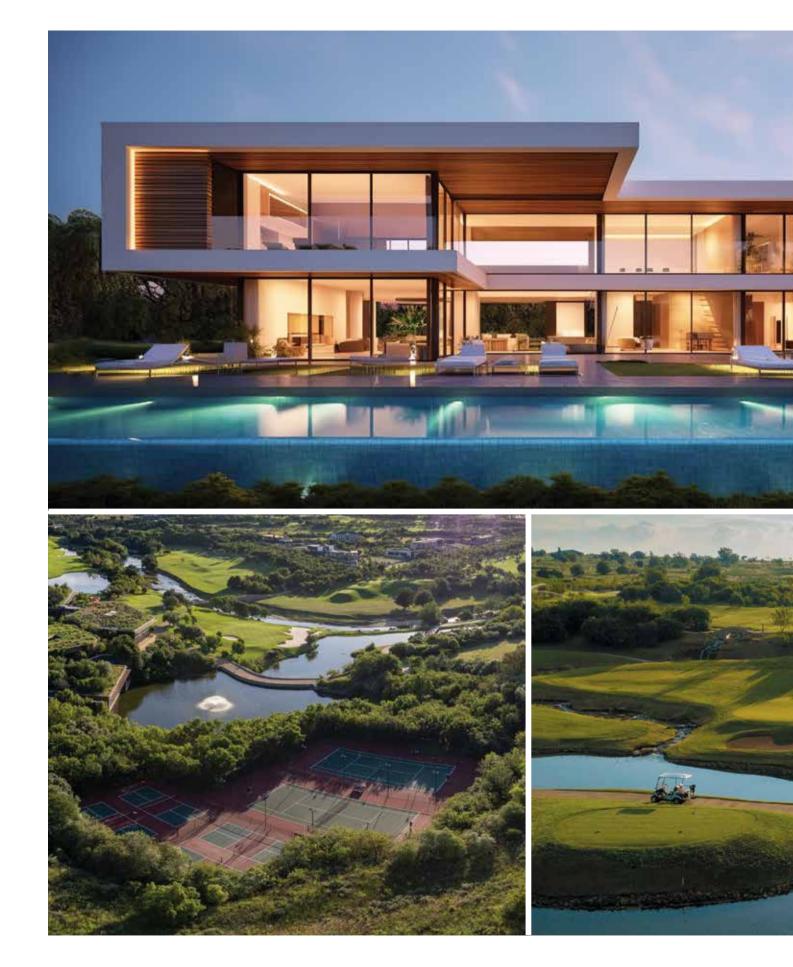
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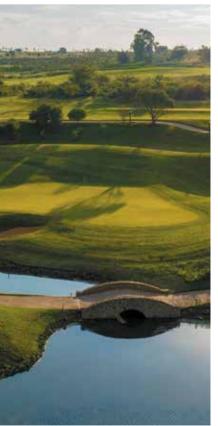
EXPLORING SEYCHELLES Beneath the Surface

2025 Diners Club Barista of the Year Steyn City: The Blueprint for Better Living Roger Ballen Centre for Photography



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from the MD



Welcome

Esh Naidoo

Managing Director

At Diners Club, we believe that true luxury lies not only in the destinations we visit or the experiences we savour, but also in the sense of belonging we share as part of a community of like-minded explorers and enthusiasts. This edition of *Signature* is dedicated to the many ways in which travel, lifestyle, and passion connect us across the globe.

From the serene waterways of the Charente River in France, where timeless villages and vineyards line the banks, to the untamed beauty of Tanzania's wildlife reserves, and the crystal waters of the Seychelles, this issue invites you to journey with us to some of the world's most inspiring locations. Each destination is more than a place to visit – it is an experience to immerse yourself in, creating memories that last a lifetime.

Our focus on luxury extends beyond travel, into the products, services, and stories that enhance the way we live every

day. Lifestyle, after all, is not defined solely by what we own, but by the experiences we curate and the connections we build. Within these pages, you'll find thoughtful reflections and recommendations that bring together the best of dining, design, and discovery.

I am also proud to highlight a very special part of the Diners Club calendar - the 2025 Diners Club Barista of the Year competition. Now in its third year, this celebration of craftsmanship and creativity has become a much-loved fixture, bringing together coffee lovers and artisans from across South Africa. It is a reminder that belonging is also about community: people united by a shared appreciation for quality and excellence.

As you turn these pages, I hope you are inspired to explore new horizons, indulge in unique experiences, and, above all, feel part of the Diners Club family wherever you are in the world.

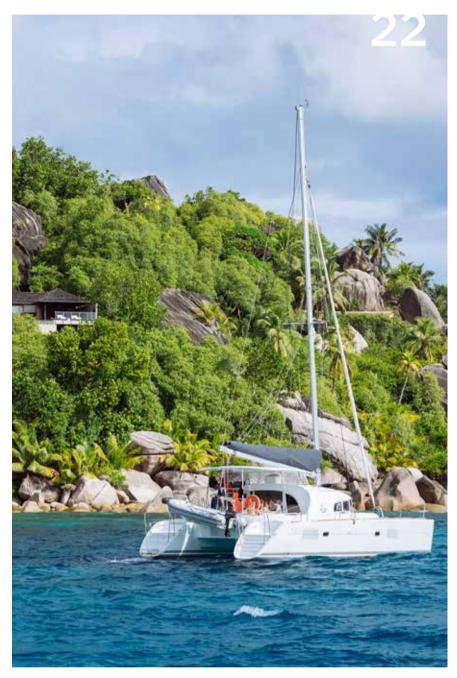
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A TIMELESS ESCAPE IN THE **HEART OF NATURE AT SUN CITY**



Take a step closer to nature with the newly refurbished units of The Reserve, Sun City's timeless self-catering offering. Ideally located against the backdrop of the picturesque Pilanesberg, The Reserve transports guests into the heart of the African wild. With enthralling wildlife and nature-rich environments, creating your perfect getaway has never been easier.

After a R210 million upgrade, the newly reimagined interiors at Sun Vacation Club's The Reserve are crafted to evoke a deep sense of escape into the African wild. Natural stone-look tiles, savannahinspired woven wallpapers, and grey granite-textured finishes bring the outdoors in, creating a seamless connection to the surrounding landscape. Vibrant, custom-designed animal-print fabrics and striking wildlife photography add bold character, while unique headboard-framed artworks elevate each room into a sanctuary of style and serenity. The result is a tranquil space that soothes the senses and invites true relaxation.

Enquire now and step into your next luxurious escape with The Reserve at Sun City.

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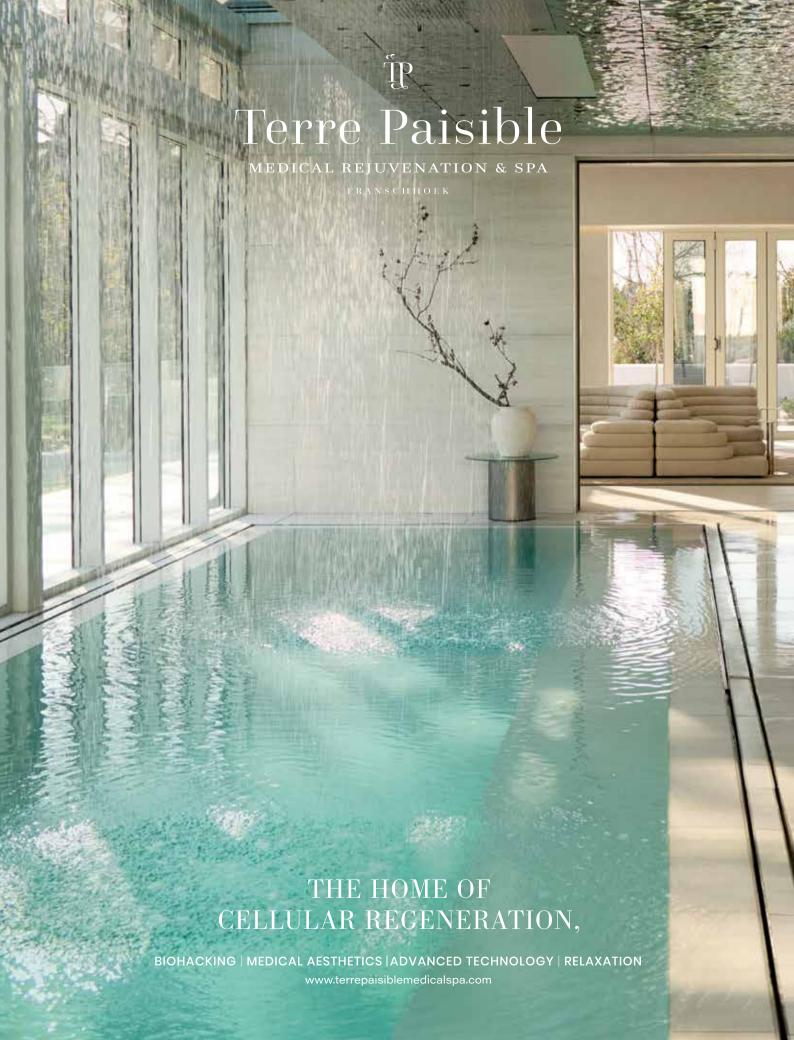
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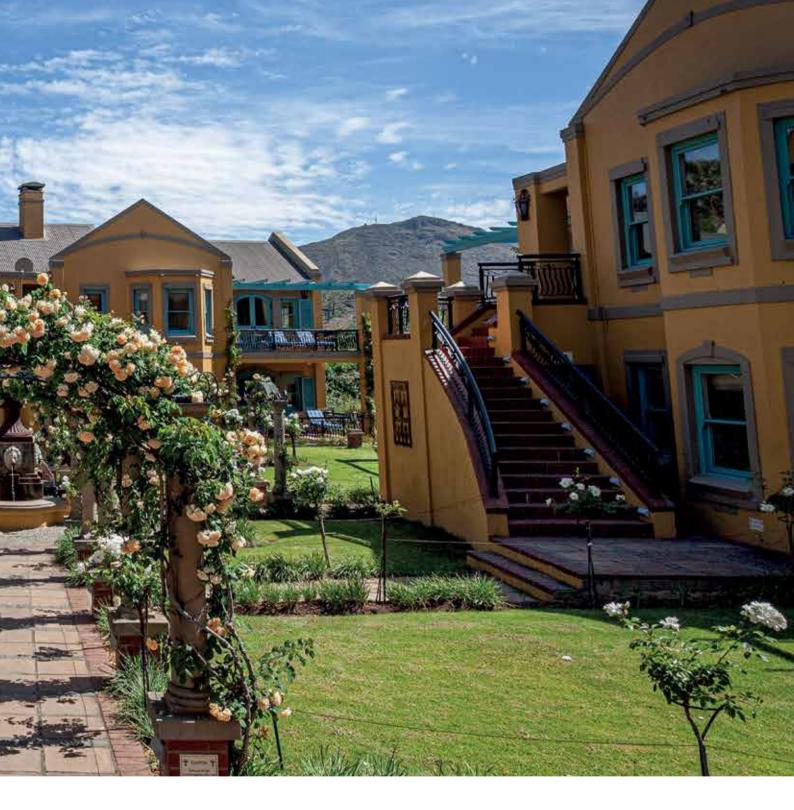
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THE LUXURY OF PALM HOUSE BOUTIQUE HOTEL & SPA

