

FEMME

September 2024

South Africa

Find Your
**PERFECT
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WTF

IS CLEAN
BEAUTY?

**ZAHRAA
DOCKRAT**

ON MODEST FASHION AND
EFFORTLESS ELEGANCE





Call your girls, because...

FEMME

South Africa

is back!!!

Editor's Letter



Can you believe it's finally here? Welcome to the very first & shortest edition of FEMME magazine, and let me just say—this is going to be epic! As we kick off our journey, it feels like the perfect time to embrace the energy of a new year, even if we're already a few months away from the end of 2024 (yikes!). Over the past few months, we embarked on a daring adventure, breathing life into a magazine that's set to shake up the scene. And guess what? Not only did we make it through the whirlwind of our launch, but we're also coming at you with some seriously exciting content and a whole lot of flair - keep those peepers peeled on www.femmeonline.co.za - We've been busy curating a mix of stories and features that are as bold and vibrant as our readers. We've got an incredible lineup that includes everything from style tips to inspiring personal stories, and let's not forget our fresh take on beauty and fashion. This issue, we're thrilled to introduce you to our cover star, Zahraa, who's redefining modest fashion with a blend of elegance and innovation that's simply mesmerising. Dive into her feature and get ready to be inspired. We're also showcasing the latest in green fashion— introducing it as the colour of the season, Spring! Plus, we're breaking down what clean beauty really means, and trust us, you'll want to know. And for those with a penchant for personal stories, our piece on PCOS offers both insight and solidarity.

Oh, and did we mention? We've got beauty Q&A's, a spotlight on a dazzling jewellery brand, and a whole lot more to keep you hooked. So, buckle up and get ready for a ride through our world of FEMME. Here's to new beginnings, fierce style, and making every moment count.

Stay fabulous and keep shining,

Raihanna Amod
Editor-in-Chief



Q & A

With Cover Star
Zahraa Dockrat

Nickname?

Zah/ ZD

Best hangout spot in Durban, CT and JHB?

Oyster Box - I love the panoramic sea views & the vibe.

Series you are binging on currently?

Emily in Paris season 4

The weirdest thing in my bag right now?

Sachets of ketchup because I eat it with literally everything & some restaurants don't keep ketchup. Like especially if they're trying to stay authentic to their respective cuisine. I often find that Italian restaurants don't keep it.

3 women you look up to for inspiration and whom you admire?

My mom - Amal Clooney - Bisan Owda

Your message to FEMME readers?

To all the incredible women out there: remember that your strength, resilience, and unique voice have the power to shape the world. Embrace your worth, trust in your abilities, and never underestimate the impact you can make. Stand tall and continue to inspire those around you—your potential is limitless.

The Rundown

SEPTEMBER 2024



WTF Clean Beauty p19



Season of Green p31



High Tea, High Power p8



On the Cover | Zahraa Dockrat p11



PCOS, I'm over you p17



Inside Anarzade's World p33



New Obsession: Wear Buyiswa p28

06 Q&A With Zahraa Dockrat

We bet you didn't know this about our Cover Star

22 As seen on your socials

Chioma Spills the Tea on her brand

24 Q&A with Lauren Niekerk

Attorney by Day & Beauty Aficionado by Night

25 from self-taught to SLAY

Q&A with Khadeejah Taliep on slaying her makeup

27 Wardrobe Watch

How to style Jorts and Bermudas

30 All the Deets You Need

Emily in Paris season 4, part 2

37 Eatery of the Month

Restaurant: Le Creamery

41 How to Quit Your Job

... Without the Drama

44 Binge-Worthy Book

Pretty Average by Arini Vlotman

46 Sex Q&A

Advice column on sex

47 Crush The Climdex Q&A

Fitness Feature on toning your body

49 QUIZ

Are you ready for your comeback?



Bet you didn't know this about our Cover Star...

Zahraa Dockrat

What is your go-to item in your closet?

No go-to items as I like switching it up everyday.

What is your fave cheat food?

My favourite cheat food is a Napoli styled pizza with burrata.

What does a day in the life of Zahraa consist of?

Meetings, shoots, fittings, multiple coffee runs & I do have lectures to attend as well as time to time. I'm currently studying Psychology at Varsity College.



What is your skincare regimen?

The Tatcha range

What is your workout plan?

I intermittent fast & go for Pilates twice a week.

What is your fave movie?

How to lose a guy in 10 days

What's on your playlist?

I currently have all the Keinemusik & Hugel remixes on repeat

Who would you say is your #MCM and #WCW ?

Theo James & Sydney Sweeney

Where can we shop ZD The Label?

ZD The Label can be ordered via the instagram account & orders are dispatched to individuals via courier.





The scene was set with style and sophistication, transforming the venue into an oasis of elegance.

Picture this: a glamorous spread of fine teas and gourmet bites, served against a backdrop of vibrant energy and unyielding support. This was more than just a high tea—it was a fierce statement of commitment to celebrating women in all their glory.

The real fireworks came from the powerhouse lineup of speakers who took to the stage (Sorisha Naidoo, Kim Jayde, Dr Portia Monnapula-Mazabane and more). Their stories weren't just heart-wrenching; they were electrifying. Each speaker delivered a bold, unapologetic message about overcoming adversity and seizing leadership. The room was charged with a palpable sense of purpose, and every word spoken was a call to action, igniting a fire in everyone present.

And let's talk about the connections made. The relaxed yet lively atmosphere was perfect for forging new alliances and celebrating old ones. Guests mingled, networked, and bonded over shared experiences and aspirations, all while fueling a sense of camaraderie and mutual support.

As the afternoon drew to a close, it was clear that Radisson Blu had orchestrated more than just a stylish event. This high tea was a fierce testament to the power of women coming together to uplift each other. With Radisson Blu firmly standing behind the cause of women's empowerment, the message was clear: strength, solidarity, and fearless ambition were the orders of the day.

Here's to making bold statements, embracing every ounce of power, and continuing to champion each other every single day.



High Tea, High Power at Radisson Blu, Umhlanga

Forget the ordinary—Radisson Blu Hotel, Durban Umhlanga, just rewrote the rulebook on Women's Month celebrations with a high tea that was nothing short of revolutionary. Midday into the afternoon, this chic affair wasn't just about sipping tea; it was a full-throttle celebration of female power and solidarity, perfectly echoing Radisson Blu's unwavering support for women's empowerment.



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We want your FEEDBACK!!!

