

# *the* **insider**

JUNE ISSUE 2025



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**LOMBARDY**  
ESTATE & HEALTH SPA

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# Letter from the MANAGER

Dear Residents,

I trust this message finds you and your loved ones in good health as we approach the Winter season.

The past few months have been both busy and rewarding here at the estate. Our ongoing efforts to enhance safety and strengthen community bonds have been at the forefront, and I am incredibly grateful for your continuous support and enthusiasm. From the heartwarming success of our Easter event—bringing joy to our younger residents—to the vital installation of new pedestrian crossings and speed-calming measures, it's your active participation that makes these initiatives not only possible but also impactful.

Looking ahead, we are thrilled to announce our first-ever Arbor Day Family Event, scheduled for September.

This will be a fantastic opportunity for all of us to make a lasting contribution to the estate by sponsoring a tree, helping to green our community for future generations. We will share more details on how you can get involved soon.

As always, I welcome your thoughts, suggestions, or concerns. Together, we can continue to build a safe, beautiful, and inclusive environment for all who call this estate home. Thank you for being an essential part of what makes our community truly special.



HOA Manager  
Lombardy Estate



# Community Update:

## Road Safety, Events & Notices

### Pedestrian Crossings

As part of our ongoing effort to improve road safety for both pedestrians and children, the estate has begun installing pedestrian crossings to connect pathways throughout the parks. This initiative aims to encourage children to use the safer pathways in our parks for cycling, rather than riding on the roads. These crossings will also allow pedestrians and dog-walkers to cross the road safely, as pedestrian right-of-way will be enforced.

In addition, the HOA Board of Directors is currently reviewing and updating certain rules regarding road usage within the estate. Members will be notified of these changes in due course.

### Speed Bumps – Lakes

In response to serious safety concerns raised by residents, the HOA has installed two sets of speed bumps at the ingress and egress points in the Lakes section. This measure is intended to encourage responsible driving, ensuring vehicles reduce speed and stay within the designated left-hand lanes when entering and exiting.

### Easter Event Feedback

Our annual Easter celebration on **Saturday, 12 April** was a huge success! The children had an absolute jol enjoying the traditional Easter egg hunt, a magical performance, face painting, and other fun outdoor activities in the sun. This beloved event is a highlight on our calendar, and we encourage all families to join in next year.





# Arbor Day 2025:

## Upcoming Event:

### Greening Our Estate for Future Generations

Arbor Day in South Africa is celebrated every September, marking the beginning of spring and encouraging individuals and communities to plant and care for trees. It's a time to reflect on the importance of trees in our environment—from improving air quality and supporting biodiversity to creating greener, more beautiful spaces for all to enjoy.

This year, Lombardy Estate is proud to host its first-ever Arbor Day Family Event in September 2025. We're inviting all residents to get involved in this exciting initiative by sponsoring a tree to be planted along the Western Wetland boundary.

To make an even greater impact, for every tree sponsored by a resident, our landscaping service providers, Quatro Horticultural Services, will match the sponsorship by planting an additional tree—doubling the benefits to our estate's ecosystem and community space.

A list of suitable tree species that can thrive in the wet soil conditions around the wetland area will be shared with members soon. As a special touch, once a tree reaches a certain maturity, a brass plaque featuring the sponsoring resident's name will be installed, commemorating their contribution for generations to come.

This is a meaningful opportunity for families to connect with nature, leave a lasting legacy, and be part of a greener future for our estate—one tree at a time.

More details to follow. Stay tuned!







# Winter-Proof Your Garden:

A Local Guide for the Winter Months

Winter can be a tough season for gardeners, but with a little preparation and care, your garden can continue to flourish even during the coldest months. Here's how to keep your green space looking its best.

## Wrap Up to Keep Out the Frost

Frost is one of the main challenges during winter, especially for tender plants. Wrap frost-sensitive trees and shrubs in frost cloths or hessian to protect them from icy winds and freezing temperatures. Make sure to secure the covers well so they don't blow away, and remove them during sunny days to allow plants to breathe.

## Mulch for Warmth and Moisture

Adding a layer of mulch is a simple yet effective way to protect your plants' roots. Mulch acts like a snug blanket, insulating the soil from extreme cold while locking in moisture. Use natural mulch such as straw, bark chips or compost for an environmentally-friendly solution.

## Trim and Tidy

Pruning your trees and plants before winter sets in helps them conserve energy. Cut away dead or diseased branches and remove any fallen leaves to prevent disease from spreading. For evergreen plants, a gentle trim keeps them looking neat throughout the season.



