

# FEMME

February 2025

South Africa

*Bash with Tash*

**POWER  
MOVES  
ONLY**

**REKT**

**THE BOSS BABE  
BEHIND THE BRAND**

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**ZOALIZE JV  
RENSBURG**

**MISS WORLD SOUTH AFRICA:  
A WOMAN ON THE RISE**

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Zoolize  
xx



# The Rundown

FEBRUARY 2025



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# FEMME

*South Africa*

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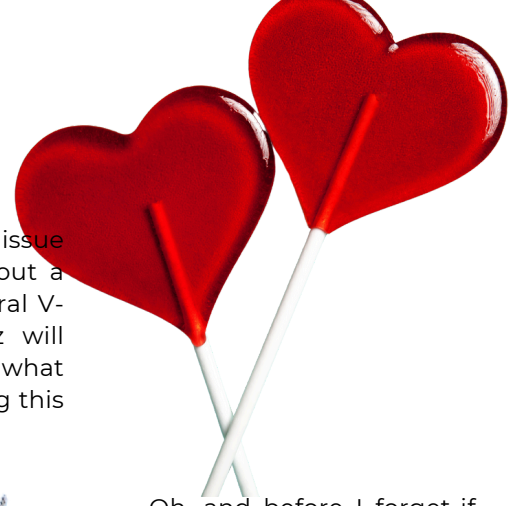








# Editor's Letter



- And because no issue is complete without a little chaos-our viral V-Day fashion quiz will tell you exactly what vibe you're serving this year.

Hotter, bolder, and even more unapologetic-welcome to the February issue of **FEMME!**

If you're reading this, it means you survived the January chaos (barely). Whether you're smashing your 2025 goals or just trying to stay awake in your 8 AM meeting, this issue is your ultimate power-up.

We're serving confidence, cash, and crushing it this month, starting with our cover star, **Zoalize Jansen van Rensburg**, the reigning Miss World South Africa. Her journey is one of strength, resilience, and redefining what it means to wear the crown —and trust me, you'll want to read every word of it. Inside, we're giving you all the moves to boss up your life:

- Bash with Tash shows us how to level up in business and life.

- We're debunking money myths that might be keeping you broke (yes, that daily iced coffee is fine, but your savings account is not).
- Need a uni glow-up? We've got campus fashion inspo, plus hacks to find your girl gang without the awkward small talk.
- For the beauty lovers, our editors spill their top Essence product obsessions, and we're spotlighting two powerhouse women behind killer brands in haircare and fitness wear.



Oh, and before I forget-if you ever doubted the phrase misery loves company, wait until you read our take on surviving chronic illness and still thriving. We're keeping it real, always.

So, whether you're flipping through this mag in class, at work (pretending to be busy), or curled up in bed with a face mask-enjoy the ride, **FEMME** fam.

See you next issue (but until then, find us on socials-because we live there too). Lotsa hugs xx

**Raihanna Amod**  
Editor-in-Chief









# ABSORB



Tyla should be on your playlist, like, yesterday—her smooth, seductive beats are the perfect mix of Afrobeat and pop that'll have you hooked from the first note. With lyrics that make you feel all the feels and a vibe that's straight fire



Old school R&B will never get old—it's the ultimate vibe that hits all the right notes, from smooth beats to lyrics that get you. Whether you're swooning or singing at the top of your lungs, it's a classic sound that will forever have you hooked!



Obsessed with Sabrina Carpenter? Us too! Her catchy pop hits, killer style, and effortlessly cool vibe are basically the definition of iconic.

# CATCH



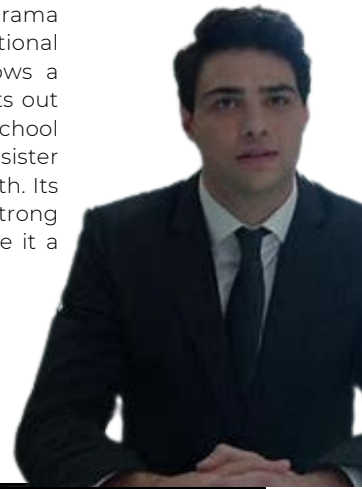
## Gossip Girl

Rewatch *Gossip Girl* to dive back into the drama and endless twists that make you crave more. Plus, who can resist the iconic fashion and unforgettable one-liners?



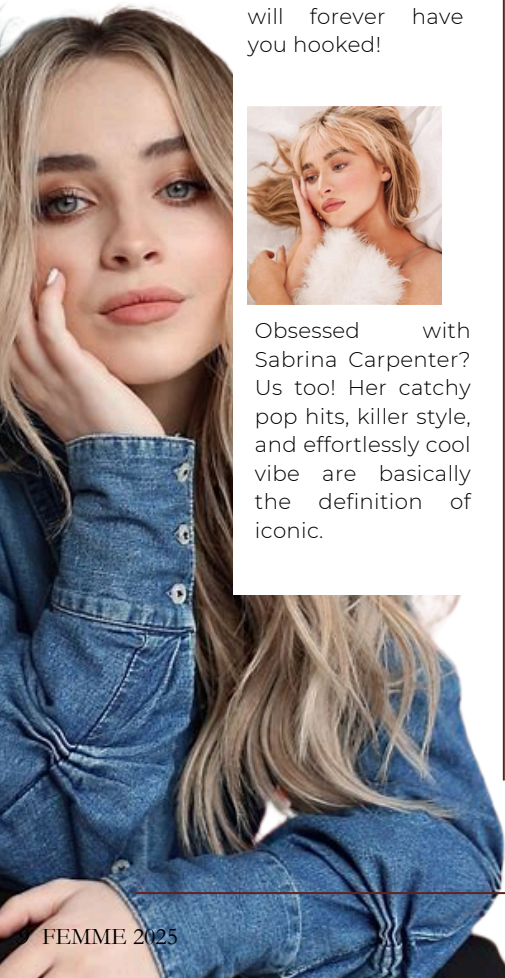
## Blood & Water

A South African teen drama that has gained international acclaim. The series follows a Cape Town teen who sets out to prove that a private-school swimming star is her sister who was abducted at birth. Its compelling plot and strong performances have made it a fan favorite.



## The Recruit

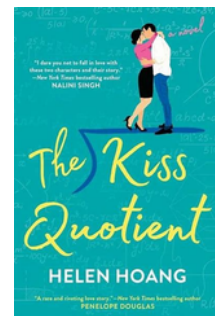
Absolutely, *The Recruit* with Peter Kavinsky (aka Noah Centineo)? Need I say more? Between the action-packed espionage and Noah's charm, it's an absolute must-watch!



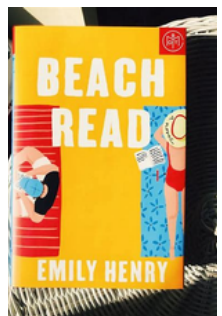
# READ



A rom-com with political intrigue and forbidden love, this book follows the First Son of the United States and the Prince of Wales as they navigate an unlikely romance. It's charming, funny, and just the right amount of swoon-worthy



A sweet and steamy romance about an unconventional woman who hires an escort to teach her about love. It's funny, heartwarming, and filled with chemistry you won't be able to get enough of.



Two authors, one beach house, and a whole lot of romantic tension. A fun read that blends humor, emotional depth, and a slow-burn romance that will leave you sighing for more.



# Decode This Slang!

delulu

Slang Check: Are you keeping up or was 'Lit' your last update?

Think you can keep up with Gen Z's ever-evolving slang? If you've ever heard someone say "No cap" or "It's giving" and had to pretend you totally knew what they meant, this mini-game is for you. We're testing your Gen Z fluency—so grab your iced coffee, channel your inner TikTok queen, and see how many of these slang terms you can decode!

## Round 1: Easy Mode

### 1 "It's giving [blank]"

- a) Someone is handing out free stuff
- b) The vibe is strong
- c) It's a compliment about someone's generosity

### 2 "No cap"

- a) No lies, for real
- b) No hats allowed
- c) No captions on social media

### 3 "Slay"

- a) To absolutely kill it (in a good way!)
- b) A medieval term for defeating a dragon
- c) To reject plans last minute

## Round 2: Medium Mode

### 4 "Dead"

- a) You find something hilarious
- b) You're exhausted
- c) You lost at a video game

### 5 "Sus"

- a) Suspicious, shady behavior
- b) A new skincare trend
- c) A nickname for people named Susan

### 6 "Main character energy"

- a) Someone who always takes the spotlight
- b) The lead actor in a movie
- c) A term for a person who loves books

## Round 3: Expert Mode

### 7 "Bet"

- a) Agreement or confirmation
- b) A gambling term
- c) A trendy new fitness move

### 8 "Rizz"

- a) Charisma or flirting skills
- b) A type of energy drink
- c) A reaction to something cringey

### 9 "Delulu"

- a) Being overly delusional (but make it funny)
- b) A new type of dessert
- c) Someone who always cancels plans

## Answers: Are You Gen Z-Approved?

1 - B | 2 - A | 3 - A

4 - A | 5 - A | 6 - A

7 - A | 8 - A | 9 - A

Score Yourself!

🌟 7-9: Certified Gen Z Linguist—No cap, you slay!

😄 4-6: You're getting there—Main character energy incoming!

😬 0-3: Maybe stick to emojis? It's giving... needs work.

RIZZ



# What's Your Valentine's Day Fashion Vibe?

Whether you're dressing up for a romantic dinner, a Galentine's bash, or just slaying solo, your V-Day outfit says everything about your energy. So, what's your Valentine's Day style persona? Let's find out!

## It's Valentine's Day! What's your go-to outfit?

- 💋 A) A red-hot bodycon dress that screams main character energy. 🙌
- 💖 B) A cute pink co-ord or flowy dress—flirty, fun, and effortless.
- ♥️ C) Leather pants and a chic top—because badass is the vibe.

