

W FEMME T FET F FETALE

ISSUE 2, SEPTEMBER 2024

BACK A BUDDY

WHY WE NEED YOUR HELP

A M A N I

C A R I C A T U R E A R T I S T

TAYLOR LOVING CARE

A Passion for Healing and Wellness

EVENTS IN OUR ECO-SYSTEM

SPRING SPECIALS



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A Heartfelt Thank You and an Invitation to Grow with Us unite!

Dear Femme Fetale Readers,

I am overwhelmed with gratitude as I write this month's editorial, reflecting on the incredible support that has come our way since the launch of the United Chicks Association (UCA). To our amazing members who have already joined us on this journey, thank you! Your belief in our mission to empower female entrepreneurs and small business owners has been nothing short of inspiring. To those who are not yet members but have been tirelessly advocating for UCA's vision—sharing our story, spreading the word, and championing our cause—you are the true force behind our growing momentum. We are incredibly grateful for each and every one of you!

While we celebrate this progress, we know that this is only the beginning. We are excited to announce that our first networking event will be happening this November! It's an opportunity for all of us to connect, learn, and grow together. However, to make this event a reality—and to sustain our momentum—we need to build our membership base.

Why Membership Matters Now More Than Ever

Our vision is big, and our goals are ambitious. We aim to grow our membership by 100% each month for the next six months. Yes, you read that correctly! We have set our sights high because we believe in the power of women coming together to support one another in business and in life. Membership with UCA is more than just a status—it's a commitment to a community that shares your passion for entrepreneurship, your drive for success, and your belief in the transformative power of collaboration.

By becoming a member, you will not only be investing in your growth but also supporting future female entrepreneurs who need a helping hand. Your membership fees enable us to sponsor those who cannot afford the resources and opportunities they need to thrive.

An Invitation to Join Us

If you haven't joined us yet, now is the perfect time. Together, we can build a vibrant, supportive network of women who are driven by ambition and a passion for change. Each new member brings fresh ideas, perspectives, and energy to our community—helping us reach new heights and making a tangible difference in the lives of women entrepreneurs across South Africa.

Let's make this networking event in November a celebration of all that we can achieve together. Let's continue to push boundaries, break barriers, and create opportunities for all.

Thank you once again to every single member, advocate, and supporter out there. We are on an incredible journey, and we want you by our side every step of the way.

With gratitude and excitement for the future

xxx



There are countless women out there – entrepreneurs, small business owners, and women-led companies – striving to showcase their unique talents in this vast world of ours. They compete against well-known, often global, brands and beloved influencers and celebrities with millions of followers, who are opening businesses everywhere.

We all know at least two or three women trying to get their nail or lash business off the ground or those who are successful but still scraping by each month. There are also incredibly talented individuals whose skills surpass even the most high-profile CEOs, yet they don't get a second glance because they lack a matric certificate or a degree. If each of us promotes and supports even one of our connections, imagine the power we could bring to women-owned businesses.

We are currently running a Back-A-Buddy Campaign, with a goal of collecting R25k of donations. Through donations, we can collectively boost another woman's business potential by funding a much-needed course to kickstart her career.

Those individuals and business who give a contribution, will be tagged and thanked not only here, but on social media and our website too! Kindness can transform the world around us. Amazing things happen when people come together! Make a donation to this cause, share it with people you know, and you may ignite the generosity in others. #EveryTenRandCounts

Let's stop imagining and start doing! The power lies within us – donate today!

<https://backabuddy.co.za/campaign/united-chicks-association-uca-educational-sponsorship>



