Lipidol is a range of six new oils for daily skincare. Featured product: Lipidol Overnight Face Oil 50ml. Supplements the skin’s natural oily layer stripped away by daily exposure to the elements. Available at selected Clicks stores at the recommended retail price of R79.95. lipidol.com
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I do love a “round table” of women. It reminds me of the ones that have taken place in Hollywood in the past with actresses like Lupita Nyong’o, Kerry Washington, Jennifer Lopez, Octavia Spencer, Kirsten Dunst, Julia Roberts and the inimitable Oprah Winfrey – as well as the #ForBlackGirlsOnly event in Joburg that caused quite the stir earlier this year. More recently, a few local businesswomen and influencers gathered for #SheRocks (read all about it on pg 23) to discuss careers, relationships and gender issues. We all have so much to learn from each other, and it’s encouraging to see women supporting, creating opportunities for and motivating each other.

That’s why it was particularly discouraging to see Malia Obama ratted out by one of her girl friends (pg 10). Of course, as an 18-year-old, this young woman has much to learn about friendship and loyalty. As former US Secretary of State Madeleine Albright is quoted as saying: “There is a special place in hell for women who don’t help other women.” Now, I’m not condemning the poor girl to fire and brimstone, but it’s an important reminder to note. It’s why I so look forward to spring and the ensuing long lunches in the sun with my girlfriends where we can offload, encourage and reconnect with each other.

As working women and mothers, we need the time to talk about challenges and celebrate how far we’ve come. And maybe also do a little bit of shopping afterwards.

Till next week,

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**Visit Facebook/GraziAsa to be part of our fashion jury every Wednesday – and don’t miss our favourite looks of the day.**

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**Online this week**

Head over to Grazia.co.za for the latest fashion, beauty and health trends.

**Shop The Pages**

See our fashion crushes – shoes, bags and jewellery – at the Grazia shop at Spree.co.za/Grazia.
THE FASHION CHARTS

10  HEAD PIECE
Shop No.2 is your go-to store for all things beautiful. Start with this heirloom head piece for R1 050.

9  UNDERWEAR AS OUTERWEAR
Wear this lace bralette from H&M, R399, with a midi skirt and sneakers for a casual look.

8  IN FULL BLOOM
Add a spring to your step with a pair of glitter-and-flower appliqué heels – they were made for dancing. R765 at Asos.com.

7  RULE IN TULLE
For R1 380, you can have this amazing skirt to finish all your new-season outfits. Gert-Johan Coetzee at Spree.co.za/Grazia.

6  DOUBLE BILL
Amplify the glam factor with a pair of ball earrings from Poetry, R120.
SILKY SMOOTH
Not sure how to cover up for a day affair? This is all you need. Zara, R629.

GLITTER
Pretty Ballerinas will always have a pair of flats to brighten your day. These don’t even need an occasion. R5 430.

CHARMED
Pandora can’t help but make a statement with their charm bracelets. Bangle, R899, charms, from R859 each.

WHAT LIES BENEATH
This underwear designer hand-makes all her pieces. Nette Rose, bralette, from R399, briefs, from R299.

BOHO QUEEN
Feel like a gypsy queen with Bo & Luca’s range of couture and bespoke bridal wear. Made to order.

Riky Rick walked for David Tlale

KwaMashu-born hip-hop star Riky Rick, 29, proved that music and fashion were made to mix when he walked the runway for David Tlale at MBFW Johannesburg. In David’s flowing monochrome designs, he had quite a samurai/sensei vibe going on… #BossZonke

THE SIMONES SHARED A SELFIE TOGETHER

No, not a college friendship – rather, the two most famous Simones in the US Olympics team. After 19-year-old Simone Biles took two gold medals in gymnastics (later to add a third) and 20-year-old Simone Manuel also took a swimming gold, the two teamed up for a selfie to show the world the power of Simones squared.

Overheard

“We gotta do whatever the f**ck… until that one man says, “I appreciate you having condoms. That means you protect yourself”” – Amber Rose telling women to carry their own condoms unashamedly.
ADELE TURNED DOWN THE SUPER BOWL

Or at least, it was the week in which we learnt that Adele had turned down the Super Bowl. At an LA concert, the soul queen, 28, told fans she’d been approached to do the halftime show next year – and why she’d declined: “Come on, that show is not about music, and I don’t dance or anything like that.”

Fair enough.

THAILAND WAS HIT BY 11 BOMB ATTACKS IN 24 HOURS

The country became the latest bombing target, with 11 explosions in five different locations along the Malay peninsula to the south. This could be international terrorism, or an extension of party-political violence that has been building in Thailand for years.

Brendan Dassey was exonerated

Now 26, Brendan was only 16 when police coerced him into confessing that he and his uncle, Steven Avery, 54, murdered photographer Teresa Halbach, 25, in 2005 – as we saw in the Netflix series Making A Murderer. Exonerating Brendan, a magistrate slammed police for ignoring his age and intellectual deficits when interrogating him.

WAYDE VAN NIEKERK SCOOPED SA’S FIRST #RIO2016 GOLD!

SA social media went crazy in the wee hours of Monday morning (it was still Sunday night in Rio), when sprinter Wayde van Niekerk shattered a record that lasted 17 years, to win SA’s first gold medal at the 2016 Olympics. The 24-year-old Capetonian finished metres ahead of the other runners in the 400m final, which he ran in 43.03s – 0.15s faster than the world record Michael Johnson set in 1999. Plus he got to take a victorious selfie with a hugely impressed Usain Bolt – double score!
Growing up is hard to do

NOT FOR ALL THE MONEY or Ryan Goslings in the world would I ever go back to being a teenager again. I usually have that thought a million times a day, but it really struck home when the video of Malia Obama taking a small toke on what looked like a joint (it’s definitely a joint) trended on social media.

Let’s not even try to pretend marijuana is the issue. It’s not. Everyone from Natalie Portman to Oprah to, uh, President Barack Obama has smoked weed in their lifetimes. And there’ll be no warrant for Malia’s arrest either, because if she was smoking pot at Lollapalooza, marijuana has been decriminalised in the state of Illinois. No harm, no foul.

The only crime here is the fact that one of Malia’s inner circle seems to be responsible for ratting her out in the first place.

All for 15 minutes of fame. Which quickly turned to infamy, after Malia fans bombarded 18-year-old Jerrdin Selwyn’s Instagram profile with snake and rat emojis.

“I caught Malia smoking pot, and I have the pictures to prove it,” Jerrdin told Radar. “You could smell the marijuana smoke. I saw some guy hand her a cigarette, and she took at least one hit on it. She had it in her hand for about one minute, then gave it back to him.”

It’s a classic mean-girl move. And it has “high school” pettiness written all over it.

Sadly, at some point in our lives, we’ve all been Jerrdins. Or we’ve allowed ourselves to be influenced by the Jerrdins/Heathers/Regina Georges in our group.

But once the hormones settle – and they do – you begin to realise that who you are is reflected most accurately by whom you choose to surround yourself with. And maybe that seemingly cool chick you’re dancing with at the festival doesn’t have your best interests at heart.

It’s a tough lesson to learn, but one we all do eventually. Even if we’ve been living a sheltered existence at the most famous house in the world for the past eight years.

But with the rest of her gap year ahead of her and a place at Harvard University to look forward to in 2017, Malia has plenty of time to find the right kind of people she should be hanging out with.

PUFF ’n PASS?

These celebs like to smoke it up too…

Cameron Diaz
Snoop Dogg may have been her dealer in high school… “He was very tall and skinny and wore lots of ponytails in his hair, and I’m pretty sure I got weed from him. I had to have!”

Lady Gaga
It’s a great source of inspiration for Mother Monster. “I smoke a lot of pot when I write music.”

Susan Sarandon
“I believe in individual rights. I mean, I would like to see everybody be able to smoke pot.”

Miley Cyrus
“I think weed is the best drug on earth. One time I smoked a joint with peyote in it, and I saw a wolf howling at the moon.”

Whoopi Goldberg
After she won her Oscar in 1991, Whoopi revealed, “I learnt a great lesson, though: Never smoke pot before there’s a possibility of having to talk to a hundred million people.”
1. NEW IN
UZO ADUBA
The Orange Is The New Black actress’ recent cover and interview in a US magazine is a huge inspiration to any woman who has ever considered quitting anything.

2. UP
J.LO
Forget The Back-Up Plan. Forget Gigli. J.Lo starring as “cocaine godmother” Griselda Blanco in an HBO bio-pic is going to be a must-watch!

3. UP
MATTHEW McCONAUGHEY
Big ups to Matt for supporting all the US Olympic teams he saw live in Rio. But why was he by himself? We would be thrilled to keep him company!

4. DOWN
HUGH GRANT
The Florence Foster Jenkins actor admires “French and Italian” men, because they take their marriages seriously but still have casual affairs. You have been warned...

5. UP
KATY PERRY
The cheerful “butt, broekies and bicycle” shot she posted on Instagram proves that Katy still has her cheeky sense of humour. Heh – “cheeky”. See what we did there?

6. DOWN
MICHAEL PHELPS
With 23 Olympic gold medals, the swimmer should be “up”. But after that scary #Phelpsface he pulled during the warm-up? Run, Chad, run!

7. UP
BOITY THULO
High Rollers is already one of SABC3’s better soaps, so we’re looking forward to her debut on the show. She’s sure to be at the centre of some fireworks!

8. DOWN
CHLOÉ GRACE MORETZ
First, she disses Kim K’s naked selfie. Five months later, she uploads a nude pic of herself (taken by her BF, Brooklyn Beckham) on Instagram. Double standards, much?

9. UP
MICHELLE WILLIAMS
She owned the “Poor Michelle” meme – it lampoons her as the “least famous” Destiny’s Child member – in a funny shoe store ad. Take that, haters!

10. NEW IN
BENITA ABRAHAM
After her seven-month job search secured her an offer, the 37-year-old from Long Beach, California created a witty “engagement pic” spoof on Facebook. LOL – hope they’re very happy together.
THE KARDASHIAN-JENNERS and the issue of race
THE KARDASHIAN-JENNER pool of partners just gained a new member – Kendall Jenner and A$AP Rocky are rumoured to be dating. He joins Corey Gamble, who is dating momager Kris Jenner, Kanye West, husband to Kim Kardashian, Lamar Odom, who is still being cared for by almost-former wife Khloé Kardashian after his near-death overdose experience, and Tyga, Kylie Jenner’s on-again/off-again...
boyfriend. And this is just the line-up of men currently in the lives of the Kardashian-Jenner women. We mustn’t forget the likes of Ray J, Reggie Bush, James Harden and Nick Cannon, among others, who make up the list of exes.

As for Rocky and Kendall, the Fashion Killa rapper and the 20-year-old model were spotted together as recently as last week, when they joined Kylie for her 19th birthday celebrations. Kendall’s romantic life has always been kept out of the spotlight, but if this big reveal is true, it brings up an often-asked question about the Kardashian-Jenner women: what is this apparent obsession they have with dating and marrying black men?

CARICATURES OF BLACK WOMEN

In a recent screening of Khloé’s Kocktails With Khloé talk show, she was quizzed about her and her sisters’ enthusiasm for black men by guest Pauly Shore.

After deflecting with a comment about Kourtney having children with a white man – Scott Disick – and saying that she can’t speak on behalf of her sisters’ vaginas, Khloé said that being with black men is all she knows. She went on to say it’s what she likes, adding: “I’ve never seen a white penis.”