## Water Wisely

In winter, water your garden in the morning when temperatures are warmer. This prevents water from freezing on the leaves overnight, which could damage your plants. Take care not to overwater, as the soil tends to stay damp for longer in the colder months.

## Natural Pest Control

Even in winter, some pests can still pose a threat. Choose natural pesticides like neem oil or a mild soap spray to keep unwanted insects at bay without harming your garden's delicate balance.

## Fertiliser: Potassium-Rich and Organic Options

In winter, avoid high-nitrogen fertilisers that stimulate soft, frost-sensitive growth. Instead, choose a fertiliser with a higher potassium (K) content, which helps strengthen plant cells against cold and frost.

For eco-conscious feeding, opt for slow-release, organic options like Talborne Organics. However, keep in mind that organic

fertilisers release nutrients more slowly, and this process is temperature-dependent. In cold conditions, soil microbes that break down organic matter are less active, so you may not see results until the weather warms up.

## Grasses & Ground Covers: Hold Off on Cutting

Many residents have ornamental grasses like *Aristida*, which offer beauty and structure even in dormancy. Hold off cutting these back until late August, just before spring growth resumes. This protects the crown from frost and provides winter habitat for small insects.

## Final Touches for a Cosy Garden

A little extra care goes a long way in winter. Regularly check your frost covers, keep an eye out for signs of pests or disease, and enjoy the quiet beauty of your winter garden.

With these simple steps, your garden will stay healthy and happy all season long, ready to burst into colour come springtime!







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# WINTER FIXES... ZERO MESS

*Let the Pros Handle It*

Winter in Gauteng might be dry, but that's exactly why you should roll up your sleeves and tackle your home maintenance checklist. The mild weather means no rain delays, and you'll get a head start on repairs before summer storms hit.

Here's why it's important to get stuck in now – and the top suppliers who can help you nail it. And if you bring

in a professional, you'll have more time to focus on the fun stuff, whether that's relaxing, entertaining, or hitting the golf course.

## Why Winter?

1. **Less rain, more progress** – No more worrying about wet weather delays.
2. **Protect now, save later** – Fixing small problems before they grow saves time and money.
3. **Boost your comfort** – Small upgrades can make your home warmer and cozier through the cold season.
4. **Let the pros handle it** – Hire the right people, and you'll have more

free time to enjoy life's little pleasures.

## Essential Winter Maintenance Jobs

### Roof and Gutters

Your roof and gutters are your home's first line of defense. Winter's dry weather makes it easy to inspect them for leaks, cracks, or loose tiles that could let water in come summer. Clean gutters stop blockages and reduce the risk of water damage. Preventing leaks and water damage now saves thousands in repairs later.



## Painting and Waterproofing

Cold, dry air is perfect for applying paint and waterproofing sealants. This means the products cure properly and provide long-lasting protection. Supreme Coats can help you give your home's exterior a fresh look and keep damp at bay.

## Window and Door Seals

Gaps around windows and doors let cold air in and warm air out, hiking up your energy bills. Winter's a great time to seal them up. Lukems has the aluminium and glass products you need to replace worn-out windows and doors, improving insulation and saving energy.

**Why it matters:** Sealing drafts makes your home more comfortable and cuts heating costs.

## Indoor Upgrades

You're spending more time inside – why not make it a space you love? Buchcon's team can handle renovations and maintenance jobs to refresh your living spaces. And with the current water interruptions in Tshwane, Buchcon also has water backup solutions to keep your home running smoothly. Investing in these upgrades now will pay off down the line.

## Water Supply Solutions

No water? No problem. Inyati Drilling offers borehole solutions to keep your taps running even during municipal water outages. Winter's dry soil conditions

make it the best time to drill.

**Why it matters:** A borehole means water security for your home and peace of mind for you.

## Upgrade Your Kitchen and Bathrooms

Winter's the perfect season to plan those kitchen or bathroom upgrades. Quality Granite can transform your countertops, vanities, or braai areas with stunning granite, marble, or quartz surfaces.

And if you're tired of waiting for the kettle to boil, Tile Africa's new PROBOIL.2X hot water boiler is a game-changer. It installs fast, delivers hot filtered water in seconds, and makes winter mornings easier.

## Pools and Irrigation

Shut down your pool for the season and get any repairs sorted out while contractors have more time. Check your irrigation too—fix leaks and adjust water times to save water.

## Finish With the Details

A cozy home isn't just about the big fixes. PMK Blinds' range of blinds and floors will elevate your interiors and make winter living a joy.

And for golf lovers who want to level up their game, Home Tee brings the perfect winter project – a upgrade that'll keep you practicing and playing even on cold days.

