

# Glamour Talk Mag



ONLINE

**FEBRUARY 2023**  
**Issue 30**



*Our Charity event - Please support us!*

*JY is nie "useless" nie*

**FASHION  
MATTERS**

By: Wesley Wessels

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# Glamour Talk Magazine

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**EDITOR:**  
Charmaine Britz

**CONTACT DETAILS:**  
Cell: 072 768 8582

**E- MAIL:**  
admin@topvibe.co.za

**WEBSITE:**  
www.topvibe.co.za

# 1.

**MEDIA HOUSE PROJECTS 2023:**

Please support our Ambassadors by helping them with donations.

# 2.

**ADVERTISE YOUR BUSINESS HERE:**

How to advertise your business here and save money.

# 3.

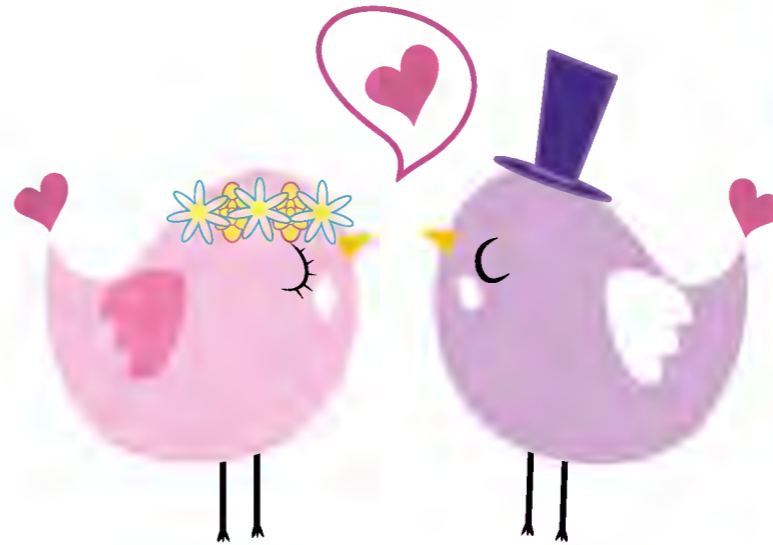
**FASHION MATTERS:**

Wesley Wessels will keep you informed about fashion matters.

# 4.

**SPOIL YOURSELF:**

Spoil yourself learn to make time for yourself.



Photographer: Charmaine Janse van Rensburg  
Venue: Photo Diary & Venue

# REGULARS

**1: COVER PAGE: 01**

*Our cover page anonymous model is celebrating February the month of Love.*

**2. EDITORS NOTE: 03**

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

**3.AMBASSADORS: 04**

*Our Glamour Talk Magazine Ambassadors Valmarie Volschenk and Wesley Wessels keep you updated.*

**4. MEDICAL HELP: 14**

*Dr. Q Fourie - give some medical advise.*

**5. BACK PAGE MODEL: 20**

*Human Rights Day 21 Marcg 2023*

# Redakteurs Nota

Liewe leser,

**Hard aan die werk met 2023 se projekte. Ondersteun ons asseblief ons het julle nodig.**

**Hoop julle geniet die uitgawe. Daar is baie nuwe dinge op die horison, so bly in kontak en lees jou Glamour Talk Mag.**

**Wesley se eerste model artikel is uit hier kom nog baie dinge. In ons volgende uitgawe sal ons vir julle fotos bring oor ons Gryse jeug projek. Ek kan nie wag nie.**

**Ons spannetjie is aan die gang ons volgende projek is ons vier voetige vriende ons samel kos, komberse, speelgoed ens in vir hulle en gaan dit die 4de Junie afgee by Vaalpets.**

**Met 'n vol program en opgewondenheid groet ek julle eers tot volgende maand. Heerlike Valentyns maand geniet die maand van liefde.**

Liefde

*Charms*

# Our Ambassadors



**VALMARIE  
VOLSCHENK**

Dear readers.

