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MINDSET, METHODS,
& MOMENTUM OF
MODERN MEN IN
BUSINESS

AFRICA IN FOCUS:
THE BUSINESS SHIFTS
EMERGING FROM THE
G20 SUMMIT

UNFILTERED
T E E N S

A PEACEFUL JOURNEY
TO EMAKHOSINI
OPHATHE HERITAGE
PARK

KHANYISILE
DUMAKUDE

SUCCESSFULLY
ROOTED IN SOIL





#TheOnlineElevator Small Business Spotlight

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Magazine. Inspire others***

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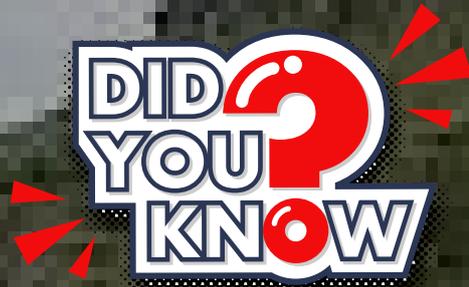
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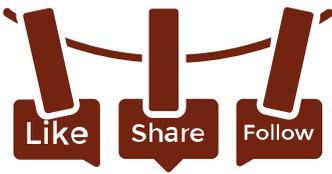
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KwaZulu Natal Was The Site Of Historic Battles

KZN was the site of historic battles that shaped South African history. The Battle of Isandlwana (1879) was one of the most famous — where the Zulu army defeated the British in one of the greatest upsets in colonial warfare. Later, the British returned stronger and eventually annexed the Zulu Kingdom, making it part of Natal, a British colony.

DEAREEDITOR



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Nqobile MaXulu Nene
Founding Editor-in-Chief

Editor's *Note*

Rooted. Rested. Ready.

It's been a while since we last published, and in that pause, Beads Magazine took a moment to breathe, to reflect, and to realign with purpose. Coming back now feels like coming home — to the stories, people, and places that remind us why we started.

This issue carries that spirit of renewal. Our cover story, "Successfully Rooted in Soil," celebrates Khanyisile Dumakude, a woman who proves that growth truly begins where we are planted. Her journey from community roots to global impact captures everything Beads stands for — resilience, faith, and vision.

We also spotlight the shifts shaping Africa's business future after the G20 Summit, unpack the mindset of modern men in business, and feature women and youth entrepreneurs who are building purpose-driven brands from the ground up. Through our health, culture, beauty, and tourism pillars, we continue to showcase the heart of KwaZulu-Natal — its creativity, balance, and brilliance.

This comeback issue is a thank-you — to everyone who waited, believed, and stayed connected even in our silence. Beads has always been diversely connected, and now more than ever, we're ready to keep telling stories that heal, build, and inspire.



“

Beads Connect is more than an event – it’s a celebration of women, wellness, and the power of community to inspire, uplift, and grow together.

”

UNFILTERED TEENS

Discovering authenticity
in a world of filters and
followers.



Today's teenagers are growing up in a world where everything is shared, liked, and compared. From Instagram selfies to TikTok trends, the pressure to appear perfect is everywhere. Many teens feel the need to present an image that looks flawless – from their appearance to their lifestyle. But behind those bright filters often lies self-doubt, anxiety, and the constant question: Am I good enough?

When Likes Define Worth

Social media can be a fun and creative space, but it also sets dangerous standards. The number of likes or followers can begin to shape how teens see themselves. Some start believing that popularity online equals value in real life. The truth, however, is that digital approval fades – but self-confidence built from within lasts forever.

Mentorship Programs

More young people are now choosing to live authentically. They're posting without filters, speaking openly about mental health, and embracing their natural selves. This shift is powerful – it shows that real confidence doesn't come from how others see you, but how you see yourself. Being unfiltered doesn't mean being careless; it means being true.

Finding balance offline

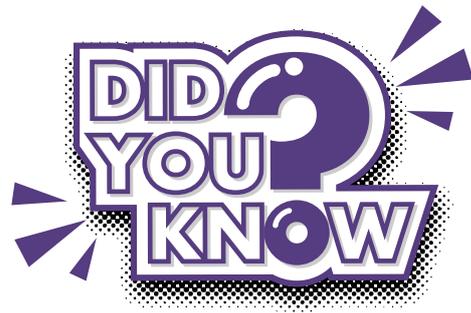
Life beyond the screen matters too. Teenagers who take breaks from social media often discover new hobbies, passions, and relationships that strengthen their sense of identity. Whether it's journaling, volunteering, or spending time with family and friends, these offline moments remind teens that life isn't meant to be lived through a lens

Influence and Responsibility

Teenagers also play a key role as influencers in their own right – not just through followers, but through impact. The way they choose to use their voices online can inspire others to be more genuine, kind, and self-aware. Every post, comment, and story has the power to build or break someone's confidence. Choosing positivity and honesty online helps create a culture where being real is celebrated.

A Generation Redefining Realness

Today's teens are rewriting what it means to be authentic. They're showing the world that you don't have to be perfect to have purpose. Unfiltered Teens is not just a phrase – it's a movement toward self-acceptance, honesty, and pride in who you are. Because at the end of the day, the most beautiful version of yourself is the one that's real.



Did You Know?

In **2023**, South African teens spent an average of over **4 hours** a day on social media — yet more young people than ever are now using those platforms to promote mental health, body positivity, and social change.

The Miracle of Moringa

**A Woman Cultivating
Wellness and Wealth**



Khanyisile's Path From Soil To Success

Khanyisile's journey began in Ohlange, Durban, where she grew up in a family rooted in farming. Her parents came from Enseleni Emayeni, where they passed down their love for agriculture and community.

After studying Accounting, Khanyisile worked for 18 years at the King Cetshwayo District Municipality. In 2017, she made a bold decision to resign and follow her true passion — farming in Enseleni Emayeni, where she continues to make a positive difference in her community.

Her unique path in agribusiness took shape as she traveled the globe, learning about the potential of Moringa. These experiences connected her with women farmers across the country, igniting her passion for creating a business model that would uplift her local community.

In 2018, Khanyisile launched the Moringa Outgrower Program, which focuses on training and empowering farmers, including youth and individuals living with disabilities. To date, Nyame Adom Farming - her company - has trained over 90 farmers and established five registered businesses, contributing to local employment and economic growth.

For Khanyisile, success is not just about personal achievement; it's also about making a difference. This year marked a significant milestone as she was invited to speak at the International Women's Day conference on Moringa Renewable Energy. Representing South Africa, she highlighted the daily challenges faced by female entrepreneurs and the importance of collaboration in accessing new markets. Her participation has strengthened partnerships with Moringa entrepreneurs across East and West Africa, fostering intra-Africa trade.

