

BOSS MODELS

JOHANNESBURG



LISA COWLEY

Height: 180cm Bust: 86cm Hair: Dark Brown Eyes: Blue

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safe
fun
in
the
SUN

Whether you're spending the day at the beach or just driving to work, sun protection is an absolute necessity.

BEAUTY EDITOR: CANDICE-LEE
BEAUTY ASSISTANT: LAUREN WATTERS
beautydesk@fairlady.com

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CAPE COMFORT

This structured cape is a stylish addition to your comfort wardrobe. The faux-fur collar adds a soft (and snug) finish.

SHIRT R599, Poetry. CAPE Price on request. Lits Jo at Secret Room.
PANTS R439, Mledya.

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CAMO LITE

Camouflage is a classic print that is revisited every season. Avoid camo overload by pairing one camo-print item with others in shades of olive.

SHIRT R450, Old Khaki. JACKET R949, Forever 21. PANTS R450, Poetry. HAT R675, Lulu Belle. BAG (UNDER JACKET) R299, Call it Spring. BOOTS R899, Jeep.



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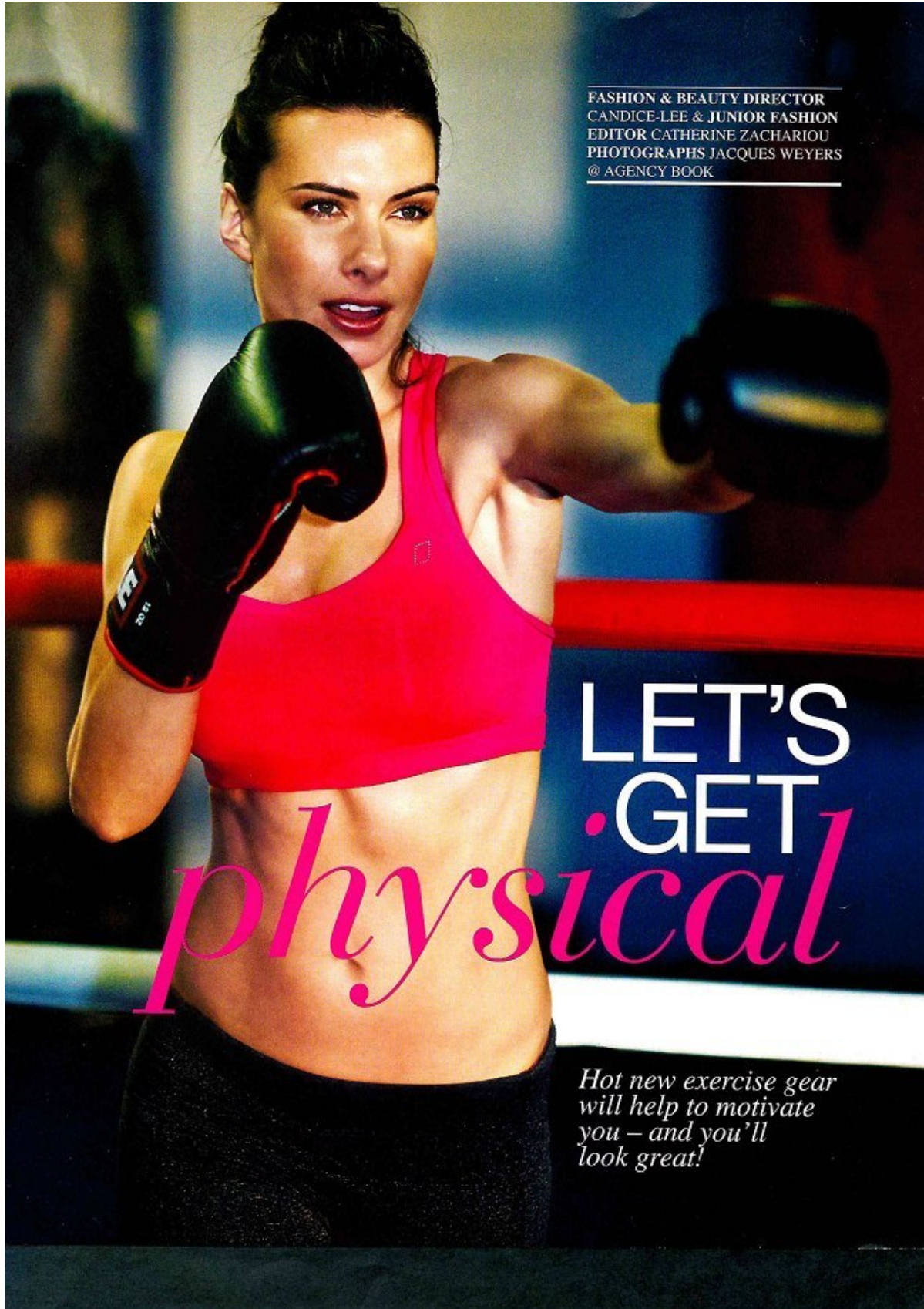


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FASHION & BEAUTY DIRECTOR
CANDICE-LEE & JUNIOR FASHION
EDITOR CATHERINE ZACHARIOU
PHOTOGRAPHS JACQUES WEYERS
@ AGENCY BOOK

LET'S
GET
physical

*Hot new exercise gear
will help to motivate
you – and you'll
look great!*

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fashion

[this page]

A hop, skip and a jump

Gone are the days of go-to grey sweats; you can gym like a guy but still look like a girl by choosing active wear basics in feminine shades of coral, pink and purple.

Top (R545) BrasilFIT, leggings (R785) BrasilFIT, gel trainers (R1 399) Asics

[opposite]

Pack a punch

Float like a butterfly, sting like a bee while taking on the formerly male-only art of boxing in a hot pink crop top. Kiss body worries goodbye; boxing promises weight loss and increased muscle tone, leaving you looking like a total knockout.

Sports bra (R799) Lorna Jane, grey leggings with pink waistband trim (R1 099) Lorna Jane

Fairlady/January 2013 125

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SHAPE

A healthier, happier you!

Get your body beach-ready in 4 weeks!

Your fast-track to a flatter tummy, p60

Are you blocking love?

Let go and find your man with
our six-point action plan

★ SPECIAL SECTION

YOUR SUMMER MAKE-OVER

- instant beauty tricks
- metabolism-boosting diet
- thinner thighs workout

MY STORY
“I lost 23kg in
9 months –
the healthy
way!”

Delicious
dinners
you don't
have to
cook

Win!
A spa bath
worth R36 000



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Wegen der hohen Temperaturen (ca. 30°C) werden die Modelle in
entsprechend leichter Kleidung (ca. 100-150g) für den Sommer
entworfen (ca. 100-150g) für den Sommer.

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a ring of POSIES

Nothing says summer
glamour better than tropical
prints and glistening gold.
Bikini top, R599, and bottom, R461,
Sea Folly at Soutalorbs. Gold charm
necklace, R90, Wicksorthe. Happy
Birthday sunglasses, R28,700,
Cartier. Gold leather sandals,
R3,950, Prada at Nina Roche

18 JANUARY 2011

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