

Glamour Talk Mag

ONLINE
FEBRUARY 2025
Issue 54

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Media House 2025 Projects.

Happy
Valentine's
Day!

How to maintain sexual
intimacy over time.



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Glamour Talk Magazine

COMMENTS:

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1.

MEDIA HOUSE PROJECTS 2025:

Please support our Ambassadors

2.

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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 - It's all about 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. 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 March 2025.



Redakteurs Nota

Liewe leser,

Dit is die maand van liefde, blomme geskenke en ete's en dit als is 'n geld maak storie in my gedagtegang is mens veronderstel om elke dag die liefde te vier en nie net op een dag. Dit is maar net my gedagte daar is mense wat met my sal verskil.

Wat jy ookal doen geniet dit.

Media House is besig om ons Vrouedag te beplan en 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.

Meer besonderhede sal binnekort bekend gemaak word.

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.

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

Liefde

Charms



Ambassador....

Liewe leser,
Valentynsdag!

Orals waar jy kyk en loop is dit net blomme koop, teddiebere en sjokolades.

Kom ons kyk bietjie wat gebeur op hierdie dag. Valentynsdag is een van die grootste inkopiestye van die jaar. Valentynsdag word nie meer net tussen paartjies gevier nie, maar ook kollegas en vriende. Blomme is een van die gewildste geskenke op Valentynsdag omdat dit ook liefde, die huwelik en romanse simboliseer.

Ware liefde:

Kry vir jou iemand wat bereid is om saam jou swaar te kry en by jou sal staan deur duk en dun, maak nie saak wat gebeur nie liefde is baie sterker as wat jy dink.

Greg Anderson sê:

“As ons gemotiveerd word deur doelwitte met diep betekenis, deur drome wat bereik moet word, deur ware liefde wat uitdrukking vra, dan leef ons waarlik die lewe”

Eenkeer in jou leeftyd ontmoet jy iemand spesiaal. Iemand wat jou hart en siel aanraak. Iemand saam wie jy kan lag en huil. Iemand saam wie jy die res van jou lewe wil deurbring. En ek wil dankie sê vir die liefde van my lewe want ek het ware liefde gevind en sal dit vir niks verruil nie. 20jaar is 'n lang tyd en voel nog soos die eerste dag. Weereens dankie engel vir al jou ondersteuning en liefde.

Hiermee groet ek. En vind jou ware liefde op die regte manier. Daar buite is jou skewe pot of deksel wat net wag om gevind te word.

Liefde groete

Lettie

Dear readers,

It's just crazy how busy one can get it's always something else, from keeping hubby happy, the kids and work by night time I just want to drop down and sleep.

Everyday Monday to Sunday, but it's life, we have to do or die.

With the 14th of February around the corner it's more busy than normal.

Ladies please support our events, part of the proceeds go to charity. help us to make a difference, our community need this.

Tak care, have fun and enjoy life

Love Promise



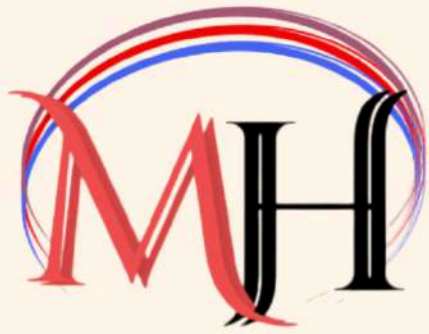
Ambassador Promise Mtshweni



Ambassador Lettie Botha



Media House 2025 Projects.



Media House Workshop

MEDIA HOUSE



22

Book today

February 2025

R100.00

10:00 - 12:00

Starburst Café Vaalpark

RSVP: 072 768 8582

Bank details.

Media House

Tymbank

Acc: 5300 225 6770

Ref Name



**Save the date 8 August 2025
Women's date event**

More info call 072 768 8582



Maak Manlief
Altyd jou held!

