

KZN



October 2022

Purely Local

community • family • lifestyle • passion



RUN
THROUGH
DURBAN
WITH
BESET

**SPRING
FORWARD**
IN STYLE

ESCAPE TO
MASINGA

THE BEST
BRUNCH SPOTS
IN KZN

**LONG LIVE
THE BEARD**

FANTASTIC
WORLD OF FUNGI





EDS FOREWORD

What's up Locals!

Spring is in full swing in KwaZulu-Natal and with summer just being around the corner, us Durbanites are looking for every reason to get out of the house - and we've found a few epic places to see, spectacular things to do and incredible people to meet and for you to do just that.



For the most important meal of the day - we've discovered some of the best brunch spots in KZN sweeping from Ballito, Durban and to the Midlands.

If you're looking to get out of your comfort zone and to explore your city in a fun and active way, BESETurban helps you get onto your streets to discover hidden gems that are on your very own door step while Unity Performing Arts will inspire you to want to get creative with their open classes, workshops and paint evenings.

Local style queen Valencia Naidoo has shared some of her best style tips to guide you through your next clothing haul into a colourful summer.

For a quick weekend getaway that isn't too far from home, Masinga is all you need. Tucked away in Gillitts, is a unique Airbnb that is the perfect place to unwind and reconnect with oneself. I know I did!

I'm truly so excited to bring you this second edition of Purely Local, my first since joining the team - I hope you enjoy reading it as much the team and I loved putting it together for you.

In closing: don't forget to practice gratitude, tell your people that you love them and may the silly season treat you well.

Carla Louise Gailey

 @carlalouisegailey



2 A GIFT GUIDE TO HELP YOU DISCOVER LOCALLY MADE PRODUCTS
4 VALENCIA NAIDOO SHARES HER SPRING STYLE SECRETS
6 GETTING TO KNOW LOCAL CONTENT CREATOR STEPHAN BARON
7 DISHING UP THE DETAILS ON THE BEST BRUNCH SPOTS IN KZN
8 EXPLORE DURBAN FROM A DIFFERENT PERSPECTIVE WITH BESETDURBAN
9 TIME TO TREAT THOSE PEARLY WHITES AT THE SMILE BAR
10 MOVE, CREATE, DANCE WITH UNITY PERFORMING ARTS

Published by:
Augment Creative

Publisher:
Jason Whitehouse
jason@augmentcreative.com
Instagram: @jasonwhitehouse_inspiredlife

General Manager:
Chantelle Balsdon
chantelle@augmentcreative.com
Instagram: @chantellebells

Editor:
Carla Louise Gailey
carla@augmentcreative.com

Design & Layout:
Peter Batistich
peter@augmentcreative.com
Sam Durand
sam@augmentcreative.com

New Business Development:
Lesego Ranamane
RanamaneL@arena.africa

Advertising Sales:
Wendy Navarra
wendy@augmentcreative.com



Digital Strategy and Production:
Chantelle Balsdon
chantelle@augmentcreative.com
De Wet van Rensburg
dewet@augmentcreative.com
Jackie Adams
jackie@augmentcreative.com
Oliver Johnson
oliver@augmentcreative.com

Disclaimer: Every effort has been made to ensure the accuracy of the information in Purely Local Magazine. Neither Augment Creative nor Purely Local assumes any responsibility for errors or omissions. The editor reserves the right to amend and alter copy and visual material as deemed necessary.

All rights reserved: No part of this publication shall be reproduced, copied, transmitted, adapted or modified in any form by any means. This publication shall not be stored in whole or in part in any form in any retrieval system.



FOLLOW US ON SOCIAL MEDIA

 @PurelyLocalKZN
 @PurelyLocalKZN



12 GET TO KNOW THE DURBANITE FACES BEHIND GAYA COFFEE: MSIZI AND ANGIE JAMES
14 MOTIVATIONAL SPEAKER, LIFE COACH, MENTAL HEALTH AMBASSADOR AND MOUNTAINEER, REMY KLOOS TELLS US TO LIVE THE LIFE YOU ARE MEANT TO LIVE
16 EXPLORE THE MAGIC OF MASINGA - A UNIQUE AIRBNB WE COULDN'T BELIEVE EXISTS!
18 DISCOVER THE FANTASTIC WORLD OF FUNGI WITH AETHER APOTHECARY AND AIZOA BOTANICALS
20 THE BEARD IS BACK - AND GUNWAX HAS YOU COVERED



SUPPORTING LOCAL

with Style

WORDS: Carla Louise Gailey
PHOTOS: Supplied

Stumped for gift ideas? In KZN we have an incredible range of talented local vendors around every corner. We've highlighted some of our favourite shops you can support.

SHLOOMFY

Specialists in designer bean bags handcrafted from the best foam combinations, covered in a range of top-quality fabrics to fill both your comfort and home décor desires. These Shloomfys are covered in an assortment of luxury designer fabrics, all of which are highly durable, removable and washable. Unlike traditional bean bags, Shloomfys are filled with high spec foam combinations, made for maximum comfort. Your Shloomfy will leave you never wanting to climb out of it once you've been engulfed by pure comfort. To view their various sizes please visit their website. www.shloomfy.co.za



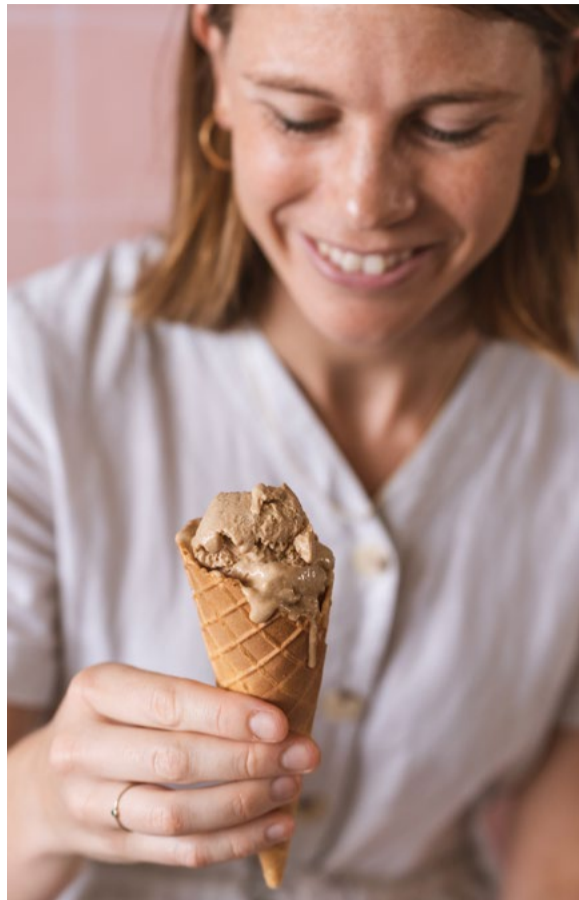
SALTY C

Salty C is a 100% local business straight out of Salt Rock focused on all things swimming and beach related. The brand was born out of love for owner, Christie Bradford's love for the ocean and the need to just constantly dive right in to all things in life. Their products, from function to the look, are made for practicality and comfort while still being stylish, beautiful and nature inspired all at the same time. From their printed apparel, to deck chairs, their prints are unique to the brand made by local graphic designers. Salty C is all about job creation and employing local too, they prefer to use a wide variety of smaller operations, and local seamstresses working from their homes. Join the Salty C lifestyle www.salty-c.com



