

# Glamour Talk Mag



**ONLINE**

**SEPTEMBER 2023**

**Issue 37**

**NEXT ISSUE**

**Wesley Wessels**

**Designer of the year 2023**

**THE SEARCH IS ON FOR THE FACE OF GLAMOUR TALK MAG**

**Page 10**

# Glamour Talk Magazine

**COMMENTS:**

Please send an e-mail to admin@topvibe.co.za to share your opinion, ideas and comments.

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# 1.

**MEDIA HOUSE PROJECTS 2023:**

Please support our Ambassadors by helping them with donations. We host a lovely event on Women's day

# 2.

**ADVERTISE YOUR BUSINESS HERE:**

How to advertise your business here and save money. Call 072 768 8582 to book your advert space.

# 3.

**FASHION MATTERS:**

Wesley Wessels will keep you informed about fashion matters On page 6 &7

# 4.

**FACE OF GLAMOUR TALK MAGAZINE:**

We are looking for the Face of Glamour Magazine see page 10.



# REGULARS

**1: COVER PAGE: 01**

*Our cover page summer is here!*

**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 will keep you informed and updated.*

**4. MEDICAL HELP: 14**

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

**5. BACK PAGE MODEL: 20**

*September issue summer.*



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

# Redakteurs Nota

Liewe lessers

Dit was 'n heerlik vrouedag gewees, Dankie aan elke vrou wat saam gekuier het.

Ek is dankbaar die winter is verby en die somer is uiteindelik hier.

Die jaar is amper verby net vier maande oor van die jaar.

Hou ons Facebook blad dop want dit is daar waar ons als aankondig wat gebeur.

Ek groet tot volgende maand. Bly gesond bly positiewe en raak betrokke by ons liefdadigheids projecte.

Groete  
Charms  
L de Char

# Our Ambassadors

Dear Readers

With Women's Day done and dusted We looking forward to the last few events of 2023.

Please make sure to follow us on all our social media platforms.

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**

VALMARIE  
VOLSCHEK

Good day Readers

I hope you are having a wonderful Women's Day.

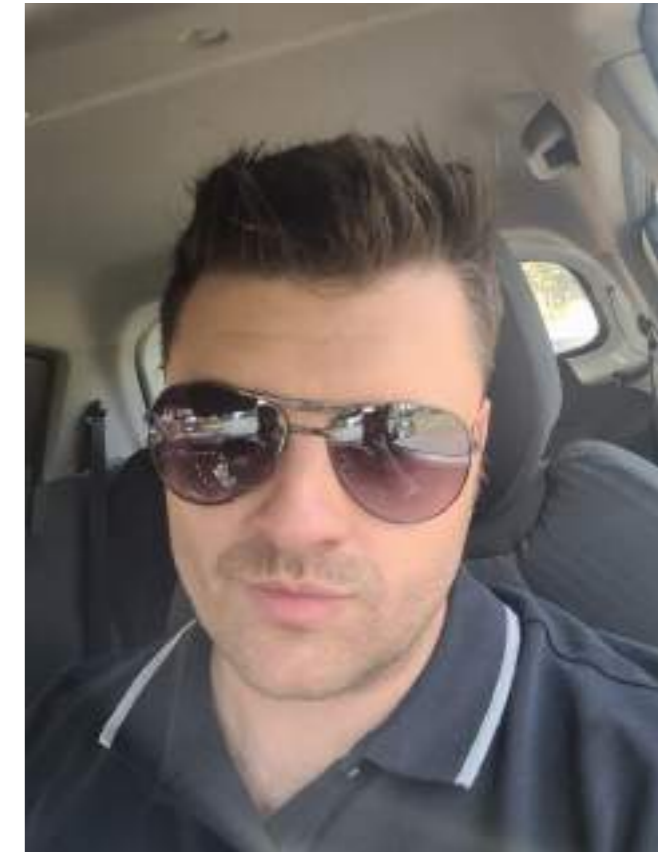
This was a crazy month the Vaal Desingner of the year was also on my calander. Not only did I disigned a dress but had so much fun at the event.

Did you know there is a National Men's month 19 November 2023. Well I did not know so watch this space we will see what we can do next year on a Men's event.

Please remember to watch all our social media platforms for details on all our charity events and please continue to support us.

Warm Hugs

**Wesley**



WESLEY  
WESSELS



# FASHION MATTERS

By: Wesley Wessels



What colours are in for spring 2023?

The Best Spring Colors to Wear for 2023, According to Fashion ...

The Top Spring Color Trends to Wear for 2023, According to...

Robin's Eggs Blue.

Lavender.

Every Shade of Unconventional Blue.

Pastel Pink.

Teal.

Blood Orange.