What do you love about Femme'? What do you loathe? The staff at Femme' Magazine want to make sure that we include more of the content that YOU want, and eliminate more of what you don't want. So help us out, and contact us. The best way to have your voice heard and join our mailing list is to send us a DM / email



‘There’s growing recognition of

Modest fashion

But we still have a long way to go. It’s not just a trend—it’s a

Lifestyle’

By: Rai Amod

Meet Zahraa Dockrat, the style icon you need on your feed right now. Her Instagram is a whole vibe—think luxe fashion, jet-setter glamour, and feel-good life inspo that makes you want to live your best life. Whether she’s owning the front row at Paris Fashion Week or out there making a real difference in her community, Zahraa is the ultimate boss babe who knows how to turn heads. When asked to sum up her style, she says, “Modest, elegant, and contemporary.” But don’t get it twisted—this girl is anything but boring. “I’m low-key obsessed with feathers,” she spills, revealing her love for designer handbags, chic belts, and anything with an ostrich feather flair.





For Zahraa, fashion isn't just about looking fab—it's about being unapologetically herself. "Modest fashion is my way of expressing who I am without compromising my beliefs," she says. "It's about being confident and authentic, no matter what the mainstream trends say." Zahraa proves you don't need to bare it all to be a total style icon—just be yourself and own it.

Sure, modest fashion hasn't always been in the spotlight, but Zahraa is here

to change that. "The fashion industry has traditionally focused on more revealing styles, which can overshadow modest fashion," she admits. But she's ready to flip the script and make sure modest fashion gets the attention it deserves. "There's growing recognition of modest fashion, but we still have a long way to go. It's not just a trend—it's a lifestyle."

And let's get one thing straight: modest fashion isn't just for Muslim women.

"Modesty in fashion isn't exclusive to any one culture or religion," Zahraa points out. "It's about personal choice and staying true to what makes you comfortable. Modest fashion can be for anyone who wants to feel chic and empowered without showing too much skin."

It hasn't always been easy, but Zahraa isn't one to shy away from a challenge. "Personal style is about expressing your individuality," she says. "There's always

space for something unique and detailed, even if it doesn't fit the norm." And it's that mindset that keeps her slaying the fashion game.

"Personal style is about expressing your individuality."



When it comes to creating content, Zahraa's mantra is simple: KEEP IT REAL. "Authenticity is everything," she says. "Staying true to my style and values is empowering. It helps me connect with my audience on a deeper level." Zahraa isn't just here for the pretty pictures—she's all about making an impact, from championing diversity in fashion to using her platform for good. "Creativity, community, and the drive to make a positive difference—that's what fuels me."

With her fashion line, ZD The Label, Zahraa is merging elegance with that modern edge we all crave. "ZD The Label is about bringing together

elegance and contemporary fashion," she explains. "I'm excited to expand the brand and introduce new collections that reflect my vision." While the brand doesn't have an online store just yet, Zahraa's Instagram is the place to score her latest designs, straight to your door.

And when it comes to online negativity? Zahraa handles it like a pro. "Negativity is part of the package when you have a platform," she says. Her approach is all about focusing on the good vibes, engaging with kindness, and knowing when to set those boundaries. "At the end of the day, the positive interactions far outweigh the negative

ones."

So, what's next for Zahraa Dockrat? Get ready for more show-stopping fashion, bold content, and a whole lot of that signature blend of elegance and empowerment. Her motto? "Dream big, work hard, stay focused." And trust us—this is just the beginning for Zahraa.



Zahraa
xx







PCOS, I'm Over YOU!

Ditching the Struggle for Strength *By: Kiyara Soobramoney*

If you've been diagnosed with PCOS, you're probably all too familiar with the usual suspects - missed periods, stubborn acne, and that relentless weight gain.

The symptoms might vary, but there's one thing that PCOS always impacts: your mental health. As someone who's been on this rollercoaster for just over a year, I can tell you, it's not just a physical condition. It's a storm that can stir up negativity faster than you can say 'hormones'. But here's the thing - so many women feel ashamed to speak up about what they are going through. They might give you a tiny glimpse into their world, but the full, unfiltered reality of living with PCOS? That's a rare sight. So, let me pull back the curtain and give you

ringside seats.

When I first got the diagnosis, it was delivered by a doctor who clearly skipped the class on empathy. He looked at me like I was somehow to blame and said, "If you want to get pregnant, you have to lose weight." ...as if I had a choice in the matter. I walked out of that appointment feeling ashamed, but determined. I dieted, exercised, and downed the pills he prescribed - despite the nausea and headaches they brought on. But months later, nothing had changed.

Eventually, I found a doctor who actually listened, who offered treatment that didn't make me feel worse. And while my symptoms have eased, I still have not

conceived.

But you know what? I feel better just knowing all of my options. Having a Doctor you can actually talk to makes all the difference. You get your confidence back, and you understand what you're up against. The most important thing to know? PCOS is not your fault. Sure, there are things you can do to manage it - exercise, eat well, stay hydrated but this is about hormones, not something you did to yourself. Learning about supplements that give your body the vitamins it needs is crucial, and while meds and workouts are key, don't forget to care for your mind too. Meditation, fun activities, whatever keeps you sane - make it a priority. So here is my advice to all

the PCOS warriors out there - be gentle with yourself. You are fighting a battle against raging hormones, navigating the highest highs and the lowest lows. You conquer depression and anxiety in the dead of night when the world is asleep. You drag yourself out of bed, pushing past the exhaustion that threatens to pin you down. You power through the side effects of endless medications. You spread love and laughter, even on days when you feel like you're drowning. You live with the fear that you may never become a mother, while clinging to the hope that one day you will. You battle with self-confidence, even as you lift others up. You carry the weight of PCOS on your shoulders, but no

matter how worn out you feel, don't give up. If it's meant to be, you will become a mother. And if not, that's okay too. What matters is that you never lose sight of how strong and amazing you are.

And for those who know someone with PCOS, be kind. Be gracious. Skip the invasive questions and don't point out the imperfections she's already painfully aware of. Trust me, no one is harder on a woman with PCOS than she is on herself.



WTF is Clean Beauty?

By: Shazia Kader

You've probably seen the term 'Clean Beauty' blowing up all over your feed. Maybe you've even tried to do a little digging, only to get overwhelmed by the flood of info and just decided to bail. Well, if you're still curious about WTF Clean Beauty actually is and why you should totally get on board, you're in the right place.

