

BOSS MODELS

JOHANNESBURG



LORAH LE ROUX

Height: 177cm Bust: 88cm Waist: 69cm Hips: 101cm Shoe: 5 UK Hair: Black Eyes: Brown

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FRISCHE FRÜCHTCHEN Weites Kleid mit Zitronenprint,
hergestellt aus recyceltem Polyester. Jan 'n June, ca. 130 Euro. Schlappen: Ekn

46 BEIGITTE WOMAN

07_19

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07/2019 Deutschland 4,00 € • Österreich 4,50 €

Brigitte

DAS
MAGAZIN
FÜR
FRAUEN
AB 40

Faire MODE

Lässige Lieblinge
für heiße Tage

RUHE, VERDAMMT NOCH MAL!

Je älter, desto
gelassener? Ganz
im Gegenteil ...

COACHING
Neu verliebt in
meinen Job

ANDERS REISEN
Housesitting
in Irland

JUNGES GEMÜSE
Frisch
gepflückt,
köstlich
zubereitet

MEIN LEBEN BRAUCHT MEHR ABENTEUER

Wie wir den Alltag intensiver spüren –
drei Frauen erzählen



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MODE__ NACHHALTIG & FAIR



SPORTLICHER MIX Atmungsaktiver Pullover aus ressourcenschonender Produktion,
Jack Wolfskin, ca. 130 Euro. Leinenhose: Inca, ca. 70 Euro

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NACHHALTIG & FAIR — MODE

LÄSSIGES LEINEN Schluppenbluse
aus Tencel-Leinenmix:
Ecoalf, ca. 130 Euro. Leinenbluse:
Deerberg, ca. 100 Euro.
Gestreifte Hose aus
zertifizierter Fair-Trade-Produktion:
Hiitu, ca. 40 Euro



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MODE — NACHHALTIG & FAIR

BIO? LOGISCH!

*Wer immer noch daran zweifelt,
dass nachhaltige Mode und Coolness kein Widerspruch sind,
soll nur kommen. Diese stylischen,
sommerleichten Kombis überzeugen wirklich jeden*

FOTOS — ASTRID GROSSER
PRODUKTION — BARBEL RECKTENWALD

MARANTÉ MARRÉE Gaiterofa, Wickelkleid aus recyceltem Polyester.
Saleeradi, ca. 90 Euro. Schuhe: Alina Schusterfeld

07 - 19

BRIGITTE WOMAN 43

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NACHHALTIG & FAIR — MODE

LEIN Schluppenbluse
Lein-Leinenmix:
ca. 100 Euro. Leinenbluse:
ca. 100 Euro.
Lein-Hose aus
Fair-Trade-Produktion:
ca. 40 Euro



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WIN! COOKWARE AND GETAWAYS VALUED AT R65 000!

YOUR FAMILY

INSPIRING & EASY!

FOOD WITH BENEFITS

- ◆ Wholesome eggs
- ◆ There's a tea for that
- ◆ Thinner dinners

YOUR HEALTH

Are antidepressants right for you?

Can you reverse insulin resistance?

BUILDING HARMONY WITH YOUR IN-LAWS

IS YOUR BEAUTY ROUTINE

actually ageing you?



16+ page mini mag

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*Light up
in lavender*

LAVENDERS, LILACS, PASTEL VIOLETS AND PALE PURPLES ARE THIS SEASON'S HOTTEST COLOURS. HERE'S HOW TO MAKE THEM WORK BRILLIANTLY FOR YOU

Monochromatic dressing is one way of looking cohesive and sleek.

AMETHYST A-LINE SUNDRESS, R159.99, LILAC METAL PETAL EARRINGS, R25.99 AND TOFFEE MARBLE WISCONSIN CUFF, R149, all MrP Clothing | LILAC CARDIGAN, R895, Mel in Parkhurst | LEATHER SHOPPER, R999, Poetry

12 yourfamily.co.za

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