as a sole proprietor – but while this means less initial paperwork, you'd be liable for any business debt and you'd have to include your business income in your personal tax. Whether or not to register your business will depend on how much money you make and the amount of debt you could be liable for.

# 5

### Open a Work-Only Bank Account

Use this – not your personal one – to pay for legal and insurance fees, manufacturing costs, office supplies and whatever else you need to keep the lights on. You'll only be able to get a business bank account if your company is formally registered; however, it's possible to open a separate personal account to keep your company's finances separate, too.

SOURCE: SBA

go to every one you can and note how long it takes people to be served, which menu items are the most popular, how many employees work at any one time, prices, and how the space is laid out. Are customers taking selfies? If so, perhaps your joint will feature a graphic selfie wall. Insta-success.

### The Financial Proposal

Create *Excel* documents with estimates of how much money you will need to launch, how much you expect to make in the first year, how much you expect to *spend* in the first year ... and whether you'll break even or make a profit.

When Jeni Britton Bauer started Jeni's Splendid Ice Cream in her home in 2002, she asked herself: 'How much can I charge for ice cream? If I got 10 people to buy from me every day, how much would I make? Would that total be enough for me to buy ingredients, pay myself and pay back any loans?'

### WHERE YOU AT?

If your biz will be selling tangible goods, you can use obvious channels such as your own e-commerce site, Gumtree, Instagram or a brick-and-mortar stand. But don't forget to explore unconventional locales – school fairs, local markets, charity fundraisers – which have low barriers of entry for newbies. ▶

# Secure Some Funding

About 60% of entrepreneurs start with R120 000 or less, according to a recent Intuit survey. It's no small chunk of change – and you might require way fewer or more bucks, depending on your idea. Here are three ways to raise the dough you'll need.

## 1 Pay Yourself

Around 60% of small businesses are not supported by external investors, according to VC4Africa. If you do have deep-ish pockets, funding yourself is the best way to ensure you keep total control over your company. That said, 'It's never wise to pour all your money into your business,' says Millennial money expert Tonya Rapley, founder of My Fab Finance. 'You need to have six months' worth of living expenses saved before you even think about funding yourself.'

## ABOUT THE CREDIT CARDS...

It's tempting to whip out the plastic for everything. But proceed with caution. 'If you can't afford to pay the minimum payments on your personal credit card, you shouldn't put business purchases on it,' says Rapley. As soon as you can, apply for a business credit card, which tends to have a higher credit limit. (Beware: it can be more expensive.)

## 2 Ask for Help

No-one is off-limits, says Karen Cahn, founder and CEO of crowdfunding platform iFundWomen. Send a short, professional e-mail with a succinct pitch, explaining your idea in no more than three sentences. Write, 'I'd love to meet with you to share more.

May I take you to coffee?' You can link to a crowdfunding profile you've created – sites such as iFundWomen and Fund Dreamer are geared towards women. 'Do not send pitch presentations or really long e-mails,' says Cahn. 'Nobody will read them! In-person works best.'

## 3 Apply for a Loan

Big banks are fine, but you might have more luck with regional ones or local credit unions. 'These are places where you can forge better one-on-one relationships, and they can also be more lenient,' says Rapley. Or look at MicroFinance South Africa's site ([Mfsa.net](http://Mfsa.net)) – it represents legal, registered micro-finance credit suppliers in South Africa. You can also try the Department of Trade and Industry ([Thebti.gov.za](http://Thebti.gov.za)) to find out whether you're eligible for financial assistance and funding from the government for your business.



## Assemble Your A-Team

You won't need to employ these folks full-time – but having them in your contact list is a must



**HOW I DID IT**  
SARAH CORRIGAN, 34,  
FOUNDER OF THE  
FLOWER-DELIVERY  
SERVICE **LEBLUM**



### An Accountant

'Accountants supervise the books and give you advice on keeping your dream alive financially,' says Sarah Kauss, founder and CEO of S'well water bottles. Expect to spend R250 to R1 000 per month, depending on your needs. Look for someone at a small firm with specialist small/medium-enterprise knowledge. No luck? Try using online software such as *Zoho Books*, *FreshBooks* or *Xero*.



### A Lawyer

Clutch for negotiating things such as contracts and leases. Start by asking your friends and other small-business owners for referrals. You can also get free advice and recommendations of lawyers who specialise in working with small businesses from *Legal-aid.co.za*. Discuss fee schedules in detail upfront, and ask to pay per hour.



### An Insurance Agent

Every company needs general liability insurance. That's industry jargon for coverage that protects you against things such as workplace injuries and property damage. Find an agent by, again, asking around among other business owners – and shop multiple agents to compare coverage and costs.

### I FOUND SUCCESS ON SOCIAL MEDIA

'I've always been a gardener, so I started a business where people can buy flowers online at wholesale prices. But I spent so much time number-crunching, I forgot to think about the flowers. So I started making videos and tutorials, which we posted. It helped the sales skyrocket! My passion showed that our brand was authentic.'



## Ready, Set, Launch!

Truth: you're never gonna feel like you're 100% ready to open up shop. But if you've completed all the above steps, it's time to take a chance. 'Someone once told me, "If you're not embarrassed by your first product, you waited too long to launch",' says Gore. You're actually going to learn more about your business in its first few live weeks than you ever could while tweaking it to death pre-opening. ▶



#### HOW I DID IT

KALILAH WRIGHT, 33,  
FOUNDER OF THE  
FASHION BRAND  
MESS IN A BOTTLE

#### I LAUNCHED MY COMPANY WITH MINIMAL CASH

'I wanted to sell T-shirts with messages on them in bottles. I bought glass bottles from a cheap hardware store, bought 15 T-shirts, a heat press (second-hand) online and a vinyl cutter. I made a website for free on [Bigcartel.com](http://Bigcartel.com). That was all I started with. I learnt from YouTube how to print and how to cut vinyl. People started to order the shirts because they enjoyed the messages. It got to a point where I was staying up all night to work on my shirts, on top of my full-time job. I gave myself one year: if I saw profit after one year, I'd commit to this full time. And I did.'

## Spread the Word

'Social media is the first place new customers go to check out a brand,' says Lucy Wallace Eustice, co-founder of accessories label MZ Wallace. 'Maintain a consistent visual voice across all your platforms.' That includes using the same handle for all your accounts, as well as a consistent look. So if you're trying to get a design firm off the ground, flood your channels with illustrations, along with news about opening dates and sales.



On FB, create a Page ([Facebook.com/pages/creation](https://www.facebook.com/pages/creation)) with information on how customers can reach you, and add customisable buttons such as Send Message, See Menu or Book

Appointment. You can 'boost' posts from your page – aka pay to have them target specific people or appear higher in potential customers' feeds for a fee.



