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LIFESTYLE Eswatini's Premier Lifestyle Magazine



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WHAT'S INSIDE

BEATZ & BARRELZ

Ndumz DJ Invites You On A Journey Exploring Wine, Food & Music

HOME, HUSTLE & LOVE

Tiyas & Beketele on their "Working Couple Formula"

A HEALTHIER CRUNCH

B-Well Chef's Frying Innovation Inspires Healthier, Happier Kitchens



SANDS

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FROM THE TEAM DESK Spring into Something New

Welcome to the latest issue of Kulture Lifestyle Magazine!

While this incredible publication has been a powerful voice some time, this issue marks a thrilling, and frankly, nerve-racking personal milestone: it is my very first as your Editor. After years of gaining experience across numerous lifestyle publications, stepping into this role presents a profound and exciting new challenge, one I've embraced with my whole heart.

I'm calling on every single one of you who has supported me from day one, my mentors, my friends, my readers, my people. My heart and soul are poured into this publication and I'm asking you to show up for this one. Let's make this issue sold out!

I have no doubt you will make sure that happens, hahahahaha, this is only the first of many we'll celebrate together as we shape the narrative of our style and culture.

What to Expect Inside

This issue is packed with the people, events, and trends that define our modern lifestyle.

Our cover story, "Changed, Centered, and Called," features the celebrated artist Sands. He opens up about his journey, maintaining his cultural and spiritual grounding, and finding a renewed sense of purpose.

In this edition, you'll also find:

- **Style & Wellness:** Mimi Organics shares an essential skin care routine to keep your glow going all through the Spring / Summer seasons.

- **Food & Innovation:** We explore how B-well Chef's Frying Oil is inspiring healthier kitchens and redefining the art of frying.
- **Music & Events:** Get an inside look at Ndumz DJ's uniquely curated, often sold-out event, Beatz & Barrelz, which fuses wine tasting, food pairing, and music. Her next spring/summer session is coming up on November 22nd at Alliance Française in Mbabane.
- **The Airwaves:** Meet DJ Cybos and Nomalungelo Dladla, the hosts of "The Afternoon Escape," who are bringing new energy and diverse voices to the EBIS radio station.
- **Glamour:** Relive the spectacle of The Glamour of Swazi Polo 2025, an event that perfectly blends polo with a stunning fashion and entertainment showcase.

I hope you love reading it as much as I loved putting it together.

Enjoy the issue!

Tlalane!

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The Glamour of Swazi Polo 2025

By: Tlalane Dlamini | Photo Cred: Tlalane Dlamini // Swazi Polo // Birth Media

The Swazi Polo 2025 event, held on October 11 at Yellowstone in Swazi Lizkhar, delivered an unforgettable fusion of high fashion, exhilarating sport, and vibrant entertainment. Embracing a cheerful "Polka Dot" theme, the annual Eswatini spectacle successfully blended the elegance of polo matches with a day of dynamic social networking.

South African actress and fashion guru Enhle Mbali was the picture of ethereal elegance, captivating the crowd in a stunning white ensemble as she brought her hosting prowess to the premier event.

The entertainment lineup ensured a festive atmosphere throughout the day, featuring soul-stirring performances by the Jaziel Brothers, along with sets from talented musicians Nandile, Tibza, Crooks, and Ntombs. Noteworthy attendee, actor Thapelo Mokoena, also added to the star-studded ambience, cementing Swazi Polo's status as a key date on the region's luxury lifestyle calendar. The event truly celebrated culture, community, and class under the Eswatini sun.



Trending



NDUMZ DJ

shakes up the space

The music industry's gender landscape is evolving, with more women confidently taking their place, especially within the dance music scene. Among these trailblazers is Ndumz DJ, a Swazi-born, South African-based Afrohouse, Afrotech, and EDM artist who is breaking barriers and reshaping the narrative of women in music. Ndumz DJ has made local and international waves, performing on major stages and challenging stereotypes in a male-dominated field. Navigating a competitive industry while fighting societal expectations hasn't been easy, but her passion and resilience have positioned her as a force to be reckoned with.

By: Ayanda Dlamini

Her love for music, house music in particular, was sparked shortly after high school when she was introduced to the club scene, attending events hosted by the likes of Swazi Boy Entertainment. The bug bit hard and never left, growing even stronger after varsity, while she was already employed. Feeling unfulfilled in her 9-to-5 job, she took a bold leap of faith in 2021, resigning and enrolling at Rise Academy to pursue her passion full-time. Her big break came in March 2023, when she was invited to perform at an Unleash The Wolf (UTW) event at Kitchener's in Johannesburg.

My ultimate goal is to share good music, get people dancing, and create joy.

Since then, she has lit up dance floors at major events including the MTN Bushfire Festival, Standard Bank Lujju Food & Lifestyle Festival, Corona Sunsets, Soundset Sundays, House Music Fest, Unleash The Wolf, and Fete de la Musique, among many others.

Today, Ndumz DJ is not only setting dancefloors ablaze but also inspiring a new generation of female artists to chase their dreams, a living reminder that life always has more to offer.

She is also the founder and host of Beatz & Barrelz, a conceptual event that fuses wine tasting, food pairing, and music, showcasing her creative versatility.

Who inspires you the most, or who do you have the greatest respect for?

I'm inspired by many people for different reasons. Of course, DJ Zinhle and DJ Cyndo stand out; they paved the way for women in the industry and continue to push boundaries. In the

Afrohouse space, I'd have to say Da Capo, as a producer and DJ. I love how he has pioneered the sound and consistently delivers great music. I also have a lot of respect for DJ Kent, who we grew up listening to and who has maintained the same incredible energy over the years, always giving us timeless bangers.



What has been the toughest challenge in your DJing career, and how did you overcome it?

One of the toughest challenges would be securing gigs consistently. Now that I'm back in full-time employment, it is quite challenging to be out every other week-end looking for gigs. I wouldn't say I have overcome it yet, though I am working on different strategies to do so. Being an introvert is also a factor because, believe it or not, I really enjoy being in my house doing absolutely nothing the whole weekend. But I am teaching myself the art of networking. Not an easy lesson, I must say.

What makes you stand apart from other DJs?

Hmmm... I think my genuine support for other DJs and events set me apart. I attend a lot of events, just to support either someone on the line-up or the event itself. In that way, I get to meet people and interact with promoters, other DJs, and people in general. I am also a hard worker. My music selection and curation is something I put a lot of effort into to make sure my set is remembered, even if it's by one person. I never play the same set, ever, because in as in as much as I am performing for a crowd, I am also performing for myself, so I have to give myself something new every time.

What do you think are the biggest barriers to girls/women from taking up DJing professionally?

This being a male-dominated space, a lot of women are not given much grace, especially in the early years of their DJing careers. And with every chance you get, you have to work 10 times as hard to prove yourself that you deserve the slot. Women are not given as many opportunities to be honest. Most line-ups either have one or two women, or none at all.

What's one common mistake you see among up-and-coming DJs, and what advice would you give to those starting out?

Many upcoming DJs don't put enough effort into building their brand. It's important to be yourself and carve out your own path, what works for one artist won't necessarily work for another. Authenticity is everything.

My advice to aspiring DJs is to keep putting in the hours and let your work speak for itself, it will pay off eventually. And never forget that professionalism is key; it plays a huge role in how far you go in this industry.



Tell us more about the Beatz and Barrelz

Beatz & Barrelz is a uniquely curated event that celebrates the perfect harmony of wine, food, and music. It is a community of wine enthusiasts, foodies, and lovers of good music. With Beatz and Barrelz, we are cultivating a space for wine appreciation and engaging curious minds interested in knowing/learning more about wine in a more casual/relaxed setting. This concept is basically a summary of who I am outside of my corporate girl mode.

What inspired you to birth this beautiful concept that is always sold out?

Ahahaha, love that it is always sold out. Beatz & Barrelz is centered around 3 things I love the most: wine, food, and music. So I thought, putting them all in one basket and sharing them with others = sharing myself with them. I wanted to create a space where people come to have a good time with a beautiful glass of wine in hand and lots of laughter in the background. Most of the guests are also my biggest supporters in my DJ career, which is such a blessing. Beatz & Barrelz is an event I'm truly passionate about; it's something really special to me.

When is the next session, and what can guests expect?

Our third edition is coming up on the 22nd of November at Alliance Francaise in Mbabane. It is a spring/summer edition, so patrons can expect more fresh ambiance, whispers of summer, and an unforgettable experience. All I can say is they have to prepare their palates for some delicious pairings. Wine will be poured, and glasses will be swirled till sunset.

Where do you see this concept in the next five years?

In the next 5 years, I see Beatz & Barrelz having grown into a bigger and well-established event offering the same beautiful experience. The goal is to continuously grow an authentic audience of wine, food, and music lovers. We aim to continuously give creatives a chance through collaborations with up-and-coming chefs, DJs/Artists, and artisans in Eswatini, giving them a platform to showcase their talents. We also plan to collaborate with local businesses, both SME and corporates that align with our brand, as well as wine brands from outside the country. We also intend to take the concept outside the country, further exposing our brand and creatives to a wider audience.

Thank you for your time Ndumz DJ, all the best in your next event

You are welcome, and thank you so much for this opportunity to be part of this publication.



Eswatini Bank & Pinky Glover

Join Forces for an Unforgettable Season

By: Ayanda Dlamini

Summer is officially here, and with it comes a reason to celebrate, spoil ourselves, and spend! As the year winds down, Eswatini Bank is turning up the heat with the "Fetch Your Summer Reloaded" campaign, an exciting initiative that transforms everyday spending into thrilling experiences.

In a dynamic collaboration, Eswatini Bank has teamed up with entrepreneur & influencer Pinky Glover to show that you can spend smart and stay stylish all season long.

Running from September to December 2025, this campaign rewards loyal customers with experiences money can't buy, from luxury getaways to live concert experiences, just for using your Eswatini Bank debit card.

Style Meets Spending

Pinky Glover, founder of Honey Child Style (HCS), is thrilled about the partnership.