TMI or not – in fairness, she’s right. Perhaps this is quite simply her preference; maybe she’s only attracted to black men – people are entitled to date, marry and procreate with whomever they wish. But it seems to go deeper than that with the Kardashian-Jenner women.

While on the arms of these rappers, bodyguards/minders and athletes, they’ve each morphed into
Men like Tyga may date white women like Kylie Jenner (below) because being with a lighter woman supposedly gives a man higher status. Like their sisters, Kylie (bottom) and Khloé (right) often appropriate black body images or hairstyles caricatures of black women – from the curves of their bodies to the plumpness of their lips and their hairstyles of choice.

These choices are then lauded by mainstream media as ground-breaking trends – an illusion they seem to be caught up in too. Just last week, Khloé was forced to delete the “bantu babe” caption from a photo she posted to Instagram of herself sporting bantu knots – a hairstyle indigenous to Africa for hundreds of years and definitely not a first by a Kardashian. And who can forget the cornrows that Kylie, Kim and Khloé keep wearing, as if they conceived the hairstyle and have bestowed it on the world?

THE FETISH GOES BOTH WAYS

But it would be remiss to believe that the men they date have no part in perpetuating the stereotypes that these women throw on like accessories – the fetish most certainly goes both ways.

It is a narrative that we have seen so many times in pop culture – as rappers and athletes gather more money and fame, so the women at their sides become lighter, with white women being seen as the pinnacle of that success.

Just ask The Game, who raps in his new track, Sauce, that he used to sleep with women that Usher passed on but then upgraded to “three Kardashians”. And it’s not just Kim and her sisters who embody this. On the E! Entertainment show WAGS, almost all the professional male athletes are black, and almost all of their wives and girlfriends (“WAGs”) are white women.

But lighter skins are not enough. What the Kardashian-Jenner women have been able to give these men, is the status of a close engagement with whiteness and the “perks” of a black woman’s body. This is problematic behaviour; it perpetuates messaging that continues to tell black women that they are not enough.

While the Kardashian family is not without blame for their appropriation of black culture, Kylie’s latest campaign imagery for a popular sports brand is a great example of how mainstream media and fans need to shoulder equal responsibility for this. We have contributed to their applause and fame – and therefore we are complicit in it.
10 HOT STORIES

...EVERYONE’S TALKING ABOUT THIS WEEK

1

FASHION’S DAY OUT
THE WHO'S WHO of South Africa's fashion industry was out and about at Nelson Mandela Square in Jozi to see the S/S collections of some of Africa's top designers showcased at AFI's Mercedes-Benz Fashion Week Johannesburg. Standing out from the crowd was MaXhosa by Laduma, who gave us a taste of what makes South Africa great with his Xhosa-inspired knitwear designs. It's a mixed palette of pastels and brights and an explosion of prints and tassels – we'd suggest you get your orders in before he totally sells out.

One would say that this fashion week was a collab heaven, with celebrities partnering with designers to create runway collections. First up was Colour by Nandi Madida and Inga Madyibi – the feminine silhouettes and dreamy resort wear were a hit with everyone in the audience.

Next up was AFI's Fast Track, in which the finalists joined forces with celebs Minnie Dlamini, DJ Zinhle and DJ Tira. Day two also saw Nhlanhla Nciza debut her collection, NN Vintage, in ultimate style – with the models dancing their way down the runway.

Closing the festivities on the fourth day was a celebration of all things African with Couture Afrique, which featured designers Mina Evans, Adama Paris and Osuare Egbruonu.

And as we move closer to spring, we now have reason to celebrate in style!
A WEEK AFTER Johnny Depp’s lawyers labelled Amber Heard “manic and irrational” when she was unable to talk during her scheduled deposition about her claims of domestic violence ahead of their divorce proceedings, footage of a visibly drunk and angry Johnny lashing out at Amber leaked online.

In the video, reportedly filmed months before Johnny allegedly threw his iPhone at Amber and gave her a black eye in May, Amber is heard asking Johnny what’s wrong, as he starts slamming cupboard doors in their kitchen, eventually pouring himself half a bottle of red wine in a glass.

When Amber asks if he’s drunk the entire bottle that morning, Johnny appears to lash out at her, saying, “You want to see crazy, I’ll show you something crazy. Oh, you’re crazy,” breaking the bottle and glass before noticing Amber’s phone hidden on the counter, recording the entire exchange.

Because Amber apparently filmed the exchange without Johnny’s knowledge, it’s inadmissible as evidence in court. And sources close to the Hollywood megastar maintain that it’s highly edited, and in parts, which are unseen, Amber can be heard egging a visibly upset Johnny on.

This is all part of Team Depp’s plan to make Amber look bad, as an insider reveals. “They are looking to trash her in the court of public opinion. They want you to believe that he is the mature one and has his act together and she is young and messy and emotionally unstable. If they can portray her as childish and dishevelled and constantly on the verge of crazy hysterics, they think that will give them the advantage.”

It seemed like Team Depp were on their way to doing just that, when Amber failed to make her second deposition appointment last Friday, citing a personal emergency that prevented her from catching a flight from London to LA.

But regardless of the circumstances surrounding it, Amber won the upper hand when the video leaked.

Another insider maintains the divorce and domestic violence dispute won’t go to trial, mostly because Amber just can’t afford it.

“She has less than $100 000 (R1.3 million) left. That may sound like a lot, but it’s not, when she is facing a possible trial and she still needs to pay bills,” says the insider.

That’s why they’ll probably both agree to settle soon.
‘Call me Mrs Madida’

BIG THINGS ARE HAPPENING in Nandi Madida’s life. Not only is she launching her very own clothing label, Colour, with co-designer Inga Madyibi, she’s also the new host of the second season of Coke Studio on e.tv.

Oh yes, and she’s also pregnant with her first child and officially Mrs Madida — after revealing that she tied the knot with long-time boyfriend Zakes Bantwini in a secret ceremony at the beginning of the year.

Making the leap from Mngoma to Colour was a no-brainer, Nandi tells Grazia. “I wasn’t concerned about changing my surname at all. Your career is your career, but there’s so much more to life!

“For branding purposes, it could be an issue, but for me — if you truly are in love — you should embrace it. And now people can finally spell my surname! I dig it. And the fact that this little human being is going to be a part of the Madidas makes it even more special — that’s how I grew up. I think if you’re with someone you really love, you don’t feel like you’re losing anything.”

While we may know her best as a musician, Nandi has always had a passion for fashion. “My mom is my style icon. That’s my first fashion love — being a kid and watching her get dressed up. She’s always inspired me, and she’s always been impeccably dressed.

“Funnily enough, when I was in high school, I used to sell T-shirts, which did really well. The collection was called Couples Clothing and it was for boyfriends and girlfriends, so I had a little fashion line of my own back then. That was my first taste of being in the business of fashion,” she laughs.

But stepping out onto that Mercedes-Benz Fashion Week Johannesburg runway last week was a rush, to say the least. “I can’t explain why, but there’s something so personal about people seeing what you’ve created and them being able to criticise it right in front of you. There’s no way you can distract people — it is what it is. The clothes speak for themselves. It’s so tricky! So you have to make sure whatever you do is great.”

She also scored points with her co-hosting skills on Coke Studio, Nandi reveals. “I worked with my favourite director, and he said, ‘Nandi is a one-take wonder!’ — and I don’t know if that was because I was hormonal and didn’t want to do it more than once, but it was so much fun.

“There was a great ambience, and of course, because I’m a musician too, I was interacting with friends.”

Coke Studio season two begins August 27 at 6.05pm on e.tv. Colour Clothing launches August 31, Colourclothing.com
FOR THE 135 000 refugees from the Sudanese state of Blue Nile, life in the refugee camps of South Sudan holds little opportunity. Food rations have been cut by 30 percent, and the county of Maban, which houses the camps, is desperately poor. Residents can barely support themselves, so the flood of refugees puts the whole region under strain.

As dire as the camps are, life in them is still better than it is in Blue Nile. The tiny state, sandwiched between western South Sudan and the Republic of Sudan, is rich in natural resources like gold, oil and gum arabic. However, a civil war from 1955–1972, followed by another that began in 1983, has left it bereft of schools, medical clinics and food. In 2005, the Naivasha
Agreement officially ended the 22-year war, leading to the creation of South Sudan.

Under the Naivasha Agreement, citizens of Blue Nile were also supposed to hold “proper consultations” about the future of their region in 2011. Republic of Sudan president Omar al-Bashir’s determination to defeat the region’s rebel group, the Sudan People’s Liberation Movement, led to these consultations being scrapped and the war resuming. Although the territory is currently held by the rebels, the president’s forces attack it regularly. War and neglect by the international community has left most of those who remain in Blue Nile with nothing, and children trapped in the area have begun to die of starvation.

Nevertheless, with nothing to support them in the camps, Sudanese mothers like Kaltoum Adouma and Nawah Hassan scrimp and save to afford a lift back into Blue Nile. Braving machine-gun fire and aerial bombings, they collect gum arabic, the hardened acacia sap used as a food stabiliser in everything from marshmallows to Coca-Cola. Or they dig up massive amounts of earth to filter out the tiny gold flakes it contains – anything that will yield an income back in South Sudan.

The whole terrible saga is a testament to the indomitable strength of the human spirit. Women who have to walk in 40°C heat carrying heavy buckets – just to ensure they have water in the refugee camps – aren’t afraid to take on longer journeys and bigger hardships, if it means they can support their children. ■
A WEEK BEFORE HE jetted off to Japan with Sofia Richie, 17, Justin Bieber was skinny-dipping with Aussie model Sahara Ray in Hawaii.

While reps for Justin have been quick to deny that he’s anything more than just good friends with Lionel Richie’s (still) underage daughter, sources close to the 22-year-old say different.

“Soia spent five days in a row with Justin before they left for Japan,” says an insider. “Justin knows she’s underage, but that hasn’t stopped him from plying her with drugs and alcohol – or from sleeping with her.”

The insider adds, “They both think they’ve hit the jackpot. He was her childhood idol. And he says that she is very mature – and he likes that she comes from a rich family, so she won’t try to shake him down.”

And there’s the fact that Justin has taken to Instagram to defend his decision to spend time with Sofia, after Beliebers voiced their displeasure with his girlfriend of the moment by leaving snake emojis and mean comments on her profile.

While Justin threatened to make his profile private if they didn’t stop, Selena Gomez weighed in on her ex’s choice by commenting: “If you can’t handle the hate, then stop posting pictures of your girlfriend. LOL. It should be special between you two only. Don’t be mad at your fans. They love you.”

When Justin hit back by sub-commenting: “It’s funny to see that people used me for attention and still try to point the finger this way. Sad. All love,” Selena clapped back with, “Funny how the ones that cheated multiple times are pointing the finger at the ones that were forgiving and supportive. No wonder fans are mad. Sad. All love.”

This sounds like Sofia is headed for a world of heartbreak…
THIS WOMEN’S MONTH, Brutal Fruit assembled some of SA’s fiercest influencers, businesswomen and all-round badasses to discuss everything, including the importance of equality in relationships and breaking down barriers, in a four-part video series, #SheRocks.

The group includes fashionistas Sarah Langa Heaton and Tshepi Vundla as well as entertainment blogger Allegro Dinkwanyane.

