





OLALA INTERIORS

YEAR ON YEAR INTERNATIONAL AWARD WINNER FOR EXQUISITE DESIGN



WWW.OLALAINTERIORS.COM

info@olalainteriors.com

Throughout Africa & The Indian Ocean Islands



LIFE & STYLE

www.lifeandstyle.fm



LIFE & STYLE

PUBLISHER

North Coast Publishing ^{PTY LTD}
editor@lifeandstyle.org.za

EDITOR IN CHIEF

Dave Charles
editor@lifeandstyle.org.za

Sales Office
032 946 1145 / 3112 / 3674

ONLINE EDITOR

Dan Charles
dancharles@live.com

SOCIAL MEDIA PLATFORMS

www.life&style.co.za
@lifeandstyleballito
@88fmBallito

COVER

Art Director, Photographer:
Kat Kotze

Clothing:
Frances Pryce Lewis

Model:
Hannah Erasmus
Twenty Model Management

DESIGN

THE LAKE PUBLISHING
www.thelakepublishing.com



88FM RADIO LIFE & STYLE

**Listen Live Now on any
Connected Device.**

Digital Live Stream: www.lifeandstyle.fm

Or download our 88FM BALLITO app free
on Android or IOS.

STUDIO

032 586 0555
info@lifeandstyle.fm

ADVERTISING/MARKETING

Chane' Niebuhr
sales@lifeandstyle.org.za

Anneline Peacock
ap@lifeandstyle.org.za

CONTENTS

- 06 - Editor's Note
- 10 - Keeping that Handbag "Handy"
- 20 - Lives & Style Health
- 24 - Winter Getaways
- 31 - More Exciting Developments
- 32 - Frances Pryce Lewis
- 42 - The Cosmetic and Dental Emporium
- 44 - Thonga Beach Lodge
- 50 - Every Day is Mother's Day
- 54 - Pay it Forward
- 58 - The Story of Wanderlust Co.

The views and opinions expressed within the editorial and advertisements of LIFE & STYLE do not necessarily reflect those of its staff, nor any of its associates. LIFE & STYLE and anything contained within is copyright. No part of this publication may be reproduced in any form whatsoever, copied or stored electronically without prior permission in writing from the publisher.



Food for the soul

EAT STREET

Lifestyle
THE BALLITO WAY

ALCHEMY KITCHEN

Beira Alta

ATTIKOS | MEDITERRANEAN GRILL |

THE POTTER

LUPA OSTERIA

45 EAT STREET

Zaras CAFE

PERON ARGENTINIAN GRILL

CACHTUS

A bright future awaits



www.ballitolifestylecentre.co.za

Lifestyle
THE BALLITO WAY

DISTRACTION AND DECEPTION

Dave Charles

“This is the Winter Edition of our magazine and Winter is the season for surprises in this part of the world. Some in the hospitality trade here call it the secret season because of the generally idyllic weather conditions that prevail here at this time of the year. Gone is the stifling heat and humidity of high summer, the sea is warm, the nights are cool and the chances of rain are slim.

This, then, is the perfect time for a getaway on the North Coast. But if you are tempted to explore the delights waiting to be discovered up and down the coast (and there are some real gems like the Thonga Beach Lodge that we visit in this edition), be aware that that there have been some sinister developments in the Road Traffic Act during the Covid whirligig that may have caught you napping.

Tough new measures, soon to be implemented to remove dangerous drivers from the road by suspending or revoking their licenses, have been introduced to law enforcement authorities across the country, some of whom have seen this as an interesting business opportunity. These new measures have apparently been made public, but I would hazard a guess that you aren't aware of them yet. I certainly wasn't until a recent trip back from Maputaland.

On the outward-bound journey, we had branched off the N2 at Hluhluwe and proceeded north along the R22 to Maputaland en route to the Thonga Beach Lodge where we were staying for a couple of days. At some stage, the national road passed through a stretch of National Park and the speed limit was reduced from 100kmh to 60kmh for several kilometres. This does feel painfully slow if you have been travelling at highway speeds for several hours, but, with wild things potentially roaming across the road, the speed limit is understandable. There was a speed trap on this section which we passed through without incident.

On the return journey we weren't so lucky. A short distance from the glittering African metropolis of Mbazwana, we ran into a rather sinister looking police roadblock. A masked officer with an assault rifle approached and directed us to the verge. He then asked if all was in order with our vehicle and made a show of checking the licence disk, hovering for a while in a rather threatening manner before directing us on our way.

In hindsight I believe that this was part of an orchestrated trap. Like most good confidence tricks, it relied on distraction and deception. This was the distraction. You see, it was here that I later discovered that the speed derestriction sign at the entrance to the National Park was located. The distraction worked and we were blissfully unaware that we were now back inside the National Park.

A short while later we were flagged down by a traffic officer. I had apparently exceeded the speed limit. How could that be – I was barely doing 100kmh. But that was the problem...this was a 60kmh zone and I was in big trouble. The officer, an obesely unctuous fellow, showed me a reading of 102kmh on his radar equipment, and then invited me to examine an official looking document neatly presented in a plastic folder outlining the new regulations, which read roughly as follows:

If you are caught doing up to 20 percent over the speed limit, you will get a fine of R250, but no demerit points - for example speeding up to 72km/h in a 60km/h zone or up to 144km/h in a 120km/h zone.

If you are 21 percent to 30 percent over the speed limit you will get one demerit point and a R500 fine - for example travelling up to 78km/h in a 60km/h zone or up to 156km/h in a 120km/h zone.

If you are 31 percent to 45 percent over the speed limit you get two demerit points and a R750 fine - for example up to 87km/h in a 60km/h zone or 174km/h in a 120km/h zone.

If you are 46 percent to 60 percent over the speed limit you are docked three demerit points and fined R1 250 - for example doing up to 96km/h in a 60km/h zone or up to 192km/h in a 120km/h zone.

Doing more than 60 percent over the limit, the driver has no admission of guilt option but must be arrested and taken straight to court where a magistrate will determine the further course of action - and four demerit points will be deducted.

Every driver is awarded 12 points annually. If you lose those points through 12 demerits in a year, your license will be suspended. After three suspensions, your licence will be cancelled. These are some of South Africa's tough new measures to remove dangerous drivers from the road by suspending or revoking their licences.

So strict are the new regulations that you could have your driver's license suspended immediately if, for example, you're caught speeding, you're not wearing a seatbelt, your car's taillights are not in working order or you left your licence at home. And in addition to losing your license, you will be slapped with a stiff fine.

The new South African demerit system, based on a highly successful Australian model, will work with the new card-format driver's licenses that enable traffic authorities to store the record of every driver. This was all news to me, but ignorance of the law is no defence. As things stood now, I was in deep trouble with the prospect of arrest and incarceration dangling over my head like the Sword of Damocles.

I have been known to be rather persuasive when the need arises and this was one such situation. I won't bore you with the details. Suffice it to say that I was not arrested but the exercise did prove costly. It was only after I was back in Ballito with access to the new legislation on my computer that I discovered the truth. Everything my khaki-clad friend had shown me was accurate except for one minor detail – the new demerit system only becomes law in Pretoria on September 1st. and it will roll out nationally after this.

This was the deception. Be warned, friends, it's going to get very interesting out there soon. In the meantime, be careful and stay safe. There is so much to discover and enjoy in this special part of the country.

****Dave Charles presents the Midday Show 11am - 1pm Monday to Friday on 88FM Radio Life&Style - The Voice of Ballito**



+well

stay well. live well



Tiffany's

SHOPPING CONVENIENCE

CONVENIENCE & CHOICE – RIGHT ON YOUR DOORSTEP



La Piazza Continental Cafe / Restaurant	XING YE	La Derma Skin Laser Nails Spa	FUJIFILM PRINT CENTRE PRINT-DESIGN-WEAR	NETCARE	Hairs & GRACES
JDJ DIAGNOSTICS Accredited Pathology Laboratories	Ballito Babes Birth Centre	PathCare "Pathology that Adds Value"	BRANDHABIT SOUTH AFRICA	TAMMY TAYLOR est. 1982	THE PRO Physio
MARINELLI Plumbing & Developments	INNOVISION OPTOMETRY	earinstitute	Dr Peter Iyavoo General Practitioner	Schroder & Macquet Physiotherapy Inc.	SEATTLE COFFEE COMPANY

MAC'S FISH & CHIPS 072 604 0324	Jack Salmon FISH & GRILL 032 525 4243	BBM 032 525 5880	FEGO Caffé 032 525 5698	HOLY COW 072 342737	Yesterday's BILTONG 032 525 4097	Simply BATHROOMS 032 940 1240	SUPERSPAR 032 525 8030	tops! 032 525 8030
YOLO 076 060 9219	BELLAGIO 032 525 8379	BLACKSTORM AFRICA 060 575 1178	oasis 032 525 4392	GAMMA HEALTH LTD 076 429 9575	SALT ROCK DOCTORS 032 525 4232	Dr Lino Cericola Dental Team 032 525 4210 074 500 4210	friderichs optometrists 032 525 4682	CLICKS Pharmacy 032 525 8027
iTravelsmart 032 525 6660	Reel Easy Fish & Beach 032 525 5275	THE BABY SHOP 082 053 4624	SOAPBOX 081 792 7949	DEEGHUY'S 082 492 3987	Molly's Laundry 082 492 3987	Petland 081 597 1879	Tiffany's BEAUTY SALON 079 308 5131	ASHLEIGHD HAIR AND NAILS 032 525 5227
DOWN-TOWN VAPOUR 032 525 4230	ABBAN CELL & SOUND 072 535 1113	Jacques Roos Attorneys 032 525 4552	RE/MAX DOLPHIN REALTORS 032 525 4796	Offices @ Tiffany's 083 752 4203	MUDDY BOATS 082 969 5897	FLOWERS 082 492 3987	NEDBANK	absa
							CAPITEC BANK	Standard Bank

The Well Centre • Cnr Albertina & Kirsty Close, Ballito • 083 825 8578 • info@thewellcentre.co.za

OLD MAIN ROAD, SALT ROCK (Just off the N2) www.saltrockshopping.co.za 032 525 8030

KEEPING THAT HANDBAG “HANDY”

Loudon Temple

“Women and their handbags? You could write a book about them. There is the apocryphal tale of the two workmen and the blonde who came to their rescue, for instance. They are standing at the foot of a large flagpole staring up at the top and pondering. She asks what they are doing, and they explain they’ve been told to measure its height but do not have a ladder.”

The Marilyn look-alike says: “I may be able to help”, and reaching into her handbag, pulls out an adjustable spanner and starts to loosen the fixing bolts at the base to allow the pole to be gently lowered to the ground and laid flat. Reaching deep inside her bag again, this time, she produces a measuring tape and spreads it out from base to top to give them the figure they needed. As she walks away, one of them says: “Typical blonde! You ask her for the height, and she gives you the length!”

My wife has a handbag that has amazed people by the full extent of its potential. She is from a village in the Scottish Borders where a great little factory once produced Liddesdale canvas fishing bags which were bespoke, finished with leather trim and, let’s say, “capacious.”

Her bag (it had a shoulder strap which could be shortened) was the largest one they made, with two spacious pockets at the front as well as a very ample interior. It would have featured in the Guinness Book of Records had there been a category for the most things ever carried in a lady’s handbag. As a result, she gained legendary status for coming to the rescue in the most extraordinary - and amusing - circumstances.

Once we were enjoying a meal in our favourite Italian restaurant when the owner let out a shriek of disbelief that stunned us into silence as he held up the handle of his corkscrew to indicate it had come adrift from the working end.

This was pre-late-opening supermarkets when you still had to buy your corkscrew from the hardware store. Brenda told him: “I may be able to help” and began to fish around deep inside her angler’s bag, then seconds later, saved the day by producing a nice old antique corkscrew with a rosewood grip. The restaurant was packed and a hush had fallen over the room when the alarm was first raised by our sommelier. Those grateful diners all gave Brenda a cheer. Our hero...it gets better.

