

# GLAMOUR

South Africa

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GLAMOUR.CO.ZA

## Kerry Washington

Classy, chic,  
confident!

**BOTOX,  
FILLERS,  
PRODUCTS**  
ANTI-AGERS  
THAT WORK

LIFE CHOICES

**Kids: now,  
later, never?**

**POWER UP  
YOUR DIET**

Burn fat and  
beat bloat

**"What I learnt  
from 100 dates  
in a year"**

**WIN!**  
R65 000's  
deluxe hotel  
getaways  
and makeup

**30**  
**Trendy  
looks**



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Dress  
R 329

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SANDTON CITY, SOMERSET MALL, V&A WATERFRONT. COMING SOON: ILANGA MALL, MALL OF THE NORTH





H&M





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Life in  
balance

GLAMOUR 2017

# March

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## WIN! The cover look

Get Kerry's cover look with Revlon products worth R2 513! SMS 'KERRY', your name, address and email to 32697\* (SMS costs R1.50. Comp closes 31 March 2017)



# GLAMOUR confidential

## Loving your work

**A**long with GLAMOUR's renowned mix of fashion, beauty and inspiration, this month's issue has a special focus on all things work, from finding your dream job to negotiating like a ninja. Here, in honour of this career guide, are some lessons I'd love to share.

Live the life.

*Fill it with GLAMOUR!*



*Pnina Fenster*

Pnina Fenster,  
editor

### 1 Other women are not your enemy

Contrary to the movie clichés in which women leave not a knife, but an entire canteen of cutlery in one another's backs, the vast majority of us are genuinely caring and mutually supportive. My lucky breaks have all come from women, and in a career of working with and for women, I can list the awful ones in a matter of minutes while the sensational sisters take hours to enumerate. Let's not fall for lies that hurt everybody. Let's follow former US First Lady Michelle Obama's lead and aim high!

### 2 Checked your cover letter? Check again

The first stage of a job interview is not the one into the office of your prospective employer. It's the cover letter attached to your CV. So polish it like crazy and don't dash your own dreams with SMS language (no, i can't meet u), poor syntax (especially if you describe yourself as 'detail-oriented') and offhand salutations ('Hi there', 'Hey', or no salutation at all). Done that? Now let your marvellous and memorable personality shine through!

### 3 Find your unique gift

I'd love a dollar for every time I hear someone say that we can be whatever we want to be. But I don't think it's entirely true – and that's just fine, because, of all the things we could want to be, nothing beats being authentically ourselves and bringing that unique gift to the world.

### 4 Prepare to work seriously hard

A work-life balance is a wonderful thing, but there are times when having it all at the same time is simply not on the menu. Want a great, big fabulous position or an awesome assignment? Know that it will take great, big, fabulous work and an awesome number of hours (including a bunch of after-hours hours!).

### 5 Skills can be taught, but attitude can't

New to the job market or trying something you haven't done before? Put in the extra time, go the extra mile and bring a notepad to meetings. But don't beat yourself up if you don't know everything, and do ask questions. What matters most is talent, professionalism and enthusiasm. Bring those to the table and an employer will help you learn the things that can be taught!

### 5 Create your own definition of success

Back in university days, I paid my tuition by waitressing (a lot!), and I was very happy doing it. Then I was promoted to restaurant manager. Everyone was impressed. So was I – for about five minutes. You know why? Because I was happier being a waitress. The point of this story is not that waitressing is better than managing – both have advantages and disadvantages. It's that, in the end, there is only one form of 'better' and it isn't the thing other people venerate; it's the thing that makes your heart sing (even if it involves aching feet and grumpy chefs).



Look out for GLAMOUR Gold. This is the highest accolade we can give, and it's your instant route to the very best style or value buys of the month.



Support South African artisans and enterprises! Keep an eye out for Shop ZA – it's all about fabulous local creativity.



Look out for GLAMOUR Green. These eco-friendly buys help you to help Mother Earth when you go out and shop!





# VERSACE

## EROS POUR FEMME

THE NEW EAU DE TOILETTE





### SHORT 'N TWEET @GLAMOUR\_sa

Thanks for the feature @GLAMOUR\_sa!  
#Magazine  
#Fashion #Artist.  
– @sivanmiller

@andrelotter from @Real7deLaan was @GLAMOUR\_sa's Man Candy Monday. Read more about him on their website.  
– @FGaum

'10 Ways To Be Kinder' – my first published post for GLAMOUR magazine's online edition.  
– @JustChar83

We've been recommended for the luxe lover by @GLAMOUR\_sa in their Xmas Gift Guide!  
#glamour #savemybag  
– @SaveMyBag\_SA

Check out @GLAMOUR\_sa for my #styling tips on ringing in the New Year.  
– @1NikkiLund

Thanks @GLAMOUR\_sa for the three-page spread. Get your copy for three mouthwatering recipes from #TastyWasteNOTS cookbook.  
– @TastyWasteNOTS

# GLAMOUR alert

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

## Star letter

We love to receive your emails and letters. Here's this month's favourite.

My friends call me a hoarder because of my stack of GLAMOURs. The truth is that I keep them for future reference. Last October, I was in a situation where my colleagues earned more than I did for doing less work. The 'Know your rights!' feature in the April '16 issue was an eye opener. It gave me the information and solutions I needed for dealing with mistreatment and unfair work conditions and I became proactive, and joined a union. Once I had lodged my complaint, detailing the unprofessional actions of management, counter measures were taken by the union and HR. Now I receive the same pay as my colleagues do, and it's thanks to you, and your constant empowerment and encouragement to fight for what we [women] want.

– Mongezi Zungu, via email



### WRITE TO US...

Mongezi has won a Sissy Boy Petite watch worth R1 595. Send a letter, email or GLAMOUR-to-go pic to glamour@condenast.co.za or GLAMOUR Mailbag, PO Box 16414, Vlaeberg, Cape Town, 8018 to win.



### SEE IT, SHARE IT

Our favourite forwards this month! Share with 'GLAMOURsa' on Pinterest.



From seekingthesouth.tumblr.com.



There's no other way! Pinned from hautetramp.tumblr.com.



Pinned from Ectogasm.



## GLAMOUR TO GO!

Congrats to Kayla Cronje pictured in Zanzibar, Tanzania. She's won a 4Flavour hamper worth R2 656! Send us a photo of yourself with a recent copy of GLAMOUR in an exciting spot and you could win, too.





Yuka wears **Lucielle** high heel shoes  
Discover more **in-store**



**ALDO**

# GLAMOUR

## Question of the month

### What's your pet peeve?

The GLAMOUR team responds.

#### Editor Pnina Fenster

*pnina@condenast.co.za*

... Parents who think nothing of walking their kids across the road when the traffic is hectic.

#### Deputy Editor and Beauty Director

Michelle Brownlee Smith

*michelleb@condenast.co.za*

... Sniffing. It drives me mad – especially when I'm stuck next to them on a plane. Just use a tissue, please!

#### Art Director Ziyaad Bassier

*ziyaad@condenast.co.za*

... Fake flowers. True joy can only be felt from the touch and scent of real flowers. Plus, watching flowers bloom and grow multiple times is very rewarding.

#### Fashion Director Chrisna de Bruyn

*chrisna@condenast.co.za*

... When you meet a guy and he flirts with you, but he actually has a girlfriend.

#### Senior Copy Editor Ruby Parker

*ruby@condenast.co.za*

... People who talk in the cinema. I'm that person going, "Shhhhhhhhh!"

#### Special Projects and Events

Manager Sarah Tuft

*sarahl@condenast.co.za*

... Slow drivers in the fast lane.

#### Online Content Producer

and Social Media Executive

Danica van der Veen

*dani@condenast.co.za*

... Uber drivers who don't know where they're going. The app needs a big red button that shouts "No!", so I can press it when they take a wrong turn.

#### Features Writer and Editorial

Coordinator Nandi Ndlovu

*nandi@condenast.co.za*

... People who chew with open mouths – it's annoying and disgusting.

#### Editorial Manager Megan Playton

*megan@condenast.co.za*

... I'm OCD so it's safe to say that everything is my pet peeve.

#### Editorial Executive

Eva-Maria Shuman (JHB)

*eva@condenast.co.za*

... People who chew gum while leaving a voice message.

#### Syndication Executive

Lesley Mathys

*lesley@condenast.co.za*

... Catcalling! It makes me feel super uncomfortable and extremely annoyed.

#### Designer Zulpha Meyers

*zulpha@condenast.co.za*

... People who don't cover their mouths when they sneeze or yawn.

#### Promotions Assistant

Lauren Williams

*promotions@condenast.co.za*

... People who make me run late because they're running late. Time is too precious to be wasted!

#### Junior Copy Editor Tumi Moletsane

*tumi@condenast.co.za*

... People who enjoy using their power to bully others.

#### Beauty Assistant Yolisa Mjamba

*yolisa@condenast.co.za*

... Waiting for a long time, whether it's in queues, for someone to arrive or for something to happen. The worst!

#### Fashion Assistant Tania Durand

*tania@condenast.co.za*

... People who are constantly moody, miserable and complaining. Lighten up!

#### GLAMOUR work experience

Tina Tshangela

... Slow walkers! If others could feel my sense of urgency, life would be 1 000 times easier.

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# TALLY WEIJL

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# Glamourama

News, views and DOs and DON'Ts

## March's style DO

*It's all about*  
**Tropical ruffles**

A tropical-print mix is dramatic and fresh, and we love this designer inspo on model Herieth Paul. The key to the look: a fitted top (this one is by Chanel) balances out a ruffled skirt (here, by Off-White), while the belt adds definition. Add a statement clutch and you're set for cocktail hour and beyond.

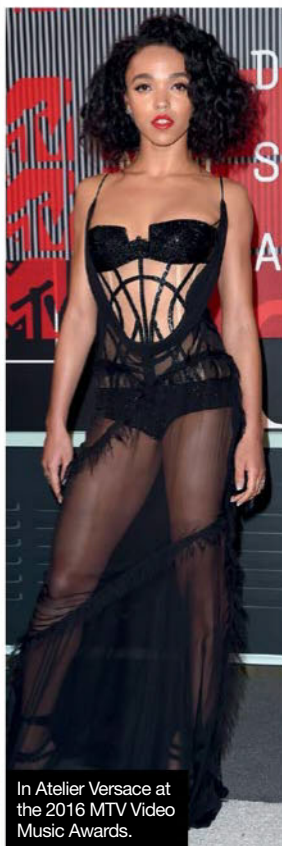
Photography: Billy Kidd



In Atelier Versace at the 2016 Met Gala.

## DO embrace the unusual

Not a fan of the subtle black dress? How about these outstanding stand-out looks from the unique FKA Twigs?



In Atelier Versace at the 2016 MTV Video Music Awards.



In Christopher Kane at the 2015 British Fashion Awards.



In Jean Paul Gaultier at Matthew Stone's 'Healing with Wounds' art exhibit.



In Christopher Kane at the 2015 Met Gala.

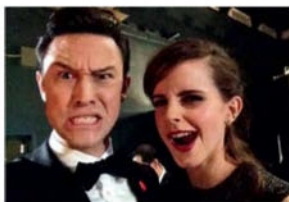
## DO go behind the scenes at Hollywood's biggest night

Love the glitz, tears and triumphs of the Oscars? Here, some of our favourite moments.



### The groupie

Ellen masterminding the star-studded selfie that went viral.



### The funny face

Joseph Gordon-Levitt clowning around with Emma Watson.



### The photo bomb

Jennifer Aniston and Justin Theroux crashing JLo's selfie.



### The irresistible smile

Reese Witherspoon bringing joy to the red carpet.





## Oh, we **DO** love Jamie Dornan

The *Fifty Shades Darker* star and Calvin Klein ambassador is melting hearts this month – and every other month of the year!

Things we didn't know about Jamie Dornan: he dated actress Keira Knightley, was in a band and he's a university dropout. The 35-year-old hunk grew up in Belfast, Northern Ireland, and moved to London in his 20s, after attending Teesside University, to train as an

actor – lucky us! And in 2006, he got his big break in Sofia Coppola's *Marie Antoinette* and went on to star in BBC's *The Fall*.

You can enjoy plenty more of him as the sexy Christian Grey in *Fifty Shades Darker*, in cinemas from 10 February.

## Hair switch-ups are a major **DO**

Make like chameleon Zendaya and transform your hairstyle.



### **Chic mullet**

Layered cuts make a statement.



### **Sleek bowl**

Curl the ends to keep it polished.



### **Wavy layers**

Textured curls soften the face.



### **Classic bob**

Get sophisticated with a blunt cut.

## Anatomy of a DO!

Embroidery and ankle boots enliven Olivia Palermo's sensual slip dress.

1

We love how this Peter Pilotto design shows just the right amount of skin. The exposed shoulders and thighs look sensual rather than OTT, thanks to the elegant length.

2

Sporty booties and dark nails add a contemporary edge to the delicate embroidery.

3

Blue is a twist on the sexy smokey eye, and bronzer keeps things glowing.

4

Chandelier earrings and a gem-encrusted box clutch reinforce the exotic vibe.



### DOs and DON'Ts of embroidery



Kate Mara

**DO** complement a quirky dress with quirky shoes.



Naomie Harris

**DO** go dramatic with zesty hues and feminine frills.



Beatrice Vio

**DON'T** channel the crazy Queen of Hearts.



## DON'T you just love actress Jessica Nkosi?

Actress, Clinique social ambassador and *Tropika Island of Treasure* contestant.

This year is looking great for Richards Bay-born Jessica Nkosi. The striking actress and presenter will be kicking it all off this month as a contestant on the star-studded *Tropika Island of Treasure: Seychelles*. "I feel like I'm part of *Survivor*! I'm not sure what to expect, but I know it won't be easy," she says with a smile.

The host of local favourite *Our Perfect Wedding* is also a social ambassador for Clinique, a role that she describes as "humbling, absolutely amazing and an honour".

Then again, Jessica has always set the bar high. After

completing a BA in Drama and Performing Arts at the University of KwaZulu-Natal in 2013, she landed her first big acting gig on the hugely popular soapie *Isibaya* and then *Ayeye*.

"The thing I love about acting is the storytelling aspect and the way that it allows me to step out of myself and to be someone else," she says. "Acting has the ability to change perceptions and lives."

And when she's not in front of the camera, you can find her curled up in a corner with a book or eating out. "I love finding new and interesting restaurants to try," she says.



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# FashionFlash



## Make a statement

Look-at-me chokers, bold T-shirts and vampy hues – we've got what you need to stand out.

"Be eccentric now. Don't wait for old age to wear purple." – Regina Brett

# It-girl inspiration

Take your fashion cues from four of our favourite models of the moment.



Winnie Harlow



**Tomato watch**  
Truworths  
R550



**Ribbed sweater**  
H&M R249



**Aviator sunglasses** Mango R399



**Flared skirt**  
Zara R529



**Pointed hoops** Black Betty R1 240



**Platform heels**  
Call It Spring at Superbalist.com R699



**Bomber jacket**  
Mr Price R100



**Drawstring trousers**  
Mr Price R60



**Retro sunglasses** Mango R399



**Beaded T-shirt**  
Mango R299



**Classic carryall**  
Dolce Vita at Superbalist.com R299



**Hi-top sneakers**  
Converse R1 000

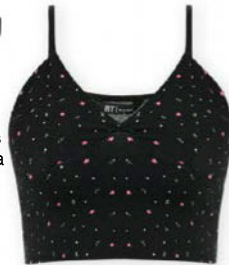
Bella Hadid







**Giaguaro sunglasses**  
Retrosuperfuture.co.za  
R2 749



**Floral crop top**  
Mr Price  
R40



**Drop earrings**  
Zara  
R219



**Denim mini**  
Foschini  
R749



**Faux leather jacket**  
Mr Price R330



**Chain bag**  
Mango  
R499



**Patent ankle boot**  
Mango  
R1 499

Kendall Jenner



**Patent loafers** Dolce Vita at Spree.co.za R299



**Roll-up sleeve blazer** Zara  
R1 299

GLAMOUR gold INVESTMENT



**Sleeveless top** Mr price R46

**Leather-strapped watch** Buren at Zando.co.za R1 395

**Coloured skinny jeans**  
Mr Price  
R199



**Handheld bag**  
Accessorize  
R599

Maria Borges



# SA designers talk



Elle Fanning



Björk



Keira Knightley



Madonna



## Suzaan Heyns

**My starting point** This dress, with its dramatic harness and flowing chiffon, is inspired by female sensuality and strength.

**Who I'd like to wear it** Elle Fanning is a creative free spirit and part of the New Hollywood royalty. She makes brave and varied choices and combines Indie charm and innocence with a bit of a dark side.

**My all-time favourite Oscar dress** Marjan Pejoski's astounding swan design for Björk is widely regarded as the most controversial red-carpet dress ever. And in classic Björk style, it was worn with a wry smile and lots of pride.



## Warrick Gautier

**My starting point** The idea of all things regal, from architecture, interior design and art to great jewels, inspired this tribute to amazing star power.

**Who I'd like to wear it** Keira Knightley is my choice! She's a strong woman with pure internal beauty and her style is eternal with an edge.

**My all-time favourite Oscar dress** It has to be Madonna at the 1991 Oscars. I loved her homage to Marilyn Monroe – a sparkly number in ivory, complete with a fur shawl. And the best accessory? Michael Jackson on her arm!



# winning style

Four top talents share the gowns they'd love to see on their favourite stars at this year's Oscars.



Zoe Saldana



Gwyneth Paltrow



Charlize Theron



Lupita Nyong'o



## Yadi Lemos Magwentshu

**My starting point** This dress was inspired by the movie *Black Swan* and its called 'Midnight Reveal'. The design

incorporates innocence, fragility, darkness and sensuality.

**Who I'd like to wear it** Zoe Saldana always attracts attention on the red carpet and she would bring great sophistication to this design.

**My all-time favourite Oscar dress** I love Barbies as well as pink, so I choose Gwyneth Paltrow in Ralph Lauren at the 1999 awards. She looked like an Old Hollywood prom queen, the personification of elegance and natural beauty.



## Jacques LaGrange

**My starting point** Femininity, flowers and fragrance inspired this curve-hugging lace gown, which would sparkle with millions of hand-sewn beads and sequins.

**Who I'd like to wear it** I envision Charlize Theron wearing this. She's modern, elegant, strong and independent.

**My all-time favourite Oscar dress** I can't choose just one, so I nominate Gwyneth Paltrow in a white Tom Ford dress with matching cape in 2012, Hilary Swank wearing a backless blue Guy Laroche design in 2005 and Lupita Nyong'o in a pleated Grecian Prada gown in 2014. 6



Faux snake skin bag Missibaba R4 700

Front latch bag Kat van Duijnen R27 372

Tassled bag  
Forever New  
R599

Multi-flap bag Accessorize R799

# Bag lady

Practical and pretty, a cross-body bag is a solid investment.

Suede bag Mango R749

GLAMOUR **gold**  
GREAT PRICE!

GLAMOUR **gold**  
MUST-HAVE

Two-tone bag Zara R559

Buckled bag Accessorize R899

Multi-  
tone bag  
Woolworths  
R300



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**Circle-drop  
choker**  
Woolworths  
R150

ELIE SAAB

**Crystal tube  
choker**  
Colette  
by Colette  
Hayman  
R220

**Metal-ring  
choker**  
c(1/2)inch at  
Spree.co.za  
R99

**Hinged  
choker**  
Calvin Klein  
R2 170

GLAMOUR  
**gold**  
CLASSIC

**Chain  
choker**  
Mimco at  
Woolworths  
R1 199

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with a grunge-cool choker.

**Gold choker**  
Jewels and  
Lace at  
Zando.co.za  
R119

**Feather  
choker**  
Mango  
R399

**Embellished  
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Republic at  
Spree.co.za  
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Fashion assistant: Tania Durand; Photography: Andrea Adriani/IMAXtree.com



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# Man of the hour

Meet Brandon Maxwell, award-winning designer, Lady Gaga's first fashion choice (and BFF), and all-round rising star.



It's the day of the 2016 CFDA Awards, aka the fashion Oscars, and Brandon Maxwell, 31, is nominated for the Swarovski Award for Womenswear and – spoiler alert! – will go on to win, and his nerves are kicking in. “I’ve been sick about it,” he says as he sits on the terrace of the hotel room where he and his date, Naomi Campbell, are prepping for the event. “I’ll probably go home for a cheeseburger afterwards. I’m not a partier.” But don’t let the butterflies fool you. Brandon is one of the most in-demand people in fashion right now. He’s Lady Gaga’s fashion director and BFF. And he juggles styling gigs with running his own label, one which has landed on Iman and Karlie Kloss, among others, in only two seasons. And the clothes? They aren’t for wallflowers; more like femme fatales. We sat down with him to talk fashion, revenge dressing (it’s a thing) and why the woman always comes first.

**GLAMOUR** You launched your label two years ago and now you’re nominated for one of the top awards in fashion. Does it feel like a whirlwind?

**Brandon Maxwell** My life was in a very different place two years ago, personally and professionally. I can’t believe I’m here right now. I’m wearing a tuxedo, which I’ve only done once before. I don’t usually wear things without stretch.

**Your designs are the opposite of your personal style, and so much fashion has a sporty feel now, but what you’re doing has a more ‘dressed’ attitude.**

My job is to make women feel beautiful – no one cares what I look like. Speaking honestly, I think that sometimes that confident, sexy look comes from my not feeling that way. I’m designing for the woman I would want to be.

**Many designers only care about the ingenue, yet you dress women of all ages.**

The first thing I said when we started was that I wanted to be able to dress the daughter all the way to the grandmother. There are things that are higher around the neck because my mom’s sensitive about her neck. Also, I didn’t grow up in

an all-white neighbourhood.

I don’t want to be a brand that’s like, “You’re not at our table.” You are.

