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JUNE ISSUE 2025

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Disclaimer: This e-Magazine is produced especially for residents/owners of Heritage Hill Estate to provide updates and useful information. It is produced by K-Studio on behalf of Heritage Hill Estate HOA. Although every effort is taken to ensure accuracy of content, Heritage Hill Estate HOA and/or the Publisher, cannot be held liable for any inaccurate information, and may not agree with all opinions expressed in this publication.

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Letter FROM THE HHHOA

Say Hello to Our New General Manager: Janus van Deventer

We're thrilled to introduce Piet Johannes van Deventer—known to us all as Janus—as our new General Manager. With his warm heart, keen mind, and a brilliant sense of humor, Janus brings a fresh wave of enthusiasm and leadership to our community.

To get to know Janus a little better, we asked him some fun questions—here's what he had to say!

So, why "Janus"?

"My parents thought Piet Johannes didn't exactly roll off the tongue. Janus was easier—and I've stuck with it ever since!"

Favourite sport?

"Rugby, definitely. Although I'm a huge Formula 1 fan too. Rugby's that great equalizer, especially in a country as beautifully diverse as ours."

A fun fact about yourself?

"I took up scuba diving at 45. It's never too late to dive into new adventures!"

Perfect lazy Sunday?

"Just watching a movie with my kids. Simple, cozy, and the best company."

If you could master anything outside work?

"Woodworking, hands down. There's real magic in turning a piece of wood into something beautiful. I'm already dabbling as a hobby!"

Go-to karaoke song?

"Livin' on a Prayer by Bon Jovi—no shame, only spirit!"

Weirdest food you've tried?

"Haggis and blood pudding—and yes, surprisingly delicious!"

Dream travel destination?

"Antarctica. I'd love to explore the ice caves and glaciers, soaking up the breathtaking remoteness."

And if you were a superhero?

"They'd call me The Wrench Whisperer. I'd be able to fix anything—engines, appliances, even Eskom—just by squinting and giving a determined grunt. My only kryptonite? Asking for help!"

We're truly excited to have Janus leading the way and look forward to the positive changes he'll bring. Be sure to say hi when you see him around—he's always up for a chat!



Join Heleen Meyer's Food demo & talk about lemons



Where? The Clubhouse
Date? Friday, 1 August 2025
Time? 18:00-20:00
Cost? R425 per person
Early bird special: Buy **2 tickets** & ONLY pay R385 per person!

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Heleen Meyer
Food Consultant

*Join Heleen for an evening of fun! This demonstration will focus on how to be creative with **BRAAI SIDE DISHES**. She will also be sharing all of her **knowledge on LEMONS** for our upcoming Lemon festival!*

What's included in this demonstration & talk:

1. **2 hour** cooking demonstration & talk
2. **Welcome drink** & **wine** on the evening
3. **Soup & bread table,** as well as **tastings** of each dish Heleen demonstrates - you will not be going home hungry!
4. Heleen will be sharing lots of **helpful kitchen tips** and **hacks** to make you feel like a chef in your own kitchen
5. You will also receive a printed **set of recipes**
6. There will be some **exciting lucky draw prizes,** as well as a **fabulous goodie bag** for each guest from Heleen's fabulous sponsors. sponsors include AMC Cookware, Cecilia's Farm, Pink Lady(TM) Appels and Leopard's Leap.







Meet Heleen:

Heleen Meyer is an independent **Food Consultant from Cape Town** and the mother of a student and teenager. With over 30 years in the food industry, she has a passion to **inspire, encourage** and **teach** everyone to eat healthier. Heleen debunks the myth that healthy eating is expensive, difficult, bland or boring. Her philosophy is that healthy eating is **easy, tasty** and **something everyone can do**. She has written a number of cookbooks and has done quite a bit of television and radio work. **Follow Heleen** on Facebook, Instagram and TikTok or subscribe to her website.

Seats are limited so ***book your spot today!***
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Winter-Proof Your Garden:

A Local Guide for the Winter Months

Winter can be a tough season for gardeners, but with a little preparation and care, your garden can continue to flourish even during the coldest months. Here's how to keep your green space looking its best.

Wrap Up to Keep Out the Frost

Frost is one of the main challenges during winter, especially for tender plants. Wrap frost-sensitive trees and shrubs in frost cloths or hessian to protect them from icy winds and freezing temperatures. Make sure to secure the covers well so they don't blow away, and remove them during sunny days to allow plants to breathe.

Mulch for Warmth and Moisture

Adding a layer of mulch is a simple yet effective way to protect your plants' roots. Mulch acts like a snug blanket, insulating the soil from extreme cold while locking in moisture. Use natural mulch such as straw, bark chips or compost for an environmentally-friendly solution.

Trim and Tidy

Pruning your trees and plants before winter sets in helps them conserve energy. Cut away dead or diseased branches and remove any fallen leaves to prevent disease from spreading. For evergreen plants, a gentle trim keeps them looking neat throughout the season.

Water Wisely

In winter, water your garden in the morning when temperatures are warmer. This prevents water from freezing on the leaves overnight, which could damage your plants. Take care not to overwater, as the soil tends to stay damp for longer in the colder months.

Natural Pest Control

Even in winter, some pests can still pose a threat. Choose natural pesticides like neem oil or a mild soap spray to keep unwanted insects at bay without harming your garden's delicate balance.

