

# BOSS MODELS

JOHANNESBURG



LISA COWLEY

Height: 180cm Bust: 86cm Hair: Dark Brown Eyes: Blue

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*safe*  
fun  
in  
the  
**SUN**

Whether you're spending the day at the beach or just driving to work, sun protection is an absolute necessity.

**BEAUTY EDITOR:** CANDICE-LEE  
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## CAPE COMFORT

This structured cape  
is a stylish addition to  
your comfort wardrobe.  
The faux-fur collar adds  
a soft (and snug) finish.

SHIRT R599, Poetry. CAPE Price on  
request. Lili Jo at Secret Room.  
PANTS R459, Mladys.

52 GOODHOUSEKEEPING.CO.ZA July 2017

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## CAMO LITE

Camouflage is a classic print that is revisited every season. Avoid camo overload by pairing one camo-print item with others in shades of olive.

SHIRT R450, Old Khaki. JACKET R949, Forever 21. PANTS R450, Poetry. HAT R875, Lula Belle. BAG (UNDER JACKET) R299, Call it Spring. BOOTS R899, Jeep.



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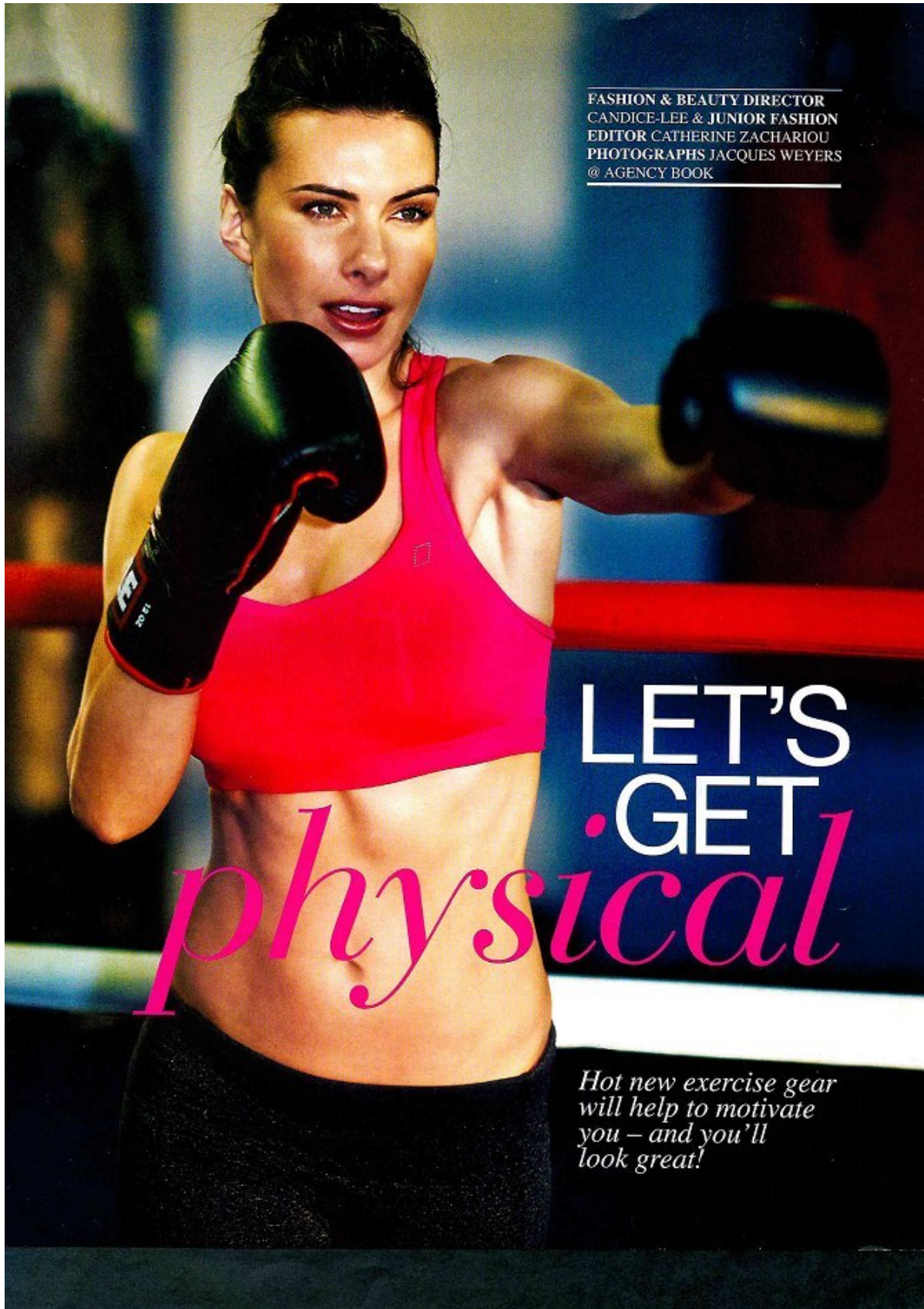


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FASHION & BEAUTY DIRECTOR  
CANDICE-LEE & JUNIOR FASHION  
EDITOR CATHERINE ZACHARIOU  
PHOTOGRAPHS JACQUES WEYERS  
@ AGENCY BOOK

LET'S  
GET  
*physical*

*Hot new exercise gear  
will help to motivate  
you – and you'll  
look great!*

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*fashion*

**[this page]**

**A hop, skip and a jump**

Gone are the days of go-to grey sweats: you can gym like a guy but still look like a girl by choosing active wear basics in feminine shades of coral, pink and purple.

Top (R545) BrasilFit, leggings (R785) BrasilFit, gel trainers (R1399) Asics

**[opposite]**

**Pack a punch**

Float like a butterfly, sting like a bee while taking on the formerly male-only art of boxing in a hot pink crop top. Kiss body worries goodbye: boxing promises weight loss and increased muscle tone, leaving you looking like a total knockout.

Sports bra (R799) Lorna Jane, grey leggings with pink waistband trim (R1099) Lorna Jane

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**SHAPE**  
A healthier, happier you!

**Get your body beach-ready in 4 weeks!**  
Your fast-track to a flatter tummy, p60

**Are you blocking love?**  
Let go and find your man with our six-point action plan

★ SPECIAL SECTION

**YOUR SUMMER MAKE-OVER**

- instant beauty tricks
- metabolism-boosting diet
- thinner thighs workout

**Win!**  
A spa bath worth R36 000

**MY STORY**  
“I lost 23kg in 9 months – the healthy way!”

**Delicious dinners you don't have to cook**

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