One winter, while holidaying in Orkney and staying at a delightful bed and breakfast retreat that was a tastefully converted 18th Century meal mill, the owner panicked when her washing machine overflowed and flooded the ancient flagstone floor. There was only one plumber available, and his workshop was an hour’s drive away on the southern tip of the Orkney Islands at South Ronaldsay. He would attend, he said, and sure enough, sixty minutes later, he arrived to find a drain blockage. He needed to attach a hose to a tap in order to use a high-pressure jet of water to clear it but was frustrated in his efforts as he did not have a jubilee clip that was the size required to hold the hose tightly in place. Sadly, he said, he’d have to return to his workshop to retrieve one - a two-hour round trip just to get this essential fixing clip.



Having overheard him, Brenda asked: “What size do you want? I think I may have three different sizes with me!” The look on his face was a picture which suggested surprise that was tinged with the air of dismissive conceit that tradesmen can occasionally convey to members of the opposite sex when they try to make a sensible suggestion. “She’s mad,” his expression said, and then he was simply dumfounded as she went to our room to have a look and returned with a smile that confirmed success. “Take your pick,” she said, as the sceptic subsided, and his mouth fell wide open.

Bren explained that, being a jewellery designer with her own workshop, she used the jubilee clips to secure the rubber tube from her soldering torch to the gas cylinder. Before departing from Glasgow she had gone to her supplier’s store to get some, buying a few different sizes to be well covered, she explained. Our delighted hostess, Morag, treated us to one of the finest lunches we had ever enjoyed – seafood straight from the pier that morning – to show her appreciation.

There is something very comforting about being out and about in the world with Brenda and her handbag. It has been known, from time to time to cause a bit of a stushie during airport security checks, however!

- Loudon Temple is a Scottish writer with a career spanning more decades than is natural. He has had work published in most of the UK dailies and their supplements, and many of the better magazines too. A travel writer for twenty of those years, he and his wife, Brenda, are always seeking new territories to explore; fresh adventures. A selection of his travelogues can be found at the www.beenandgoneanddoneit.com website. In coming editions, we will feature a few of his short-story Tales from My Travels. Some will amuse and some will amaze.

LOUDON TEMPLE

www.beenandgoneanddoneit.com
[@loudon.t](https://twitter.com/loudon.t)



HUNT PROPERTIES

The Perceptions, Problem, Practice, and Power of Commission

“Estate Agents commission is one of the most highly contentious and misunderstood payments that one encounters during their lifetime.

The perception of commission varies according to what angle one is looking from. Purchasers are often of the opinion that they are paying more for a property due to an agent putting commission on top of the price of the home. This is incorrect, commission is a percentage of the sales price. The sales price of a home is one of the best examples of a free market system at work, as the price is determined by what a willing buyer(s) will pay for it. Therefore, it is impossible for a purchaser to pay more than the market related price.

Sellers often have the perception that they are paying an exorbitant fee for a service. Commission is not a fee that is paid against services rendered, as is the case with say a builder, engineer, or architect, where payment is made against time spent executing the service. Commission is only payable on the successful conclusion of the sale of a property, therefore all the time and money invested in the pursuit of a sale by an agent or agency is spent at risk. As per any service offered at risk, such as an attorney being paid on contingency that a client wins a settlement, payment is higher.

However, the biggest misconception about commission is that buyers and sellers view it as a net amount that an agency or agent gets paid into their pocket. This is certainly not the case. Commission is the gross, VAT inclusive amount that an agency is paid, before expenses, both directly related to the sale; marketing, agents' portion of commission and 3rd party payments to other agencies (if applicable), and the general expense of running the agency.

The problem with commission is not actually the percentage earned, it is the lack of service in general that the clients in the process receives from the agency. This is unfortunately due to the structure of the industry. Traditional agencies employ the same model as a tiered commission-based sales company such as 'Amway' or 'Herbalife', where risk and responsibility gets shifted down the line to the person selling, which in our industry's case is the

agent. The risk in the agent's case is that they only earn on the sale of the property. The lack of income stability and risk on behalf of the agency, leads to a scatter gun approach to agent recruitment, with very few good candidates able to enter the industry. Therefore, the person handling your extremely important transaction may not be the best fit for that industry, not fully engaged in the process and may have a very loose management and support structure. We at HUNT Properties have identified these structural issues of our industry hence the reason why the structure of our company is vastly different to traditional agencies.

The practice of commission as a result-based payment is inherently a sound approach. As alluded to earlier most people are happy to pay attorneys more at risk against a positive result. I am relatively certain people would do similarly if a doctor cured them and a financial adviser made them money.

That is the power of commission. Improving the execution of the process of selling properties and giving clients a service that they see value in is a challenge that HUNT Properties gladly accepts.

HUNT PROPERTIES

032 815 0600
sales@huntproperties.co.za.

SOLD OUT



BALLITO'S
BEST ~~KEPT SECRET~~

BROOKLYN
ESTATE

SEQUEL PENDING...

A development by
**PAINTED
BLACK**

HUNT
PROPERTIES

HOLIDAY APARTMENT IN THE AURUM

Bantry Bay, Cape Town

“Elegantly overlooking the Bantry Bay rocks & the cool Atlantic Ocean, the design needed to reflect the calm and tranquillity of location.”
– Olala Interiors

The brief...

Our client and her family are based in Johannesburg, and wanted a holiday apartment in Cape Town from where they could also work from when in town. The brief was to create a lock-up and go space here to be used as the situation demands. They wanted something really high-end and opulent to reflect the grandeur of the Aurum Residence building in which it is located. The couple have three boys, so one of the challenges was to be able to accommodate the entire family in this small space, whilst still maintaining its glamour.

Welcome home...

Project designer, Michael Anderson, had the doorframes and skirting painted satin black to allow the eye to flow from one room to the next. A natural geometrically woven rundown black runner was rolled out over the marble tiles, transforming the space into the epitome of modern sophistication and practicality. Space in-ceiling passive speakers completes the picture. This should follow directly from the word Free, it's part of the same sentence. An oak framed canvas artwork series adorns the adjacent wall, and a large full length black trellis mirror on the back wall completes the space.

At the heart of the home – the kitchen. The existing spotlights were removed and updated with the City Line, dimmable LED pendant, inspired by the Johannesburg city skyline. Brass legged kitchen stools were added to the breakfast nook with its polished natural marble countertop. The kitchen is fitted with state-of-the-art Gaggenau appliances.

The guest bedroom is accessed via a wallpaper wrapped passage. This room has a masculine feel, with metallic textures, gun metal finishes and natural woods creating a sense of comfort and security. The room is completed with state-of-the-art Bang & Olufsen TV and surround sound system. Mortised block-out blinds are used as a window treatment in this compact room. Bedside pedestals in charcoal-stained oak on black steel legs stand beneath knurled steel tube pendant lights finished in urban grey with gold detailing on either side of the king-sized bed. The setting is grounded with the Abstract Artist Rug, in gravel, creating contrast over the existing dark carpeting.

The master bedroom somewhat echoes the pallet of the guest bedroom with dramatic colours and gorgeous textures creating a feast of visual opulence. No expense has been spared in the selection of textiles for visual and tactile appeal. A crushed velvet winged headboard and drop-in bed base create a grand centre piece in this compact space. Digitally printed velvet scatters, textured wallpaper and exquisite snow leopard

faux fur combine to create a sense of heady opulence. For continuity and rhythm, bespoke designed and built floating pedestals were installed, with the same finish as the existing BIC's and were both fitted with multi-USB plugs and wireless switches for independent use of the retrofitted pendant lighting. The walls are wrapped in a gorgeous Khroma marbled gold foiling wallpaper and a pair of Bose Professional Free Space in-ceiling passive speakers completes the picture.

Time to chill...

The lounge is in essence a neutral base layered with bespoke elements and textures. Wallpapers with subtle foil flecks that pick up the natural light that fills this room, were specially imported from Belgium. Black tinted glass was used for both the coffee table tops and modular wall unit display. Bose speakers were custom fitted into the bespoke cabinetry that also included recessed LED lighting to further add to the room's ambiance. Motorised wave curtain tracks were installed in this luxurious space and the look is completed with full grain leather on the swivel based occasional chair and stain resistant velvet on the sleeper sofa.

Let's eat...

The dining room is centred around a circular, pewter-stained solid oak table. This is complemented by the round Enigma chandelier, the sharp, delicate lines of which create a modern medieval-like focal point in this space. Custom fabricated beetle chairs were upholstered in Fireguard for durability and its incredible stain resistance. The feature wall is wrapped in large and textured houndstooth wallpaper, and a bespoke server, in the same finish as the table, is flanked by a pair of large steel-based floor lamps with a brass centre rod. The space is styled with snakeskin accessories.

Finally, the covered patio is furnished with a custom fabricated granite topped bar where up to eight guests can relax and enjoy the breath-taking sunset and ocean views that this apartment boasts. This setting is grounded by the seashells rug, soft under-foot, with an interesting geometric basket weave design.

OLALA INTERIORS

www.olalainteriors.com

info@olalainteriors.com

+27 (0)82 551 3361





THE BALLITO VILLAGE

Dream Comes True

“A Ballito institution, but with a major facelift – KwikSpar Ballito Village is a family-run store on a mission. New owners Ed and Nat live to serve their community and offering a world-class, one-stop solution is the ultimate goal. Which is why they've partnered with butchery experts and fellow family-run (and local) heavyweights, Karoo Kitchen. It's the shared vision of this dream team to create a space where customers come first and where a community becomes friends.

KWIKSPAR Ballito Village

www.spar.co.za
22 Sandra Road, Ballito
032 946 1536



IS CHLOROPHYLL A CURE-ALL?

Kim Wilson

“There’s been a huge surge in interest around Chlorophyll, largely thanks to TikTok influencers promoting benefits from skin health to eliminating bad breath and more! But is it worth the hype?

THE FOUNDATIONS: What is Chlorophyll?

Chlorophyll is the pigment present in all green plants. It’s responsible for keeping these plants healthy by helping them to absorb energy from the sun. It’s concentrated in sources such as spirulina, algae and chlorella. Chlorophyll also contains vitamins and antioxidants which have the potential to benefit your body.

We do get chlorophyll through our diet when we eat green plant foods such as spinach, but chlorophyll may be more concentrated in a supplement form. Furthermore, there’s doubt over whether chlorophyll survives digestion long enough to be absorbed when we ingest it with other foods.

THE MARKETED BENEFITS OF CHLOROPHYLL ARE AS FOLLOWS:

- Boosting the immune system
- Preventing cancer
- Detoxification of your blood
- Cleansing of the intestines
- Eliminating bad breath and body odour
- Eliminating fungal infections in the body
- Boosting energy levels

We need larger, more comprehensive research to come out in future to fully describe how chlorophyll may or may not improve our health, but for now here’s what we do know...

THE BENEFITS OF CHLOROPHYLL

WEIGHT MANAGEMENT

Weight loss is a popular request for those looking to change their health. According to TikTok influencers, chlorophyll is claimed to be supportive of weight loss. Research to back this up however, is limited. One small study showed that females who took a supplement including chlorophyll had greater weight loss than a group that did not take the supplement and saw a reduction in their cholesterol levels. The mechanisms behind this process are still unknown, and further research is needed.

DETOXIFICATION

The second most popular request when it comes to health changes is for a detoxification product. There have been a few small studies examining the effects of chlorophyll on detoxification processes and cancer to date. In animal studies, oral chlorophyll has been shown to reduce tumour size in mice with pancreatic cancer. Human studies have not yet been able to replicate this result, however more trials are currently underway.





SKIN HEALING

In line with the weight loss and detox requests, are requests for clearer skin. Chlorophyll has been shown to:

- Reduce inflammation and bacterial growth in skin wounds
- Improve skin health and appearance when used to manage acne and large pores
- Improve skin health and appearance in sun-damaged skin

These trials, although very promising, are still smaller in scale and all involved using chlorophyll topically.