“We were able to share ideas and celebrate women – without judgement,” Sarah tells Grazia exclusively. This initiative allows us to talk about issues that women experience on a daily basis, and, instead of shining a negative light on these subjects, we bring out positive aspects with the hope of driving and motivating amazing women.”

There are a couple of things we should be more open about, says Tshepi. “I feel women should talk more about the issues they deal with in their relationships, especially if they’re in abusive relationships, and the challenges they face in the workplace.”

Sarah adds, “I think we waste too much time talking about each other as opposed to empowering ourselves through conversations with other women.”

Allegro hopes these conversations lead to bigger things. “I would love to see more women creating their own opportunities and working hard to achieve their dreams. We need to be more independent and vocal about our views in order to change the conversations we have as a society. We need to get up and claim what’s rightfully ours by working hard, having passion for whatever it is we wish to excel in, and then supporting those who wish to follow in our footsteps.”

To see more, watch #SheRocks on Graziadaily.co.za and follow #SheRocks on Twitter
IF THE OXFORD DICTIONARY can choose “Face with Tears of Joy” emoji as its “word” of the year, then we can emblazon everything with emojis. Apple is set to launch 100 new emojis – and brands such as Acne Studios fancy them as the coolest print this season. Now’s the time to wear your emojis on your chest.
1. **Mango**, R349
2. Anya Hindmarch at Stylebop.com, R14 750
3. **Factorie**, R199
4. **The Fix**, R80
5. **Alison Lou** at Net-a-Porter.com, POR
6. Asos.com, R330
7. Nila Anthony at Superbalist.com, R449
8. **Mr Price**, R130
9. **Zara**, R659
10. **Topshop**, R69
11. **Ghost Goods**, R100

ONLY R130
AT LAST COUNT, there were 442 refugees living in Australia’s detention centre on the Pacific island of Nauru. Last week, thanks to a leak of more than 2,000 incident reports, it became clear just how brutal life in the detention centre can be, especially for the 49 children who now call it home.

Of the 2,116 incidents of violence, sexual assault, self-harm and suicide attempts recorded by officials at the detention centre from May 2013 to October 2015, more than half involved a child.

In one incident, a child requested two minutes of extra shower time and was promised she would receive it in exchange for sexual favours. The report states: “It is a male security person. She did not state if this has or hasn’t occurred. The security officer wants to view them having a shower.”

In two other cases, security guards are written up for laughing at a girl who has sewn her mouth shut, and a guard is accused of grabbing a boy and threatening to kill him.

In July, during a visit to the island, representatives from Amnesty International and Human Rights Watch were adamant the Australian government knows exactly what’s happening to the refugees and were refusing to offer further aid, hoping that Nauru and their detention centre on Manus Island near Papua New Guinea would serve as deterrents to anyone seeking asylum in the country.

Some of the refugees in Nauru’s detention centre have been waiting in asylum limbo for almost four years.

South African filmmaker Tarryn Crossman, who journeyed to Nauru to film a documentary for The Guardian, tells Grazia exclusively: “What Australia is doing to these asylum seekers is a crime against humanity. These people need to be given refugee status. They are highly skilled and intelligent. All they want is to be settled in a country where there is no war, and they can prosper.

“Two lines from the doccie that I can’t get out of my head are: ‘The best years of my life are being wasted,’ and ‘What is the point of surviving the sea, just to die in here?’”
AFTER SAYING GOODBYE to Cashtime Life Records back in March, Skhanda Queen Nomuzi Mabena has come back fighting, dropping her first single, *Recipe*, from her very own label on Bonang Matheba’s Metro FM show last week.

Nomuzi Mabena Music is finally a go, and it’s all she could have hoped for, Nomuzi tells Grazia. “I started my own label after going independent because I struggled to find a record label and management team I felt could really oversee my brand. “Instead of relying on others, I decided to do it myself. I know my brand better than anybody else does. I want to be able to choose the services I want from people, as opposed to someone taking over my entire project and not caring about my process, thoughts or creativity.”

But being your own boss doesn’t come without making a few sacrifices. “The hardest part has been the finances. All the costs fall on you, and you’re in charge of marketing, recording, staff, all of that.”

Like Nomuzi herself, her music is always evolving. “The music I was making before had a skhanda influence, but *Recipe* feels and sounds more like me.”

As she raps in *Recipe*, “I’m the queen of my castle, got no time for assholes,” Nomuzi is more than capable of holding her own – and life is good right now.

“All the hard work we put into this has finally paid off. I’m excited, and I think my fans are too. I’m happy to be able to celebrate this with them.”
RING MY BELL

LET YOUR OUTFIT MAKE a statement with the latest trend: the flare. Wear fitted items with your bell-sleeve tops or pants, so that the dramatic shape really stands out. You’ll have heads turning in every direction.

1 Zara, R629
2 Mr Price, R120
3 H&M, R499
4 Topshop, R759
5 The Fix, R300
6 Jacquemus at Net-a-Porter.com, R9 250

TheStylista.co.za hit the streets of Jozi and spotted these girls packing some serious style punches.

KHANYA MODPA
25, Auditor

Get the look

1. **BLAZER:** Khanya turns hers into a dress and we love it!
   
   H&M, R399

2. **DRESS:** It’s a sexy throwback to the 70s.
   
   Mango at Spree.co.za/Grazia, R949

3. **BOOTS:** Going over the top and over the knee never looked so hot!
   
   Kurt Geiger at Spitz, R4 995

‘My fashion is an expression of who I am’
KEABE MAUTLA
29, Analyst and software delivery manager

DRESS: This show-stopper speaks for itself! Need we say more?
COAT: The soft caramel is the perfect shade to complement Keabe’s knockout frock.
SANDALS: Ideal nude heels add the chicest finishing touch to this head-turning look.

CASSANDRA NAIDOO
20, Student

NECKLACE: This statement piece adds an elegant look and feel to Cassandra’s feminine ensemble.
DRESS: The flowing long-sleeved, turtleneck shift is classic and uncomplicated in all the right ways.
BOOTS: Cassandra keeps the rest of her look street-style savvy with her go-to ankle boots.

ALICE ROWLANDS MUSUKWA
27, Model

JACKET: We love how Alice adds a touch of structured edge to her feminine outfit with a sleek leather jacket.
SHORTS: Cute, fun, oh-so chic and bang-on trend! We love these flirty short ones.
HEELS: What better way to make a statement than by stepping out in these endless wrapped gladiators?

‘Say it with your style!’
‘Dress for you and only you’
‘Be bold, be great and do it in style!’
Aren’t you #blessed to be asked to so many weddings this season that your fridge is now a blizzard of invitations? We’ve put together some tips and tricks to get you through the current wedding-go-round.
HERE’S HOW TO PLAN and execute multiple wedding attendances without going into burnout or meltdown by wedding number seven.

RSVP STRAIGHT AWAY
It’s still common politeness to respond to a wedding invitation promptly. Space considerations may have caused a family member to be snubbed, so a dear old friend like you could stay on the guest list. If you can’t go, a prompt refusal gives the couple the chance to mend a few family fences.

Alternatively, if you’re a distant relative invited out of duty, and you can’t make it, the happy couple will appreciate early notification, so that they can surround themselves with friends they are closer to on the day. There is no “modern” rule for showing up without an RSVP, or saying you’ll attend and then not arriving: those are both still classed as plain rude.

READ THE INVITATION PROPERLY
Despite the electronic revolution, most brides, mothers of brides and wedding planners are still big fans of the printed wedding invitation and reply card. So you might have to fill in a reply card and actually post something through snail-mail. Emails and texts can get overlooked, so if they’re expecting postal RSVPs, it’s safer to comply.

That said, anything you’re invited to by email – bachelorette parties and rehearsal dinners, perhaps – can be responded to in the same manner. But do read invitations properly, not just for details like date, time and venue, but also for info on the dress code, gift registry and how many people are actually being invited.

CHECK IF PLUS-ONES ARE INCLUDED
If you’re not seeing anyone seriously, and you’re invited alone, depending on how close you are to the bride, you can perhaps ask to take along a plus-one, but it’s seldom a good idea. Letting your hair down with old mates while trying to make sure someone you don’t really know that well isn’t feeling left out socially is a juggling act nobody needs. Besides, the groom may have that one dreamy single friend who just got back from backpacking through Brazil...

BUY A GIFT EARLY
Once you’ve accepted the invitation, the quicker you check out the gift registry, the better. Modern couples tend to marry older, when they’ve already collected all the basics they’ll need to run a household, so wedding gift registries tend to be more wish-lists these days, containing a lot more luxury items.

If you’re on a limited budget, you’ll want to get them something they love that is still affordable – so the quicker you check out the registry, the less chance you’ll end up overspending if someone else gets there first.

CLUB IN TO LOWER DESTINATION-WEDDING COSTS
Destination weddings get ever-more popular, but they can also blow a big hole in your budget. Early action is again your friend here – find out how many other guests are travelling to the wedding from your area, and see if you can get everyone into a block-booking group; this helps cut costs for both transport and accommodation.

SKIP SOME EXTRAS IF YOU’RE OVER-COMMITTED
A wedding every weekend is one thing, but do you have to go to all the bachelorette parties too? No, not...
really – just those of your besties. “Am I in the bridal party?” is a good rule of thumb when deciding here. If you’re not that close to the bride or groom, you can skip all the other festivities except the wedding.

At destination weddings, this might include a lazy, boozy brunch the morning after – unless it was included in your RSVP, this is also optional if you’re not that close to the couple.

REMEMBER: IT’S NOT ABOUT YOU
Wedding fatigue is real: while these are usually occasions of great joy, they also bring you into contact with families you may never have met before, various folk whose own relationship with the bride and groom is fraught with its own history and subtext, as well as a mixture of ritual, religion and theatricality that can engender all kinds of tensions in the bride, groom and family members if there’s a glitch.

Your job as a guest is to smile, share their joy, make pleasant small talk with people you may not know, and build a harmonious atmosphere. So avoid controversial topics like religion, politics and race.

Above all, don’t get blotto and embarrass yourself or anyone else. And if it really is a tedious, painful affair – and you have another wedding next week, and the week after – grin and bear it until at least the first dance and the throwing of the bouquet (even if you’re thoroughly over the whole idea – you don’t have to catch it, you know). Then you can make polite excuses to the bride and groom, and leave them to their party.

If it’s your wedding, you get to decide how big or small you want the social media buzz to be. If you want to be the first to release your memories online, you can request that guests don’t post any pics until a certain date and time.

Don’t overshare the build-up on your social media accounts. You want to leave some surprises on the day.

Some couples have no qualms about live-posting the whole affair, while others will want only their official photographs online. Some want the professional shots to go out first, and then grant their guests carte blanche to share what they like. If the couple doesn’t make this clear on the invitation or before the ceremony: ask.

If you’re at a wedding that the couple want to make an online event, oblige them and use their official hashtag.

Stay out of the way of the pros. If you’re snapping your own memories, make sure you can do it from where you’re seated, without getting in the way of the professionals trying to do their jobs.
‘There’s no good reason to announce your relationship problems on social media’

This week, Barry Bradshaw looks at the trend of sharing your break-ups, and make-ups, on social media — and why you should never, ever do it

THE FIRST THING I DO every time I start a new relationship is I sit down and show my new partner the copy of the contract that we both have to sign. There are a number of excellent clauses and conditions, but one of the most important is section 4(a): “When we have a quarrel, or even when we break up, there will be a three-day cooling-off period before either party is allowed to discuss the quarrel or the break-up with any current or future friends.”

