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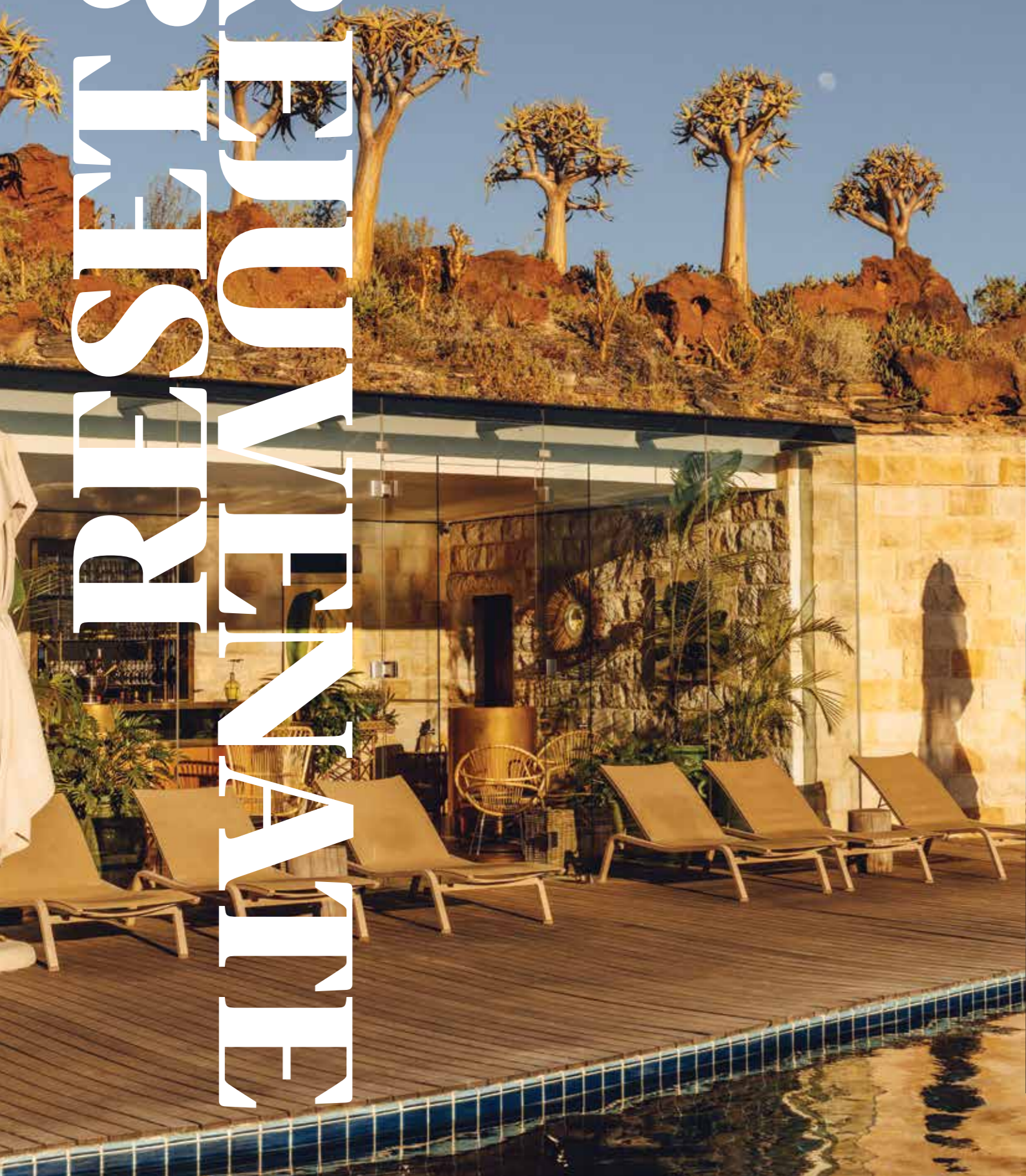


SEP + OCT 2022
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RENEW & REST

Feeling overwhelmed or overworked? Take a sneaky long weekend and unplug with a healing getaway that will calm your mind and restore your energy.

Words By ONDELA MLANDU



Right at the base of the rocky Simonsberg mountains sits Babylonstoren — just 25 minutes away from Franschhoek and Stellenbosch, 15 minutes from Paarl and an hour's drive from the Cape Town city centre. With a kitchen whose bookings fill up two months in advance and an acclaimed spa, go with two intentions — to eat and rest!



