# Glamour Talk Mag

**Online**
***March 2021***



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# Editors Note

We have reached the month of March and slowley approtching the winter. I have noticed that it is still dark at 6 in the morning, the air is becoming a little bit chilly and is reminding us that winter is just around the corner.

March 2020 was the start of a very uncertain time for everyone, not knowing what will happen with this Covid-19. Surely March 2021 will be much better, it simply must be.

We are already focusing on bringing you a stunning Easter compitition, don't forget to go check out our social media pages to follow all the fun that we have on offer for you. There will be a very delicious Easter cake up for grabs for the winner of our Easter compitition and it could be you so what are you waiting for go to our Facebook page for more information.

There is also amazing projects that our Ambassidors are working on and they will really appreciate it if you can get involved and to help where you can. It's the Noodle Drive project more information on page 7.

You can win a R500 meal voucher from Turn 'n Tender in the Vaal Mall information is on page 11.

We are busy working on more competitions for you our readers and Facebook friends.

Take care, tille next month

Charms xox

## April Cover page competition




Glamour Talk Mag

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# Rules of Etiquette

*Basic Etiquette*

*Be yourself – and allow others to treat you with respect*

*Let this one sink in, ladies. Who you are is perfectly acceptable, and, you are worthyof being treated courteously. Working out the rough edges can be a lifelong process, and now is a really good time to start!*

*Say "Thank You"*

*When someone gives you a compliment or does something nice, the best response is a simple "Thank you." Please also remember, "Please," "Excuse me," and "You're welcome," which are other marks of good manners.*

*Give Genuine Compliments*

*A fundamental rule of good manners is to give. When you meet someone, you can always think of a genuine compliment to give, along with your attention and interest. A "Hello" or "How are you?" is most often not enough. Be generous with sincere words of praise, warm greetings, sympathy, or whatever is appropriate to the occasion.*

*Don't be Boastful, Arrogant or Loud*

*When in polite company, always exercise self-control and good taste. Your voice, your behavior and even your clothing should reflect understated elegance. Please do not brag about accomplishments; a well-mannered person has no need for self-advertisement. Let your deeds speak for themselves.*

*Listen Before Speaking*

*Respect for others is a requirement of good manners. Listening to others is a way to show respect. Be genuinely interested in others; learn their names, and encourage them to talk about themselves. Never interrupt. Look them in the eye, and listen carefully.*





*Speak with Kindness and Caution*

*Before speaking to others, consider what effect your words will have. Also remember the language of the body (your posture and your mannerisms) is actually more important than the language of words.*

*Do Not Criticize or Complain*

*Negativity in any form is to be avoided. Ignore gossip; don't participate. If you disagree with others, do so respectfully (agree to disagree). Since we all need to vent, reserve your 'bitch' sessions to your one or two closest friends/family members….period!*

*Be Punctual*

*Appreciate the value of time, yours and others. If you make an appointment, arrive on time. If you must be late, call first. Never arrive early for a social engagement (this is fine in a business setting). Lingering good-byes merely cause frustration and can ruin an otherwise good time. A quick, simple exit at the proper time is usually appreciated.*

*Do Not Embarrass Others*

*Demeaning anyone with rude jokes or an unwelcome nickname is disrespectful. In conversation, never ask embarrassing questions about relationships, or asking how much was paid for something (my Grandmother said that discussing money is 'vulgar!! Funny word, AND she was right…. : D )*

*Act and Look Your Best*

*Take time and care in how you present yourself – both in appearance and in manners.*

*www.Rudebusters.com and www.courtesycounts.org*

# Ané Oosthuysen



## Noodle Drive project

**If you feel that you are in a position to donate a few packets of 2 minute Noodles.**

**Please go to page 7**




## *DIY - LAVENDER BATH SALT*

***Ingredients***

5 drops lavender essential oil

5 drops citrus fresh essential oil

1 cup Epsom salt

Lavender Flowers (optional)

***Instructions***

In a glass or metal bowl, place the Epsom alt. It's really important to use glass or metal so the essential oils won't break down the bowl and release plastic resin into your salts.

Place 5 drops of each essential oil into the Epsom salt, and mix with a metal spoon.

Carefully spoon into a glass jar, and seal. Make sure the jar is air tight to avoid getting moisture into the salts.

Optional place a spoonful of lavender flowers on top for extra flare.

Place 2 Tbsp of salts in your bath to start out with (and work up to 2 cups of salts 2-3 times a week)

•These salts take less than 5 minutes to make, and add a cute jar and some twine to make a good gift for your friends and

***Is Done an Emotion***?

Yup, this Take This Day and Shove it bath salt recipe is my "break glass in case of emergency."

Day at work suck?

Kids crying non stop?

Nothing planned for dinner and everyone's crying and hungry?

Want to run away to a tropical island and call yourself Juanita?