Nestled in Upper Wynberg, Palm House Boutique Hotel & Spa blends Cape Town's vibrancy with serene tranquillity. This historic hometurned-boutique hotel, reimagined by owners Max Jong and Shelagh Wood, exudes elegance with original wood panelling, herringbone floors, and bespoke artworks. Guests can choose from Garden Suites with private patios or Deluxe King Suites

boasting Table Mountain views. Executive chef Gregory Henderson's sustainable, multicultural menus shine at Palm Terrace and de Tafel room, paired with Cape Winelands' wines. The Açaí Spa offers holistic treatments, including the signature Palm Journey and a Banya Sauna, ensuring a rejuvenating escape in Cape Town's southern suburbs. www.palmhouse.co.za





KEYS TO AN UNMATCHED STAY

The Michelin Guide unveils its first global Michelin Key Selection on October 8, 2025, spotlighting the world's finest hotels across 125+ countries. Rated from one to three Keys, these distinctions recognise exceptional stays: one Key for unique gems offering standout service, two Keys for truly memorable hotels with character and charm, and three Keys for extraordinary luxury experiences that define ultimate hospitality. Evaluated by MICHELIN Inspectors on five universal criteria, the Keys provide a new trusted benchmark for exceptional hospitality worldwide. This global selection follows successful regional rollouts and includes four new Special Awards celebrating hospitality excellence.

COASTAL SERENITY AT ARNISTON SPA HOTEL

Tucked away in the charming fishing village of Arniston, the 4-star Arniston Spa Hotel, part of Cape Country Routes, offers a luxurious escape. Just a two-hour drive from Cape Town through the Overberg's scenic hills, it lies near Cape Agulhas, where the Atlantic and Indian Oceans meet. Surrounded by unspoilt beaches and nature reserves, its 67 elegant en-suite rooms boast sea or pool views, some featuring fireplaces or private balconies. Savour exquisite breakfast buffets, leisurely lunches, and fine dinners with local seafood at the restaurant. The Ginkgo Spa delivers personalised treatments for ultimate relaxation. During school holidays, a kids' club provides fun activities. For more, email bookings@capecountryroutes.com, or call +27 21 023 3611. www.capecountryroutes.com















FROM BUSH TO BEACH

Tanzania Awaits South Africans in 2026

Hot on the heels of a record-setting 50 nominations at this year's World Travel Awards (and with Dar es Salaam playing host to Africa's most influential travel leaders), Tanzania isn't just "another safari" – it's emerging as the continent's ultimate adventure playground and a model of sustainable tourism excellence.

f you've ever dismissed regional escapes as less exciting than bucket-list trips abroad, it's time to think again. With new direct flights from Johannesburg and seamless bush-and-beach itineraries now easier than ever to book, Tanzania and Zanzibar offer an experience that feels worlds away from home...without the long-haul flight.

Thanks to South African passport holders' visa-free status for up to 90 days and fly & stay holiday packages starting from just R21,143 per person*, this is one adventure that combines big value with even bigger memories.

And this isn't just about ticking off sights, says Flight Centre South Africa's Sue Garrett, GM Supply, Pricing & Marketing:

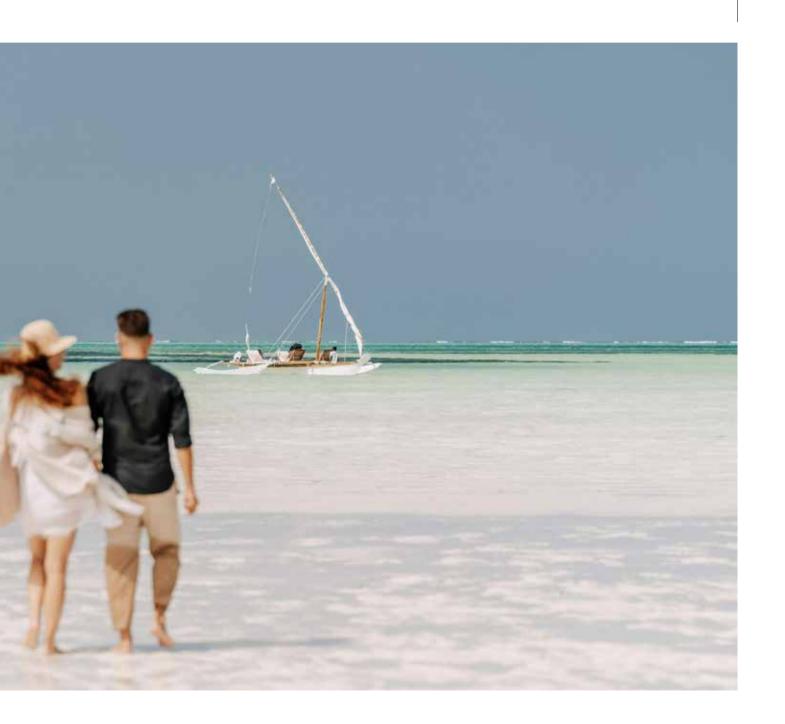
"It's about being part of something dynamic: a country investing in worldclass conservation standards, community upliftment, and truly transformative travel moments."

Ready to see why everyone will be talking about Tanzania in 2026? Here's everything you need to know before you go.

ACCESS HAS NEVER BEEN EASIER

New direct flights between Johannesburg and both Dar es Salaam and Zanzibar are genuine gamechangers for South Africans. Air







Tanzania now operates five weekly flights from Johannesburg to Dar es Salaam (Mondays, Wednesdays, Fridays, Saturdays, and Sundays), plus a twiceweekly service linking Johannesburg directly to Zanzibar via Dar es Salaam (Tuesdays and Thursdays).

These connections make it easier than ever to combine a Serengeti safari with downtime on Zanzibar's world-famous beaches, all without lengthy layovers or complicated transfers. With flight times under four hours from Johannesburg, you can leave in the early afternoon and be unwinding by sunset.

PRESIDENTIAL DRIVE & GLOBAL CAMPAIGNS

The country's elevated profile isn't accidental. Under President Samia Suluhu Hassan - the first woman

to serve as both vice president and president in Tanzania's history - high-impact initiatives like "The Royal Tour" documentary (in which President Hassan was the main character and guide, showcasing Tanzania's rich tourism, culture, environment, and investment opportunities) have put Tanzania on an international stage.

This government-led focus has translated into tangible upgrades, including smarter infrastructure, firm conservation policy, and a rapidly professionalising tourism industry.

SMART CURRENCY REFORMS

New regulations now require all local payments to be made in Tanzanian shillings (TZS), reinforcing economic sustainability while keeping things simple for travellers. International bank cards

remain widely accepted at hotels and major attractions; cash exchanges can be easily handled at banks or bureaux de change. It's a move designed to support local businesses – and it means your spend goes further in-country.

WHERE THE WILD STILL SURPRISES

Tanzania offers adventures that are simply unmatched anywhere else on the continent. Here are a few highlights:

 Katavi National Park: For those craving true exclusivity, Katavi is one of Africa's last wild frontiers. With just three remote camps and access only by light aircraft, you'll find yourself surrounded by vast plains teeming with hippos, lions, and elephants, often without another vehicle in sight.



