

MILLENNIAL

# WOMAN

MAGAZINE



## THE BRAINS BEHIND THE BRANDS: ZEKHETHELO CHILIZA & ZIZIPHO QUMA

GET INSPIRED WITH  
**NATANIA BOTHA & LIMPHO AISHAH  
LETLALA**

TRAILBLAZER OF THE ISSUE:  
**TSHEGO MARINGA**

**THREE COOKBOOKS  
YOU'LL NEED FOR THE  
UPCOMING FESTIVE  
SEASON**



# CONTENTS

---

## **03 EDITOR 'S NOTE**

- NOMAKHOSAZANA NDLOVU

## **04 COVER ARTICLE**

- ZEKHETHELO CHILIZA AND ZIZIPHO QUMA

## **08 GET INSPIRED WITH:**

- LIMPHO AISHAH LETLALA AND NATANIA BOTHA

## **12 TRAILBLAZER OF THE ISSUE**

- TSHEGO MARINGA

## **14 COMMUNITY SPOTLIGHT CATCH UP**

- NEO CHEDA

## **17 BEAUTY SECTION**

- WHY SVR BLUR SANS PARFUM SUN SECURE IS OUR TOP BEAUTY PICK
- MEET THE FOUNDATION OF YOUR DREAMS COURTESY OF BENEFIT

## **20 FOOD & RECIPES**

- 3 COOKBOOKS YOU'LL NEED FOR THE UPCOMING FESTIVE SEASON
- LACUNA BISTRO'S MENU TAPS INTO SOUTH AFRICAN FLAVOURS

## **22 FASHION & STYLE**

- WHY BUTTER YELLOW IS OUR COLOR OF THE SEASON

## **26 MWM ADVICE**

- A MILLENNIAL MAKOTI'S GUIDE INTO THE FESTIVE SEASON

## **29 MWM HEALTH**

- THE RED FLAGS WOMEN ARE LIVING WITH

## **34 TECH & GADGETS**

- 5 REASONS TO CONSIDER TECHNO SPARK PRO AS YOUR NEXT SMARTPHONE

## **37 MWM EVENTS**

- PORTIA M
  - ORS SIP & PAINT
  - THE AUTHENTIC WOMAN SUMMIT
-



# Editor's Note

SPRING ISSUE  
MILLENNIAL WOMAN MAGAZINE

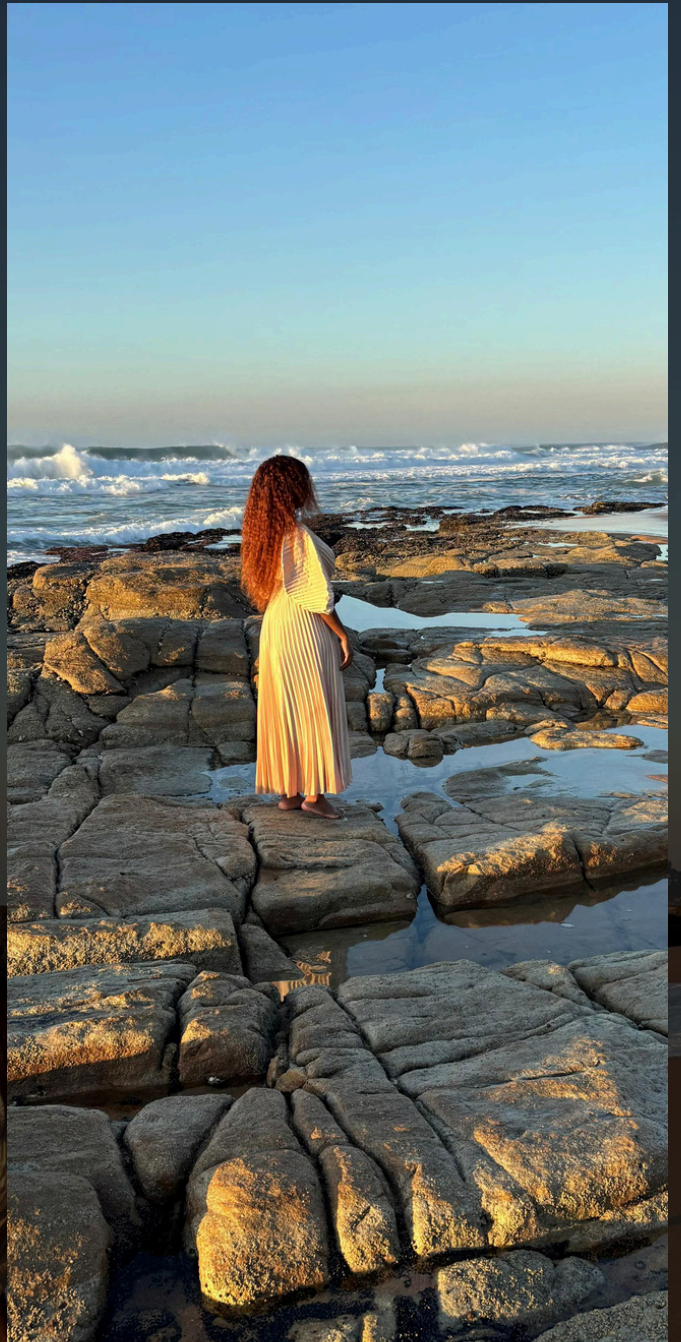
Spring is a season of renewal, and with it comes a fresh opportunity to celebrate the women who are quietly shaping industries, building legacies, and redefining leadership. In this issue, we're shining a spotlight on the powerhouse women behind some of South Africa's most iconic beauty and wellness brands. Our cover stars, Zekhethelo Chiliza and Zizipho Quma, embody the brilliance, resilience, and creativity that drive these industries forward. Their stories are a testament to what happens when passion meets purpose.

We're also thrilled to share our experience at the recent Portia M Women's Brunch, a gathering that reminded us of the magic that happens when women come together to connect, uplift, and inspire. The energy in the room was electric, and the insights shared were nothing short of transformative.

As we look ahead to the festive season, we've curated reviews of three essential cookbooks that every millennial woman will want in her kitchen. Whether you're hosting, gifting, or simply indulging in some seasonal self-care, these picks will help you prepare with flavour, ease, and joy.

And as we enter the final stretch of the year, here's your gentle reminder: you've come so far. The goals you're still working toward, the dreams you're nurturing, and the peace you're protecting, they all matter. Keep showing up, keep trusting your journey, and know that blooming doesn't always happen all at once. Sometimes, the quiet growth is the most powerful of all.

*Nomakhosazana*  
**Love & Light**







# MILLENNIAL

W O M A N M A G A Z I N E

## ISSUE 11





## **ZEKHEHELO CHILIZA: THE STORYTELLER BEHIND THE STRATEGY**

Zekhethelo Chiliza is a creative force who has seamlessly moved between acting, broadcasting, and brand strategy. Her journey is one of resilience, generosity, and purpose, shaped by a relentless drive to succeed and a commitment to lifting others as she climbs.

As a South African woman navigating global brand spaces, Zekhethelo brings representation, heart, and cultural intelligence to every campaign she touches. Whether she's launching a mascara that redefines beauty standards or crafting narratives that celebrate individuality, her work is rooted in research, community, and a powerful sense of "why." In a digital landscape often driven by trends, Zekhethelo remains anchored in authenticity, reminding us that the most impactful strategies begin with a story, and that every story deserves to be told with care, courage, and clarity.

This spring, she's stepping into joy without guilt, shedding survival mode for a season of softness and self-celebration. Her definition of success goes far beyond metrics, it's about building brands that heal, inspire, and reflect the richness of African identity. Zekhethelo Chiliza is not just shaping campaigns; she's shaping culture. Millennial Woman Magazine had an opportunity to chat with her:





➔ **How do you stay rooted in authenticity while navigating the fast-paced world of digital marketing?**

In the ever-changing digital space, there will always be something new, better, or more exciting, but my community is what keeps me grounded and focused on my vision. These are the people who have witnessed my evolution through different seasons, embraced my big dreams, prayed for me, and offered counsel in moments of weakness. Without them, I would feel anxious about what's next. Most importantly, I always come back to my why. In every campaign, strategy, meeting, or event, I ask myself that question, because the why informs the who and the how. Trends will come and go but staying anchored in your why is what keeps your authenticity intact.

➔ **You've navigated multiple creative lanes, from acting and broadcasting to brand strategy. What has embracing your multifaceted talents taught you about yourself?**

I am resilient and relentless. No matter how many stumbling blocks are placed in front of me, my determination to succeed always pushes me to get up, try again, upskill myself, and find a way forward. I don't believe in winning alone, when I learn, I share. I believe in moving up while lifting others, because if no one had given me a chance, I wouldn't be where I am today. For me, it's about being a vessel of knowledge so others can carve their own path.