## Little Fixes and Big Jobs

Some tasks are easy DIY fixes. Others—like trimming

tall trees, waterproofing, or drilling boreholes—need a pro. Shop around, get recommendations, and make sure you're getting the best value for your money.

## Take Action Without the Stress

Home maintenance doesn't have to be a drag. By bringing in the experts, you can skip the messy DIY struggles and free up time for the fun stuff—like relaxing, spending time with family, or even working on your golf swing with Home Tee's custom backyard practice setups.

**Pro tip:** If you've built up some equity in your home loan, you might be able to finance these repairs through your bond. A home loan typically has a lower interest rate than other types of credit, so it's a smart way to invest in your home's comfort and value.

**Get ahead this winter—call in the pros and make the most of the dry season while it lasts.**



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# DAD'S DAY, DAD'S WAY

Father's Day is just around the corner, and some of you might be out of ideas for how to make this day truly special. While ties and coffee mugs are classic, many dads would love a little more thought and a lot more fun. Here's the lowdown on what dads really want this year, along with some fresh ideas to make them smile.

## What Dads Actually Want

Forget the fancy gadgets—most dads say they just want some quality time. A relaxed day with the family, a chance to kick back and recharge, or a fun activity that everyone

enjoys together. It's not about the size of the gift; it's about the time and thought you put into it.

## Cool & Creative Gift Ideas

### Personal Touches

Let's be honest: many traditional Father's Day gifts just end up in a drawer or in the trash. Skip the usual socks and novelty mugs, and go for something he'll actually use and appreciate. Think of something that speaks to his interests—maybe a new tool for his workshop, a new addition to his braai kit, or even a voucher for his favorite butcher. The idea is to pick something that aligns with his lifestyle, not something that will collect dust.



## Memorable Experiences

Sometimes the best gifts aren't things, they're memories. Plan a day out that's all about what he actually wants to do—maybe a picnic, a relaxing braai, or an exciting adventure. Is there something he's always wanted to try but never gets around to? Book that bungee jump, plan a mountain hike, or set up a day to hit the trails. Even just a chance to unwind with his favorite hobby can be the perfect way to show him you really get what he loves.

## Tech Goodies

If he's into gadgets, why not surprise him with some cool tech? A smartwatch, wireless earbuds, or a portable charger might be just the thing to make his day a little easier—and way more fun.

## Foodie Fun

For the dads who love good eats, you can't go wrong with biltong or a tasty treat. A gourmet food basket, a cooking class, or even a special dinner you whip up at home can be a real hit.



## The Role of a Father: More than Just Gifts

Beyond the gifts and celebrations, it's important to remember the vital role fathers play in their families. From providing guidance and security to sharing in life's big and small moments, dads shape the world around them in countless ways. Just as we treasure our moms, we need to look out for our dads too. This means acknowledging their hard work, checking in on their emotional well-being, and supporting their mental health. Fathers are often the quiet strength behind the scenes—let's make sure they feel seen, heard, and deeply appreciated.

## Let's Hear It for the Dads

At the end of the day, it's not really about what's in the box—it's about what's in your heart. Father's Day is the perfect time to say thanks for everything he does and to show him just how much he's loved. ***So grab your ideas, get planning, and make this Father's Day one to remember!***



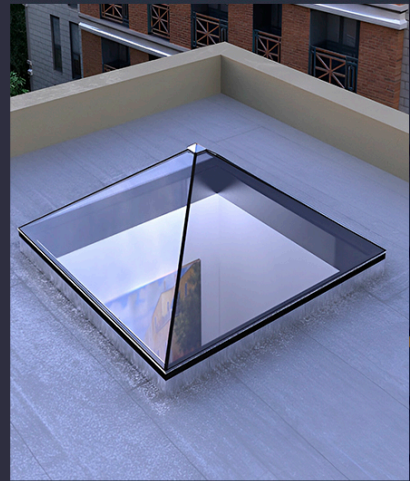




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## Tintswalo Waterberg – Safari with soul!

Tintswalo Waterberg in Welgevonden Game Reserve, is one of those rare places where serenity and wild beauty converge to offer a truly transformative experience.

Located just under a three-hour drive from Johannesburg, this malaria-free safari lodge is both accessible and remote—an ideal escape for those yearning for peace, quiet, and meaningful connections. Whether you're planning a family holiday, or a group getaway, Tintswalo Waterberg offers the perfect balance of exclusivity and warm hospitality.