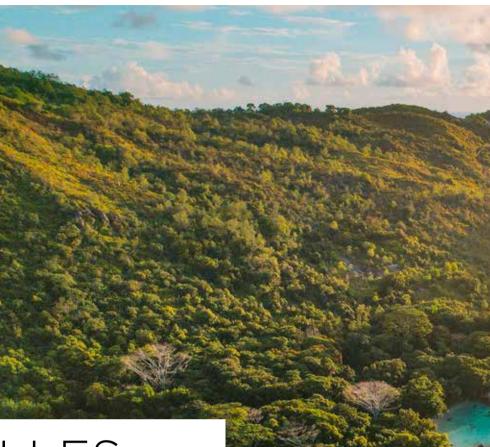
- Ruaha National Park: Home to classic tented camps and dramatic baobab landscapes, Ruaha delivers an authentic safari with abundant predators, yet it remains blissfully off most tourists' radar. Its proximity to Zanzibar makes it ideal for combining untamed bush with Indian Ocean relaxation.
- Nyerere National Park (formerly Selous): Larger than Switzerland but visited by a small number of travellers each year, Nyerere invites you to swap game drives for guided walking safaris or riverboat journeys beside hippos and crocodiles.
- Mahale Mountains chimpanzee trekking: On the forested shores of Lake Tanganyika lies Mahale Mountains National Park. Accessible only by boat, this remote haven offers intimate treks to observe wild chimpanzees in their natural rainforest habitat.
- Lake Manyara tree top walkway:
 This elevated forest walkway lets you spot monkeys, butterflies, birds, and panoramic lake views from high up in the canopy.
- Tarangire: Renowned for hosting massive elephant herds (sometimes

- over 300-strong), Tarangire also delights bird enthusiasts with more than 500 recorded species, making it perfect for multi-generational trips or anyone seeking diversity beyond big cats alone.
- Gombe Stream: Step into history at Gombe National Park, the site where Jane Goodall revolutionised our understanding of chimpanzees. Guided treks here let you witness these remarkable primates up close while connecting with conservation history firsthand.

With its hearty mix of responsible tourism initiatives, world-renowned wildlife, and easier-than-ever access for South Africans, Tanzania is changing what it means to explore Africa in 2026.

"Tanzania is setting new standards for the continent, not just in conservation and hospitality, but in making extraordinary experiences truly accessible. For South Africans looking to venture beyond our borders without breaking the bank, there's a whole new world waiting to be discovered," Garrett concludes.

by flight centre / photography by pexels & unsplash.com



SEYCHELLES BENEATH THE SURFACE

Diving the Dream Islands of the Seychelles Archipelago

Seychelles offers divers a rare gift – pristine waters, uncrowded reefs, and year-round sunshine in one of the world's last true underwater paradises. From vibrant coral gardens to historic wrecks teeming with life, every dive reveals a breathtaking side of these islands, untouched and unforgettable.

wo divers slice the pristine, and crystal waters off the northwest coast of Mahé, the principal island of the jewel of the Indian Ocean: the stunningly beautiful Seychelles Archipelago. What they are

seeking lies some 40 metres beneath the ocean, the hull of an old fishing trawler, deliberately scuppered to provide a diving site in what is arguably one of the best-kept secrets among the international diving fraternity: the amazing Seychelles diving experience.











One diver is Imran Ahmad, a renowned photographer and educator based in Singapore. He is amazed by the world-class diving locations he has discovered around these islands, long-celebrated for their world-beating beaches, and warm, dappled, sapphire waters: the final word in laid-back island lifestyle, but with all the trimmings.

"At 40 metres, it is fully intact and teeming with marine life and coral growth", he enthuses, "and with visibility for as far as the eye can see, this is a definite must-dive for wreck lovers."

Imran is one of an increasing number of divers making the same discovery - the magnificent Seychelles Islands. Secluded from the world since the dawn of time, Seychelles is only now awakening to its true potential as a dream tourism destination, and much of what you will find here is still wonderfully untouched, thanks to Seychelles' strong conservation laws.

DIVE THE PERPETUAL SUMMER

With 115 granite and coral islands. and an exclusive economic zone of one million square miles, this cyclonefree cluster of island gems offers yearround diving in a land of perpetual summer. Together, the islands provide astonishing diversity for diving aficionados and novices alike, on both granite and coral reefs, which can be nothing less than living aquariums for diverse and spectacular forms of coral and marine life. Myriad, dazzling coral reef fish, sharks, moray eels, turtles, lobster, giant rays, and even the odd migrating whale shark propose a kaleidoscope of diving entertainment in a host of unspoiled venues. On one dive alone, near Aride, no fewer than 800 species of marine life were spotted.

Seychelles boasts several worldrecognised dive sites, such as the famous Ennerdale Wreck and Brissare Rocks, as well as the lesser-known, more remote but even more spectacular sites





around Marianne, the Sisters, Aride, Trompeuse and several other islands. Some of the more remote locations are only accessible by live-aboard charter dive boats.

Diving in Seychelles is also refreshingly easy and unprocessed, with uncrowded dive boats and unhurried dive schedules, in keeping with the

leisurely pace of life. Local dive centres and a range of live-aboards provide access to excellent diving while offering a taste of the unique Seychellois lifestyle with beach BBQs and other island-style entertainment. All diver training is conducted by internationally-qualified instructors, most of whom are members of PADI (Professional Association of





Diving Instructors), the world's largest sport diver training organisation.

Now, more than ever, is the time to visit Seychelles and discover just how extraordinary (and affordable) diving can be, in one of the very last natural aquariums on our planet where pristine waters, leisurely diving schedules, and an astonishing variety of marine life all

conspire to offer one of the finest dive vacations on the planet.

For more information about diving in Seychelles, please visit www.seychelles.com. •

by glynn burridge / photography by seychelles tourism

A SERENE SOJOURN ON THE CHARENTE RIVER

Exploring France's Charente Region with Le Boat

In the heart of western France, the Charente River offers a journey where time slows, flavours linger, and every bend reveals a story. A week aboard a Le Boat barge turned our group of friends and family into explorers, drifting between vineyard-clad banks and medieval villages, a voyage that blended French charm, gentle adventure, and the simple joy of life on the water.

Charente River, tranguil ribbon weaving through western France's lush landscapes, beckoned our group of friends and family for a barging adventure (private boat rentals) with Le Boat. Promising slow-paced exploration and effortless connection, this trip required no boating expertise, just a thirst for discovery. From Jarnac to Rochefort, we cruised the Cognac region, stopping at hidden gems like Port d'Envaux, Bourg-Charente, Graves, and St. Simon, each adding charm to our journey.

We began in Jarnac, stepping aboard our Le Boat barge - a floating haven with a well-equipped kitchen, three cosy cabins, and a sundeck perfect for morning coffees and starlit dinners. The Le Boat team's briefing gave us confidence to navigate, and soon we were gliding along the Charente, its willow-lined banks and vineyards shimmering in the sunlight.

FROM COGNAC TO CARVINGS

Our first stop was Cognac, the spirit-soaked heart of the region. Rémy Martin's distillery was a highlight, where a tasting of smooth cognac warmed our senses and enriched our dinners on the deck for the rest of the trip. A riverside bistro lunch of paté and crisp wine set a delicious tone as we soaked in the beauty and almost tangible history of this iconic city. Just beyond Cognac, we moored at Chez Landard (PKI), where the hospitable Monsieur Babinot











welcomed us for tastings of Pineau des Charentes, a fortified wine made by blending grape juice with Cognac. A short walk to the old mill offered stunning views of the Charente valley, perfect for a reflective pause.

Next, we cruised to Port d'Envaux, a quaint village between Saintes and St. Savinien. Along Rue des Armateurs, grand residences hinted at its past prominence. We visited the 13th-century Château de Panloy, marvelling at its tapestries and hunting gallery. By the river, a sandy play area invited a picnic, with kayaks and refreshments adding to the afternoon's ease. A cycle to Les Lapidiales, an old quarry one kilometre away, revealed striking rock carvings by global sculptors.

In Chaniers, a peaceful hamlet, we moored amid meadows and stone bridges. Cycling the towpath and picnicking with charcuterie and fresh bread felt like a scene from a painting, dragonflies skimming the water. Saintes followed, where Cathédrale Saint-Pierre's Gothic arches and stained glass captivated us. A market haul of asparagus, baguettes, and Camembert fuelled another sundeck feast, the rhythm of slow travel sinking in.

VILLAGES, VINEYARDS, AND MARKETS

Bourg-Charente (between Cognac and Châteauneuf-sur-Charente) captivated us with its 12th-century Romanesque church and its connection to Grand Marnier. At Domaine Pautier, two kilometres south, a guided vineyard and distillery tour ended with a tasting. Golf enthusiasts in our group detoured to the 18-hole Golf du Cognac, its vineyard-lined course a scenic challenge.



In Graves, we moored at the pontoon and visited Maison Brillet's cellars for free tastings of Cognac and Pineau des Charentes. Borrowing the church keys revealed a 12th-century gem overlooking the village. Nearby, St. Simon's bargebuilding heritage came alive at Maison des Gabarriers, detailing the lives of shipbuilders and sailors. We admired the "graffiti" carved by sailors in the church's stone and spotted La Renaissance, a 19th-century gabarre replica, at Juac's marina.