Fertiliser: Potassium-Rich and Organic Options

In winter, avoid high-nitrogen fertilisers that stimulate soft, frost-sensitive growth. Instead, choose a fertiliser with a higher potassium (K) content, which helps strengthen plant cells against cold and frost.

For eco-conscious feeding, opt for slow-release, organic options like Talborne Organics. However, keep in mind that organic fertilisers release nutrients more slowly, and this process is temperature-dependent. In cold conditions, soil microbes that break down organic matter are less active, so you may not see results until the weather warms up.

Grasses & Ground Covers: Hold Off on Cutting

Many residents have ornamental grasses like Aristida, which offer beauty and structure even in dormancy. Hold off cutting these back until late August, just before spring growth resumes. This protects the crown from frost and provides winter habitat for small insects.

Final Touches for a Cosy Garden

A little extra care goes a long way in winter. Regularly check your frost covers, keep an eye out for signs of pests or disease, and enjoy the quiet beauty of your winter garden.

With these simple steps, your garden will stay healthy and happy all season long, ready to burst into colour come springtime!



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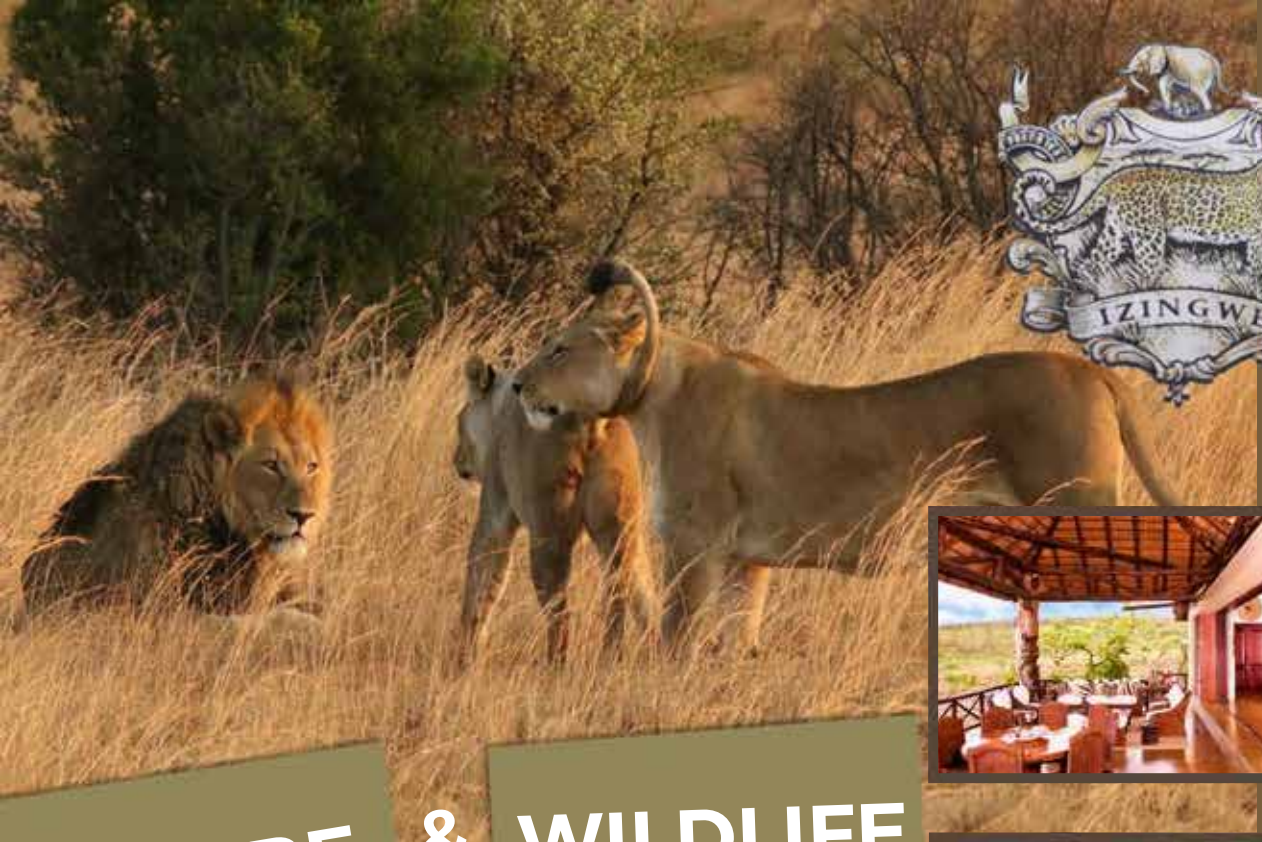

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Gut feeling

HOW PROBIOTICS POWER UP YOUR IMMUNE SYSTEM

Probiotics are often the unsung heroes of immune health. These live, friendly bacteria—found in foods like yogurt, sauerkraut, and kombucha—work hand-in-hand with your body's natural defenses to keep you feeling your best.

