Top Vibe Magazine

Geseënde Kersfees



Doctor's News page 3

Vacation Safety Page 11

show me | IFM 102.2 | VAAL 24 | I'M ON YOUR PHONE!!

www.topvibe.co.za / www.topvibemag.mobi



From the Editor's desk...

This will be our last Issue for 2020.
It has been one crazy year.
This year took everybody with a surprise. Nobody suspected the challenges that we had to endure in 2020.

I'm just so glad that this year is coming to an end.
This was a stressful year for everybody. During the Lock down period and still today. There is a lot of
Not everything were bad this year.

The Mr/Miss & Mrs Vaal 2020/21 pageant was a successful event our suster magazine ***Glamour Talk Mag*** will feature the winners in all categories.

General Dental Surgeon with a passion - page 3.
We bring you the story about Dr Danny Dennewill a Dr that is passionate about his work. Read the testimony of a patient how recently visited Dr Dennewill.

Please note that we will be active on all our Social media platforms during the festive season. Pop in chat with us, share and like us on Facebook.

We are going to have competitions during the holidays for those of you that are going so stay home. Take part you might just be a winner.

I would like to wish all our clients, readers and social media friends the best Christmas ever.
May all your dreams come true. Spend your time with loved once make it something to remember.

Take care be save, don't drink and drive.
Till next year, God Bless.

Love
Charms

Charms Xox

INSIDE OF THIS ISSUE:

* General Dental Surgeon with a passion -page 3
* Do you feel embrace about your frown - page 3
* Red Door Property -page 6
* Comozzi Gin Win's two GOLDEN AWARDS page 4





Geseënde
Kersfees en
Voorspoedige 2021

Top Vibe Magazine

Comments:
Please write to us or contact us to share your opinion, ideas & comments.
Charms P. O. Box 60130 Vaalpark 1948

Copyright:
Content of Top Vibe Magazine is protected by copyright. No part of this publication may be reproduced or used in any form whatsoever without prior settlement with the editor.

Disclaimer:
The Editor or the publisher cannot be held responsible for damages or consequences of any errors or omissions neither do they stand warranty for the performance of any article, letter and/or advertisement.

The views of other writers or articles in this Magazine are not necessarily the view of the editor.

Contact details / Sales person:
Charmaine 072 768 8582

E-Mail: charmaine@topvibe.co.za
E-Mail: admin@topvibe.co.za

Social Media:

Facebook: Top vibe magazine (Charmaine Terisa)
Twitter: charmaine@topvibemagazine
Instagram:top_vibe_magazine
Wedsite: www.topvibe.co.za / www.topvibemag.mobi

Proof readers: Tanja and Daleen.
Photographer: Charmaine Janse van Rensburg
Photo Diary & Venue: 083 681 1514

Do you feel embarrass because of your frown?

Botulinum toxin for the frown:

There are 3 muscles involved in the forming the frown. Horizontal wrinkle is caused by the Procerus muscle and the two Corrugator supercilii muscles forms the 11 (vertical) wrinkles.

Therefore there are 5 - 6 injection sites depending how the patients frown presents. The amount of units is also dependant on the strength of the muscles when the patient frown.
Also important is also to look at vertical pull in and down of the Corrugator muscles. The amount of units of botulinum toxin can range from 16 to 24 depending on the clinical presentation. Many patients think that only one injection in the midline would take the frown away, where it actually takes more injection sites. A recent study has proven that treating the entire forehead had much better results and patient satisfaction, than only treating the frown.

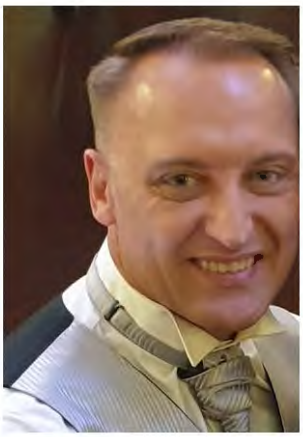
The total average amount to treat the forehead was proven to be 64 units, not only for good clinical response, but also for elongating the time to treat again.
#botulinumtoxin
#frown
#procerusmuscle
#corrugatorsuperciliimuscle
#units
#aesthetics
#aestheticdoctor
#aestheticplanning

Visit Dr M Bester Medical Center

38 Fitzsimons Street, Vanderbijlpark
Tel: (0i6) 982 6911



General Dental Surgeon with a passion


Dr. Danny Dennewill

Dr Danny Dennewill has joined Dr Marius Bester in 2019.
He spend 15 years in the Netherlands as General dentist.

He returned to South-Africa to continue his dentistry career in the Vaal Triangle as a General Dental Surgeon.

He is not only highly qualified but he is a Dr with passion, caring and he is always friendly.

