







*photographer **GLEN MONTGOMERY** - Still life - clothing



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festive SUMMER!

Nail your party-season
mani with Sally Hansen

1 prep

Sally Hansen Cuticle Eraser + Balm eliminates ragged cuticles and conditions nails. **Sally Hansen Complete Care Extra Moisturizing 4-In-1 Nail Treatment** gives you stronger, healthier nails – and provides shine for up to 10 days.

Sally Hansen Complete Care Extra Moisturizing 4-In-1 Nail Treatment (R99,95*)



Sally Hansen Cuticle Eraser + Balm (R99,95*)



2 colour

Don't settle for just colour when you can get a base coat, strengthener, growth treatment, salon-inspired colour, top coat, chip resistance and a gel finish all in one bottle. Try out this glam mani to get you in a party mood.



Sally Hansen Complete Salon Manicure (R99,95*) Red Zin and Golden Rule

3 protect

Keep your manicure beautiful for up to 10 days! **Sally Hansen Mega Shine Top Coat** is a protective shield that prevents nails from chipping, cracking or peeling.



Sally Hansen Mega Shine Top Coat (R99,95*)

4 set

Dry nails within 30 seconds: **Sally Hansen Insta-Dri Top Coat** is chip-resistant and gives nails a long-lasting shine.



Sally Hansen Insta-Dri Top Coat (R99,95*)

Sally Hansen
#1 Nail Brand in the U.S.A.

For more info go to za.sallyhansen.com
*Recommended retail price

festive flair

Nail your party-season
mani with Sally Hansen

1 treat

Sally Hansen Cuticle Rehab is an intense brush-on oil that instantly restores moisture to cuticles. **Sally Hansen Nail Rehab** helps fill in ridges and dries to a smooth, hard shield that defends against breaking, tearing and peeling.



2 colour

Don't settle for just colour when you can get a base coat, strengthener, growth treatment, salon-inspired colour, top coat, chip resistance and a gel finish all in one bottle. Try out this houndstooth- and French tip-inspired mani.



Sally Hansen Complete Salon Manicure (R89,95*) Café Au Lait

Sally Hansen Complete Salon Manicure (R89,95*) Right Said Red

3 protect

Protect your favourite nail creations: make your nails stand out by enhancing them with Sally Hansen Big Shiny Top Coat.



Sally Hansen Big Shiny Top Coat (R79,95*)

4 set

No more smudges! With just a few drops, nails are dry to the touch in 60 seconds – and completely dry in less than two minutes.



Sally Hansen Complete Salon Manicure Dry & Go Drops (R79,95*)

For more info go to za.sallyhansen.com
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Colour Pop
Nail your summer manicure with Sally Hansen

1 treat
Sally Hansen Nailgrowth Miracle Treatment protects and strengthens nails, and promotes growth without brittleness. Sally Hansen Vitamin E Nail & Cuticle Oil nourishes and softens cuticles, while strengthening nails.

2 colour
Seven benefits in one bottle: salon-inspired colour, a base coat, strengthener, growth treatment, top coat, chip resistance and a gel finish.

3 protect
All-in-one strengthening base and top coat works in double time – for double protection – helping to shield nails with a shiny, chip-resistant finish while keeping nails moisturised at the same time.

4 set
No more smudges! With just a few drops, nails are dry to the touch in 60 seconds – and completely dry in less than two minutes.

PHOTOGRAPHY GLEN MONTGOMERY/SUPERNOVA CREATIVE
MANAGEMENT STYLING JACINA PARATYNS MODEL MARIE TILJARD

Available at selected Clicks, Dis-Chem, Edgars, Foschini and Pick n Pay stores nationwide. For more info go to za.sallyhansen.com
*Recommended retail price

Sally Hansen
#1 Nail Brand in the U.S.A.



PHOTOGRAPH BY GLEN MONTGOMERY/STYLING BY GLEN MONTGOMERY/HAIR BY GLEN MONTGOMERY/MAKEUP BY GLEN MONTGOMERY

For a step-by-step guide to creating this mani, search 'Sally Hansen mani' at Cosmopolitan.co.za

fright night

Get into the Halloween spirit with Sally Hansen

1 prep

Sally Hansen Nailgrowth Miracle helps protect for longer, stronger, more beautiful nails.

Sally Hansen Nailgrowth Miracle (R110*)



2 colour

Sally Hansen Hard As Nails Xtreme Wear gives you Xtreme Colour and Shine. Try this bewitching orange-and-black combo.

