

# BOSS MODELS

JOHANNESBURG



LORAH LE ROUX

Height: 177cm Bust: 84cm Waist: 64cm Hips: 93cm Shoe: 5 UK Hair: Black Eyes: Brown

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FRISCHE FRÜCHTCHEN Weites Kleid mit Zitronenprint,  
hergestellt aus recyceltem Polyester. Jan 'n June, ca. 130 Euro. Schlappen: Ekn

46 BEIGITTE WOMAN

07\_19

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07/2019 Deutschland 4,00 € • Österreich 4,50 €

## Brigitte

DAS  
MAGAZIN  
FÜR  
FRAUEN  
AB 40

## Faire MODE

Lässige Lieblinge  
für heiße Tage

### RUHE, VERDAMMT NOCH MAL!

Je älter, desto  
gelassener? Ganz  
im Gegenteil ...

COACHING  
Neu verliebt in  
meinen Job

ANDERS REISEN  
Housesitting  
in Irland

JUNGES GEMÜSE  
Frisch  
gepflückt,  
köstlich  
zubereitet

# MEIN LEBEN BRAUCHT MEHR ABENTEUER

Wie wir den Alltag intensiver spüren –  
drei Frauen erzählen



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MODE\_\_ NACHHALTIG & FAIR



SPORTLICHER MIX Atmungsaktiver Pullover aus ressourcenschonender Produktion,  
Jack Wolfskin, ca. 130 Euro. Leinwandhose: Inca, ca. 70 Euro

48 BRIGITTE WOMAN

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NACHHALTIG & FAIR — MODE

LÄSSIGES LEINEN Schluppenbluse  
aus Tencel-Leinenmix:  
Ecoalf, ca. 130 Euro. Leinenbluse:  
Deerberg, ca. 100 Euro.  
Gestreifte Hose aus  
zertifizierter Fair-Trade-Produktion:  
Hiitu, ca. 40 Euro



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MODE — NACHHALTIG & FAIR

## BIO? LOGISCH!

*Wer immer noch daran zweifelt,  
dass nachhaltige Mode und Coolness kein Widerspruch sind,  
soll nur kommen. Diese stylischen,  
sommerleichten Kombis überzeugen wirklich jeden*

FOTOS — ASTRID GROSSER  
PRODUKTION — BARBEL RECKTENWALD

MARANTÉ MARRÉE Gaiterofa, Wickelkleid aus recyceltem Polyester.  
Silberstr. ca. 90 Euro. Schuhe: Alina Scherfeld

07 - 19

BRIGITTE WOMAN 43

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NACHHALTIG & FAIR — MODE

LEIN Schluppenbluse  
Lein-Leinenmix:  
ca. 100 Euro. Leinenbluse:  
ca. 100 Euro.  
Lein-Hose aus  
Fair-Trade-Produktion:  
ca. 40 Euro



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**WIN!** COOKWARE AND GETAWAYS VALUED AT R65 000!

# YOUR FAMILY

INSPIRING & EASY!

## FOOD WITH BENEFITS

- ◆ Wholesome eggs
- ◆ There's a tea for that
- ◆ Thinner dinners

## YOUR HEALTH

Are antidepressants right for you?

Can you reverse insulin resistance?

## BUILDING HARMONY WITH YOUR IN-LAWS

IS YOUR BEAUTY ROUTINE *actually* ageing you?



16+ page mini mag

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*Light up  
in lavender*

LAVENDERS, LILACS, PASTEL VIOLETS AND PALE PURPLES ARE THIS SEASON'S HOTTEST COLOURS. HERE'S HOW TO MAKE THEM WORK BRILLIANTLY FOR YOU

Monochromatic dressing is one way of looking cohesive and sleek.

AMETHYST A-LINE SUNDRESS, R159.99, LILAC METAL PETAL EARRINGS, R25.99 AND TOFFEE MARBLE WISCONSIN CUFF, R149, all MrP Clothing | LILAC CARDIGAN, R895, Mel in Parkhurst | LEATHER SHOPPER, R999, Poetry

12 yourfamily.co.za

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