NATURAL DEODORANT

Chlorophyll has been used since the 1940s to neutralize a variety of odours. However, studies are often conflicting in their results or outdated. There is, sadly, very little evidence to support the fact that chlorophyll reduces bad breath or body odour although there is a plethora of anecdotal data.

ARE THERE ANY RISKS?

Chlorophyll isn't known to be toxic to the human body in any way. However, there are a few side effects including:

- Diarrhoea and digestive distress
- Itching or burning (when applied topically in an ointment)
- Green or yellow stools

Although regarded as safe, if taking any medications or if pregnant or breastfeeding it is always prudent to check with your practitioner before supplementing with chlorophyll.

SOURCES OF CHLOROPHYLL

Liquid chlorophyll doesn't seem to be available in South Africa currently, however chlorophyll is concentrated in a number of fresh vegetables and herbs. A good rule of thumb is to choose foods that are fresh and bright green in colour. These include:

- Wheatgrass (often also available in powdered form and in capsules)
- Green Beans
- Spinach (often also available in concentrated forms)
- Parsley
- Peas
- Leeks
- Chlorella (available in a concentrated tablet form as well as capsules)

A high-quality blend of green foods will also be a good way to ingest a large quantity of chlorophyll.

FINAL THOUGHTS ON CHLOROPHYLL

Chlorophyll may have several health benefits from reducing cancer risk to improving skin health. It has a good safety profile and is found in a variety of foods already known to be extremely healthy for us. Whilst research to back up the Tik Tok claims isn't quite there, including more green foods such as spinach or wheatgrass (or concentrated supplements derived from these foods), will certainly only benefit your overall health and wellbeing.

LIFESTYLE CENTER

Lifestyle Center, Ballito
www.lifestylehealth.co.za
 032 946 0441



CURATED HEALTH SHOP

Bringing Hope

Restoring Health

Lifestyle Health

Shop 24A | Lifestyle Centre | Ballito
 032 946 0441

hello@lifestylehealth.co.za
www.lifestylehealth.co.za



Ballito's favourite health store, providing expertly curated health products and nutritional advice.

A family-owned health store, passionate about Bringing Hope, and Restoring Health. They pride themselves in a comprehensive selection of products, and the experience and knowledge to partner you on your journey to wellness.

Celebrating 11 years of serving the North Coast of KZN this year, continuously strive to know more about health and wellness, so that they can give more to their customers.



Kim Wilson and Judy Martin

WINTER GETAWAYS

Steve Honeysett

“ I have been following the issues rising from the opening up of the St Lucia Estuary mouth over the course of this year, and this past weekend I went up to take a look, and also to spend some time in the Isimangaliso Wetland reserve.

Winter changes much of the dynamics of the reserve and with most bird species migrating (as well as some animals) it was nice to go and see what was going on. There has been much controversy raging around the opening of the Estuary with widely differing opinions from locals and scientists, but I made the long walk across the beach to take a look for myself. I think the opening has created another attraction to the area.

There is plenty of water around after those two tropical depressions in late February and the lake and surrounds are abundant with water which will see the animals comfortably through the winter months.

The mouth was alive with bird life including fish eagles sitting on the opposite bank. We observed the biggest Goliath Heron I have ever seen, as well as lots of other bird species. Crocs and hippos were plentiful and quite close to the mouth. Locals told me that they had seen hippo basking in the sun on the beach – something you do not see too often. The reserve is always a great place to visit and the Eastern Shore and Western Shore offer you two full days of game driving to explore them thoroughly.

The Eastern shore is the part from St Lucia town up to Cape Vidal, which is coastal dune vegetation, attracting particular animals, like certain buck species, that you won't see on the Western side. The beaches are pristine up in the reserve and, apart from your own footprints, you come across a range of animal ones as well, which instantly puts you on alert in case they are still around.

Bat Cave, where hundreds of big fruit bats roost, is always worth a visit up past Mission Rocks. When you enter the cave, it is quite daunting as you never know what else might be



Getting back to our game drives, we were unfortunate to not see any of the big animals like rhino and elephant that were probably in another part of this massive reserve, but there was no shortage of other animals.



lurking in there. The Western Shores offer another day's outing with some different things to explore on the landward side of the great lake. The drive up to Charters Creek is well worth it. Ezemvelo have done some amazing work on the park, with nice clean ablutions and recreation areas as well as lots of viewing decks and hides scattered around for your enjoyment. Roads are being upgraded which makes it accessible for normal passenger vehicles.

Getting back to our game drives, we were unfortunate to not see any of the big animals like rhino and elephant that were probably in another part of this massive reserve, but there was no shortage of other animals.

Another issue that has arisen is that there have been regular sightings of hyena and honey badger in and around town. They have been attracted by all the rubbish that is sadly left lying around the town, parks and beach parking areas after weekends. They are obviously finding easy food from leftovers, so now, not only do you have to be aware of the possibility of hippos in the town, but other predators lurking around there too.

St Lucia is struggling under the current pandemic as tourism plays a major role for local business. So, if you go up there now, the town is quiet and the chances of spotting animals is greater as they move closer into the town.

This is one of KZN's treasured areas and we can only hope that it stays this way for future generations.

**** Seaweed Steve presents the Daily Surf & Weather Report on 88FM Ballito.**



The MARKET

Stronger together



YOUR DREAM COASTAL RETIREMENT



THE START OF A NEW ADVENTURE

Surrounded by nature and built with care, every home at Renishaw Hills mature lifestyle village delivers far more than just quality, value and affordability. It's the start of a new adventure and a chance to explore interesting hobbies and activities in a secure and celebrated coastal location. From just R1.6 million, you could soon be enjoying spectacular forest or ocean views with the added convenience of a single monthly levy that covers everything you need and then some. Ready to live the holiday as our residents do?

Book a private tour of Renishaw Hills, Scottburgh today when you email sales@renishawhills.co.za or take our virtual tours on www.renishawhills.co.za



Julieann: 084 514 8028 | sales@renishawhills.co.za | www.renishawhills.co.za



XXL TILES

go big, and take them home

Visit our new-look Ballito store & explore our range of trend-forward XL & XXL tiles for your home.

Contact our Ballito store on 032 946 0583 for more information. Moffat Drive, Ballito Business Park, Ballitoville | www.tileafrica.co.za

MORE *than* TILES

BATHROOMS

LAMINATES, VINYL
& ENGINEERED
WOOD

WE ALSO OFFER AN
INSTALLATION SERVICE

IDEA HUB

OPEN
7 DAYS
A WEEK

 **TILEAFRICA**[®]
OUR HOME IS YOUR HOME



L&S Lifestyle

MORE EXCITING DEVELOPMENTS at the Lifestyle Centre

“The Lifestyle Centre in Ballito has had its fair share of obstacles. In 2017, an 80 000 square metre regional mall opened over the road, claiming 40% of the Centre’s tenants. The Centre was redefined and redeveloped to offer beautifully designed spaces, unique stores and restaurants, and a vibrant local ambiance. Three years later, almost to the date, South Africa went into lockdown and the Centre and its tenants had to navigate another tumultuous year. Undaunted, the Lifestyle Centre team has progressed the plans that were put on hold during 2020 and has announced further exciting developments and new stores to be launched during the latter part of 2021.

Plans for The Studios, opposite Weylands, unable to be brought to fruition due to the impact of the coronavirus and lockdown last year, are in the process of becoming reality. Reconstruction is currently underway to incorporate an eclectic mix of bespoke stores and personalised spaces to deliver an interesting and intimate shopping experience by the end of August. “Plenty of glass, steel and natural materials will provide a stunning backdrop to showcase a variety of interesting wellness and retail offerings,” explained Lifestyle Centre co-owner, Bruce Rencken.

A mixed-use mezzanine level will feature three health and fitness studios in a unique, modern and spacious environment. “We want the energy of the mezzanine to be transferred into the retail space below, so that shoppers can enjoy the vibe and vitality that is generated from the exercise studios,” said Rencken. Tash B Pilates, currently operating temporarily from the old Katmandu site, will relocate to one of these studios in August. Local dynamo, Tash Barnard, together with business partner Courtney Sharp, will also coordinate and manage a multidisciplinary fitness and exercise offering in the other two studios, hosting the best instructors in disciplines like yoga, martial arts and various forms of dance.

New local lifestyle and fashion brand, ONE MBS, will anchor the retail offering at The Studios, joined by Cape Town-based leather brand, Rowdy, and other smaller, unique stores. The Coffee Lab will take pride of place in its newly designed space at the heart of The Studios, allowing customers to partake of their now-famous coffee and carrot cake while browsing.

As is the case with The Market and Eat Street, The Studios will provide another platform for small businesses and local operators to showcase their offerings in a handsomely constructed and interactive setting which will continue to add to the personality of Lifestyle Centre. “We are confident that this special new space will become another meeting point for Ballito and will create the connection that we have been missing in completing the flow of retail right throughout Lifestyle Centre,” said Rencken.

But this is not the only area of Lifestyle Centre that will see changes during 2021. Ballito locals can look forward to a number of new stores being introduced to other areas of the Centre too. In the retail spine between Woolworths and Lifestyle SUPERSPAR, Manolis has opened a new store. Rain Natural Skincare and Plettenberg Bay-based boutique fashion brand, French Kisses, are due to open



by the end of August in the avenue between Lifestyle SUPERSPAR and Mica. Furthermore, come October, Outdoor Warehouse will launch a 500 square metre store between Dis-Chem and Baby City, with its entrance located alongside the Mica Garden Nursery.

“Lifestyle Centre and all its tenants are grateful for the tremendous support we have received, and continue to receive, from the Ballito community,” said Rencken. “We have been in survival mode a few times during the last 5 years, but we have remained steadfast in our goal to offer Ballito top-class, experiential food and retail in a beautifully designed, al fresco shopping environment. We have managed to secure the sustainability of the majority of our fantastic tenants, and look forward to toadding positively to life, the Ballito Way, for the foreseeable future.”

Lifestyle
THE BALLITO WAY

www.ballitolifestylecentre.co.za
032 946 8540

FRANCES PRYCE LEWIS

Kat Kotze

“**Join** us for a Q&A with the South African designer, where we learn all about the inspiration behind her ethereal, effortless and elegant designs.”

I got introduced to your work before the influx and overwhelm of social media, there weren't much posts or pictures of your work to be found at the time. All I know is that one day, everyone at school was talking about this girl who had stunned the crowd with her designs at the St. Cyprians Annual Fashion Show. A video was making the rounds, and all through our lunch break we replayed it with envy. Beautiful, pleated high-waisted skirts were paired with shimmering, abstract paints and gorgeous, glittering beads and embroidery.

Much of that collection appeared inspired by nature, so although it was the closest thing to ready-to-wear Dior we had in Cape Town at the time, it was also distinctly Capetonian, drawing inspiration from our fynbos and seascapes. Can you tell us a bit about those early years, how you got into designing and what your process was like before your fashion education?

I remember watching my mum embellishing my sister's ballet costumes with complete fascination at 13 years old. Shiny sequins and beads were individually sewn onto layers of tulle and organza. Sure enough, my mum taught me how to sew and by the time I was 16 I could make my own dresses to wear to parties. During high school I took art and design as subjects. I think I was a lot more experimental at the time, exploring different mediums and really trying to figure out what my style was. I would create these massive pieces with collaged elements, abstract brushstrokes and then embroider into it. My art pieces always focused on the use of colour and texture and took inspiration from nature. I loved art and always thought I'd end up studying Fine Art after matriculating! At 17 I started working as a sales assistant at Topshop on the weekends. I still don't know how I managed this whilst juggling homework, cultural activities and sports... Yet, I think it was this experience that really opened my eyes to the possibility of fashion as a career.