MACMILK

The macmilk adventure began during lockdown in a kitchen in Durbs - owners, Sam and Lex had started moving towards a more plant-based diet and they couldn't believe that the only other macadamia nut milk available in our country (at the time) was actually being made Down Under and imported to us. So they chatted to their mac-farmer friends, who confirmed for them that South Africa is currently the largest producer of macs globally - absolutely nuts! So they decided to create a product that not only tasted delicious, but that added value locally and packed a hefty health punch! They have tested many different recipes, met with mac farmers, collaborated with local baristas and food scientists and finally created one litre of lekker that is currently being sold in retail stores and coffee shops across KZN. It works well with coffee, smoothies, curries, baked goods, even ice cream and is a really nice local option if you are lactose intolerant, follow a plant-based diet, are vegan or just want to try a locally produced macadamia milk. Price ranges between R40 and R53) at stores. Find them on www.macmilk.co.za



COCOA AFRICA

Cocoa Africa is a proudly KZN brand, established in 2020. They are passionate about all things chocolate. They aim at creating bespoke bonbons and bars using high quality Belgium chocolate and local and imported ingredients to create our unique flavours. The bonbons are either filled with a chocolate ganache, chocolate caramel or nut praline. When it comes to flavours, they love to play around with combining and recreating 'old favourites' into something a little more modern, such as the lemon meringue pie - they have taken this traditional dessert and turned it into a whole new experience. You can't have beautiful chocolates without beautiful packaging. Their chocolates come packaged and ready to gift for any occasion in simple, yet classy boxes with art work done by the local and incredibly talented artist, Lauriana Glenn. Not only do they have gift boxes, they offer different packages for corporate gifting, events, weddings and collaborations. Shop the range on www.cocoafrica.co.za



NURI CANDLES

Nuri Candles was born during the pandemic in December 2020 and has been going ever since. Owner of Nuri Candles Asanda Biyela's love for candles sparked an idea to introduce body-shaped candles to South Africa as she had seen them abroad. Asanda wanted to go beyond the traditional scents that we all know and love and widen people's taste for scents.

She wanted to empower and celebrate women that's why she launched two female-form candles. At the forefront of all of her candles, her aim is to create aesthetic products that elevate your home and self-care routine. They have gone on to be stocked on Takealot as well as some boutiques around the country. Her body form candles can be enjoyed as an aesthetic feature of your home but can also be burnt and enjoyed. They have also launched astrology and affirmation candles for the traditional candle lover and have many more candles coming along soon.

You can find their candles on their website www.nuricandles.co.za



MYRRH AND MOKSHA

Myrrh and Moksha is KZN's first natural perfumery. You can visit the store and working perfume lab in Morningside to explore their true to nature botanical perfumes and home fragrance ranges. The current trends in perfumery call for functional fragrances that can enhance our sense of wellbeing and positively affect our moods, as well as artisanal fragrances that are 'different' to what everyone else is wearing. These are two concepts that Myrrh and Moksha perfumer KS holds at the forefront of her vision for the brand. Learn more about the world of natural perfume through regular workshops. For more information and to browse their range, visit www.myrrhandmoksha.com





A FASHION-FORWARD FORECAST

with Valencia Naidoo

There's something for everyone in these bold, beautiful style trends!



TOP-TO-TOE COLOUR

Both for winter and summer, colour blocking is back in a big way. For this trend, you want to go BIG or go home! And the best way to do that is to be bright with a duo-chrome ensemble. But you don't have to stop there - adding another colour or two will give your entire aesthetic some spunk. If you're not into that, just add some accessories to your look like a bag, belt, bold hat, or shoes that pop and elevate your look.

SUITS YOU TO AT

A trend that's right next to colour-blocking is a pop-of-colour fashion-forward suit. There are so many options, whether you want to keep it classic and formal or go for comfort with a casual-chic, street-style ensemble. Popular colours are pink, lime green, purple and azure blue but you could also work this trend with other colours by trying the colour-blocking theme or going the monochrome route. Matching colours give your look more character. We want the power suit to be the main focus so keep the accessories and shoes minimal.





READY, SET, CO-ORD!

Make sure you have a few sets and co-ordinated outfits in your closet, whether it's, satin, corduroy or quilts. If you want an edgy aesthetic, opt for classic faux leather set that will channel the biker scene from the 70s and 80s. When it comes to choosing colours for this look, the classic biker tones are red, black and white or you can go for solid shades, bright or pastel hues. The classic biker look is usually a jacket and pants but you can explore with skirts and shorts, with skirts above the knee or the ankle. Finish your look with some chunky boots, sleek toe-point boots, sky-high stilettos or flats for a well-rounded look.

GO BIG OR GO HOME

Do it right or don't do it at all with this larger-than-life trend, from oversized blazers and shackets (this is a crossover between a shirt and a jacket) to puff sleeve shirts and voluminous trapeze dresses. This aesthetic is both comfortable and stylish, and that's why, oversized looks have been my go-to look this year. It makes me feel both comfortable and chic, and gives bodycon a run for its money. This is an effortless statement look that just needs simple accessories and you're good to go.



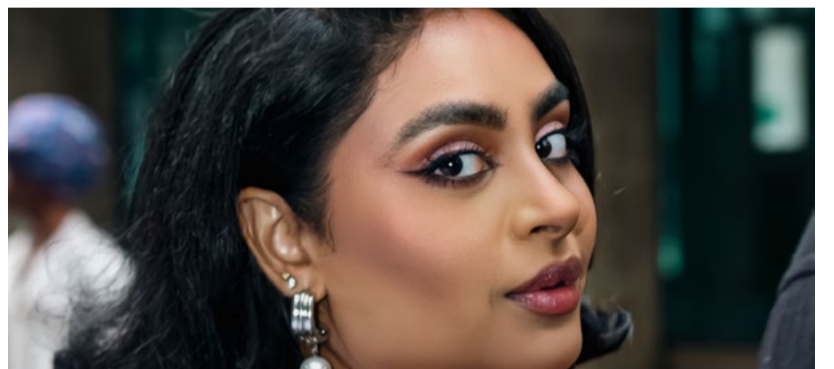
Y2K IS BACK!

The makeup game in 2022 has totally changed, thanks to the influence of popular TV series Euphoria and the revival of Y2K beauty - and I'm here for it. Thin brows and frosted eyeshadow have made a comeback (I can't say I'm here for this one) but makeup influencers, MUA's and celebrities have also made some looks go mainstream. From bold colour graphic eyeliners to faux freckles, it's evident that the beauty world has given more room for creative expression and experimenting. While creativity has taken the driver's seat, skin is riding shotgun. We see healthy, glowing-looking skin being one of the main beauty goals this year and as much as we all want to be about bold makeup looks and trends, we know the canvas is what makes the look stand out.



GREEN WITH ENVY

Green is having an absolute moment. We've seen emerald and lime green make their way on popular designer brands such as Bottega Veneta, Ganni amongst many others. Since it's the ultimate hue of the year, give it a try by either wearing a dress, blazer, co-ord set or even just a handbag as a statement piece. Whatever you choose, you'll certainly stand out for all the right reasons.



About our Contributor

Valencia Naidoo is an internationally qualified Cosmetologist and a nationally qualified hairdresser, born and raised in sunny Durban. Growing up Valencia was teased a lot. "I began to hate almost everything about my appearance because I felt like I did not fit into society's mould".

Her only escape was her love for fashion, style and beauty, and she realised she had to share her experiences to help other young women going through similar struggles - and that's how 'Style your Confidence Now' was born.

"My desire is to show you all how Fashion, Style and Beauty can reinforce one's confidence and self-esteem, causing you to accept yourself and stand out, rather than make you conform and fit into the boxes that society puts us in. I want my platform to be a reminder of how powerful you can be when you live your truth and uniqueness."