Resilience is a theme that runs deep in Khanyisile's story. As a woman farmer, she faced significant obstacles, including gender discrimination in land ownership. When a male colleague was approved for land that had been denied to her, it fueled her determination to create the Outgrower Program. "Every 'no' is an opportunity for growth," she reflects, leading her to explore agro-processing and new ideas

I was completely broken—emotionally and physically—after Survivor. People saw strength, but they didn't always see the worry. The fear of failing, of not doing enough with the platform I'd been given.”



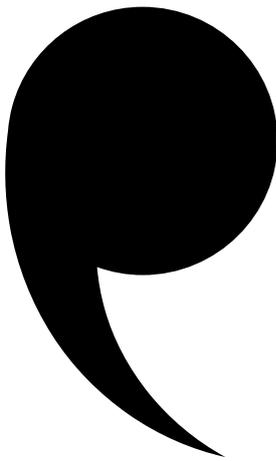
Khanyisile's commitment to mental health is evident in her involvement in programs that connect her with fellow entrepreneurs. Initiatives like UKZN Social Entrepreneur 2025 and Women Creating Wealth with Graca Machel have provided vital support and inspiration. She believes that mental strength is crucial in navigating the complexities of business.

In a world where many feel the need to escape their roots to succeed, Khanyisile's story serves as a powerful reminder of the potential within one's own community. She encourages others to leverage their familiar surroundings, emphasizing that agriculture can be a pathway to success.

“Agriculture was my escape to success”

Looking ahead, Nyame Adom Farming is expanding by planting Moringa in five provinces to ensure a sustainable supply of raw materials. The impact of climate change has been a challenge, as evidenced by the loss of 5,000 trees to floods in KZN. Yet, Khanyisile remains undeterred, securing land in other provinces to continue her mission.

Ultimately, Khanyisile Dumakude aims to leave a legacy of empowerment. “Women can create wealth from plants,” she asserts, envisioning a future where women contribute to sustainable practices in agriculture. As she continues to break barriers and inspire others, her story is a testament to the strength and determination of women in agribusiness.



“If I weren't in agribusiness, I'd be teaching financial literacy to SMMEs. Empowering others will always be my passion.”



Success doesn't come
from what you do
occasionally, it comes
from what you do
consistently.

THE MINDSET, METHODS, AND MOMENTUM OF MODERN MEN IN BUSINESS

Building a business is one thing. Sustaining and growing it is another. As the business landscape continues to evolve, modern entrepreneurs are learning that success is not about working harder—it's about working smarter, adapting faster, and leading with clarity.



1 The Growth Mindset

Every business reaches a point where passion alone is not enough. True growth requires discipline, planning, and the ability to adapt. Entrepreneurs who embrace learning, track their progress, and stay open to change position themselves for long-term success. A growth mindset turns challenges into opportunities and mistakes into lessons that strengthen the next move, fueling innovation, resilience, and continuous improvement toward sustainable and meaningful business growth.

3 The Power of Networking

Networking is more than collecting contacts—it's about creating meaningful connections. Successful men in business understand that every partnership, collaboration, or referral can open doors to new opportunities. Being visible at industry events, supporting other entrepreneurs, and building genuine relationships help strengthen both reputation and reach, fostering trust, shared growth, and lasting alliances that create stability, expand influence, and open pathways to future collaborations and business development opportunities.

5 Building for Longevity

Short-term wins are exciting, but lasting success comes from long-term vision. Planning for sustainability means thinking beyond profit—investing in people, technology, and community impact. A business that grows with purpose naturally attracts loyalty, stability, and respect, creating a legacy of trust, continuous innovation, and meaningful progress that benefits both the entrepreneur and the communities they serve.

2 Systems That Support Success

A thriving business needs structure. Clear systems for finance, marketing, operations, and customer service make it easier to manage and scale. Tools like accounting apps, automated invoicing, and digital scheduling save time and reduce stress. When systems are in place, the business runs efficiently—even when the owner steps away for a moment.

4 Balancing Ambition and Wellbeing

Burnout can quietly destroy even the most promising ventures. True success means managing both business and personal wellness. Regular rest, healthy routines, and time with family or mentors can recharge creativity and focus. Balance ensures consistency—and consistency is what keeps businesses alive and growing, allowing entrepreneurs to sustain motivation, make clearer decisions, and maintain the energy needed to innovate, lead effectively, and achieve long-term fulfillment and stability.



Success isn't measured by how fast you grow, but by how long your impact lasts.

AFRICA IN FOCUS: THE BUSINESS SHIFTS EMERGING FROM THE G20 SUMMIT

With the world’s biggest economies meeting in Johannesburg for the G20 Summit, South African entrepreneurs have a rare chance to align with global trends. The decisions made here could influence funding, trade, and innovation opportunities across the continent.

➔ *Investment and Industrialisation Opportunities*

Africa’s industrialisation focus under the G20 spotlight opens a new window for growth. For South Africa, this means driving investment into manufacturing, value-added production, and export-oriented industries. The country’s rich mineral base — especially those tied to the green economy — positions it to attract investors seeking sustainable industrial growth. For KwaZulu-Natal entrepreneurs this is the moment to think bigger: upgrade production systems, explore export readiness, and connect your business to global value chains.

➔ *Trade and Supply Chain Shifts*

With trade openness, logistics, and supply chain resilience high on the G20 agenda, local businesses must prepare for a more globally connected future. The push for improved transport networks and digital trade systems will reward those ready to link into international markets. For small and medium enterprises, this could unlock access to new funding, partnerships, and trade incentives. Aligning with these priorities now could determine who benefits most from the post-summit momentum.

➔ *Digital Economy, AI, and Innovation*

The 2025 G20 theme places strong emphasis on digital inclusion, AI, and data-driven innovation. This is a key opportunity for South African businesses — especially those in the tech and media space — to lead in digital transformation.



➔ *Sustainability and the Green Economy*

The summit’s spotlight on sustainability and climate finance signals where the world’s money is going. Businesses integrating eco-friendly models — from ethical sourcing to circular design — will have the upper hand. In fashion, design, and production, sustainability is no longer optional; it’s the new trend in profitability. Using recycled or local materials and promoting conscious consumption aligns both with the global agenda and growing consumer values.

➔ *Africa’s Voice in the Global South*

Hosting the G20 places Africa at the centre of global economic discussions for the first time. This shift gives local businesses the chance to shape narratives around inclusion, localisation, and equitable trade. It also means potential funding and policy reforms that favour African development and participation in global value chains. For entrepreneurs, staying informed and ready to adapt could turn this global moment into lasting local impact.