OUR MEMBERS

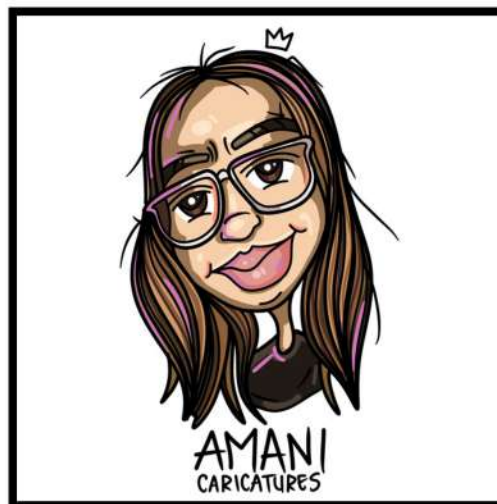




Since branding is a service based business - SA Attitude focuses on personalised customer service and support. They are an owner managed, family business, with a vision is to be your first call for branding expertise, and be your branding advisor and labelling consultant. Their mission is to put the personal touch back in customer service while branding your company and creating logo visibility that you can be proud of. SA Attitude makes it happen for you - just the way you imagined it. And yes, they do have an attitude! #SAAttitude

📞 +27 79 513 2421

📍 Boksburg



Specializing in Caricature Portraits and Caricature Live Events, Soft Palette brings a unique blend of artistry and entertainment to any occasion. Whether you're looking to capture memorable moments with a fun twist or add a lively and creative element to your event, Soft Palette's work is sure to impress. Their talent for turning faces into charming, exaggerated art pieces will leave you and your guests with unforgettable keepsakes. Perfect for corporate functions, weddings, or any gathering where laughter and creativity are welcome.

📷 @amani.caricatures 📍 Pretoria



Experience the natural healing of sports massage and holistic health services for your physical, mental, and spiritual well-being. Let expert care rejuvenate and restore your body and mind.

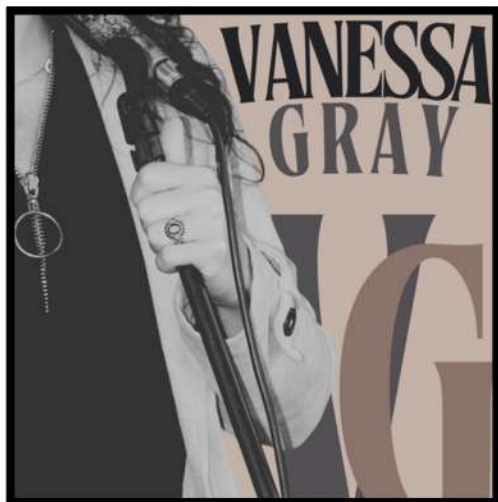
📷 @taylorlovingcare_ 📍 Benoni



At Ozone & Health Hub, we combine the revitalizing benefits of ozone therapy with a range of nutritious wholefood products to promote holistic wellness. Our female-led business is dedicated to helping you achieve optimal health, offering treatments that boost immunity and enhance vitality. Experience the difference with Ozone & Health Hub, where well-being and empowerment go hand in hand.

📞 +27 79 697 4790

📍 Pretoria



Vanessa Gray is a versatile vocalist who brings her musical talent to restaurants, year-end events, birthdays, pubs, private gigs, and weddings. In addition to performing, she offers voice and singing coaching to help others find their unique sound. Whether you're looking for live entertainment or wanting to improve your vocal skills, Vanessa Gray delivers with passion and expertise.

+27 66 055 7677 Tarlton



Margo's Free Range Chickens are known for their commitment to ethical farming and high-quality, free-range chicken. Margo's brings a fresh and wholesome approach to the table. They're dedicated to sustainability and local sourcing, be sure to check them out and taste the difference of truly free-range chicken!

+27 78 177 4682 Tarlton



At Red Feather, we're passionate about elevating your bath experience with our organic, rose-infused bath salts, body scrubs, and bath oils. Each product is crafted with care to provide a luxurious and rejuvenating experience, helping you unwind and pamper yourself naturally. Treat yourself to the soothing and aromatic delights of Red Feather, and transform your bath time into a serene retreat.

+27 66 055 7677 Krugersdorp



At Ag Oklei, we celebrate the quirky charm of handmade clay creations, each piece brimming with personality and delightful wonkiness. Beyond our unique items, we host fun Clay Events and craft custom tags tailored to your needs. Discover the whimsical world of Ag Oklei, where every creation tells a story and brings a smile.

@ag_oklei Boksburg



At GRIT.T, we're all about helping people and small businesses thrive with our mix of life coaching, business consulting, and specialised financial solutions. Our tailored services focus on both personal and professional growth, making sure our clients achieve lasting success and financial stability.