➔ **What's one campaign or moment at Benefit Cosmetics that felt like a turning point for you?**

The launch of the Badgal Bounce Mascara. It marked a showcase of a new strategy, a fresh approach, and an exciting new product for the brand. That campaign also stretched me, because it's not always about winning, it's also about learning. The experience taught me so much about the industry and marketing, it has truly shaped the way I approach many of our executions today.

➔ **What does being a South African woman in global brand spaces mean to you right now?**

It means REPRESENTATION. For me, this is an ode to every young girl that your dreams are valid. Work hard, be relentless, and never apologize for wanting to achieve them.

When young girls see women in different positions, they realize it's possible, that they too are worthy of dreaming and achieving big. More than anything, it reflects how global brands are recognizing the incredible potential and talent on the African continent. As Africans, we truly are phenomenal.

Continue reading at next page >



➔ **You often speak about storytelling as strategy. Can you share how that philosophy shows up in your work?**

Marketing is storytelling told the right way, to the right people. Every story begins with research: not just data, but truly understanding the fears, dreams, and quirks of the people we're speaking to.

At Benefit Cosmetics, we don't just sell makeup; we celebrate individuality. Our research shows us who our customer is beyond her cart, allowing us to show up not as a brand that sells to her, but as one that stands with her.

Before we dive into tactics or trends, we always ask: What's the story here? Because the story determines how we speak, who we speak to, and why it matters.

Then comes the fun part: deciding where to tell that story. The answer lies in the who. Know your audience, and you'll know where to meet them, whether it's through a viral TikTok, a heartfelt email, or a bold billboard.

➔ **In your opinion, what's the most exciting shift happening in African digital culture right now?**

We can't talk about African digital culture without talking about AI. Over the next few years, it will be fascinating to see how brands and individuals adapt to AI in digital spaces. While fear of the unknown is natural, it's exciting to see organizations teaching AI to understand some of our 12 official languages and that is truly remarkable

➔ **Spring is all about renewal. What are you shedding, and what are you stepping into this season?**

This season is all about me stopping to smell the roses. I've been in survival mode for too long and I want to be happy without feeling guilty.

➔ **What does success look like for you beyond titles and metrics?**

Success would be building brands that celebrate authenticity, represent people, and go beyond sales to tell stories that shape a generation, educate, and heal.

If I can inspire even one person to take up space and forge their own path, with fragments of what I do, that would be my Art meets God moment. That, to me, is true success.

➔ **Finally, if you could write a letter to your younger self, what would the first line say?**

Even the child of a domestic worker has a seat at the table. Isiphiwo sakho is defined by what **God says it is**, not by what people say.



www.millennialwomanmagazine.co.za

# FUN FACTS

**FIRST THING YOU DO WHEN YOU WAKE UP?**

PICK UP MY PHONE, RESPOND TO A FEW TEXTS AND SCROLL DOWN ON TIKTOK.

**A BEAUTY PRODUCT YOU SWEAR BY?**

THE BENEFIT POREFESSIONAL FOUNDATION, WHAT A GIRL, SHE IS.

**TIKTOK TREND YOU SECRETLY LOVE?**

THE #SNOWFALLTREND, BECAUSE IT STARTED AS A MAKEUP TREND BUT HAS TRANSITIONED INTO FASHION AS WELL. THE USE OF AN EMOTIVE SCENE HAS NOW BECOME A PLAYGROUND TO SHOWCASE RAW TALENT. SHEER BRILLIANCE, IF YOU ASK ME.

**DREAM COLLAB WITH A BRAND OR PERSON?**

NIKE, JUST DO IT. THINK ABOUT IT, WE ACTUALLY ARE DOING IT! NIKE IF YOU SEE THIS MY BABE, I AM HERE DOLL.

**COFFEE ORDER OR TEA RITUAL?**

I HONESTLY, CAN'T STAND HOT BEVERAGES, I ONLY HAVE HOT CHOCOLATE WHEN ITS EXTREMELY COLD, EVEN THEN I AM FORCING THINGS.



## ZIZIPHO QUMA ON LEADERSHIP & LEGACY IN THE BRANDING & MARKETING INDUSTRY

In a world where brands often chase trends instead of truth, Zizipho Quma stands out as a force of clarity, conviction, and cultural relevance. With a career built on strategic brilliance and a deep understanding of consumer psychology, she has transformed struggling brands into purpose-driven movements that speak directly to the hearts of South Africans, especially women. Her journey is not just about climbing the corporate ladder; it's about redefining what leadership looks like in the branding and marketing space.



From launching bold initiatives like Sisterhood Redefined to championing campaigns rooted in lived experience, Zizipho's work is a masterclass in authenticity and impact. She leads with empathy, listens deeply, and builds with intention, always anchoring her success in personal mastery and resilience. As spring ushers in a season of renewal, Zizipho reflects on letting go of fear, embracing possibility, and living her purpose with grace. Her story is a powerful reminder that legacy isn't just what you leave behind, it's what you live out loud. Millennial Woman Magazine had an opportunity to chat with her:

➞ **You've become a powerful figure in the brand and marketing space. What steps did you take to build a successful career in Marketing & Branding?**

I built my foundation by mastering brand strategy and innovation, taking on tough projects and turning around struggling brands. I made sure every brand spoke to real issues and consumer pain points. Along the way, I invested in personal mastery and built strong resilience, sharpening my operational effectiveness to consistently deliver measurable, high-impact results and lay the groundwork for purpose-driven movements.

Continue reading at next page >



➔ **What's one moment in your career that affirmed you're exactly where you're meant to be?**

When I finally found the courage to launch Sisterhood Redefined, I knew all my corporate experience had been preparing me for truly purpose-driven work.

➔ **How do you ensure that the campaigns you are championing speak to the real, lived experiences of South African women?**

By listening first. I co-create with women from all walks of life and bring in experts from so every message is lived, not just imagined.

➔ **How do you stay grounded while navigating high-pressure spaces?**

A long phone call to my mom when I'm feeling overwhelmed and evening walks that help me reflect keep me centred. Most of all, I draw strength from the unwavering love and support of my family, who keep me grounded and remind me what truly matters.

➔ **Spring is a season of rebirth. What are you letting go of, and what are you embracing in this new chapter?**

Letting go of fear, embracing possibility, and living my purpose with gratitude and a renewed sense of self.

➔ **What does wellness look like for you, beyond products and routines?**

For me, wellness is staying driven while nurturing healthy relationships and doing small acts of kindness. I'm a giver at heart, and that fills me up. Taking time out just for myself, away from the kids and my husband, to refuel is also a big part of how I stay balanced.

➔ **How do you define confidence in your own life?**

For me, confidence is just believing in yourself, be your biggest cheerleader and saying what's real, even if it makes the room go quiet.

➔ **Finally, if you could write a message to every young woman reading this issue, what would it say?**

Girl! Own your power. Get to know the rules, then tweak them to fit you.



# Fast Facts with Zizipho Quma

## **Morning ritual that sets the tone?**

My morning power move? As soon as my husband gets up, I roll over to his side of the bed. I work from home and wake up late, and somehow starting the day in his warm spot always makes me feel good.

## **A scent that makes you feel unstoppable?**

A soft, clean musk with hints of powdery florals and a creamy warmth elegant and sensual without ever feeling heavy or overpowering.

## **A wellness habit you swear by?**

Intermittent fasting (for weight loss) and occasional IV drips are my go-to for a full body and mind reset.

## **Most empowering song on your playlist?**

Brown Skin Girl by Beyoncé.

## **What's your current haircare obsession?**

My short hair, kept soft and soothed with the Vida Is Life hair-care range.





## Get Inspired with Limpho Aishah Letlala

Redefining Beauty, One Bold Step at a Time

Limpho Aishah Letlala's story is a story of resilience, modesty, and radical self-love, woven through the challenges of societal expectations and the triumph of personal truth. Her participation in Miss Curvylicious SA is a declaration that confidence and grace can thrive within modesty, that diversity deserves a spotlight, and that every woman, regardless of shape, faith, or background, holds the power to inspire. Through her voice, she advocates for body positivity, uplifts others through charity, and reminds us that success is not measured in titles, but in transformation. Millennial Woman Magazine had the opportunity to chat with her.



What's one mantra or affirmation you live by?

A)The one mantra I live by is kindness. I truly believe kindness comes full circle. It has opened countless doors and created opportunities I never imagined. Choosing kindness has been my greatest strength.

**What's one mantra or affirmation you live by?**

The one mantra I live by is kindness. I truly believe kindness comes full circle. It has opened countless doors and created opportunities I never imagined. Choosing kindness has been my greatest strength.