The 2025 G20 Summit isn’t just a global political event — it’s a signal for where business, innovation, and investment are heading. For South African entrepreneurs, especially those rooted in KwaZulu-Natal, it’s a call to align with global standards while building strong, sustainable local enterprises. Whether you’re in fashion, tech, media, or manufacturing, the trends emerging from this summit highlight one clear message: Africa is not just participating in the global economy — it’s helping define its future.

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*From
Grass Plaits*
to **Beauty
PARADISE**



From braiding grass to building dreams, Nokuphila Sibisi, the founder of Pholiss Beauty Paradise has turned a childhood passion into a thriving beauty business. What began as a simple love for creating beauty has grown into a purpose-driven salon that empowers others through skills and self-expression. In this Q&A, she opens up about her journey, the challenges she's faced, and the vision that continues to drive her toward growth, empowerment, and excellence.

Q *How did your journey into the beauty industry begin?*

A For many, entrepreneurship starts with a formal plan, but mine began with plaiting grass as a child. I was always drawn to beauty and enjoyed practicing different styles on my cousins and friends. My passion for creating beauty never faded, and it grew over time.

Q *What inspired you to start Feliss Beauty Paradise?*

A My love for beauty and the desire to empower others inspired me to open my own salon. What started as a passion turned into a thriving business that now offers hair, nails, and lashes, with plans to expand further.

Q *What is the core purpose of your business?*

A Feliss Beauty Paradise is about more than just beauty; it's about purpose and empowerment. I launched affordable beauty classes to help young people develop skills that can lead to employment or self-employment, creating opportunities and hope.

Q *What are some challenges you face as a business owner?*

A The biggest challenge is intense competition. To overcome this, I stay committed to learning, evolving, and keeping up with the latest trends and technologies in the beauty industry.

Q *What is your vision for the future of your business?*

A I aspire to see Feliss Beauty Paradise in malls across the country, creating jobs and being recognized as one of the top salons on the continent.

Q *What advice would you give to aspiring entrepreneurs?*

A Never give up. Never accept criticism that kills your spirit. Never settle for less. Always listen to your inner voice, even if no one else believes in your dream. Business is hard, but perseverance will lead to success.



Passion, perseverance, and a deep commitment to making a difference are the keys to success. Keep going, and everything will fall into place.

fitness

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trailblazer
redefining
entrepreneurship

ANNELENE GOVENDER

She is the driving force behind SA Water Products — a woman whose story embodies resilience, vision, and purpose. Meet Annelene Govender, a true trailblazer in entrepreneurship. Raised on a farm in Nonoti, Annelene learned early that success is built through hard work and unwavering determination. Guided by her powerful belief that “whatever you put your mind to, you can achieve, as long as you believe in yourself,” she has turned challenges into stepping stones and dreams into reality.

ADVICE FOR OTHERS

For women aspiring to launch their own ventures, Annelene has a message that resonates: “The world is your oyster. Go conquer it!” She champions faith, determination, and self-belief as the cornerstones of entrepreneurial success. Beyond the hustle for profit, Annelene is passionate about dispelling myths around entrepreneurship, particularly the notion that success is only measured in money. “It’s about making a difference,” she emphasizes, reminding aspiring businesswomen that impact and purpose are just as important as profit.

LOOKING AHEAD

Looking ahead, Annelene has bold plans for SA Water Products. “I want to expand beyond Richards Bay and make a bigger impact,” she declares with confidence. Fueled by an unwavering commitment to excellence, she adds, “I know I can do it because I’m a go-getter and I believe in myself,” her words radiating determination and an unshakeable drive to succeed.

PERSONAL TOUCH

For Annelene, balancing work and personal life is essential. She finds strength and inspiration in her family — her four-year-old son, Sian, and her supportive husband, Selvan. Their unwavering encouragement fuels her drive, empowering her to excel in both her business and her commitment to community service.

HER JOURNEY

Annelene’s journey into business began soon after completing her studies at Richards Bay Secondary. She joined Amanzi Ichweba, starting out in internal sales and steadily rising through the ranks to become Sales Director over a span of fourteen years. Those years proved to be a masterclass in leadership, resilience, and industry insight. So when Amanzi Ichweba eventually closed its doors, Annelene didn’t see an ending — she saw an opening. In 2018, she turned that moment into a milestone, founding SA Water Products, a venture powered by her experience, determination, and an unshakable passion for what she does.

PROUDEST MOMENTS

Looking back, Annelene takes the greatest pride not in titles or milestones, but in the unwavering support of her community. “We’ve been embraced by the local community, and I couldn’t be more grateful,” she reflects, her voice filled with gratitude and humility.

Annelene’s vision stretches far beyond business growth. She dreams of opening an orphanage and an old age home—places of care, hope, and love. “To me, success means making a difference in someone else’s life,” she says, a statement that perfectly captures her heart for community and her purpose-driven approach to success.

OVERCOMING CHALLENGES

Looking back, Annelene is most proud of the support she’s received from her community. “We’ve been embraced by the local community, and I couldn’t be more grateful,” she shares. Her dreams extend beyond business success—she aspires to open an orphanage and an old age home. “To me, success means making a difference in someone else’s life,” she explains, reflecting her deep commitment to giving back.

GIVING BACK

Annelene's heart is firmly anchored in her community. Her vision of establishing an orphanage and an old age home reflects her deep-seated belief in the power of care and compassion. "I know where my blessings come from, and that motivates me to give without expecting anything in return," she shares, highlighting her selfless commitment to uplifting others.

In 2018, she turned a challenge into an opportunity by launching SA Water Products.

Being a woman in a male-dominated industry means you need to be twice as determined. But it also makes your victories twice as sweet



THIS IS HER

Annelene Govender's story is more than a tale of business success—it's a blueprint for resilience, purpose, and impact. From her roots in Nonoti to leading SA Water Products, she demonstrates that determination, faith, and a heart for giving can turn dreams into reality. Her journey reminds us that true success isn't just measured in profits, but in the difference we make in the lives of others. Annelene's vision, passion, and unwavering drive continue to inspire, proving that with belief and action, anything is possible.

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This is where everything starts



Umemulo

A zulu Celebration of intombi nto!

Umemulo is a sacred and traditional Zulu ceremony that marks a young woman's transition into womanhood. Deeply rooted in Zulu culture, this rite of passage is more than just a celebration – it is a spiritual and cultural moment that unites family, ancestors, and community.

Traditionally, umemulo is done when a young woman reaches her early twenties, although it can happen at any age depending on family circumstances. It symbolizes that the young woman is now ready for adult responsibilities, including marriage, motherhood, and contributing to the community

“Umemulo ngumcimbi wokuqala empilweni yentombi, obonisa ukuthi isiyinsizwa esiyinqabavu, futhi isilungele ukuthwala imfanelo zokuba ngumfazi.”

