

# Glamour Talk Mag

Online February 2022



Quiz: How Romantic Are You?  
Are you a true romantic?



Cover page - Glamour Talk Mag Team \* Photographer: Albertus Kriel  
Valmarie, Sherlain & Charmaine

Venue: 9 On Kromellenboog Guesthouse Sasolburg

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# Glamour Talk Magazine

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# 1.

**AMDASSADORS:**

Go to our Facebook page to meet our NEW Ambassadors for 2022.

# 2.

**VALENTINE'S MESSAGES:**

# 3.

**TREAT YOURSELF:**

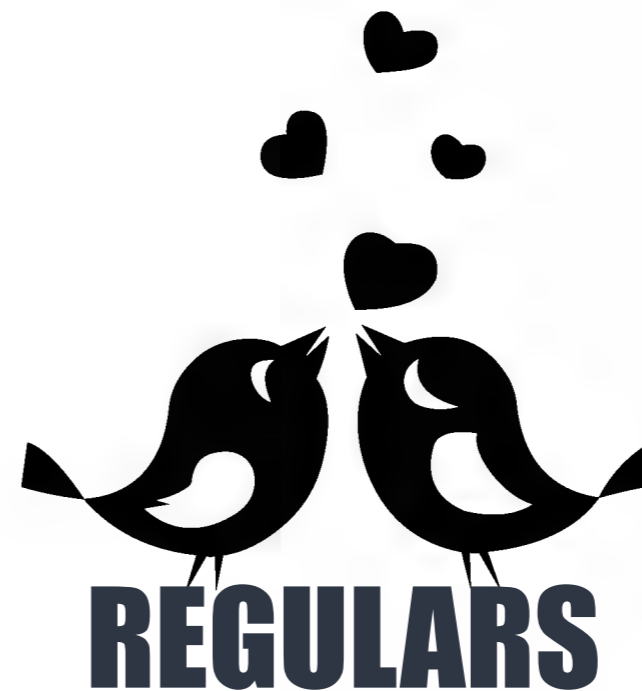
Treat yourself this Valentine's Day.  
Self love

# 4.

**MIA - WATERVAL:**

Lees als oor Mia se nuwe enkelsnit.

## Happy Valentine's Day



**1. EDITORS NOTE: 03**

*Editor - Charmaine Britz owner of Media House with magazine's like Glamour Talk Magazine / Top Vibe Magazine and Top Vibe Kids Magazine & 50+ Magazine*

**2. AMBASSADORS: 04**

*Our Glamour Talk Magazine Ambassadors Sherlain Holmes and Valmarie Volschenk will bring you something new every month.*

**3. STARBURST PROMOTION: 08**

*Starburst promotion bring you a new artist every month.*

**4. COVER PAGE: 01**

*CEO Glamour Talk Magazine Charmaine Britz, Ambassadors Sherlain Holmes and Valmarie Volschenk. Photographer: Albertus Kriel Venue: 9 on Kromellenboog Guesthouse Sasolburg.*

**5. BACK PAGE MODEL 20**

*Photo provided by anonymous -*



*Photographer: Albertus Kriel  
Venue: Turn 'n Tender Vaal mall*

## Redakteurs Nota

Die eerste maand van 2022 is reeds verby, tyd vlieg engelooflik vinnig.

Ons nuwe ambassadeurs pak vanjaar aan met baie idees. Ons hoop vanjaar om baie nuwe lessers by te kry en ons gaan als in ons vermoë doen om vir julle lekker lees stof te bring.

Ons is trots op ons voorblad, waar die span van Glamour Talk Magazine pronk.

Baie dankie aan:  
Albertus Kriel - fotograaf  
9 on Kromellenboog Gastehuis - venue.

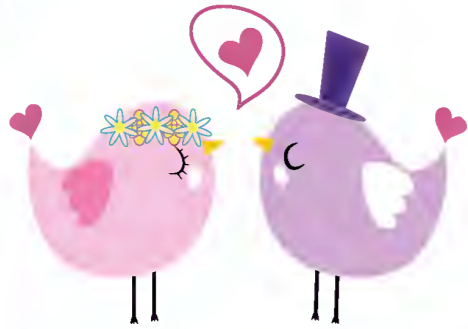
Dit is die maand van liefde, bederf jou geliefde met iets Special.