## **What inspired you to participate in Miss Curvylicious SA, and what does this platform mean to you personally?**

My journey as a revert African Muslim has deeply shaped how I view identity, beauty, and the expectations placed on women. Embracing modesty in a world that often equates value with appearance has not been easy, but it has taught me strength, resilience, and the importance of owning one's narrative. Miss Curvylicious SA is more than just a pageant to me, it's a platform to represent the beauty of diversity and challenge the narrow definitions of worth and womanhood. I'm here to tell my story, to show that confidence and grace can coexist with modesty, and to advocate for body positivity in all its forms. Through this journey, I also hope to promote kindness and compassion by driving meaningful charity initiatives that uplift others. This is not just about me, it's about every woman who has ever felt unseen or misunderstood. Together, we can reshape the narrative and celebrate ourselves unapologetically.

## **How has your journey of self love and body evolved over the years?**

Embracing my body and identity as a revert African Muslim has been a transformative journey of self-love and liberation. For years, I wrestled with the tension between societal expectations and my personal values, especially around modesty, body image, and how women are 'supposed' to present themselves. Over time, I've learned to honour my body for its strength, its story, and its uniqueness. Today, it's no longer about trying to fit in; it's about standing tall in who I am. That self-acceptance has given me a deeper confidence, one rooted in purpose rather than perfection.

## **What message would you like to young women watching your journey?**


To every woman navigating self-doubt or societal pressures: know that your dreams are valid, your presence is enough, and it's never too late to step into your fullest, most authentic self. I've experienced what it feels like to be unseen and misunderstood, but choosing self-love has shown me that true confidence is born within. You don't need to shrink to fit into anyone else's standards. Stand tall, embrace your truth, and trust that your voice and your journey hold incredible power.

## **Beyond the pageant what are your long-term goal personally?**

Beyond the pageant, my long-term goal is to continue creating spaces where women feel seen, celebrated, and empowered to embrace their authenticity. Personally, I want to use my journey, as a revert African Muslim woman navigating self-love, modesty, and confidence to inspire others to honor their own paths. My vision is to grow beyond titles and crowns, building platforms that amplify women's voices, encourage kindness, and remind us all that purpose, not perfection, is what truly defines success.

Continue reading at next page >





# Limphe Aishah Letlala

## Miss Curvylicious SA Finalist 2025

### What does success look like to you in this season of your life?

In this season of my life, success looks like living in my 'God did it' era, walking proof of the power of restoration after the storms. For me, success isn't measured by crowns or titles, but by the grace and growth that comes from embracing who I truly am. It's about standing tall in my identity as an African Muslim woman, choosing kindness, and using my journey to inspire others to love themselves fully and live authentically. This chapter is a testament that when you honor your truth and trust God's timing, He restores in ways far greater than you could ever imagine.

### What advice would you give your younger self?

I would tell my younger self: chin up and smile, life is not that bad. The storms you face will one day become your strength, and the very things that make you feel different will be the source of your power. Be kinder to yourself, trust your journey, and know that you don't have to shrink to fit anyone's standards. One day, you'll stand tall in your truth, rooted in self-love, purpose, and faith, and you'll see that every setback was simply preparing you for restoration and growth.





# GET INSPIRED WITH NATANIA BOTH

## Sculpting a Greener Future: Natania Botha's Activism in Action

Natania Botha is a mosaic artist and environmental activist whose work bridges the emotional depth of human experience with the urgent call for climate justice. Rooted in her childhood in Mooiwool, a mining town shaped by industry, Natania's journey has evolved from local awareness to global impact, with her sculpture "The Last Correspondent" now permanently displayed at the United Nations offices in South Africa.

Her art is more than aesthetic, it's a tactile language of resistance, resilience, and reflection. Through mosaic workshops, community engagement, and bold storytelling, she empowers young people and marginalized voices to see creativity as a tool for transformation. In a world grappling with ecological and social upheaval, Natania's legacy is one of courage, imagination, and the belief that even broken pieces can be reassembled into something profoundly beautiful. Millennial Woman Magazine had an opportunity to chat with her:



**What makes Natania Botha happy?**

What makes me happiest is creating art that sparks connection between people, the environment, and the deeper stories we carry as humanity. Working with my hands, piecing together fragments into something meaningful, gives me a sense of peace and purpose. I also find joy in community, whether it's transferring mosaic skills to young people and individuals with special needs, or seeing people pause in front of a sculpture and reflect on the message behind it.

**What sparked your journey into environmental activism, and how has it evolved over the years?**

I grew up in Mooiooi, a small mining town in the North West blanketed in platinum dust. From a young age, I witnessed how deeply industry shapes both people and the environment. Later, my work with the United Nations and NGO's opened my eyes to grassroots climate action and how communities are innovating in the face of crisis. Over time, my activism and art became inseparable. I realised that mosaic sculpture is my voice, a way to translate environmental and social concerns into something people could feel, see, and engage with.

**How do you define the “green economy,” and what role do artists play in shaping it?**

For me, the green economy is about reimagining how we live, produce, and consume in ways that respect the earth while ensuring human dignity. Artists have a critical role in shaping it because we enable to shift mindsets. Through creativity, we can reframe climate action from a scientific report into something tangible and emotional. Artists hold up the mirror, showing both the fragility of our ecosystems and the resilience of human imagination.

**Your sculpture “The Last Correspondent” was presented to the UN. What message were you hoping to convey?**

The Last Correspondent symbolises the urgency of truth-telling in the climate era. Journalists and activists on the frontlines often risk their lives to ensure that the stories of environmental injustice are not silenced. Through that piece, I wanted to honour them and also remind policymakers and politicians that every decision they make has a human cost. It was a call to preserve the integrity of communication in the fight for climate justice. The piece is permanently on showcase at the United Nations offices in South Africa.

**As a woman in both the art and activism spaces, what challenges have you faced, and how have you overcome them?**

Both spaces can be incredibly male dominated. I have often had to prove that my work carries not just artistic value but intellectual and social weight as well. There is also the challenge of being seen as “too emotional” when speaking about climate issues, but I have learned to embrace that. Emotion is not a weakness; it is a strength that makes my work relatable and deeply human. I overcome these challenges by building strong networks with other women, leaning into collaboration, and staying grounded in my vision.

**What legacy do you hope your art and activism will leave for future generations?**

I hope my legacy will be one of courage and imagination, a reminder that art is not a luxury but a necessity in times of change. I want future generations to see that creativity can be a tool for environmental and social justice, that beauty and responsibility can coexist. Ultimately, I hope my sculptures stand as markers of both warning and hope, urging those who come after us to build a future where humanity and the earth thrive together.

**What advice would you give to young women who want to use their creativity for social change?**

Start where you are, with what you have. Do not wait for permission or for the “perfect moment.” Creativity is already activism because it challenges the status quo. Be bold enough to tell your story in your own way and remember that art has ripple effects. You may never fully know the lives you have touched, but that is the beauty of it.

**How do you stay grounded and inspired when the work gets emotionally heavy?**

I turn to nature. A simple walk in a garden or by water helps me reconnect to why I do this work in the first place. I also draw strength from my community, sharing space with other artists, activists, and young people reminds me that I am not carrying this alone. And mosaics themselves keep me grounded. The act of piecing together fragments is a metaphor for resilience. Even brokenness can be transformed into something beautiful.





**TRAILBLAZER OF THE ISSUE:  
TSHEGO MARINGA**



## **Tshego Maringa on Coaching Confidence, Building Businesses, and Redefining HR**

Tshego's journey redefines success through purpose, growth, and impact. As the founder of Proactive HR Consulting and co-creator of "The Art of Unbecoming to Become," she champions personal development, mental health, and financial literacy, areas she once needed herself. Her work empowers SMEs with HR solutions and individuals with tools for emotional resilience and self-awareness. Through seminars and virtual challenges, Tshego creates safe spaces for transformation, advocating for authenticity and leaving a legacy that inspires women to lead with clarity, compassion, and courage.

### **What does success look like for Tshego?**

Success can look different for everyone especially on different aspect in our lives. For Personal fulfilment, success is when I achieve goals and feeling satisfied with one's life and also growth and learning where I continuously developing new skills, knowledge, and self-awareness. When I have a positive impact on people where I make a difference in the lives of others or contributing to a greater cause. That is pure success to me.

When I have achieved milestones where I have reached specific targets or accomplishments, like career goals or personal challenges. Happiness and well-being: Experiencing joy, contentment, and a sense of balance in life is also success to me

### **What practical steps did you take in order to launch Proactive HR Consulting?**

So, my business was launched in 2014 when my internship was about to end. I had little experience about the business but at that time I was a little girl who had the most powerful spirit ever. So, I took that risk and registered the business and started to freelancing and also job shadow those who are already established and in the same industry as me. So, I used that theory by Richard Brandson that "If somebody offers you an amazing opportunity but you are not sure you can do it, say yes – then learn how to do it later!"