Sally Hansen Hard As Nails Xtreme Wear (R49,95*) Sun-kissed
Sally Hansen Hard As Nails Xtreme Wear (R49,95*) Black Out



3 set

Sally Hansen Big Shiny Top Coat prevents nail colour from fading and enhances your manicure with a high-gloss shine.

Sally Hansen Big Shiny Top Coat (R79,95*)



Sally Hansen

For more info go to za.sallyhansen.com
*Recommended retail price

sweet dreams

Get mani-ready for summer in two easy steps with Sally Hansen Miracle Gel™

1

colour

Start with clean, dry nails – no base coat required! Apply two coats of Sally Hansen Miracle Gel™ nail polish: the part-lacquer, part-gel formula delivers up to 14 days of colour and shine. Try out this pastel rainbow-inspired mani.

Sally Hansen Miracle Gel™ in B-Girl, Pinky Promise, Street Flair, Birthday Suit and Pretty Plozz (R110 each*)



2

set

Apply a coat of Sally Hansen Miracle Gel™ Top Coat: its patented formula delivers the high-shine, glossy look of a salon-quality gel manicure without the need for LED/UV light. Easy, soak-free removal can be achieved with regular nail-polish remover.

Sally Hansen Miracle Gel™ Top Coat (R110*)



PHOTOGRAPHY: GLEN MONTGOMERY/SUPERNOVA CREATIVE MANAGEMENT
MODEL: LUCINDA TROMP/NOEL MANAGEMENT MANAGEMENT CO. ZA

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Sally Hansen

For more info go to za.sallyhansen.com
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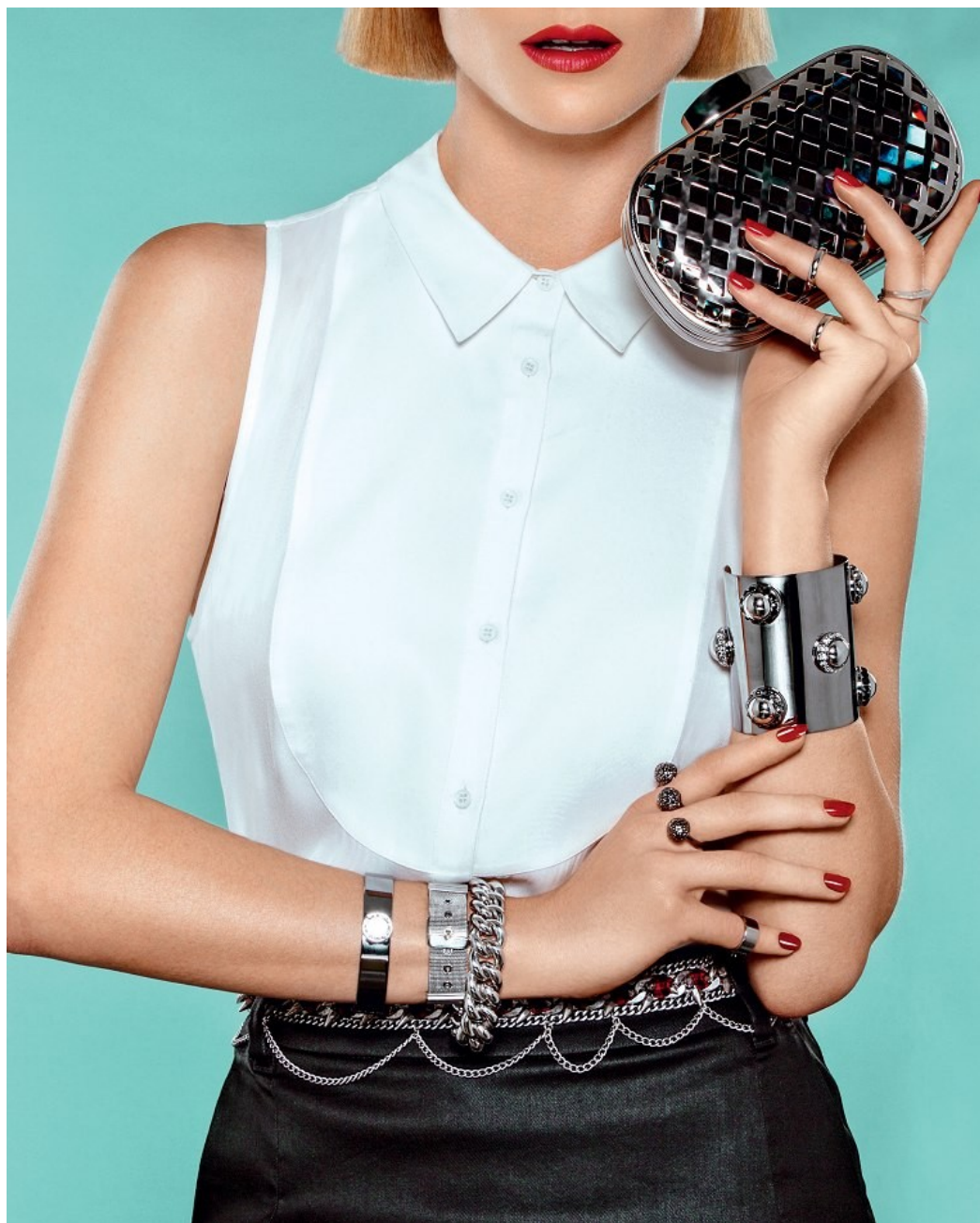


