

INTRODUCING!SA

January goodies to help you start the year right!

Yummy muffins ...

We love a yummy muffin for brekkie and these healthy, collagen filled muffins are a winner. Here's the recipe:

You will need:

- 2 ½ cups of old-fashioned oats
 - 2 to 3 large overripe bananas (1 cup mashed) Your daily dose of Be Bright Collagen Powder
 - 2 large eggs lightly beaten
 - ½ cup honey
 - ¼ cup milk or your preferred milk alternative
 - 2 tsp real vanilla
 - 2 tsp baking powder
 - 2 Tbsp old fashioned oats for muffin tops once baked.
- Blend ingredients together and divide between muffin tins. Bake for 20-30 minutes on 180. Enjoy with your morning cuppal!



Invest in your skin ...

It's been a tough few years, and we say it's about time you invest in you ... and your skin! Bump up your skincare routine with the PMD Pro. This PMD Pro does not only make use of SonicGlow and ActiveWarmth technologies, but it also has a Rose Quartz stone that reduces tension and inflammation. This device is ideal for over-reactive skin and is for all ages. This product was created for skin that needs more product absorption and as a result, this smart technology helps absorb serums and moisturises into the skin up to 20x more due to its ActiveWarmth technology. Get yours from www.sought-after.co.za for R3180.

Ecofriendly, clean homes!

Green alternatives to household cleaning products have been scant on the retail shelves until recently. And Earthsap is at the top of our list this January. The wide range of household cleaning products that contain ingredients such as coconut, palm oil, citrus and botanical scented with pure essential oils is just wonderful to clean and scent your home! Did we mention that they're all child and pet friendly too? Earthsap products can be purchased at Wellness Warehouse health shops nationwide, www.faithful-to-nature.co.za and selected SPAR's and Pick'n Pays.



Dry January anyone?

Abstinence has recently launched Epilogue X, the first non-alcoholic dark spirit on the market in SA. It's the perfect drink for a healthier start to your year ... and it tastes delicious. You'll taste sweet notes of caramel, toasted wood and coffee on the palate with a slight burn in the aftertaste. To enjoy, simply add some ice and top with soda or mix with ginger ale and a squeeze of lime. If you fancy something sweeter, it works a treat when mixed with Coca-Cola. If you are really trying to impress, then it's perfect as a non-alcoholic Old Fashioned. Get a bottle from Takealot for R 265.

Long lush tresses ...

We've tried the hair oil and love it ... now the Laakhi team have just launched their much-anticipated Laakhi Argan rose-infused shampoo and conditioner. These two new products are formulated with luxurious argan oil to deeply hydrate and nourish your hair whilst the rose water assists with maintaining and balancing scalp health. Laakhi aims at providing you with a clean, sustainable formulation that contains natural, plant derived ingredients each geared towards a specific hair concern. You can shop this powerful duo at R490 from www.laakhihairoil.com



Delish Sugarbird Cocktail to end the day ...

The holidays may be over, but we're still dreaming of those incredible memories we've just made. Keeping up with the happy vibes, we suggest you try this cocktail recipe (Jasmine's Hot Pot) using the delish Sugarbird Wild Holly & Cape Plum Gin.

Ingredients:

- 50ml Sugarbird Wild Holly & Cape Plum gin
- 20ml campari

- 50ml grapefruit juice
- 50ml cranberry juice
- 25ml lime juice
- 25ml cellulose
- 10ml sugar syrup

How to make:

Add all ingredients into a Boston shaker and shake with ice. Fine strain into a gravity glass over ice and garnish with dried pineapple and mint sprig.



Discover your scent

Just as each of us carries our own personal scent, so too is there an essential oil aroma matched to suit you. What will be your signature essential oil? Will you choose to calm, find inner peace, and seek to meditate. Will you renew your best attributes or will you share your aromatherapy skills so others may benefit from the aromatic rewards offered by Mother Nature. The SOIL diffuser goes for R600 and the oils start from R30 to R60. SOIL is available at Dis-Chem, Wellness Warehouse and online at www.faithful-to-nature.co.za and <https://www.soil.co.za>.

Our Editor Loves ...



This year it's all about investing in me and making sure my loved ones are happy and healthy. I've always loved collagen (who isn't) and tried quite a few too! This particular one is high on my radar this year. It's Be Bright's Luminate. The name says it all ... with its BioActive Formula, GlowActive™, a combination of Hyaluronic Acid, Vitamin C and Zinc it packs with essentials to hydrate, brighten and protect your skin. I seriously suggest you give this one a try and see how you feel. It's great to have in your morning coffee, smoothie or cereal! Get yours from R695 at www.bebright.co.za



If you've slacked with your skincare regime like I have in 2021, then let's kick off 2022 with self-care and skincare at the top of our list! I am loving this Skin-Unify Illuminating range from Filorga. It's ideal for women who want to treat dark spots, uneven complexion or to just bring back their radiant glow! There's three products in the range ... a serum, cream and perfecting fluid. All three contain the same powerful medicine techniques for even and radiant skin. The range starts from R670 and can be purchased from www.filorgasouthafrica.co.za

fresh x

Trending ...



Purified water that's served aesthetically

This year there should be no excuses where a better you is concerned! We urge you to get in on the trend and up your daily water intake with KURO-B6. Turn your tap water into sweet purified water with the simple addition of activated charcoal Binchotan Sticks and Kölns from KURO-B6, scientifically proven to deliver a naturally mineralised and healthier drinking water wherever you go. Perfect for your bag or briefcase, on your desk, in the office or on your café or bistro counter. We love the aesthetic and health benefits of these gorg units. Priced from R699 for the water jug, you can get yours from www.kuro-bo.com, Wellness Warehouse, Faithful To Nature and Takealot.