Alle mans,
Het behoefte aan waardering,
al lyk hulle soms so taaiaan
die buitekant. Hulle smag na
liefde, aandag en opgewonde.
Het jy al 'n klein seuntjie
gesien wat die eerste keer
'n rugbybal raakskop?

Eintlik eht almal, mans en
vrou, emosionele koestering
nodig, maar die manne het
dit meer nodig. Dit is waar
die uitdrukking "the male
ego'" vandaan kom.
Dis gladnie 'n negatiewe
stelling nie. As hy jou held
is, is dit maklik om hom te
bewonder, te waardeer en
moed in te praat.
As jy hom as 'n swakkeling
beskou, is dit baie moeilik
om dit te doen.

Dan sal sy beeld ook nie by
die kinders gepoets word nie
en hulle verhouding sal
daaronder ly. Staan elke
oggend op en dink wat jy
vandag kan doen om vir jou
maat te sê of wys hoe mal jy
oor hom is.

As die dag met daar die
instelligheid begin, sal die

sal die res net volg. Of hy
die gras sny of die kinders
by die skool gaan oplaai,
hy sal mal wees daaroor om
'n spesiale dankie te kry.
Al het jy goeie
kwalifikasies, en is
suksesvol met 'n goeie
inkomste moet jy seker maak
dat jou man die held bly.
Die probleem kom wanneer jy
hom wil beheer.

Dit is dan wanneer die
probleme begin en hy na 'n
ander vrou toe gaan vir
liefde. Hoe meer jy jou
maat ondersteun en liefde
gee hoemeer kry jy terug.
Sien hom as 'n kosbare
kunswerk wat opgepas moet
word.

Wys hom jy gee om, gee hom
baie liefde en aandag.

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Gebruike van kasterolie

Gebruike van kasterolie waarvan jy dalk nie bewus is nie:

1. Vir artritis: Smeer die aangetasde deel deeglik met kasterolie. Dit bevat anti-inflamatoriese eienskappe wat die pyn verlig.
2. Verligting vir seer spiere.
3. Smeer aan rekmerke. Vryf dit in en plaas 'n lappie oor area. 'n Warmwatersak daarop verhaas die werking.
4. Vir aknee - stoom jou gesig oor 'n bak met warm water, met handdoek oor jou kop. Dit onttrek vuiligheid uit jou vel. Smeer klein bietjie kasterolie aan die geinfekteerde areas en los oornag aan. Was die kasterolie af en droog
5. Gebruik as haargroei middel. Smeer aan jou kopvel en haarwortels, bedek met stortkappie en draai toe met handdoek. Hou ten minste 15 minute aan en was hare deeglik.
6. Een eetlepel op 'n glas water vir hardlywigheid. Dit begin werk binne een uur.

7. Verminder letsels se opsigtelikheid.
8. Genees gebarsde hakke. Smeer met slaapyd aan en trek sokkies aan.
9. Neem die pyn van sonbrand weg.
10. Help die groei van wenkbrouhare aan.
11. Dit verwyder vleismoesies. Meng met 'n bietjie koeksoda en smeer aan, daaglik vir 4 - 6 weke en sit pleister oor
12. Versag naelvliese en bros naels.
13. Om molle te verdryf: Meng halwe bottel kasterolie met halwe emmer water en gooi in molgate.
14. Help om die gejeuk van insekbyte te genees.
15. Vir toonnael fungus, smeer deeglik met kasterolie.
16. Vir gebarsde lippe.
17. Help om hoofpyn te genees. Smeer voorkop vir 1 minuut lank met kasterolie.
18. Om menstruele krampe te verlig, smeer kasterolie aan jou maagarea.
19. Vir mondsere - smeer kasterolie aan en spoel jou mond na 'n paar minute. Herhaal verskeie kere deur die dag
20. Vir insomnia. Smeer kasterolie aan jou ooglede. Dit maak jou ontspanne.