Green.

What colors are in style for 2023?

Overall, the chromatic trend for Autumn-Winter 2023/2024 presents great comebacks and confirmations, with a palette that ranges from red to gray, yellow to brown, and pink. Even the most delicate and subtle shades will have their space, inviting experimentation and rediscovery of classic nuances in an original key.

What to wear for spring 2023?

The Best Spring 2023 Fashion Trends, According to Fashion Experts

The Top 6 Trends to Wear for Spring 2023, According to Fashion...

Sculptural Bags.

Pastels.

Denim-On-Denim.

Maxi Skirts.

Platform Slip-Ons.

Mesh Clothing.

What is the color spring green in 2023?

The New Spring Green Fashion Color Trend for 2023 is ...

One of our favorite color trends for Spring 2023 is bright kelly green. We call it Spring Green and Pantone coined it "Classic Green" on their list of Spring/Summer 2023 NYFW top 10 fashion colors. And it's both a classic and ideal for spring.

What clothes will be trending in 2023?

The Spring 2023 Trends on Vogue Editors' Shopping Lists | Vogue

Look to this shoppable spring 2023 trend guide for an inside look at what our editors are shopping now and most excited about.

Skirt Suits But Make it Fashion. .

Everyday Preciousness. ...

Extra Baggage. ...

Perfectly Imperfect. ...

Short n Sweet Jackets. ...

Buttoned Up Shirting. ...

Modern Boho. ...

Blazers Become Cinched.

What jeans will be in style 2023?

The Dominating Denim Trends of 2023, According to Style Experts

Long and Loose. If classic jeans are your usual tried-and-trues, try a long and loose silhouette for Spring, which De Sole says will be one of the season's most sought-after styles. ...

Fit to Print. ...

Head-to-Toe. ...

Flared Up. ...

To The Maxi (Skirt)



# Media House Charity Events for 2023

**CHARITY SKYDIVE**

**MEDIA HOUSE PROJECT**  
072 768 8582

**HENNETTE JUMP FOR BORN2CARE CHARITY**

SEPTEMBER DATE WILL BE ANNOUNCED VIA MEDIA / RADIO

**PLEASE DONATE R100**

**Born 2 Care**  
VEREENIGING  
CRISIS PREGNANCY CENTRE

**Born 2 Care**  
Standard Bank  
Branch 2843  
Saving Acc: 335910939

**CHOOSE HOPE** **CHOOSE LOVE** **COUNSELLING ABORTION ALTERNATIVES**

**Skydive PARYS**

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**Glamour Talk Mag ONLINE**  
FEBRUARY 2023 Issue 30  
Our Charity event - Please support us  
FY is nie "useless" nie  
**FASHION MATTERS**  
By Wesley Wessels

**Glamour Talk Mag ONLINE**  
MARCH 2023 Issue 31  
**Spoil yourself**

**Entries Close**  
**31 Oct 2023**

## Face of Glamour Talk Magazine 2023. Photogenic & Cover Model Competition.

**Entry Fee:**  
**R150 (main)**

**R30 per Extra**  
**category**

Photo/ Name/Surname.....  
Age..... Contact Nr:.....  
Email:.....  
Parents/Guardian:.....  
POPI Act: I.....give the magazine permission to use my/  
childs photo. Signature:.....  
Male & Female age groups: 2-3..... 4-5.....6-7.....8-10.....11-13.....  
14-16.....17-18.....19+..... Mrs..... Mr.....  
Categories: Pose..... Fashion.....Black & White.....

All entries must be completed with payment to reach us before the closing date / NO late entries. Panel of Judges. Judges decision is final.

**072 768 8582**

**admin@topvibe.co.za**  
Mail your entry form, proof of payment and photo to us..

**Bank details:**  
C.T. Smuts  
Capitec Sav acc  
Acc: 1355 32 8487  
Ref : F of Glamour

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# Media House Vrouedag 9 Aug

Wat 'n wonderlike voorreg is dit om 'n vrouedag aan te bied waar vroue net vrou kan wees.

Carin en Charmaine het vanjaar hulle tweede vrouedag aangebied met groot sukses soos die vorige jaar.

Daar was heerlijk saam gekuier en hope gelukkige pryse wat gewen was.

Hier is so paar fotos van die geleentheid.

Baie dankie aan ons fotografe vir die dag Albertus Kriel en Carlo Botha julle fotos is amazing.

Dankie aan elke vrou wat die dag saam met ons gekuier het.



Media House  
Charmaine en Carin

# ADVERTISE YOUR BUSINESS HERE


**MEDIA HOUSE 2024 PROJECT**

## HAPPY BIRTHDAY

Become a birthday friend to an elderly person in an oldage home.