On Insta, make your profile a business profile by going into Settings and hitting Switch to Business Profile. 'Now you can collect data about your followers and promote posts,' says Katherine

Shappley of Facebook's Small Business team. 'You can also get info about how posts perform and which days are best to post on.'



IRL – yes, IRL still counts! – be unavoidable, says Britton Bauer. 'Get to know people in your field, and talk to them about what you're doing,' she says. 'When I started, I would make ice cream and take it to the chefs I knew, asking for feedback. That's how I got restaurants to put it on their menu.

From there, we were voted Best Ice Cream by a local newspaper.'



## Avoid Early Pitfalls

**Delegate admin stuff.** Farm out time-consuming grunt work – like mass e-mails, billing and even some assistant tasks – to online services such as MailChimp and Leverage, says Kauss.

**Halt your hiring spree.** You may want to staff up quickly, but it's difficult to get first hires right. 'Start with part-time or contracted positions,' says Gore. 'Businesses change very fast, and it's more difficult to let someone go when they're employed full time.'

**Be nimble.** Your first try may blow. That's okay! Just be able to pivot. 'We started in 2013 as an e-commerce site and tanked,' says Sarah Lafleur, founder and CEO of womenswear brand MM LaFleur. 'So we changed our business model.' Six months later, they were killing it.

**Don't live in a bubble.** Every industry has professional groups, such as the National Restaurant Association or the Professional Beauty Association, that offer valuable resources. Google '[industry] + [association]' to find one that can help you.

**Get cosy with failure.** 'Set a failure ratio,' says Wilkinson. 'Tell yourself that one in 10 things won't work.' So if you're opening a dog-walking service, know that one in 10 people may not return. Use that info to ID which kinds of pups work with your setup. This will only make your biz better. ■





# 'Beauty Is No Place for Slackers'



Huda Kattan, 34, turned being a makeup artist into a global multimillion-rand business with more than 23-million beauty disciples

## Be comfortable being uncomfortable.

Your hardest times will be your most fertile periods of growth. I'm close to my family, but when I left my job as a finance recruiter and moved to Los Angeles to study makeup, I was suddenly alone. Being out of your comfort zone forces you to evaluate who you want to be. Don't shy away from scary situations. I used to hate public speaking, but I just kept doing it until I wasn't afraid any more.

## Waitress: it'll teach you about people.

You can learn something from every job, even if you think it isn't relevant. I was president of the student organisation at university, where I picked up leadership skills. But it was the 18 months I worked as a waitress that showed me the best way to deal with people.

In difficult situations now, I always try to handle myself well and be as considerate as possible.

## Never veer from your path.

I knew from the beginning that I wanted to launch at Sephora, so when we were being pushed towards another retailer, I saw that as a hurdle. [Huda Beauty first stocked its lashes in the Sephora store in Dubai in 2011.] I also wanted control over the smallest details, such as the technique used to make our packaging shimmer. Everyone thought I was mad. But I knew that if I explained myself coherently and I stayed focused, they would eventually understand my vision.

## Don't put up with slackers.

People think that because we are a beauty brand,

our office is all fun and fluff – but I have high expectations of myself, and of those around me, too. There's no room for slackers. If I ask someone to do something, I want it done by the end of the day.

## HUDA'S BUSINESS ESSENTIALS

**BOOK** I could really relate to *Elon Musk: How The Billionaire CEO Of SpaceX And Tesla Is Shaping Our Future* by Ashlee Vance. It hammered home that something beautiful can come from passion.

**PODCAST** I like 'Fat Mascara', hosted by beauty editors Jessica Matlin and Jennifer Goldstein. They always have great guests from the beauty world on the show.

**HACK** I keep a journal in which I record what I've learnt. It took me some time to feel confident in my ideas, but writing them down definitely helped.

It's a fast-moving, energetic office, and that's challenging. But three years ago, I was packing our eyelashes with my sisters [Alya and Mona, who head up strategy and social media at Huda Beauty], and not making any money. Prior to that, when I was a makeup artist, I'd often work an entire month with no days off. Now our team is nearing 100 employees.

## Don't give in to 'impostor syndrome'.

Everybody is an impostor to some degree – even I get that feeling, and I'm the CEO of the company! In fact, at one point I considered stepping down and hiring a CEO, but my husband convinced me to stay. Now I can see that it was absolutely the best decision. You have to practise believing in yourself, and get over it. ■

# Reclaim Your Lunch Break



We all have the best intentions to hit the gym or run errands when the clock strikes 12, and yet... Here are seven ways to enjoy your lunch *al desko*. **BY MORGAN REARDON**

**B**e it bad weather or a looming deadline (COSMO feels your pain!), sometimes it just isn't possible to make it out of the office come lunch time. Never fear: you'll love what we've got planned for you instead.

### Things to make you go 'Aww!'

If there is anything greater in life than a gaggle of adorable puppies or kittens, then tell us. Right now. Thought so. We don't expect you to Uber in a bunch of pups to the office; instead, head to *Explore.org*, where you can watch live camera feeds of cute animals. Think brown bears waiting for salmon in Alaska, hippos gathering around a watering hole in Kenya, kittens snoozing at a rescue centre in the US... Something for every kind of animal-lover!

**COSMO TIP** We've lost hours of our life on this site, so make sure you set yourself a time limit.

### Bake a mug cake

Seriously, who doesn't enjoy a sweet treat on a stressful day? Not only is baking a cake in a mug simple, it'll also get you away from your desk and focus your mind on something completely unrelated to work for the three minutes it takes to rustle up (and the 30 seconds it takes to devour).

In a large mug, add four tablespoons of self-raising flour and two tablespoons each of sugar and cocoa. Mix well with a spoon to nix lumps, then add an egg and stir a little to break the yolk. Add three tablespoons of milk, three tablespoons of vegetable oil and half a tablespoon of vanilla essence. Add a tablespoon of chocolate chips, then microwave on high for three minutes. Now you can just sit back and enjoy.

### Practise mindful origami

Have you ever tried to meditate in your office? With music blaring, keyboards clicking and your co-workers chitchatting, it's almost impossible. Instead, why not try origami? The ancient art of folding paper has actually been shown to aid relaxation, concentration and memory. It can also emulate the same kind of mindfulness as meditating. **COSMO TIP** Try *The Art And Craft Of Geometric Origami* by Mark Bolitho. With clear step-by-step instructions, you'll learn how to make inspiring creations that you can decorate your desk with.

### Listen to a podcast

Sometimes, come lunch time, you want to escape for a bit. With podcasts, you can go just about anywhere.

**FACT!**

### READ A BOOK

It sounds simple, but switching off your screen and opening a book has a multitude of benefits. A study by Sussex University researchers found reading may reduce stress by as much as 68%. It can also help to prevent Alzheimer's, according to a study at the Rush University Medical Center in Chicago. So get reading!