The ceremony begins with preparations that include building traditional huts, preparing food, and gathering elders and community members. A cow is slaughtered (ukuhlathwa kwenkomo) as part of the ritual, symbolizing ancestral blessings and prosperity.

On the morning of the ceremony, the girl is taken to a river to be washed by elder women ukhlanzwa kwentombi to cleanse her spiritually. She wears traditional attire such as isidwaba (Zulu skirt) and ubuhlalu (beads) and carries a spear (umkhonto) as she dances (ukusina) in front of guests, showing pride, strength, and dignity.

The family and guests sing, clap, and cheer as she dances. Many guests pin money on her body as a sign of support and encouragement for her future. There is joy, ululating (ukuhlabelela), and prayers offered to thank the ancestors for guidance.

Although the meaning of umemulo has slightly evolved in modern times, it remains a proud moment in a woman's life and a deep connection to heritage. Some young women do umemulo before marriage, others do it to honour their parents and ancestors.

“Umemulo uyisiko eliqinisa ubuhlobo phakathi kwentombi, umndeni kanye nomoya wabokhokho.”

In the modern Zulu society, umemulo continues to inspire cultural pride, reminding young women of who they are, where they come from, and the strength they carry within.

“Umemulo uyisiko eliqinisa ubuhlobo phakathi kwentombi, umndeni kanye nomoya wabokhokho.”

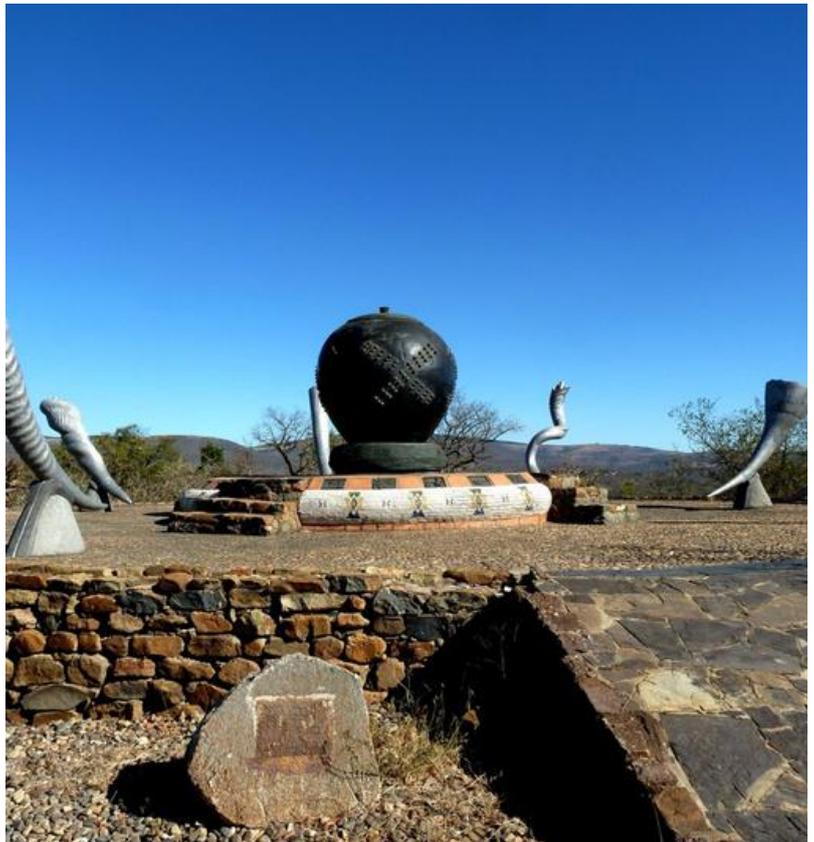
A PEACEFUL JOURNEY TO EMAKHOSINI OPHATHE HERITAGE PARK

KZN enters July with strong business momentum—driven by new investments, smarter logistics, and a growing digital shift. From key events to infrastructure wins, this month is packed with opportunities for forward-thinking businesses. Here’s what’s shaping the scene.

Unlike loud city monuments, eMakhosini offers a peaceful, reflective experience — ideal for those seeking quiet cultural immersion. Visitors are encouraged to explore the park “the soft way” — through slow walks, gentle storytelling, and mindful observation of both nature and history. At the centre of the park is the Spirit of eMakhosini Monument, a symbolic bronze vessel shaped like a traditional Zulu beer pot (imbiza), surrounded by spears and buffalo horns. It honours the spirits of the kings and the legacy they left behind.

EXPERIENCE IT THE SOFT WAY:

- ▶ Take a slow heritage walk with a local guide, learning the stories of each Zulu monarch.
- ▶ Have a peaceful picnic near the White Mfolozi River, surrounded by untouched nature.
- ▶ Stay in a luxury lodge or eco-camp nearby for a royal yet relaxing overnight experience.
- ▶ Watch wildlife quietly — rhinos, zebras, giraffes, and rare birds roam freely across the valley.



Zulu Proverb:

“IZIHLAHLA EZINKULU ZIKHULA KANCANE.”

“Big trees grow slowly.”

This proverb reminds us that greatness takes time just like the Zulu kings whose influence still grows long after they’re gone. As you walk through eMakhosini, each step echoes with their strength and wisdom.

The park also hosts educational and cultural programs that teach visitors about traditional Zulu leadership, customs, and the spiritual meaning of the land. For Zulu people and all South Africans, eMakhosini is a living memory — a royal land that offers peace, power, and pride. Whether you’re a cultural explorer, a heritage tourist, or someone simply seeking calm, eMakhosini welcomes you with grace.

This gentle form of heritage tourism respects the spirit of the land and the culture it represents. It’s an ideal retreat for reflection, healing, and reconnecting with identity.

The History of
my town
Greytown



Pastoral
ROOTS

Founded in 1850, Greytown's story begins in the rolling hills of the KwaZulu-Natal Midlands — a land once known for its fertile soil, abundant streams, and peaceful pastures. It was named after Sir George Grey, then Governor of the Cape Colony, and quickly became a hub for settlers drawn by agriculture. From maize fields to dairy farms, the rhythm of life here was shaped by the land, hard work, and a deep connection to community.



Colonial
CROSSROADS

Greytown's position in the Midlands placed it at the crossroads of history. During the colonial period, it became a strategic link between inland trade routes and coastal settlements. Its quiet streets carry echoes of the past — from Victorian-style buildings to churches that have stood for over a century. The Greytown Museum still tells these stories, preserving memories of the Anglo-Zulu War and the generations that built the town from the ground up.