"The Fetch Your Summer - Reloaded campaign is all about celebrating the season with confidence, freedom, and fun, while being rewarded for simply using your Eswatini Bank debit card," she said.

She expressed how honoured she feels to be part of an initiative that empowers people while promoting local pride. "Partnering with Eswatini Bank, a proudly local brand that continues to evolve and meet the modern customer's needs, feels deeply aligned with my personal values. HCS has always stood for boldness, individuality, and inspiring confidence. It's exciting to collaborate with a brand that shares those ideals and shows the world that local brands and influencers can create world-class campaigns."

Pinky added, "All you have to do is use your Eswatini Bank debit card for shopping, dining, travel, or everyday errands, and you could be one of the lucky winners. I love that this campaign encourages people to enjoy life, spend smartly, and create lasting memories."

So, tap, swipe, and spend with confidence. Your next transaction could fetch you something incredible.

The campaign's vibrant message is simple and powerful: make your everyday spending count.

Whether you're shopping online, grabbing groceries, or treating yourself to a night out, every transaction brings you closer to amazing prizes.

Eswatini Bank's Executive Manager Marketing, Lindiwe Shongwe, shares that the campaign is more than just a giveaway.

"We want every swipe to bring our customers closer to a memorable getaway, a dream concert, or a well-deserved treat. It's our way of saying thank you for choosing Eswatini Bank."



Getting in on the action couldn't be simpler, aligning with the bank's drive for digital convenience. To enter, Eswatini bank customers need to make 15 or more debit-card purchases, excluding cash withdrawals, between now and December 2025.

This simplicity encourages customers to embrace the ease of cashless payments for everything from daily needs to international transactions using their MasterCard-powered debit cards.

Eligible accounts include Lwati, Low-cost, Umlamuli, Sisekelo, Individual Current Account and Private Banking customers.

Epic Prizes Await!

Here's what's up for grabs for lucky cardholders:

The Ultimate Safari Escape

Win a luxurious getaway for two to the exclusive Mkhaya Game Reserve.

Includes:

- One-night stay
- Dinner, bed and breakfast
- Guided game drive

A true wildlife experience — all from simply using your card!

R&B Royalty Live in South Africa

Get concert-ready with these unforgettable music experiences:

- Karyn White Live in Johannesburg - Double tickets + accommodation
- Babyface All White Sessions in Pretoria - Four tickets (two double sets) + accommodation



Trending

GOLF, GLAMOUR & GREATNESS

By: Tlalane Dlamini | Photo Cred: Tlalane Dlamini // Eswatini Beverages

The scenic Ezulwini Golf Club was the hottest spot to be on October 10, 2025, as the venue hosted the fourth annual Eswatini Beverages Golf Day. This wasn't just a day of swings and putts; it was a vibrant social affair, blending top-tier sporting competition with networking, exquisite dining, and, of course, the sophisticated touch of Stella Artois, the premium beer that kept the celebration flowing.

The lush, rolling greens provided the perfect setting for a glamorous day dedicated to friendship and enduring partnerships. As Doreen Tumureebire, Country Director at Eswatini Beverages, noted, the energy was electric. Guests enjoyed gourmet refreshments, exclusive Stella Artois tastings, and memorable branded experiences, redefining what a corporate event should feel like. It was an unforgettable blend of sport and premium enjoyment.

Khulile Dlamini Secures the Coveted Double

On the competitive front, the drama was palpable! Golf sensation Khulile Dlamini proved why he's king of the course, successfully defending his title alongside partner Mpendulo Shongwe. The winning duo carded an impressive 46 points, narrowly beating out runners-up Tim Mavuso and Brett Naylor (45 points). Dlamini's repeat victory was a true highlight, showcasing the incredible talent within Eswatini's golfing community.

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The Most Spirited Players Take the Spotlight

The night concluded with an awards ceremony that was just as sparkling as the day itself, celebrating not only the champions but also the spirit of the game.

Minister of Commerce, Industry and Trade, Manqoba Khumalo, was honoured with the Minister Appreciation Prize for his steadfast support of the sporting fraternity.

But the most coveted social award of the day, the Longest Day Award, went to the group who truly embodied enthusiasm! This dedicated crew, including Country Director Doreen Tumureebire herself, Setsabelo Gamedze, Celeste Ferreira, Nomvuyo Dube, Nelisiwe Hlatshwayo, Okwethu Simelane, Luswa Gamedze, Lindiwe Siyaya, Nolwazi Cumindza, Noslilo Kgomo, Khanyisile Jonas were celebrated for embracing every moment of the extensive day.

It was a perfect day that celebrated skill, camaraderie, and the commitment of Eswatini Beverages to excellence. Cheers to next year!



ON AIR

The Afternoon Escape!

How DJ Cybos & Nomalungelo are changing radio & bringing new energy...

By: Ayanda Dlamini

The Eswatini Broadcasting and Information Services (EBIS) is finally delivering the on-air energy and creativity that listeners have been craving for years. One of the most exciting aspects of the station's recent evolution is the fresh diversity of voices now taking centre stage.

One radio show that has quickly carved out a special place in listeners' hearts is The Afternoon Escape on EBIS 2. Hosted by Sibongiseni "DJ Cybos" Lukhele and songstress Nomalungelo Dladla, alongside radio veteran Lindelwa "Lindz" Mafa, the programme has become more than just a broadcast, it's a movement.

Since its launch earlier this year, The Afternoon Escape has aimed to uplift local talent, challenge conventional radio norms, and create an interactive space where listeners can engage, connect, and unwind.

Designed as an intentional escape from the everyday grind, the show airs live every Wednesday from 4 PM to 6 PM, aligning with the popular drive-time slot familiar to audiences who also listen to famous South African radio stations. It's not just a radio programme, it's a vibrant experience that redefines what afternoons on the airwaves can be.

Meet Your Hosts!

Music has evolved from a hobby to a way of life for **DJ CYBOS** as his DJ'ing career has grown from a pastime to an extension of who he is.

This has allowed him to play at some of the country's and neighbouring states' most prestigious venues. Sibongiseni Lukhele, as he is known off the decks, discovered his passion for music in his early youth and over the years has developed a unique palate and flair for various genres of music, which in turn, has made him into the versatile DJ he is today.

From Old-School grooves and Soul to Hip-Hop, R&B, Jazz, and House, Cybos has built a reputation as a versatile and respected DJ, earning accolades across club events, festivals, and corporate gigs alike. Beyond his DJ'ing prowess, he is also an accomplished producer, voice-over artist, events curator, and entrepreneur, demonstrating a multifaceted talent that continues to shape the entertainment landscape.

NOMALUNGELO DLADLA is one of Eswatini's leading female Afro-soul artists, making an indelible mark on the music scene since coming onto the scene in 2009. She shot to prominence with her breakout single, 'Imiyalo', released at just 21, followed by her acclaimed debut album, Lilungelo Lami. A consummate performer and storyteller, Nomalungelo has graced nearly every major stage in the country, captivating audiences with her soulful presence.

Her collaborations read like a who's who of Southern African music, including work with the late Robbie Malinga, DJ Sbu, Ringo Madlingozi, The Antidotes, Siyinqaba, Tebe Mjalefa, and Sub Jams, amongst others.

Beyond music, Nomalungelo is a versatile talent, sought-after as a voice-over artist, event host, and marketing and communications consultant. Her portfolio features work with prominent brands such as Kiwi, LUX, Soft'n Free, Sasko Bread, the United Nations, and IDM, among others, demonstrating her ability to make an impact both on and off the stage.

What initially inspired you to become a radio host or DJ?

DJ CYBOS: EBIS has always been a dream platform for me, as our biggest radio platform in the country. This isn't my first experience on the airwaves. I previously worked at Nandos Radio from 2008 to 2011 while still in South Africa,



and more recently, I had the pleasure of contributing to UNESWA FM from 2022 to 2024.

Radio has always been a true passion of mine: it's a powerful way to express yourself, explore meaningful topics, and connect with a wide and diverse audience.

During my time in South Africa, I was inspired by some of the greatest radio personalities of our era, Glen Lewis, DJ Fresh, Thomas Msengana (Bad Boy T), and many others who defined late 90s and early 2000s radio at stations like YFM and Metro FM. They showed me the magic of radio: the more you listen to a show, the more you feel like a part of it. You get to know the hosts, their opinions, and even connect with a single listener who shares your views.

I deeply respect the enduring power of this medium. Even if radio isn't as dominant as it once was, its reach remains undeniable. More often than not, when people get into their cars, their first instinct is to tune in before playing their own music. That connection, that shared experience, is what makes radio timeless.

NOMALUNGELO: It all happened almost by chance. On World Radio Day 2025 in February, our producer, Lindz, invited a few of us who share a passion for radio to collaborate on-air for the day. The chemistry was instant, and the show went so well that EBIS 2 management decided it should become a regular feature, and the rest is history.

Even though my background is in music, I've always felt completely at home on radio and television. My love for creativity and storytelling naturally drew me here; it truly feels like the space I was always meant to be in.

What has been the most rewarding aspect of hosting your show?

DJ CYBOS: I think for me, it's being able to present and deliver a different style of radio, in terms of presentation and the music we play every week. Being able to share opinions and hear the opinions of the public on certain

topics and the features we have is the most rewarding for me.

What is something listeners might not know about the behind-the-scenes aspects of your show?

DJ CYBOS: There is quite a lot of preparation that happens for us to host a seamless show on Radio. All the topics and features are carefully selected and curated to ensure we have relevant and engaging talking points that connect and speak to all our listeners.

NOMALUNGELO: We spend a lot of time debating our on-air topics. If a subject doesn't seem engaging enough for a deeper conversation, we cut it. Every topic is chosen with intention and passion.

Cybos, you were previously involved with Hala Radio, a platform that aimed to break new ground for online radio in Eswatini. What ultimately became of that venture, and how do you see the future of radio, especially online radio, evolving in the country?