Sexual Courage..



Sexual Courage ♥

It takes courage to be sexually open and sexually honest.

It takes courage to be authentic about our desires, about what we want, what arouses us, what interests us, what excites us, what draws us.

It takes courage to be honest about what we don't enjoy, when we don't want something.

It takes courage to be intimately open and honest.

It takes courage because we reveal ourselves, we open ourselves, we show ourselves.

And not only do we show what's called our shadow, what's in the so-called darkness.

We show our light, we show what we really want, the intimacy, the connection, the energy.

We show how much we want the heart.

We show how much we want presence.

We show how much we want the spiritual in our sexuality.

How much we want someone sitting opposite us, looking into our eyes in a way that sees us, all of us. With an open heart that has space for us in it.

How much we want someone sitting opposite us who has done their work and can hold us, whatever we bring.

How much we want to be seen in our pleasure, in our desire, in our fire and in our tenderness.

It takes courage to reveal ourselves in this, and it may be harder for us to talk about the desires of intimacy, of softness, than the kinks and fetishes.

It takes courage to have these conversations, as we open to rejection and judgement.

And we open to possibility.

The possibility of exploration and discovery, of sharing deeply, intimately, with joy. A joy that comes from connecting with ourselves, with so many parts of ourselves, and connecting with another.

The possibility of being able to go deep, deep, deeper within.

The possibility of fulfilment, and the exploration of what that is, the changing, the vibrancy, the creation.

The mystery of what arises within us, between us

And the courage to step into the unknown.

This is some of what our intimacy, our sexuality, our sensuality, has for us.

When we're more aware, more conscious.

When we're out of chasing orgasm, chasing the next experience, the next fantasy.

When we're able to be with our bodies, our hearts, connected within us, and share the desire that arises from that.

In love, in possibility.

~ Jonti Searll

How to maintain sexual intimacy over time.



How to Maintain Sexual Intimacy Over Time

Sexual intimacy is a vital pillar of any romantic relationship. Over time, however, it's common for couples to face challenges that may lead to a decline in this aspect of their connection. Life's responsibilities, stress, and the natural ebb and flow of desire can create distance between partners.

But the good news is that sexual intimacy can be reignited and maintained with consistent effort, mutual understanding, and a deep commitment to nurturing your bond.

Here are some ways to ensure that sexual intimacy continues to flourish as your relationship matures:

1. Communicate Openly and Honestly

Open communication is the foundation of intimacy. Talking about your desires, fantasies, and concerns with your partner fosters trust and understanding. Create a safe space where both of you feel comfortable expressing yourselves without fear of judgment. Remember, honest communication isn't just about sharing your feelings; it's also about listening to your partner with empathy and openness.

When you understand each other's needs and expectations, you can work together to keep the flame alive.

2. Prioritize Physical Touch

Physical touch is a powerful way to maintain intimacy. Simple acts like holding hands, hugging, or kissing can rekindle closeness and remind you both of the love you share. Intimacy doesn't always have to lead to sex—it's about creating a connection that keeps the bond alive.

Small gestures of affection in your daily routine can make a big difference. A gentle caress on the shoulder or a spontaneous kiss can reignite passion and make your partner feel cherished.

3. Schedule Intimate Time

Life gets busy, and sometimes intimacy takes a backseat. To counter this, make it a priority to schedule time for each other. It doesn't have to be elaborate—a quiet evening at home, a weekend getaway, or even a "date night" can set the mood for reconnection.

Planning intimate time shows your partner that you value your relationship and are willing to invest in it. Spontaneity is great, but intentional effort can make your moments together even more special.

4. Explore New Experiences Together

Routine can dull even the most passionate relationships. To keep things exciting, try exploring new experiences together. This could include traveling to new places, trying a new hobby, or experimenting in the bedroom.

Novel experiences stimulate curiosity and excitement, helping you bond on a deeper level. When you step out of your comfort zones together, it strengthens your connection and adds a spark to your relationship.