**That’s an empowering message.**

It’s a woman-centred brand. All the women in my life see the collection every day. There’s a group message with my girlfriends, and I ask them, “Would you wear it?” Your childhood friends aren’t afraid to say, “No, that’s hideous.” Sometimes when you’re working until 2am you think you have an amazing idea, and you come back at 8am and you’re like, “That’s the worst idea I’ve had in my life.” So it’s important to share.

**How would you describe your design approach?**

I make simple things that are tailored. It’s the perfect black trousers or the perfect blazer. We do only six or seven gowns, and they’re usually black. I don’t do a lot of pageantry. I never want my clothes to outshine the woman.

**What’s been a career highlight?**

They’re all highlights. The first one was Lady Gaga at the 2015 Emmys. She always makes me feel like it’s the

only and best option, even when she has hundreds of options. And obviously Lady Gaga at the 2016 Oscars was a dream come true. So much of what I have is because of her.

**Which women inspire you?**

My friends. Jackie O. Princess Diana. When I get stuck, I’m like, “Would Diana wear this?” I’ve always been inspired by women who hold their heads up high. Nobody thinks, ‘Poor Jackie O’. She was cheated on and everything was awful for her. But she didn’t cry in public. She put on a major outfit, walked out the door, and she was strong.

**And the clothes helped her achieve that.**

One thousand percent, and that strength and grace are what I’m attracted to. We all have days when we just can’t get out of bed, but we have to, and I think about that when I’m designing. I’m like, “What dress is she going to put on that [the man who wronged her] sees it in a picture and realises what a mistake he made?” There is nothing better than that. Everybody wants that moment. **G**

**Front and centre** Brandon Maxwell is the A-listers’ go-to-guy.



Karlie Kloss at the 2016 Met Gala.



Iman at US GLAMOUR's 2015 Women of the Year Awards.



Lady Gaga at the 2016 Oscars.



# 4 Things you need to know about handbags

by Kat van Duinen



The luxury and exotic leather goods designer shares how to choose – and take care of – the perfect bag.

## 1 Buy these basics

I love big bags for daytime. Choose a large black leather tote that can hold everything from phones and tablets to makeup. Also, carry a medium-sized clutch inside your tote that you can simply take out when going for lunch or a quick meeting.

Miniature box clutches are trendy and great for evenings. Try a minimalist style with a simple and structured shape in shades of white, black or brown.

## 2 Go exotic

Reptile (like snake and crocodile), ostrich and stingray are exotic leathers that can last up to 10 years or more if taken care of correctly.

Luxurious, supple and resilient, each skin is different, much like a human fingerprint, and it can take up to a few days to produce a single bag by hand. Ostrich is my favourite exotic leather to work with. It's the strongest and has the most distinctive pattern. I always make sure that the skins I use are sourced from the farms of certified suppliers.

## 3 Protect it

Take care of your bag as if it were your child. Don't just throw it on the ground, place it on a seat in your car or use a table hook when out at a restaurant.

Be careful when drinking tea, coffee and red wine, as these stain badly.

Clean the outside of and the inner lining with a damp cloth. If the lining is suede, use the suede cleaner that you use on your shoes. And store in a dust-proof bag to avoid marks and scuffs.

## 4 Invest and save

Compared to fast fashion buys that won't last over time, an investment buy on a luxury handbag will save you money in the long run. "You can't afford cheap products if you don't have much to spend," as my grandfather always said. So you'll end up spending more money fixing items that are easily damaged than if you bought two to three quality products that last several years.

Also, look to vintage shops. 'Pre-owned' doesn't mean less amazing.

## Handbag DOs and DON'Ts

**DON'T** buy synthetics. They are low quality, mass-produced and bad for the environment.

**DON'T** buy fakes. Counterfeit items are harmful to the fashion industry and the designers who have spent time, money and labour in producing quality products.

**DO** buy local. It's important to support our industry at home.

**DON'T** use harsh chemical products to clean your bags.

They can cause discolouration and wear away the material.

**i** For more info, visit [katvanduinen.com](http://katvanduinen.com), email [info@katvanduinen.com](mailto:info@katvanduinen.com) or call 021 447 6582.



# Purple reign

These royal hues are sure to command an audience.



ETIENNE AIGNER

Fashion assistant: Tania Durand; Photography: Andrea Adriani/IMAXtree.com

**Bodysuit**  
Truworths  
R525



GLAMOUR **gold**  
SULTRY



**Drop earrings**  
Colette by Colette Hayman  
R250



**Lace-up flats**  
Woolworths  
R250



**Midi dress**  
G Couture at Zando.co.za  
R1 099



**Round-frame sunglasses**  
Tom Ford  
R4 186



**Envelope clutch**  
Zara  
R299

**Ankle-strap heels**  
Footwork at Superbalist.com  
R299



**Amethyst ring**  
Colette by Colette Hayman  
R115



**Strappy top**  
H&M  
R529



GLAMOUR **gold**  
FIGURE-FLATTERING

**Lace skirt**  
Foschini  
R499



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**S**atin, matte or sheer, bold or subtle, a great lipstick can make you look and feel fabulous. And making you look and feel fabulous is exactly what GLAMOUR is all about.

So how about this month's offer for a way to combine style, beauty and savings? We're talking about having the unique GLAMOUR mix of fashion, beauty, wins, drop-everything reads and

all-round inspiration delivered straight to your door at the brilliant price of just R238 when you subscribe or renew. Plus, stand the chance of receiving a MUD lipstick hamper worth a whopping R2 010 to sweeten the deal (and your makeup bag).

Rich in moisturising emollients, MUD lipsticks go on smoothly, pamper your pout and make a lasting impression. And with their flat-based lip brush,

a precise application is guaranteed. Express your mood and match your outfit gorgeously, thanks to a choice of luscious sheer or luxurious satin finishes in four flattering colours: hot pink, purple-magenta, berry-red and soft pink.

Ready to kiss up to becoming even more GLAMOURous? This is your chance! Subscribe, renew and slay with the easy info below!

Stills photography: Andre Wepener/Pixel Lounge. \*\*Products received may vary from those pictured.

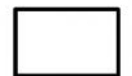
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\*Offer closes 31 March 2017. SMSes cost R1.50 each. Quote: 40% off offer 31 March 2017. See 'The get it guide' page for terms and conditions.



# BeautyFlash



## Pop of purple

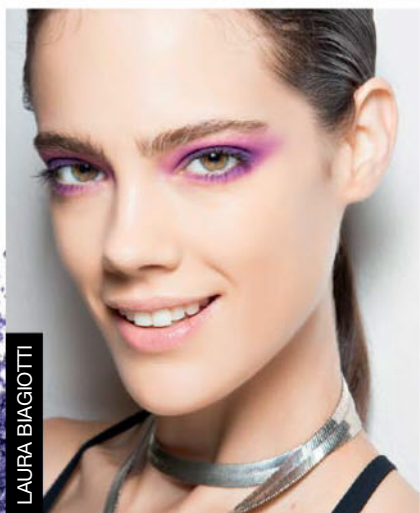
Try the colour of the season. Plus, award-winning looks and the best beauty buys.

Photography: Andrew Stinson

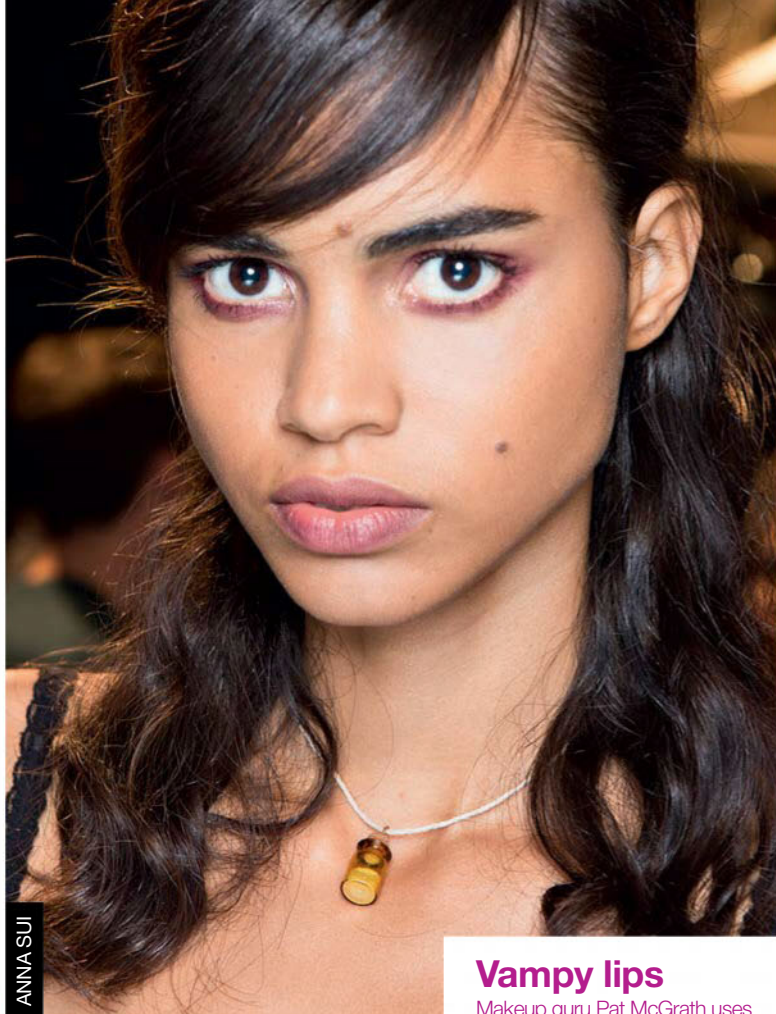
"I'm having a magenta day. Not just red, but magenta!" – Stephen King

# Power purples

Royal, romantic and right on trend.



LAURA BIAGIOTTI



ANNA SUI

## Vampy lips

Makeup guru Pat McGrath uses two colours to create rich lips. Try it!

- 1 "I always begin by prepping the lips for smoothness," says Pat. She buffs them with a warm washcloth (a baby toothbrush also works) and taps on a balm.
- 2 Pat blends dark purple and cherry red lipsticks, applies the mix with a brush, blots with tissue, and keeps brushing and blotting to make the hue intense.
- 3 "A dark lip needs fresh skin, or it can be ageing," says Pat. Dot on concealer to take down any redness, but skip powder and heavy foundation.

## Your lip tool kit

- 3 Smashbox Studio Skin 24 Hour Concealer R350
- 5 Lancôme L'Absolu Rouge lipstick in 150 Rouge Odyssée R399
- 6 Urban Decay Vice Lipstick in Twitch R230
- 7 Elizabeth Arden Eight Hour Cream Lip Protectant Stick SPF15 R215
- 8 Clinique Lip Brush R245

## Vibrant lids

For the feline eye shadow shown on the previous page.

- 1 Soft edges are sophisticated, so use powder shadow, not liner. Dip a flat square brush in the powder and press the tip into the base of your upper lashes. At the outer corner, hold the brush at a 45-degree angle to create the triangle.
- 2 Trace over the upper lash line with a purple pencil.
- 3 For definition, dip a concealer brush in foundation and apply to the bottom edge.

## Your eye tool kit

- 1 LOV Best Dressed 12H Long-Wear Eye Pencil R149.95
- 2 YSL Touche Éclat Radiant Touch R600
- 4 Bobbi Brown Touch Up Brush R385
- 9 Rimmel Magnif'eyes Eye Contouring Palette in Grunge Glamour R159.95





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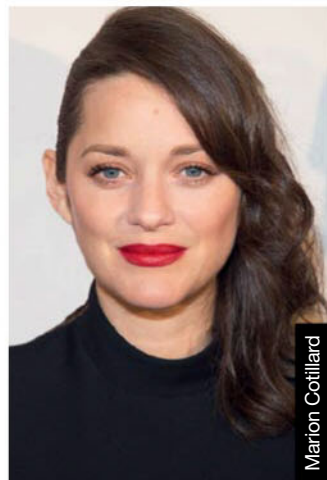
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# 4 Steps to A-list waves

Get the secrets of bendy texture from the celeb stylist who gets it perfectly right.

**C**all it 'sexture' or messy, just-rolled-around hair. It's soft, shiny, nuanced – and more often than not, it's the work of celebrity hairstylist Adir Abergel, who has used his trademark wave technique to create Rosario Dawson's perfectly undone strands, Marion Cotillard's piecey bob and dozens of other 'dos. See the variety on his Instagram at @hairbyadir. His rule: "Have a blown-out parting and more textured areas" rather than uniform waves all over. Here, how to get a look that's "beautiful, but not overdone".



## Step 1

### Start clean

Start with freshly washed hair. "You can't get fullness and volume if you have oily roots," says Adir. To avoid heaviness, only use conditioner from mid-length to ends. TRY **TRESemmé Beauty-Full Volume Pre-Wash Conditioner** (R85.99).



## Step 2

### Build volume

Mist damp roots with volume spray. Apply a drop of lightweight oil on ends. Rough-dry, then blowdry with a round brush on top only. For flat hair, apply mousse after drying, like **Moroccanoil Beach Wave Mousse** (R385).



## Step 3

### Add curls

With an iron, like **ghd Curve Classic Curl Tong** (R2 299), make waves 5cm from the roots. Alternate between S-clamps (small sections rotated into S-shapes, then clamped) and wave clamps (sections twisted around the barrel leaving the ends out).



## Step 4

### Now scrunch

Use a light hairspray for gentle hold. Add a drop of finishing cream to the ends for piecey separation. TRY **Schwarzkopf Osis+ Mess Up Matte Paste** (R229). "Scrunch it through the bottom," Adir says. "It breaks everything up."







# Shower your skin with love!

We've got the secret to happy summer skin, here.

**T**here's good reason for calling summer the happy season: it's the time of the year when exposure to sunshine releases serotonin, the feel-good hormone that makes you feel energetic optimistic and social.

Unfortunately, that same sunshine also strips skin of moisture, leaving it dull and dehydrated. And all complexions (yes, even oily ones) are prone to ageing and dehydration when they lack water.

This is exactly where the new Neutrogena® Hydro Boost comes into the picture. A brilliant range that's a pleasure to use, Neutrogena® Hydro Boost harnesses the skin's natural transport system to actively replenish, restore and rehydrate just where it's needed. The Hyaluronic Gel Matrix, a key feature in the formulations,

creates a reservoir of hydration that is released continuously throughout the day. Hyaluronic acid acts like a sponge, absorbing up to 1 000 times its weight in water. And the final touch? A potent cocktail of glycerin and an olive derivative that forms a protective layer, ensuring that all of this hydration stays precisely where it should be, instead of evaporating.

Suitable for all skin types, the Neutrogena® Hydro Boost range includes: Water Gel Cleanser, Micellar Water, Facial Wipes and two moisturisers – Hydro Boost Water Gel and Hydro Boost Gel-Cream. An easy and effective beauty revamp at your fingertips!

Want to show your complexion some love? Start with the range that will make it summer-happy all year round!

For more information, visit [neutrogena.co.za](http://neutrogena.co.za)

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# Award-winning beauty

It's red-carpet season and we think these hair and makeup looks deserve top prize!



Rita Ora

## Bold colours

This look is guaranteed to help you stand out from the crowd. And, as these beauties prove, almost any shade works. How bright would you dare to go?



Tamara Dey



Beyoncé



Naomie Harris

## Feminine waves

Parted to the side or down the middle, structured or textured, these celebs show that a sparkly frock always looks great with long, pretty curls.



Sofia Vergara



## Classic updos

The ballerina bun will never go out of style. How you wear it is up to you. Get inventive like these celebrities have: go high with plaits, doubled up with loose tendrils or sexily dotted with sparkle.



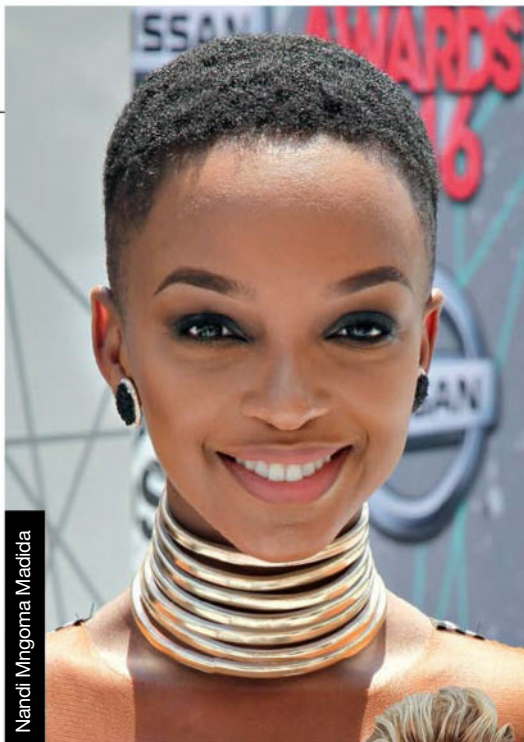
Lily Collins



Queen Latifah



Janelle Monáe



Nandi Mngoma Madida

## Strikingly short

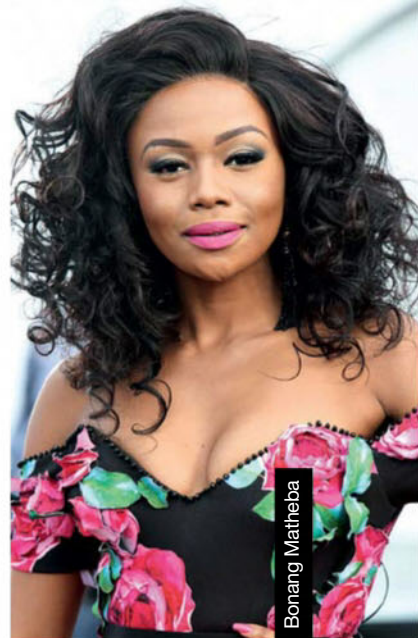
Nothing grabs attention like a close crop. It's the best way to show off your features and complement a feminine gown. Just look at these sensational performers for lock inspiration.



Zendaya

Jennifer Lawrence

## Beauty flash / Hair



Bonang Matheba



Kerry Washington

## Big curls

Nothing says diva like this voluminous style. Think Diana Ross and tease out your curls, spray them for hold and rock the look with confidence the way our beauty icons have. **G**

## A-list hair toolkit



**FOR SHINE**  
Nak  
Aromas  
Aroma  
Oil Spray  
R320



**FOR VOLUME**  
MoroccanOil  
Volumizing  
Mousse  
R360



**FOR COLOUR**  
L'Oréal  
Elvive  
Colour  
Protect  
Caring  
Shampoo  
R49.95



**FOR CURLS**  
Frika  
Braid  
Maxi  
Dread  
R30



**FOR STRENGTH**  
Schwarzkopf  
Gliss Serum  
Deep-Repair  
R66.99

# Ready for double masking?

In just 10 minutes, this new beauty trend gives skin exactly the boost it needs.

First there was double cleansing (to remove makeup and cleanse skin). Now, it's all about double masking. "It's taking a multidimensional approach to safely tackle more than one problem at a time," explains dermatologist Dr Dennis Gross. The idea is to use two masks, either straight after each other to feed your skin, or at the same time on different zones to tackle targeted issues – yes, you can be oily and dehydrated at the same time!



## TIP!

Certain ingredients just don't mix – like vitamin C and retinol, or salicylic and glycolic acids. Too many acids can irritate your skin.

### Banish dullness

Slough off dead skin with a light exfoliator, then use an oil-enriched moisturiser to max up your glow.

**TRY** [1] Placecol Clearing Scrub Mask R285 and [2] Clarins HydraQuench Cream-Mask R485



### Fight acne

Go for spot-busting sulphur. Follow with a hydrator for dryness, says Dr Gross.

**TRY** [3] L'Oréal Paris Pure Clay Detox Mask R149.95 and [4] Elizabeth Arden Ceramide Overnight Firming Mask R215



### Dispel dark spots

Lactic acid works to even out skin tone. Reach for a soothing mask with green tea extract to help reduce redness.

**TRY** [5] Environ B-Active Sebumasque R189 and [6] Bioderma Sensibio Mask R239.95







**G R E A T E R**  
**E V E R Y**  
**R U N**

ULTRABOOST X



# Get back to basics

Celebrity makeup artist Jillian Dempsey answers your questions to help you achieve flawlessness.



"You'd be surprised how many people think being a makeup artist means graphic eyes and ombré lips," says Jillian, who's worked on Kristen Stewart and Jennifer Lawrence. "But more often than not, my job entails making the skin look flawless in every way.

Nobody (I mean it) has perfect skin. That's why it's key to know how to fake it – whether you're on set or on your way to work."

## 1 Hide pimples

Look for a solid yellow-based concealer (yellow tones down redness), like [1] **LOV Confidential Camouflage Concealer Palette** (R267).

**Pro tip** Go a half shade darker than your skin tone – anything paler highlights the pimple. Now treat the spot like it's a tiny surgery: carefully draw concealer around the edge with a clean brush, blend toward the centre and don't kill the patient! Then dip a cotton swab in finishing powder and press it gently on top. [2] **L'Oréal Paris Infallible Pro-Matte Powder** (R199.95) keeps everything in place.



## 2 Keep your foundation from looking too heavy

If your foundation has a way of saying, 'Hi, look at me!' you're probably not buffing it in thoroughly enough. It's really simple: I prep the face with hyaluronic acid to smooth the surface. TRY [3] **Nivea Cellular Anti-Age Day Cream SPF15** (R219.99). Then I pat on a thin layer of lightweight foundation and use a foundation brush buffer, moving in small circles across the forehead, T-zone and cheeks. Also, please remember your neck, and blend the formula well under your jaw. You can also dust bronzer onto your neck to warm it up. We like [4] **Elizabeth Arden Prevage Anti-Aging Foundation SPF30** (R650).



## 3 Diminish your under eye bags (when they're looking more like weekend totes)

There's no magic wand for bags, but there are ice packs. And concealer. And patience. Wrap an ice cube in cloth, hold it under each eye for five minutes, then gently tap on the bags to break up the puffiness. Caking on concealer just draws attention to it. Rather dab a brightening concealer, like [5] **Clarins Instant Light Brush-On Perfector** (R340) into the crease below the bag to make the area look flatter. If the bags still show, blend matte taupe shadow over your lids and under the lower lashes.