Your Gut Microbiome: A Dynamic Ecosystem

Your gut is a bustling hub of life, home to trillions of bacteria, fungi, and other microbes, collectively called the microbiome. In fact, there are more microbial organisms in your body than there are human cells! This vast ecosystem plays a crucial role in your health. When it's in balance, you're more likely to feel energetic and stay healthy. But when harmful bacteria take over, it can set off a chain reaction that affects everything from digestion to immune function.

Probiotics: Reinforcements for a Stronger Defense

Here's where probiotics step in. They colonize the gut, crowding out the bad guys and producing compounds that target harmful bacteria. Species like Lactobacillus and Bifidobacteria are especially effective at promoting a healthy microbiome. They help beneficial bacteria thrive, ensuring your gut environment stays balanced and strong.

One of their key jobs? Communicating

directly with your immune system. Just beneath the surface of your gut lies a specialized patch of tissue called the gut-associated lymphoid tissue, or GALT. It's home to many immune cells, ready to jump into action. Probiotics interact with the GALT, helping those immune cells fine-tune their responses—kicking into gear when faced with pathogens and staying calm when they shouldn't overreact.

Digestive Health and Immune Function

Probiotics also support digestion in powerful ways. They produce over 200 digestive enzymes—more than your own body can manage alone! These enzymes break down food more efficiently, making it easier for your body to absorb nutrients. Some probiotics even turn certain nutrients into more bioactive forms, helping your cells make the most of what you eat.

Here's why that matters: immune cells rely on nutrients like vitamin C, B vitamins, zinc, and antioxidants to function well. Even the best diet can't help if your body can't absorb these nutrients. By boosting absorption, probiotics ensure your immune system gets the fuel it needs to thrive.

Barrier Support and Beyond

Your skin is your first line of defense against the outside world, and guess what? Its health is closely tied to your gut microbiome. Probiotics produce short-chain fatty acids, which nourish your gut lining and also make their way to your skin. They help maintain moisture and support a strong, resilient skin barrier.

Probiotics also play a role in detoxifying your system. By supporting your liver and promoting toxin removal through your gut, they help prevent skin flare-ups like acne and keep your body's natural defense barriers strong.

The Bottom Line

Probiotics aren't a magic bullet, but they're a key player in the bigger picture of immune health. By balancing the gut microbiome, enhancing nutrient absorption, and supporting your body's natural barriers, probiotics help fortify your immune system. Pair them with a diverse, plant-rich diet and a healthy lifestyle, and you're setting yourself up for a stronger, more resilient body.



Balance Within. Strength Without

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OVERWEIGHT AND OBESITY: A GROWING CONCERN FOR OUR FURRY FRIENDS

BY DR VICKY LOUW (BVSC)

Pet obesity is becoming an increasingly common issue across the globe, affecting millions of dogs and cats. Why is it a concern? Being overweight or obese can lead to a range of health complications and significantly reduce a pet's quality of life and lifespan. As pet owners, we don't always recognise that our pets are out of shape. When we look at our overweight or obese furry companion we only see "chubby", "cute" and "cuddly".The truth however is that overweight and obesity have become one of the most common health problems faced by our pets today.

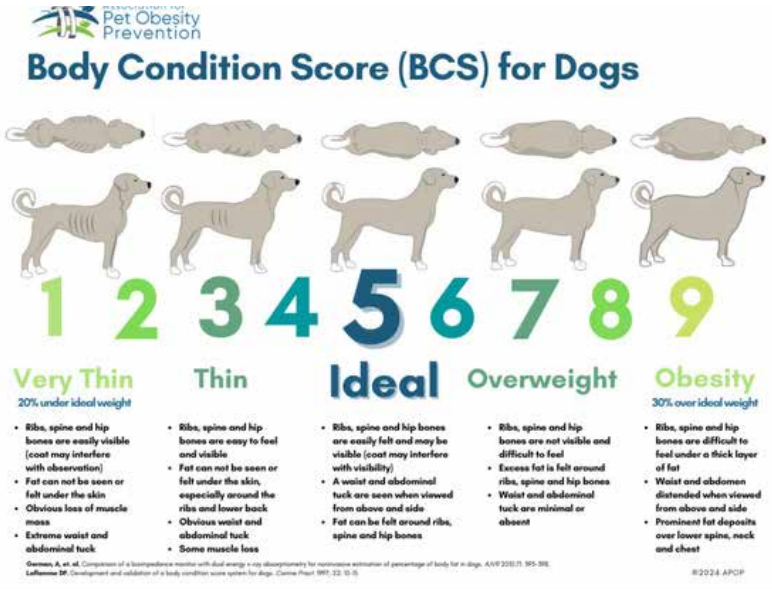
How to know if your pet is overweight:

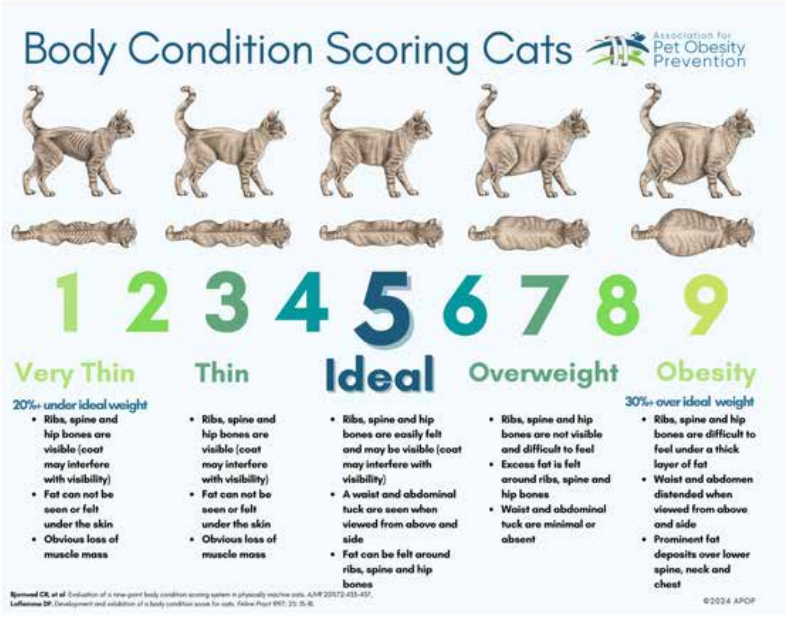
During consultations, owners commonly ask us the question "How much should my pet weigh?". Unfortunately, it's usually not a straightforward "x amount of kilograms" answer. Within the same breed there can be a range of healthy weights. There are Yorkshire Terriers with a healthy body weight of 2kg while some Yorkshire Terriers will have a healthy body weight at 4kg. It all depends on the build and genetics of each animal.



In veterinary medicine, we like to talk about Body Condition Scoring (BCS). With BCS we use our eyes and hands to determine whether an animal is at a healthy weight or not. We feel with our hands for the presence or absence of bony prominences. We also look and observe the patient from the side as well as from above to evaluate their waistline and overall muscle development.

Below are two diagrams from the Association for Pet Obesity Prevention, explaining how an animal's BCS is determined. Follow the link for a more detailed description under each heading.





There are several factors that contribute to pets being overweight or obese:

- **Overfeeding:** This is usually the most important factor contributing to weight gain. Just giving pets too much food, even if it is healthy food, can easily lead to weight gain.
- **Lack of Exercise:** Many pets, especially those living indoors, do not get enough physical activity.
- **Improper Diet:** Feeding pets human food or an unbalanced diet can contribute to unhealthy weight gain.
- **Medical Conditions:** Some conditions like hypothyroidism or Cushing's disease can lead to weight gain in pets.
- **Neutering/Spaying:** Although these procedures don't directly cause weight gain, it does have an impact on a pet's metabolism so it can play a role in how easy it is for a pet to gain weight.
-

Being overweight or obese can lead to a number of serious health problems in pets, including:

- Diabetes
- Heart disease
- Arthritis and joint problems
- Respiratory issues
- High blood pressure
- Reduced life expectancy
- Decreased immune function
- Basic mobility can be affected, making it harder for pets to enjoy playtime or exercise.

Prevention and Treatment:

Preventing it is far easier than treating, but both are achievable with commitment and consistency:

1. Diet Management
• Feed measured portions based on your vet's recommendations.
• Avoid table scraps and high-calorie treats.
• Choose high-quality, nutritionally balanced pet food.

2. Exercise
• Dogs need daily walks and playtime.
• Cats can benefit from interactive toys and climbing structures.
• Incorporate activities that both you and your pet enjoy.

3. Regular Vet Visits
• Routine check-ups help track your pet's weight.
• Vets can rule out medical issues contributing to weight gain.
• Nutritional counseling is available in most clinics.

4. Behavioural Changes
• Use toys or praise instead of food as reward when your pet is asking for attention.
• When it looks like your pet is asking for food, try to redirect their focus to playing or another activity.
• Stick to scheduled feeding times.

Conclusion

Your pet's body condition is important and it will affect your pet's' overall health and happiness. By being proactive with diet, exercise, and regular vet visits, you can help your pet maintain a healthy weight and live a longer, more vibrant life. After all, our pets depend on us to make the right choices for their well-being —and they deserve the best.



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WINTER FIXES... ZERO MESS

Let the Pros Handle It

Winter in Gauteng might be dry, but that's exactly why you should roll up your sleeves and tackle your home maintenance checklist. The mild weather means no rain delays, and you'll get a head start on repairs before summer storms hit.

Here's why it's important to get stuck in now – and the top suppliers who can help you nail it. And if you bring in a professional, you'll have more time to focus on the fun stuff, whether that's relaxing, entertaining, or hitting the golf course.

Why Winter?

1. **Less rain, more progress** – No more worrying about wet weather delays.
2. **Protect now, save later** – Fixing small problems before they grow saves time and money.
3. **Boost your comfort** – Small upgrades can make your home warmer and cozier through the cold season.
4. **Let the pros handle it** – Hire the right people, and you'll have more free time to enjoy life's little pleasures.

Essential Winter Maintenance Jobs

Roof and Gutters
Your roof and gutters are your home's first line of defense. Winter's dry weather makes it easy to inspect them for leaks, cracks, or loose tiles that could let water in come summer. Clean gutters stop blockages and reduce the risk of water damage. Preventing leaks and water damage now saves thousands in repairs later.

Painting and Waterproofing
Cold, dry air is perfect for applying paint and waterproofing sealants. This means the products cure properly and provide long-lasting protection. Supreme Coats can help you give your home's exterior a fresh look and keep damp at bay.

