

ULTIMATE

MAG

All about BEAUTIFUL women

The **3**
top women

in tourism

AMAZING
WOMEN
MONTH!

Good VIBES

At YS Vibes
we believe in
only the best!

SIZLING
WINTER
FASHION

**RENSKE
LAMMERDING**

The Real Woman
beyond famous
Housewives



AUG 2023

UM **YS**
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8 Renske Lammerding

The phenomenal woman we learned to love in Housewives



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MISS INTERNATIONAL
SOUTH AFRICA 2023**

**On 26 June 2023 Ultimate
Magazine attended the Miss
International Paegent**

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MY MOTHER'S GARDEN

MY MOTHER KEPT A GARDEN,
A GARDEN OF THE HEART;
SHE PLANTED ALL THE GOOD THINGS
THAT GAVE MY LIFE A START.

SHE TURNED ME TO THE SUNSHINE
AND ENCOURAGED ME TO DREAM,
FOSTERING AND NURTURING
THE SEEDS OF SELF-ESTEEM

AND WHEN THE WINDS AND RAIN CAME,
SHE PROTECTED ME ENOUGH,
BUT NOT TOO MUCH BECAUSE SHE NEW...
I'D NEED TO STAND UP STRONG AND TOUGH

HER CONSTANT GOOD EXAMPLE
TAUGHT ME RIGHT FROM WRONG
MARKERS FOR MY PATHWAY
THAT WILL LAST A LIFETIME LONG

I AM MY MOTHER'S GARDEN,
I AM HER LEGACY,
AND I HOPE TODAY SHE FEELS THE LOVE
REFLECTED BACK FROM ME.

(AUTHOR UNKNOWN)

Editor's Note



There are such inspirational people all around us, people making a difference in this harsh world.

Here we would like to have you meet some of these wonderful people!

Our Magazine is aimed at a safe, uplifting experience. Please contact us if you have any suggestions, or questions,

Yolandi Strauss
Editor-in-Chief

ULTIMATE MAGAZINE

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As I embark on this journey of who I was, who I am, and who I want to become it gives new beginnings for the magazine and the people that want to embrace their dreams.

Sitting with old friends and new friends, we realize that we need to let go of those that don't follow our values and bring a new fresh breath of possibilities.

We are letting go of the past and are so excited to bring forth a platform for all feminine energies that only uplift and empower each other. We are taking big leaps with big dreams and want our readers to be inspired to do the same.

I am so thankful for those who supported me in this journey and for those still sticking with me no matter what.

I leave you with our values and what we as the Ultimate Magazine stand for!

- We act in the best interest of the brand, and not for ourselves
- We support those in need and always keep those with needs close to our hearts
- Uplifting those around us is our first priority
- Humility and compassion are the strengths our society lacks, and we strive to ultimately increase these strengths.



Brief van een Ma aan 'n Ander Ma



"Wees die reenboog in iemand se lewe" is woorde wat Melanie gebruik het enkele minute nadat sy letterlik laat lig skyn het in iemand se lewe. Melanie was voorwaar daardie dag die lig aan die einde van 'n lang donker tunnel... en die lig brand steeds.

Melanie, dankie vir wat jy stil stil doen, en vir die rots wat jy is.

Melanie het 'n wye agtergrond in besigheid, veral in die finansiële sy daarvan. Ons is trots om haar as deel van die redaksie span te hê!

Wanneer ons kinders gebore word is een die wonderlikste dae van ons lewens. Onthou hulle is net geleen vir ons, woorde wat jy hoor maar dan vergeet. Jy koester hulle bederf en gee soveel liefde as wat jy kan. Een oggend word jy wakker en hulle is pragtige groot volwasse mense. Dan kom die uitdaging om te laat gaan. Hulle ontmoet hulle lewensmaat en skielik is jy nie meer eerste op die drukkie lys nie.

Die ergste is nog wanneer hulle die land verlaat op soek na beter werkseleenthede. Die eensaamheid daal oor jou neer.

Wanneer iemand dan nog vir jou se "Onthou ons is net 'n vliegtuig ver" voel jy of die donkerte jou omvou. Glad nie so maklik soos dit klink nie. Jou kinders het nou hulle eie lewe. Nou is dit skoonfamilie en eie familie wat kompteer vir kinders se aandag en tyd. As 'n Mamma wil jy vashou aan koester jare van armpies wat om jou nek vou.

Gelukkig het ons dierekinders wat darem elke dag hulle stertjies vir ons swaai.

Aan al die Mamma's wat ook nog drukkie nodig het.

