

Glamour Talk Mag

ONLINE
MAY 2026
Issue 69

HAPPY
MOTHER'S
DAY

ADVERTISE YOUR BUSINESS HERE

2026 Winter fashion footwear

INDEX

Glamour Talk Magazine

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1.

MEDIA HOUSE PROJECTS 2026:

Please support our Ambassadors

Market day food drive

2 Mei 2026

Venue: Pappa D's - 1 Minnaar str

2.

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How to advertise your business here and save money.
Sarel 074 409 3929
Candice 078 614 4171

3.

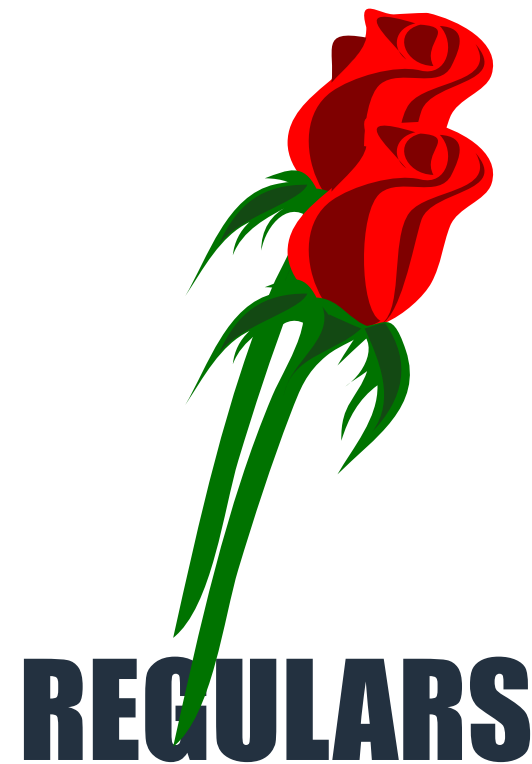
COVERPAGE OPPORTUNITY'S:

You can be on one of our cover pages just follow us on Facebook for more information.

4.

MOTHER'S DAY.

Celebrate Mother's Day
10 May 2026



1: COVER PAGE: 01

Our cover page - Beautiful flowers for Mothers'day

2. EDITORS NOTE: 03

Editor - Charmaine Britz owner of Media House with magazine's like Glamour Talk Magazine / Top Vibe Magazine / Top Vibe Kids Magazine & 50+ Magazine

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Our Glamour Talk Magazine Ambassador Candice

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*Media House projects for 2026
Mark Dag 2 Mei 2026 Pappa D's Media House Food Drive*

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Our back page Winter



Redakteurs Nota

Liewe leser,

2 Mei se Koek en Tee, is aangeskuif moet nog 'n nuwe datum bekend maak.

Intussen gaan ons die dag gebruik om by Pappa D's se markdag te kuier en ons food drive daar te hou. Ons nooi julle bring 'n blikkie kos, 'n pakkie sop enige iets sodat ons kinders kan kosgee wat nie het nie.

Dit gaan 'n heerlike familie dag wees, kom deel in die pret.

Met Moeders'dag om die draai gaan daar mooi goedjies wees wat jy vir mamma kan koop en onthou Vadersdag is in Junie so kry vir pappa ook iets.

Onthou dit is nie nodig dat geskenke duur is nie dit gaan oor die gedagte. En ek is seker dit sal met baie liefde wees.

So geniet julle Moedersdag, en maak dit 'n lekker rustige kuier dag.

Gelukkige Moedersdag aan al ons ma's, tannies, ouma's ens.

Ek groet julle tot volgende maand.

Liefde
Charms

Our Ambassador

Dear all my Readers,

So in a world that once glorified hustle culture, late nights, and constant grind, women are rewriting the narrative. Welcome to the era of the soft life — a lifestyle rooted not in laziness, but in intentional living, emotional well-being, and quiet strength.

The “soft life” isn’t about doing less for the sake of it. It’s about doing what matters, and letting go of what doesn’t.

For years, success was measured by exhaustion. If you weren’t busy, you weren’t ambitious. If you weren’t overwhelmed, you weren’t trying hard enough. But women today are asking a different question: What is the cost of constantly proving ourselves? And more importantly — is it worth it?

Choosing a soft life means choosing peace over pressure. It means setting boundaries without guilt, resting without needing to earn it, and understanding that your worth is not tied to productivity.

It’s the woman who declines the meeting that drains her energy. The woman who takes a break without apologizing.

The woman who walks away from chaos, even when it’s familiar. That is power.

