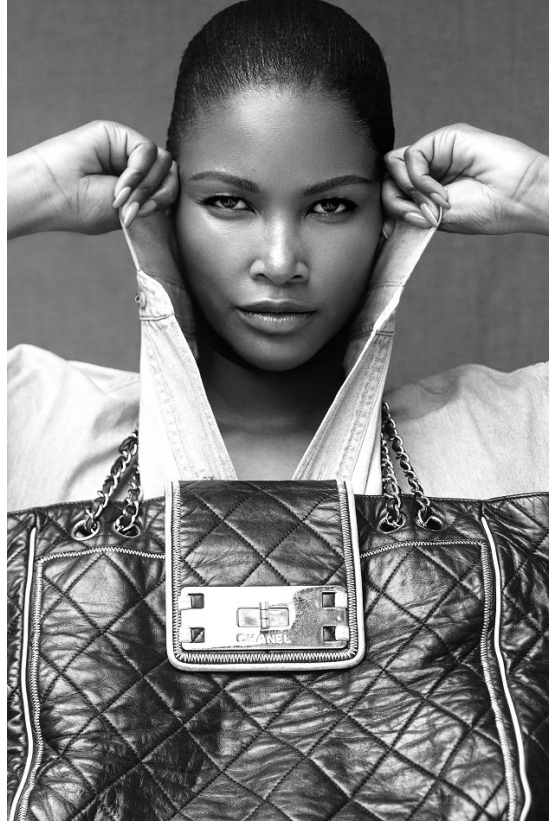


# BOSS MODELS

JOHANNESBURG



## ROSETTE NCWANA

Height: 175cm Bust: 93cm Waist: 59cm Hips: 95cm Shoe: 5 UK Hair: Black Eyes: Brown

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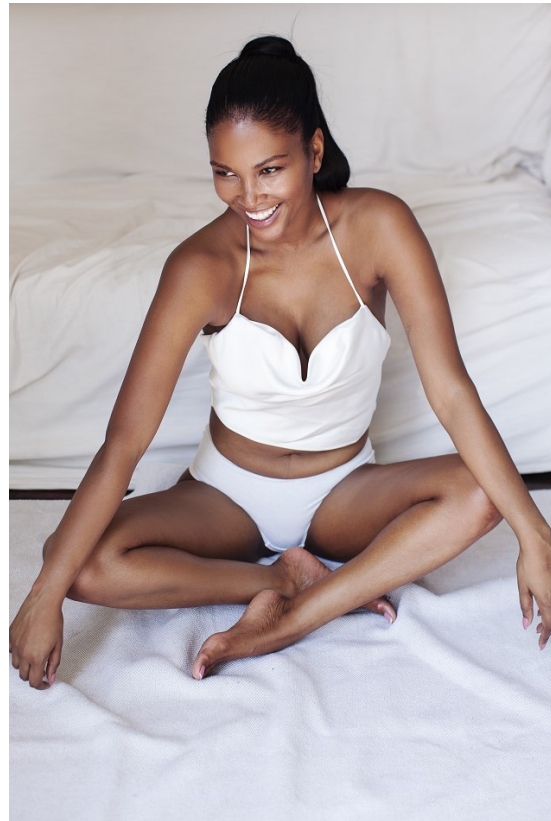
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sheet•street  
*loving your home*



Fashion

#### HOME COMFORTS

Your soft, most roomy long cardigan can double as a robe when you're pottering around the house or relaxing in front of the TV.

Long cardigan (R1229) Zara;  
nightie (R299) Cotton On;  
socks (R42) Under



#### PULL OFF

A NUMBER OF WOMEN TUG AND PULL AT THEIR SKIN WHEN APPLYING MAKE-UP OR WASHING THEIR EYES. STOP! DITCH THIS TERRIBLE SKIN HABIT AS IT CAUSES PREMATURE WRINKLES. AVOID PULLING ON YOUR EYES WHEN APPLYING EYELINER. LIFTING THE AREA ABOVE YOUR BROW BONE TO APPLY MASCARA OR STRETCHING YOUR MOUTH TO APPLY LIPSTICK.