With research showing that 35% of Millennials\* listen to a podcast on the regular, it'll also mean you can finally join in all those convos with your work colleagues about 'Serial' (if you don't know what that is, make that top of your hit list) and other must-listens. **COSMO FAVES** Try 'S-Town', 'Dirty John' and 'Stuff Mom Never Told You' for hours of listening pleasure.

### Deskercise

It's a thing. According to Harvard Health Publishing, too much sitting has been linked to everything from osteoporosis and heart disease to diabetes. So if you end up stuck at your desk for your lunch break, stand up! And while you're at it, get that blood pumping, too. Try a 10-minute circuit of the following pulse-raising moves: 15 squats, 10 lunges, 10 push-ups, 20 star jumps and a 45-second plank.

### Learn a language

It's something many of us boldly add to our New Year's resolution list but never get around to actually starting. Why not use your lunch break to better your skills? What's more, you don't even need to leave the comfort of your desk, thanks to a ton of handy apps on offer that make learning a new language as easy as *uno, dos, tres*. We love Duolingo: it's free and offers 23 languages, including French, German, Hebrew and Swahili. The app also makes learning fun by including games and social groups where you can encourage one another and test out your new skills. ■



# Why Am I Paying for Your Party?

As much as we want to celebrate our friends' and family's big life moments, when did it start becoming normal for the host to charge guests for *their* party? #GuestsDontPay

BY JAIME WADDINGTON

**Y**ou're paying for me, right? It is my birthday!' Shook. Me, moments before forking out an extra R400 for the birthday girl who expected us to pay for her portion of the dinner *she* organised. Another time, it was a colleague who invited me to her farewell drinks. After getting lit, she left early without paying her share, expecting us – the guests – to pick up the tab. WTF? Sometimes I'd like to attend a party without dropping a cool grand on a gift, paying for my food *and* having to chip in for the guest of honour. When did 'you play, you pay' become a thing?

## The (expensive) new trend

'This is definitely new,' says owner of Blue Bird Bespoke Eventing Jules Illing. 'Back in our parents' day, the most you might pay for was a gift for the host. Today, friends will often invite you to a BYO booze/food/sides/dessert braai, or to a birthday dinner at an expensive restaurant *they've* always wanted to try – but you foot the bill.'

Ntombi Mazibuko, 26, is still bleak about a friend's birthday party she attended last year. 'When I was asked what I wanted to eat, I was surprised as I thought we were only having drinks. I ordered a meal, not wanting to be the odd one out. A few days later, I got a message from the host saying I owed her R500 for my share of the meal, drinks and – get this – party decorations!'

Not only is this happening at parties, it's becoming ever more common at weddings. 'I did a wedding for a couple who had food trucks outside where guests had to buy their own food,' says Illing.

We get it: weddings can be expensive AF. But they're expensive for guests, too. If you're attending a wedding in the winelands, you have

to pay for accommodation, travel and a gift. Even a fun 'little' bachelorette weekend away can end up costing you.

'A guest at a bachelorette can expect to pay between R500 and R2000, depending on the chosen activities,' says Illing. 'Brides can get pretty upset if things don't go their way, too. I've had a bride who "fired" her bridesmaid because she didn't have the cash flow to go on a bachelorette spa weekend. The bridesmaids were also expected to pay for all her treatments.' BRB, dying.

## To budget or to bow out?

As guests are paying more, ask yourself whether you can afford it or whether you need to decline. Natasha Beangstrom, 28, attended a destination wedding in Rome in 2015. 'It was my boyfriend's cousin's wedding. The bride sent out the invites a year in advance,' she says. 'My boyfriend and I started saving as soon as we made our decision to attend it. We put aside money every month, and eventually we could pay for our flights, accommodation and my visa.'

If you do want to attend, you'll need a game plan.

'Start saving as soon as you receive the "save the date",' says Mary J Fourie, a lifestyle financial planner. 'A bank savings pocket solely dedicated to this is perfect.'

'I spent a full month's salary on my sister's wedding last year,' says Amy Kennedy, 26. 'My sister and her (now) husband got married in Zimbabwe; I was the maid of honour. Between the flights, kitchen tea, bachelorette party, wedding day manicure and the newlyweds' five-day buddymoon on a houseboat on Lake Kariba, I spent about R14000. I suffered for months after the wedding.'

What to do if you're broke? 'If you can't afford to attend, it's not a good idea to put yourself in a compromising financial position,' says Fourie. 'Situations such as this can cause rifts in families and friendships. Be upfront from the start so people aren't surprised, hurt or resentful. If the list of expectations is very long

– a bachelorette, kitchen tea, wedding and post-wedding breakfast – pick only one or two events to go to.'

## If you're the host

What if you're planning an event and can't afford to host? 'My husband and I were really struggling financially, so I asked my guests to bring food to my baby shower,' says Candice Da Silva, 31. 'In the invitation I wrote, "Snacks will be provided but please bring a dish to share." I was made to feel pretty rude by some friends. One friend who'd agreed to come prior to receiving the formal invite said, "I wish you'd told me earlier – I wouldn't have bought such a nice gift!"'

For weddings or big, formal parties such as a 30th, 'Guests generally pay for accommodation, travel – anything that doesn't form part of the party's itinerary,' says Beatrix Lourens, owner of Beatrix Events. 'If you're planning an event where you expect your guests to pay, the unspoken rule is that you make it affordable and *let them know* they have to cover their own costs in advance.'

'I'd suggest at least putting down a bar tab so everyone's first drink is on you,' says Illing. 'People don't mind paying – but they do like to feel that some effort is coming from the host's side.' Also be considerate with your venue: don't make it so far away that your guests now have to pay for drinks, travel *and* accommodation. And think hard about why costs are escalating: scaling back on decor, the guest list or catering can be the most considerate way to plan your bash. ■

## How to Have the Tricky Convo

- **If it's pricey but you're considering it, say,** 'I find the cost a bit steep. I'd love to be there but I just can't afford it. Is there any aspect you can assist with that could make this more affordable?'
- **If it's way too expensive, say,** 'My sincerest apologies but I can't make it. I hope you have a lovely time.' Do this well in advance – cancelling just before or being a no-show is disrespectful.
- **If you're the one charging guests, say so in the invite:** 'I'll provide light snacks and wine. All other food and drinks will be for your own account.'

## COMPETITION

# win

A long-weekend getaway for two people worth R25 000, courtesy of COSMO and Southern Sun Maputo



Enjoy beachfront accommodation, sea views, free Wi-Fi and so much more at Southern Sun Maputo.