## Your ultimate V-Day shoe choice?

- 💋 A) Sky-high stilettos that make you feel like a supermodel.
- 💖 B) Cute kitten heels or ballet flats—pretty and practical. 🍷
- ♥️ C) Chunky boots or sleek mules—edgy and cool AF. 🖤

## The perfect Valentine's Day accessory?

- 💋 A) A bold red lip and statement earrings—instant glam. 📸
- 💖 B) A dainty necklace and soft waves—effortlessly romantic. 🌹
- ♥️ C) A leather jacket and dark eyeliner—mystery = power.

## What's your V-Day vibe?

- 💋 A) Passionate, bold, and living for the spotlight. 🌟
- 💖 B) Sweet, flirty, and ready for some fairytale moments. 🍷
- ♥️ C) Mysterious, sultry, and always a little unpredictable.

## Your dream V-Day date (or vibe) is...

- 💋 A) A fancy candlelit dinner followed by rooftop cocktails. 🍸
- 💖 B) A cozy picnic or a fun brunch with heart-shaped pancakes. 🥞
- ♥️ C) A concert, a moody bar, or a spontaneous midnight adventure.





MOSTLY

# A<sup>s</sup>

## The Bombshell Babe

You're all about drama, glam, and turning heads the second you step out. A fiery red dress, killer heels, and confidence that oozes main character energy? That's you, babe.



MOSTLY

# C<sup>s</sup>

## The Cool-Girl Crush

You're a little mysterious, a little rebellious, and always effortlessly stylish. Leather, sleek silhouettes, and the perfect winged liner make you the ultimate Valentine's Day enigma.

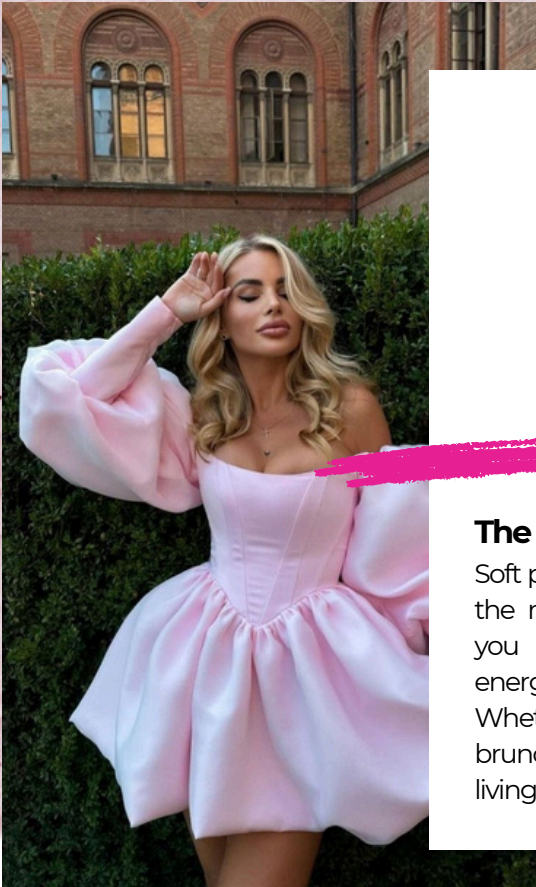


MOSTLY

# B<sup>s</sup>

## The Flirty Romantic

Soft pinks, flowy fabrics, and just the right amount of sparkle—you bring the sweetheart energy wherever you go. Whether it's a Galentine's brunch or a cozy night in, you're living for the love-filled vibes.









# No Filter

With Nabeela Yacob, the woman behind Wife Material



**Describe Wife Material in three words—go!** Beautiful, confident and powerful

**If your lingerie collection had a theme song, what would it be?** The intro of I Was Never There - The Weeknd, Gesaffelstein

**What's the one piece every woman needs in her lingerie drawer?** Hmm. Definitely a full bikini panty usually known as a granny panty!

**DMs are open—what's the wildest request you've ever received?** Someone asked me to sell them used panties

**A personality trait I find ridiculously attractive:** Someone who is intellectually sharp, emotionally aware and quick witted

**The most surprising thing about me:** I speak 6 languages

**The last thing that made me laugh way too hard:** Girls trip (The movie)

**One thing I used to stress about, but now I don't:** Everything is written so no matter what I work towards everything works out in the way God wants it to, I need to tie my camel

**The most defining moment of my life so far:** Making a success of Wife Material

**Something people always assume about me (but they're so wrong):** That I'm stuck up! Honestly I'm far from it

**A personal goal I am working on:** To gain weight

**Worst thing someone can do on a first date?** NOT CHEW WITH THEIR MOUTH CLOSED OMG

**My mantra:** "It is what it is" (common & boring but as you grow older you'll see why)







# Zoalize Jansen van Rensburg's Crown of Strength

On her journey as Miss World South Africa, her passion for humanitarian work, and the personal values that drive her mission.







From flaunting the **Miss World South Africa** crown to juggling personal goals with global responsibilities, **Zoalize Jansen van Rensburg** is a force to be reckoned with. She's the definition of grace and power, using her platform to inspire women everywhere—and trust us, her journey is one you'll want to hear about. We caught up with Zoalize for an exclusive chat about how she stays grounded while conquering the world, the real lessons behind her crown, and what's next on her agenda. Spoiler alert: This woman is just getting started.

**We want to know—the real you. What's a day in your life like when you're not on stage or in the spotlight?**

I am a very adaptable person, and at present, my role as Miss World South Africa occupies the majority of my time, as representing a nation on a global stage involves considerable effort and dedication. However, during my downtime, I enjoy creating presentations, strategising, and planning for the future. I also find joy in reading, spending time with my animals, and, most importantly, taking care of myself and my loved ones. Their presence grounds me in reality and provides a sense of home.

**Tell us about a moment that truly shaped who you are today, something that changed your perspective on life or love.**

I find it challenging to identify a single moment that has shaped me into the person I am today. Rather, I believe my development is the result of various triumphs, tribulations, and successes. Raised by a single mother, I was instilled with essential qualities such as strength, resilience, and courage. I firmly believe that these attributes have significantly influenced my life, contributing to the woman I am today, fueled by determination and purpose.



“ Raised by a single mother, I was instilled with essential qualities such as strength, resilience, and courage. ”





**What's something people often get wrong about you, and what's the truth?**

I would say I am a quiet person, and often, my quietness is mistaken for shyness. In reality, I am quite outgoing and possess strong listening skills. And I believe those who are good listeners often provide the most valuable advice.

**What's your self-care routine like? How do you recharge and reconnect with yourself when life gets overwhelming?**

I love mindful podcasts, as they allow me to glean insights from others and integrate their advice into my own vision. The lessons I acquire from these sessions are highly pertinent to my way of reaching a place of peace and tranquility. Ultimately, finding contentment in solitude is what brings me genuine happiness because being with yourself truly allows oneself to find the core of certain feelings and how to deal with them thereafter.

**If you could go back in time and tell your younger self one thing, what would it be—and why?**

That one should never underestimate the limits of their potential when pursuing a dream. Holding onto a dream has been a vital aspect of my life since childhood, and it continues to be so. It instills a sense of purpose, ignites passion, and fosters unwavering drive with myself and I believe it is essential to impart these lessons to others, as succumbing to fear can significantly hinder one's ability to achieve their goals.

**"Unstoppable" is such a vibe! What's your secret sauce for staying confident and powerful, even on tough days?**

Embracing my true self and being unapologetic about who I am. When I experience tough days, I allow myself to fully feel and acknowledge that emotion. However, I also celebrate my authentic heart and soul, ultimately finding happiness through the acceptance and expression of my true identity and that brings me back to myself.

**What's one moment in your Miss World journey that made you go, "Wow, I'm actually doing this"?**

Upon our arrival at the Super Bowl, I did not feel intimidated; rather, I felt a sense of readiness. I had a feeling of peace and contentment.

**If you had to choose a theme song for your life right now, what would it be—and why?**

As an avid fan of musicals, one song that resonates deeply with my current journey is "Defying Gravity." This song perfectly encapsulates our experiences as we embark on our journey to Miss World. Despite the assumptions and accusations directed at me, I have risen above them, fueled by my commitment to my "Beauty with a Purpose" project and its underlying mission.



**What's your ultimate passion project that gets you out of bed, even before coffee?**

I have been called to lead a life dedicated to service, and I will persist in my humanitarian efforts. My primary passion project called Never Too Young To Advocate and it is centered on creating a safe environment for children where they feel heard, seen, and listened to. This foundation is built upon the pillars of mental resilience, education, and empowering individuals to leverage their talents to craft their own success stories. I have another branch out project known as the Storks of Hope Project, which aims to instill a sense of safety and security in the lives of children who have experienced abandonment since birth. Our mission not only empowers and uplifts these children but also involves repairing and restoring their facilities, thereby providing them with a secure environment in which to learn and grow.

**They say self-love is the greatest love story of all—what's one thing you've learned about falling in love with yourself?**

That each day presents an opportunity to discover and appreciate new facets of yourself. When you cultivate a deep sense of self-love, you will come to embrace every aspect of your being and appreciate those newfound aspects.

**How do you juggle the big L word—love—with your insanely busy schedule as Miss World South Africa?**

I possess an abundance of love to share, and I find that loving unconditionally comes naturally to me despite a busy schedule, whether it be through self-love, community engagement, or romantically. I believe that genuine love is characterised by full commitment and authenticity, grounded in a foundation of mutual respect and support and with that mindset I have found it easily to continue to love people and communities unconditionally.

**It's almost Valentine's Day! What's your go-to way to celebrate—hot date, solo spa night, or dinner with your squad?**

Sharing dinner with loved ones has always been a wonderful way to spend this day, as I am very close to my family. I cherish the opportunity to spend evenings together whenever they are available.

