

ATLANTIC SEABOARD & CITY BOWL

SUMMER 2025

WELLNESS IN THE WINELANDS

Find your zen close to home

TREVOR NOAH, UNCUT...

His latest literary (ad)venture

(OUT LOUD)

Why humour is essential to happiness





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BLUE is created on behalf of Seeff Atlantic Seaboard & City Bowl

Since last year I have started a new tradition when my birthday rolls around: a solo trip. It's not because I want to escape my husband and kids, or to run away from my responsibilities. It's about taking a few days to do something just for me, in my favourite tropical place. I'm not mom, wife, daughter, class liaison, writer, or editor -I'm just me. I can have a can of pistachios for dinner if I feel like it, spend the entire day finishing a novel on the beach, or simply enjoy the peacefulness of dining solo. These moments, though fleeting, are incredibly grounding and remind me how important it is to carve out time for ourselves. I realise that this is an absolute luxury too, but you know what, I work hard for it.

As I reflect on the past year, I'm filled with a sense of optimism that always seems to accompany summer. There's something about the warmth and light that invites a natural pause - a chance to take stock and reset. As the silly season approaches it's not always easy to take a break, but allowing ourselves time for rest and relaxation, and focusing on our wellness, should not be an extravagance but rather a priority. It's this philosophy that we hope to convey in this issue.

As you turn these pages, I hope you're inspired to create your own moments of stillness and self-care, whether that means planning a getaway, starting yoga, trying a new recipe, taking a break from the booze, or just enjoying a quiet morning for yourself.



Lynette **EDITOR**

STBB Big Small Firm



ASBESTOS REGULATIONS: AN OVERVIEW OF HOMEOWNERS' RESPONSIBILITIES



JAMES PHILLIPSON Director, Cape Town

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EMAIL JamesP@stbb.co.za Increasingly, legislation adds to the responsibilities of employers to ensure a safe working environment for employees. Some of these measures have spilled over into the realm of residential property transactions.

One example is the requirement that a 'user' of an electrical installation may not allow a change of ownership thereof without providing a certificate of compliance, recording that the installation complies with applicable safety provisions. In a property sale transaction, the 'user' would be the seller of the land on which there is an electrical installation; hence, compliance with certain regulatory provisions is required when there is a change in ownership of property. There are similar provisions relating to premises on which there are gas installations or where an electric fence is installed.

The chief sources of these compliance provisions are the applicable Regulations issued under the Occupational Health and Safety Act 85 of 1993, such as the Electrical Installation Regulations, 2009; the Electrical Machinery Regulations, 2011; and the Pressure Equipment Regulations, 2009.

Likewise, there are Regulations setting out obligations of an employer when employees are exposed to, or required to work with, asbestos. These are contained in the Asbestos Abatement Regulations of 2020, which were amended in 2022 and again in 2024. Insofar as a homeowner employs persons at his or her property on which there is material containing asbestos, compliance with these Regulations is required. An example would be where a person is employed to assist with the removal or cleaning of asbestos roof tiles.

Generally speaking, materials containing asbestos are not considered to pose a health risk if they are maintained in good condition and the materials are not disturbed in any way

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(by processes such as cutting, drilling, high-pressure water cleaning, and the like). The Asbestos Regulations, therefore, provide for different levels of care and precaution to be taken, depending on the type of work to be performed in respect of material containing asbestos.

To what extent does this bear on homeowner? The Asbestos Abatement Regulations stipulate that in instances where a homeowner acts in the capacity of an employer, he or she must ensure that material containing asbestos at the premises is identified by a competent person and detailed in an inventory. The Regulations dictate the elements that must be recorded in this inventory. If the homeowner (employer) is uncertain whether or not material on the premises contains asbestos, then it must either be deemed to contain asbestos, or a sample must be taken and tested. If no asbestos is

identified in these circumstances, a competent person must substantiate the asbestos-free status in writing.

The trigger for a homeowner to take action in terms of these Regulations is therefore when he or she (i) employs a person at premises where (ii) there is (or it is suspected there is) asbestos-containing material. There is, however, no similar provision, as in the case of some of the other Regulations referred to above, to obtain or provide certification to this effect when a property is sold and transferred, unless the parties reach agreement to the contrary.

For assistance, contact James Phillipson at James P@stbb.co.za.



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SUMMER IS HERE...

 \bigvee

elcome back to another edition of BLUE. After a long and rainy winter, the sun is finally making an appearance, and Cape Town's summer is on the

I'll admit, I'm a bit of a sun seeker. I usually try to escape some of Cape Town's winter by chasing warmth elsewhere, but no matter where I go, there's something truly special about summer in the Cape. And in this issue of BLUE we've bottled some of that summer magic for you to enjoy.

Property can be a serious business, but we're excited to have Trevor Noah remind us to keep things light and enjoy a good laugh. After all, we're helping people find homes where they'll create some of their happiest memories, and that's what makes this work so fulfilling.

As a licensee, our focus is on the Atlantic Seaboard and City Bowl - two of the most desirable areas on the continent. But, what makes Cape Town even more incredible is that in just 45 minutes, you can go from the beach to the winelands, which is why we've also highlighted some of our favourite wineland spots for you to explore these holidays (and beyond).

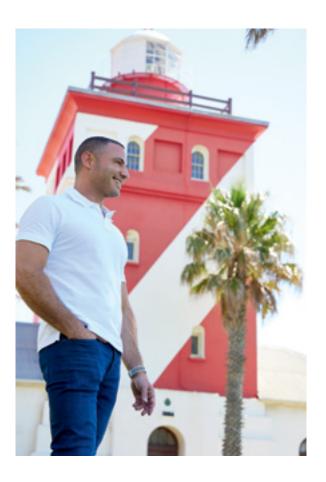
Also, be sure to check out the newly revamped Cape Grace Hotel - one of our best places to unwind. We're a little biased since our office is in a heritage building right at the entrance to the hotel! It's been the perfect spot to meet international buyers who fall in love with Cape Town and want to make it their home.

And, speaking of international buyers, we've seen a real surge in interest lately. What used to be a smaller percentage of sales has now grown to nearly a quarter along the Atlantic Seaboard and in the City Bowl. That's a massive shift!

We're keeping close ties with local hotels and collaborating with our international partners at Hamptons International, John D Wood, and our fellow Seeff teams in Africa, Mauritius, and Dubai to keep up with the demand.

While post-pandemic property sales have been booming, this year has seen a slight drop - around 10% in sales volume. That's why I'm especially proud of my team, who've grown our business by an additional 25% year-on-year despite the challenges, proving once again that we're market leaders.

"On a broader scale, it feels like things are finally looking up..."



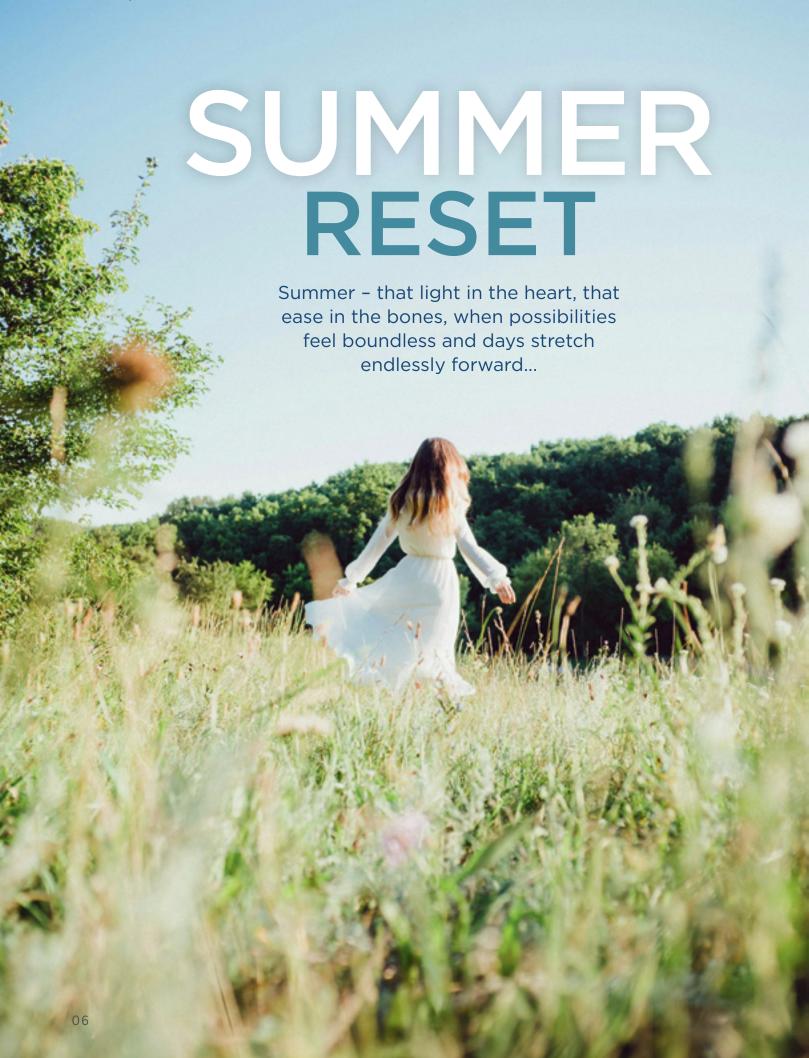
And on a broader scale, it feels like things are finally looking up for South Africa. We're known for our resilience, and it's paying off. Optimism is growing around the Government of National Unity, load shedding is a thing of the past, and we're seeing positive momentum across the country. It's a great time to be here.

So, whether you're braving cold ocean dips in the morning or soaking up the warm summer sun, here's to another amazing season in Cape Town. I'm sure it's going to be a great one!

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Ross Levin

Licensee: Seeff Atlantic Seaboard & City Bowl



h, summer! That time of year when the days stretch longer, the sun blazes hotter, and the air is filled with the scent of sunscreen, braai smoke, and... panic. Yes, panic, because as soon as we hit the final leg of the year, we collectively decide it's time to get our lives together – again. Another 365 days are almost in the bag, and it's like Mother Nature is leaning in with a knowing smile, whispering, "So, what have you achieved this year?"