CYBOS: With Hala Radio it was an amazing platform, as it was at a time when we didn't know what was happening and where we were going in the world, regarding Covid19. As we were not gigging, it was the perfect platform to express our love for music and radio presenting in the kingdom. Online radio will break boundaries now and in the future, as it will be one of the media that will have human interaction. It might not look like it yet, but I truly believe radio is a staple in life. Online radio is the natural progression, given the way people consume media now. It might not have caught on at the moment, but eventually it will.

What can listeners expect from The Afternoon Escape for the rest of 2025 and into 2026?

DJ CYBOS: Look, I cannot over-promise anything; all I can say is we will continue to bring out listeners' cutting-edge, world-class interactive radio. We are committed to showing and inspiring the youth and our peers on what radio should sound like. Making sure we have engaging topics, fun features, and good music. On a Cybos front, all I can say is there is a lot in the works. I really don't like revealing and making promises. But things are happening. We also have standing weekly events, such as 'Throwback Nights and Thursdays Comedy' at 23:28, with Mdura, and Tranquil Sundays at The Zesty Lemon (Malagwane Gardens), happening every Sunday till the year ends. We also have the Millin Market, which is a great platform for small businesses that want to get their products out there, which happens monthly at The Millin at Mbabane Club. There are also quite a few collaborations in the works that I cannot speak about, but follow me on socials to keep up with what is going on with me.

Noma, looking ahead, what exciting developments can fans expect from you, any upcoming projects on the horizon?

NOMALUNGELO: Yeah, I'm working on some new music but I'd prefer not to divulge too much at this stage.

OK, thank you guys and all the best!



SANDS IS BACK

Changed, Centered, and Called

By: Fezile Mkhathshwa | Pics: Craftspace | Location: The Pink Lotus

Fame came fast and loud for Sands. Born Sandziso Matsebula, the award-winning singer, guitarist, and songwriter's rise was meteoric, his music magnetic. After all, who could ever forget Tigi, Vuma, Lapha Kami, and the many other hits that defined an era? But what happens when the noise fades? After disappearing from the public eye amid personal and professional tests, the singer reemerges, not to reclaim old glory, but to walk a new path. He returns not as the man he was, but as the man he was meant to become. Now clear-minded, spiritual, and grounded in family, we met up with Sands at the chic capital city café *The Pink Lotus*, where he spoke candidly about his rebirth, renewed calling, and how faith has become the melody guiding his next chapter.

A Creative Soul in the Making

Born in 1990 in Mbabane, Sandziso grew up, as he describes himself, a loner, a child who built imaginary worlds and friends that would later inspire his creativity.

"I imagined scenarios and brought them to life," he recalls. "I wrote about marriage before I got married, about love before I experienced it. I

lived in the imagination before reality caught up."

Raised in a loving Christian household, primarily under the care of his grandmother, Sands credits his upbringing for instilling the humility and grounded values that continue to define him today.

"Humbleness is the biggest value I took from childhood. No matter how much you achieve, or who you meet, you must remain humble," he says

Finding His Sound

From the start, Sands was determined to be authentic and different. Growing up in a multicultural environment shaped his appreciation for diversity, but when it came to his music, he wanted a sound that was authentically Swati. At a time when many artists shifted to singing in siZulu for broader appeal, especially with eyes on the lucrative South African music market, Sands held his ground. He chose to sing unapologetically in SiSwati, not just as an act of cultural pride but as proof that his language could carry beauty and depth in music. From his

early days as one half of the genre-bending duo Qibho & Sands to the arrival of his groundbreaking solo debut, Sands has always stood apart, a voice and vision unmistakably his own.

This decision was not without challenges. "We didn't have a lot of SiSwati music out there to reference from, especially in the mainstream market, but I wanted to show that our language could fit beautifully into song. I believe that's what set me apart."

Breaking Records and Finding Success


Sands' breakout moment came with 'Sands of Time', his debut album that included Tigi, the hit single that made history. The song reached over a billion online impressions, a feat no Swati, or even South African artist, had achieved at the time, and even now, almost ten years later, Tigi still remains one of the country's most recognizable and popular songs.

"I imagined scenarios and brought them to life," he recalls. "I wrote about marriage before I got married, about love before I experienced it. I lived in the imagination before reality caught up."



00:38:51





SANDS

Sands of Time

"It took me by surprise," he admits. "We had a plan and a solid structure in place, but things happened so fast that we barely had time to sit back and take it all in. It was only much later, when I finally slowed down, that I realized just how record-breaking it really was. He adds with a smile that the song still pays his bills to this day. What made Tigi so special was its freshness. Hearing SiSwati sung with such passion created a new market for Southern African audiences, especially.

"Ladies, in particular, loved the language and the sound," Sands laughs. "It was something new, a breath of fresh air."

Collaborations and Mentorship

Over the years, Sands has collaborated with several local and international artists. From Swati icons such as Velemseni, Bholoja, and Qibho to South African legends like Tsepso Tshola, Lloyiso Bala, Zolani (TheOneWhoSings), and Afrotraction, to name just a few, he shares that each collaboration taught him valuable lessons.

"Every artist has their strength and individuality," Sands says. "From Tsepso Tshola, I learned about the value of consistency and how to build a timeless brand that people can relate to. He taught me how to remain myself in an industry that often pushes artists to be fake. Those lessons still shape my career today."

A Pause for Renewal

Despite the success of his debut album and the projects that followed, Sands took an unexpected pause from releasing new music, just as fans were eagerly anticipating more. He's quick to clarify, however, that while he may not have been releasing songs, he never stopped creating them.

I am happy that I have had the chance to rebuild my life and build a relationship with God.

During this time, he and his team were also navigating ongoing legal challenges, matters he cannot discuss publicly as they remain sub judice. Rather than remain in the public eye, Sands chose to step back intentionally. It wasn't burnout, and it wasn't the end of his musical journey; it was a conscious decision to reconnect with himself and with God.

"As people, we all need pit stops to refuel and recharge our lives," he reflects. "Our health and spiritual grounding are important. I needed to reconnect with my source, with God, and to realign my path."

With renewed faith and clarity, he adds, "I've been called. I'm now in a place where I feel ready to release new music, take bookings, and return with purpose."

Sands recently made headlines after viral videos surfaced on social media showing him standing on the podium at CrossWorks Church in Mbabane, not to perform, but to preach. He describes this moment as a natural progression in his personal and spiritual journey.

"It's important to grow spiritually," he reflects. "When you discover your purpose, it gives meaning to your existence. I've been called, and there's nothing more important than submitting to God."

"I have repented and seen the light," he continues. "The Lord instructed me to share a message about the importance of aligning with His will, especially in these times. I was given a task, and I had to honour it."

"I'm not a preacher or an evangelist," he clarifies. "I'm just a vessel. When

God called me, I had no option but to obey."

"I am happy that I have had the chance to rebuild my life and build a relationship with God."

"It's important for young people to understand that living in Christ and following God's principles doesn't take away from your life, it gives you life, it gives you purpose," Sands explains. "In the music industry, we often say music is food for the soul, but as artists, we need to ask ourselves, what are we feeding people's souls, and where are we leading them through our music?"

He adds that his spiritual growth has required him to leave behind his former lifestyle, the excesses, the reputation, and the nightlife that once defined him. Today, that world has been replaced by a sanctuary built on faith, family, and peace.

Family and Balance

Beyond the stage, Sands is a devoted husband and father of two, and for him now, family remains the ultimate anchor.

As a chart-topping artist once constantly on the road, he often found himself away from home and missing precious moments with his young family. Now, he's made it a priority to put them first. "Even with travel and performances, I make sure to be fully present with my kids," he shares. "Being present is what guides a family in the right direction. Family time is family time, no exceptions."

Reflecting on his journey, he adds, "I've had my fair share of the spotlight and the fast life, but as I've

matured, I've evolved into someone I'm proud of. These days, I'm more intentional and selective about how I spend my time and where I give my energy."

His weekends, when not working, are simple: braais, grilled fish, outdoor time, and exploring places near Hawane with his children. Off-grid.

It's this grounded lifestyle, He shares, that keeps him balanced amid the noise the music industry often brings.

The Business of Music

Sands warns that music is first and foremost a business!

"Have everything in writing. Don't trust blindly. Once money is involved, people change. If you own your masters, you're in business. If you don't, someone else controls your art - next thing you know, your music is not yours."

For Sands, independence has always been central to his approach. "In today's music industry, I don't think signing with a major record label necessarily serves the artist's best interests. Labels invest to profit from you while you're still relevant. If you can, stay independent. Collaborate only when necessary, hire a PR firm for publicity, or a management company for strategic guidance, but most importantly, retain ownership of your music."

Sands is more than just an artist; he's a PR graduate and an entrepreneur. Through his company, Kingdom Tales, he balances the roles of strategic leader and creative artist, working closely with his core team to stay fully involved in every stage of his brand and career. At the same time, he champions the growth of original Swati music and supports emerging artists.

Kingdom Tales, which he co-founded with Melusi 'Zox' Dlamini, operates as both a record label and talent & brand management agency. The label is built

I'm not changing my sound, but my message is evolving. It's about touching lives, , reminding people about love, social values, and spiritual grounding

on the principle of being a "family" for its artists, prioritizing their long-term career development.

Sands' vision extends beyond himself: he aims to nurture an authentic Swati sound and take it to the global stage. Yet, despite the ambitious goal, his approach remains deliberate, strategic, and highly selective.

"We're not chasing what is popular, we're not looking at the club scene," he explains. "We want purpose-driven and healing music; whether gospel, soul or some type of motivational music, they need to be story-driven songs that primarily aim to change lives for the better."

Industry Shifts in Eswatini

Sands is optimistic about changes in Eswatini's music industry. The recent establishment of the Intellectual Property Office is a major step to local artists taking ownership of their art.

"Now we can copyright our music at home," he says. "That's huge. It motivates artists and will grow the industry economically. We are even looking forward to getting our own music copyrights handled at home!"

Yet challenges remain. Young artists often chase fame before understanding the

business side. Sands encourages them to slow down, learn the rules, and protect themselves.