**Miss World SA is a huge deal! What's the biggest lesson you've learned about owning your power on such a global stage?**

Once again, I emphasize the importance of embracing individuality and authenticity. There are often expectations imposed by others, and sometimes even by ourselves. Therefore, it is crucial for me to represent the truest essence of who I am. Regardless of the circumstances, I aspire to live authentically, ensuring that I have no regrets about being my most genuine self. Apart from that Miss World affirmed me of my life's purpose, I have found my true form of joy in my role as a philanthropist. Miss World represents a celebration of innovation and embodies a commitment to fostering a more inclusive, uplifting, and sustainable world. Aligning myself with an organisation that supports the efforts of humanitarians has instilled a sense of gratitude and optimism for the future of our world within me.







# FEMME

*South Africa*



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# Bash with Tash is Redefining Power Moves!

BY: KIYARA SOOBRAMONEY

**Need a laugh that'll leave your sides aching? A vibe-packed MC to light up your event? Or maybe some feel-good content to brighten your feed? Look no further than Bash with Tash—the queen of charisma and your ultimate mood booster!**

But that's not all—this powerhouse just leveled up with a brand-new beauty salon designed to serve her community in style. Beauty, brains, and a killer sense of humor? Consider us obsessed!

She's already a household name, but we're peeling back the layers to reveal the real Tash—because you know you've got questions, and so do we. Stay tuned as we dive into the fabulous, fearless world of Natasha Portrag Munian AKA Bash with Tash!

**People know you as an internet sensation, but how would you describe yourself beneath it all?**

I was born and raised in Chatsworth in Durban. I come from humble beginnings and a close-knit family. I am a happily married woman to an incredible soul who shares my love for giving back. I can best be described as a woman who isn't afraid to stand alone in adversity or for a good cause. I am also a new mommy, which has elevated me to a level of complete happiness.

**You never hid your journey of infertility and used your own story to motivate others. What advice do you have for women who long to have children, but are struggling through the process?**

Infertility can be a lonely and sad journey that only women struggling would truly understand. My advice would be to never feel inferior and always acknowledge your worth.

Even though hearing the predictable and frustrating, “have faith” when it seems hopeless, know that your journey and path may be different, but it still matters. Remember, it takes a strong woman to love kids even when she is not able to conceive her own. That is definitely worth something.

**You've opted for adoption. How have the recent months changed you?**

We are still in the process of adoption, which is a long and tedious process, but totally worth it! It's amazing how his tiny footprints have left massive footprints in our hearts. My family and I just do what comes naturally and we figure it out day by day. Unfortunately, we have had social media attacks on our decision to adopt, but we will never let our little boy feel the stigma of adoption. The love we have for him is unconditional and comes with no labels. We couldn't be happier!

**Okay, so you're a mother, wife, and simultaneously run successful businesses. How do you do it all and what drives you, even on the challenging days?**

I've always been goal-driven for as long as I can remember. It does get difficult at times, but I always give each aspect of my life undivided attention accordingly. When I'm with my family, I tune out the rest of the world and set my phone aside. And when it's time to work, I go all in. What really drives me is my unwavering faith that has been my stepping stone, not forgetting my supportive husband and precious baby boy.

**You have been in the public eye for quite a while, and like all public figures, are always under intense scrutiny. How do you deal with negative feedback and what would you like to tell your biggest critics?**

Going through negative hate comments has become a daily occurrence in my life, which is really sad. But I have come to a point in my life where I have established who I am, and I'm happy with the woman I see in front of the mirror each day. What used to get me down before simply doesn't phase me now. In the end I always say, “mental health is more important than a baseless comment”. A message to my critics would be that spreading hate in the world helps aid a negative and hateful next generation. It can spill into the lives of your children and causes a moral rot in society. Life is so much better when we choose to love and respect one another.

**You've been at the centre of controversy many times. What has been the most ridiculous narrative created about you?**

That I get everything for free. I do get sweet gifts from people which I appreciate tons, but I also definitely support businesses and my own lifestyle!



“Beauty is skin deep, be bright, be bold and smile always!”

**Starting a new business is a huge financial risk. What advice would you give to women who have amazing business ideas but are afraid to take the leap?**

You win some and lose some, but taking the risk to get closer to your dream is worth it. And if it's meant to be, God will send the right people to help you achieve your goals. Either way, if you're passionate about something, it is worth going after.

**Laughter is the best medicine, something you spread to thousands of homes through your content. What's the funniest thing you can remember happening to you?**

Laughter is therapeutic, especially when we can laugh at ourselves! I remember falling over at the beginning of a corporate gig. I got up, laughed hysterically, and then proceeded with the gig. Talk about an icebreaker!

**Your confidence and makeup are always equally on point. Give us a beauty secret!**

I battled with my confidence in my younger years and have been a victim of bullying. I managed to build my self-confidence and love my own reflection by remembering one thing: the most important thing to put on every morning is a genuine smile. Beauty is skin deep, so be bright, be bold, and smile always!

**Empowering women all around the world is what we live for. Tell us something that every woman out there, no matter what personal struggles they may face, can hold onto as a glimmer of hope.**

As women, we face many daily challenges. It is vital to know that you are not alone, and that

there is power in sisterhood. We need to rally together and support one another, so that we can be an indication to men of how we should be treated. Never give up! We are strong, we are bold, and we are so much more than what the world expects us to be.

**Women are powerful and can run multiple businesses while managing the home front, but have you received any hate about doing too much? And how did you handle it?**

I have been told that I wouldn't be able to do it all, but with faith and fair

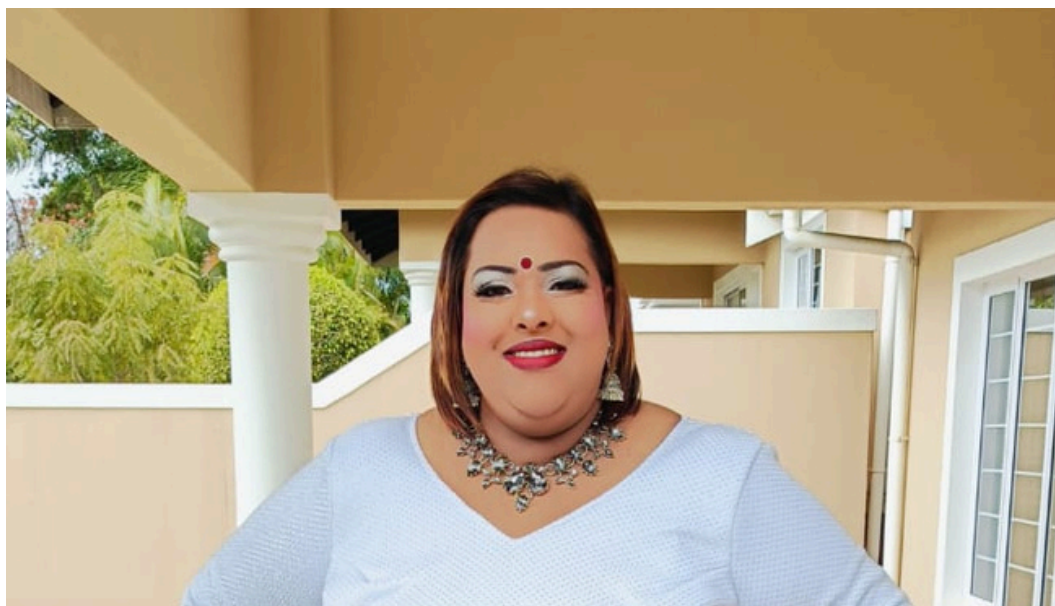
balance, it is possible. I refuse to live by orthodox stereotypes and wish to break through every one of them. There are plenty of women doing a multitude of different things.

**Everyone wants to leave behind a legacy, what would you want yours to be?**

My legacy would simply be a good name. I would want people to remember me for being the relentless woman who broke all the norms, and who persevered always. If I achieve that, I would be at peace knowing I lived a fulfilling life.

**You've had a jampacked year in 2024, but we're still curious—what's next on the cards?**

I'm excited to announce that we have a movie in the works. It is based on my life story and is called "Diaries of a big girl in a small world". It will also be published as a book. I also plan to expand my salon brand and open up more across the country so that women from every corner of South Africa gets their princess treatment with us.











# 8 Money Myths That Are Keeping You Broke

New year, new budget... or at least that's the plan, right? After a December full of swipe-happy spending (because let's be real, the holiday sales were too good to resist), January often feels like a financial reality check. But before you start making drastic money moves based on questionable advice, let's bust some of the biggest money myths that might be keeping you broke.

## Myth 1: "If I Just Cut Out My Daily Coffee, I'll Be Rich" ☹️🚫

Yes, skipping that R50 iced latte might save you some cash—but let's be honest, it's not turning you into a millionaire overnight. While small savings help, real wealth-building comes from smart investing, managing debt, and increasing income—not just depriving yourself of tiny joys. So, enjoy your coffee (guilt-free!) and focus on the bigger picture.

## Myth 2: "Cash Is Safer Than Using a Card" 🏠👉

Keeping cash on hand might make you feel more in control, but unless you're stuffing it under your mattress (please don't), your money isn't actually growing. Digital banking, savings accounts with interest, and even beginner-friendly investments do more for your bank balance than a stack of notes sitting in your wallet. Plus, let's not forget how fast cash disappears when you're out and about!

## Myth 3: "I'll Start Saving When I Make More Money" 💰👉

Spoiler alert: If you're not saving now, you probably won't magically start when you earn more. Lifestyle inflation is real, and the more you earn, the more you'll find ways to spend. The trick? Start small—like R100 a month—and build up. The habit matters more than the amount.

## Myth 4: "Debt Is Always Bad" 🏠👉

Not all debt is created equal. Sure, racking up credit card bills for an unnecessary shopping spree? Bad idea. But using debt strategically, like for an education, a home, or a business investment? That's how people level up financially. The key is knowing the difference between good and bad debt (and never borrowing more than you can handle).