Window and Door Seals
Gaps around windows and doors let cold air in and warm air out, hiking up your energy bills. Winter's a great time to seal them up. Lukems has the aluminium and glass products you need to replace worn-out windows and doors, improving insulation and saving energy.

Why it matters: Sealing drafts makes your home more comfortable and cuts heating costs.

Indoor Upgrades
You're spending more time inside – why not make it a space you love? Buchcon's team can handle renovations and maintenance jobs to refresh your living spaces. And with the current water interruptions in Tshwane, Buchcon also has water backup solutions to keep your home running smoothly. Investing in these upgrades now will pay off down the line.

Water Supply Solutions
No water? No problem. Inyati Drilling offers borehole solutions to keep your taps running even during municipal water outages. Winter's dry soil conditions make it the best time to drill.

Why it matters: A borehole means water security for your home and peace of mind for you.

Upgrade Your Kitchen and Bathrooms
Winter's the perfect season to plan those kitchen or bathroom upgrades. Quality Granite can transform your countertops, vanities, or braai areas with stunning granite, marble, or quartz surfaces.

And if you're tired of waiting for the kettle to boil, Tile Africa's new PROBOIL.2X hot water boiler is a game-changer. It installs fast, delivers hot filtered water in seconds, and makes winter mornings easier.

Pools and Irrigation
Shut down your pool for the season and get any repairs sorted out while contractors have more time. Check your irrigation too—fix leaks and adjust water times to save water.

Finish With the Details
A cozy home isn't just about the big fixes. PMK Blinds' range of blinds and floors will elevate your interiors and make winter living a joy.

And for golf lovers who want to level up their game, Home Tee brings the perfect winter project – a upgrade that'll keep you practicing and playing even on cold days.

Little Fixes and Big Jobs
Some tasks are easy DIY fixes. Others—like trimming tall trees, waterproofing, or drilling boreholes—need a pro. Shop around, get recommendations, and make sure you're getting the best value for your money.

Take Action Without the Stress

Home maintenance doesn't have to be a drag. By bringing in the experts, you can skip the messy DIY struggles and free up time for the fun stuff—like relaxing, spending time with family, or even working on your golf swing with Home Tee's custom backyard practice setups.

Pro tip: If you've built up some equity in your home loan, you might be able to finance these repairs through your bond. A home loan typically has a lower interest rate than other types of credit, so it's a smart way to invest in your home's comfort and value.

Get ahead this winter—call in the pros and make the most of the dry season while it lasts.









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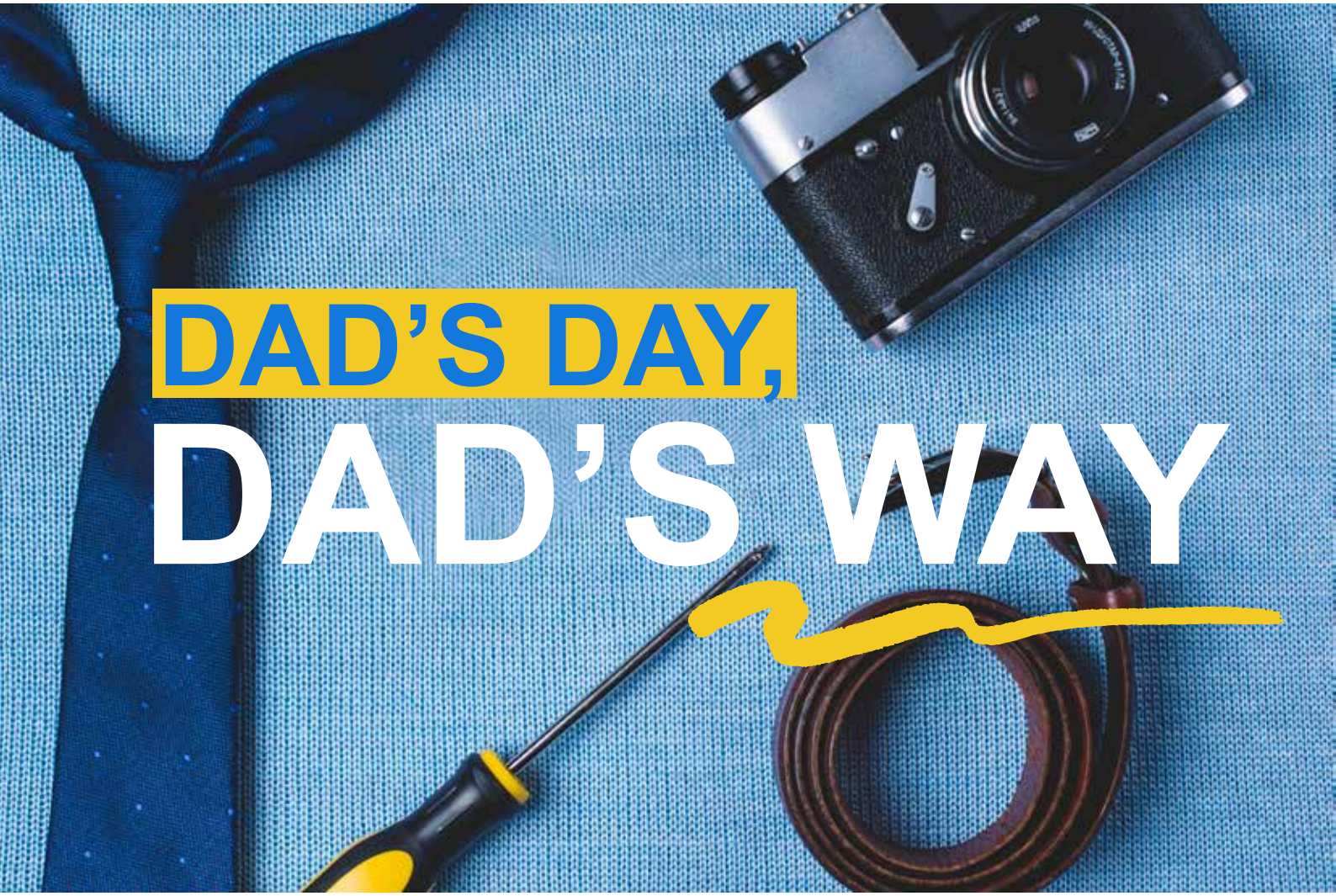