"Fame is secondary. The real work is behind the scenes and on paper; the agreements, payment structures, and ownership."

The Relaunch

So, what can fans expect from Sands' comeback? Not only will the brand be tapping into broader spaces, such as the corporate industry, and partnering with brands that align with his current mandate.

New music will be released early next year, and he promises that the sound, while familiar, will now carry a stronger message.

"I'm not changing my sound, but my message is evolving. It's about touching lives, reminding people about love, social values, and spiritual grounding. The world has grown so cold. We need music that heals."

Collaborations are also in the works, including projects with local talent under Kingdom Tales. He hopes to grow not just his audience, but also the next generation of Swazi artists.

Legacy and Purpose

For Sands, success is no longer just about charts or bookings. It's about legacy.

"I want to raise my family well, to build a business that lasts, and to create music that outlives me," he says. "Music is forever. Even when I'm gone, my songs should still inspire."

He hopes to be remembered first as a devoted family man who raised his children with purpose and continues to make a positive impact on the lives of others. He also wants to be recognized as a Swazi artist who broke barriers with timeless hits, serving as a beacon of hope for his people, a journey that began on a challenging path but always stayed true to his language, culture, and now, his renewed spiritual faith.





25

Editions of Magic



The Swazi Plaza Nights event has cemented its legacy as one of Eswatini's most consistent and celebrated lifestyle events. As it proudly celebrates its 25th Edition milestone, Swazi Plaza is marking two years and one month of successfully transforming Mbabane's landscape.

This achievement is more than just a number; it's a powerful story of community and economic impact. Over 24 successful editions, Swazi Plaza Nights has created an essential platform for food establishments, artists, and suppliers, fostering a strong sense of community right in the heart of the capital. The continued success positions Swazi Plaza as a key driver of culture and entertainment in Eswatini, reinforcing its strong relationship with the public, stakeholders, and partners. The event is now a cultural staple.

This milestone provides the perfect moment to showcase the event's journey, share voices from partners who have benefited, and communicate Swazi Plaza's vision for sustaining and growing the event into the future.

Siphiwe Nxumalo, Swazi Plaza's Marketing and Promotions Officer, shares the organization's gratitude: "This 25th Edition is a landmark worth celebrating. It is a moment to deeply thank our community of Mbabane for their ongoing support, as well as our incredible food establishments, artists, and sponsors for their continued participation. Their loyalty has been the cornerstone that has cemented Swazi Plaza Nights as a true cultural staple and the leading lifestyle destination in the capital. We are excited to continue growing this platform and sharing our future vision with the community for the years to come."





B-well Chef

Redefining the Art of Frying

By: Tlalane Dlamini | Pics: Tlalane Dlamini // Freepik // B-well Foods



On the morning of the 25th September 2025, the aroma of sizzling food filled the air at Emafini Ezulwini, this wasn't just any cooking demonstration. It was a masterclass in culinary innovation, a gathering where a simple kitchen staple, frying oil, that has elevated to a new level of science and style was displayed. Restaurant owners, chefs, and food lovers came together for a live presentation of the B-Well Chef Frying Oil range, and what they discovered is set to change how we think about fried food forever.

The star of the show was local talent, Chef Mehleli Mtsetfwa, who led the cooking demonstration with a flair that was both educational and inspiring. As he expertly worked the fryer, he was joined by Southern Oil representatives Mark Cochrane, Morné Botes, and Stephen Geldenhuys, who revealed the fascinating science behind the oil's superior performance. They weren't just selling a product; they were sharing a philosophy: that great food starts with great ingredients, and the right oil is no exception.

The magic was in the details. Chef Mehleli pulled perfectly golden chips from the fryer, and the difference was instantly noticeable. They were crisp, light, and, most importantly, not greasy. The chicken strips shared the same flawless result.

...great food starts with great ingredients, and the right oil is no exception...



This is thanks to the oil's unique formulation, which leads to less oil uptake by the food. For home cooks and professional chefs alike, this is a game-changer. It means you can enjoy that satisfying crunch without the heavy, oily residue, resulting in a cleaner, more flavourful eating experience. This simple shift elevates everyday comfort food into a dish that feels both indulgent and refreshingly light.

Beyond the delicious results, the event highlighted the oil's impressive financial and health benefits. In the world of professional kitchens, where every cent counts, the fact that B-Well Chef oil offers an extended frying life of up to 40% longer than its competitors is a major selling point. This longevity translates directly into less frequent oil changes, less waste, and significant cost savings. It's a smart choice that's good for your wallet and the environment.

The health aspect was also a key theme. The oil is GMO-free and low in saturated fats, a crucial consideration in a world where we are more mindful of our diets. B-Well Chef proves that you don't have to sacrifice flavour for wellness. This commitment to health resonated deeply with attendees, including Neliswa Nkala, widely

known as Mrs M, who was recently featured in Food & Home Magazine. "I learned so much today," she shared. "The hands-on demonstration really opened my eyes to the difference this oil can make. I am definitely going to change to B-Well."

Her sentiment was echoed by Dr Thys Lourens, an Executive on the Eswatini Chefs Association's Nutrition and Employee Health Criteria committee. "The B-Well Chef range aligns perfectly with our association's values," he noted. "The reduced oil absorption and extended life are not just about saving money; they are fundamental to promoting better health and a more efficient kitchen. It's a product that truly serves both the chef and the customer." Thabile Maripe from My Kitchen Top also welcomed the product with open arms. "As someone who is always looking for new, innovative products to elevate my work, I have to say I am incredibly impressed," Thabile stated. "We are always searching for top-quality ingredients that not only enhance our dishes but also align with a healthier approach to cooking.



The B-Well Chef range ticks all the boxes and we can't wait to start using it."

As excitement for the product grew, attendees put Eswatini Retail

Solutions, the product's local distribution channel, on the spot regarding supply. Managing Director Jordan Levendale stepped up to the challenge, assuring the crowd with a clear and confident promise. "Absolutely, we will be able to do so," he stated, reinforcing that the product would be readily available to meet the new demand.

As the day wrapped up with everyone enjoying the delicious results of the demonstration, it was clear that the B-Well Chef Frying Oil range is more than just a product. It's an essential tool for the modern kitchen, empowering cooks to create food that is healthier, tastier, and more sustainable. This event wasn't just a showcase; it was a glimpse into the future of food, a future that is crisp, clean, and full of flavour.

Bloom & Thrive

Women Celebrate Wellness, Connection and Confidence

By: Tlalane Dlamini | Pics: #Kulture

Brackenhill Lodge in Mbabane came alive on October 4, 2025 with warmth, laughter, and inspiration as women from across Eswatini gathered for the “Bloom & Thrive: A Ladies Wellness Experience.” Hosted in partnership with the Swaziland Breast & Cervical Cancer Network, the event brought together health professionals, wellness experts, and women ready to invest in themselves (mind, body, and soul).

The morning was a radiant celebration of self-care and sisterhood. Attendees were welcomed into the serene garden setting of Brackenhill Lodge, where soft floral décor, gentle music, and healthy refreshments set the perfect mood for a day dedicated to wellness.

Among the highlights were the powerful and insightful talks from an impressive lineup of guest speakers:

- **Retha Harding** - Reno Nourish Dietician
- **Nosizo Dlamini** - Reno Nourish Dietician
- **Nomalanga Hlophe** - Cancer Control Unit
- **Dr. Allison Van der Riet** - GP with a Special Interest in Women's Health
- **Bronwyn Russo** - Clinical Psychologist and Founder of Conscious Living and The Awakened Woman

Empowering Talks for the Modern Woman

The morning kicked off with Nomalanga Hlophe from the Cancer Control Unit, who set the tone for the day with an informative and empowering session on breast self-examination. Her live demonstration

reminded attendees that early detection saves lives. “This simple monthly practice gives women more control over their health,” she said, earning nods and applause from the audience.



Following Nomalanga, Dr. Allison Van der Riet, a South African GP with a special interest in women's health and anti-aging, shared valuable insights into how a woman's body evolves through her 30s, 40s, and 50s. She encouraged women to embrace each decade with confidence and care, explaining that understanding these changes helps them make informed choices about their wellbeing. “Listening to your body is one of the most powerful acts of self-care,” she advised.

Retha Harding, Reno Nourish Dietician, reminded the ladies that

mental support is a key component of wellness. She also highlighted the link between Vitamin B12 deficiency and fatigue, offering practical advice on how diet can improve energy levels and overall health.

Continuing the wellness conversation, Nosizo Dlamini, also from Reno Nourish, discussed the importance of healthy eating and lifestyle balance. She emphasized that “nutrition is not about perfection, but about making consistent, mindful choices that nurture the body.” Her session offered easy, realistic ways to make healthful eating a daily habit, sparking lively discussions among participants.

Closing the lineup with warmth and authenticity was Bronwyn Russo, Clinical Psychologist and Founder of Conscious Living and The Awakened Woman. Her session was described as “a rollercoaster of emotions”, filled with tears, laughter, and heartfelt reflection. Bronwyn encouraged women to embrace their emotions and drop the pressure to always appear strong. “Women carry so much and it's okay to feel everything,” she reminded the audience, leaving many visibly moved. Her message of emotional honesty and vulnerability resonated deeply, creating a space of healing and connection.



The talks were so real and relatable. I laughed, I cried, and I left feeling lighter. I'm grateful for spaces like this where women can be open and learn together.

Flavours, Prizes, and Shared Joy

Beyond the inspiring talks, Bloom & Thrive was a full sensory experience. The delicious and beautifully presented finger foods, catered by Nicole Fortune, were a highlight of the day, healthy, colourful, and perfectly suited to the event's theme of nourishment.

Adding a playful spark, the raffle draw had everyone on the edge of their seats. Lucky winners walked away with exquisite gifts sponsored by Azuri, Luna, Beads Emporium, and other generous local brands. The prizes reflected the event's vibrant spirit, celebrating women, creativity, and community.

Voices from the Blooming Women

Two attendees shared their heartfelt reflections after the event.