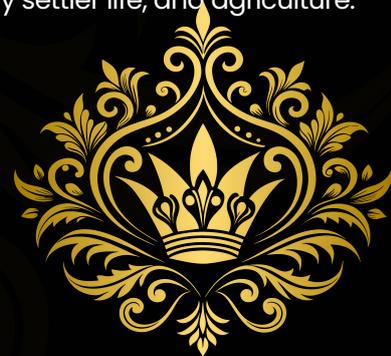
KNOW AND VISIT

- **St James Anglican Church:** stands out as an architectural treasure from the late 1800s, known for its colonial stone craftsmanship and stained-glass windows.
- **Umvoti Vlei Nature Reserve:** visitors can find peace at the Umvoti Vlei Nature Reserve, a spot perfect for birdwatching and nature walks.
- **Local Markets:** display the entrepreneurial and creative spirit of its residents through homemade goods and handwoven craft.
- **Greytown Museum:** The Greytown Museum, located in one of the town's oldest buildings, provides a comprehensive view of the area's past, focusing on artifacts from the Anglo-Zulu War, early settler life, and agriculture.



AND IN MODERN LANDSCAPE DIAN INFLUENCE

Greytown has grown by blending its agricultural heritage with modern development, expanding residential areas, preserving historic architecture, and attracting those seeking a rural lifestyle, all while improving infrastructure and outdoor amenities.



Grey Town **FUN FACTS**

- Greytown has a rich history, with Victorian and colonial buildings still present today.
- It's surrounded by sugar-cane fields and timber plantations, making it an agricultural hub.
- Greytown is a gateway to the scenic KZN Midlands, with hiking and birdwatching spots.
- Greytown Smaak" is a local cuisine that mixes traditional Zulu flavors with fresh produce.

Why We Featured **GREY TOWN**

Greytown offers a unique blend of historical charm and modern growth, making it a perfect example of rural evolution. Its scenic landscapes and rich cultural offerings make it an ideal lifestyle destination.



& Bobotie **buternut mash**

Bobotie

A comforting South African classic with sweet and savoury Cape Malay flavours, served with a smooth butternut mash.



METHOD

Bobotie

- Preheat oven to 180°C.
- Soak bread in milk, squeeze out extra milk and mash. Keep milk aside.
- In a pan, heat oil and fry onions until soft.
- Add curry powder, turmeric, cumin and coriander. Cook while stirring for 1 minute.
- Add mince and cook until browned.
- Add mashed bread, chutney, Worcestershire sauce, raisins, salt and pepper. Mix well.
- Spoon mixture into a baking dish and flatten the top.
- Beat eggs with the leftover milk and pour over the mince mixture.
- Place bay leaves on top and bake for 35–40 minutes until golden.

Butternut Mash

- Boil butternut cubes in salted water until soft.
- Drain and mash until smooth.
- Add butter, milk/cream and cinnamon (optional).
- Season with salt and mix well.

INGREDIENTS

For the Bobotie

- 500g beef mince
- 1 onion, finely chopped
- 2 tbsp oil
- 2 slices white bread
- ½ cup milk
- 2 eggs
- 2 tbsp chutney
- 1 tbsp curry powder
- 1 tsp turmeric
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1 tbsp Worcestershire sauce
- 2 tbsp fruit chutney
- ¼ cup raisins (optional)
- 2 bay leaves
- Salt and pepper

For the Butternut Mash

- 1 large butternut (peeled and cubed)
- 2 tbsp butter
- 2 tbsp cream or milk
- 1 tsp cinnamon (optional)
- Salt to taste

TO ASSEMBLE

- Serve a slice of bobotie with a spoonful of butternut mash.
- Add yellow rice and chutney on the side (optional).
- Garnish with parsley or a bay leaf for presentation.

FUN FACT:

Bobotie is South Africa's national dish and has Cape Malay origins dating back over 300 years.



the **STRENGTH**
in **SOFTNESS**

Thobeka Mkhize

Grace in Every Shift

In the heart of Pietermaritzburg, KwaZulu-Natal, Thobeka Mkhize shines as a living example of grace under pressure. With more than a decade in nursing — a profession that tests both heart and spirit — she embodies the rare power of gentleness. Her calm presence, steady hands, and boundless compassion remind everyone around her that true strength isn't loud or forceful; it's found in the quiet courage to care, to comfort, and to keep showing up for others, day after day.

Thobeka's journey began at Grey's Hospital Nursing College, where she earned her Diploma in Nursing and discovered her true calling — serving with both skill and soul. From bustling emergency rooms to chronic care wards and community clinics, every environment has deepened her conviction that healing begins within.

Her days start before dawn, at 4:30 AM, in a sacred moment of gratitude. "I sit in silence and just say thank you," she shares. This quiet ritual grounds her, preparing her spirit for the intensity of her work — the long hours, the difficult cases, and the emotional weight of caring for others. In every heartbeat of her day, Thobeka carries a message that resonates beyond the walls of the hospital: true care flows from a peaceful heart, and strength is most powerful when it's gentle.

Outside the hospital, Thobeka embraces life with intentional calm. She spends her free moments journaling, tending to her garden, reading spiritual books, and soaking in the laughter of her children. Her nurturing nature extends beyond her home—through WhatsApp groups, she mentors young nurses, offering gentle guidance on balancing compassion with self-preservation.

"Care work is sacred," Thobeka says thoughtfully. "But I've learned that protecting my peace allows me to give my best to others."

In every sense, Thobeka Mkhize embodies the power of strength in softness. Her journey is a beautiful reminder that kindness is not a weakness but a quiet, enduring force that transforms lives — beginning with our own.

This quiet ritual
grounds her,
preparing her
spirit for the
intensity of her
work



A PRINCIPAL'S GUIDE TO
**BALANCED
LEADERSHIP**

Living Soft, Leading Hard: **ZANDILE NGUBANE**

In the halls of a thriving public school in Newcastle, KwaZulu-Natal, Ms. Zandile Ngubane leads with quiet power. A seasoned school principal with over 15 years of experience in education, Zandile has mastered the art of balancing firm leadership with a life anchored in softness, reflection, and emotional clarity.

Zandile holds a Bachelor of Education (B.Ed.) from the University of KwaZulu-Natal, along with a Postgraduate Diploma in Educational Leadership and Management. Her role includes overseeing school operations, supporting educators, implementing curriculum policies, and engaging with community stakeholders. But even in the face of pressure, Zandile refuses to lead on empty.

“Soft living doesn’t mean slacking,” she explains. “I lead hard when it’s needed—I make tough calls, set high standards, and hold people accountable. But I also protect my energy, honour my boundaries, and lead with empathy.”

In her spare time, Zandile enjoys early morning walks, journaling, quiet prayer, and mentoring young women in leadership. She’s passionate about redefining what power looks like in education—where rest, grace, and resilience can coexist.