Let's be honest: we've all danced the New Year's resolution waltz, only to watch those grand ambitions twirl right off the dance floor faster than we can say, "Is it too early for champagne?" But there's something about this season that feels

different. Maybe it's the longer daylight hours, the warmer breezes, or the sight of everything in full bloom. Whatever it is, summer convinces us that this is our chance to finally become those effortlessly zen, fit, and organised individuals we've aspired to be over the past nine months or so.

Cue the end-of-year purge. Suddenly, we're all channeling our inner Marie Kondo (even if she

no longer does). We hold up each possession, dramatically asking, "Does this spark joy?" Spoiler alert: No, those old beach towels with mysterious stains do not spark joy. They spark confusion and a strong urge to declutter. So, we dive headfirst into clearing out wardrobes, chucking mismatched Tupperware lids, and donating those self-help books that haven't seen the light of day since February. For a brief moment, it feels like we're getting somewhere – lighter, freer, and completely convinced that this time, we'll maintain this level of tidiness.

Then there's the inevitable rush of reinvention. Summer bodies, new hobbies, and the idea that now's the perfect moment to attempt that trendy juice cleanse we saw on Instagram. Because nothing says 'fresh start' like guzzling kale and spinach smoothies in the hope they'll work miracles.

We sign up for fitness challenges, buy vision boards, and make ambitious plans to overhaul our routines. It's the season for being 'the best version of ourselves' – until life inevitably interrupts...

The juice cleanse ends with a late-night pizza binge, the yoga mat turns into a nap zone, and the to-do list becomes a place where good intentions go to die.

But here's the thing: even with the inevitable fumbles and fizzled-out goals, there's something wonderfully uplifting about it all. Summer doesn't magically transform us into perfectly balanced humans, but it does give us hope. It's a time for reflection, a reminder that we can hit reset, dust ourselves off, and keep going.

And while we're busy trying to declutter and reinvent, we're also struck by the urge to wrap up any unfinished business.

It's as if summer hands us a giant to-do list: tackle

those unread novels, catch up on those side projects, and maybe even take that spontaneous road trip we've been promising ourselves. There's an urgency in the air, a gentle reminder that time is slipping away, and we're determined to cram in as much as we can before the year draws to a close. It's part FOMO, part optimism, and part sheer determination to tick off

"Summer doesn't magically transform us into perfect humans, but it does give us hope."

those lingering goals.

So, let's embrace the sunny optimism, even if it comes with a side of sweaty afternoons and overly ambitious plans. After all, there's something comforting in the annual tradition of trying to get our lives together before the year ends. And if all else fails, remember: we're all in this steamy, slightly chaotic, end-of-year sprint together (and we can do this again on 1 January 2025).





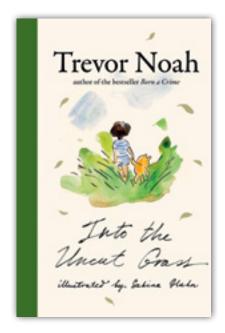
With his unique ability to tackle tough topics like politics, race, and religion through humour, Trevor Noah continues to captivate audiences worldwide, now adding 'children's book author' to his impressive list of talents with the release of *Into the Uncut Grass*

revor Noah's journey to becoming one of the world's most recognisable comedians is nothing short of remarkable, much like his ability to make the complex world we live in seem a little less daunting, one punchline at a time. Born in Soweto, South Africa, in 1984, during the final years of apartheid, Trevor's early life was, to say the least, challenging. His very existence was deemed illegal – his mother, a black South African woman, and his father, a white man from Switzerland, had violated the country's stringent racial segregation laws simply by falling in love. His upbringing provided him with more than just interesting dinner conversation; it became the foundation for his comedy,

which fearlessly tackles subjects like politics, race, religion, and identity.

Trevor started his comedy career modestly – think more back-alley clubs and fewer roaring stadiums – yet his ability to connect with people of all backgrounds was evident from the start. His first brush with mainstream success came when he became the first South African comedian to appear on *The Tonight Show* with Jay Leno in 2012. Fast forward a few years (and plenty of hard work), and Trevor was chosen to succeed Jon Stewart as the host of *The Daily Show*, America's sharpest satirical news programme. Cue international stardom.

What makes Trevor so captivating on stage, however, aside from that undeniable charisma, is his ability to talk about the world's most sensitive topics without alienating his audience. Whether he's diving into the ridiculousness of politics or unpacking the complicated layers of racism, Trevor somehow makes it all feel accessible – and let's not forget, funny. "Comedy is a tool I use to process pain," Trevor once said. "It's the reason why I survive." This delicate balance of humour and heartbreak has become his signature, and it's a skill few comedians can claim to master. From his Netflix specials to his sold-out tours, his stand-up comedy is a testament to the fact that laughter can be found even in life's most uncomfortable corners.



INTO THE UNCUT GRASS BY TREVOR NOAH (PAN MACMILLAN), R409

But it doesn't stop there. Trevor has taken his ability to connect with audiences from the stage and the small screen to the pages of his books. Following the enormous success of his debut memoir, Born a Crime, Trevor has just released his second book, Into the Uncut Grass. In this deeply personal and reflective piece, he dives into his life's continuing evolution post-Daily Show, with poignant yet humorous explorations of identity, resilience, and navigating adulthood in a world that's as unpredictable as his punchlines. "My journey has always been about finding where I belong," he writes, "but maybe the truth is, I belong nowhere and everywhere at the same time." True to his form, the book doesn't just make you think – it makes you laugh, often when you least expect it.

"You know what I love about Cape Town? Everyone tells you, 'You have to go to this restaurant, it's the best in the world!' But they say that about every restaurant. I don't think anyone in Cape Town has eaten outside of Cape Town."



While Noah has become a jet-setting international celebrity, his love for South Africa remains palpable in both his work and his words.

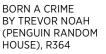
In a twist that makes the South African comedian a national treasure (and not just to his mom, who remains a central figure in his life and comedy), Trevor has also become an ambassador for his homeland. Most notably, Trevor teamed up with the South African Tourism Board for a global campaign, reminding the world that the country is more than its complicated past. "Cape Town is a magical place," he has said, while acknowledging the often-wild duality of its residents. "You know you're in Cape Town when the wind blows so hard that it has an attitude. It's like the wind is judging you – 'Don't wear that today." It's classic Trevor: poking fun while expressing a genuine love for the city he grew up in, even if he insists that Capetonians are prone to exaggerating everything. "You know what I love about Cape Town? Everyone tells you, 'You have to go to this restaurant, it's the best in the world!' But they say that about every restaurant. I don't think anyone in Cape Town has eaten outside of Cape Town."

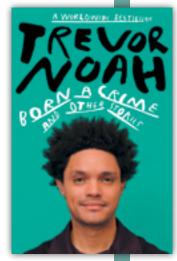
While he has become a jet-setting international celebrity, his love for South Africa remains palpable in both his work and his words. He often references his homeland with a sense of pride, whether he's cracking jokes about our differences or advocating for the beauty of the country and its people. In one particularly heartwarming moment, Trevor reflected on how his career has taken him around the globe, yet nowhere quite compares to the energy and spirit of home. "South Africa is a beautiful place filled with complex people and a difficult history," he says, "but there's no other country like it. It's the land that made me who I am, and that's something I'll always carry with me."

Trevor Noah's brilliance lies not only in his wit but in his ability to be a mirror, showing us the absurdities of our world while reminding us that it's all survivable – especially if you can laugh about it. As his star continues to rise, it's clear that he's far from finished writing his story. Whether through comedy, books, or being an ambassador for his country, he continues to prove that laughter is a universal language – and he's its fluent, fast-talking, hilariously insightful master.

THINGS YOU MAY NOT KNOW ABOUT TREVOR...

- Multilingual Master Trevor speaks over six languages fluently, including English, Zulu, Xhosa, Tswana, and Afrikaans.
- First African Host He was the first African comedian to host the Grammy Awards, doing so multiple times.
- Early Bird Trevor started in television at just 18, starring in South African soap opera, *Isidingo*.
- **DJ Dreams** Before fully committing to comedy, Trevor also tried his hand at being a DJ under the name DJ Trevor.
- True Nomad Despite his international fame, Trevor has no permanent home and is constantly on the move for work, often joking that he "lives in a suitcase."
 - Award-winning
 Author Trevor's
 Born a Crime has
 been translated into
 more than a dozen
 languages and was
 named one of
 The New York Times'
 "Notable Books of
 the Year" when it
 was released.







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nown for producing more than just world-class wines, the Western Cape winelands are also home to many extraordinary destinations where wellness takes centre stage – two standouts being Babylonstoren and Santé Wellness Retreat... These are the kind of places where you slow down, reconnect, and restore your inner balance.

THE MARRIAGE OF NATURE AND WELLNESS

In a world that increasingly demands more of our time and energy, finding the space to unwind and recharge has become an essential part of maintaining our well-being. Babylonstoren and Santé Wellness Retreat embody this ethos by offering immersive wellness experiences that cater to both physical and mental health. Here, wellness isn't an afterthought but a way of life, deeply woven into the fabric of each destination's identity.







BABYLONSTOREN: ROOTED IN NATURE, ELEVATED BY WELLNESS

One of the most iconic properties in the Cape Winelands, Babylonstoren blends history, horticulture, and modern wellness with effortless elegance. The farm, which dates back to 1692, has been lovingly restored to become a modernday sanctuary, where the natural surroundings take centre stage. The ethos of Babylonstoren is one of simplicity and balance, with every aspect of the farm – from the sprawling gardens to its farm-to-fork dining – designed to bring guests closer to nature.

