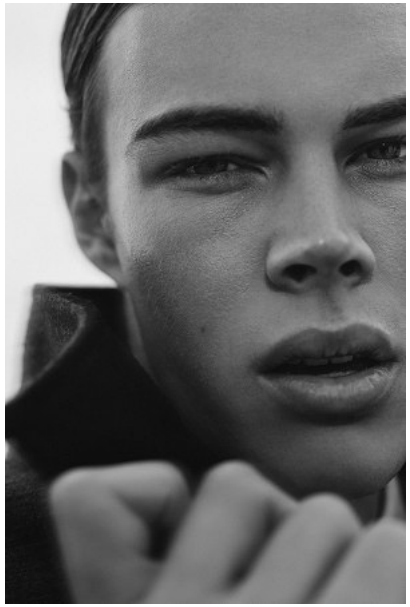
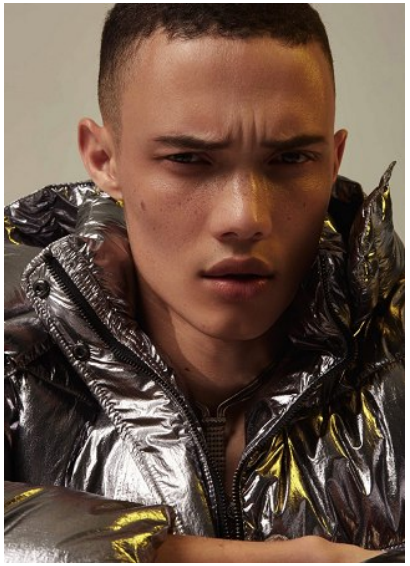
*Hair and Makeup **SAFIYAH CASSIM KHAN** - grooming

*SNCM

www.sncm.co.za



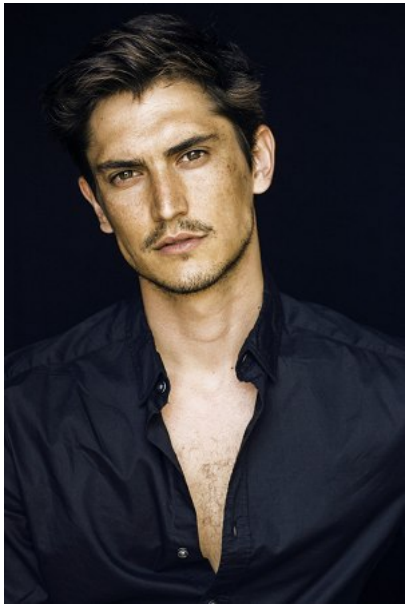


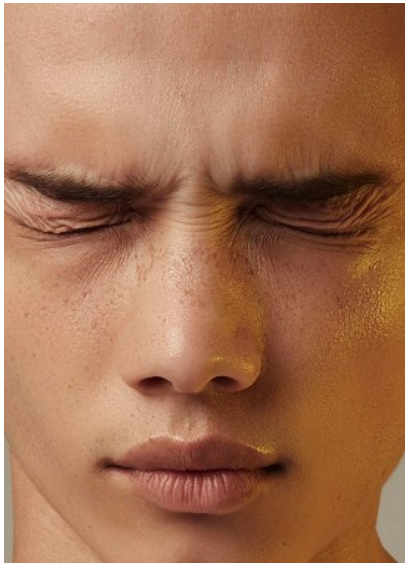
Supernova Creative Management Unit 101B, Buchanan Square, 160 Sir Lowry Road, Cape Town, 7925 +2721 461 3549