Going with your loved one to a special dinner date on Valentines day, don't worry I got your back get your dress from Pre-loved Dresses

The heart and purpose behind Beloved Dress Hire is to have dresses available in all shapes and sizes at an affordable price so that each and every woman can look and feel like a million dollars. The name represents that every woman must know their value and worth and feel loved.

My dream for every lady that enters my shop is that they must feel beautiful inside and out. Dresses available from 2 years old and up! Sizes up to XXXL. Go out and spoil yourself..

**Follow me on social media.**

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

**Lots of Love**

*Valmarie*



Dear readers

The month of love is February, let's make every day a day of love.

It is important that we understand the meaning of love, love is not just a word.

Love is unconditional its not just a word but a deed  
You have to show love and not always say it.

People rush out to buy flowers, teddys etc rather make time for the person you love by spoiling them at home with something nice.

My first Fashoin article is out on page 6 and 7 hope that you are going to enjoy it. There is more to come.

Enjoy your Valentine's day give love where ever you go

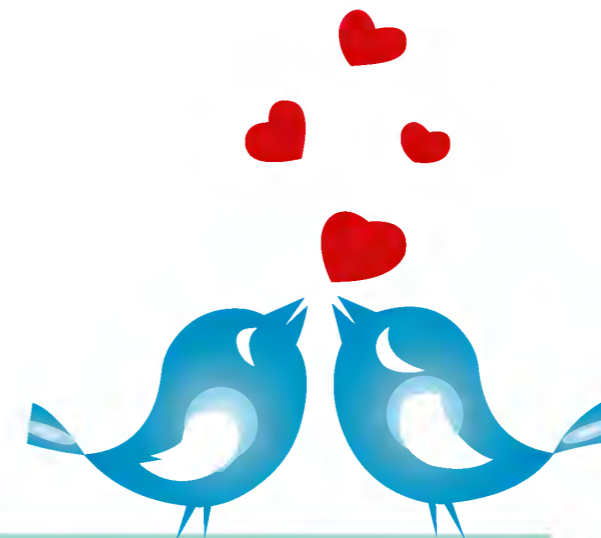
Till next time

Love

**Wesley**



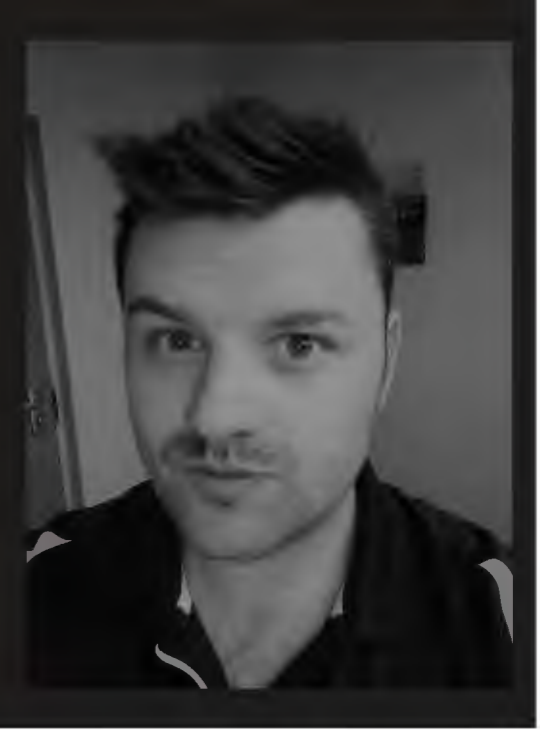
**WESLEY  
WESSELS**





# FASHION MATTERS

By: Wesley Wessels



Welcome to 2023!

This year I got the amazing opportunity to be the fashion ambassador for Glamour Talk Magazine. I am so excited to share fashion trends, fashion information – basically just everything fashion with you! I want to start of this new year with a very popular question – why does fashion matter?