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Printed leather duffel bag **R6900** Mis-sibaba. Multi colour suede brogues **R2799** T&F Slack Shoemakers at Stylemology. K Zoom camera phone **R7000** Samsung. Props – stylist's own







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SHORT RUN

DRESS FOR THE **DIRT**

GEAR





Sure, you can wear your road running clothes on the trail – especially for short jogs. But even for 40-minute runs, keep in mind details like a zippered pocket for your car or house key; and consider carrying some fluids – forests don't have drinking fountains.

02

adidas ClimaChill Cap **R249**

Crazy light feels crazy good, especially when your cap breathes as well as this one does. **Adidas concept stores 021 442 6200**






03

adidas Response DS 7-inch Shorts **R349**


The 7-inch seam doesn't scream, "I'm a road runner and love tiny shorts!" while a zippered back pocket means there's always a safe place for your car keys. **Adidas concept stores 021 442 6200**



01

Bridgedale X-Hale Speed Diva **R79**


The Speed Diva provides specific extra cushioning for the rough ride, on a mapped impact cushioning system. **Cape Union Mart**



04

Nathan Quickdraw Plus **R200**

The super-soft wicking fabric of this 650ml bottle's hand-strap makes it so comfortable you'll forget you're carrying it... until you're thirsty. **Sportsmans Warehouse**



05


Nathan Speed 2 Energy Belt **R350**

Carry two 250ml bottles on your waist comfortably, with enough storage for a snack or a phone as well; plus, fill in your ID and other particulars in case of an emergency. **Sportsmans Warehouse**

07

Asics Challenge Racer **R1 499**


On a short run, all you really need to know is when to turn around to make it back to work on time. The Challenge Racer has easy-to-read numbers, a chronograph function and an alarm. **Sportsmans Warehouse**



+

Alternatives


There are a lot of options for short runs, both for varying external temperatures and for helping body temperature adjust.



06


Puma Complete Running Tee **R369**

This light and airy shirt may look simple, but full-length air-vents front and back and USP DRY technology work hard to wick sweat, keeping skin cool and dry. **Puma Stores 021 551 0832**



NBx Emissive Long-Sleeve Top **R419**

A really lightweight long-sleeve, designed to conform to the shape of your body without restricting movement. **New Balance Stores 021 705 6224**



New Balance Tech Body Warmer **R399**

A sleeveless lightweight jacket that'll protect you from wind and a little rain from the front, but keep you cool with large vents in the back. **New Balance Stores 021 705 6224**

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LONG HAUL

DRESS FOR THE **DIRT**

GEAR



01
adidas Sequentials Fitted Shirt R449

Tight-fitting Climacool fabric makes this tee uber-breathable. It's designed to have as few seams as possible, cutting down on chafing during long runs. **Adidas concept stores** 021 442 6200



02
First Ascent Sun-Off Arm Protectors R199

Start or finish your run wearing these arm warmers that protect to over 50 UVPF, and shove them into your pack when things heat up. **www.firstascent.co.za**



03
adidas Run Load 3-Stripe Belt R279

This low-bounce waist pack carries a bottle of water, food and gels in the pocket compartments, and a lightweight jacket externally in the bungee cables. **Adidas concept stores** 021 442 6200



04
First Ascent Double Layer Socks R159

The close-fitting cut around the upper ankles means there is less chance of dust finding its way in between fabric and skin. Double layer, blister-eliminating bottoms provide comfort over the long haul. **www.firstascent.co.za**



05
adidas adiZero Tank Top R449

This tank (with supportive built-in bra) also covers your midsection, with a fitted cut and simple seam that prevents constricting around your waist. **Adidas concept stores** 021 442 6200



06
Asics 2-in-1 Shorts R499

The built-in compression supports upper legs comfortably, while a durable over-short staves off snags from tree branches and rock scrambles. **Sportsmans Warehouse**