At its heart, Babylonstoren's wellness experience revolves around their Babel Spa, a space where the restorative power of nature is fully embraced. Surrounded by lush

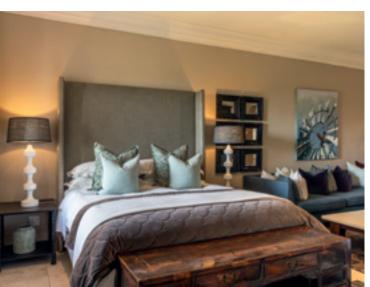
gardens, guests can indulge in a variety of treatments that incorporate ingredients grown on the farm. From bespoke massages to soothing hydrotherapy sessions, the spa offers a holistic approach to relaxation, with the tranquil setting elevating the experience. Guests can also enjoy a Turkish hammam or unwind in the heated vitality pool, all while taking in the serene landscape.

For those seeking a more active approach to wellness, Babylonstoren encourages movement with activities like yoga and guided garden walks. The ethos here is not only about pampering but also about cultivating an active connection to the earth, inviting guests to slow down and savour the moment.









SANTÉ WELLNESS RETREAT: PRECISION WELLNESS IN A TRANQUIL SETTING

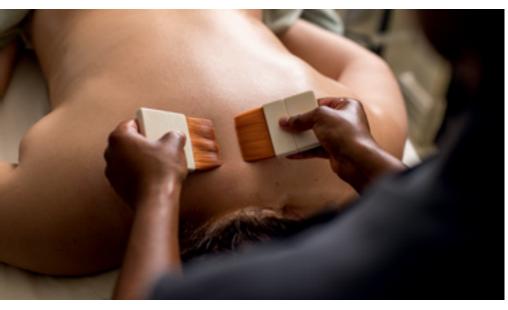
Located just a short drive from Babylonstoren, Santé Wellness Retreat & Spa offers a more clinical approach to wellness, focusing on both preventative care and long-term health solutions. Santé is known for its holistic and integrated treatments that go beyond typical spa offerings, blending medical wellness with a luxurious retreat experience. Their philosophy centres on precision wellness, tailoring treatments to the unique needs of each individual.

At Santé, wellness takes on a multidimensional approach, addressing physical, emotional, and mental well-being. The state-of-the-art Santé Spa provides everything from detoxifying body therapies to advanced aesthetic treatments. Their hydrotherapy circuit, which includes a sauna, steam room, and flotation pool, encourages guests to detoxify and restore balance. Health-conscious travellers can also participate in personal fitness programs, guided by wellness specialists, ensuring that each experience is not only relaxing but also transformative.

A standout feature of Santé is their Wellness Centre, where guests can take advantage of specialized programs that focus on weight loss, anti-aging, and stress management. Each program is supported by cutting-edge technology and an expert team, which includes doctors, dietitians, and fitness specialists. This precision approach, combined with the tranquil setting, makes Santé an ideal destination for those seeking more than just a typical spa day – it's a place for true rejuvenation.







A HOLISTIC ESCAPE IN THE WINELANDS

Both Babylonstoren and Santé Wellness Retreat provide more than a temporary escape – they offer a deeper, more meaningful approach to wellness. Each property invites guests to connect with their surroundings and themselves in a way that feels both natural and luxurious. In the tranquillity of the Winelands, where the pace of life slows, these wellness sanctuaries remind us of the importance of balance, self-care, and, ultimately, taking the time to rejuvenate.

Whether you are seeking the simplicity and grounded energy of Babylonstoren or the precision-driven wellness of Santé, the Winelands offer an unparalleled destination for restoration and renewal.

Santé is known for its holistic and integrated treatments that go beyond typical spa offerings, blending medical wellness with a luxurious retreat experience.







THE ART OF CONFIDENCE

We chat to Dr Nerina Wilkinson about her practice's holistic approach to aesthetic transformation – and how beauty is more than skin deep

ocated in the iconic V&A Waterfront, Dr Nerina
Wilkinson + Associates' renowned practice
offers more than just cosmetic procedures. It is a
sanctuary where artistry meets science to help
individuals become the best versions of themselves.
Dr Nerina Wilkinson, a pioneer in the field of plastic surgery and
medical aesthetics, leads her practice with a unique philosophy:
enhancing natural beauty to boost confidence and well-being.

Her passion for blending artistry and science began early in life; fascinated by the human body and the transformative power of art, she found her calling in plastic surgery and medical aesthetics. "The ability to help someone feel more confident and comfortable in their skin is incredibly rewarding," she shares. This drive to positively impact others' lives has shaped her career and her practice's holistic approach. With over 20 years of experience, she has also witnessed significant advancements in facial aesthetics. "Minimally invasive procedures, improved dermal fillers, and regenerative medicine like PRP (Platelet-Rich Plasma) and stem cell therapy have revolutionised the field," she notes. "These advancements allow us to offer more effective, customised, and less invasive options for achieving aesthetic goals."

Her practice stands out for many reasons: not least for its holistic approach to health and beauty. "Holistic rejuvenation involves addressing not only the physical aspects of aging but also

IMAGES: SUPPLIEL

the overall well-being of the patient. This means incorporating skincare, nutrition, lifestyle changes, and non-invasive treatments into the plan," she explains. "By integrating multiple modalities, we can address the underlying causes of aging and create a more youthful appearance that looks natural and harmonious."

Another drawcard of the practice is its all-female team, which for many significantly enhances the patient care experience. With a unique blend of empathy, understanding, and professional expertise, the team fosters a warm, welcoming environment where patients feel supported and valued. "Our team's collaborative approach ensures well-rounded care and empowers patients to take charge of their health and beauty with confidence," Dr Wilkinson highlights. This is evident through every interaction, as well as in the ambiance; located in one of Cape Town's most iconic areas, the clinic offers breathtaking views and a serene environment. The luxurious setting, designed with comfort and sophistication in mind, helps alleviate pre-procedure anxiety and ensures patients feel pampered throughout their journey - here it feels more like going to the spa than clinical. "Our goal has always been to create an unparalleled experience where exceptional medical care meets ultimate luxury - and I'm pretty confident that we have achieved that," she continues.

"It is a luxurious space where art meets science."

The impact of Dr Wilkinson and her team's work extends beyond physical transformation though. Patients often experience profound boosts in confidence and self-esteem, for instance, Dr Wilkinson recounts a patient who struggled with acne scars; after being treated at the clinic she saw a dramatic improvement in her skin texture after undergoing CO2 laser resurfacing and PRP therapy, and had a whole new lease on life, facing each day with confidence. Similarly, another patient, a mother of two, felt that she had regained her self-assurance and femininity after breast augmentation. These stories highlight the powerful emotional benefits of aesthetic treatments.

For those considering their first aesthetic treatment, Dr Wilkinson advises thorough research and choosing a qualified, experienced practitioner. "Always start with an indepth consultation to understand the procedure, set realistic expectations, and consider a holistic approach to complement the treatment," she recommends. Starting with less invasive options and following aftercare instructions are also crucial for optimal results.

At Dr Nerina Wilkinson + Associates, the journey to aesthetic transformation is about more than just looking good. It's about feeling good and becoming the best version of yourself. Through a blend of artistry, science, and holistic medical care, Dr Wilkinson and her team empower patients to embrace their natural beauty and boost their confidence, proving that when you look good, you truly do feel good.

QUICK-FIRE QUESTIONS WITH DR WILKINSON

How easy is it to achieve the 'natural' look?

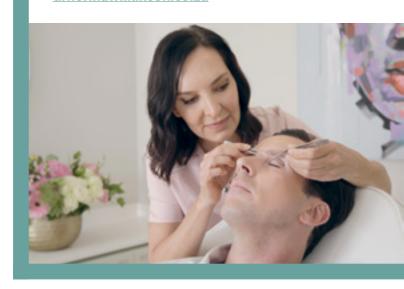
Balancing noticeable results with a natural appearance requires a keen understanding of facial anatomy and aesthetic harmony. Our meticulous approach includes detailed consultations, comprehensive assessments, and the use of advanced techniques and technologies. Our goal is always to help our patients look like the best version of themselves – refreshed, rejuvenated, and naturally beautiful.

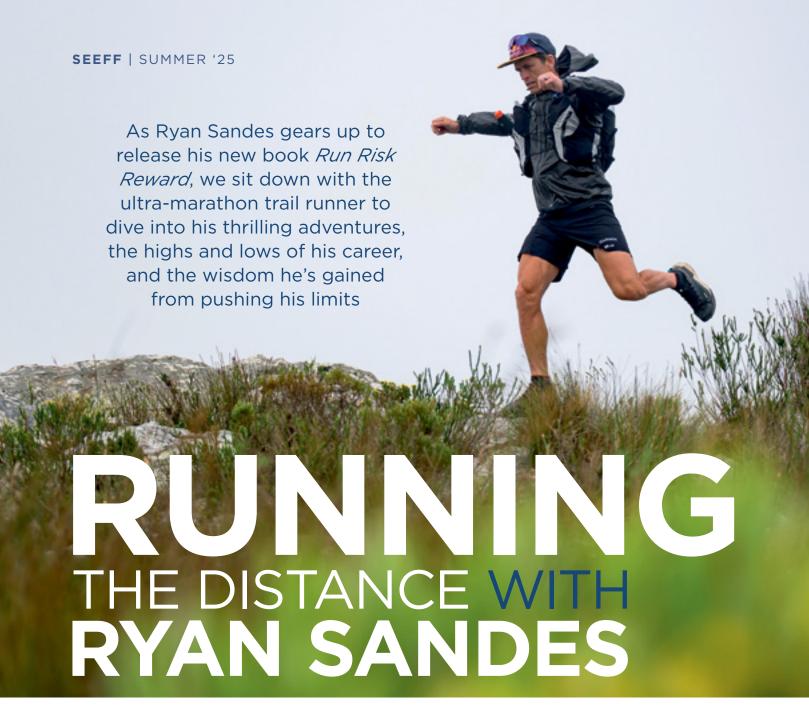
What is innovative about your clinic?