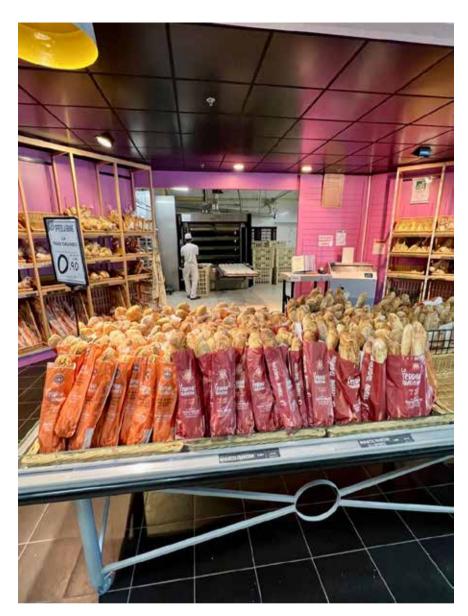
Saint-Savinien, perched on a rocky outcrop, enchanted us with cobbled lanes and a market brimming with peaches and sausages. Moules marinières at a riverside café, with our barge in sight, was a highlight, followed by a BBQ under a pink-streaked sky. Rochefort, with its naval dockyards and maritime grit, offered a vibrant market for cheeses and baguettes, setting the stage for another sunset feast.

Heading back east, Châteauneuf-sur-Charente buzzed with market stalls of figs and goat's cheese, perfect for our deck-side dinner. In Trois-Palis, Chocolaterie Letuffe's truffles and pralines were a sweet indulgence, most devoured before we left. Angoulême, our final stop, dazzled with comic-themed murals and a hilltop cathedral. A bistro lunch of coq au vin and wine overlooking the Charente capped our adventure.

Returning to Jarnac, we felt the tug of leaving our floating home. Le Boat's Charente journey blended adventure and serenity, with each village - Port d'Envaux's quarry art, Bourg-Charente's vineyards, Graves' cellars, St. Simon's gabarres, and Chez Landard's warm welcome - adding depth to our travels. Nightly deck dinners, fuelled by market finds, became cherished rituals.

Le Boat's routes, from France's Canal du Midi to Italy's Venetian Lagoon, offer something for every wanderer.

Call +27 8000 10347 or visit www.leboat.com/en to plan your 2026 adventure, with savings up to R15,600, low deposits, and guaranteed lowest prices.







LEFIKA VILLAS AND THE NEW ERA OF SUN CITY

Inside Sun Vacation Club's Ultimate Family Holiday Offering

Sun City is one of those rare destinations in South Africa that holds as much nostalgia as it does modern appeal. Since opening its doors in December 1979, the resort has evolved from being a glitzy entertainment and gambling haven into a true family destination – one where memories are made, traditions are kept, and new generations of South Africans and international visitors continue to discover its magic.

un City is one of those rare destinations in South Africa that holds as much nostalgia as it does modern appeal. Since opening its doors in December 1979, the resort has evolved from being a glitzy entertainment and gambling haven into a true family destination - one where memories are made, traditions are kept, and new generations of South Africans and international visitors continue to discover its magic.

Last month, my family and I reacquainted ourselves with Sun City by experiencing one of its newest jewels - the Lefika Villas - and rediscovering just how much the resort has to offer for families of all shapes and sizes.

THE EVOLUTION OF SUN VACATION CLUB

One of the resort's most enduring innovations is Sun Vacation Club, Sun City's modern spin on the timeshare model. Instead of locking guests

into decades-long agreements, Sun Vacation Club offers more flexible fiveor ten-year memberships. Members can choose Peak Weeks for guaranteed holidays during school breaks, or Flexi Time, which unlocks 41 weeks outside of the peak periods. What makes it worthwhile is not only the guaranteed holiday but the fact that your destination is South Africa's favourite family resort.

Sun Vacation Club currently offers three distinct options - The Aviary, The Reserve, and the brand-new Lefika Villas - each designed for different budgets and tastes, but all with one common goal: to provide comfortable, luxurious, and fully equipped self-catering holiday homes with easy access to all of Sun City's activities.

LEFIKA VILLAS: THE NEW BENCHMARK

Lefika Villas opened in December 2023, barely a year after construction began, and they have already become the flagship offering in Sun Vacation





Club's portfolio. These villas are designed as either three-bedroom units that sleep eight or four-bedroom units that sleep 10, making them ideal for families and groups of friends. Nestled against the slopes of the Pilanesberg, they are inspired by African heritage and the surrounding natural beauty.

We stayed in unit 25, a threebedroom villa overlooking the Sun City basin with sweeping views of the resort and the iconic Palace of the Lost City. Although guests cannot choose a specific villa when booking (the resort handles allocations), each is positioned to offer a unique outlook, whether across the resort grounds or into the surrounding Pilanesberg bush.

The villa itself is a sanctuary. Spacious, elegantly appointed, and designed with convenience in mind, it ticks every box a family could ask for. The open-plan living and dining space is anchored by a modern kitchen equipped

with all the essentials and more - from a dishwasher and microwave to a coffee machine with pods and even an air fryer. The patio outside comes with a braai area and enough seating for the whole family to gather and unwind after a day's activities.

Each of the three bedrooms boasts an en-suite bathroom, with the main suite offering the added luxury of a bathtub. The daily housekeeping service makes the stay even more carefree, leaving families free to focus on enjoying their holiday rather than worrying about chores.

LIFE BEYOND THE VILLA

As comfortable as Lefika Villas are, Sun City has never been about staying put. The resort is designed for exploration and adventure, and in that regard, it still delivers in abundance. From the moment we checked in, the sheer variety of things to do was almost overwhelming.

For families, the Valley of Waves remains a showstopper. Saturday afternoon saw us plunging down slides like The Viper and Ovango, while the kids braved the wave pools and Lazy River with unending energy. That morning, however, belonged to Kamp Kwena, the resort's dedicated children's centre. Here, the little ones spent time learning, playing, and marvelling at the wonders of Predator World.

While the children were entertained, the rest of us joined Gilbert, a Segway expert whose professionalism and charm made our hour-long guided ride across the resort grounds an experience to remember. Few things compare to gliding through the landscaped beauty of Sun City on two wheels.

Of course, the activities don't stop there. Golfers can test themselves on the famed Gary Player Country Club course, adrenaline seekers can parasail or zipline, and families can enjoy everything from Ten Pin bowling to giant chess. Then there's the shopping, the dining, and the shows – proof that Sun City is still every bit the entertainment capital it was in 1979, only with a much more family-friendly twist.

EXPLORING THE AVIARY AND THE RESERVE

During our stay, I also took time to explore the other Sun Vacation Club options - The Aviary and The Reserve. Both are excellent in their own right, offering slightly different takes on the self-catering holiday.

The Aviary is a collection of modern, spacious two-bedroom units that sleep six. Surrounded by birdlife and the rugged beauty of the Pilanesberg, they strike a balance between convenience and comfort, with en-suite bathrooms, air conditioning, Wi-Fi, and covered patios with built-in braais.







The Reserve, meanwhile, takes inspiration from the local wildlife. The units here - available in two- or three-bedroom configurations - are plush and welcoming, with décor and finishes reflecting the Pilanesberg's natural richness. These units also feature all the expected conveniences, with Wi-Fi, en-suite bathrooms, and private braai areas. The Reserve is currently

undergoing a refurbishment that will elevate the experience even further when completed in 2026.

A SPECIAL MENTION

One of the standout features of our weekend was the staff. From the warm welcome at the main gate to the professionalism at Lefika Villas' reception, to the attentive housekeeping team, every







interaction was marked by friendliness, professionalism, and a genuine sense of pride. The service culture at Sun City deserves special recognition, as it elevated an already enjoyable weekend into something truly memorable.

Our weekend ended on a high note with a specially arranged breakfast at The Palace of the Lost City. Recently refurbished and given a distinctly South African flair by Michelin-starred chef Jan-Hendrik van der Westhuizen, the buffet offering was exceptional. While it isn't available to Sun Vacation Club members by default, it is worth experiencing at least once. Think of it as a culinary exclamation point at the end of a holiday that is already packed with highlights.

WHY SUN CITY STILL SHINES

As we packed up on Sunday morning, refreshed and recharged, it struck me that Sun City has managed to do something few resorts can pull off: it has evolved with the times while keeping its core identity intact. The resort that once dazzled visitors with neon lights and Vegas-style allure has matured into something deeper, richer, and far more inclusive. Today, it is as much a part of South African culture as



the braai or the big game safari.

For families, Sun City is no longer a question of whether it's worth visiting. The real question is why you haven't yet invested in the experience. With options like The Aviary, The Reserve, and the luxurious Lefika Villas, Sun Vacation Club ensures that your family not only gets a holiday but a tradition – one that can be revisited year after year.

And when you drive away, with memories of laughter, sun, and adventure still fresh in your mind, you'll know why Sun City continues to shine brighter than ever. •

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THE LUXURY OF REGENERATIVE WELLNESS

Terre Paisible Medical Rejuvenation & Spa

Nestled in the picturesque Franschhoek Valley of South Africa, Terre Paisible Medical Rejuvenation & Spa is more than just a luxury retreat – it's a center for regenerative wellness, advanced aesthetics, and cutting-edge biohacking.



rue to its name, which means "Peaceful Land", Terre Paisible Medical Rejuvenation & Spa is dedicated to integrating nature, science, and technology to enhance well-being, longevity, and vitality.