There is such a freedom in your pieces during that time. I wonder if you still feel that spontaneity when designing? Although I thoroughly enjoyed my time at art school, I do miss the playfulness with which I approached my medium in my younger years. Did you ever find FEDISA restrictive in that manner? And what was the most valuable lesson you learnt in the course?

Perhaps, but FEDISA also taught me how to refine my design style and focus on precision and detail! A valuable lesson I learnt was how to think commercially about my work. Today, we have all these resources available to learn from and look at, whether it be Pinterest, Instagram, fashion magazines, Vogue Runway or The Costume Institute. Although fantastic for mood boards, I can imagine that these must be quite overwhelming as well.

How do you interact with these resources and ignore all the 'noise' so as to focus on your own work?

When working on new collections, I love getting inspiration from previous fashion periods. I also look to nature for inspiration, drawing emphasis from the colours and textures of flowers and plants. I try to avoid designing according to current fashion trends. Rather, I design for myself and the design style that I love. My work is an expression of myself and the clothes that I want to wear.





Soon after you graduated from design school, you had the opportunity work at Ralph & Russo in their Haute Couture Embroidery Department. What was it like working for such a prestigious brand in such a fast paced environment?

What an incredible experience it was! I still feel very lucky to have had the opportunity to work with such talented couturiers. The passion, dedication and countless hours that are spent to perfect every couture dress is truly a unique form of art.

I've heard that the overtime at these companies are crazy and that, although you learn an immense amount, you do suffer mentally and physically from the strains of the job. This appears to be a combination of poor management and the constant desire for new products. I find that in most creative industries, there is this toxic notion that you have to 'suffer for your art'. Can you expand on your experience at Ralph & Russo and what you learnt about the industry in terms of fast-fashion and consumer demand?

I became aware of the true cost of fashion – even in the luxury fashion sector. Worker's rights are often taken advantage of just to meet the customer's needs. There is an expectation to work ridiculously long hours, at the expense of your mental and physical well being, to meet often unattainable deadlines. However, the amount of knowledge, insight and skill I learnt is invaluable. The experience of working with a team of couturiers from all over the world on high profile and celebrity projects was exciting.

You made your way back home just before Lockdown in 2020 and finally launched your own label, Frances Pryce Lewis. Your designs are always expertly tailored and beautifully detailed, as well as a reflection of your own personality, preppy and fun. Every now and then, big over-sized bows and frills find their way into the collection, adding a frivolous quality that somehow never seems immature. I would go so far as to say that your pieces are the perfect combination of on-trend and classical, total keepers for any wardrobe. Your collections are small and carefully curated. How does this slow-fashion experience compare to the fast-pace of London, and why do you think it is important for all labels to be as sustainable as possible?

Living in London was truly eye opening. I didn't realise how bad consumerism really was. It is just too easy and cheap to buy a piece of clothing from a fast fashion brand! The 'wear once and move on' mindset has to change. Each item I design and make is timeless and expertly handmade to last. It is so important to me that my customer knows the journey their garment has been on from start to finish. Every garment is made in very small quantities, meaning each piece is truly unique and individual. My pieces are individually sewn by me with time and care, ensuring that they last for years to come. I think it's vital for every brand to be as sustainable and ethical as possible in order to better the future, but I also believe that consumers need to make more of a conscious choice not to support unethical or fast fashion brands. Brands need a lot more support from local consumers in order to implement greater sustainable practices!

The current sustainable fashion market in South Africa is very small and a lot of small businesses are trying their best. There are many limitations here, such as sourcing materials made locally. I think a lot more needs to be done in the local fashion industry to improve this as a whole. However, there are numerous things local fashion labels can do to be sustainable such as producing in small quantities, employing local seamstresses and patternmakers and sourcing materials from local suppliers.

FRANCES PRYCE LEWIS

www.francesprycelewis.com

Art Director, Photographer and Writer: Kat Kotze
Fashion Designer: Frances Pryce Lewis
Model: Hannah Erasmus
 from Twenty Model Management

@katkotze + @theluckykatchats
 @francesprycelewis
 @hannah_erasmus

CURRO MOUNT RICHMORE

Where Your Family, is Our Family

“The Castle at Curro Mt Richmore is run by Jacqueline Clark affectionately known as the “Queen of the Castle”. With jungle gyms, obstacle courses, sandpits and classrooms filled with fun and wonder, this is where children receive the best possible start to their education. Educational play and independent thinking are the building blocks upon which the Curro Castle is built.

The curriculum is designed to equip and prepare children with the skills needed to excel in both South African and international schools, a factor that past parents who have since emigrated have found eased their transition into new schools abroad. Jackie has created a close-knit family environment where parents can rest assured knowing their children are loved and cared for by dedicated teaching staff. Not only do the small class sizes benefit the children and make teaching easier, it also makes physical distancing easy to achieve – an important consideration in these challenging times. The school is a well-oiled machine driven by world-class staff, teaching learners from as young as 3 months old to 5 years. A lot of team planning goes into the Curro Castle curriculum, which includes ELDAs.

ELDAs forms part of the national curriculum framework and stands for Early Learning Development Areas: well-being, identity and belonging, communicating, exploring Mathematics, creativity and knowledge and understanding of the world. The Curro Castle provides a nutritious breakfast, lunch and snack, with aftercare available until 17:30 making it easier for busy parents to cope. This state-of-the-art Castle is home to children aged 3 months to 5 years and is part of a larger school campus that provides quality education in a family environment through to matric. Curro Mount Richmore creates the perfect environment for every learner and caters for students from as young as 3 months, all the way up to matric. The Castle is a dedicated campus designed for children up to 5 years old, encouraging play as much as learning in order to mold well balanced children. This includes a learning development class called Galaxy Stars where children from 3 to 5 years old can get personalised tuition to bring out their full range of capabilities.

The policy of 1 teacher to 8 students in the Galaxy Stars programme ensures that each student gets the support they need. Two cooked meals are served daily, which is fully included in the upfront fees that parents pay with no hidden costs. Also included is access to a full-time occupational therapist and counselor who are on hand to assist the learners. Parents have the further option of aftercare for their children which runs daily until 17:30. From the Castle, learners move onto the main campus for the next 13 years, gaining access to a wide range of facilities.

Academics are a priority and aside from the IEB curriculum that the school runs, there are also daily support classes for learners who need extra help. There's a dedicated culture studio, tennis and netball courts and an AstroTurf hockey field coming soon on a beautiful campus, surrounding learners with green areas and natural space. For a holistic schooling experience in the heart of Salt Rock, look no further than Curro Mount Richmore.

CURRO MOUNT RICHMORE

www.curro.co.za
087 285 1671



ENROL NOW for 2022 and 2023

Join the
Curro Mount
Richmore family
today.
Limited space
available!

Please note that the photo was taken prior to lockdown and the COVID-19 pandemic.

From 3 months to Grade 12 | **Quality education for future leaders**

#Learners2Leaders

School: 087 285 1671 | Castle: 087 287 9440
info.mtrichmore@curro.co.za | landie.j1@curro.co.za

CURRO
Mount Richmore



CORNUBIA MALL

“The KZN North Coast prides itself on its wide-open spaces, close proximity to nature and mostly its warmth, not only in the climate, but that of its community. Cornubia Mall is no different and is, as such, a proudly North Coast Asset, a gem loved by many and still to be uncovered by so many more.

Cornubia Mall opened its doors in September 2017, boasting in excess of 135 stores, a number of which were a first for Durban. Positioned to offer the KZN customer a wide variety of store selection with the convenience of easy access, free parking and direct park to shop opportunities; Cornubia Mall launched into the retail environment as a new, slightly different, very unique shopping destination.

The “slightly different” includes wide, open, walkways allowing customers to revel in the beauty of, not only, that ever-popular KZN sunshine, but the manicured landscaping creating a park like atmosphere. Many customers have embraced Cornubia Mall’s layout and design by adopting it as their preferred exercise destination of choice, either electing to participate in the Saturday morning, complimentary, open air Yoga or GRID workouts, which are offered in partnership with the centre’s Virgin Active team, or departing from Cycle Lab along the MTB trails that encircle the Mall, but also, most welcomed, to use the Mall’s walkways as their, personal and safe, running, or walking, track.

Makro’s opening, in close proximity to Cornubia Mall, provided an alternative to the long, often laborious drive, into Durban and provided our customer with a one stop shopping environment and a far shorter journey home. We look forward to welcoming you to Cornubia Mall, where every appetite, every desire and each retail need is catered to.

CORNUBIA MALL

www.cornubiamall.co.za
Cnr Flanders & Tacoma Drive Blackburn Estate,
Mount Edgecombe, 4319

General Manager

Lara.Gracie@excelleratejhi.com

Operations Manager

Darian.Timothy@excelleratejhi.com

Marketing Manager

Adele.Ephraim@excelleratejhi.com





**Cornubia
Mall**

CNR FLANDERS & TACOMA DRIVE BLACKBURN ESTATE, MOUNT EDGECOMBE | 031 001 0160

Abban Cell and Sound	067 050 9993	Capitec	065 915 0352	Ecko Unltd	087 821 3523	Household Plastics	031 502 4786	Mellins I Style	010 100 3310	Petmax	087 701 1512	Skin Strategy	031 612 0601	The Hub	031 492 3981
ABSA	031 539 8440	Carps	082 708 3935	Fishaways	031 537 8144	Huawei	031 502 4918	Milky Lane	031 537 3864	Pick'n Pay Supermarket	087 750 3667	Soundtech	031 944 5575	The Wash Booth	083 481 3251
Ackermans	031 537 8046	Checkers	031 538 3900	Fives Futbol	021 555 1707	Identity	081 171 1363	Mobile Inn	078 251 3610	Pick'n Pay Liquor	087 750 3667	Spec-Savers	031 171 0999	Thule	031 942 2994
Adidas	031 537 8604	Checkers Liquor	031 538 3900	FNB	087 345 7872	Jayshrees Rivaz	031 566 3484	Mr Price Sport	087 350 0011	Pick'n Pay Clothing	031 285 0501	Sportscene	031 537 8063	Torga Optical	031 502 1658
Angelberry	083 657 6001	Chicken Licken	031 502 3415	Fototec	031 502 1168	Jet	087 820 3409	MTN	083 869 8047	Plan B Dessertery	031 537 3598	SSS Cellular	082 377 7063	Touch of Gold	073 673 5622
Astro Linen	031 521 0255	City Girl	031 537 3808	Frangeros	031 030 1111	John Dory's	031 537 3696	My Little Picasso	031 502 3262	Pocatello Spur	087 808 9708	Standard Bank	031 537 2922	Truworths	081 171 1362
Aura	072 948 2841	Clicks	031 538 9640	Gadget Geeks	065 981 4947	Just Undies	071 890 8015	Naomi's Boutique	065 358 1588	Puma	087 057 5302	Steers	031 537 8144	Value Co. Hyper	031 537 8103
Aveer Jewellers	031 502 3058	Consol	031 393 0031	Gagasi FM	031 584 5300	KFC	031 537 3544	Nedbank	031 502 9300	Rejuvenation Dentistry	031 502 2887	StyleLab	067 018 4112	Verimark	031 502 3153
Baby Boom	031 502 3510	Cornubia Lock & Key	031 561 4829	Gorima's	031 001 0199	Lasernite	067 860 8994	Nico's Art & Frame	082 771 6176	Rochester	031 393 0200	Sunglass Hut	021 276 2773	Vetz Mart	074 077 7999
Basil Manning	031 502 3467	Cut'z Premium Barbershop	063 083 6021	Green Chilli	062 579 5903	Lekker Biltong	072 415 7215	Nu Metro	087 055 0905	Rockstreet	084 614 5282	Ted's Home Store	087 094 6410	Virgin Active	031 492 3822
Beds2Go	031 502 1155	Cycle Lab	031 331 0065	Gym Junkie	031 492 3822	Live Print	084 558 0815	Outdoor Warehouse	031 502 2637	Roman's Pizza	031 940 7084	Tekkie Town	087 806 9849	Vodacom Shop	031 530 3787
BellaNeova	073 288 3647	Debonairs	031 537 8144	Harry's Delights	031 537 8190	Lucky Break	031 492 4481	Panarottis	087 808 9763	Sheet Street	087 352 7135	Telkom	031 537 3665	Wicked Karting	062 675 7056
Bounce Inc	031 091 0999	Dis-Chem	031 612 0601	Hi Fi Corporation	031 393 0131	Ma Baker	081 217 1645	Pep Clothing	031 537 8070	Shoe City	031 537 8044	The Body Shop	065 922 1579	Wimpy	031 537 3577
Café Cuba	031 316 5926	DMF	064 736 6706	Hi-tec	031 556 5845	McDonald's	031 537 8072	Pep Home	031 537 8026	Shotgun	083 642 168	The Gold Bar	031 502 2473	Woolworths	031 538 2900

TRADING HOURS | MON - FRI 09h00 - 18h00 | SAT 09h00 - 17h00 | SUN & PUBLIC HOLIDAYS 09h00 - 15h00

THE COSMETIC AND DENTAL EMPORIUM

Dr. Thinus van Niekerk

“It happened at the age of thirteen during a routine afternoon rugby practice session. There was a clashing of heads as a friend and I entered the same tackle from opposite ends. There was that distinct sound of the cracking of teeth, the ice-cold pain that followed and the taste of blood and grit on my tongue. Then, there was the cold sweat when I first saw my wrecked smile on the way to the ER. An hour later, flat on my back in the local dentist’s chair, I was forcing my mind to find ‘Wally’ on the poster taped to his ceiling, instead of contemplating the bigger question posed in that moment – ‘what next?’