## Myth 5: "Budgeting Means No Fun" 🏠👉

Budgeting isn't about punishing yourself—it's about making your money work for you. A smart budget includes both responsibilities and fun, so you're not stuck in an endless cycle of spending guilt. Want that weekend brunch or new pair of heels? Plan for it! Money confidence comes from balance, not restriction.

## Myth 6: "Credit Cards Are Always Bad for Your Credit" 🏠👉

A lot of people fear credit cards, thinking they'll wreck their credit score. But when used responsibly, credit cards can actually boost your credit score! The key is to pay off the balance in full each month, avoid late payments, and keep your utilization ratio low. It's all about managing your credit wisely—not avoiding it altogether.

## Myth 7: "I Don't Need to Start Investing Until I'm Older" 🏠👉

Spoiler alert: It's never too early to start investing! The earlier you begin, the more your money has time to grow through the magic of compound interest. Whether it's a small amount or a large one, getting started now means you'll be way ahead when you're older. So don't wait—there's no such thing as too soon when it comes to investing.

## Myth 8: "Renting Is Just Throwing Money Away" 🏠👉

Renting gets a bad rap, but it's not always a financial setback. In fact, renting can be smarter than buying, especially in expensive markets or if you're not ready for the long-term commitment that comes with homeownership. Renting provides flexibility, and you can still invest your savings rather than tying them up in a down payment. It's all about knowing what makes sense for your current financial situation.

## Final Thought: Your Money, Your Rules

It's the start of the year, and while December may have left your wallet feeling some type of way, don't let these money myths hold you back. Smart financial moves aren't about extreme sacrifices—they're about making better choices, one paycheck at a time. So, go ahead, sip that coffee, budget in your shopping spree, and let 2025 be the year you boss up financially!







# 5 Student Side Hustle Shenanigans!

Ready to make bank without giving up your social life? These 5 student side hustles are about to level up your wallet (and your weekends)!







Let's face it: as a student, money often feels like it's disappearing faster than your last packet of ramen. But what if we told you there's a way to boost your bank balance and still have time for your social life? Enter the world of side hustles! Whether you're looking to pay off that killer textbook bill, fund your weekend plans, or save for a dreamy vacation, we've rounded up 5 side hustles that are flexible, fun, and, most importantly, profitable. Ready to make that extra cash? Let's go!

### 1. Social Media Manager: Get Paid to Be on Instagram

If you're always the first to know about the latest trends on TikTok or have a natural flair for crafting the perfect caption, why not turn that social media obsession into a money-making hustle? Small businesses and influencers are always looking for someone to manage their accounts, create content, and engage with their followers. You can work from anywhere (hello, study break) and get paid to scroll. It's like living your best Insta life, but with a paycheck attached.

### 2. Online Tutor: Help Others While You Help Yourself

Got a knack for explaining complex ideas in simple ways? Use your knowledge to help others and earn extra cash on the side. From tutoring high school students in subjects like math or science to helping fellow uni students with essay writing or foreign languages, tutoring is a flexible hustle that pays well. Plus, it's rewarding—you're not just helping your wallet, you're also helping others ace their grades. Win-win!

### 3. Virtual Assistant: Make Tasks Disappear (For Cash, Of Course)

If you're super organized and love crossing things off your to-do list, virtual assisting might just be your hustle soulmate. Virtual assistants help businesses and entrepreneurs with tasks like scheduling, email management, research, and even social media. It's a great gig if you've got a few hours to spare each week, and you can often set your own rates (hello, flexibility!). Plus, you'll be learning skills that'll totally boost your resume for later.

### 4. Freelance Writing: Turn Your Words into Money

Love writing? Why not turn that passion into a side gig? Freelance writing is the perfect hustle for students who want to flex their creative muscles while earning some extra dough. Whether it's blogging, copywriting, or creating content for websites and social media, there's a ton of demand for fresh, exciting content. Start small, build your portfolio, and watch your writing career take off—all from the comfort of your dorm room.

### 5. Dog Walking or Pet Sitting: The Purrfect Gig

If you're an animal lover (and who isn't?), this is the side hustle you've been waiting for. Pet sitting or dog walking is the ideal hustle if you're looking for something low-stress and flexible. With a little help from apps like Rover or Wag, you can make money while bonding with furry friends. Plus, it's an excuse to get outside and get your steps in. Hello, fitness benefits!

### The Bottom Line

Being a student doesn't mean you have to be broke. With these 5 side hustles, you can work on your own terms, boost your income, and still have time for fun. So, what are you waiting for? Pick your hustle, start hustling, and let those dollars start rolling in!











BY: KIYARA SOOBARAMONEY

Hearing your doctor say the word “chronic” can feel like the ground beneath you just gave way. Cue the emotional floodgates—fear, confusion, and a million questions you never thought you’d have to ask.

But here’s the thing: as overwhelming as it may feel, life doesn’t stop at diagnosis—it’s just a new chapter. And to help you navigate this journey, we’ve got the incredible Dr. Carmen James stepping in. She’s breaking down the facts, answering those tough, awkward questions, and most importantly, reminding us all that hope is always on the horizon.

Tell us about who you are and how you stepped into the world of assisting women.

I’m Dr. Carmen James—a medical doctor, holistic coach, and a passionate advocate for women’s health and well-being. My journey began when I noticed a gap in the healthcare system, where many women felt unheard or misunderstood regarding their menstrual health concerns. Throughout my medical training and practice, I became increasingly aware of how stress, lifestyle, and emotional well-being profoundly affect women’s health. This realization led me to integrate holistic approaches with conventional medicine, focusing on treating the whole person rather than just the symptoms. Today, I facilitate women’s health and wellness talks and workshops

## Chronic Conditions: Moving Forward after Diagnosis

that focus on educating and empowering women to use their natural shifts in their hormones as a superpower rather than to view it as a burden.

**Chronic conditions come with a dark label of permanence. How would you suggest someone digest that information without losing all hope?**

It’s natural to grapple with feelings of uncertainty and despair, but it’s important to remember that a diagnosis is not the end of your story. Instead, it is the beginning of a new chapter—one where you have the opportunity to

redefine your journey and find strength you didn’t know you had. My advice is to educate yourself. Knowledge is empowering. Understanding your condition can alleviate fears of the unknown. Research credible sources. Ask your healthcare provider questions, and learn about all treatment options available to you. Focus on what you can control. While the condition may be chronic, there are aspects of your health and lifestyle that

you can influence. Adopting nourishing nutrition, engaging in physical activity, and practicing stress-reduction techniques can significantly impact your well-being.

**Chronic conditions impact mental health enormously. What are a few coping mechanisms women can utilize to aid in their journey to healthy living?**

I find that practicing mindfulness helps to stay present and reduces anxiety about the future. Techniques like meditation, deep-breathing exercises, or progressive muscle relaxation can alleviate stress

and improve emotional well-being. Consuming a balanced diet rich in whole foods can positively affect your mood and energy levels. Get enough sleep—adequate rest is crucial for our mental health. Engaging in appropriate physical activity releases endorphins, which are natural mood lifters. Activities such as walking, yoga, or swimming can enhance both physical and mental health without overexerting the body.

**When self-esteem plummets, what are some go-to saving graces?**

Treat yourself with the same kindness and understanding you would offer a close friend. Making a list of your accomplishments and the qualities you appreciate about yourself can serve as a powerful reminder of your worth and capabilities. Challenge negative thoughts by replacing them with positive affirmations, and remind yourself of past successes and your ability to overcome difficulties. Remember, everyone’s journey is unique. Focusing on your own progress rather than comparing yourself to others can reduce feelings of inadequacy. Curate your social media and news consumption to include positive and inspiring content, limiting exposure to negative media. If low self-esteem persists, consider reaching out to a mental health professional who can provide



guidance and coping strategies tailored to your situation.

**Do you believe there is power in herbal treatments that are not spoken of in doctor's rooms?**

I believe there are significant health benefits in herbs and herbal supplements. Many plants have been used for centuries across various cultures to promote health and treat ailments. Modern research has begun to validate some of these traditional uses, finding that certain herbs contain active compounds beneficial to our health. However, herbal treatments are not always discussed in doctor's rooms because herbalism is not the primary focus in medical schools, which tend to emphasize an evidence-based approach that has a more abundant foundation for pharmaceutical medicines compared to botanicals. Not all her remedies have been thoroughly studied in clinical trials, so without robust scientific data, physicians may be hesitant to recommend certain herbs. Herbal supplements are also not always regulated with the same rigor as pharmaceutical drugs. This can lead to variations in potency and purity, making it challenging to guarantee their safety and effectiveness. Herbs can also interact with prescription medications, potentially reducing their effectiveness or causing adverse effects. Without detailed knowledge of a patient's use of herbal supplements, there interactions can pose risks. I advocate for an integrative approach to health, combining the best of conventional medicine with evidence-based natural therapies. While there is power in herbs and they can offer health benefits, it's essential to approach them thoughtfully and responsibly.

**Is there life after a chronic diagnosis?**

Absolutely! While receiving such news can be life-altering and overwhelming, it's important to remember that a diagnosis is not a definition of who you are. Many people with chronic condition lead full, meaningful lives filled with joy, purpose, and fulfillment. It's natural to experience a range of emotions, so give yourself space and time to process these feelings without judgment. Be proactive in your healthcare. Ask questions, seek second opinions if necessary, and collaborate with your healthcare team to create a plan that works for you. Surround yourself with people who uplift and support you. This can include friends, family, support groups, or mental health professionals.

**What are some of your personally tried and tested methods to alleviate stress and anxiety when it comes to health concerns?**

I find journaling very therapeutic. Writing down my thoughts and feelings allows me to process emotions and identify patterns in my stress responses. Journaling provides a safe space to express myself without judgment. Also, while it's important to stay informed about health matters, too much information can increase anxiety. Set boundaries on consuming news or health-related content, focusing only on credible sources when necessary. Gratitude is also a powerful practice. Writing a list of things you're grateful for, no matter how big or small, can help shift your focus from worries to positivity, enhancing your overall outlook.