A REVOLUTIONARY APPROACH TO WELLNESS

Terre Paisible believes in the body's innate ability to heal and regenerate. The spa blends traditional relaxation therapies with innovative medical and biohacking treatments, offering a personalised approach to rejuvenation.

UNLOCKING PEAK PERFORMANCE AND LONGEVITY

A key highlight of Terre Paisible is its biohacking services, designed to optimise health, slow down the effects of ageing, and enhance physical and cognitive performance. The spa incorporates groundbreaking therapies to reprogram the body at a cellular level, helping guests

achieve their ultimate wellness goals.

Key Biohacking Treatments at Terre Paisible:

- Emerald Laser Therapy A noninvasive fat loss and body contouring solution that harnesses low-level laser technology to stimulate fat reduction, improve metabolism, and enhance cellular function.
- Metabolic Regeneration Programs Tailored plans that analyse metabolic health and optimise energy production to boost overall vitality.
- IV Nutrient Therapy Intravenous infusions designed to deliver essential vitamins, minerals, and antioxidants directly into the bloodstream for maximum absorption and enhanced recovery.
- Advanced Diagnostic Testing

 Includes InBody assessment,
 hormonal assessments (DUTCH),
 genetic analysis (DNAlysis), Gut
 Microbiome and Visia Facial
 Analysis to create personalised
 health strategies.



BEYOND BIOHACKING: A FULL SPECTRUM OF LUXURY TREATMENTS

While biohacking is at the forefront, Terre Paisible also offers a comprehensive range of medical and aesthetic services:

- Medical Rejuvenation Ultherapy,
 Platelet Rich Plasma (PRP) therapy,
 and injectables to restore youthful skin.
- Advanced Aesthetic Procedures

 Cutera Xeo laser treatments,
 Endymed RF therapy, and
 Dermapen4 microneedling to
 enhance skin firmness and elasticity.
- Premium Skincare Featuring worldclass brands like Biologique Recercher, ColorScience, Esse, Pilosophia Botanica, and ZO® Skin Health.
- Cosmetic Dentistry a range of hi-tech treatments including composite veneers, 3D smile remodelling and teeth whitening to

rejuvenate your smile.

 Relaxation Therapies - Massages, facials, manicures, and pedicures for full-body rejuvenation.

A TRANQUIL ESCAPE WITH LUXURIOUS AMENITIES

The spa offers a serene, high-end environment, featuring:

- A steam room, sauna, and swimming pool for deep relaxation.
- Private suites with separate access for those seeking exclusive, uninterrupted rejuvenation.

PERSONALISED CONSULTATIONS FOR MAXIMUM RESULTS

Their skilled medical experts provide individual consultation to provide a precise roadmap to your desired cosmetic or wellness goals. The philosophy of customisation based

on analysis is the cornerstone for what Terre Paisible Medical Rejuvenation does. No two journeys are the same.

EXPERIENCE THE FUTURE OF WELLNESS

Terre Paisible Medical Rejuvenation & Spa is more than a retreat - it's a destination for those seeking the ultimate fusion of relaxation, science, and longevity-focused wellness.

Located at R301 Wemmershoek Road, Franschhoek, Terre Paisible operates by appointment only from Tuesday to Saturday (09h00 to 18h00), and Sunday (09h00 to 13h00).

Forinquiries or bookings, contact info@terrepaisible.com or call +27 66 182 6221. ••

by terre paisible

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At Philips Zoom, we believe every smile should not only look beautiful but also make a difference. This September, in celebration of Oral Health Month, we're giving back. For every professional Philips Zoom Whitening procedure, a percentage will be donated directly to charity. By choosing Philips Zoom, you invest in a brighter smile and greater confidence while helping uplift

someone in need. It's a simple yet powerful way to give your smile purpose. Trusted worldwide for safe, professional results tailored to you, Philips Zoom Whitening is ideal whether you're preparing for a special event or simply want to feel more confident each day. Smile brighter. Smile bolder. Smile with purpose this Oral Health Month. Book now via www.zoom.baltimore.africa.



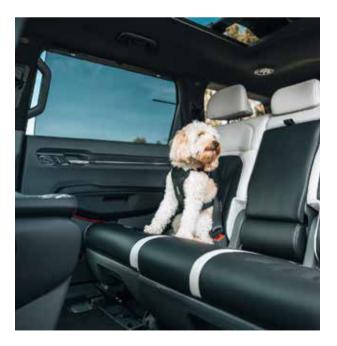
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Italian Deli Online brings South Africans a curated selection of Italy's finest culinary treasures, from artisanal pasta and gourmet sauces to decadent sweets, cheeses, and cold meats. With categories like Pantry & Pasta, Fresh Foods, Frozen Foods, and Beverages, shopping is effortless and inspiring. Discover everything from pizza-making essentials to silky Acqua Panna, sparkling S.Pellegrino, and vibrant Sanpellegrino drinks, all delivered nationwide. Whether you're an avid home cook or simply craving la dolce vita, Italian Deli Online delivers timeless Italian flavour and flair straight to your table – deliciously simple, endlessly authentic, and just a click away. www.italiandelionline.co.za

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Take your dog along for every adventure with the new Thule Cappy dog car harness – built for safety, comfort and style. Crash-tested and engineered to work seamlessly with your car's seatbelt system, it keeps dogs secure during sudden stops, ensuring passengers' peace of mind. Designed with breathable padded mesh and an easy stepin fit, it's comfortable for long drives and stress-free for nervous pets. Made from recycled, wipe-clean fabric, it's durable enough for muddy trails and everyday travel. A back leash attachment means you can head straight from car to trail without changing gear. Pair it with the Thule Allax dog crate for a complete travel set-up.

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MORE THAN A LIFESTYLE ESTATE

Steyn City: the Blueprint for Better Living

In a world where lifestyle estates are becoming increasingly prevalent, Steyn City sets itself apart by reimagining what modern living can be. Spanning 2,000 acres of lush parkland in Gauteng, it offers a unique blend of nature, architecture, and innovation – all designed to meet the evolving needs of residents across every life stage.

here are a thousand things that make a lifestyle estate remarkable, from the accessibility of the location to the magnificent architecture of the homes. Most are proud to offer some outstanding facilities to make leisure time that much more enjoyable, while others are exacting when it comes to security. But only one combines all of this and more including a feeling of freedom and space to roam across 2,000 acres - to create

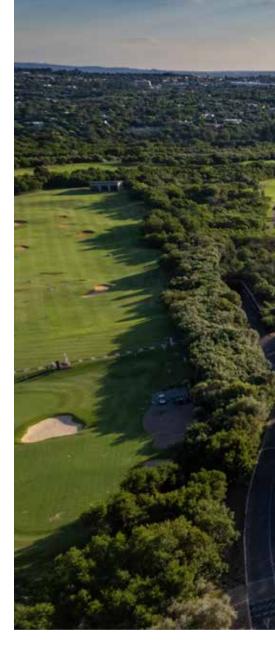
an estate that sets standards globally and is sure to become the blueprint for the way we live.

WHERE EVERY LIFE STAGE FINDS ITS PLACE

That estate is, of course, Steyn City - Gauteng's most coveted address. Steyn City has always strived to set itself apart by offering accommodation that suits residents at every stage of life, from the moment they took their first step

on the property ladder to the moment they were able to invest more time in their hobbies, thanks to that empty nest. The estate ensured that the facilities on offer catered to people at every stage of life, so that whether their interest lay in fitness or spending time in nature, they could spend their downtime precisely as they wished.

Now, with the launch of several new homes and exciting new amenities, Steyn City has even more appeal, establishing itself beyond doubt as the





ultimate sanctuary in the city, a home for everyone.

PICTURE YOUR DREAM HOME

And now see it brought to life. Whether you enjoy the space of a freehold home, the effort-free, hasslefree, maintenance-free convenience of a cluster, or a chic luxury apartment, Steyn City has a home to suit your lifestyle.

It starts with Heron Heights, Steyn City's brand-new rental-only development - and the very best way to

sample everything the estate has to offer without making a long-term commitment.

Thirty-two new off-plan two- and three-bedroom apartment homes have been added to the mix of luxury one- to four-bedroom residences at City Centre. For those unfamiliar with the estate. City Centre is the flagship apartment development and has been widely hailed as a groundbreaking take on urban living. What makes the City Centre so special? For a start, its design and proportions are far more generous than those typically found within apartments; plus, there's the attraction of Steyn City's signature 2,000acre indigenous parkland, plus the 300m lagoon, which essentially becomes City Centre residents' sprawling back garden and pool. Add to this a pedestrianised design which places people, rather than cars, firmly at its heart. Particularly noteworthy is the way City Centre eschews the monolithic design typical of most apartment buildings; instead, it clusters villages around treed piazzas that mimic the vibrant capitals of Europe.

An array of retailers and restaurants enhances this ambience, beckoning residents to have a wander and linger over a meal or a coffee.

A portion of the City Centre has been set aside for the recently launched Senior Village, possibly one of Steyn City's most exciting innovations yet. With 100 beautifully appointed apartments, some modified to suit those with limited mobility and others extended to cater to family needs, including a hobby room or home office, and a guest suite for visitors, this is the ideal destination for golden agers eager to embrace the next chapter. It also transforms Steyn City into a multi-generational community, keeping families together while providing the extra care parents may need from time to time.

