

Glamour Talk Mag

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MARCH 2025
Issue 55

Soul searching.

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Meet the Face of Glamour 2025

Kaley van Greune

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Glamour Talk Magazine

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1.

MEDIA HOUSE PROJECTS 2025:

Please support our Ambassadors

2.

ADVERTISE YOUR BUSINESS HERE:

How to advertise your business here and save money.

3.

COVERPAGE OPPORTUNITY'S:

You can be on one of our cover pages just follow us on Facebook for more information.

4.

WOMEN'S DAY EVENT:

Celebrate Women's day with us on 8 Aug'25. For more inf call 0727688582



REGULARS

1: COVER PAGE: 01

Our cover page - Autumn is in the air

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. WELCOME AMBASSADORS: 04

Our Glamour Talk Magazine Ambassadors Lettie Botha and Promise will keep you updated.

4. 2025 PROJECTS: 08

Media House hosting projects during the year, part of funds will go towards our charity projects.

5. BACK PAGE: 20

Our back page is 'the month of April 2025. Happy Easter



Redakteurs Nota

Liewe leser,

Media House se Vrouedag kaartjies is beskikbaar die een gaan 'n stout een wees. Die eerste 50 kaartjies verkoop ontvang 'n geskenk... kry jou vriende almal bymekaar en kom geniet die tyd saam met ons.

Indien jy vroegtyding jou naam op die lys wil sit kontak my by 072 768 8582 daar is 'n beperkte aantal kaartjies.

Ons het 'n paar versoeke ontvang oor intiem wees, graag wil ek net waarsku dit is nie ons normale artikels is nie maar ons plaas dit graag. Ons probeer dit so smaak vol as moontlik te doen.

Indien dit nou nie vir jou is nie gaan net na die volgende bladsy.

Ons skryfbehoeftede projek is verby ons gaan dit volgende week afgee.

Baie dankie vir elkeen van julle wat 'n bydrae gemaak het, ons waardeer dit opreg.

Ek groet dan tot volgende maand, geniet als wat jy doen. Maak die beste van elke dag!

Liefde

Charms



Ambassadors



Ambassador Lettie Botha

Liewe lesers,

Ek is stom geslaan oor hoe vinnig die tyd verby gaan.

Ek het tyd gevat om die Face of Glamour te ontmoet. Lees gerus meer oor haar op bl 7 en 8.

Dames dan het julle seker gesien dat ons Vrouedag Kaartjies is reeds beskikbaar, ja ek weet dit is vroeg maar kry jou kaartjie en weet dit is afgehandel.

Die eerste 50 kaartjies verkoop kry 'n gratis geskenk. Kry jou kaartjie vandag nog by my.

Dit gaan jou R250 uit die sak jaag maar inruil daarvoor kry jy 'n ligte ete, en as jy vroegtydig jou kaartjie kry 'n gratis geskenk. Ook gaan die U DO 360 Photo booth daar wees heerlike pret.

Uitstallings met sexy onderklere, speelgoed en natuurlik Dr. M sy gaan die sprankel terug sit in jou seks lewe.

Sien jou daar!

Lettie

Dear readers,

We had wonderful rain over the past few days I just love it, it's nice a cool.

Yes there are those who struggle with the washing but I'm just cool about the weather.