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On the get-gorgeous agenda: Mark 18hr Eyeshadow Inks and Intense Longwear Kohl Eyeliner to keep eyes looking bold all day; volumising Spectralash Mascara for volumised lashes that won't dare to clump or smudge; luxurious 3D

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# YouYouYou

News, views and DOs and DON'Ts

## Hey, it's OK...

... If you've been on five dates and still don't have his number saved.

He has to earn that place in your contacts!

... If you don't see the appeal of morning sex. (When exactly are you supposed to brush your teeth?)

... To roll your eyes at anyone who says hashtag out loud in conversation. Hashtag-annoying!

... To feel proud of your 'resting bitch face'. Who said that you have to smile all the time?

... To watch *Mean Girls* for the tenth time instead of the indie film everyone swears will win 12 Oscars. Movies aren't homework.

... If you still prefer thongs to the newly trendy granny panties. It's not like pantyliners suddenly got solved.

... To unfollow the frenemy who posts daily photos of her new boyfriend. Don't invite the crazy in!

**Ummm,  
not OK...**

... If you're only wearing a thong because your boyfriend prefers it. Let him buy one if he likes it so much!

Text: Staff, Jennifer Doll; Photography: Nadia von Scotti at One League Creative Management



TWEET US YOUR OWN HEY, IT'S OK...  
MOMENTS AT @GLAMOUR\_sa.

Love

# In defence of 'thirst'

We often dismiss guys who try too hard, but comedian and writer Josh Gondelman thinks we're being harsh. Here's why.

I have a confession to make: I'm what might be called 'thirsty'. I'm extra. I do too much. And that goes double in romantic situations: I'm as ill-equipped to 'play it cool' as I am to play NBA-level basketball. In case you've missed this bit of lingo, thirst, as it's understood in the modern era, is an outspoken desire bordering on neediness; the guy who

tries too hard to win your attention or affection. It's often sexual and always used in a pejorative sense, as in "He's so thirsty" or "Who's that thirsty rando?" (Rando, of course, being short for random loser/creep/fill in your own insult). But the fact that a guy is thirsty is no reason to mock him.

Hear me out. Making a romantic overture to someone often seems

awkward and sometimes even a little desperate. That's because it is. But it's also a gesture that takes both vulnerability and assertiveness, and those are good qualities, even when they result in rejection.

No great love story has ever begun without a spark of thirst. Romance doesn't just happen on its own. Here's a conversation you've never had: "Gran, how did you and grandpa meet?" "Well, we saw each other from across the room at a high school dance, and then we both kind of played it cool. Now, 50 years later, here we are."

any such behaviour). I didn't send a picture of my junk or even a (slightly) more subtle eggplant emoji. I slid into her DMs to thank her for liking a joke I made (what can I say – I was flattered).

A DM is an intimate gesture; a tweet sent publicly is a shout. A DM is a note passed in secret, implying, "For your eyes only." It's not necessarily a gross move, but it's a thirsty one for sure. And I didn't have to reach out that way; I wanted to. Naturally, if I hadn't had a reply, I would have pulled back. I'm thirsty, not criminal. I spent years honing my thirst by doing things like taking a hint.

Soon after our brief exchange, I met her in person at a party she was throwing (I was invited! I promise I'm not a creep). I asked for her phone number (thirsty!), SMSed her the next day (extra thirsty!) and

**"No great love story has ever begun without a spark of thirst."**

Every successful relationship has at least a molecule of thirst – not lust or affection, but something even stronger. That which screams:

"I had such a nice time at dinner! Would you like to come up to my apartment? Like, now?" Lots of fun and exciting things can happen thirst-free. You can go on a rollercoaster, cook a five-course meal, you can even have OK sex. But you can't have great sex.

I have benefited hugely from thirst. I met my fiancée in the thirstiest way possible: a direct message on Twitter. It wasn't inappropriate (there absolutely shouldn't be catcalling, harassment or

figured out a time we could see each other again (*Fast and Thirstiest*, starring Vin Diesel!). Now we're planning a wedding.

Not every story has such a happy ending. Thirst can go wrong. Unchecked it's smothering. Unreciprocated it's stalking. But thirst, in its purest form, isn't about entitlement or desperation. It's about knowing what you want. So try it. Go out and be like the people you don't want to date.

We should all be willing to put our feelings on the line, then maturely handle the consequences. You could get rejected. Or it might be something great.







## Mind

# Out of bounds

Setting boundaries isn't selfish, it's healthy – and it's essential to enjoying happy times with loved ones. The key is knowing how to say no with grace.

### 1 Be kind and decline

Family gatherings are a great time for traditions. But maybe you're not up for hosting your annual reunion or bringing your signature pie to dinner this year. The best way to break the news is to convey your willingness to pitch in another way, says psychologist Dr Shawn Burn. Try, "I know I've always done X, but I hope you'll understand it's too much for me. Can I do Y instead?"

### 2 Change the subject

"For the sake of harmony, save any heavy discussions for another time," says psychologist Dr Christine Carter. So if someone brings up a contentious topic, acknowledge their feelings, then quickly move on. Say, "Thanks for the concern. Anyway, what are your New Year's plans?" for example. "Changing the subject makes it easy for people to respect your boundaries," says Dr Carter.

### 3 Own your decisions

"Remember that you don't *have* to have dinner with a relative you don't get along with. You *choose* to," says Dr Carter. Reframing your decision that way reminds you that you're in control – and can help you figure out which compromises are right for you. Think, 'I *choose* to go because I want to see other family'. And if you truly can't come up with a reason, it might be time to nix the activity.

## Life

# Our life coach is right here!

Kirsten Long advises on love, work and more.

**Q** "Is it OK to date my friend's ex? They broke up six months ago."

There is no rule book that tells us how long we must wait before we date a friend's ex, and six months seems to be a reasonable amount of time, but it all depends on how your friend has handled the fall-out of the breakup.

If she's still hurting and hankering after her ex, she's unlikely to take favourably to the news, which may cause her even more hurt.

There's also an issue around social gatherings. How will things pan out if you and your new beau go out in a group and your friend is there? Think about how you'll handle situations like this.

My advice: carefully weigh up the importance of these two relationships. Is a romance with her ex worth the risk of creating a rift in your friendship?

But if your motives for dating him are sincere, discuss your feelings with her, then listen carefully to what she has to say.

This could be a challenging journey, but understanding the consequences and handling the situation sensitively will determine the outcome of both relationships.

## Ask us

Have a question you'd like answered? Email [glamcoach@condenast.co.za](mailto:glamcoach@condenast.co.za).

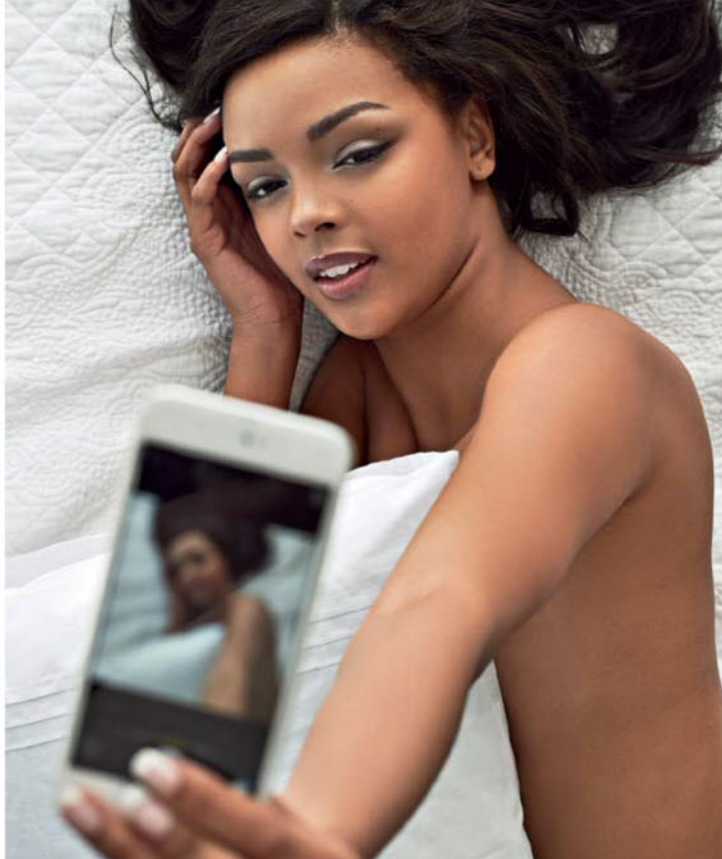
Kirsten Long is a life coach for Coach 4 Life. Follow Kirsten on Twitter via @Coach4LifeKL. For steady, structured, self-paced personal development, join a Coaching Culture Club today. For more info, visit [coachingcultureclubs.com](http://coachingcultureclubs.com).

All about you

## Sex

# “Sometimes when I get incredibly horny...”

... (quite often), I'll take it out on my phone, sending scandalous pictures and sexting with guys I'm only casual with. It's so much fun, and I don't know if I want to stop. But should I worry?" – **Beth, 25**



### You're not alone

"In a survey, one in five single people said they had sent or received photos or sexts. But of all the people who had received them, almost a quarter also said they'd shared them, and with an average of three people! And men were more likely to show them to a friend than women were. That's scary enough, but if someone were to forward your sexts, things could get exponential very quickly. The only way to be sure that nothing will get out there is not to send it." – **Dr Amanda Gesselman, psychologist**

### Know the risks

"Sexting has a lot of risks, just like any other sexual activity, but that doesn't mean you shouldn't do it. As with everything in life, there's no way you can be 100% safe. Still, you could have a conversation with the person you're sexting to make your expectations of privacy explicit. The real solution is to stop slut shaming, because then it wouldn't matter as much if a woman's naked photos ended up on the web, and you could sext with a lot less fear!" – **Amy Adele Hasinoff, writer**

### Trust your instincts

"You may take a few minutes to snap a good photo, but it takes a guy a few seconds to share it with his university roommate Craig, who has changed a lot since university and, unbeknownst to him, started a revenge-porn blog. By then, any say you had over how the content is presented has gone. It's another nude pic out in a digital world that's teeming with them. Everyone sexts – you just have to trust your instincts. If you don't trust the guy, don't press send." – **Benjy Hansen-Bundy, assistant editor at US GQ**

### Go for it

"It's definitely empowering for women to do risqué stuff like that, and a lot of us feel bolder and more free when we are doing and saying things over the phone that we might not in person. Just know that there are ways to have fun without really exposing yourself. You can make a new, anonymous Snapchat account in less than a minute, and avoid showing your face. If you are careful and you do it in a way that conceals your identity, I think you're fine." – **Kristina Roberts, writer**

## Feeling playful?

Try out these fun toys and accessories to get you in the mood.

### Mimi Soft Clitoral Vibrator

(Matildas; R2 294)  
The cushiony feel of this toy makes for even greater pleasure.



### Becca Sequin Nipple Pasties

(Matildas; R175)  
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### Sheer high-cut ruffle teddy (Matildas; R684)

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## Health

# How to power up your diet

Crash diets won't pay off; healthy eating boosts energy, beats bloat and burns fat.

### 1 Toss the fake foods

Clear out the highly processed snacks (like chips and store-bought pastries), packaged diet foods (think frozen dinners and fat-free cookies), soda (including diet versions) and anything that contains high-fructose corn syrup.

**Tone it up tip** Stick to the natural stuff when it comes to sweeteners. Maple syrup, honey, stevia and coconut crystals are the best alternatives.

### 2 Prioritise protein

You should have four to five servings of protein every day. Protein stabilises your blood sugar levels and keeps hunger at bay. Vegetarian? No problem. Eggs, Greek yogurt, quinoa, tofu, tempeh, legumes, chia seeds, hemp seeds, spirulina and almond, coconut and soy milk all pack a protein punch.

**Tone it up tip** Eat a protein-rich snack within 30 minutes of your workout to recover faster.

### 3 Choose your carbs wisely

Opt for nutrient-packed whole grains – like whole oats, quinoa, amaranth, millet, brown rice and barley – and stick to low GI carbs, like sweet potatoes, fruits and non-starchy vegetables. These foods don't spike insulin levels.

**Tone it up tip** Consuming low GI carbs prior to your workout can help burn 55% more fat during exercise than if you consumed high GI carbs, like sugary sports drinks.

### 4 Go for good fats

Unsaturated fats like the kind found in avocados, salmon and olive oil can help keep your mind sharp, your skin youthful, your energy high and your heart healthy. Limit saturated fats by eating red meat once a week and sticking

to low-fat yogurts. And avoid trans fats altogether; they've been linked to heart disease, obesity and depression.

**Tone it up tip** Love cheese? It's OK to indulge once in a while. When possible, choose soft cheeses, which are lower in saturated fat.

### 5 Drink a lot and often

Dehydration can slow your metabolism, so make sure to stay hydrated throughout the day. The minimum amount of water you need daily is 30ml per kg of your body weight. So if you weigh 68kg, you should be taking in at least 2 litres of water.

**Tone it up tip** Rehydrate after a workout with coconut water. It helps replenish lost electrolytes.

### 6 Load up on fibre

Make it a part of every meal. Fibre keeps your blood sugar levels stable and ensures your digestion runs smoothly. And it can lower your risk of heart disease, cancer and other chronic diseases.

**Tone it up tip** Snack on raw fruits and veggies. The gorgeous raw-food glow is real!

### 7 Say sayonara to salt

Too much salt causes your body to retain water (which can lead to a puffy face and bloated belly). Avoid high-sodium foods, like soy sauce, tomato sauce, bottled salad dressings, canned soup, deli meat and frozen dinners.

**Tone it up tip** The recommended daily allowance for sodium is no more than 2 300mg per day, but we also recommend limiting your intake to 1 500mg per day.





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# Life in balance

She's a screen star, a mom, a trailblazer for causes and a producer. Here's how Kerry Washington stays cool, calm and totally in control.

**K**erry Washington wakes up early. This is something I learn when her publicist asks if I'd like to do Pilates with the actress at 6.30am before we sit down for our interview. A quick Google search suggests I'm in trouble: this is, after all, a woman who moved to India and became a yoga instructor after her university studies. But my fear of Pilates-induced humiliation is outweighed by my desire to watch Olivia Pope work out.

Kerry, 40, arrives in sweats, with no makeup and no entourage, looking way more relaxed than the character she plays on television. And even though she is a mother again with a hit show on her hands, her face betrays none of the stress this must all entail. Her skin glows, her smile is bright and her eyes convey warmth, strength and vulnerability all at once.

"Hi, I'm Kerry." She extends her hand. We are on *The Fixer* set in Hollywood, standing in a dressing room that's been converted into a small gym. Her trainer, Julie Turner, arrives and they chat briefly; after five years

and up to six weekly Pilates sessions together they don't need to spend much time discussing a workout.

Although she and the other *The Fixer* actresses have a group ritual of hikes around Los Angeles, Pilates is Kerry's anchor. "With Pilates, I bring my true self. I cry, I laugh. I go, 'Where is my body today? What do I need today? How can I take care of myself and push past my comfort zone?'"

She lies down on the reformer, then she bounces off its jump board, landing on the balls of her feet. Her eyes

**"I have to take care of myself in order to live the way I want to."**

are fixed on the wall in front of her as sweat begins to glisten on her brow. She asks if I'd like to try, and after 10 jumps, my legs shake. I stare at the spot that held her gaze and see a message she's written by Mahatma Gandhi, "Be truthful, gentle and fearless."

The main reason Kerry works out before most of LA wakes up is that she wants to get home to her husband, former pro football player Nnamdi Asomugha, and their children, Isabelle,

two, and Caleb, five months. "I try to get it in early so I can be back with them early," she says. Truth be told, she'd prefer to cuddle with her loves and their Shih Tzu-Yorkie mix, Josie. "But I have to take care of myself in order to live the way I want to," she says. "Rest days are important, but if I don't work out for, like, three days, I feel worse, not better."

Her commitment to fitness is just one thing she has in common with her husband. I interviewed Nnamdi several years ago, before he'd met Kerry. Then a star cornerback, he was the highest-paid player in the NFL. But he was also a bit of a nerd, having graduated from the University of California, Berkeley, with a degree in corporate finance. I liked him immediately. As a professional athlete, he was finding it hard to meet women who were smart, self-motivated and independent – and it was seriously bummering him out.

We lost touch, but I always wondered if he would end up with an intelligent woman who enjoyed her own success. Then I read that he'd married Kerry, who, in addition to being a gorgeous and superbly talented actress, graduated Phi Beta Kappa from George Washington University. They reportedly met ➡











backstage after he saw her perform in *Race* on Broadway. I laughed and thought, nice work, Nnamdi.

Kerry famously avoids discussing her private life, and I don't know how she will react if I tell her that I interviewed Nnamdi. But we've just worked out together, and we're sitting cross-legged on the floor. It feels like good timing, and when I mention the day I'd spent with her husband, her face lights up. "Oh my God, that's amazing!" she says, laughing and taking a swig of water. "Isn't he just the best?"

It's funny to hear her describe her husband that way, because it's the same way millions of *The Fixer* fans would describe her. Her turn as Olivia Pope, the savvy Washington DC fixer tortured by her on-again, off-again relationship with the president of the US, is a study in confidence and grace under pressure. It's made her a cultural icon (*The Fixer* airs in more than 80 countries), and it has inspired viewers to find their own empowerment by adopting Olivia's can-do attitude. "Olivia has such

**"The only way to get through 18-hour days is to treat your body like a precious machine."**

resilience," she says of the show, which is now in its sixth season.

The series is the brainchild of Shonda Rhimes, the genius behind many of television's most dynamic female characters. And when she cast Kerry as Olivia, she also created the first African-American female lead on a network drama in 40 years.

"People were like, 'Do you feel so much pressure?'" Kerry recalls. "And I kept saying, 'I don't feel that the pressure is on me.' I wasn't like, 'Oh, because there's never been a black lead, I'm suddenly going to try to be good.'"

And she admits that when she first got the part, she had no idea whether the show would last. She'd never done TV before, let alone had to carry an hour-long drama with 22 annual

episodes. And so, she turned for advice to Ellen Pompeo, who stars in another Shonda Rhimes hit, *Grey's Anatomy*.

"Ellen said, 'You have to treat yourself like an athlete.' And luckily, I have an excellent role model at home. 'You have to eat like an athlete, train like an athlete, sleep like an athlete. The only way to get through 18-hour days is if you treat your body like a precious machine.'"

She began to think about her body as an instrument and a way to get into character. "Olivia has to be strong for others, so she tries to keep everything as close to neutral as she can. I try to know what's going on in my body, so that I'm not bringing my stuff into my character."

To transform into Olivia, she says she initiates movement from her head, since Olivia is cerebral. But when she works with Tony Goldwyn, who plays the love interest Fitz, her focus shifts. "In those scenes, my centre moves from my head to my heart," she says. "And sometimes it happens unconsciously, because I'm just in the moment."

Being in the moment can be hard. *The Fixer*'s schedule can mean filming two episodes at once, and Kerry usually gets the script for an episode the day before going into filming it. And her workday might start with a joyous scene and end with one that calls for her to be an emotional wreck.

The long hours also keep her away from home, where she likes to prepare healthy meals. "I don't have strict food rules and I eat some animal protein," she says. "But I try to eat organic and local, and to listen to my body." Although Olivia Pope drinks a balloon glass of red wine every night, Kerry doesn't drink at all when she's filming. "I'm a lightweight and it takes me a couple of days to recover," she admits. "So I prefer to do it on a beach and not when I have a three-page monologue the next day."

Filming *The Fixer* was especially tough once she became pregnant with Isabelle, during season three. How could she find neutral spine in her character's four-inch spiky heels? "My OB was like, 'Uh, enough with the heels!'"

She does not, however, look like a woman who recently gave birth.

"A few weeks ago, my manager asked, 'Do you feel like you're back? I feel like you're back.' She meant it as a total compliment, but we had this great conversation where I was like, 'You know what? I try really hard not to use that language, because it's not about going backward in life.' I think it comes from this culture of anti-ageing, which is so not loving to ourselves."

**"I try to be the mom they need me to be, not the mom I want to be."**

Instead, Kerry has embraced her new body, which she does not want to look like the body she had before. "I've been really focused on not being 'back' to anything, but being the best version of myself right now," she says. "My body is the site of a miracle now. I don't want to be pre-miracle."

When I tell her that is probably the most enlightened thing anyone has ever said to me in an interview, she laughs. "I'm no more evolved than anyone else. I've probably just done the most therapy and read the most self-help books."

I tell her I don't want to ask her how she will balance having a career with being a mom, because men never get that question. She agrees. "I think it's really silly," she says of the double standard. "The way that families work is so much more inclusive and shared now. Men should get that question more."

Instead, I ask what kind of mother she is. "That would be a good question for other people, although nobody would answer you because they'd say, 'Kerry is so private – I'm not answering that question,'" she says. "I try to be a really conscious mom. I try to be the mom they need me to be, not the mom I want to be."

In addition to getting married and becoming a mother during *The Fixer*'s run, Kerry also took on the role of producer when she decamped to ➔

Atlanta to shoot *Confirmation*, an HBO movie about the whistleblower Anita Hill. Although the story navigated the same Washington DC political complex as *The Fixer* does, Kerry was drawn to the challenge of going from playing the ultimate insider to playing a largely powerless outsider.

"Anita is not a part of the system," she says. "Liv kind of runs the system. So I was thinking, how can I stretch myself and do something that feels really different from Olivia?"

On top of all this, she also works with Allstate Foundation Purple Purse, a programme aimed at raising awareness around financial abuse and how a lack of access to resources can trap women in abusive relationships.

"Purple is the colour for domestic violence, and a purse is a symbol of

where a woman keeps her financial well-being," she says. "Financial abuse is this insidious part of domestic violence – like someone ruining your credit so that you can't go," she says. "It's not always as obvious as a black eye or a broken wrist."