Clean Beauty, in a nutshell, is all about embracing natural ingredients in your skincare routine. It's focused on using products that steer clear of sulfates, parabens, and those sneaky artificial fragrances that can cause breakouts or irritated skin. But it's not just about what's inside the bottle—Clean Beauty is also about supporting sustainable and cruelty-free brands. With the climate crisis knocking on our door, the push towards Clean Beauty is stronger than ever.

Understanding Ingredients

Before you jump on the Clean Beauty train, it's crucial to know which ingredients to avoid and why.

Sulfates - Often found in shampoos and conditioners, these can strip your hair and skin of natural oils, leading to dry, irritated skin.

Parabens - These preservatives extend shelf life but come with concerns, so it's better to skip them.

Artificial Fragrances - Think limonene and linalool. These are the top culprits behind contact dermatitis (hello, red and itchy skin).

Decoding Labels: How to Read Product Ingredients

Navigating product labels can be a bit of a headache, but cracking the code is key to your Clean Beauty journey. Here's how to get it right:

Check the Ingredient List:



Ingredients are listed by concentration, so the first few on the list pack the most punch.

Look for Certifications: Stamps like USDA Organic, COSMOS, and EWG Verified are your BFFs for spotting legit clean products. In South Africa, keep an eye out for:

Glow like you mean it - with clean beauty that loves your skin back. Ditch the toxins, embrace the natural, and let your confidence shine through!

Soil Association Organic: Recognizes products that stick to strict organic standards.

ECOCERT: Certifies natural and organic cosmetics that meet specific environmental and health standards.

Beauty Without Cruelty (BWC): Confirms that products are cruelty-free and haven't been tested on animals.

Understand Common Terms:

Non-comedogenic: Means the product won't clog pores (goodbye, blackheads and acne).

Hypoallergenic: Formulated to be gentle and less likely to trigger allergic reactions.

Dermatologist-tested: Has been tested for safety on human skin.

Be Wary of Greenwashing: Buzzwords like "natural" and "eco-friendly" aren't always regulated, so they can be misleading. Always look for transparency in ingredients and trusted certifications.

COME BACK FROM

An Ugly Cry

Kim K Level Crying? No Worries - Even if your tears flow like a reality TV Drama, these 5 Clean Beauty essentials are here to help you shine brighter than ever after the storm.

By: Shazia Kader



1

Skoon Gel-to-Milk Cleanser: Ideal for dry, sensitive skin. This cleanser starts as a gel and transforms into a milky formula. Infused with hydrating Marula oil and Vitamin E, it also boasts skin-loving ingredients like Fulvic acid, Safflower seed oil, and Glycerin.



5

Lelive All the Shade | SPF 30 Sheer Tinted Moisturizer:

This 100% mineral-based moisturizer not only hydrates but also shields your skin from harmful UV rays. Its sheer tint suits all skin tones, providing lightweight coverage on its own or under makeup. Key ingredients include Hyaluronic acid, Panthenol, Marula oil, and Argan oil.



2

Lulu & Marula Nourishing Mask & Polish:

Perfect for normal to dry, sensitive, and mature skin types. This mask and polish combo is brimming with botanicals and enzymes. It features bentonite clay to detoxify, Vitamin C and Rosehip oil to brighten, and Chamomile flower to soothe redness and irritation.



3

Chick Cosmetics Dewy Face Serum - Hyaluronic Acid 2% + B5:

Hyaluronic acid is a skincare essential for plump, hydrated skin. This serum blends Hyaluronic acid with Panthenol (Vitamin B5), Mushroom extract, and Aloe Vera for a boost of moisture and radiance. Suitable for all skin types.



4

Hey Gorgeous Banish & Repair Serum For Blemish-Free Skin:

Prone to acne? This serum is your new BFF. It combines Jojoba seed oil, Rosehip oil, Hemp seed oil, and Neem oil to control excess sebum, treat breakouts, fade acne marks, and boost collagen. Works for all skin types.



AS SEEN ON...

Your socials, Chioma spills the tea on her brand 'Aesthetics By Chioma'

Who is Chioma?

At the core, I'm a girl who's in love with everything skincare. I like pretty things and I love when both come together. Aesthetics by Chioma was named after me as an extension of me and my personal passion for natural hair, skin and beauty overall. It's my way of sharing what I'm passionate about with the world - which is embracing unique and natural beauty.

What inspired you to start Aesthetics by Chioma, did you feel that the beauty industry/ skincare industry was missing something?

I felt that there wasn't much representation for black & brown skin in the beauty industry. I also saw there was a gap for affordable products that deliver as effectively as the more "expensive" and "luxury" products available on the



market. Skin care is also really complicated so creating a brand that covers many concerns in one was definitely something I saw as an opportunity. So I stepped in.

What sets Aesthetics by Chioma apart from other brands?

The brand comes from a very personal place, I know exactly what it's like to struggle finding the right products. The brand is more than just a business & a handful of products. I would like to believe Aesthetics by Chioma is founded in reliability and empathy over just a pursuit to grow a profitable business.

Tell us about the process behind the product, don't share all your secrets!

Every product is thoughtfully crafted with active ingredients and natural ingredients that aim to be multifunctional and multipurpose-taking the guess working and complexity out of finding what works for someone struggling with many skin concerns at once. Many of our products are also multifunctional, being able to be used for hair, body and face alike. I love that they cut the hassle of having to get many different products to treat many different issues

- which is very common for people with a skin goal they want to reach.

How is your brand benefitting the consumer?

Our customers get affordable skincare that actually works without having to break the bank. That's something the younger (Gen Z) generation is especially thankful for. Especially in the current state of the economy, it's hard to find place to treat yourself. So options like skincare often get cut out from being necessary and they begin to be classed as luxury. I believe self care is just as important as anything else. So I like that my brands seeks to help customers fit effective skin care as part of their grocery list.

What is your favourite product?

The dewy glow serum, it's definitely everyone's favourite product from our range too. Summer or winter alike, you'll glow regardless.

Do you believe that skincare is one size fits all?

Skincare can never be one size fits all, a lot of the journey is trial and error. What works for your sister for example might not work very well for you and vice versa, so it's important

to listen to what your skin needs. A lot of people make the mistake of thinking if something works well for others, or even the majority, it will work for them. That's not very true, so it's always great to be open to explore new things and lock in when you find what works.

What would your advice be for someone starting their skincare journey?

Start off very minimal. With a cleanser, serum, moisturiser and SPF. The rest of your routine can be built as you go on, according to how your skin responds. Skincare doesn't need to be as intimidating as the internet makes it seem, it's perfectly okay to start with the bare minimum and even keep it that way.

