

# BOSS MODELS

CAPE TOWN



**ROSETTE MOGOMOTSI**

Height: 175cm Bust: 86cm Waist: 64cm Hips: 94cm Shoe: 5 UK Hair: Black Eyes: Brown

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## HYDRATION HIGH

JUST LIKE A FLOWER NEEDS WATER TO FLOURISH, SO TOO DOES YOUR SKIN AND WHAT YOU PUT IN IS WHAT YOU'LL GET OUT. IF YOU LIVE YOUR LIFE GUZZLING FIZZY DRINKS, YOUR SKIN WILL SUFFER. TAKING STEPS TO ACTIVELY AGE BETTER MEANS LOOKING AT WHAT YOU DRINK. UP YOUR WATER INTAKE AND DECREASE THE AMOUNT OF COFFEE AND SUGARY DRINKS. IF YOU BATTLE TO DRINK WATER, MAKE IT MORE PALATABLE BY CUTTING UP A FRUIT OR CUCUMBER TO ADD FLAVOUR.

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## SUN PROTECTION

JUST BECAUSE WE HAVE A GREAT AMOUNT OF MELANIN IN YOUR SKIN - A NATURAL SUN BARRIER - DOESN'T MEAN YOU SHOULD ONLY TAKE OUT SUNSCREEN WHEN YOU'RE AT THE BEACH OR FOR OUTDOOR ACTIVITIES. WEAR IT EVERY SINGLE DAY. AS THE OZONE LAYER GETS THINNER, YOU HAVE TO PROTECT YOUR SKIN JUST AS MUCH AS CAUCASIANS. THIS HABIT WILL ALSO HELP REDUCE THE CHANCES OF SEVERE HYPERPIGMENTATION AND THE APPEARANCE OF DISCOLOURATION AND SKIN CANCER. USE A BROAD-SPECTRUM SUNSCREEN TO SHIELD YOU FROM BOTH UVA AND UVB RAYS.



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