It was not so much the incident itself that stirred my interest in the field, but rather the three and a half years of active orthodontic and dental treatments that followed. During that time, I spent countless hours at both my dentist and orthodontist – some visits as a patient and because I had to complete my treatment, but most of the time during school holidays because I was fascinated by the industry, and I was keen to learn more. When the time came to apply for tertiary studies, in my naivety, I applied only to one university. First choice – dentistry. Second choice – blank. For me it was always dentistry.

I lost something extremely valuable that day, but in return I gained perspective and understanding. Every day I meet people who find themselves in similar situations, having perhaps lost a tooth following a failed root canal treatment or many teeth due to a chronic oral disease. It has become my life’s mission to restore health, function, and aesthetics to those who have lost a little or a lot. With that said, there is one tool that has vastly expanded the treatment options I am able to offer to my patients – enter dental implants.

“In early 2021 I expanded my existing practice to include a dental implant clinic. The clinic provides a state-of-the-art facility where implant dentistry takes centre stage.”

I have been captivated by the world of implant dentistry for over a decade and it has afforded me opportunities to meet key individuals who have devoted their lives to this subject. I have travelled to Switzerland, Iceland, and Portugal, where I was privileged to experience the pinnacle of implant dentistry in each of these locales.

EAT. SPEAK. LAUGH.

Dental implants can restore what was once lost so that you may enjoy the freedom and confidence that come from having strong healthy teeth. Feel confident and carefree again while interacting with people – whether it is a business discussion, enjoying a meal with friends and family, or having a laugh with your loved one.

SMILE CONFIDENTLY.

We often talk about maintaining healthy teeth, but it is not only their function that is important to us. Teeth play a central role in your physical appearance and smiling with confidence is good for your health. For this reason, we take immense pleasure in restoring lost teeth in the most natural and aesthetically pleasing way.

AGE GRACEFULLY.

It is a well-known fact that the loss of teeth is accompanied by a loss of tissue volume and a gradual collapse of a supporting bite. This can lead to severe temporomandibular joint problems and an aged appearance. Implants can prevent this by providing stability and support to your bite and by restoring lost volume to your face.

Implant dentistry is but one piece of the puzzle. There are many aspects that I consider when planning to correctly restore a smile. Together with my colleagues we follow a multidisciplinary approach, which may include restorative dentistry, endodontics, orthodontics, implant dentistry, prosthodontics, and oral hygiene. Working within a team of likeminded professionals simplifies the planning and execution of complex treatment plans and ultimately improves our results. At the core we are seven dental clinicians, each with our own special interests and skillsets, and we have established clinics in Ballito and Umhlanga, where we have served our communities for over 10 years.

THE COSMETIC AND DENTAL EMPORIUM

Umhlanga - 5 Park Ln, Umhlanga Ridge, Umhlanga, 4319
www.umhlangadentists.co.za
 031 566 5121

THE COSMETIC AND DENTAL EMPORIUM

Ballito - Suite 29 San Hall Office Park Ballito
www.ballitodentist.co.za
 0325863284



THONGA BEACH LODGE

Destinations

“There are not many pristine beaches in the world. The traces of our disposable lifestyles and casual disregard for the planet that we share have impacted most of the world’s beauty spots. Rampant commercialism has destroyed much of the innocent fragile beauty of these places too. What is left is a parody of what used to be. Then, you discover Thonga Beach Lodge, and, for a while, all is well with the world.

It’s now a sad reality, or perhaps a blessing, that most of the world’s remaining beauty spots are well off the beaten track. We recently found one that is within easy striking distance from Ballito. Thonga Beach Lodge is about four and a half hours away on the Maputaland coast. It is only accessible by 4-wheel drive vehicles and that immediately sets it apart.

You can pick up a transfer if you don’t have 4x4, but the drive is part of the adventure, particularly the last few kilometers. I happily concede that I was not on the recommended route, choosing instead to follow the directions provided by Google Maps. We came in on the track less travelled and it was awesome.

Thonga Beach Lodge offers discerning pleasure seekers an opportunity to leave the madness of the modern world behind and to immerse the soul in the wild beauty of Maputaland. There are a number of guided activities on offer for the adventurous – snorkeling and diving, fresh water kayaking on Lake Sibaya, forest walks by day and by night (scorpions and spiders), and sundowners at the edge of the lake are all excellent options.

Walks on the powdery white beach are a great way to work up an appetite and the catering is what you might expect from an exclusive destination like this. If pampering is your thing, the spa is highly recommended. The lodge is small and secluded, with 12 beautifully appointed rooms offering a range of amenities to suit your requirements.

Off course, luxury and exclusivity comes at a cost, but they are running some really attractive specials at present, especially aimed at South African travellers and there has never been a better opportunity for you to experience the magic of Thonga Beach Lodge.

THONGA BEACH LODGE

www.thongabeachlodge.co.za
@thongabeachlodge
035 474 1473

BEACH REVIVAL SPA PAMPER PACKAGE

From R 8 960

*per person sharing (3 night stay)
Valid 1 May - 31 July 2021*

From R11 200

*per person sharing (3 night stay)
Valid 1 Aug - 30 Nov 2021*

Children sharing with adults:

0-3 yrs no charge

4-12 yrs 50%

3-18yrs 75%

Includes accommodation, all meals, guided snorkeling, forest walks, kayaking & sundowner excursion at Lake Sibaya plus a deluxe facial and choice of a back massage or hydrating pedicure.

Excludes 4x4 transfers, park fees, Isibindi Foundation levy, drinks, gratuities, items of a personal nature, SCUBA diving, open ocean experience and turtle tracking tours (Nov-Feb only).

** Rates are per person sharing based on Forest View Rooms (upgradable at additional cost to superior rooms based on availability) Regret available to South African residents only | T&C's apply **





GOOD LOOKING COOKING

Sasha George

“When South Africa officially went on lock down in March 2020, my whole world turned upside down. I was planning my wedding at the Zimbali Fairmont Hotel, one of the most beautiful wedding venues, on the 25th of May. Obviously, that was now on hold. Not only did my fiancé and I now have to postpone our dream wedding, but we also had to reassess our lives. He was living in the Middle East, and we were supposed to see each other every 2-3 months. This was not going to plan at all!

Faced with the global lockdown and with our wedding plans on hold, I turned to food for comfort, and this sparked a passion for food blogging which has taken me on a deliciously exciting journey of discovery.

I love capturing images of good food and love the passion that top chefs put into the presentation of their dishes. My love of good food stems from my family and friends, many of whom are phenomenal cooks who have taught me so much about the art of cooking and the importance of good preparation and presentation.

What initially began as a desire to use my creativity to capture the essence of beautifully presented food through beautiful images, soon became a way to help one of the most affected industries in the world to stay alive.

I have always believed that people are visual beings when it comes to food ... and that's where my passion for beautifully plated food began. I eat with my eyes first because food satisfies my soul and not just my appetite. Food not only brings people together, but it is a backdrop for some of the most amazing memories we can experience.

What started off as just a hobby and creative outlet, quickly turned into a business idea combining my passion and love for pretty food with creativity and attention to detail. Say Cheese was born...

Our beautifully crafted Graze Boxes & Grazing Table options are lavish and are the highlight of any event, including cocktail parties, weddings, kids' parties, birthdays, corporate functions, baby showers, engagement parties, you name it; we'll make your party an Insta-worthy showcase! We elevate your event to the next level.

Can't wait till you try them.

SAY CHEESE
www.saycheesesa.co.za
[@say_cheesesa](https://www.instagram.com/say_cheesesa)



Say Cheese

GOURMET GRAZE BOARDS

EVERY DAY IS MOTHER'S DAY

Kirvan Fortuin by Dan Charles

“I have been judged, criticised, mocked, sabotaged, bullied, and even received death threats for being who I am and the work that I do. Today we celebrate International World Pride Month, and today I would like to say again, I will always and forever fight for the visibility and voice of the marginalised within the mainstream, whether in corporate, civil, commercial or the art world.”

The above is an extract from an Instagram post that Kirvan Fortuin (affectionally known as Mother Kirvan le Cap) made at the beginning of June 2020 in honour of World Pride Month. On the 12th of June 2020, it was announced that Kirvan had been murdered. Rainbow flags flew at half-mast. The shimmer of last year's month of Global Pride, already dimmed in the midst of a global pandemic and out of respect for the pain and reckoning of George Floyd's death in the form of the Black Lives Matter movement, was dimmed further. One of our country's most spectacular national treasures - an activist and artist with infinite potential - was taken away from us all.

Kirvan Fortuin was a globally renowned dancer and highly revered choreographer. They were the recipient of several prestigious awards such as The Dance Award for Modern Dance from the Pierino Ambrosoli Foundation in Zurich and The Ministerial Award for Outstanding Contribution to Preservation and Promotion of an Indigenous Art Form from the Western Cape Government. As a community leader, they established The Kirvan Fortuin Foundation. This institution aimed to use dance as a tool to educate and create social awareness, focusing on the youth and young aspiring dancers from marginalised areas of South Africa. They also founded The Fortuin Dance Theatre which provided numerous employment opportunities to dancers and choreographers across South Africa. They continuously showcased youth in the genre of dance.

Despite multiple warnings from people who said it could damage their career, Kirvan founded South Africa's first Ballroom House: The House of le Cap. Henceforth, the House and the community referred to them as Mother Kirvan le Cap.

“The ball culture has always existed in Africa, long before I was born, so it is something that is embedded within us,” said Mother le Cap. “Balls are a platform for expression and activism. It is a place where we celebrate each other and question certain things in society.”

For those who may not know, the Ballroom culture and scene was founded in Harlem, New York in the 1980s by Black and Latinx LGBTQ individuals. Led by Transgender Women of Colour, The Balls were established to provide a safe space for the LGBTQ community, who were in need of a platform to express themselves and find acceptance within their community safely - and also have a good time! Forming their own fashion runways, participants of the Balls would walk in various style categories to showcase the immaculate outfits and looks that they had fashioned for the event. Propelled by the beat of House, Disco and Soul Music hits spun by the DJ, the participants would also compete in a style of dance battle that became known as “Vogueing.” This movement would subsequently inspire the #1 charting single of 1990 - “Vogue” by Madonna. It would then go on to inspire numerous fashion lines, pop stars





“Our Mother’s love was infinite,” said Nadine le Cap (one of the children of The House of le Cap) during a memorial held in Kirvan’s honour. “Even if their time with us wasn’t.”



such as Lady Gaga and hit reality TV shows such as RuPaul’s Drag Race. (If you would like to learn more, I would strongly suggest starting by watching Jennie Livingston’s seminal 1991 documentary Paris is Burning as well as Ryan Murphy’s impeccable drama series, POSE).