I’m kidding, I don’t actually have a contract that I force new partners to sign, but I kind of think I should — and they can add and negotiate clauses of their own — because it’s easier to make smart decisions when you’re calm and when everything is going well. If only we could make those decisions legally binding, it might save a lot of trouble down the line.

And really, that’s one of the biggest problems with fighting — that you tell someone else, and then they know about it, and then even after you’ve sorted out your domestic dispute, it still exists out there in the world. You’re both all lovey-dovey, but it hasn’t gone away. It exists, and your partner’s friends are never as forgiving of you as your partner is. Now when you all hook up, there are arched eyebrows and narrowed eyes and faint insinuations, and you find yourself saying to your partner, “What’s her problem with me?” or “Why doesn’t he like me? What have I ever done to him?”

I’m thinking of adding to the clause, so that it applies to social media, but doubly so. Consider what happens with those lame break-ups. Someone says something, someone else says something, and then it escalates because one or both of you haven’t had a large enough breakfast and your blood sugar is low, and then it’s “Let’s break up!” and “Fine by me!” A couple of hours later you’ve had a cronut and a coconut water and you sheepishly make up, and as long as it’s just between the two of you, no harm done, but if you’ve rushed off and changed your relationship status to “Heartbroken”, or she’s instgrammed her engagement ring landing with a small splash in Zoo Lake, it becomes more tricky.

Now you have to spend the next week tweeting happy photographs of yourselves together and nauseating your friends by tagging your partner in Insta posts of your breakfast. It goes against my nature to feel sympathy for a Kardashian, but that’s what recently happened with Rob Kardashian, the least attractive and second-most manly of the Kardashian clan. His break-up/make-up with Blac Chyna is never going to go away now.

There’s no good reason to announce your relationship problems on social media. The only reason to do it at all is to try to garner sympathy and support and to turn people against your partner, and that’s a very bad reason, even if you don’t wind up kissing and making up a day or so later. Relationships are a difficult enough balancing act when there’s just the two of you. When you start letting other people onto the tightrope, it sags and wobbles, and you’re probably going to fall off. When you let everyone from social media on as well, you’d better have a big safety net.

NEXT WEEK: Barry on the problems of dating someone with a squad.
FREE SPEECH? OR HATE SPEECH?

A Canadian comic has been fined $42,000 by Canada’s Human Rights Commission – for making nasty jokes about a youngster with a disability. We canvassed a few contrasting opinions…
IN 2005, then-eight-year-old Canadian Jérémy Gabriel, who has Treacher Collins syndrome, realised a dream of singing for the pope. Treacher Collins causes facial disfigurement. Deafness is also a symptom, so it was miraculous that Jérémy could sing at all.

He achieved minor celebrity status in Canada, particularly in his native Quebec. He sang with Céline Dion and also performed the national anthem before an international ice hockey match. Six years later, Jérémy was still a celebrity, albeit in the patronising, over-exposed, “disability porn” sense that South Africans bestowed on progeria sufferer Fransie Geringer.

That’s when Mike Ward, a Canadian comic who loves “dark” material, made fun of Jérémy at the Nasty Show, a hardcore event during Montréal’s annual Just For Laughs/Juste Pour Rire Festival. He claimed that Jérémy was a Reach for a Dream kid, implying that he had a terminal illness, and Mike wanted to know why he wasn’t dead yet, because he found Jérémy’s frequent appearances so annoying. He went on to claim that the child was “unkillable”, as he, Mike, had “tried to drown him once”. His punchline: “I looked up what his disability is – turns out, it’s that he’s ugly.”

Jérémy and his mom were devastated. The boy claimed that Mike’s widely publicised jokes caused him to be bullied at school and resulted in so much personal anguish that he considered suicide. They approached the Canadian Human Rights Commission (HRC) in 2012, and earlier this year the HRC ruled that Mike had infringed on the “dignity, honour and reputation” of a disabled person. He was ordered to pay Jérémy and his mother $42 000 (R435 000) in moral and punitive damages.

The verdict kicked off a furore, with anti-hate-speech campaigners and disabled rights activists arguing with free-speech activists and comics claiming that the right to comment freely on public figures was being infringed. Mike is appealing the ruling, arguing that he has been punished for treating a disabled person “just like anyone else”.

We asked two South African mothers what they thought of the issue, and where the line between free speech and protecting people with disabilities from discrimination should be drawn.

“OUR OWN DISCOMFORT WITH DISABILITY LANDED US IN THIS MESS”
Margot Bertelsmann is a parenting and health journalist. She has a son with spina bifida.

A society that endlessly sentimentalises disability is what makes the transgressive taboo-busting of kicking a disabled kid when he’s down so shockingly funny. Yes – it is our own discomfort with disability that landed us in this mess. We treat disabled people like mascots. We feed an endless appetite for inspiration porn, robbing disabled people of agency. We use their bodies without permission in memes plastered over Facebook posts like: “The only disability is your attitude” – and then we blame a comic who can’t see the person past the opportunity to crack a funny? I’m sorry, but no.

A comic’s job is to poke where it hurts. When Mike refuses to see disabled people as sof-focussed saints, but as useless and ugly, he is at least pointing out the limiting dichotomy. He could have gone further and undermined the idea that there are only these two options, the
I DON’T THINK COMICS ARE CELEBRATED FOR THEIR PIETY

Tumi Morake is an outspoken stand-up comic, mother of three and wife of one.

This lawsuit was the big conversation when I was at the Edinburgh Festival in 2013 – I can’t believe it took so long to get a verdict. The most common response I heard to this incident was: “That was so funny because I was thinking it, but I would never dare say it.”

I don’t think comedians are celebrated for their piety, political correctness or righteousness – we are the pea in your princess mattress of rules and censorship. Mike’s gag tickled me because it was so wrong at face value. But I also think we are so condescending and patronising to the disabled community – when we are not bullying them.

I found some kind of in-between: comedy. If we are going to talk about equal rights, then the disabled have an equal right to occupy the space that all fat, thin, big-dicked, small-dicked, Muslim, Jewish, poor, rich occupy in our jokes. I don’t want to argue free speech here – I’ll leave that to the gatekeepers. This is about comedy.

And for crying in a bucket, it was part of a show that promises to offer jokes that are an affront to the very delicacy of political correctness. What killed me about the gag wasn’t the kid, it was Mike’s apparent ignorance and flippancy towards the condition – and our human knee-jerk reaction of accepting mediocrity if it’s gift-wrapped in “disability”. We’re always: “Oh shame, he’s dying” or “Oh shame, it’s a kid.”

I reckon Mike didn’t lose this case because he bullied a kid, those boundaries should remain.

Jérémy’s response would have been more powerful if, instead of suing, he had sought a sponsorship from, say, an energy drink brand, rebranded himself “@Unkillable” on Twitter and tweeted “Jérémy Gabriel: six years undead. Mike Ward: six years unfunny.” I bet he would have made more than R435 000, too.

I like it because it works as a counterpoint to the nauseating, self-congratulatory schmaltz out there – and because it actually starts to make us question attitudes about disability: that disabled people are less desirable, a parent’s second prize, broken.

I have a disabled child, and yes, hell would have no fury like mine if a comic with no disability other than his personality were to speak about him. I despise Donald Trump for mocking a disabled journalist. I shudder to think a madman in Japan hates disabled people enough to kill 19 of them last month.

But I don’t think we should make the unpalatable illegal. I distrust censorship. I trust cultural pressure to keep the boundaries of decency in the right place, and I believe crossing them occasionally helps us define where those boundaries should remain.

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A COMIC’S JOB IS TO POKE WHERE IT HURTS

and he’s deaf, I’m going to love him almost as much as my other kids. Even though he’s broken, I don’t care. I’m going to keep him for the parts.”

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WE ARE SO CONDESCENDING AND PATRONISING TO THE DISABLED COMMUNITY – WHEN WE ARE NOT BULLYING THEM

he lost because Jérémy, now 19, claims he lost gigs because of this gag. Which, if it is true, is possibly Mike’s fault, so maybe he did suffer real damages.

With regard to our “ag, shame” attitude towards the disabled – compared with the way society generally ignores them – Mike is like the little boy in The Emperor’s New Clothes who tells everyone that the emperor is, in fact, naked.

What if it were my kid, you ask, all self-righteously? Well, that’s the irony, isn’t it? Mess with me, and I’ll let karma do its job. But mess with my kids, and I will become karma.
Naked yoga, naked dining and naked dating have all gone mainstream in 2016, while #FreeTheNipple and #FreeThePeen continue to trend. It’s official: no matter what your reasons, there has never been a better time than now to strip down in public.

IN THE PAST MONTH ALONE, Orlando Bloom paddle-boarded naked, Justin Bieber went skinny-dipping in Hawaii, Kendall Jenner and Bella Hadid showed support for #FreeTheNipple — and the UK got a literal eyeful thanks to the brand new Channel 4 dating show *Naked Attraction*, in which contestants (and viewers) are given an uncensored look at potential dates from the bottom up.

It seems the hottest thing to do in 2016 is strip down. Just ask the queen of the nude selfie, Kim Kardashian West. Back in March, Kim’s nude bathroom selfie saw her modesty (ha!) protected by two strategically placed black bars. Not the first time we’ve seen her in her birthday suit, but it still caused a stir, with everyone from prude Piers Morgan (obvs) to Chloë Grace Moretz (less obvs) disapproving.

After reaching her goal weight after giving birth to Saint seven months ago, Kim has promised the world another naked selfie to celebrate. That’s why she likes to strip off so often, she says: “I do what makes me happy — I want women to be confident, and I’m so supportive of women. I feel good about myself!”

Even though public nudity is no longer reserved for exhibitionists, as Kanye West proved with his music video for *Famous* at the end of June, it still has the power to attract attention. With the help of nude waxworks of Donald Trump, Anna Wintour, Amber Rose, Ray J, Caitlin Jenner and arch nemesis Taylor Swift, Kanye recreated Vincent Desiderio’s 2008 painting *Sleep* with a celebrity twist. Instead of power, nudity in this context stood for the vulnerability.
celebrities feel being constantly scrutinised in the spotlight.

Spencer Tunick has made a name for himself photographing large crowds of naked bodies all over the world for the past 20 years, but this year the US photographer outbid himself with not one, but two naked installations. The first saw him gather 3 200 relative strangers in the UK city of Hull last month, have them paint themselves various shades of blue and lie down to create a moveable ocean of people for the Ferens Art Gallery – called Sea of Hull.

As one participant explains, “Lying on the pavement at the final location, a street in the city centre, was the closest I’ve ever been to an absolute stranger’s body, yet the experience wasn’t sexual in the slightest. I was surprised too by how quickly you embrace the nudity and shed any embarrassment.”

Spencer’s second piece, a week later, saw 100 women in Cleveland pose naked holding mirrors during the Republican National Convention – “to reflect their anger through art against the hateful repressive rhetoric of many in the Republican Party towards women and minorities”.

Of the outcome, Spencer says: “It was exactly how I envisioned it. I feel the women sent a powerful art message out there, that they were going to go beyond their limits to show their frustration by making this collaborative artwork with me.”

