



Glamour Talk Mag

ONLINE

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Issue 38

Face of Glamour Talk 2023 Michelle van den Berg

Read all about Michelle in our December issue.

Medical Help by Dr. Q Fourie page 14 &15

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Glamour Talk Magazine

COMMENTS:

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MEDIA HOUSE PROJECTS 2023:

Please support our Ambassadors by helping them with donations.

2.

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How to advertise your business here and save money.

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Wesley Wessels will keep you informed about fashion matters.

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SPOIL YOURSELF:

Spoil yourself learn to make time for yourself.



REGULARS

1: COVER PAGE: 01

Our cover page model is Michelle van den Berg, she is the Face of Glamour Talk for 2023. Read all about her in our December issue.

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

Holiday approach



Redakteurs Nota

Liewe leser,

Sjoe dit was 'n hectic maand wat verby is die dae voel net te kort.

Ons was opsoek na die gesig van Glamour Talk Magazine'23 en ons het haar gevind. Dit is Michelle van den Berg, julle sal in die Desember uitgawe meer uitvind oor haar.

Ons deelnemers was almal wenners ongelukkig kan daar net een voorbladgesig wees. Baie dankie vir elkeen wat ingeskryf het ek is net bly dat ek nie 'n judge was nie dit was 'n baie moeilike keuse.

Ek moet se Michelle was elke judge se eerste keuse. Dankie aan ons judges ons waardeer julle tyd. Nou is ons opsoek na 'n Africa Cover page, so skryf in ons wag vir die fotos.

Sjoe dit was nou 'n mondvul ek groet tot volgende maand.

Liefde *Charms*

Our Ambassadors



**VALMARIE
VOLSCHENK**

Dear readers,

It's party time with weddings, year end functions and those special occasions.

I would like you to come and make an appointment to hire a dress.

We have a wide range of sizes and a wide range of styles to choose from. Beloved dress hire is the place to choose when looking for formal wear.

Look at your best!

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volschenk Glamour talk

ambassador

Instagram: @valmarie_v

Valmarie

Dear readers

This year is almost something of the past I must say this was a crazy year from the start.

I was so busy sometimes I just wanted to run away.

But luckily the year is almost over then we all can have a little break just to recharge our energy.

I'm looking forward to December it's family time not sure if we are going away this December we will have to see.

See page 6 & 7 what is fashion on the beach this year.

Till next time take care and enjoy life.

Wesley



**WESLEY
WESSELS**



FASHION MATTERS

By: Wesley Wessels



BEACH FASHION

Overall Shorts + Button-Up Top + Flat Sandals

These shortalls are the perfect option for the beach, since they're super comfy, allow you to move, and can easily be worn over a swimsuit. Pair with a cute colorful button-up and a simple pair of flat sandals or slides, and you've got a simple, functional beach outfit.

Sunglasses and a hat is a must have.

What is the beach trend in 2023? We're excited about 2023's cutest swimsuit trends because there's a little something for everyone. Sweet ruffled styles and pretty floral one-pieces are going strong for those of

or take a little trip to the Amalfi coast with whimsical fruit prints and baby blue patterns.

How can I look stylish on the beach?

We always love the classic oversized button-down shirt for a loose and breezy vibe in crisp white linen paired with an oversized rustic straw tote and glamorous wide brim hat, with a string bikini underneath. You'll have an effortless, yet incredibly chic beach look.

See some images of what to wear on the beach this December.



FASHION MATTERS

By: Wesley Wessels

The wide range of ladies' beach wears included one-piece swimsuits, shorts, two-piece swimsuits, pareos, wrap round, thongs, shorts, bathrobes, halters, capris.

Tank tops that feature a built in bra and flowing fabrics are also a great choice for the beach or pool, especially for those who want a bit more coverage than a standard bikini provides. For the guys, running shorts can often double as board shorts or swim trunks as long as they are made of a quick-drying material



AFRICA COVER PAGE

ENTRIE CLOSE
28 Nov'23

Top Vibe
Magazine

AFRICA
cover page

Name & Surname..... **Entry Fee**
Contact detail..... **R150**
Age.....E mail.....

POPI ACT: I,..... give this magazine
permission to publish my photo Signature:.....

MALE / FEMALE

All age groups can enter.
Only one portrait picture per entry.
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Mail entry form to admin@topvibe.co.za attached with
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DRESS CODE - CASUAL SUMMER WEAR.

CATEGORIES BOYS & GIRLS

3-4 5-6 7-9 10-12 13-14 16-18 19+

Name and Surname.....

ID Number.....

Date of Birth..... Age.....

Category.....Address.....

Cell.....Email.....

Hobbies.....

Signature of Parents / Guardian.....



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It pays to advertise

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

The time is NOW...

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#galderma #GaldermaAesthetics
#galdermaaesthetics**

Ask me how?

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Hot stone treatment

Studies show that a hot stone massage may be a helpful way to reduce stress and anxiety, promote relaxation, and ease pain and muscle tension.

It may be helpful for a variety of conditions and circumstances. More study is needed to find out exactly why massage therapy has such a powerful impact.

What is hot stone therapy good for?

Hot stone massage can relieve pain and tension in your muscles due to the combination of massage therapy and heat.

Heat is often recommended as a way to treat achy muscles. Applying heat to an area of the body helps increase blood flow to that spot, which improves healing.

Do hot stones really work?

Hot stone massage therapy is an excellent way to relax, ease tense muscles, reduce stress levels, alleviate pain, and even improve sleep. However, this type of massage might not suit everyone

Healthy Breakfast



Lunch and dinner can be a small meal, a smoothie is also something to consider.

Fruit can be very good if you are a on the go person, still drink water and take the time to sit down and enjoy a breakfast, lunch or dinner.

Please stay healthy...

The best way to start a day is with a healthy breakfast.

Your breakfast is the most important meal of the day.

Make sure to eat enough food to last you till lunch time.

Aspecialty if you are a busy person you need to make sure to eat a big but healthy breakfast and water.



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