DAD'S DAY, DAD'S WAY

Father's Day is just around the corner, and some of you might be out of ideas for how to make this day truly special. While ties and coffee mugs are classic, many dads would love a little more thought and a lot more fun. Here's the lowdown on what dads really want this year, along with some fresh ideas to make them smile.

What Dads Actually Want

Forget the fancy gadgets—most dads say they just want some quality time. A relaxed day with the family, a chance to kick back and recharge, or a fun activity that everyone enjoys together. It's not about the size of the gift; it's about the time and thought you put into it.

Cool & Creative Gift Ideas

Personal Touches

Let's be honest: many traditional Father's Day gifts just end up in a drawer or in the trash. Skip the usual socks and novelty mugs, and go for something he'll actually use and appreciate. Think of something that speaks to his interests—maybe a new tool for his workshop, a new addition to his braai kit, or even a voucher for his favorite butcher. The idea is to pick something that aligns with his lifestyle, not something that will collect dust.

Memorable Experiences

Sometimes the best gifts aren't things, they're memories. Plan a day out that's all about what he actually wants to do—maybe a picnic, a relaxing braai, or an exciting adventure. Is there something he's always wanted to try but never gets around to? Book that bungee jump, plan a mountain hike, or set up a day to hit the trails. Even just a chance to unwind with his favorite hobby can be the perfect way to show him you really get what he loves.

Tech Goodies

If he's into gadgets, why not surprise him with some cool tech? A smartwatch, wireless earbuds, or a portable charger might be just the thing to make his day a little easier—and way more fun.

Foodie Fun

For the dads who love good eats, you can't go wrong with biltong or a tasty treat. A gourmet food basket, a cooking class, or even a special dinner you whip up at home can be a real hit.

The Role of a Father: More than Just Gifts

Beyond the gifts and celebrations, it's important to remember the vital role fathers play in their families. From providing guidance and security to sharing in life's big and small moments, dads shape the world around them in countless ways. Just as we treasure our moms, we need to look out for our dads too. This means acknowledging their hard work, checking in on their emotional well-being, and supporting their mental health. Fathers are often the quiet strength behind the scenes—let's make sure they feel seen, heard, and deeply appreciated.

Let's Hear It for the Dads

At the end of the day, it's not really about what's in the box—it's about what's in your heart. Father's Day is the perfect time to say thanks for everything he does and to show him just how much he's loved. ***So grab your ideas, get planning, and make this Father's Day one to remember!***



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Tintswalo Waterberg – Safari with soul!

Tintswalo Waterberg in Welgevonden Game Reserve, is one of those rare places where serenity and wild beauty converge to offer a truly transformative experience.

Located just under a three-hour drive from Johannesburg, this malaria-free safari lodge is both accessible and remote—an ideal escape for those yearning for peace, quiet, and meaningful connections. Whether you're planning a family holiday, or a group getaway, Tintswalo Waterberg offers the perfect balance of exclusivity and warm hospitality.

The lodge accommodates up to 16 guests in five spacious and private suites, comprising two one-bedroom units, one two-bedroom unit, and two three-bedroom units, spread out on either side of the central lodge. Each suite is thoughtfully appointed with creature comforts like romantic mosquito nets, air-conditioning, ceiling fans, Wi-Fi, en-suite bathrooms (some featuring outdoor showers), and cozy fireplaces for chilly evenings.

Tintswalo Waterberg is especially well-suited for multi-generational families or groups of friends, thanks to its safe, family-friendly design. The lodge is fenced to protect against predators and larger game, allowing children to play freely and explore. A specially designed children's programme includes educational and interactive activities to keep younger guests engaged and entertained, while parents relax in the natural tranquillity of the bush.

The main lodge area features a cozy lounge, an open-plan dining room, and a well-stocked bar, all centred around large fireplaces that create an inviting ambience in the cooler months. Outside, a wide wooden deck stretches into the bush, offering spectacular views, an outdoor dining area, as well as a sparkling swimming pool flanked by loungers to bask in the warm African sun.