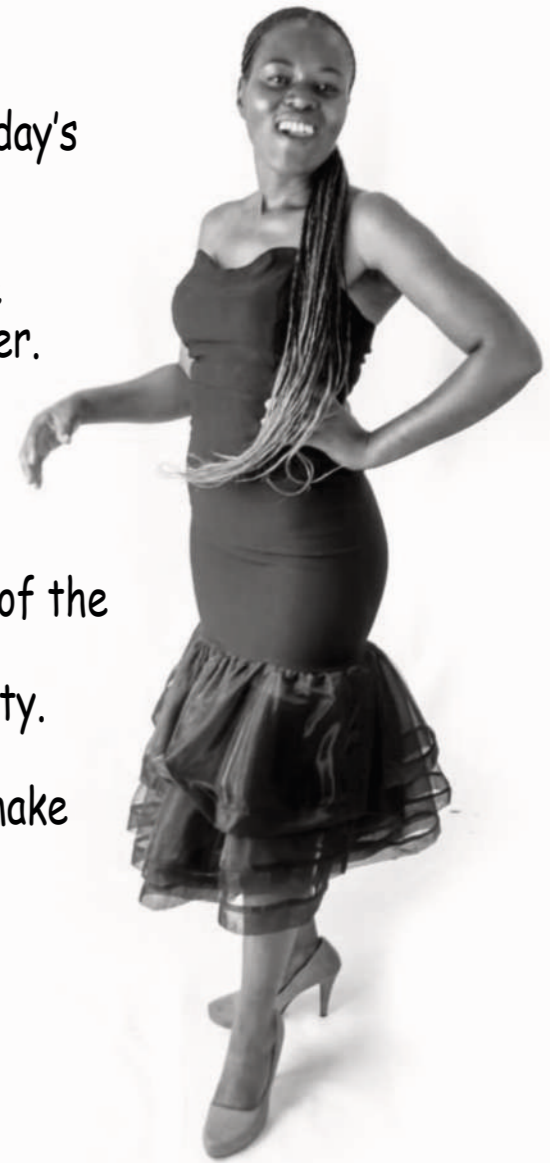
Ladies ewwe have our Wome's Day event

coming up please support our events, past of the proceeds go to charity. help us to make a difference, our community.

We need our ladies to stand together to make this event spectacular.

We will chat nexts month again.

Love Promise



Ambassador Promise Mtshweni

Media House 2025 Projects.

Join us on 9 August 2025 for our Women's Day Event. Naughty but Nice... Get your early tickets for a free gift their Is only 50 gifts.

For more information call Charmaine on 072 768 8582

NAUGHTY BUT NICE
WOMEN'S DAY EVENT
9 AUGUST 2025



Dr.
M

Will help YOU
to put the
spark back in
Your Sex Life



CHARMAINE 072 768 8582
CARIN 082 827 6556



R250P/P
Light lunch / Cash Bar
Loads of laughter and FUN
Bring a friend

Meet the Face of Glamour 2025

Kaley van Greune



By: Lettie Botha

I'm Kaley van Greune and im 17 years old. I am a kind, compassionate, and hard-working individual. My life is driven by a passion for living purposefully. I find joy in physical activities like working out, playing netball, and golf. My appreciation for art and culture allows me to connect with the world in a meaningful way - which modelling and pageantry has allowed me to do.

What I want to do after school:

After school, I aspire to study communication at New York University (NYU). My goal is to work for a magazine company, combining my passion for writing and storytelling. Additionally, I dream of running my own modeling school, where I can empower individuals to embrace their uniqueness, build confidence, and pursue their aspirations with determination.

My vision in life:

