

ESSEntials

Ready for SUMMER

- * The full-body workout done in half the time
- * Smart time-saving beauty tricks
- * Style yourself a size slimmer

GOING BUST
Could your bra be damaging your health?

10
EASY FIXES
THAT BOOST
THE VALUE
OF YOUR
HOME

Winning recipes for busy cooks



LOW-KJ DESSERTS
Have your cake and eat it!

EVERYDAY & EASY
Fuss-free family meals

TIME FOR A BREAK?

Why you need to spend less time with your man

ISSN 10233768



1 6 0 1 0



9 771023 376007
OCTOBER 2016 R28,00 (incl VAT) Other countries R24,56 (excl tax)

ENTER AND WIN!



Spalicious

It's getting hotter outside, which can only mean one thing: the Spalicious summer limited edition range is out! The Spalicious products are high quality, made from fully-imported ingredients, and they're a delicious treat for hands, feet, and body. The all-new summer limited edition Mojito range is no exception: the refreshing body scrub and butter will no doubt inject some zing and zest into your beauty regime.

To win 1 of 8 Spalicious hampers, valued at R650 each, SMS MOJITO

Satiskin

Take your moment and leave your skin feeling satin soft with Satiskin. Take some well-deserved time out to experience one of their indulgent bubble baths, rejuvenating shower gels, or their pH-balanced, gentle hygiene hand washes. Available in various luxury fragrances, Satiskin's range of quality products gives you the perfect opportunity to take your moment and make it your own...

To win 1 of 5 SATISKIN hampers, valued at R1 000 each, SMS BUBBLES



Little spoils *for you*

SMS your details and you could win some of these fabulous goodies!

Vinolia

For over a hundred years, Vinolia has helped us unwind, thanks to their luxury wrapped soaps. Vinolia's beautifully-scented bath range of products now includes new-look soap bars, as well as hand washes and decadent foam baths. Scents range from exotic sandalwood to classic lavender, and it's no wonder that 'me time' with Vinolia is the ultimate in relaxation and pampering.

To win 1 of 5 Vinolia hampers, valued at R1 000 each, SMS VINOLIA



Shiroko

Shiroko's bespoke jewellery range will add some sparkle to your summer. Their stunning pieces are crafted from rhodium-plated, 925 Sterling silver, and their signature fine jewellery includes a floating charms locket, which can be personalised by filling it with tiny birthstones, animals, numbers, zodiac symbols, and more.

To win a Shiroko floating charm locket, valued at R5 000, SMS LOCKET

HOW TO ENTER: SMS your name, keyword, email and postal addresses and ID number to 48403. Free SMSs don't apply. Each SMS costs R1,50. Errors will be billed. Entries must reach us by 31 October 2016. See page 115 for Ts & Cs. By entering you give Caxton Magazines the right to market other Caxton Magazine offers to you.