

shopping & lifestyle

MULTI-MASKING

Masquerology refers to using different masks on different areas of your face. Why settle for one mask when you can reap the benefits of three or even four? For example, use a hydrating mask on dry areas and a purifying one on oily patches. We love **TheraVine Purifying Herbal Mask, R335**, to unblock pores and control sebum.



COME CLEAN

Indulge your senses every day with **Dove Purely Pampering Coconut Milk Body Wash, R38**. Its NutriumMoisture technology offers your skin the essential nourishment it needs.



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Beauty wish list

Must-have new products to keep you looking and feeling great.
By Candice Tehini

Beauty tips of the month

- A build-up of styling products and frequent styling can leave you with lacklustre hair. GHD global ambassador Adam Reed recommends avoiding heat styling at temperatures above 185°C. This causes vertical cracks along your cuticle, also known as split ends.
- UK GHD ambassador Zoe Irwin suggests giving your scalp a massage for 10 minutes, which not only relieves tension but increases blood flow for thicker, longer and healthier hair.



PUCKER UP

Clarins Daily Energizer Lovely Lip Balm, R215, has a formula that provides long-lasting moisture. It also adds a pretty touch of pink to your pucker.



NO SWEAT

When you're running after your kids, body odour should be the least of your worries. **Shield Germ Defence, R29**, will keep you feeling confident and refreshed.



SKIN SENSE

Mama Mio Gorgeous Glow Balancing Facial Wash, R585, works wonders on hormonal skin to deep-cleanse, balance and nourish. Perfect for new moms! I&I