Liefde,
Melanie

Melanie Tolmie

Breathe

YS
VIBES

U



RENSKE

Much more than just Housewives' Fame!

Many will recognise Renske Lammerding from the Real Housewives of Pretoria, but there is one amazing woman that we did not even glimpse of on the TV Show.

UM Editor Yolandi Strauss sat down with the Lammerdings to get the story of the Real Renske



How would your friends describe you?

Well, Most would probably say I have a gentle spirit, and a unique sense of humor, and compassionate. They may say that I will be there when you need me, I am loyal and reliable.

My one friend always says I "ooze kindness, but Rensi is strong so never mistake her kindness for a weakness" . Many of my friends call me Rensi.

How would you describe yourself?

- I am a daughter of the most high God
- I am a sensitive person
- I always give people the benefit over the doubt
- I am an includer; I pave the way for other people.

I have become a very resilient person, and have lived through many experiences and the older you get the wiser you become.

*Your beauty advice:
You have a radiant skin - would you share your beauty secrets?*

Without even thinking twice!

- Ladies, wash your face and moisturize- I have done it since I was 10 years old... you will have that face till the day you die so take extra care of it
- An active lifestyle is important
- Exercise enough
- Try to eat healthy
- Drink a lot of water
- And very important: sleep and rest!!! As much as you can!



How would you describe yourself?

I am very adaptable - I can do informal (which I prefer) but when it is time to bring out the glitz and glamour for an event I can go all out formal! I think it is important to feel comfortable in whatever you wear.



Renske and her husband, Heinrich Lammerding makes a beautiful, exceptional couple.

Motivation and Inspiration
Who inspires you the most?

- well Jesus's life on earth is always my first reference.
- My husband and children- They are very motivated, hardworking, dependable people and in my case very easy to love
- I love doing life with my tribe, we laugh together and enjoy each other.

- You have to value the people you do life with most
- My husband has taught me the art of laughing at yourself, he has mastered the skill of laughing at himself when we tease him... and that is a fantastic and very mature quality to have.
- There are many different people in different seasons who have inspired me.



What is your values?

- Family always comes first
- Honesty
- Being a Reliable person
- Forgiveness towards yourself and others... choose to be gracious
- Believe the best in people and what is still to come
- Live and let live.



What is the most inspirational advise you have ever received?

Yesterday is gone forever,
Tomorrow is a mystery,
Today is a present,
That is why they call it a present, it is a gift- Let go of the past, focus on the now, taking day by day... and not stress about the future!

What message will you give people

*that
look up to you for inspiration and see you as a rolemodel?*

- Exactly that.. focus on today, learn out of your mistakes.
- Try again and again- do better every day
- Focus on yourself and your own journey
- Strive to be a good person
- The critic's opinion has NOTHING to do with you, it only reflects on who THEY are and on their own insecurities.
- Opinions are just opinions and has no power to define who you are.
- Focus on your growth and how you can impact the world

Venue: Kleinkaap Boutique
Hotel Centurion
Photos : KMT Photography
Photo editing: Creatifbrands





What initiatives are you currently involved in, for example Mrs Globe, charities etc?

- I sold Mrs Globe to Supreme Queen Global Earth. My husband just retired so I want to embrace life with him and be fully available for him and to fully take part in this new season of life.
- I am still involved taking the role of The Director of International Relationships.
- I am also busy with The Mrs Globe's WIN foundation's course: - "Reclaiming Me".

When I become a facilitator in South Africa, my passion will always be to help more women.

- This gives me the skill to direct them in a more professional way.
- But my most important job at this stage is to be a WIFE AND A MOTHER
- My husband sold their company to an American company and signed a 2 year restriction of trade.
- As a very hard worker, he finds it really difficult not to work!

What's in your handbag?

EVERYTHING !!!!

Makeup, keys, the whole works... and maybe even a snack!

Its like a Lucky Packet! You may be surprised!

Yesterday is gone forever,
Tomorrow is a mystery,
Today is a present,
That is why they call it a
present, it is a gift"



Ultimate Magazine Director and Editor, Yolandi Strauss and Renske after a funfilled interview!

Strength.Courage

Empowerment.Inspire

Confidence.women.

Strength.Courage

Empowerment.Inspire

Confidence.women



It's the Shoes!

Fashion, Beauty, Lifestyle and Travel...

All these are important in my life, and I believe for all women. Who does not love fashion and beautiful things, right?