Innovation is a cornerstone of our practice. We have state-of-the-art medical devices and treatment modalities such as CO2 and Erbium resurfacing lasers, radiofrequency treatments, and regenerative medicine that uses your own stem cells to achieve exceptional results. Signature procedures like the EYELight 360™ and TriDerma Bespoke™ combine multiple advanced technologies for comprehensive and personalised treatments.

What are the trends that you are seeing currently?

A notable trend in the industry is the shift towards regenerative aesthetics. I like to emphasise that modern beauty treatments focus more on meaningful rejuvenation than surface-level changes. Techniques that stimulate new collagen formation and reverse tissue degeneration are becoming increasingly popular. It's about a deeper connection with one's own body using its innate capabilities to restore and renew. drnerinawilkinson.co.za





yan Sandes, an iconic figure in the world of ultra-marathon trail running, is no stranger to pushing the boundaries of human endurance. With his new book, Run Risk Reward on the horizon, Ryan shares insights into his journey, from winning prestigious races to navigating personal challenges and the joy of balancing family life with his adventurous spirit.

Tell us about your new book and what it focuses on

Run Risk Reward picks up where my last book left off, covering significant milestones like becoming a dad, winning the Western States 100 Mile in 2017, and my various adventures with Renault, such as running the Great Himalaya Trail. It also touches on more controversial moments, like my arrest during a project on the Skeleton Coast due to seal clubbing. The book delves into balancing life, future plans, and my perspective on trail running as a lifestyle rather than just a sport. It's about growth, learning, and giving back, like through the 13 Peaks challenge in Cape Town.

What was the process like putting the book together?

Working on the book with Steve Smith again was both challenging and rewarding. We conducted about 12-14 interviews to flesh out the stories. Steve did an incredible job translating my ramblings into coherent chapters, capturing my tone perfectly. The process involved a lot of back-and-forth with the publisher and choosing the right photos, but it was a cathartic experience, helping me file the chapters of my career and see everything in order.

How does it feel to recount all the memories and great adventures that the sport has taken you on?

Recounting these experiences is quite cleansing. Trail running has taken me on a life-changing journey, from life-and-death situations in the Himalayas to the brutal conditions in Lesotho. Reliving the Western States win with my family

"There's no place like Cape Town. I love being on Table Mountain with the ocean view!"

there was particularly special. These memories, both tough and joyful, are incredibly therapeutic to revisit.

How do you deal with life on the road, and how often can your family accompany you?

I've been racing less in the past couple of years, but long trips, like the seven weeks for the Great Himalaya Trail, were hard without my family. Early on, my wife Vanessa and my son Max travelled with me a lot, creating some of our best memories together. While they travel less now, we still make time for special trips, like our recent one to Spain. Despite the challenges, having them with me makes the journey worthwhile.

What do you feel is your greatest sporting achievement to date?

Winning the Four Desert Series and the Western States in 2017 are big highlights, but a personal favourite is a small 4K race I won with my rescue dog, Tansy T-dog in Somerset West. Seeing her joy at the finish line is a memory I'll cherish forever. Running across the Himalayas and setting a fastest known time with Rainer Christel is another proud achievement.

What advice would you give to those who want to follow in your footsteps?

Set yourself a goal and break it down into mini-goals to stay motivated.

Trail running can be tough, so be kind to yourself and enjoy the process.

Focus on your surroundings and the experience rather than just the outcome.

Embrace walking or power hiking when needed and remember that practice makes perfect.

How do you continue to push your limits and stay motivated?

I thrive on new challenges. Starting with multi-day races, then 100Ks,

and now looking towards 200-milers, each challenge keeps me evolving. Trail running is humbling, often forcing me to grow through setbacks. It's more than just a sport; it's a lifestyle that keeps me inspired and learning every day.

Any funny moments to share?

One memorable moment was during the Jungle Marathon in 2009 when a fellow runner, who was doing well, suddenly dropped out due to severe chafing. It turned out he was a male stripper and couldn't risk any damage to his "bits" before his next show. Another time, during the Valderan by UTMB, we encountered a baby bear in a tree, with its not-so-happy mother below – definitely an unexpected race moment!

What is something many people don't know about you?

I'm quite introverted, which might surprise people given my public persona. In my downtime, I love spending time outdoors, surfing, or just chilling with my family, watching Netflix, or exploring Cape Town. Post-COVID, I've focused more on local travel, appreciating the beauty of South Africa and the Western Cape.

What is your favourite thing about coming home to Cape Town?

There's no place like Cape Town. I love being on Table Mountain with the ocean view – it's the best of both worlds. The simplicity of life here, from hanging out at the farm village in Noordhoek to playing on the beach with my family, is something I deeply cherish and miss when traveling.

What words do you live by?

Live every day as if it were your last. I'd rather try something and fail than regret not having tried at all. Life is about taking chances and living to the fullest.

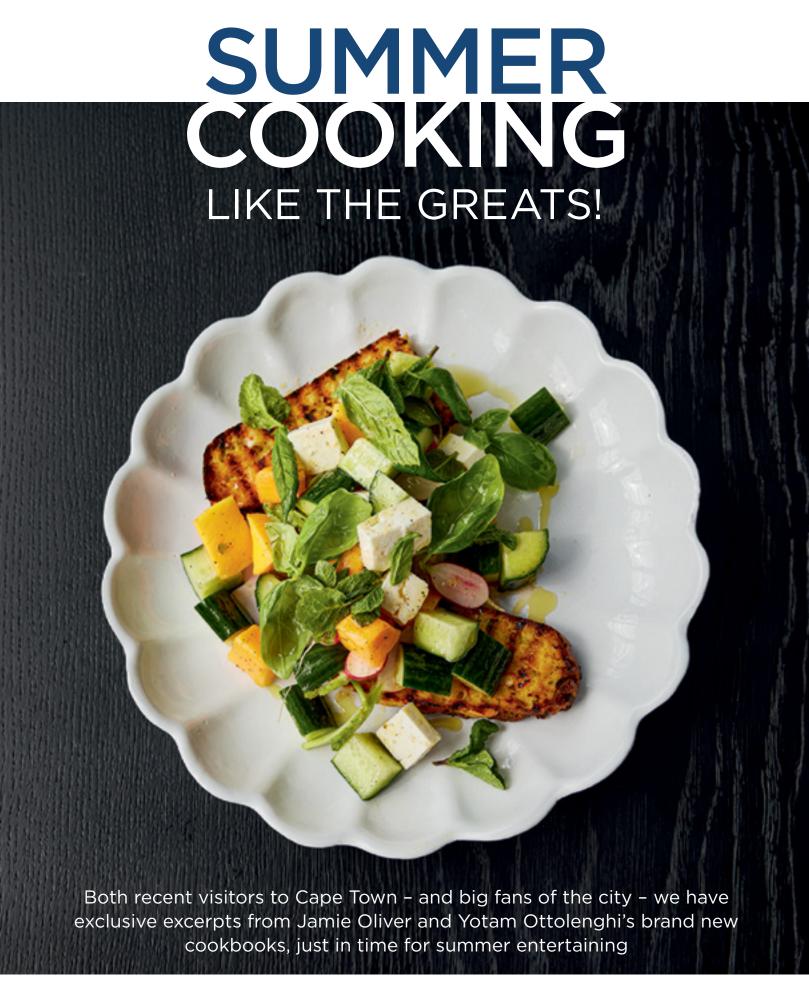


What's next for you?

I'm keen to focus on my book launch now and next year I'm eyeing a 200-mile race, possibly the Cocodona 250 or Tour de Géance... we'll have to see!



RUN RISK REWARD (PENGUIN RANDOM HOUSE), R320



y EASIEST CORNBREAD

This chuck-it-all-in method, where you can bake and serve in the pan, means less fuss but big flavour.

SERVES 12+ PREP 11 MINUTES | COOK 30 MINUTES

- 1 x 325g tin of sweetcorn
- 1 x 215g jar of sliced jalapeños
- 1 x 300g tub of cottage cheese
- 100ml semi-skimmed milk
- 300g cornmeal
- 300g self-raising flour
- 1 heaped teaspoon baking powder
- 4 large free-range eggs
- 1 bunch of spring onions
- 100g Cheddar cheese
- olive oil

1. Preheat the oven to 200°C/400°F/gas 6. Tip the sweetcorn and jalapeños (with the juice from both) into a large bowl with the cottage cheese, milk, cornmeal, flour and baking powder, then crack in the eggs. 2. Trim, finely slice and add the spring onions, chop and add most of the Cheddar, along with 6 tablespoons of olive oil, then season well with sea salt and black pepper and give it all a good mix together. 3. Transfer the mixture into a 30cm nonstick ovenproof frying pan, spread it out evenly and smooth the top, crumble over the remaining Cheddar, drizzle with a little more oil, then bake for 30 minutes, or until risen and golden.

4. Enjoy it warm, fresh from the oven, or cool, wrap and store in the fridge for up to 3 days, ready for future meals.

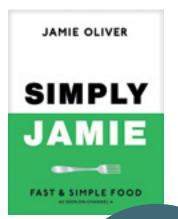
USE IT IN:

← MANGO & FETA CORNBREAD SALAD

TOTAL TIME: 5 MINUTES

Char thin slices of cornbread in a hot griddle pan until bar-marked, while you chop cucumber, radishes, ripe mango and feta cheese into similar-sized chunks, and dress with lime juice, extra virgin olive oil and a little sea salt and black pepper. Tear over the charred cornbread, add fresh mint and basil leaves, toss well, and serve.

SIMPLY JAMIE BY JAMIE OLIVER (PENGUIN RANDOM HOUSE), R610







SEEFF | SUMMER '25



OTTOLENGHI COMFORT BY YOTAM OTTOLENGHI (PENGUIN RANDOM HOUSE), R810

A signed copy of *Comfort!* Send an email to <u>clientcare</u>. asb@seeff.com and let us know your favourite Ottolenghi recipe by 31 December 2024.