Ek groet vir eers tot volgende maand.  
Liefde

*Charms*



# AMBASSADORS 2022



**Valmarie Volschenk**

Love can't be described.  
It has no shape, it has no form.  
Love is not an object.  
Love does not conform.

Love enters our lives  
The moment we are born.  
From the cradle to the grave,  
Love's in everyone.

Love burns like a candle  
That sometimes flickers but never dies.  
Love may be invisible,  
Although it's right before your eyes,

Love can leave you empty,  
Love can make you whole.  
Love can make or break you,  
Love is in your soul.

Love is in your heart,  
Love is in your mind.  
Love doesn't discriminate,  
Love is always blind.

Love is universal,  
It encompasses the globe.  
No matter where you are,  
Love has a language all its own.

Love is all around you.  
There's plenty of love to spare.  
You cannot see or touch it,  
But love is everywhere.

Love's the greatest power,  
And yet it is so small.  
Love's a gift from God  
To be shared amongst us all

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Facebook page: Valmarie volschenk  
Glamour talk ambassador  
Instagram: @valmarie\_v

Lots of Love

*Valmarie*

**V**alentine's day is a Holiday where friends, family and loved ones get to express there love.

The whole world celebrates it with hearts. A interesting fact is that the heart shape didn't mean love before the 13th and 14th centuries but as the idea of romantic love began to take shape during the medieval period, so did the symbolism.

People believed that feelings for the beloved was written on your heart.

Use this month to share more love across loved ones, family, friends and the people around you. Give them a smile, compliment or even a simple "hey " .

Lets share love this beautiful Valentine's month .  
Happy Valentine's from the Glamour

Talk Magazine.

**Lots of Love**

*Sherlain.*



**Sherlain Holmes**



# Albertus Kriel



**Media House Photographer**



## NAILS:

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**EVERY GIRL DESERVES A LITTLE SPARKLE**

## BEELDSKONE MIA SE SPLINTERNUWE ENKELSNIT, WATERVAL, INSPIREER OUD EN JONK!

Met die vrystelling van haar debuut-enkelsnit en musiekvideo, Krimineel, het Mia sommer diep in plaaslike musiekharte kom kruip. Om die nuwe jaar te vier, is hierdie talentvolle sangeres (oorspronklik van Potchefstroom) terug in die kollig met 'n splinternuwe enkelsnit wat vir haar nóg meer bewonderaars gaan inpalm.

WATERVAL, uit die pen van Emil Paul, kan beskryf word as 'n kontemporêre Afrikaanse snit wat aanklank sal vind by oud en jonk.

"Die doel van die liedjie is om mense te inspireer en is geskep om vir elke luisteraar 'n unieke boodskap te gee," verduidelik sy. "Ek was van die begin af verlief op die snit omdat dit met my praat en dis presies wat ek wil hê dit met die gehoor ook moet doen. Buiten daarvoor dat dit paartjies moontlik gaan motiveer om met mekaar te dans, gaan dit ook verskillende emosies ontlok by elkeen wat daarna luister."

Mia (oftewel Mariska Pretorius) werk al sedert 2008 in die musiekbedryf en het veral naam gemaak met haar deelname aan The Voice SA.

Oor die jare, het dié spontane kunstenaar met haar suiwer stem al by van die land se grootste musiekfeeste opgetree, televisieonderhoude gedoen en vertonings geopen vir groot name soos Jay, Fatman en Nicholis Louw.

Mia het pas Johannesburg toe verhuis en het nog baie planne vir die toekoms, wat onder andere 'n nuwe enkelsnit en album insluit. Sy is 'n onderwyseres by Laerskool Kempton Park en haar vakke sluit Afrikaans, EAT en Kuns in. "Ek geniet onderwys verskriklik baie – al wat ek wil bereik is om net een kind se lewe te verander, of as hulle net een goeie wenk kan onthou wat ek in die klas gee, dan sal ek gelukkig wees," sê sy. Sy het ook onlangs verloof geraak aan Sean Peens (rekenmeester by

Kruger en Kie) met wie sy al 5 jaar in 'n verhouding is. Hulle beoog om in September 2022 te trou. Wanneer jy vir haar vra hoe dit is om in Johannesburg te bly? "Ek geniet dit vreeslik baie in die besige stad – ek moet nog net gewoond raak aan die verkeer!," skerts sy.