But before we can establish why fashion matters we must understand what fashion is. Simply put fashion is a popular clothing trend – or a simpler definition “what to wear that is popular at the moment”. Wikipedia defines fashion as “a form of self-expression and autonomy at a particular period and place and in a specific context, of clothing, footwear, lifestyle, accessories, makeup, hairstyle, and body posture. The term implies a look defined by the fashion industry as that which is trending”

Fashion matters – to the economy, to our health, to cultures and to each individual who wants to express themselves

According to Statistics South Africa the clothing, footwear and textiles manufacturing sales amounted to R5.75 billion in 2022. Fashion is very often seen as a vain industry, but that is just because many people fail to see the importance of fashion

Fashion gives freedom to each one of us – the freedom to express ourselves. It has the ability to change and shape our lives through its personal connection to us all. We all wear clothes and every piece of clothing- whether it's a high fashion garment created by a famous fashion designer or a plain white t-shirt, it represents a personal choice that was made by every individual. Thus whether

you like it or not you are intrinsically a victim of fashion.

Clothes are one of our basic needs for protection and warmth, however fashion has evolved far beyond this for our health and wellbeing.

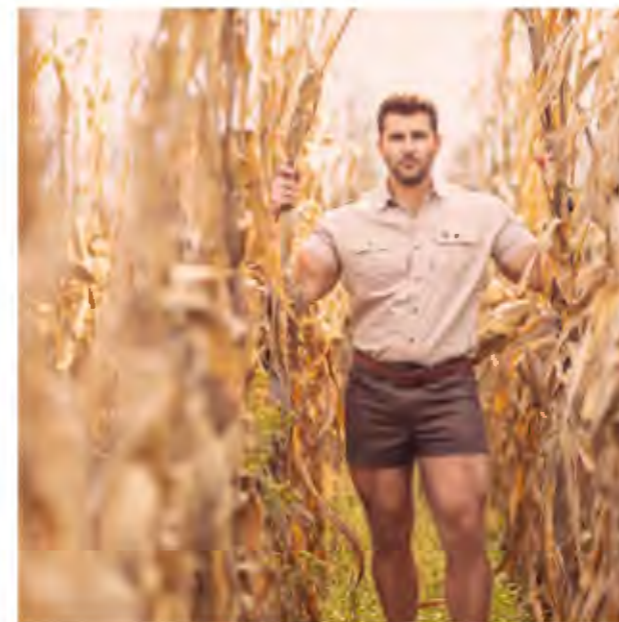
In Nigeria a Smart Bra has been developed by robotics engineer Bolarina Kemisola. This bra uses small ultrasound sensors that scan the breasts, which reveals the location of any tumors. The bra then syncs up with a mobile or web app which will show if the tumor is benign (harmless) or malignant (harmful). The bra has to be worn on the breasts for a maximum of 30 minutes for the results to show. The app also has an interface that allows then for the results to be transmitted to a doctor.



In San Francisco Ran Ma, has found Siren – a company which developed a smart sock called the siren sock. These socks measure foot temperatures which helps reduce the risk of ulcers. Rising foot temperatures mostly indicates that inflammation is developing, which may be a sign of injury or infection. These socks continuously measures your foot temperatures when worn daily. Data is then sent to registered nurses which reviews the data for signs of inflammation and then communicates with patients if there is a risk of inflammation or injury.



Cultural or traditional fashion gets inspiration from one's heritage and upbringing. These clothes and accessories often evokes a sense of nostalgia while showing of the pride of a very rich culture.



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# FASHION MATTERS

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Clothes are not just things we wear on our bodies. To some people clothes contains memories – girls starts dreaming about their matric farewells and wedding day from a very young age. Months, sometimes even a few years of planning and designing goes into creating and designing their dream garments for their special day. To some it is just a dress, but to that girl it is a lifetime of dreams and inspirations that is finally brought to life.