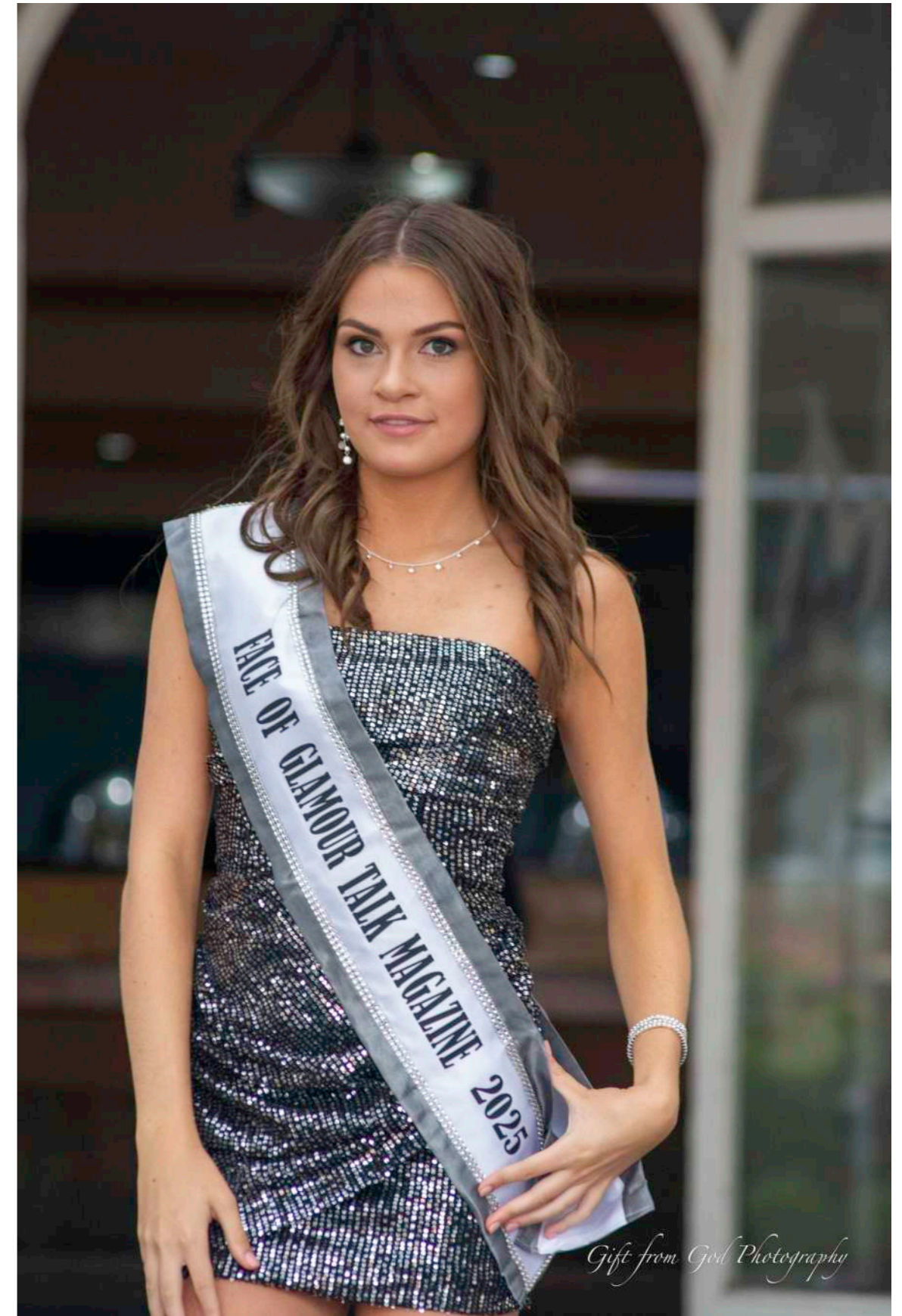
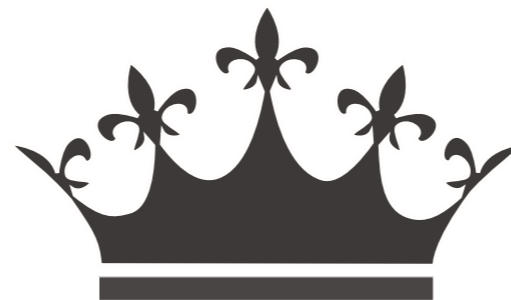
I want to live a life filled with purpose, inspiring others through my actions and words. I am committed to being hardworking and dedicated, always striving for excellence in everything I do.

My goal is to show love and grace to those around me, creating a positive impact in this world. Along this journey, I will not forget to have fun and

embrace the joy that life has to offer.

Kaley is also the new Face of Glamour Talk Top Vibe Magazine 2025.