 @styleyourconfidencenow

Make-Up Trends Making Waves

1. Reversed Cat Liner and Lower Lash Line Designs
2. Face Gems
3. Ethereal Skin
4. Bold Lips
5. Negative Space Eyeshadow and Graphic Eyeliner
6. Bronzed Complexion



THROUGH THE EYES OF A CONTENT CREATOR...

WORDS: Carla Louise Gailey

My name is Stephan Baron and I am a freelance content creator with six years of being behind the camera. I started a media agency called Baron Media based out of Durban, South Africa. I started out taking images of myself and friends adventuring around South Africa for Instagram brand campaigns.

Since those early days, I have had the privilege of working with professional athletes, traveling overseas, working with exciting brands, and much more. I love telling stories and documenting our journey through life - media is an extension of this passion for living. Though media is my primary source of income, my calling in life is to become a holistic healer and teacher. I plan on combining my media capabilities with my passion for healing, creating awareness and courses that people can follow to learn how they can activate the healer in them.

WHAT IS YOUR FAVOURITE PART ABOUT LIVING IN KZN?

There are many pros and cons to KZN, fortunately, I am a glass-half-full kind of guy. For me, KZN has so much to offer - especially being a waterman (surfing, kiteboarding, diving, etc). I love our coastline and if you travel a little up the coast we have the beautiful country of Mozambique on our doorstep. The climate and shift between seasons suit my hobbies. We have down-to-earth communities that pull together in testing times. As a bonus - the cost of living is less than Cape Town and Pretoria and most of all, the lifestyle that Durban offers is just so unique.

HOW LONG HAVE YOU LIVED IN KZN?

I have lived in KZN since 2005 just above Bronze Beach in Umhlanga.

TELL US ABOUT A HIDDEN GEM?

Mentioning one hidden gem in KZN is difficult because there are so many! Both the North and South Coasts have so many unique locations. Hoopoe falls located inside Oribi Gorge South Coast has to be my favourite hike. It's a 2-hour hike to a beautiful waterfall that has a large beach and pools you can swim in.

YOUR FAVOURITE SURFING SPOTS IN KZN?

Well, this is a tough question because we are spoilt with great waves all over our coastline that work in different swell and wind directions. But I would say that my most surfed spot is Umhlanga Main Beach.

AN ABSOLUTE MUST-SEE IN KZN?

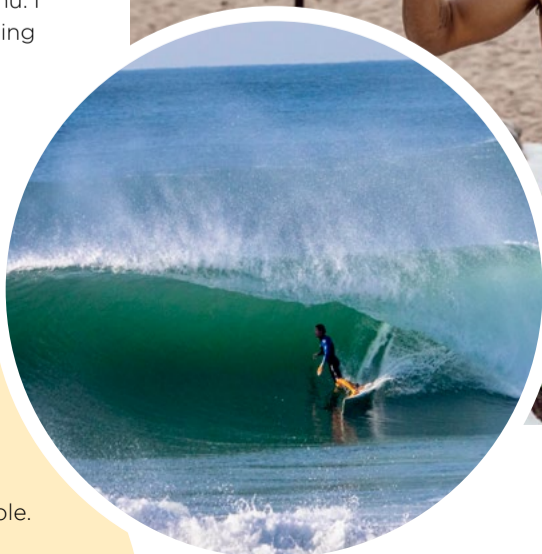
Sodwana Bay - the diving and reefs are next-level rated in the top 5 best spots in the world for Scuba Diving.

THE BEST CUP OF COFFEE IN KZN is at Kuta Kola in Ballito. You can sip and watch the waves with a view of Durban in the distance.

IF YOU HAD TO CHOOSE A GETAWAY SPOT IN KZN - WHERE WOULD IT BE?

The Drakensberg Amphitheater. The amphitheatre backpackers is a vibe and are very close to many great motocross enduros, 4x4, and hiking trails.

A KEY MOMENT IN MY LIFE is when I recently worked in Kenya as a freelance content creator and traveled to Tsavo National Park while living in Watamu. I loved Lion King growing up, watching it for the first time when I lived on a game farm as a young boy in Limpopo. I never knew it was based on the Masai Mara in Kenya and the Swahili names of all the animals were the direct translation, e.g Rafiki means friend in Swahili. I, fortunately, was lucky enough to do a safari in Tsavo National Park and found myself seeing a different form of Africa that left me wanting more. Adventure when you can and if you can't micro-adventure as often as possible.



Get Connected: @stephan_baron



WELCOME TO THE

Brunch Club

WORDS: Carla Louise Gailey

I had the pleasure of living in New York for a few months, and almost every Saturday, as per tradition - my girlfriends and I would meet up in the city for a long, lazy, (and sometimes boozy) brunch. It was the perfect excuse to dress up, show up, catch up, sip on bubbles and nibble until our hearts were content. It became one of our favourite activities to do together. I'm a real sucker for breakfast - and especially breakfast at any time of the time, but for me, breakfast is not complete without a decent cuppa or better yet, a mimosa. So I thought to share some of my favourites brunch spots in KwaZulu-Natal, no matter what area you find yourself in, you too can call up your friends and get brunchin'.



PLANT-BASED AND HEALTH CONSCIOUS

📍 DURBAN

The Valeo Wholefoods Café is situated inside the trendy and upbeat Durban North Health shop, Health on Broadway. Known for their range of sugar, dairy, gluten and cruelty-free desserts and meals that come out looking like art, adorned in upbeat edible flowers and nutrient-rich micro-greens, their meals are not only Instagram-worthy but leave you feeling strong and energised too. The Café coined its name from the creators' vision and motto for the dream that has now become a reality. Valeo meaning "of strength, influence and prevailing above all odds", offers true meaning to the word superfood providing strength and endurance through abundant, plant-based foods. Valeo has become a local hotspot for my girlfriends and I to gather at on a Saturday morning for a catch-up, decadent coffees, flapjack stacks and smoothie bowls. I'll let you thank me later. **Instagram @valeowholefoods**



A PLACE FOR THE WHOLE FAMILY

📍 KZN MIDLANDS

The Midlands Fable Eatery is all about simple and honest food. Back to basics, done really well. Real food in its natural form, full of flavour and delicately served. Their simple menu reflects things that they like to eat. With colours that reflect their gardens and tastes of the changing seasons, the owners of Midlands Fable Eatery want their customers to feel at home and feel spoilt at the same time. If you're looking for a brunch place in the Midlands that caters for the whole family, Midlands Fable Eatery should be at the top of your list. Dig into their Smoked Salmon Benedict or the Avo & toasted sukka and delicious brews. After brunch, get stuck into some bird watching, feeding the Koi fish, exploring their beautifully landscaped gardens and let the kids enjoy the super fun kids play area. **Instagram @midlandsfable**



BEACH-SIDE BRUNCH

📍 BALLITO

For brunch right on the beach, Ballito's finest Kuta Kola has your needs covered. Their tropical soul bowls, perfectly poached eggs and CBD-infused coffees are the reasons why I return weekly. Enjoy the ocean breeze while you sip on one of their delicious cocktails, (or my personal fave - their mimosas - which are, in my opinion, out of this world) and tuck into a hearty breakfast with 180 degree sea views. Beach, brunch and bubbles with your besties. I can't think of a better way of spending a morning in Ballito. **Instagram @kutakola**



OUT OF YOUR SHEETS

AND ONTO THE STREETS



BESETdurban is simple. It's a movement dedicated to getting Durbanites to explore their city.

