

# It's easy to be Beautiful

Beauty is ever-changing. The secret to looking good and feeling proud of your womanhood means that you have to embrace the flowing nature of femininity. There are numerous products, techniques and treatments available in Bloemfontein to take care of those problem areas on your body. . . or just to sink into the plain-old relaxation pond! Most of these are even brand new and exciting to many. *Get It's Lani Fouché* takes you on the journey to pretty. . .

## Take the plunge. . .

"It's never too late!"

With her life's motto, Vicky Kritzinger seeks to inspire women of all shapes, sizes and ages to get off the couch and get their heart rate pumping. "Many over-sized women think it's too difficult and too late to start exercising and it won't make a difference to their health and appearance. I want to motivate them to take the plunge!"

Vicky, one of Bloemfontein's health gurus, stresses that every person needs exercise, and that a healthy eating plan and other beauty treatments aren't nearly enough if you don't sweat regularly. "I want to inspire women who've lost hope – old women, sick women, obese women... I want to show them that they can become fit and healthy. And if you're fit, your beauty shines!"

This passion led Vicky to become involved in Heartbeat Zone, a unique online personal fitness website. Along with the numerous other fitness classes, which she facilitates at training clubs throughout Bloemfontein, Heartbeat Zone is her latest big passion. "My responsibility is to present fitness classes on online videos for older, bigger and unfit people who would like to take the first step towards fitness and a healthy body. These videos and step-by-step exercises are available on the Internet, which means you don't even have to join a gym."

Vicky, a mother of three, boasts a strong, lean, youthful body at the age of 42, and has tackled many adrenalin-pumping activities in her life; including climbing Kilimanjaro and participating in the television program *Gladiators*. "A life without passion is no life at all. I wish people would start grasping the truth behind these words!"

"Like" Heartbeat Zone on Facebook to read all about their fitness programmes, and to get your dose of health motivation every day. Alternatively, contact any Virgin Active Health Club in Bloemfontein to join one of Vicky's fitness or aqua classes.

## Fishing for adventure

For many, the thought of letting fish suck and nibble on your feet might leave you a tad bit squeamish. But the calming effects that Garra Rufa Fish have on one's feet can be quite therapeutic. Although relaxing with these tiny fish, also called doctor or nibble fish, around your toes it is common practice in countries like India, it still needs some getting use to in Bloemfontein. But once these fish have touched your skin, the tingling sensation and cleansing effect these little scaled ones have on you can be quite delightful!

Posh Lab in Bloemfontein is still brand new, and is currently the only establishment in Bloemfontein where the Garra Rufa therapy is available. Spa owner Sue Watson lived in India with her husband and two children for four years, and every Saturday afternoon was "Sue-time".

"In India, you can just walk into a beauty salon or spa without an appointment at any time of day and indulge for several hours. It's quick, cheap and widely available. That's where I got my inspiration to open a spa with the open, accessible Indian feeling in Bloemfontein." Posh Lab is open from 06:00 until 22:00 Monday to Friday. It's open for fewer hours on Saturdays and Sundays to achieve the 'open to all' feeling.

The Garra Rufa fish spa is quickly picking up in Bloemfontein, says Sue. "People are coming here to relax with their friends while their feet dangle in our Garra Rufa tanks. It's fantastic for relaxation."

Contrary to widely-heard rumors of the Garra Rufa fish spas, Sue maintains that they make no medical claims for using the fish, they are purely for relaxation. "They feed on the dead skin cells, leaving your skin feeling fresh and revived."

Phone Posh Lab at 051 430 6270.

## Hanging by a thread

Another new Indian beauty concept that recently hit Bloemfontein is the "threading" hair removal technique. For those unwanted fine facial hairs, threading is increasingly becoming the mainstream way of removing them. By not using any form of wax or plucking, it is not harmful to the sensitive skin surface at all. "It's a unique technique that they use all over India, and it's gaining momentum in the Western world. It's not even as painful as plucking or waxing," says Sue.

Beauticians use a twisted cotton thread, which is rolled over unwanted hairlines, plucking the hair at the follicle level. Unlike tweezing, where single hairs are pulled out one at a time, threading can remove an entire row of hair, resulting in a straighter line.

## I've got the moves!

Beauty is not only an external result of exercising, application of beauty products and the physical maintenance of your womanly features, it also radiates once you've mastered the art of embracing your sensuality and inner goddess.

"You will never know unless you try!" is what Cat van der Merwe, owner of Dancesation, says to all the skeptics when they learn what she does for a living. Cat is one of a few dance instructors in the City of Roses who specializes in what she calls sexy fitness dance styles, including pole dancing, chair dancing and sensual dancing.

Her dance studio, which only caters

# ful in Bloem



Fish Spa



Photos: Lami Fouché

Heartbeat Zone



Photo: 13 Dark Room Photography

Sexy Fitness



Threading

to social dancing and not competitive dancing, started off as a pure Latin-American dancing studio. "But as we grew, so did my curiosity into these sexy dance styles. I started doing research about pole dancing, and to my surprise, I learnt that pole dancing did not have its origin in strip clubs as many may think. It was actually a highly competitive art form, which was practiced by men!"

You have to have immense upper-body

strength to hoist yourself up onto the pole, and it is therefore excellent exercise for strength and muscle toning. "We don't do it with high heels – it's too difficult. And it only becomes sexy after a while! But it completely boosts women's confidence levels. Once they see what their bodies are capable of and how good they start looking, they just ooze self confidence."

After Cat started the pole dancing, chair dancing and sensual dancing just "kind

of flowed out of that." Both these dance styles are sexy and seductive, but stylish. "If you're older than 18, you can join my classes. The women just love these. The oldest woman currently in my class is 56. What a sensual lady!"

"In my dance classes, you can just let yourself go and let your inner beauty shine," says Cat. For more information, visit [www.dancesation.co.za](http://www.dancesation.co.za).