























*stylist **ROBIN-JADE CAROLUS** - fashion



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NEUTRAL

TERRITORY

New neutrals are quietly dominating the fashion spotlight – and this has spilled over to activewear, too. We are loving the pored-back and sophisticated look!

FASHION

81% Crea Crea Crop
R299 Cotton On
Comfort Knit Pant
R499 Cotton On
Yoga Waist B206
Moana at EGG

WOMEN'S HEALTH

MAR + APR 2022

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Mix textures and patterns to elevate your tonal look. Layering these elements will give your one-colour outfit more depth and dimension.

Cropped Sleeveless
Puffer Jacket **R499**,
Cotton On;
Crop Top **R290**, Rosey
and Vittori at EGG;
Textured Seamless
Cycle Shorts **R279**,
Woolward;,
Socks **R169** (part of
pack), Cotton On;
HOVR™ Phantom 2
INIKNT Running Shoes
R3 199, Under Armour;
PLAY TWO Padel
Racket **R4 000**,
TWO TWO at Africa
Padel



Editor's Pick: The Stella McCartney UltraBoost Sandal has a chic cut-out that keeps your feet cool and comfy when you're bringing the heat in your workout.

Textured Top **R329**,
Woolworths;
Boxer Short **R490**,
Sama Sama at EGG;
Logo Sweater **R690**,
Roxey & Vittori at
EGG;
Frill Ribbed Ankle
Socks **R79**, Cotton On;
adidas by Stella
McCartney UltraBoost
Sandal **R4 799**, adidas





Keyhole Vestlette
R299, Cotton On;
Boxing Short R349,
Cotton On;
Track pants R299,
Woolworths;
adidas by Stella
McCartney SalarGlide
Shoes R3 999, adidas

FASHION

Top tip for wearing white:
Don't wear white
undergarments. Believe it
or not, wearing white under
white makes your intimates
more revealing. Opt for
nude shades instead.

WOMEN'S HEALTH

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Beauty&Style

Simple secrets to feel great and look gorgeous

A woman with long brown hair is posing in a dynamic, athletic stance. She is wearing a black long-sleeved crop top, a black jacket, high-waisted black leggings, and colorful sneakers. She is smiling and has her right hand raised to her forehead. The background is a plain, light-colored wall.

Yes, please!
Our love of
high-waisted
trousers – hello,
flattering
cut – has
translated into
high-waisted
leggings, which
are perfect for
pairing with
crops and for
bendy exercise
routines like
yoga and
Pilates.
Thermo hoodie,
R1 399, Reebok;
Captivate crop bra,
R800, and tights,
R1 300, both New
Balance; Breath
Lace training
shoes, R1 799,
Under Armour
at Totalsports





When it comes to performance gear, neon reigns supreme. And despite Prada's high-voltage neon takeover of the catwalks this season, it remains an accent. And a super-hot one at that.

Chase Spacer FZ hoodie, R1 399, Puma; seamless tee, R699, Asics at Totalsports; Move jogger shorts, R249, Cotton On Body; socks, R65, Falke; slides, R300, Billabong



The trend for transparency means never needing to be embarrassed by your VPL – show off your bras and knickers! Even Burberry tried it out with sheer plastic trench coats. You can do it with diaphanous workout tees thrown over crops.

Bra, R849, Puma; Explosive top, R549, Puma at Totalsports; Active gym shorts, R199, Cotton On Body; backpack, R499, Kappa; Speedform Silingshot 2 running shoes, R2 199, Under Armour at Totalsports







3. Never-say-die
metallics give
basic silhouettes
a killer sharp
update for 2019.

Cropped T-shirt,
R499, Ivy Park
at SportsScene;
swimsuit, R448,
Sun Love at Sun
Things; SpeedForm
Amp 3.0 trainers,
R1999, Under
Armour; Camilla
hoop earrings,
R299, Country Road



THIS PAGE

1. Swimwear brands are creating pieces that are fashionable and functional, making them perfect for a pre-dip sweat session or a post-dip cocktail.

Corfu one-piece swimsuit, R1099, *Wilchery*; sweatband, R79 for a pack of two, adidas at *Totalsports*; Mia earrings, R149 for a pack of two pairs, *Wilchery*; Flowerflex watch, R1190, *Swatch*

OPPOSITE PAGE

2. Bodysuits. The perfect layering pieces that can be worn in dance class and on the dance floor.

Bodysuit, R600, Champion at *Sportscene*; Trekking shorts, R249, *Cotton On Body*; socks, R79, Rubi at *Cotton On*; Heritage slides, R419, *Country Road*





6. If you can't keep a wind machine in your back pocket, high-waisted briefs mean you can still channel your inner Beyoncé. And you don't have to worry about your bottoms falling off mid wave.

Cut-away top, R599, and bra, R429, both Ivy Park at Sportscape; Zanzibar bikini bottoms, R499, Witchery; socks, R79, Rubi at Cotton On; Nova GRL PWR sneakers, R1 799, Puma Select



5. Thanks in equal parts to the major 90s nostalgia and fashion vibes dished by the full complement of Kardashians (Veezy included, tbt), cycling shorts are now a big fashion hit! Yes, really.

Sportlite bra, R599, Puma; Pro HyperCool training shorts, R650, Nike at Totalsports; Arlyn sneakers, R2 500, adidas at Sportscene; clutch, R119, Cotton On Body





Just Beachy

THIS SUMMER'S
SO HOT, YOU
GOTTA WEAR
SHADES... FIND
THE NEW SEASON
TRENDS THAT
ARE PERFECT
FOR THE BEACH

By Robin Jade Carolus
Photographs by Garrett Barclay











