While Kerry has always been a high achiever, she says she would have been nervous about undertaking so many commitments before standing in the heels of her iconic character. But she has more in common with Olivia Pope than she initially realised.

"It makes my heart smile to think that maybe part of the reason I'm taking all this on is because of Olivia," she says. "She truly believes that she can handle every situation, and I do feel that has bled into my life. I have more of a sense of my capacity to do anything." **G**

## "The truth is that beauty comes in a lot of forms" Kerry on hair, nails and Hollywood's ideals.

### My beauty priorities

There used to be certain standards and expectations of what beauty meant – a certain shape, nose, hair – but as a culture we have evolved and become more embracing of the truth that beauty comes in a lot of shapes, forms and colours. We have a long way to go, but it is better.

### My hair MO

I use a lot of heat on my hair when I'm working, so when I'm off duty, I just use a leave-in conditioner and wear it natural. Hollywood and society is way more accepting now of natural hair!

### My role models

When I was growing up, you had to choose whether you wanted to be smart or pretty; you couldn't be both. We're really lucky in this generation because we have role models like Sheryl Sandberg, Marissa Mayer and Michelle Obama, who aren't afraid to be both. They're super fashion-forward and successful, and they aren't going to apologise for it.

### My best de-stressing tip

My mother's a retired professor, and she's very elegant, but she wasn't into beauty rituals except a weekly manicure. It's how she was good to herself, less about the beauty world and more about 'me time'.

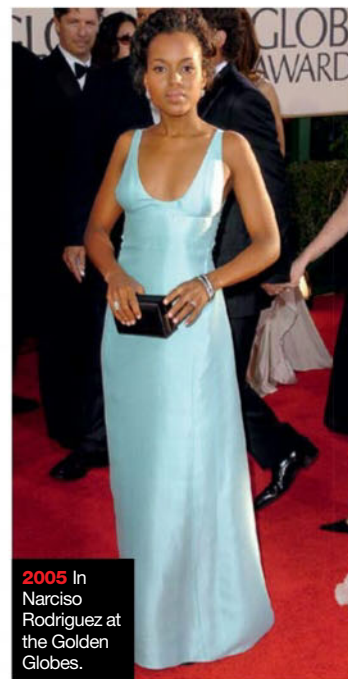
### My brow and nail philosophy

When my eyebrows and nails are done, I feel good about myself whatever I'm wearing. I talk a lot with my hands, so nails are important to me. They're also a character decision for Olivia: when she got kidnapped, I stopped doing manicures because I thought, as part of her PTSD, she couldn't take care of herself in the same way. When she was empowering herself again, I started wearing bright polish.

### My power fragrance

When I was playing Anita Hill [in HBO's *Confirmation*], I asked her what she wore at the time; it was Lancôme Trésor. It really put me in that time and in her conservative elegance.

## Red carpet style? It's handled.



2005 In Narciso Rodriguez at the Golden Globes.



2014 In Prada at the Emmy Awards.





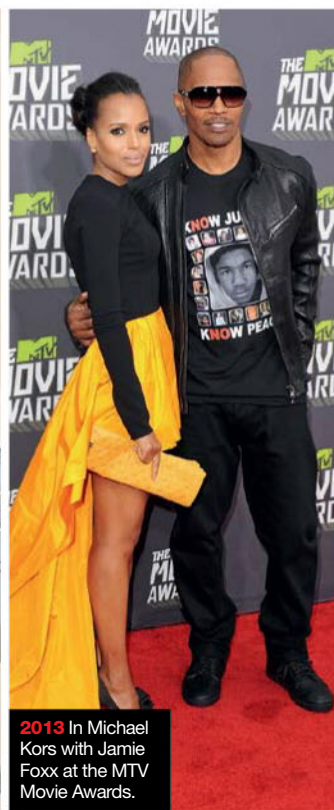
**2009** In Zuhair Murad at the Cannes Film Festival.



**2011** In Zuhair Murad at the Emmy Awards.



**2014** Wearing Armani as Olivia Pope in *The Fixer*.



**2013** In Michael Kors with Jamie Foxx at the MTV Movie Awards.



**2014** In Jason Wu at the Vanity Fair Oscar Party.



**2015** In Hellessy with Shonda Rhimes at the GLAAD Media Awards.



**2016** As Anita Hill in the HBO movie *Confirmation*.



**2016** In Brandon Maxwell at the Emmy Awards.



**2017** In Dolce & Gabbana at the Golden Globes.



# So... kids?

When did this incredibly personal decision become everyone else's business? But forget the pressure and presumptions: with one in five of us staying child-free, there's definitely no 'right' answer. Here, 11 women share how they made their choices.





## **"I'm getting sterilised"**

*Holly, 29, dating*

"On the fifth doctor's visit, I finally got a GP to agree to refer me for sterilisation. Having children has simply never appealed to me and I can't see that changing. My mom had five children and talked a lot about how she'd do things differently if she had her time again, even though she loved us all dearly. She had to set aside her dreams and we took up all her energy, money and time. My position makes dating difficult: most men I meet want children, so I feel that I should bring it up early, as it's not something you can compromise on. This means a lot of awkward conversations in bars. Once, when I was speed dating, I mentioned my stance and the guy just walked off. People can be very judgemental. I get told I'm selfish or that I just haven't met the right person."

## **"I lost him, but I still have our daughter"**

*Lizzie, 34, widow and mother of one*

"I hadn't given thought to whether I wanted children when I accidentally fell pregnant at 23. I was living with my boyfriend in a tiny flat, working 14-hour days and partying hard. I was embarrassed to tell people at first. But Jaye was born and we fell in love with her and it was perfect. Then life took a horrible turn: when she was 13 months old, her dad fell ill and died suddenly. We found out he'd had AIDS and that I was now HIV positive. Thankfully, Jaye isn't – I would never have forgiven myself if she was. I felt a huge responsibility – we'd gone into parenthood as a team, and now I had to do it alone. Ten years on, I'm healthy and happy. I see glimpses of Jaye's father in expressions she has, so he lives on. I'm glad I had her when I did – if I'd found out about the HIV earlier, I probably wouldn't have wanted a child, and I'd never have experienced motherhood."

## **"I've come to terms with not having children"**

*Kelly, 33, married*

"We tried to have children for eight years, exhausting all the medical options, suffering a miscarriage and spending hundreds of thousands. After our fourth IVF cycle failed, we decided to draw a line under it. Afterwards, I was left with this huge question of, 'Now what?' I had a dark three months, feeling empty and ashamed, like it was my fault; the world is very family-orientated, and you can't escape that. Now I feel I've turned a corner and I've rebooted my career. I can't fill that gap, but I've found a purpose, and I know you can have an amazing life without children."

## **"I had children because it seemed like the right thing to do at the time"**

*Jenny, 39, married with two children*

"I fell pregnant at 32, soon after I got married. Of my university gang, four of us married and had babies within the same 18 months – it was a domino effect. It's a taboo thing to say, but I'm not sure I was ready for motherhood then. It was the conventional thing to do and I was swept along with it. All of my friends seemed to take to it brilliantly, whereas I found it boring. I'm ashamed to admit that I was relieved to go back to my job in advertising. Looking back, I probably had postnatal depression. I've since had another child and feel I've learned how to be a good mother. I'm wistful for my life before children, though; the spontaneous nights out, the exotic travel, the summers at festivals. I love my kids, of course, but I think it's disingenuous to pretend that motherhood is this endlessly fulfilling, life-enhancing journey."

## **"I don't want them, so stop telling me I do!"**

*Lacey, 23, dating*

"Having kids could not be further from my life plan. I'm focused on building my career and I want a job that involves travelling. It is so frustrating when people say, 'Oh, you're young, you'll change your mind.' If someone tells you they want children, you don't try to talk them out of it, do you? That would be considered rude."

## **"A relative tried to bribe me to have a baby"**

*Taylor, 31, married*

"I'd been married for precisely 20 minutes when the first person asked when we were going to have children. But I've known for a long time that I don't have that maternal instinct. When my husband and I met, we had the discussion. He's open to the idea of kids, but doesn't feel it's a ticking time bomb over our relationship. I feel less defensive about it now; in my 20s, it felt like a constant onslaught of friends, family, colleagues and strangers going on about it. One relative even offered us a six-figure sum if I fell pregnant! I laughed it off, but I was shocked." ➡

## "I've frozen my eggs as an insurance policy"

*Emma, 36, single*

"I really want kids, but haven't met the right person to have them with. A few years ago, I discovered that a hormone imbalance meant it would be hard for me to get pregnant, because my eggs weren't developing properly. I decided to have IVF to stimulate the eggs' growth, then they were removed and frozen. It was hideous, but I'm so relieved that I have this insurance policy. My ideal scenario is to find a partner, get married and use the eggs to have children. It's an issue that hangs over my dating life, but the good thing about online dating is that your views on kids are on your profile, so you can weed out people instantly. I don't tell people straight away about my frozen eggs, in case they run a mile! If I don't meet someone, I'll consider using donor sperm. I've given myself two years before I make a decision."



## "I have four kids and love it"

*Lynsey, 37, mother of four*

"People assume that at least one of my children must have been an accident, no one can get their head around the fact that I planned all four. But I've wanted to be a mother for as long as I can remember, and I work as a nanny – I just love being around kids. I had two with my first husband, but we split up when our second child was 18 months old. I then met my second husband – who was desperate to be a dad and brilliant with my two – and we decided to have children together. I run things like a military operation – you can't wing it with four kids. We don't have much spare cash or free time, but it was my choice to have four. When they're older, things will be different, but I totally accept that my life at the moment is all about them."

## "We want different things"

*Jillian, 33, engaged*

"I'd love to have kids, but I've recently discovered that my fiancé, who has a son from a previous relationship, doesn't want any more. We've never talked about it before now. I naively assumed that we wanted the same thing, so I didn't bring it up earlier. We're at a crossroads, but every time we try to have a conversation about it, we don't get anywhere and change the subject. I'm hoping I can change his mind, but maybe that's just wishful thinking. But in 20 or 30 years time, will I resent him for not wanting to have children?"

## "I was a teenage mom"

*Natalie, 30, married with two children*

"I met my husband at 12, we married at 17 and had our first child at 18. Lots of people said, 'They're too young, they'll never make it.' Now, 10 years on, the same people say, 'Aren't they an amazing family?' I always wanted to be a young mother – my parents were young and they were friends as much as parents. There are stereotypes about teenage parents, but I'm a professional writer, my husband is a lawyer and we planned everything. I missed out on a lot in my 20s, and I'd be the only one in university lectures with a baby strapped to my chest. But I have no regrets. Now my friends are just starting to think about children, while I feel like my 30s are my time to get my career where I want it to be."

## "Our children have two moms"

*Amber, 26, mother of two*

"I've been with my partner, Kirsty, since I was 15, and I always pushed for children. The deal was that I'd carry them and she would stay at home and raise them while I work. I had IVF with donor sperm and our twin boys were born eight months ago. I wrote a blog about it and the negative reactions were awful: people said we were selfish and that children deserve a father. After giving birth, I felt vulnerable and did briefly wonder if we were depriving the boys of a male parent. Now I just laugh at the comments. We live in a conservative suburb, but old ladies stop us in the street to say how lovely it is for the boys to have two moms. I'd like five kids, ideally. Then I'd like to be a surrogate. I just love being pregnant and giving birth." **G**



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# Suits are back *(and we like it)*

Not just for the office, the two-piece is your new go-to for day, night, whenever. We break it down.

It's 6.45am, and you're rifling through your drawers. The bottom one is sagging due to your strange and unfathomable predilection for buying stripy T-shirts that all look exactly the same, and are crammed into said drawer in the hope that one day you'll pluck one out that will make you look as effortless as Stella Tennant. You know what you're looking for, but it isn't there. You're looking for the T-shirt that goes with the skirt that goes with the cardigan that goes with

**Everyone needs to call on a uniform from time to time, whether they work in a formal office environment or a more casual one.**

the shoes you fancy wearing. Soon, it will be 7.15am and you'll be late. Worse, you'll be no more office-ready than you were this time last year, when you vowed to streamline your wardrobe after reading a Marie Kondo story. Was it always this way? Searching for this many components to complete your office look?

No, it wasn't. Life used to be simpler, and the reason was suits. Suits were our saviours because everyone needs to call on a uniform from time to time, whether they work in a formal office environment or a more casual one. Yet recent seasons have favoured 'separates' – sweaters with skirts, dresses with cardies, culottes with shirts. And while these combinations are expressive and creatively pleasing, they can also be a pain in the bum to get right. Especially when it's 6.45am.

So it's tremendous news that suits are back this season. Partly as a reaction to the finicky nature of recent trends (we love you, maximalism, but not always when we're in a rush) and partly as an extension of the androgynous aesthetic we've come to love, the time feels right for suits again. We're craving the crisp simplicity of Claire Underwood, the boyish appeal of Ruby Rose and the insouciant way Kate Moss rocks a tux at night and suddenly makes her dress-wearing contemporaries look a bit... basic.

Happily, we can be all these types of women, because the new suits are as far removed from the 'drab grey accountant' spectrum as it's possible to be. Thanks to a slew of designers, they're imaginative and varied. Fancy a slouchy, roomy suit with shades of Sonny Crockett from *Miami Vice*? Take inspiration from Bottega Veneta or Tibi. A softly

tailored suit with a sporty twist? Check out what Giorgio Armani is doing. And if office-appropriate isn't a concern, get your ideas from Gucci. If there is one designer pushing the suit this season, it's Alessandro Michele, whose offerings run the gamut from sober check to sexy lipstick red with black lapels. That's the thing about these new suits: they, ahem, suit way more occasions than merely the office.

**Designers know that women are far too busy with the demands of modern life to come to work in one outfit, then go home to get changed.**

Designers know that women are far too busy with the demands of modern life to come to work in one outfit, then go home to get changed. Who has the headspace? Who has the time? Which is why the best suits have one key thing in common: versatility. Tamp them down for daytime with a simple shirt or tee, then ramp them up for evening with a cami top, drop earrings and skinny high heels (yes, they're back, too). These new suits aren't workwear. They're a way of life: designed to fit your life, wherever it might take you. ♡



The new suits are  
as far removed  
from the 'drab grey  
accountant' spectrum  
as it's possible to be.





These new suits aren't  
workwear. They're  
a way of life: designed  
to fit your life, wherever  
it may take you.



## On the red carpet From embellished to minimal, celebs wear the trousers.



Janelle Monáe  
in Prabal Gurung.



Kate Moss  
in Stella McCartney.



Gugu Mbatha-Raw  
in Sandro Paris.



Zendaya in  
Christian Siriano.



Gigi Hadid  
in Mugler.

## How to style your suit



### The velvet suit

**1** Velvet is your new go-to fabric for evening dressing. There are so many versions available that you can mix and match trousers and jackets to find your perfect shape.

**2** Opt for a sheer blouse and a flash of skin to break up the look, and avoid tipping into the Gothic realm.



### The floral suit

**1** The secret to this suit is in the styling: a bold blouse, over-the-top jewellery and stand-out shoes. Bonus: if you get bored of being bold, dress the suit down with a simple T-shirt or sweater.

**2** Opt for a statement shoe. At Gucci, the models wore socks with theirs, but we'll leave that up to you.



### The power suit

**1** Caramel is the colour for autumn and winter, so opt for a suit in this shade to breathe new life into the classic. Keep the cut simple and let the colour do the talking.

**2** Add a simple cream V-neck, a high-collared shirt and sneakers, and you're chic to go.



### The checked suit

**1** Stick to a mannish, relaxed shape for a modern take on the Prince of Wales check suit. Look for a longer length jacket that hits below your hips.

**2** For a playful effect, wear it with a bag in a clashing print, such as a leopard clutch. **G**



FIND MORE INSPIRATION FOR STYLING  
YOUR SUIT AT [GLAMOUR.CO.ZA](http://GLAMOUR.CO.ZA).

# What I learnt from 100 dates

Novelist Claire McGowan went on a serial-dating mission. Many awkward chats later, here's what she wants you to know.





A few years ago, in my early 30s, I plunged back into the world of dating. Limping from a divorce and a nasty rebound split in quick succession, I was terrified I'd be alone forever. But the internet is full of men, and I was determined I'd date until I found one. If I had known it would take me a year and a hundred dates, I might have gone into training first. Because dating a lot is like an extreme sport. You're going to get tired. You're going to get hurt. And you're going to wish you had a spare liver on hand.

At first, I approached it like a project: lists, notes and meticulous records. I was on Match, Happn, OkCupid, Guardian Soulmates and Tinder. The first thing I did on waking up was flick to my messages. Before long, I could tell within 10 seconds of meeting someone whether it was going to end with 4am kissing at the bus stop or going home at 9pm and eating everything in my cupboards. My friends thought I was crazy. "Why don't you just... slow down?" they asked. But I couldn't stop – and I'd like to share what I learned, to save you time, energy and, hopefully, heartache.

## Date one

"This is fine," I said to myself, as I waited to have afternoon tea with the funny, interesting writer. It was my first date in over six years, and I was excited. "This is going to be easy." Wrong. I developed a raging toothache as I sipped my Earl Grey and could only eat with one side of my mouth. Apparently, my crazed expression wasn't a turn-on, because he never contacted me again. The dating world had changed since I'd last visited; modern dating can be as brutal as a dental abscess. I had to toughen up, and fast.

## Date 16

I was on the brink of despair when I got chatting to a cute stand-up comic. That's the good thing about online dating: there's always another possibility. On our first date, we talked for hours, and he called when we got home so we could chat more. We had so much fun for two months – I cried laughing with him and stayed up all night – but the time between dates started to stretch and he never SMSed. I wanted more, so I ended it. I was confused. Was I wrong to expect SMSing between dates? Maybe I had to compromise to meet someone? All I knew was, I needed more.

## Date 21

We chatted for ages on Guardian Soulmates before meeting. I was excited. A lawyer, he seemed sweet and clever. But when we met for our date, I knew instantly there was no chemistry. He was just as lovely and funny in person, but then came the kiss: game over. It's a crushing blow when you realise the guy you've been furiously messaging for weeks leaves you colder than a slap with a wet fish. However, he's now a good mate, and we often go to plays or art galleries – an unexpected perk of intensive dating.

"Instead of dating anyone who showed interest, they needed to share my passions, and have an interesting job."



## Date 29

Things started to look up. I met an amazing guy: handsome, interesting and funny. Our first date lasted till 3am and involved staring up at the stars. I was tingling all over and couldn't stop smiling. Yet after our second date he ghosted me. Stunned, I went into a slump, and my friends staged an intervention. I agreed to take a month off. While online dating is dangerously addictive – as fellow sufferers of 'Tinder thumb' will know – dating when you're scared and insecure is not a great idea. I needed to take better care of myself after the knock-backs. ➡

## Dates two-15

I was in for some nasty shocks. Shy date five didn't say a word during our two-hour meal. Eight demanded to stay over. When I refused, he sulked, "Fine, I'll sleep in the park." Number 15, in May, had a psychotic cat that bit my foot. I needed to be selective. Instead of dating anyone who showed interest, they needed to share my passions, and have a picture showing their face and an interesting job. I also hit on an ideal location: relaxed drinks somewhere lively but not too busy (ideally, with a talking point), with the option of going on if it worked out or running for the hills if it was awful. Plays, films and meals were out.

## Dates 30-50

I began to wonder if I'd ever meet anyone I liked as much as Mr 29. And things seemed to go from bad to worse. Date 37 was so awkward I burst into tears in a deli on my way home. Then number 48, in August, seemed soulful online, but after 10 minutes asked if I wanted to go to his place for a "cheeky tumble". I was dating men who thought it was OK to discuss incest on a first date and greet me with, "God, your hat looks like a tea cosy." I dated one guy four times, only to learn he'd given me a fake name. My self-esteem faltered. I was exhausted. Why did all these dates come to nothing? Did anyone online actually want a relationship? I did some soul-searching to try to understand my patterns. Was I choosing 'bad' boys and rejecting the sweet ones? I decided I'd also wait longer to have sex, as for some guys that seemed to be the end goal, and it was too hurtful when they vanished. Too pushy became a warning flag and a useful way of weeding out people quickly.

## Date 67

All that hard thinking helped, and I soon met a run of lovely guys. I went on several dates with 67, a children's author who was the most amazing kisser – my knees practically gave way – but he was going through a tough time. We agreed it wasn't working, though we didn't understand why. I realised that 'perfect on paper' didn't mean much until you'd got to know someone.

## Date 72

Number 72 was a cool journalist who knew all the best restaurants in town and pursued me single-mindedly. Our first date started rockily: we were stuck at a rained-out outdoor cinema, essentially picnicking in a puddle. But he was so nice and complimentary that I began to enjoy myself, and we went out a few more times. But hard as I tried, I just wasn't feeling it. I had to be kinder, I told myself, and remember that many of my dates might be as nervous and insecure as I was.

## Date 90

Christmas came and I'd met half the city. Desperate to stop dating, I spent two months with a chronically commitment-phobic guy, who said we could only be together if we saw other people. Something had to change. I made a second list of selection criteria. This time the total no-nos (lives with parents, bad hygiene and so on) and set out again. Dating people with obvious deal-breakers was a waste of time and tears, and I turned down dates that didn't seem viable. It felt like I was taking control.







"I began to turn down dates that didn't seem viable. I felt like I was taking control."

## Dates 99-100

On the anniversary of my first date, I had two planned. As serial daters know, it makes sense to schedule. The first – an awkward coffee with an out-of-work actor who lived with eight other people – sank like a lead balloon. As I headed to my evening date, my heart was equally heavy, but I girded my loins and went to my favourite bar, which has a cool '40s vibe and great retro cocktails. There, I found a grown-up Harry Potter lookalike with glasses and a striped scarf. 'He smells nice,' I thought, as we hugged hello. And when, many hours later, I'd missed three buses in a row as we kissed goodnight, I was cautiously optimistic. After all, I'd had amazing dates go wrong many times before.