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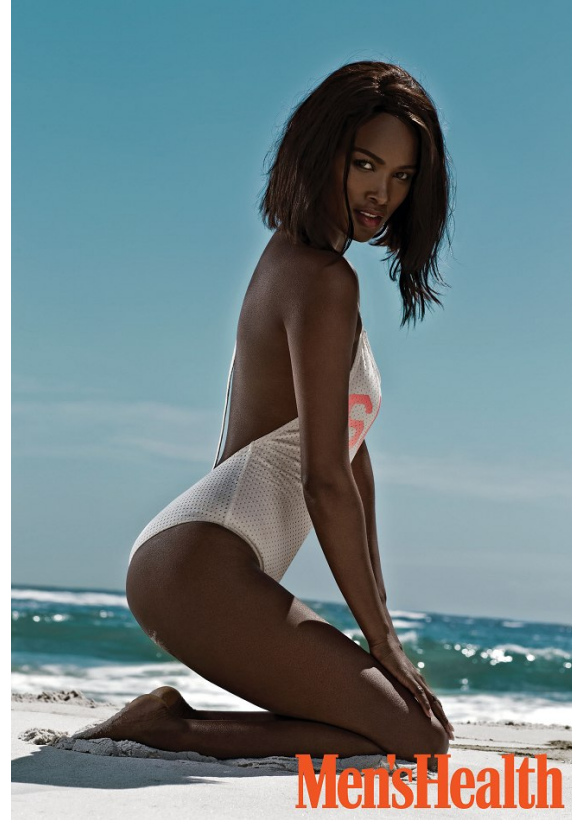
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### HYDRATION HIGH

JUST LIKE A FLOWER NEEDS WATER TO FLOURISH, SO TOO DOES YOUR SKIN AND WHAT YOU PUT IN IS WHAT YOU'LL GET OUT. IF YOU LIVE YOUR LIFE GIGGLING PEPPY 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 FRUIT OR CUCUMBER TO ADD FLAVOUR.



**MensHealth**



## Beat the Summer

Being beach-ready is as much about what you wear as what you don't. Consider this your stripped-down guide to summer

BY AZEEZ JACOBS • PHOTOGRAPHER SEAN LAURENZ

### 01 WAIST DISPOSAL

First, some news of universal appeal: you don't need a cover-model body to look good in bikinis. "It happens to say a six-pack is a prerequisite for wearing swimwear," says Adam Dixon of swimwear brand October Grown. "Whether a guy is big or small, tall or short, a well-cut suit will flatter him." The same applies to well-made shorts and the key is in the waistband. A drawstring will suit most, and for some guys, while, a tailored waistband will fit more precisely and look smarter. "The upshot is that you need to know your waist size—and to always try before you buy."



**WEARABLE SWEATERS**  
 \$110  
 \$120  
 \$130  
 \$140  
 \$150  
 \$160  
 \$170  
 \$180  
 \$190  
 \$200  
 \$210  
 \$220  
 \$230  
 \$240  
 \$250  
 \$260  
 \$270  
 \$280  
 \$290  
 \$300