Far from making political or artistic statements, nudity has also made its way to yoga studios and restaurants all over the world. London opened the doors to its first naked dining restaurant, the Bunyadi, in June – with the waiting list up to 46 000 names at the time. Similar restaurants have popped up everywhere from Tokyo to Milan, Melbourne and Paris.

Dubbed “foodies for nudies”, this dining experience offers a “naked” menu of raw, organic food to be eaten in flattering candlelight along with a strict “no cellphones” policy.

While strangers in Europe and Asia get to eat in the buff together, over in LA the trend of doing downward dog sans tops is taking off in a big way. Free The Nipple yoga is basically an IRL extension of the social-media movement to desexualise women’s nipples. The topless yoga trend follows the wake of Instagram sensation Nude Yoga Girl, who first began posting her black-and-white yoga poses at the end of last year.

Maintaining anonymity, Nude Yoga Girl, 25 – who is also a model and photographer – reveals: “I’ve been working in an industry that is purely based on looks since I was 15. Yoga has taught me that the most important thing is how I feel, not how I look from the outside. During yoga classes everybody just concentrates on their practice; people don’t compare each other or care how anybody looks.”

Naked yoga classes have yet to take off here, but judging by her Instagram feed, Zuraida Jardine is a big fan of yoga in the buff.

Going braless is something models-of-the-moment Kendall Jenner and Bella Hadid are happy to throw their support behind too. “I really don’t see what the big deal is with going braless!” Kendall says: “It’s sexy, it’s comfortable, and I’m cool with my breasts. That’s it!”

Bella explains: “I love that women can be feminine but also powerful. It’s fine if you don’t want to show your body like that. But if a woman wants to show her body, I’m all for it.”

Closer to home, we’re embracing the concept of Naked Girls Reading – which is exactly what it sounds like. It began in Chicago in 2009, reached Cape Town in 2014 and can now be found at Popart in Maboneng, Jozi.

In March, Popart co-founder Hayleigh Evans stripped off on stage with Lex Lafoy, Alicia Skead and Hlulubu Mthimkhulu to read extracts from books by authors like Charles Bukowski and Haruki Murakami for the Love and Lust theme.

Of the experience, Hayleigh tells Grazia: “It’s incredibly nerve wracking for the first five minutes, and then, once you settle in, both the performers and the audience seem to let go of the nudity and focus on the literature. I think that’s the power of the device.

“Walking off stage is pretty empowering – audiences are generally incredibly respectful and amazing. And it’s wonderful to reconnect with the other girls backstage. It feels like a hell of a celebration of us as strong and comfortable women.” Naked Girls Reading returns to Popart in October, and Cape Town in December.

Basically, there are a lot of good reasons to get your kit off, whether it’s celebratory, about empowerment, an act of protest or all of the above. But the only thing that really matters is that the choice is yours.
Pretty in PINK – or should these celebs have opted for a whole other look?

Reese Witherspoon

Elizma

The handbag and the hat are too big – your bag should be in proportion to your body, and it doesn’t match the look… 3/10

Nonkuthalo

Little House On The Prairie, anyone? This is a bit of a disaster. 1/10

You

This is so effortlessly stunning! 8/10

Boipebo Pule

Salmah Hayek

Christopher

This is such a classy and sophisticated look – a woman ready for anything. It’s my favourite. 10/10

Nonkuthalo

This is a bit too frumpy for my taste – she can do so much better. 4/10

You

It’s a nay from me. The dress pattern looks tacky. 3/10

Lee-Ann Mayimele

Grazia fashion director

AND YOU

Give us your chic critique every Wednesday on the GraziaSA page on Facebook

Our panel

Christopher Jafta
Top Billing presenter and model

Elizma Smith
Co-owner of XTreme Lashes South Africa and image consultant

Nonkuthalo Thithi
Grazia fashion director

Our Panel

4.0 points

5.7 points
KATE BOSWORTH

CHRISTOPHER
She looks very relaxed in this outfit, like she’s ready for summer. But I don’t think it’s that fantastic. 5/10

ELIZMA
I’m not into the new botanical look at all. Too many flowers. 3/10

YOU
It looks good on her – but only on her! A vintage outfit matches classic beauty... 8/10
CARLA JACOBS

SARAH-JANE CRAWFORD

CHRISTOPHER
Wow! This is a great dress, and the colour complements the TV presenter’s skin tone. This is a winner in my books! 9/10

NONKUTHALO
If you’ve got it, why not flaunt it? A simple evening look that works. 8/10

YOU
Too cute! Loving how laid-back yet sexy the look is. 10/10
USISIPHO QAMATA

RITA ORA

CHRISTOPHER
This reminds me of Fresh Prince Of Bel Air... Very sweet, but no thanks. 3/10

ELIZMA
The tracksuit – or moon-suit – could work, but her hair colour is clashing with the outfit. 3/10

YOU
Looks like she should be parachuting out of Barney the dinosaur’s plane. 3/10
MANDY MORROW
Lisa-Marie Johnstone, 26, is an event planner and co-ordinator at White Lace Events, so she knows how to put together a great party. Here’s how she goes from recce to finale, all while looking great.

**Work functions**

I always stick to black. The LBD is my go-to when coordinating an event. I add in some colour with a bold lipstick or gorgeous neck candy. It’s important for me to look event-appropriate while also differentiating myself from the guests. By throwing on a tailored blazer, I can keep my look more corporate. On event days I opt for cute yet comfortable – block heels are a win!

**Scouting venues**

For site visits and decor sourcing, comfort is key. I often spend my days doing a lot of walking, shopping and carrying, yet I try to always look professional and on trend when meeting with my suppliers. I would pair a more formal blouse or shirt with fitted trousers and embellished flats, throw over a bright cardie or blanket wrap – and always accessorise with a fab handbag.

**Day-to-day**

No day is the same, and my style reflects that. My regular look is a pair of jeans with a simple, classic blouse glammed up with a statement necklace and heels. For first meetings with new brides, I ditch the jeans for a fab dress or skirt.
LOVE LOVE LOVE

'A bit of a dreamer? These are for you!'
Nonkuthalo Thithi, Grazia fashion director

BAD ROMANCE

Pink just got punk with some grungy dark flowers to add a whole new element to your look.
Pair with a black tulle skirt and tee for a chic street-style take. R979, Charles & Keith.
DRESS FOR THE OCCASION

Warmer weather can only mean two things: wedding season is around the corner and gatherings galore. We give you all the tips and tricks you need to be a stand-out guest – we wouldn’t have it any other way.
ALL MAID UP

We have found 15 of the best dresses, whether you’re looking for bridesmaid-dress help or for a perfect frock that can be worn throughout wedding season.

1. Sand at Cloth & Label, R8 295
2. H&M, R749
3. Zara, R529
4. Karen Millen, from R5 000
5. Tiger of Sweden, R5 499
6. Amanda Laird Cherry at Spree.co.za/Grazia, R995
7. Foschini, R499
8. Over The Moon, R1 300
9. Karen Millen, from R5 500
10. Forever New, R1 999
11. Pringle of Scotland, R1 900
12. Alexander McQueen at Stylebop.com
13. Forever New, R1 999
14. Mr Price, R150
15. Contempo at Spree.co.za/Grazia, R325
VENUE WARS

Got an invitation with a specific setting? Here’s what to wear:

**CITY WAREHOUSE**

**Dress:** Have fun with various textures and different silhouettes.

**Shoes:** Anything with some fun details for all those pics you’ll be taking.

**Accessory:** A pair of earrings.

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**ALTERNATIVE**

**Dress:** Stand out from the crowd in a jumpsuit or pants suit in a statement colour or print.

**Shoes:** Try a metallic heel or even flat shoes like brogues or loafers.

**Accessory:** A watch is a sophisticated way to dress up at a fancy occasion.

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**OUTSIDE**

**Dress:** Go bright and bold and enjoy the sunshine.

**Shoes:** Whatever is most comfortable. Block heels work for grass, and try flat sandals for the beach.

**Accessory:** You can’t go wrong with a pair of sunnies when you’re outside.

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**COUNTRY BARN**

**Dress:** Opt for a bodysuit and skirt for a different take on traditional.

**Shoes:** A ladylike pair of midi heels will be perfect for a night of dancing.

**Accessory:** Sunglasses during the day add extra style points.

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**BANQUET HALL**

**Dress:** Dressing up is a must for this one. Go for a simple silhouette with fun details.

**Shoes:** Heels – or else very fancy flats.

**Accessory:** Jewellery, jewellery and more jewellery.
ACCESSORIES

Have a favourite outfit you’ve been wearing but need to give it a fresh feel? These pieces will do it.

WEDDING ETIQUETTE

DON'T wear white to a wedding – especially white lace – even if it isn’t a dress.
DO check the dress code.
DO be overdressed rather than underdressed.
DON'T ask a friend where your invitation is – maybe they just couldn’t fit you on the list.
DON'T bring a date unless your invitation specifically states you get a plus-one.
DO invest in a great dress that can be worn to most weddings by simply changing accessories.
DON'T ever wear jeans!
DO feel comfortable going in smart trousers.

POETRY, R99

DONNA CLAIRE, R149

CK AT SWATCH, R4 000

MIMCO AT WOOLWORTHS, R699

PICHULIK, R980

ANNA ROSHOLT, R1 380

ACCESSORIZE, R299 FOR THREE
BIG (SHOE) DAY

Don’t feel like you have to wear high heels – and pastels are a great alternative to wedding white and black.

Keep it simple – clean lines and silhouettes help to give a sophisticated feel to your outfit.

Have fun with shapes – ruffles are a great way to add something extra to your look without having to go all-out with accessories.

Mix and match – textures, prints, colours, shapes… this is the time to have fun with your clothes.

Go a little OTT – it’s an occasion, and it’s time to celebrate, so just add one more thing that you wouldn’t usually. Another piece of jewellery or a head piece, for example.

Colour out of the lines – just because people usually wear dresses to events doesn’t mean you have to. Pantsuits, jumpsuits, skirts and tops are also all great alternatives.
The Guest Dressed

Just because there’s a dress code doesn’t mean you can’t let your personality shine. Stick to your usual style and add more detail for the day.

Creative

Shirt, Mango, R699
Earrings, Pichulik, R1 680
Trousers, H&M, R299
Heels, Mimco at Woolworths, R1 699

Boho

Dress, Zara, R479
Necklace, Accessorize, R699
Clutch, Forever New, R599
Heels, Mr Price, R190

Girly

Dress, Zara, R479
Necklace, Accessorize, R1 680
Clutch, Forever New, R599
Heels, Mr Price, R190

Tomboy

Jumpsuit, Foschini, R660
Necklace, Accessorize, R199
Bag, Karen Millen at Stuttafords, R3 500
Heels, Pringle of Scotland, R1 400

Boho

Dress, H&M, R599
Sandals, Foschini, R699
Bag, Zara, R599
Earrings, Colette by Colette Hayman, R115
Earrings, R200, Wal Jewellery; dress, R1 499, Erre

PHOTOGRAPHER DARREN GWYNN AT LAMPOST / FASHION NONKUTHALO THITHI
IT’S BLACK

THE MOST CLASSIC OF COLOUR COMBOS IS GETTING A REVIVAL IN THE FORM OF STRUCTURED STAPLES AND WILD PRINTS

IT’S WHITE
THIS PAGE: Earrings, R300, **Wal Jewellery**; blazer, R1 199, **Forever New**; skirt, R950, **Adam & Eve**

OPPOSITE PAGE: Coat, R829, **Zara**; tee, R2 195, **Souvenir at Tik Lee**; trousers, R229, loafers, R399, **both H&M**; clutch, R799, **Accessorize**
THIS PAGE: Blouse, R399, H&M; skirt, R6 195, Angela Mele Milano at Tik Lee; heels, R759, Zara

OPPOSITE PAGE: Earrings, R300, Wal Jewellery; top, R699, Witchery at Woolworths; belt, R399, Country Road at Woolworths; trousers, R1 050, Grapevine
THIS PAGE: Sheer top, R1 100, **W35T at Convoy**; dress, R1 999, **Forever New**

OPPOSITE PAGE: Hat, R299, **H&M**; earrings, R250, **Wal Jewellery**; dress, R1 900, **Kisua**
MORE FASH, LESS CASH!