Finally, for those who crave serenity, the newly launched stands at The Woods, where you can build your dream home, is the answer. Meanwhile, The Terraces cater to those seeking a bespoke construction package, allowing residents to tailor their own space within a defined size and budget.

REDEFINING THE WAY WE LIVE

So many different homes attract people with diverse interests to the estate. Steyn City has always taken

pride in catering to all hobbies, offering everything from golf to eateries, horse riding, water sports, basketball, walking, and jogging, along with a 45km floodlit promenade and a 50km MTB track. Steyn City also boasts an indoor aquatic centre, fitness centres, yoga and Pilates, various racquet sports (including tennis, padel, and pickleball), fishing, and soon, lawn bowls.

Other new launches join this latest

addition to the estate. City Centre's retail element, which so far includes international colourful cookware brand Le Creuset, The Gallery at Steyn City, a Sorbet salon, PostNet, laundry service and other leading artisanal lifestyle brands, are about to be joined by a Reformer Pilates Studio and physiotherapists' rooms. A pharmacy is also planned. Of course, living well isn't only about leisure, it's also about









convenience. That's why Steyn City is home to Steyn City School, offering education from Grade 000 to matric in an inspiring, future-forward environment. For professionals, the estate's Capital Park office suites provide an ideal setting, allowing them to work close to home while eliminating the stress of traffic and daily commutes, all while maintaining the highest business standards. Shortly, this dynamic business precinct will welcome Spaces, introducing a new era of flexible workspaces within Steyn City. Together, these create a truly integrated lifestyle where residents can live, learn, work, and play all within the secure gates of the estate.

All of this demonstrates the firm emphasis that Steyn City places on wellness - underscored by the unveiling of the stunning Saxon Spa at Steyn City. A companion to the five-star Steyn City Hotel by Saxon, which (along with the shared workspace and restaurant Guild) started welcoming guests last year, this one-of-a-kind spa is not simply about relaxation and indulgence. Instead, it's about eliminating the stress that is at the root of so many of our wellness issues. It achieves this through a carefully tailored menu of signature treatments, some of which are highly exclusive. For example, no other spa in the country is equipped with Quantum Harmonic Therapy beds. Each visit is a comprehensive detox for body and mind, featuring exceptional amenities such as a hair spa to ensure your scalp is in optimal health, ice baths, saunas, steam rooms, and a juice bar.

All of these new facilities have emerged as Steyn City investigates how residents are living, how they would like to live, and what the estate can do to help turn their ideal life into a reality. And that means the estate will continue to evolve as our lifestyles change, so you can always live your very best life at Steyn City.

For more information, please visit www.steyncity.co.za. •

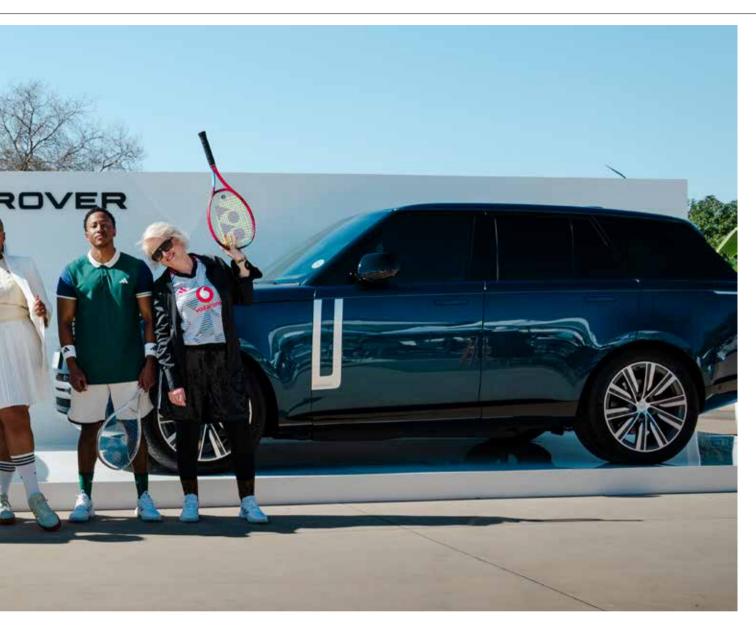




A CELEBRATION OF STYLE

Range Rover Turns 55

There are birthdays, and then there are Range Rover birthdays. And when the original luxury SUV turned 55 this year, it wasn't going to mark the occasion with a supermarket cake and a few balloons.



arlier this year, the Land Rover Experience Centre played host to an unforgettable anniversary event that paired British motoring heritage with a decidedly Wimbledon twist. Guests were greeted with flutes of champagne, the scent of fresh strawberries and cream in the air, a spread of delicate canapés, and a sumptuous lunch - all enjoyed courtside as a friendly but fiercely competitive celebrity tennis match played out.

On court, Karen Zoid, Nandi Madida, Bohang Moeko, and Bryan Habana brought both charm and showmanship to the game, entertaining the crowd with rallies, banter, and the occasional well-timed lob. A DJ kept the atmosphere mellow with laid-back Sunday afternoon beats, while Range Rover aficionados mingled and admired the brand's latest models glittering under the winter sun.

But this wasn't only about glamour and champagne flutes. True to the spirit of the brand, guests also took to the Experience Centre's off-road and high-speed tracks in the capable hands of professional Experience Centre drivers. It was an opportunity to put 55 years of engineering

expertise to the test - from crawling up near-vertical inclines to effortlessly powering through tight, twisty asphalt.

A LEGACY BORN IN 1970

To fully appreciate the significance of this milestone, it's worth casting back to where it all began. Launched on 17 June 1970, the first Range Rover was unlike anything the motoring world had seen. Conceived by Spen King, nephew of Land Rover founders Maurice and Spencer Wilks, it was designed to combine the comfort of a luxury saloon with the all-terrain capability of a Land Rover.



Sceptics within Land Rover weren't convinced such a vehicle could be built without compromise - but King's creation silenced them from day one. The Range Rover was as at home in London's Mayfair as it was on muddy farm tracks in the Scottish Highlands. It was the first car in the world to be equally adept on-road and off-road, instantly earning fans among royalty, celebrities, and well-heeled adventurers. Its design was so widely admired that the original even took a place in the Louvre's industrial design exhibition soon after launch.

Technical firsts have defined Range Rover's evolution over the decades. In 1970, it debuted with four-wheel disc brakes and coil springs – unheard of in an SUV at the time. By 1989, it became the first SUV to feature ABS brakes, followed by electronic traction control and height-adjustable air suspension in 1992. More recently, the aluminium monocoque body structure, Terrain Response systems, and All-Terrain Progress Control have kept



the brand at the forefront of both luxury and capability.

This year's introduction of the Range Rover Sport SV's 6D suspension system - designed to eliminate body roll while enhancing comfort - is the latest proof that innovation remains central to the badge. And with the brand's first fully

electric model now in advanced testing, the next chapter promises to be as groundbreaking as the last five decades.

From the moment it arrived, Range Rover was eager to prove its mettle. In 1971, just over a year after launch, two Range Rovers set off from Alaska to attempt the first north-south crossing of



the Americas. Six months and one Darien Gap jungle crossing later, they reached Tierra del Fuego in Argentina – having averaged just a mile a day through the toughest terrain imaginable. The brand has twice won the gruelling Paris-Dakar Rally, crossed the Himalayas, and set the record for the fastest traverse of the Empty Quarter desert.

A FAMILY OF ICONS

What started as a single model has since grown into a four-car family: the

flagship Range Rover, the performancefocused Range Rover Sport (launched in 2005), the compact Range Rover Evoque (2011), and the design-led Velar (2017). Each has carved its own niche while staying true to the original's blend of refinement and go-anywhere ability.

Despite its international success, the Range Rover remains inherently British – shaped by a national love affair with the countryside and a design philosophy rooted in understated elegance. It's a fixture in the fleets of the British Royal Family and a favourite among Hollywood A-listers, sports stars, and business leaders.

Over the years, Range Rover has expanded beyond cars, introducing luxury lifestyle collections and hosting exclusive Range Rover House events in some of the world's most desirable locations - from St Tropez to Sydney Harbour.

A CELEBRATION TO REMEMBER

As Karen Zoid's forehand met Habana's smash and the courtside crowd cheered, the day felt like a perfect embodiment of Range Rover itself - sophisticated, rooted in tradition, and always ready for adventure. And while the champagne flutes and strawberries may be a distant memory, the magic of Range Rover - its ability to make any journey feel special - remains as fresh today as it did 55 years ago.

by **bernie hellberg jr** / photography by **jlr south africa**



BREWING **EXCELLENCE**

2025 Diners Club Barista of the Year

Coffee has always been more than a morning ritual. In the hands of a skilled barista, it becomes theatre, craftsmanship, and comfort in a cup. Now in its third year, the Diners Club Barista of the Year competition has cemented itself as South Africa's most anticipated showcase of that artistry, drawing record participation and celebrating the passion of the people who keep us caffeinated.

ow in its third year, the Diners Club Barista of the Year competition has become a veritable institution in the South African coffee scene, and in 2025, the stakes were higher than ever. Across four months, coffee lovers nationwide cast 11,260 verified votes, a remarkable 73% increase compared to last year. From a pool of 278 baristas representing 194 establishments, eight outstanding finalists emerged, each recognised for

their creativity, consistency, and the joy they bring to their customers.