Where can we find Aesthetics by chioma

aestheticsbychioma.com online & in Edenvinne beauty Stores in Menlyn and Randburg Square





BLISS
MADE IN GERMANY



Lauren Niekerk... Attorney by Day, Beauty Aficionado by Night

By day, she's a powerhouse attorney navigating the complexities of finance and commercial law. But outside the courtroom, Lauren has a passion for all things beauty! We caught up with her to get the scoop on her favorite makeup products, go-to beauty tips, and the secrets behind her flawless skin and hair. Whether you're looking for a quick skincare routine or must-have products to add to your makeup bag, Lauren has all the insider tips. Keep reading for her beauty wisdom and how she juggles it all while keeping her glam game strong!

What's your beauty routine when you're off work?

After a long day, I like to keep my nighttime skincare routine simple. I'm usually pretty tired, so a quick but efficient routine is key to staying consistent. I start by washing my face with a cleanser, then I use micellar water to remove any leftover stubborn makeup. I love adding extra hydration with a hydrating water mist, followed by an eye cream and a nighttime moisturizer. And don't forget to moisturize your neck too!

What's the beauty tip you swear by?

It might sound cheesy, but always remove your makeup before bed! Your skin will thank you!

What's your secret for keeping your hair looking so lusher?

I swear by using a leave-in conditioning treatment before blow-drying your hair. It adds extra moisture and leaves your hair silky smooth. My favorite product right now is the Redken Acidic Perfect Concentrate Leave-In Treatment.

What are your top 5 makeup products?

Ooh, tough one! I switch up my makeup products often because I love testing different things. But there are a few staples that I think everyone should have in their kit—

and a couple of my own go-to favorites that I can't live without

Estee Lauder Double Wear Foundation - Amazing coverage, a flawless finish, and it's never let me down. This one is a perfect choice for anyone with combination or oily skin.

Chanel Multi-Use Balm Stick in Transparent - A moisturizing highlight stick that glides on like a dream and adds dimension and glow to your complexion. It's subtle, without any glitter chunks, and is perfect for faking that Korean glass skin effect.

SwitchBeauty Air Balm - Can't forget about local brands! SwitchBeauty has a lot of products I love, but their Air Balm stands out. It feels like a comfy, moisturizing lip balm with way more pigment. My favorite shades are "It's Soft Life" and "It's Provocative." I always keep one of these in my bag!

Essence Baby Got Blush Liquid Blush - This formula is amazing! It blends like a dream, has just the right amount of pigment, and leaves a natural, radiant finish.

Real Techniques Beauty Sponge and Brushes - The perfect toolkit for flawlessly blending your products. Their beauty blender even comes with a travel case, which is super convenient for on-the-go!



From Self-Taught to SLAYYY...

Tell us about Khadeejah?

I am a 24 year old self taught makeup artist. I feel like I am the big sister to my small community, or at least that is what I wish I had... A big sister to teach me how to do my own makeup and how to take care of my skin properly. I had to go through a lot of trial and error to get where I am today and it was quite the journey. I make content to share my ideas and thoughts as well as trying to help those starting out on their makeup journey.

What sparked your passion for beauty and makeup?

I grew up in a family with a lot of female role models. I remember whenever I went out my granny would use her eye pencil to make a little mole on my left cheek, she

was not about that evil eye... I also watched her pluck and fill in her eyebrows every single day. She would sit in front of the window and look through the tiniest mirror. Then we have my Aunts who'd always have the most Bratz looking lipsticks. I remember going through their makeup bags and looking for the lipsticks and asking them to put it on for me. And then I'd be standing in front of the mirror posing and pouting... My mom on the other hand had the most sparkling roller eyeshadows... obviously I'd look through her draws and put those on as well! How could I not. As I grew up, I realised that makeup is another form

of art, and you can use it to enhance your beauty. It was also really therapeutic for me to sit and experiment with different looks.

Do you have any hilarious makeup mishaps while teaching yourself?

My biggest makeup mishap... it had to be my eyebrows. I would overdo them so bad. I guess you can say I had that eyebrow blindness. But now I know better and I've gotten pretty good at styling them. I think this made me realise that everyone has had a bad experience with their eyebrows when starting out with makeup... don't lie I know you've went through it as well!

"I grew up in a family with a lot of female role models."

What are your 3 must-have products?

Mascara, Highlighter & Liptint

Fave beauty brands?

I am in love with essence cosmetics, makeup revolution, benefit cosmetics, maybelline, revlon, the body shop and standard beauty.

Secret weapon I use when I'm feeling uninspired but want to look fabulous:

If I'm lacking inspiration... which is most of the time. I go onto Pinterest and type in key words of what I want my makeup to look like.

DIY beauty hack that made me think "why didn't I know this sooner?"

When I started out doing my makeup I used baby powder instead of a normal setting powder. No one can tell the difference! I used this all the way through high school up until three years ago... biggest side eye I know! But it works!

Which celebs makeup bag would you raid?

This really made me think... I think I'd love to raid Sabrina Carpenter's make up bag!

How do you stay updated with makeup trends?

I stay updated by scrolling through TikTok, instagram and Pinterest.

Share s beginner beauty hack

A hack for acne is to use tea tree oil. It really is a life saver. You don't need to apply it to your whole face just on the pimples. Vitamin C and Squalane is also your best friend for acne scars and a smooth face

First makeup product you splurged on?

My very first splurge was buying the fenty beauty gloss bomb crème in the shade cookie jar, fenty diamond bomb highlighter in how many carats and the Huda beauty resting boss face setting spray. I was so excited and immediately after I came home I was sitting in front of my mirror, removing the makeup I already had on and reapplying it just so I could use the lipgloss, setting spray and highlighter.



Wardrobe Watch

Spotting the latest trends and must-have styles to elevate your wardrobe



Jorts & Bermudas:

So similar, yet so different! Are you going for the edgy denim vibe or the sleek, tailored look? Which style are you rocking this season?



Your Next Obsession: WEAR BUYISWA



In a fashion world dominated by fast trends and mass production, Amanda Kandawire is carving her own path, one stunning piece of jewellery at a time. Her brand, 'Wear Buyiswa' is more than just a collection—it's a statement, an experience, a celebration of individuality and heritage. "My earring designs are celebrated for their unique, one-of-a-kind style, much like the incredible women who wear them," she shares. "Each piece is crafted with care and creativity, reflecting the individuality and distinct beauty of every customer. Just as no two women are the same, each pair of earrings is a testament to the uniqueness and personal expression of those who choose to wear them."