WORDS: Carla Louise Gailey

PHOTOS: Supplied

WHAT IS THE PURPOSE OF BESETDURBAN?

Three friends; Dane Forman, Cameron Finnie and Jonas Barausse started BESETdurban in 2013 and offer a free public walk every couple of months to whoever wants to join. "Durban is packed with so many incredible stories. In eight years of hosting these walks, we are yet to repeat a topic!", says Jonas. Four years ago, they added the BESETrun to their offering which takes place every Monday at 5:30 am in Kloof and on Durban beachfront. "These runs are all about getting together, getting outside and chasing a sunrise for 5km with some fellow Durbanites", explains Jonas. "There is a common misconception that exists that the small port city of Durban is sleepy, backwater and generally unappealing. We intended to have this notion corrected, even destroyed. We aimed to have it replaced with a more true and exciting notion, that Durban is worth exploring", Jonas describes.

WHAT CAN DURBANITES EXPECT IF THEY JOIN BESET? WHAT IS EXPECTED OF THEM?

"We work on an iceberg principle when it comes to announcing our walks. We tell people just enough information to get them to meet at a specific place at a specific time. Generally, they have only the vaguest of ideas of what that particular walk could be about. We want to expose people to the city or reintroduce them, we want them curious and in comfy shoes. Other than that we ask nothing", Jonas continues. As for the BESETruns... they're a lot more predictable. They start at the same two spots every Monday. For the beachfront crew, they meet in front of Bike and Bean. The Upper Highway members meet at the Memorial Park parking lot on Alamein Avenue in Kloof. Both runs are 5km and both kick off at 5:30 am sharp and both have shorter routes for those wanting to build up to the 5km run. For these, all that they ask is that you arrive on time so that they don't kick off without you.



TELL US ABOUT SOME OF THE EXPERIENCES DURBANITES CAN HAVE ENJOYED IN THE PAST?

"Where to even begin? We've had so many incredible walks. I think the ones we get the most requests for a do-over would be the walk we did around the old abandoned whaling station on the Bluff. That was pretty crazy! It took us two years to get through all the red tape, but in the end, we tracked down the old factory manager who closed the place down in the 1970s and he offered to take us around as our guide. The place is completely abandoned and overgrown now (thankfully) but it was once the largest factory and place of employment in the city and seeing it through his eyes made it all come alive again. We've also done some incredible graffiti walks, uncovered abandoned ballet studios in the dome of Durban city hall, explored the story of the beachfront guided by world champion surfers and had military choppers fly over to say "hi" whilst being taken around the Natal Mounted Rifles HQ. Also our two or so annual run's through the heart of Durban are always a blast. Those always take the shape of two-thirds cardio and one-third Durban stories", Jonas explains.

WHAT ARE THE PLANS FOR BESETDURBAN IN THE FUTURE?

"Covid lockdowns naturally threw a spanner into the whole idea of BESETdurban. You couldn't gather a few hundred strangers together when gatherings were illegal. But since the lightening of restrictions, we've got back into the groove. Our runs are the most consistent things we do, come rain or shine you'll find the Kloof and Beachfront squads chasing sunrises and new members are always welcome. As for the walks, we have some awesome ones on the cards. But keeping true to form, we can't say much more about those other than if you want to make sure you don't miss the next one, make sure you are actively following us on Instagram to ensure you are 1st to know when the word goes out", says Jonas.



Get connected
 @besetdurban



UPGRADE YOUR SMILE

AT THE SMILE BAR

WORDS: Supplied
PHOTOS: Supplied

They boast state-of-the-art equipment and products that are effective and safe, making this the perfect option for busy men and women or anyone needing a “smile upgrade” for an upcoming event or just a boost of confidence. For the most effective results, professional dental cleaning is recommended before having your teeth whitened. The Smile Bar is a division of Family Dental Care and can easily assist you with booking your dental cleanings before your whitening sessions.

Your experience at The Smile Bar is guaranteed to be an unforgettable one. They walk you through your smile journey from start to finish. There are four simple steps to your bright new smile:

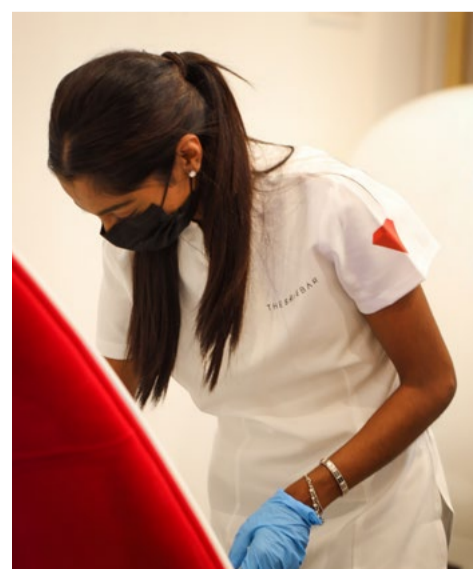
Giving people a reason to smile, and more importantly, the confidence to do so.

You can't put a price on the boost you get from having pearly white teeth. More than just making you look good in photos; a whiter smile gives you that boost to make your life brighter.

The Smile Bar offers the fastest and most effective system available in the market today, which delivers visible results in as little as 20 minutes. Using revolutionary technology developed in Sweden, we guarantee whiter and brighter smiles for all of their clients. The Smile Bar is the first of its kind with its first store in SA in Durban in La Lucia Mall with plans to expand nationwide.

Professional teeth whitening backed by dental professionals, that is safe, pain-free, well-priced, and show immediate results. Results may vary from person to person. At The Smile Bar, they pride themselves in creating a chic, modern and inviting environment which is essential to put our clients at ease and for them to feel comfortable and pampered. (Think a hair salon but for your teeth). Achieve up to two to nine shades whiter whilst comfortably seated in their chic whitening pods. You can leave with an irresistible whiter smile, without the pain and high costs of other whitening systems.

1. Orientation & Evaluation – their team of experts will explain all processes of your whitening treatment to you and determine your pre-treatment teeth shade.
2. Pre-whitening treatment – whitening your teeth starts with cleaning them. You will be required to rinse your mouth and brush your teeth before they begin your whitening to remove anything that may be on or between your teeth.
3. Direct whitening session – sit back and relax while the system works its magic.
4. Post-whitening results – walk out in confidence with your whiter, brighter teeth.



Enjoy that bright smile for longer using our oral care solutions! Brilliant Smile Sweden Whitening oral care system is exclusively available at The Smile Bar. Keep your teeth white and your smile bright with premier whitening toothpaste and mouth rinse.

Get Connected

Find them in La Lucia Mall, Entrance 1. To book an appointment contact them on 031 572 2254.



WORDS: Carla Louise Gailey
PHOTOS: Supplied

UNITY PERFORMING ARTS

A SPACE FOR CREATIVES, RUN BY CREATIVES.

In 2017, Unity Performing Arts started out as a group of young artists who had a desire to create out of a love for the Arts.

"In KZN, there was limited work for us, but that didn't stop us. There is always a way and a reason to create", founder Jemma van Breda shares with us. "We began to film the pieces that we had worked on collectively with a student film crew and a first-year director from AFDA.

(This director grew up to be Lindokuhle Langa who has just finished directing his first DSTV and Samsung commercials). We posted everything we filmed online and had incredible responses from the public who were missing the presence of the Arts post-COVID", she continues.

They saw their numbers growing and before they knew it, they had new artists joining the creative family that they had unknowingly formed. They established themselves as a registered company and partnered with Gateway Theatre of Shopping to unite creatives and provide a home for artists in KZN - a place of passion and purpose that will take Durban to the next level.