Her story reminds us: leadership doesn’t have to be loud to be effective.

“I’ve learned that softness isn’t weakness. It’s how I stay grounded in a system that often rewards exhaustion over intention.”





Data ANALYST

Decoding data with insight and innovation

Behind every major decision in today's digital world lies a story told by numbers. For Data Analysts, turning raw data into meaningful insights isn't just a job — it's an art form. These modern-day problem solvers translate information into action, helping businesses, governments, and innovators make smarter choices in a world driven by data.



What do data analysts do?

Data Analysts are digital detectives who turn numbers into stories. They collect and interpret data to help companies make smart decisions, track trends, and improve strategies for future success.

Core Responsibilities:

- Collecting and cleaning data from various sources
- Analyzing trends and patterns using software tools
- Creating reports, charts, and dashboards for management
- Presenting insights and recommendations clearly
- Working with different departments (marketing, finance, operations) to improve performance

What It Takes to Become a data analyst

To thrive in this field, you need a curious mind and a love for problem-solving. Data Analysts combine logical thinking with creativity — they don't just crunch numbers, they uncover meaning behind them. Strong attention to detail, patience, and communication skills are essential for turning raw data into real-world solutions.

Qualifications:

Bachelor's Degree: A degree in Data Science, Computer Science, Statistics, Mathematics, or Business Analytics builds a solid foundation in logic, data interpretation, and analytical tools.

Technical Certifications: Short courses or online certificates in tools like Python, Excel, SQL, Power BI, or Google Data Analytics are valuable for improving technical expertise and making you job-ready.

Advanced Training or Postgraduate Studies: A Postgraduate Diploma or Master's in Data Analytics or Artificial Intelligence can open doors to senior roles and specialized fields like predictive analytics or data engineering.

Essential Skills for the data world

- Analytical and logical thinking
- Proficiency in Excel, Python, R, or SQL
- Data visualization (Power BI, Tableau)
- Problem-solving and critical thinking
- Communication — turning complex data into simple stories

Life in the data environment

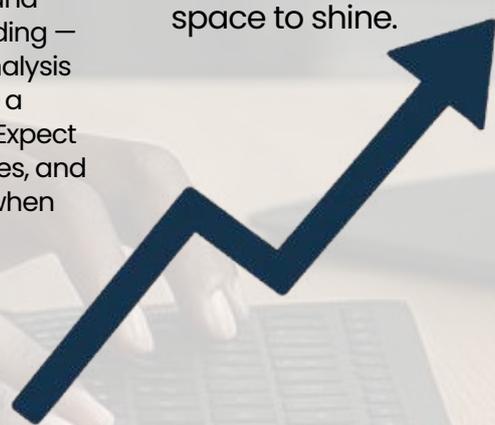
Most Data Analysts work in tech-driven offices or remotely from home. Their days are filled with research, reports, and collaboration with other teams.

The work can be quiet and focused, but also rewarding — especially when your analysis helps a company make a breakthrough decision. Expect teamwork, tight deadlines, and lots of "aha" moments when patterns finally click.

Career Outlook and Opportunities

The demand for Data Analysts is rapidly growing across all industries — from banking and healthcare to marketing and entertainment. With technology shaping every sector, skilled data professionals are highly sought-after and essential for modern business growth. Entry-level analysts can grow into roles like Data Scientist, Business Intelligence Analyst, or Machine Learning Specialist. It's a career with global opportunities, continuous learning, and strong earning potential.

Choosing a career as a Data Analyst means stepping into the future. You'll be part of a field that shapes how the world understands information. It's not just about working with numbers — it's about finding truth in data, making smarter decisions, and helping companies (and people) move forward. If you're curious, detail-oriented, and love solving puzzles, this is your space to shine.





*Take care of your
body. It's the only
place you have to
live."*

— Jim Rohn

Gentle Nutrition

In our fast-paced world, finding the right foods to support our well-being is essential. Here's a delightful guide to incorporating soft, energizing, and balancing foods into your diet!



Creamy avocados

Add a slice of avocado to your toast or toss it into a salad. Its rich texture not only satisfies but also provides healthy fats that your body craves



Banana

Perfect for a quick snack, bananas are nature's soft powerhouse! They're easy to digest and give you that instant energy boost.



Wholesome oatmeal

Start your day with a warm bowl of oatmeal. Add honey, fruits, or nuts for a comforting breakfast that keeps you full and happy.



Silky yoghurt

Whether you enjoy it plain or with fruit, yogurt is a smooth treat that's great for your gut. It's a perfect addition to any meal or snack.

Fuel your energy

our bodies need more than just food — they need fuel that sustains, strengthens, and restores. The right foods don't just fill us up; they power our focus, mood, and vitality throughout the day. Whether you're looking to boost stamina, balance your energy levels, or simply feel lighter and more alive, mindful eating can make all the difference.



Whole grains

Think brown rice, quinoa, and whole grain bread! These grains are not just filling; they release energy slowly, keeping you powered throughout the day.



Nuts and seeds

A handful of almonds or a sprinkle of chia seeds can transform your snacks. They're nutrient-dense and provide a satisfying crunch!



Lively legumes

Lentils and chickpeas are your best friends. They're packed with protein and fiber, making them an excellent choice for lunch or dinner.



Sweet potatoes

These vibrant tubers are not only delicious but also a fantastic source of energy. Roast them, mash them, or add them to soups!

Achieve Balance

The foods we choose can either leave us feeling sluggish and drained or energized and centered. Eating for balance isn't about strict rules or restrictions—it's about nourishing your body with the right combination of flavors, textures, and nutrients.



Leafy Greens

Incorporate spinach, kale, or Swiss chard into your meals. They're nutrient-rich and bring a fresh element to any dish.



Berries Galore

Blueberries and strawberries are not just pretty; they're bursting with antioxidants. Toss them into your morning yogurt or enjoy them as a snack.



Fatty fish

Salmon and mackerel are not only versatile but also provide omega-3 fatty acids that support heart health and balance.



Fermented Foods

Get your gut in check with kimchi, sauerkraut, or kefir. These foods are not only tasty but also promote a healthy digestive system.



Nourish & Flourish: Finding Your Balance

In a world that constantly demands more from us, finding balance can feel like a luxury—but it's truly essential for our well-being. We meet two inspiring individuals who embody this principle in their daily lives. Ziyanda Zama shows us how embracing the power of rest can recharge both body and mind, while Asiphe Gumede demonstrates the strength found in simplicity, choosing foods and routines that nourish without overwhelm. Their stories remind us that achieving balance isn't about perfection—it's about mindful choices that support a healthier, more centered life.