**If there is something you could say to women who have been**

**diagnosed with a chronic illness and are on the brink of losing faith, what would it be?**

Your feelings are completely valid and you are not alone. Navigating a chronic condition can be incredibly challenging, and it's okay to acknowledge the weight of that burden. Remember, you are so much more than your diagnosis. While this condition may be part of your life, it does not define or diminish your worth. Each day you continue forward as a testament to your strength and resilience, even if it doesn't always feel that way. Allow yourself moments of kindness and self-compassion. Engage in activities that bring you joy and peace, no matter how small they may seem. Take one day at a time, and know that it's okay to ask for help. Professional support, whether medical or emotional, can provide you with additional tools to cope and find hope in your journey.

**If women are in need of your assistance and need to get in touch with you, what are the avenues they can take?**

For women's health and wellness content, follow **@dr.carmenjames** on all social media platforms. For queries about women's health workshops and talks, email **dr@carmenojames.com**

**A positive affirmation or motto that you live by:**

Every challenge is an opportunity for growth and healing.









# Rekt, Ready, and Running the Show

## How Nikki Haneef is Owning Every Lane

When it comes to powerhouse women making waves in the entrepreneurial world, Nikki Haneef is one to watch. The founder of **Rekt**, the newly launched fitness wear brand, is redefining what it means to be a businesswoman—bold, fearless, and unapologetically herself. From managing rental properties to launching her own brand, Nikki's journey has been anything but conventional. But if there's one thing she's learned, it's that success isn't just about working hard—it's about working smart. From Education to Entrepreneurship: The Unexpected Leap "Honestly, entrepreneurship wasn't always the plan, but looking back, it makes perfect sense," Nikki admits. After working in education across America and Dubai, she found herself craving more creative freedom. When she moved back to Durban, she let her passions lead the way, and before she knew it, she was building multiple businesses.

**The real "aha" moment** "It probably hit me when I was managing my rental properties, while also dreaming up Rekt, my activewear brand. I love creating, whether it's through hosting parties, interior design, and even hand-making self-care products! I realized I wasn't just dabbling—I was building something real. The feeling of creating, problem-solving, and making an impact on my own terms? That's when I knew—yep, this is it for me."

### **Born to Hustle: A Go-Getter from the Start**

Some people are born with that unstoppable drive, and Nikki is one of them. "Oh, I was definitely a go-getter from the start! I was super outspoken and always had a creative streak—I loved writing poems, making up stories, and putting them down on paper."

But that's not all - Nikki was also a professional dancer from the age of 4 to 16, even doing paid gigs. "So in a way, I was already learning discipline, performance, and the hustle from a young age," she shares. With a single mom who seamlessly ran multiple businesses, Nikki saw firsthand what ambition and resilience looked like.

And let's talk about vision boards—at just 11 years old, Nikki set her sights on moving to NYC, thanks to an introduction to au-pairing from her mom. "Looking back, that was probably my first real experience with setting a goal and making it happen—something that's carried into my life as an entrepreneur today."

### **If Life Were a Movie...**

If Nikki's life were a film, it would be called "Unscripted." "I've never followed a traditional path—I've danced, taught, traveled, built businesses, and taken risks that have led me to places I once only dreamed about." And who would play her on screen? "Zendaya. She's got the grace, the ambition, and the ability to embody a character

with depth. Plus, she could totally pull off the dancing scenes!"

### **The Side of Nikki You Wouldn't Expect**

Despite her confidence and business acumen, Nikki shares a side of herself that many wouldn't guess. "Most people would never guess that I'm extremely introverted and struggle with chronic anxiety and OCD."

Being outspoken doesn't mean she's always comfortable in social settings. "The truth is, I recharge best when I'm alone, and I've had to work through a lot of internal battles to get where I am. Running businesses and putting myself out there isn't always easy, but I've learned how to navigate it while honoring my need for solitude and self-care."

### **Meet Nikki's Biggest Cheerleader**

Behind every boss babe is a strong support system, and for Nikki, it's her husband. "He sees me at my highest and my lowest, yet he never stops believing in me—even when I struggle to believe in myself."

It's more than just encouragement—he understands when to push her towards her dreams and when to remind her to slow down, she shares. "Having that kind of unwavering support makes all the difference."



**Inside Nikki's Bag:** Ever wondered what a fitness entrepreneur carries around? Nikki's bag is a mix of practical and mom life essentials. "Definitely my phone! A notebook or planner (I love writing things down), my Dior lip oil, La Mer sunscreen—and since I'm a mom, there's a good chance you'll find a random toy, snack crumbs, or something Amir had to bring but didn't want to carry!"

**Guilty Pleasures? Yes, Please!** Even boss babes need downtime, and Nikki is all about the Netflix marathons. "Give me some chocolate or a bag of chips, and I'm set. But if I'm really in full unwind mode, I'll throw on some cozy loungewear, make a cup of coffee, and just scroll aimlessly, with my husband next to me, of course! It's the little things."

**The Boss Babe Hack You Need to Steal** For Nikki, success isn't about working harder—it's about working smarter. "My ultimate boss babe hack is all about managing energy, not just time."

Her mornings are golden, so she tackles her toughest tasks first thing. But she also has a game plan for when energy dips. "I keep a running list of 'micro tasks' for when my energy is low. That way, I'm still moving forward, even if it's at a slower pace."

**And let's not forget self-care:** "Whether it's a quick workout or simply stepping away for a bit—it keeps me grounded and ready to slay."

**One App, One Lifeline** If Nikki could only keep one app on her phone? "Google Calendar. Between running Rekt, managing my rentals, helping my husband with admin for his businesses, and being a mom and wife, I need everything scheduled and organized!" It's not just about work—it's about balancing family life too, she shares. "Google Calendar helps me keep track of appointments, family events, and even little reminders for Amir's school activities or dates for quality time with my husband."

**The Mantra That Keeps Her Going** When things get tough, Nikki turns to a powerful mantra from the Qur'an: "Indeed, with hardship comes ease. (Qur'an 94:6)" "This reminds me that no matter how tough things may seem, relief and ease will follow. It's a message of patience and faith, knowing that challenges are part of life but also temporary."

**Her go-to ritual?** Stepping outside for a quick walk or taking a few moments of silence. "Sometimes, it's the smallest pause that helps me gather my thoughts and approach the situation with a fresh perspective."



**A Dream Dinner Party** If Nikki could dine with anyone, her guest list would be deeply personal. "My grandfather. He was such an influential figure in my life, and I wish that I could just see him & hug him again. I would just want to hear his voice and let him tell me the stories of his childhood, and all his adventures one more time."

She'd also love to meet her husband's gran and uncle, who passed before she had the chance. "I can feel how much they would have loved me as part of their family."

**As for the menu?** "It would be all about warmth, love, and sharing a moment together."

**The Truth About Being a Boss Babe** One misconception Nikki wants to shut down? That success means working 24/7.

"The truth is, entrepreneurship requires balance and boundaries. It's not about grinding non-stop; it's about working smart, staying organized, and knowing when to step back and recharge. Running a business doesn't mean sacrificing your well-being—or family time—it's about creating a life that aligns with your values, and that includes rest."

**The Most Surprising Part of Running a Business** "The most surprising part of running the show has been realizing just how much mental energy it takes, not just physical work."

It's not just about ticking off to-dos—it's about managing your mindset. "There are constant ups and downs, moments of self-doubt, and unexpected challenges. But what's also surprising is the resilience you build."

**In Three Words?** When asked to describe her boss babe energy in three words, Nikki doesn't hold back: "Confident, resilient, and fierce."

And honestly? We couldn't agree more.







# 1

## Hello, Good Stuff! Glow Serum Primer

Meet your new glow BFF. Infused with watermelon extract and nourishing ingredients, this primer hydrates, preps, and gives your skin that healthy, dewy radiance before you even apply foundation. Think of it as a skincare-makeup hybrid that leaves you looking fresh and luminous all day long.



# 2

## Gel Nail Colour Nail Polish

A salon-worthy mani at home? Yes, please! These polishes give a glossy, gel-like finish without the UV lamp. They're fast-drying, long-lasting, and come in the prettiest shades—what's not to love?



## 5 of our Fave Essence Products RN

Beauty on a budget? Say less. Essence is proof that you don't have to splurge to get high-quality, trend-driven makeup. Whether you're after a flawless base, bold lashes, or the perfect pout, these picks deliver major results—without breaking the bank. Here are the five Essence products we're obsessed with right now!

# 3



## The Nude Edition Eyeshadow Palette

Neutral lovers, this one's for you! These soft, blendable shades are perfect for everyday wear, but they can also be built up for a sultry, smoky look. Plus, the pigmentation? Chef's kiss.

## BABY GOT BLUSH liquid blush

Liquid blush is having a moment, and this one from Essence is a total must-have. It blends like a dream, gives a natural flushed look, and stays put all day. Plus, the adorable packaging? Obsessed.

# 4



# 5

## THE slim STICK

A long-lasting matte lipstick that's actually comfortable? Essence understood the assignment. This formula stays put for hours without drying your lips out, and the shade range is pure perfection. Whether you're into nudes, reds, or deep berries, there's a color for you.







# Power, Passion, and Haircare

Meet Chantel Chuma, the boss babe redefining beauty standards with Omorfia Cosmetics. Hailing from Giyani, Limpopo, Chantel is the powerhouse behind this growing brand, dedicated to promoting hair health and confidence with products that actually work. But she's not stopping there. From a successful career in engineering and business management to expanding her entrepreneurial ventures, Chantel is a woman on a mission to empower and inspire. We caught up with her to dive into the story behind Omorfia Cosmetics, her game-changing products, and the self-care rituals that keep her grounded while building her empire.