Fashion is therefore not only a great way to express ourselves, but research has also found that the types of clothing we wear affects our behaviour and confidence. Rupaul (famous American drag queen) was asked "Does fashion matters" he responded: "In the end, no – but since we're not there yet, why not?" So go and buy that jacket or handbag, design the extravagant prom dress. Wear what you want and remember to be YOUnique and wear what makes you happy!



*Our Charity event - Please support us!*

## MEDIA HOUSE

**Top Vibe**  
Magazine

**Top Vibe**  
Kids Magazine

Glamour Talk Mag

**50+**  
MAGAZINE / TYDSKRIF

Please support our Ambassadors with donations for Dog food, blankets, towels, toys, washing powder, anything useful. Our project will start 1 April and we will **DROP OFF 4 June 2023**

### VAALPETS



ADVERTISE YOUR BUSINESS HERE

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Happy Valentine's Day



072 768 8582



An advertisement for "Sparkling Nails by Michelle". It features a central image of a diamond ring on a purple background. The text "Sparkling Nails by Michelle" and "Call: 074 958 6402" is written in a cursive font. The entire ad is framed by a decorative border of pink and purple flowers.

Sparkling Nails by Michelle  
Located In Kookrus Meyerton  
Appointments Essential  
074 958 6402



It pays to advertise

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# JY is nie “useless” nie



Ek moes my hart gaan uitwoed. Ek was rou en stukkend. Almal het nie altyd tyd om te rou, te huil of vrede te vind nie. Jy moet opstaan en aangaan, met n wit tand glimlag elke dag tegemoet stap.

2023 my jaar van seën en vrede. bulte en dieptes ook. My gevoel is hoofsaaklik weens die feit dat ons elke dag met groot hartseer deurgaan. Ons is daar in daardie rou oomblikke van pyn wanneer ons diertjies moet afstaan.

Ons sien die harte wat skeur. Ons moet die oproep doen, en net-net daarin slaag om die res van die dag deur te gaan. Is alles die moeite werd?

Ja!! n Duisend keer ja. Ons kry ook baie publieke kritiek. Ons hanteer meer pyn en emosie as die gemiddelde mens. Ons kry boodskappe wat sê ons is "useless". Sjoe. Ek kan wel 100% vir julle sê:

Geen mens is doelloos of nutteloos op hierdie aarde nie. Ek het hierdie jaar my doel gevind, eers na 45. Ek Sal 'n plek van veiligheid wees vir enige persoon wat die Here op my pad stuur. Ek sal al die deure oopmaak wat ek kan, en as ek sien my doel is bereik, maak ek die deur toe en bêre die sleutel diep in my hart. Ek gaan nie my hande aanhou druk in 'n vuur wat aanhou om my te brand tot daar net as oorbly nie. Jy moet ook nie. Ek het gedink ek moet werk aan 'n dikker vel. Ek moet soos 'n eend raak. EK KAN NIE, WANT DIT IS NIE EK NIE. Ek is sag, ek kan in 'n storm sit tot dit klaar is, maar niemand kan dit alleen doen nie. Ek begin 2023 met 'n nuwe hart en gees. Ek begin nogsteeds met 'n sagte hart en n dun vel. Bloei gaan ek bloei. Mense se vuurpyle sal nooit bedaar nie, daarvoor het ons te veel haat en woede in ons. Kan ons saam probeer om ons reis op hierdie

aarde nie net draaglik nie maar ook 'n vreugdevolle ervaring te maak? Ons almal deel nie dieselfde sienings nie, ons hou nie noodwendig van mekaar nie, maar ons het almal liefde nodig. Deel dit uit in oorvloed, selfs teenoor die wat jou seermaak. As jy sien iemand loop kaalvoet oor die klippe, help.





# Medical Help by Dr. Q Fourie

Male sexual health  
A healthy libido is important!

The master hormone is testosterone, that needs to be within optimal levels. Non-sexual side effects of low testosterone is weight gain (especially abdominal), low self esteem, poor sleep, depressive / agitated mood, raised blood pressure, raised cholesterol, muscle wasting, decrease in power, strength and stamina.

