

SIGNATURE

The Diners Club International Magazine

LIMITLESS LUXURY

The Manor House
at Samara Private
Game Reserve

Mercedes-Maybach S-Class

Golfing at Fancourt

Explore South Africa's
Wilderness on Foot

Make a Sound
Investment in Sonos

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DAY-DATE 36



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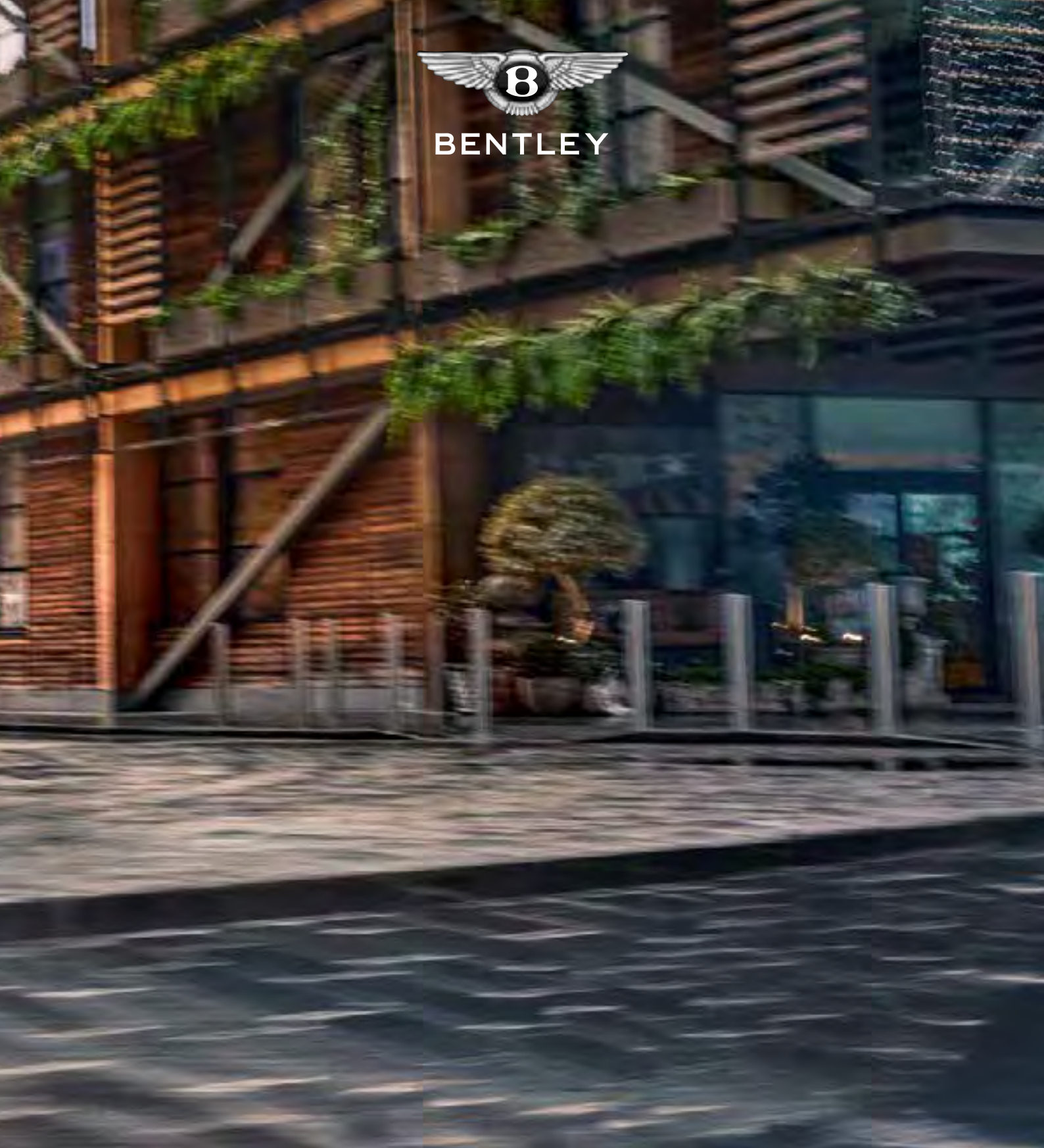
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from the MD



Welcome

Esh Naidoo
Managing Director

As we welcome autumn's cooler temperatures, I find myself reflecting on where we are on our personal journeys. For the first time in two years, there is a palpable sense of relief in the air, where we can once again make plans, specifically travel plans, without the fear of having those plans dashed at the last moment.

South Africa and the world may not be entirely out of the woods yet, but with restrictions lifting globally, and South Africa following suit, the year ahead looks set to herald a boom for the local travel and tourism sectors, and the opportunity for Diners Club members to enjoy the many benefits this opportunity brings you.

Diners Club is proud to play its

part to keep you doing the things you love. Whether you're travelling locally or abroad, upgrading your lifestyle, or broadening your entertainment horizons, you may rest assured that your Diners Club Card offers convenience and outstanding service. While the destinations featured in this edition of Signature will have you reaching for your passport, we are equally delighted to showcase the most up-to-the-minute leisure and lifestyle news, with advice and opinion added for good measure, all to make your Diners Club experience more rewarding.

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Le coin Français

By Darren Badenhorst



CLASSIC & CONTEMPORARY FRENCH FUSION

Elegantly appointed and located in the quaint village of Franschhoek, *Le coin Français*, both in concept and name, pays homage to the essence of this breathtaking valley as expressed in its cuisine, heritage, art and some of the finest wines in the country. Featuring state-of-the-art culinary techniques embodied in elegant time-tested French cuisine, *Le coin Français* offers two fine-dining menu options for lunch and dinner, coupled with outstanding pairing options. An à la carte menu complements the two fine-dining menu options for lunch, served inside the restaurant or on the terrace, with the same caliber and sophistication of cuisine.

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GO THERE

DECOREX AFRICA REIMAGINED

In the 28 years since its launch, Decorex Joburg has grown to over 23,000m², hosting more than 1,000 businesses and 50,000 visitors annually. For the first time, the Decorex Joburg will take place in the heart of the city's business district. The show runs at the Sandton Convention Centre from 28 to 31 July 2022, and will be co-located with 100% Design Africa. The longstanding event has been completely reimagined with a new look, specially curated themes, new summits to support the design industry, and a hybrid digital offering. As Decorex Africa reimagines its evolution, Decorex Joburg and 100% Design's move to the Sandton Convention Centre reflects its vision for the future. As a technologically advanced, centrally located conference centre, enhanced by the introduction of the Gautrain, the Sandton Convention Centre will ensure unmatched accessibility for design lovers from across Gauteng – and further afield. You are invited to come along and reimagine the world with them. www.decorex.co.za



DREAMLINER TO ISTANBUL



Turkish Airlines have once again displayed its commitment to Cape Town by introducing the airline's most advanced aircraft, the Dreamliner. Regarded as one of the most advanced aircraft for its fuel efficiency and range flexibility, the Boeing 787-9 Dreamliner offers refined and luxurious comfort for its passengers flying between Cape Town and Istanbul. Turkish Airlines' Dreamliner has a seating capacity of 300 passengers, including 270 economy class seats and 30 exceptional business class seats. The modern cabins provide the perfect setting to enjoy Turkish Airlines' award-winning on-board dining and in-flight entertainment. Turkish Airlines' Dreamliner will service four flights per week (Monday, Wednesday, Friday, and Saturday) between Cape Town International Airport and Istanbul Airport. www.turkishairlines.com

PREMIER LOUNGE LANSERIA REVITALISED



Bidvest Premier Lounge announces the relocation of the Lanseria lounge to a larger, more stylish location at Lanseria International Airport. The new lounge – now situated "air-side" beyond the airport security checkpoint – invites guests to experience its enhanced facilities, a bright and airy new-look interior, free high-speed Wi-Fi and much more. With 120 seats, the new lounge boasts more than double the seating capacity than before (50% COVID limitation applies), promising an even more inviting and tranquil experience. Dedicated unisex bathroom facilities (including an accessible toilet) are now situated inside the lounge, as is the ventilated smoking room. Whether relaxing before your flight or catching up on emails, the lounge's uplifting ambience is the ideal setting to savour their new bespoke deli-style food and beverage offering, while an expert barista is always on-hand to create your favourite cuppa. www.bidvestlounge.co.za



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Reboot the Bush with Six South African Walking Safaris

From the fynbos-full Cape to the lush Lowveld, these new guided, on-foot safaris will immerse you in the best that our natural environment has to offer.

We love walking in South Africa's natural environment. Wildlife watching while on safari is wonderful too, and when we merge the two, magic happens.

All our senses perk up and pay attention. We see the true richness of wilderness ecosystems, from the tiniest insects to the mightiest trees. We smell the scent of wild basil and sage as we wander in a fever tree forest at dawn. Our ears warn us of possible dangers ahead, the crunch of a browsing elephant, the alarm call of a vervet monkey, the low grunts of a lioness with her cubs. Even our sense of touch is awakened as we discover the incisors of a long-gone hippo, caress the cracked bark of a leadwood tree, or try our hand with an ancient grinding stone.

It's no surprise that new walking safari opportunities are opening in SA's parks and reserves. From the Cape to the Lowveld, from sleep-outs to ultra-luxury camps, lovers of wild walks are spoilt with novel options that meet the growing demand for healthy outdoor experiential travel.

Some new trails launched just before the pandemic, only to see park gates shut. Now, with reserves open – and

staying open – they are rebounding with a welcoming influx of guests. There are tempting special deals to be had and, following widespread summer rains, rivers are flowing and the Bushveld is green.

1. KRUGER SLEEP-OUT: PRIMITIVE PAFURI

Have you ever dreamed of drifting to sleep under the stars in one of the world's most significant wilderness areas? Primitive Pafuri may be the answer. For the first time in the Kruger National Park, hikers can go wild and sleep tent-free, taking turns for the night watch.

After a few test runs in 2020, African-Born Safaris has been leading adventures in the Pafuri Triangle in the park's far north, with the first trails having opened in mid-2021.