I can't buy you a private jet to save you from the chaos that is your life. If I could we would TOTALLY both be flying first class!

What I can promise you is that this bath soak will help you forget the suckage for at least 10 minutes of your day!





# Sherlain Holmes



*I started a new campaign/ trend called imperfectly perfect. This is to get woman and men to share their story about their flaws , and how they found themselves beautiful again.*

*We all are so unique and beautiful in our own way, sometimes we need a friend , stranger or family member to remind us how beautiful we are. Its time for us to accept ourselves, and appreciate ourselves. God has made only one of us in the world .*

Imperfectly PERFECT

*There is no one the same as you . It doesn't always go about how beautiful we are on the outside , but how beautiful we are on the inside . Once we embrace our flaws we won't judge someone else. Every woman believed that she was a princess when she was small but society broke her self esteem down . Every person has a story of how someone criticized their look , walk , talk ect . And I want those people to share their story of how they found themselves again.*

*I want to bring positivity back to society. To be part of the campaign I want each woman or man to tag me on my facebook page @queen of social media , so that other woman and men can get motivation again.*

*One word can mean a million things to a person. Embrace your flaws and be imperfectly perfect.*

## *DIY - FACE MASK RECIPE -*

***to Target Hyperpigmentation***



If you're not keen on throwing every acid and vitamins in the book at your pigmentation, then founder of inclusive wellness platform. We got you sorted with a DIY face mask recipe.

***WHAT YOU NEED:***

1 tbsp of fresh turmeric/ turmeric powder (juiced or pressed)

1 tbsp of fresh lemon juice add water to make to paste

1 tbsp of honey or 1/2 a beaten avocado if you've used juiced turmeric

***HOW IT WORKS:***

Our go-to face mask recipe uses small amounts of fresh turmeric and lemon juice to pinpoint hyper pigmentation,'

'Turmeric as an ingredient has been clinically proven to address hyperpigmentation, reduce skin irritation and wrinkles over the course of at least 4 weeks. It's worth noting turmeric originates from India and South Asia. It is a member of the ginger family.'

Simply mix up, apply to specific areas (wear gloves to protect your hands) and leave on for 3 minutes before rinsing off. Repeat at least twice a week for five weeks to see results.

This content is imported from Instagram. You may be able to find the same content in another format, or you may be able to find more information, at their web site.

# Color trends for 2021



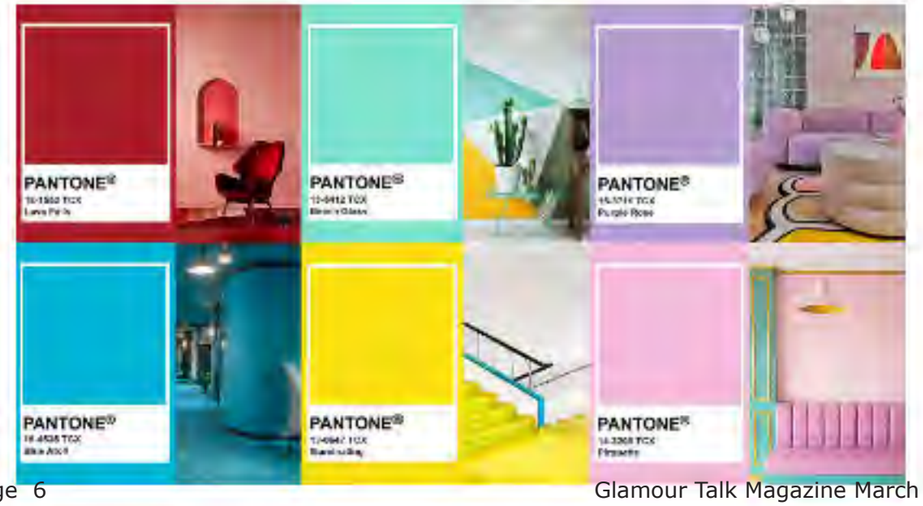
## March Birthstone

***Aquamarine, the birthstone of March, has a rich color and has long been a symbol of youth, health and hope.***

***Its mesmerizing color ranges from pale to deep blue and are reminiscent of the sea.***

***A perfect birthstone for March, the Aquamarine creates a beautiful accent to spring and summer wardrobes.***

## Colors in and around the house or Office






# Noodle Drive Project




"No act of kindness, no matter how small, is ever wasted"

This is a qoute that I strive to live by every day of my life, and as charity work is very close to my heart. I have made it my mission to continuesly aim to make a diffrence in my community.

My next project is aimed to start a Noodle Drive. In order to make this project a success I will need YOUR HELP!