TRAVEL

WE'VE ALL BECOME EXTRA AWARE OF THE INTERCONNECTEDNESS OF OURSELVES AND WELL-BEING. Travelling for rejuvenation is medicine for our bodies, minds and souls. Read that again — slowly this time! We're all still trying to find the rhythm of what normal should feel and look like after enduring two years of change. It's important to not only restore ourselves, but our relationships and friendships too. A stress-free getaway with those you hold dear can be the best way to draw closer to them. Give your body and soul the much-needed break it deserves by relaxing and recharging as you step into summer. Remember this: Many studies have found that people who take regular holidays have lower stress levels. Ready to book?

Real Quiet Time

WHERE: Babylonstoren, Klapmuts, Western Cape

WHY: Ever dreamt of the ultimate farm-living experience? Babylonstoren offers more than good wine and beautiful views. Did you know that the food served at their famous restaurants, Babel and The Greenhouse includes fresh produce grown on the farm? If you're planning a day trip, try the olive oil and balsamic vinegar tour before sitting down for dinner at Babel. And if you're staying the night, Babylonstoren also offers an essential oil tour exclusively available to hotel guests.

STAY: Spend a night or two at Babylonstoren's luxurious Garden and Fynbos cottages, the farmhouse suites, Fynbos family house or the hotel, which has a home-away-from-home feel. Each cottage has its own kitchen and lounge area and a beautiful veranda where you can relax with your favourite magazine, while looking out over the lush, picturesque grounds. Hotel guests are in for a treat with activities such as bread baking with the baking team. Plus, you'll get to end every day with a mountain drive up the slopes of the Simonsberg. Babylonstoren.com



WOMEN'S HEALTH

SEP + OCT 2022

food + nutrition



The Rise Of Mindful Drinking

The way we drink is undergoing something of a revolution, with health-conscious millennials leading the charge towards a new, less reckless drinking culture.

Words by HANNAH WARREN

AH, SOUTH AFRICANS AND ALCOHOL. If our status as a nation of binge-drinkers didn't reveal anything about our complicated relationship with booze, the lockdown bans gave insights as clear as our much-beloved gin. However, new alcohol-free or low-alcohol drinks are lining the shelves of local liquor stores at rapid speed.

So what's up with that? Turns out younger people, especially, are opting to drink in moderation, with recent research suggesting that millennials (aged 25 to 40) are the ones working the hardest to change their relationship with alcohol, while Generation Z (18-24'ers) are drinking much less to begin with.

But less alcohol doesn't mean we're being less social. Bottle stores are stocked with new and delicious low-sugar drinks; major global brands are now offering healthier cocktail ideas; Dry January, Dry July and Ocober have become national sports; while organisations like Hello Sunday Morning are encouraging the popularity of no-hangover weekends.

What Actually Is Mindful Drinking, Then?

In short, it's kind of the opposite of what most of us have done our entire adult lives – reaching for a drink (or several) because we'd finally finished work, because it was a Friday, because we'd had a bad or good day, because we were enjoying a nice meal, because we were, well, just kinda bored...

Mindful drinking is here to combat that without-much-thought consumption. It's all about the conscious practice of questioning your motivation for imbibing, reflecting on that behaviour and being open to making alternative choices.

New Bevvie Trends We Love



HEALTHIER SPIRITS

It's not only mixers that are getting a healthier makeover. Non-alcoholic spirits like Seedlip, Abstinence and botanical-infused Mahala are becoming a mindful drinking staple.



CONSCIOUS COCKTAILS

Pimp your cocktail recipe with a range of health-boosting ingredients such as herbs, spices, kombucha and veggies. Need a caffeine fix? Try a low-cal espresso martini.



LOW-SUGAR-MIXERS

Consider a low-sugar, low-cal tonic water for your Friday G&T. We love Fever Tree because they use naturally occurring fruit sugars to develop their Light Tonic Water, which contains 46% fewer calories than their Premium Indian Tonic Water. Bottoms up!

And it looks different for everyone.