📞 +27 64 559 4330 📍 Boksburg

JOIN US FOR A

#doubletrouble
#clayday

Bring your favorite drink, your creativity, and come make a gnome & your own set of earrings! (snacks will be provided)

DATE

5 OCT 2024

TIME

START FROM 11AM - 5 PM

LOCATION

CASA DA POT
SUNWARDPARK, BOKSBURG



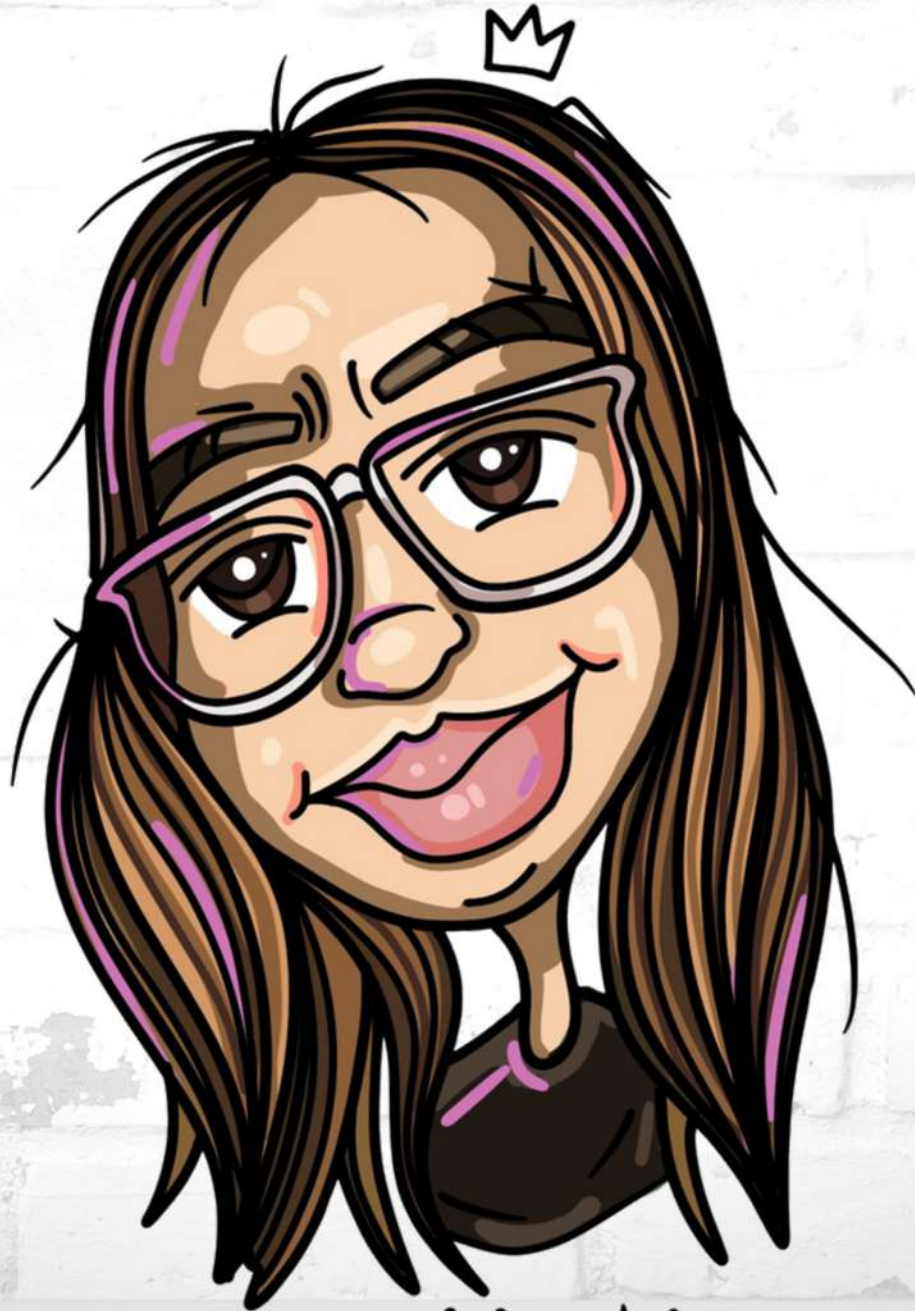
FOR BOOKINGS & MORE INFO

+27 64 559 4330 / @AG_OKLEI

R 350 PP

spaces are limited





AMANI
CARICATURES



CARICATURE ARTISTRY

BY AMANI



Growing up, one thing I consistently enjoyed doing was to draw. I received my first sketch book and pencil set when I was about 8 or 9 years old and honestly never looked back.