But adding again on how I launched the business, I also identified opportunities where I looked for gaps in the market or a problem to solve. I made sure that my brand and marketing was up to date by developing a brand identity and promote the business. While doing these I was part of a business incubation that really assisted me greatly with basic information about owning a business.



## **What are the most common HR challenges SMEs face, and how do you help them navigate those complexities?**

SME's with no HR department tend to hire employees with no employment contracts and that is the biggest mistake ever because they are not held accountable, nor are binded by anything. Even if a person abscond and return to work after few days with a snoop story you might take them back. However you need to outsource HR if you don't have 1 inhouse so that they may draft policies and procedures for you along with employment contracts. Compliance with Labor Laws are important and staying updated on labour laws to ensuring compliance can be daunting for SMEs with lean HR teams.

Attracting and retaining talent is a challenge with SMEs when they don't have HR department as they often struggle to compete with larger companies for top talent due to limited resources and brand recognition. Sometimes because a business owner wants to be jack of all trades, they tend to not do a proper recruitment process.

There are so many challenges that SMEs face however we exist to assist them with:

- Outsource HR Functions
- Develop Strong Employer Branding by showcasing company culture and values to attract talent.
- Focus on Employee Development
- Establish Clear HR Policies where we develop and communicate HR policies to ensure fairness and compliance.
- Prioritize Employee Engagement where we foster open communication, recognition, and wellness initiatives.





**The Art of the Unbecoming to Become, is such a powerful name, what does it mean to you personally?**

"The Art of Unbecoming to Become" is greatly reminiscent phrase that speaks to transformation and self-discovery. At its core, it's about detaching the layers of societal expectations, internalized narratives, and external pressures that shape our identities and allowing us to reconnect with our authentic selves

**What resonates with you about "The Art of Unbecoming to Become"? Is there a particular aspect you're drawn to or curious about?**

When we established this NGO in 2021, I was at my lowest and I remember me and Business partner bouncing up ideas and the 3 topics we are currently advocating which are "Personal Development, Mental health and Financial literacy" was a gap in my life that needed to be educated and skilled. So as much as I am advocating those 3 topics, I once in my life needed the knowledge about them. However, they still relevant in my life even now. Knowledge can never be too much.

**How do your seminars create safe spaces for people of all walks of life to explore personal growth?**

As much as our audience we have a large audience, we do stress out the confidentiality part to our audience and we communicate confidentiality and trust by establishing ground rules for confidentiality to build trust among participants.

We also created a non-judgmental Atmosphere by encouraging openness without fear of judgment and also stress out respectful communication by fostering respectful dialogue and active listening.

**Why do you believe self-awareness is the foundation of personal transformation?**

Self-awareness is a cornerstone of personal transformation because it enables individuals to understand their thoughts, feelings, motivations, and behaviours. Self-Awareness helps you to understand Inner dynamics where it will help you to recognize your emotional patterns, triggers, and habitual responses.

And it becomes clear to you to be able to Identify your strengths and weaknesses



**How do your virtual challenges through “Conversations with Tshego” help individuals build emotional resilience and clarity?**

The 21 days virtual challenges are challenges I do for different outcomes, for example there is one for healing and overcoming trauma, we have one for self-discovery and awareness and for learning and understanding money. If I could share testimonials you will be amazed, more than anything is about helping people to be self-aware so that they know how to respond to challenges and triggers and reason I do them for 21 days, is because it takes 21 days to learn or unlearn a habit.

**How do you stay grounded and inspired while juggling multiple roles and platforms?**

Staying grounded and inspired while managing multiple roles and platforms requires intentional practices and strategies. So I practice for staying grounded by being mindful and I meditate on regular basis and also exercise like walking, yoga and other movement can help manage stress.

I also draw my sources of inspiration by connecting with purpose where I attend events that feeds my soul, in particular women empowerments events. That helps to link activities to a sense of purpose. I am always curious to learning and engaging with new ideas, learning keeps me inspired

**What legacy do you hope to leave for the next generation of women leaders?**

I would definitely like to leave legacy where people would remember me for being an advocate of personal development and mental health where women would break barriers by contributing to breaking down barriers for women in leadership across sectors. Where people will master the difference between attention and love. Where women would love for love and not for money. Where people would master their triggers. I want to leave a legacy where everyone master their own thoughts.







# A CATCH UP WITH NEO CHEDA

MWM COMMUNITY SPOTLIGHT

SPRING ISSUE

[www.millennialwomanmagazine.co.za](http://www.millennialwomanmagazine.co.za)



## A Catch Up with Neo Cheda

Guided by the mantra “Keep showing up, even when it feels messy,” the founder of Kinetic Reach, Neo Cheda, is redefining leadership through courage, authenticity, and impact. Her company has evolved into a visibility powerhouse, supporting small businesses and women in trades with branding strategies that yield tangible results, including six-figure contracts.

She’s now developing a digital networking platform to connect underrepresented women with larger opportunities, while embracing marketing trends like human-centered branding and AI-powered tools. Balancing high-level leadership with personal peace, she prioritizes alignment, delegation, and empowerment. Her legacy aims to elevate African women entrepreneurs globally, proving that imperfect beginnings can lead to extraordinary outcomes.

### **Is there a personal mantra or mindset that’s been guiding you through this current season?**

“Keep showing up, even when it feels messy.” That has been my compass. Business and leadership aren’t about having all the answers, they’re about courage, consistency, and trusting the process. Some of my biggest breakthroughs came from moments where I didn’t feel fully ready, but I showed up anyway. It’s those imperfect steps that later opened doors I never even imagined.

### **Since our last feature, how has your work with Kinetic Reach expanded?**

Kinetic Reach has grown from being just a marketing and project management service provider into a true visibility partner. We’ve created branded visibility kits, mostly for small businesses and women in trades, rolled out corporate identity projects, and expanded into event branding and activations.

In the last 4 months, we’ve supported 3 businesses in sharpening their visibility strategies, one of them just secured their first major contract worth six figures after our rebranding. That kind of tangible impact is exactly why I do this work.

Beyond that, I’m developing a digital networking platform, a space designed to connect women from underrepresented industries with bigger partners and opportunities. Even though it’s still in the planning phase, it excites me because it goes straight to the heartbeat of Kinetic Reach: helping people and brands be seen, be heard, and be remembered. Maybe when we catch up next time, it will already be live.



**What recent project or initiative has pushed you outside your comfort zone and helped you bloom in unexpected ways?**

Shaping the digital platform concept has stretched me the most. It's taken me beyond design and branding into storytelling, advocacy, and community-building. It's challenged me to think about how platforms can be more than visuals, they can be lifelines, creating real access and growth.

More recently, we've also been working with a local manufacturer in the FMCG sector that's aiming to grow its market share and sales in South Africa. Navigating that space has been both challenging and exciting, it requires a deep understanding of consumer behavior, competitive positioning, and brand storytelling at scale. For me, it's been a powerful reminder that marketing is never "one-size-fits-all." Each industry has its own rhythm, and the ability to adapt, learn, and translate strategy into measurable growth is what keeps me evolving as a leader.

**What trends in marketing are you currently most excited about, and how are you integrating them into your business strategy?**

I'm most excited about the shift toward authentic storytelling and human-centered branding. People don't connect with polished perfection, they connect with realness. Human-centered branding places the customer's needs at the heart of strategy, while authentic storytelling expresses a brand's true purpose, values, and journey. That's what makes a brand relatable and builds loyalty.

At the same time, I'm exploring AI-powered tools that sharpen campaigns and make them more targeted. For me, the sweet spot is where innovation and authenticity meet, where we use tech to amplify the heart of a brand's story rather than replace it.

**What does balance look like for you now, and how do you protect your energy while leading at such a high level?**

Balance for me looks like protecting my peace as fiercely as I protect my deadlines. I've learned to say no to opportunities that don't align, even when they look good on paper. I've been elected to roles in high-level positions, and while they would elevate my profile, they would also stretch me too thin. Right now, my heart is in building trust and consistency with my clients, and that's where my focus belongs.

I also lean into the power of simple things, quiet walks, family time, and even moments of just unplugging. As a perfectionist, I used to want to do everything myself, but I've grown into the power of delegation. Trusting my team doesn't just lighten my load, it makes the work stronger and more sustainable. What I've learned is that leadership isn't about doing it all yourself, it's about empowering others to shine.

**How do you envision your legacy as a millennial woman in leadership?**

I want my legacy to be about visibility and elevation. I see Kinetic Reach, and future initiatives like the digital networking platform, as structures that will outlive me, creating opportunities for women who've often been overlooked.

In the next five years, I envision Kinetic Reach becoming a go-to platform where women across Africa access branding, mentorship, and partnerships that propel them into global spaces. My hope is that one day people will say: "Because she built, others rose."