Amanda isn't here to blend in with the fast fashion crowd—and that's the point. "My jewellery designs don't fit into the fast fashion mould," she states proudly. "Every piece is carefully crafted with intention and purpose, whether handmade or sourced from international manufacturers. I focus on timeless, high-quality designs that stand the test of time, rather than fleeting trends, ensuring that every piece holds lasting value and meaning for my customers."

What truly sets her apart is her ability to blend personal narrative and cultural heritage into her work. Reflecting on her favorite collection, she says, "The Heritage Collection is one of my favorites because it beautifully incorporates elements of my cultural background and personal history into the designs. Creating and sharing these pieces allows me to honor my heritage, and it feels incredibly fulfilling to see the pieces resonate with others."

Her journey into jewellery design began almost serendipitously during the COVID lockdown, when she, an airline pilot, was grounded. With her career on hold, she had time to pursue a passion she had nurtured for years—creating statement jewellery that would make women feel powerful and seen. "During the COVID lockdown, when flying was grounded, I found myself with unexpected time on my hands and turned to a long-time passion of mine—statement jewellery. I've always loved bold, unique pieces that tell a story and express individuality," she recalls. "With my flying on hold, I channeled my creativity and started designing my own jewelry. What began as a personal project quickly grew into something more, as I realized how much joy and confidence these pieces could bring to others."

Wear Buyiswa has already seen major success, landing spots in The Space stores nationwide. But Amanda keeps it real about the hustle of building a brand in a crowded market. "Market competition can be tough, especially against well-established brands with larger marketing budgets and greater brand recognition," she explains.

Yet, through all these ups and downs, her passion remains unwavering. Her pieces, she says, are more than just fashion; they're a form of empowerment. "I want women to feel confident and empowered when they wear my pieces," she says. "Each piece is designed to be a statement of individuality and style, blending fun and trendy elements with a timeless chic appeal. My goal is for women to feel beautiful, bold, and unique in pieces that complement their personal style."

With a brand philosophy built on authenticity, craftsmanship, and a deep connection to personal and cultural identity, Amanda is more than just a jewellery designer—she's a storyteller. And every earring, necklace, and bracelet she creates is a chapter waiting to be told.







Emily in Paris, Season 4,
Part 2:

All the Deets You Need!

Spoilers ahead, Paris stans.

The first half of Emily in Paris Season 4 didn't leave us hanging off a cliff, but let's be real: there's plenty of juicy drama left to unfold! Surprisingly, most of the chaos this season isn't even revolving around our girl Emily (who usually can't catch a break). Instead, Season 4 shows a more decisive side of her. When it comes to her love triangle with Gabriel and Alfie, she ditches the "undecided" act and goes with her gut—choosing Gabriel. (Sorry, Alfie! Not even a proper breakup chat, but hey, Emily's never claimed to be flawless!)

And it's not just in love where Emily's making moves; even her work life has taken a turn. Her frenemies in the office are starting to warm up to her—yes, even Sylvie seems to be catching feelings (friendly ones, don't get too excited).

But while things are looking up for Emily, the rest of the crew isn't sailing quite as smoothly.

There's heartbreak, there's ambition, and of course, some classic Parisian drama brewing for everyone else. With the second half of Season 4 just around the corner, let's get into all the tea we know so far.

When does Emily in Paris Season 4, Part 2 drop?

Mark those calendars, babes! The rest of Season 4 will hit Netflix on September 12.

How many episodes are we getting? We're wrapping up with five more episodes, so buckle up!

What can we expect in the second half?

Emily is on cloud nine by the end of Episode 5. She's killing it at work (as always) and finally living out her romantic fantasy with Gabriel, the swoon-worthy chef-next-door. But don't pop the champagne just yet—Gabriel's ex, Camille, might just be the one to turn their honeymoon phase into a full-blown drama fest. Stay tuned; it's about to get messy!



Season of Green



How to Rock the Colour Everyone's Obsessed with RN

This spring, it's all about going green—no, not just with your lifestyle, but with your wardrobe! The fashion scene is bursting with every shade of green imaginable, from fresh mint to rich emerald. Whether you're channeling your inner minimalist or going full glam, green is the vibe. Let's dive into the top ways to work this must-have hue into your closet and turn every street into your personal runway.

Bold Blazers and Power Suits:

Say hello to your new power color! A sharp green blazer or a tailored suit in a striking shade like forest or olive is a surefire way to command attention. Perfect for those boardroom boss moves or even a night out with the girls—just pair with some sleek stilettos or chunky sneakers, depending on your vibe. Trust us, you'll have everyone green with envy.

The Pop of Green Accessories:

Not ready to commit to head-to-toe green? Accessories are your new best friends. Think emerald green bags, neon green heels, or even a fun pair of lime green sunglasses. These pops of color add the right amount of drama to any outfit. A crisp white tee, jeans, and a green bag? Effortlessly chic.

Green from Head to Toe:

If you're feeling brave, why not dive into a monochrome moment? Go all-out in a head-to-toe green ensemble—think mint jumpsuits, chartreuse maxi dresses, or matching separates in bold kelly green. The trick? Mix textures! Pair a silk top with a leather skirt or a chunky knit with satin pants to keep things dynamic. You'll look like you just stepped off the runway.

Shades of Green Prints:

From floral to abstract, green prints are about to be everywhere. These patterns bring a fun and flirty vibe to your look while still staying on-trend. Try a maxi dress with leafy patterns or a cute crop top with bold green swirls. Pair them with neutral pieces to let the green do all the talking.

Don't Forget the Nails and Makeup!

Green isn't just for your clothes. Amp up your beauty game with green eyeliner for a daring cat-eye look or go subtle with an olive-toned nail polish. Feeling adventurous? Try a green eyeshadow that makes your eyes pop. It's fresh, it's fun, and it's a total head-turner.



“I like to block and bless. No negativity is allowed on my page.”





Inside Anarzade Omar's World:

Mozambican Roots, 'So Freakin' Delicious' Food & No-Nonsense Vibes

By: Rai Amod

Say hello to Anarzade Omar, the 26-year-old firecracker from South Joburg who's taking over the content creation game with her infectious energy, eye for all things pretty, and love for ridiculously good food. With a blend of South African spirit and Mozambican roots (yep, she speaks Portuguese too!), Anarzade is serving culture, flavour, and style—all day, every day.

"I am a young 26-year-old from the South of Joburg, born and bred. My parents are Mozambican and immigrated just before I was born, and so I also speak Portuguese and have a Mozambican background as well. I am a full-time content creator and love sharing my love for life, pretty things, and especially freakin' delicious food with the rest of the world," she says, bringing her

signature vibe to everything she touches. But don't be fooled—this dream life didn't just fall into her lap.