Known as Kruger's most biodiverse area, the landscapes vary from the spectacular Lanner Gorge in the west to the pans and fever tree forests of the Limpopo River flood plain to the east.

Hikers supply their own food and kit, but they can leave that heavy tent at home as long as the forecast is clear.

Book via www.africanbornsafaris.com, info@africanbornsafaris.com, or call +27 21 813 5950.





Gondwana Pioneer Trail at Night



**2. LUXURY SEASONAL CAMP:
SIMBAVATI TRAILS**

Timbavati Private Nature Reserve shares long unfenced boundaries with the Kruger and other reserves, so it gets plenty of four-legged browsers and grazers – and their predators.

Here, Simbavati Trails Camp is a luxury off-grid, four-tent camp that was established by an ephemeral river for the duration of the March-to-November walking season.

At dawn, guides lead guests on three-hour walks that explore the rich riparian woodlands, returning to a warm bucket shower and brunch cooked over an open fire.

Book via www.simbavati.com, info@simbavati.com, or call 087 151 4520.

**3. OFF-ROAD CAMPER HEAVEN:
MORUKURU RUSTIC CAMP**

At the heart of the Waterberg Unesco Biosphere Reserve, Marakele National Park may not have the scale of the Kruger, but it compensates with spectacular escarpments rich in wildlife. A significant advantage is that it's only half the distance for Gauteng residents – allow three hours or so for the drive.

SANParks Honorary Rangers has launched a new rustic camp in Marakele, modelled on its popular Nyarhi Rustic Camp in northern Kruger. Offered as a two-night weekend adventure, Morukuru Rustic Camp is for self-sufficient campers – there's nothing at the tamboti-shaded camp other than a braai pit, Enviro Loo, and screened shower area.

Experienced rangers lead walks that explore the bushveld and sandstone gorges each day. Wild swims are possible, so bring your costume along.

Funds raised support SANParks conservation projects. Book via www.sanparksvolunteers.org, or by calling +27 83 635 7727, or e-mail rroundtri@gmail.com.

**4. GARDEN ROUTE FLORA &
FAUNA: GONDWANA PIONEER TRAIL**

A four-hour drive from Cape Town in the heart of the Cape's Garden Route, Gondwana Game Reserve offers perfect walking terrain. The year-long wealth of flora is the star attraction of this private reserve, but it also has the lure of exciting encounters with big game, including lion,

about the author

Hlengiwe Magagula is co-author of 'Walking Safaris of South Africa', published by Struik Travel & Heritage. Both a practical guide and a lyrical evocation of the pleasures of walking in wild places, the book covers 21 parks and reserves with big game and guided walks.

hippo, elephant, rhino, and buffalo.

All guests are encouraged to explore a little on foot to get intimate with the flora as part of the safari experience. The Pioneer Trail was launched in 2020 to give guests the opportunity to traverse the 11,000 ha reserve following animal trails. This three-night slackpacking adventure sees guests and their trail guides journey through the fynbos landscape via a series of luxury tented camps, carrying just their lunch and water.

Book via www.gondwanagr.co.za, reservations@gondwanagr.co.za or call +27 21 555 0807.

5. CAVE CAMPING: AMAKHALA WALKING TRAILS

Amakhala Game Reserve is just a short drive for residents of Nelson Mandela Bay, and it recently launched an exciting new overnight trail for backpackers.

Guests hike about four hours on gentle animal trails and then overnight on camp beds in a cave overlooking the Bushman's River.

If backpacking is not your style, there are also dawn walks for lodge and safari camp guests, and recently these have been opened to day visitors. Slow explorations on foot begin at 08h00 with expert guides



Lazy Leopard in the Timbarati

interpreting the whole ecosystem, from dung beetles to elephants.

Book via www.amakhala.co.za, e-mail reservations@haggardandbrand.com, or call +27 83 565 2870.

6. WILD ZULULAND: SOMKHANDA BUSH WALKS

In the remote north of KwaZulu-Natal, halfway between Ithala and Umkhuze parks, lies the community-owned Somkhanda Game Reserve. Wild Connection has taken on the tourism concession, and walks are now also on the menu.

Whether staying at the lodge or one of the fenced or unfenced camps, guests can book a four-hour bush walk or tracking experience. Somkhanda has all the big game you'd expect, and low visitor numbers guarantee a genuinely wild adventure.

Book via www.wildconnection.co.za, e-mail bookings@wildconnection.co.za, or call +27 81 816 2541.

WHEN TO GO

Good summer rains have made this an excellent year to venture out on a trail in the Lowveld and the reserves of KwaZulu-Natal.

By now, the rivers should again be fordable and the Bushveld at its most lush. Peak walking season runs from April to October.

Marakele National Park is best for walks during spring and autumn, which are also the ideal times to enjoy lingering evenings by the campfire. In contrast, in the Western and Eastern Cape reserves, short walks are enjoyable year-round, with September to May the best time for overnight walking safaris. 📍

by *hlengiwe magagula* /
photography supplied



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COUNTRY HOUSE & VILLAS



Positioned in the most romantic valley on earth, Franschhoek Country House & Villas is an exclusive boutique hotel reminiscent of a village in Provence yet with an elegant Cape sensibility. Set in gardens of lemon trees, lavender and vines – with fynbos draping the nearby mountains – the original, charming country maison includes 14 standard and luxury rooms as well as the award-winning Monneaux Restaurant while the 12 Villa suites are havens of privacy & understated opulence. Swimming pools, a candle-lit cellar, a treatment room and sun-down verandas are all a traveller needs as you live la vie extraordinaire.



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THE LUXURY OF SPACE

Samara Manor House at Samara Private Game Reserve

Have you ever wished you could escape from the stress of everyday life to a secluded location where you could be waited on hand and foot? The Manor House at Samara Private Game Reserve is an exclusive-use villa ideal for anyone who needs a bit of privacy, indulgence, and complete relaxation.

In the vastness of the Great Karoo, there are many secluded, even isolated spaces where one can soak in the timelessness of the landscape and enjoy the privacy that it brings. Yet, precious few places offer the awe-inspiring views over the plains of the Camdeboo that the 67,000-acre Samara Private Game Reserve offers.

The reserve is a passionate conservation undertaking started in 1997 by Mark and Sarah Tompkins, which has been lovingly restored for over 24 years. Today, Samara continues to work with local stakeholders to





create South Africa's third-largest protected area of 1.3 million acres in a Global Biodiversity Hotspot.

This was the area that previously witnessed one of the world's largest migrations - when millions of springbok, wildebeest, eland, and quagga roamed these plains in search of new pastures. Herds of elephants moved through the verdant river systems, black rhinos were so plentiful they were shot on sight, and the predators - Cape lion, leopard, cheetah, spotted hyena, even wild dog - accompanied the melee of prey species across this breathtaking landscape.

Situated approximately 270km from

Gqeberha in the Eastern Cape and 53km from the picturesque town of Graaff-Reinet, Samara Private Game Reserve is the benchmark Karoo experience for travellers seeking a carefully curated and bespoke safari experience.

LIVING IN STYLE

Dedicated to providing an exquisite accommodation experience, the Manor House at Samara Private Game Reserve offers an unrivalled holiday experience for up to eight persons in an immaculately renovated homestead overlooking an amphitheatre of mountains.

Steeped in luxury, the Manor House

is staffed with a private guide, chef, and butler to cater to your every need. Preserved in time, the charmingly luxurious home reflects the local landscape and traditions with its inviting design by South African interior designer John Jacob Zwiendelaar.

The light yet contemporary décor throughout the Manor draws you in, offering two magnificent living areas and an assortment of smaller breakaway lounging alcoves where one can enjoy a relaxing afternoon, or enjoy the view over the Karoo Mountain landscape as it unfolds beyond the 21-metre infinity pool.

There are four spacious, air-





conditioned bedroom suites, each with a large en suite bathroom with a free-standing bath and separate shower. Lavishly appointed, each room boasts its own private patio with an outdoor seating area – the perfect spot to enjoy your morning cup of coffee – that looks out over a different part of the property.

From the beaded African artwork, traditional Karoo antiques, and sumptuous beds and lavish decorations, to the breathtaking expanses of the surrounding area, the Manor House delights at every opportunity.

A particular highlight is enjoying the culinary offerings of the Manor's private chef. Depending on the season and weather, dining takes place either in the luxurious dining room adjacent to the bar area, outside on the large veranda, or under the imposing Jacaranda tree in the manicured garden. On special occasions, or when the spirit moves you, enjoy a candlelit dinner on the veranda, or dine out in the bush beneath a star-studded sky. Why not try the breakfast safari for a unique morning activity option – a morning excursion that combines a delicious champagne breakfast on a nearby hilltop with a bespoke game drive.

WHAT'S ON THE PROGRAMME?

Although one might argue that whiling away the hours around the Manor House is a worthy use of the precious 'me time' that a holiday at Samara Private Game Reserve offers in such abundance, a daily programme of activities can be tailor-made to your specific wishes to ensure that each day is spent exactly as you would like it.

With a variety of both easy and more technical routes, Samara offers either guided or non-guided mountain biking adventures. The guided routes are located within the game-fenced area under the watchful eye of a member of the Samara team, while non-guided routes are located in an area without dangerous game. They will be provided with a radio and a map of the route.

Samara also offers a cheetah tracking experience on foot for the somewhat more adventurous. Samara's cheetahs have been collared for tracking and research purposes, allowing the Samara team to lead you to these magnificent animals while also pointing out interesting facts about the local environment, traditional tracking methods, and the cheetah themselves.





For an even more romantic occasion, the Samara team will be glad to assist you in planning the ideal breakaway, whether you are planning a proposal, a honeymoon, or an anniversary celebration. Guests can also treat themselves to the Milky Way Star Bed Experience. Set in a secluded location, a bespoke four-poster bed with draped mosquito net lies on a platform under the stars. Creature comforts are provided with luxurious bedding, mohair blankets, dressing gowns, and luxury bathroom facilities.