"As a theatre of shopping, we love to bring our events and attractions to life through creative content sharing. Unity



brings a unique perspective on visual art - it's...Umhlanga-style, Gateway-style, Unity-style and an all-round visual treat!" says Gateway Theatre of Shopping Marketing Manager, Michelle Shelley. "Gateway is providing an interim venue for Unity which acts as a central hub for their artists, a creative space for a smorgasbord of opportunities to get involved", Michelle continues.

"People often ask us "What is Unity?" and we just laugh - asking ourselves well, "What isn't Unity?". There's no way to describe it because it's ever-changing. It's anything and everything to do with the Arts. It's a place and a platform to create, to rehearse, to meet, to film, to critically discuss, to choreograph and to learn - a place to call home" Jem describes.





Essentially, Unity is a platform and its offerings change weekly to keep the creative industry innovative and educated - as they are constantly introducing new workshops and experts.

A few of their highlight workshops and events at Unity include; WACO Professional Development Programme (Ballet and Contemporary), Business Arts and Creative Funding workshops, Pause 'n Paint Art classes, Radio masterclasses with Makhosi Khoza, The Unity Battle Fest (Krump and All styles), The Durban Unity Creatives Round Table, Content Creation workshops with Siphe and Sipha & the local talent video programme.

"We have new faces coming in to share their knowledge at Unity Performance Arts every week. At our core, our most important value is, of course, unity. With this in mind, we invite a multitude of creative experts in to educate the young professionals in KZN regardless of their background or studio. This means that we host a variety of freelancers. However, we still have our core family who is at Unity every week pushing themselves and other artists.

Some of the core members you will find include Jemma van Breda, the founder of Unity. Jemma is an exceptionally talented contemporary dancer, brand strategist and rhythmic gymnast. Jemma runs her own contemporary and gymnastic workshops. She is the heart beyond Unity and the reason that any of this is possible. Next up, is Unity's resident Art and Paint instructor, Sonaly Hurdalal.

Sonaly is incredibly passionate about what she does and why. She hosts a variety of painting evenings that is open to the public. "You'll never see her without a smile on her face and paint on her brush", Jemma explains. Casey Swales, or otherwise known as "a master", is arguably one of the most talented dancers in South Africa. He is an expert in his field, choreographing and teaching ballet and contemporary at Unity. "We are forever honoured to create with him and know that the artists of KZN are grateful to him for sharing his passion and knowledge with us", says Jemma.

Priyen Naidoo is a force to be reckoned with and one of the biggest energies at Unity. He embodies the core of Unity as he welcomes everyone into their space with open arms and a massive smile. Priyen is Unity's incredibly talented resident Bollywood choreographer and contributes greatly to the overall vision and future endeavours of Unity. Mawanda Maphumulo is your guy for "literally everything". "He is the man, the myth, the legend" Jemma gushes. Mawanda is the creative that Unity turns to - from strategy to photography and social media to videography.



Get Connected
 To get in touch with Unity and find out more about their classes, follow them on  @UnityPerformingArts or visit their website www.Unitysouthafrica.com **#UnityGateway**



WORDS: Carla Louise Gailey

THE MOST IMPORTANT MEAL OF THE DAY.

Jackie Chan once said: "Coffee is a language itself", and I couldn't agree more. To me - coffee is more than just a caffeinated beverage. It's a hug in a mug, it's a conversation, it's poetry, it's both comforting and elevating. I don't think there is any other beverage in this world that I love more than coffee. So naturally, being a coffee lover, I chatted with Johannesburg-based power couple and coffee enthusiasts Msizi and Angela James, about their lovechild - Gaya Coffee Company.

MEET MSIZI AND ANGELA JAMES

Born and raised in sunny Durban, **Msizi** traded tea for coffee in 2018 and never looked back. He moved to Johannesburg in 2017 to work at 5FM on the drive show and that was when he was introduced to "good" coffee by friends who were in the coffee business themselves. Thereafter, he was quickly hooked. Soon after, he developed an interest in the business side of coffee. Msizi has always been someone who believes in combining

passion with business, and in 2020 he took the leap of faith and combined his passion for people, coffee and good food and opened up his first of many cafés. Msizi was headhunted and now works for 94.7 doing the Morning Show from 9 AM - 12 PM. Angela was born in Durban, KZN and born into her love for coffee. She is a graphic designer by trade and a creative at heart. No job is too small or too big, as long as it is powered by coffee! Her love for coffee, mixed with her

passion for success in life, topped with her love of branding led her down the path of creating Gaya with her husband, Msizi James. **Angela** runs all of the back ends of the businesses - from finances to branding down to stock take.

WHAT DRIVES THE TWO OF YOU?

We are both extremely passionate about travelling! There are so many people, cultures and places out there to discover and learn more about. It's safe to say that





after our first trip together to Thailand 4 years ago, we have been hooked. We both have a passion for people which heavily ties into our love for travelling. We love to emerge ourselves in the culture and learn languages and the roots of every place we visit. Everyone has a story to tell and even if we can play a small part in relaying that story to people who aren't able to travel, makes us happy! With that said, the end goal is to be able to frequently travel to the farms in which we source our beans and give back directly to the farmers and communities that help us provide the best coffee beans!

Flavor of Africa in every cup" so our signature blend comprises mostly roasts from Tanzania with a touch of South American coffee, Brazil to be exact, to add that chocolaty taste. We are the perfect example of when passion meets opportunity. We now have two cafes open in Sandton which we are so proud of!

I LOVE YOUR TAGLINE - "THE FLAVOR OF AFRICA IN EVERY CUP" - DO YOU ONLY STOCK COFFEE FROM AFRICA? WHAT COUNTRIES DO YOU SOURCE YOUR BEANS FROM?

We try and keep it local as we have some delicious beans locally but sometimes the South African palette isn't accustomed to the acidity found in beans from Africa which is why we add in additional beans from elsewhere in the world for a more chocolaty rich taste. Our signature blend is primarily from Africa but essentially we can source beans from all over the world to suit the customer's needs.

WHERE CAN WE FIND GAYA COFFEE?

You can find Gaya coffee at both our cafes, one at Golds Gym Sandton and the other at Primedia Sandton, alternatively, we are available online at gayacoffee.co.za. We have dreams of expanding so keep an eye open!

TELL ME A BIT ABOUT WHY YOU STARTED GAYA COFFEE.

To start, Gaya is the isiZulu word for grind and Gaia, in Greek mythology is the personification of the earth. We established Gaya in 2021 with the vision of creating a coffee brand that is aspirational yet attainable. We aim to bridge the gap between speciality coffee and commercial coffee, a coffee that can be enjoyed by both casuals and connoisseurs. Gaya was created to introduce coffee to people who have been turned off by the pretentious coffee snobs of the world. Our motto is "The

WHAT SETS YOU APART FROM OTHER COFFEE BRANDS?

We think the thing that sets us apart from other coffee brands is our relationships with people and how we communicate with our customers. Coffee is such a relationship-based product which is why we love it so much. We are so deep within our coffee community every single day and are more than happy to spend time chatting with our customers for feedback and comments. We believe in our brand so much and live it in our everyday lives!



Get Connected
www.gayacoffee.co.za



LIVING THE LIFE YOU WERE *meant* TO LIVE

Mountaineer, motivational speaker, life coach and mental health ambassador Remy Kloos is passionate about living her happiest, most vital life – and helping others to do the same.





it. Speaking about it helps and simply allowing the emotions to flow through me.

What is the hardest lesson you've had to learn? Sometimes I give my whole heart to the mountains and make too many sacrifices in other aspects of my life. This isn't the most sustainable way of living, so I am working on this.