### HERE'S WHAT THIS GETAWAY TO REMEMBER CONSISTS OF:

- Two economy-class plane tickets (from Cape Town to Maputo via Johannesburg, or from Johannesburg to Maputo)
- Transfers from and to the airport in Maputo
- Three nights' accommodation on a bed-and-breakfast basis at Southern Sun Maputo
- One seafood platter for two people, with a bottle of wine
- A walking tour of Maputo
- All taxes

### HOW TO ENTER

1

Go to the Southern Sun Maputo post on the 'Win' tab at [Cosmopolitan.co.za](http://Cosmopolitan.co.za) and enter the keyword MAPUTO.

OR

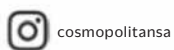
2

Scan the QR code to enter.



Visit [Tsogosun.com](http://Tsogosun.com) or connect with Tsogo Sun on social media:

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**TERMS AND CONDITIONS:** This prize is subject to availability, and has to be taken up within six months of winning the competition. All transfers, drinks, meals and other expenses not specified are for the winner's own account. For more competition rules, see page 123 or visit [Cosmopolitan.co.za/terms-conditions](http://Cosmopolitan.co.za/terms-conditions). **Entries close on 31 July 2018.**

# Life



## Go Retro

Gone are the walking sticks, glowsticks and karaoke happy hours: the Mediterranean's most iconic islands have had a 2018 revamp. Here's where to book, stay, eat and party this year ▶





## Think Malta, think package tours? Think again, says Amy Bannerman

THEN

Bargain-basement tours led by shouty guides holding up huge umbrellas and clipboards.

NOW

Making itself known as a chic destination, thanks to the capital Valletta's Old Town, which is so beautiful you feel as though you've been dropped into a Dolce & Gabbana advert. (Sadly the pants models were MIA.) It's also a brilliant location for divers because of the abundance of wrecks, reefs and caves around the island. We even managed to find totally remote coves, if you're in need of some peace and quiet.

### Do I need a fedora and heels to get through airport security?

Nope. We just had some scuffed Stan Smiths, to be honest. People are very casual here – but perhaps take something vaguely Dolce-esque for a night out. Evenings in Valletta can be glamorous, especially if you find yourself at Caffè Cordina for a pre-dinner apéritif or at Monaliza for a *digestif* (and dancing) afterwards.

### But how likely am I to bump into a pensioner tour group?

We covered a lot of ground and didn't get so much as a whiff of elderly tourist groups. On Sunday try Il-Monti, the city's largest open-air market (Malta does excellent embroidered white cotton tops) – and don't miss St John's Co-Cathedral (Baroque, gold everywhere, unbelievable).

And at Blue Lagoon (looks exactly like it sounds), there were multiple Maltese David Gandys posing in wooden boats.

### Where does the in-crowd go?

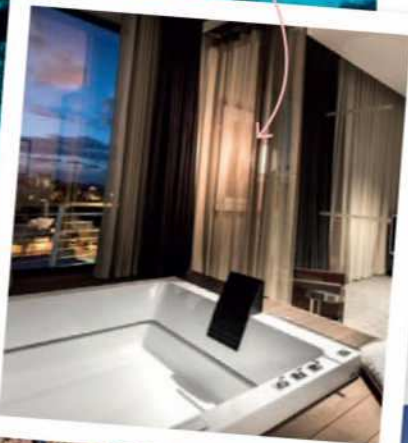
The InterContinental has just opened Skybeach – a super-slick bar on the roof of the hotel, which is *the* place to be. Tinie Tempah was spotted there recently, as well as Valletta's beautiful people. Yard 32 and Da Pippo are where the great and the good can also be found.

### And you promise there's a cool place to stay that doesn't look like the inside of an '80s resort?

The presidential suite at the InterContinental Malta had us feeling like Jennifer Lopez in the P Diddy era: dark walls, a hot tub that fits two and a private balcony overlooking the city. Sexy. ▶

Malta

Swim in the sea  
or the hot tub  
– both'll work



Stay at the InterContinental Malta (from R2 300 per night); [Intercontinental.com](http://Intercontinental.com). Fly from Johannesburg for about R11 000.



With foreigners flocking here for the holidays, it's an ideal place to rent a villa with mates, says Amy Grier

## THEN

Teens doing bad things in Magaluf bars and beachside restaurants.

## NOW

Embracing its more authentic Spanish spelling ('Mallorca'), with a focus on white beaches, villas hidden in vineyards, and old towns bustling with local life, food and so many great *espadrilles*.

**My folks went in the '80s. This makes it uncool, no?**

It's been the go-to holiday destination for neighbouring Europeans wanting a quick, cheap, no-frills break for some time. But it's undergone a reinvention of late, with literary types flocking to Deià's cobbled streets, and sun-worshippers making Cap de Formentor as Insta-famous as the #Maldives.

**But the hotels either cost megabucks or look nasty.**

The only way to holiday in Mallorca is to villa. (New verb, just made it up.) Away from the hype of capital city Palma and the hordes of Magaluf lies Camp d'Avall, a palatial, newly refurbished farmhouse just 10 minutes away from the town of Pollença. Surrounded by nothing but mountains and vineyards (vineyards

= delicious local wine which also = many, *many* drunken photos of you and your mates on inflatables), you and up to nine friends can recline by the pool, eat dinner under the stars, braai in the back garden or bed down with a film in the 'snug' should the weather fail. It is heaven on terracotta tiling.

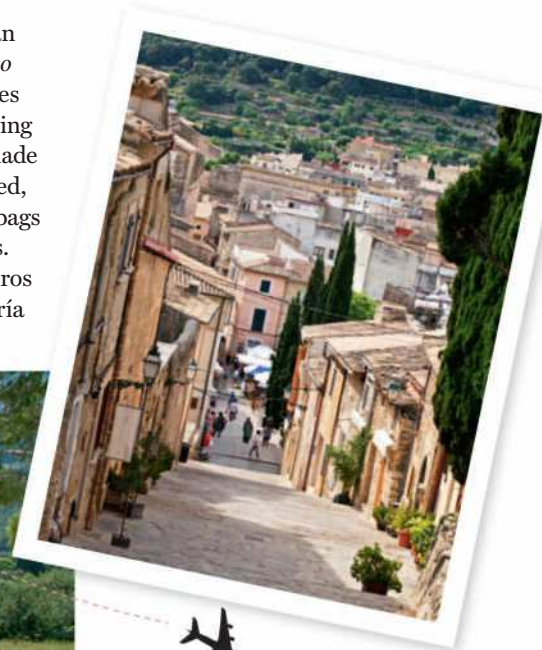
**And if I need to venture out? Forage for food, etc?**

Just a 10-minute drive down the road (we strongly advise hiring a car if you're going the villa route – there's no other way to get to the beach!) is Pollença, a cobbled old-town mecca for artisanal crafts lovers and gastronomes alike. Every Sunday, a huge food market takes over the centre; there you can barter for *jamón ibérico* and golf-ball-sized olives – or go back in the evening to stock up on locally made *espadrilles* (I'm obsessed, I know), woven wicker bags and the chicest kaftans. Definitely save some euros for dinner at La Sastrería

– Mallorcan tapas on rickety wooden tables that really *do* slope downhill. (It's not all in your head, as the local wine would have you believe.)