MEET THE FINALISTS

- Estiaan Lizamore Elvis Brew, Noordheuwel, Gauteng
- Esam Mahlangu Olivia's Coffee Shop, Northcliff, Gauteng
- Roderick Portecaro Yummyness, Kempton Park, Gauteng
- Ranga Melusi Vida e caffè, Selby, Gauteng
- Sebusisio Lucky Bem Bom,

- Meadowdale, Gauteng
- Mahlatse Mahloko Starbucks, Checkers Hyper, Mall of Africa, Midrand, Gauteng
- Brian Moyo Royal Coffee Roasters, Meyersdal, Gauteng
- Dion Ndlovu Now Coffee, Glenashley, KwaZulu-Natal

Each barista carried the pride of their coffee shop, their regulars, and their communities. Yet, as with any contest, one name had to rise above the rest.





A SURPRISE WORTH SAVOURING

On Friday, 29 August, Diners Club brought the competition to its crescendo by surprising Estiaan Lizamore of Elvis Brew with the news of his win. In front of loyal customers and colleagues at his Noordheuwel espresso bar, Estiaan was presented with the R20,000 grand prize

and a certificate of excellence to display proudly in his café.

Estiaan's triumph reflects more than just his technical skill. It acknowledges the warm hospitality and passion that have made Elvis Brew a community favourite. As he puts it:

"I'm truly honoured to hold the title



of Diners Club Barista of the Year 2025, and I'm deeply grateful to Elvis Brew and Diners Club for this opportunity. There's no greater feeling than being recognised for doing what you truly love. My motto is simple: to make the very best coffee. For me, it's about more than coffee—it's about pouring love into every cup."

BREWING A MOVEMENT

What sets the Diners Club Barista of the Year competition apart is its accessibility and impact. There's no entry fee, making it possible for cafés of all sizes to spotlight their star baristas. Each participating venue receives a QR code that integrates seamlessly into the checkout experience, allowing customers to cast a vote with every till slip. This clever approach transforms every cappuccino and cortado into an act of support.

Alongside the in-store experience, Diners Club amplifies the competition through its social media channels, introducing South Africans to the stories behind the beans. This not only drives foot traffic to the cafés but also strengthens the bond between baristas and the communities they serve.

The numbers tell the story. With more than double the entries of 2024, the 2025 competition has become a true celebration of South Africa's coffee

culture. For the finalists, the exposure alone is invaluable, deepening customer loyalty and attracting new patrons eager to taste the work of a recognised barista.

MORE THAN A TITLE

For Estiaan, the title is both a personal milestone and an opportunity to inspire. His win will be commemorated with a video interview and feature article in Signature Magazine, giving readers and coffee lovers a chance to learn more about the man behind the machine.

And while the award celebrates one champion, it also acknowledges the collective contribution of all eight finalists, who together embody the innovation and dedication defining South Africa's coffee scene.

The 2025 Diners Club Barista of the Year competition proves that coffee culture in South Africa is thriving. From Noordheuwel to Glenashley, baristas are elevating the humble cup into an experience worth celebrating. Estiaan Lizamore may have walked away with the crown, but every finalist left a lasting impact on their customers and communities.

by **bernie hellberg jr** / photography by **diners club south africa**



AMERICAN MUSCLE IS HERE!

Right-hand Drive Corvette Now Available in SA

It had taken 72 years, but now, for the first time, the legendary Chevy Corvette is officially available in South Africa, courtesy of the CVH Auto Group, which is now importing the Corvette Stingray in both convertible and coupé form to the country.

en years ago, in July 2015, I had the opportunity to drive all seven generations of the iconic Chevy Corvette - from the C1 that debuted in 1953 at the GM Motorama as a fibreglass convertible with six-cylinder engine, the distinctive C3 Stingray of 1969, the completely redesigned C4 of 1985 and C5 of 1997, as well as the C7, the latest model at that stage - on Belle Isle during a visit to General Motor's headquarters in Detroit.

Although the primary reason for our visit was to get more insight into new generation GM drivetrain technology (mainly Opel developed), and the new Impala and Malibu sedans, the talking point inevitably was the upcoming C8 Corvette (slated for 2020) and whether this model would (at long last) be made available in right-hand drive.

From the information garnered here, it was clear GM was keen to follow Ford's example with the Mustang to develop a right-hand drive (RHD) version of the 'Vette, the personification of the all-American sports car...and this left me with high expectations for the future.

Unfortunately, history dictated otherwise, as two short years later, the General - after a presence of 104 years in South Africa (including a period of 11 years rebranded as Delta Motor Corporation) - decided to completely withdraw from the country. It was a massive blow to the country and loyal Chevy owners, especially since, in a groundbreaking move, RHD derivatives of the C8 generation (with its midengine architecture) began rolling off the Corvette assembly line in 2021.

While several Corvettes from all generations were imported to South Africa over the years (including some exquisite examples converted to right-



hand drive), the iconic sports car was never officially made available in the country, until now.

FACTORY-BUILT STINGRAYS

CVH Auto Group in Bryanston, Gauteng, has announced that it will bring the factory-built right-hand drive Corvette Stingrays - all of which come standard with the Z51 Performance Package - locally, with the even more aggressive Corvette Z06 set to follow.

The C8 is the first rear mid-engine Corvette ever, with a completely new aluminium architecture and coilover springs replacing the rear transverse mono-leaf spring used on prior models. In line with its GT3 and Le Mans racing ambitions, the exterior features more aggressive aerodynamics, such as larger air intakes and prominent side scoops.

A rear trunk and additional storage





space at the front provide 370 litres of luggage space, and compared to its C7 predecessor (and as a result of the switch to a mid-engine layout), the cockpit has been shifted forward by 420 mm. The C8 sports a new hexagonal steering wheel (with special Z button to activate customised performance setting), numerous controls mounted on the centre console, a 12" digital instrument screen and an 8" touchscreen.

Interestingly, the C8 convertible made its debut in October 2019 during a media event at the Kennedy Space Centre to coincide with the 50th anniversary of the Apollo 11 mission (The Corvette has a strong association with American astronauts starting with a special leasing programme in the 1960s, and Apollo 13 commander Jim Lovell, who recently passed away, leased several Corvettes, including a silver C3 from 1968).

Local Stingrays will be available in two trim levels (2LT and 3LT), augmented by three suspension setups (FE1, FE3, and FE4), which correspond to the two Z51 Performance packages. In addition, three seat options will be

available: GT1, GT2 and Competition Sport. Pricing for the fully homologated Corvettes starts from R3,700,000 and includes a service plan and warranty, according to the CVH Auto Group. Finance and insurance are also available.

HYPERCAR PERFORMANCE

Endowed with the LT2 cross-plane crankshaft 6.2-litre V8, the latest in the LS-based GM small-block engine family, and an eight-speed dual-clutch auto transmission, the local Stingrays have a shorter final drive and enhanced cooling, NPP sports exhaust system, electronic LSD, and performance tyres, delivering 369 kW at 6,450 rpm and 628 Nm of torque at 5,150 rpm – good enough for a 3.5-second zero to 100 km/h sprint and a 312 km/h top speed.

The next-tier Corvette Z06 features the LT6 high-output, naturally aspirated 5.5-litre V8 engine producing 500 kW at 8,400 rpm and 624 Nm of torque at 6,300 rpm, paired with an eight-speed dual-clutch transmission and rear-wheel drive – giving it a zero to 100 km/h sprint time of 3.1 seconds and a top speed of 314 km/h.







In addition to the enhancements found on the Stingray, the Z06 is equipped with more performance features, including Magnetic Selective Ride Control, larger brakes (with available carbon ceramic options), and a dedicated track-focused aero package, which provides exceptional handling and stopping power for its class.

Although not yet available locally, the even more muscular C8 ZR1 is the most powerful production Corvette ever. Motivated by a 5.5-litre flat-plane crank V8 (LT7) with twin turbochargers delivering a monstrous 793 kW and 1,122 Nm of torque, the flagship 'Vette achieves a GM-estimated zero to 100 km/h time of 2.4 seconds, a quartermile in 9.6 seconds, and a top speed over 346 km/h. Key features of the ZR1 include significant carbon fibre aero that generates over 545 kg of downforce, as well as upsized brakes and tyres for enhanced grip.

IN CONCLUSION

Over the years, the Corvette has consistently broken speed barriers, including the first sub-seven-second

time in 1957, the first sub-four-second time in 1990, and the fastest-ever 2.6-second time in the 2024 E-Ray hybrid. The Corvette racing programme also has achieved significant success, with multiple championships in the IMSA SportsCar Championship and the American Le Mans Series, as well as nine victories at the 24 Hours of Le Mans.

Recently, the electrified all-wheel-drive Corvette ZRIX set the record for the fastest American car at the Nürburgring's Nordschleife, with a time of 6:49.275, while the ZRI set a time of 6:50.763. And even more recently, Chevrolet displayed two Corvette concept cars, the Corvette CX and CX.R Vision Gran Turismo, at The Quail, a Motorsports Gathering, in Monterey, California, serving as inspiration for future Corvette designs... hopefully for models that will also be available here.

by ferdi de vos / photography by cvh auto group

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DOWNTON ABBEY: THE GRAND FINALE

Cast: Hugh Bonneville, Laura Carmichael & Michelle Dockery & Jai Courtney

Director: Simon Curtis

Downton Abbey: The Grand Finale follows the Crawley family and their staff as they enter the 1930s. When Mary (Dockery) finds herself at the centre of a public scandal and the family faces financial trouble, the household grapples with the threat of social disgrace. The Crawleys must embrace change as the staff prepares for a new chapter with the next generation leading Downton Abbey into the future.