Punk is back! Think plaid, black and metallics

EVERYTHING UNDER R500!

ONLY R80
THE FAUX SEPTUM RINGS
H&M

R240
THE BUCKLE HEELS
Mr Price

R150
THE A-LINE MINI
The Fix

ISABEL MARANT

Punk is back! Think plaid, black and metallics.

R349
THE RIPPED SHORTS
Factorie

R99
THE RETRO CHOKER
Accessorize

R140
THE METAL CUFF
Donna

R14
0
R99
THE RETRO CHOKER
Accessorize

R479
THE CHECK SHIRT
Suzanne Betro at Spree.co.za/Grazia

R239
THE BROGUES
Truffle at Spree.co.za/Grazia, R239

R400
THE BOXY CLUTCH
Colette by Colette Hayman
BEAUTY CHARTS

These are our TOP PICKS for the week

1
GLAMOUR QUEEN
Elizabeth Arden's Untold Absolu EDP 100ml, R1 195, with its floral notes and fruity accents, is perfect to put on display.

2
GLOW FOR IT!
A creamy, long-lasting formula is what every bride needs on her big day. Try Dolce & Gabbana's Perfect Mono Eye Shadow in Bronze 50, R550.

3
NATURALLY RADIANT
Lancôme's Absolue Premium BX Regenerating and Replenishing Care SPF15, R2 100, helps regenerate and protect your skin from sun damage.

4
KISS THE BRIDE
Leaving just a hint of colour, Bobbi Brown's Sheer Color Lip Gloss, R280, is the ideal subtle shade to complete your natural glow.

5
DROP OF SUNSHINE
With golden pigments that capture light and disperse radiance, YSL's Touche Éclat Le Teint, R760, will give you a beautiful glow without the shine.
THE GAME CHANGER

The Beauty Blender, R398, is so much more than just a sponge – this nifty tool has the power to revolutionise your make-up routine. First, make sure to use it damp, as this forces the sponge to push foundation onto your face instead of sucking it up. Roll the rounded edge across your forehead, cheek and chin areas, and use the point for your eyes and nose contours.

‘This sponge will help you to achieve that coveted flawless complexion’
Sinead Martin, Grazia beauty editor
Flowers are getting some serious attention in the beauty world once again. Here are a few other ways to surround yourself with nature’s prettiest blossoms on your big day.
Rosy eyeshadows highlight every eye colour by making the whites of your eyes appear brighter, so reach for one of these universally flattering shades…

1 Benefit Dandelion Face Powder, R385
2 Clarins Eye Quartet Mineral Palette in Rosewood, R495
3 Estée Lauder Pure Color Envy Defining Eyeshadow in Fearless Petal, R365
4 Chanel Joues Contraste in Rouge Profond, R720
5 Essence The Gel Nail Polish in 35 Engaged, R30

Every fashion house, from Carolina Herrera to Chalayan, recently proved that pink is a fresh and supremely modern way to make pretty. We spotted cerise, magenta and damask rose on models’ cheeks and on their eyelids, lips and nails too. >
SWEET SCENTS

Floral fragrances are enjoying a not-so-quiet revival, with rose accords getting their moment in the spotlight. Sceptics take note, there’s nothing too sweet or ‘old lady’ about these new sensations – we think you’ll find yourselves feeling convinced one petal at a time…

VIVA LA JUICY ROSE EDP 100ML, R1 150
With top notes of fruit and a heart of centifolia rose, this fragrance is for the modern girl who isn’t afraid of anything pink.

GIORGIO ARMANI SI ROSE SIGNATURE EDP 100ML, R2 029
One spritz of Giorgio Armani’s Si Rose is as good as wrapping yourself in a silky, seductive robe.

DIOR LA COLLE NOIRE EDP 125ML, R3 040
The latest addition to the La Collection Privée Christian Dior series is rosy, woody, ambery and musky all at once.
If you want your fragrances to last longer, don’t store them in damp, warm places, such as your bathroom. Rather store them in cool, dry spots.

**FYI**

**MARC JACOBS DAISY DREAM EDT 50ML, R1 230**
It captures the boundless spirit of summer daisies and blue skies in one gorgeous bottle.

**L’EAU D’ISSEY EAU DE TOILETTE POUR L’ÉTÉ 100ML, R995**
Tangy grapefruit and litchi combine with aquatic floral and woody notes to create a classically feminine scent.

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Tangy grapefruit and litchi combine with aquatic floral and woody notes to create a classically feminine scent.

**DOLCE FLORAL DROPS EDT 75ML, R1 615**
The papaya flowers, daffodils and water lilies make this a perfect fresh and airy scent for summer.

**JIMMY CHOO ILICIT FLOWER EDP 100ML, R1 095**
Apricot, mandarin orange, grapefruit, jasmine, rose and sandalwood create a complex musk scent.
TIME FOR A BIT OF PAMPERING

And for those who aren’t obsessed with make-up or fragrances, what about a sensorial treat for the body? Indulge in a floral bubble bath, moisturise with silky smooth body oil or light a rose-scented candle...

FYI

Soaking in a soothing bath is the perfect way to relax. Simply add rose petals and lavender to a warm bath, and light a few candles to create a wonderful ambience.

1. The Body Shop British Rose Instant Glow Body Essence, R200
2. Café de Bain Indulgent Bath Crème in Raspberry & Rose Crème Tarte, R60
3. Jo Malone White Jasmine & Mint Scented Candle, R800
You’ve probably noticed one lipstick shade making a big comeback on runways this season: rose. It gives the appearance of just bitten lips, and suits every skin tone. We just can’t get enough of this soft, pretty hue.
Whether you have a 15-step make-up ritual or you choose to forgo products like primer, eyeshadow or even foundation, one thing we all agree on is that mascara is indispensable. This can’t-miss step pulls every look together, but choosing which mascara to wear isn’t a simple task. Luckily, we’ve done the hard work for you. Here’s our round-up of the best wands to use now…

MASCARA: DECODED
1. REVON ULTIMATE ALL-IN-ONE MASCARA, R159
Revlon’s Power Mini Brush has an oval shape designed to grab every single hair. It will give your lashes volume, length, definition, lift and an intense colour boost.

2. CHANEL LE VOLUME DE CHANEL WATERPROOF MASCARA, R575
Thanks to a snowflake-shaped brush with both long and short bristles, this mascara gives you long, voluminous and curled lashes. Not only does it come in three different shades, it lasts all day long without flaking too.

3. ESTÉE LAUDER SUMPTUOUS KNOCKOUT DEFINING LIFT AND FAN MASCARA, R365
We’re all aware of that mascara conundrum – wanting a formula that lasts all day but doesn’t pull a few lashes out with it when you’re trying to remove it, right? Well this one has staying power and comes off easily with a dab of makeup remover.

4. CLARINS BE LONG MASCARA, R295
Say hello to naturally longer lashes after four weeks. Clarins combined a strengthening formula and a new tilted brush design that presses against your lashes slightly to accentuate their shape while lengthening them by up to 1mm.

5. ELIZABETH ARDEN CERAMIDE LASH EXTENDING TREATMENT MASCARA, R275
This is the wand to reach for if you’re looking for longer and fuller lashes, while also giving them a conditioning treatment. Thanks to a formula that contains Ceramide Triple Complex and vitamins A, C and E, your lashes will look longer with every swoosh.

6. LANÇÔME HYPNÔSE DRAMA WATERPROOF MASCARA, R420
Looking for a way for your eyes to take centre stage? This full-volume mascara uses a curvaceous super-sized brush to create thicker-looking lashes.

7. MAYBELLINE LASH SENSATIONAL LUSCIOUS, R150
We’re predicting this mascara is going to become somewhat iconic for the striking yet natural-looking lashes that it enhances. The brush holds on to every hair, coating it from root to tip in a single swoosh. We’re talking major definition and length, sans the clump.
Where we spotted it
Gracefully placed on the crown of every Valentino model.

Why we love it
Inspired by the city of Rome, Valentino’s models embodied the regal Roman goddesses. Leaving the hair to hang loosely at the back, the focal point was the metallic head chain, which gave a majestic look and feel.

How to create it
Use a curling iron to create large barrel waves, and push to the back. Secure your waves with a medium-hold hairspray. Place your jewellery of choice at the centre of your head and secure with bobby pins.

1. **The Roman Essence**

   1. **Where we spotted it**
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**Top Tip**
Wrap a few strands of hair around the back of your head, chain to hide the bobby pins.
SNAP BEFORE YOU EAT

If you’re big on Instagramming your food, keep it up. Studies have shown that keeping a digital food journal is more effective at changing your dietary habits than writing it down. If you wouldn’t post it, you probably shouldn’t eat it.

We’re super into tennis at the moment because of Serena… but it’s also a great all-over toner, so reach for your racquet!

R1 100, Wilson Monfils at Sportmans Warehouse
R200, Mr Price Sport
R2 099, Babolat E-Sense Lite at Tennis24seven.co.za

FIT FILES

Everything you need to be fighting fit in body and soul

SAUNA OBSESSED

Both Jen Aniston and Oprah Winfrey say they swear by infrared saunas. While traditional saunas heat the air, these use light to create heat and warm up your skin tissue. This means your body releases toxins more efficiently while you sweat. There are plenty of health benefits too, including cellulite reduction, soothing aching muscles and even an increase in energy levels.

CHECK OUT THESE SPAS FOR THEIR INFRARED SAUNAS...