My whole world and very identity revolves around being an artist. Everyone I've met in my life knows this about me, and has always pushed me to pursue art as a career.

The hard part came in finding my niche, and for many years I struggled with connecting to a specific medium and subject matter. What did I enjoy creating? How did I want to create?

Looking back now I see how closely connected my journey in life was to my art. When I felt lost, my art was lost too. When I felt good, art felt good too.



I was first approached in 2020 by a client who wanted to propose to his girlfriend, and asked me to draw a caricature of them on the spot and on the paper write “will you marry me.” Spoiler, she said yes. I was only 22 years old at the time and after that friends and family suggested I draw people at markets for extra cash, and without thinking too much about it I gave it a shot.

MY JOURNEY INTO CARICATURE ART

Infact, I started off by drawing people’s pets on the spot, and soon found my way to humans. It was extremely intimidating. People standing infront of you, waiting to see your masterpiece of them. My caricatures were awful in the beginning! But the only way to get better was to keep showing up, having faith in myself that no matter how bad the drawings were, that I would eventually get good.

FROM HUMBLE BEGINNINGS TO FULL-TIME PASSION

Fast forward a couple years and I never in my wildest dreams thought I would be doing this full time. And I truly truly love it.

And although it was a journey just to find my place in the art world, a new chapter has begun as I navigate this new business and hopefully one day take it world wide. I have big goals and plans for my little drawings. I see the way they make people feel, and I just hope these caricatures bring some light and joy into peoples lives every time they see them.



AMANI

DIGITAL CARICATURES AND EVENT ART

I now specialise full time in digital cartoons/caricatures of people, as well as drawing people on the spot at events, weddings and markets. My style is not quite like the traditional caricature style portraits you see out there. I focus mainly on making my drawings somewhat 'cute'. As if you just got a portrait done straight out of a Disney or Pixar film.

I focus on the innocence in people, and try make every artwork as wholesome as possible. This way, I believe, I can bring some of that wholesomeness into people's everyday lives.

I quite literally live and breathe my art. It is a reflection of me, and I am a reflection of it.

And boy I am so grateful every day to have found my 'thing'. My purpose!



KAROOLO & KRAAI

AMANI

VANESSA GRAY

bookings

066 055 7677

LIVE EVENTS | FESTIVALS | FLEA MARKETS | WEDDINGS | BIRTHDAYS | YEAR ENDS
RESTAURANTS | PUBS | VOICE COACH | COMPETITION JUDGE



TAYLOR LOVING CARE
MASSAGE SPECIALIST



A Passion for Healing and Wellness

by Taylor Sked



✉ taylorlovingcare.therapy@gmail.com

☎ +27 65 036 6918

📷 @taylorlovingcare_

📍 Benoni, AH

From a young age, I was always drawn to helping people in ways they often couldn't help themselves. In a world overflowing with information, I noticed a significant gap in how we are taught to care for our physical health. This realisation set me on a path to pursue a career in massage therapy—a field where I could make a tangible difference in people's lives by addressing their physical well-being.

A Journey of Mastery and Passion

After finishing high school, I felt a strong calling to attend Balancing Touch in Centurion, where I earned my massage Specialist qualification. This journey allowed me to explore and master nine different massage therapies. As I delved deeper into the study of massage, I found myself captivated not only by the theoretical aspects but also by the hands-on practice of massage itself. Witnessing the profound benefits of massage therapy firsthand, I quickly understood that this was more than just a career; it was my calling.