Ziyanda Zama: Embracing the Power of Rest

The beauty of slowdown

In a world that often celebrates hustle and busyness, Ziyanda Zama is a refreshing breath of calm. She's on a journey to embrace the power of rest, and it all started when she hit a wall. "I felt like everything was too much. I think I might have depression... everything is overwhelming," she shares honestly.

Finding a New Rhythm

Ziyanda describes her pace of life as "slow but steady." This isn't about stagnation; it's about choosing a rhythm that allows her to breathe and reflect. She's learning to value softness and self-awareness over the frantic urgency that so many of us feel.

Turning point

For Ziyanda, choosing naps and silence was a matter of survival, not laziness. "Naps are like my escape from reality," she says. These moments of pause have transformed her relationship with rest, helping her manage insomnia and reclaim her peace.

"Naps are like my escape from reality"

Guarding quiet in a loud world

To keep her peace intact, Ziyanda has developed rituals that help her retreat from the chaos. "I close myself in my room or go on late-night walks—it's like stepping into another world," she explains. These practices are essential for her, allowing her to find stillness amidst the noise of everyday life.

A soft reminder

To keep her peace intact, Ziyanda has developed rituals that help her retreat from the chaos. "I close myself in my room or go on late-night walks—it's like stepping into another world," she explains. These practices are essential for her, allowing her to find stillness amidst the noise of everyday life.

Ziyanda's journey is a beautiful reminder that honoring our limits can lead us to a deeper connection with ourselves, creating a life that feels both soft and strong.

Asiphe Gumede: The Strength in Simplicity

The beauty of slowdown

Asiphe Gumede radiates a calmness that comes from choosing a quieter path in life. Her journey into intentional slowness wasn't always easy. "Sometimes I just feel exhausted, and I want to disconnect from the world," she admits, capturing the essence of so many of us seeking peace.

Finding a New Rhythm

For Asiphe, life flows "incredibly well" when she embraces a gentler pace. She's learned to navigate life without the pressure of urgency, creating a space where she can simply be herself. It's about finding joy in simplicity and silence.

Turning point

Choosing rest has been a powerful act of self-care for Asiphe. Those quiet moments have become essential, allowing her to recharge in a demanding world.

Listening to the body's whisper

Asiphe knows the importance of listening to her body. "When I need a break, I talk to my best friend. She really gets me," she says, emphasizing the value of connection. Grounding practices like going to the gym or prayer help her regain clarity when life gets too loud.

A soft reminder

When asked what she would whisper to someone feeling overwhelmed, Asiphe's words are comforting: "It's okay to move slowly. Nothing meaningful asks you to rush. Even the seasons take their time. You're not behind; you're becoming, gently. And if all you do today is breathe a little deeper—that's enough. You are enough."

Asiphe's journey beautifully illustrates the strength found in simplicity and stillness. By honoring her needs, she inspires others to embrace their own pace and find peace amid the chaos.

“Silence means being away from the real world—I find peace there.”



**HELPFUL
TIPS**

5 Ways to Protect Your Peace



Set Clear Boundaries- Learn to say no without guilt. Protecting your time and energy isn't selfish — it's self-respect.



Disconnect to Reconnect- Take regular breaks from social media and your phone. Silence the noise so you can hear your own thoughts again.



Choose Your Circle Wisely- Surround yourself with people who bring calm, not chaos. Energy is contagious — protect yours.



Let Go of What You Can't Control- Worrying doesn't change outcomes. Focus on what you can change, and release the rest with grace.



Prioritize Rest and Reflection- Peace grows in stillness. Rest when you need to, and spend time doing things that refill your spirit

Scent of ELEGANCE

A Guide to Fragrance, Confidence & Self-Care

5 AFFORDABLE PERFUME & BODY MISTS

You don't need to splurge to smell amazing. These budget-friendly picks from Dischem, Clicks, and Avon are accessible, long-lasting, and stylish:



Justin Tabasheer Eau de Perfume (Avon - R179)

A classic floral fragrance with a musky finish. Best for: Elegant and soft-spoken personalities who love timeless scents.

Lentheric iLove Candy Body Spray (Clicks - R45)

A burst of sugar and vanilla – sweet and playful. Best for: Teens or those who love fun, flirty vibes.

Good Stuff Everyday Mist Citrus & Verbena (Dischem - R69)

A fresh, lemony fragrance with a herbal edge. Best for: Morning refreshers, gym bags, or post-shower spritzes.

Avon Far Away Glamour Body Mist (R89)

Sensual notes of blackcurrant, orange blossom, and vanilla. Best for: Night outs, date nights, or when you want to feel confident and magnetic.

Lentheric Solo Femme EDT (Clicks - R130)

Light musk meets soft florals – understated but lasting. Best for: Everyday elegance or a subtle signature scent.

Fragrance on a Budget: Because Luxury Doesn't Have to Cost a Fortune



QUIZ:

What's Your Scent Personality?

a. Your go-to outfit

1. Soft dress or something floral
2. Jeans and a white T-shirt
3. Cozy knit or hoodied
4. Bold outfit, statement pieces
5. Neutral tones and sleek cuts

b. Your ideal weekend

1. Brunch with friends
2. Hiking or something active
3. Baking or reading at home
4. Party or live event
5. Art gallery or solo coffee run

c. Your favourite accessory:

1. Delicate jewelry, like pearls or small charms
2. A practical watch or cap
3. A soft scarf or comfy slippers
4. Statement earrings or chunky rings
5. Minimalist bag or sleek sunglasses

d. Your drink of choice

1. Herbal tea or a floral latte
2. Fresh juice or sparkling water
3. Hot chocolate or cappuccino
4. Sweet cocktails or dessert wine
5. Black coffee or green tea

e. Your vibe at a social gathering

1. The gentle listener who gives great advice
2. Active, adventurous, and always on the move
3. Calm, cozy, and content in the corner
4. The life of the party, everyone notices you
5. Observant, thoughtful, and quietly intriguing

Quiz Results: Your Scent Match

Mostly 1's — Floral

You're soft, nurturing, and love the beauty in small things. Romantic floral scents match your gentle elegance.

Try: Justine Tabasheer, Lenthéric Solo Femme, or Gucci Bloom.

Mostly 2's — Citrus

You're fresh, energetic, and love the outdoors. Citrus scents keep you feeling awake, lively, and adventurous.

Try: Good Stuff Citrus & Verbena, Jo Malone Lime Basil & Mandarin, or Acqua di Parma Colonia.

Mostly 3's — Musk

You value calm, comfort, and cozy moments. Musk scents are smooth, warm, and relaxing — your perfect everyday companion.

Try: Lenthéric Solo Femme, Narciso Rodriguez for Her, or powdery musk-based mists.

Mostly 4's — Sweet/Gourmand

Bold, fun, and full of energy — you love to stand out. Sweet scents complement your playful, carefree personality.