Testimony by Richard (patient)

I've been to many different dentists in my time and the one thing that I always experience is fear.
I am so afraid to sit down in that chair knowing that my biggest fear is needles and to get those injections.
I have to say that this time I still had that fear but the way that Dr. Danny Dennewill explained everything what he is about to do prior to actually doing it made me feel so much more at ease.

This time with Dr. Danny Dennewill, he told me when he was about to inject me and it was very different from any of the injections that I have received before. I couldn't even feel the needle going in.
He is so gentle and I honestly never thought that I could be that comfortable whilst sitting in that "Dentist chair" that I've always dreaded.

I would like to thank Dr. Danny Dennewill for the amazing work. He is a very gentle, caring, friendly and extremely professional Dr. and for the first time in my life I actually look forward to my next appointment.

I will defiantly recommend that you go visit Dr. Dennewill if you need a professional dentist.

Thank you
Richard

Dr. D. Dennewill
DENTAL SURGEON / TANDARTS
BchD (Pret) / Bsc (Pret)
General Dental Surgeon
Practised for 15 years in the Netherlands

38 Fitzsimons Street, Vanderbijlpark
Tel: (010) 023 2206

Comozzi Gin WIN Golden Award

Congratulations!



Lizl Bornman Giacomozzi

Top Vibe Magazine would like to congratulate Lizl Bornman Giacomozzi and her amazing Comozzi Gin on winning GOLD for both her Gins with the SAWWA Awards. (SA Women's Wine & Spirits Award)

If you wondered where the "catchy name" Comozzi come from it's part of Lizl's Italian surname Giacomozzi. This local gin pioneer is making the Vaal proud.

The beautiful Lizl, is a remarkable business women in the Vaal. Comozzi Gin is especially crafted in small batches, with great attention to detail.
She loves her work if one can call it work. She is living her passion.

Both her gins is available directley through Copper Wine and Craft Spirits website.
https://copperwines.co.za/productcategory/gin/comozzi-gin/
Takealot or at Modelonline

Stock up on this two award winning gins this festive season it is the perfect Christmas gift. Dear Santa I was a good girl this year please drop me this special gins for Christmas....





SA WOMEN'S WINE & SPIRITS AWARDS
www.sawwa.co.za

Award Certificate

It is hereby certified that

Liqco Beverages

Was Awarded a

Gold

For

Comozzi Gin Citrus

SAWIS Application number NA

During the 2020 SA Women's Wine & Spirit Awards

Date: 20 November 2020

Signature: .....

WC van Rooyen

SA WOMEN'S WINE & SPIRITS AWARDS
www.sawwa.co.za

Award Certificate

It is hereby certified that

Liqco Beverages

Was Awarded a

Gold

For

Comozzi Gin Spicy

SAWIS Application number NA

During the 2020 SA Women's Wine & Spirit Awards

Date: 20 November 2020

Signature: .....

WC van Rooyen

Hair by Alicia

Unisex

Proud User Of: BIO-KINETIC



Cuts
Blow Waves
Extensions
Hair-botox
Colour
Brazilian Blow Outs
Upstyles

Inside FabLane 2

084 377 0705

PRINT SPOT

Charmaine 072 768 8582
E-mail: charmaine@topvibe.co.za

DISTRIBUTION OF FLYERS

Distribution Areas:

Vanderbijlpark - Vaalpark - Sasolburg
Meyerton - Vereeniging - Townships

Contact Charmaine 072 768 8582

Love Nails by Marli

Love your Nails

Option 1
Fingers (Acrylic) + Tips
R300
2x Nail art included

Option 2
Toes (Gel)
R150
2x Nail art included

Option 3
Nails (Acrylic) + Tips & Toes (Gel)
R400

Extras not Included
Art: From R10 p/nail
Product removal:
Fingers R50 · Toes R30
Extended hours:
Fingers R60 · Toes R50 · Both R100

By Appointment Only!
No mask No Entry

083 805 6728 · Plane Street Three Rivers Vereeniging
Monday - Friday: 8am - 4pm · Saturday: 8am - 1pm
Extended hours available on Saturday @ additional cost

CompMed

Medical Aid Services

Jan Bekker 082 881 8307

Tel: 016 932 2061
Tel: 016 932 2917
Fax: 016 932 2597
Email: bekker@compmed.co.za

148 Louis Trichardt Boulevard, SE 2, Vanderbijlpark



Proud Ambassador for Love your Nails by Marli

Support our advertisers they support us...





CANNABIS IS FOR HEALING

NOT JUST FOR FUN!

CannaMed.org.za
Healing with Cannabis

We have all dealt with this miracle plant in some capacity, we have medicated with it, consumed it, smoked it, or just seen it or spoken about it. It is the new flavour of the month, and it makes me glad to hear all the dialogue concerning Cannabis, as this is how we remove the unfair stigma associated with Cannabis.

