

TRUE LOVE

ALL A WOMAN NEEDS

"IT'S A
BLESSING
TO BE
HERE"

SBAHLE MPISANE ON HER
SECOND CHANCE

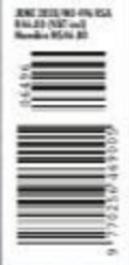
HER STORY
BEHIND THE
SCENES WITH
4 FEMALE
STORYTELLERS

PRACTISING WHAT
HE'S PREACHING

WINTER
STYLE AND
BEAUTY
BORROWED
FROM THE
BOYS

ARE YOU
SANTAM'S
WOMEN
OF THE
FUTURE?
ENTRIES
INSIDE

#ANXIETYISREAL
HOW TO
FIND CALM
IN THE
STORM



DR *Tumi*

ON GOING BACK TO THE FRONTLINE

BLONDE AMBITION

Winter doesn't have to be all doom and gloom – add a pop of colour and stand out in platinum or honey blonde By PALESA VILAKAZI

COLOUR CARE

Dyed hair needs extra attention if you want it to last longer. And, if you want your hair to be healthy after dyeing, you have to prepare it months in advance. This includes nourishing and hydrating it well. Start by stepping up your oil and mask games at least two months prior. Do a deep conditioning treatment immediately after colouring your hair. Remember to do this weekly; alternate between moisture and protein treatments for some balance. These will moisturise your hair, leave it softer and nurture the strands. For a DIY fix, mix some water, leave-in conditioner and oil in a small spray bottle, then spritz on your hair daily. Be sure to wear a silk bonnet or headwrap to bed.



MARISSA MOLLETT

FOR YOUR SCALP

Healthy scalp means healthy hair. But, colour can strip your scalp of moisture, causing dryness and flaking. A dry and damaged scalp is an unhealthy foundation to grow hair from. Cleanse your hair and scalp regularly to avoid build-up and irritation. Use your finger tips to massage in the shampoo and remove the product. Then, base with a hair food containing essential oils to protect and nourish it.



TEPHANI MOLLETT



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