As a baby you will hear Mommie or Daddy as their first words, but with me it was shoes, yes you heard right shoes. And yes, I love shoes. So, from a young age I have always dressed differently. I don't like to look like everyone else, as we all are unique. But shoes play a very important role in my life. I plan my outfit around my shoes. With that said, fashion and shoe work hand in hand. You can up-dress your outfit or down-dress your outfit with your selection of shoes, so your shoes are also your fashion statement.



Fashion is my passion; I just know how to mix and match outfits.

Sweet Strah





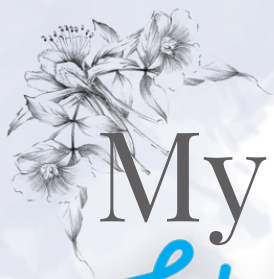
Lifestyle and beauty- having a beauty routine is part of my life, but I also try and maintain a healthy lifestyle, this takes lots of dedication and discipline. But it is worth it. Having a balance in your life is good for you. Make sure you drink lots of water, get enough sleep, do some exercise. But most of all you must have lots of FUN and laughter a lot.

May you have a great and wonderful day.



Fashion is my passion; I just know how to mix and match outfits. This is a God give talent. So, this is why I have heard these words so many times, you must have so many clothes, but in fact it is because I mix and match my clothes, so there is the secret. This is one thing I love helping women with. I have also dreamt of being a model for a fashion house, and this year I got the opportunity to be a model for YDE. This was an honor and privilege- so do not ever give up on your dreams.





My idea of *Winter* Fashion

By Eva Z Kortje

Goodbye flip flops and hello to the warm booties and fashionable jackets!

Everyone has their own sense of fashion and how they wear their clothes. Not everyone is a fashionista, but everyone has their own unique style of fashion. Here is my idea of a nice and cosy but also fashionable winter.

Who said you can't look cute and cosy this winter?

There are a variety of fashionable jackets and even shoes, trousers and so much more you can put together.

All kinds of vintage outfits in bold colors are a hot favorite among youngsters and older folks. Denim jackets and waist coats are the way to go this winter. It's suitable to go with any leggings with a pair of booties your choice.



To look more stylish, wrap a warm winter scarf around your neck.

Want to look more casual but stylish?

Try a pair of pants with a logo shirt and an oversized hoodie with a pair of ankle boots. Many like to go with neutral colors like black or white, but there are so many bright colors to brighten up your outfit.

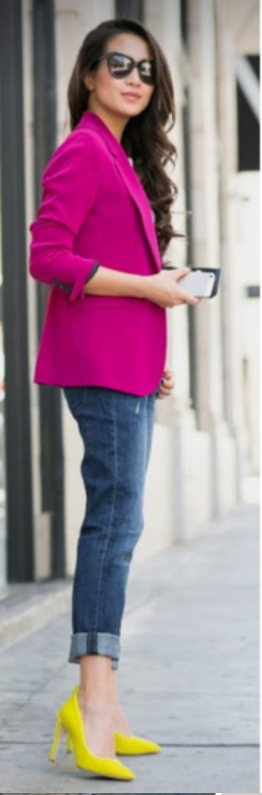
Leather jackets are now very popular among young girls. You can also get leather leggings or trousers to complete a fantastic leather outfit look. Who said you can't wear dresses in winter? Get yourself a Midi dress and combine them with a sweatshirt to keep yourself warm.

Don't forget to get your fancy accessories to go with your outfit!! Create your own fashion, your own style this winter.

Eva Zandile Kortje is a young, upcoming professional in the Western Cape.

This highly intelligent young lady has a flare for fashion, a passion for detail; and is currently striving to reach her professional dream!

Look out for her Spring advise!





Looking back to June - The success of Phomolo Tjie





Silver Eyes!



Silver eye shadow can offer several advantages when it comes to makeup and creating different looks. Here are some advantages of using silver eye shadow:

1. **Versatility:** It can be applied lightly for a subtle shimmer or built up for a more intense, metallic effect. It pairs well with other colors and works with different eye shapes and skin tones.
2. **Brightening Effect:** Silver eye shadow has a reflective quality that can help brighten the eyes.
3. **Smokey Eye Variation:** It can be used to add dimension and highlight the inner corner of the eye, creating a captivating and sultry effect.
4. **Nighttime Glam:** Silver eye shadow is often associated with evening or special occasion makeup. It adds a touch of glamour and can make your eyes pop under low lighting or in photographs.
5. **Trendy and Modern:** Metallic and shimmery eye shadows have been on-trend in recent years. Silver eye shadow can help you achieve a modern and fashionable look.