1. Pick a birthday person from the list
2. Buy a small gift for the birthday person
3. Cupcakes for 47 elderly include the birthday person.

We have an elderly lady that will bake the cupcake for a very affordable price.



Charmaine 072 768 8582



072 768 8582

MERCIA 083 287 3465  
CLARENS  
DM for pricelist

*Just be ...*

CARPETS 🍂 HANDBAGS 🌿 PLACEMATS  
BLANKETS 🌻 TROWS  
AND MANY MORE TO CHOOSE FROM



*Crochet with love*

ORDER 2 ITEMS AND PAY  
ONLY 50% COURIER FEE

# Dr Quinten Fourie - Supplements

By Dr.  
Quinten D. Fourie, IntegraCve, aestheCc and General PracCConer.

MBBCh (Wits), PGPN(Boston)



Vitamin C Ester is a vital nutrient for health. It helps form and maintain bones, cartilage, skin, and blood vessels. As an antioxidant, it also supports the immune system. It can boost immunity by helping white blood cells function more effectively, strengthening your skin's defense system, and helping wounds heal faster.

It can improve the absorption of iron that is poorly absorbed, such as iron from meat-free sources. It may also reduce the risk of iron deficiency. It may lower heart disease risk factors, including high blood levels of LDL (bad) cholesterol and triglycerides.

#intergrativemedicine  
#supplements  
#supplementsthatwork  
#organhealth #holistichealth  
#holistichealing #ywb  
#naturalingredients #organhealing  
#nervoussystem #hearthealth  
#immunesupport #detoxification  
#skin #cellularhealth  
#woundhealing #vitaminc  
#eyehealth #hormonebalance  
#guthealth  
#detoxification#immunesupport  
#detoxification #skin  
#cellularhealth #woundhealing

#vitaminc #eyehealth  
#hormonebalance #guthealth  
#detoxification.

Milk thistle extract is a huge supporter of your liver, keeping it clean and helping to regenerate new cells. We put our liver through a lot as it tries to filter out the toxins throughout our body.

Our liver needs protection from the alcohol we drink, the heavy metals found in tap water, and pollution in the air. By taking milk thistle, you not only help your liver filter out these harmful substances but also repair the damage caused by them as your liver produces new healthy cells. We rely on our liver to detoxify our body and keep harmful substances out of our blood, so it's important that we treat this vital organ with care.

#liverhealth #liverhealing #detox  
#intergrativemedicine  
#supplements  
#supplementsthatwork  
#organhealth #liversupport  
#yourbodymatters #holistichealth  
#holistichealing #ywb  
#naturalingredients #organhealing  
#detoxification #hearthealing  
#hearthealth #antioxidant  
#antiinflammatory #immunehealth  
#anticancer #milkthistleextract  
#digestivehealth

Dr. Quinten D. Fourie  
Tel (w): 016 982 6911  
Tel (w): 016 982 1637  
WhatsApp (w) 061 537 3198





# Laat groei jou hare natuurlik

## HARE TE LAAT GROEI

- Meng 1 x 100 ml Bayrum, 1 x 20ml Bergamond essense met 1 x Placenta Ampulle in 'n spuitbottel. Spuit aan na elke was en los dit aan. (Skerp reuk verdwyn heeltemal wanneer hare droog is) Bevestig dat dit werk!
- Bergamot essense kan ook direk by jou sjampoe gegooi word. Skud net goed voor gebruik.
- Meng gelyke hoeveelhede amandel olie en olyf olie. Masseer in kopvel in, los aan vir twee ure en was dan uit.
- Drink Folien Suur (Folic Acid) tablette daagliks.

## HARE WAT UITVAL (KAAL KOLLE OP KOPVEL)

Jy verloor elke dag sowat 100 hare - en die gemiddelde haar groei net sowat 13 mm per maand. Dus: Hoe ouer jy word, hoe minder hare het jy. Jou gene speel ook 'n rol. Maar baie ander dinge kan jou hare laat uitval:

- Stres, insluitende fisieke spanning soos chirurgie, siekte of koors.
- 'n Swak dieet, veral te min yster en proteïene.
- 'n Oor- of onderaktiewe skildklier.
- Hormonale veranderinge. Jou hare is dood. Hoekom het siekte en stres dan 'n uitwerking daarop? (Dit kan jou hare bv. dun en futloos laat lyk). Hoe jou hare lyk, word bepaal deur afskeidings van die vetkliere aan die onderkant van die haarfollikel. Te min, en jou hare word droog, breek maklik en lyk beskadig. Te veel, en dit word vetterig en leweloos.

Die afskeidings word beïnvloed deur jou ouderdom, algemene gesondheid, hormone en selfs emosionele toestand.