**Where do the beautiful people hang out?**

In general, you'll find them at Playa de Muro beach – a six-kilometre stretch of golden sand that's totally worth braving a 40-minute drive on the treacherously narrow roads for. To avoid the crowds, go at about 4pm to soak up the last few rays and have a paddle in the surf – then grab an ocean-front table at Ponderosa, order a black paella and a bottle of crisp rosé, and people-watch until sunset.



Seven nights at Camp d'Avall will cost about R20 000 – it sleeps 10, so that's R2 000 each; [Vintagetravel.co.uk](http://Vintagetravel.co.uk). Fly from Johannesburg for about R10 000.

*Farmhouse in the front, vineyard pool party out back*





Plenty of hot  
buys to look at...



Ibiza

## Beyond the clubs and sunset trips, Shoshana Goldberg found that Ibiza is also the new luxury haven of Europe



Teenagers writhing around in Sunlight liquid (otherwise known as 'foam parties'), while a DJ bangs out some *tjoons* ... and you bang some dodgy guy.



Nobu Hotels opened its first Ibiza outpost last year, and Six Sense has its first property planned for 2020. That's proof enough that the White Isle is quickly becoming the Balearic's answer to Monaco – just with smaller yachts and fewer white tuxedos.

### Don't I need to be a certified 'raver' to even board a plane to Ibiza?

Yes, the clubs are still there – but so, too, are boutique hotels and retreats packed with the sort of clientele who look like they just stepped out of a J Crew catalogue.

### But what is there to do if you don't do Day-Glo?

We spent mornings at Cala

d'Hort, a picturesque beach spot on the opposite side of the island to San Antonio. First, stop at its perfectly Instagrammable jetty El Carmen, then have lunch at the beachside restaurant – which just happens to serve the best paella on the island. Fact. From there, head to Ibiza's Old Town for quaint village-y vibes, street music and boutiques of Dalt Vila.



We stayed for dinner with the locals at Comidas Bar San Juan – cheap as chips and utterly delicious.

### And if I'm going to pick one spot to Instagram?

The beautiful people (check out their fancy wheels in the parking lot as you walk in) book tables at La Torre, high up on a cliff, just in time to watch the sun set. The deep orange and scarlet skylscapes from this spot on the west side of the island are mesmerising – and it serves great tapas, a perfect burger and glasses of Rioja as big as the moon. (Well, not quite ... but you get the idea.)

### What if I don't want to stay in a 'party' hotel?

For some peace and quiet, book into Can Lluç, a chic family-run hotel surrounded by vineyards and pine forests. Open all year (many places in Ibiza close during the European winter months), this is where footballers and Spanish politicians come when they want to chill out with no security guards in tow. After breakfast on the terrace, set up camp in the shade of a four-poster beach bed beside the pool. Treat yourself to a glass of sparkling Cava and keep the bottle on ice – for your pretend Premier League boyfriend, of course. ▶

Stay at Can Lluç from R3 300 per night for a double room, including breakfast; [Canlluc.com](http://Canlluc.com). Fly from Johannesburg for about R11 000.





**Farrah Storr** finds out whether this home of many trashy reality TV shows still pulls a boho fashion crowd



*Taking mood lighting to a whole new level*



**THEN** The Greek island of Mykonos was once 'the place' to be seen. Supermodels danced on tables, and half of Hollywood was holed up in the tavernas. But by 2005, flashy beach clubs reigned, the megayachts had landed and hedge-fund high-rollers sprayed Champagne around like Oros.

**NOW** Come in high summer, head to any beach that sounds like a retired Turkish wrestler (Nammos, Scorpios), and you will almost certainly find bankers in red pants paying thousands for a lunch of crudités and rosé. But come in June or September to explore the back streets of Mykonos town, and you will find that the rustic charm of the island is alive and well.

**Be honest: how likely am I to bump into someone from a reality TV show?**  
 Not very, if you know where to go – like Kiki's tiny tavern on Agios Sostis beach, where there are no reservations and the food is as effortless as the chic clientele. Or try Katrine's, run by a septuagenarian chef who keeps the food classic (lobster linguine, and chicken and veg that's unlike any chicken and veg you've eaten) and the atmosphere sparkly. **I'm hungry now. Where else should I dine?**  
 The in-crowd tends to stick to the restaurants in the back streets of Mykonos town. Going out-out? Eat at Spilia, inside a cave – it serves the best lobster salad in town.

**And where do I catch my beauty sleep?**  
 If camping out in a place that looks like the entire Weylandts catalogue was shot there is your thing, you're in luck: Kensho is the boutique hotel of pretty much everyone's dreams. Staff flutter around in white linen dispensing Aperol spritzes and flirty smiles, while rooms have hot tubs and sun-baked terraces.

**STILL RETRO**

**The Sliding Scale of Retro**



**BUDGIE SMUGGLERS**  
 '70s swimming shorts so it'sy-bitsy, you'd rather drown in the shallows than come eye level with them.



**STRAW DONKEYS**  
 The gift everyone brought home from the Med in the '80s. No, we have no idea either.



**HAWAIIAN TROPIC**  
 Coconut-scented and greasy AF tanning oil with SPFO. What could possibly go wrong?

## STOCKISTS

**Colette By Colette Hayman** ☎ 011 880 2134; 021 551 7552  
**Cotton On** ☎ 011 784 0218; 021 552 0726  
**Forever 21** ☎ 011 883 0025; 021 555 3324  
**Forever New** ☎ 011 883 4585; 021 255 3713; 031 265 0522  
**Foschini** ☎ 0860 576 576  
**Guess** ☎ 011 883 8391; 021 421 0110; 031 566 3282  
**H&M** ☎ 0860 690 707  
**Levi's** ☎ 021 403 9400  
**Luxottica** ☎ 021 486 6100  
**MRP** ☎ 0800 212 535

**Pacific Group** ☎ 021 674 6091  
**Sterns** www.sterns.co.za  
**Superbalist** www.superbalist.com  
**Takealot** www.takealot.com  
**Tally Weijl** www.tallyweijl.co.za  
**Ted Baker** ☎ 011 450 1156  
**Tessa Design**  
 www.tessadesign.co.za  
**The Fix** ☎ 0860 104 764  
**The Lot** www.ilovethelot.com  
**Topshop** ☎ 011 685 7070; 021 419 5900; 031 583 1333  
**Woolworths** ☎ 0860 022 002  
**Zara** ☎ 011 302 1500; 021 446 8700; 031 536 6440