Media House would like to welcome Kaley to the team, trust that you will enjoy it with us...



Gift from God Photography

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Make your lipstick last longer

To make your lipstick last longer, you should: exfoliate your lips, apply a lip primer, use a lip liner to outline your lips, blot your lips with a tissue after applying lipstick, and dust on a layer of translucent powder to set the color and prevent transfer; opting for a matte lipstick formula can also significantly increase wear time.

Key steps to long-lasting lipstick:

Prep your lips:

Exfoliate your lips to remove dead skin cells, then moisturize them with a lip balm before applying lipstick.

Use a lip liner:

Line your lips with a lip liner that matches your lipstick shade to create a barrier and prevent color from bleeding.

Apply lip primer:

A lip primer acts as a base that helps your lipstick adhere better and last longer.

Apply lipstick in layers:

Apply a thin layer of lipstick, blot with a tissue, then apply another layer for increased longevity.

Blot with a tissue:

After applying lipstick, gently blot your lips with a tissue to remove excess product.

Set with powder:

Lightly dust translucent powder over your lips to further set the color and prevent transfer.

Why does my lipstick wear off so fast?

That's normal. Lip products, unless advertised as long-wearing or transfer-proof, will wear off throughout the day. It'll wear off quicker if you talk a lot or eat/drink liquids or something greasy.

How to fix lipstick long-lasting?

There are some ways to make your lipstick last longer such as: Exfoliate and moisturise the lips first before applying lipstick. You can moisturise the lips with either a lip balm or coconut oil. Outline your lips with your concealer. It will act as a lip primer and prevent lipstick from smudging and bleeding.

Does Vaseline keep lipstick on?

Before you go in for the liquid lipstick always use a lip balm or a Vaseline petroleum jelly and apply it evenly on your lips. It will prevent the lipstick from drying up.

What is the best lip balm?

The 26 Best Lip Balms

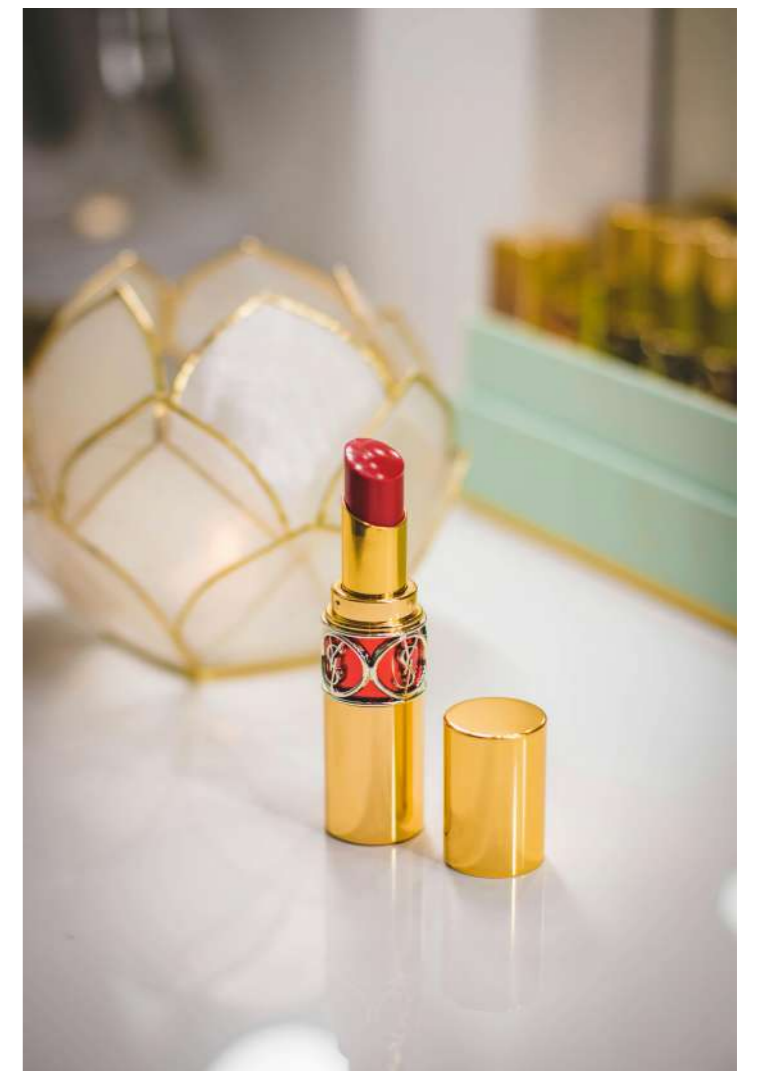
Best Overall. Summer Fridays Lip Butter Balm. ...