When using silver eye shadow, it's essential to choose a formula that suits your preferences and needs. Powder, cream, or liquid formulations can all provide different finishes and levels of intensity. Experimenting with different application techniques and combining silver eye shadow with other shades can help you achieve a variety of stunning eye looks.

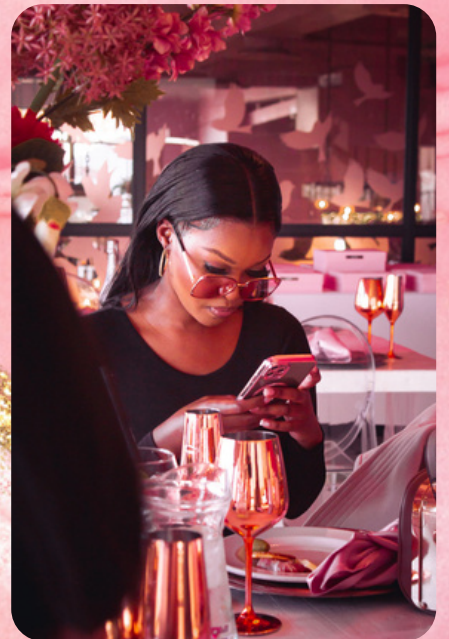


Ultimate Magazine

Formal Luncheon















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*Held at the stunning venue of
Goddess Restaurant, Southdowns*



Are you serious about
being seen as a Model?



UM

Model
COMPETITION

BE: October Covergirl

GET: Full Article

SCORE: Boost Visibility

Entries Close: September 20th, 2023

Entries @ R150, go online to enter!

www.ultimatemagazine.co.za/model-competition/

ULTIMATE PROFESSIONALS!

Some Women have difficult but rewarding professions

THIS WOMEN'S MONTH Women in Tourism



Louise Dodgen

Louise and Lisa Steffen opened African Trax in 2008 as one of the first successful Women Owned Touring Companies in South Africa. While Based in Cape Town, They even do Gorilla tours to Uganda!



Gillian Louw

Gillian is Co-Owner of AfricaSunRoad TOURS, and specialize in hiking trails through the Overberg and Garden Route. Trails include the sought after Whale Trail at De Hoop, Fernkloof Slack Pack hikes, The Otter Trail and many more!



Lynette de Scande

Lynette is one of Southern Africa's Most Sought After Guides to do Namibia and Botswana. She loves having people live their dream journey!

We spoke to 3 Women in Tourism, a very hard occupation to deal with, and they absolutely ROCK it!

Louise Dodgen & Lisa Steffen

African Trax Travel is a women-owned tour company. The company began in 2008 by two of us Lisa Steffen and I Louise Dodgen. We met as tour guides working for different companies each with the same vision of owning our own tour company. Our company is a tour operation based in West Beach Cape Town. We specialize in group adventure tours to private luxury tours, bucket list dreams like gorilla trekking in Uganda or Rwanda, Serengeti, wildlife migrations, whitewater rafting and canoeing on the Zambezi River at Victoria Falls in Zimbabwe, Green season in South Luangwa, Big 5 walking trails, adventures in Madagascar, scuba diving, bungee jumping and much more.

We have been truly blessed with repeat clients and word of mouth has been our best marketing tool. We have had clients returning regularly and are grateful for the continuous support and just pure love for Africa.



LEAVE TRAX IN EVERY DIRECTION

We knew and believed African Trax would be a success with the right combination of experience, personality, leadership, management and expertise in the tourism industry. On the other hand it has taken hard work, dedication, long hours, faith, hope and a continuous focus on the DREAM.

Something we have been proud of is being nominated by Tourism Awards for the "Best Tour Company" under 5 years for 4 consecutive years.

This year we celebrate our 15-year anniversary of a successful tour company started from scratch, 2 vehicles, an idea and that was it!

Challenges: We have faced many challenges in the business as one would when starting out..where to start?

- Being a woman in the industry and needing to drive vehicles requiring higher licenses such as Code 10 or higher, buses and trailers there is often a lot of pressure to perform as there is no leeway or grace for mistakes or weakness. If you want to be "one of the guys", you must match up or better to gain respect in the industry! Grateful to have managed to gain respect from that side of the industry, believe me, it wasn't an easy nut to crack!

- Many of the tour agents being ladies, when we first started out and marketing proved to prefer supporting the male-run tour operations but it has changed over the years but did prove to be a challenge. We, unfortunately, could not bamboozle the lady agents with sweet words, olive tans, a wink here and there, flirts, biltong and wine for support and bookings. Believe me, we tried everything!!