Whether for a brief visit, or an extended stay, you deserve to spoil yourself with an exclusive visit to the Manor House at Samara Private Game Reserve. It is an experience unlike any other, and with the ever passionate Samara team on-hand to help you create special memories to cherish for life, you are assured of a most memorable experience.

For additional information on Samara Private Game Lodge or the Manor House, visit www.samara.co.za.



NATURAL WONDER

Mhondoro Safari Lodge & Villa

Stellar experiences, superb design, fabulous food, service and pampering, and the Big Five under a big sky. Mhondoro Safari Lodge and Villa is an outstanding immersion into inspiration, relaxation and the thrill of being eye to eye with Mother Nature.

“You know you are truly alive when you’re living among lions,” wrote Karen Blixen, and I can’t help but think of the Danish author’s legendary passion for Africa when our small group of travellers enters the gates of the Welgevonden Game Reserve, boards the waiting game-viewing Landcruiser, and leaves Johannesburg’s a three-hour drive — and a universe — behind.

Because this is undoubtedly the experience of being truly alive: the deep and transporting smell of sun-soaked earth and wild botanicals that instantly evokes the bush, the touch of fresh, pure air, and the sweeping vista of dense thickets, broad valleys, and blue mountains and hills. And just to add a layer of Karen Blixen-level magic to the experience, we’re heading for a five-star

Safari Lodge and Villa whose name – Mhondoro – means ‘spirit of the lion’.

It’s not only lions either, thrilling though lions surely are. Here, in the exclusive and malaria-free sanctuary of Welgevonden, right in the heart of the UNESCO-accredited Waterberg Biosphere Reserve, we are in Big Five, as well as big-sky country. Along with being home to over 50 mammal species and over 250 species of birds, the region’s links to human history date to the Middle Stone Age.



Rhino, elephant, impala, zebra, giraffe ... by the 60 minutes it takes to get to Mhondoro Safari Lodge and Villa, we've unexpectedly had our first game drive, and a sensational one at that.

WHERE THE HEART IS

Peaceful and understated at the same time as it's also glamorously luxe, Mhondoro's low-slung architecture blends elegantly into the landscape while its airy interior spaces flow into generous outdoor areas. The decor blends African

and European sensibilities, with earthy colours and naturally luxurious linens and wood. The food is five-star to match the environment — everything, including snacks for drives, is homemade and delicious. A gym, sauna, massage suite, spa and gift shop add to the appeal. And from the warm smiles and cool towels that greet newcomers to expert drive and walking guides and sundowners in the wild, the service is about making guests feel completely at ease, not to mention incredibly indulged.

Accommodation wise, the Lodge sleeps 24, and the choices include Luxury Pool Suites, a two-bedroom Executive Suite, and a two-bedroom Family Deluxe Suite with a private plunge pool and viewing deck.

Then there's the last word in pampered privacy — the exclusive-use Villa. This dreamy option for six guests features a stunning master suite complete with a dressing room, living room and outdoor shower, a private gym and massage room, a heated pool ensconced by an



good to know

- Mhondoro Safari Lodge and Villa is just under three hour drive or 50-minute flight from Johannesburg.
- Rates include meals, local drinks, selected wines, and twice-daily game drives.
- The Lodge is child-friendly, with dedicated play areas, games and special activities.
- The area is malaria-free.

expansive deck, and dining and social areas. Plus the services of a personal chef, butler, and housekeeper.

EARTH, MOON & STARS

Of course, all of this is sensational in itself. But Mhondoro takes things to a whole new level, thanks to its inventive owners, the Dutch nationals, Frank and Myriam Vogel, whose love of the environment shines through in the decor, food, service, and ecological approach.

On a fundamental level, the Lodge's initiatives in conservation and a reduced carbon footprint include massive solar panel installations, recycling drives, grey-water irrigation, an outstanding greenhouse for fresh produce, and the development of 1 100 hectares of derelict adjoining farmland into a protected wilderness area.

On a hospitality level, Mhondoro offers creative and innovative experiences that are wonderfully inspired by the greatest innovator and creator of all — Mother Nature. Loll about in bed, stretch out on the deck, luxuriate over a meal, hit the gym or float in the pool, and you'll be constantly rewarded with sweeping views

of the distant mountains, surrounding plains and nearby waterhole. And what a watering hole it is, teeming with life, often crowded, and guaranteed to add a special bonus to morning coffee! Alternatively, the delightful 'Elephant Selfie Spot' allows guests to share the photographic spotlight with the pachyderms who regularly amble over for a drink from the heated swimming pool. Just don't cross the 'Elephant Line' that is there to keep you safe.

Come nightfall, and the custom-built open-air Star Deck is pure enchantment, complete with the delights of a super high-quality telescope, a knowledgeable guide and a moonlit sky that is straight out of a grand romance. And that's to say nothing of another stellar experience — Mhondoro's brilliant underground game-viewing hide, which is situated at the end of a 65-metre tunnel and situated so close to the watering hole that you're eye to eye with the animals that gather on its banks.

To reserve your stay, or for more information, visit www.mhondoro.com.

*by pnina fenster /
photography by mhondoro safari lodge & villa*



GOLF AT FANCOURT?

Expect The Game of a Lifetime

While Fancourt is well-known for its impeccable hospitality, gorgeous scenery, and convenient location, particularly for those travelling along South Africa's Garden Route, it is also a popular destination for golfing enthusiasts from around the globe.

The Garden Route wears many exquisite jewels in its crown. Counting among the most sought after are the internationally renowned Fancourt Estate's three premier golf courses.

All three of Fancourt's golf courses received Top 20 rankings in the list of South Africa's Top Golf Courses in 2022, while Fancourt walked away with the title of *South Africa's Best Golf Hotel 2021* at the World Golf Awards, and *South Africa's Best Golf Course 2021* was awarded to the Montagu course.

What makes Fancourt such a hole-in-one when it comes to the game of golf and the many joys that come with it? We bring you everything you need to know...

MONTAGU

Lovingly designed by golfing legend, Gary Player, the Montagu golf course

boasts stunning greenery enveloped by a breath-taking indigenous landscape. It promises a decent challenge for even the most experienced golfers, without taking away from the fantastic opportunity for the less experienced to practise their swing and hone their skills. Here, as with the other courses at Fancourt, golfers can rely on a detailed stroke saver to guide them through the gameplay, providing distance measurements and images that only amplify the ease and enjoyment of their time spent on the green.

OUTENIQUA

Translated, Outeniqua means the "land of milk and honey". The course has been rather aptly named as there are few other places where golfers can enjoy a game quite as smooth and satisfying. Compared to Montagu, Fancourt's Outeniqua course layout and design is slightly more forgiving, making it a sought-after choice for



beginners and intermediate players alike. Many of the fairways are lined with villas with thatch roofs and crisp white walls, adding to the course's unique charm.

THE LINKS

Renowned for being the number one golf course in the country, The Links (a privately owned club), takes pride of place on every golfer's bucket list. Unsurprisingly, Gary Player has described it as his greatest

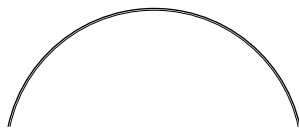
ever feat as a course designer. The Links is best characterised by its dune-style landscape and undulating terrain, as well as the fact that it is sure to pose a challenge to even the most esteemed players out there. Along with promising the game of a lifetime, the course has also received recognition for its role in ensuring sustainability in the Garden Route.

Fancourt welcomes all who yearn to experience the Garden Route from its most

inimitable destination, and invite golfers of any skill level to come and enjoy a round one South Africa's top courses.

For more information on Fancourt's golf courses or accommodation, visit www.fancourt.co.za.

by **fancourt golf estate**



LIFESTYLE



JUMPSUIT BY G-STAR RAW

The jumpsuit was a true G-Star icon from the brand's start in 1989. Now, with 1990s nostalgia taking over the fashion industry, the return of the one-piece is back and ever-present. The jumpsuit originated as an outfit for parachuters and skydivers to wear specifically for jumping from planes. G-Star RAW's new campaign takes inspiration from this in their unique collaboration with aerial silk dancers. The silk dancers were captured high in the sky, showcasing their acrobatic art and effortless flexibility in multiple jumpsuits, made for movement. Available in a range of diverse fabrics, fits and colourways. Adjustable features such as expandable cuffs and elasticated waistbands are prominent elements within each suit. Paired with different denim styles, ready to wear in, make your own and style up or down. The Spring/Summer 2022 Jumpsuits capsule collection is available in stores and from www.g-star.com.



MAISON COURVOISIER

The Most Awarded Cognac House, Maison Courvoisier, announces a new bottle design and reveals Yinka Ilori as its "Ambassador of Joy" - a role created exclusively for the colourful storyteller. Ilori, the London-based multidisciplinary artist, is best known for fusing his subject with his British-Nigerian background to create unique and memorable stories through contemporary design. Ilori stands alongside other creatives, including fashion and beauty photographer Betina du Toit (of South African origin), who will each bring the multi-sensory experience to life through their respective mediums. Each creative will be showcased in a compilation of films which capture their interpretation of joy. This year, Courvoisier will also redefine the cognac category as it unveils a new brand look that embodies the French belief of "joie de vivre." At the same time, a new bottle design will be revealed, and a new Chief Blender, Thibaut Hontanx, appointed to carry on the Maison Courvoisier tradition of heritage, craftsmanship and innovation. www.courvoisier.co.za

BENTLEY FOR MEN

Bentley Fragrances has developed an exclusive range of fragrances designed to meet the wishes of smart, elegant, status-conscious men: Bentley for Men. Men's fragrances under the iconic British Bentley Motors brand seem to be precisely what customers who are extremely particular about and love expressive, unique fragrances are looking for. The Bentley For Men range was created especially for cosmopolitan, self-confident, individualistic, and at the same time highly success-oriented men who are only satisfied with the very best. Each scent offers you the chance to slip into the skin of a passionate and exacting aesthete, driven by a spirit of daring and discovery. Every occasion of his life is echoed by a befitting scent, the invisible signature of intangible yet unshakeable elegance. The Bentley For Men Collection includes Bentley For Men, Bentley for Men Intense, Bentley For Men Azure, Bentley For Men Absolute, Bentley For Men Black Edition, and Bentley For Men Silverlake. Bentley for Men is available at leading stores, including Clicks, Dischem, and Truworths.