"This was exactly what I needed," said Thandeka, a young entrepreneur from Mbabane. "It reminded me that taking care of myself is not selfish, it's essential. I'm leaving here feeling refreshed and inspired."

Another attendee, Zama, added, "The talks were so real and relatable. I laughed, I cried, and I left feeling lighter. I'm grateful for spaces like this where women can be open and learn together."

A Day to Remember

As the afternoon sun cast a golden glow over Brackenhill Lodge, the sense of community and empowerment was unmistakable. The "Bloom & Thrive: A Ladies Wellness Experience" was more than just an event, it was a celebration of resilience, self-love, and the power of women coming together to lift each other up.

In a world that often demands women to give endlessly, Bloom & Thrive served as a gentle reminder that wellness begins with pausing, breathing, and choosing oneself.

Save The Male

Mental Health: Men's Corner Eswatini

By: Ayanda Dlamini // Pics: Supplied

A lot of mental health problems that men face often go unnoticed because of the way people see men and the idea of what it means to be "manly." While the pains of mental health between men and women are experienced differently with women being disproportionately affected by conditions like depression, anxiety, and eating disorders, men are more likely to be affected by similar disorders and have an increased deviation to substance abuse and aggressive, unsafe behaviour. The disparity in diagnosis rates are commonly influenced by biological factors, traditional gender roles, and differences in help-seeking behavior, as men may underreport symptoms or avoid seeking care. Moreover, men are significantly more inclined to resort to suicide, suggesting that while rates of mental disorders vary, the severity of outcomes is higher for men.



Mduzuzi
'Mdubasa'
Matsebula

With depression being a leading mental health issue amongst men, symptoms are not always easy to detect. Often men

find it difficult to recognise or discuss their depression early on - this is why mental health should be discussed for everyone.

Substance abuse is also an ordeal that many men face. A lot of men use alcohol or drugs to try to fix their mental health problems. But this does not help them at all - this is where Men's Corner Eswatini comes in with their 'Save the Male' Initiative.

This initiative, according to its founder Mduzuzi 'Mdubasa' Matsebula, is a day to day assignment that fellow brothers participate in.

"Save the Male" is a safe space and movement created to support men through conversations that are often considered taboo, especially around mental health, emotional wellbeing, masculinity, and purpose. We meet monthly, creating a community where men can freely express themselves without judgment.

The platform's slogan, 'Save The Male,' reflects our mission, to break cycles of silence, provide tools for healing, and remind men that vulnerability is not weakness, but a step towards wholeness."

Matsebula was inspired after observing how many males, including himself, battled in silence on issues such as identity crises, relationship problems, anxiety, and depression.

"When I thought of the idea of Men's Corner in 2022, where I felt like the

previous two years had been the most difficult years of my life - unfortunately I had no one to open up to. Society often expects men to "be strong" and hide their emotions, but I realized this silence was costing lives and damaging families, including myself. Men's Corner was born out of the need to create an alternative narrative: one where men talk, heal, and support each other."

...across the country and abroad, men are struggling with depression, anxiety, addictions, trauma, and even suicidal thoughts... most of them don't talk about it...

He said across the country and abroad, men are struggling with depression, anxiety, addictions, trauma, and even suicidal thoughts. The difference is that most of them don't talk about it.

"Part of our work is to show men that they are not isolated in their struggles, there is strength in numbers, and healing becomes possible when men realize others are walking the same road," he states.

What do I do if I need help as a man but afraid to reach out?

First, know that fear is normal, many men feel the same way. Seeking help isn't easy but is always worth it Gents!

Silence often makes the problem worse. Start small - talk to a trusted friend or mentor who can possibly relate. You can also attend community groups like Men's Corner, where the environment is safe and supportive.

In severe cases professional help is key: therapists, counselors, and spiritual guides are trained to walk this journey with you. Remember, seeking help is a sign of strength, not weakness.

What are some barriers to men seeking help for mental health symptoms?

- **Cultural Expectations:** The belief that men must "be strong" and not show weakness.
- **Fear of Judgment:** Worrying about what family, friends, or society will say.
- **Lack of Awareness:** Many men don't even realize they are struggling with a mental health condition.
- **Silence and shame:** Generational teachings that discourage men from expressing emotions.

How do conversations like Men's Corner change the bout masculinity?

"They challenge the outdated idea that a "real man" never cries or struggles. Instead, we highlight that true masculinity involves responsibility, openness, and courage to face life's challenges head-on."

What practical tips can you give men to take care of their mental health daily?

"Men can take simple but powerful steps to protect their mental health each day. Regular exercise is one of the most effective mood boosters, while building and maintaining healthy friendships ensures a strong support system. It's also important to limit alcohol and substance use, as these often worsen stress and anxiety over time. Practices like journaling or meditation help clear the mind and process emotions in a healthy way.



Equally vital is getting enough rest and quality sleep, which allows the body and mind to recharge. When the emotional weight feels too heavy to carry alone, seeking professional or spiritual help can provide the guidance and healing needed.”

What role can women, families, and communities play in supporting men's mental health?

“Women and families can create safe spaces for men by listening without judgment. Communities can normalize conversations, challenge stigma, and encourage men to seek help. Mental health is not just a man's issue, it affects entire households and societies.

We envision growing into a nationwide movement, with chapters across regions, a stronger digital presence with daily motivational content, and partnerships with mental health professionals and institutions. Ultimately, we want to see fewer men suffering in silence, and more men thriving, leading, and living with purpose.

A special mention to the guys who have believed and been a part of the movement from its inception. May God bless you gentlemen.

One of the guys I look up to, the host and founder of “That Husband Podcast” always says. We as men should always fall forward, try to know better, so we can do better.”



Senele Mdluli

With men, depression can lead to substance abuse as a poor coping mechanism...

- Psychologist

According to Senele Mdluli, a clinical psychologist and Chairperson of the Eswatini Psychology Association (EPA), men require mental health care just like women do, especially when dealing with depression and anxiety.

Senele expressed that depression is associated with an increased risk of suicidality and that while women are more likely to attempt suicide, men are reportedly more likely to go through their suicide. “This is because men are more likely to employ more violent methods in an act of suicide.”

“Both depression and anxiety can increase the likelihood of aggressive behavior because it can compromise the individual's capacity to regulate their emotions; in anxiety they can be more emotionally reactive because of the heightened tension and irritability it can be accompanied by.

With depression, there is higher likelihood for men to express their sadness through aggression as it may be deemed a more typically masculine way of expressing negative emotion as per the conforms to societal standards of masculinity.”

Mdluli added that depression is typically characterized by a persistent low mood, or a pervasive sense of emotional numbness. It can be accompanied by a loss of interest in one's usual activities or adaptive areas of functioning (work, relationships, hobbies), negative thoughts, difficulty in concentrating or completing tasks, oversleeping or insomnia, poor dietary habits and even suicidal ideation and attempts.

“Anxiety is typically characterized by persistent and severe worry about various things. Persons' affected tend to carry a sense of impending doom - typically anticipating disaster or something terrible

to happen. It can cause irritability, lapses in concentration, avoidance of anything that causes anxiousness, poor sleep patterns, hypervigilance and muscle tension. These symptoms can be so overwhelming that they interfere with everyday tasks and behavior.”

Senele further lamented on some of the barriers facing men across all social demographics when seeking help on mental health issues; “Mental health in the public health system is overwhelmed because of limited mental health providers. In the private sector, high cost of access can also be a barrier. In addition to this, men may struggle with acknowledging the need for help or identifying their vulnerabilities. As a result they are more likely to resist seeking help until their symptoms become severe and their adaptive functioning is impaired. However, over the past decade that I have been a Psychologist in Eswatini, I have seen a significant increase in men seeking mental health services, so that is a positive aspect.”

About Eswatini Psychology Association

The Eswatini Psychology Association is a professional association which focuses on providing professional development and support for psychology professionals as well as promoting and advocating for psychology and mental health.

EPA has over 50 members consisting of various mental health practitioners, graduates and allied professionals. The membership work in diverse contexts including academia, private practice, hospitals, the armed forces and non-governmental organizations.

For more information on EPA or to find a registered practitioner visit www.eswatinipsychology.org

"it's finger lickin' good"

THE HEART BEHIND EVERY BUCKET

KFC Eswatini Celebrates It's Restaurant GMs

Walk into any KFC restaurant in Eswatini and you'll find more than just hot meals and smiling faces you'll feel a sense of warmth, pride, and belonging. That atmosphere doesn't happen by chance. At the heart of it all is a leader who brings people and purpose together: the Restaurant General Manager, or RGM.

KFC's RGMs are the heart-beat of every store. More than just managers, they serve as mentors, problem solvers, and community builders. From guiding new team members on their first day to ensuring every customer feels welcomed, their role extends far beyond daily operations. They uphold KFC's global standards while remaining deeply rooted in the values and culture that make Eswatini unique.

"These individuals are the glue that holds each restaurant together," says Greg, KFC's General Operations Manager. "They don't just run shifts or track numbers they inspire teams, create opportunities, and build experiences that keep families coming back. They are the first to step in when challenges arise, and the last to leave

once everything is in place."

More than that, RGMs reflect the spirit of the communities they serve. They celebrate local culture, uplift their teams, and ensure that every KFC restaurant feels like home. Their ability to balance people, performance, and passion is what makes them exceptional. They embody care, pride, and resilience qualities that resonate deeply with both their teams and their customers.

KFC Eswatini is proud to celebrate its RGMs, not just as leaders of restaurants, but as leaders within the community. They are the bridge between the world's most loved chicken brand and the people of Eswatini, carrying forward a tradition of excellence and a future filled with promise.



