



RIZA

MODELS-WOMEN

Height 172cm/5'7.5" Bust 81cm/32" C Waist 61cm/24" Hips 90cm/35.5"

Shoe 8.5 US/6 UK Hair Dark Brown Eyes Blue

WIN! 4 FABULOUS GETAWAYS IN MAGOEBASKLOOF

YOUR FAMILY

INSPIRING & EASY!

Make Easter special

Roast lamb | Speckled egg fridge cake | Autumn baking
PLUS cute crafts & decorating

HEALTHIER YOU

- ✓ Cooking with ancient grains
- ✓ The truth about antioxidants
- ✓ No-nonsense weight loss

Calm & in control

• How to stop overthinking
• Boost your support network
• Diffusing your child's anger
PLUS How to break bad habits!

SOS! Chocolate mug cake - pg 61

>>> BONUS! 5 family suppers under R80 <<<

Stylishly COSY

INNOVATIVE FASHION PLUS A FEW TIPS AND TRICKS WILL KEEP YOU WARM THIS WINTER

The belt over cardigan or belted jacket is great if you have a defined waist.

NEWT HUSKING TURTLE NECK, R190; DART SLEEVED FINE-GAUGE PULLOVER, R179; SHIRAZE ELITE LONGLINE CARDIGAN, R145; WHITE TERRY JEANS, R219; ART Cotton On; CUSHY LAMB LEATHER ANKLE BOOTS, R199; Ruff Shoes @ Cotton On; SUEDE BELT, R110; HONEY LEATHER TASSEL EARRINGS, R190; Luvika

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When wearing a skirt or dress, look for wool or thermal opaque tights, and add a pair of knee-high boots.

DARK BLUE DENIM JACKET WITH ZIP, R160; BLACK FINE-KNIT TURTLENECK, R230; HIGH HEEL KNEE-HIGH BOOTS, R880; Art @ Fawcett; PATTERNED A-LINE SKIRT, R160; THERMAL TIGHTS, R160; HAT, R160; HOLLER HAT, R160; Muffin; BLACK Opaque TIGHTS, R160; SHOES, R160; GOLD DROP BOOTS, R160; EARRINGS, R160; Accessories

Pair slim leather trousers with the chunkiest of textured knits to offset their slimming effect. Wear a thermal vest underneath for extra warmth.

CHUNKY CAMEL COWL-NECK KNIT, R129; HIGH FAUX LEATHER TROUSERS, R296; Poshies BLACK FINGERLESS GLOVES, R100; LARGE PEARL EARRINGS, R100; both Woolworths

Sleeveless coats can be confusing to style – they're super chic, but how do you stay warm with no sleeves? A basic thermal long-sleeved shirt is the perfect layer. Add a blazer, scrunch up the sleeves, and finish off with quirky red and animal print accessories, like this statement bag and leopard print heels.

BLACK THERMAL LONG-SLEEVED T-SHIRT, R160; BLAZER, R160; Cotton On; BLACK & WHITE STRIPED DECONSTRUCTED STONE SLEEVELESS COAT, R199; Woolworths; LIGHT BLUE DISTRESSED JEANS, R160; Ruff @ Woolworths; RED GLITCH WITH GOLD CIRCLE DETAIL, R160; Woolworths; GOLD HOOP EARRINGS, R160; Accessories; BLACK RIMMED SUNGLASSES, R160; Cotton On

FAKING LAYERS

Winter layers are great as they allow you to add more elements to your outfit to create countless looks. It's even better when layering is made effortless. Try these sweaters with attached shirt tails, collars and cuffs. What you get is a styled, layered look without adding any unnecessary volume.

- 1 GREY CABLE-KNIT WITH WHITE FAKE SHIRT COLLAR & TAIL, R149; Kater @ Edgars
- 2 NAVY CHENILLE SWEATER WITH PINK STRIPED CUFFS & TAIL, R219; Fawcett @ Edgars
- 3 GREY FINE-KNIT SWEATER WITH FAKE SHIRT TAIL, R179; H&M

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MODELS