THE SECRET OF SECRETS

By Dan Brown

Accompanying celebrated academic, Katherine Solomon, to a lecture in Prague, Robert Langdon's world spirals out of control when she disappears without a trace from their hotel room. Far from home and well out of his comfort zone, Langdon must use all his arcane knowledge against forces unknown to



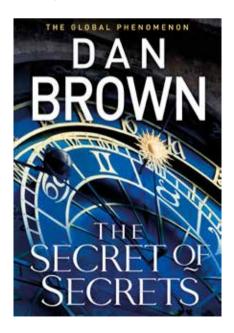
TIMELESS SOUTH AFRICAN: CELEBRATING 101 ICONIC DISHES

By Ilse van der Merwe

It is impossible to be an insider in each of the many communities that make up the South African culinary landscape, but one thing we know for sure: food brings people together. With this in mind, Ilse van der Merwe has compiled a list of 101 iconic South African dishes – food not only

recover the woman he loves. Against a backdrop of vast castles, towering churches, graveyards buried 12 deep and labyrinthine underground passages, Langdon must navigate a shadow city hiding in plain sight, which has successfully kept its secrets for centuries and will not readily deliver them. This is a battlefield unlike any he has previously experienced, one on which he must fight not only for his life, but for humanity itself. The Secret Of Secrets is Dan Brown's first novel for over eight years and sees the stunning return of Harvard symbologist Robert Langdon, this time pitting his wits against a conspiracy which will test even his considerable brainpower and take him to the edge of losing all that he holds dear.

revered as highly recognisable heritage classics, but also everyday dishes that are loved and prepared in many South African households today. Well-researched and filled with fascinating anecdotes about South Africa's rich and diverse cultural history, this book celebrates the country's unique melting pot of culinary traditions, highlighting the origins of many well-known South African dishes, as well as how they have been reinvented over time.







A NEW LENS ON AFRICA'S IMAGE-MAKING FUTURE

Roger Ballen Centre for Photography Opens in Johannesburg

Johannesburg has just added a landmark to its cultural skyline. The Roger Ballen Centre for Photography - the city's first institution dedicated exclusively to the photographic arts - opens its doors this September with a bold exhibition that asks what role AI will play in the future of images.

Town Centre was founded world-renowned photographer Roger Ballen designed by award-winning architect Joe van Rooyen. It is one of the few spaces on the continent wholly devoted to photography, offering three exhibition halls and a specialist bookstore. The Centre's vision is clear: to serve as a platform for reflection, experimentation, and dialogue across the photographic spectrum - from historical archives to avant-garde innovation.

"For nearly 20 years, I've supported South African photographers through the Roger Ballen Foundation," says Ballen. "But the missing piece was always a venue. This Centre finally

creates a home where photography can thrive and challenge."

Fittingly, the launch exhibition is anything but conventional. *PSYCHOPOMP!*, curated by Berlinbased artist and theorist Boris Eldagsen, interrogates Al-generated imagery as a mirror to the unconscious. Eldagsen, who made headlines by rejecting the 2023 Sony World Photography Award for an Al-generated work, has built an international reputation for pushing boundaries between art and technology.

With its arrival, the Centre signals Johannesburg's growing role on the global art map – and a future where African photography claims its place at the cutting edge.

For more information, follow @rogerballencentre.







BLIND LOOKING FOR A MIRROR \mid Me Me Me (By Boris Eldagsen)





No Title (By Crudguts)



Roger Ballen Centre for Photography





PREVENTING PADEL INJURIES

Expert Tips for SA's Growing Padel Community

What every amateur padel enthusiast should know to stay injury-free.

he fast-paced rallies and doubles play of padel, also known as padel tennis, are attracting a major following across South Africa. However, as more people take to the courts, injuries are becoming increasingly common. Experts say that with the right approach, these injuries do not have to deter enthusiasts.

"The sport is an excellent form of cardio exercise, however as more amateur players take to the padel courts, we are seeing an increase in injuries associated with it, especially to the knees, shoulders, elbows, and ankles," says Dr Ashley Naidoo, an orthopaedic surgeon with subspecialist expertise in upper limb and sports-related conditions, who practises at Netcare Waterfall Hospital's Sports Orthopaedic Surgery (SOS) Centre.

RATE OF INJURY

Recent research from Europe shows that around 36% of recreational padel players sustain injuries each year, at a rate of approximately 2.8 injuries per 1,000 hours of play.

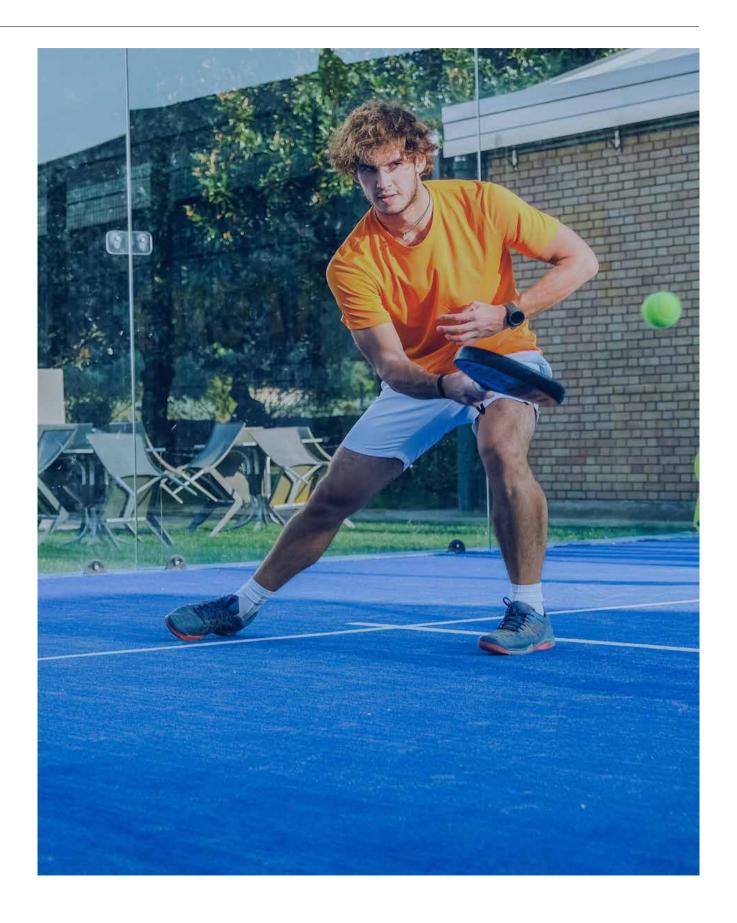
"Many of the common padel injuries affect the lower limbs, with ankle sprains, overused knees, calf and thigh strains, and Achilles tendon problems fairly common – particularly in players over 30 and in those who are new to the game," he says.

"Padel players should also be aware of the risk of upper limb injuries, as pain or strains affecting the elbow, shoulder, and wrist are also prevalent, especially among players using heavy rackets and less experienced players who are still working on improving their technique."

Dr Naidoo points out that many padel injuries can be avoided. "Prevention of injuries is always better than treating them, and given the growing popularity of padel tennis, I would advise anyone who is enjoying this sport to make prevention part of their preparation."

Physiotherapist Ulaysha Narandas, part of the multidisciplinary team at Netcare Waterfall City SOS, highlights the importance of warming up properly.

"Research from European and Latin





American sources has consistently highlighted one common theme: the absence of a structured warm-up dramatically increases injury risk," she says.

"Most padel-related injuries - especially to the knees and calves - happen early in matches when cold muscles are pushed too hard, too fast. Her advice: start every session with ten minutes of active movement, including light jogging, mobility drills, and dynamic stretching. After the game, static stretching of the legs, forearms, and lower back helps prevent tightness and speed up recovery."

The structured smart training programme, provided at Netcare Waterfall City Hospital, combines education with hands-on training, ideal for padel players looking to elevate their game and avoid injury.

WHAT YOU CAN DO

The individualised training programme, integrated with pneumatic resistance equipment, offers safe, measurable strength training for all ages, including arm and shoulder control exercises, lower limb stability and single-leg balance drills, eccentric tendon loading such as controlled

heel drops, and trunk rotation work to support the agility required for padel. It is also especially effective for improving strength without overstraining joints.

Dr Naidoo points out that appropriate padel footwear is another critical piece of the injury prevention puzzle.

"Padel is played on synthetic turf, often with sand infill, and requires lateral grip and ankle support. Running shoes and general trainers are unsuitable, increasing the risk of slipping or ankle rolls. Footwear designed specifically for padel or clay tennis surfaces offers the best protection. Recent Spanish data suggests that hybrid or omni-soles may reduce impact forces compared to full herringbone designs," he says.

"By combining smart training, proper preparation, suitable footwear, and evidence-based rehabilitation, players of all ages can enjoy padel while minimising injury risk. Whether you're playing socially or competitively, whether you're 25 or 65, playing smart today can help you stay on court and pain-free for years to come."

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