Love Your Skin:

Tenele Simelane Mimi's Passion for Personalised Skincare

*For Tenele Simelane famously known as Mimi, the journey to becoming a specialised skincare expert wasn't a straight path, it was a personal awakening. While a childhood dream of becoming a flight attendant was initially fuelled by her passion for all things beauty, it was a pivotal experience with **postpartum hormonal changes** that truly ignited her calling. This personal trial led her to the profound realisation that her destiny was not in the skies, but in helping others heal and nurture their skin.*

By:Tlalane Dlamini | **Photo Cred:** Mimi Organics

More Than Just Aesthetics: The Mimi's Organics Philosophy

Mimi's vision for **Mimi's Organics** is simple yet powerful: "**Love Your Skin.**" For her, this signifies more than just surface-level beauty, it's about genuinely **embracing and nurturing one's natural self** as a commitment to overall health and well-being. This core principle is the bedrock of her professional practice.

Mimi's Organics distinguishes itself through a unique, **personalised approach** that goes beyond quick fixes. "We centre on addressing the **underlying causes** of skin concerns rather than just treating the symptoms," Mimi explains. She is determined to dispel the common misconception that skincare is merely about aesthetics, emphasising its vital importance for **overall health and confidence**.

The most rewarding aspect of her work is witnessing the positive impact on her clients' lives. As Mimi notes, when clients start their journey with Mimi's Organics, they often experience significant improvements in their skin's health and an increase in their confidence.

Navigating the Seasons: Skincare for Spring

As we move from the harsh dryness of winter and into the vibrant, warmer air of Spring, Mimi emphasises that our skincare routine must change, too. "The change in season is a critical time to reassess your routine," she advises. "Spring often brings increased humidity and more sun exposure, which means we need to adjust our treatments to keep the skin balanced, protected, and clear."

Mimi's Spring Skincare Essentials:

- **Lighter Moisturisation:** Transition from heavy winter creams to **lighter, oil-free lotions** to prevent clogged pores as humidity rises.
- **Boost Exfoliation:** Shed the dead, dull skin accumulated during winter. Treatments like **Dermaplaning** or gentle chemical exfoliants are perfect for revealing brighter skin and preparing it for better product absorption.
- **Prioritise SPF:** Sun exposure increases dramatically in the spring. Mimi stresses the importance of using a high-quality, broad-spectrum sunscreen daily to protect against UV damage and premature aging.

The Transformative Client Journey

A transformative journey at Mimi's Organics begins with a **thorough assessment** to truly understand the individual's needs. This is followed by a **customised treatment plan** and ongoing support to ensure lasting results. The philosophy behind these personalised treatments centres on addressing the underlying causes of skin concerns, not just the surface symptoms.

Clients describe the experience at Mimi's Organics as **relaxing, educational, and results-driven**, often citing the personalised attention and the **visible improvements** in their skin as their favourite part of a session.

Signature Services Tailored to You

Mimi's Organics provides personalised treatments and promoting overall skin health through a variety

of advanced services. Each treatment is tailored to the individual's unique needs and skin type for optimal, lasting results:

- **Dermaplaning:** This non-invasive exfoliation technique uses a sterile blade to remove dead skin cells and vellus hair (peach fuzz), instantly revealing smoother, brighter skin—a perfect treatment for a Spring skin reset.
- **Microneedling:** A powerful procedure that involves creating tiny punctures to stimulate the production of collagen and elastin, improving the appearance of wrinkles, scars, and uneven skin tone.
- **Hydrafacial:** A multi-step treatment that cleanses, exfoliates, extracts, and hydrates. It utilises a unique vortex-fusion technology to deliver essential antioxidants, peptides, and hyaluronic acid, leaving the skin refreshed and rejuvenated.
- **Lipo Injections (Lipotropic):** Beyond facial care, Mimi's Organics offers lipotropic injections. These involve injecting substances like vitamins, minerals, and amino acids into targeted areas to help break down fat, often used as a supplement to diet and exercise for **weight loss and body contouring**.

If you're ready to move past quick fixes and commit to a skincare journey that nurtures your health and confidence from the root up, Mimi's Organics invites you to embrace the philosophy: **Love Your Skin.**

WORKING WITH YOUR PARTNER

Can Love & Business Mix?

By: Ayanda Dlamini | Photo: Supplied

Many couples work well together because they share similar interests and values, often leading to shared professional goals and even careers in the same field. It's no surprise that many couples meet at work; after all, that's where we spend much of our time.

Still, blending love and business comes with its challenges. It's natural for even the closest partners to disagree. The real question is: how do couples work well together without letting professional differences affect their relationship?

A shining local example is Tiyamike "Tiyas" and Beketele "Beke" Maziya, the couple behind Lionheart Properties, a boutique real estate firm specializing in property sales, leasing, and management across Eswatini. Beke leads as Chief Executive Officer, overseeing Rentals and Property Management, while Tiyas heads the Commercial Sales division.

According to Tiyas, their partnership flows naturally. "Sometimes it feels like we are two sides of the same coin. We're rarely both strong at something or both weak. When that happens, one plus one doesn't equal two, it

equals three. We figure things out faster when we put our heads together. Of course, that doesn't mean we always agree or speak in kind, soft tones," he laughs.

Beke agrees. "We work well together, complementary. Where one is weak, the other is strong. And where we're both weak, we find strength in each other. I don't know why that sounds corny, but it's true."

For Tiyas, the joy lies in building something lasting with his partner.

"Okay, maybe every day is pushing it. But I enjoy working with Beke. She's a 'choose to be happy' kind of person, almost every day. The truth is, I'm living my dream. Building something for our children with my life partner has been the joy of my life. Seeing it grow has been a labour of love and a spiritual journey I wouldn't trade for anything."

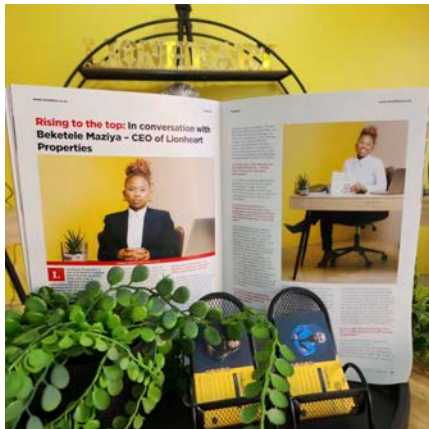


For Beke, the thrill is in the teamwork and the chase.

“Most of the time, yes, I’m excited to see my man. It’s always exciting knowing you’re ‘hunting’ with someone whose goals are fully aligned with yours. You move with four eyes and two minds. The most exciting moments are when we meet clients who are ready to close as soon as we deliver; that’s when the hunt becomes an adrenaline rush.”

She adds with a smile, “And who better to go hunting with than your partner? It’s fun playing off each other’s strengths, comparing notes afterward, and seeing how we each read the room differently. It’s high stakes every day, and as stressful as it can be when things don’t go our way, it’s amazing when they do.”

Working with your partner is not for the faint-hearted, but as the Maziyas prove, when built on respect, communication, and a shared vision, love and business can not only mix, they can thrive.



How would you describe the balance between your work schedule and your family life?

TIYAS: I’d say it’s fairly healthy. We make enough time for both work and family to thrive, at least most of the time. But if I’m honest, I’m not sure I’ve ever truly balanced the two. This is one of those areas where I’m weak and Beke is great. I’d probably use the word juggle instead of balance.

I don’t give both the same attention all the time; I prioritize whatever needs me most in that moment. Sometimes neither work nor family requires my full focus, and other times I just need a bit of time for myself. There are moments when ‘family time’ means just my wife and me, and other times when everyone knows I might miss something important because of work. On the flip side, I’ve also skipped client meetings to prioritize family. So, for

me, it’s not balance, it’s constant juggling. Overall, I think it’s healthy enough, but that’s largely thanks to Mrs. Maziya and how well she keeps things steady.

BEKE: Hmmm, I’d say it’s fairly balanced. Some days are smooth and manageable, while others are packed with back-to-back meetings and viewings. Still, I think we make it work. If something urgent comes up, like the kids needing to be picked up, we talk it through and decide on the best plan. And if an appointment absolutely requires both of us, we lean on our family for support.”

Do your skills complement or compete with each other?

TIYAS: We’ve been fortunate to have completely different skill sets, and over time, we’ve mastered the art of knowing who should step in for a particular task or challenge. One of the best things about our dynamic is that we’ve never had ego issues, so deciding who takes the lead is easy and almost automatic. For example,

Professionally, our goals are very much aligned; we both aim to bring value to ourselves and to the business. Personally, our goals differ a bit depending on what we’re passionate about, but they always meet in the middle when it comes to giving back to the community.

Beke is great at managing client relationships, while I’m admittedly terrible at replying to WhatsApp messages or keeping up with my phone, especially when we’re in the middle of a deal that’s at the offer stage and requires due diligence documents. What we’ve learned is to stay flexible with our roles. Every client is introduced to both of us, and depending on the stage of the transaction, they might be dealing with either one of us, whether it’s a sale or a rental

BEKE: Definitely complement! We always try to assign tasks to whoever is stronger in that area, so we’re consistently putting our best foot forward.

Do you share similar professional and personal goals?

TIYAS: Hmmm.... professionally? Yes. It’s all about us improving ourselves, and being better agents to our

clients, better leaders to our team, and better partners to each other. At the end of the day, to do better, we must have to become better in as many components that make up the whole of what we want to achieve. Personally? I’m inclined to say yes as well. With Beke and me, it will never look like it is the same, until you understand that we are really the same coin, just different sides. So, we both want to travel more, for me that may look like trying to get lost in a city I’ve never been in before, for her, it may look like finding a spa, or a “no so labour intensive” activity to do (getting lost is the worst possible thing we could do) and so finding the balance has been key for both us coming out of our comfort zone just enough for the experience to allow us to grow. I need less risk to grow; she needs more risk to grow. Same coin, different side.

BEKE: Hmmm, that’s a tough one. Professionally, our goals are very much aligned; we both aim to bring value to ourselves and to the busi-



ness. Personally, our goals differ a bit depending on what we’re passionate about, but they always meet in the middle when it comes to giving back to the community.