Sy vertrou nie sommer net enigiemand nie en werk hard vir dit wat sy uit die lewe en haar musiekloopbaan wil hê.

Om die regte musiek, met waardevolle boodskappe en lewenslesse, te kies was nog altyd vir haar baie belangrik en met WATERVAL het sy nie net 'n besondere liedjie deel gemaak van haar arsenaal nie, maar ook lewe gegee aan 'n treffer wat nog lank oor die radio gehoor sal word.

WATERVAL is nou beskikbaar op alle digitale platforms. Kry dit hier: <https://distrokid.com/hyperfollow/mia8/waterval>

### SOSIALEMEDIASKAKELS:

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9 on **KROMELLENBOOG** guesthouse Phone 016 976 9452

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# How to Take Time for Yourself and Restore Your Energy

**D**o you ever find yourself longing to take time for yourself? Many of us are so busy with work, school, and home life that often there is no time left over to do something that you enjoy. What follows are some ways to carve out that essential time you need to slow down, enjoy life, and rejuvenate your mental and physical health. In today's on-the-go society, taking time for yourself is often looked upon as being selfish or unproductive. You have a job to do, kids to take care of, meals to cook, bills to pay, and the list goes on. How can you possibly justify taking time out for self-care without feeling guilty[1]?

The truth is that without self-care, you're not giving yourself a fighting chance to give your best to each aspect of your life. If you don't take care of your own needs first, you'll find yourself burnt out and struggling in

Shift your perspective and accept that taking time for self-care is key if you truly want to live a productive, happy, and successful life.

Finding time to focus on self-care can be difficult, especially with the demands of work and family life. Often, scheduling time before you need it can be a great way to ensure you don't skimp on the all-important personal time. Here are a few simple ways to take time for yourself.

Try to save certain weeknights just for you. If others ask you to do things those nights, just tell them you have plans. Use the time for gardening, reading, exercise, thinking, or the ultimate luxury of doing nothing!

Schedule a treat for yourself once a month. It could be on your lunch break, a weekend, or it could be leaving work early. Maybe you get a spa treatment, go see a movie, a haircut, play

golf, or whatever treat you're always thinking about but rarely get to do.

Schedule it in at least a month before to ensure that nothing gets in the way of that time.

Buy tickets for a rugby game, theater production, concert, or any other event you would enjoy. Having the tickets already in hand will force you to make it happen!

This is one of the simplest things you can do when you're craving personal time. Many of us stay at work late on a regular basis. If this is you, make it a point to leave work exactly on time at least once a week, if not more[3]. And then enjoy that time by participating in your favorite hobby or spending time with a friend you rarely see. If you feel like you need to take time for yourself and relieve stress, there are many ways to do it. Even if you have a chaotic life where there seems to be only seconds to spare on any given day, it's possible to carve out time for yourself by simply planning ahead. Make this a monthly occurrence to begin a healthy self-care habit.





**NEED TO RECOVER FROM LONG-TERM EFFECTS OF COVID?**

Here is a combined drip to support immunity:

Zinc is an anti-inflammatory in allergies, it has anti-viral and anti-bacterial action, it also has anti-cancer properties and increases immunity by increasing lymphocytes including Natural Killer cells, T-lymphocytes, Helper T-cell, mast cells, and neutrophils.

Vitamin C has anti-cancer properties, is anti-viral and anti-bacterial. It is anti-inflammatory, it increases the antibodies A, G, and M, it increases Complements and Interferons as well as increases the Lymphocytes called Neutrophils and Natural Killer Cells.

Vitamin B12 increases the production of antibodies, helps you recover from viral and bacterial infections, has anti-cancer properties. and increases white blood cells like Helper-T cells, lymphocytes, and Natural Killer lymphocytes.

Glutathione is a super-antioxidant, it has ante-viral and ante-cancer properties. It facilitates transports nutrients to lymphocytes and phagocytes and also decreases overactivity TH2 Helper-T-Cells.