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Where more than one entry is received by the same person or e-mail address, only the first entry received will be deemed valid. **4** No cash alternative to the prizes will be offered. The prizes are not transferable. **5** Entrants must be South African citizens. **6** It is your responsibility to ensure that any information you provide to us is accurate, complete and up to date. **7** If you use a mobile phone for entry into a competition, the telephone calls/text messages you make will be charged at the prevailing rates, which may vary from time to time. 'Free' minutes under a cellphone contract do not apply. **8** You must possess whatever documents and permissions may be required in order to accept and use a prize, including, as regards to international travel, a valid passport and all necessary visa and travel documentation, which documents and permissions it is your responsibility to obtain at your own cost, and which documents and permissions must remain valid in such minimum form and for such minimum period after the prize date as may be required by the relevant authorities. Any and all airport taxes are not included in the prize and will be for the winner's account unless otherwise stipulated. **9** Prize allocation is to be determined in accordance with the allocated project budget. 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AMP and the promoter shall not be liable for any loss, damage, personal injury or death that is suffered or sustained (including but not limited to that arising from any person's negligence, including gross negligence) in connection with a competition or accepting or using the prize. **14** Entrants will be deemed to have accepted these rules and agreed to be bound by them when entering. These rules are legal and binding upon entrants. **15** AMP reserves the right to cancel, modify or amend any competition at any time, if deemed necessary in its opinion and if circumstances arise outside of its control. **16** The winners will be notified by means of the contact details provided to us. If we are, or a third-party supplier is, unable to contact a winner within seven working days of first notification from AMP or its representative, the winner will forfeit the prize, and AMP reserves the right to re-draw a new winner under the same conditions. **17** In the event that you win a prize, you agree to the publication of your name and to appear in person in the electronic media and the print media, and you agree, within reason, to endorse, promote or advertise our goods or services, for which no fee will be payable. **18** You are hereby notified that you have a right to decline consenting to your name, biographical details and involvement in the competition being made available to sponsors in terms of clause 17 above. You further have the right to decline being photographed for and to appear in a feature in an AMP magazine in terms of clause 17 above. Should you wish to exercise either or both of these rights, you shall do so by informing us within five days of the announcement that you have won the competition, via e-mail to [competitions@assocmedia.co.za](mailto:competitions@assocmedia.co.za), in which e-mail you shall provide us with particularity of the rights which you wish to exercise. Should you not inform us that you intend exercising these rights within the above five-day period, you shall be deemed to have consented to the provisions of clause 17 above. **19** In the event that you win a prize provided by a third-party supplier, the supplier will contact you to arrange the collection thereof. In this regard, you must collect the prize at the time and date arranged with the supplier of the prize. All correspondence regarding the prize must be directed to the supplier of the prize. AMP will not be responsible for any further correspondence, harm, damage, loss or claim relating to the provision of any element of the prize. **20** We and our third-party suppliers, as the case may be, reserve the right to vary, postpone, suspend or cancel the competition and any prizes, or any aspect thereof, without notice at any time, for any legally justifiable reason. In the event of such variation, postponement, suspension or cancellation, you agree to waive any rights, interests and expectations that you may have in terms of this competition, and acknowledge that you will have no recourse against us, our affiliates and our third-party suppliers. **21** AMP and the judges' decision on any matter concerning the competition and/or arising out of these terms and conditions is final and binding on you, and no correspondence will be entered into. **22** By entering an AMP competition, you agree to receive communication from our brands. 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Everything has been thought through, from the morning fitness classes (yoga or HIIT, depending on how strong you're feeling) to the candles that scent the entire hotel (which, thankfully, you can buy). TBH, you could just shack up here for an entire week – after all, most people head to Kensho's bar for a pre-meal tittle before heading out anyway. ■



**Kensho Boutique Hotel & Suites is from R4 400 per night, including breakfast (and a bottle of bubbly on arrival); [Kenshomykonos.com](http://Kenshomykonos.com). Fly from Johannesburg for about R9 000.**

### SO RETRO IT'S COOL



**EMBROIDERED KAFTAN AS PARTYWEAR**  
 Jade Jagger spent the '90s in one – and it's now coming back. Yes, we're excited.



**PIÑA COLADA**  
 The fuel of Baby Boomers, this holiday-in-a-glass has returned. Now being served from a slushy machine...



**SANDALS WITH SOCKS**  
 The style curse of the '80s dad has become the uniform of the hipster classes. (See also: sliders.)




**SLIDERS**  
 Formerly only seen at mid-range leisure centres. Now in faux fur, and permanently wedged on Gen Y trotters.



# Your Ultimate Dinner- Party Check List with Lorna



# Maseko



**'Hosting shouldn't feel like a headache – it should be fun and interactive,' says Lorna, host of *The Hostess*. Keep reading for her tips on how to throw the perfect dinner party**

**BY LISA KATZ**

COSMOPOLITAN.CO.ZA | JULY 2018

## 1 Get Your Guest List Right

'I like to keep my guest list intimate – six to eight people. Remember, you're going to have to cook for all your guests!'

## 2 Set the Tone with the Invite

'The type of invitation you send out depends on the type of event. Just having close friends over? A simple text is fine. But if you want to up the ante, I love sites such as *Evite.com*, where you can create electronic invites. If you're planning a fancy three-course dinner, why not send a save-the-date a month in advance? You can also pre-set reminders a couple of weeks or days before your event.'

## 3 Keep the Decor Simple

'In winter, I like to keep things warm and cosy. I don't like cluttering the table, so less is definitely more. Black and rose-gold crockery is on trend, and can be paired with wooden accents such as serviette rings. Green leaves in a tall vase will add a simple but sophisticated touch.'

## 4 Lighting Is Key

'Scented candles are great because they add to ambience. I love people walking into my home and smelling the amazing scents – it creates a more relaxed atmosphere.'

## 5 Music Sets the Mood

'At the beginning of the night I like to play relaxing music, such as acid jazz. During the dinner I pick up the beat and the night often ends with dancing. Live tracks by John Mayer and John Legend always kick off a night and set the mood. Sade's album *Lovers Rock* is also a winner.'

## 6 And Finally, the Food!

'Key to putting a menu together is knowing whether there are any dietary requirements you need to cater for. The number of people is also important (that's why I prefer to keep my guest list small) – you don't want people to wait too long between courses. Welcome drinks and snacks will keep guests busy while you make finishing touches to the dishes.'



