

YOUR ANTI-AGING AUTHORITY

EDITION 1 FEB 2016  
R38 (VAT INCL)  
OTHER COUNTRIES  
R33.33 (TAX EXCL)

# longevity

[www.longevitylive.com](http://www.longevitylive.com)

## ANTI-AGING TREND:

**THE BRACELIFT**  
& EVERYTHING YOU  
NEED TO KNOW  
ABOUT HEALTHY  
TEETH

**HOW TO REWIRE  
YOUR BRAIN &  
RESET YOUR HEALTH**

## JUICING FOR VITALITY

REVOLUTIONISE  
YOUR DIET  
THROUGH JUICING

+

**WHICH JUICER  
TO BUY**

**OUR  
A-LISTERS'  
FAVOURITE  
SPA  
RETREATS**

**BE  
INSPIRED  
BY A YOGA  
RETREAT  
IN INDIA**

**SANDRA**  
*Bullock*

**ON HOW LATE MOTHERHOOD  
CHANGED HER LIFE**



# ANTI-AGING *news*

COMPILED BY KIM BELL

# Age PERFECT

PRODUCTS, NEWS AND TIPS FOR  
LASTING BEAUTY

## BENEFITS OF GOLD

The anti-aging benefits of gold have long been recognised – just ask Cleopatra. The Pharaoh of ancient Egypt believed gold would not only reflect the brilliance of the sun, but could protect her skin from the harsh and unforgiving desert climate. Cleopatra believed that by sleeping in a gold face mask every night, she would enhance the suppleness of her complexion and preserve its natural luminosity. Now you can experience this for yourself with the luxurious Black Pearl 24k Gold Cleopatra Mask, infused with Dead Sea black mud. This product aims to energise your skin, and reduce the appearance of rosacea, wrinkles, fine lines, age spots and blemishes. Suitable for all skin types (except for acne-prone skin).