Guests enjoy all-inclusive dining with house drinks and hearty, slow-cooked meals served with flair. Cuisine focuses on traditional South African dishes prepared fresh and shared family-style. Highlights include Boma dinners under a blanket of stars while the sounds of the





The need to disconnect from everyday life and re-connect to the wilderness is becoming increasingly sought after, as people are opting for travel experiences that restore the natural balance and nurture the soul.

wild echo in the distance. For an experience that's nothing short of magical, couples can opt to spend a night on the Stargazing Sleepout Deck—a romantic open-air platform set in a secluded spot overlooking a waterhole.

Furnished with a plush king-sized bed, draped in mosquito netting and illuminated by lantern light, this unique sleepout offers a breathtaking way to fall asleep under the African stars. Honey-mooners enjoy this feature complimentary, while other guests can book it for an additional fee.

The Welgevonden Game Reserve, spanning 36,000 hectares of untouched bushveld, is home to a staggering variety of wildlife. Guests at Tintswalo Waterberg are treated to twice-daily guided game drives in open safari vehicles, led by expert rangers who provide insights into the ecosystem. The reserve boasts the Big Five, along with more than 50 mammal species and 300 types of birds - a paradise for wildlife lovers and birdwatchers alike.

For those seeking an even deeper, more immersive connection with the land, 2-hour guided bush walks are available (at an additional cost and only for guests 16 and older), offering a chance to explore the terrain on foot and truly feel part of the landscape. Under the guidance of a professional ranger, you'll learn to track animals, identify plants, and appreciate the intricacies of the ecosystem from ground level.

Adding yet another dimension to the safari experience, Tintswalo Waterberg also offers late-night game drives (at an additional cost), providing guests with the rare opportunity to witness the wonders of the bush after dark. These moonlit adventures might reveal nocturnal creatures such as leopard, aardvark, porcupine, owls, and even the elusive pangolin. The drive includes refreshments and plenty of time to stargaze in silence, far from the city lights.

Whether you're seeking solitude, adventure, or quality time with loved ones, Tintswalo Waterberg delivers an unforgettable experience. Combined with Tintswalo's hallmark hospitality, attention to detail, and the spellbinding beauty of the African wilderness, a stay here is more than just a safari, it's a soulful journey. As its Dutch name suggests, Welgevonden truly is a 'serendipitous discovery' for adventurers of all ages.

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Escape to the heart of the African bushveld at Tintswalo Waterberg, a hidden gem in the Waterberg just a scenic three-hour drive from Johannesburg. Nestled within the malaria-free Welgevonden Nature Reserve, this family-friendly safari lodge invites you to experience the magic of the bush. Enjoy comfortable suites, swimming pool, thrilling Big Five game drives, and an exciting children's program designed for unforgettable adventures. Tintswalo Waterberg is the perfect destination for a memorable family or group getaway. Please refer code "**TINT25-10**" to receive a 10% discount on your booking.







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TURN UP THE Cozy

Bedroom Tips to Keep You Warm All Winter



Tall Rattan Lamp Set - Woolworths



As winter approaches, making sure your home is warm and cozy is the best way to beat the winter blues. There's nothing like turning your bedroom into an inviting retreat that soothes the soul and promises restful sleep. Here's how to create a cozy, relaxing space that looks beautiful and helps you wake up refreshed and ready for the day.

Embrace Earthy Tones and Natural Materials

Start with a calming colour palette. This season, earthy hues like terracotta, deep caramel, and taupe are in the spotlight. These warm shades instantly make your room feel snug and comforting. Complement them with natural materials such as wooden furniture, rattan baskets, and linen curtains to bring a grounded, soothing vibe into your space.

Layer Up for Comfort

A cozy bedroom isn't complete without plenty of texture. Add plush rugs, soft velvet cushions, and chunky knitted throws. A faux fur throw is an easy and fun way to bring texture and a pop of colour to your winter bedroom. Warm up with brushed cotton linen, which feels soft against the skin and offers a layer of warmth you'll appreciate on chilly nights. Mix and match materials to create depth and interest—think faux fur with linen or velvet with cotton. The goal is to surround yourself with softness and texture.

Set the Mood with Lighting

Lighting can make or break the ambiance. In winter, aim for soft, layered lighting that wraps your room in a gentle glow. Table lamps and wall sconces with warm bulbs are perfect for bedtime reading, while dimmable overhead lights let you adjust the brightness to match your mood. A rattan lamp set can bring a natural, organic feel to your space, spreading a warm, dappled glow that instantly transforms any corner into a cozy, inviting retreat.

Sustainable Choices for a Timeless Look

Invest in pieces that are built to last and reflect your personal style. High-quality bedding and classic furniture never go out of fashion and will keep you feeling snug and satisfied for years to come. Sustainable choices not only look and feel great but also support a more mindful lifestyle—something that feels even more important during winter's slower pace.

Add Bold Accents to Make It Yours

While neutral tones set a serene base, don't shy away from bold accents. A colourful piece of art, a statement headboard, or vibrant cushions can bring energy to the room without overpowering the calm. This balance keeps your space feeling fresh and alive.

The Magic of Multifunctional Furniture

If you're short on space or love to host, consider adding a multifunctional piece like the SnooZA sleeper couch. Available in various colours and fabrics, it's not just a stylish seating option—it folds up as an ottoman, giving you flexibility and style in one neat package. When guests stay over, or if the kids want to bunk down in your room for a cozy family night, simply transform it into a comfortable bed. It's the perfect way to keep everyone warm and happy without cramping your style.