Shumbalala Game Lodge - An African Dream

In the vast wilderness of South Africa's hot northern plains, adjacent to the famous Kruger National Park, deep within an ancient tapestry of natural wonder, you will chance upon SHUMBALALA GAME LODGE.

From your early morning game drive or bush walk in the Big 5 Thornybush Game Reserve to lazy afternoons at the pool, and a sunset safari, tales of the day are told in the wine cellar as you prepare for a sumptuous dinner fire-side al fresco or candle-lit indoors. Choose from four luxury suites or the Presidential Suite, all of which have private viewing decks and picture window bathrooms. Wake up knowing that each day will allow for the adventure and peace of Africa to enter your soul – in a place where the lion sleeps.

info@shumbalala.co.za | +27 (0)728122172

www.shumbalala.co.za



DISCOVER THE HEIGHTS OF LUXURY

Altezza Gardens in Mauritius

Altezza Gardens offers non-citizens the opportunity to invest within a G+2 development from R2 million and be eligible for a residence permit from R5.5 million.

Discover Altezza Gardens in Sodnac, an architectural icon featuring 11 floors occupied by offices, apartments, and penthouses, all offering an elevated, luxurious living experience.

Sodnac is known for its ideal location, accessible within minutes to and from main cities and amenities. It is also blessed with a mild climate all year round.

UNLOCK SUBLIME VIEWS

Altezza Gardens offers unparalleled panoramic views of the region from its towering heights, with easy access to a wide range of facilities, and proximity to a broad road network, shopping malls, the Metro station, and the Sodnac Wellness Park. This new development perfectly

combines elegance and comfort.

DISCOVER LUXURY FROM TOWERING HEIGHTS

Altezza Gardens is exceptionally positioned in Sodnac, an upscale residential neighbourhood in the city of Quatre-Bornes. The apartments host one to three well-appointed bedrooms, and the three-bedroom penthouses open on stunning vistas. The underground and ground floors feature safe and expansive parking areas for residents and visitors.

EXQUISITE PRIVILEGES

Spread over 11 floors, the fine collection of 78 apartments and 12 penthouses is characterised by an abundance of space. Their floor-to-ceiling windows offer mesmerising views. Altezza Gardens boasts dynamic buildings, also featuring inspiring office solutions, with possibilities

to work, live, and relax.

INNOVATIVE DESIGN

Altezza Gardens is the tallest building in the area, and it showcases a detail-oriented architecture. The design is a synthesis of contemporary touches and elegance. The slender structure rises towards the sky where the penthouses are nestled. The glazed openings ensure facade performance and invite sensational views into the sunlit interiors.

LANDSCAPED OUTDOORS

Altezza Gardens delivers outdoor bliss with its welcoming tree-lined alley. Quiet and verdant, the outdoor space is dressed with mature palm trees. The manicured path unfolds to reveal a range of tropical species creating a refreshing oasis.

A GRAND ENTRANCE



The grand entrance is nestled in a lush and gloriously green space, home to many plants. This expertly curated area leads to the reception and concierge desk, offering an array of services ranging from cleaning to rental management for your peace of mind. Impeccable interiors fully furnished and equipped with high-end appliances, the open kitchen diffuses an inviting ambience. The organic tabletops punctuate the modern design. The kitchen opens onto the dining and living areas, seamlessly flowing towards the glazed terrace, benefiting from unobstructed views.

EXPERIENCE ULTIMATE LUXURY

Altezza Gardens' stylish apartments are complemented by exceptional facilities and boast spacious living. Located in a

coveted position, they overlook either the island's west coast, or the slopes of the Moka Mountain Range. Beautifully crafted, these exquisite homes are second to none.

BRIGHT AND SERENE

The cosy and bright bedrooms are designed to optimise the experience of luxury living. They offer breathtaking views of the city and the surrounding nature. Their serene atmosphere, enhanced by the colours and selection of materials, occupies the space.

BATHE IN STYLE

The sleek and elegant bathrooms are equipped with high-end furnishing. The unrivalled attention to detail is felt by the distinctive design and warmth – a space where luxury meets a sense

of intimacy.

CHARACTER AND STYLE

Designed with a sense of luxury throughout, Altezza Gardens boasts a swimming pool tucked away on the 10th floor, with dramatic island views. All residents have access to the swimming pool and a series of amenities, including a fitness room.

INSPIRING HOMES

The spectacular penthouses span two levels. Each has a large open-plan kitchen opening onto a fluid dining and living space benefiting from panoramic vistas. The sun-kissed interiors exude sophistication with an opulent colour palette and carefully selected materials.

UNPARALLELED COMFORT

The cohesive quality of the living space

contact

**ALTEZZA GARDENS BY
MADRIDA PROPERTY LTD.**

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Facebook: [altezzagardens](https://www.facebook.com/altezzagardens)

Email: info@altezzagardens.mu

adds a distinct character to the fluid layout. The seamless transitions contribute to the sense of serenity and delight. Natural light fills the room, and the ample space unveils entertaining possibilities.

EFFORTLESS ELEGANCE

The glazed floor-to-ceiling windows flood the bedroom with light. Perched just like a nest, it enjoys city and mountain views. Committed to the residents' well-being, the bedroom provides plenty of space, freedom and flexibility.

TIMELESS GRACE

This ultra-chic bathroom encompasses the charm of urban living. Styled to create a feeling of peace and luxury, this bathroom is fitted with the finest amenities. The refined design touches are geared towards comfort to allow residents to unwind and relax.

AN ADDRESS OF DISTINCTION

The exclusive residences offer a serene view of the cityscape by night. Standing in a prime location, they are close to excellent facilities and benefit from on-

site amenities. Altezza Gardens refines the pinnacle of city living, the perfect blend of opulence and style.

APARTHOTEL CONCEPT

- Altezza Gardens – A dynamic property tech project.
- Investment property.
- Serviced apartment for your comfort.
- Office solutions.
- Concierge services: rental management service for your peace of mind.
- Centre management and back-office solutions (management of common expenses, billing, electrical, plumbing, waste, water, common areas, maintenance, CCTV, parking control, lifts, security).

CENTRE MANAGEMENT AND CONCIERGE

- Leave your key at our Concierge for rental of your apartment or office.
- Our concierge desk manages your rental based on your preferred options for rental: short-term, long-term, and minimum expected return.
- Electric car on-site charging system with prepayment card facilities.
- Management of access control to floors and destination control lifts.

DINING AND CORPORATE EVENTS

- Enjoy the convenience of an on-site restaurant with an international chef and experience fine international cuisine for lunch and dinner.
- Enjoy excellent dining experiences with family and friends in our private rooms.
- Dining options from our restaurant or delivery to your apartment.
- Enjoy light snacks and beverages or dinner in our Executive Lounge.
- Free Wi-Fi.
- Facilities for your corporate events:
 - o Conference rooms
 - o Meeting/Training rooms
 - o Private rooms

CLICK TO E-MAID SERVICE

- Designed for busy professionals and businesspersons, our click-to-

clean service takes care of your household chores.

- Book your maid on an hourly basis from Monday to Sunday from 07:00 to 18:00, on a first-come, first-served basis.
- E-Maid offers a range of cleaning services ranging from dusting to polishing.
- Book your cleaning service with the click of a button.
- Locally managed and employed cleaning staff.

MODERN BOOKING EXPERIENCE

- A fast and straightforward booking system on our intranet.
- Check availability of our maids.
- Choose your preferred maids.
- Flexible cleaning solutions: one-off, recurring, pre-booking.
- Our background-checked and trained cleaners will leave your home spotless.
- Centralised Laundry Service:
 - o A dedicated area for centralised washing and dryer machines for residents.
 - o Save time and money and enjoy abundant space in your apartment.

WELLNESS

Fitness area, temperature-controlled swimming pool, and a garden on the 10th floor overlooking a panoramic view.

OTHER FACILITIES

- Car hire.
- On-site machines for snacks and drinks.
- Medical facilities from nearby private hospitals and doctors.
- Mychoice supermarket within a one-minute walk. 🚗

by *altezza gardens* /
photography by *altezza gardens*



Altezza Gardens in Mauritius

Altezza Gardens offers South Africans the opportunity to invest within a G+2 development in Sodnac, an upscale residential neighborhood in the city of Quatre-Bornes, from R2 million and be eligible for a residence permit from R5.5 million.

Altezza Gardens is the first Aparthotel Residence and an architectural icon featuring 11 floors occupied by a restaurant, offices, apartments, and penthouses, and all offering an elevated experience!

Altezza Gardens has partnered with most banks in Mauritius, and special packages are being offered to Non-Residents with up to 70% financing at preferential floating rate from 3% over 30 years. Expected Gross Rental Yield from 7%!

The amenities on offer in this state-of-the-art development are:

- **Restaurant:** fine international cuisine with executive lounge and private rooms
- **Offices** with conference and meeting rooms
- **Executive lounge:** private rooms for events or light snacks and beverages
- **Concierge Desk:** rental management service of your apartment or office with monthly settlement
- **Wellness:** gym, temperature-controlled swimming pool and a garden on the 10th floor.
- **E-maid Services:** book your maid on an hourly basis from Monday to Sunday.
- **Centralized Laundry Service:** washer/dryer machines

Altezza Gardens by Madrida Property Ltd

Mr Rikesh Ballah (Promoter) | Madrida Property Ltd, Maeva Tower, Level 1, Bank Street, Ebene CyberCity, Republic of Mauritius.

T. (230) 467 9388 📞 (230) 5978 9984 E. info@altezzagardens.mu

Visit www.altezzagardens.mu for more details.



THE ARTFUL ENTREPRENEUR

Loyiso Mkize

Cape Town visual artist and creator Loyiso Mkize - the man behind South Africa's first-ever superhero "Kwezi" - is not only a celebrated contemporary South African artist, but also prides himself on being an accomplished art entrepreneur.

