



















YOU COULD WIN A **R10 000** SHOPPING SPREE! P70

B

BALANCED LIFE | OCTOBER 2017

Face time

HAIR AND SKIN
ADVICE FOR
EVERY AGE

10 REASONS
YOU ALWAYS
FEEL TIRED

4

**SPRING
STYLE
STAPLES**
(ALL LOCALLY
PRODUCED!)

**MUST-HAVE
POOLSIDE
BASICS**

JOB HOPPING
IS IT STILL
SEEN AS A
BAD THING?

TURN UP
the volume!

HOW TO
INJECT
MORE
JOY INTO
YOUR LIFE!

TUMI VOSTER REVEALS THE SECRET TO JUGGLING
HER MANY ROLES ... AND WE'RE ALL EARS!

















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Gail Mababalane

**'ALWAYS BE READY
WHEN AN OPPORTUNITY
IS PRESENTED TO YOU'**

6
PAGES
OF HOT
SUMMER
BLING

**FOUR EASY
WAYS TO ROCK
POOLSIDE CHIC**

**IS TECHNOLOGY
HARMING YOUR
HEALTH?**

You could
WIN
R24 000
IN PRIZES!

WORK BESTIES
**THE SECRET
TO CAREER
SUCCESS?**

Gifts
MADE EASY
50+
**IDEAS TO SPOIL YOUR LOVED ONES
(AND YOURSELF!)**





ideas

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How to:

- Crochet a collar
- Make jelly marmalade
- Quilt a bag
- Cover your suitcases

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Go vintage!

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SA's No.1 Health & Fitness Magazine

SHAPE

SHAPE YOUR LIFE

WIN WORKOUT DVDs p108

BE A YOGA ROCK STAR

Michelle Branch's
Muscle Sculpting,
Mind Boosting
Routine p64

The Shy Girl's
Guide to
Great Sex
No Need to Blush

Loosen up
3 Ways to
Become More
Adaptable

**BURNT OUT
AND DON'T
EVEN KNOW IT?**
Take Our Test, p114

No Time to Exercise? Read this, p62

ROXY LOUW
'I'm happy with
my body now –
I've made
peace with it'
You can eat
potato salad! p73

**10-page
Shape
Extra!**
The 7 secrets of
happy people
+ Eat for a
good mood

**Now we're
cooking!**
(...without
wheat, dairy,
sugar...)

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