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 #immunityboost #ImmunityBooster  
 #immunitysupport  
 #immunitybooster  
 #immunityboosting  
 #immunityboosters #covid  
 #COVID19 #zinc #vitaminc  
 #vitaminbooster #vitamincinjection  
 #vitamincsupplement #Glutathione  
 #glutathione #glutathione700 #glutathionedrip

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 Vitamin C  
 Vitamin BCo  
 Vitamin B12  
 Glutathione



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# Treat yourself

This Valentine's Day



Ways to Treat Yourself on Valentine's Day:

- \* Visualize Your Perfect Day.
- \* Celebrate Yourself. One thing so many of us struggle with is acknowledging our love for ourselves.
- \* Have a Date Night With Yourself.
- \* Indulge Yourself.

\* Buy yourself the one thing you always wanted.

\* Get that bubbly, and drink it all by yourself.

Enjoy your Valentine's day make the best of it....



## HEALTH LAB

Wellness and nutrition, at your fingertips

# Detox Smoothie

**H**AD TOO MUCH FUN THIS HOLIDAY?

What about a Green detox smoothie?

- 1 x cup baby spinach
- Half a cucumber
- 1 x green apple
- 2 x celery stalks

Take as needed to feel refreshed and detox your body.

#detoxification  
#greensmoothiecleanse  
#integrativemedicine  
#healthylifestyle  
#healthandwellness  
#doctor

Dr. Quinten Daniël Fourie



# Quiz: How Romantic Are You?

## Are you a true romantic?



1. Do you believe in love at first sight?

- ♥ Absolutely! It happens every day.
- ♥ I suppose it's possible.
- ♥ Maybe, but not for me.
- ♥ I don't think it's a real thing.

2. If you could choose any movie genre to watch, what would it be?

- ♥ A romantic drama.
- ♥ A romantic comedy.
- ♥ It doesn't really matter.
- ♥ Anything but romance.

3. Do you use pet names for your partner?

- ♥ Yes, I love to create personalized and endearing names just for him or her.  
I use typical pet names like baby, sweetie and honey.
- ♥ Not really, it's sort of embarrassing.
- ♥ No way, those are awful.

4. Your anniversary is coming up, so you:

- ♥ Plan a candlelit dinner followed by dancing, a jazz club and intimate time together.
- ♥ Go to dinner and a movie.
- ♥ Will figure something out.
- ♥ Don't do anything. It's just another day.

5. Do you enjoy handholding, spooning and cuddling?

- ♥ Yes, and I initiate it.
- ♥ Yes, but I don't initiate it.
- ♥ Sometimes, if the situation is right.
- ♥ Never, it's way too lovey-dovey for me.

6. Have you ever made breakfast in bed for your partner?

- ♥ All of the time. I look for different recipes, ingredients and dishes to try.
- ♥ Sometimes on special occasions.
- ♥ If my partner is sick, I try to help out.
- ♥ Never, it's too much work.

7. Do you remember your first kiss?

- ♥ Yes, I know who it was with, how old I was, where we were and even what I was wearing.
- ♥ I know who it was with, but not many other details.
- ♥ I think I possibly remember who it was with, but that's all.
- ♥ I don't remember it at all.

8. Would your friends consider you a romantic person?

- ♥ Yes, they come to me for advice with their love-lives.
- ♥ I think so.
- ♥ I'm not really sure.
- ♥ Not at all. That's not my thing.

9. When you go to a sporting event or concert with your partner, you:

- ♥ Hold on to the ticket stub and buy other memorabilia to have as mementos.
- ♥ Keep the ticket stub as a reminder.
- ♥ Try to keep the ticket stub, but if not, it's not a big deal.
- ♥ Throw it out. Who cares?

10. Do you do special favors, give gifts and/or go out of your way to surprise your partner?

- ♥ Definitely. It brings me joy to make him or her happy.
- ♥ Sometimes I'll try to.
- ♥ Once in a while when it's convenient for me.
- ♥ Rarely. Who has the time?

# MAGAZINE



# Media House

NEXT ISSUE MARCH 2022  
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