→ GREEN TEANOODLES

SERVES 4

- 25g dried wakame seaweed (or a pack of sea vegetable salad)
- 200g green tea (or soba) noodles
- 2 tsp sesame oil
- 1 ripe avocado, peeled and sliced
- 3 spring onions, thinly sliced (45g)
- 10g basil leaves
- 1 tbsp sesame seeds (a mix of black and white looks great), toasted
- Sake-pickled radishes
- 80g radishes, thinly sliced
- 2 tbsp rice (or white) wine vinegar
- 1 tbsp caster sugar
- 2 tsp sake (or Shaoxing) wine
- salt
- LEMON SOY DRESSING
- 50ml lemon juice

- 50ml rice (or white) wine vinegar
- 75ml light soy sauce
- 2 tbsp mirin
- 15g ginger, peeled and finely grated
- 1 garlic clove, crushed
- 1. Pickle the radishes up to 2 days (or at least 30 minutes) ahead of eating. Place them in a medium bowl and add ³/₄ teaspoon of salt. Using your hands, gently massage for a minute or two, then add the remaining pickle ingredients. Transfer to a small bowl or jar and keep in the fridge until ready to use. Rehydrate the seaweed: this takes 30 minutes in cold water (which is the best option) or 10 minutes in hot water. Once rehydrated, drain and roughly tear any very large pieces and set aside in the fridge.
- **2.** Place all the ingredients for the lemon soy dressing in a

- large screw-top jar and shake to combine. Keep in the fridge until ready to use.
- **3.** Bring a large pot of water to the boil. Add the noodles, stir, then cook for 3 minutes. Add enough cold water to stop the boiling process and continue to cook for another 2 minutes. Drain in a sieve and rinse under cold running water. Drain well again, then transfer to a large bowl and add the sesame oil, mixing it through with your hands. Cover and keep in the fridge until cold.
- **4.** When ready to serve, use your hands to loosen and separate the noodles and add all the dressing, the drained radishes, wakame, avocado, spring onions and basil. Toss gently to mix through, then transfer to a rimmed serving platter or shallow bowl. Scatter over the toasted sesame seeds and serve.

⇒PUTTANESCA- STYLE SALMON BAKE

SERVES 4

- 200g fine green beans, trimmed
- 6 spring onions, cut widthways into thirds (75g)
- 200g mixed cherry tomatoes, halved
- 6 skin-on salmon fillets (about 720g)
- salt and black pepper TOMATO ANCHOVY OIL
- 85ml olive oil
- 8 anchovies, finely chopped (25g)
- 2½ tbsp tomato paste
- 1 tsp chilli flakes
- 2 tsp coriander seeds, lightly
- bashed in a mortar
- 8 garlic cloves, very thinly sliced
- 2 preserved lemons, flesh and pips discarded, skin finely chopped (20g)
- 2 tsp maple syrup SALSA
- 60g pitted Kalamata olives, halved
- 60g capers, roughly chopped
- 1 preserved lemon, flesh and pips discarded, skin thinly sliced (10g)
- 10g basil leaves, roughly chopped
- 10g parsley leaves, roughly chopped
- 2 tbsp olive oil
- 2 tsp lemon juice
- 1. If you make the tomato anchovy oil a day ahead here, you can then delight in the fact that a midweek supper can be on the table within 20 minutes. The fuss-free cooking method all hail the traybake! plus the dialled-up flavours all hail puttanesca! makes such a winning combination.
- 2. First make the tomato anchovy oil. Put the oil, anchovies and tomato paste into a small sauté pan and place on a medium heat. Once the mixture starts to simmer, cook for 5 minutes, stirring from time to time. Add the chilli flakes and coriander seeds and cook for

another minute, until fragrant. Remove from the heat and add the garlic, preserved lemon and maple syrup. Stir to combine, then set aside to cool.

- **3.** Preheat the oven to 220°C fan.
- **4.** Place the beans, spring onions and tomatoes on a large, parchment-lined baking tray. Drizzle over 3 tablespoons of the tomato anchovy oil, along with ¼ teaspoon of salt and a good grind of pepper. Toss to combine and place in the oven for 12–13 minutes, until the beans and tomatoes are starting to soften and taking on a little colour. Meanwhile, arrange the salmon fillets on a
- plate and, using a spoon, drizzle the remaining tomato anchovy oil (as well as all the solids) evenly over the fillets. Once the beans and tomatoes have had their time in the oven, nestle the salmon fillets among them and bake for a further 8 minutes. Set aside for 5 minutes, out of the oven, to rest.
- **5.** While the salmon is baking, mix all the ingredients for the salsa in a small bowl and season with a good grind of pepper. Spoon half the salsa over the salmon and serve the fish warm (or at room temperature, which works just as well), with the rest of the salsa in a bowl on the side.





↑ VERENA'S POTATO SALAD

SERVES 4

- 500g Pink Fir or Charlotte (or other waxy) potatoes
- 75ml olive oil
- 1 small onion, finely chopped (125g)
- 1 garlic clove, crushed
- 175ml chicken stock
- 2 tsp Dijon mustard

- 2 tbsp apple cider vinegar
- ½ tsp black peppercorns, coarsely crushed in a pestle and mortar
- 15g chives: 10g finely chopped and 5g cut into 1½cm lengths
- 75g pack of diced smoked pancetta
- 1 tsp paprika
- ¼ cucumber, sliced lengthways, deseeded and cut into ½cm dice (100g)
- salt

- 1. Put the potatoes into a medium saucepan, for which you have a lid. Add just enough water to cover, salt generously and place on a medium-high heat. Bring to the boil, then reduce the heat to medium-low and cook, covered, for 20–25 minutes, until just tender. Drain and, once cool enough to handle, remove the skins from the potatoes and slice into ½cm-thick rounds. Set aside in a medium bowl.
- 2. Put 2 tablespoons of the oil into a medium sauté pan and place on a medium heat. Add the onion and cook for 12-15 minutes, stirring regularly, until caramelised. Add the garlic and stock, bring to a simmer, then remove from the heat. Add the mustard, vinegar, 11/4 teaspoons of salt, the pepper and another 2 tablespoons of oil. Whisk to combine, then pour the mixture over the potatoes. Mix gently but thoroughly: it will look wet (and some of the potatoes will break up), but this is normal. Set aside for about 2 hours, for the potatoes to soak up about half the broth, and then stir in the finely chopped chives.
- 3. Meanwhile, wipe clean the sauté pan and place on a medium-high heat. Add the pancetta, reduce the heat to medium-low and cook for 10-12 minutes, stirring occasionally, until the pancetta is crispy. Using a slotted spoon, transfer to a plate lined with kitchen paper leave about 1 tablespoon of the fat in the pan and set aside. Once cool, finely chop the pancetta into crumbs.
- 4. Add the remaining tablespoon of oil to the fat in the pan, along with the paprika. Stir for 30 seconds or so, until fragrant, then remove from the heat.
 5. When ready to serve, fold the cucumber into the potato salad and transfer to a serving plate. Scatter over the pancetta crumbs, along with the cut chives. Spoon over the paprika

oil and serve. S



CLUB SOBER

The sober-curious movement has gone mainstream with more people opting to go teetotal or consciously cutting back the booze

he sober-curious movement is a cultural shift where people opt to reduce or completely eliminate alcohol from their lives, even if they don't identify as having a problem with it.

With increased awareness of mental and physical health, a growing number of people are questioning the role alcohol plays in their lives. Social media, wellness trends, and public health conversations have fuelled this trend, normalising sober living and making it more mainstream.

Alongside this movement, people are reevaluating social norms around drinking - many are looking for healthier ways to connect with others and participate in social activities without alcohol. This shift has opened the door for platforms like Best Life, which promote sobriety and foster supportive communities for those on this path.

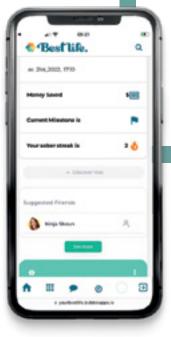
The Best Life app emerges as a valuable tool for individuals seeking a healthier, alcohol-free lifestyle. Whether someone is recovering from alcohol dependency or simply cutting back for health reasons, Best Life offers a supportive platform and access to a likeminded community that makes the process easier.

KEY FEATURES OF THE BEST LIFE APP

Best Life provides a wealth of tools designed to empower individuals on their sobriety journey...

- Geo-location and social connection: By using geo-location technology, it makes it easier to find and meet sober individuals nearby, fostering real-life connections.
- Sobriety tracking: Best Life includes tools to track sobriety milestones and progress.

 This creates a sense of achievement and accountability for users, motivating them to stay on course.
- Financial benefits: A savings calculator allows users to see the financial gains from not spending on alcohol.
- Access to professionals:
 Best Life connects users with mental health and recovery professionals, offering guidance and resources to help navigate their personal journey.



5 MAJOR BENEFITS OF STOPPING OR REDUCING ALCOHOL CONSUMPTION:

1 Improved physical health

Reducing alcohol intake leads to better liver function, improved sleep, and a stronger immune system. Alcohol can damage organs, and cutting it out allows the body to heal.

2 Enhanced mental clarity

Often linked to anxiety, depression, and impaired cognitive functions, by eliminating alcohol individuals often experience clearer thinking and better decision-making.

3 Better relationships

Without the haze of alcohol, people tend to engage in more meaningful and genuine social interactions. Sobriety promotes healthier communication and deeper connections.

4 Increased productivity and focus

Going alcohol-free can result in improved focus, enhanced creativity, and greater motivation.

5 Financial savings

Quitting or reducing alcohol can save a significant amount of money, which can be used for personal desires or hobbies.

LIVING YOUR BEST LIFE

The Best Life app transforms what can be a solitary journey into a positive, shared experience. With more people choosing to live alcohol-free, Best Life helps make that transition smoother by promoting health, accountability, and community. It's the perfect tool for anyone looking to live their best sober life. Sour your best-life.com





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HOSPITALITY REDEFINED

A closer look at the exquisitely revamped Cape Grace Hotel



erched on a private quay in the bustling V&A Waterfront, Cape Grace Hotel, now a Fairmontmanaged property, has always been a beacon of elegance and luxury in Cape Town. Recently undergoing an extensive revamp, this iconic hotel seamlessly blends its storied history with modern amenities, offering guests an unparalleled experience of tranquility and sophistication. With breathtaking views of Table Mountain and direct access to the ocean, the Cape Grace Hotel offers a serene escape in the heart of the city, making it a haven for travellers seeking both adventure and relaxation.