I see myself not just building brands but helping shape an ecosystem where African women entrepreneurs thrive globally.

**What message would you share with young women who are just beginning their journey in business and leadership?**

Don't wait for the "perfect" moment, it doesn't exist. I've started projects with little more than a notebook, an idea, and determination. Along the way, the right people and resources appeared because I had the courage to begin.

My advice is: start small, start now, and trust the process. Your courage will open doors you never knew existed, and your story will inspire someone else to rise.





## Spring's Skin Savior: Why SVR Blur Sans Parfum Sun Secure Is Our Top Beauty Pick

As the sun returns in full bloom and we shed our winter layers, one beauty essential rises to the top of our spring must-haves: the SVR Sun Secure Blur SPF50+ Sans Parfum. This fragrance-free sunscreen isn't just a protective layer, it's a skin-perfecting powerhouse that blends skincare and makeup benefits into one silky formula.

At its core, SVR Blur Sans Parfum offers broad-spectrum SPF 50+ protection, shielding your skin from both UVA and UVB rays. But what sets it apart is its blurring mousse texture, a velvety finish that smooths pores, evens tone, and leaves skin looking naturally radiant without the shine. Think of it as your invisible skin filter, minus the digital enhancement.

For millennial women who prioritize clean beauty, this sunscreen ticks all the boxes. It's free from fragrance, making it ideal for sensitive skin, and uses organic UV filters that are reef-safe and photostable. No white cast, no greasy residue, just a soft matte finish that feels like second skin.



SVR Blur Sans Parfum hydrates with ingredients like niacinamide and tocopherol, while offering anti-aging benefits and a subtle skin-smoothing effect. It's the ultimate time-saver for busy mornings and spontaneous spring outings.

Whether you're brunching with the girls or hiking through Hennops, this sunscreen adapts to your lifestyle. It stays matte for hours, doesn't sting the eyes, and won't slide off in the heat. Plus, its compact tube makes it a handbag essential.

SVR Blur Sans Parfum Sun Secure is more than a seasonal choice, it's a skin confidence booster. For women who want protection without compromise, this sunscreen delivers clarity, comfort, and a flawless finish.



*Beauty section*



SPRING ISSUE

*POREfessional*



# BEAUTY & MAKE UP

SMOOTHING. BLURRING. PORE LOVING. MEET THE FOUNDATION OF YOUR DREAMS COURTESY OF BENEFIT



## SMOOTHING. BLURRING. PORE LOVING. MEET THE FOUNDATION OF YOUR DREAMS COURTESY OF BENEFIT ✨ ✨ ✨

Spring is here, and so is your skin's new best friend. Say hello to the POREfessional Foundation, the smoothing & blurring miracle that's rewriting the rules of flawless coverage. Whether you're brunching in the sun or dancing under the stars, this weightless, medium-buildable formula delivers a natural-matte finish that stays fresh for 24 hours, without ever clogging your pores.

### WHY WE'RE CRUSHING ON IT

This isn't just makeup, it's skincare in disguise. The POREfessional Foundation visibly smooths texture, blurs pores, and improves the look of skin instantly and over time. It's waterproof, transfer-proof, and non-comedogenic, making it a match for every skin type, from oily to sensitive, combo to acne-prone. With 40 inclusive shades, your perfect match is waiting.

### APPLICATION TIPS

Shake well. Apply evenly with your favorite applicator (we love a damp sponge!). Blend and build to your heart's content. The result? Skin that looks like skin...only better.

This season, let your skin bloom. With the POREfessional Foundation, your search for your forever foundation is officially over.





# Smoothing. Blurring. Pore Loving.

Are you ready to meet the foundation of your dreams? **The POREfessional Foundation** smoothing & blurring foundation delivers medium-buildable, weightless coverage and a seamless natural-matte finish that stays fresh all day—all without clogging pores. Even better, it visibly smooths texture, blurs pores, and improves the look of skin instantly **and** over time.

Congrats, your search for your forever foundation is over.

## FORMULA FACTS

- \* Instant & all-day pore-blurring
- \* Non-comedogenic
- \* 24-hour longwear\* & hydration\*\*
- \* Waterproof & transfer-proof
- \* Suitable for normal, oily, combo, sensitive & acne-prone skin
- \* 40 shades

## CRUSHING ON OUR FOUNDATION, MUCH?

**96%** said it visibly smooths texture instantly\*\*\*

**97%** said bare skin is smoother over time\*\*\*\*



\*Instrumental test on 25 participants  
\*\*Instrumental test on 34 participants  
\*\*\*Self-evaluation by 116 participants after 1 week  
\*\*\*\*Self-evaluation by 116 participants after 4 weeks

## IT'S WHAT ON THE INSIDE THAT COUNTS

### Niacinamide,

a form of Vitamin B3, helps smooth the look of pores & skin texture and contributes to skin hydration.

### Rose Hip Extract

helps visibly smooth skin and refine the look of pores.

### Glycerin

helps retain skin moisture.



## LET'S GET IT ON

Shake well.

Apply evenly all over face with your fave applicator (we like using a damp sponge!).

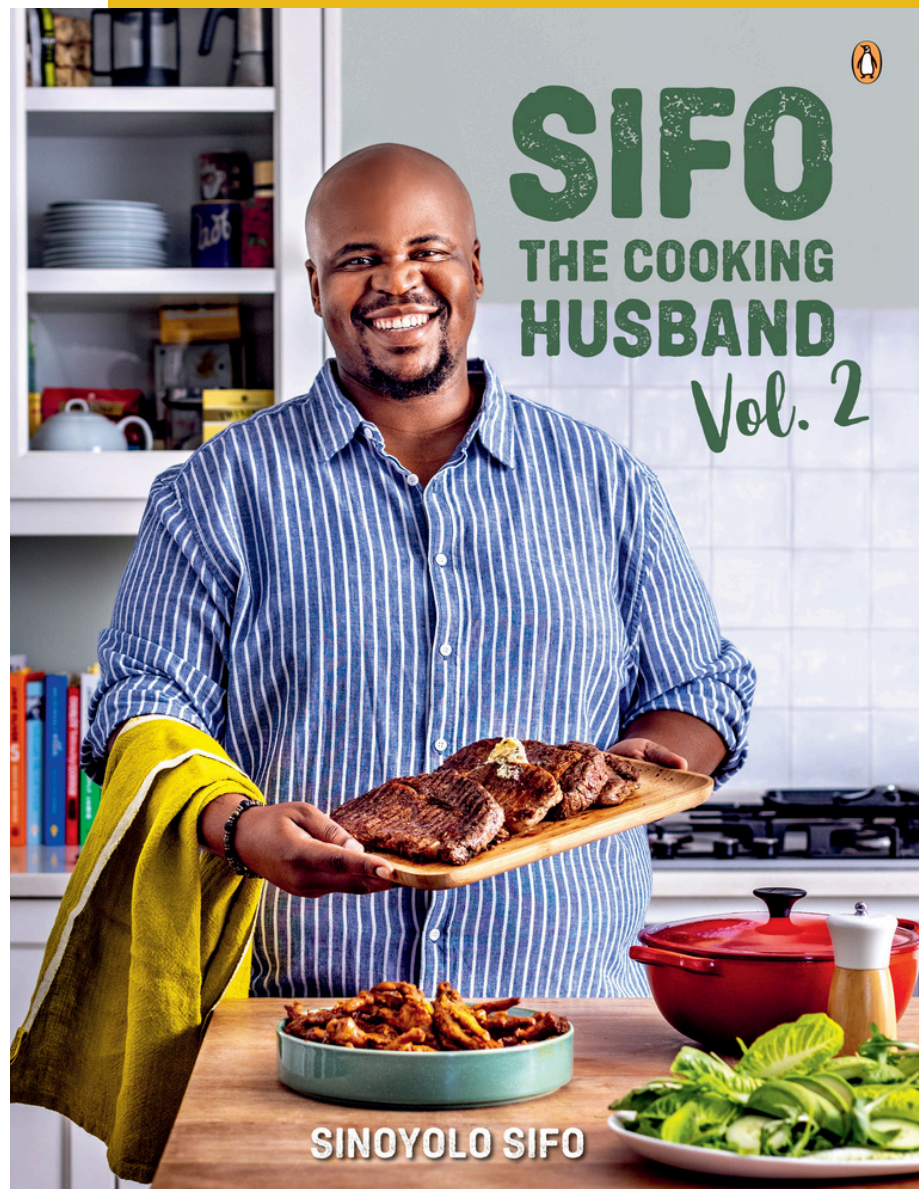
Blend & build to your heart's content.





