

BOSS MODELS

CAPE TOWN



ROSETTE MOGOMOTSI

Height: 175cm Bust: 86cm Waist: 64cm Hips: 94cm Shoe: 5 UK Hair: Black Eyes: Brown

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HYDRATION HIGH
JUST LIKE A FLOWER NEEDS WATER TO FLOURISH, SO TOO DOES YOUR SKIN AND WHAT YOU PUT IN IS WHAT YOU'LL GET OUT OF. IF YOU LIVE YOUR LIFE GUZZLING FUZZY DRINKS, YOUR SKIN WILL SUFFER. TAKING STEPS TO ACTIVELY AGE BETTER MEANS LOOKING AT WHAT YOU DRINK. UP YOUR WATER INTAKE AND DECREASE THE AMOUNT OF COFFEE AND SUGARY DRINKS. IF YOU BATTLE TO DRINK WATER, MAKE IT MORE PALATABLE BY CUTTING UP A LIME OR CUCUMBER TO ADD FLAVOUR.



SUN PROTECTION
JUST BECAUSE WE HAVE A GREAT AMOUNT OF MELANIN IN YOUR SKIN - A NATURAL SUN BARRIER - DOESN'T MEAN YOU SHOULD ONLY TAKE OUT SUNSCREEN WHEN YOU'RE AT THE BEACH OR FOR OUTDOOR ACTIVITIES. WEAR IT EVERY SINGLE DAY. AS THE OZONE LAYER GETS THINNER, YOU HAVE TO PROTECT YOUR SKIN JUST AS MUCH AS CAUCASIANS. THIS HABIT WILL ALSO HELP REDUCE THE CHANCES OF SEVERE HYPERPIGMENTATION AND THE APPEARANCE OF DISCOLOURATION AND SKIN CANCER. USE A BROAD-SPECTRUM SUNSCREEN TO SHIELD YOUR SKIN FROM BOTH UVA AND UVB RAYS.



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