Loyiso Mkize is a man of many talents. Besides being the creator of Mzansi's first home-grown superhero *Kwezi*, he is also the first Black South African to pencil a comic series for the internationally-renowned DC Comics.

Mkize studied at CPUT in Cape Town where he achieved his diploma in graphic

design in 2009. In 2015, he founded his own visual arts and communication company, Loyiso Mkize Art, which publishes the energetic South African superhero comic book, *Kwezi*. His African superhero is similarly real, as *Kwezi* is about finding one's identity and purpose. The story tells of a self-involved teenager with superpowers who must learn that with his abilities comes responsibility

towards his community.

Adding to his long list of accolades, Mkize has also been involved in many commercial creative endeavours, including commissions, brand campaigns, and publishing initiatives. His international participation has enjoyed highlights such as being commissioned to produce nine artworks for the Hollywood crime thriller, *Momentum*, directed by Stephen



Campanelli, and starring Olga Kurylenko, Morgan Freeman, and James Purefoy.

RISE TO STARDOM

Before committing himself as a full-time contemporary artist, Loyiso Mkize rose to prominence as one of South Africa's best known graphic novel and comic book illustrators, being one of the foremost contributors to the *Sunday Times* supplement *SupaStrikas*. Eventually, he discovered a passion for portrait painting, a medium he turned to as an avenue to express personal, political and social commentary.

His subjects are primarily African, and feature expressive faces, showing a fascination with skin, texture, gaze, and the emotion conveyed through facial features. In particular, he is interested in how this emotive expression intersects with notions of the soul and spirit – ultimately becoming a means to illustrate his understanding of the authentic African experience.

Mkize's use of highly stylized and technically brilliant brushwork creates realistic imagery that leans toward the surreal. His decorative framing and imaginative illustration add multiple layers to each portrait with character references and the impression of self-awareness in each of his works.



FINDING EXPRESSION

Painting has become a tool through which Mkize documents and expresses views and ideas. He paints with oil on canvas. His ability to create visual art throughout the varied arenas he participates in carries with it an intention to communicate ideas that he finds most important in his life, the most prominent being to preserve the African identity.

Mkize's work embodies a message of self-awareness, acknowledgement, strength and radical presence. In this spirit, he hopes that his work may create a platform in which we can all communicate freely. 📍

by *bernie hellberg jr /*
photography by *loyiso mkize*

Join the adventure



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Diners Club members, through our association with the Professional Golf Association, have access to golfing benefits such as discounted green fees. Join today.

A SOUND INVESTMENT

Sonos Premium Wireless Audio

Sonos' wireless multiroom audio will set the soundtrack for even the most luxurious spaces.



In the great words of Megan Traynor, sometimes life really is, “all about that bass”. So, when setting up your home, it is essential to make sure your sound system delivers the superior returns you demand from all your investments. It is a large part of why the wireless multi-room Sonos sound system has become a firm favourite of design professionals and luxury homeowners the world over, and one worth investing in.

Sonos' ease of use, effortless aesthetics, and limited cables (an eyesore if ever there was one) have, since arriving in South Africa less than five years ago, rapidly catapulted the brand to the top of every aesthete wish list. A significant reason is that a Sonos system is straightforward to set up in your home.

WHEREVER YOU ARE

The Sonos system is definitively plug-and-play, and starts with a single speaker to which you can add more speakers over time, growing the perfect system as your interior grows and changes. Aside from being great looking, Sonos' Wi-Fi speakers offer



an all-in-one system, with soundbars for your TV, amplifiers, and portable Bluetooth speakers for a premium sound experience outside of the home.

Far from a system created exclusively for techies and audiophiles, Sonos works seamlessly with all your favourite services. You can play a podcast in the bedroom while someone else watches TV in the living room, or group all your speakers together to play the same content in every room. Best of all, you can do away with the growing pile of controllers on your coffee table because Sonos is easy to control through the Sonos app, or just via touch control on the speaker itself and through the Spotify app.

Whether it's playing Adele at maximum volume in all rooms, immersing yourself in a Bridgerton marathon (or something more sensible like a soundtracked yoga moment), jamming while having a braai in the garden, or just enjoying some of Black Coffee's new Grammy Award-winning *Subconsciously* album on a blanket under the sun - there's a Sonos for every situation.

To curate your own sound experience in the home, consider these Sonos speakers for yourself:

SONOS ROAM SL

Sonos Roam (SL) is the latest portable speaker by Sonos, bringing you great sound anywhere your next adventure takes you - and back home again. Don't worry about it getting covered in water or sand, Roam (SL) has an IP67 rating, meaning that it is both waterproof and dustproof.

SONOS ONE

Sonos One delivers rich, room-filling sound and has the Google Assistant and Amazon Alexa built-in for simple voice control of your music and more. Ask for songs while you cook, or easily turn the volume up while you're in the shower. You can even request a lullaby, out loud, when you're putting the kids to bed.



SONOS SUB

You can truly hear and feel the difference in your sound system when you add in the Sonos Sub - their wireless subwoofer for deep, moving bass. Experience lower lows and higher highs when you connect Sub to your Sonos system.

SONOS RAY

Bring your TV visuals to life with Sonos Ray, the compact all-in-one soundbar that upgrades your TV, music, and gaming experiences. Enjoy effortless control with the Sonos app, your existing TV remote, Apple AirPlay2, music service apps, and more.

Expand your Sonos premium speaker collection device-by-device as time and your budget allows. Sonos is available at leading audio-visual retailers, or check www.planetworld.co.za for your nearest local distributor. The full range of Sonos premium speakers can also be experienced at their exquisite new Viewing Rooms space in Kramerville, Johannesburg. 📍

by *garreth van niekerk* /
photography by *sonos*

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THE MAN WHO CHANGED THE WORLD

The Life and Art of Andy Warhol

Andy Warhol's famous 1964 portrait of model and actress Marilyn Monroe, titled *Shot Sage Blue Marilyn*, has become the most expensive 20th-century artwork ever, after selling at a Christie's New York auction for an estimated £158 million. The sale has cast a new light on the iconic pop artist, prompting renewed interest in his life.



unwittingly starting a chain reaction that would leave the world fundamentally changed for decades to come.

A bigger star now, in death, than he ever was in life, Andy Warhol transformed pop culture from the incoherent underworld ramblings of trendy 1970s beatniks, to revolutionary high art that would ultimately lead to his paintings selling for the kind of money that previously only the works of classic masters could command.

Licensed around the world, Warhol's works are, ironically, still reproduced to this day, and they remain as powerful symbols of the very pop culture that breathed life into his art. Warhol seemed to admire and loathe, yet profoundly understood popular culture, and reproduced his commentary on the subject, his art, with a level of genius that guaranteed his ascension to the pantheon of art's immortals.

A UNIQUE VIEW OF LIFE

Warhol created, maintained, and brought this transformation of popular culture to high art to its logical conclusion, subverting both in the process. He had a hitherto unmatched ability to make art out of the very act of repetition. He planted the seeds for

Andy Warhol was born as Andrew Warhola on 6 August 1928 in a two-room apartment at 73 Orr Street, in a working-class neighbourhood of Pittsburgh, Pennsylvania, USA. Carpatho-Rusyn immigrants from an area in the Carpathian Mountains (present-day Eastern Slovakia), his parents, Andrej and Julia Warhola, had three sons, Paul, John, and Andy, the youngest.

As a child, Andy suffered from Sydenham chorea, a neurological disorder historically known as St. Vitus' dance, characterised by involuntary movements. When the disorder occasionally kept him home from school, Warhol read comics and Hollywood magazines and played with paper cut-outs. Growing up in Depression-era Pittsburgh, the family had few luxuries, but Warhol's parents bought him his first camera when he was eight years old,



everything from celebrity worship to reality television, personal branding, and meme culture.

In an era of extravagance, Andy Warhol set himself apart with his trademark silver wig and classic uniform – a white Brooks Brothers oxford button-down, navy Levis, and a black leather Perfecto jacket. This demure aesthetic echoed Warhol's withdrawn public persona. He was a man of few words, seemingly saving it all to be manifested later in his art, photography, films, books, magazines, record covers, and events.

Yet, Warhol was hardly a celebrity personality in the contemporary sense of the word. With an art school degree in pictorial design to his name, Warhol moved to New York City to pursue a career as a commercial artist, where he dropped the final “a” in his surname.

Now an illustrator by trade, Warhol's work first appeared in a 1949 issue of *Glamour* magazine, in which he illustrated a story called “Success is a Job in New York”. Warhol continued to be an award-winning illustrator throughout the 1950s, and some of his clients included Tiffany & Co., I. Miller Shoes, Fleming-Joffe, Bonwit Teller, Columbia Records, and *Vogue*.

WARHOL ARRIVES

Two dramatic exhibitions in 1962 announced Andy Warhol's entry into the art world. The first, in July at the Ferus Gallery, Los Angeles, exhibited his range of now-iconic “Campbell's Soup Cans”. Totalling 32 individual canvases, each featuring a different variety of the company's 32 soups, the canvases were lined up in a single row on a ledge that wrapped around the gallery. The paintings marked a breakthrough for Warhol, catapulting him from commercial illustrator to serious artist, and were among his first works based on consumer goods. The Campbell's Soup Cans also signified a much more significant artistic ethos, that of serial repetition, where each canvas was made to seem mechanically reproduced, although he hand-painted each one.

In the same year, Warhol's exhibition at New York's Stable Gallery displayed silkscreen prints with a flat uniformity that would become his signature style. Silkscreening, at the time considered mainly a commercial technique, allowed numerous repetitions and variations of his chosen subject, which for Warhol was several portraits of legendary actress Marilyn Monroe, whose recent

suicide sent shockwaves through American popular culture.