Wake Up Refreshed

Finally, prioritize relaxation before bed. Keep the air fresh with a plant or two, add a diffuser with calming essential oils, and make sure your bedding is as plush as possible. A room that looks good and feels even better will ensure you drift off easily and wake up recharged.

With these simple tips, you can turn your bedroom into a winter haven that's both cozy and practical—perfect for those chilly nights and peaceful mornings.

Chunky Leg Side Table - Woolworths

Madison Seafoam Blanket - Volpes



Matrix Battleship - Snooza



Melkkos

Ouma Darling's Way

There's something magical about the scent of cinnamon – a warm, sweet aroma that instantly wraps you in a comforting hug and takes you back to childhood. In our home, I remember waking up on chilly winter mornings, the kitchen already filled with that unmistakable spicy-sweet smell of melkkos bubbling away on the stove. It was always a treat – that thick, creamy goodness, so simple yet so satisfying.

The best part was sprinkling the cinnamon-sugar mixture over the hot melkkos.

As soon as Ouma Darling dished up those steaming bowls, we'd watch the sugar melt and the cinnamon swirl on top, filling the air with a sweet, cosy scent. One spoonful and it was like the world stopped spinning – all that mattered was the warmth of family and the comfort of those special moments.

Even now, whenever I make this recipe, I'm whisked back to that kitchen – to the gentle laughter, the soft glow of home, and the sweet memories of my mother's care. That's the magic of melkkos – and the cinnamon that will always bring me back to the heart of our family.

Ingredients:

- 2 litres of milk
- 2 cups of flour
- 60ml butter

For the cinnamon sugar:

- 65ml sugar
- 5ml cinnamon (this is the ratio – you can double it up or tweak it depending on how sweet you'd like it!)

Method:

- Pop the milk and butter into a saucepan and bring it to a gentle boil.
- Add a pinch of cinnamon for a lovely warming touch.

Now, here's the fun bit: quickly sprinkle the flour into the hot milk mixture and whisk briskly until it thickens to a gorgeous, velvety consistency. If you fancy it thicker, just add a bit more flour to your liking.
Cover with a lid and let it stand for 10–15 minutes so all the lovely flavours can settle in.

Spoon out and sprinkle generously with the cinnamon-sugar mixture.

Simple, comforting, and absolutely yummy – Enjoy

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teen skin sorted

(No TikTok Fads Required!)

If you're aiming for clear, healthy skin, don't be fooled by every new TikTok skincare trend. While the latest viral product might promise a flawless glow, real results come from what's on your plate as much as what's in your bathroom cabinet.

The truth is, your diet can help fight breakouts, boost hydration, and support teen skin that's going through a lot of changes.

1. Hydrate with Water-Rich Foods

It's no secret that staying hydrated helps your skin, but you don't have to chug water all day. Eating water-rich foods like cucumber, watermelon, oranges and celery can give your skin an extra boost. These foods help keep your skin cells full and healthy, delivering vitamins and minerals that support repair and resilience.

2. Omega-3s for Calmer Skin

Omega-3 fatty acids fight redness and keep your skin smooth—perfect if you're dealing with breakouts. Fatty fish like salmon, chia seeds, and walnuts are great sources of these healthy fats. They help strengthen your skin's barrier, making it easier to fight off dryness and irritation.

3. Antioxidants to Fight Damage

Your skin faces a lot of stress: pollution, sun, and let's be real—teen hormones! Antioxidants protect against this daily damage. Blueberries, strawberries, spinach and kale are packed with skin-loving vitamins like C and E. They support healing and help your skin look fresh, not dull.

4. Vitamin C to Boost Collagen

Collagen is the protein that keeps skin firm and bouncy, which is important when your skin's going through a growth spurt. Foods rich in vitamin C—like citrus fruits, bell peppers and broccoli—can help your skin produce more collagen. That means brighter, stronger skin without having to pile on products.

5. Zinc for Spot Control

Breakouts are normal during the teenage years, but zinc can help. It fights inflammation and helps keep oil production in check. Oysters have loads of zinc, but pumpkin seeds, cashews and lentils are also solid sources. A balanced diet helps more than any miracle cream.

6. Skip the Sugar Spikes

While it's tempting to reach for sweets, processed, high-glycaemic foods like white bread and chocolate bars can spike your blood sugar and lead to more oil production—hello, breakouts! Swapping in whole grains and fibre-rich foods can help keep skin clearer and calmer.

Social media can be great for tips, but not every skincare trend you see online is backed by science.

***Remember:** good skin isn't about the latest "miracle" product—it's about giving your skin what it really needs.*

Eating smart, staying hydrated, and avoiding overloading your skin with harsh products is a better way to keep your complexion healthy.

The Bottom Line

Your skin is always changing, especially in your teenage years. The good news? You don't have to spend a fortune on endless products to get that glow. Start by focusing on what's on your plate—hydrating foods, healthy fats and antioxidant-rich produce can do wonders for your skin naturally.

But if you've already tried all the gentle, natural solutions and nothing's working, it's best to see a dermatologist. Sometimes, acne or skin issues need professional help. These problems can really knock a teen's confidence, so getting the right advice early on can make all the difference.



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