With 6 summits under your belt, what has been the biggest moment so far? With each peak and each expedition there are big moments. My first ever climb was up Kilimanjaro, and at that stage I hadn't even climbed Table Mountain. But in 2016, when I had reached an all-time low, I had a calling to Kili. When I was standing on the roof of Africa, I knew that mountains were going to be a huge part of my life going forward. I found a connection to the most authentic version of myself that I had never felt before.

Another big moment was being able to witness the super blood lunar eclipse

whilst doing my back-to-back summit of Mount Everest and Mount Lhotse. It was a feeling and image I will never forget, and awe and gratitude consumed every fibre of my being. These are the moments I live for.

And the biggest challenge? Without a doubt the ongoing search for sponsorships and partnerships. The challenges one faces whilst climbing mountains are welcomed (although definitely not in the moment!) and it's at these times I realise what I am capable of.

What is the hardest thing about being a mountaineer? It's an expensive sport, and I am of great privilege to be able to do this. I have put in a lot of hard work, and it is an environment in which I thrive and feel most alive. I will continue to put in my best effort to raise the funds and find impactful partnerships so that I can continue on this path.

After living with anxiety for many years, Remy left a life of routine and comfort zones to embark on a solo adventure around the world. The experiences were big and life changing – an 800km pilgrimage through Spain, travelling to Russia to climb the highest mountain in Europe – and she decided to continue her journey of summiting the highest mountains of the world.

Today, she's six summits into her 7 Summits Quest and raising funds for the Dlala Nje Foundation in Johannesburg. "I believe we all have a powerful and brave warrior inside of us all, ready to be unleashed and capable of accomplishing the extraordinary. Why not use this strength and courage to shape the life you want to create?" says Remy.

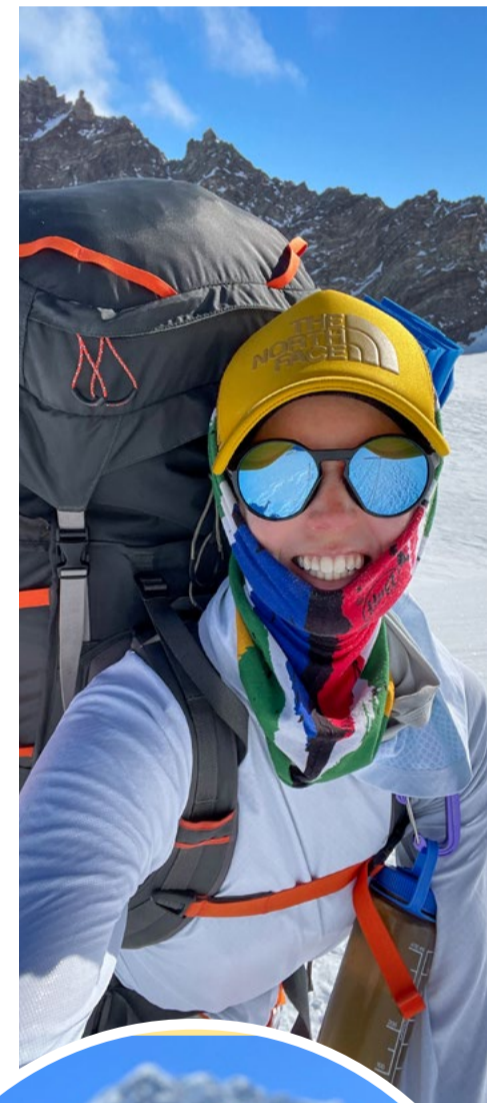
We chatted with Remy about the highlights and challenges of her experiences so far, as well as her advice to others on living a life filled with purpose and passion.

How can people find their purpose in life? I don't have this all dialed in myself, but what I can say is that the biggest guiding factors for me have been 'joy' and 'impact'. What brings me the most joy? I will chase that! How can I impact the lives of other? Let me do more of that!



What is something that you still struggle with today, and how do you tackle it? I still struggle with my anxiety; it creeps in from time to time. But what I keep reminding myself is not to fight it, and to not judge myself for

PRACTICAL STEPS TO LIVING AN EXTRAORDINARY LIFE

- **Unpack your five most important values** in life before you embark on any journey – whether it's climbing a mountain or embarking on a business venture. It's easy to feel discouraged if you don't reach your goal, but if you walk each step in alignment with your values, then that's where the magic happens.
- **Take the time** to love and respect yourself first – when you feel in alignment, bliss follows.
- **Always stay curious** – asking yourself what you're feeling and why has immense impact. Curiosity in general is powerful and being open to learn new things makes space for growth in your life.
- **Surround yourself** with people that make you want to strive to be better, who encourage you to chase your crazy bold dreams, and who back you through your highs and lows.
- **Sign up for challenges** that scare you just a little. In the past I have found myself confined by my comfort zone, believing it provided me with a sense of security. It didn't. The moment I took steps outside of my comfort zone was the moment I started to realise what I was really capable of.
- At the end of the day, **accept there will be always failures and setbacks**. Feel the pain then take the time to reflect, reset, unpack the lessons learnt, and show up again and again.



Get Connected

 @RemyKloos
 @remykloos
remykloos.com



M THE MAGIC OF Masinga

WORDS: Carla Louise Gailey

A UNIQUE GETAWAY YOU DIDN'T KNOW YOU NEEDED.

I stumbled across this magical place one day whilst browsing through Airbnb and looking for unique getaways in KwaZulu-Natal - I was so excited to find Masinga, I could never imagine that a place like this existed in KZN, let alone at all.

My dear friend Shannon and I took a trip up to Gillitts to experience a hidden gem that I think everyone deserves to know about. We were both in dire need of a little getaway, a social media detox and some quiet, peaceful quality time together. Upon arrival co-owner Lynn greeted us with a massive hug and gave us the grand tour of Masinga. Lynn explained to us "Masinga initially started as the dodgiest caravan ever - and slowly, bit by bit - it evolved. It was never built with an Airbnb in mind - it has just been a fortuitous development over time. Tana and I have a beautiful piece of land and she mentioned that she loved caravans, so we decided that we'd love a caravan at the bottom of our property. A place we could retreat to - under the stars. Camping, but without the hassle and on our property. When the idea of Masinga was born - we had hoicked up our tent for three weeks - using our cottage as the ablution block. We hung homemade pasta between two acacias to dry, enjoyed bonfires every night, a fair bit of red wine and we dreamt of "Masinga" which also happens to be the name of our

favourite Hide in Mkhuzi Game Reserve", Lynn describes. She continued to tell me: "I think it is such a beautiful and special space because we loved every part of what we did. We're constantly inspired by our love of the outdoors and all things nature. Hence the glass roof to the stars - call it an ode to our love for the night sky".

We were guided down a path towards the refurbished caravan that had been converted into a unique Airbnb that is hidden between a canopy of Yellowwood trees. The caravan is beautifully finished with impeccable attention to detail. Everything from the fluffy blankets, to the snazzy chandelier, and unique retro curious on the shelves. The caravan sleeps two people, perfect for friends, a couple or even a solo trip to escape the hustle and bustle of everyday life. I plopped myself on the bed and gazed out of the glass ceiling - trees tower over the glass ceiling, it really is special. Lynn took us through to the bush lapa and slid open the rustic barn door to a simple



treehouse-styled bush lapa fitted with a kitchenette, living room and fireplace that overlooks a large deck nestled amongst the trees.