Then there’s the travelling. This man’s ideal trips are all about adventure, camping, touring the pyramids, exploring, chasing adrenaline, and learning new languages. I, on the other hand, want to sleep for two days straight at an all-inclusive resort with minimal activity. I’m definitely the ‘we came here to rest’ parent! Why are we jumping off planes? Although the one time I did give in to his kind of adventure, I was scared out of my mind, but afterwards, I got to understand the hype and the adrenaline rush. For me, though, it’s still all about rest...and the buffet.”

A Look at Eswatini's Premier Fitness Destination

Ntsiki Maziya, the dedicated Administrator of Eswatini Fitness Centre, opens up about her journey into fitness, the centre's inclusive programmes, and how Eswatini Fitness Centre empowers individuals of all fitness levels. From personalised training to group classes and wellness initiatives, get the full scoop on what makes Eswatini Fitness Centre a leading health and fitness hub in Eswatini.

By: Nothando Masilela

Q. Please kindly introduce yourself, including the role you play at Eswatini Fitness Centre and what inspired you to become a fitness professional.

My name is Ntsiki Maziya and I serve as Administrator of Eswatini Fitness Centre. My journey into the fitness industry was driven by a deep passion for health, wellness, and helping individuals achieve their personal fitness goals. Over the years, I have witnessed the transformative power of exercise in enhancing not only physical well-being but also mental and emotional health. At Eswatini Fitness Centre, my goal is to create a supportive and motivating environment where individuals of all fitness levels can thrive.



**ESWATINI FITNESS
CENTER**

Q. What types of fitness programmes does the centre offer?

Eswatini Fitness Centre offers a diverse range of fitness programmes tailored to meet different needs and preferences. These include:

- Strength training and functional fitness
- Cardiovascular workouts
- High-Intensity Interval Training (HIIT)
- Group fitness classes (e.g., aerobics, dance, spinning)
- Personal training sessions
- Wellness and flexibility programmes

Q. How does the centre cater to individuals with different fitness levels?

At Eswatini Fitness Centre, we recognise that every individual is at a different stage in their fitness journey. Our programmes are designed to be scalable, allowing beginners to ease into workouts while offering more advanced options for experienced athletes. Our trainers assess each member's fitness level and recommend suitable programmes, ensuring that workouts are both effective and safe.

Q. Are there personalised training options available for members?

A. Yes, we offer personalised training options, including one-on-one coaching with certified trainers. These sessions are designed to help members achieve specific fitness goals, whether it's weight loss, muscle gain, rehabilitation, or endurance training. Personalised programmes include tailored workout routines, nutritional guidance, and progress tracking.



Q. What kind of equipment and facilities does the centre provide?

EFC is equipped with state-of-the-art fitness equipment, including:

Free weights and resistance machines

Treadmills, stationary bikes, and rowing machines

Functional training equipment (battle ropes, kettlebells, TRX)

A dedicated space for group classes

Locker rooms with shower facilities

Q. What group fitness classes are available, and how often are they scheduled?

Classes are scheduled throughout the week, including mornings and evenings, to accommodate different schedules. We offer a variety of group fitness classes, including:

- Aerobics
- Power resistance training (PRT)
- Spinning
- HIIT sessions
- Strength and conditioning classes

Q. What are the most popular group classes, and what makes them unique?

Some of our most popular classes include aerobics, PRT, HIIT, and strength training. These classes stand out because of their energetic atmosphere, highly engaging instructors, and the sense of community they create among participants.

Q. How does personal training work at the centre?

Personal training at EFC involves an initial consultation where a trainer assesses the member's fitness level, goals, and any specific requirements. Based on this assessment, a customised workout and nutrition plan is created. Members receive continuous support, progress tracking, and motivation from their assigned trainer.

Q. Does the centre offer fitness assessments or progress tracking for members?

Yes, we provide fitness assessments to help members track their progress. These assess-

ments may include body composition analysis, strength and endurance tests, flexibility measurements, and personalised feedback.

Q. What membership options are available, and what do they include?

EFC offers a range of membership options, including:

Monthly, quarterly, and annual memberships

Access to gym equipment, group fitness classes, and locker room facilities

Discounts on personal training and wellness programmes

Q. Are there wellness programmes, such as yoga, meditation, or stress management sessions?

Yes, we incorporate wellness programmes such as yoga, pilates, and mindfulness sessions to promote overall well-being. These programmes are designed to help members improve flexibility, reduce stress, and enhance mental clarity.

Q. What special events, challenges, or fitness competitions does the centre organise?

EFC hosts regular fitness challenges, themed workout events, and competitions to keep members motivated. Some of our events include weight loss challenges, strength competitions, and outdoor fitness boot camps.

Q. What are the operating hours, and is the centre accessible on weekends and holidays? Please also provide the full physical address for the centre for interested potential clients.

Eswatini Fitness Centre operates as follows:

- Monday - Friday: 4am - 9pm
- Saturday: 5am - 1pm
- Public Holidays: 5am - 1pm

Our facility is conveniently located at:

Lot 812, Shiselweni Avenue

Matsapha Industrial Site

For enquires, membership details, or class schedules, feel free to contact us at 7630 5665.





Travel by Design



Noxolo Nkabinde

Turning Vacations into Masterpieces with Luxe Quests

By: Ayanda Dlamini | Pics: Luxe Quest Travels // Jure Ursic Photography

In a world where anyone can click “book now,” the true art of travel lies in the details. That's where Luxe Quests, the boutique travel management company founded by Noxolo Nkabinde, steps in — transforming ordinary getaways into seamless, memorable journeys designed around each traveller's dreams.

For Nkabinde, travel planning is not just logistics; it's curation. With a background in luxury tourism and nearly a decade of experience in hospitality, she has mastered the ability to craft experiences that feel effortless, exclusive, and deeply personal.

At Luxe Quests, every trip is an artwork in motion. The company handles everything from flights and five-star accommodations to airport transfers, restaurant reservations, and curated tours — all tailored to a client's lifestyle and expectations. Whether you're planning a honeymoon in Bali, a business trip to Dubai, or a family escape to Thailand, Luxe Quests ensures your only job is to enjoy the journey.

Why Use a Professional Travel Planner?

In the age of online bookings and endless travel blogs, it might seem

easy to plan your own trip. But Nkabinde explains that the difference between a trip and a true travel experience lies in the small things only a professional considers.

Great travel doesn't happen by chance - it happens by design...

A professional planner also adds value, access, and security. Luxe Quests has global partnerships with premium suppliers and booking systems that connect to over one million hotels and tour operators worldwide, giving clients exclusive deals, upgrades, and experiences often unavailable to the general public.

Beyond convenience, a travel planner also provides personal support —

ensuring that if plans shift or challenges arise, you have a trusted expert to handle it all.

The Luxe Quests Experience

Each Luxe Quests itinerary is built around one key question: What would make this trip unforgettable?

That's how a simple family vacation to Dubai becomes a multi-generational experience complete with kid-friendly tours, private desert dinners, and a surprise birthday celebration — or how a romantic getaway to Thailand turns into a culinary and cultural journey, complete with a secret rooftop dinner planned down to the finest detail.

Whether it's corporate travel, group trips, or solo adventures, Luxe Quests combines precision planning with personal storytelling — creating journeys that reflect not just destinations, but the people exploring them.

"Luxury travel is not just about where you stay, but how you get there and how you feel along the way," she says. "A travel planner takes care of everything — from timing flights around jet lag to ensuring the transfer car and hotel check-in are perfectly synchronized. That's how travel becomes seamless."

More Than a Trip — A Signature Experience

Based in Eswatini and South Africa, Luxe Quests is redefining modern travel across the region, giving local and international clients a taste of the world with sophistication and ease.

As Noxolo puts it "My job is to take the stress out of travel — to help people dream, and then make those dreams a reality." And that's exactly what Luxe Quests does: Crafting not just trips, but transformations.



Highly recommend! The best part about my trips is knowing I have a travel manager around the clock. Every little detail taken care of, which makes traveling, and even handling business on the go so much smoother.

Mandla Cheeks Nxumalo



The Art of Family Travel

Discovering Eswatini and Beyond in the New Kia Carnival

By: Kulture Motoring // Pics: Supplied

As spring and summer open up the open road for family escapes, few vehicles offer the blend of space, comfort, efficiency, and sophistication quite like the 2025 Kia Carnival. For those who live for weekend getaways, spontaneous drives, and creating memories together, the new Kia Carnival, available in Eswatini, is redefining what it means to travel in comfort and style.

Dubbed the “Grand Utility Vehicle,” the Kia Carnival isn’t just a people mover — it’s a statement of modern family adventure. Combining the spacious practicality of a minivan with the bold attitude of an SUV, the Carnival has become the perfect companion for families ready to explore Eswatini’s scenic escapes this spring and summer.

Design That Turns Every Drive Into a Getaway

The Kia Carnival’s design is all about presence. With its striking front grille, sharp LED headlights, and athletic SUV-inspired stance, it commands attention whether it’s parked at

Mantenga Cultural Village or cruising through Ezulwini’s rolling hills. The strong, sculpted lines convey both confidence and elegance — proof that practicality can still be beautiful.

But what really stands out is how the Carnival blends its bold exterior with an inviting, refined interior that feels like a mobile living space. Step inside, and the cabin immediately impresses with premium finishes, thoughtful details, and a sense of spacious calm that makes long journeys feel effortless.