The lodge accommodates up to 16 guests in five spacious and private suites, comprising two one-bedroom units, one two-bedroom unit, and two three-bedroom units, spread out on either side of the central lodge. Each suite is thoughtfully appointed with creature comforts like romantic mosquito nets, air-conditioning, ceiling fans, Wi-Fi, en-suite bathrooms (some featuring outdoor showers), and cozy fireplaces for chilly evenings.

Tintswalo Waterberg is especially well-suited for

multi-generational families or groups of friends, thanks to its safe, family-friendly design. The lodge is fenced to protect against predators and larger game, allowing children to play freely and explore. A specially designed children's programme includes educational and interactive activities to keep younger guests engaged and entertained, while parents relax in the natural tranquillity of the bush.

The main lodge area features a cozy lounge, an open-plan dining room, and a well-stocked bar, all centred around large fireplaces that create an inviting ambience in the cooler months. Outside, a wide wooden deck stretches into the bush, offering spectacular views, an outdoor dining area, as well as a sparkling swimming pool flanked by loungers to bask in the warm African sun.

Guests enjoy all-inclusive dining with house drinks and hearty, slow-cooked meals served with flair. Cuisine focuses on traditional South African dishes prepared fresh and shared family-style. Highlights include Boma dinners under a blanket of stars while the sounds of the





***The need to disconnect from everyday life and re-connect to the wilderness is becoming increasingly sought after, as people are opting for travel experiences that restore the natural balance and nurture the soul.***

wild echo in the distance. For an experience that's nothing short of magical, couples can opt to spend a night on the Stargazing Sleepout Deck—a romantic open-air platform set in a secluded spot overlooking a waterhole.

Furnished with a plush king-sized bed, draped in mosquito netting and illuminated by lantern light, this unique sleepout offers a breathtaking way to fall asleep under the African stars. Honey-mooners enjoy this feature complimentary, while other guests can book it for an additional fee.

The Welgevonden Game Reserve, spanning 36,000 hectares of untouched bushveld, is home to a staggering variety of wildlife. Guests at Tintswalo Waterberg are treated to twice-daily guided game drives in open safari vehicles, led by expert rangers who provide insights into the ecosystem. The reserve boasts the Big Five, along with more than 50 mammal species and 300 types of birds - a paradise for wildlife lovers and birdwatchers alike.

For those seeking an even deeper, more immersive connection with the land, 2-hour guided bush walks are available (at an additional cost and only for guests 16 and older), offering a chance to explore the terrain on foot and truly feel part of the landscape. Under the guidance of a professional ranger, you'll learn to track animals, identify plants, and appreciate the intricacies of the ecosystem from ground level.

Adding yet another dimension to the safari experience, Tintswalo Waterberg also offers late-night game drives (at an additional cost), providing guests with the rare opportunity to witness the wonders of the bush after dark. These moonlit adventures might reveal nocturnal creatures such as leopard, aardvark, porcupine, owls, and even the elusive pangolin. The drive includes refreshments and plenty of time to stargaze in silence, far from the city lights.

Whether you're seeking solitude, adventure, or quality time with loved ones, Tintswalo Waterberg delivers an unforgettable experience. Combined with Tintswalo's hallmark hospitality, attention to detail, and the spellbinding beauty of the African wilderness, a stay here is more than just a safari, it's a soulful journey. As its Dutch name suggests, Welgevonden truly is a 'serendipitous discovery' for adventurers of all ages.



Welgevonden Game Reserve, Limpopo  
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## FAMILY | BIG 5 | SAFARI

Escape to the heart of the African bushveld at Tintswalo Waterberg, a hidden gem in the Waterberg just a scenic three-hour drive from Johannesburg. Nestled within the malaria-free Welgevonden Nature Reserve, this family-friendly safari lodge invites you to experience the magic of the bush. Enjoy comfortable suites, swimming pool, thrilling Big Five game drives, and an exciting children's program designed for unforgettable adventures. Tintswalo Waterberg is the perfect destination for a memorable family or group getaway. Please refer code **"TINT25-10"** to receive a 10% discount on your booking.



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# Gut feeling

## HOW PROBIOTICS POWER UP YOUR IMMUNE SYSTEM

*Probiotics are often the unsung heroes of immune health. These live, friendly bacteria—found in foods like yogurt, sauerkraut, and kombucha—work hand-in-hand with your body's natural defenses to keep you feeling your best.*

### **Your Gut Microbiome: A Dynamic Ecosystem**

Your gut is a bustling hub of life, home to trillions of bacteria, fungi, and other microbes, collectively called the microbiome. In fact,

there are more microbial organisms in your body than there are human cells! This vast ecosystem plays a crucial role in your health. When it's in balance, you're more likely to feel energetic and stay healthy. But when harmful bacteria take over, it can set off a chain reaction that affects everything from digestion to immune function.