Before we knew it - we had settled in and got cosy. I noticed a handful of adult colouring-in books and pens and decided that that was exactly what my soul needed to start unwinding. Shannon had been eyeing out the complimentary Old Brown Sherry and did the honours of pouring us a little welcome OBS - we had a good chuckle about the sherry, as we had almost bought a bottle at the liquor store an hour before - it was almost as if Lynn and Tana knew exactly what we needed! The shot of sherry warmed us up and we spent an hour in total silence relaxing and getting our creative juices flowing. When the sun started setting and

the temperature dropped we went inside to get comfortable on the couches. If any of you have been to the upper highway area - you know that it can be beautiful and sunny during the day, but boy it can get chilly when the sun goes down. Fortunately, in the living room, there is a cosy fireplace perfectly placed to warm up the whole space. I have to be honest - I have never made a wood fire before, okay fine hear me out, I've started many braais on the Weber, but regardless, I was totally up for the challenge. Shannon and I were in fits of laughter as we were two ladies who had never started a fire before fumbling around trying to figure out what goes where and how and how much. Needless to say, we're strong, independent women and we got the job done - and before we knew it - our space was warm and toasty.



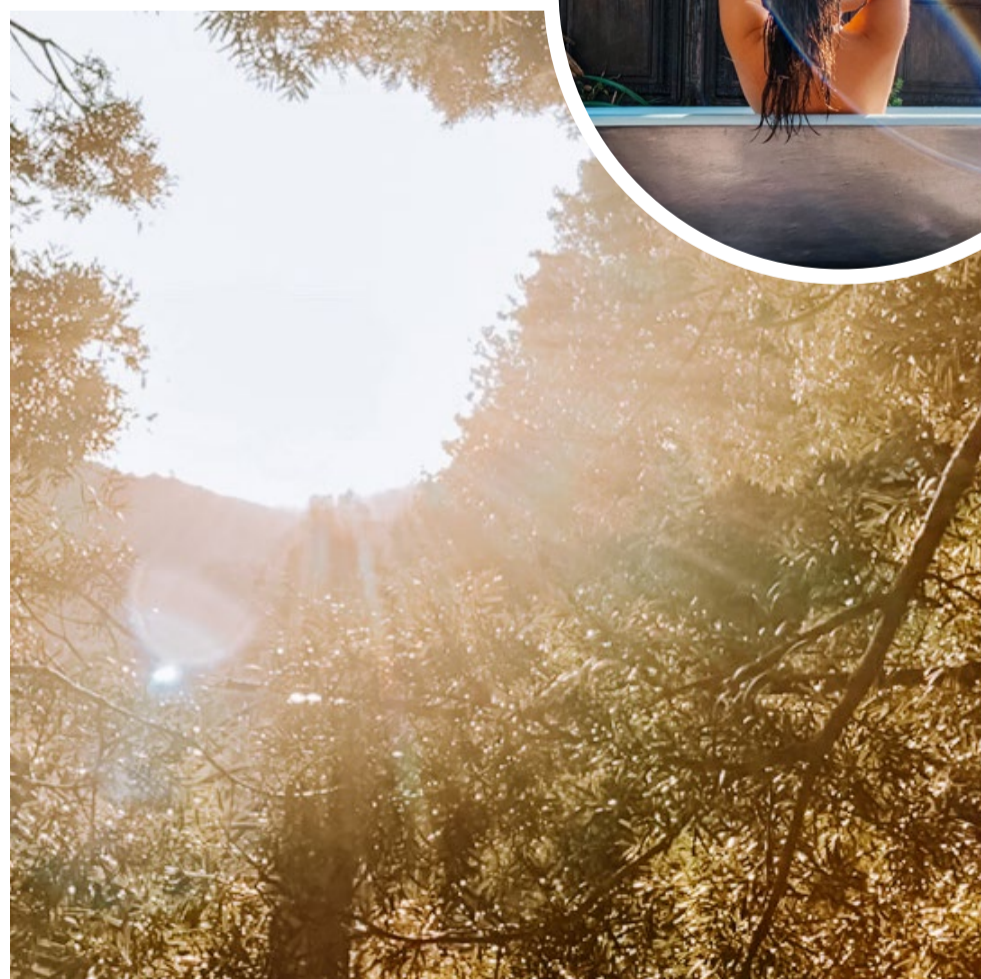
Lynn and Tana later visited us with their troop of furry friends to serve us our dinner and get us ready for our movie night. We were treated to a mouth-watering spread of butter chicken, fragrant rice, roti, and crunchy chips with all the sambals made with love by Tana and Lynn set up the projector for us to watch a movie after dinner. Talk about VIP service! We cracked open a bottle of red, reminisced about our varsity days and dug into Tana's delicious home-cooking. After our delicious dinner and catch-ups, it was only natural for CLG "the crazy" to brave the cold and run a bubble bath in their outdoor tub. And let me tell you something - it was so worth the cold. Soaking in the bubbles under the stars with a glass of red? I couldn't think of a better way to spend a Sunday night.



in the outdoor tub, so while she enjoyed that, I quickly showered and set my intentions for the week. We nibbled on some of the fresh fruit, yoghurt, toast and preserves which were prepared for us and started packing up. Neither Shannon nor I were ready to bid adieu to Masinga. It was a beautiful, crisp and sunny morning in Gillitts, and truthfully the perfect way to start the week. We spent a few more quiet moments soaking up all that Masinga is and promised we would be back with more of our friends and partners - so they could experience this little slice of paradise.

For anyone looking to enjoy a quiet, detoxing weekend away in an incredibly unique venue - Masinga is just the place.

I bet you're wondering what movie we decided to pick. Well, since Shannon and I are both musical theatre die-hards - it was only natural for us to choose something for us to sing along to, Moulin Rouge it was. We finished our wine, we laughed and we cried and before we knew it, we realized the time and it was time for us to get some shut-eye. Just a few steps from the bush lapa and we were in our gorgeous caravan, snuggled up with plenty of blankets - under the glass ceiling admiring the stars. I'm not going to lie but it was one of the best nights of sleep I've had in a long time. 11/10 for comfort and warmth!

Waking up on a Monday morning never felt better. When my alarm went off - I purposefully did not press the snooze button, but instead, gazed out of the frosted glass ceiling, listening to the birds and noticed the sun was about to break through the horizon. We quickly jumped out of bed, made ourselves a fresh pot of coffee and enjoyed the sunrise in between dunking a rusk or two in our coffee. Before we checked out, Shannon decided it was her turn to have a soak

**Get connected**

 @masingaaccommodation
 or you can find them on Airbnb



THE FASCINATING WORLD OF FUNGI

Fungi, the building blocks of life on earth, provide healing to the human body, promoting healthy soils and even illuminating solutions to global issues such as pollution, there is little these incredibly diverse organisms cannot do.

AND HOW THEY CAN AID YOUR HEALTH AND OUR PLANET.

WORDS: Ricky-Anne Wakeham & Carla Louise Gailey

Did you know that Fungi were some of the first lifeforms on planet Earth? Their complex abilities and rich biochemistry allowed for the transformation of rocks to soil - allowing for plant life. Our history is entangled with that of fungi - there is evidence of mushroom utilisation as food and medicine throughout time. One of our earliest documentation of mushroom consumption comes from the "Red Lady" of Cantabria, who was buried 19,000 years ago. When her remains were unearthed it was found that she had Agaricus and Boletus spores lodged in her teeth, showing evidence of mushroom foraging.

Medicinally we have the story of Ötzi: this man was found nearly perfectly preserved in

ice for 5300 years, it was found that he had parasites in his digestive system, and he also had the Birch Polypore mushroom which is well known to be anti-parasitic.