- There is no way to copyright a tour, which is a pity. We as a company started a tour called the "whales and ales tour" taste beer and whale watching. It became a real hit! Not too long after that the tour was copied and it became part of many itineraries

- There is no time for dealing with one's own emotions when there is work to be done. Smiling, happy, entertaining, even if you have had a death the day before or bitten by a dog, when picking up a client for a tour. You have to ignore the pain, shock, push forward, carry on, and make sure clients are happy such as what happened to Lisa a few years ago. One has to just put on your big girl panties and get on with it!





- The wind had been hit out of all our tourism companies' sails during the Covid pandemic, we are blessed enough to say that our company is doing even better now than before the pandemic. After almost 3 years of Lisa making and selling the most delicious rusks (even if I have to say so myself), breads even using our vehicles to transport a deceased family member's belongings, transporting furniture you name it we did it! I sold dog biscuits and pates. Yes, the Covid pandemic time was a HUGE challenge for us but only through the blessing of God we never had to sell our vehicles to survive but it was tough to make ends meet but surely have come out STRONGER!



To conclude my experience of starting a tourism business from scratch, took guts, grit, hard work, and service, often one feels like a duck swimming on water smiling and quacking on top but kicking like crazy underneath the water! Constant problem-solving, flexibility, people skills, patience and an ability to just make a plan and a love for travel and adventure. Would I do it all over again? Yes, In a heartbeat! I would never change it for the world!

tWhat have I learned? In my opinion, owning your own Tourism company is like owning your own farm. It requires FAITH, a positive outlook, a skill to remain calm under pressure and the ability to make a plan and think quick when problems arise. What we have learnt is to believe and lean on a Faithful God.



Gillian Louw

Gillian excels in Hiking Trails all over South Africa, but with a special interest in the Whale Trail, The Otter Train and Fernkloof nature reserve Hikes.

Her knowledge on fauna and flora is excellent, and the air is always fresh, light and full of info where she takes her guests! With her husband Ralph, who assist her where he can, they make African Sun Road Tours one of the best Tourism Establishments of South Africa!

The Whale Trail is one of the world's most renown hikes, in the beautiful Southern Cape Reserve of De Hoop. Fernkloof offers stunning hikes, esp for those who want to enjoy nature and the stunning fynbos that this region has to offer.

There are many levels of hiking, from Easy, till extremely intense. Louise knows each trail and what it has to offer. If you like hiking, and love the beauty of the Overberg and Southern Cape / Garden Route, she can work out what suits you best!



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Whale Trail Experience

The Whale Trail is a 6 day 5 night coastal wilderness hiking trail in one of the planets most beautiful & ecologically diverse floral kingdoms, the De Hoop Nature Reserve in the Western Cape, South Africa. Professionally guided by FGASA Field and Marine and Cape Tourism guides husband and wife team Ralph and Gill. Both with 9 years of guiding experience, we have done 11 Whale Trails for local and international guests with great success. At R1750 per person per day – including accommodation, fully catered and and guided, its a steal.



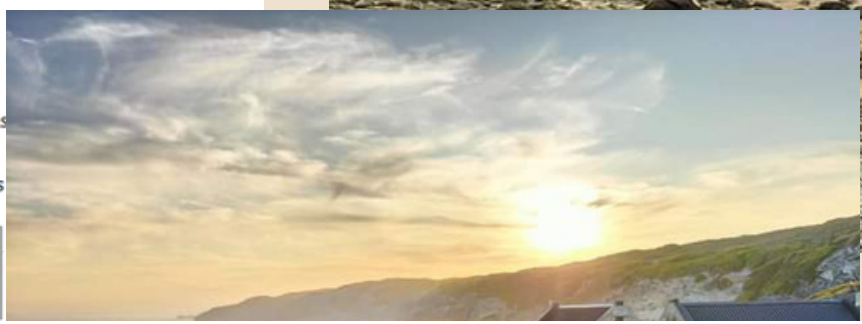
General information regarding the trail

- De Hoop Nature Reserve is 230 km from Cape Town International airport. (Transfer to & from Potberg for your own cost, can be arranged) Please ensure that your flight arrives in the morning and get to Potberg at around 14h00.
- The route stretches over 58km from Potberg to Koppie Alleen and includes 5 overnight stops.
- Trail limit is 12 people per trip (10 guests) and is termed "slack-packing", a term used when one has the convenience of a portage facility. Hikers need only to carry a small day-pack with water, camera, rain jacket, sun screen etc.
- The trail is exclusive in that you will not meet other hikers on the trail.
- The trail will be fully catered for and special dietary requirements met as far as possible.
- Requirements: sleeping bag, day pack, hiking boots & clothing.