Taylor-ing Healing

Massage, I discovered, is a powerful natural detoxifier for the body. It stimulates the lymphatic system, enhancing circulation and accelerating recovery. This understanding fueled my passion even more, leading me to specialize in Remedial Sports massage. I chose this specialty because of the countless individuals who endure pain and discomfort daily—whether due to congenital physical conditions, the demands of labor-intensive work, or the common aches and pains of everyday life.

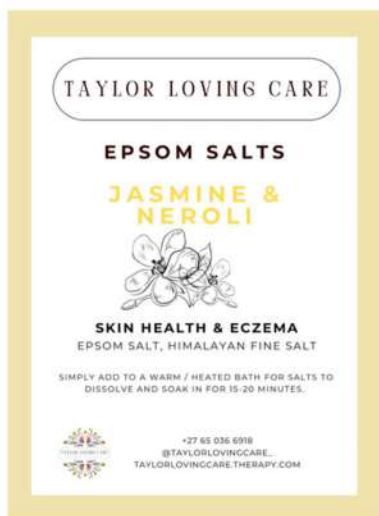




One of the aspects I love most about my work is the challenge of figuring out each client's specific needs. Even though we are all human, each person is unique, and I am committed to providing personalised care that addresses these differences. At Taylor Loving Care, I blend my knowledge, experience, and intuition to tailor treatments that promote healing, recovery, and overall well-being.

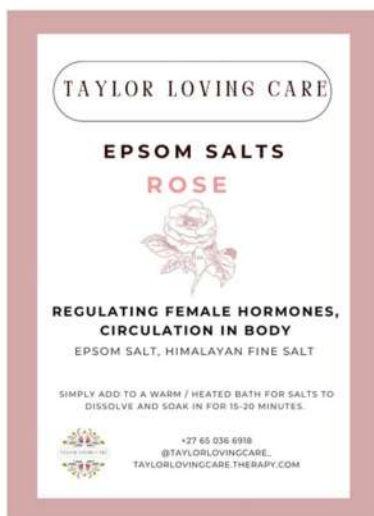
Extending Care Beyond the Massage Table

An essential part of post-recovery involves more than just massage. I also incorporate the use of Epsom salts and Aromatherapy to extend the benefits of treatment into the client's everyday life. Did you know that Epsom salts, primarily composed of magnesium sulfate, have been used for centuries to soothe sore muscles and detoxify the body? When dissolved in warm water, they can help to draw out toxins, reduce inflammation, and even promote better sleep.



