



HAPPY CENTENARY BIRTHDAY TO YOU!

Remember the iconic flat blue and white tin on your gran's dressing table? Nivea is celebrating its 100th anniversary this year, and to mark the occasion (and grab the attention of the younger generation) the company has enlisted global music icon Rihanna to lend her voice to its campaign.

THE SWEET SMELL OF YOUTH

Soak yourself in the scent of pink grapefruit and men will think you are younger than your years! That's according to the Smell and Taste Treatment and Research Foundation in Chicago (US). Women appear six years younger to men when they smell of pink grapefruit.

Research has shown it's the only smell that makes men look and act differently towards women. Make a good start by washing your face with Neutrogena Visibly Clear Pink Grapefruit Facial Wash (R74.95).



PHOTOGRAPHY ERIC FRIDEEN, NICK HORNE, WAYNE MITCHELL, XXXXX



GET THE TINT!

While pencils and powders are a great way to enhance your arches day to day, you might consider a more permanent solution: brow tinting. It saves time in the morning, since you don't have to worry about adding definition with the right pencil or powder daily – you can just wake up and go!

But don't try this at home. The safe way to colour arches is with a brow pro, who will likely use a semi-permanent vegetable dye. Results last about three weeks. Ask your beauty therapist about it.

Fun for fingers

We love the quirky Elegant Touch Nail Polish Stickers (R79.95) with eye-catching nail-art zebra stripes! No painting, no mess, no smudging – stick them on and you're ready to go. They can last up to two weeks. Available at Dis-Chem.



Multitasker

Avon Pro Colour & Gloss Lip Duo in Poppy Love (R129.95) goes straight into my handbag. There's a clever little rollout gloss tube in the centre of the lipstick, and it's an easy red shade to wear!



SCRUB VS EXFOLIATOR



Exfoliators contain square grains, which remove dead skin cells, says Nico Thirion, national educator for RoC and Neutrogena, while a scrub consists of round micro-beads which polish skin and open clogged pores. Use an exfoliator only two to three times per week, and a scrub every day.

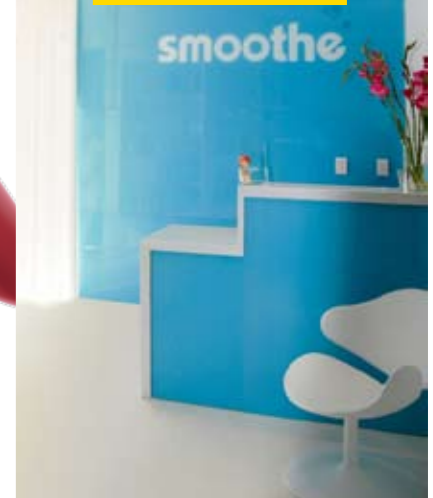
3 BEST BODY OILS

Psst... French women love skin oils – it is one of their beauty secrets – because they penetrate deep into the upper skin layers. Here are three of the best from France:

1. **Nuxe** Huile Prodigieuse Multi-Usage Dry Oil (R209.95) nourishes, repairs and softens with plant oils and vitamin E. Nuxe is a bestseller in France and a cult favourite among beauty editors and celebs for face, body and hair. Available at Edgars.
2. **Payot** Elixir Oil (R290) with skin-healing plants myrrh and amyris extracts nourishes, brightens and repairs skin. Use on body, face and hair.
3. **Dior** Svelte Body Beautifying and Toning Oil (R530) soothes body skin and refines curves and contours.



THIS MONTH I TRIED...



SMOOTHE BEAUTY BAR
EDEN ON THE BAY, CAPE TOWN
TEL: 021-554-9631
WWW.SMOOTHEBEAUTY.COM

Smoothe Beauty Bar is in a magical location on the Atlantic coast. And it's the first in SA to offer the Oxygen Facial – made famous by Madonna. After a month of extreme stress, I surrendered into the hands of its highly trained, knowledgeable therapists.

In a candle-lit treatment room, my therapist began with feathery facial strokes, and I almost immediately started nodding off. The facial consists of countless layers of deep-cleansing, fruit acid wash, oxygen wrap, extractions, lymphatic drainage, and a lengthy, deep, neck, shoulder, arm and foot massage – all delicately sealed with a vitamin boost and an oxygen blast.

The results were instant: my skin was noticeably plumper and super hydrated.

That was only the beginning of what turned out to be a memorable day-spa outing. Once I'd regained my composure after a lengthy snooze, I made my way to the foot bar where I was treated to the BEST pedicure and manicure ever! I'd opted for the fun-sounding Moji-toe: an exotic concoction that included a minty-lime soak, a sugary lime scrub and a basic pedicure. The massage methods used by the two therapists simultaneously were executed with a synchronised swimmer's precision. I was thrilled and happily showed off my Hollywood glamorous toes for weeks!

The Smoothe Beauty Bar experience has set a new standard in the saturated day-spa industry. – Kassabaine Petersen