"Cannabis does not cure everything, and it is not for everyone, however, if you are uncertain, try it and see how it works for you."

8 WAYS CANNABIS CAN IMPROVE YOUR LIFE

1. It Can Keep Your Pets Healthy
Cannabis, in some forms, can make for a healthy supplement for your pets. And for animals that are sick, or living with chronic pain, cannabis-based treats can offer some relief.

2. It Can Stop Nightmares
Plagued by bad dreams? Try cannabis before you hit the sack and see if it makes a difference. For some people, it's doing the trick. For others, particularly those with PTSD, it can also eliminate dreams. The reason, it turns out, is that cannabis impacts REM sleep – the part of the cycle during which you dream

3. It Can Bring Your Energy Levels up
A lot of people are tired. But a small subset of individuals suffers from Chronic Fatigue Syndrome
– a disorder that is effectively treated with certain cannabis compounds and strains. Just make sure you're picking the right ones if you want to avoid fatigue.

4. It'll Help You Sleep
On the flip side, you can use cannabis to help you get to sleep. Again, though, it'll depend on what specific strains you're using, and your physical and psychological makeup. You may have to experiment a bit to get the desired effect.

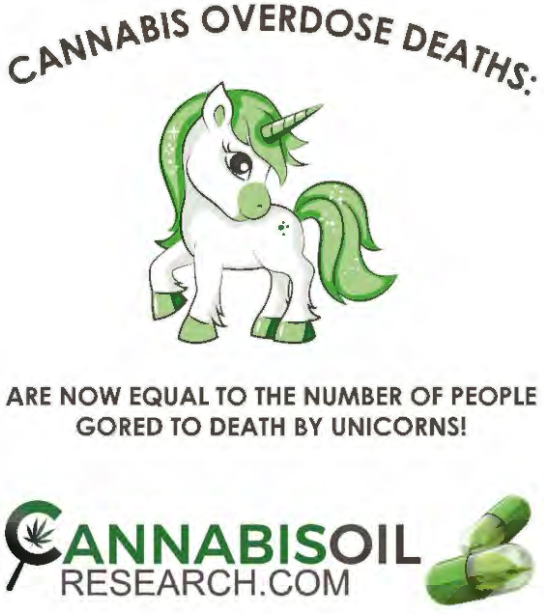
5. It Can Help You Get Through the Work Day
A lot of people use cannabis to enhance productivity. Too much though could have the opposite effect. No matter what kind of job you have, cannabis can probably give you a boost in some way – be it mentally or physically. Even consuming after work can be a help. If you do decide to experiment with cannabis at work, be careful not to let things get out of hand. Be mindful of what works and what doesn't. And if you're operating machinery or driving? Abstain.

6. It Can Make You More Productive
If you can get your cannabis regimen just right, productivity could increase significantly. For a lot of people that may be due to the medical benefits gained from cannabis, or the inspiration, or simply because they're happier. On the other hand, productivity can also take a complete nosedive if you're not careful. What we do know is in medical cannabis states employee absenteeism is down.

7. It Could Make You More Creative
Surprise, surprise – cannabis can help you be more creative. There's still some debate as to how or why this happens, but cannabis does inspire lateral and divergent thinking, an important mindset for innovation and progress.

8. It Can Protect Your Brain
Cannabis as a brain protector? It's true. Scientists are finding that chemical compounds found in cannabis help protect our brains.

Do you need any more information? **Contact Louis on 083 274 3471 or** cannabis@eksteen.biz and he will get one of our trained Consultants to assist you!
Or visit www.cannabisoilresearch.com



CANNABISOIL RESEARCH.COM

INJEANIUS DESIGNS

Web Design and Graphic Design Specials for the month of November & Black Friday

Standard Website for only R1000. Includes FREE graphics (exceptions of catalogues and magazines apply)

Large Website for only R2250. Includes FREE graphics

Graphic Design: Logos from R20
Social Media ads from R50

Online marketing from R200 per month, including FREE Graphics

Even BIGGER Discounts on Black Friday!
Refer to our Facebook page & Website to register for our Black Friday Deals

For more information, visit www.injeanius.co.za or like us on Facebook
Email us at info@injeanius for any enquiries or call/ whatsapp +27 81 531 7406

MIDWEEK FRIENDS & FAMILY GETAWAYS!





HOTEL

Hotel room - R1080 (sleeps 2 guest)

Family room - R1660 (sleeps 4 guests)

Rate per room per night. **Breakfast & FREE** entry to **Aquadome** included

BUSH LODGES

1 Bedroom - R1400 (sleeps 2 guests)

2 Bedroom - R1870 (sleeps 4 guests)

Rate per room per night. **Breakfast & FREE** entry to **Aquadome** included

CHALETS

1 Bedroom - R500 (sleeps 2 guests)

2 Bedroom - R840 (sleeps 4 guests)

3 Bedroom - R1280 (sleeps 6 guests)

Rate per room per night. **Self-catering** units. **FREE entry to the Aquadome** included

Quote **"Friends & Family"** when making your booking

Emerald
RESORT & CASINO

A CAESARS ENTERTAINMENT PROPERTY

www.emeraldcasino.co.za

BOOK NOW & RECEIVE FREE AQUADOME ACCESS!