*Hair and Makeup **SAFIYAH CASSIM KHAN** - grooming

*SNCM

www.sncm.co.za



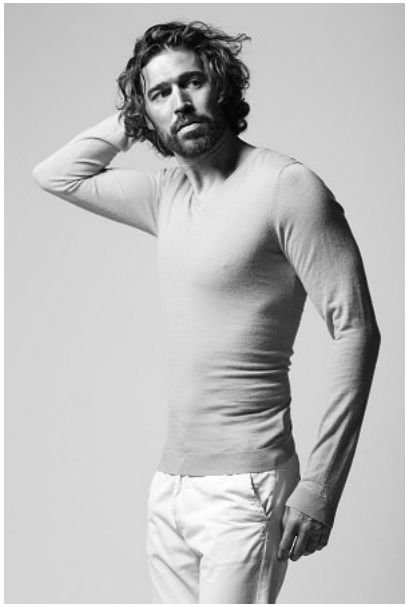


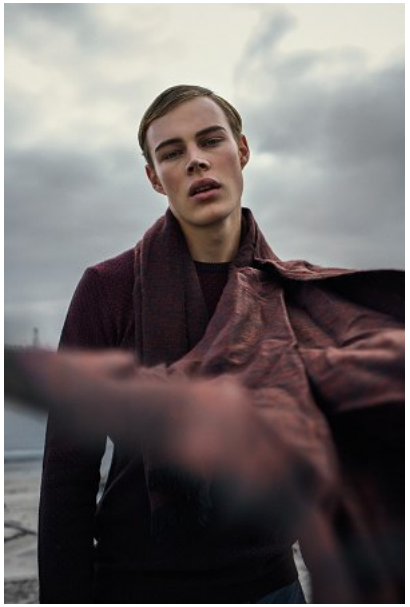
Supernova Creative Management Unit 101B, Buchanan Square, 160 Sir Lowry Road, Cape Town, 7925 +2721 461 3549

*Hair and Makeup **SAFIYAH CASSIM KHAN** - grooming

*SNCM

www.sncm.co.za





Supernova Creative Management Unit 101B, Buchanan Square, 160 Sir Lowry Road, Cape Town, 7925 +2721 461 3549

*Hair and Makeup **SAFIYAH CASSIM KHAN** - grooming

*SNCM

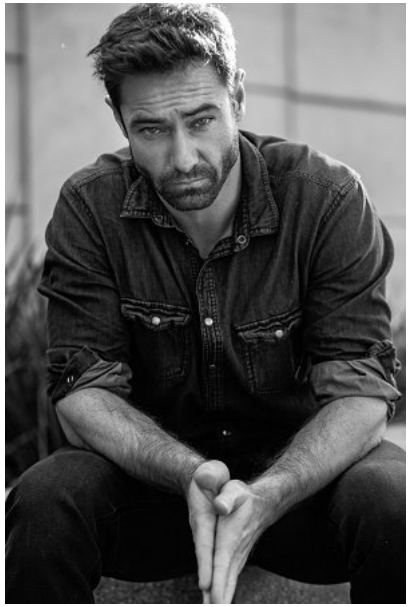
www.sncm.co.za

Supernova Creative Management Unit 101B, Buchanan Square, 160 Sir Lowry Road, Cape Town, 7925 +2721 461 3549

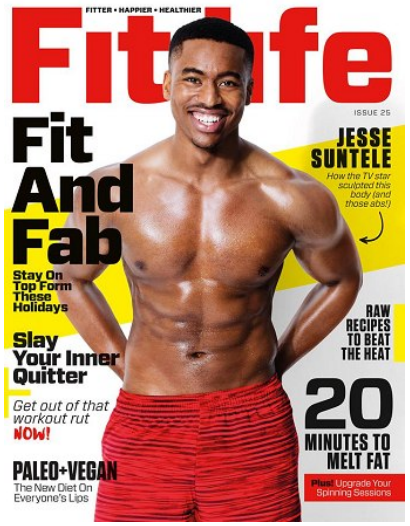
*Hair and Makeup **SAFIYAH CASSIM KHAN** - grooming

*SNCM

www.sncm.co.za



Supernova Creative Management Unit 101B, Buchanan Square, 160 Sir Lowry Road, Cape Town, 7925 +2721 461 3549


FITTER • HAPPIER • HEALTHIER
Fitlife
ISSUE 25
Fit And Fab
Stay On Top Form These Holidays
Slay Your Inner Quitter
Get out of that workout rut NOW!
PALEO+VEGAN
The New Diet On Everyone's Lips
JESSE SUNTELE
How the TV star sculpted this body (and those abs!)
RAW RECIPES TO BEAT THE HEAT
20 MINUTES TO MELT FAT
Plus! Upgrade Your Spinning Sessions

*Hair and Makeup **SAFIYAH CASSIM KHAN** - grooming

*SNCM

www.sncm.co.za

Supernova Creative Management Unit 101B, Buchanan Square, 160 Sir Lowry Road, Cape Town, 7925 +2721 461 3549