A REFINED ESCAPE

From the moment you arrive,
Cape Grace exudes a warm and
genuine welcome. This five-star luxury
hotel, with its 112 rooms and 19 suites,
ensures every guest feels pampered.
The interior has been thoughtfully
redesigned to evoke the charm of
the Cape's heritage while embracing
contemporary comfort. From the









SEEFF | SUMMER '25

cosy reception lobby to the spacious rooms, every detail has been carefully curated to provide a sense of home away from home. Dining at Cape Grace is an experience in itself, with options ranging from the Heirloom Restaurant, known for its locally sourced ingredients and inventive plating, to the popular Bascule Bar, a favoured meeting spot for both locals and visitors. Whether you're looking for a casual meal or an elegant dining experience, the hotel's culinary offerings are designed to delight.

WELLNESS AT ITS HEART

A key highlight of Cape Grace's revamp is its focus on wellness and tranquility. The Fairmont Spa is a luxurious retreat within the hotel, offering an oasis of calm. The spa embraces the natural beauty of South Africa's coastal treasures, offering treatments inspired by the Cape's majestic mountain ranges, indigenous flora, and the ever-present whispers of the sea. At the spa, guests are treated to a variety of world-class facilities, including three treatment rooms, a sauna, and a salt room. The serene atmosphere is enhanced by the natural elements, with the scents of fynbos and the sound of the ocean creating a tranquil environment that soothes both body and mind. Whether you choose to indulge in a massage, facial, or body treatment, the experience is designed to rejuvenate, leaving you feeling relaxed and refreshed. For those looking to maintain their fitness during their stay, the Fairmont Fit program offers complimentary use of the gym, alongside access to the spa's sauna, and salt and steam rooms with any booked treatment. The hotel's heated pool and surrounding deck further complement the wellness experience.

AN INNATE CONNECTION TO NATURE

One of the most remarkable features of the Cape Grace Hotel is its close connection to nature. The hotel's unique location offers guests stunning views of both the Atlantic Ocean and Table Mountain. Whether you're enjoying a quiet moment in the hotel's Library Lounge or dining al fresco at the Pool Bar and Deck, the surrounding scenery serves as a constant reminder of the Cape's magnificent landscape.

The proximity to the sea not only enhances the hotel's ambiance but also provides guests with a sense of serenity that's hard to match.

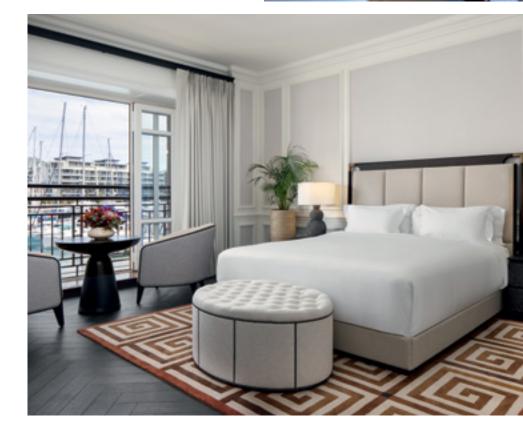
A CELEBRATION OF AFRICAN ART AND CULTURE

Adding to its allure is its showcase of exquisite African art, literature, and keepsakes, displayed throughout the hotel. Each piece has been carefully selected to celebrate the continent's rich cultural heritage - from vibrant local artworks that adorn the walls to beautifully crafted objets in every room, guests are immersed in an authentic African experience. Additionally, the hotel's library offers a curated collection of African literature, inviting guests to explore the continent's storytelling tradition. These artistic touches not only enhance the hotel's aesthetic appeal but also provide a deeper connection to the local culture, celebrating creativity and history. Whether you're looking to explore the vibrant V&A Waterfront, relax at the spa, or simply take in the stunning views of Table Mountain, the revamped Cape Grace Hotel offers the perfect balance of elegance, tranquility, and culture. S

capegrace.com/@capegracehotel









The blend of history, modernity, and nature creates a unique atmosphere that ensures every stay is unforgettable.



Earlier this year, Cape Racing's Greg Bortz and Hollywoodbets' Owen Heffer celebrated the completion of the first phase of a rejuvenation project at Hollywoodbets Kenilworth, transforming it into a world-class racing and multi-purpose lifestyle venue

arlier this year, the Cape Racing team celebrated the completion of the first phase of a year-long rejuvenation project at Hollywoodbets Kenilworth, which saw the transformation of the historic racecourse facility into a world-class racing venue, and the beginnings of re-imagining it as a multi-purpose lifestyle arena for the broader community.

This rejuvenation project is driven by the vision of Cape Racing's Chairman, Greg Bortz, and Hollywoodbets owner and founder, Owen Heffer, who have collectively invested millions of rands into the industry and property over the last 18 months, and endeavour to reinvent the racecourse and an industry in 'dire straits'.

The recent brand and property overhaul is more than just a facelift - it represents a commitment to preserving the rich history of the Kenilworth Racecourse while embracing a modern era. And today, there is a palpable

feeling of rejuvenation in the refurbished halls of the historic Hollywoodbets Kenilworth Racecourse. The hustle and bustle allude to a return of splendour to the old spaces as the property strives to appeal to the wider community with expanded offerings in the pipeline.

Cape Racing's Chief Operating Officer, Donovan Everitt, explains, "We want to run this as a multipurpose property in the heart of the Southern Suburbs, and as a site open for public recreation in a park format, with the guided parameters of the city. We also want the surrounding community to be exposed to horse racing and bring racing back to the forefront in an open-planned environment that hones in on the core fundamentals of the industry".

Operated remotely in previous years, the venue was quite detached from local business perspectives and the community - now Cape Racing hopes to change this.

"For too long people on the outside were not included in



"This expansion is also a powerful incubation for job creation in both the racing and lifestyle industries."







these various event perspectives, and we aim to transform this completely." In addition to the regular weekly race meets, themed racing events like the iconic World Sports Betting Cape Town MET and L'Ormarins King's Plate are hosted at Hollywoodbets Kenilworth every year, boosting the local economy with an estimated half-a-billion rand.

Meanwhile, international concerts like the Ultra Music Festival call Hollywoodbets Kenilworth their home, proving that the property is geared to host large-scale events while adhering to the stringent by-laws and internal rules and regulations of the racecourse. Adds Everitt, "This expansion is also a powerful incubation for job creation in both the racing and lifestyle industries. In horseracing alone, an average of 20

"Looking at the successes of international ventures, it is clear that diversifying their offering greatly contributes to their sustainability and success," notes Everitt. "Many properties similar to ours offer a 'sportainment' solution that incorporates popular community sports like Fives Futbol and Padel as part of their ecosystem."

Now that the venue upgrades have been completed, the Cape Racing team are looking at incorporating similar sport and fitness facilities, as well as a variety of lifestyle and conferencing spaces that will make it a 24/7 operation. These improvements will also extend to the Kenilworth Conservation Area which is situated on the property and boasts an ecosystem rated higher than that of Kirstenbosch Botanical Gardens.

The team want to introduce walking, running and biking trails within this area while preserving its rich heritage and protecting our unique eco-assets. "This has been successfully achieved in other ecologically sensitive areas in the greater Cape Town, and we are working closely with the city and our various eco-partners to ensure that our expansion remains sustainably and ecologically sound," adds Everitt.

The next phase of this multi-million rand project is now underway, and its completion (scheduled for the end of 2025) will not only mark the reinvention of the local racing industry but will become the new blueprint for the ultimate equestrian and entertainment experience in South Africa.

The racing calendar can be found on their website - and entry is free! **S** capeturfclub.co.za / @cape_racing



We've taken the guesswork out of gift buying – so whether you have someone's big birthday coming up, are prepping for Christmas or just need a little inspiration for the perfect hostess gift, we've got you covered...

SUPER LUXE

For those you want to spoil, you can't go wrong with a luxurious timepiece or a glamourous item of jewellery, right?



The TAG Heuer Carrera Chronograph Tourbillon x Porsche Panamericana, POR, is a collaboration that celebrates the heritage and excellence of both brands.



Understated and elegant, the Bvlgari Tubogas 18 kt rose gold bracelet, POR, is set with pavé diamonds.



Shimansky Southern Cross Diamond and Tanzanite Drop Earrings, R23 400, make a real statement.



The Patrick Mavros Starfish Cowrie Drop Earrings, R3 000, exquisitely combine a petite starfish and cowrie shell with a dangling pearl.



The Hermès Cut Watch Collection, POR, embraces the elegance of geometry, showcasing a distinctive identity through its sharp angles and crisply drawn lines.



This stunning Bylgari Tubogas 18 kt rose gold necklace, POR, is set with a central Tanzanite, turquoise inserts and pavé diamonds. Iconic!

This Pedersen + Lennard Osaka Candle Holder, R985, is a playful and modern take on the classic candelabra.

SOMETHING FOR EVERYONE

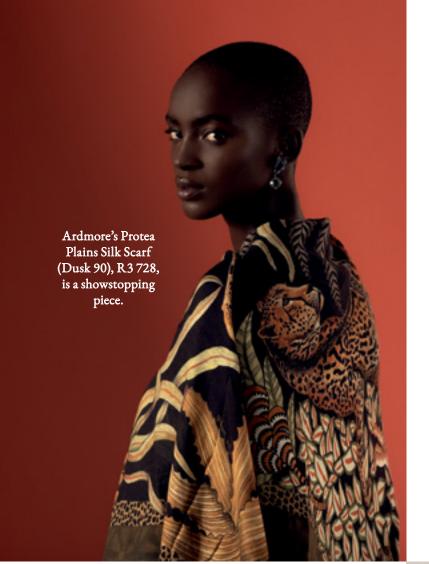
We all have friends and family who are tricky to buy for but this round-up of unique items will ensure that there'll be smiles all round, trust us!