## Who is Chantel?

I'm Chantel Chuma, born and raised in Giyani Limpopo. The Founder and CEO of Omorfia Cosmetics, a brand dedicated to promoting hair health and confidence through high-quality, reliable haircare products. My journey in business

extends beyond beauty, I'm the Director of Marlmoo PTY Ltd, a supply company established 2019, and the CEO of Kukimbia SA, a business focused on low-income housing and brick manufacturing.

My educational background includes studies in Electrical Engineering, Human Resources Management and Business Management and through my journey, I discovered that my true calling is entrepreneurship. I've always had a passion for creating opportunities. I'm now based in Johannesburg, where I continue to learn, build and expand my businesses.

My goal is to empower and inspire others, whether it's through providing essential haircare solutions, contributing to infrastructure development, or facilitating business opportunities. Omorfia Cosmetics is more than just a brand for me, it's a testament to the power of persistence, passion, and purpose.

## One year of Omorfia! What has been the biggest pinch-me moment so far?

Wow, what a beautiful journey it has been! Reflecting on Omorfia Cosmetics' first year, it was all about learning and discovering. There have been so many incredible moments, but the biggest pinch-me moment has to be seeing real customers share their hair growth success stories using InfiniGrow Hair Oil. Hearing how our product has helped people regrow their edges, boost their confidence, and embrace their natural hair has been truly surreal.

## Your InfiniGrow Hair Oil is already a cult favourite. What inspired you to create it, and what makes it so effective?

The inspiration behind InfiniGrow Hair Oil came from a personal and shared struggle, hair thinning, slow growth, and hairline damage. I noticed that so many people, including myself, were searching for a natural, effective solution to restore and strengthen their hair. Instead of relying on chemical-heavy products, I wanted to create something that was gentle yet powerful, using ingredients that have been trusted for generations. What makes InfiniGrow Hair Oil so effective is its carefully selected blend of ingredients. Each one plays a vital role in stimulating growth and strengthening the hair follicles.

## You recently introduced a derma roller to complement the oil, can you break down how it works and why we should all be rolling our scalps?

Yes! We recently introduced the Omorfia Derma Roller, and it has been a game-changer for hair growth when used alongside our InfiniGrow Hair Oil.

Derma rolling (also known as microneedling) involves using a roller with tiny needles to create micro-punctures on the scalp. This process might sound intense, but it's actually painless and highly effective.

## Why Your Scalp Needs It?

The micro-punctures boost blood circulation, delivering more nutrients and oxygen to the hair roots, which wakes up dormant follicles and encourages new hair growth. The tiny channels created by the derma roller allow InfiniGrow Hair Oil to penetrate deeper into the scalp, making the ingredients even more effective. Regular use helps to improve scalp health, strengthen hair at the root, and reduce hair loss.

Try it Trust me, your scalp will thank you!







**Running a brand means wearing a million hats, what is your personal self-care routine when you're not bossing up?**

I'm in no way in a position to relax right now. I prioritise working and pushing forward every single day because I genuinely enjoy it. Building Omorfiá Cosmetics and my other businesses is my passion. I believe in my vision, and for me, the grind isn't just work, it's part of my purpose. Running a brand definitely means wearing a million hats, and while I love the hustle, I've learned that self-care is non-negotiable. When I'm not in full boss mode, I prioritise things that help me reset and refocus. Spending time with loved ones, having meaningful conversations, and stepping away from work to enjoy the little moments is the best reset.

**What is the meaning behind Omorfiá?**

Omorfiá means beauty, and to me, beauty is more than just appearance. It's confidence, self-love, and embracing your uniqueness. True beauty comes from within. It's about how you feel about yourself, how you carry yourself, and how you nurture both your inner and outer well-being. With Omorfiá Cosmetics, my goal is to empower people by helping them feel confident in their natural beauty. Our products are/ will be designed not just to enhance hair health but to remind people that self-care is self-love. When you take care of your hair, your skin, and yourself, you show up in the world stronger, bolder, and more empowered. I hope that through Omorfiá, people feel seen, valued, and encouraged to embrace their journey, whether it's hair growth, self-growth, or personal transformation. Beauty isn't about perfection, it's about owning who you are and celebrating every stage of the journey.

**Let's talk hair struggles, what is the most common mistake people make when trying to grow healthier, thicker hair?**

Not Being Consistent: Hair growth takes time! Many people expect instant results and give up too soon. With InfiniGrow Hair Oil and the Omorfiá Derma Roller, consistency is key, results typically show after 4-12 weeks of regular use.

**If you could only give one piece of haircare advice for someone struggling with breakage and slow growth, what would it be?**

If I could give just one piece of advice, it would be this: Focus on your scalp health first! Many people try to fix breakage and slow growth by treating the hair strands, but the real magic happens at the roots. A healthy, well-nourished scalp is the foundation for stronger, thicker hair.

**Building a beauty brand is not easy! What has been the most unexpected challenge, and how did you overcome it?**

Building a beauty brand is definitely not easy, and one of the most unexpected challenges I faced was educating customers about hair growth and consistency. Many people expect instant results, and I quickly realised that I had to emphasise that hair growth is a journey, not an overnight miracle. Some customers would try InfiniGrow Hair Oil for a short time, not see immediate results, and assume it didn't work, when in reality, hair health requires patience, consistency, and the right routine. How I Overcame It: Educating through content: I started sharing more before-and-after results, haircare tips, and the science behind our ingredients to help customers understand how and why the products work.

Encouraging consistency: I emphasised that results typically show after 4-12 weeks with regular use and created guides on how to use InfiniGrow Hair Oil and the Omorfiá Derma Roller effectively. Engaging with customers: I always listen to feedback, answer concerns, and build a community of hair growth enthusiasts who now share their progress and encourage others.

**If Omorfiá Cosmetics had a signature scent, what would it smell like?**

If Omorfiá Cosmetics had a signature scent, it would be earthy, warm, and subtly refreshing, just like InfiniGrow Hair Oil. With its light hint of turmeric, the scent carries a natural, grounding aroma, balanced with a touch of herbal freshness from rosemary and peppermint. It's not overpowering, but rather a gentle, comforting scent that reminds you that you're nourishing your hair with pure, natural ingredients. Think of it as a spa-like experience for your scalp - subtle, soothing, and effective!

**We love a sneak peek! Can you drop any hints about the upcoming products in your line-up?**

Here's a little hint: we're expanding beyond oils! Soon, you'll be seeing essential haircare tools and accessories designed to help you nurture and protect your hair effortlessly. Think must-have essentials to keep your hair healthy, moisturised, and growing strong.

Without saying too much, let's just say your wash day and nighttime routine are about to get a serious upgrade! Stay tuned!

**What is your ultimate dream for Omorfiá? A global empire? A full haircare line? Give us a glimpse into the future!**

Omorfiá Cosmetics is just getting started, but the vision is bigger than just haircare, it's about total beauty, confidence, and self-care! The ultimate goal is to build a global beauty empire that provides high-quality, science-backed solutions for both hair and skin, empowering people to feel their absolute best. In the future, Omorfiá will expand into:  
 A Full Haircare Line – Beyond our signature InfiniGrow Hair Oil, we're working towards a complete range of shampoos, conditioners, deep repair masks, and specialised treatments designed to strengthen, nourish, and promote healthy hair growth.  
 A Skincare Line – Just like we care for hair, Omorfiá will introduce natural, effective skincare solutions that focus on hydration, repair, and glowing skin. The goal is to create gentle yet powerful products that enhance skin health naturally.  
 Omorfiá Hair & Skin beauty Clinic – This is a big dream! I envision physical clinics where people can get expert consultations, personalised treatments, and professional scalp and skin care services. These clinics will focus on scalp health, hair regrowth treatments, skincare concerns, and overall wellness, ensuring that every client gets a customized plan for their beauty needs.  
 A Holistic Beauty Movement – More than just selling products, Omorfiá will be a brand that educates and empowers, offering hair and skin care tips, consultations, and a community-driven support system to help people feel confident in their natural beauty.







# Glow, Don't Burn: Why Sunscreen is the Real MVP of Skincare

Let's get one thing straight—sunscreen isn't just for beach days. It's the secret weapon to keeping your skin looking flawless, youthful, and damage-free. Think of it as your daily shield against premature wrinkles, sunspots, and (worst of all) skin cancer.



**Still skipping SPF? Here's why you need to make it a non-negotiable:**

**Wrinkle Prevention 101** – Sun exposure speeds up aging faster than an ex who texts “I miss you” out of nowhere. SPF keeps fine lines and sagging at bay.

**Goodbye, Dark Spots** – UV rays trigger hyperpigmentation, aka those stubborn spots that don't vibe with your glow. Sunscreen helps keep your skin tone even and radiant.

**Skin Cancer is Not a Trend** – The harsh truth? Unprotected sun exposure increases your risk. A daily SPF of 30+ is your best defense.

Whether it's sunny, cloudy, or “I'm just sitting by the window” weather, SPF is a must. Slather it on, and thank yourself later! #GlowResponsibly



## Our Beauty Editor's Ultimate Skincare Routine

If there's one thing our beauty editor swears by, it's a skincare routine that works harder than your ex trying to get you back. Here's her go-to lineup for glowing, healthy skin:

### Morning Routine

- Cleanser – A gentle gel cleanser to start fresh.
- Hydrating Serum – Hyaluronic acid keeps the skin plump and dewy.
- Moisturizer – Lightweight but packed with hydration.
- Sunscreen – The non-negotiable MVP. Always SPF 30+.







# Hotter Than the Sun

Summer's not the only thing that's heating up—your wardrobe is too.









# Are We Still Wearing Skinny Jeans or Is It Time to Move On?



Let's face it: Skinny jeans have been the staple in our wardrobes for years now. They've been our trusty go-to, from date nights to brunches, from the office to happy hour. But recently, the fashion world has thrown a curveball. With the rise of looser fits, wide-leg trousers, and straight-leg jeans, many of us are asking—are we still wearing skinny jeans, or is it time to finally break up with them?

