*Hair and Makeup **AMORI BIRCH** - covers

*SNCM

www.sncm.co.za

*Hair and Makeup **AMORI BIRCH** - covers

*SNCM

www.sncm.co.za

WIN! FITNESS TRACKERS, RUNNING SHOES & MORE
FitLife
FITTER • HAPPIER • HEALTHIER
FEBRUARY 2017
EATING HEALTHY on a budget
FL goes to BOOT CAMP
HAIR HACKS
5 RULES WE SWEAR BY
Bianca Koyabe
THE MAKING OF A MODEL BODY
PLUS HER TOP 4 AB MOVES
GRAND SLAM
10 ways to up your tennis game
Blast calories in 7 minutes
(Yes, it can be done!)
What supplements should you be taking?

QUIZ! HOW COMPATIBLE ARE YOU AND YOUR PARTNER?
BL
BALANCED LIFE | FEBRUARY 2017
INCOME PROTECTION
ARE YOU COVERED?
Love it!
V-DAY DATE NIGHT FASHION
12
PRODUCTS TO SPEED UP YOUR BEAUTY ROUTINE
QUICK-FIX HAIR HACKS
RECLAIM YOUR LUNCH HOUR
SUGAR SHOW DOWN
4 ALTERNATIVES TO TRY
Zoë
HOW SHE MANAGES TO DO IT ALL

FANCOURT
FOREIGN EXCHANGE
Attaining citizenship through investment
TASTE DRIVEN
Experience the many culinary delights of the Garden Route
SEVEN PASSES
THE HISTORICAL JOURNEY FROM GEORGE TO KNYSNA THAT MUST BE EXPLORED
COMPLIMENTARY COPY
WINTER 2017

QUIZ! WHAT KIND OF LEADER ARE YOU? FIND OUT ON p57
BL
BALANCED LIFE | DECEMBER 2016
40 & FAB
FUTURE-PROOF YOUR HEALTH
R3 000
EMERGENCY HOME ASSISTANCE p6
SHOULD YOU TOSS YOUR RELATIONSHIP CHECKLIST?
10
WAYS TO GIVE BACK THIS SEASON
Exclusive
2017 SWIMWEAR TREND EDIT
HOW TO SPEND YOUR BONUS
BOITY THULO
She's building a brand, baby!