### **Probiotics: Reinforcements for a Stronger Defense**

Here's where probiotics step in. They colonize the gut, crowding out the bad guys and producing compounds that target harmful bacteria. Species like *Lactobacillus* and *Bifidobacteria* are especially effective at promoting a healthy microbiome. They help beneficial bacteria thrive, ensuring your gut environment stays balanced and strong.

**One of their key jobs?** Communicating



directly with your immune system. Just beneath the surface of your gut lies a specialized patch of tissue called the gut-associated lymphoid tissue, or GALT. It's home to many immune cells, ready to jump into action. Probiotics interact with the GALT, helping those immune cells fine-tune their responses—kicking into gear when faced with pathogens and staying calm when they shouldn't overreact.

### Digestive Health and Immune Function

Probiotics also support digestion in powerful ways. They produce over 200 digestive enzymes—more than your own body can manage alone! These enzymes break down food more efficiently, making it easier for your body to absorb nutrients. Some probiotics even turn certain nutrients into more bioactive forms, helping your cells make the most of what you eat.

**Here's why that matters:** immune cells rely on nutrients like vitamin C, B

vitamins, zinc, and antioxidants to function well. Even the best diet can't help if your body can't absorb these nutrients. By boosting absorption, probiotics ensure your immune system gets the fuel it needs to thrive.

### Barrier Support and Beyond

Your skin is your first line of defense against the outside world, and guess what? Its health is closely tied to your gut microbiome. Probiotics produce short-chain fatty acids, which nourish your gut lining and also make their way to your skin. They help maintain moisture and support a strong, resilient skin barrier.

Probiotics also play a role in detoxifying your system. By supporting your liver and promoting toxin removal through your gut, they help prevent skin flare-ups like acne and keep your body's natural defense barriers strong.

### The Bottom Line

Probiotics aren't a magic bullet, but they're a key player in the bigger picture of immune health. By balancing the gut microbiome, enhancing nutrient absorption, and supporting your body's natural barriers, probiotics help fortify your immune system. Pair them with a diverse, plant-rich diet and a healthy lifestyle, and you're setting yourself up for a stronger, more resilient body.



**Balance Within.  
Strength Without**





# OVERWEIGHT AND OBESITY: A GROWING CONCERN FOR OUR FURRY FRIENDS

BY DR VICKY LOUW (BVSC)

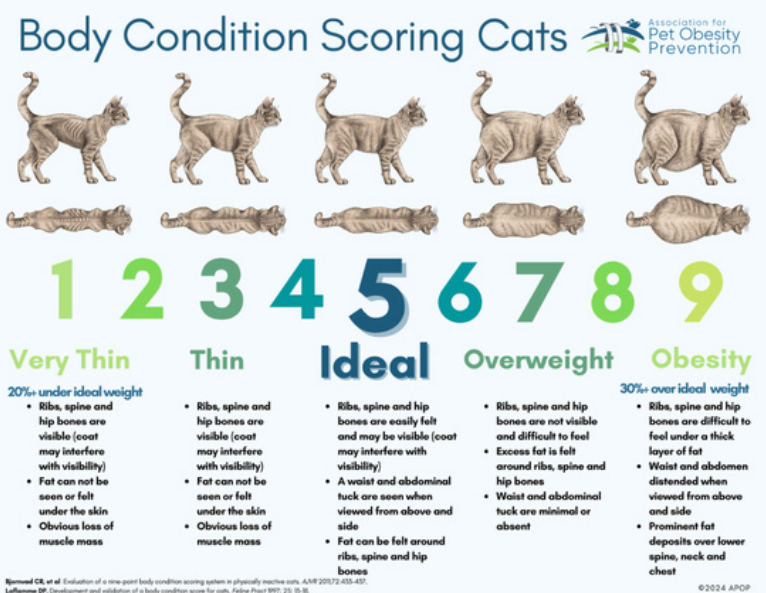
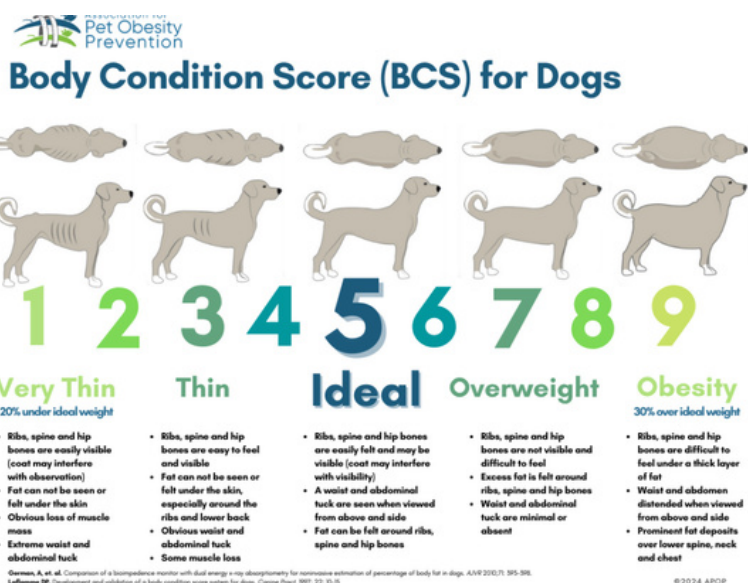
Pet obesity is becoming an increasingly common issue across the globe, affecting millions of dogs and cats. Why is it a concern? Being overweight or obese can lead to a range of health complications and significantly reduce a pet's quality of life and lifespan. As pet owners, we don't always recognise that our pets are out of shape. When we look at our overweight or obese furry companion we only see "chubby", "cute" and "cuddly". The truth however is that overweight and obesity have become one of the most common health problems faced by our pets today.