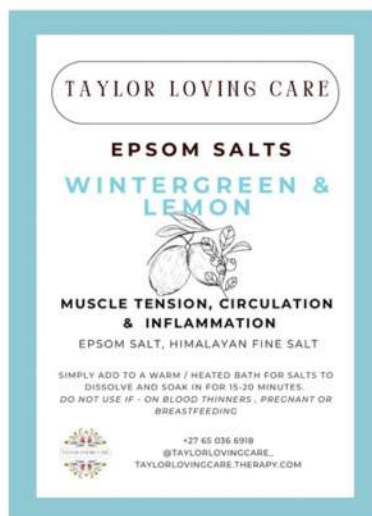
JASMINE & NEROLI

For Skin Health & Eczema



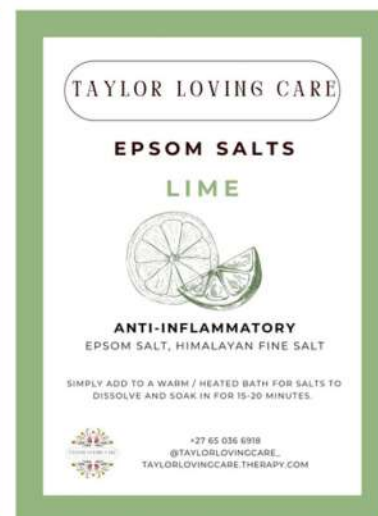
ROSE

For Regulation of female hormones & circulation



WINTERGREEN & LEMON

For Muscle tension, Circulation & Inflammation







LIME

Anti-Inflammatory

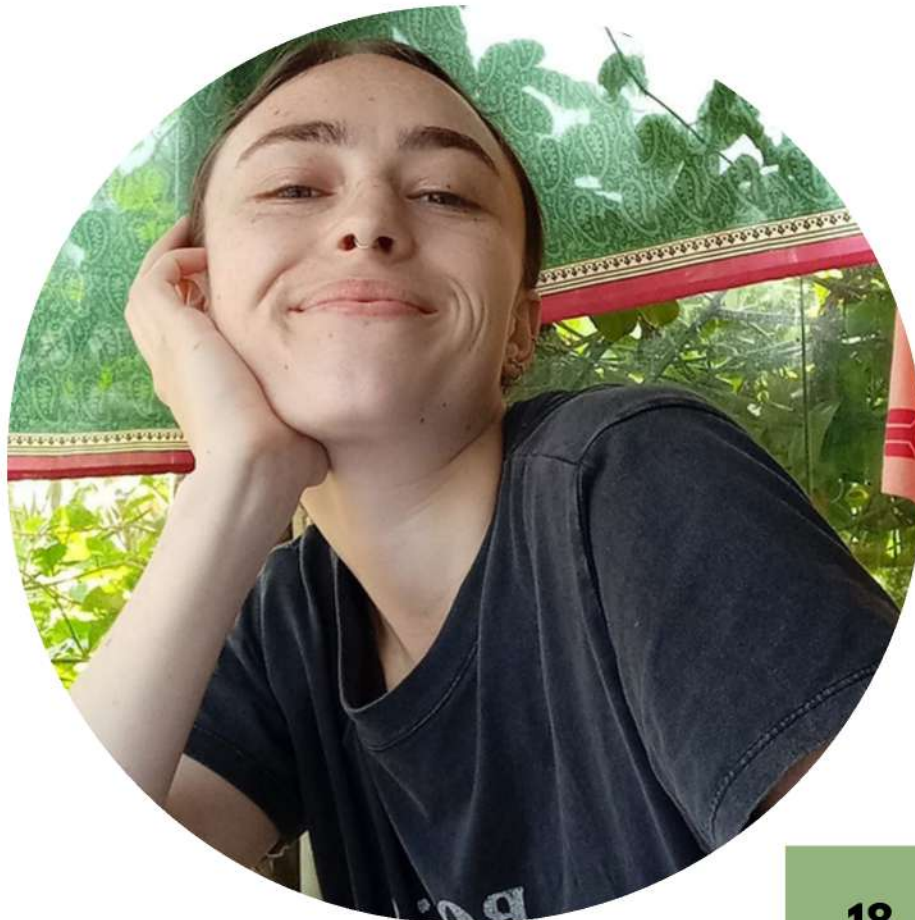


Aromatherapy, on the other hand, is not just about pleasant scents; it's a therapeutic practice with deep roots in ancient healing traditions. Essential oils like lavender and eucalyptus don't just smell good—they can have profound effects on your mood, stress levels, and even your immune system. At Taylor Loving Care, I create personalized Aromatherapy blends tailored to the specific physical and emotional needs of each client. For those needing extra tender loving care, whether due to infections or physical conditions, these custom blends can offer comfort, aid in healing, and enhance overall well-being.

AROMATHERAPY ESSENTIAL OIL BLEND	AROMATHERAPY ESSENTIAL OIL BLEND	AROMATHERAPY ESSENTIAL OIL BLEND	AROMATHERAPY ESSENTIAL OIL BLEND
			
GERANIUM, LIME AND PEPPERMINT	GRAPEFRUIT AND LEMONGRASS	CAMOMILE & YLANG-YLANG	LIME AND PEPPERMINT
With Almond and Grapeseed oil. Geranium, Lime and Peppermint can be used for balancing hormones, regulation of menstruation cycles as well as Balancing hormones during menopausal.	With Almond and Grapeseed oil. Grapefruit & Lemongrass can be used for water retention, detoxing the lymphatic glands, and flushing lactic acid in the body.	With Almond and Grapeseed oil. Chamomile and Ylang Ylang can be used for post nasal drip, congestion and calming of the nervous system.	With Almond and Grapeseed oil. Lime and Peppermint can be used for muscle stiffness, inflammation and tension release

"I believe that with the right guidance and care, we can all learn how to better maintain our physical health. Through Taylor Loving Care, I am dedicated to helping my clients achieve this, empowering them to live healthier, pain-free lives."