Throughout the 1960s, Warhol continued to mine the world of celebrity for his art, creating images of stars and public figures so familiar that they were often known by only their first name: Elvis, Jackie, and, again, Marilyn. Using printmaking techniques – including multiplicity, mirroring, transfer, and replication – Warhol laid a foundation that would prove central and enduring tenets in his work. His engagement with the subject of commodity culture found a sculptural release in his boxes silkscreened with the labels of Campbell's tomato juice, Brillo soap pads, and Heinz ketchup. “The more you look at the same exact thing, the more the meaning goes away, and the better and emptier you feel,” Warhol often remarked of this work.

CAPTURED ON FILM

Continually experimenting and innovating, Warhol also became a pioneering and prolific filmmaker. His most famous “Screen Tests” works, produced between 1964 and 1966, consisted of 472 individual filmed portraits of visitors to his legendary studio, known as the Factory. A testament to his perennial interest in

art immortalised

The Andy Warhol Museum tells Andy Warhol's story and explores his legacy through the most extensive collection of Warhol art and archives in the world. Located on the North Shore of Pittsburgh, Pennsylvania, in the United States, it is the largest museum in North America dedicated to a single artist. The museum holds an extensive permanent collection of art and archives from the Pittsburgh-born pop-art icon, is one of the four Carnegie Museums of Pittsburgh, and is a collaborative project of the Carnegie Institute, the Dia Art Foundation, and The Andy Warhol Foundation for the Visual Arts. www.warhol.org

portraiture, the "Screen Tests" starred non-professionals whose only task was to remain silent and still for the duration of a roll of film, challenging the *savoir-faire* of both his subjects not to be actors, and the audience to accept viewing non-celebrities mimicking the traditional role of the celebrity. Daring to be daring, Warhol also challenged the limits of audience attention with works such as "Empire", an eight-hour stationary shot of the Empire State Building. Drawing from various genres, Warhol made scripted, feature-length films that delved into New York's underground subcultures and transformed the Factory's collection of artists and Warhol's erstwhile groupies into "superstars."

By 1971, *New York* magazine had dubbed Warhol "The Zeitgeist incarnate," declaring, "The images he leaves will be the permanent record of America in the sixties." He had launched his own

magazine, *Interview*, in 1969, and in the years that followed, he circulated in the world of celebrity he had long represented in his art. In the 1980s, he returned to painting in works like the giant Rorschach. As suggested by Leonardo da Vinci, *The Annunciation* 1473, he also turned his creative attention to art history itself.

Warhol's own history also profoundly impacted his work, especially in later years. Throughout his life, Warhol fixated on his physical imperfections. Besides being afflicted with Sydenham chorea (St. Vitus' dance) as a child, he had pigment issues that caused discolouration of his skin, leading to the nicknames "Spot" and "Andy the Red-nosed Warhola." In response to his perceived physical flaws, Warhol cultivated different looks through his clothing, wigs, cosmetics, and plastic surgery to change the shape of his nose. Later in his life, Warhol developed premature baldness and had massive scars from gunshot wounds suffered in 1968. His lifelong interest in beauty regimes and skincare made its way into his work, with early paintings depicting a nose job, wigs, and pain

relief for corns. By the 1980s, Warhol had a near-daily exercise regime and took vitamin supplements to improve his hair and skin. Additionally, he incorporated bodybuilder imagery into his work and exercise equipment populates photographs of his studio.

As if to signal his imminent departure from the world, Warhol created a series of iconic monumental self-portraits featuring his gaunt face, fixed gaze, and a spiky wig, a mere nine months before his death. The works were larger than life, as was Warhol by this time, and some of the canvases measured nearly three metres (nine feet) square.

On 22 February 1987, Andy Warhol suffered complications following surgery to remove his gallbladder and died at New York Hospital in Manhattan. Now buried next to his mother and father at St. John the Baptist Byzantine Catholic Cemetery in Bethel Park, Pittsburgh, the flamboyant artist whose life had been cut dramatically short in the most modest of ways continues to have a lasting, irreverent impact on the world, on art, and on popular culture. 🍽️





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The Ultimate in Affordable Luxury

Moissanite, an exceptionally beautiful and extremely rare mineral, occurs naturally in the form of silicon carbide. Almost 2.5 times more brilliant than a diamond, this near-colourless gem has its own distinctive properties and splendour that render it truly one-of-a-kind.

Discovered by French chemist and Nobel Prize winner Henri Moissan in 1893, moissanite is extremely rare in its natural form. So rare, in fact, that there are not sufficient quantities available to mine and use in either jewellery or industrial applications.

This unique gemstone appears similar to a diamond, rivalling it in aesthetics, durability, and brilliance. Not only are moissanites as durable as diamonds and almost as hard (moissanite measures 9.5 on Moh's hardness scale, while diamonds measure 10), but many argue that they're even more beautiful. The refractive index of moissanite is 2.65 to 2.69. In contrast,

a diamond measures 2.417, meaning moissanite shines with fiery, rainbow flashes that diamonds cannot achieve, thus offering greater brilliance than even the finest cut diamond.

HEMGROWN BEAUTY

Modern moissanites are grown in laboratories to successfully imitate their natural state. Thanks to these production methods, moissanite gemstones are significantly more affordable than diamonds, making it possible to own your dream ring without putting yourself in debt.

Enter Stella Moissanite, a South African jeweller working exclusively with this precious gem. Stella Moissanite was founded in 2020 by entrepreneur

Ika van Wyk, who recognised the need for fine moissanite jewellery in the local market. Each year, more and more people in South Africa get married. With tough economic times and tight budgets, couples compromise on the engagement rings they buy. They either wait longer to purchase so that they can save for longer, purchase cheaper alternatives that are of a lower quality, or purchase smaller rings, compromising on the size they really want.

"I just hated that young people still felt the pressure to spend enormous amounts of money on engagement rings, often putting themselves in debt or eating up their savings. There had to be a better way to get that Pinterest-worthy ring without getting into



financial ruin,” says Ika.

Ika dreamed of offering a credible alternative to fine diamond jewellery without compromising on aesthetics, quality, and durability. After intensive research, she discovered moissanite, a unique gemstone with breath-taking brilliance, that’s ethical, not harmful to the environment and that costs between 50% and 90% less than a diamond of equivalent size, cut, colour and clarity. She teamed up with some of the best local artisan goldsmiths to create a new and inspiring fine jewellery range that will last a lifetime.

THE CHOICE IS YOURS

Stella offers a beautiful range of ready-to-ship rings, earrings, necklaces, and bracelets in 9ct and 18ct gold and platinum settings. Each item is thoughtfully designed and exquisitely crafted to show off the beauty of your moissanite gem. Ika and her team also work with clients to custom-create

personal designs, offering expert guidance to ensure your jewellery creation is even more beautiful than you imagined it.

All Stella Moissanite jewellery creations are crafted in South Africa by local experts. When you buy Stella fine jewellery, you support the local artisans and craftspeople who had a hand in making your beautiful piece of art.

Moissanites are exceptional gems that offer something unique to the world of fine jewellery. Anyone who isn’t so sure that diamonds are for them, or who wants the ring of their dreams at a more affordable price, now has an alternative that is just as beautiful, durable, and special.

Visit www.stellamoissanite.com for more information. 📍

by *stella moissanite*

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sculptor

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BEYOND CULINARY EXCELLENCE

Six Women Leading the Culinary Scene in South Africa

If the names Jamie, Gordon, Nigel, or Yotam mean anything to you, they indicate that the foodie halls of fame are dominated by men. Not so in South Africa, however, as more women rise to the top of the local food chain. We celebrate a selection of South Africa's culinary queens.



Whether you've just added to your growing collection of Jamie Oliver cookbooks or enjoyed another episode of Masterchef Australia with its history of male-centric judges, there's been a substantial gap where women are concerned.

Surprisingly, in South Africa, chef Peter Tempelhoff notes that the scene is visibly more diverse than this. The founder of restaurants such as FYN and *beyond* has surrounded himself with a close-knit team of female leaders, from his pastry division to head chef positions. Shaping the discourse of food in South Africa is by no means a female-only

role, but a handful of women are making waves in the scene.

For **Lorna Maseko**, pushing boundaries as a woman of colour is a tremendous honour. Having grown up in one of Johannesburg's biggest townships, the self-taught celebrity chef, media personality, and author of *Celebrate with Lorna Maseko* is also the first black ballerina to ever perform a principal role in South African theatres. Culinary fame came to Lorna when she made the top six in *Celebrity Masterchef SA*. Maseko also won two Gourmand World Cookbook Awards and has recently launched her cooking show - *Homegrown Tastes South Africa* - on BBC Lifestyle. Her goal is to give rise to other women in the industry.

Julia du Toit, Head Chef at *beyond*, is one of them. Eight years after starting her culinary journey, she was selected to represent the restaurant with a stint in Lyon, France, working in the Michelin-starred restaurant L'Atelier des Augustins. While there, her menu dedicated to author Deon Meyer highlighted the diversity of South African food, which she says "draws on flavours from around the world





that result in signature combinations.” While putting SA on the culinary map, she’s also hoping her visit cemented a reputation for *beyond* in France. When she’s not developing menus for a Michelin-starred restaurant, her everyday superpower is her unerring sense of calm and her organisation skills. “If I’m the one person in the kitchen who remains calm, then everyone else knows to stay calm too,” she notes.

Michelle Elliot, Head Pastry Chef, alongside Julia, manages a team of five like a well-oiled machine. Having worked at La Colombe and the Cape Grace prior, she brings both experience and inspiration to the fore. For her, proving that women can hold their own in professional kitchens and inspiring other young women to follow is what brings her joy. That, and creating a dessert that keeps bringing diners back.

For **Jessica Saurwein**, winemaker, and founder of Saurwein Wines, winemaking is a sensual process, one to which she feels women are naturally attuned. In the seven years since starting with three barrels of Pinot Noir, Jessica has received multiple accolades from critics, with her 2019 Chi Riesling being dubbed “possibly the best Riesling in South Africa”. She approaches her craft with as little intervention as possible,



resulting in wines that channel the natural balance of the grapes and the nuances of their terroir. Her Nom, Chi and Om wines are now available in 13 countries globally, and all carry symbolic meaning – named in honour of ancestry and spirituality.