## BEHANDELING:

-Hannon se pille- by apteke verkrygbaar  
- Meng 1 x 100 ml Bayrum, 1 x 20ml Bergamot essense met 1 x 10ml Placenta Ampulle in 'n spuitbottel. Spuit aan haarwortels na elke was en los dit aan. (Skerp reuk verdwyn heeltemal wanneer hare droog is) Skud elke keer goed voor gebruik.

-Voeg Bergamotessens by Vigro shampoo en was hare daarmee. Gebruik ook die Vigro pille.

-Drink Folien Suur (Folic Acid) tablette daagliks.

-Meng: 50 ml kasterolie, 50 ml olyfolie, 50ml soetolie, 50 ml klapperolie, 50 ml brandewyn - meng als saam. Smeer saans aan kop, en bedek met plastiese sakkie.

## DOWWE, DROE & GEBREEKTE HARE:

• Groot Dawn Hande room (Musk geur). Smeer aan droë hare, bedek met plastiek sakkie, en laat staan dit vir so 3 ure. Was dan jou hare met Colgate APPLE sjampoe en gebruik ook hul conditioner. Laat droog word, en jy het 'n sagte blink kroon!. Herhaal Dawn behandeling so 3x per maand.

• Asyn kan die natuurlike glans van jou hare na vore bring. Meng een koppie asyn en twee koppies water. Wend aan jou hare nadat dit gewas is en laat op vir 5 minute voor jy dit afspoel. Gebruik wit asyn indien jy blond is en 'n balsemagtige asyn indien jou hare swart of bruin is. Rooikoppe moet asyn gebruik wat gemaak is van framboos.

• Bier verskaf volume en glans aan jou hare. Meng 1 koppie bier met 3 koppies water en gooi oor jou hare nadat jy dit gewas het. Kam deur en spoel af na 3 minute.

• Indien jy jou hare tydelik wil bruin kleur of jou natuurlike bruin na vore te bring kan jy die volgende spotgoedkoop metode probeer: Voeg twee eetlepels kitskoffie by jou hoeveelheid opknapper wat jy normaalweg sal gebruik. Los die mengsel op jou hare vir sowat 2 minute en spoel af.

• Meng een eiergeel met gelyke dele olyfolie (die regte soort) en heuning saam. Wend aan jou hare deur by die punte te begin. Bind jou hare toe met 'n plastieksak en draai 'n warm handdoek daarom. Los aan vir 30 minute voor jy dit uitwas met jou gewone sjampoe. Gebruik een keer per week vir die beste resultate vir droë en gebreekte hare.

• Wanneer jy hare was moet die laaste afspoelwater altyd yskoue water uit die kraan wees! Dit voorkom dat jou hare so gou olierig word en gee glans aan jou hare.

• Redken se Argan oil baie goed vir gesplete en droë punte.

## DROE KOPVEL & SKILFERS:

• Was hare met Johnson en Johnson Baba cream. Die pienk enetjie. Dit bevogtig die kopvel en vat al die droogheid en jeuk weg.

• Verander sjampoe. Panthene sjampoe droog kopvel uit!

• Niz shampoo (by apteke verkrygbaar) baie goed vir droe kopvel.

## VERVOLG IN DIE VOLGENDE UITGAWE.

# Ken jy jou regte?



Die hof is nie 'n aangename ervaring wanneer jy krimineel aangekla en vervolgt word nie! □  
Ons kan help met advies en verteenwoordiging in alle kriminele aangeleenthede en ons dienste sluit onder andere in:

- ✓ Borgaansoeke
- ✓ Distrik- en Streekhof verskynings
- ✓ Rig van Vertoë
- ✓ Verhore
- ✓ Pleite

Onthou jou reg as gearresteerde is:

✓ **DIE BELANGRIKSTE** is jou reg om te swyg. Jy moet dadelik ingelig word van jou swygereg en die gevolge indien jy kies om nie die reg uit te oefen nie.

⚠ **ENIGE** inligting wat gewillig aan n polisie beampte gemaak word kan teen jou gebruik word in n hof. ⚠

✓ Jy mag nie gedwing word om enige erkennings of bekentenisse te maak wat as bewyse teen jou gebruik kan word nie.

✓ Jy het die reg om ingelig te word waarvoor jy gearresteer word.

✓ Jy het die reg om so gou as redelik moontlik, maar nie later as 48uur na arrestasie, in die hof te verskyn.

✓ Indien jy gearresteer word moet jy die polisie beampte van jou residensiële adres verwittig.

!! Kontak Stefan Scepers so spoedig moontlik ☎  
0568112323

# MAGAZINE

## Media House



**NEXT ISSUE OCTOBER 2023**

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