The healing capabilities of mushrooms are vast- and there are many ways to consume them, the best being in an extracted form, such as that in dual-extracted tinctures.

As a disclaimer - medicinal mushrooms are not psychedelic mushrooms. Just as with plants, there are many different kinds of mushrooms and therefore their Kingdom is shared but their Family, Order, Genus and Species are different.

Some of the most popular medicinals include:

- **Reishi (*Ganoderma Lucidum*):** Documented medicinally for over 4000 years, it promotes a state of relaxed focus and calm. Traditionally used to remove toxins, treat cancer, heart disease, liver disease and reduce inflammation.
- **Lions Mane (*Hericium Erinaceus*):** The compounds found in Lions mane have been shown to stimulate the synthesis of Nerve Growth Factor, this is a process which is involved in organizing the functions of neurons within the central nervous system and brain. It additionally increases concentration, memory and aids in stress management.
- **Turkey Tail (*Trametes Versicolor*):** Most well-known for its immense abilities as an immunomodulator and stimulant when it comes to ensuring healthy functioning of the immune system. It stimulates phagocytosis, has anti-tumour activity and is anti-viral, fights infections and is liver supportive.
- **Cordyceps (*Cordyceps Militaris*):** This incredible mushroom increases energy and prevents fatigue, increases sexual health, libido, endocrine health, testosterone support, blood circulation, boosts stamina and aids alleviate menopause symptoms.

Amazingly - yes they can and the process is known as mycoremediation. This is a field in which fungi become "collaborators in environmental cleanup operations" (Sheldrake, 2020).

Mushrooms/ Fungi are known for their ability to decompose and break things down - be it dead trees returning to becoming soil, the microbes in our digestive systems and, incredibly, now digesting and transforming pollutants.

Researchers at Yale University began a study in 2011 on the abilities of different fungi and their potential to digest plastics. Fungi have proven capability to perform this kind of bioremediation, in which they convert plastics- making them ideal for use in landfills and oceans.

The intelligence of these fantastic allies goes beyond what could have been previously imagined - we now have the opportunity to learn from our mushroom friends and form an allegiance of health with them, for our planet and ourselves.

To learn more check out Aether Apothecary, we are a modern apothecary focused on producing the highest quality herbal and mushroom medicines South Africa has to offer.



WORDS: Carla Louise Gailey

It's easy to see how beneficial these mushrooms can be for the body - but can these fungi heal the side effects of pollution in our environment?

Get Connected

For more information about their products or to book a consultation, check out their @aether_apothecary



A BUZZ WITH BENEFITS

Aizoa Botanicals was created as a complimentary drink for the life you desire to live. As a result of lockdown lows and burnout, Aizoa Botanicals founder, Jessica Van Vuuren conceptualized a solution to help her balance work, social life and studying: an alcohol-free, social elixir. Aizoa has been created by a team of passionate professionals, including biochemists and pharmacists to ensure that the outcomes and intentions are aligned.

This beverage has been formulated with functional blends where nature meets science. They have used a blend of nootropics, adaptogens, and botanicals with the intention to enhance your mood, serotonin, and energy. Enabling you to act consciously and authentically through some of the oldest social rituals in a way that adds value to your life.

The mood-boosting ingredients in Aizoa Botanicals generate a balance of freedom and clarity; enhancing your sense of creativity with focus and energising the body and mind. The energising compounds in the blends will uplift you without generating a spike and crash effect. These aperitifs will make moving through anxiety, hangovers, and those moments when you feel depleted, feel much easier.

At the end of the day: You become what you consume, so if you consume nature, balance, clarity, and health, you radiate those qualities into the world. The team at Aizoa Botanicals are committed to empowering you to create an improved quality of life, in which you can thrive.




Aizoa Botanicals products are entirely legal and do not include any cannabis compounds. All mushrooms in our products are non-hallucinogenic - meaning that they are functional (medicinal), legal, and safe for consumption. All ranges within the Aizoa brand are made from adaptogens - which means that these ingredients benefit your body and mind in the form of health benefits. The nootropic ingredients feed nutrients and support into your brain and mind. The botanicals create flavour and provide an extra spirit to the functional blend in its entirety. Sip it in!



In summary, AIZOA botanicals started for YOU. And they mean you if:

- You want to act consciously and authentically in every situation you're in, whether it's the office, the sports field, or your favourite "boujee" bar.
- You're looking for mindful consumption and a deeper connectedness with yourself, the people around you, and the earth you live on.
- You're looking to cut down on or eradicate alcohol and sugar-infused drinks from your diet, and replace them with alternatives containing adaptogens and nootropics - a buzz with benefits.
- You want to buy products created locally, in a safe environment with complete traceability and good manufacturing processes.

Get Connected

To order your bottle of Aizoa Botanicals, head on over to their  @aizoabotanicals



LONG LIVE THE BEARD

WORDS: Carla Louise Gailey
PHOTOS: SUPPLIED

GunWax owner, Jacques Lotriet's beard and tattoo lifestyle started after his time in the UK with a few tattoo pieces and when his beard was unable to gain momentum past the "stubble" phase.

Combing out the details with GunWax owner, Jacques Lotriet, on South Africa's first beard and tattoo balm made from 100% raw Macadamia nut oil and triple filtered beeswax.

"I unleashed my beastly mane and the revival in my need for skin art followed. I soon realised that a beard is not grown, it is forged and my beard needed some strong nourishing in the harsh African environment. My beard was getting hungry, fast and my body art needed protection", describes Jacques.

Jacques' mother is a pharmacist and has been experimenting with beeswax and macadamia nut oil for many years, treating anything from skin allergies to helping ladies look classy. "Chatting over the phone with my mom one night, she was commenting on the photos of my beard growth she spotted on social media and she challenged me to come up with a balm using macadamia nut oil and beeswax", he continues.

that being said, I was always taught that "if you can't eat it, don't rock it on your face or body!" he further describes. It wasn't long after the conversation with his mother when Jacques paid her a visit and the result - GunWax beard and tattoo balm - South Africa's first beard and tattoo balm with 100% raw Macadamia nut oil and triple filtered beeswax.

economical to purchase a 50 - 60g beard balm to get both the benefits of beard oil and beard wax all in one rocking tin. It's excellent for beards shorter than 1cm as well as your beastly mane! GunWax Beard Balm is available in two rocking fragrances: Fresh Lemon grass and Musky Neroli oil.



Jacques pointed out that there too many people are using synthetic products on their bodies, and how important it is to know that your skin is the body's largest organ. "What we apply to our skin absorbs into our bloodstream which affects the entire body", he explains. "So with

BEARD BALM

The Beard Balm is a super hybrid of beard oil and beard wax. It has all the essential oils of beard oil that condition and revive your beard into a handsome and healthy part of your face but also provides the styling hold of beard wax. For most people, it's fitting and

TATTOO BALM

Getting a tattoo is unlike any experience life can throw at you. Deciding on the artist, the artwork, the placement and the style are all part of what makes it more than a fad but rather, a lifestyle choice. Art is an expression of oneself where words don't dare go. The days after you step out of the tattoo studio is when GunWax tattoo balm steps in. The Macadamia nut oil and beeswax, with its natural SPF, fuse to help absorb the ink deeper into the skin and prevents any scabbing, that would compromise the colour of the art piece. GunWax will help burst the colour and shading of your tattoo and prolong its edginess and life span. Note: start applying the balm the day after your tattoo session and thereafter as required.



Get Connected
If you are looking to get your hands on some of their incredible products, visit their website www.gunwax.co.za or give them a follow on [@gunwax](https://www.instagram.com/gunwax)