Offer valid till 22 Dec 2020

Sunday - Thursday. Terms & conditions apply. Subject to availability. Book during office hours. Offer excludes public, school holidays & long weekends

☎ 016 982 8001

info@emeraldcasino.co.za



Top Vibe Magazine Issue 140 Page 9:



Vaal Mall: 016 100 4261/2 | River Square: 016 100 7001

Turn 'n Tender
STEAKHOUSE

Special only available at Turn 'n Tender Vaal Mall and River Square for delivery, take away and call and collect. Valid all day for a limited time only

Vacation Safety

As the warm weather approaches and thoughts turn to getting away for a few days, being safe while on summer vacation helps ensure that you and your loved ones only have good memories of your time away from home. There are many things you can do to keep yourself, your family and your valuables safe.

Use a broad spectrum sunscreen that protects against both UV-A and UV-B radiation from the sun. It should have an SPF rating of 15 or higher. Apply the sunscreen 15-30 minutes before going out in the sun and reapply it often. Always reapply the sunscreen after swimming or any physical activity.
According to the American Optometric Association you should wear sunglasses whenever you are outside in the sun. The minimum requirements for proper protection for

Summer Vacation Safety Starts Before You Leave Home
Make copies of all of your credit cards, important identification information, including your medical insurance cards, and your traveler's checks. Take one copy with you (pack it separately from the cards themselves) and leave one copy at home.
Take only a little cash with you. Bring most of your money in the form of traveler's checks or plan to use your credit cards while on vacation.
Never put your home address on your luggage tags. Write your phone number instead.
Make sure all of the doors and windows to your home are secured and locked. If your home has an alarm system, arm it when you leave for your vacation.
Never post your travel plans on social networks such as Facebook, MySpace or Twitter.
Have your mail held at the post office and your newspaper delivery put on hold or ask a family member, a trusted friend or neighbor to pick those items up for you.
Set automatic timers to turn your lights and a radio on and off.
Protect Your Valuables and Yourself
Park your car in areas that are well lit and as close to your destination as possible.
Always close all of the windows and lock the car doors.
Keep all valuables out of view by locking them in the trunk, tucking them under the seat or placing on the floor and covering them with a blanket.
Never leave your wallet, pocketbook or checkbook in the car. Always keep them with you.
If you are driving and become lost, do not stop on the side of the road to check the map. Drive to a brightly lit, public place to do so.
Never leave your car unattended with the motor running.
If you are going out sightseeing, ask at the hotel front desk if there are any areas you should avoid.
Only take the cash you need for the day with you. Leave the rest, and all other valuables, locked in the hotel or motel safe.
Never display large amounts of cash when making a purchase. The money you keep with you should be in small denominations.
When you check into your room, make a mental note of the locations of the stairs and fire exits.
Protection from the Sun
Whether you are traveling to a tropical beach or a snow-covered mountain, there are things you can do to keep your skin and eyes safe from the dangers of the sun.



Safe Riding:

It's important for your child to wear a helmet while biking. Choose a bike helmet with a Consumer Product Safety Commission (CPSC) safety seal on it, because they set the safety standards. You can also keep your child safe by making sure their bike is the right size. There are recommended sizes for children's bikes based on your child's age and height. It might be easiest to have your child go with you when choosing a bike.

Bee Stings and Bug Bites:

Try to avoid having contact with bugs that bite or sting. Bees and mosquitoes can be attracted to sweet-smelling things such as lotions and sugary drinks. When bees are buzzing, tell your child to remain calm and avoid swatting, so the bee does not feel threatened. The best way to avoid mosquitoes is to play away from pools of standing water and stay indoors during dawn and dusk.

Have fun



Be safe

IFM 102.2 RADIO
Info-Fun-Music

Give us a shout out



SMS: 41022 (R1.50 p. SMS)
Studio: 016 889 6000
Office: 016 889 2014
Marketing: 016 889 4304 / 4404 / 4407 / 3488 / 2014
www.ifmradio.co.za

Wimpy Riverside Blvd, Vanderbijlpark
(016)n 932 1876

SWEET CHILLI MAYO
Double Cheeseburger and chips
69⁹⁰



T&Cs apply.



SHOW ME VAAL

show me

- Website design
- Future Listing
- Basic Plus Listing
- Basic Listing

www.showme.showmevaal.co.za
to view full feature of each listing and monthly rates.
Call: Leon @ 083 381 4214