## How to know if your pet is overweight:

During consultations, owners commonly ask us the question "How much should my pet weigh?". Unfortunately, it's usually not a straightforward "x amount of kilograms" answer. Within the same breed there can be a range of healthy weights. There are Yorkshire Terriers with a healthy body weight of 2kg while some Yorkshire Terriers will have a healthy body weight at 4kg. It all depends on the build and genetics of each animal.

In veterinary medicine, we like to talk about Body Condition Scoring (BCS). With BCS we use our eyes and hands to determine whether an animal is at a healthy weight or not. We feel with our hands for the presence or absence of bony prominences. We also look and observe the patient from the side as well as from above to evaluate their waistline and overall muscle development.

Below are two diagrams from the [Association for Pet Obesity Prevention](https://www.petobesityprevention.org/), explaining how an animal's BCS is determined. Follow the link for a more detailed description under each heading.





## There are several factors that contribute to pets being overweight or obese:

- **Overfeeding:** This is usually the most important factor contributing to weight gain. Just giving pets too much food, even if it is healthy food, can easily lead to weight gain.
- **Lack of Exercise:** Many pets, especially those living indoors, do not get enough physical activity.
- **Improper Diet:** Feeding pets human food or an unbalanced diet can contribute to unhealthy weight gain.
- **Medical Conditions:** Some conditions like hypothyroidism or Cushing's disease can lead to weight gain in pets.
- **Neutering/Spaying:** Although these procedures don't directly cause weight gain, it does have an impact on a pet's metabolism so it can play a role in how easy it is for a pet to gain weight.

## Being overweight or obese can lead to a number of serious health problems in pets, including:

- Diabetes
- Heart disease
- Arthritis and joint problems
- Respiratory issues
- High blood pressure
- Reduced life expectancy
- Decreased immune function
- Basic mobility can be affected, making it harder for pets to enjoy playtime or exercise.

## Prevention and Treatment:

Preventing it is far easier than treating, but both are achievable with commitment and consistency:

### 1. Diet Management

- Feed measured portions based on your vet's recommendations.
- Avoid table scraps and high-calorie treats.
- Choose high-quality, nutritionally balanced pet food.

### 2. Exercise

- Dogs need daily walks and playtime.
- Cats can benefit from interactive toys and climbing structures.
- Incorporate activities that both you and your pet enjoy.

### 3. Regular Vet Visits

- Routine check-ups help track your pet's weight.
- Vets can rule out medical issues contributing to weight gain.
- Nutritional counseling is available in most clinics.

### 4. Behavioural Changes

- Use toys or praise instead of food as reward when your pet is asking for attention.
- When it looks like your pet is asking for food, try to redirect their focus to playing or another activity.
- Stick to scheduled feeding times.

## Conclusion

*Your pet's body condition is important and it will affect your pet's overall health and happiness. By being proactive with diet, exercise, and regular vet visits, you can help your pet maintain a healthy weight and live a longer, more vibrant life. After all, our pets depend on us to make the right choices for their well-being—and they deserve the best.*





# TURN UP THE *Cozy*

Bedroom Tips to Keep You Warm All Winter

As winter approaches, making sure your home is warm and cozy is the best way to beat the winter blues. There's nothing like turning your bedroom into an inviting retreat that soothes the soul and promises restful sleep. Here's how to create a cozy, relaxing space that looks beautiful and helps you wake up refreshed and ready for the day.

