

body & beyond

HOW TO GET THE PERFECT BUTT

Green with envy when you see photos of Fergie or Jen Aniston frolicking in their bikinis? Tammy Caryer, owner of TLC Exercise Studio in Jo'burg, has four butt-sculpting exercises guaranteed to get you paparazzi-ready. All it takes is 20 minutes a day

- 1. Lunges** Stand with legs slightly apart. Inhale and take a big step forward, keeping your body straight and quads parallel to the floor. Don't let your knee extend over your toes. Push back to your start position and exhale. Do three sets of 15 to 20 reps per leg.
- 2. Bench step** Stand with your right foot on a bench or step that's about knee height. Keep your back straight and chest forward. Inhale and step up until you are balanced on your right leg. Exhale and return to starting position. Do three sets of 10 to 15 reps per leg.
- 3. Standing hip abductions** Stand on your left leg, knee slightly bent. Place your hands on your hips and tip your pelvis up to keep your hips straight. Raise your right leg to the side as high as you can. Slowly bring it down. Repeat for 60 to 90 seconds on each leg.
- 4. Standing hip abductions with leg in front** Stand on your left leg, knee slightly bent. With your hands on your hips, raise your right leg (keeping it straight) in front of your body as high as you can. Slowly bring it down. Repeat for 60 to 90 seconds on each leg.

TLC Exercise Studio is geared towards women and combines exercise with dietary guidelines. To book a personal or group training session, call Tammy on 083-299-9236. For more info visit Tlcexercisestudio.co.za.



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The percentage less likely you are to suffer from osteoporosis if you have lots of moles. New research by a team of scientists at King's College London found that people with over 100 moles are genetically protected from many of the ravages of time and have stronger bones, healthier eyes and heart, and fewer wrinkles. Strange but true! Source: Marieclaire.co.uk

SHOPPING BASKET THREE-PACK AFRICAN TRAVEL SOY LITES

Soy what? These travel-friendly candles by Soy Lites are locally produced and made from soybean oil. Added bonus: the melted oil can be used as a moisturizer.

Triple the joy Haven't you ever wished you had a candle, aromatherapy product, and hand and body balm all in one - and that you could take it wherever you go?

Possibly not, but doesn't the concept just make you go oooh? Take your mini Soy Lites along on safaris or weekend hikes to keep you grounded, relaxed and moisturized.

How much and where R133 for a pack of three travel tins. Call 011-534-2073 or visit Soylites.co.za for info and to find your nearest stockist.



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EARTH HOUR AT 8.30PM
ON 26 MARCH 2011.
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MENTAL GETAWAY Bamboo Massage at Sacred Spa, Cape Town

Something new This unique, exotic form of massage uses bamboo rods of different lengths and widths as tools to knead away knots and stress. Added benefits include stimulating circulation and flow of lymph as well as making skin more supple.

What's it like? The therapist uses aromatherapy oil to allow the bamboo rods to glide smoothly over your skin, taking care to work gently over sensitive areas such as behind the knees or around your spine. She also uses traditional massage in between so you'll get the benefits of human touch as well as the soothing strokes of the bamboo massage. Perfect if you're looking for pure relaxation.

Special reader offer Book a 90-minute bamboo massage at Sacred Spa and you'll get a 10 per cent discount off R430. Offer valid until 31 March 2011. Call 021-465-7367 and quote 'Marie Claire'. For more info go to Sacredcare.co.za.