Best Budget. Nivea Smoothness Lip Care. ...
Best for Warm Weather. Eos SPF Coconut Lip Balm. ...

Best with Lanolin. Lano Lanostick. ...

Best Organic. SuperLan Organic Lanolin Lip Balm. ...

Best Multi-Use. Lanolips 101 Ointment



Here is a few tips on how to keep your feet happy part 1

Cracked heels and feet are extremely painful and uncomfortable, not to mention, they can be quite embarrassing, too. So, if you are looking for answers to 'how to make your feet soft,' carry on reading!

Our feet play an important role in keeping us functional and walking around. Lack of moisture will cause the skin of your feet to harden and crack over time. It is aggravated by wrong footwear and prolonged lack of care.

Now is the time to stop hiding those feet within socks and closed shoes. Keep your feet moisturized to prevent dryness and crack lines. Additionally, there are other tips you can follow to keep your feet soft and smooth. Check out all the effective at-home pedicure and foot care tips and remedies in this article.

Keep In Mind

After Shower Exfoliation: After Shower Exfoliation Gently rub the towel on your feet to quickly get rid of dead skin cells.

Caution: After Shower Exfoliation Don't sleep with socks on every time you apply a lotion or foot cream. Give your skin time to breathe to look healthy.

Use A Foot File: After Shower Exfoliation Use a foot file on dry

skin as it's easier to buff dead skin when it's dry rather than wet.

Here, we need the most common ingredient from the kitchen!

Add two tablespoons of baking soda in warm water

Soak your feet in the liquid for about half an hour.

For maximum benefit, you can add bath salts to it. Bath salt is easily available in the market and helps to soften the skin and ease the muscles.

Repeat it regularly!

How It Works

Baking soda, also known as sodium bicarbonate, releases bicarbonate ions when dissolved in water. These ions can improve blood flow and promote muscle relaxation. This soaking process also helps boost circulation.

Banana is a tropical fruit that boasts of a number of health benefits. It even helps to cure super-cracked feet without any hassle.

Whip a ripe banana in a mixer Apply the paste evenly on your feet.

Let it dry for 10 minutes and then wash it off with warm water.

Try this remedy once a week and achieve the desired result.

How It Works

As the study shows, bananas contain bioactive compounds like phenolics, carotenoids, and phytosterols, which are known for their antioxidant properties (2). These compounds help protect the body from oxidative stress and improve the overall well-being of the skin. These compounds will help nourish and moisturize dry, cracked feet, promoting smoother and healthier skin.

Following a strict regimen for cleaning the feet regularly is very important. It will prevent accumulation of dead skin as well as protect your skin from drying and peeling off. All you need to do is follow a simple procedure every night before sleeping.

Just add a bit of salt in warm water

Soak your feet in it for 10 minutes.

Once you're done, pat them dry, and follow it up with a good moisturizer.

Wearing socks while sleeping will help to lock in the moisture.

Olive oil is a great moisturizer, especially for dry skin.

The easiest way is to dip a cotton ball into olive oil and apply it to the affected areas.