(Hiring of equipment can be arranged)

- Accommodation on the trail is in a series of cottages with mostly 3 bedrooms with 4 bunk beds each.
- A 60 liter container is issued to each person for personal belongings and this transported to the next overnight stop.

African SunRoad
 Book your Whale Trail:
www.africansunroad.com
info@africansunroad.com
 Tel: +27 82 903 4569





The Whale Trail is exclusive - you will not meet any other hiking trails on your way. Also enquire about the Overberg Wine Walk!



African SunRoad
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Lynette de Scande

Lynette is one of Southern Africa's most prestigious Tour Guides, well known and loved; and not only for her tours! Here is a testimony from one of her guests:

I have known Lynette now for quite a few years, and there is not a calmer, more steady guide, she is absolutely knowledgeable on all her fields in nature.

I love how she does Astronomy best, having the patience to make sure you see the stars and their signs as they are. When in Southern Africa, it is always to know how to read direction from stars, and seeing the Southern Cross was one of the most humble experiences I had. Seeing how Vasco de Gama and others used these stars to navigate to Africa and start our journeys here to visit was most awesome. They were in fact the very first tourists, yes?

But the best part was where Lynette sang to us. She joined a whole group, grabbed a guitar, and joined in singing some traditional songs with the local group.

I have not visited Namibia and Botswana. Instead, I experienced it. A big Difference.
Angelena, Germany.

Live Your Dream Journey.

FREELANCE TOUR GUIDE

Lynette de Scande

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Lynette is not one to talk about herself, and saves her time listening to others and answering questions about nature. She has a son living internationally, whom she is really proud of, and visits often. Being well traveled herself, she knows what people are scared of when visiting a new country or region. This helps her to settle in the guests much better, and have them thoroughly enjoy the journey!

When we asked Lynette about her passion and challenges, this is what she replied;

"I am born in the east of Namibia. I grew up on a farm North West of Namibia. As a child I just to love animals very much. It was always my passion to work with people and animals. I have a passion for my job.

There are some challenges in my work, as in any. Driving a truck and getting a flat tyre are not easy to change. And sometimes you have difficult guests to work with. Working with people take a lot of your energy. Sometimes you get sick on tour and just have to stand up and do your job. But I love to do tours and I really let people live their dream on tour."



Except for touring, Lynette has one other huge talent - She writes poetry, which is turned into songs!

When she reads poems - any ones - the melody just immediately take note in her head.

Lynette had her first appearance in a Country Show at Age 12, and her love for music is as strong as her love for nature and animals.

Lynette has a very soft spot for animals, domestic and wild. Her passion for tours, nature and animal behaviour is unsurpassed in her region.



All the women from the Traditional Villages loves Lynette. Because she is a woman, they can more easily identify with her and the ladies have loads of fun together!

Bushmen and Himba Villages is of the Favourite to visit, but Namibia has 12 Ethnic groups, and Traditional Villages are found all over the country, depending on the tribes staying there.





The Big 5, The Little 5, all creatures great and small. Lynette is a wonderful source of information and will spot a critter hiding where you could not even dream to see one. She has an affinity to animals, who calmly sit to be viewed, and she will never distress or pick up those that will not be comfortable with it. Understanding them, she keeps their best interests at heart



With the Wild Horses of the Namib

Lynette De Scande is a highly qualified Guide that does German and English tours and has been in Tourism for over 25 years while being a Tour Leader and Tour Guide for over 15 of them. NATH Level 4.

About me:

I was born in the east of Namibia. I have been working as a freelance tour guide in Namibia, Botswana, and Zimbabwe for 15 years. I speak English, Afrikaans, and German. I like to work with people and help every tourist to realize their dream in Namibia. I do large groups or small group trips. I also do photo tours and private tours. Agents or private customers can also book a bus or rental cars through me.

Natural health & living magazine

LIFESTYLE



Food and health goes hand in hand - but
nutrition can be more than just food

IV Drip Therapy

The new Lifestyle Hack

What is IV Drip Therapy?

Intravenous (IV) drip therapy, also known as intravenous infusion, is a medical treatment in which fluids, medications, vitamins, minerals, and other nutrients are delivered directly into a person's bloodstream through a vein. This method allows for rapid and efficient absorption of substances that may be necessary for various medical purposes or to enhance well-being.