5. Take Care of Yourself

Personal well-being plays a significant role in maintaining sexual intimacy. When you feel good about yourself, it reflects in your relationship. Focus on self-care by maintaining your physical and mental health, practicing good hygiene, and cultivating confidence.

Encourage your partner to do the same. When both individuals in a relationship are thriving, it creates an environment where intimacy can flourish naturally.

6. Practice Gratitude and Affirmation

Over time, couples sometimes forget to appreciate each other. Take a moment to acknowledge and express gratitude for your partner's presence in your life. Compliments, kind words, and affirmations can go a long way in making your partner feel loved and valued.

When your partner feels appreciated, they are more likely to respond with affection and openness, creating a positive cycle of intimacy and connection.

7. Address Emotional Barriers

Emotional intimacy and sexual intimacy go hand in hand. If there are unresolved conflicts or lingering resentments, they can create distance between you and your partner. Take the time to address these issues honestly and work towards resolution together.

Seeking professional help, such as couples counseling, can also be a great way to navigate deeper emotional barriers. A healthy emotional connection strengthens your physical bond.

8. Stay Playful and Spontaneous

Don't let the seriousness of life take away the fun and playfulness in your relationship. Laughter and lightheartedness can help you reconnect and keep your relationship fresh.

Engage in playful banter, surprise each other with thoughtful gestures, or reminisce about your early days as a couple. These moments of joy can bring you closer and reignite your passion.

9. Understand Each Other's Love Language

Everyone has a unique way of expressing and receiving love. Learning your partner's love language—whether it's physical touch, acts of service, quality time, gifts, or words of affirmation—can help you connect on a deeper level.

When you align your efforts with what makes your partner feel most loved, it enhances your intimacy and deepens your bond.

10. Never Stop Learning About Each Other

Even after years together, there's always more to discover about your partner. Stay curious and interested in their thoughts, feelings, and desires. Regularly check in with each other to understand how your needs may have evolved over time.

When you make an effort to keep learning about each other, it strengthens the emotional and physical aspects of your relationship.

Maintaining sexual intimacy over time requires dedication, patience, and a willingness to grow together. Relationships are a journey, and intimacy is a dynamic, evolving aspect of that journey. With effort and a focus on nurturing your connection, you can keep the spark alive for years to come.

Remember, it's never too late to reignite passion and create a relationship that's fulfilling both emotionally and physically. You and your partner deserve a bond that not only withstands the test of time but thrives through it.

Intimacy is not just about sex it refers to a deeper level !



You are correct, intimacy is not just sex; it refers to a deeper level of closeness and connection with another person, which can include physical touch, emotional sharing, intellectual engagement, and spiritual connection, going beyond the act of sexual intercourse itself.

Key points about intimacy:

Multifaceted:

Intimacy encompasses various aspects like emotional intimacy (sharing feelings), physical intimacy (affectionate touch), intellectual intimacy (deep conversations), and spiritual intimacy (sharing values).

Vulnerability involved:

True intimacy requires a level of trust and openness where individuals feel comfortable being vulnerable with each other.

Beyond physical touch:

While physical touch can contribute to intimacy, it's not the sole factor; deep conversations, shared experiences, and mutual understanding can also foster intimacy. Intimacy is a process whereby we feel truly seen, known by, and connected to our partner.

-Jennifer Kogan

When most people think of intimacy, they automatically think of sex. They're practically synonymous. However, intimacy is so much more.

Being intimate is defined as expressing warmth, affection, and love in personal relationships.

Early on, we learned intimacy from our parents engaging in skin-to-skin at birth, and from their warm comfort when we were sick.

From there, we developed intimate relationships with other people. By doing this, you are offering the other person (people) vulnerability and trust.

Physical intimacy isn't just sex!



MAGAZINE

Media House



NEXT ISSUE MARCH 2025

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