Gently massage in circular motion and once you're done with the massage,



Here is a few tips on how to keep your feet happy part 2

and once you're done with the massage, wear a pair of socks and let your skin absorb the oil. Rinse off your feet after an hour. For maximum benefit, leave oil on the skin overnight and rinse off the next morning.
How It Works

Olive oil is an excellent moisturizer, especially for dry skin. Studies have shown that phenolic compounds in extra virgin olive oil, such as hydroxytyrosol, tyrosol, and oleocanthal, can promote tissue regeneration and improve skin cell migration. This makes it even more beneficial for treating dry, cracked feet

Prepare a warm soak at home by adding apple cider vinegar to it and treat the ugly and dry cracks on your heels!
You can also add two drops of dish wash in the liquid for better results.
How It Works

Vinegar is known for its antimicrobial and antioxidant properties, making it effective in treating dry skin and cracks, particularly those often found on heels. Research has shown that vinegar is effective in wound care, bacterial and fungal infections, and even skin conditions like pruritus (4). So, why not turn it into a soothing soak?

6. Try Peppermint Oil

Apply some peppermint oil on your cracked heels every day before going to bed.

The antiseptic properties present in the oil will not only kill germs and bacteria but will also prevent you from getting infections. It will also reduce the soreness (5).

It is one of the easiest home remedies to heal cracked feet.

7. Milk

Prepare a warm foot soak by adding a cup of hot milk into it. Soak your feet in it for some time. Do this every day and you will soon love your soft feet!
Soothing homemade foot soak recipes can leave your feet feeling refreshed and rejuvenate tired, rough feet.

How It Works

Lactic acid, found in milk, plays a key role in breaking down dead skin cells, making it easier to remove them. You can also make a scrub using it, as it provides gentle and effective exfoliation for your feet. It sloughs away rough patches and leaves the skin feeling refreshed and smooth. This combination rejuvenates your feet and also helps maintain their softness and overall health

Once or twice a week, soak your feet in lukewarm water diluted with two tablespoons of sea salt or Epsom salt for about 20 minutes. To enhance the softening effects of the water, you can add some glycerin to the mix. Then scrape off the dead cells with a mild foot scrub or pumice stone.

Anam, a blogger, shares a personal experience of using foot soak as the best way to pamper tired feet and soften the texture. She took inspiration from her friend and started washing her feet with lukewarm water every night, and the resultant baby-soft texture gave all the feels! She adds, "I have been washing my feet with warm water every night & lotioning them up before bed. To my surprise, they have gotten super soft, super fast



Soul searching.



"Soul-searching" is a noun that means to think deeply and carefully about your feelings, especially when making a decision or dealing with a moral issue. It can also mean to examine your conscience, especially with regard to your values and motives.

Examples of soul-searching in a sentence:

"After much soul-searching, he decided it was wrong to vote in the elections".

Examples of soul-searching in a sentence:

"After much soul-searching, he decided it was wrong to vote in the elections".

"I decided to take the job after a lot of soul-searching".

"The squad has been through some deep soul-searching".

Synonyms for soul-searching:

introspection, self-contemplation, self-examination, self-observation, self-questioning, self-reflection, and self-scrutiny.

How to do soul-searching:

Journaling

Mindfulness

Therapy

Taking a walk in the park

Visiting a local attraction

Spending time alone to

recognize what you're missing

Benefits of soul-searching:

Confronting unresolved

conflicts, Better understanding your identity, and Deepening your connection to yourself and others.

What is my soul seeking?

Soul searching is the process of figuring out our purpose, your motivations, and what may need to change in your life in order to live in greater alignment with your true self. It often occurs as a result of feeling out of touch with yourself, or like something is missing.

What is another word for soul-searching?

introspection

reflection

judgementUK

judgmentUS

self-examination

self-

observation

self-searching

self-scrutiny

self-questioning

self-

contemplation

MAGAZINE

Media House



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