## Embrace Earthy Tones and Natural Materials

Start with a calming colour palette. This season, earthy hues like terracotta, deep caramel, and taupe are in the spotlight. These warm shades instantly make your room feel snug and comforting. Complement them with natural materials such as wooden furniture, rattan baskets, and linen curtains to bring a grounded, soothing vibe into your space.



Tall Rattan Lamp Set  
- Woolworths





## Layer Up for Comfort

A cozy bedroom isn't complete without plenty of texture. Add plush rugs, soft velvet cushions, and chunky knitted throws. A faux fur throw is an easy and fun way to bring texture and a pop of colour to your winter bedroom. Warm up with brushed cotton linen, which feels soft against the skin and offers a layer of warmth you'll appreciate on chilly nights. Mix and match materials to create depth and interest—think faux fur with linen or velvet with cotton. The goal is to surround yourself with softness and texture.

## Set the Mood with Lighting

Lighting can make or break the ambiance. In winter, aim for soft, layered lighting that wraps your room in a gentle glow. Table lamps and wall sconces with warm bulbs are perfect for bedtime reading, while dimmable overhead lights let you adjust the brightness to match your mood. A rattan lamp set can bring a natural, organic feel to your space, spreading a warm, dappled glow that instantly transforms any corner into a cozy, inviting retreat.

## Sustainable Choices for a Timeless Look

Invest in pieces that are built to last and reflect your personal style. High-quality bedding and classic furniture never go out of fashion and will keep you feeling snug and satisfied for years to come. Sustainable choices not only look and feel great but also support a more mindful lifestyle—something that feels even more important during winter's slower pace.

## Add Bold Accents to Make It Yours

While neutral tones set a serene base, don't shy away from bold accents. A colourful piece of art, a statement headboard, or vibrant cushions can bring energy to the room without overpowering the calm. This balance keeps your space feeling fresh and alive.

## The Magic of Multifunctional Furniture

If you're short on space or love to host, consider adding a multifunctional piece like the SnooZA sleeper couch. Available in various colours and fabrics, it's not just a stylish seating option—it folds up as an ottoman, giving you flexibility and style in one neat package. When guests stay over, or if the kids want to bunk down in your room for a cozy family night, simply transform it into a comfortable bed. It's the perfect way to keep everyone warm and happy without cramping your style.

## Wake Up Refreshed

Finally, prioritize relaxation before bed. Keep the air fresh with a plant or two, add a diffuser with calming essential oils, and make sure your bedding is as plush as possible. A room that looks good and feels even better will ensure you drift off easily and wake up recharged.

With these simple tips, you can turn your bedroom into a winter haven that's both cozy and practical—perfect for those chilly nights and peaceful mornings.

**Chunky Leg Side Table**  
- Woolworths

**Madison Seafoam Blanket** - Volpes



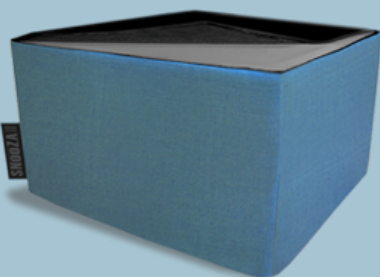
**Matrix Battleship** - Snooza



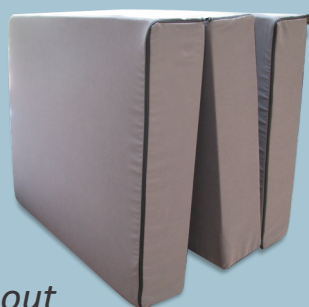




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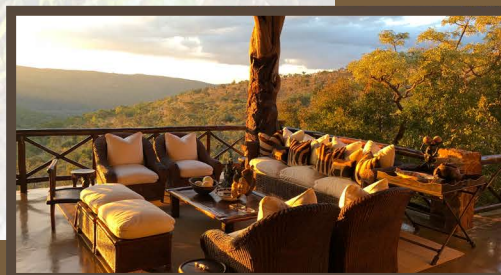
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# teen skin sorted

(No TikTok Fads Required!)

*If you're aiming for clear, healthy skin, don't be fooled by every new TikTok skincare trend. While the latest viral product might promise a flawless glow, real results come from what's on your plate as much as what's in your bathroom cabinet.*

The truth is, your diet can help fight breakouts, boost hydration, and support teen skin that's going through a lot of changes.

## 1. Hydrate with Water-Rich Foods

It's no secret that staying hydrated helps your skin, but you don't have to chug water all day. Eating water-rich foods like cucumber, watermelon, oranges and celery can give your skin an extra boost. These foods help keep your skin cells full and healthy, delivering vitamins and minerals that support repair and resilience.