JOHANNESBURG Zen Den Spa, R250 for 30 minutes. Zendanspa.co.za
CAPE TOWN Devara Day Spa, R100 for 30 minutes. Devaradayspa.co.za
DURBAN The Beauty Depot, R150 for 30 minutes. Thebeautydepot.co.za

PREVENT SNACKCIDENTS

Trust us, we know the struggle of wanting to snack on just about everything between lunch and dinner — especially if you’re stuck behind a desk. Avoid the vending machine by keeping healthier options at your desk. High-fibre protein-rich snacks like oats, fresh fruit, biltong and raw nuts beat empty-calorie processed foods every time.
IN NEXT WEEK’S ISSUE OF

NEW MONTH, NEW SEASON

SHOP SPRING’S LATEST TRENDS
+ LOOK HOT IN HOODIES
+ HIT REFRESH WITH WHITE

DON’T MISS THIS AND MORE!
ON SHELF AUGUST 26
WEEK IN

GO SEE
Barongwa: I am that I am
If you’re as big of a fan of boundary-breaking conceptual photographer Tsoku Maela as we are, then you won’t want to miss his second solo show at 99 Loop in Cape Town. August 31 to September 23, 99loop.co.za

PARTY ON AT
The Queen’s Picnic
With performances from Babes Wodumo, Thembi Seete, Fifi Cooper (pictured), Nadia Nakai and sets from DJ Zinhle and Ms Cosmo, there’s nowhere hotter to bid farewell to the last of Women’s Month than James & Ethel Gray Park in Jozi. August 27, Ticketpros.co.za

PARTY ON AT
The MTV DJ Battle
It’s time to choose: MTV or MTV Base! All will be decided at this year’s MTV DJ Battle at Carfax in Newtown, Jozi, when the music channels find the best DJs in SA. August 27, Computicket.co.za

EAT YOUR FILL AT
Joburg Street Food Festival
It’s all going down at the Cosmopolitan building in Maboneng, with foodies from across the city supplying delicious treats like bunny chow and braaivleis, while experts like Mokgadi Itsweng, Alice Toich and Thithi Nteta school those who want to know more at the conference. August 28, Quicket.co.za

A EAT YOUR FILL AT

CULTURE ▲ INTERIORS ▲ TRAVEL ▲ FOOD
**WATCH**

**Star Trek Beyond**
Get ready to geek out once again – the crew of the USS Enterprise are back, and this time they’re stranded on a remote alien planet with little or no way of getting back home – and a ruthless alien enemy to battle. Opens August 26

**DON’T MISS**

**RBMA Weekender**
The Red Bull Music Academy will be taking over Newtown, Braam and Soweto for four nights of non-stop party with a line-up including Fat Freddy’s Drop (pictured), Black Coffee, Culoe De Song and Riky Rick. September 1 to 4, Redbull.co.za/RBMAWeekenderJosi

**CHILL OUT AT**

**Poetry in McGregor**
The picturesque mountain town of McGregor in the Western Cape will once again play host to poets from across the country – including Lerato Sibanda (pictured), Helen Moffett, Shirmoney Rhode, Khadija Tracey Heeger and Mak Manaka. August 26 to 28, Computicket.co.za

**LISTEN TO**

**Original Swimming Party**
With OSP’s first full-length album, Hypergiant, due to drop in October, the CT four-piece present us with their second single of the year, Skin Upon Skin – a mix of electronica and African rhythms. Originalswimmingparty.com
ME, MY SELFIE AND I

What is the last thing in your Google search history?
That would be a vegan recipe for quinoa and chickpeas.

What kind of person were you in high school?
I was a nomad and moved from group to group at break time, eventually making friends and getting to know most people. I was outspoken with a zeal for debating, drama and public speaking. I spent a lot of time in the school library discovering the internet.

How did your career first get started?
I started out as a drag king but soon decided to learn music production and go solo as Dope Saint Jude. I released all my music independently, and my friends got on board helping me shoot music videos that became successful.

What are some new hobbies you would like to take on?
I would like to attempt whisky tasting with my dad, MMA [mixed martial arts] by myself – and maybe pole dancing if my friends join too!

What is your favourite driving music?
I listen to Kanye West when I'm behind the wheel.

Is there a phrase that you think best sums up your approach to life?
Nothing is a failure if you've learnt from it.

Which of your body parts would you say you feel the most affection for?
My shoulders – and my two skew teeth that are visible when I laugh out loud.

What music was your first slow dance to?
My first slow dance was really sweet. I danced with another girl to Lenny Kravitz' "Stand By My Woman" at a wedding. We were 13, and after we danced, we drank fizzy cooldrinks outside the hall and looked at stars and spoke about our dream weddings.

What snack food can you not live without?
I love dried fruit and nuts – they give me lots of energy when I am touring and between shows, and they're easy to find in any country. They're also delicious and rich in fat.

Describe your favourite outfit of all time.
One of my many pairs of dungarees – I feel like a mixture of Amelia Earhart (the famed woman aviation pioneer of the 1930s) and my three-year-old self (my mom would dress me in dungarees) in them. I have formal ones that I can dress up, and I have old corduroy ones that look funky with vests or tees.

What's the last thing you bought online?
A beautiful pair of frames.

Hear more from Dope Saint Jude at Soundcloud.com/dope-saint-jude.com or follow her on Instagram @dopesaintjude

DOPE SAINT JUDE, 26

We asked the Cape Town hip-hop game-changer to take an exclusive selfie for Grazia and then reveal all…
IS IT TRUE YOU’RE THE ONLY WHITE MAN TO RECEIVE DEATH THREATS FROM STEVE HOFMEYR?
Yes, as far as I know. He did throw a shoe at someone and spill someone’s tea once, so he’s a really dangerous guy. I ought to take his threats a lot more seriously than I do. Who knows what he might do next? Another song about another vegetable? Oh, no. What did I do?

WHO ELSE DON’T YOU MAKE EYE CONTACT WITH AT PARTIES?
Apart from Death, you mean? The boring. I can’t help it, I yawn automatically, pathologically and with my whole face when a bore starts talking.

WHAT INSPIRED YOU TO GO THE RACISM ROUTE FOR THIS SHOW?
It’s a great topic because, like sex or God, it hits a nerve deep in all of us and needs a good pinch now and then. That’s my feeling, anyway... We sweep important stuff under the rug and make reality TV about everything else.

AND WHAT HAVE YOU LEARNT FROM THE EXPERIENCE?
That self-deceit is fundamental to the human code. We’re wired as super predators, and after strength and speed comes duplicity, which is much more effective at keeping us at the top of the food chain. I don’t think a great white shark sees itself as the most badass thing in the ocean – this show is a great white swimming past a mirror and doing a double take.

HAVE YOU EVER SAID ANYTHING ON STAGE YOU REGRET?
No, comedy is a risk, and sometimes we make mistakes. I think knowing that you can’t really take something back once it has landed on someone raises the stakes. Mark Banks always told me not to say things that I might have to apologise for later. He was right – think it through, then say it.

Don’t miss John Vlismas Revelations 2: The Good Racist at Montecasino, August 26 and 27, Ticketpro.co.za
Don’t miss Grietfest at The Container Yard in Joburg, August 27, Grietfest.com

The Container Yard in New Doornfontein, Jozi will be the destination of choice for underground electro music fans for the sixth annual Grietfest. Grazia got the lowdown from Grietfest drum ’n bass regular Ella G and Cape Town’s alt-electro wonder newcomer Thor Rixon.

THOR RIXON

WHAT’S YOUR EARLIEST MEMORY OF MUSIC?
My mom playing The Police in the car and a brightly coloured toy flute.

WHAT WAS THE FIRST ALBUM YOU EVER BOUGHT?
Smash Mouth’s Fush Yu Mung. I remember going to the shop assistant and humming him the track, and he was like, “I got you, that’s some Smash Mouth shit.” I loved that album very much because back then I loved rock music with catchy riffs and strange-sounding synth work. I think I was about 14. A good friend and I started a band – I was on the bass guitar.

WHAT EXCITES YOU THE MOST ABOUT GRIETFEST THIS YEAR?
Playing really weird dance music to a crowd who isn’t used to weird dance music. Also, a big stage, big lights and big sound are any performer’s dream... So yeah, that.

WHAT’S THE BEST PART ABOUT YOUR WEB SERIES DON’T ASK ME
Having something for the whole family to tease me about at Christmas lunch.

ABOUT MUSIC!
I would say that the music I make is experimental in many ways. The compositions never really stick to any one genre. The only thing that’s evolved is that I’ve gained a better understanding of music production.

HOW WOULD YOU DESCRIBE YOUR MUSICAL STYLE AND ITS EVOLUTION?
I enjoy doing lots of different things, but one after the other, never really at the same time. I get stuck doing one thing for too long, I get bored. I’ve started writing a few short stories that I would like to eventually do something with. I feel I still need to learn a few more things before I’m able to produce anything readable.

HAVE YOU ALWAYS BEEN GOOD AT MULTI-TASKING?
Playing really weird dance music to a crowd who isn’t used to weird dance music. Also, a big stage, big lights and big sound are any performer’s dream...

WHAT’S THE BEST THING YOU’VE GOTTEN FOR FREE?
Well, a producer friend of mine from Berlin gave me a little Korg Volca bass ribbon synthesiser last week, which is pretty rad. I’ve been having a lot of fun with that lately.

WHAT’S THE BEST PIECE OF ADVICE ANYONE HAS EVER GIVEN YOU?
I suffer from anxiety, so I love this quote by Ekhart Tolle in Stillness Speaks: “Here is a new spiritual practice for you: don’t take your thoughts too seriously.”

Ella G

WHEN DID YOUR LOVE OF MUSIC BEGIN?
In the womb... Realistically though, probably from when I was around 14. A good friend and I started a band – I was on the bass guitar.

DO YOU THINK THE “BOYS’ CLUB” REPUTATION OF EDM IS CHANGING NOW? AND HOW SO?
I do. However, I still see a lot of big festivals with all-male line-ups. It’s frustrating, especially when there are females who could easily fill the same spaces but aren’t given the opportunity to do so. Luckily festivals like Grietfest are changing this.

WHAT DO YOU LOVE MOST ABOUT PLAYING GRIETFEST?
The positive energy of everyone there is so infectious, which creates such a welcoming experience. I also love the venue!

WHAT INSPIRES YOU?
I’ve recently started styling (another passion of mine), so I’m inspired by the art of fashion at the moment.

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Words: Guinevere Davies. Pictures: Supplied, Wortha thousandwords; Sven Kristian.
IN A VALLEY, not of a thousand hills, but which feels like it comes pretty damn close, lies a luxury eco-lodge and spa on a private game reserve. The first thing you notice as you enter the property are the nyala, warthogs, zebra and rhino, just chilling along the side of the road, unbothered by the open vehicle and its contents of tense bodies (that’s thanks to city living more than any possible threat of predators around the corner) and accompanying luggage.

Then the fresh air hits your nostrils and bird calls break the silence. The villas and other buildings tuck into the hillside only reveal themselves once you’re literally standing on every respective doorstep. Very clever. Each villa has an entrance area with a...
mini bar and snacks, a walk-in closet with a desk (they have wi-fi, of course, but checking mails defeats the purpose – update your Instagram and Snapchat account if you must), a bedroom with a super king-sized bed and a lounge area with TV that opens out to a veranda, and a large bathroom with shower, large bath and all the lovely extras, including underfloor heating, en suite.

Whenever you feel like it – no need to call ahead to book – you can wander down or get a golf cart to take you to the spa. Now this is where you’ll want to spend a significant amount of time. There are 17 treatment rooms, two saunas, two steam rooms, a heated swimming pool, Jacuzzi, ice bath and eight amazing Thai therapists who, according to your wish list, will knead, pummel, stretch, scrub and soothe your body until you leave the place floating. Enjoy dinner and maybe read a book while you fall asleep after, but anything that requires more effort than picking up a paperback or fork will be futile.

Look, I’ll admit right off the bat that the experience – unlimited spa treatments, food and drink – costs R11 900 per person per night, but it offers incredible value for money when you break down what’s on offer. It also includes all game drives (whenever you fancy) with sundowner treats or mid-morning snacks at ridiculously beautiful vantage points, cycling paths, hikes and walks to an exquisite 100 metre waterfall with two lovers’ benches when you get close enough to the spray.

