



MARCIEL HOPKINS







ISSN 1137-5500  
MAY 2018

**Win!**  
A LUXE BUSH HOLIDAY  
WORTH R27 000  
DETAILS INSIDE

**ALWAYS TIRED?**  
Have a nap! Why experts say it's GOOD for you  
**PLUS** Eat THIS for younger-looking skin

**THE TRUTH ABOUT AFFAIRS**  
It only happens in unhappy marriages & other myths to STOP believing

**FLU? NOT YOU!**  
Smart ways to avoid getting sick this winter

**EASY LIFE UPGRADE**

- \* Break out of your rut and be happier today
- \* Simple tweaks for a calmer, more relaxing home
- \* Tame your temper to win any argument... every time!

**LIFE COACH AND CURVE MODEL Marciel Hopkins**  
'Confidence is being comfortable with who you are'

**GET A FLATTER TUMMY FAST**  
No planks or crunches!

**YOUR WINTER MENU SORTED**

**25 NEW RECIPES**

**ONE-POT MEALS**  
Loads of flavour & less washing up

**FAB FAKE-AWAYS**  
Speedy, healthy suppers that are tastier than takeaways

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MCT  
MODELS





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**SHIRT 123 B**  
GR. 44 – 52

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Eleganter als ein T-Shirt, bequemer als eine Bluse: Das Shirt mit U-Boot-Ausschnitt und überschnittenen Ärmeln passt je nach Styling zu (fast) allen Anlässen – mit Jeans und Sneakers zum Sightseeing, mit Bleistiftrock und Sandalen zum Dinner ...

**STOFFE & ZUTATEN**  
Baumwoll-Print: Liberty;  
Knopf: Union Knopf; Brille:  
Ray-Ban; Gürtel: Peter  
Hahn; Haare: Kä Brand; Bluse: Army of Angel, ges.  
bei Happy Size; Armbänder:  
Vuyetfairs

mc



**REISE-  
LUST**

Farben und Muster, die gute Laune machen, pflegeleichte Stoffe, sportlich-feminine Silhouetten: Diese Modelle in den Größen 44 – 52 dürfen in keinem Koffer fehlen!

FOTOGRAF: PETER SCHREIBER  
PRODUKTION: PIA LEONIE KNOLL

**T-SHIRT-  
KLEID 125**  
GR. 44 – 52

Hier kommt der perfekte Schnitt für groß gemusterte Stoffe: Durch die gerade Silhouette und die weiten Raglanärmel bleibt der Print komplett erhalten. Raffiniertes Detail: der Mini-Wasserfallausschnitt im Rücken (siehe rechts).

**STOFFE & ZUTATEN**  
Polyesterjersey: MD Gera.  
Hut: Loevenich; Kette: Umhellung; Armbandsmuck: Yulyafairs; Sandalen: Belchmann; Koffer: Hartmann.

**VERSLANK  
JOU  
MAAG**

Hierdie swembroek se struktuur en swart buitelyne laat jou lyf meer gedefinieerd lyk. Die broekie met sy hoë middellyf werk uitstekend om jou maag te verslank en bedek jou sitvlak volledig.

TOP R269; Tally Weij; BROEKIE R300, S.A.L.T. OORSELLE R99; Call It Spring.

50 GOEIEHUSHOUDING.CO.ZA November 2017

**VLEIENDE  
VALLE**

Hierdie eenskouer-swembroek met valle is vleiend as jy klein boeste het, en dis boonop vrolik, prettig en baie modieus! Die verstelbare en verwyderbare bandjie sal jou swembroek bo en op sy plek hou.

SWEMBROEK R170; MRB; KOPRAND R130; Zava; SONBRIL R149; Call It Spring.

48 GOEIEHUSHOUDING.CO.ZA November 2017





**CULOTTES**

Instead of adding another pair of jeans to your wardrobe, pick a pair of cropped culottes. Pair with statement heels to make your legs appear longer.

TOP: \$499, Queensland; BLEAZER: \$799, Forever New; CULOTTES: \$499, RE: JE Woolworths; MULTISTRANDED CUFF: \$170, Colette by Colette Hayman; HEELS: \$299, Call It Spring.

**We ♥**  
**mom**

Versatile denim helps you create the perfect transitional wardrobe. Add these items for a fresh take on this classic.

FASHION: JULIA VEITCH





**FLIRTY SKIRT**

The classic denim skirt gets a feminine makeover with ruffles and a flattering longer length, making it perfect for work, play and a night on the town.

TOP: \$300, Helio at Edgars  
 SKIRT: \$499, Middy  
 EARRINGS: \$25, Cal It Spring  
 BAG: \$630, Colette by Colette Hayman  
 SHOES: \$869, Charles & Keith



**BL**

**2019's  
 BRIGHTEST  
 TREND**

**BALANCED LIFE**  
 ISSUE 88

*Love  
 yourself  
 be  
 yourself*  
 HERE'S  
 HOW

**24**  
**OF OUR  
 BEAUTY  
 obsessions**  
 + A FAB PERFUME  
 giveaway

**happy  
 and  
 healthy  
 WORK  
 HABITS**

MARCIEL  
 HOPKINS ON  
**BODY  
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 ITY**

**2 WEEKS**  
 to better  
**BODY  
 confidence**

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**MCT**  
 MODELS







**YOU LIFESTYLE**

# DENIM DUO

Miss SA finalists and models Marciel Hopkins and Mishka Patel show off their favourite denim styles and how to wear them for all kinds of occasions

Fashion editor: WAGHEEDA JANUARY  
Pictures: PEET MOGKE

*'Marciel continues to inspire me every day - Mishka*

*'Mishka was the one who encouraged me to pursue my dreams - Marciel*

Mishka: Shirt R419, Zara  
Jeans R1399, Lewis  
Marciel: Shirt R399, Woolworths  
Jeans R439, Milady's

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