## The Skinny on Skinny Jeans

Here's the thing—skinny jeans have been good to us. They shape, they hold, they make us feel sleek. You know the feeling when you slide into your favorite pair and bam, instant confidence boost. Skinny jeans made us feel like we had it all together, effortlessly cool, yet totally polished.

But after a few seasons of low-rise pants and relaxed fits dominating the runway, we can't help but wonder—are skinny jeans starting to feel a little... outdated?

## The Case for Letting Go

The trend cycle is constantly shifting, and right now, baggy and oversized is taking the spotlight. Celebs and influencers are rocking wide-leg jeans, cargo pants, and even the infamous low-rise jeans, making skinny jeans feel almost... suffocating.

Let's be real: how often do you see someone strutting around in skinny jeans these days? With looser fits offering more freedom (hello, comfort), it's easy to see why some might be ready to stash their skinnies in the back of the closet.

Plus, let's talk about denim diversity! The best part about the current jean moment is how many options there are. From boyfriend fits to straight-leg to flares, your denim options are more versatile than ever, meaning you don't have to feel boxed in by your trusty skinny pair anymore.

## The Case for Keeping Them

That being said, skinny jeans aren't totally dead, and they certainly don't need to be. Sure, loose fits are taking over the streets, but skinny jeans are still so flattering when styled right. They show off your shape, they're perfect for tucking into boots, and when you want to look put-together without much effort, skinny jeans are your bestie. Not to mention, they're still available everywhere, and brands are innovating with more breathable, comfortable fabrics, making them more practical than ever.

## So, What's the Verdict?

Should you retire your skinny jeans for good? Not quite. The truth is, fashion isn't about clinging to one trend or abandoning another. Skinny jeans are a classic, and they've earned their spot in your closet—just maybe not as your everyday go-to anymore.

If you're still vibing with them, rock them! But don't be afraid to experiment with other fits, because fashion's about having fun and finding what works for you, whether it's skinny, straight, or wide-leg. Go ahead, embrace the change, but remember—there's no rule saying you can't have both.



# Why You Need to Add This Lingerie Brand to Cart Like, ASAP!

Let's be real—good lingerie is a game-changer. The right set doesn't just sit pretty under your clothes; it boosts confidence, makes you feel unstoppable, and honestly? You deserve that main character energy. So, if your top drawer is looking a little meh, it's time for an upgrade. Enter Wife Material, the lingerie brand that's sexy, comfy, and totally worth adding to cart. Here's why:

## 1. Fits Like a Dream

Because no one has time for straps that dig, cups that gap, or undies that ride up. Wife Material gets that the best lingerie is the kind you forget you're even wearing.

## 2. Styles That Make You Feel That Girl

Lacy and delicate? Bold and edgy? Soft and romantic? Whatever your vibe, there's a set that matches your mood and your aesthetic.

## 3. Comfort Meets Confidence

Who says you can't have both? Their pieces are designed to hug your body in all the right places—so you can feel just as good as you look.

## 4. Affordable and Luxe? Yes, Please!

High-end vibes without the designer price tag? We love a brand that keeps our wallets happy while still making us feel like a million bucks.



## 5. It's Giving Main Character Energy

Whether it's for date night, self-love, or just because (as it should be!), slipping into stunning lingerie is an instant confidence boost. And when it's made for you, it's even better.

## 6. Bras That Actually Support—Yes, Even Bigger Busts!

No more struggling with flimsy straps and weak bands! Wife Material designs bras that provide real support for fuller busts while keeping things stylish and comfortable.









# How to Find Your Girl Gang at Uni (And Why You Totally Need One)

Let's be real—uni can feel like a rollercoaster of classes, deadlines, and finding your footing in a sea of new faces. But let's not forget the best part: building your squad. Your girl gang isn't just a bunch of people to have fun with (although that's a huge perk), they're your support system, your ride-or-die crew, and your personal cheerleaders. Ready to meet the girls who'll have your back? Here's how to find your perfect tribe at uni.

## Start With Your Classes: Your Study Buddies Can Be Your New Besties

Your first stop on the girl gang search? Your lecture halls and study groups! Chances are, there are a few people in your classes who are just as determined to make it through the semester as you are. Strike up a conversation after class, swap notes, or suggest starting a study group. You'll bond over your shared struggles, and next thing you know, you'll be swapping coffee dates and Netflix recommendations.

## Join Clubs and Societies: Find Your People Outside the Classroom

One of the easiest ways to meet like-minded gals is through uni clubs and societies. Whether you're into art, politics, sports, or even just yoga, there's a group for you. These are the perfect places to meet girls who share your interests (and who might just become your future brunch buddies). So, grab that membership form and make the first move—you never know where it might take you!

## Don't Be Afraid to Initiate Plans: Confidence Is Key

Sometimes, all it takes to make a connection is a simple invite. Want to grab coffee after class or check out the new brunch spot? Don't wait for others to ask you—



take the lead and put yourself out there! You'd be surprised how many people are secretly waiting for someone else to make the first move. Just remember: confidence is magnetic, and your future girl gang will appreciate it!

## Get Involved in Events and Socials: Where the Magic Happens

Uni is full of parties, socials, and get-togethers—perfect opportunities to meet new people and expand your circle. Go to the welcome week events, sign up for bar crawls, or attend themed parties. Even if you're not a party animal, these events

are a great place to meet people in a relaxed environment. You'll bond over music, cocktails, or (let's be real) the struggle of navigating the campus at night.

## Use Social Media and Apps: A Little Digital Help Never Hurt

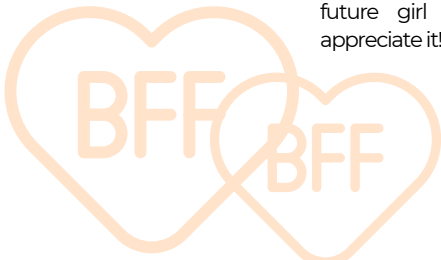
Okay, we know social media can sometimes get a bad rap, but it's actually a goldmine for meeting new people, especially at uni. Follow clubs, societies, and unrelated groups on Instagram or Facebook, and use platforms like Meetup to find local events and activities. You can slide into DMs to strike up conversations, and who knows? That girl you connected with online could end up being your future partner-in-crime!

## Be Patient (The Right Crew Takes Time)

Building your girl gang isn't something that happens overnight—and that's totally okay. Remember, finding your people is a process, not a race. Don't get discouraged if your first few attempts don't lead to a BFF bond right away. Keep putting yourself out there, stay open to new experiences, and trust that the right girls will find their way to you when the time is right.

## Final Thoughts

Finding your girl gang at uni isn't just about making friends—it's about creating a support system that'll see you through the highs and lows of student life. So, go ahead, make that first move, sign up for that club, and let the universe bring you the squad you deserve. Your tribe is out there, waiting for you!







# FEMME

*South Africa*

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# Gather the Gals:

## Galentine's Dinner Ideas You'll Want to Try

Galentine's Day is almost here, and honestly, it's the best excuse to gather your besties, indulge in delicious food, sip on cocktails, and bask in all the glorious, girl-power energy. Who says you need a romantic date to have a fabulous night? Let's face it—your squad is all the love you need. So, let's make this Galentine's Day unforgettable with these drool-worthy dinner ideas. Trust us, you'll want to save these for next year (or next weekend, tbh).

### Fondue & Fabulous Vibes

First up—fondue, because who doesn't love dipping stuff into warm, melty cheese? It's the ultimate bonding experience. Cheese fondue is a must, but let's keep things extra and add chocolate fondue for dessert. Imagine the scene: gooey cheese paired with fresh bread, crispy veggies, and apple slices, and then for dessert? Strawberries, marshmallows, and brownies dripping in chocolate. Yeah, you're welcome.

**Pro Tip:** Make it a "fondue roulette"—throw in some surprises like jalapeños or bacon bits for your more adventurous GALS. You know they're down for a challenge.

### DIY Taco Bar (Because Who Doesn't Love Tacos?)

If tacos don't scream "bestie dinner," we don't know what does. Let your GALS go wild with their taco toppings—think seasoned chicken, spicy pulled pork, guac, salsa, and, of course, plenty of cheese. A taco bar is the perfect setup for casual fun, especially when paired with margaritas that'll keep the party going.

**Pro Tip:** Don't forget the sides—Mexican street corn and margarita popsicles are a total vibe.

### Pizza + Prosecco = Pure Magic

Is it even a girls' night without pizza? No. But here's the twist—make it a pizza-making party. Lay out all your favorite toppings and let everyone create their perfect pie.



We're talking classic pepperoni, mushrooms, fresh basil, and, if you're feeling extra, a drizzle of truffle oil. And, of course, there's gotta be Prosecco. There's just something about bubbles and pizza that make the night feel so chic.

**Pro Tip:** Switch it up with dessert pizza! We're talking Nutella, fresh fruit, and a sprinkle of powdered sugar. You'll thank us later.

### Wine & Dine Like a Boss

If you want to elevate your Galentine's dinner, host a wine pairing soirée. Choose a few wines—white, red, rosé—and match them with a few courses. We're talking a simple but chic menu: a cheese board to start, followed by pasta or grilled meats, and, for dessert, a decadent chocolate mousse. Trust us, your GALS will feel like they've stepped into an elegant bistro. And who's going to complain about sipping wine all night? Not you.

**Pro Tip:** Make it interactive by letting each gal vote on her favorite wine of the night. The winner gets a cute wine glass for her collection. #winning

### Brunch...But Make It Dinner

You can never go wrong with brunch. Never. So why not bring your brunch dreams to life in the evening? Think stacks of pancakes, avocado toast and eggs benedict. Throw in mimosas, of course, and make sure the girls are ready for a fun time.