One of the most essential aspects of Ball culture was the founding of Houses. Houses serve as alternative families that provide shelter, solace and safety for those who have often been kicked out of their original homes due to being LGBTQ. These Houses are led by House-parents who serve as the heads of the Houses and are role models and mentors for their “children” who would take on the same House name.

“Blood does not family make,” said the legendary Hector Xtravaganza, of The House of Xtravaganza. “Those are relatives. Family are those with whom you share your good, bad, and ugly, and still love one another in the end. Those are the ones you select.”

Since The House of le Cap began, they have raised over R10 000 for HIV/AIDS awareness and provided food vouchers for several local NGOs. During the national lockdown, The House also ensured that the transgender community around them received their medication and treatment. Along with their House, Kirvan took care of those who needed love and support as any good mother does.

“Our Mother’s love was infinite,” said Nadine le Cap (one of the children of The House of le Cap) during a memorial held in Kirvan’s honour. “Even if their time with us wasn’t.”

The early passing of Kirvan le Cap was a tragedy. The fact that their murder was reportedly a hate-crime committed by a 14-year-old with whom Kirvan had argued with the week prior makes that event a double-tragedy. Can a 14-year-old even commit a hate crime with any real understanding of the implications, with any true self-cultivated, innate hatred? Perhaps it is more accurate to frame it as the violent execution of hostile and intolerant ideals that were taught. This is why it is not only important to remember and celebrate the lives and legacies of the likes of Kirvan for their contribution to their communities and the art world as a whole, but telling these stories is imperative to the protection and survival of the LGBTQ community and other disenfranchised members of society. These people have contributed so much to the Culture and are often reciprocated with so much senseless hatred. The least that we can give back to a community that continuously elevates and innovates the world around us is our understanding, acceptance and compassion. As well as a debt of gratitude from anyone who has used art as a means for their own joy, happiness and escape.

The House of le Cap still continue to walk together and continue to honor Kirvan’s legacy and the vital work that they had been doing throughout their life. And, although it has been a year since their passing and International Pride Month has already come and gone, we can also continue to honour the architects and frontrunners of our Culture as often as we can. Honestly, every month should be Pride Month. Every day should be Mother’s Day.

Happy Mother’s Day, Kirvan le Cap.

**** Dan Charles**

Dan Charles is a Cape Town Based media professional with a diverse portfolio. He holds a Bachelor’s degree in Business Administration and has an active interest in the S A music scene in both management and performance. As a journalist he covers music and cultural content for a number of publications including this one.

PAY IT FORWARD

“Celebrating two years in her own law practice in Umhlanga, Attorney Shamla Pather is not leaving her legacy to chance, but rather crafting one which aligns perfectly with her life values. Her mantra? Pay it forward

Attorney Shamla Pather's a highly respected law practitioner, specialising in commercial litigation, with a niche commercial client base. She has an unusual, even unexpected approach to what she does and, skilled as she is, her primary driving force is her back-story. It's that which drives her actions and business ethics.

Shamla was the only daughter - youngest of four - and grew up in a humble home with little money: "Still," she smiles, "I was spoilt, because as lacking in education and impoverished as my parents were, they did everything to make my world better. And they valued education highly."

Shamla considered herself an average scholar, but a brilliant university student: "For me to attend university required enormous sacrifices by my family. That alone was fiercely motivating. For a young Indian girl who realistically should have been getting married not studying law, the option of failing did not exist. For me to study, my brother had to give up his."

Shamla worked extremely hard, supported wholeheartedly by her family: "For those four years, my sole job was to study, my mom's was to take care of me, ensure I was mentally and physically equipped to succeed." Shamla not only succeeded, but qualified cum laude: "The memory of my mom's caring ways during those years will never leave me; that, together with my dad's "I'll always make a plan" attitude, shaped who I am, and how I approach every aspect of life."

One of the things her parents felt strongly about was a person's name. They taught Shamla that 'your name is your biggest asset. Earn a good one, and that'll stand you in good stead.'

Stepping out into the world - particularly that of law - Shamla found herself unprepared: "This profession is a real character build. From the very outset, it's really tough. I was considered nothing and nobody, and my self-confidence was entirely eroded. I was repeatedly told I wasn't good enough, until I believed it. It was a form of abuse." Shamla's been in the industry for 24 years now, and she's determined a large part of her legacy will be to assist young, hard-working professionals to believe in themselves and their ability to climb.

Shamla is quick to add that the journey wasn't all negative. She worked for a number of stellar legal firms like Garlick & Bousfield, and Shepstone and Wylie, companies which not only valued her, but showed it: "These are big, well-oiled machines with good business practices and ethics, and they taught me an enormous amount. Not only did I build solid, respectful and sincere relationships, but often lasting ones. I defy anybody who says the big companies haven't transformed - they have, and gender equality is firmly on their radar."





Along the way, Shamla found a mentor in an unusual quarter: “Jackie Julian, then a Durban advocate, took me under her wing. She was a formidable woman who allowed me to see my faults, but constantly pointed out my strengths. She built me up, showed me how to escape toxic business relationships, and told me what an amazing lawyer I was. When you have a strong female role model like that, you fly!” - And she did.

Today, two years into her own practice, Shamla smiles, “I broke from all relationships which were bad for me, and I’ve risen like the phoenix. I understood it doesn’t matter what people think of you, it only matters what you think of yourself. I learned so many lessons along the way, identified abusive practices, and make sure I’m not that person. Ask my staff...I’m the best boss, because I refuse to be the boss I experienced!”

She opened Shamla Pather Attorneys to cries of ‘What took you so long? You should have done it years ago. We knew you could do it.’ The person shouting the loudest was husband and medical doctor, Dan Govender, who had always believed in her ability to open her own practice. She smiles, “He’s always seen something in me that I didn’t see.”

I may be a small firm in the scheme of things, but I’m a big name. I’ve made sure I work super hard, inspire and encourage others, and never abuse anybody. I’m not an activist for feminism, I’m an activist for treating everybody as a human being. I will not help you because you’re a woman in need....I do it because you’re a human being in need.”

Shamla always asks her staff to read Robin Sharma’s book, ‘Leading without a title.’ “He urges everybody that no matter what you do in life, master it. Street sweeper, cleaner, sister, brother, friend, you name it, be the best you possibly can, and one day, somebody will identify you, and you’ll grow.” One of Shamla’s great joys is identifying that person, and helping them on their way up.

She says, “I’ve never forgotten where I came from, or the people who held me up and put me on this path. I can’t give back to my parents, so I give back in their name.” Shamla does pro bono work and contributes to innumerable charities, not just financially, but by rolling up her sleeves and cooking for 80 elderly people. She also gives talks to probono.com on topics such as gender issues, empowerment, abuse, raising your children, the scourge of badly handled social media, labour issues.

“I believe strongly in fairness and justice, about integrity, being true to myself, about looking in the mirror and liking the person I am. I want to help and inspire young professionals to be masters of their destiny, to know it’s about what’s inside you, not what you wear. I want to help lift them up.” That’s why, for Shamla, it’s vital to Pay it Forward.

SHAMLA PATHER ATTORNEYS

www.lawspa.co.za
shamla@lawspa.co.za

Umhlanga:
 202, 2 Richefond Circle, Ridgeside Office Park, Umhlanga Rocks.
 031 0038971
 0827774650

New Ballito office:
 Shop F04B, Zimbali Wedge Retail Centre, Ballito.

THE STORY OF WANDERLUST CO.

Kendal Bower

Where do I even start! Ok, let's start with how the idea of starting a Tiny Home manufacturing company came about. It was under rather interesting circumstances that our business was created.

My husband, Matt, has always been one to jump at an opportunity in business. He is very brave and confident like that. He loves working on new ideas, and has a brain like Rainman which I think makes him the successful entrepreneur he has become. But he can't sit still. In early January 2019, Matt opened the car door so fast that he smashed it into his head causing him a concussion (not something you would think a Rainman-like individual would do the way I have described above right?). Needless to say, he was under strict instructions: no reading, no writing and no screens, be it TV or computer. So, no work for him. This is when the man's brain could not switch off (see where we're going with this?).

I will never forget the day. It was 7th January 2019, my first day back at work (I worked for a Uniform company at that point). I pulled up to the garage and, to my surprise, Matt was waiting at the door, arms crossed with this grin on his face and I said to myself "oh boy, life is about to get interesting..." We proceeded downstairs to the kitchen to prepare dinner and that is where Matt explained that he was convinced that we needed to start a Tiny Home manufacturing business in South Africa. At the time (pre-concussion) we had been watching the Netflix docuseries Tiny Home Nation, so I understood the concept. I trust Matt's savvy business brain and knew something like this would be welcomed by South Africans. But when he said that we had to move into a Tiny Home and live the lifestyle to prove the concept, that's where the wheels fell off and the tears and profanities started to flow.

Throwing my hands in the air and saying "No Matthew, I will not be trailer park trash! Where on earth are we going to park this thing! We are meant to be planning our dream wedding, how can my bridesmaids come and visit when we would only have one loft bed for them to sleep in!". My initial feelings towards Tiny Home are what many of our potential clients express and I understand where they are coming from! But Matt was adamant that we couldn't sell a product that we didn't believe in and, eventually, I reluctantly agreed.

It has been one of the best decisions we have ever made. Tiny Home living is an exciting alternative lifestyle. Since launching, the interest in Tiny Home Living has grown exponentially and even more so since Covid has financially forced many people to re-evaluate their lifestyles. The appeal of Tiny Home Living is of course the quaintness, moveability and price. The Tiny Homes based on trailers are a maximum of 20 sqm and consist of a bathroom, kitchenette and bedroom/living area. It has all one needs – a full size stove, fridge, TV, and cabinetry, and is finished with minimal to luxurious finishes and features. One can opt for extra fittings and features such as security alarm, beams, security camera, home automation system, solar panels, composting toilet – I mean, the sky is the limit!

Our Pod Homes are our latest release. They differ from the Tiny Homes in that they are not based on a trailer. These are our most affordable homes to date starting at R250 000 for a 20sqm home, which consists of the standard bathroom, kitchenette and bedroom/living area. What is also great about these homes is that you can add on to them as you financially see fit or if you want a bigger space. A lot of South Africans are pro Tiny Home living but find the 20 sqm homes just that little bit too small for them, so two Pods gives one the space to have a dedicated bedroom en-suite and a dedicated kitchen/living room with footprint increasing to 40 sqm. There is no limit to how many Pods one could Lego together to make up the desired home.

Our Wanderlust Co. trailer-based Tiny Homes can be parked on any privately owned land as they are not deemed permanent structures. Wanderlust Co. Pod Homes require you to go through the normal application processes that you would with a brick-and-mortar home. At Wanderlust Co. we are developing a database of interconnected parcels of land across the country of Tiny Home Communities in which our clientele can park their Tiny Home or Pod. The landowners will charge a monthly rental for the land occupied, water and electricity, much like a standard rental agreement.

WANDERLUST CO.

www.wanderlustco.co.za
[@wanderlustcoliving](https://www.instagram.com/wanderlustcoliving)



THIS SEASON WE LOVE Homemade Cupcakes from Mickey Bakes

“**Micky** Bakes is the bespoke baking brand newly established by talented and creative local foodie, Micaela Franklin. *This is her story.*”

Hi! I'm Micaela Franklin, I'm 21 years old and I recently started my small business Mickey Bakes! I grew up in Ballito and went to Crawford North Coast, so I'm very grateful for all the support I've received from the locals.