"I've not always been a content creator. When at school, I wanted to be a journalist and at some point even thought medicine would be my career path. But I went on to study a BA in Strategic Communication in Marketing at the University of Johannesburg and then went on to working in corporate and marketing agencies. I'm very excited that I now work in my dream industry & look forward to it every single day!"

Let's break it down: her journey wasn't linear, but it's led her exactly where she's meant to be. And speaking of destinations, can we talk about her catchphrase? You've probably heard it: "SO FREAKIN DELICIOUS." It's the mantra that has everyone

drooling. "It's so crazy how this became a catchphrase and literally such a big part of my brand!" she says. "I just remember making a REALLY good meal (when someone has the time to scroll all the way down on my feed we need to find that exact video lol!) and my natural reaction to it was saying it was 'so freakin delicious.' I liked how it sounded, so said it a few times and every time I didn't say it someone would comment and point it out, and so, I decided to say it every time I taste something good and now everyone expects it and looks forward to hearing it."

You know what we love most about Anarzade? She keeps it real, and she keeps it positive. Her secret to staying motivated is simple: it's all about the community. "I definitely feed off my online community and it's you guys that actually keep me motivated. Creating content and being motivated actually has a lot to do with how your community engages

"I just remember making a REALLY good meal and my natural reaction to it was saying it was 'so freakin delicious.'"

off of it and their response, so your comments, DMs mean a lot and keep me going. So I would say a first tip would be to always do it because you love it and it won't tire you as quick. And when it does make you tired (tip no. 2) learn to take a break. To take a step back and remember why you started in the first place."

... And when it comes to women supporting women, Anarzade is all in. "It should definitely not be a phase! I think it's so important that we take each other with on our way up, together we can be so much stronger. I've learnt a lot of what I know from other women who have chosen to empower me rather than compete or bring me down."

And let's be real, the social media streets aren't always friendly, but Anarzade knows

how to handle negativity like a pro. "That's unfortunately a given, on most days I am really good with dusting it off. I like to block & bless. No negativity is allowed on my page."

When asked what makes her stand out, Anarzade gives us a peek into what keeps her grinding. "Hard one—but I think if it weren't for my perseverance I would not be where I am today. I don't give up easily, and it has given me the opportunity to fail multiple times but also learn from it all and grow from it."

A foodie at heart, Anarzade reminisces about her childhood favorites: "We would always have breakfast as a family and my mom would make puri which we would stuff with a breakfast sausage concoction. It was delicious and reminds me of good times with my family." And as for secret family recipes? Sorry, but there are none—Anarzade's mom is all about sharing the love. "Not actually! My mom loves sharing her recipes, so anything you ask she always shares. She always says, 'When I die, I won't take it with me, so I want to leave it here.'"

After a long day of work and content creation, how does this Content Queen chill? "I love something sweet to end my day and a TikTok scroll on the couch makes me happy." Psst, Sounds like our kind of vibe!

And here's a little foodie ritual she swears by: "I'm not sure if this is a ritual but I eat with my eyes first. To me, the food needs to be presented well and look appetising or I won't eat it. I can't do the 'as long as it tastes good' only. It needs to look good too!"

And her best advice? "I read a quote once that I loved and always remind myself of 'your life isn't yours if you're worried about what other people think.' Live your life! Be kind and respectful but always do what makes you happy."

Anarzade Omar is proof that when you blend passion, authenticity, and a sprinkle of "freakin' delicious" magic, you can create something truly special. Here's to chasing dreams, lifting each other up, and always keeping things **SO FREAKIN' DELICIOUS!**

"I've learnt a lot of what I know from other woman who have chosen to empower me rather than compete or bring me down."





Eatery of the Month:



LE KREAMERY

GOURMET EATERY | PIZZERIA | DESSERT & COFFEE LOUNGE

Imagine stepping into a place where every detail feels effortlessly stylish and the vibe is nothing short of fabulous. That's Le Kreamery (based in Gauteng) for you. This isn't just another restaurant; it's a destination where chic design meets culinary artistry.

From the moment you cross the threshold, you're enveloped in an ambiance that effortlessly blends modern elegance with a cozy, inviting atmosphere. The décor is a masterclass in sophistication, with its sleek lines and trendy accents making every corner Instagram-worthy.

The menu is a playful journey through classic comfort and innovative flair. Picture dishes that are as much a feast for the eyes as they are for the palate. Each plate feels like a little celebration—whether you're indulging in a beautifully presented appetizer, a mouthwatering main course, or one of their show-stopping desserts.

And then there's the service. The staff at Le Kreamery seems to intuitively know how to make you feel like a VIP without missing a beat. It's the kind of place where you can kick back, sip on something divine, and let the world fade away, if only for a few hours.

Le Kreamery isn't just a meal; it's a mood. It's where you go to make any occasion feel special, whether you're catching up with friends, celebrating a milestone, or just treating yourself. So, if you're looking to add a little extra sparkle to your dining experience, Le Kreamery is your spot. Best of all? It is strictly Halaal!



Cookie Dough

>>> everything else

Guess who will be eating this 24/7? Me.

Let's be real, cookie dough is the ultimate guilty pleasure. Whether you are sneaking a spoonful straight from the bowl (we see you!) or craving that sweet, buttery taste without the baking. Well, check out the recipe below - think gooey, rich and loaded with all the mix-ins your heart desires!



Ingredients

- 1 ½ tablespoons
- Firm Coconut Oil (or vegan butter)
- 1 ½ tablespoons
- Light Brown Sugar
- 2 tablespoons
- All-Purpose Flour
- 1 tablespoon
- Mini Chocolate Chips (or any add-ins you desire)

Directions

1. Mix the butter and brown sugar in a small bowl until well combined.
2. Stir in the flour.
3. Add in any desired toppings. Enjoy!







How to Quit Your Job **... Without the Drama**

Leave Classy,

...Never messy!

So, you've landed that dream job (congrats!), and now comes the tricky part—quitting your current gig. Yep, it's awkward, and there's no way around it. You want to peace out without leaving a trail of scorched earth behind you because, let's face it, those colleagues might come in handy later. Good news: leaving your job without burning bridges is totally doable, and we're about to show you how to keep your cool and your connections.