**Pro Tip:** Spice it up with a "Galentini"—that's a Valentine's-inspired martini. Your GALS will be feeling fancy before they even take a sip.

### Travel the World Without Leaving the Table

Take your dinner on a world tour with a themed dinner party. If Paris is calling your name, go all in with croissants, cheese soufflés, and crème brûlée. If Italy's more your speed, serve up pasta, garlic bread, and a show-stopping tiramisu. Set the mood with dreamy decor, a killer playlist, and let everyone dress to impress. It's a vibe, and your GALS will love it.

**Pro Tip:** Don't forget a photo booth with props that match the theme—you know everyone's going to want to snap a pic in their chic Parisian berets or Italian fedoras.

### Comfort Food Cook-Off

Time to bring out the big guns with a comfort food cook-off. Everyone brings their best-loved dish—think mac and cheese, fried chicken, mashed potatoes—and watch as your GALS go head-to-head. The best part? You get to eat ALL the comfort food. Honestly, that's the dream.

**Pro Tip:** Have fun with it! Set up a judging panel and vote on categories like "Best Presentation" and "Most Likely to Be Featured on Instagram." Let the games begin.

### Dessert for Dinner? Heck Yes.

Why not flip the script and go straight for dessert? After all, who needs a main course when you've got brownies, cookies, cupcakes, and cheesecake? For the ultimate sweet tooth experience, set up a DIY sundae station with all the toppings you can think of: whipped cream, sprinkles, chocolate sauce—you name it. And, of course, add a chocolate fountain. Because why not?

**Pro Tip:** Make it a game! Have each gal create the "ultimate sundae," then let the group vote on the most over-the-top creation.

Whether you're dipping cheese into a fondue pot or sipping Prosecco over pizza, the best part is always the company. So grab your besties, gather round the table, and let the good times roll. Because when you've got your girls, nothing else matters.



# One More Chapter? ... Always!

BY: SHAZIA KADER

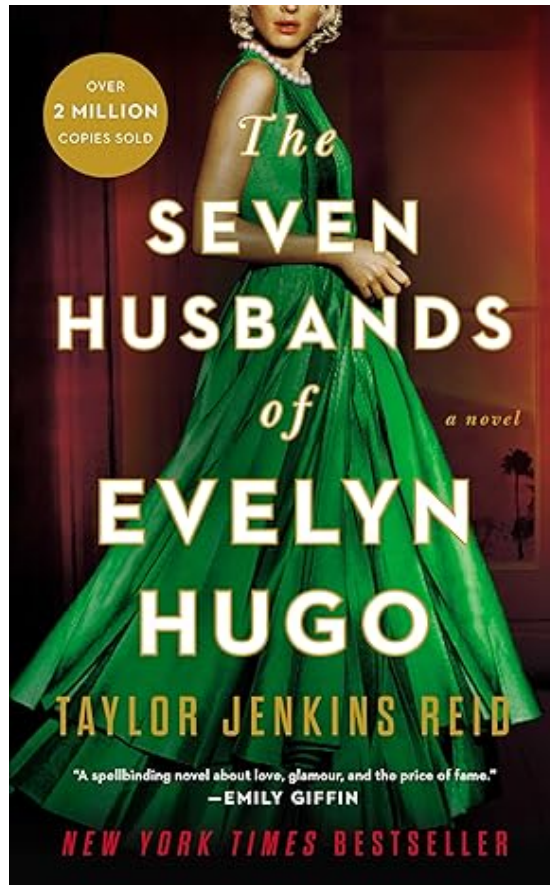
If you're the kind of person who gets lost in a great story, you're in the right place. We're obsessed with compelling narratives, unforgettable moments, and the kind of reads that keep you hooked. Can't say no to a good story? Neither can we!

## *The Seven Husbands of Evelyn Hugo* by Taylor Jenkins Reid

Aging Hollywood icon Evelyn Hugo tells the truth about her seven husbands and her dazzling yet tumultuous life in the spotlight.

## If you're ready to be swept up in Hollywood's golden era, this book is your backstage pass!

Evelyn Hugo is everything a woman dreams of being—fierce, fearless, and oh-so-glamorous. But this book isn't just about the glitz; it digs deep into the human cost of ambition and love in the public eye. Evelyn's story is as inspiring as it is heartbreaking, and it doesn't shy away from the sacrifices women often make for success. Reid's writing makes you feel every twist and betrayal, every love and loss. This isn't just a story—it's a powerful reflection on identity, choice, and resilience.



## What's Your Perfect Book Genre? Find Out Now!

Not sure which genre you should dive into next? This quiz will match you with the book style that's so you. Whether you're craving suspense, adventure, or love, let's see which literary world you belong to! Ready to discover your perfect read? Let's go!

### What's your weekend vibe?

- A) Solving mysteries 🔍
- B) Dreaming of adventures 🌍
- C) Swooning over a love story 💕

### How do you want your main character to feel?

- A) Clever and calculated
- B) Bold and fearless
- C) Soft and romantic

### Dream book setting?

- A) A dark city full of secrets 🏙️
- B) A tropical getaway 🌴
- C) A quaint, cozy café ☕

### What's your ideal ending?

- A) A mind-blowing twist 🤯
- B) A journey of self-discovery ✨
- C) A happily-ever-after 🌟

### Mostly A's – Thriller/Mystery 🕵️

You thrive on suspense, shocking plot twists, and characters with a little edge! If it's got a twist that'll make your jaw drop and keep you up at night, you're all in. Think: late-night crime dramas, nail-biting mysteries, and thrillers that leave you on the edge of your seat.

### Mostly B's – Adventure/Travel Fiction 🌍

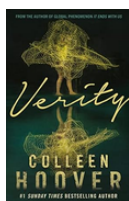
You're the ultimate explorer at heart. Give you exotic destinations, wild adventures, and characters who break free from their comfort zones. You live for the thrill of the unknown and can't get enough of stories that transport you to new, breathtaking places.

### Mostly C's – Romance 💕

You're a hopeless romantic, always dreaming of the one. Whether it's slow-burn passion or a whirlwind love story, you're all about heart-fluttering moments and tear-jerking HEAs (happily-ever-afters). If there's a love triangle, sweet declarations of love, or a sunset kiss, you're totally there.

## HOT READS ONLY!

Because one book is never enough! If you're always saying "just one more chapter" (and then it's 3 AM), we've got you. Here are more page-turners that'll keep you hooked, from juicy dramas to can't-put-it-down thrillers. Happy reading!



**Verity** by Colleen Hoover

Lowen Ashleigh, a struggling writer, finds a shocking manuscript that reveals dark secrets about bestselling author Verity Crawford.



**Deceptive Calm**

Against a rich historical backdrop, *Deceptive Calm* follows the friendship between two women, Trisha and Vanessa, as they navigate life's toughest challenges together.



**Iron Flame** by Rebecca Yarros

In this fantasy world, Violet Sorrengail, a frail young cadet, braves the deadly world of dragon riders to prove her strength at Basgiath War College.



**The Housemaid Series** by Frieda McFadden

This series follows a housemaid who gets wrapped up in dangerous secrets and mind games within the homes she works.



# Text Him Back? Here's What You Really Should Do!

Okay, here's the deal: Valentine's Day is all about love, heart-shaped everything, and maybe... the perfect text? Whether it's from your crush, ex, or someone you're just getting to know, texting can feel like an emotional rollercoaster, especially on this lovey-dovey holiday. So, should you text him back? Let's break it down.

## 1. The 'Casual' Text—Do You Really Need to Respond?

If he sends you a "Hey, happy Valentine's Day! Hope you're doing well!"—is it a genuine message or just a polite way to slide into your DMs? If the conversation was casual before, it might be his way of keeping the door open. Now, the real question: Do you want him to walk through that door? If you're vibing it, go ahead and reply. If you're just not feeling it, no need to keep the chat going. You do you, babe.

## 2. The 'Romantic' Text—He's Dropping Hints...

If he's all "Happy Valentine's, I've been thinking about you..."—oof. Here's where it gets tricky. Is he playing it cool or dropping a serious hint? If you're into him, go ahead and flirt it up. A little emoji here, a playful "You've been on my mind too" there, and boom—you're in. But if you're not interested, it's time to be kind yet firm. A simple "Thanks! Hope your day's great too!" keeps it sweet but doesn't leave the door wide open for more.

## 3. The 'Ex' Text—Yikes, What Now?

Okay, let's get real. That text from your ex on V-Day? That's next-level. The "Happy V-Day! Can we talk?" message is a classic move. If you're still hung up on him, it might be tempting to respond. But pause before you hit send. Are you texting him because you miss him, or is it the whole "Valentine's nostalgia" thing kicking in? If you know it's going to lead you right back to where you started (um, the drama), maybe this isn't the day for a reunion. Or maybe... it is?

## 4. The 'Ghosting' Situation—When He Suddenly Appears Out of Nowhere

Is it a red flag or just a 'Valentine's Day Mistake'? If he's been radio silent for weeks or even months and then drops a message, it's probably safe to assume he's just trying to spice up his holiday. This text is either a classic move to see if you'll bite, or he genuinely wants to check in. Either way, if you're still wondering, "Should I text him back?" the answer is: It's up to you. You deserve someone who's consistent, not just popping up when it suits them.



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## 5. The 'Too Much' Text—He's All Over You

So, he's texting you like it's his full-time job? Sweet, but can we get a little space here? If he's sending you multiple texts in a row or taking things way too seriously, dial it back. It's cute at first, but let's not rush into things. Responding with a little mystery and maybe a delay in replying keeps the energy fun. Plus, you've got a life!

### The Verdict: Trust Your Vibes

When it comes down to it, texting on Valentine's Day should be fun, light, and easy. If you're feeling it, text away. If you're not, keep your peace, and don't feel bad about it. You control the convo—and remember, there's no wrong answer when it comes to who deserves a response from you. Enjoy the day and the flirty energy it brings!



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## Let's stay in touch

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