Since I can remember I've been making a mess in the kitchen! I'm a super creative person, and baking has always been one of my favourite hobbies. I love being able to create something beautiful that also tastes amazing.

I'm an extreme perfectionist, so it took me a while to perfect my cupcake and buttercream recipes, and a lot of practice to become confident in my piping skills. I put a lot of thought, creativity, and effort into each order, to make sure my cupcakes are as gorgeous as possible! I want my customers to love them as much as I loved making them.

I absolutely love every part of what I do, from brainstorming colour schemes and choosing sprinkles, to packaging up the cupcakes. I never imagined so many people would be interested in my cupcakes, and I'm blown away by all the encouragement I've received.

Mickey Bakes will be offering cakes as well as cupcakes very soon, (once I've perfected them of course!) as I've received so many messages asking me to add them to my menu. I can't wait to make everyone's celebrations and special occasions even more special with my cupcakes and cakes!

MICKEY BAKES

WhatsApp 066 492 7672
@mickey.bakes

** Orders can be collected from The Waterberry Coffee Shoppe in Ballito



TEN POINTS



- Be in love with the world.
- Trust yourself to get through a difficult time.
- Send out goodness and you can expect goodness to come back to you.
- Withhold criticism and judgement.
- Make few promises.
- Make your life more like you want it.
- Protect life that is weaker than you are.
- Share knowledge freely.
- Be willing to act in the face of fear.
- Kindness calms the mind.



digital design is
shaping the future
of business.



learn creative design skills
to elevate your brand

Our courses are condensed yet
comprehensive, hands-on and instructor led,
to equip you with industry relevant skills.

- ▶ Graphic Design
- ▶ Social Business Branding
- ▶ Post-Photography and Video Design
- ▶ Web and Mobi App Design



Ballito Shop 33 Lifestyle Centre (Inside ICS Store), 498 Main Road
Durban 136 Florida Road, Tel 031 312 8560| Fax 086 505 2244
WhatsApp 071 559 3219 | eMail info@keyline.co.za | www.keyline.co.za

ESTABLISHED
2003

AUTHORISED
Training Centre

AUTHORISED
Reseller

THE ESTATE SHUTTER

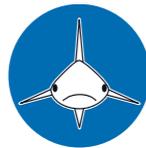
UNDERSTATED ELEGANCE TO COMPLEMENT YOUR STYLE

CONTACT TRELIDOR TO FIND OUT MORE ABOUT THIS BEAUTIFUL NEW ADDITION TO OUR SHUTTER RANGE.



CONTACT US | 031 569 5000
99 Umhlanga Rocks Drive, Durban North

www.trellidor.co.za | Trellidor and The Ultimate Crime Barrier are registered trademarks of Trellidor (Pty) Ltd.



KWAZULU-NATAL
SHARKS BOARD
Maritime Centre of Excellence

SHOW TIMES

TUESDAY, WEDNESDAY & THURSDAY:

09H00 AND 14H00

SUNDAY:

EVERY 1ST SUNDAY OF THE MONTH

14H00 - 16H00

BOAT TRIPS

MONDAY TO FRIDAY:

BOOKING:

+27(0) 82 403 9206

CONTACT NUMBER FOR BOOKINGS

+27(0) 31 566 0435

Closed on recognised public holiday

www.shark.co.za

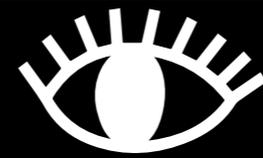
Curio Shop

Boat Trip

Audio-Visual

Dissection Show

EDUCATION & ENTERTAINMENT



EXECUSPECS

**WE TEST
EYES**

WWW.EXECUSPECS.CO.ZA

- Ballito:** 032 946 3473
- Gateway:** 031 566 6859
- Hillcrest:** 031 765 6471
- Midlands Mall:** 033 342 6262
- Musgrave:** 031 201 5106
- Kensington:** 031 563 2108
- Westville Mall:** 031 267 0088
- Galleria:** 031 9041266



TOWEL KINGDOM is the **Ultimate One Stop Shop** for all your Towels and Linen



A factory shop that supplies directly to the public, offering nationwide delivery on our newly launched E-COMMERCE STORE

SHOP ONLINE ON
www.towelkingdom.co.za



Umhlanga:
1 Tetford Circle,
The Millennium Home Centre
031 566 1131

Durban:
419 Mahatma Gandhi Road,
South Beach
031 368 4409

Ballito:
12 Douglas Crowe Dr,
Lemon Reef Park
032 586 3263





THE EDUCATIONAL STUDIO

TAILORED LEARNING

The Educational Studio is an alternative learning centre, providing a warm and personalised learning experience combined with a stimulating academic focus in a comfortable and supportive environment. We offer an **Alternative Learning Programme** and **Private Tuition** for all your educational requirements.

OPENING HOURS

MON - FRI : 08h00 - 17h00

SAT : 08h00 - 12h00

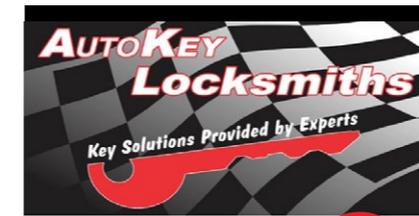
- GROUP BASED TUITION -
- GRADE 2 TO MATRIC -
- 4 DAY WEEK WITH
- ADDED STRUCTURE & FLEXIBILITY -
- NO HOMEWORK POLICY -

📍 3 Wimble Close, MGA House, Ballito, 4420

☎ 083 381 0545 / 032 940 4471

✉ info@educationalstudio.co.za

🌐 www.educationalstudio.co.za



AutoKey Locksmiths

Key Solutions Provided by Experts

24 HOUR CALL OUT SERVICE

TRANSPONDER KEYS
MADE FOR MOST VEHICLES, TRUCK AND MOTORCYCLES

- All Keys Cut While You Wait
- Opening of locks and doors
- Opening of all vehicles using latest technology
- Replace lost or stolen keys
- Replace Worn Keys
- Replace Broken Remotes
- All safes opened and locks changed
- Access Control
- Domestic & commercial locks opened & replaced
- Gate & Garage Remotes

Office: 032 586 3588 - 24hrs
Cell: 071 492 4992
Hennie: 072 015 0756
info@autokeyballito.co.za
www.autokeyballito.co.za
10 Monza Park, 2 Garlicke Drive, Ballito Business Park

Find us on Facebook



Sausage Saloon

UNDER NEW MANAGEMENT

حلال HALAL FOOD

BALLITO JUNCTION
Shop 4A
067 945 2222
Delivery: Mr D & Uber Eats

KWADUKUZA MALL
Shop 31A
068 094 6424
Delivery: Mr D

Contact us:
Hamza: 064 723 0551
Shaakira: 076 378 2705

Facebook Instagram

CLINIC
BEAUTY
HEALTH
VITAMINS
SPORT
FIRST AID
GIFTING



Pharmacy

at SPAR

With health you have hope; with hope you have everything.

Repeat Scripts and Collections

Lifestyle East Coast Pharmacy

TRADING HOURS:
Monday - Friday 8am - 7pm
Saturday 8am - 6pm
Sunday & Public Holidays 9am - 6pm

Shop 34, Ballito Lifestyle Centre
Tel: 032 946 2731 | Fax: 032 946 2733 | WhatsApp and A/H ONLY: 082 686 8554
Script Email: eastrx@3i.co.za

Salt Rock Pharmacy

TRADING HOURS:
Monday - Friday 8am - 6pm
Saturday 8am - 3pm
Sunday & Public Holidays 9am - 2pm

Shop 3 & 4, Salt Rock Shopping Centre, Basil Hulett Drive, Salt Rock
Tel: 032 525 2390 | Fax: 032 525 2399 | WhatsApp and A/H ONLY: 066 212 0566
Script Email: salttx@3i.co.za

Westbrook Pharmacy

TRADING HOURS:
Monday - Friday 8am - 6pm
Saturday 8am - 3pm
Sunday & Public Holidays 9am - 1pm

1 Strelitzia Place, Shell Service Station, Westbrook
Tel: 032 943 1027 | Fax: 032 943 1661 | WhatsApp and A/H ONLY: 079 517 3025
Script Email: westrx@3i.co.za



Burnedale Farm

create | shop | play | eat | pamper





"ESCAPE THE CHAOS, EXPERIENCE THE TRANQUILITY"

Animals, Cafes and Deli, Studio Shops, Creative Workshops, Hair Salon, Beauty Salon & Spa, Framing Studio, Ballet & Fitness Studio, Pottery, Ladies & Men's Clothing, Decor, Gifts, Life Coach & Construction Consultant

1 Old Main Road, Burnedale Farm, Umhlali
(Opposite Karibu Farm)
Tel: 032 947 0133 (8:30 - 17:00)



88FM RADIO LIFE & STYLE

ON AIR, ONLINE & IN PRINT
BROADCASTING LIVE FROM THE LIFESTYLE CENTRE IN BALLITO

Digital Live Stream
www.lifeandstyle.fm
or download our 88FM BALLITO app
FREE on Android or IOS.

FOR Women

3D MAMMOGRAPHY CENTRE

BALLITO

- 3D MAMMOGRAPHY
- ULTRASOUNDS
- BONE DENSITY SCANS

Woman's health and preventive care
under one roof outside the hospital
environment

Shop 657A,
Ballito Junction Mall,
Ballitoville, Kwazulu Natal

Book your appointment today

032 492 0000

ballito@3dmammocentre.co.za

OPERATING HOURS

Mon to Fri: 08:00 – 17:00

Saturdays: 08:00 – 13:00

Sun & Public Holidays

By Appointment Only



#EARLY DETECTION SAVES LIVES



Heading **Food Matters** is highly talented chef Jacqui Rey.

With local and international training, she has more than 25 years' experience in the food and catering industry.

You will find her passion for great food reflected in her work, making **Food Matters** a clear projection of artistry.

As well as catering to corporate events, private functions and weddings, **Food Matters** supplies some of the most delectable cakes this side of Durban!

NOW SERVING FOMO FROZEN MEALS

FOMO Frozen Meals offers delicious, 100% home cooked dishes straight from the **Food Matters** kitchen.

Place your order online at www.foodmatters.co.za

032 946 3173

www.foodmatters.co.za

Creating tasty content since 2019!



WHAT WE OFFER:

- SOCIAL MEDIA MANAGEMENT
- WEB DESIGN
- PODCAST CREATION
- VIDEO PRODUCTION
- COPYWRITING

066 207 9709 (Candice)

candice@saltedcaramelmarketing.co.za

www.saltedcaramelmarketing.co.za

OUR CLIENTS



Now Open In Salt Rock...



Mochachos

MEXICAN CHICKEN FIESTA



Visit Us Today at Shop 4, New Salt Rock Shopping Centre - 032 648 0055



BRUNATIONAL

Cosmetic & Skin Care Manufacturers



032 586 1406

www.brunational.co.za
vanessa@brunational.co.za
lara@brunational.co.za

Unit no 3 | Platinum Park
Douglas Crowe Drive | Ballito

**Become the best version
of yourself**

skinrenewal

part of renewal institute

Umhlanga Arch, 1 Ncondo Pl, Umhlanga Ridge.

Tel: 031 566 3590

254 Lilian Ngoyi Road, Windermere, Durban.

Tel: 031 303 3473

f t i in p | tv skinrenewal.tv

skinrenewal.co.za



Within comfortable walking distance to tidal pools and pristine beaches - your ideal holiday or business stopover.

All rooms located on the upper floor open onto a balcony with sea views. A combination of tastefully decorated private suites, self catering units and family suites.