## FOOD & RECIPES: 3 COOKBOOKS YOU'LL NEED FOR THE UPCOMING FESTIVE SEASON

As the festive season approaches, kitchens across South Africa begin to hum with the rhythm of celebration. Whether you're hosting a family feast, preparing a cozy meal for two, or simply indulging in the joy of cooking, the right cookbook can turn your culinary dreams into delicious reality. This spring, we're spotlighting three must-have cookbooks that celebrate heritage, flavor, and the art of gathering. From bold braais to nostalgic seven-colour spreads, these books will elevate your festive table with heart and flair.



## SIFO THE COOKING HUSBAND VOL. 2 BY SINOYOLO SIFO

### FOR THE MODERN HOME COOK WHO LOVES HEARTY MEALS WITH FLAIR

Sifo returns with a vibrant sequel that's as warm and welcoming as his signature smile. Vol. 2 is packed with over 80 mouthwatering recipes that range from breakfast delights to luscious sauces, vegetarian gems, and even cocktails to round off your feast. Inspired by his Eastern Cape roots and his mission to challenge gender norms in the kitchen, Sifo's recipes are simple, soulful, and perfect for festive entertaining.

Festive must-try: Braaiied Cauliflower Steak with Butter Bean Purée, a plant-based showstopper that even meat-lovers will adore.



## FOOD & RECIPES:

### 2) SENIDLILE KODWA? BY ZANELE VAN ZYL

#### FOR THE NOSTALGIC SOUL WHO COOKS WITH LOVE AND LEGACY

Zanele's third cookbook is a heartfelt tribute to the Nguni phrase "Have you eaten yet?" a question that echoes across generations of South African homes. With 100 easy-to-follow recipes, this book is a celebration of village favorites, Sunday spreads, and sweet endings. Zanele's culinary journey from Bergville to professional chef is woven into every page, making this book as inspiring as it is delicious.

Festive must-try: Her signature meaty mains and traditional sides. They are perfect for a Christmas lunch that feels like home.

## SENIDLILE KODWA?

Have you eaten yet?



ZANELE VAN ZYL

### 3) SIMPLY SEVEN COLOURS BY ZOLA NENE FOR THE ENTERTAINER WHO WANTS EVERY PLATE TO POP WITH COLOUR AND CULTURE

Zola's cookbook is a love letter to South Africa's beloved seven-colour meal, that glorious rainbow of dishes we serve on Sundays and special occasions. From greens to reds, browns to desserts, Zola guides you in crafting your own seven-colour menu with recipes that are both nostalgic and refreshingly simple. It's the ultimate festive companion for those who want to honour tradition while keeping things fresh.

Festive must-try: Milk Tart Spring Rolls, a playful twist on a classic dessert that'll wow your guests.

#### FINAL THOUGHTS

These three cookbooks aren't just recipe collections, they're cultural artifacts, storytelling platforms, and invitations to gather. Whether you're cooking for your chosen family, your community, or just yourself, let this festive season be one of flavour, memory, and magic.

So, Millennial Woman...what's cooking in your kitchen this spring?



ZOLA NENE



# Food & Recipes

Familiar ingredients  
are elevated

to tell a story to local  
and international  
travellers

*Lacuna  
Bistro*  
Spice Up Your Kitchen





## LACUNA BISTRO'S NEW MENU TAPS INTO SOUTH AFRICAN FLAVOURS


### FAMILIAR INGREDIENTS ARE ELEVATED TO TELL A STORY TO LOCAL AND INTERNATIONAL TRAVELLERS

Lacuna Bistro is a stylish escape from the bustle of Johannesburg. Set in the tranquil gardens of The Maslow Sandton hotel, it's an oasis in the middle of the city.

A new menu has been launched, which draws its inspiration from Sandton's unique position as both South Africa's financial hub and a melting pot of cultures. The one-of-a-kind offering is designed to appeal to a diverse audience of international travellers, corporate guests, and local diners who appreciate both comfort and sophistication.

At its heart, the menu celebrates South Africa's culinary heritage while embracing global flavours to create dishes that feel both familiar and exciting. Traditional influences are woven throughout. The style is distinctly local in heritage, yet globally refined, a balance that reflects the spirit of modern Sandton.





"These touches anchor the menu in South African identity while elevating it to suit a cosmopolitan, business-focused clientele," says Food & Beverage Manager Ofentse Morake. "If we had to capture it in one phrase, it's Mediterranean with a twist – refined yet accessible."

Equally important is the use of seasonal and locally sourced produce, which ensures freshness and sustainability while showcasing the rich agricultural landscape of South Africa. Charred seasonal vegetables, nut brittles, green beans, sugar snaps, baby spinach, and local cheeses highlight the bounty of local farmers. Seasonal adaptability ensures that the menu remains vibrant and dynamic throughout the year, offering returning guests something fresh on each visit.

Global influence is reflected in dishes like truffle-infused beef tartare, butter chicken fettuccine, gnocchi with butternut and chorizo, and chocolate opera cake, which balance international familiarity with local personality. This fusion speaks to Sandton's role as a crossroads of cultures and business, where global tastes meet South African hospitality.

In essence, the menu is a culinary bridge between cultures, marrying local heritage, seasonal South African produce, and global cuisine application. It is crafted to provide comfort, sophistication, and a sense of place – whether guests are local professionals, international guests, or leisure diners seeking a taste of modern Sandton.

"There are several hero ingredients and techniques on our menu that tell a bigger story about local sourcing, sustainability, and culinary craft," says Morake.

For example, Pap "Parancini" with Chakalaka Purée is a playful reimagining of South Africa's most traditional staple, pap. Instead of serving it plainly, it is transformed into golden, parmesan-dusted spheres – like Italian arancini. The base is humble maize meal, but the execution is elevated. This celebrates South African heritage in a modern, business-hotel context, showing that local ingredients can compete on the same stage as international fine-dining classics.

The tartare saved with fishcakes nods to Cape Malay spice traditions, mild curry, tangy pickle, aromatic warmth, layered into a familiar Western format. It highlights the fusion history of South African cuisine, influenced by spice routes and migration, while keeping it approachable to international guests.





# LACUNA BISTRO'S

The “From the Coals” section celebrates open-flame cooking, which is central to South African food culture (braai). Sauces like sheba (tomato and onion relish), chimichurri, and peri cream showcase local and global flavour traditions, and tie into the communal culture of the braai, while offering precise, consistent execution for a business-dining environment.

If Morake and his right-hand man, Executive Sous Chef Thokozane Shongwe had to recommend a perfect food and wine pairing from the new menu it would be the signature Maslow Beef Short-Rib Lasagna with Boschendal Nicolas.

“Our overnight-braised beef short rib is layered between silky pasta sheets, rich béchamel, and parmesan snow, a refined take on a comforting classic,” says Shongwe. “The slow braise creates depth and tenderness that lingers with every bite.”

Paired with Boschendal Nicolas, a Cape blend of Cabernet Sauvignon, Shiraz, and Merlot, the wine’s dark fruit and spice lift the richness of the ragout, while its smooth tannins mirror the lasagna’s velvety texture, adds Morake. “Together, the dish and wine create a balance of warmth, elegance, and South African soul, the taste of comfort elevated.”

The chefs and their team want guests to walk away feeling a sense of place and belonging. “The food should spark recognition, whether it’s the comfort of a milk tart that reminds them of home, or the surprise of pap spheres reimagined in a way they’ve never seen before,” says Morake.

The menu is designed to create a balance of familiarity and discovery; for international guests it must leave a memory of South African flavour that is made into a polished, global dining experience, while locals feel proud to see their food culture lifted in a cosmopolitan way.



# Fashion & Style

**Butter  
Yellow**



## FASHION & STYLE

### BUTTER YELLOW IS OUR COLOUR OF THE SEASON, HERE'S WHY

There's a new hue melting its way into our wardrobes, Instagram feeds, mood boards and we're officially obsessed. Say hello to Butter Yellow, the soft, sunny shade that's redefining spring style. It's not just a colour; it's a feeling. Think warmth, ease, and a quiet kind of confidence. This season, Butter Yellow is more than a trend, it's a statement.

### THE COLOUR THAT FEELS LIKE SUNSHINE

Butter Yellow sits somewhere between beige and canary, a pastel so gentle it practically whispers. It's the kind of colour that flatters every skin tone, glows in natural light, and pairs effortlessly with neutrals or bolds. It's been dubbed the new neutral, and we couldn't agree more.

### WHY WE'RE WEARING IT

Butter Yellow is versatile, wearable, and quietly luxurious. It evokes nostalgia while feeling fresh and modern. Whether you're brunching in Braamfontein or hosting a garden party in Soweto, this colour brings a soft glow to any occasion.

Style it like this:

- Pair a butter yellow blouse with wide-leg linen trousers for a breezy, boho look.
- Add a pop of colour to your chocolate brown suit with butter yellow accessories.
- Try a sequined butter yellow dress for a night out.