In May — a month that naturally invites slowing down as the seasons shift — it’s the perfect time to reflect. Autumn teaches us that letting go is not loss, but transformation. Trees don’t resist shedding what they no longer need, and neither should we.

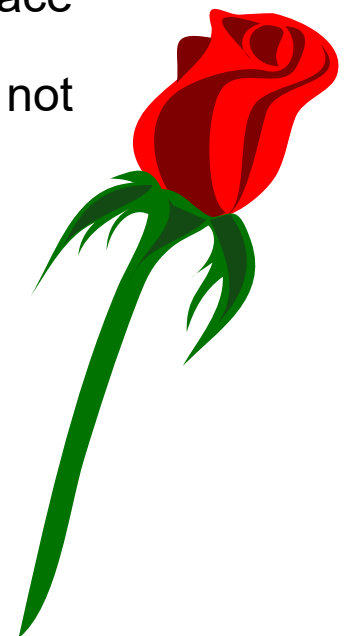
A soft life doesn’t mean you lack ambition. It means your ambition includes your well-being. You can still chase your dreams — just not at the expense of yourself.

So this month, ask yourself:
What am I holding onto that is draining me?
Where can I choose ease instead of struggle?
What would my life look like if peace was my priority?
Because the truth is, a soft life is not a weak life.
It’s a powerful one.

Kind Regards
Candice Trietsch
Glamour Ambassador
078-614-4171



Ambassador
Candice Trietsch



Build a healthy relationship



Build a healthy relationship through consistent communication, mutual respect, and active repair after conflicts. Prioritize emotional safety by validating feelings rather than seeking to "win" arguments.

Focus on self-growth to bring your best self to the partnership, and never stop dating or showing appreciation through small daily acts.

Key Relationship Pillars Communication & Conflict:

Focus on repair, not blame. Healthy couples argue but find their way back together by making repair a priority over being right.

Active Respect: Show respect for your partner's individuality, values, and contributions. Avoid shouting, put-downs, or involving third parties in disagreements.

Connection & Intimacy: Keep the relationship vibrant by holding hands, hugging, and maintaining physical affection.

Individual Growth: Maintain your own hobbies, friendships, and passions. A healthy relationship consists of two individuals growing together, not becoming one.

Daily Maintenance Tips
Say "I love you" before bed.
Hug/kiss every morning.
Perform one small act of service daily without needing recognition.
Listen actively to understand, not to respond.

How to Seek Help.

A healthy relationship is built on a foundation of trust, open communication, mutual respect, shared values, and individual autonomy. These components foster emotional security, allow partners to feel supported, and enable constructive conflict resolution, ensuring both individuals can grow together while maintaining their own identities.

Trust and Honesty: Partners feel secure, safe, and honest with one another, giving each other the benefit of the doubt.

Open Communication: The ability to speak openly about feelings, needs, and disagreements without fear of judgment.

Mutual Respect: Valuing each other's opinions, boundaries, and individuality.

Commitment and Shared Goals: Both partners are dedicated to the relationship, working together through challenges, and aligning on long-term goals.

Boundaries and Individuality: Maintaining personal space, friendships, and identity outside the relationship while respecting each other's limits.

Be compassionate towards others

Being compassionate involves recognizing suffering, empathizing with others' pain, and acting to alleviate it. It is an emotional thread connecting people through understanding. Cultivate it by practicing active listening, offering support, and acknowledging shared humanity to improve wellbeing and foster connection.

How can you be compassionate towards others?

Habits of Highly Compassionate People
Bringing attention or awareness to recognizing that there is suffering (cognitive)

Feeling emotionally moved by that suffering (affective)

Wishing there to be relief from that suffering (intentional)

A readiness to take action to relieve that suffering (motivational)

It is usually a large leap for a reader to transform academic research and narrative into practical points, but Olasky assists with this task in the form of "7 Marks of Compassion." These are easily remembered as an alphabetic mnemonic: Affiliation, Bonding, Categorization, Discernment, Employment, Freedom, and God.

Self-kindness. The ability to be supportive, understanding, and loving to oneself especially during trying and difficult times.

We don't know what is going on in a person's life don't judge just be friendly.

A smile cost nothing, but it could make somebody else's life a bit lighter.

Compassion literally means "to suffer together." Among emotion researchers, it is defined as the feeling that arises when you are confronted with another's

suffering and feel motivated to relieve that suffering. Compassion is not the same as empathy or altruism, though the concepts are related.

To simplify, we can break compassionate behaviours into three categories:

Taking care of ourselves,
Taking care of others, and
Taking care of business.
Taking care of ourselves by purposely engaging in self-soothing activities is a priority when it comes to self-compassion.