Try: Lenthéric iLove Candy, Avon Far Away Glamour, or Viktor & Rolf Flowerbomb. Rodriguez for Her, or powdery musk-based mists.

Mostly 5's — Woody

Grounded, artistic, and thoughtful, earthy woody scents reflect your mysterious and sophisticated side.

Try: Sandalwood, cedar, or patchouli-infused fragrances such as Le Labo Santal 33 or Tom Ford Oud Wood. Rodriguez for Her, or powdery musk-based mists.

Elegance Motion

Inside the World of Three
Designers Defining South
African Fashion

In the heart of South Africa's evolving fashion landscape, three designers are leading a quiet revolution—redefining style through authenticity, cultural grounding, and a deep sense of ease. **Sinokuthula Thwala, Pablo West, and Noxolo Sandakahle Mngomezulu** come from different backgrounds, but share one design philosophy: dressing well should feel as effortless as it looks elegant.

Sinokuthula

THWALA

Sinokuthula Thwala is redefining South African fashion on his own terms. A self-taught designer, he started sewing for others in 2016 and officially launched his brand in 2022, inspired by the creativity he discovered on TikTok and Facebook. His style celebrates youth, heritage, and confidence — all in pieces that are as wearable as they are striking.

From Safari Combos and Reflect Design Overalls to Bhinca-inspired sets, Zebra-print T-shirts, and playful Teddy Bear pieces for kids, every design reflects his talent for merging tradition with modern living. His creations don't demand attention—they earn it through expert craftsmanship and cultural pride.

For relaxed days, Sinokuthula opts for a Safari Combo, Safari 2-Piece, or Reflect Overall. When it's time to impress, he chooses a 3-piece suit combo or Isjoni formal set, finished with earth-toned shoes and accessories that enhance without overpowering. Every outfit tells the story of a designer who values elegance, practicality, and a distinctly South African flair.





Songezo Njokwana

AKA "PABLO WEST"

Pablo West – as widely known – is a founder of Previllage Lifestyle, a brand that turns streetwear into visual poetry. Pablo's designs are influenced by township culture and lived experience.

For Pablo, elegance lies in honesty. Whether it's a bold graphic tee or an oversized street jacket, his pieces reflect identity, movement, and storytelling. His clients include public figures like Mafa Bavuma, Stokie, and Liyema from Big Brother Mzansi, and yet his designs remain grounded. He dresses for freedom—in fit, function, and philosophy.

In his own words, "Previllage is about humanity—raw, diverse, and evolving. When Pablo West is Dressing for Ease he turns to oversized comfort with attitude a loose-fitting graphic tee from his brand, wide-leg pants or joggers. When Pablo West is Dressing for Elegance he still stays true to streetwear, but adds polish structured jacket, Muted tones, and Sneakers or boots

A woman with dark hair pulled back, smiling, wearing a long-sleeved, high-necked red dress with a buttoned placket and a full skirt. She is standing on a dirt path in a park-like setting with trees and a blue sky in the background.

Noxolo Sandakahle

Mngomezulu

From a quiet village in KwaZulu-Natal, Noxolo Sandakahle Mngomezulu brings rural grace to the fashion scene. She started drawing clothes at a young age and learned to design using scraps to dress her dolls. Today, her creations reflect a balance between comfort and beauty, deeply influenced by her surroundings. When Noxolo Sandakahle Mngomezulu is Dressing for Ease her outfits include Wrap skirts, linen dresses, and loose blouses in natural fabrics. When she is Dressing for Elegance She adds structure and layers A tailored long skirt paired with a hand-sewn cardigan, Headwraps and statement earrings to elevate.

EFFORTLESS STYLE.
FROM CASUAL TO
CHIC

3 OUTFIT
IDEAS



TAILORED BHUNCA

INSPIRED BY SINOKUTHULA
THWALA

Keep it slim-fit but
breathable -perfect for
formal events where you
still want to feel relaxed



STREET SOPHISTICATE

INSPIRED BY PABLO WEST

Accessorize with a beanie or crossbody bag. The key is laying streetwear pieces with confidence.



RURAL GRACE

INSPIRED BY SANDAKAHLE
MNGOMEZULU

Choose earthy colors and pair with flat sandals for movement. This is elegance made for everyday life.

“
Elegance is not
about being
noticed ,it's about
being
remembered.



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10 FUN FACTS

about

Kwazulu-Natal's Soft Life

KwaZulu-Natal, affectionately known as the "Garden Province," is a haven for those seeking a soft life filled with relaxation, adventure, and natural beauty. From its stunning coastline to its vibrant cities and rich cultural heritage, KZN has something for everyone.

1. COASTAL BLISS

KZN's coastline stretches over 1,700 km, offering stunning beaches and scenic coastal towns that are perfect for soaking up the sun and enjoying water activities in Shaka marine world .

2. WARM WATERS

The Indian Ocean's warm waters make it ideal for swimming, surfing, and snorkeling, providing endless opportunities for aquatic adventures.

3. GOLFING PARADISE

KZN has world-class golf courses like Eshowe Hills and Selborne, offering challenging play and stunning scenery.

4. RICH CULTURE

The province is rich in Zulu culture, offering experiences in traditional music, dance, and crafts.

5. WILDLIFE HAVEN

KZN is home to several game reserves and national parks, including the famous Hluhluwe-iMfolozi Park, where you can spot the Big Five and experience the beauty of African wildlife.

6. SCENIC HIKING

The province has scenic hiking trails, like the Amphitheater and Tugela Falls hike in the Drakensberg Mountains, with breathtaking views.

7. DELICIOUS CUISINE

KZN's cuisine is a fusion of African, Indian, and European flavors, with popular restaurants like the little indian and the butcher boys in Florida road.

8. LUXURY ESCAPES

KZN offers luxury resorts and game lodges like Nambiti Hills and Mavela Game Lodge, providing indulgent stays with various activities and amenities.

9. VIBRANT CITIES

Durban and pietermaritzburg offer urban excitement and cultural experiences showcasing KZN's rich heritage.

10. YEAR-ROUND SUNSHINE

KZN's subtropical climate means warm weather year-round, making it an ideal destination for sun-seekers and those looking to escape the cold.

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— DIVERSELY CONNECTED —

#BizBoost Small Business Spotlight

Small Brands grow into Big Brands. It's a step at a time. Let's get you started. Do it and reach more customers without breaking the bank.

This is what it looks like:

- ✔ Photo Post (up to 5 photo slides)
- ✔ Custom Caption + Hashtags
- ✔ Posted on Beads Magazine FB & Instagram
- ✔ 24-Hour Story Shoutout
- ✔ Link to your Socials

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