## WHAT IT SAYS ABOUT US

Millennial women are embracing softness in our fashion, our relationships, and our activism. Butter Yellow reflects that shift. It's gentle but bold, understated but unforgettable. It's the colour of healing, joy, and quiet power. In a world that often demands loudness, Butter Yellow lets us lead with grace.

This spring, let your wardrobe speak in tones of tenderness. Butter Yellow is more than a seasonal trend, it's a mood, a movement, and a reminder that softness is strength. Whether you wear it head-to-toe or just as a subtle accent, make it yours.







# SPRING INTO FESTIVE PREP: A MILLENNIAL MAKOTI'S GUIDE TO CHARGE IN

## *Slaying the Season*

As the jacarandas bloom and the air warms with promise, South Africa's millennial makotis (modern daughters-in-law) know that spring isn't just about floral dresses and iced rooibos, it's the unofficial countdown to the festive season. Whether you're newly married or a seasoned makoti, this is your moment to shine with grace, style, and strategy. Here's how to start prepping now so you're not overwhelmed come December.



## 1. SPRING CLEAN WITH PURPOSE

Forget the generic mop-and-go. This is your chance to declutter with intention.

- **Start with the kitchen:** Toss expired spices, deep-clean appliances, and take stock of festive essentials like baking trays and serving dishes.
- **Wardrobe refresh:** Pack away winter bulk and curate your festive looks early, think breathable fabrics, bold prints, and makoti-approved modest glam.
- **Digital declutter:** Organize your phone gallery, clean up your inbox, and prep your festive playlist.

## 3. BUDGET LIKE A BOSS

Festive season can drain your wallet if you're not strategic.

- **Create a gift list:** Include family, helpers, and even the gardener. Thoughtful doesn't have to mean expensive.
- **DIY magic:** Homemade jams, beaded ornaments, or personalized photo frames are budget-friendly and heartfelt.
- **Save weekly:** Start a festive fund now - even R100 a week adds up beautifully.

## 5. SELF-CARE IS SACRED

You can't pour from an empty potjie.

- Book your beauty appointments early: Hair, nails, brows, avoid the December rush.
- Schedule downtime: Block out days for rest, reflection, and maybe a solo beach walk.
- Mental prep: Journal your intentions for the season. What kind of energy do you want to bring into the family space?

Being a millennial makoti means balancing tradition with authenticity. You're not just ticking boxes, you're redefining what it means to show up with love, leadership, and a touch of lipstick. So, start now, and by the time the festive season rolls in, you'll be ready to slay, serve, and sparkle.

You've got this, queen. The festive throne awaits.

## 2. BUILD YOUR FESTIVE MENU NOW

Makotis are expected to bring culinary magic to the table. Planning early means less stress and more sparkle.

- **Test recipes:** Try out new twists on traditional dishes—like chakalaka-stuffed vetkoek or rooibos-glazed gammon.
- **Stock up:** Buy non-perishables in bulk now before prices spike.
- **Family favourite's:** Ask your in-laws what they're craving this year. It shows thoughtfulness and earns major makoti points.

## 4. HOST WITH HEART

Whether you're hosting Christmas lunch or a New Year's braai, make your home a haven.

- **Decor prep:** Start crafting or sourcing décor that blends tradition with millennial flair, think shweshwe table runners and eucalyptus wreaths.
- **Guest-ready spaces:** Refresh guest rooms with new linen, scented candles, and a little welcome note.
- **Makoti charm:** Learn a few phrases in your in-laws' language, or prep a toast that blends cultures, it's the little things.



# The Red Flags Women are Living With

MWM Health

Anaemia's alarming menstrual connection that women and medical practitioners don't think or talk about enough.



## THE RED FLAGS WOMEN ARE LIVING WITH

Heavy menstrual bleeding is a leading cause of low iron stores and anaemia in young women. World Health Organisation statistics show that 43% of reproductive-age women in Sub-Saharan Africa suffer from iron-deficiency anaemia, and for many of them this is due to abnormal bleeding and menstruation cycles.

Experts warn that the problem is worsening as girls are starting menstruation at younger ages than previous generations. "This earlier onset means a longer lifetime exposure to monthly blood loss. When combined with limited health awareness, insufficient iron replacement, and inadequate management, it creates the perfect conditions for chronic iron deficiency," says Sister Karin Davidson of the [Cape Town Infusion Centre](#).

Sister Davidson, an outspoken advocate for recognising the impact of anaemia and an expert in treating iron deficiency anaemia, notes that the increase in menstruating women needing intervention is evident in her practice. "The statistics reveal a health emergency hiding in plain sight," she says. "When one in three women globally lives with anaemia, we cannot continue treating abnormal bleeding as OK."

## NORMALISATION IS PART OF THE PROBLEM

Normalisation of heavy periods, and irregular bleeding is a threat to combatting low iron stores and associated anaemia. Be it in the media, by peers, caregivers, or medical practitioners, this minimising of what are abnormal menstruation symptoms actively prevents patients from seeking advice and treatment.

The belief that menstruation involves a level of suffering is outdated and the mindset delays diagnosis and treatment, allowing anaemia to develop and worsen unchecked. "Patient advocacy and encouraging people to examine and speak about unusual or abnormal symptoms or health patterns is a big part of our work – suffering in silence is not just about masking discomfort, it's potentially harmful," says Sister Davidson.

Heavy menstrual bleeding depletes iron stores faster than the body can replenish them, creating a cycle of increasing deficiency. Each month of untreated heavy bleeding compounds the problem. Women lose approximately 30-40ml of blood during normal menstruation, but abnormal bleeding can result in losses exceeding 80ml monthly.

## WARNING SIGNS OF HEAVY MENSTRUAL BLEEDING INCLUDE:

- Needing to change sanitary products every two hours or more frequently.
- Using double protection – a tampon and a sanitary pad.
- Bleeding lasting longer than seven days.
- Bleeding that soaks through to clothes or bedding.
- Passing clots larger than a 50c coin.
- Flooding or gushing that's difficult to control.



## KNOW THE SYMPTOMS OF ANAEMIA

Low iron store and anaemia symptoms include persistent fatigue and weakness, shortness of breath during normal activities, cold hands and feet, anxiety and/or depression, insomnia despite feelings of exhaustion, restless legs, and pica (unusual cravings often related to non-nutritive substances such as sand/ice).

"Heavy and/or abnormal bleeding is a prime cause for concern and should be flagged by any caregiver, patient or practitioner," says Sister Davidson.

## FERTILITY RISKS AND IMPLICATIONS AND WHAT ANAEMIA MEANS FOR PERIMENOPAUSE.

Anaemia can have a significant impact on fertility and pregnancy outcomes. Iron deficiency can impact hormonal balances necessary for ovulation and egg maturation and can be associated with prevention of successful conception. For women who do conceive, anaemia increases risks of preterm delivery, low birth weight babies and postpartum depression. "Addressing anaemia can often help to restore reproductive health," says Sister Davidson.

Likewise, there are also unique challenges for perimenopausal women. Perimenopause often brings heavier, more frequent periods and the associated iron deficiency can exacerbate menopausal symptoms, worsening depression and anxiety, and even leading to cognitive and cardiovascular issues. "We often see women complaining of hair loss and chronic fatigue and so often it points to their continued heavy bleeding and subsequent anaemia. We're so conditioned to think 'that's life' but there is help and treatment available – your periods should not control your life. When bleeding becomes abnormal, your body is asking for help. Listen to that call."

- If iron store levels are low but not critical, oral iron can often correct the issue.
- If iron stores are too low and anaemia is definitive, a medical grade iron infusion will help restore iron stores to an acceptable level.
- Once iron stores and abnormal bleeding has been corrected, appropriate nutrition and management can maintain a status quo in iron stores.

The Cape Town Infusion Centre is committed to managing iron deficiency and anaemia, to empowering patients, and to improving lives. Please contact them if you would like any further information: [www.capeinfusions.co.za](http://www.capeinfusions.co.za)

## SUSPECT YOU MIGHT BE AT RISK?

- Track symptoms and menstrual patterns.
- Request comprehensive iron testing from healthcare providers.
- See a gynaecologist or women's health doctor to help manage heavy menstrual bleeding.
- Seek second opinions if concerns are dismissed.
- Consult registered dietitians for nutritional guidance.



# TECNO



MWM

Tech & Gadgets





## Tech & Gadgets

### Five Reasons to Consider the TECNO SPARK 40 Pro as Your Next Smartphone

Innovative, AI-driven, technology brand TECNO continues to redefine what consumers can expect from a mid-range smartphone with the launch of the SPARK 40 Pro. Designed for trendsetters, creators and everyday users who want exceptional performance without emptying their bank accounts, the SPARK 40 Pro delivers a powerful blend of style, innovation and value.