Having begun her journey as a runner at La Colombe, **Jennifer Hugé** has resolutely climbed the ranks to General Manager and co-owner at FYN

restaurant. While it has taken almost two decades, Jennifer attributes her experience in various front-of-house positions as the backbone of her inherent understanding of what's needed at every level. "I tend to thrive under stress, and I 'love' the challenge of an unhappy customer, having them leave with a smile feels special," she says. Being called upon by two of the industry's top chefs

to collectively open FYN is almost as big an honour as being the recipient of the 2016 & 2019 Eat Out John Psillos Award for Outstanding Contribution to Service.

"The stigma should be broken that alpha males should run all kitchens." At just 29 years old, **Bea Malherbe** was recently appointed as FYN's new Head Chef. Having climbed the ladder from trainee, she is a driven leader who brings a kind-hearted spirit to a harsh environment. When she's not ensuring that guests ultimately have the best experience possible, you'll find her climbing Table Mountain, her other love. Thanks to her farm upbringing, Bea has an innate respect for the journey of food. "It's our responsibility as chefs to treat every ingredient with respect, thinking about the people before us, and thinking about those who will come after us," she notes.

"The culinary industry has developed a hard edge thanks to names such as Gordon Ramsay and Marco Pierre White. But we need a softer touch. We need a generation of kitchen leaders with empathy; the more women in leading roles we have, the more it'll be an attractive industry for the younger generation to enter into," Tempelhoff says. 🍷



photography *supplied*

PLATTER'S IN YOUR POCKET

Platter's by Diners Club South African Wine Guide

With its eye-catching jacket and wide-ranging content, **Platter's by Diners Club South African Wine Guide** has been an industry institution and a best-selling hardcover book for more than 40 years.

As institutions in the wine industry go, the Platter's by Diners Club South African Wine Guide is one of the most respected globally. A veritable wine bible, its annually changing cover colour brightens up home libraries across the country and around the world, and copies can be spotted in diverse and sometimes unexpected places, from eateries to luxury trains.

For collectors, there's the pleasure of discovering a well-thumbed (and slimmer) edition from yesteryear, plus the possibility of a financial reward - complete collections have been known to change hands for around R10,000.

IN YOUR POCKET

Less visible perhaps, but equally valuable to the wine lover are the digital versions of the guide - apps, e-books, and the website, Wineonaplatter.com.

The apps have been designed to provide the quickest and most direct access to the wine descriptions and ratings - ideal for when you are in a restaurant and presented with multiple options on the wine list, or in a retail outlet with many different wines displayed on the shelves. With the "Platter's In Your Pocket", you're able to home in on a wine's most important details before making an informed decision, with the option to read

about the wine producer, any other wines in the portfolio, older releases, and more.

After you have made your selection, ordered and sampled the wine, you may want to write something about it, either as a private note-to-self or, optionally, a comment shared with other members of the app community. You can even give the wine a rating of your own and, if sufficiently impressed (or depressed) by its quality and character, bookmark it for future reference.

In addition to serving as your digital sommelier, Platter's app is intended to ease and inform your travels around the Winelands. With a single tap, you can see which wineries are in your area and get directions to the venue of your choice via the built-in map.

Depending on the version (Android or iOS/Apple), your app can also recommend when you should drink a wine, and let you chat with the Platter's team in real-time about any queries, questions, or suggestions for new features and enhancements.

For those who know Platter's and prefer a digital experience more like the physical book, there is the e-book to consider. It is downloadable to any device that runs the Kindle free e-reader app. Beyond looking exactly like the book, in the smallest detail, the e-book offers the benefits inherent in

the electronic book format, such as bookmarking, search, multiple navigation options, and hyperlinked websites and email addresses.

The Kindle platform is also the place to download Platter's starter guide, *Everything You Wanted To Know About*





Wine But Were Too Afraid To Ask. Conceived as a “cheat sheet” on wine for the self-conscious newbie, the e-book covers everything from tasting wine to cooking with it, matching wine with food, dealing with wine snobs, collecting, and (of course) drinking wine.

Witty and a little irreverent, *Everything Wine* will answer frequently asked questions such as “is older wine better?” and generally help raise your pronouncements on wine from cringeworthy to captivating.

ON THE WEB

The web-based version of Platter's (accessed via Wineonaplatter.com) was the first digital incarnation of the guide, and it is still the flagship, with a range of value-added features such

as advanced search, news, shopping, and detailed information about wine-country accommodation, specialist tour operators, and dining options among the vines.

Ongoing digital development sees new features added and existing ones updated, with the core aim of serving wine aficionados during all stages of their wine journey.

Diehard hardback fans are not overlooked, however. Preparations for publication of the 43rd edition in the last quarter of 2022 are well underway (and the Platterati are already speculating about the new cover colour). For collectors and aspiring collectors alike, the online store offers bundles of older hardcovers under the banner of Instant Library. Individual

copies going back to 2001 are also available on enquiry.

Visit www.wineonaplatter.com to experience the vast and ever-growing digital world of the Platter's by Diners Club digital vineyard. 🍷



LUXURY WITHOUT EQUAL

Mercedes-Maybach S-Class & Mercedes-Benz S-Class

True to its *Sonderklasse* heritage, the range that defined Mercedes-Benz as the ultimate luxury motoring brand, now stands even taller as the ultimate luxury limousine.



Mercedes-Benz is the proud custodian of a new luxury automobile. One that has few rivals in its class, and even fewer equals. Although it has been available to purchase since 2021, the official unveiling included a surprise showing of an even more exquisite sample of automotive engineering during the launch event.

Starting from The Table Bay Hotel in the Victoria & Alfred Waterfront in Cape Town, the official local introduction of the Mercedes-Benz S-Class, as well as the latest *über*-luxurious Mercedes-Maybach models, included a presentation and dinner at a R300 million Clifton mansion, a visit to delightful Franschhoek, and a delectable lunch at La Petite Colombe in Leeu Estate.

The Mercedes-Maybach S680 4Matic Edition 100, unveiled and showcased at the hotel entrance, garnered a lot of attention, but being the single one allocated to South Africa out of 100 produced, it was there for display purposes only, as it will be auctioned to the highest bidder. All

monies received over and above will be donated to charity.

THE MAYBACH CHRONICLES

“What is good must also be beautiful.” This was the credo of Wilhelm and Karl Maybach at the beginning of the 20th century. Father and son were regarded as gifted designers, trailblazers of automotive luxury, and pioneers in matters of style. With this simple-sounding formula, they created highly complex things: perfection and craftsmanship paired with innovation.

This is what the name Maybach stands for to this day. Although rooted in aircraft engine building, Maybach-Motorenbau GmbH first built an experimental car in 1919 and introduced it as a production model in 1921. Between 1921 and 1940, the company produced a variety of opulent vehicles, now regarded as classics, but after WWII ended, the company never returned to creating luxury automobiles, until Daimler-Benz purchased it in 1960.

Post-1960, the company mainly produced special editions of S-Class Mercedes cars in the W108 and W116 ranges, all virtually hand-built. Decades





include a noise-insulated first-class rear compartment with Burmester 4D surround sound, heat and massage functions for the seats and high-tech screens for infotainment.

Compared to the long-wheelbase S-Class, the Maybach has a 180 mm longer wheelbase, and is equipped with all-wheel drive for the first time. While it represents ultimate sophistication and quintessential luxury, the S680 4Matic Edition 100 is fluently fast as well.

Endowed with the six-litre V12 engine (450kW and a colossal 900Nm of torque), the big saloon can reach 100km/h from standstill in 4.5 seconds and a top speed governed



later, Mercedes re-introduced the Maybach brand as an ultra-luxury vehicle concept at the 1997 Tokyo Motor Show. Two variants were introduced - a 5.7-metre and a 6.2-metre version - with a 57 S version joining the line-up in 2005.

Powered by a 6.0-litre V12 bi-turbo engine producing 450 kW and 1,000 Nm of torque, not even the enhanced Maybach saloon could save the brand from imminent demise. Weak sales, and the economic crash of 2008, sucked the last dregs of life from this audacious luxury vehicle project.

The Maybach nameplate was discontinued in 2012, with the last vehicle rolling off the production line on 17 December. However, in November 2014, Daimler announced the revival of Maybach as a sub-brand of the Mercedes-Benz S-Class (W222), positioned as an upscale version akin to the sportier Mercedes-AMG brand.

In anticipation of its April 2015 launch, the flagship Mercedes-Maybach S600 was unveiled in Los Angeles, United States, Guangzhou, China, and the production model at the 2015 Geneva Motor Show. Now recognised alongside its S-Class siblings, Mercedes-Maybach soon after unveiled its top-class GLS SUV, followed by the W223 Maybach S-Class.

MERCEDES-MAYBACH EDITION 100

To mark its centennial last year, Mercedes-Maybach presented special editions of the current S-Class and GLS models, each limited to 100 units (it is not clear if a GLS Edition 100 could find its way here, but it seems unlikely). The Edition 100 models were made available to dealers from the beginning of this year.

Characteristic Maybach hallmarks include the impressive radiator grille bearing the brand emblem, but the special S-Class and GLS models are distinguished by hand-painted two tones colours - high-tech silver and nautical blue - and feature a special leather interior in designo crystal white and silver-grey pearl.

The brand logo with Edition 100 inscription adorns the C-pillar (S-Class) or D-pillar (GLS), various stowage compartments and the illuminated panels in the interior, as well as the hub caps. The forged wheels of the GLS and the wheels of the S-Class also shine in a new grey finish.

A car cover with the iconic double M and a handmade case of soft crystal white or black leather further underline the exclusivity of the edition. Equipment highlights

at 250km/h. Its S580 4Matic sibling is powered by the AMG-derived four-litre V8 with a 48V electrical system, delivering 370kW (15kW electric) and 700Nm (200Nm electric) - affording it very similar performance to the V12 derivative.