Accommodation for up to 20 guests



032 525 4103
072 240 5230

seajun@mweb.co.za
www.seasidelodge.co.za

33 Peter Hulett Place, Salt Rock,
Ballito, North Coast, KZN



**Skryfbehoeftes
Stationers**

*Always Right!
Altyd Reg!*



**YOUR LOCAL
STATIONERY SUPPLIER
with
COMPETITIVE PRICES
TOP BRANDS &
EXCELLENT SERVICE**



**OFFERING
PRINTING, PHOTOCOPING,
BINDING & LAMINATING SERVICES**

032 586 1690

wilma@10uit10ballito.co.za
Crowthorne Corner | Garlicke Drive | Ballito



Suppliers of fine Quality Porcelain, Carpets, Travertine, Marble, Natural Stone, Wood, Laminates, Vinyl, Custom Features, Custom Cutting, Mosaic & Decor.

**So Why has Redd Tile been Ballito's choice for
Quality Flooring for the past 17yrs?**

- Owner Managed (Family Business).
 - Internationally Trained in Flooring Solutions.
- Over 25 yrs experience in various Flooring Solutions.
 - Vast Expertise in Specialized Technical installations.
- Specializes in Custom Cutting & Profile Construction.
 - Historically Ballito's First & Oldest Flooring Supplier.
- Yes, We are the Experts with the answers to your Flooring Dilemma.
 - Flooring... If You can Think it, We can Do it!

**RT Redd Tile
Flooring Solutions**

CALL NOW



032 946 3210

084 500 5174

7 Platinum Park, Douglas Crowe Dr. Ballito

Visit our Website: www.reddtile.co.za

Follow us on:

Facebook: www.facebook.com/rtflooringsolutions/

Instagram: <https://www.instagram.com/reddtile/>



Colour & B/W Copies up to A0
Laminating up to A0
T-Shirts
Business Cards
Plan Printing
Posters
Delivery Books
Flyers/Brochures

Banners
Vinyl Stickers
CV Printing
Invitations
Menus
Name Badges
Rubber Stamps
Photo Printing

NUMBER PLATES
MADE WHILE YOU WAIT!

Roland **hp** **FUJIFILM** **Canon**

copYink copy print smile

Find us: 13 Platinum Park
Douglas Crowe Dr
Ballito
Call us: 032 946 2767
Email us: jess@copyinkballito.co.za




Somerset Lodge
CARE CENTRE

Somerset Lodge
Care Centre

Situated on Somerset Valley Estate (close to all Umhlanga hospitals).

Assisted living facility of excellence, also offering frail care & step-down care.

Short term stays are welcome, subject to availability.



CONTACT:
031 940 1601
www.somersetcarecentre.co.za

All COVID protocols are in place.



REFRIGERATION & AIRCONDITIONING

Experts in the design & installation of Air Conditioning Systems.

- Sales
- Service
- Maintenance
- Installation
- 24 Hour Repairs

Use this promo code and get a discount on servicing your AC unit **PROMO CODE: LAS06**

032 586 3285
A/H 082 787 8591
admin@rfa.co.za
www.rfra.co.za

Ballito
Signarama
The Way to grow your business!

082 345 3310
gavin.p@signarama.co.za



Signage Design
Signage Manufacture
Signage Installation
Signage Project Management
Signage Rollout Co-ordination
Signage National & Beyond

www.signarama.co.za
Unit 3 Kyalami Park, Ballito, KZN



UNDER THE PERSONAL SUPERVISION OF
ROBBY STURGEON.

A Fast, Effective Solution to Invasion by:
Cockroaches, Ants, Rats, Termites.
We use only the most effective scientifically approved treatments.

FOR LONG LASTING, EFFECTIVE CONTROL.
ENTOMOLOGIST REPORTS AS REQUIRED.

084 511 2228 / 076 139 1704

ARE YOU BUILDING A RESIDENCE ON THE DOLPHIN COAST?

Have you got a proper building contract in place?
Have you got a QS to manage your building budget?
Make sure you get the details correct!

JBCC® and MBSA® Contract Experts
Arbitrators and Adjudicators

Your contractual and commercial partner of choice,
now servicing the KZN North Coast.



www.borcon.co.za
032-648 0070



H₂O
INTERNATIONAL

It's what's inside that counts



Tel: 032 946 3773 Shop 6A
Cell: 083 780 4007 The Circle
Fax: 032 946 3779 Douglas Crowe Drive
sales@h2onorthcoast.co.za Ballito

BFS
BALLITO FINANCIAL SOLUTIONS



Gareth Jansen van Rensburg AGA(SA)
Bookeeping & Accounting
Registered Tax Practitioner

Email: gareth@ballitofinance.co.za
Cell: 082 9611 060

13 Platinum Park
Douglas Crowe Dr
Ballito



M
MAHARANI
TILES & BATHROOMS

WE'RE MORE THAN JUST A TILE STORE



FIND US AT
18 Silverstone Way, Douglas Crowe Drive, Ballito | +27 32 586 1379
www.maharanitiles.com | www.graff-mixers.co.za




GRAFF®
CUT TO MEASURE DESIGN





BECOME A GLOBAL PHYSICIAN

Study Medicine Abroad at Manipal's American University of Antigua (AUA), College of Medicine, which is dedicated to providing a learner-centric education of the highest quality for the next generation of physicians and healthcare professionals.



2022 INTAKE NOW OPEN

CONTACT FOR MORE INFORMATION:

SASHNEE: 083 386 0455 sash.moodley@4tis.co.za
ALISHIA: 0795213416 alishia.moodley@4tis.co.za



THE ULTIMATE RANGE OF AUTO PARTS

1 Richard Park
Wimble Close
Ballito

081 250 7357



LIFE & STYLE MEDIA

Advertise with us

IN PRINT,
ON AIR &
ON LINE

info@lifeandstyle.fm
www.lifeandstyle.fm



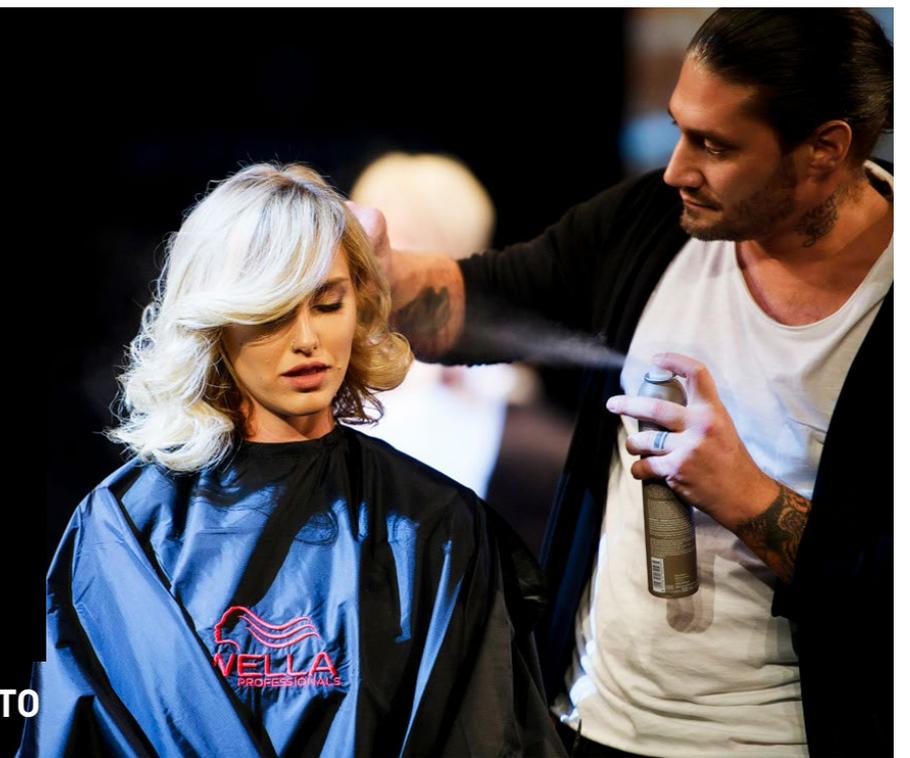
NM

NIKOLAS MICHAEL

HAIR EXTRAORDINAIRES

032 940 1212 / 3

ZIMBALI DRIVE | THE WEDGE | BALLITO



We missed our favourite ride in 2020, but we are so excited to be back, with a new date to #CelebrateTogether

Saturday 27 November 2021
40km and 20km MTB Races, Cornubia
Sunday 28 November 2021
45km, 90km and 135km Road Races

Entries open 2 August 2021
www.tourdurban.co.za



Bidvest
McCarthy Toyota Ballito
We Deliver. Always.

Lifestyle Centre, Zimbali
Ballito, Dolphin Coast



The all-new Toyota
FORTUNER
RANGE

NOW AVAILABLE



The all-new Toyota
HILUX
RANGE

NOW AVAILABLE



George Tossel
General Sales Manager
georget@mcmotor.co.za
072 319 8474
032 946 7800

RADIO
LIFE & STYLE



POWERED BY
Bidvest McCarthy
Toyota Ballito



THE NEW HOME OF CMH
SUZUKI RENAULT NISSAN MITSUBISHI

NOW OPEN

at 35-37 Moffat Drive, Dolphin Coast.
for all your motoring requirements on the North Coast.
087 721 5276



The Circle Business Centre

A safe, connected, and modern environment for a variety of business types. Being conveniently located in the heart of Ballito, just a short walk from Ballito's other major centres.



Retail Stores

Being centrally located in the heart of Ballito, **The Circle** offers convenient spaces for shops to thrive and for customers to access.



Wellness Centre

The latest addition to **The Circle** is a beautiful wellness centre, which is a collaborative space for healthcare professionals to provide a variety of treatments and services for the health of their clients' minds and bodies.

Some of the services provided in our wellness centre include a physiotherapist, biokineticist, Pilates and functional fitness classes, aqua classes, rehabilitation, and a baby swim school.

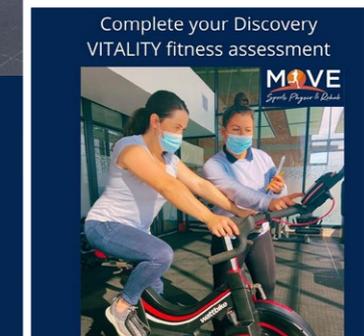
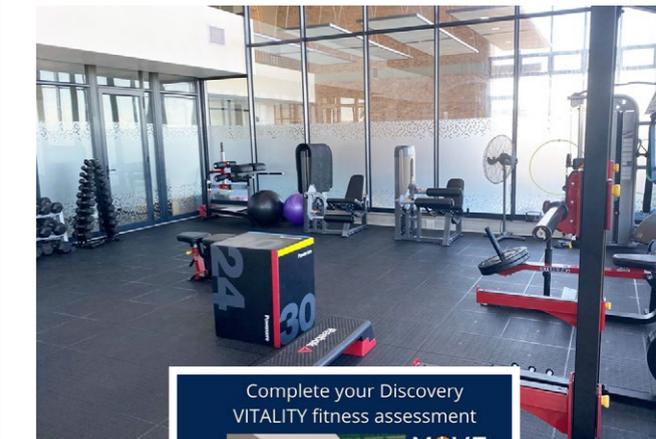


The Business Centre

The Circle offers a variety of fully serviced and furnished offices to suit various budget needs, which includes a range of services and on-site amenities.

Tenants have access to dedicated tenant parking, reliable high speed fibre, uninterrupted power back up, and other services to ensure your needs are met.

The Circle is COVID-19 compliant to ensure tenants are able to work in a safe environment.



CAN-NOR



FOOD LOVER'S MARKET



HAVOC-O



TOP CARPETS AND FLOORS™

Coull Cotton Co
Beds | Linen | Curtains | Scatters | Outdoor Furniture



The Circle offers Retail, Office and Wellness Spaces to suit various needs.



Variety of Serviced Offices Available
032 946 5900
info@thecircle.co.za



LIFE & STYLE

MEDIA

**ON AIR,
ONLINE AND IN PRINT**

www.lifeandstyle.fm