Taylor Sked, Taylor Loving Care



HOORAY HOORAY THERE'S GONNA BE ANOTHER

#CLAYDAY

BRING YOUR FAVORITE DRINK, YOUR CREATIVITY, AND COME MAKE YOUR OWN CLAY CREATION! (SNACKS WILL BE PROVIDED)

DATE

2 NOV 2024

TIME

START FROM 11AM - 5 PM

LOCATION

CASA DA POT
SUNWARDPARK, BOKSBURG

R 350 PP

spaces are limited



FOR BOOKINGS & MORE INFO
+27 64 559 4330 / @AG_OKLEI





MEMBER SPECIALS

Relax!

Stress can bring out the worst in us... poor health. Being relaxed during nerve-racking times allows you to:

- slow your heart rate
- lower your blood pressure
- reduce muscle tension
- control your anger or frustration

Handling stress requires composure, a feeling of calmness. But sometimes that feeling is out of reach, so reach for **Composure**, a calming combination of herbs. It's a natural way to relax.



Why Herbs?

Herbs have been used effectively and safely for centuries by those struggling with stress and poor sleeping habits. **Composure** can be taken day or night to alleviate nervous tension and restlessness.



For over 200 years, using **passionflower** has been documented for reducing stress and relieving muscle tension. Both keep you awake at night. Passionflower is just one of the soothing herbs in the Composure formulation.

Composure: A Natural Sleep Aid

The physical and mental benefits of getting enough sleep are restorative, helping in a number of ways that include:

- Stress reduction
- Weight management
- Mood enhancement
- Immune system maintenance



NORMALLY R260
NOW R200
until 30 sep '24

Composure can be taken at any time during the day to help you relax and before bed to get a good night's sleep.

Composure in the Face of Stress

Stress negatively impacts health, often causing headaches, decreased productivity or sleepless nights. The resulting mental pressure affects behavior and feelings, so symptoms need to be managed. Unchecked, stress can lead to any number of serious health issues.

Under Stress	
Behavior	Feelings
Eating too much	Anxious
Displaying anger	Restless
Isolating yourself	Sad
Inactivity	Uninspired
Sleeping too little	Fatigued



The herbs in Composure were carefully selected for their **soothing effects** on mind and body.

100% Natural Stress Reliever

The AIM Composure formula is different in Canada.

The Sleep Cleanse

For centuries, science has known about the digestive and lymphatic systems, both of which help to cleanse the body of waste and toxins. It was not until 2012 that the lymphatic system was identified as the way the brain gets rid of waste. But it mainly works at night while people are sleeping. Cerebral spinal fluid gets pumped through brain tissue, collecting waste and removing it through a series of channels that expand during deep sleep. Knowledge of the lymphatic system is another reason why sufficient sleep is vital to maintaining good health.

www.ncbi.nlm.nih.gov/pubmed/22896675



ZONE
and Health Hub

+27 79 697 4790 Pretoria

The key to weight loss has more to do with your **gut microbiome** than willpower, counting calories, or exercise.

Dr Mandy Pely



WHAT DOES THIS MEAN?

There's a lot of research pointing out to inflammation from the gut greatly affects all aspects of our body including our brain. This can lead to mental health symptoms including whether you're happy, sad, anxious, positive, negative, bitchy, etc.

Dr Carrie Jones

3 THINGS

TO KNOW ABOUT YOUR

Microbiome

THE BALANCE OF GOOD TO BAD BACTERIA IN YOUR GUT CONTROLS HOW MANY OF THE CALORIES YOU EAT ARE CONVERTED TO FAT.

MODERN LIFE IS FULL OF TOXINS THAT HURT YOUR GUT BACTERIA. ANTIBIOTICS, STRESS, AND ENVIRONMENTAL POLLUTANTS (MERCURY, LEAD, POLLUTION, PERFUMES, ETC) DECIMATE GOOD BACTERIA, CREATING AN IMBALANCE OF BAD TO GOOD BACTERIA, LEADING YOU TO STORE FAT IN YOUR BODY.