However, the new Mercedes-Maybach is all about opulence, with chrome highlights and extravagant trimmings (some may find it overstated), giving it an exquisite elite signature look. This is reflected in the interior, with OLED (Organic Light Emitting Diode) tech, an intelligent MBUX system and a wide selection of the finest materials, refined surfaces and seat variations.

MERCEDES-BENZ S-CLASS

The pursuit of automotive perfection has been the driving force behind the development of the flagship sedan since the first officially designated S-Class - the W116 model - debuted 50 years ago in 1972. Even so, the S-Class legacy stretches back to the Ponton (although only the six-cylinder W180 and W128 lines are considered part of the S-Class chronology), the "Fintail", and W108/109 cars.

As centrepiece of the brand, the new S-Class still has classical sedan lines with a wide track and flush-mounted wheels to give it a muscular look. Compared to its predecessor, the W223 has reduced







character lines on the sides, and cleverly contoured surfaces create special light effects. The front section impresses with its signature, high-status grille, and the rear now has cleaner, more contemporary lines.

Holding connectivity, autonomy and digitisation in high regard, the seventh-generation model comes standard with the latest MBUX operating system running on a 12.8-inch OLED central display, plus a 12.3-inch digital driver display (with 3D optionally available), and its new dash layout is much more attractive, neater and more user-friendly than before.

Similarly, the overhead control panel and learning algorithms now use internal cameras to recognise and anticipate the occupants' intentions. By interpreting hand gestures and head direction, it responded with the corresponding vehicle functions, but it also got confused on occasion.

Active ambient lighting using fibre optics comprised of about 250 LEDs distributed in the vehicle interior as an additional light plane, and the 31-speaker high-end Burmester surround sound system has exciters integrated into the seat backrests. This adds another level to the listening experience - 4D sound - and the perceived sound intensity can be adjusted for each seat.

IN SUMMARY

Our introduction to the new S-Class has reaffirmed that it still lives up to its superior positioning in the Mercedes-Benz line-up. Yes, some may scoff at the muted design that appears deceptively evolutionary, but it tricks the eye at almost every corner - the automatically deploying and recessing door handles and incongruous triangular tail lights being exemplary cases in point.

That said, the expertly crafted curves and traditional design cues eclipse most other models in the Mercedes-Benz stable. And while the family resemblance is pronounced, the new W223 is still the brand benchmark, design icon, and tech thought leader. 🏆

TO ENTERTAIN



VIEW ON THE WILD

Appreciate the magnificent wildlife of Kruger through the lens of experienced photographer and guide, Armand Grobler. *Photo Safari Kruger* is a collection of images highlighting the natural splendour and extraordinary wildlife of the Greater Kruger region. Born in South Africa, Grobler spent his childhood in the surf, sand, and forests of Sydney, Australia, and soon developed a passion for wildlife and a calling to nature. At the age of 12, Grobler imitating hero, the wildlife icon Steve Irwin, catching snakes, lizards, and whatever else he could find, to create his own wildlife documentaries. As a volunteer at the celebrated Taronga Zoo, he gained valuable knowledge and experience, teaching others about wildlife and the importance of connecting with nature. This view would ultimately lead him to follow his dreams from the Australian continent to Africa. Today, Armand is an enthusiastic wildlife photographer and experienced nature guide, hosting photographic safaris in southern Africa's Greater Kruger, Kalahari, and Okavango regions. *Photo Safari Kruger* is Armand's first book, and can be purchased from www.hphpublishing.co.za.



EMBRACE YOUR ELEGANT POWER

Nicky Rowbotham's second book, *Embrace Your Elegant Power: your path to success through ease*, follows hot on the heels of her successful first book, *7 Steps to Finding Flow: flip the script on stress*, and is replete with powerful, personal, and transformative stories and insights. *Embrace Your Elegant Power* is your level-up guide to celebrating your own uniqueness, and using easefulness as the frequency holder for your life. The definition of elegant power is the state of standing grounded in reverence of your own self-worth, sure in your sense of self, basking in the humble glow of the natural light of your individual gifts. You embrace all you have to offer the world and yourself from an empowered, authentic, and unarmoured state of grace. When you start to trust yourself, that whisper loudens. It deepens, permeating every cell as you remember all that you are and step out of the shroud of your societal conditioning. You unshackle from the "shoulds", the perceived expectations of yourself. Creating a fire within that emanates from a place of calm, centred sureness and you can say, "This is me. And that is golden." *Embrace Your Elegant Power* is available nationwide from Exclusive Books at www.exclusivebooks.co.za.



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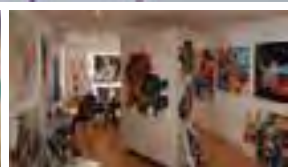
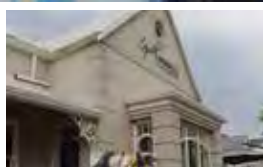
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ESSENCE OF **THE WILD**

Photo Safari Kruger

Appreciate the magnificent wildlife of the Kruger through the lens of Armand Grobler, as he guides us on a photo safari.



Photo Safari Kruger is a collection of images highlighting some of the natural splendour and extraordinary wildlife of the Greater Kruger region through the lens of Armand Grobler.

Grobler was born in South Africa, but spent his childhood in the surf, sand, and forests of Sydney on the east coast of Australia. It wasn't long before Armand developed a passion for wildlife and a calling to nature.

At the age of 12, he began to imitate

his Australian hero, the wildlife icon Steve Irwin, catching snakes, lizards, and whatever else he could find, creating his own wildlife documentaries and holding reptile shows at various events. As a volunteer at the famous Taronga Zoo, he gained valuable knowledge and experience, teaching others about wildlife and the importance of connecting with nature. This view would ultimately lead him to follow his dreams from the Australian continent to Africa. Today, Armand is an enthusiastic wildlife photographer and experienced nature

guide, hosting photographic safaris in southern Africa's Greater Kruger, Kalahari, and Okavango regions.

Grobler captures the emotion and unique interactions of the local wildlife, utilising creative photographic skills and techniques to captivate readers, while sharing his own memorable experiences and safari stories that will keep you entertained on every page. 📷













REST & RECHARGE

The Intrinsic Value of Healthy Sleep

Whether your children are studying into the late hours, or your work demands intensive concentration, sleep is the essential ingredient for success.

Sleep benefits the brain and promotes attention, memory, and analytical thought. It makes thinking sharper, recognises the most important information to consolidate learning, and facilitates expansive thinking that can spur creativity.

Studies suggest that sleep may play an active role in physical recovery and, specifically, in sculpting the adolescent brain. One such study examined MRI scans in 290 children and adolescents between the ages of five and 18 and found that sleep duration was positively correlated with grey matter volume in the hippocampus, which plays a crucial role in short-term, long-term, and spatial memory.

According to the National Sleep Foundation and the American Academy of Sleep Medicine, teenagers need eight to ten hours of sleep per night. Sleep is essential for physical and mental health, maintaining a healthy weight and cognitive ability.

Adequate sleep also improves the ability of the immune system to recognise and fight infection through a phenomenon called immunological memory, and lack of sleep can increase the risk of catching infections.

But by almost all accounts, many teenagers are not getting enough sleep. Data from four surveys in the US conducted between 2007 and 2013 showed that nearly 69% of high school students received seven or fewer hours of sleep per night. It is estimated that almost a quarter of adolescents suffer from insomnia.

BODY CLOCK CHANGES

Two things control our need for sleep:

- The length of time we have been awake, and
- Our internal clock or circadian rhythm.

Our internal body clock, or circadian rhythm, controls almost all functions in the body. The human body runs on a 24-hour cycle, which is influenced by light. When the sun rises, we are programmed to wake up, and when it sets, our body starts to ready itself for sleep.

The circadian rhythm starts to shift between ten and twelve years of age. While you've been used to tucking your child into bed between 8 pm and 9 pm, they are now only ready to sleep between 10 pm and 11 pm. It may look like they have insomnia: they toss and turn, get up for a glass of water or sneak their phone into their bed - but in reality, their body is just not ready to sleep.

WORKING WITH THE CIRCADIAN RHYTHM

Knowing that your teen can only fall asleep at about 10 o'clock, and that they need to be out of bed early enough to get to school on time, it is vital that you help your teenager manage their sleep routine. SleepFoundation.org offers the following recommendations to help your teenager maintain a healthy circadian rhythm:

- The circadian rhythm is responsive to light - especially sunlight. It is essential to spend time outside, preferably earlier in the day, as it keeps the body clock running on schedule.
- The body thrives on routine. It is advisable to go to bed at the same time every night.
- Daily exercise can make falling asleep at night much easier. Ensure that you get regular exercise.
- We generally should not consume too much caffeine, but if you're having trouble falling asleep, it may be good to avoid it altogether.
- Exposure to the blue light our screens emit before we go to bed can affect our ability to fall and stay asleep. Avoiding electronic devices for two hours before bedtime is essential for a healthy night's rest.



- We are all a little sleep deprived, but if you need a nap in the afternoon, make sure it is early in the afternoon and no longer than 20 to 30 minutes.

NUTRITION IS KEY

A routine is important, but equally important is diet and good nutrition. As with everything else we do in a day, eating should happen at regular intervals as when you eat also affects your circadian rhythm.

Eating balanced meals with healthy snacks in between can assist in maintaining a healthy sleep schedule.

Certain micronutrients support sleep, making falling asleep and having a good night's rest easier. These include gamma-amino-butyric-acid (GABA), the amino acids taurine, glycine and L-theanine, and magnesium and zinc. Bioteen's Supersleep has been scientifically formulated to provide an effective nutritional supplement for

teens to help promote a better night's sleep. Containing optimal quantities of GABA, taurine, glycine, L-theanine and magnesium, Supersleep has been proven to reduce the time it takes to fall asleep and go into a deep sleep and the frequency of awakenings during sleep hours; and helps to feel well-rested upon waking.

Supporting the circadian rhythm with a regular routine and a healthy diet, combined with nutritional supplementation where needed, will give you and your family the energy and mental ability to succeed.

For more information, visit Bioteen online at www.bioteennutrition.com.

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