If you feel that you are in a position to donate a few packets of 2 minute noodles please feel free to send me an email at ane.oosthuysen@gmail.com

***Please help us by donating A few packets of 2 minute Noodles***

***To feed hungry children***






***Contact: Ané Oosthuysen via WhatsApp 083 529 1125***

## *WIN THIS EASTER FOLLOW US ON FACEBOOK*

*To win this beautiful delicious chocolate cake in April.*

*Simply follow us on Facebook And follow the rules.*

*This competition will be running in all three Magazines. Top Vibe Magazine Top Vibe Kids Magazine and Glamour Talk Magazine*

*Cake donated by: Chantelize van den Berg.*

*To order your cake 072 334 9777*



# *How your shoes reflect your personality*

**Did you know you can get to know someone without even talking to them? Just by shoe-gazing or simply taking a look at their shoes! Shoes can be used as a cue to someone's personality or even his/her mood on that day. A study published in the Journal of Research in Personality in 2012 showed that 90 percent of people's personality is reflected in their choice of shoes. So, get ready to have more shoe-contact after reading this one!**

**A woman can have a wide range of shoes, but like most fashion and beauty items, which shoes you wear can say a lot about who you are as a person and more likely to reflect your daily mood. For example, how you would feel much different wearing heels than wearing sneakers or vice versa. Here is a fun look at what your shoes might tell about your personality:**

**Heels**

**If there is one word to sum up your personality in one, it must be confident. Heels are more than just shoes to make you stand out of the crowd. Yet, different types of heels**



**Pumps**

**Lady boss coming through! Admit it, you like to be the controlling one and you fight for a leadership role. Others like to rely on you and you will never disspoint them as you take care of business like it is a do or die. Because of your strong personality and competitiveness, you can be pretty intimidating to those who can't keep up with your pace. Your self-confidence in terms of appearance is very high and you absolutely cannot be bothered to be the center of attention.**

**Platforms**

**You are probably a social media savvy, updated with Facebook, Instagram, and other social media "platforms". You like to update your own page frequently as well. When there is one person to take control of the situation, it would definitely be you. You are quick on your feet, decisive, self-assured, and somehow often be the person in charge. People feel comfortable when the responsibility is in your hands as they know you are that trusted and responsible gal.**

**Stilletos**

**You have the spirit of a business woman and take your job very seriously. Even though your work life is very professional, you are still a person that likes to have fun. When it comes to career, you are extremely hardworking. Giving up on work will never come up in your dictionary. Maintaining work-life balance is what you're good at and your high pointed stilletos are what keep you focused in life.**



**Kitten heels**

**You are one true old soul, honey. You are that one lady with a knitted dark red sweater paired with pleated emerald midi skirt and stuck in the 50's era, drowning in your collection of vintage goods. Your friends would ask you to go out, but you would rather stay home, cuddle inside your knitted blanket, and watch 'Grease'. You like to play with your polaroid camera and you just can't seem to get enough of playing some artist like Sam Cooke on your vinyl record player. Twitter and Facebook are completely out of the time where you live in. Oh, and you dig polka dots and cats, too.**

**Boots**

**"Relax, girls!" is what you tell a lot of your friends quite often. You are that laid-back-gal who don't worry about things that much. "Go with the flow and see where life takes you" is your motto. Your boots make you feel good and confident. It can also be the reason why people just can't seem to walk all over you. When it comes to chasing your ambitions, you are that determined daredevil that goes for it without stopping. You are tough and strong-minded. In a discussion, you have a strong opinion and you arenot afraid to stand up for it. You are reserved, have the preference to do things on your own and rely on yourself only.**



**Sporty sneakers**

**You are social, sporty, confident, goal-oriented and organized. The most typical trait, however, is that you are always caught up in your busy schedule. Your day to day schedule is so packed and you're always on the go. But, the great thing after all is you are good at multitasking, like to arrange things, and can always take care of everything. Sleep is the only time you are taking a break. Being comfortable in what you wear is your only reason in choosing shoes rather than only to please someone else's eyes.**

**Flats**

**So, you just can't stand cute things, right? If you're at the mall with your friends, they'll probably lose you out of sight because you're distracted by that cute Hello Kitty shop. If someone walks by with a little puppy, you can probably not stand to pet the cute thing. You're a sweet and girly girl to the fullest, love anything pink, anything with poms. Men perceive you as sweet, and you wear whatever you feel comfortable in. Happiness is all that matters to you and your outgoing personality has you laughing until you cry.**

**So, there it is, all you have to know about the intertwined line between your choice of shoes and your personality. So, which one are you ladies? If you find one that perfectly match yourself, do not forget to check out our collection of shoes only at www.tinkerlust.com/sepatu !**






Snack
Healthy








*Turn 'n Tender Steakhouse*
*Vaal Mall*
*(016) 100 4261*



# The Gift of God's Love

It can't be bought,
It can't be sold,
It can't be measured
In sliver and gold.

It's a special wish that God above will fill your heart with peace and love – the love of God, which is divine, that is beyond what words can define so you may know the comfort of God's all – fulfilling grace and love