But it's now been over a year and we've just moved in together. It became clear very quickly that this was something different. It was so easy – no awkwardness or suggestions of polyamory. And this was my eureka moment from 100 dates: Lots of people on dating sites and apps don't really want a relationship (I know, depressing!), and nothing you can do will change their minds. No matter how many dates you go on, if someone isn't right for you, it just won't work. But when I did finally meet the right person, I was glad none of the other dates worked out, because they all led me to where I was supposed to be. **G**

## Worst movie dates

These films capture the true agony – and hilarity – of a bad date.



### *Along Came Polly*

Former high school classmates Reuben (Ben Stiller) and Polly (Jennifer Aniston) go to a Moroccan restaurant for their first date. Reuben can't handle the spicy food and has an embarrassing moment in Polly's bathroom.



### *Date Night*

Phil (Steve Carell) and Claire (Tina Fey) head out to a trendy NY restaurant to put the spark back into their marriage. A case of mistaken identity makes it a night they'll never forget.



### *Shame*

Brandon's (Michael Fassbender) sex addiction makes maintaining meaningful relationships impossible. His date with Marianne (Nicole Beharie) is filled with extremely awkward conversation, silences and hesitation.



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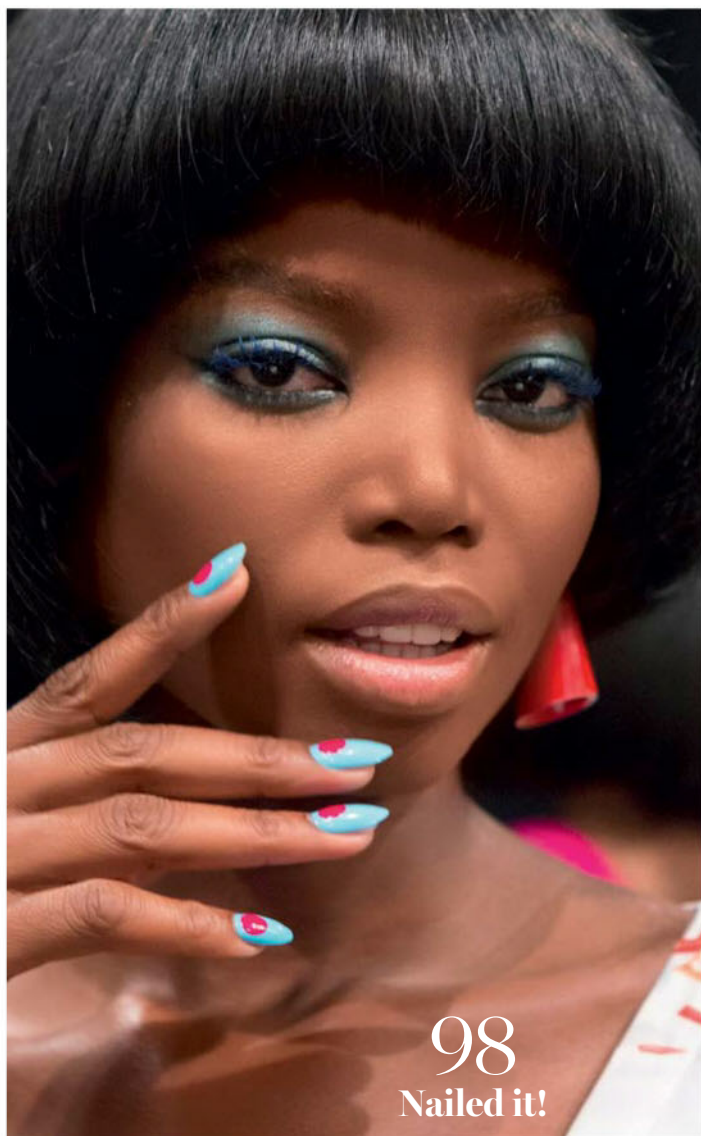
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**74**  
**Dream land**



**98**  
**Nailed it!**

# Fashion, beauty, the works

From party-ready nails to luxe gym gear, we've got what you need to look fabulous everywhere you go.



# *dream land*

From ethereal nudes to chic metallics,  
here's what you need to be a vision in pink.

Photography **Nadia von Scotti** at One League Creative Management  
Fashion director **Chrisna de Bruyn**



**Crop top** Forever  
21 R479; **skirt**  
GalluzzieGini R4 700;  
**earrings** H&M R129;  
**rings** Philippa Green  
R2 400 (each)





**Coat** Babette R650;  
**tights** H&M R349;  
**choker** ALDO R149



**Bodysuit** H&M R429;  
**skirt** Kokonova at YDE  
R799; **earrings** Lulu  
Belle R150; **backpack**  
Fiorelli at Stuttafords  
R1 400; **handbag** Louis  
Vuitton R48 500; **ring**  
Lulu Belle R700



**Top** R250 and **hat** R160  
both Woolworths; **bra**  
(worn underneath) Cotton  
On R199; **trousers** Eve  
Emporium R595; **earrings**  
Colette by Colette Hayman  
R115; **beaded bracelets**  
R199 (right hand) and **gold**  
**bracelet** R249 (left hand)  
all Accessorize



**Coat** Sonia Rykiel at  
Maison Mara R4 900;  
**trousers** H&M R799;  
**sunglasses** Ray-Ban  
R2 990; **earrings** Mimco  
at Woolworths R349;  
**rings** ALDO R169 (for  
pack of five); **shoes**  
Lulu Belle R2 300





**Top** R699 and **cross-body bag** R499 both Forever New; **skirt** River Island R899; **sunglasses** Guess R1 375; **choker** Mimco at Woolworths R549; **backpack** R630 and **keyring** R115 both Colette by Colette Hayman; **bracelet** Accessorize R249; **belt** Missibaba R2 500



**Coat** H&M R1 499;  
**dress** GalluzzieGini  
R2 800; **hat** Witchery at  
Woolworths R549; **cuff**  
Kirsten Goss R1 250



Hair and makeup: Tina Hoffmann; Photographer's assistant: John Second; Model: Chane H at Farjam; Fashion assistant: Tania Durand; Fashion work experience: Tina Tshangela, Nadia Habig

# Rose tinted

In-the-pink designer inspiration.



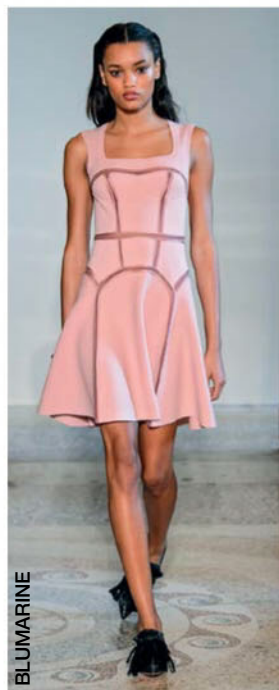
VALENTINO

## The dress

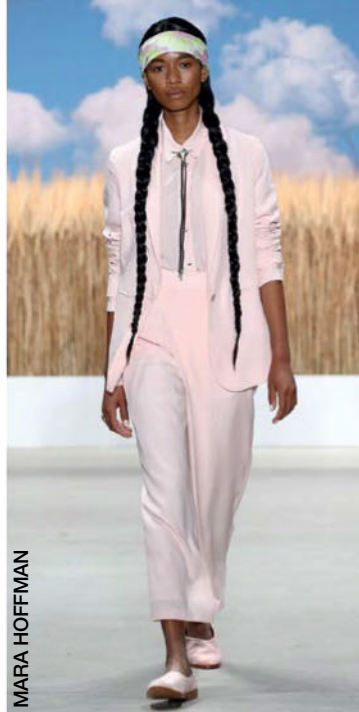
Keep things fresh, and dial down your hair and makeup for a look that's beautiful but not Barbie.



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BLUMARINE



MARA HOFFMAN



EMPORIO ARMANI



ERMANNO SCERVINO

## The jacket

A quick way to pretty up a tough or tailored jacket? Pick one in this standout shade.



PHILIP LIM





WAGNER KALLIENO



INVISTA SWIM

## The shorts

Who would have thought this casual staple could look so chic and ladylike?



SHIATZY CHEN



EMPORIO ARMANI



ROKSANDA

## The trousers

Opt for a pair in slinky velvet or try a wide-leg with masculine styling for a more office-appropriate look. **G**




CUSHNIE ET OCHS



BLUMARINE





# WORK IT!

Up your gym style game with luxury sportswear.

Photography **Francois Visser** Fashion director **Chrisna de Bruyn**



OPPOSITE PAGE  
FROM LEFT TO RIGHT  
**Crop top** R799 and  
**leggings** R949 both  
Ivy Park at Topshop;  
**sunglasses** Oakley  
R2 890; **sneakers**  
Puma R2 599

**Parka X&O** at YDE  
R460; **T-shirt** R229  
and **socks** R89 both  
Factorie; **shorts** Puma  
R999; **moon bag** Not  
Seen R500; **sandals**  
Birkenstock R699

THIS PAGE  
**Jacket** The Fix R300;  
**swimsuit** Woolworths  
R350; **headband**  
H&M R179





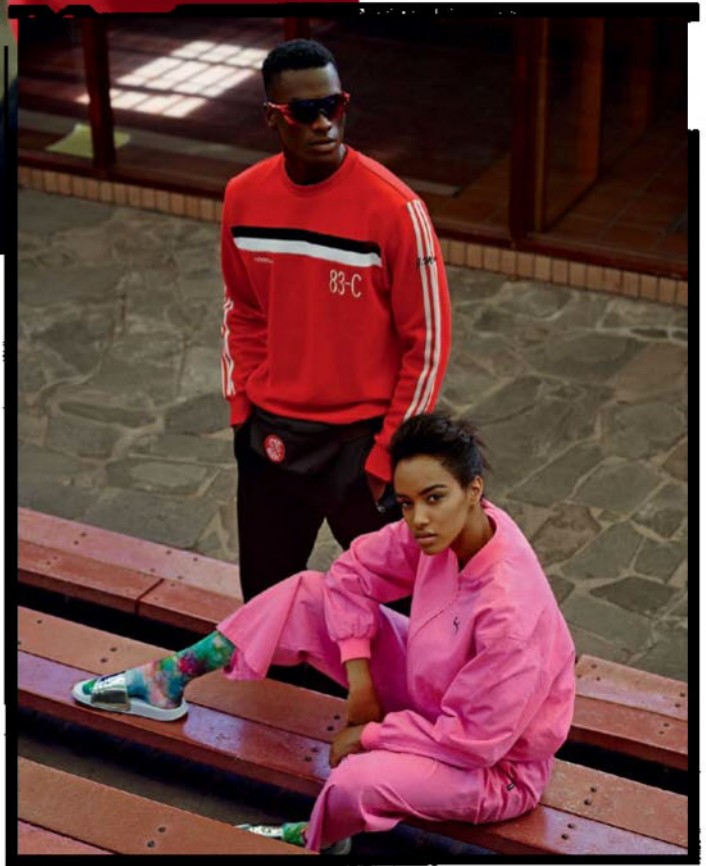






BELOW  
FROM LEFT TO RIGHT  
**Sweater** adidas R1 195;  
**trousers** H&M R379;  
**sunglasses** Oakley R2 090;  
**moon bag** Not Seen R450

**Jacket** R1 100 and **trousers**  
R750 both 2Bop; **socks**  
Factorie R89; **sandals**  
Cotton On R249



OPPOSITE PAGE  
FROM LEFT TO RIGHT  
**Shorts** Mr Price R140;  
**socks** Happy Socks  
R150; **sunglasses**  
Oakley R1 690; **sandals**  
Cotton On R149

**Sports bra** Cotton On  
R349; **leggings** Puma  
R1 099; **sandals**  
Birkenstock R699

**Shorts** Puma R1 399;  
**socks** Happy Socks  
R150; **sunglasses**  
Oakley R2 090;  
**sandals** Nike R349



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FROM LEFT TO RIGHT  
**Jacket** R1 999,  
**shorts** R899 and  
**sneakers** R1 999  
all Puma

**T-shirt** Factorie R279;  
**jacket** (worn around  
waist) Puma R3 699;  
**shorts** X&O at  
YDE R420; **socks**  
Topman R79; **sandals**  
Nike R349

**Bodysuit** Ivy Park  
at Topshop R799;  
**headband** H&M  
R179; **sneakers**  
adidas R1 099

**Sweater** adidas  
R795; **trousers**  
Puma R2 199; **socks**  
Topman R79; **sandals**  
Birkenstock R699



ABOVE  
FROM LEFT TO RIGHT  
**Jacket** H&M R2 299;  
**swimsuit** R449 and  
**socks** R89 all Factorie;  
**sandals** Cotton On R249

**Sweater** R1 499,  
**leggings** R1 399, **cap**  
R349 and **sneakers**  
R1 799 all Puma

RIGHT  
**Sweater** R900 and  
**trousers** R700 both Gap  
at Stuttafords; **moon bag**  
Not Seen R450



Hair and makeup: Tina Hoffmann; Photographer's assistant: Törnè Valk; Models: Alicia Herbeth, Elsa Baldaia, Toyin Vilmaure and Gaudric Oyereye all at ICE Models; Fashion assistant: Tania Durand; Fashion work experience: Tina Tshangela, Nadia Habig



**T-shirt** Cotton  
On R249; **shorts**  
Lorna Jane at  
Stuttafords  
R1 000



# Your anti-ageing questions, answered!

All the treatments and tricks to keep you looking younger for longer.

**Eek! My 30s are fast approaching, and people are saying I should have started treatments already. Really?**

There are no rules, says Dr Mignon Laub of the Just Skin Aesthetic Clinic in Cape Town. "Some women in their 20s can look like they're 32, and then there are 32 year olds who look 25."

But the experts do agree on one thing when it comes to good skincare products: you can never start too young! "Go for a good chemical exfoliator and an alpha hydroxy cream, which you can use day and night. And don't forget sunblock – it's the most important anti-ager of all," says Dr Laub.

Curious about Botox and fillers? "Start these when you notice that lines remain, even when you're not moving your face," Dr Laub suggests. "Botox works brilliantly as a preventative measure. But do be conservative – use small amounts on targeted zones."

**What ingredients should I look out for in my skincare to see a difference in my complexion?**

**Retinoids** These tackle everything from dark spots to wrinkles and sagging. Use them every other night to see how your skin reacts before making them a daily habit.

**Antioxidants** "Formulas with multiple antioxidants are best for brightening and preventing wrinkles," says dermatologist Dr Jeannette Graf. "Studies suggest that individual antioxidants become more potent when combined with others." That said, they will not do you any good if you don't wear sunscreen!

**Alpha hydroxy acids** At-home peels with alpha hydroxy acids make skin glow and they can smooth lines and wrinkles over time. Use them on the nights when you're not using retinoids.

**Ellagic acid** Age spots and melasma are stubborn, but this berry extract fades discolouration on all skin tones.

## Wrinkle-busters!



1



2



3



4



5

[1] Eucerin Elasticity+Filler Day Cream SPF15 R349.99  
[2] Environ Alpha Hydroxy Cream R259 [3] Clarins Multi-Active Day Cream SPF20 R630 [4] L'Oréal Paris Revitalift Laser Renew Day Cream R329.95 [5] Nivea Q10 Plus Anti-Wrinkle Replenishing Serum Pearls R219.99





**FACT!**

Your skin repair systems start to slow by 20. Now is the time to start good habits to help you age gracefully. ♦♦



**I love chokers but my chest and shoulders are a mess – bumps, blotchiness and lines. What can I do?**

Do these three things to keep this area looking good.

First, exfoliate with a glycolic acid peel to counteract stubborn chest acne caused by sweat and sunscreen. Dermatologist Dr Michelle Yagoda says, “Glycolic peels exfoliate without causing irritation.”

Your second must-have: a hydrating neck and chest cream to apply at night. Wrinkle prevention is essential, even for under 30s, Dr Yagoda says, and the neck and chest are the first areas to show ageing. “Treat the skin on your body just as you treat your face,” she advises. And make SPF application part of your daily routine.

The final move: a dab of highlighter. Glide a stick over your collarbones and blend well.

### Neck savers



- [1] Elizabeth Arden Prevage Anti-Aging Neck and Décolleté Firm and Repair Cream R1 045 [2] Estée Lauder New Dimension Tight+Tone Neck/Chest Treatment R1 065 [3] Clinique Sculptwear Lift and Contour Serum for Face and Neck R765 [4] Sorbet Age Affect Décolletage & Neck Cream R190

## I work out my body to stay toned. Are there face workouts I can do to stay young?

Try this mini-workout by FaceLove Fitness, two to three times a week.

- 1 Start by working the forehead: pull your eyebrows inward while holding your temples (with your index and pinkie fingers) to create resistance. Do 10 reps.
- 2 Next, give your eyes a lift by placing the pads of your fingers under both eyes (the index finger should be just under your lower eyelashes; the middle fingers should be just on top of your cheek) and squinting. Try to close your eyes, but use your hands to make it harder. Hold for five counts. Do 10 reps.
- 3 Finish by toning your jaw with a chin press. Make your hands into fists and place them under your chin, like a platform. Slowly press your chin to your chest, pushing against fists, for five counts. Do 10 reps.



## Laugh lines? Bah! My eyes are making me look older than I am! How can I help?

You could walk around raising your brows to get a little lift. Just joking! There are so many better ways to make your eye area look firmer, fresher and younger.

### If you have under-eye wrinkles

Everyone (we repeat: everyone!) has lines under their eyes. And that's not a bad thing – it's natural! "If you tried filling every last wrinkle there, you'd look like a blow-up balloon," says dermatologist Dr Doris Day. She uses a thin hyaluronic acid filler to plump fine lines judiciously; the results last several months to a few years. For no-appointment-necessary gratification, get a good moisturising eye cream (look for one with hyaluronic acid or glycerin on the ingredient list) and then go to town with it. "Lines look so much worse when your skin is dry," says dermatologist Dr Amy Wechsler.

### If you have crow's feet

These can dramatically soften – if you so choose – with Botox. The muscle here is thick enough to relax, and you won't get the balloon effect.

At home, an eye cream with peptides or retinol thickens skin to help smooth crow's feet in about a month. "And it's surprisingly easy to prevent new crow's feet," says Dr Wechsler. They're caused by squinting, so wear sunglasses whenever you are outside.

### If you have crepiness

This is where dermatologists break out the big guns – of the laser variety. "To smooth crepey lids, you typically need three to five monthly sessions of gentle fractional laser," says Dr Wechsler. Short of that, moisturising eye creams and light-reflecting liquid shadows downplay crepiness.

### If you have sagging eyelids

Dr Wechsler has a holistic fix for this one: "When you're sleep-deprived, everything droops more." So yes, get some rest!

Less holistic: "A little Botox under the brow can lift up the eyelid by a millimetre or two."



## Eye enhancers



1



2



3



4

- [1] SkinCeuticals A.G.E. Eye Complex Eye Cream R650
- [2] Kiehl's Dermatologist Solutions Powerful-Strength Line-Reducing Eye-Brightening Concentrate R895
- [3] Dermalogica Total Eye Care Eye Cream R780
- [4] Lancôme Advanced Génifique Eye Cream R850 ➔



SEE OUR MAKEUP TRICKS FOR LOOKING YOUNGER AT [GLAMOUR.CO.ZA](http://GLAMOUR.CO.ZA).



**FACT!**

In your 30s your estrogen levels dip causing a depletion in skin-tightening collagen, elastin and skin-plumping hyaluronic acid.



# Taking pains

Aesthetic treatments sound painful! Are they? We went to the people who know best – the patients – to find out exactly what it feels like. Here's the lowdown.

## Restylane and Juvederm

Hyaluronic acid-based gels which are injected to restore the contours and fullness of your face and lips.

### The patient report

"My upper lip is much smaller than my lower one. I've gotten it filled with Restylane or Juvederm twice a year for about six years. My first treatment was at a spa, and it was a horror story so now I always go to a dermatologist. I don't use numbing cream, just centre myself. The needle feels sort of like a splinter, but the pain doesn't linger. My lips are a little swollen for a few hours, but by the next day, kissing and eating feel completely normal." – **Ava**

**The cost** Approximately R3 500\*

**The pain metre** 🟡🟡🟡🟡🟡

## Skin boosters

Hyaluronic acid is injected into the surface of the skin to plump up and smooth the appearance. Can be done all over the body, including the hands.

### The patient report

"Three sessions, a month apart is recommended but the effects can last up to a year. A numbing gel is applied before the fillers are injected using a special hand-held device that sucks up your skin and pricks it with a needle. The technician works methodically all over your face until all the areas are covered. Some areas, like around the mouth, are more sore. Straight after, my skin was red and dotted but these disappeared within a few days. My skin feels more plumped up." – **Michelle**

**The cost** Approximately R3 000 per session for face\*

**The pain metre** 🟡🟡🟡🟡🟡

## Ultherapy

All ultrasound-based technology for tightening skin on the face and body.

### The patient report

"I do ultherapy on my face and neck. The doctor held the handpiece against my skin and delivered zaps from the middle of my neck to just above my jaw. With each one, there was an intense burning feeling that lasted two or three seconds. Pain-wise, it was a pulse. Afterward, my skin was slightly flushed, but I didn't need more painkillers. My jawline definitely looks tighter now." – **Amanda**

**The cost** Approximately R3 150 for a 30-minute session\*

**The pain metre** 🟡🟡🟡🟡🟡

## The pain metre

One dot It's over already 🟡 | Five dots I need another painkiller. Now! 🟡🟡🟡🟡🟡

## Botox

This is an injectable neurotoxin used to temporarily paralyse facial muscles and smooth wrinkles.