07
Garmin Forerunner 210 R2 799

This GPS-enabled watch keeps track of your pace, distance and run time. It also allows you to create customised interval sessions and heart-rate alerts for targeted training. After your run, track your progress at **gaminxconnect.com** **Due South**



08
Triumph Tri-action Seam-Free Crop Top R290

A seamless crop top that makes for a lot less irritation over long distances but still provides support and comfort, with a firm underband elastic to prevent it riding up. **Totalsports**



09
New Balance Trail Race Aid R89

A very convenient pack including space blanket, bandage, wound dressing, whistle, compass and safety pins. The longer the trail, the more unpredictable it is. **New Balance Stores** 021 705 6224



10
First Ascent AR-X Cap R199

Aside from blocking the sun and keeping sweat from dripping into your eyes, the removable flap protects the back of your neck and ears from the harsh sun. **www.firstascent.co.za**



11
Inov8 Race Pac 8 R660 (extra R200 for bladder)

At just 340 grams, this is a really light pack that still provides eight litres of space to fill with spare jackets, food, and emergency items. The internal stretch loops will help keep more fragile items from getting bashed about inside the pack. **Drifters**

PHOTOGRAPH BY GLEN MONTGOMERY

EXTREMES

Dressing for extremes – whether that's the mountains or the desert – means layering with smart materials. It also means being prepared for variable weather conditions, with minimal weight and bulk.



01
Salomon XT Advanced Skin S-Lab 5 Set R2 000
This sleek all-day pack comes with a 1.5-litre hydration bladder, an emergency blanket, and a built-in safety whistle. And it carries your goods comfortably for a full day out.
Salomon Stores 021555 0043



03
Adidas Running Gloves R279 **North Face Beanie** R129
When the temperature dips, but you decide to run anyway, heat (and therefore energy) escapes mostly from the hands and the head (hopefully your feet are already covered!). A polar fleece strip in the beanie and tight neoprene wrist section in the gloves work well for preserving body heat. **Totalsports, Due South**



06
Oakley Radar Polarized R3 000
Stylish. A polarised lens option will keep objects clear and visible even when there is reflection from the harsh rays of the sun; and a photochromic lens lightens and darkens as needed. **Sunglass Hut**



02
Bridgedale Bamboo Women's Lo R73
Made of viscose (from bamboo) and Coolmax for a lightweight, breathable mesh that includes dense cushioning underfoot, and wicks moisture away to keep feet dryer and more comfortable. **Cape Union Mart**



04
Salomon Gaiters R199
These stretchy gaiters are less cumbersome than the traditional version, and will prevent trail debris from sneaking into your low-cut shoes. Attached by a strap under the shoe, and made secure by Velcro and stretch-elastic. **Salomon Stores 021555 0043**



05
First Ascent Compression Socks R199
These compression socks will assist your recovery after the run. And in extreme temperatures and surroundings, they'll help maintain warmth and keep your shins scratch-free. **www.firstascent.co.za**

GEAR

DRESS FOR THE DIRT



07
INOVB Winter Peak 65 R210
This peak cap includes a fleece-lined inner and a waterproof-treated outer. Use in wet and cold conditions, and keep it fitting snugly with their toggle adjuster. **Drifters**



10
K-Way The Knox Active Trail Shorts R299
Welded-on pockets with zips on the top rather than at the sides help you avoid snags from the bush. The short length limits how much the fabric will stick to your legs in the rain. **Cape Union Mart**



11
Asics Trail Half Zip Long-Sleeve R899
Specific cooling panels built into the sides help with temperature regulation, and the pockets on the sides give you options for carrying a wind-proof shell or energy sachets. **Sportsmans Warehouse**



08
Nike Element Half Zip R550
A lightweight long-sleeve with good stretch to hug the body as a base layer, so you can still wear something more resilient on top if needed. Vents under the arms allow heat to escape. **Nike Stores 0860 116 364**



09
Sporty Skirt SPS 403 R500
A soft and stretchy inner boy-short cuts down on chafing, while the durable, fast-drying outer shell keeps you covered. Velcro pockets keep important items safe. **www.sportyskirtsrevolution.net**

Alternatives

Looking for other options besides short-shorts or full-length running pants, or for something to block out the wind?



Extra Coverage
The **New Balance Impact Capri 3/4** tights R470 protect your legs from scratchy branches and sun exposure – ideal for big days out in mild temperatures. **The Sweat Shop**



Windproofing
Weighing less than 85 grams and compressing down to the size of your fist, the windproof **Cape Storm Helium Jacket R370** provides protection – and, thanks to V02MAX breathable technology, keeps you cool. **www.capestorm.co.za**