## 2. Omega-3s for Calmer Skin

Omega-3 fatty acids fight redness and keep your skin smooth—perfect if you're dealing with breakouts. Fatty fish like salmon, chia seeds, and walnuts are great sources of these healthy fats. They help strengthen your skin's barrier, making it easier to fight off dryness and irritation.



### 3. Antioxidants to Fight Damage

Your skin faces a lot of stress: pollution, sun, and let's be real—teen hormones! Antioxidants protect against this daily damage. Blueberries, strawberries, spinach and kale are packed with skin-loving vitamins like C and E. They support healing and help your skin look fresh, not dull.

### 4. Vitamin C to Boost Collagen

Collagen is the protein that keeps skin firm and bouncy, which is important when your skin's going through a growth spurt. Foods rich in vitamin C—like citrus fruits, bell peppers and broccoli—can help your skin produce more collagen. That means brighter, stronger skin without having to pile on products.

### 5. Zinc for Spot Control

Breakouts are normal during the teenage years, but zinc can help. It fights inflammation and helps keep oil production in check. Oysters have loads of zinc, but pumpkin seeds, cashews and lentils are also solid sources. A balanced diet helps more than any miracle cream.

### 6. Skip the Sugar Spikes

While it's tempting to reach for sweets, processed, high-glycaemic foods like white bread and chocolate bars can spike

your blood sugar and lead to more oil production—hello, breakouts! Swapping in whole grains and fibre-rich foods can help keep skin clearer and calmer.

Social media can be great for tips, but not every skincare trend you see online is backed by science.

***Remember: good skin isn't about the latest "miracle" product—it's about giving your skin what it really needs.***

Eating smart, staying hydrated, and avoiding overloading your skin with harsh products is a better way to keep your complexion healthy.

### The Bottom Line

Your skin is always changing, especially in your teenage years. The good news? You don't have to spend a fortune on endless products to get that glow. Start by focusing on what's on your plate—hydrating foods, healthy fats and antioxidant-rich produce can do wonders for your skin naturally.

But if you've already tried all the gentle, natural solutions and nothing's working, it's best to see a dermatologist. Sometimes, acne or skin issues need professional help. These problems can really knock a teen's confidence, so getting the right advice early on can make all the difference.







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# Melkkos

## Ouma Darling's Way

### Ingredients:

- 2 litres of milk
- 2 cups of flour
- 60ml butter

### For the cinnamon sugar:

- 65ml sugar
- 5ml cinnamon (this is the ratio – you can double it up or tweak it depending on how sweet you'd like it!)

### Method:

- Pop the milk and butter into a saucepan and bring it to a gentle boil.
- Add a pinch of cinnamon for a lovely warming touch.

Now, here's the fun bit: quickly sprinkle the flour into the hot milk mixture and whisk briskly until it thickens to a gorgeous, velvety consistency. If you fancy it thicker, just add a bit more flour to your liking. Cover with a lid and let it stand for 10–15 minutes so all the lovely flavours can settle in.

Spoon out and sprinkle generously with the cinnamon-sugar mixture.

Simple, comforting, and absolutely yummy – Enjoy

There's something magical about the scent of cinnamon – a warm, sweet aroma that instantly wraps you in a comforting hug and takes you back to childhood. In our home, I remember waking up on chilly winter mornings, the kitchen already filled with that unmistakable spicy-sweet smell of melkkos bubbling away on the stove. It was always a treat – that thick, creamy goodness, so simple yet so satisfying.

The best part was sprinkling the cinnamon-sugar mixture over the hot melkkos.

As soon as Ouma Darling dished up those steaming bowls, we'd watch the sugar melt and the cinnamon swirl on top, filling the air with a sweet, cosy scent. One spoonful and it was like the world stopped spinning – all that mattered was the warmth of family and the comfort of those special moments.

Even now, whenever I make this recipe, I'm whisked back to that kitchen – to the gentle laughter, the soft glow of home, and the sweet memories of my mother's care. That's the magic of melkkos – and the cinnamon that will always bring me back to the heart of our family.



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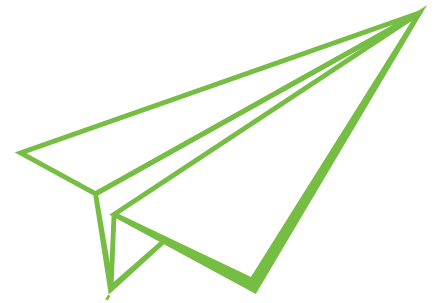
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