

Last year was a big year for her, having new baby Aenea, modelling endorsements, growing their marketing team as shareholder at Cosmetix, founded by Clive (think manufacturing, importing and exporting cosmetics, skin care, self-tan, etc. products and famous brands like Caribbean Tan, Essence, Catrice, Pure Skin, My Skin), doubling their portfolio on BEE, charity and upliftment projects.

"Recently I re-joined *Pasella*. Presenting has become my favourite hobby, meeting new people on shoots, learning from and interviewing them, cooking new recipes, seeing new places, trying out new fashions. A day of filming with a great crew always puts me in a good mood," Cindy enthuses.

"Sometimes I do find myself overcommitted and forgetting to breathe, or to smile. I'm always told how hard I work, how organised I am and well put together. It's a blessing and a curse. Sometimes I want to wake up, lie under a tree and read a book for a whole day or play on the beach for a week with my children, breaking away only for food and sleep.

"Other times I still think this is all a dream and I'll wake up soon," she concludes. "I never felt like I had to let go of anything. On the contrary, I was more driven to climb higher. If you love the world of fashion, beauty and glamour, then it's easy to make it work. Getting married and having children and getting involved in Cosmetix add wonderful dimensions to my life. It reaffirmed what's really important in life. The celebrity life is not as fulfilling the way family and business are, and ultimately, doesn't have the longevity".



Shot on location at The Table Bay Hotel in the V&A Waterfront, www.hoteltablebay.co.za. Photos by Seagram Pearce, clothes by Jason Kieck, jasonkieck.com, Jewellery from Jack Friedman, jackfriedman.co.za, makeup by Head to Toe Make-up Academy, h2t.co.za and products from Catrice, cosmetix.co.za

## Health and Beauty

**My trainer drags me out by my ears**, otherwise life happens and I never get round to it. Walking helps me to breathe, relax, and clear my mind. **Gratitude is a powerful tool to stay positive** and keep things in perspective. I'm convinced Pilates gifted me a flat tummy after two babies and I've recently started doing Sweat 1000. I work out five times a week and mix-it-up to keep it interesting. **It's about consistency**, vitamins, eating healthy, 'filling my cup', yoga, being aware that I need to take care of myself (I've almost burnt out on occasion) and treating my body with respect, like a working factory.

**In my travel make-up bag:** 24-hour moisture plus foundation, Matt Fix powder, highlighter powder and long-lasting black eyeliner and nude shade lipstick, all from Catrice, Essence eyebrow design set and dark-bronzing powder, a plaster, mini sewing kit and a R100 note for emergencies.

**Religiously**, besides day-, eye- and night-cream, I use Skin-Science enzyme exfoliator twice a week and always remove my make-up – especially when I'm tired. Skin Science

stem-cell products, one of our own ranges, and Celltone Snail Gel under my night cream lightens most of my pigmentation. I have a monthly facial at Skin Renewal Clinic in the Cape Quarter Lifestyle Village or Dante in Sea Point.

**My Caribbean tan is done by mobile therapist Anna Stead** (☎ 078-021-4281). I'm also a bit of a pro at DIY tanning. It's my ultimate beauty trick, just a lovely golden bronze colour, never looking über-tanned, just sunkist. My clothes look better on, I feel beautiful and confident, my face glows and everyone comments on how great my skin looks. **Even in winter**, for an instant mini make-over this tops the list. Even my Caribbean tan sunblock has a lovely tint.

**When I come undone**, I go for **reflex or a massage**, have my hair done. I just sit down for an hour and talk to no one, do nothing, have a pot of rooibos, read a magazine or do e-mails and think of what I have to be grateful for instead of focusing on whatever is making me grumpy. Afterwards I almost always step out looking and feeling like a new person. And I have all Barry Hilton's CDs in my car and his jokes never get old.

## My favourites

**Favourite flowers:** St Joseph's lilies, stargazers and I always send friends amazing roses from Fiori di Sorrento, 63 Buitenkant St, ☎ 021-462-2000.

**My favourite summer fragrance** is Michael Kors.

**I'm a outdoorsy, cafe society, rooftop, beach, forest, bookish, theatre-going kind of a girl**, I love my feet in the sand, wearing gorgeous heels on a rooftop and sipping champagne, the chatter and glamour of cafe society, mud and the gumboots and the children running wild in the forest and a good book at bedtime.

**My ideal party** would be a day at L'Ormarins Queen's Plate or at Blue Marlin in Ibiza at sunset – sipping champagne, wearing a caftan and Panama, my feet in the sand tapping to the music, beautiful people dancing all around, chatting with new friends, feeling the warmth on my skin and with my husband by my side.

**On 2014's bucket list is Maldives.** In time we want to take the kids to Disney World in Orlando, buy a beach house get-away, built a sleep-over tree-house in the big plain trees by the river on our farm in Nottingham Road in the Natal Midlands. The travel memories of all time were a week with Clive in Vegas, another with family and friends on a yacht in Croatia and our simply-over-the-top honeymoon at three different resorts in Mauritius. **My favourite overseas destination is Italy** – we try visit every year, especially Rome where we got engaged and Capri, Porto Cervo and Portofino.

**A perfect day in Cape Town** starts with breakfast at The Grand Café in Camps Bay, then play with the kids on the beach. It ends with sundowners and a braai with friends on our veranda overlooking the ocean, with some vibey lounge/clubby music in the background and eating grilled crayfish. I love boogie nights with friends at Shimmy's, lunches at Boschendal, lunch with the girls at Sandy B Beach Club at The Bay Hotel in Camps Bay, followed by lounging on the deck, with a glass of Haute Cabrière or Moët in the hand.

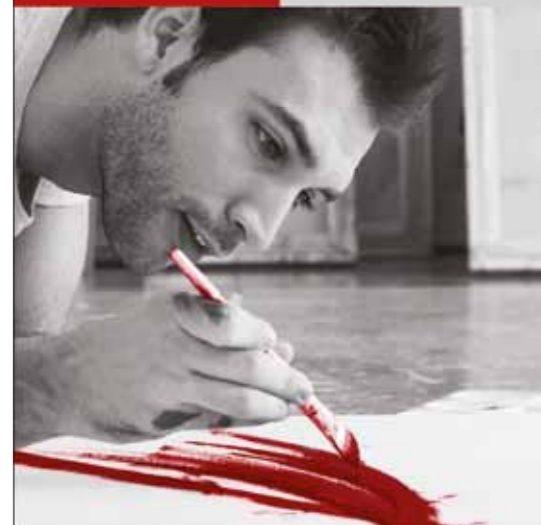
**Favourite restaurants** Jackal & Hide in Upper Kloof, Shimmy Beach Club, and Café Caprice for breakfast, Grand Beach Café, Bistro at The Bay Hotel, the little blue hut on the Promenade for coffee. **My favourite summertime meal at home** is Woollies chicken and ruby coleslaw.

**Summer fashion style** is comfortable, sexy and feminine, mixing high end brands and designers with bargain buys: the brilliant Jason Kieck as 2014's best dressed winner whose label I wore at the L'Ormarins Queen's Plate. I also like Louis Vuitton, Versace, Chanel, Langaro Boutique, Dune, Michael Kors, Pick n Pay Clothing and Zara. Daywear jewels and accessories are minimalistic, at night I wear big dangling earrings, I use to live in stilettos but with two kids, the beach and a schedule to beat, heels are just too high maintenance, so I throw sexy bling, flat sandals and into the style mix.

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