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Layering different textures will help your make-up stay put in even the most humid climate. For an effortless daytime look, creamy eyeshadows will melt into the skin. After dark, pump up the volume by adding a layer of powder eyeshadow in a similar hue. Stick to tawny or bronze shades – they're versatile and fuss-free.



HEAD-TO-TOE BEAUTY

Sunshine, seawater and humidity can take a toll on your skin, which is why extra TLC is so important. Use a body cream with a good SPF: it will help protect your skin. However it shouldn't replace your sunscreen which must be applied frequently throughout the day. Also, choose a cleanser that doubles as a face mask - it's a post-long-haul flight save.















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COMING OF AGE

If you're 22 and reaching for an anti-wrinkle cream, you're getting a little ahead of yourself, but from your late twenties into your thirties there are preventative products and treatments that are age-appropriate for your skin. Thinking you'll wait till well past your middle years to erase the damage done - and then only with surgery - is just poor planning. "Surgery only pulls skin taught," says Cape Town-based aesthetic medical practitioner and anti-ageing expert Dr Alek Nikolic. "For the best results, you have to treat the skin itself. Getting younger-looking skin also means regaining that youthful glow and that's where skin-rejuvenation treatment can really help."

