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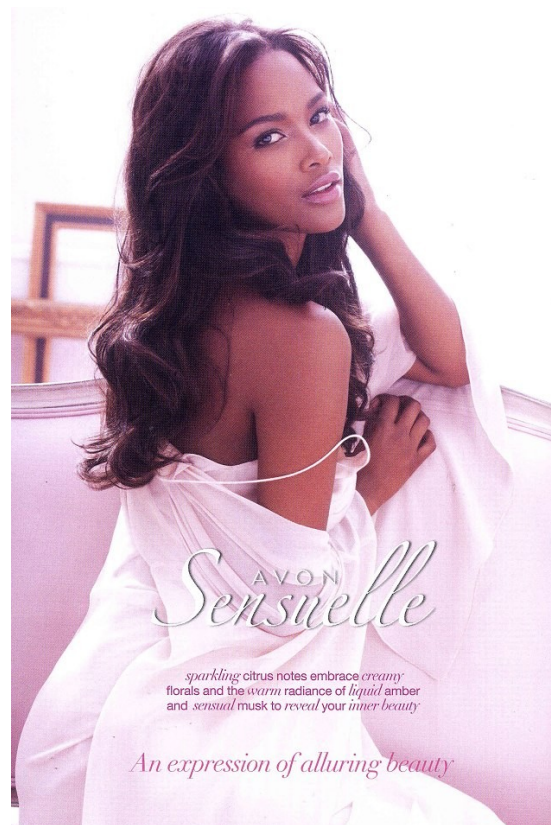
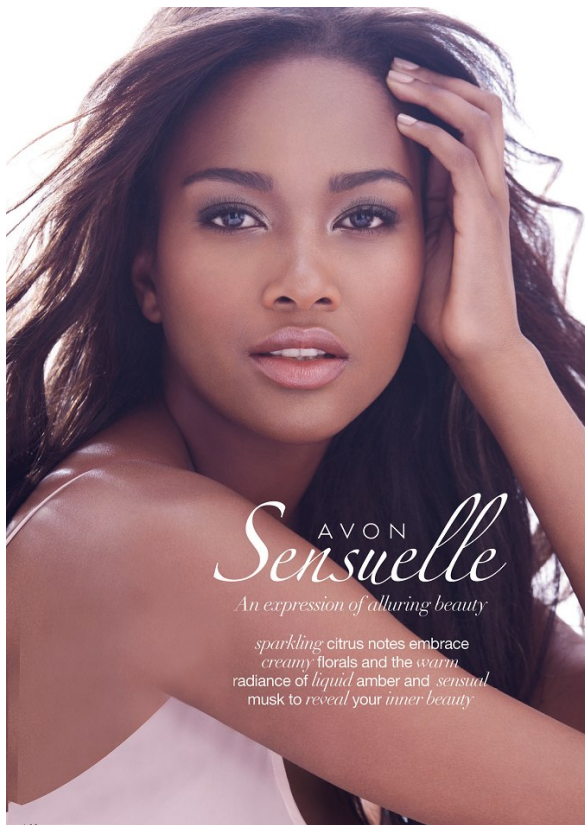
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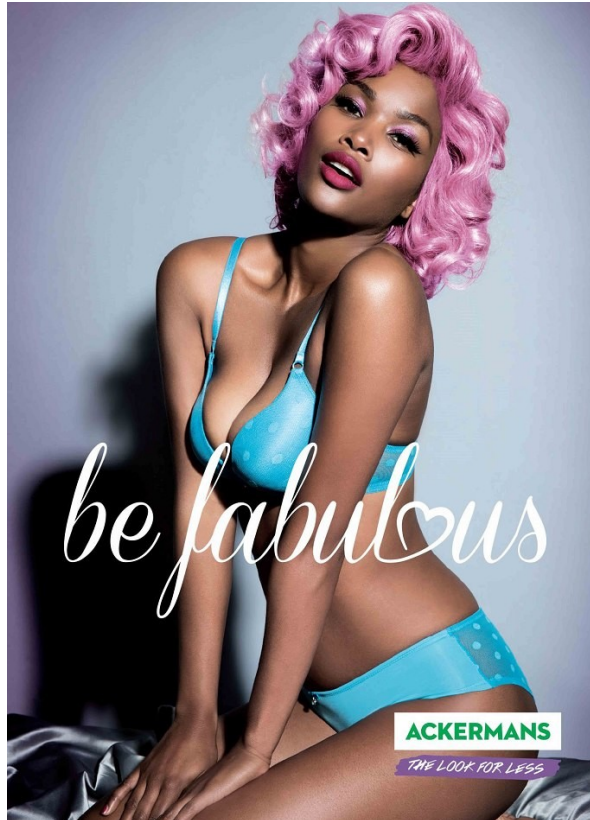
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