Start making a difference today.



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MEDIA HOUSE PROJECTS 2026



A vibrant poster for a food drive. At the top, a stylized red 'M' logo is set against a blue sky with white clouds. Below the logo, the text 'MEDIA HOUSE' is written in a simple, sans-serif font. A large, bold, blue banner reads 'MEDIA HOUSE FOOD DRIVE'. Below this, a red box contains the text 'Please donate non-perishable foods, toiletries etc for underprivileged children.' The central illustration shows a large cardboard box labeled 'DONATIONS' filled with various food items like cereal, milk, and fruit. A cheerful yellow banana and a smiling orange are standing next to the box. Two children, a boy and a girl, are peeking out from behind the box. At the bottom, a red banner states 'Donations will be handed over 30 May 2026.' and a contact number is provided.

MEDIA HOUSE

MEDIA HOUSE FOOD DRIVE

Please donate non-perishable foods, toiletries etc for underprivileged children.

DONATIONS

Donations will be handed over 30 May 2026.

Carin 082 827 6556 072 768 8582



A colorful and humorous Mother's Day poster. It features a mother sitting on the floor, wearing a pink robe and sunglasses, holding a mug that says 'MOM FUEL'. She has a 'WORLD'S BEST MOM!' tag pinned to her robe. Two children, a boy and a girl, are standing behind her, both wearing pink capes. The boy is holding a checklist titled 'TODAY:' with items like 'Cook', 'Clean', 'Work', 'Taxi', 'Referee', and 'Superhero', all of which are checked. The girl is holding a pink bunny. The background is black with a stylized red 'M' logo and the text 'MEDIA HOUSE'. Large, bold, pink and white text reads 'HAPPY MOTHER'S DAY' and '10 MAY 2026'. A pink speech bubble at the bottom right contains the text 'To the queen of multitasking, snack-making and finding everything... YOU'RE OUR SUPERHERO!'. Various household items like a teddy bear, a book titled 'MOM BOSS', and a bowl of cereal are scattered on the floor.

MEDIA HOUSE

HAPPY MOTHER'S DAY

10 MAY 2026

"To the queen of" multitasking, snack-making and finding everything...
YOU'RE OUR SUPERHERO!

TODAY:

- ☒ Cook
- ☒ Clean
- ☒ Work
- ☒ Taxi
- ☒ Referee
- ☒ Superhero

MOM FUEL

WORLD'S BEST MOM!

MOM BOSS

2026 Winter fashion footwear



Winter 2026 shoe trends focus on refined, intentional footwear combining comfort with distinct details, favoring soft oxfords, thigh-high boots, and embellished kitten heels. Key styles include "sneakerinas" (ballet-sneaker hybrids), soft white leather oxfords, embellished "surreal" heels, and structural wedges. The aesthetic shifts toward playful Maximalism, moving away from ultra-minimalism.

Soft Oxfords & Brogues: White leather and soft leather oxfords are the "it" shoe of early 2026, often paired with socks for winter, noted by Who What Wear and Yahoo.

Thigh-High Boots: Dramatic, tall boots are making a comeback, offering a fierce addition to winter outfits.

"Sneakerinas" (Ballerina-Sneakers): A hybrid of ballet flats and low-profile sneakers, following the rise of styles like Puma Speedcat, says Vogue Australia and YouTube.

Embellished/Surreal Heels: Kitten heels and pumps feature artistic, conversational details, including faux animal heads and heavy bow embellishments, according to ELLE

Wide/Box Toe Heels: Structured, architectural toes are replacing extremely pointy styles.

"Peekaboo" Mesh/PVC: While often for warmer weather, refined mesh flats and PVC details with leather trim are transitioning into warmer winter climates, as seen on YouTube and Refinery29.

Luxe Moccasins/Slippers: Elevated, cozy slippers designed for indoor-outdoor use, reports Who What Wear.

Key Details & Colors

High Vamps: Shoes with higher coverage are popular for functionality, mentioned by Who What Wear.

Two-Toned & Mixed Materials: Shoes featuring, for example, suede and leather or dual colors.



Medical aid in South Africa is a necessity

Medical aid in South Africa is widely considered a necessity rather than a luxury for those who can afford it, serving as the primary gateway to high-quality private healthcare and a crucial shield against financial ruin.

However, the sector is experiencing significant tension due to rising costs, diminishing benefits, and the looming, uncertain transition towards National Health Insurance (NHI).