Move over Fielbar Drinks Cooler, hello Fieldbar Gin Trunk, R4 399 - a super-sized summer companion.







The perfect party accompaniment with a truly Cape Town story, Van Hunks MCC Brut Rosé, R220, is a winner all round.



Six Dogs Pinotage Stained Gin, R550, is a conversationstarting tipple. A first-of-its-kind, it has bold hints of black cherry and plums from macerated Pinotage grapes.





A Diamond for Your One and Only

Exclusively designed by Yair Shimansky, the My Girl Diamond is a rare fusion of brilliance, fire, and scintillation.

This signature cut offers something extraordinary, reflecting a perfect balance of light from every angle.

Crafted for those who seek more than the ordinary, it redefines luxury with precision and beauty.

Its unique square table cut delivers a hypnotic sparkle that captivates the soul. Every facet is meticulously polished to reflect vibrant colours and radiant brilliance, making the My Girl Diamond a masterpiece that embodies Shimansky's commitment to craftsmanship and perfection.

"Celebrate Love with Timeless Beauty"

t in

Whether for an engagement, anniversary, or personal milestone, the My Girl Diamond turns precious moments into lasting memories.

This exquisite piece, defined by its expert artistry and design, elevates life's special occasions into something truly unforgettable.

Wearing the My Girl
Diamond symbolizes more
than elegance—it represents
cherished memories that last a
lifetime. Each stone captures the
essence of love and grace, becoming
not just jewellery but a lifelong keepsake.

Cape Town offers the unique opportunity to encounter the My Girl Diamond firsthand. At Shimansky's iconic stores at the V&A Waterfront and The Rockwell, you can explore this exclusive collection in person.

"Experience Brilliance in Cape Town"

Feel the magic of the My Girl Diamond as you hold it in your hand and watch it come alive under the light. Let our expert consultants guide you to the perfect piece that reflects your love story, adding a touch of brilliance to your visit.

Visit Shimansky during your time in Cape Town to explore the My Girl collection. Whether it's an engagement ring, eternity band, or pendant, every piece tells a story of artistry and excellence. As you discover the brilliance of My Girl, you'll find more than just jewellery, you'll uncover a keepsake that marks your most treasured moments.



SCAN TO DISCOVER MORE



SHIMANSKY CAPE TOWN - NEW YORK





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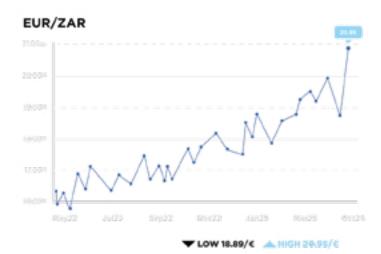
*Rates guoted as of October 2024

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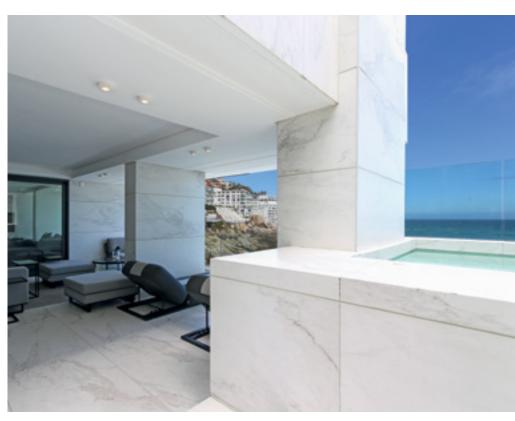
R72,500,000 IN BANTRY BAY



SEEFF | SUMMER '25

ositioned on the rocks of Bantry Bay, this spectacular Aurum Presidential Residence offers a living experience that blends unparalleled luxury with breathtaking ocean views. With no transfer duty payable and VAT inclusive, this exclusive apartment provides world-class finishes and a level of refinement that is unmatched along the Atlantic Seaboard.

Designed to elevate the everyday, this residence offers three en-suite bedrooms, each with their own terrace, offering sweeping views of the Atlantic Ocean. The property's defining feature is a spacious ocean-facing terrace, complete with a private heated revitalisation Jacuzzi, providing an ideal space for relaxation while soaking in the magnificent sunsets over the Atlantic.







This residence is not just a home - it's a statement of elegance.



Adrian & Bryan at Seeff previously secured a record sale of R72 million for a luxury apartment in Aurum in 2022.





PROPERTY | BLUE

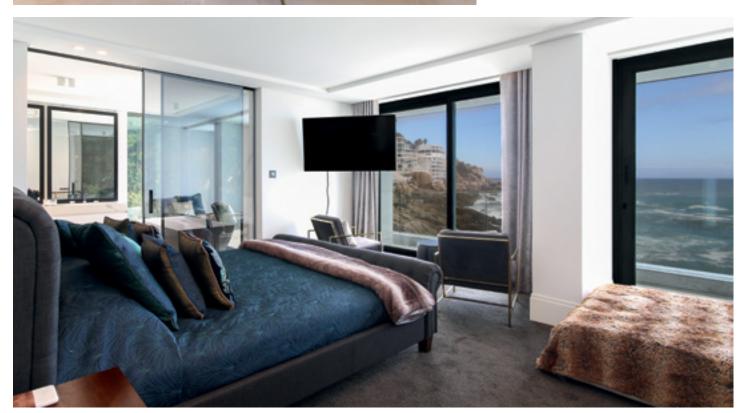




The sophisticated design ensures seamless flow through the apartment, from the airy open-plan living area to the gourmet kitchen equipped with fully integrated Gaggenau appliances. This kitchen is a modern masterpiece, featuring an InDada by Dada design, with details like a concealed island extractor and induction hob, ensuring both functionality and visual appeal.

The attention to detail in the finishes is remarkable, with luxurious touches such as underfloor heating in all en-suite bathrooms, architectural lighting throughout, and imported Italian Lualdi doors. The addition of Bang & Olufsen speakers in the lounge further enhances the apartment's lavish ambiance, ensuring every corner of this home exudes opulence.

Exclusive to the development, the building offers 24-hour concierge and valet services, along with manned security, ensuring peace of mind for residents. With only one apartment per floor, privacy and tranquillity are at the heart of this development. Additional conveniences include a separate laundry room, a home office, and two secure parking bays in tandem. Pets are allowed upon approval, and short-term rentals are permitted, adding further flexibility.





The attention to detail in the finishes is remarkable, with luxurious touches such as underfloor heating in all en-suite bathrooms

Located in the prestigious Bantry Bay, this apartment is positioned for the ultimate lifestyle. It offers easy access to Cape Town's iconic beaches, the bustling V&A Waterfront, and the natural beauty of Table Mountain. Bantry Bay is synonymous with exclusivity and grandeur, making it highly desirable for both local and international buyers seeking the perfect blend of city, mountain, and ocean living.

The Cape Town property market has experienced exponential growth, with the Atlantic Seaboard leading the way. Its scenic coastline, coupled with a dynamic lifestyle, continues to attract discerning buyers looking for a unique and elevated living experience. This residence is not just a home – it's a statement of elegance and a gateway to the best of Cape Town's world-renowned offerings.

WHAT COSTS ARE YOU RESPONSIBLE FOR?

On the sale of a property the parties are each responsible for certain costs.

It is important to be aware of all costs involved before entering into an agreement of sale.

COSTS DUE BY SELLER:

- Cost of the compliance certificates for example water and electrical compliance
- Advanced rates figures for a period of 3 months
- Advanced levy figures (sectional title sale)
- Estate Agent's commission
- Bond Cancellation costs (attorneys appointed by the bank)
- Capital Gains Tax

COSTS DUE BY PURCHASER:

- Transfer Duty paid to SARS prior to lodgement at the Deeds Office
- Conveyancer's fee calculated in accordance with the Legal Practice Council recommended tariff and based on the purchase price
- Levy clearance certificate fee (sectional title purchase)
- Bond attorneys costs calculated in accordance with the Legal Practice Council recommended tariff and based on the mortgage bond amount



KATZ ABRAHAMSON

ATTORNEYS, NOTARIES & CONVEYANCERS





When moving money internationally, even a small shift in exchange rates can make a big difference. That's why it's important to make the most of every transfer...



The Currencies Direct team is ready to help you make your most important payments simple and stress-free.

HERE'S WHY CUSTOMERS CHOOSE CURRENCIES DIRECT TIME AND AGAIN

Fast and easy transfers

Need to send money quickly? Currencies Direct allows you to make secure transfers 24/7 through their website or app. You can set rate alerts, check live rates, and update your details with ease. Plus, you'll benefit from competitive exchange rates and no transfer fees!

Award-winning service

With a 5-star rating on Trustpilot and an award for 'Best Business FX Provider' at the 2023 Business Moneyfacts Awards, Currencies Direct prides itself on delivering excellent service alongside top rates. You'll get a personal, professional experience every time.

Tailored solutions for your needs

Currencies Direct understands that every customer is different. That's why they offer personalised services to suit your specific requirements. You'll have a dedicated account manager who can provide expert guidance and help you find the best solutions for your transfers, available by phone or through their app at any time.

More than just standard transfers

Unlike many high-street banks, Currencies Direct offers extra services to help protect you from fluctuating exchange rates. Here are some of the tools you can use:

- Spot contract: Need an immediate transfer? A Spot Contract locks in the current exchange rate for an instant transfer.
- Forward contract: If you're planning a future transfer, you can lock in today's exchange rate with a small deposit, protecting yourself from any changes in the market.
- Limit and stop loss orders: These allow you to set target rates. A Limit Order lets you wait for a better rate, while a Stop Loss Order ensures your transfer happens if the market drops to a certain point, helping you avoid further losses.

STAY INFORMED

Staying up to date with market trends can help you time your transfers for maximum benefit. With Currencies Direct, you can receive regular market updates and get expert insights from your account manager. You can also set up Rate Alerts to track specific currency pairings, and Currencies Direct will notify you when your desired rate is reached.