### The patient report

"I get it every four to six months to erase the etched lines on my forehead that the doctor numbs first with ice. I dislike that more than the needle. Each injection is quick; usually I don't feel a thing. But the area just underneath the eyebrows really hurts. Like a bee sting. The pain goes away immediately, though. Sometimes I get bruises that last a few days, but I can cover them with concealer. After a week or so, my brow feels a little heavy. That's right around the time people start telling me I look really relaxed, as if I was just on holiday." – **Andrea**

**The cost** Approximately R3 000 per area\*

**The pain metre** 🟡

## Fraxel Dual Restore

A fractional CO2 laser that diminishes wrinkles, brown spots, scars and pores.

### The patient report

"I have huge, dark sun spots. The doctor used a numbing cream first. The first zaps were okay, but the pain kept building. It took about 15 minutes. My skin was red for two weeks but a month later the dots were gone." – **Sarah**

**The cost** Approximately R4 500\*

**The pain metre** 🟡🟡🟡🟡🟡

## And now for your hair...

### Follicular ReGener-8 (FR-8) for hair growth

FR-8 is a new hair growth treatment in which the patient's blood is processed and injected into the scalp

### The patient report

Hair loss and thinning has become a growing and depressing concern for women, so FR-8 was an exciting discovery after the lotions and potions hadn't worked. The technology was first used in wound care and surgery and was recently introduced as a way to stimulate hair follicles and to increase blood flow to the scalp, so it really should be done by an expert.

"Blood was taken from my arm (way less painful than it sounds) and processed to separate out the growth factor components. My scalp was injected with anaesthetising nerve blocks, which was like series of stings. After that, I felt nothing – in fact, it was relaxing enough for the doctor and I to chat through the 90-minute procedure.

I was told to bring a hat to cover up any blood and to have a pain killer at hand, but the discomfort was minor: a tender scalp that night and when I washed my hair the next day, then everything was normal. Results take up to six months, but three months later, my hair looks thicker and the hairline loss seems to have halted." – **Jeanette**

**The cost** R7 410 at Medical Hair Restoration, 021 425 7755

**The pain metre** 🟡🟡🟡🟡🟡

# Nailed it!

Your easy, effective guide to the gotta-have nail colours and trends, straight from the runway.





## GET THE LOOK

### DIY candy stripes

(opposite page)

Charmaine Cross from Sunset Beach Beauty and Wellness gives us the lowdown.

#### You'll need

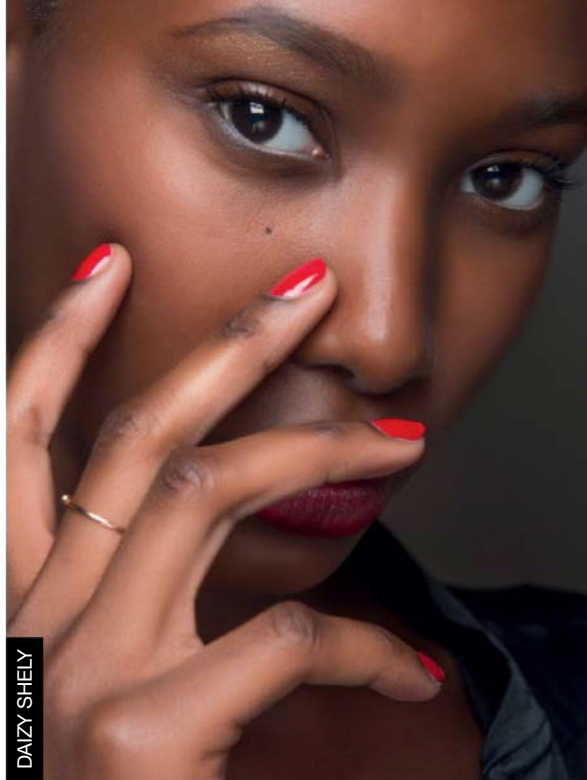
Base coat  
Three nail colours  
Ring reinforcements  
Sticky tape  
Top coat

#### How-to

**1** Cut the ring reinforcements in half, apply base coat and then place the ring reinforcements against your cuticle and colour the half-moon.

**2** Use sticky tape to create the straight line above the free-edge, then apply your second colour.

**4** Remove the tape and apply third colour. Seal with a top coat.



DAIZY SHELY

## Red rush

As seen on the runway of Elisabetta Franchi, this classic look evokes Old-Hollywood glamour. Dream Nails beauty expert Inelda Lightbody says, "Always use a base coat and make sure the polish is rich in pigment so you don't need multiple layers, which can lead to chipping."



- [1]** Givenchy Le Vernis Nail Lacquer in Carmin Escarpin R400  
**[2]** Sally Hansen Complete Salon Manicure in 241 All Fired Up R99.99  
**[3]** Maybelline Color Show Nail Polish in Downtown Red R54.95



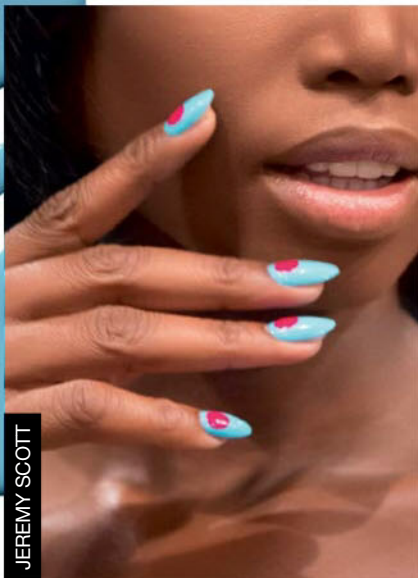
ELISABETTA FRANCHI

## Go graphic

This cool, quirky look made a splash on the runways of Jeremy Scott, Desigual and Anna Sui. Express your mood by experimenting with different shades and shapes. To try contrasting colours, like the ones here, paint your nails light blue, use a dotting tool to create red circles, and seal with a top coat.



- [1]** OPI Nail lacquer in Sailing and Nailing R201 **[2]** Essence Gummy Touch Top Coat R44.95 **[3]** Yves Saint Laurent La Laque Couture in 4 Corail Colisee R390



JEREMY SCOTT



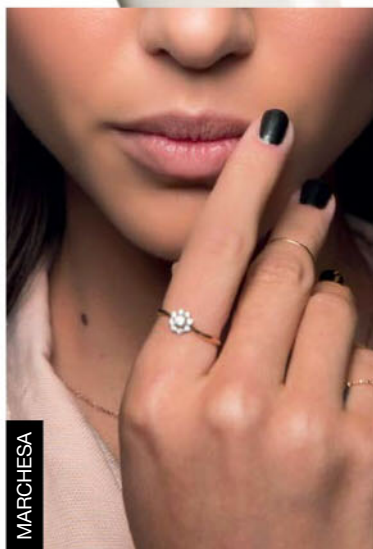
## Mirror mani

Metallics are huge this season, and this chrome effect is loved by celebs like Gigi Hadid. "It's achieved by allowing gel nail polish to cure for a few seconds under an LED or UV lamp, then rubbing on mirror powder to create that reflective finish," explains Charmaine. ♦♦



## Magical monochromes

This edgy effect is easy to pull off and it transitions seamlessly from the office to a night out. The trend showed up on the runways of Marchesa and Creatures of the Wind, where the simple but dramatic finish set off beautifully detailed clothes.



## 3 EASY TIPS FOR CHIP-FREE MANIS

- 1 "Moisturise with a good cuticle, hand and nail cream that contains vitamin E and jojoba oil," says Inelda.
- 2 "Always wear rubber gloves when cleaning to save your polish."
- 3 "For extra nourishment, apply hand cream and wear cotton gloves while you sleep."



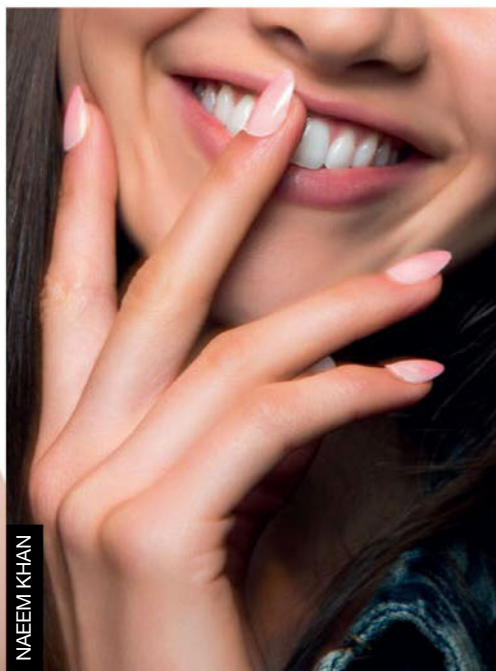
- [1] LCN Nail Oil R124.99  
 [2] Chanel Le Gel Coat R450  
 [3] Spiritual Nutri-Thick Strengthening Base Coat R265



- [1] Revlon Colorstay Gel Envy Nail Polish in Black Jack R119 [2] Essie Nail Polish in Blanc R134.95

## Neat neutrals

Seen on the runways of Hugo Boss and Naeem Khan, these subtle shades are chic and low-maintenance. "To ensure even longer wear, prepping is key," says Inelda. "Clean your nails with a nail brush, then gently push back the cuticles. Next, apply a base coat – it sticks to your nail and secures the polish for longer."



- [1] Rimmel Super Gel Kate Nail Polish in Soul Session R89.95 [2] Yardley Stayfast Pro-UV Gel Nail Polish in Baby Pink R109.95 [3] Morgan Taylor Nail Lacquer in Tan My Hide R138





## GET THE LOOK

### DIY monochrome polka dot

Nail expert Charmaine describes simple designs as the most impactful. She shares three easy steps here.

#### You'll need

Base coat  
Black nail polish  
White nail polish  
A dotting tool (or bend open a bobby pin)  
Top coat

#### How-to

- 1 Apply the base coat.
- 2 Add two layers of black nail polish.
- 3 Dip your dotting tool into white nail polish and dot onto your nail.
- 4 Seal with a top coat. 

# Health update

Expert tips to kick-start weight loss, boost your energy levels and improve your overall wellbeing.



## Boost your energy

A recent study found that energy drinks can cause insomnia and anxiety. Try these natural options instead.

**1 Mint gum** Research shows that the scent of peppermint can decrease fatigue, “and the strong mint flavour can boost your alertness,” says Dr Michael Joyner, an exercise researcher.

**2 Controlled breathing** Tuning in to your breath and establishing a steady rhythm helps you feel more focused and ready to go, Dr Joyner says. Bonus: It may also lower your perception of effort.

**3 Plain water** Drinking cold water before you work out can stimulate the nervous system, Dr Joyner says.

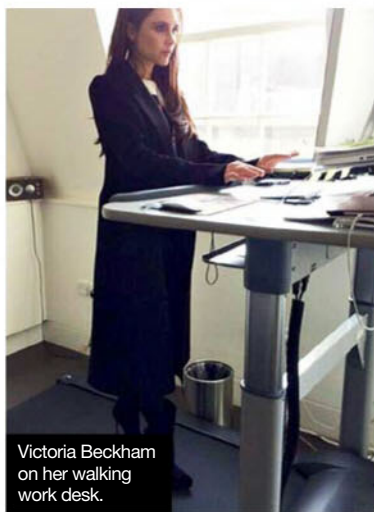
## How exercise makes you smarter

Doing biceps curls might help you remember the name of the cute new guy at work. Researchers found that strength training boosts associative memory (putting faces to names), while cardio improves episodic memory (remembering items on a shopping list). Working out increases blood flow to the brain – notably the hippocampus, where memories are stored – and increases growth factors, which are like brain vitamins that promote cell health.



## Walk it off

If you are the average office worker, you sit on your way to work, spend the day at your desk, and then you go home to sit down for dinner and TV. All of which is a seriously bad idea when you consider the current wisdom that sitting is the new smoking. But what to do about it? The answer is one that has won fans like Victoria Beckham, Steve Harvey and Jimmy Kimmel: the treadmill desk. As its name implies, this increasingly popular invention allows you to work while walking at your chosen pace. This simple act of moving improves brain function, posture, metabolism, muscle tone and circulation, which are all essential to general health and well-being, notes Elisabeth Stavenga of Walk & Work, a leading supplier of treadmill desks in SA. The company offers options ranging from buying to leasing. For info, call 083 555 1100 or visit [walkandwork.co.za](http://walkandwork.co.za).



Victoria Beckham on her walking work desk.

## "I just drink lots of water" and other tall tales

We're down to clown with half of Hollywood claiming their lips are injection-free. But we draw a line at the bogus skin claims. No one ever slept her way out of acne (or hyperpigmentation, or rosacea, or dry skin, or...).

**The lie** "I drink 400 bottles of water a day to hydrate my skin and flush out toxins."

**The facts** "There's no data to support the claim that drinking a ton of water hydrates skin," says Dr Joshua Zeichner, director of cosmetic and clinical research in dermatology. "Sure, your body will thank you for it, but it's not going to flush anything away. Your skin is not a cleansing organ."

**The lie** "I sleep 10 hours a night; that's why my skin looks so good."

**The facts** When you don't sleep, your cortisol levels stay raised, which can mess with your hormones and promote acne, says Dr Zeichner. But that doesn't mean that a few nights of shut-eye will leave you looking like Cate Blanchett. Sorry.



## Try this smoothie

Amanda Chantal Bacon, founder of the wellness company Moon Juice, loves this naturally sweet date drink on cool mornings:

In a blender, place 450ml Brazil nut milk (or your favourite nut milk), 2 tbsp maca powder, 8 coffee beans, 2 pinches ground cardamom and 4 pitted Medjool dates. Blend until smooth. Serve chilled.

## How often should I weigh myself?

Do not get on the scale more than once a week. That's enough to stay on track without driving yourself crazy. Find a 1-3kg weight range you're comfortable in, and if the scale goes up more, keep a closer eye on your diet. Also, make your weigh-in routine consistent for accurate results. For example, step on the scale naked every Friday morning, right after using the bathroom. – Dr Tiffany Wright, weight loss coach and overeating expert

## The spice is right

Science finds mixing these into meals will add a health boost and help you slim down.

1

### Trim down with crushed pepper

A study found that women who added 2 tsp to their food took in fewer kjs overall.

2

### Curb appetite with fenugreek

Participants in a study who took a supplement ate less at their next meal.

3

### Build stronger bones with cinnamon

It contains manganese, which helps maintain bone density.

4

### Stay sharp with cumin

Cumin's anti-inflammatory properties may improve memory and lower stress.

5

### Quell muscle pain with ginger

Blend this spice into your post-workout shake. It can even ease period cramps.

6

### Calm your belly with cloves

A compound in ground cloves can soothe your stomach, says Dr Michelle Dudash.



CAN YOU USE MIND TRICKS TO MAKE YOURSELF EAT HEALTHIER? FIND OUT AT [GLAMOUR.CO.ZA](http://GLAMOUR.CO.ZA).



### TO ENTER

SMS 'APOSTLES',  
your name, address  
and email to 32697\*.  
(SMS costs R1.50.  
Comp closes  
31 March 2017)\*



### Included in this amazing prize

- A spectacular helicopter trip to Cape Town's shopping Mecca – the V&A Waterfront.
- Sparkling wine on arrival.
- A fresh fruit basket and snacks waiting in your room.
- Sunset cocktails and live entertainment in The Leopard Bar, followed by a superb three-course dinner and wine tasting in the Azure Restaurant or The Café Grill.
- Romantic rose petal and candle turndown on your first night.
- Full English breakfast with sparkling wine and oysters in the Azure Restaurant.
- A dual B| Together signature massage at The Spa at The Twelve Apostles
- Complimentary access to the health bar, tranquillity lounge, temperature-controlled plunge pools and salt water flotation plunge pool.
- Fabulous tea for two in the Conservatory or The Leopard Bar on an afternoon of your choice.
- A Flight of Wines tasting experience with a sommelier.

# Win! A Twelve Apostles Hotel and Spa experience for two, worth R25 000\*

**P**oised above the sparkling Atlantic Ocean, flanked by majestic mountains and famed around the world, the award-winning Twelve Apostles Hotel and Spa is a stunning destination, whether you're after romance, relaxation, superb dining, nature hikes, sundowners in a sexy cocktail lounge, movie screenings in a private cinema or a major event like a conference or wedding.

All of which makes this month's prize a very special one: the chance to experience the luxury, warmth and style that have made The Twelve Apostles Hotel and Spa one of Cape Town's most awarded and famous spots. We're talking five-star dream time here: a two-night stay at the Twelve Apostles Hotel and Spa for you and your favourite person, complete with everything from dinners to a helicopter ride!



Find out who won this competition on GLAMOUR.co.za next month! For more info, visit [12apostleshotel.com](http://12apostleshotel.com) or call 021 437 9255.

\*Comp closes 31 March 2017. SMSes cost R1.50 each. Errors will be billed. Free minutes, SMS bundles and Telkom Mobile SMSes do not apply. See 'The get it guide' page for terms and conditions. Prize does not include flights or transport to the hotel.



# GlamCareers

**NEW!**  
Meet our  
monthly  
careers  
feature

## Work it, girl!

How to ace your  
interview, bag that  
promotion and  
look good doing it.

# Your guide to winning at work

What you need to know to take your career to the next level.

## How to get to “yes”

Got turned down for a promotion? Here's how to overcome that hurdle.

The current *Lean In* culture has been good for a lot of things: inspiring women to be more proactive at work and motivating us to negotiate and to fight for heftier salaries. And the books it all began with, including *Lean In* by Sheryl Sandberg (Ebury Publishing; R211) and *The Confidence Code* by Claire Shipman and Katty Kay (HarperCollins; R183), encourage us to tackle the self-doubt that often holds us back from asking for the promotion or increase we truly deserve. The take-away for many women: if they think and act more confidently, they'll win better titles and fatter pay cheques.

On the surface, this message is not bad. But the buzz has psyched us up to ask for better opportunities – without preparing us for the possibility that the request may be denied.

“This generation of young professionals tends to overvalue themselves at times,” says Professor Paul White, co-author of *Rising Above a Toxic Workplace* (Northfield

Publishing; R329). “Risking rejection isn't bad, but steel yourself in case things don't go your way.”

Here's how to handle two common outcomes that are less than ideal. Understand and prepare for these possibilities and you'll have a better shot at turning the situation around in your favour. And the next time you make a case for yourself, the answer is more likely to be a resounding yes.

### “THERE'S NO MONEY IN THE BUDGET”

You might hear this and think, ‘I wasn't born yesterday. The recession ended years ago!’ But increase requests are rarely simple open-and-shut cases. When you ask your boss for money, that's just the first move up the chain of command. “What I hear from managers, especially when they're dealing with someone who is a really strong performer, is that they're frustrated because their hands are simply tied,” says consultant Frank

Guglielmo. If you're told a promotion or a raise isn't fiscally possible, redirect the conversation by adding that you don't expect results immediately. Say, “I understand there isn't a lot you can do today. What can happen over time and what can I do to make it happen?” This way, you not only receive valuable feedback and guidance, but you can also gauge whether a promotion or raise will ever be in the cards.

### “WE DON'T THINK YOU'RE READY”

There's also the possibility that your boss doesn't think you've earned a bigger slice of the pie yet. When that's the verdict, the best thing to do is listen, because your perception of yourself isn't matching up with the perception your boss has of you, says HR expert Jaime Klein. Schedule a check-in after six months and, in the meantime, ask for real-time feedback. Keep the lines of communication open, so the next time you speak you'll be on the same page.

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## Shut down? Here's your immediate action plan

### Avoid small talk

You might be tempted to smooth over any awkwardness by changing the subject to something light, like upcoming weekend plans, but make it easy on both of you and just wrap

things up. This shows you respect your boss' time.

### Make your exit

It's normal to feel upset, but focus on keeping your parting words professional and succinct. You can't

go wrong with a simple, “Thank you for taking the time to hear me out.”

### Take a break

Your colleagues shouldn't be privy to an emotional cool down. Go for a walk around the block to collect yourself.





## How to grow emotional agility

Physically, you're flexible – but how about emotionally? Use these tips to develop those muscles.

Agility can help you master box jumps and yoga positions. And according to Dr Susan David, that same kind of flexible approach can help you respond to conflicts and disappointments at work and beyond.

"Most of us allow our thoughts to inform our actions," she says. "Emotional agility is about pausing between our thoughts and actions, thus allowing us to make smarter choices." So, instead of thinking, 'Wow, that's a dream job listing. No point in applying – it's out of my league' rather think, 'Challenging myself is important, so I'll give it a shot!'

Here's how to hone your mental game.

### 1 Feel your feelings

Studies show that fighting emotions only makes them stronger. The key is to acknowledge negative thoughts without allowing them to define you. "Make room for them and then move on." A tough day at work doesn't mean you can't have a blast in that good-for-you spin class later on. "Give yourself the flexibility to act on your values, rather than what your mood is telling you to do," she says. "It's surprisingly freeing."

### 2 Think of the big picture

Imagine that you're in a meeting and a colleague takes credit for your idea. Your reaction may be to shut down and stop contributing. "But ask yourself why you're in the meeting in the first place," says Dr David. "Focus on bigger-picture goals and values, so you're able to take measured decisions." Let the annoyance pass and then jump back in.

### 3 Be your own friend

Facing a dilemma? Ask yourself what advice you'd offer a friend in the same situation. "It's incredible what solutions you can generate when you unhook yourself from your perspective," Dr David says. Alternatively, ask friends for their suggestions. Their advice may be kinder than your own internal monologue. ♦♦



## Reboot your job search

Want to make a career change? LinkedIn's Catherine Fisher lays down the law on online etiquette.

During my tenure as LinkedIn's senior director of corporate communications, I've seen how social media has levelled the playing field for everyone – you're not waiting to be asked for your CV, you're building your professional brand now. Here are three ways to stand out.

### 1 Choose your platform

I always recommend cross-promoting your work across different social media channels, but what and where you post matters. Your LinkedIn profile should represent how you want to be seen as a professional; Facebook and Instagram are more personal. But remember: once you put something out there, it's out there. Before I tweet, I think, 'Would I want my boss to see this?'