YOU INHERIT YOUR GUT MICROBIOME FROM YOUR MOTHER AND THE FOUNDATION FOR GUT HEALTH IS LAID IN THE FIRST 3 YEARS OF LIFE. THIS MEANS THAT YOUR WEIGHT MAY NOT BE GENETIC, BUT INSTEAD A RESULT OF THE BACTERIA THAT GOT PASSED DOWN TO YOU.

SIGNS OF AN UNHEALTHY GUT

Do you have any of the following symptoms?

- Food sensitivities
- Thyroid Conditions
- Fatigue
- Anxiety
- Depression
- Joint Pain
- Headaches
- Skin issues like soacea, acne, psoriasis
- Digestive Problems
- Weight gain
-and many more

then try #FloraFood



+27 79 697 4790 Pretoria



TAX SEASON HAS COME...



THE WHAT

- Tax Returns
- Logbooks
- Income Statements
- Home Office Claims
- Commission Expenses
- Audited Financials
- Rental Income

THE WHO

- Commission earners
- Consultants / Freelancers
- All other entities:
 - Small businesses eg. sole proprietors & partnerships;
 - Companies
 - Non-profits
 - Clubs, etc.

STARTING FROM R150*

www.gritt.co.za | tamelyn@gritt.co.za | +27 74 491 2225

NOTABLE EVENTS



SEPTEMBER



Sunday 13:00 – 16:00 pm

Karaoke with Vanessa

📍 Hoewe 53 LJC, Tarlton, 1739

Sep 1st



Kaleidoskoop Night Market

📍 Doxa Deo Kameeldrift

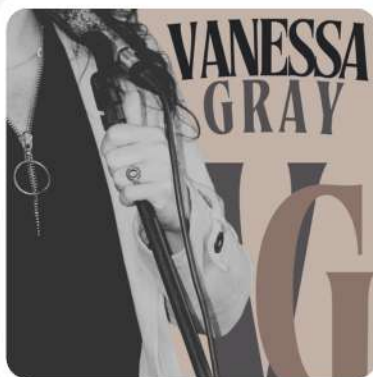
Sep 6th



Hazelfood Market

📍 Pretoria High School Old Boys Club

Sep 7th, 14th, 21st & 28th



Sunday 12:30 – 16:30 pm

Live performance @ Kloofzicht

📍 Kloofzicht Lodge & Spa, Kromdraai Rd, Krugersdorp

Sep 8th



A BIT LATER IN 2024



Double Trouble Clay Day

📍 Sunward Park, Boksburg

Oct 5th

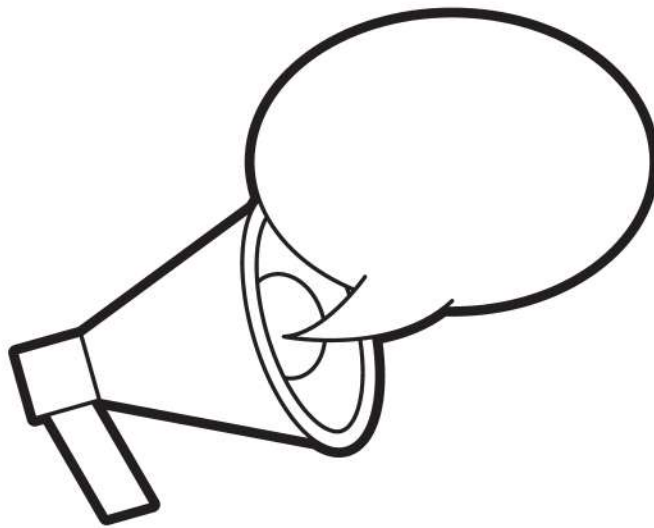


Saturday 11h00 – 17h00

Bottle Creations Clay Day

📍 Sunward Park, Boksburg

Nov 2nd



advertise your business / products in our mag!

Full Spread / Page

R100

“Billboard Style” (like this one)

R75

Half Page

R50

Banner Style

R35

Quarter Page

R25

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