Here is an analysis of the current state of medical aid in South Africa based on 2026 industry insights:
The "Must-Have" Nature of Medical Aid

Dual System Reality: South Africa has a two-tier system: a well-resourced private sector and an overburdened, under-resourced public sector. Medical aid allows access to private hospitals, which are generally faster and more efficient.

Financial Protection: A single major accident or surprise medical diagnosis can cost hundreds of thousands of rands, far exceeding the average income. Medical aid acts as a critical safety net.

Preventative Care: Most schemes offer preventative care, early detection tests, and chronic disease management, which improve long-term health outcomes and prevent expensive late-stage treatments.

Current Trends and Challenges (2025–2026)

Rising Costs vs. Salaries: Medical aid premiums continue to rise faster than inflation (4.7% cost inflation vs 3.3% CPI in late 2025), putting immense pressure on households.

Benefit Erosion: Members are experiencing "buy-down" trends, where they move to cheaper plans with fewer day-to-day benefits to manage costs, resulting in higher out-of-pocket expenses for day-to-day care.

The "Gap" Crisis: Specialists often charge 300% to 500% above medical scheme tariffs. This has led to the necessity of gap cover, a supplementary insurance that bridges the difference between what the scheme pays and what the doctor charges.

Late Joiner Penalties: Individuals who wait until they are older (over 35) to join a scheme face hefty financial penalties, encouraging earlier adoption of cover.

The Role of Technology and Innovation

Digital Transformation: Schemes are increasingly using artificial intelligence, telemedicine, and virtual consultations to reduce costs and improve access to care.

Wellness Programs: Programs like Discovery's Vitality or Momentum's HealthReturns incentivize healthy living, which can lead to lower overall costs for members who actively participate.

Impact of NHI on Medical Aid
Continued Importance: Despite the government's long-term plan for NHI, experts argue that private medical aids will remain essential for the next 10 to 15 years to fill gaps in public service delivery.

Uncertainty: The legal and structural challenges surrounding the implementation of the NHI Act have created a "wait-and-see" approach, but for now, medical aid remains the most reliable form of private health financing.

The Risks of Not Having Medical Aid in South Africa.

The Risks of Not Having Medical Aid in South Africa. ... Access to quality healthcare in South Africa can mean the difference between life and death



Choosing your perfect scents

Choosing a perfume involves identifying scent preferences (floral, woody, citrus), testing on skin to allow it to react with your body chemistry, and sampling over several hours to experience all notes. Consider your lifestyle and season, using lighter scents for day/summer and richer ones for night/winter.

Steps to Choosing Your Perfect Scent.

Identify Scent Families:

Determine if you prefer floral, oriental/spicy, woody, or fresh (citrus/aquatic) scents.

Test on Skin: Apply perfume to your skin—not just paper—and do not rub your wrists together. Your skin's pH and oils affect the scent.

Wait and Observe: Let the perfume develop over several hours to experience the top, heart, and base notes before deciding.

Test in Batches: Use discovery sets (samples) to wear different scents for a week.

Considerations

Occasion/Season: Light citrus or floral scents are best for daytime/summer, while warm, spicy, or woody scents suit evenings/winter.

Strength: Choose based on concentration:

Extrait de parfum lasts longest, followed by Eau de parfum, Eau de toilette, and Eau de Cologne. Skin Chemistry: Oily/darker skin holds scent longer and pairs well with stronger, oriental scents, while dry/fair skin may prefer lighter, citrusy, or floral notes.

To find a perfume that suits you, test scents directly on your skin to see how they interact with your body chemistry over several hours. Focus on fragrance families (floral, woody, fresh, oriental, gourmand) that match your personality, and start by sampling travel-sized bottles before buying full-sized to ensure you love it.

Steps to Find Your Perfect Scent: Test on Skin, Not Paper:

Fragrance interacts with your unique body chemistry, pH level, and oils, so a perfume will smell different on you than in the bottle.

Wait for the Development: Spray on your wrist and observe how it smells after 10 minutes, an hour, and several hours to understand the top, heart, and base notes.

Consider Your Personality & Style:
Floral: Feminine, romantic, gentle.

Fresh: Active, energetic, clean (citrus, watery notes).

Woody/Earthy: Natural, confident, grounded.

Oriental/Spicy: Sensual, bold, mysterious.

Gourmand: Sweet, playful (vanilla, chocolate).

Consider Skin Type: Oily skin retains scents longer and pairs well with stronger oriental fragrances, while dry skin may require more frequent reapplication and suits lighter, fresh scents better.

Match the Season: Light, citrusy scents are better for summer, while warmer, heavier woody or spicy scents shine in winter.





MAGAZINE **Media House**

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