### 2 Share your industry smarts

If you're not showing off what you're doing, you're not as marketable as your peers who are out there offering their perspective. Post about something in your field that you truly have an opinion on. It can be as easy as liking someone's status, sharing a story or more in-depth like writing a blog. I saw one LinkedIn post by a shopping cart professional (yes, that's a whole industry!). It didn't get a million views, but it did resonate with that small network. Managers are looking for people with that kind of impact.

### 3 Avoid fluffy language

I see these all the time – and they just sound meaningless.

- **Instead of "I am creative," say**

"I won a prestigious marketing award for my work on the company's breast cancer campaign."

- **Instead of "I'm a problem solver," say**

"I solved my company's inventory issue by implementing a tracking system."

- **Instead of "I'm responsible," say**

"I was recognised for never missing a deadline." Be specific. This is your chance to shine!



## Revamp your CV

Your CV is often your first chance to make an impression on a potential employer. Nic Sephton-Poultney, country manager at Robert Walters recruitment consultancy, gives pointers on securing your ideal role.

### KEEP IT BRIEF

"Your CV will grow as you gain experience. However, you should consider leaving out some information," says Nic. "Providing a full employment history is important, as employers will probably ask about any significant gaps, but once you've progressed in your career, it may be best to remove some of the details of your earliest jobs and to focus on your recent and most impressive achievements. A good rule of thumb: your CV should be four pages maximum."

### DON'T GO OVERBOARD

"Including personal information such as your hobbies and interests is fine, but do so sparingly. Remember that a potential employer is looking for an overview of your skills,

so think about what is relevant," says Nic. "By presenting personal information in this way, you can increase your appeal and show your personality at the same time. These skills don't necessarily need to be related to the role in question. Transferable qualities like leadership skills are highly valued by employers across a wide range of roles."

### INCLUDE REFEREES

"Your potential employer will need to check your references to confirm your employment history, so have your referees in mind when you apply for a new role," says Nic. "And make sure your proposed referees are happy to be contacted before you supply their information. Even if you have a good relationship, don't make assumptions

when you share their contact details."

### NO PHOTOS

"While it is becoming popular among some professionals to include a photo on their CV, it can do more harm than good, as some employers may consider it unprofessional," says Nic. "A better option is to add a professional-looking photo to your LinkedIn profile. Many employers will check your professional social media presence as part of the recruitment process and this is a more appropriate place to have a headshot."

### USE A PERSONAL EMAIL ADDRESS

"Avoid using your work contact details when you apply for other positions, unless you have clarified your search with your

current employer. And if you're going to set up a personal address or something similar, be sure that it's an appropriate choice and avoid using nicknames, as this could create a negative impression with a future employer," says Nic.

### CONSIDER YOUR COVER LETTER

"A cover letter is only useful if it is tailored to the role in question. A generic letter is convenient, but it can create the impression that you haven't put in any effort," says Nic. "If you decide to include one, use it to outline where your skills and experience apply specifically to the role and ensure that it is correctly addressed." It goes without saying that the letter should be grammatically written and well presented.

## 3 Professionals share what they learnt from their work fails

### Learn to let go

"I used to struggle to say 'no' when an interesting project came into view. Even if my plate was already full, I made room for more, because I believed I was the best one for the task – until it became every task. Movie nights turned into nights glued to my laptop, relationships turned into small talk over coffee, and I felt unhappy and alone. I had forgotten myself in my work-only cycle! When I realised the extent to which my job was consuming every aspect of my life, I decided to pump the breaks, however well I thought I would do with a project. There are some things we simply have to let go of."

– Zethu Gqola, freelance PR and digital manager, One-eyed Jack

### Give yourself a break

"I really love my job – the hustle, the bustle and the networking. However, I'm prone to anxiety, and at the end of 2014, I had a bad burnout as my body went into total shut-down mode and I had a panic attack at work. It was nobody's fault but my own: I had pushed myself too far and too hard without taking enough breaks, and it was a big lesson for me. I now take a day off every two months just to relax, read, lie at the pool or go out for lunch on my own. I also make sure that I use regular exercise as a way to destress."

– Leigh Newlands, account manager, Butter Knife PR

### Ask for help

"I was doing my articles at a law firm, and determined to prove that I was hard-working and capable of operating independently, when I placed a trial notice without alerting the opposing attorneys to the date. In addition to being extremely embarrassed, I discovered that the oversight would incur additional penalty costs for the client. I was very lucky to be able to rectify the mistake – and to see how important it is to double-check procedures and to get help. No one would have looked down on me if I had simply asked a few questions!"

– Jade Robertson, legal article clerk, AS Hurter Attorneys ➡

## Look the business

Clinique colour artist Damian Garozzo suggests a simple, long-lasting look that'll make all the right impressions.

### 1 Find a great base

"Start with a lightweight, oil-free moisturiser," says Damian, "then apply your foundation in light layers so that it'll last all day." Use concealer to brighten your complexion. "Go slightly lighter with your concealer and apply it in strokes from your forehead to between your brows. Put more under your eyes down to the tops of your cheek and blend it well into the folds from your nose to your mouth."

### 2 Groom your brows

"Brush your arch hairs downward," suggests Damian. "Using a hard brow pencil in the same shade as your natural hair colour, fill your brow with short downward strokes. This works well as your brow hairs naturally grow downward. Finally, use a spoolie brush to blend and brush into place."

### 3 Line your eyes

Liner is a great way to make your lashes appear fuller. "Don't be afraid to use one," says Damian. "It's so easy to correct any liner mistakes – simply dip a cotton bud into moisturiser and refine the edge of your liner." Finally add mascara to complete your look. "To create winged lashes, use your mascara wand to brush your lashes up and to the side," he adds.

### 4 Let your lips pop

Nothing says powerful more than a red lip. "Red-orange tones work on all complexions," says Damian. "To add subtle interest, create an ombré effect by dotting a dark pink shade in the middle of your bottom lip."



RALPH LAUREN

## Feng shui your desk

Attract positive energy with this ancient Chinese approach.

Imagine your desktop divided into a nine-part grid. Choose areas of your life that need a little boost and use the following tips to attract good energy to those areas. Don't get too carried away, as clutter blocks creativity and half of your desktop should be clear at all times. And don't focus on all nine sections; instead, select two to three priorities.

» The back left corner of the desk represents prosperity. Attract money and abundance by decorating this area with a plant, a valuable item like a laptop, or even a jar of change.

» Want more than 15 minutes in the spotlight? The space for fame is in the centre back of the grid. Place your business cards or a nameplate here.

» To find love, focus on the back right corner. If you are single, decorate it with a fresh flower to bring a spark of romance into your life. If you already have a special someone, place a photo of the two of you here.

» It may be a tad cliché, but a family photo fits well on the left centre of your desk. A wooden frame enhances the energy of this particular space.

» Sitting at a desk all day does little for your health. Keep the centre area of your desk free of clutter to attract good energy. And remember to take short breaks throughout the day to reduce stress and maintain focus.

» Boost your creativity by adding inspiration to the right centre of

the grid. Aspiring writers, place a journal or book here. A blank sketchbook is ideal for artists, while a metal object will work well for others.

» Looking to gain wisdom? Focus on the front left corner of the desk. Place a reference book here.

» Front and centre is the career space – definitely appropriate for a desk. Keep this spot free of clutter and display affirmations or motivational quotes.

» If you need a little help from your friends, focus on the front right section. This is a good place to keep your phone or a tablet. This area also represents travel, so a travel guide or a photo of a dream holiday would also work well here.





Miranda Priestly  
(Meryl Streep) in *The Devil Wears Prada*.

## Nail that interview

Preparation is essential for a successful interview. "The more prepared you are, the more confident you'll be," says Nic Sephton-Poultney.

During the interview, you will be judged on your strengths and weaknesses as well as characteristics such as attitude, aptitude, stability, motivation and maturity.

Follow these DOs and DON'Ts to ace your next interview.

**DO** arrive on time or a few minutes early. Being late is never excusable.  
**DO** greet the interviewer by his or her title and surname. If you are not sure of the pronunciation, ask them to repeat it.  
**DO** shake hands firmly.  
**DON'T** answer questions with a simple 'yes' or 'no'. Explain yourself whenever possible. Describe things about yourself that relate to the position.  
**DO** wait until you are offered a chair before sitting down. Sit upright and look alert and interested at all times.  
**DO** be as charismatic as possible; it's very important that you demonstrate your interpersonal skills during the interview.  
**DO** be an excellent listener as well as an excellent talker.  
**DON'T** lie. Answer questions truthfully and as close to the point as possible.

**DO** look the interviewer in the eye.

**DO** smile.

**DO** follow the interviewer's lead.

**DO** get a full description of the position and the duties it entails at an early stage, so that you can convey your appropriate background and skills.

**DON'T** make derogatory remarks about your present or former employers.

**DO** make convey your good points in a concise, factual and sincere manner.

Remember that only you can sell yourself and make the interviewer aware of the benefits that you can offer.

**DO** conduct yourself with an attitude of being determined to get the job under discussion and never close the door on an opportunity. Being able to choose from a number of offers is better than having only one.

**DON'T** ask about salary, holidays or bonuses at the initial interview unless you are positive that the interviewer wants to hire you. You should, however, know your market value and be prepared to specify your required salary or range.

## TAKE NOTE OF THE FOLLOWING

**1** The time and location of the interview, and how long it will take to get there.

**2** The interviewer's title and how to pronounce their name.

**3** Key facts about the company: its history, products and services, financial position and competitors in the market. Research the company website thoroughly.

**4** Facts and figures about your present or former employer. Refresh your memory, as you will be expected to know a lot about a company you've worked for.

**5** Prepare questions for the meeting. Remember that an interview is a two-way street and an opportunity for you to determine whether this potential position will support your career development.

## CLOSING THE INTERVIEW

If you're interested in the position, ask about the next stage. If the interviewer makes an offer and you want it, accept on the spot. If you want more time to think it over, be courteous and tactful when you ask for that.

Don't be discouraged if they don't make an immediate offer. The interviewer may want to consult colleagues or interview other candidates. If you think the interview is not going well, don't allow your discouragement to show. Simply thank the interviewer sincerely for their time and continue on your job search. **6**

# GlamGuide

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



## /Movies

### Fences

Denzel Washington directs and stars in this adaption of August Wilson's award-winning play about former baseball player Troy Maxson (Denzel Washington) whose dreams of joining the Major League were dashed because of the colour of his skin. Bitter about his lost career, Troy takes his frustrations out on his wife Rose (Viola Davis) and son Cory (Jovan Adepo). Viola Davis previously played Rose in the Broadway revival of the play and her performance has lost none of its power.

★★★★★



### Jackie

The fascination with Jackie Kennedy Onassis, from her stunning style to her staggering spending, has never flagged, and this film focuses on the week after the 1963 assassination of her husband John F Kennedy. It veers between drama and melodrama, but there are great moments and Natalie Portman gives her all.

★★★★○



### Hidden Figures

We defy you to resist this feel-good tale about three brilliant African American women who broke barriers at NASA in the early '60s. Based on a true story, it's inspiring, warm and suffused with the charm and talent of the stars who play mathematicians Katherine (Taraji P Henson), Dorothy (Octavia Spencer) and Mary (Janelle Monáe).

★★★★○



### T2 Trainspotting

Back in 1996, Danny Boyle's *Trainspotting*, a cult hit about a group of heroin addicts in Edinburgh, launched careers and changed filmmaking. Twenty years on, the same cast reunites for the sequel in which Mark Renton (Ewan McGregor) returns to Scotland decades after he vanished with a bag of stolen cash. Drugs, dreams, wit and drama.

★★★★○

## /TV



### Iron Fist Season one

The latest Netflix-Marvel collaboration follows Daniel Rand (Finn Jones), a New York superhero with stellar Kung Fu skills and a mystical force known as the Iron Fist. It's a must-see for Avengers fans, as Iron Fist is said to appear in the next instalment of the franchise.



### Love Season two

The ups and downs of modern dating take centre stage as Mickey (Gillian Jacobs) and Gus (Paul Rust) search for abiding love. Look out for scene-stealing guest appearances by Andy Dick and Judd Apatow's daughter Iris.



### House of Cards Season five

Season four of this addictive show ended with President Underwood (Kevin Spacey) seeking a second term, with his wife Claire (Robin Wright) as his running mate. Rumour has it that this new season might see them going up against a new character based on Donald Trump.



## Spots

# Cross country

Craving a break, but only have one day to spare? Head out here.

## /Cape Town

### The Foodbarn

**Noordhoek Farm Village, Noordhoek; 021 789 1390**

Acclaimed chef Franck Dangereux serves outstanding, unpretentious food in this rustic space, rated as one of the city's finest. The menu changes daily, with favourites like the Karoo lamb rack (R230) and prawn risotto (R210) to keep guests coming back for more.

### The Werf Restaurant

**10 Park Dr, Boschendal Estate, Franschhoek; 021 870 4206**

Expect exquisite farm-to-table dishes and the estate's award-winning wines, at this fine spot. For starters, try the beef fillet tartar (R98). Then treat yourself and your partner to the salt baked trout and forage salad (R450 to share)

### Harbour House

**1 Hout Bay Rd, Constantia; 021 795 0688**

Huge windows, breathtaking valley views and contemporary decor in a century-old barn make for a memorable setting, with food to match. Dine on their legendary sushi, share a seafood platter (R700) or try the kingklip with orange beurre blanc sauce (R235).



## /Durban

### Piggly Wiggly

**1 Dargle Rd, Lions River; 033 234 2911**

Set on the popular Midlands Meander route, Piggly Wiggly is great for lazy lunches and laid-back brunches. Try the eggs Benedict with crispy bacon (R74) or scrambled egg croissant with smoked Norwegian salmon (R85). And for a touch of decadence? Dark hot chocolate with whipped cream (R32)!

### Intaba View

**10 Old Main Rd, Drummond; 031 783 4011**

Combine a great menu with stunning views of the PheZulu Nature Reserve and you have ample reason to head for the Valley of a 1 000 Hills. The traditional SA favourites here include braised oxtail and beans (R115), country pie (R86) and spicy Natal curry (R95).

### The Bierfassl

**R103, Rawdons Estate, Nottingham; 033 266 6320**

This Austrian-themed eatery is always packed, and for good reason: the meals are hearty and the surrounds are beautiful. Sample a range of local craft beers with the Taster Paddle (R48) then move onto the Oktoberfest Baby Chicken (R120) and German Black Forest Gateaux (R55).

## /Joburg

### Olifants Café

**7 Nelson Rd, The Big Red Barn, Olifantsfontein; 072 517 0966**

With a cycle park and kids' play area, Olifants Café makes for fun family outings. Expect light dishes like the Barn Breakfast (fried eggs, bacon, baked beans and fries; R35) or try the signature Texan Pit pizza (pork, bacon, pineapple, green chilli and red onion on a traditional pizza base; R110).

### Black Horse Estate

**32 Zeekoeihoek Rd, Magaliesburg; 082 453 5295**

Perched on the shores of the Magalies River, this family-friendly estate boasts both a restaurant and a craft brewery with a great range of gin, vodka and beers. The menu features easy alehouse fare like caramelised apple and Camembert scones (R70), crispy pork knuckle (R147) and build-it-yourself pizza (from R45).

### Country House Restaurant

**1 Elansdrift Rd, The Hertford Hotel, Lanseria; 084 761 2017**

This spot has a long and excellent reputation for serving hearty lunches and dinners in a setting that oozes old-world charm. Try the traditional lamb shank (R145) slow-roasted in a classic tomato and red wine sauce, then end a lazy afternoon with a delicious homemade dessert, like the Hertford Berry Pavlova (R48).

## /Rocks



### Honne

#### **Warm on a Cold Night**

The title says it all. *Honne* means 'innermost feelings' in Japanese and that is what this UK duo are all about: honest, self-revealing lyrics combined with the electro-funky beats and soulful vocals that shone through on the three EPs that preceded this debut album.

**Key track** 'Someone that loves you'

**Get it** For its groovy melodies

★★★★★



### Jack White

#### **Acoustic Recordings 1998-2016**

A stripped-back, wide-ranging retrospective of a stunningly diverse career, this first compilation album from singer-songwriter Jack White features remixes, alternate versions and material that was originally recorded for The White Stripes, The Raconteurs and as a solo artist.

**Key track** 'Love interruption'

**Get it** As a collector's item

★★★★○



### John Legend

#### **Darkness and Light**

With 10 Grammys, a Golden Globe and an Oscar to his credit, Mr Legend is living up to his name! His fifth album is a mix of R&B and soul, and it includes collaborations with Miguel and Chance the Rapper, as well as 'Right by you', a song composed for Luna, his daughter with model Chrissy Teigen.

**Key track** 'Love me now'

**Get it** If you love slow jams

★★★★○



### J Cole

#### **4 Your Eyez Only**

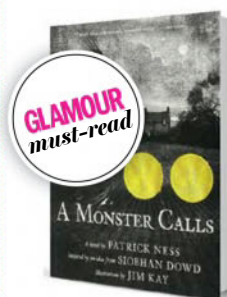
With all 10 tracks from his album charting on the *Billboard* Hot 100, this hip hop artist has hit the big time. *4 Your Eyez Only* follows the life of a fictional character, named James, as he goes from selling crack to falling in love. The final track reveals that James has died, and the album is a tape he created for his daughter.

**Key track** 'Deja Vu'

**Get it** For its poetic lyrics

★★★★○

## /Reads

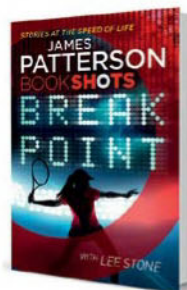


### **A Monster Calls** by Patrick Ness

(Walker Books; R180)

Sad, wise, darkly funny and marvellously illustrated, *A Monster Calls* is a meditation on grief, growth and courage, one of those children's books that speaks to the eternal

child in every one of us. Whatever your age, you will surely relate to 13-year-old Conor O'Malley as he is forced to come to terms with the imminent loss of his mother to cancer, all with the help of a most unusual and compelling yew tree.



### **Break Point** by James Patterson

(Penguin; R63)

Looking for a quick, grabby and well-priced read? How about a BookShot? This devour-in-one-sitting format was devised by the mega-selling thriller author with the

aim of delivering the impact of a full-size novel in a fraction of the pages. "Like reading movies," as he describes it. The plot here revolves around tennis star Kirsten Keller and Chris Foster, the former police officer she hires to protect her from a murderous stalker during Wimbledon.



### **Nujeen** by Nujeen Mustafa and Christina Lamb

(HarperCollins; R216)  
The true story of a Syrian teenager with cerebral palsy, Nujeen follows her harrowing, wheelchair-bound journey from war-

stricken Aleppo to Europe, giving a human face to the statistics. Read this for a deeper, more heartfelt sense of what it is to be displaced and swept up in what news reports call "the refugee crisis".



# Troye Sivan is the bravest pop star we know

At 21, the singer and YouTube sensation is more comfortable with himself than most of our adult friends! Soak up his wisdom, here.

I'm just some dumb kid, trying to kid myself that I got my stuff together," Troye Sivan sings in his song 'Lost boy'. Sorry, Troye, we're going to respectfully disagree. Since hitting the music scene in 2014, the Joburg-born, Australia-based singer has been streamed almost a billion times, toured the world and earned the fandom of Taylor Swift and Adele. The best part? He uses his popularity for good via his YouTube channel, where he highlights the struggles of the LGBTQA community. How does someone so young get so fearless? We'll let him explain the rules he lives by.

## Look out for cues

I knew I was ready to come out when it became crippling to the point that anytime I was alone with either of my parents, outing myself was all I could think about. One day in 2010 my dad and I were talking about religion; I asked him what he would change about Judaism.

Seeing I had something to share, he said he didn't like the way our religion treats gay people. Then he asked, "What about you?" That was my moment. I said, "That's my issue, too," and then after a very, very long pause, I said, "because I'm gay." I'll never forget the look on his face – it was something short of shock. We both felt the weight of that moment, how pivotal it was for me. And then he immediately went into protection mode: "Things aren't going to be easy. Just be yourself and be proud of who you are."

## Surround yourself with the right people

After I came out to my dad, I went from feeling like being gay was something I had to deal with on my own to feeling like I had someone to help and protect me. My mom was also completely supportive. I started focusing my time on people who knew everything about me and still loved me. It's like that famous quote, "Those who matter don't mind, and those who mind don't matter."



## Forget the haters

There was a website dedicated to answering the question 'Is Troye Sivan gay?' It compiled evidence – photos, quotes and GIFs of me – and they came to the conclusion that, yes, I was. When I was closeted, the fact that this page existed was the most terrifying thing in the world. But once I came out, I could laugh about it. I was able to take the power back. Once I owned it, the support-to-hate ratio leaned so insanely toward the positive that I didn't care about the negative anymore.

## Pay it forward

Recently, I helped a fan come out as bisexual to her mom during one of my shows. She'd been waving this note at me, so halfway through my act I took it. It said, "My name is Kelly and I'm bisexual. My mom's in the crowd. Please read this aloud." I did, and the crowd went nuts screaming and cheering. I feel a crazy sense of pride for creating that environment at my shows. Boys wear makeup and hold pride flags. Everyone needs a haven to be whoever they want.

Hot ticket

# Summer lovin'

We've got the ticket to all things fabulous and fun.



## /Joburg

### Wedding belles

Do you have a very, very big day coming up? Don't head down that aisle without first heading to Africa's biggest bridal event, The Wedding Expo, on at the Ticketpro Dome from 11-12 March. With some 300 suppliers, including wedding planners, dress designers, florists and caterers, you're sure to leave with inspiration, tips and wedding solutions galore. Tickets are R100 via [ticketpros.co.za](http://ticketpros.co.za).

### Get crafty

Are you looking for a new creative activity or crafty source of income? A visit to Hobby-X will leave you spoiled for choice! Find the expo at the Ticketpro Dome from 2-5 March. For info, visit [hobby-x.co.za](http://hobby-x.co.za).