IV drip therapy is commonly used in hospitals for a wide range of purposes

IV Sports Drip, often referred to as "IV hydration for athletes" or "IV sports therapy," is a specialized form of intravenous (IV) drip therapy designed to support athletes and active individuals by providing rapid hydration and essential nutrients. The primary goal of IV Sports Drip is to optimize performance, aid in recovery, and replenish vital elements lost during intense physical activity. It is often used by athletes, fitness enthusiasts, and individuals participating in rigorous training regimens. However, it's essential to note that the scientific evidence supporting the widespread use of IV Sports Drip for performance enhancement is limited, and individual results may vary. The specific extra benefits and components of IV Sports Drip may include Hydration, Electrolyte Balance, Added Vitamins, Minerals & Amino Acids.

Reduced Downtime: Athletes may seek IV Sports Drip to potentially reduce recovery time and get back to training more quickly after intense events or workouts.

Furthermore energy Boosts and Immune Support is rendered by IV Drip Therapy for athletes



A fast efficient way to ensure your body gets much needed nutrients ready for absorption.

Tested. Safe.
Only by Professionals.



IV Drip Therapy uses:

- 1.Rehydration: When a person is severely dehydrated due to illness, excessive physical activity, or inadequate fluid intake, IV fluids can be administered to quickly restore proper hydration levels.
- 2.Nutritional Support: Some individuals may have difficulty absorbing nutrients from the digestive system, either due to gastrointestinal issues or as a result of medical procedures. IV therapy can provide essential nutrients, such as vitamins and minerals, directly to the bloodstream.
- 3.Medication Delivery: Certain medications, especially those that need rapid onset or may cause irritation if taken orally, can be administered via IV.
- 4.Electrolyte Balance: IV therapy can help correct imbalances in electrolytes (such as sodium, potassium, calcium) in cases where they are too high or too low, which can be critical for proper bodily function.
- 5.Chemotherapy: Cancer patients undergoing chemotherapy often receive their treatment through IV to ensure precise and controlled delivery of the medication.
- 6.Pain Management: IV infusion can be used to administer pain relief medications for individuals who are unable to take these medications orally.
- 7.Detoxification and Wellness: In recent years, there has been a growing trend in the use of IV drip therapy for "wellness" purposes, with claims of providing energy, immune system support, skin improvement, and more. However, the scientific evidence supporting these claims is often limited, and such use should be approached with caution.

It's essential to note that IV therapy should be administered by trained medical professionals, as there are potential risks and complications associated with the procedure. Additionally, the appropriateness of IV therapy for any given situation should be determined by a qualified healthcare provider based on an individual's medical needs and overall health.



Health Drips

Anti-Inflammatory R1300

Relieves muscle & joint pain while reducing inflammation. Assists in reducing stress & anxiety, improves mood

& sleep cycles as well as strengthen the immune system.

Contains: Vitamin B12, B-Complex, Glutathione & a moderate dose of Vitamin C

Hangover Cure (45 - 60min) R970

Get ready for round 2... or work. This infusion helps to reduce headaches & nausea, while boosting energy levels & mood. The treatment will help to rehydrate the body & flush out toxins.

Contains: Vitamin B12, B-Complex & Glutathione

Sport R970

Perfect for anyone that wants to perform better & recover faster. Boosts energy levels, helps flush out lactic

acid & can assist in replenishing electrolytes lost during strenuous physical activity.

Contains: Vitamin B12, B-Complex & Glutathione

Immune Booster R720

Our Mega dose of Vitamin C. Formulated to assist the body in fighting viruses & bacteria. High doses of Vitamin C also helps with the production of red blood cells & collagen, as well as the absorption of all essential

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Health Drips

All in One R1200

Boost your energy, mood, performance, brighten your skin & support your immune system with this rejuvenating drip packed with essential vitamins that will leave you feeling vibrant & full of life. Also assists in reducing symptoms of stress & anxiety.

Contains: Vitamin B12, B-Complex, Glutathione & a low dose Vitamin C

Skin Glow R1000

Bring out radiance & natural glow with this blend of Glutathione & Vitamin C. It assists in reducing pigmentation, increase collagen production & gives a natural glow to the skin. Our Skin Glow drip can help to reduce wrinkles, acne & quench tired skin from the inside out.

Contains: Glutathione & Vitamin C

The Ultimate Boost R1400

Nothing but the best packed into one ultra-rejuvenating vitamin drip. Enjoy a boost in energy, mood, immunity, skin radiance, hydration as well as detoxing. This drip will also help you sleep better, reduce inflammation & help combat stress & anxiety.