Here are five reasons why you should definitely consider the TECNO SPARK 40 Pro as your next smartphone:

#### An Immersive Visual and Audio Experience

Whether you're streaming your favourite series or movies, gaming on the go, or browsing social media, the SPARK 40 Pro's large 6.78-inch, 1.5k AMOLED display offers vibrant colours and crisp detail. The ultra-slim bezels and smooth refresh rate make every swipe and scroll a pleasure. Audio is equally immersive, with dual stereo speakers and Dolby Atmos present for an elevated multimedia experience.

#### Capture Every Memory and Share Every Moment

With its advanced 50MP AI-powered main camera, the SPARK 40 Pro makes every shot Instagram-worthy. From landscapes, food snaps, or pet shots, to selfies, hobby pics, and social experiences and gatherings, TECNO's cutting-edge image processing ensures stunning clarity and true-to-life colour in all pictures - no professional equipment required.





**All-Day Power with No Low Battery Worry**

Stay connected and productive with a high capacity 5,200mAh battery that easily lasts from morning meetings to late-night streaming. When it's time to recharge, 45W super charging technology powers up the device quickly - so you spend less time plugged in and more time on the move.

**Seamless Performance Powered by MediaTek Helio G100 Ultimate**

The SPARK 40 Pro combines a powerful octa-core processor with generous RAM (8GB plus 8GB extended through Memory Fusion) and expanded storage options, making multitasking smooth and effortless. From video editing to mobile gaming, the phone handles it all with ease.

**Striking Design That Turns Heads Combined with Durability**

The SPARK 40 Pro blends a slim profile (only 6.69mm thick) with premium textures and colours (black and titanium). It's a device that looks as good as it performs, allowing you to express your personality while enjoying cutting-edge technology. The SPARK 40 Pro's eye-catching aesthetics are complemented by its durability and robustness, including a IP64 rating (dust and water resistant), 1.5m drop resistance, and reliable touch performance even with wet or oily fingers.

With the SPARK 40 Pro, TECNO is making premium smartphone features accessible to everyone. This smartphone offers the perfect combination of performance, design and affordability for today's connected lifestyle.

**Availability**

TECNO's SPARK 40 Pro will be available from select retail partners in the coming weeks, for a recommended retail price of R6,999 (availability varies per retailer, per product, per store, and while stocks last. E&OE).

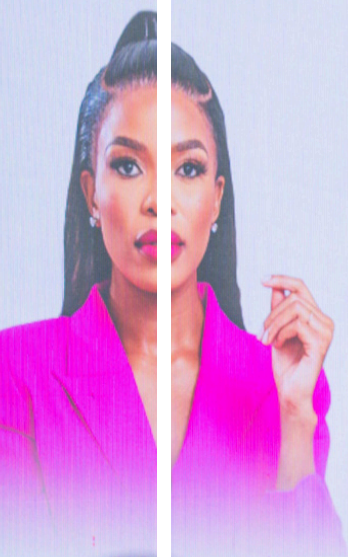
SPARK 40 Pro forms part of the SPARK 40 Series of devices, which also features the SPARK 40S (recommended retail price – R3,999), SPARK 40 (recommended retail price – R2,499) and SPARK 40C (recommended retail price – R1,699). These other smartphones are available from select retail partners, including Dunns, Edgars, Game, HiFi Corp, Jet, Mr Price, TFG, and Vodacom (availability varies per retailer, per product, per store, and while stocks last. E&OE).

To stay up to date with all the latest news, updates, happenings, and goings-on, follow [TECNO's Facebook page](#).





# Flourish Graciously & Thrive Fiercely



*Women's*  
Brunch





## FLOURISH GRACEFULLY & THRIVE FIERCELY: PORTIA M'S BRUNCH IGNITES A MOVEMENT OF EMPOWERED WOMEN

In the heart of Midrand, South Africa, a new chapter in women's empowerment was written on September 6, 2025. Entrepreneur and beauty mogul Portia Mngomezulu, founder of Portia M Skin Solutions, hosted a transformative Women's Brunch at her newly established events venue, Divine Sunset. Themed "Flourish Gracefully & Thrive Fiercely," the event was a declaration of purpose, power, and possibility.

Curated for women navigating the intersections of ambition, wellness, and identity, the brunch offered a dynamic program led by celebrated MC and Musician Mmatema Moremi. Attendees were immersed in sessions that explored mental health, spiritual wellness and business strategy. Tumi Mashego's insights on mental wellness resonated deeply with the attendees, while Mpumi Madubedube's candid talk on entrepreneurial challenges struck a chord with aspiring founders.

The Portia M Buyers Panel peeled back the curtain on the beauty industry, sharing real-world lessons and affirming the importance of collaboration over competition. Actress and speaker Innocent Sadiki closed the day with a soul-stirring spiritual wellness session, reminding women to nurture their inner strength as fiercely as their outer success.

Another standout moment was the Business Pitch Competition, where women entrepreneurs showcased bold ideas and received tangible support to fuel their ventures. It was a reminder that empowerment isn't just about inspiration, it's about investment.

Speaking at the event, Mrs. Portia Mngomezulu expressed her vision behind hosting the brunch and launching the Divine Sunset Venue. She said, "This event is about creating a space where women can truly flourish and thrive, gracefully and fiercely. I wanted to not only celebrate women but also give them tools, opportunities, and platforms to elevate their personal and professional journeys. Launching Divine Sunset as a venue adds to this vision, offering a home for future events that inspire and empower."

As spring blooms across South Africa, so does the impact of Portia M's vision. The Women's Brunch wasn't just an event, it was a seed planted in the hearts of women ready to rise, lead, and redefine success on their own terms.







MILLENNIAL WOMAN MAGAZINE

# ORS SIP & PAINT

A CELEBRATION OF HAIR, ART, AND SISTERHOOD



## ORS SIP & PAINT: A CELEBRATION OF HAIR, ART, AND SISTERHOOD

On a radiant spring morning in Johannesburg, the beauty community gathered for a one-of-a-kind experience that blended self-care, creativity, and connection. The ORS Sip & Paint, hosted by ORS Olive Oil, brought together relaxed hair enthusiasts, influencers, and media personalities for a vibrant celebration of hair and artistry, with none other than actress and media darling Hope Mbhele as the Master of Ceremonies.

The event was a sensory delight from start to finish. Attendees were welcomed into a sunlit space adorned with floral arrangements, curated art stations, and a palette of ORS Olive Oil products ready for exploration. Guests were invited to express themselves on canvas while learning about the science and soul behind hair care.

The heart of the event was an immersive product showcase, where guests got hands-on with the latest innovations from ORS Olive Oil. As the morning unfolded, laughter echoed through the room, paint splattered across canvases, and conversations flowed freely. The sip and paint activity became a metaphor for the day itself, a celebration of colour, texture, and the beauty of individuality. Guests painted portraits, and abstract expressions of self-love, all while sipping on curated drinks and enjoying gourmet bites.

The ORS Sip & Paint reminded us that beauty is both ritual and rebellion. It's about choosing yourself, celebrating your roots, and creating spaces where women can be seen, heard, and celebrated.

MILLENNIAL WOMAN MAGAZINE







A  
CELEBRATION



OF

# THE AUTHENTIC WOMAN SUMMIT



PURPOSE



POWER



POSSIBILITY



## THE AUTHENTIC WOMAN SUMMIT : A CELEBRATION OF POWER, PURPOSE & POSSIBILITY

On September 27th, Millennial Woman Magazine hosted its 3<sup>rd</sup> Edition of the Authentic Woman Summit, a radiant gathering that brought together women from all walks of life for a day of inspiration, empowerment, and intentional connection. Held in Johannesburg, the summit was a living embodiment of the magazine's mission: to amplify authentic voices and create spaces where women can thrive unapologetically.

From the moment the doors opened, the energy was electric. Women ready to pour into one another. The day kicked off with a series of inspirational conversations led by trailblazing speakers who shared stories of resilience, reinvention, and radical self-love. Topics ranged from navigating career pivots to reclaiming identity in a world that often demands conformity.

In partnership with Benefit, the summit featured a beauty masterclass that went beyond contouring and skincare. The masterclass Facilitator Ramon Visazie the power of representation, and how self-expression through makeup can be a form of healing. Attendees learned practical tips for glowing skin and bold looks, but more importantly, they left feeling seen.

The afternoon also brought a powerful shift in energy with the financial literacy masterclass by a renowned financial services provider, Liberty, where women were equipped with tools to take control of their money stories.

The Authentic Woman Summit reminded us that when women gather with intention, magic happens. From the curated gift bags to the spontaneous dance breaks, every detail was designed to celebrate the fullness of womanhood.

As Millennial Woman Magazine continues to build platforms for storytelling and sisterhood, the summit stands as a powerful reminder: authenticity is our superpower.