#libido #libido #testosterone  
#testosteroneboost #testosteronelevels  
#testosteronetherapy #testosteronereplacementtherapy #sexualhealth  
#sexualhealthtips #sexualhealthmatters  
#men #mentalhealth #mentalwellbeing  
#mentalhealthmatters

**Dr. Quinten Daniël Fourie**  
Insta: quintenfourie  
Twitter: DrQFourie  
016 982 1677  
016 982 6911  
Whatsapp: 061 537 3198  
drqfourie.myhousedoctor@gmail.com

## HOW MUCH BOTOX DO YOU NEED?

Botulinum toxin, commonly referred to as Botox, is measured in units, and for each person or Botox type, the amount is different. Botox is measured in IU, international units. Every brand is mixed differently. There is no percentage of strength, it must be 100%, which means for a certain ml, you get a certain amount of units.

Cost may not be disclosed publicly, as this is an HPCSA rule in South Africa. Generally, I can say that doctors may ask anything from R60 to R100 per unit depending on their level of expertise, area, and type of clients. Note that some doctors may ask for a certain amount per area, and it will not

include the dose of units that they actually inject. Always try to find out how many units were injected. Studies show that for the average above 40-year-old female, 60 units for full upper face might be needed. This includes the forehead, frown, and Crow's feet. On average I will start such a patient on 42 units and titrate up with each visit. Many men will average 72 units, but I have given up to 200 units to some men, as they have stronger muscles than women. Generally, three visits will allow us to establish the best dose and plan for the client, as everyone likes things differently and there is no set rule to injection.

#botulinum\_toxin #Botulinumtoxin #botulinumtoxin #BOTULINUMTOXIN #botulinumtoxineducation #botulinumtoxininjections #bótox #botox #botoxday #botoxface #botoxinjections #botoxtreatment #botoxfacial #botoxunits #botoxfrownlines #botoxforehead #botoxcrowsfeet

**How do you improve testosterone levels?**

1. Quality food high in Zinc and Omega 3.
2. Weight training, as it increases testosterone.
3. Quality and quantity sleep.
4. Get your testosterone tested.

DR BESTER MEDICAL CENTER

@DrQFourie





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# Spoil yourself

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Some people use foot soaks as an opportunity to relax and certain essential oils may boost this effect. According to a 2015 review, geranium, roman chamomile, and lavender have links with relaxation.

## Ingredients:

1/2 cup of Epsom salt  
3–6 drops of essential oil, such as lavender, chamomile, or geranium  
1 tbsp of carrier oil, such as jojoba oil

## Instructions:

add the Epsom salt to the foot bath and stir to dissolve  
mix the carrier oil and essential oils into a bowl  
add the essential oil mixture to the foot bath  
soak the feet

A DIY foot soak can help someone relax and soothe tired or aching muscles. They can be an easy way to care for the feet at home, and may also help with conditions such as dry skin.

DIY foot soaks should not substitute medical treatments. If a person has persistent itchiness, cracked skin, or signs of infection on their feet, they should speak with a doctor.

# About Valentine's Day

## Gift ideas



What is best Valentine gift?

For Valentine's Day, a bouquet of flowers seems to be the best gift ever. Red roses are the seasons' special and we have heart-shaped arrangement of red roses, box arrangement of red roses, a simple bouquet of red roses, and also our special Forever roses in a gift box

With little money!

Make them a good breakfast.

Have all of their laundry done the morning of V-Day.

Leave a note in his or her briefcase or purse so they'll see it when they get to work.

Bake your SO's favorite dessert



MERCIA 083 287 3465  
CLARENS  
DM for pricelist

### Just be ...

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BLANKETS 🌻 THROWS  
AND MANY MORE TO CHOOSE FROM



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ONLY 50% COURIER FEE



# MAGAZINE Media House

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