SHOW UP 'TIL THE END

Sure, coasting through your notice period might sound tempting, but let's keep it real: you've got to leave things tidy. Wrap up your projects like a pro and create a killer transition plan. Your soon-to-be ex-colleagues will appreciate you not leaving them with a hot mess, and it shows you're all about that class act energy.

DROP THE GUILT

Feel bad about leaving? Time to shake off that people-pleaser vibe. Women are often wired to keep everyone happy, but remember: this is about **you** and leveling up. Own your decision and get comfy with a little awkwardness. You've got places to be, and guilt isn't one of them.



GAME PLAN, BABE

Breaking the news to your boss can feel like a big deal, so don't wing it. Craft a mini game plan for the convo—think about what you're going to say and how you'll handle those inevitable questions. Decide upfront which deets you're cool sharing and which ones are on a need-to-know basis. Start with your manager and go from there.

KEEP IT POSITIVE

If you've been at your current job for a hot minute (or less), focus on the positives when explaining why you're moving on. Frame your departure as a power move for your career, not a jab at the job or company. It's all about that "I'm doing what's right for me" energy.

LET THEM FEEL HOW THEY FEEL

Not everyone's going to throw you a going-away party. If your boss reacts

badly, don't sweat it. Remember, their feelings are more about them than you. Maybe they're bummed they have to fill your shoes, or they wish they were headed somewhere new too. Listen, nod, and keep it moving. You've got bigger things ahead.





Failing Hard? You're Doing it Right

By: Oluchi B. Kolanisi

Failure is often boiled down to a lack of success—whether in achieving a goal, pursuing an idea, or executing a plan. But let's dig a little deeper, because there's something crucial about failure that doesn't get enough attention: its importance.

When you're striving for success, failure is usually part of the journey. Every goal or project starts from scratch, and you need to learn and master new skills before success comes knocking.

Think of it this way: when a child is learning to walk, they're navigating uncharted territory. They stumble, fall, and get up again, all without much self-awareness or concern about what others think. Adults, however, often approach new challenges with self-doubt and external pressures. We have high expectations, and when things don't go as planned, it can be discouraging.

Unlike the child who has a cheering squad, adults often face a mix of support and skepticism, which can cloud our judgment and patience. We get frustrated when things don't happen on our timeline and sometimes even question our direction.

But here's the truth: failure is a vital part of the success equation. It teaches you through trial and error, allowing you to refine your approach and improve. It also gives you the opportunity to reassess your goals and strategies.

But here's the truth: failure is a vital part of the success equation. It teaches you through trial and error, allowing you to refine your approach and improve. It also gives you the opportunity to reassess your goals and strategies.

When facing failure, ask yourself three key questions:

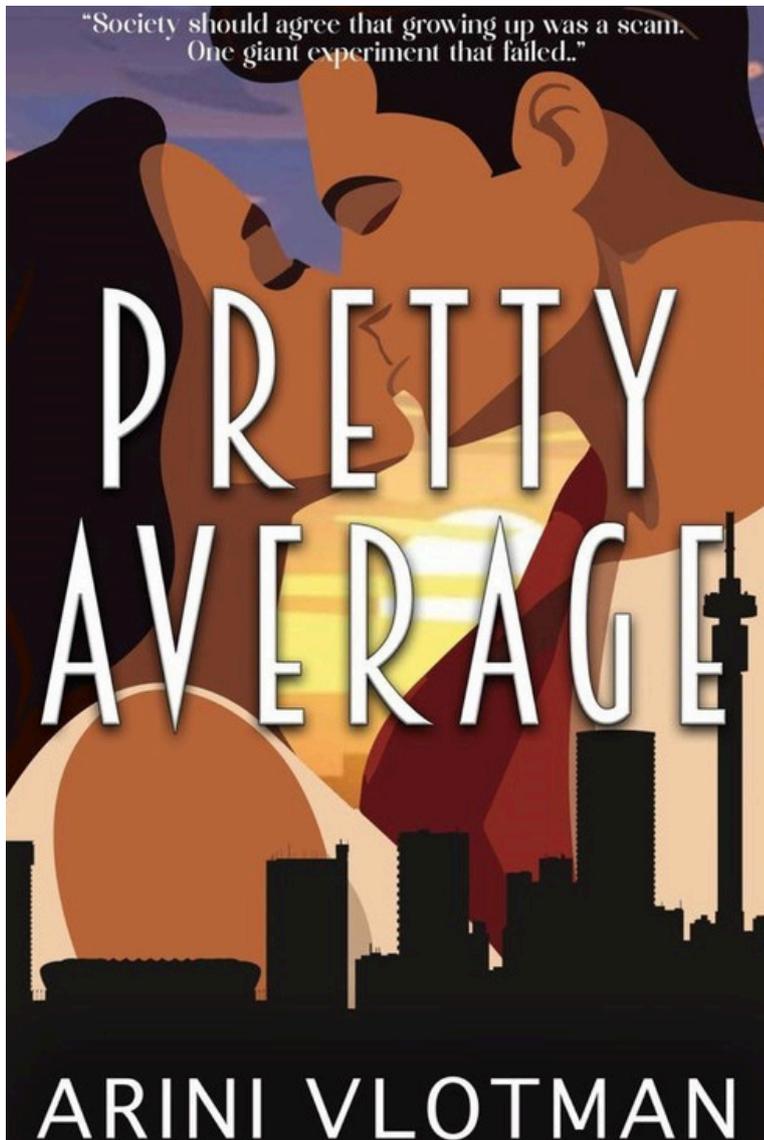
1. Are you missing resources? Maybe you need more time, money, or promotion.
2. Is it the wrong time? Like trees waiting for spring to bear fruit, sometimes timing is everything.
3. Do you need a new direction? Perhaps your current path isn't right, and a shift could lead to better opportunities.

Remember, failure is not a dead end, it's a sign that you are on the right track and just need to adjust your course. Embrace failure as a powerful tool for growth, and keep moving forward with the lessons you have learned. Failure is not just an obstacle; it's an integral part of your success story.



Binge-Worthy Book Alert:

By: Sonia Naidoo



**You Need to Dive Into This Dram-Packed
Romance Like, RN!**



Author Arini Vlotman

**Pssst! Catch our Q&A with Arini
on www.femmeonline.co.za**

Buckle up, ladies! You're about to get swept away in a storm of drama, suspense, action, and some seriously heart-pounding romance with **Pretty Average** by local sensation **Arini Vlotman**. But don't be fooled by the title—there's nothing 'average' about this page-turner!