"Mindful drinking is about taking a conscious approach to consuming alcohol – with attention and intention. There's no right or wrong way," says Dominique Robert-Hendren, chief clinical psychologist at Hello Sunday Morning, which offers community peer support, self-care navigation and health coaching to help people change their relationship with booze. "It can assist with responsible drinking and potentially be a middle path to sustained change."

She adds that being mindful of how we drink can also lead to a place of acceptance and help us open up to understanding our relationship with alcohol. Meaning? We can then start to decide what role we want it to play in our lives. Love the sound of that!

Generation Sober Curious

The growing interest in a more "sober-curious" lifestyle has found a passionate home on Instagram, a platform dominated by millennial women. The tag #SoberCurious appears on 414k posts and counting. And local non-alcoholic G&T brand The Duchess reported that 74% of its buyers are



TEETOTALLING TIPS

Here's how the WH team practises mindful drinking.

"I have a very complicated relationship with alcohol and it's super difficult to keep things mindful. I abstain most of the time and really only have a glass or two when the right circumstances align." – Michelle October

"I only drink on weekends, never on weekdays."

What helps me maintain that? I've set up early workout sessions with my trainer." – Gotihakwang Angoma-Mzini

"I never drink and drive, not even one. I don't know how that one drink may affect me on that particular day, depending on my cycle, how tired I am and so on." – Wanita Nicol

"I recently went back to drinking after a 30-month hiatus in honour of my late dad. And now that I know what a hangover-free life is like (hallelujah), I'm learning to listen to my body more. And at this point, two drinks once every two months, or so, is all it can stomach. Yay to a low tolerance!" – Kemong Mopedi

women between 18 and 34 years old.

"Mindful drinking really does tie into that more holistic approach to how millennial women are looking after themselves," confirms Robert-Hendren. "With that demographic particularly, they're more in tune with wellness and fitness and they're getting educated when they go to the gym or see a nutritionist," she adds.

With that emphasis on wellbeing, it's no wonder the mindful drinking movement has also started attracting fitness lovers – from morning runners to yogis. Take your tippie pick from the likes of

kombucha, spirits spiked with nutrient-boosting herbs and even vegan wines. Their aim? To add balance, not hangovers, to your weekend festivities.

As for alternatives, gone are the days when lime and soda was it. Now, low-alcohol beers are coming from mainstream breweries (Castle, Heineken and Devil's Peak, to name a few), major wineries like Van Loveren are producing wine with as low as 0.4% alcohol (Van Loveren Almost Zero) and low-alcohol spirits occupy top-shelf spots in bars. Being "soberish" has never been more appealing. Cheers!

Make Mine A Zero

Replenish your top shelf with this bevy of booze-free bottles.



Babylonstoren BitterLekker

This non-alcoholic aperitif is herby, zesty and just a little bitter. Perfect for a spring day. R135 for 6, Babylonstoren.com



The Duchess Alcohol-Free Elderflower White Wine Spritzer

Who doesn't love a spritzer in spring? Light, fresh and tangy, it's a great option for the gluten-free gals! R199 for 12, Yuppiechef.com



Van Loveren Absolute Zero Nectar

This sparkling wine is 0% alcohol, 100% vegan and tasty. Plus, it's low in sugar and calories. R630 for 6, Vanloveren.co.za



Castle Free

SA's first home-grown 0.0% alcohol-free beer, Castle Free is brewed with the same ingredients used in Castle Lager. It's a classic for a reason. R60 for 6, Woolworths.co.za



Mahala Botanical

The brainchild of one of the few female Master Distillers in SA, this is a non-alcoholic, triple-distilled spirit with flavours of Cape fynbos. Mahala & Tonic anyone? R299, Takealot.com



Devil's Peak Zero To Hero Twist Of Citrus

Bright, hoppy but with a twist, this pale ale is only 162 kilojoules per drink. Best served ice cold around a braai. R75 for 6, Makro.co.za



Seedlip Spice 94 Distilled Non-Alcoholic Spirit

The Spice 94 spirit is a blend of aromatic, Jamaican allspice, berry and cardamom. Bonus: Seedlip's drinks are sugar-, sweetener- and artificial flavour-free. R499, Yuppiechef.com



Robertson Winery Non-Alcoholic Sparkling Pink

Pink drinks are for everyone, even the teetotalers. This rosé bubbly from Robertson Winery, with notes of ripe strawberry, is sweet, fruity and refreshing. *clinks glass*. R75, Pnp.co.za