### Soulful sounds

Romantic R&B lover, alert! Two legendary groups, The Stylistics and The Whispers, will be performing at the Teatro at Montecasino from 24-25 March. Tickets start at R400. Book via [computicket.com](http://computicket.com).

## /Cape Town

### Ready to dance?

The beautiful Meerendal Wine Estate turns up the heat and harmony on 4 March, thanks to the annual Huawei KDay Music Festival. The line-up, courtesy of KFM and Huawei, includes Sketchy Bongo, Locnville, Jimmy Nevis and Mi Casa. Tickets are R280 via [computicket.com](http://computicket.com).



### Wonder of wander

The Veuve Clicquot Masters Polo, taking place at Val de Vie Estate on 4 March, is an opulent gathering of socialites, celebrities and horse lovers. This year's 'Wanderlust' theme is sure to inspire fabulous fashion and cuisine from the trendiest cities around the globe, along with a riveting polo tournament that spectators can enjoy with a flute of Clicquot in hand. Tickets start at R980 via [computicket.com](http://computicket.com).

### Time of your life

Synergy Live, one of the country's largest and most anticipated music festivals, has shifted gears, switching its usual November date to 30 March in order to ensure that summer ends with a beautiful bang. Tickets are R200-R650 via [webtickets.co.za](http://webtickets.co.za).





## /Durban

### Make it home

Whether you're doing a full domestic overhaul or just want a few pretty things for your home, you'll find great decor pieces at Decorex, a grand showcase for design. The four-day expo takes place at the Durban Exhibition Centre from 18-21 March and it includes a fun pop-up artisanal market. Tickets are R20-R85 via [computicket.com](http://computicket.com).

### Amazing race

Are you craving a challenge? Then how about testing your endurance and fitness to the max while revelling in the scenic surrounds of the hugely popular Durban Ultra Triathlon? It all takes place on 5 March at Moses Mabhida Stadium. For info, visit [ultratri.co.za](http://ultratri.co.za).



### Save the date

Is that the sound of wedding bells you hear? Make them all the more harmonious with a visit to The NWJ Bridal & Events Show, KZN's largest wedding and events expo. From 3-5 March, the Durban Exhibition Centre will be packed with experts in the field of love, from caterers to fashion designers, including a Future Bride area for planning. For more info, visit [nwjbridalshow.co.za](http://nwjbridalshow.co.za).



## /Nationwide

### Rock and roll!

Bono calls them one of America's greatest bands ever and Radiohead's Thom Yorke credits them with changing his life, so no music lover should miss the chance to experience the talent and power of the Pixies, one of the most influential alternative rock bands of all time. Their first performance on SA soil is at Cape Town's Kirstenbosch Botanical Gardens on 16 March, then they move on to the Rock on the Lawns Festival at Joburg's Carnival City on 18 March. Tickets start at R495 via [computicket.com](http://computicket.com). **G**

# In next month's issue



## New season fashion

From attention-grabbing prints and metallics to military-inspired numbers, we've got everything you need to start the new season!

## Beauty fix

Look gorgeous with no-fuss braids, hot lip and nail trends, plus your guide to the best SA beauty buys.

## #Generation Validation

With social media being the way we measure our social standing, just how far would you go for a 'like'?

## "You cannot wash your hands enough before sex if you've handled Deep Heat"

And other hilarious bedroom stories.



FOR EVEN MORE EVENTS, CHECK OUT GLAMOUR GUIDES AT [GLAMOUR.CO.ZA](http://GLAMOUR.CO.ZA).



# “The women who made me”

by *Salma Hayek*

We asked the actress, UNICEF ambassador and film producer which women changed her life?



**Mother Teresa**  
**Missionary**

When I was 30, a friend and

I went to Calcutta, India, to volunteer with Mother Teresa. I worked in three hospices, and you cannot imagine the conditions. She gave these people food and a bed. She provided dignity within the horror.

**Julie Taymor**  
**Film director**

I couldn't find the right director for *Frida*, then I met Julie. We talked for hours, and I knew she was perfect. She

should have been nominated for an Oscar. She completely changed my life.

**Evelyn O'Neill**  
**Talent manager**

Evelyn also represents Julianne Moore, and I'll tell you what: we're both way over 40 and, baby, we've never worked more. That's because there's a woman behind us who is determined to change Hollywood.



Greek, came to America, and became one of the important voices in the country. And she is so fierce in her support of women.



**Stella McCartney**  
**Fashion designer**

We met a long time ago – I can't even remember when! She is an incredible mother and businesswoman, and I can go to her for anything, like, oh my God, I need a paediatrician. Even for decorating, you go to Stella.

**Eve Ensler**  
**Playwright**

Eve's taught me how to be a better advocate through causes like V-Day, her global campaign to stop violence against women. She respects me intellectually, and she also helps me with my terrible stage fright.

**Kamila Gibran**  
**Mother of the author Kahlil Gibran**

She moved from Lebanon to the US by herself, with four children, in 1895. And then one of her sons wrote *The Prophet* in 1923, which has influenced so many lives [Salma produced and voiced an animated version of it in 2014]. She symbolises how important it is to help women, because the future of new generations is in their hands.



**Arianna Huffington**  
**President of the Huffington Post Media Group**

Arianna represents the immigrant's story: she's

**Patricia Osorio**  
**Friend**

I am terrible at returning calls and emails or staying in contact. But she taught me that you have to. And she's never been impressed with my fame. She's never wanted to go to the parties. She's always been my friend.





# HELP SAVE THE FRIDGE

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Spitsbergen, Norway.

© Wild Wonders of Europe / Ole Joergen Liødden / WWF

The fridge needs help. Because much of the energy we need to power it produces waste, pollutes the atmosphere and changes the climate. We can transition the way we produce and use energy in a way that will contribute to a sustainable future. The WWF Global Climate and Energy Initiative is campaigning in countries all around the world to provide the solutions for governments, for companies and for all members of society to make the right choices about energy conservation and use. Help us to look after the world where you live at [panda.org/energyreport](http://panda.org/energyreport)





# GlamLiving

"When I eat with my friends, it's a moment of real pleasure." – Monica Bellucci

## BOEREWORS

### Boerewors coil with tomato smoor

#### Ingredients

1kg boerewors  
Wooden skewers, soaked for 15 minutes in cold water  
2 onions, halved  
1 red pepper, deseeded and halved  
Bread rolls, to serve

#### FOR THE TOMATO SMOOR

45ml olive oil  
1 large onion, chopped  
1 x 410g tin tomatoes  
15g sugar  
Salt  
Freshly ground black pepper

Coil the boerewors into a spiral. Place two wooden skewers through the sausage to secure it.

To make the smoor, heat the olive oil in a pan and fry the onions until soft. Add the tomatoes and cook over a low heat for 20 minutes, breaking the tomato with a wooden spoon as it cooks. Add the sugar, and season with salt and black pepper. Take it off the heat.

Braai the boerewors coil over a medium-low heat until brown underneath. Turn it over and braai until ready.

Braai the onions and red pepper alongside the boerewors coil.

Serve with buttered rolls and the tomato smoor.

# Off the grill

Braai-ready recipes to heat up your end of summer parties.



## SEAFOOD

## Peri-peri prawn skewers

## Ingredients

20 large prawns, unpeeled  
Lemon wedges

## FOR THE PERI-PERI SAUCE

4 red chillies  
8 garlic cloves, unpeeled  
30ml tomato paste  
Juice of 2 lemons  
60ml red wine vinegar  
30ml smoked paprika  
90ml olive oil

Soak the wooden skewers in cold water for 15 minutes.

Place the chillies and garlic in a small frying pan over a medium heat and dry fry for five minutes. It should start to blacken. When cool, peel the garlic and deseed

the chillies. Blend with the remaining ingredients until smooth to make a sauce. Season with salt.

Remove the heads and legs of the prawns. Using kitchen scissors, cut a slit along the back of each prawn and remove the digestive tract. Put the prawns in a bowl and add half the peri-peri sauce. Toss to coat. Thread the prawns onto the skewers.

Braai prawns on a high heat for about three minutes per side. Braai marks should appear and the shells should turn a deep pink colour. Remove prawns from the braai.

Serve with the remaining peri-peri sauce and lemon wedges.



## BEEF

## Brazilian rump kebabs with smoky tomato-pepper salsa

## Ingredients

1kg beef rump steaks  
Salt and pepper, to taste  
3 cloves garlic, crushed  
Juice of 2 lemons  
30ml red wine vinegar  
30ml Worcestershire sauce  
1 small white onion, grated  
30g cumin seeds  
45g chilli flakes  
30ml olive oil  
2 long metal skewers

## FOR THE SMOKY TOMATO-PEPPER SALSA

1 small red onion, chopped  
A small handful of coriander leaves, chopped  
200g cherry tomatoes, chopped  
½ red pepper, chopped  
30ml tomato paste

60ml olive oil  
30ml red wine vinegar  
15g smoked paprika  
Pinch of sugar  
Salt and pepper, to taste

Combine salsa ingredients and season to taste.

Cut the steaks into big chunks and season well. Transfer the steak to a non-metallic dish, add the remaining ingredients and work them well into the meat with your hands. Cover and refrigerate overnight. Remove from the fridge an hour before you plan to braai.

Remove the meat from the marinade and pat dry with a kitchen towel. Thread the skewers through two of the steaks and repeat with the others. Braai for four minutes on both sides.

Baste the kebabs with remaining marinade and serve with salsa. ♦♦



## CHICKEN

### Mexican chicken wrap party

#### Ingredients

6 skinless, boneless chicken breasts  
2 onions, peeled and quartered  
1 red pepper, deseeded  
1 yellow pepper, deseeded  
6 tortilla wraps  
Guacamole  
250g sour cream

#### FOR THE MEXICAN RUB

15g brown sugar  
15g cumin  
15g chilli powder  
15g garlic powder  
15g onion powder  
15g smoked paprika

#### FOR THE SPICY TOMATO SALSA

4 tomatoes, chopped  
1 red onion, chopped fine  
1 red chilli, chopped fine  
Handful of coriander leaves, chopped

Juice of half a lemon  
Salt and pepper, to taste

Mix all the ingredients for the rub together. Add to the chicken breasts and give them a good massage.

To make the salsa, combine the tomatoes, onion, chilli and coriander leaves in a bowl. Drizzle the lemon juice over and season with salt and black pepper.

Braai the chicken breasts on a medium-to-high fire for six minutes per side or until a nice golden colour. Braai the onions and peppers at the same time. You may use a griddle pan for the vegetables. Braai the tortilla wraps. This should take just a few seconds as you only want them hot.

Remove the chicken, vegetables and tortillas from the braai. Let the chicken rest for a few minutes. Slice the chicken. Paint the tortilla wraps with guacamole and sour cream. Serve with the salsa, onions and peppers.



## PORK

### Pork chops with strawberry and balsamic vinegar sauce

#### Ingredients

60ml balsamic vinegar  
30g castor sugar  
250g strawberries  
60g chicken or vegetable stock  
4 x 240g pork chops  
Salt  
Freshly ground black pepper  
Basil leaves, to garnish

Mix the vinegar and sugar. Halve the strawberries lengthways and add them to the mixture.

Heat a frying pan over medium-to-low heat and add the stock. Bring it to the boil. Add the strawberry-vinegar mixture to the stock and reduce the heat to low. Heat the strawberries through. Set the sauce aside for later.

Season the pork chops with salt and freshly ground black pepper. Braai the pork chops on an oiled grid, over a medium fire for seven minutes per side.

Place the chops on a platter and pour the strawberry sauce over. Garnish with torn basil. **G**

Extracted from *More Braai the Beloved Country* by Jean Nel (Jacana Media; R190); Photography: Myburgh du Plessis





Want to spice up your love life? The Kardashian sisters share (surprisingly) relatable dating advice.



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Whether it's vibrant prints or on-trend pieces, Kerry Washington never misses a fashion beat!



## Aries 21 MAR-20 APR

*Rely on yourself*

You need to end the fantasy of depending on men for financial support. It's time to be smart and self-sufficient, especially since you are set for a great work month, with big projects that need your intellect – and you have the sharpness required! The best times for these projects: 1-2 and 28-29 March. Single? You'll attract someone energetic and fun, perhaps younger than you and in great shape! If you're in a relationship, expect sexiness and fun weekends. Your only health warning: protect your ankles.

## Taurus 20 APR-20 MAY

*Time to network*

You want to upgrade your financial status and make your life a little more exclusive. Contacts you make via work, especially at work functions, will be important for better business and money. A good time to make these connections: 4-6 March. You want to understand your partner on a deeper level and sex will be intense. Love wise, you'll feel very amorous and will crave a mate with a powerful presence and a kinky side. Look out for that Scorpio or Aries! Your health looks good and it will be easy to stay in shape.

## Pisces 19 FEB-20 MAR

**YOUR YEAR AHEAD** Like Rihanna (20 February 1988), you're imaginative, compassionate and sympathetic. This is a year of hard work and courage in which you need to take charge. Love will feel more serious and March will be significant in matters of the heart. It is an interesting work year, especially if you are in the teaching, travel or media industries, and you may break away and become an authority in your field, especially in September. You will crave financial independence, so find an accountant and financial advisor. Your health warning: take good care of your feet and do exercise!

### **YOUR MONTH AHEAD** *Feed your passion*

Ask your colleagues for help at work – they will be valuable resources to you. Your career is getting serious and hard work and big decisions are needed. You are set to take charge of your money and a giving ally can help you create wealth. There will be a lot of sexual tension with your partner. If single, someone you like may cause major sexual frustration. If the opportunity arises, feed that passion but know that this will be a very intense affair. You will reach your sexual peak around 15-17 March.

## Gemini 21 MAY-20 JUN

*Work success occurs*

Your finances are transforming for the better and you may have a new senior position, or have been offered one – take it! Your job will require research skills and will also allow more freedom in the way you dress. Your partner will be serious about your relationship and there may be talk of marriage, especially around 20-22 March. Looking for love? You'll attract someone with great potential. They'll be tall, intelligent, practical and philosophical, so get out there! Know that your cycle may be unpredictable.

## Cancer 21 JUN-22 JUL

*Tighten your belt*

There may be a little financial chaos this month. Stay on top of expenses and control your spending. On a happy note, you may receive a bundle of cash from a key figure – possibly money owed to you for a while. You'll be very self-sufficient in your career, especially on 2-4 and 29-30 March, and this will have a great healing effect on you. You and your partner may have fun travels. Singletons, you want a confident, protective partner and may attract one from a different culture, so stay open. Take extra care of your skin.

## Leo 23 JUL-22 AUG

*Make good choices*

A past love will pop into the picture and it may feel like a fairy tale. If you are involved, do things together that make you laugh – humour will play a big part in your relationship. You'll need to work closely with others at work – especially the opposite sex – and you'll feel very strong about projects you undertake. Your money will stabilise and you'll be level-headed when making important financial decisions, especially around 11-13 March. Find an exercise programme that is fun to do and increase your levels of vitamin D to keep your bones healthy and strong.



## Virgo 23 AUG-22 SEP

### *Love captures your heart*

Love is speedy and highly energetic this month, and you'll feel sexually charged. One-night stands may occur – just play it safe! Partnered up? You'll need space at times, but sparks will fly when you're together and it will be good to share a challenging workout, like boxing. Expect financial rupture as you close or open accounts, and make key money decisions around 2-3 and 30-31 March. Pour yourself into work as it will bring great joy, especially if it involves social work, engineering and anything out of the ordinary.

## Sagittarius 22 NOV-21 DEC

### *Nurture yourself*

Your money and possibly your career are strongly linked to family this month and you'll work hard to buy what makes you feel nurtured and safe. A lot of work may be done from home, where you feel most comfortable expressing your creativity. Your big inspiration will be around 9-10 March. An interesting, luxury-loving person may take your fancy. You'll recognise them by the easy conversations you share. And get set for good times ahead with your significant other. You'll have great energy and will enjoy exercising.



If he's a Pisces, like musician Justin Bieber (1 March 1994), he is emotional and creative, with deep feelings. You'll recognise him by his dreamy eyes, introverted nature and gentle demeanor. His ideal woman is sensitive, nurturing, sexy and adoring. Cancerians and Scorpios make for a perfect coupling, Taurians are a match made in heaven, and Aquarians and Arians make for best friends. There will be mutual attraction and fascination with Virgos, and he'll have plenty in common with Sagittarians, but scant understanding with emotionally detached and airy Librans. He'll have fun times with Gemini, who interest and delight him. Leos will eat him alive and even though Capricorns are a good match, they can be too authoritative for him. **G**

## Libra 23 SEP-22 OCT

### *Lean on family*

Unattached? You're set to meet someone sensual who loves food, sex and pleasing you! The likely dates for this: around 2-4, 13-15 and 29-31 March. These dates will also be good for cozying up, cooking and having wild sex with a loved one. Your financial drive will be high and you will be supported if you pay attention to your money. You may want to work from home. Turn to family members for advice on important decisions. Your health note: watch your alcohol intake as you may be prone to headaches.

## Capricorn 22 DEC-19 JAN

### *Creativity abounds*

This month will see you devising innovative ways to make money and your superiors will notice your efforts. Look to 23-25 March for this and consider partnering with a trusty professional. You may also be upgrading your gadgets, from your phone to your tablet. Attached? There will be lots of love with your partner. Looking for a mate? Someone with a strong personality, who is highly intuitive and sensitive to your feelings may appear. On the health front, you may be a little edgy. Cut back on caffeine!

## Scorpio 23 OCT-21 NOV

### *Embrace your sexuality*

You'll feel extremely intuitive and emotional this month and you'll be spending on items that enhance your sexual appeal. Whether you're single or involved, you're in for a very sexy time, especially around 1-2, 15-17 and 27-29 March. There may be financial decisions that involve your siblings, and if you have money to spare, look to overseas investments, particularly in property. If your work involves food, property or finance you will do super well at this time. Just be practical and don't work on impulse.

## Aquarius 20 JAN-18 FEB

### *Focus on work*

Expect to be spending on pampering and on projects that reflect your deep values. Your big spends will be around 2-4 and 30-31 March. You'll be highly focused in your career and could be put in charge of research where you'll excel. Control your emotions at work as things may be intense at times. If you're attached, the two of you will share understanding and great decisions. If single, you're giving off a lot of sexual charge and will attract a very masculine partner. Fallen off the exercise wagon? Consider working out at home!

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"I dislocated a rib for *Black Swan*."  
- Natalie Portman



"For the movie *Accident*, I had to hang upside down in a car for a month of winter night shoots, while a rain machine poured water onto me. Glamorous? Not so much!"  
- Roxane Hayward



"I shaved my co-star with a straight blade... and accidentally cut his throat. I still haven't stopped apologising. It was just a knick, but it looked fatal!"  
- Zakeeya Patel

## What's the craziest thing you've done for the camera?

If you think stuntmen take all the risks, think again. These celebs will go the extra mile for the perfect shot.



"While shooting my first action scene for a series, my co-star accidentally slapped me so hard I bit my lip. The director liked our unscripted performance so much that he grew my character's storyline."  
- Tshego Seakgoe



"For *All Good Things*, Ryan Gosling had to pull my hair and rip me out of a room. He sent me flowers the next day."  
- Kirsten Dunst



"Bungee jumping."  
- Miranda Kerr



"For *Soul City*, we needed a shot of my character standing on the tracks behind a Metro train. I must have been 5cm from the train and, as it whooshed past, it nipped my nose."  
- Mbali Mlotshwa

Text: Jeffrey Slonim; Staff: Photography: Gallo Images/Getty Images, Jacques Du Preez, Supplied

# 9 Most memorable quotes from the Oscars



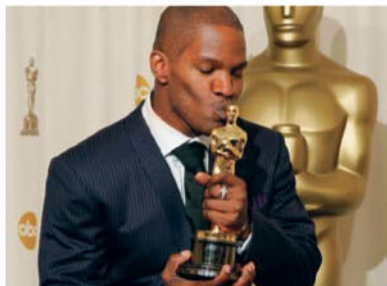
1 “This moment is so much bigger than me. It’s for every nameless, faceless woman of colour that now has a chance because this door tonight has been opened.” – **Halle Berry** becomes the first black woman to win the Best Actress award for *Monster’s Ball* in 2002



2 “Most of all, I want to thank my father, up there, the man who, when I said I wanted to be an actor, said, ‘Wonderful. Just have a backup profession like welding.’” – **Robin Williams**, Best Supporting Actor for *Good Will Hunting* in 1998



3 “I have a TV, so I’m going to spend some time here to tell you some things. And sir [speaking to conductor Bill Conti], you’re doing a great job, but you’re so quick with that stick. Why don’t you sit, because I may never be here again.” – **Julia Roberts**, Best Actress for *Erin Brockovich* in 2000



4 “I want to thank my sister – 1.27m of pure love. I want to thank my daughter for telling me before I got up here, ‘If you don’t win dad, you’re still good.’” – **Jamie Foxx**, Best Actor for *Ray* in 2004



5 “I’m just a girl from a trailer park who had a dream. I never thought this would ever happen.” – **Hilary Swank**, Best Actress for *Million Dollar Baby* in 2005



6 “I just said to Matt [Damon], ‘Losing would suck and winning would be really scary.’ And it’s really, really scary.” – **Ben Affleck**, Best Original Screenplay together with Matt Damon for *Good Will Hunting* in 1998



7 “As a kid I lived in the projects, and you’re the people I watched. You’re the people who made me want to be an actor. And I’m gonna keep on acting.” – **Whoopi Goldberg**, Best Supporting Actress for *Ghost* in 1990



8 “When they called my name, I had this feeling I could hear half of America going, ‘Oh no. Come on. Her, again?’ You know. But, whatever.” – **Meryl Streep**, Best Actress for *The Iron Lady* in 2012



9 “When I look down at this golden statue, may it remind me and every little child that no matter where you’re from, your dreams are valid.” – **Lupita Nyong’o**, Best Supporting Actress for *12 Years a Slave* in 2014



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