## MY GO-TO MAIN COURSE

### Beef Wellington with red-wine jus and a warm salad of cauliflower, Brussels sprouts, wilted spinach and Parmesan

#### Ingredients

##### For the mushroom duxelles

- 250g each portobello, white-button and brown mushrooms
- 80g butter
- Salt and pepper

##### For the beef Wellington

- 12 slices Parma ham
- 1 large beef fillet, trimmed
- 2T olive oil
- 2 rolls puff pastry
- Flour
- 3 eggs, lightly beaten
- Plastic wrap (for preparation)

##### For the stock

- 200g beef stewing meat and bones
- Fillet offcuts
- 2 carrots, chopped
- 2 celery sticks, chopped
- 2 onions, chopped
- 2 bay leaves
- 500ml each red wine and beef stock

##### For the sauce

- 1T sugar
- 1T red-wine vinegar
- 1T cornflour

##### For the warm salad

- 1 large pack baby spinach
- 1 pack Brussels sprouts
- 1 whole cauliflower, cut into florets
- Parsley and Parmesan shavings (for garnish)

#### Method

##### Mushroom duxelles

- Blitz mushrooms until fine.
- Stir in butter until a thick paste forms.
- Season with salt and pepper.

##### Beef Wellington

- Place the Parma ham on plastic wrap and cover with the mushroom duxelles.
- Season the fillet with salt and pepper and fry in olive oil and butter.
- Place the fillet on top of the Parma ham and roll into a sausage shape. Twist the ends of the plastic wrap to keep it tight.
- Roll out puff pastry on a floured surface.
- Remove the plastic wrap and place the fillet on top of the puff pastry.
- Use a rolling pin to drape the puff pastry over the fillet.
- Seal and trim the ends.
- Brush the puff pastry with the egg wash.
- Bake at 220°C for 30 to 45 minutes.

##### Red-wine jus

- Fry meat, bones and fillet offcuts.
- Add carrots, celery, onions and bay leaves, and fry until slightly browned.
- Add red wine and reduce by half, then add stock and reduce by half.
- Add sugar and red-wine vinegar.
- Add cornflour and cook until thickened.
- Strain and put aside.
- Pour over the Beef Wellington when it's ready to serve.

##### Warm salad

- Lightly steam spinach.
- Boil Brussels sprouts and cauliflower, then fry in butter until lightly browned.
- Place spinach, cauliflower and Brussels sprouts on a platter.
- Garnish with the parsley and the Parmesan shavings. ■



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Duvel set  
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& MASON  
at Takealot



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Pretty things up with pastels

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at Takealot



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GIMMICKS  
& GIZMOS  
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From R199,  
GEORGE  
& MASON  
at Takealot

From R345 for  
six, ARCOROC  
at Takealot



Cushion  
from R230,  
BABES  
& KIDS  
at Takealot



## HOW TO SHOP

- ▶ Open Facebook and click on the ☰ symbol.
- ▶ Select 'QR Code'.
- ▶ Scan the code and go!



# horoscopes

## CANCER

21/06–20/06

The New Moon on the 12th brings a solar eclipse, meaning anything you start now will become a big deal. When Venus connects with Neptune near the 24th, a night outside your normal stomping grounds could put a gorgeous someone in your path.

### YOUR YEAR

If you're single, someone sexy and supportive may want to couple up with you come September. If you're already matched, he's going to get more serious. Career highs come your way in December.



R999, STERNS

### YOUR BIRTHSTONE

Born in July? Your birthstone is the dark red ruby. It's said to protect you from evil and symbolize passion.

## LEO

23/07–22/08

With Venus in your sign until the 9th, you are fire. The party really gets blazing after the Sun moves into your sign on the 22nd, followed by a Full Moon lunar eclipse in your zone of relationships on the 27th. Get ready to say hello to someone who matters.

### LEO GUY

He's all about the smouldering, sexy thing now. Stroke his ego a bit and he will lavish you with attention.

## VIRGO

23/08–22/09

Your phone won't stop buzzing after the 9th, when Venus moves into your sign. Until 6th August, you're the fairest zodiac lady of them all. The 24th could bring about love when Venus makes an opposition to Neptune in your zone of relationships.

### VIRGO GUY

It's hard to say no to him when he's in super-charm mode, so kick back and enjoy his wild ride.

## LIBRA

23/09–22/10

It's time to put the dog on, as they say: good things are coming your way at work – especially around the solar eclipse on the 12th – so you'd better be dressed for it. Be patient if a misunderstanding flares up with a friend on the 26th. If you listen rather than boss, it'll smooth out fast.

### LIBRA GUY

The big promotion he's gunning for is in his sights. He's hoping you'll be by his side to celebrate.

## SCORPIO

23/10–21/11

The 5th will bring major news that you might want to celebrate with a spontaneous adventure. You'll return revived and ready for a big move, either at home or at work. The lunar eclipse on the 27th brings good vibes, so trust your gut.

### SCORPIO GUY

He is on a tear and ready to shake things up, so encourage him to reach for the stars. And you, obviously.

## SAGITTARIUS

22/11–21/12

No-one has their eye on the ball like you this month, and it pays off on the 9th, when Venus moves into your zone of success. Reward yourself with a getaway, but plan carefully because both Mercury and Mars are retrograde as of the 26th and may screw with your itinerary.

### SAGITTARIUS GUY

So he's not the cuddliest at the moment. Do you, and he'll be back soon.

## CAPRICORN

22/12–19/01

It's smooth sailing until the New Moon solar eclipse on the 12th, when someone may come on board who will set your boat a-rockin'. If you set a course for someplace new around the 24th, you'll find the good things you've been looking for.

### CAPRICORN GUY

Shakespeare has nothing on this dude when he puts his mind to making you swoon. Settle in to be wooed right.

## AQUARIUS

20/01–18/02

Big work news on the 5th has you hella high on life. Don't get wrapped up and power-trippy: stay above the fray. The Full Moon lunar eclipse on the 27th will settle some lingering drama in a relationship and uncover love – so you can start picking out your furniture for cloud nine.

### AQUARIUS GUY

His feelings are strong, and he will make them known this month.

## PISCES

19/02–20/03

Walking on sunshine suits you. That's what's up when Venus hits your zone of relationships on the 9th. The New Moon solar eclipse on the 12th is in your zone of love, making things even rosier. But if your head is in the clouds, you might get called out when Mercury goes retrograde on the 26th.

### PISCES GUY

The casting call for his summer romance? Only one name on the list: yours.

## ARIES

21/03–20/04

It's decision time. Up first, a move to your dream digs. With your ruler, assertive Mars, retrograde all month, details may be slow to fall into place. After the 22nd, when the Sun moves into Leo, a crush confession from a friend may surprise you. Stay open to the possibilities!

### ARIES GUY

Tough decisions are making him needy – for you, your hand and more.

## TAURUS

21/04–21/05

You've been pedal-to-the-metal for a while now, so ease up for a second to enjoy life. The 11th is a super-sexy day when your ruler Venus joins Uranus in your sign. Be open to people who aren't usually your type – it could lead to fun. You'll get big work news on the 26th, but proceed with caution.