To describe it in one line, I have to misquote one of my favourite lines from a character in The Castle – watch this hilarious Australian movie if you haven’t already – it’s “the serenity of the place”. That’s what makes it extraordinarily poetic and idyllic. I wouldn’t mind returning with a lover, but I was just as happy solo, drinking in all the spoils.

Visit Karkloofsafarispa.com

TIPS

✱ Make sure you’ve eaten before you go for a facial, wrap, scrub or massage because they’re simply lickable. The ingredients they use are fresh and smell so wonderful that the only way I can describe it is the temptation to wipe clean a bowl of cake batter with your tongue.
✱ Bring a swimming costume to enjoy the natural and indoor pools, and walking shoes to go exploring. A hooded jacket is a must in winter.
✱ Don’t forget to carry some cash. The staff is amazing, and you’ll want to leave a nice tip at the end.
✱ Carry your phone with you and keep it charged, but remember to switch it to flight mode. The photo ops are endless.
✱ Try the raw soups. I was so moved by the flavours I’m now looking for a rawfood cookbook with great recipes to impress my next dinner guests.
✱ Catch up on sleep during your treatments. It’s worth waking up early for those game drives and walks. Promise.
For the pineapple salsa recipe and method, go to Graziadaily.co.za

**Butter Chicken and Pineapple Salsa**

**Ingredients**
- 65ml canola oil
- 2 onions, peeled and sliced
- 5cm piece fresh ginger, peeled and chopped
- 6 cloves garlic, peeled and crushed
- 5 tsp fennel seeds
- 5 tsp cumin seeds, toasted
- 5 cardamom pods, crushed
- 1 tsp ground cinnamon
- 1 tsp ground turmeric
- 1 bay leaf
- zest of 1 lemon
- 50ml leaf masala
- 2 cups fresh cream
- 140g tomato paste
- 500g tinned whole peeled tomatoes, drained weight
- 2 tbsp sugar
- salt and freshly ground black pepper
- 1.5 kg chicken fillets, cut into strips
- 400g cherry tomatoes
- ½ cup cashew nuts
- ½ cup chopped fresh coriander, to serve

**Method**
1. Preheat the oven to 180 °C.
2. Heat the oil in a large heavy-based saucepan, and sauté the onions until soft. Add the ginger, garlic, fennel seeds, cumin seeds, cardamom, cinnamon, turmeric, bay leaf, lemon zest and leaf masala, and cook for another 4-5 minutes over medium heat, stirring continuously, adding a few drops of water if needed. Add the cream, tomato paste, tomatoes and sugar. Season to taste with salt and pepper, and bring to the boil.
3. In a large casserole, spread out the chicken strips, cherry tomatoes and cashew nuts, and pour over the sauce. Bake uncovered for 80 minutes until the sauce has thickened and has started to split on the sides. If the sauce has become too thick, add a little water. Allow to stand for 15 minutes.
4. Garnish with the fresh coriander and serve with basmati rice and the pineapple salsa.

Don’t miss the Street Food Festival on August 28 at The Cosmopolitan in Maboneng Precinct, Jozi, and on September 4 at Side Street Studios in Woodstock, Cape Town.

Director of the Street Food Festival and owner of Studio H, Hannerie Visser fell in love with Indian street food while living in the sub-tropical country.
COLD BREW COFFEE

If you haven’t tried the latest craze of cold-brewed coffee, then you’ve been missing out. But not to worry, it’s now easier than ever to get your caffeine fix, thanks to Potion. They’ve packaged their concoction in a seriously hipster bottle – so all you need to do is enjoy with a few blocks of ice. Now that’s refreshing. Visit Potioncoffee.com

Warning: don’t read this page if you’re hungry

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ITEMS TO COVET

Almost every dish calls for olive oil and/or vinegar: salads, homemade breads, tapas, roast vegetables. Dress yours up in a stoneware carafe set from Le Creuset – they’re stylish enough to use for dinner parties yet great to use every day. Visit Lecreuset.co.za
**PISCES February 20 – March 20**
You might be in love with the idea of love. There’s a sense of destiny about romantic or business relationships now, but that doesn’t guarantee smooth running – karma is about learning life lessons from people who rub you up the wrong way as well as those who are on your wavelength. Take emotion out of the mix, and see what you have left: reality or fantasy.

**ARIES March 21 – April 20**
A rethink of your work and health routines will get you ready for new love if you’re searching for a soulmate, or ready for better love if a current romance has gone off the boil. Get in touch with your emotions this week, no matter how painful that might be. Dealing with issues you normally skip over will help you heal old hurts and move forward.

**TAURUS April 21 – May 20**
It’s a fabulous week to start revamping your love life and the things you do for pleasure. If you’ve just been going through the motions or doing the same-old same-old, ask yourself why. Look to find the fun in life and love again, and by next month you’ll see it reflected back at you with a renewed zest for well-being – and in your approach to work too.

**GEMINI May 21 – June 21**
Your home may be due for a rethink now and over the next few weeks. This is a phase for working out possibilities rather than for final decisions, whether you’re considering a move or a revamp. You might repurpose a space for study, or for an additional housemate or family member. Avoid making any rash decisions, as relationships could be extra sparky now.

**CANCER June 22 – July 23**
Dip your comments in honey before you launch into any kind of verbal or written tirades this week. You’re entitled to your opinion, but with Mercury about to reverse you may be forced to eat your words later if you base arguments or decisions on those opinions rather than on facts. Work and health matters will benefit most if you think before you speak or act now.

**LEO July 24 – August 20**
The recent eclipse continues to influence your closest relationships. Eclipses are useful: they tweak situations that have gone off track and help them get back on the rails. You may be reassessing your values, assets and beliefs this week too. Changes you feel coming or that you make now could be major or minor, but they will ultimately be for the best.

**LIBRA September 24 – October 23**
Your best time in over a decade is only a month away, and the cosmos is giving you your cue now to get it for action. Expect a year of extremes – mostly good ones – as lucky planet Jupiter moves into your sign. Being emotionally ready is the key, so Mercury turning backwards helps you to think about what you do want, rather than dwelling on what you don’t.

**SCORPIO October 24 – November 22**
In the past year your career has been a combination of all that’s intense, educational, liberating and full-on. Aim to slow things down now and reflect on the effect this has had on you. The next phase requires you to cherry-pick the good bits, learn from the not-so-good bits and turn your work into something you love to do, not just something you have to do.

**SAGITTARIUS November 23 – December 22**
Friends, plans and romance are in your sights this week. Step backwards to get a better idea of where to go with each of these areas of your life. Things may have gone too far too fast, or perhaps not even got off the ground at all. Adjustments made now will put you on the road to success and happiness, so view delays or changes as good things rather than bad.

**CANCER June 22 – July 23**
Dip your comments in honey before you launch into any kind of verbal or written tirades this week. You’re entitled to your opinion, but with Mercury about to reverse you may be forced to eat your words later if you base arguments or decisions on those opinions rather than on facts. Work and health matters will benefit most if you think before you speak or act now.

**CAPRICORN December 23 – January 20**
If you need to have a tricky conversation, make a tough journey, do a work presentation or learn something you feel out of your depth with, try to keep emotion out of things this week. Instead, tap into your inner strength, stick to the facts, and realise that it’s your fate to step out of your comfort zone to reveal your hidden depths – if only to yourself.

**AQUARIUS January 21 – February 19**
If your finances aren’t so fine or your love life lacks lustre, now’s the time to get them into shape. In either situation simplicity is your best move, so take things back to basics and start over if they’ve become too complicated. Next month brings eclipses to help you sort things out fully in both areas, but start the process now, so you’re ahead of the game.
Planning on throwing an elegant cocktail party? Dress up your bar cart with essentials like glassware, spirits and an ice bucket, and finish it off with a vase of flowers.
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The Sterns Showcase

Luxury jewellery store Sterns turns 120 this year — and what better way to celebrate than with a gorgeous bridal showcase at Mercedes-Benz Fashion Week Johannesburg? Sterns gave 12 diamond rings — one for each decade of the company’s existence — to 12 designers, who then had to create 12 wedding gowns capable of doing justice to the bling. Everyone enjoyed the goodie bags containing some lovely bubbly too…
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Beyoncé might have a secret Snapchat account… Her mom, Tina Knowles Lawson, let the cat out of the bag when she posted a face-swap snap of herself and Bey rapping to Instagram with the caption, “Beyoncé sent me this. It’s really cool! I have to learn to do this. Her face and my face together. Her voice coming out of my mouth – or maybe it’s her mouth. Hell, I don’t know. Really weird. No Snapchat! Seriously!” Now, if only we could figure out what Bey’s username might be…
Vivienne Westwood will mix genders in one show. It doesn’t seem like an earth-shattering development, but the fashion world is abuzz with the news that the Brit designer has announced she will use male and female models to display her male and female collections in one January show. The idea that men’s and women’s clothes can appear on the same runway – at the same time! – has many traditionalists reaching for the vodka.

Minnie buys her mom a Beemer. If you watch her video on Instagram, be warned: you may end up drizzing like we did. The TV star and fashionista is doing very well lately, as everyone knows – so when she rocks up at her parents’ home driving a brand-spanking new BMW, her mom assumes it’s Minnie’s new ride. The reaction when she realises Minnie got it as a gift for her is priceless…

JAMES FRANCO GETS A RAINBOW ‘DO. Every time we think we’ve reached peak James Franco, he tops it by becoming a little more, er, James Franco. The latest round of “WTF, Jimmy?” was sparked by his new rainbow hairdo. It’s supposedly for a music video for hip-hop artist Riff Raff, so that should get more attention than it might have done otherwise. Still, the pic is easier to look at than the time he donned Batman S&M gear and shared his “semen art”…
Whoopi launches a show starring transgender models. After 22 seasons of America's Next Top Model, the world’s ready for a show that gets even more tongues wagging. Whoopi Goldberg is executive producer on Strut, a show that focuses on Slay Model Management, the world’s first transgender modelling agency. Apart from all the drama, it should make viewers more aware of the daily struggles faced by transgender people.

FLIGHT ATTENDANT FINDS DOGGY SOULMATE. In the biggest “Ag, shem!” story of the week, German flight attendant Olivia Sievers and former stray dog Rubio were destined to be together. On one of her layovers in Buenos Aires about six months ago, Olivia encountered the stray and showed him a little love, petting and feeding him. Since then, he’s been camping outside her hotel every time she stays in the city. Eventually, Olivia gave in and adopted him. Rubio now lives a comfy life with her other two dogs in Frankfurt, Germany.

RIHANNA JOINS THE FEMINIST-REBOOT RANKS. The race to remake popular movies with all-female casts continues. The latest star to be recruited is Rihanna, who is set to join the cast of Ocean's Eight, a cheeky re-reboot of Ocean's Eleven. Sandra Bullock, Anne Hathaway and Cate Blanchett are also attached to the movie, with Helena Bonham Carter, Mindy Kaling and rapper/actor Awkwafina in negotiations for other roles. Like Ghostbusters, it will probably provoke a storm of outrage from all those “meninists”.

JOHN MAYER TRIES BEAUTY VLOGGING. Looks like music isn’t bringing home the bacon for John Mayer anymore. A few days ago, he snapchatted a sequence of pictures demonstrating his nightly beauty routine, complete with cleansers, toners, eye creams and night creams – while being careful to mention every product by its full name. Ardent gender-bending beauty vlogger, or a completely unsubtle brand shill? You decide…

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