Space That Moves With You

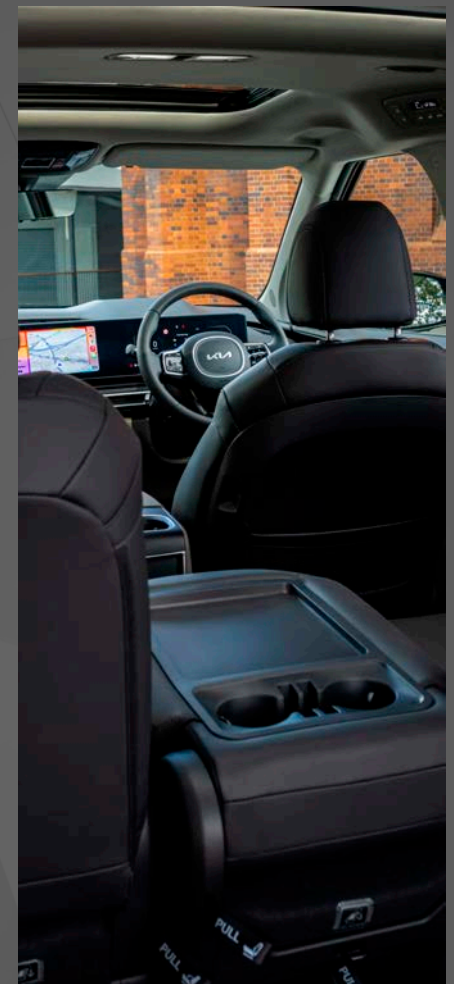
For families, space isn’t a luxury — it’s a necessity. The Carnival offers ample seating for seven (SXL model) or eight passengers (EX model), depending on the configuration, with each seat designed for maximum comfort. The “Slide-Flex” seating system allows easy access to the third row, while versatile folding seats ensure that luggage, picnic baskets, or camping gear all fit with ease.

Whether you’re loading up for a weekend at Malolotja Nature Reserve or heading south to the beaches of Mozambique, the Carnival’s cavernous interior adapts effortlessly to your plans.

And because family travel is as much about peace of mind as it is about adventure, the quiet cabin insulation and tri-zone climate control make sure everyone — from the driver to the backseat dreamers — enjoys the ride.

Technology for Today’s Family

Modern families are connected, and so is the new Carnival. Its large touchscreen infotainment system offers seamless smartphone integration via Apple CarPlay and Android Auto, while multiple USB ports and wireless charging pads keep every device powered up on the go.





Rear passengers can also power in their own entertainment devices with rear USB ports — a thoughtful touch for long trips when little ones need distraction. Voice recognition, smart navigation, and driver-assist features keep the journey both safe and enjoyable.

For parents, one of the standout innovations is the Rear Occupant Alert system, designed to ensure no child or pet is ever left behind — a reflection of Kia's commitment to real-world family safety.

Power to Explore Further

Under the hood, the Kia Carnival offers the kind of performance that makes road trips exciting again. At the heart of Kia Carnival's engine bay is the tried and tested 2.2 CRDI motor. With an impressive 148 kW of power and 440 Nm of torque, delivered through an 8-speed automatic transmission, the Carnival glides smoothly through city streets while offering the strength and stability needed for open-road adventures. Despite its size, it handles with surprising agility and is an easy drive when navigating inner city tight

corners or parking at bustling weekend markets.

Thanks to Kia's advanced fuel efficiency technology a rated average fuel economy of 6.7l/100km (in EX model guise), the Carnival makes sure your journeys are not only powerful but economical — more adventure, less refuelling.

Safety Without Compromise

As any parent knows, nothing matters more than safety. The Carnival's suite of advanced driver-assistance features — including Blind-Spot View Monitor, Lane-Keep Assist, Forward Collision-Avoidance, and Smart Cruise Control — keeps you protected from every angle*.

Its 360-degree camera system makes manoeuvring this spacious vehicle a breeze, while multiple airbags (7), ABS, and electronic stability control work together to provide unparalleled peace of mind.

Adventure, Comfort, Connection — All in One

The new Kia Carnival represents a shift in how families move — and

more importantly, how they live. It's the car for the parents who love road trips, for the kids who want more legroom, and for everyone who believes that the journey is as special as the destination.

This spring and summer, whether you're planning cross-border adventures or exploring Eswatini's hidden gems, do it in a vehicle built to carry memories, laughter, and love.

The Kia Carnival — where every trip becomes a story worth telling.



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CATS & DOGS PET SHOP

Cats & Dogs Pet Shop, a family-founded business at Shop #3, Karlyn Center in Mbabane, has grown into a premier destination for pet enthusiasts. Offering an extensive range of high-quality food, accessories, and essentials for dogs, cats, fish, birds, rabbits, rodents, and more, it caters to all your pet care needs with dedication and variety.

LIVING WITH PETS IN URBAN AREAS

Urban-dwelling pet owners can ensure their pets thrive in these environments by choosing adaptive solutions that prioritize comfort, stimulation, and safety in limited spaces.

- For indoor living, provide bedding to create restful areas for cats, dogs, and small animals within compact apartments.
- Outdoors, provide durable, weather-resistant outdoor shelters or kennels to provide a secure retreat.
- Keep pets mentally and physically engaged with interactive toys and playdents, which are essential for countering the constraints of urban settings.
- For fish and birds, maintain their well-being with tailored aquarium setups and bird essentials like cages, perches, and feeding systems.
- A very important provision for pets in urban areas, is a means of safe and convenient transportation when needed. Keep a travel cage, waterproof Seat cover, and a leash and collar/harness. This is key for the safety of your pet(s), and other people in transit.

Cats & Dogs supports these needs with a wide range of cozy bedding, sturdy outdoor shelters, engaging toys, and specialized aquatic and avian supplies, helping you create a nurturing and stimulating environment for your urban pets.



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PET CARE IN SPRING

As spring transitions to summer, pet owners should take proactive steps to keep their pets comfortable, hydrated, and safe from seasonal challenges like high temperatures and pests.

- Prioritize cooling solutions by providing shaded resting areas and breathable bedding to prevent overheating, especially for dogs and cats lounging on balconies or in small yards. Ensure constant access to fresh water with bowls or automatic dispensers
- Engage pets with durable toys and agility equipment to channel their energy.
- To tackle summer pests like fleas, ticks, and mosquitoes, use effective repellents and grooming treatments.



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...Your Must-Visit Spring/Summer Destination...

By: Tlalane Dlamini | Pics: Tlalane Dlamini // Will Brown Photography

The air is warming, the trees are lush, and the call for a refreshing escape is undeniable. As the world rediscovers the joy of dining out, one destination in Eswatini stands out as the ultimate spot for a vibrant and unforgettable Spring and Summer season: The Velvet Monkey Restaurant and Cocktail Bar in Ezulwini.

More than just a restaurant, The Velvet Monkey is a rustic yet authentic boutique dining experience that has captured the hearts and taste buds of locals and travelers alike. Since opening its doors to a world hungry for unique, quality experiences, this establishment has quickly become a must-visit for anyone seeking exquisite cuisine and a truly captivating atmosphere.

A Venue Where Atmosphere is Everything

Stepping into The Velvet Monkey is an immediate transport to a tranquil, artistic haven. The venue masterfully blends natural, outdoor scenery with an eclectic interior design, creating an ambiance that is both relaxing and visually stimulating.

The outdoor seating area, nestled under a canopy of trees, offers a beautiful, sun-dappled retreat. Guests can relax in stylish, woven outdoor furniture, providing the perfect setting for a leisurely lunch or a cool evening cocktail. The setting is vibrant, offering a pleasant view up the mountain, as noted by numerous satisfied patrons.

Inside, the décor is a study in rustic chic, featuring rough-hewn wooden walls and flooring, complemented by an array of captivating antique furniture. You might find yourself seated at a heavy, polished wooden table, supported by a natural trunk base, surrounded by plush, velvet seating in rich jewel tones like deep forest green and navy blue. These intimate spaces, adorned with tropical plants, create a sense of cozy luxury and style that is rare to find.

Thabile Gadlela "We want the venue itself to tell a story of warmth, comfort, and an appreciation for the raw beauty of our surroundings," said Thabile Gadlela a representative of the restaurant. "Every piece of antique furniture and every design



element is chosen to make our guests feel like they are stepping into a special, timeless space."

The Culinary and Cocktail Canvas

The menu is a testament to the restaurant's dedication to vivid and interactive cuisine, heavily inspired by authentic Italian flavors, with nods to global culinary trends. Dishes are crafted with high-quality, fresh ingredients and presented beautifully, turning every meal into an event.

Take, for instance, the delectable steak plate, a juicy cut of meat, topped with a cascade of crispy, golden-brown onion rings, and served alongside a side of creamy mashed potato swirls and a rich mushroom sauce. Or perhaps a lighter fare, like the stunning salad, featuring a vibrant mix of fresh greens, quinoa, orange slices, and beetroot, perfectly dressed for a refreshing Summer meal.

Behind the culinary brilliance is Chef Xolile Mabuza. When asked about the spirit of the post-pandemic kitchen, Chef Mabuza states, "Every dish we send out is a celebration. It's about more than just food; it's about giving

our guests a memorable moment of joy after a tough few year. We focus on fresh, clean, beautiful ingredients to embody the season's freshness."

And no Spring or Summer experience is complete without a perfectly crafted, icy-cold drink. The cocktail bar, with its rustic charm, is a central feature. Here, the mixology team crafts an array of classic and signature beverages.

Leading the bar is Barman Sibusiso Magongo, who emphasizes the importance of a perfect summer drink. "Our cocktails are designed to be an extension of the sunshine and the vibrant energy of the season. We use fresh, local fruits and creative techniques to deliver a truly refreshing experience. That perfect frozen drink is a burst of cool happiness on a hot day." The bar's dedication is evident, with a glass vase full of fresh lemons hanging as a decorative centerpiece, highlighting the use of natural, bright flavors.

For those with a sweet tooth, the bakery and barista station are a sight to behold, offering handmade in-house specialties like the intricately decorated cupcakes and small cakes displayed under glass cloches.

A Must-Experience Destination

The Velvet Monkey is giving people a reason to reconnect and celebrate life in a beautiful setting. Open Tuesday to Sunday from 11:00 AM to 11:30 PM, this is the perfect venue for a date night, a casual gathering with friends, or a memorable family lunch.

If you are looking for a unique escape this Spring and Summer, where the food is spectacular, the cocktails are invigorating, and the atmosphere is a stunning blend of rustic charm and elegance, make your reservation at The Velvet Monkey. It's the essential experience you've been waiting for.

The Velvet Monkey Restaurant and Cocktail Bar

Location: Roki Centre Dr Stevens Road, Ezulwini, Eswatini | **Contact:** +26876634822

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