### TAURUS GUY

Take his mind off work with a fun holiday – even if it's just a weekend chez you.

## GEMINI

22/05–20/06

The news is good in Gemini land. A trip before the 11th will be full of fun and photo ops, but the big headline is a major job opportunity that comes your way mid-month. Try to get the details sorted out before your ruler Mercury goes retrograde on the 26th.

### GEMINI GUY

He's in an indulgent mood, so show him you're willing to lavish him with attention.

## CANCER GUY

Chris Pratt

21/06

Let him charm you with his playful and carefree ways. Bonus: it'll bring out the same traits in you.

## CANCER GAL

Margot Robbie

02/07



# How Naughty Is Your Mind?

**1** Your number in the Home Affairs line just got called. It's 69. You:

- A** Shoot daggers at whoever snickers. Grow up already.
- B** Keep biting your tongue until you lose the urge to LOL.
- C** Feel like sauntering up and saying, 'Your place or mine?'

**2** What kind of art do you want to see on a museum date?

- A** Sedate pastel watercolours.
- B** Nudes. You'll adjust your commentary to your date's sense of humour.
- C** Ancient statues, so you can get as close as possible to their marble 'parts' before security catches on.

**3** If someone sent an all-staff e-mail in search of a computer dongle, you'd:

- A** Delete, stat. You gag just looking at the word (and don't even start with moist).
- B** Send a screenshot to your friends with a bunch of laughing-crying emojis.
- C** Muse that you might have seen some on Tinder...

**4** When you're at yoga class in happy-baby pose, you can't help but say:

- A** Nothing, and avoid all eye contact.
- B** 'Talk about opening up to someone...'
- C** 'Is this how I can get a coregasm?'

**5** Whenever you come across a 'speed bump' sign, you:

- A** Respect the rules of the road and slow down.
- B** Think back to when you and your ex used that phrase as code for a quickie.
- C** Consider telling the other passenger (most often an Uber driver) that you've had enough 'rough rides' in your life as is.

THE BREAKDOWN

**MOSTLY AS**

**Perennially PG**

You're oblivious to innuendo – or just ill at ease with it. Being modest is your prerogative, but if you chastise every risqué remark, your pals may think they can't be candid around you. Let a naughty thought or two cross your mind – you might just enjoy it.

**MOSTLY BS**

**Naughty(ish) by Nature**

You entertain racy ideas to stoke sexiness in life, but you rarely get outwardly raunchy yourself. Under some circumstances (for example, away from your boss) you let loose, but you know there's a time and place for those kinds of jokes.

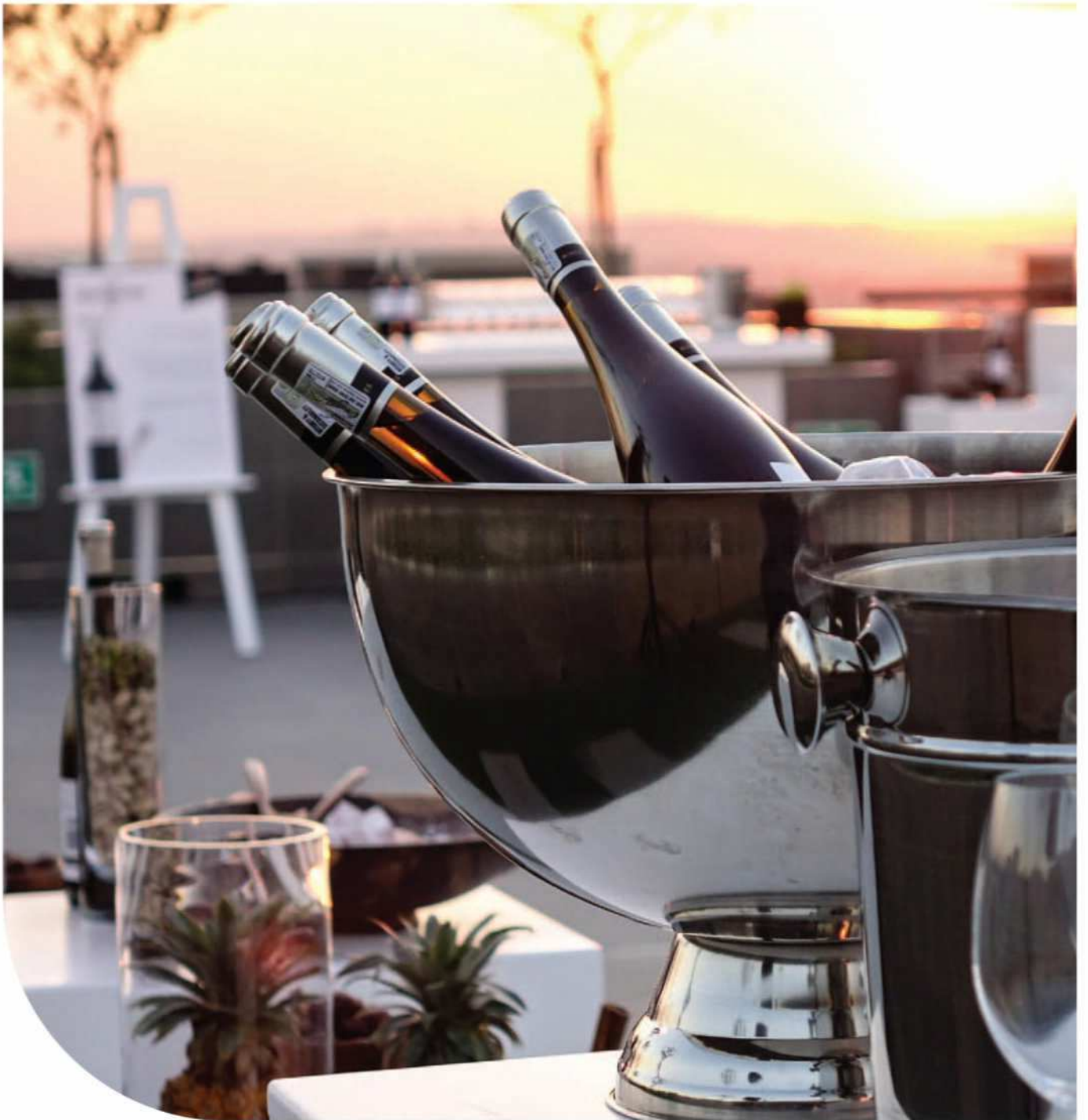
**MOSTLY CS**

**Recklessly Racy**

You put an indecent spin on everything. That's mostly okay, especially if it's not verbalised. Bringing levity is a good goal, but forcing sexualised humour on others isn't cool. Know the crowd before unleashing the NSFW stuff, and save the spicy musings for bae. ■



PHOTOGRAPHY JUAN MOYANO/STOCKSY COMPILED BY DANIELLE KAM



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