Contains: Vitamin B12, B-Complex, Glutathione & a high dose of Vitamin C

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Natural health & living magazine

HEALTH

A close-up photograph of a woman's face, partially hidden behind a large, vibrant green Aloe Vera leaf. The leaf is positioned vertically on the left side of the frame, with its serrated edge visible. The woman's eyes are looking directly at the camera, and her skin appears smooth and healthy. The background is a soft, neutral grey.

*Aloe Vera
and
Aloe Ferox*

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Aloe vera and Aloe Ferox are succulent plants, which have been used for centuries for their medicinal and cosmetic properties. Here are some advantages and potential benefits of aloe:

1. **Skin Soothing and Healing:** Aloe vera gel is well-known for its soothing and healing properties for the skin. It can provide relief for minor burns, sunburns, insect bites, and skin irritations. The gel can help reduce redness, and inflammation, and promote the healing process of damaged skin.
2. **Moisturizing:** Aloe vera gel is a natural moisturizer that can hydrate and nourish the skin. It helps improve skin elasticity and can be beneficial for dry or dehydrated skin. Regular use of aloe vera gel can help maintain the skin's moisture balance.
3. **Anti-inflammatory Effects:** Aloe vera contains compounds that have anti-inflammatory properties. Applying aloe vera gel topically can help reduce inflammation in conditions such as acne, eczema, and psoriasis. It may provide relief from itching and irritation associated with these skin conditions.
4. **Wound Healing:** Aloe vera has been shown to enhance the wound healing process. It can help promote cell regeneration, reduce scarring, and speed up the healing of minor cuts, abrasions, and skin injuries.
5. **Antimicrobial Properties:** Aloe vera has natural antimicrobial properties, which can help prevent or inhibit the growth of certain bacteria and fungi. This property can be beneficial in treating minor skin infections or preventing their occurrence.
6. **Sunburn Relief:** Aloe vera gel has a cooling effect on the skin and can provide relief from sunburn. Its moisturizing and anti-inflammatory properties can help soothe burnt skin and aid in its healing.





Aloes along many roads and in the veld is harvested, cutting off the older, bottom leaves.

Only healthy aloes are harvested, and only aloes that have not started blooming. This is to make sure that fertile plants create seeds, and also to ensure the well-being of the plants.

The initial Gel from an aloe leaf is transparent and feels slippery. In the Aloe Ferox range, the gel is more liquid, as a juice, and turns dark when oxidizing. Bitter Aloe Gel is a favourite amongst the healing range, and also used to make crystals for numerous health concerns.



The Leaves are stacked in a circle, with an opening of about 1 - 20cm on the inside of the stack, where the juice all flows out as the aloe leaf constricts from the back when it is cut. This is part of the plants natural process the moment it is severed.

When the plastic sheeting is laid down at the bottom of the ground, a deep hole is made inside the ground, to collect the juice. When the process is done, the leaves are removed and the clean juice placed in containers. Because of the smell of the aloe, no bugs go close - Aloe is a natural repellent.



7. Scalp and Hair Care: Aloe vera can be used to promote a healthy scalp and hair. It can help reduce dandruff, soothe an itchy scalp, and promote hair growth. Aloe vera can be added to shampoos or used as a hair mask to nourish and condition the hair.

8. Digestive Support: Aloe vera juice, when consumed orally in moderation, can have a soothing effect on the digestive system. It may help alleviate symptoms of heartburn, indigestion, and improve bowel regularity. However, it's important to consult a healthcare professional before using aloe vera internally.

While aloe vera is generally considered safe for topical use, some individuals may be allergic or sensitive to the plant. It's recommended to do a patch test before using aloe vera products on a larger area of the skin. Additionally, it's always best to consult a healthcare professional for specific advice and guidance regarding the use of aloe vera for individual needs or conditions.

Albertinia is the Home of Aloes in South Africa. with two of the world's largest Aloe Factories and Exporters in town. Local People collect Aloe juice from many aloes in the Veld and sell it to the factories as a livelihood. Only the bottom leaves are cut, placed in a round circle over plastic, and the juice drips out. After a few days, the Juice is then collected and placed in containers. The factories have many rows of aloe, that are processed differently, but they do buy from the local people to assist in the economy. The Juice is then processed into many of the different aloe products you can buy on the market.



Natural health & living magazine

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And everyone else that attended - THANK YOU!



Photographer: Jenna Searra @seajenshots











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