Meet Esha: she's fabulous, she's frazzled, and she's just hit the big 3-0—cue the anxiety, showing up like that one party guest who doesn't know when to leave. Her confidence? Rock bottom. Her saviour? Her job, the only steady love affair in her life... until the office suddenly turns into a battleground of drama.

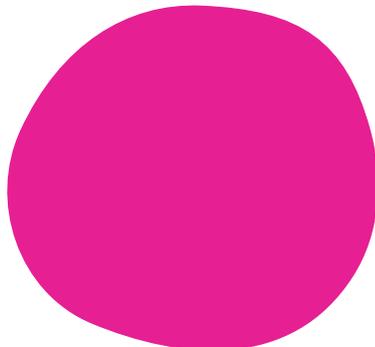
Enter Kane Mittal—tall, dark, and oh-so-complicated. He's not the hero you're expecting, but trust, there's more to this guy than meets the eye. Don't count him out just yet!

Vlotman paints a tale as raw and real as the buzzing streets of Johannesburg but adds a splash of romance that's as dreamy as a sunset in Sandton. With **Pretty Average**, you're in for the ultimate cocktail of tension, passion, and a big shot of sass. Esha's wild ride from self-doubt to self-love will have you turning pages faster than a TikTok scroll. And just when you think you know where the story's headed, Vlotman hits you with a plot twist that'll leave you gasping for air.

So, will Esha finally snag the love she's been hunting for, or will life's little curveballs leave her, well, feeling pretty average? Grab your copy and find out, because this is one adventure you absolutely can't miss!



Sex Q&A



Q: I just had a baby, and I'm feeling disconnected from my body and anxious about being intimate again. How can I navigate these feelings and rekindle intimacy with my partner?

A: It's completely normal to feel disconnected from your body after childbirth. Your body has gone through an incredible transformation, and it's essential to give yourself grace and time to heal emotionally and physically. Start by communicating openly with your partner about your feelings and any concerns you have. Focus on rebuilding intimacy through small, non-sexual gestures—like holding hands, cuddling, or even just talking openly about your day. When you're ready, take things slow and explore what feels good for you. Remember, intimacy isn't a race, and there is no rush to "get back to normal." It's all about finding a new normal that feels right for both of you.

Q: My partner and I have been together for a few years, and the spark isn't what it used to be. How can we reignite passion and desire in our relationship?

A: It's natural for the dynamics of desire to change in a long-term relationship, but that doesn't mean the passion has to disappear. Reigniting the spark often begins with honest conversations about what turns you on—emotionally, mentally, and physically. Try to explore new experiences together, both in and out of the bedroom. Whether it's planning a date night where you dress up for each other, trying a new hobby together, or

even experimenting with new forms of intimacy, it's about finding ways to reconnect and rediscover each other. Remember, intimacy grows in many forms, and sometimes a little novelty can go a long way in bringing back the excitement.

Q: I've never really explored self-pleasure, but I'm curious. How do I start, and why is it important?

A: Exploring self-pleasure is a journey of self-discovery and self-love. It's about understanding what feels good to you, what turns you on, and ultimately building a deeper connection with yourself. Start by creating a comfortable and private space where you feel safe to explore. Take time to understand your body without any pressure—this could be through gentle touch, using a mirror to explore your anatomy, or even incorporating toys if you're comfortable. The importance of self-pleasure goes beyond physical satisfaction; it's about embracing your sexuality, boosting confidence, and learning how to communicate your desires more clearly in intimate relationships. Remember, there is no right or wrong way—just your way.

CRUSH THE CLIMBER

Want to tone up from head to toe? The mountain climber is your go-to move for a full-body blast—but only if you nail that form. Here's how to perfect it

GLUTES:

We get it—you're proud of that peach! But your bum shouldn't be shooting up to the sky during this move (which can happen as you start to fatigue). Fight the urge by engaging your core and keeping your back in a neutral position.

BACK:

The key word here is neutral. If you catch your back rounding, it's a sign to engage that core. And if you're still struggling? Slow it down, babe. Form over speed, always.

ARMS:

Keep them fully extended because your chest, triceps, and core are doing the heavy lifting here. To make sure you're reaping all the rewards (and avoiding any shoulder strain), keep those shoulders stacked right over your hands.

LEGS:

Drive those knees toward your chest like you mean it, alternating as you go. But remember, your torso shouldn't be wobbling around. Ready for a challenge? Hook those feet into TRX cables and feel the burn go up a notch. Hold steady!

HANDS:

Your hands should always be in your eyeline. Miss this cue and you'll end up working your legs more than your core—which totally defeats the purpose.





ARE YOU READY FOR YOUR COMEBACK?

When faced with a setback, what's your first instinct?

- A) Reflect on what went wrong and plan my next move.
- B) Feel frustrated but reach out to friends for support.
- C) Brush it off and try something new immediately.
- D) Take some time to process and recharge.

How do you handle self-doubt when it creeps in?

- A) I remind myself of past successes and push through.
- B) I talk it out with a mentor or a trusted friend.
- C) I ignore it and keep moving forward.
- D) I take a step back and focus on self-care until I feel ready again.

What's your current mindset about taking on new challenges?

- A) Excited and ready—I'm already setting new goals!
- B) A bit hesitant, but I'm open to the possibilities.
- C) Confident—I'm diving in headfirst!
- D) Cautious—I need more time to regroup.

What role does your support system play in your comeback journey?

- A) They're my sounding board and cheerleaders.
- B) They offer advice and help me weigh my options.
- C) I mostly rely on myself, but I know they're there if I need them.
- D) I lean on them heavily for emotional and practical support.

Which mantra resonates most with you right now?

- A) "Fall seven times, stand up eight."
- B) "I am capable of amazing things, but it's okay to go slow."
- C) "New beginnings are my specialty."
- D) "Healing is a process, not a race."

Mostly A's: The Strategist

You're in full comeback mode, ready to tackle the world with a well-thought-out plan. You know exactly what needs to be done and are prepared to execute it. Keep that focus, and nothing can stop you!

Mostly B's: The Planner

You're almost there! You're carefully weighing your options and gathering strength. Your thoughtful approach is your superpower. Don't be afraid to take the leap when the time feels right.

Mostly C's: The Go-Getter

You're fearless and already moving forward. You're ready to turn the page and dive into a new chapter. Just remember to check in with yourself along the way and ensure you're on the right path.

Mostly D's: The Healer

You're still in the process of recovery, and that's okay. Your journey is unique to you, and taking the time to heal will make your comeback even stronger. Trust yourself and take the time you need.





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Handwritten notes on a piece of paper at the bottom left of the image:

74/5
4/E