MAKE YOUR MONEY WORK FOR YOU

At Currencies Direct, the goal is to make your money transfers as smooth and cost-effective as possible, while ensuring everything is done in line with legal requirements. If you're looking for more information or assistance with your next transfer, don't hesitate to get in touch. The Currencies Direct team is ready to help you make your most important payments simple and stress-free.

If you're looking for more information or assistance with your next transfer, don't hesitate to get in touch. The Currencies Direct team is ready to help you make your most important payments simple and stress-free.

currenciesdirect.com

ith Currencies Direct, you'll get expert advice, competitive rates, and a smooth process every time you make a transfer – helping you save money and avoid the hassle.

Since 1996, Currencies Direct has helped over 500 000 customers manage their transfers more easily and cost-effectively.



MAGES: LINSPLASH AND SLIPPLIED

It's been 6 decades of market leadership and innovation – and we couldn't be prouder!

s Seeff Property Group marks its 60th anniversary, our brand continues to lead South Africa's real estate market with a rich legacy of trust, innovation, and excellence. Founded in 1964 by Geoffrey Seeff, the company started in a modest office in Wynberg, Cape Town. Today, it stands as the country's oldest real estate brand, with a vast network of 200 offices and 1200 agents spread across South Africa and several international locations, including Zimbabwe, Botswana, Mauritius, Dubai, and beyond.

From its inception, Seeff was a pioneer in the real estate industry, known for being the first to establish multiple branches and training certification for estate agents. Geoffrey Seeff's son, Samuel Seeff, now chairman of the group, reflects on his father's visionary leadership. "Seeff built a reputation of trust and service underpinned by family values," says Samuel. "These same principles continue to guide us today, pushing us to innovate and remain at the forefront of the market."

Seeff's leadership in the industry is evident through various milestones, such as the launch of

milestones, such as the launch of South Africa's first bond originator in 1999, which evolved into what is today "ooba," and the establishment of the first SETA-accredited estate agent training academy in 2010. The company's focus on embracing digital transformation and PropTech has allowed it to stay ahead in offering client-centric solutions. "Our strength lies in delivering comprehensive, industry-leading services," Samuel notes.

This year also marks an exciting moment for homeowners as Seeff rolls

out an incredible opportunity – those who list their property with Seeff stand a chance to win a R1 million prize, adding yet another reason for clients to trust the brand that has shaped the South African property landscape.

For the Seeff Atlantic Seaboard and City Bowl branches in Cape Town, this anniversary is a testament to the hard work and dedication of the agents who have contributed to Seeff's local dominance. Ross Levin, Licensee for Seeff Atlantic Seaboard and City Bowl, emphasises the significance of Seeff's growth in these prime areas. "We are immensely proud to be part of the Seeff brand, which has not only shaped the luxury real estate market but also set new standards for service and client relationships," says Ross. "Our continued success on the Atlantic Seaboard and in the City Bowl reflects the core values Seeff was built upon 60 years ago."

The Atlantic Seaboard and City Bowl remain key regions for high-value transactions, with Seeff achieving recordbreaking sales year after year. "Cape Town is a unique market, and we are privileged to operate in some of the most sought-after areas," Ross adds. "Whether clients are looking for a holiday home or a prime investment, Seeff agents are equipped with the knowledge and expertise to guide them through every step."

Seeff's 60-year legacy is not only a celebration of its historical accomplishments but also an affirmation of its future vision. Samuel says, "As we look forward, our focus remains on driving innovation and delivering world-class service to our clients. The Seeff brand is synonymous with property success, and we intend to keep it that way for the next 60 years and beyond."

As part of this milestone year, Seeff invites homeowners across South Africa to experience the industry leadership that has defined the brand for six decades –and, with a potential R1 million in winnings on offer, there has never been a better time to list your home with Seeff.

"Our strength lies in delivering comprehensive, industry-leading services!"



SELL YOUR PROPERTY WITH US AND STAND THE CHANCE TO WIN R1 MILLION!

To qualify you need to sell your property with us on an exclusive sole mandate up until 30 April 2025; the sale must be successfully completed by a Seeff agent within the competition period, with all suspensive conditions met. For full terms and conditions visit seeff.com/sell-with-seeff



R1 MILLION COMPETITION

Sign an Exclusive Mandate with Seeff & stand a chance to WIN R1,000,000 when your property is sold!

*Competition runs 1 June 2024 to 30 April 2025. T&C's apply.





wning rental property is a rewarding investment, but it comes with a fair share of responsibilities. From finding the right tenants to handling legal compliance and ongoing maintenance, the tasks involved can be time-consuming. According to Garreth Gibson, head of Seeff Rentals for the Atlantic Seaboard and City Bowl, a professional rental agent can ease the burden, helping landlords maximize their returns while minimizing stress.

"With high demand and stock shortages in the Western Cape, landlords are in an excellent position," says Gibson. "But, now more than ever, making informed decisions about tenants is essential."

EXPERT TENANT SCREENING AND MARKET KNOWLEDGE

One of the most critical elements of successful property management is tenant selection. An experienced rental agent not only advertises your property but also screens applicants thoroughly. As Gibson explains, "Scammers and chance-takers are always around to take advantage of a busy marketplace,



so it's crucial to confirm your applicants' affordability and ensure they are who they claim to be."

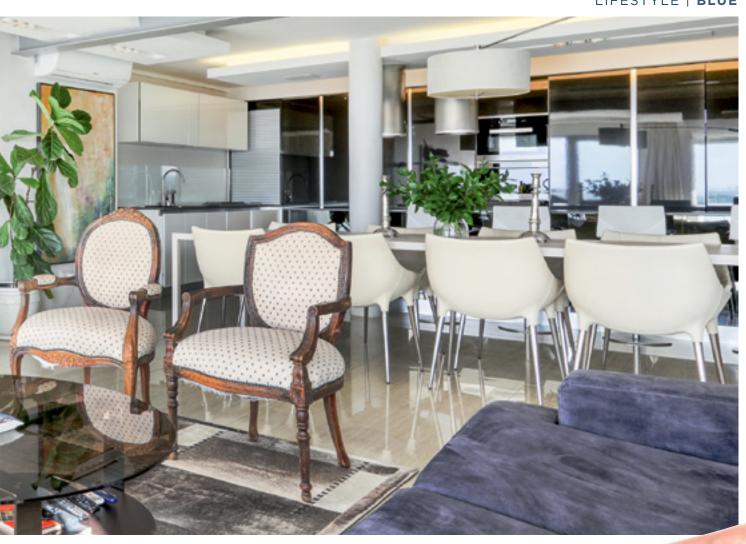
Rental agents bring valuable expertise in tenant screening, conducting background checks, and verifying financial stability. This means landlords are more likely to find reliable, long-term tenants who respect the property and pay rent on time. In Cape Town, where the market is highly competitive, having the right agent can also ensure your property stands out, attracting multiple applicants.

DAY-TO-DAY MANAGEMENT AND LEGAL COMPLIANCE

Managing a rental property involves numerous routine tasks that ensure the property operates smoothly and remains legally compliant. Rental agents take care of essential responsibilities such as rent collection, coordinating repairs, and addressing tenant concerns promptly, all of which help foster positive landlord-tenant relationships. "We make sure everything runs smoothly, so our clients don't have to worry about a thing," says Gibson.

By handling these day-to-day duties and navigating local regulations, rental agents provide landlords with peace of mind and help avoid potential legal challenges, ensuring a seamless rental experience.

Scammers and chance-takers are always around to take advantage of a busy marketplace, so it's crucial to confirm your applicants' affordability and ensure they are who they claim to be.



ONGOING MANAGEMENT AND SUPPORT

A rental agent's role goes beyond tenant placement. Agents also manage the ongoing aspects of a rental, such as collecting rent, coordinating maintenance, and handling tenant communication. These services not only save landlords time but also help maintain tenant satisfaction. "We make sure everything runs smoothly, so our clients don't have to worry about a thing," says Gibson.

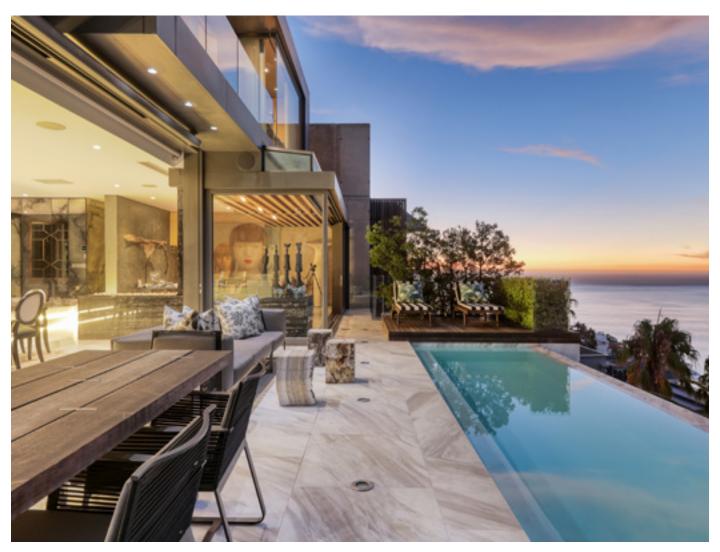
Additionally, rental agents are well-versed in local regulations and legal requirements, helping landlords avoid potential pitfalls. "Understanding the complexities of landlord-tenant laws and ensuring lease agreements are compliant are key parts of what we offer," Gibson adds. As Gibson notes, "Landlords will continue to be spoiled for choice with multiple applicants, but now, more than ever, you need the right advice to secure the best tenants and maximize your returns."

In today's thriving rental market, where demand is high and tenant behaviour has improved, working with a professional rental agent is a smart decision for any landlord. By providing expert tenant screening, day-to-day management, and legal oversight, rental agents like those at Seeff Rentals play a pivotal role in ensuring a seamless and profitable rental experience.





Get in touch with our team today to see all the rental opportunities available.







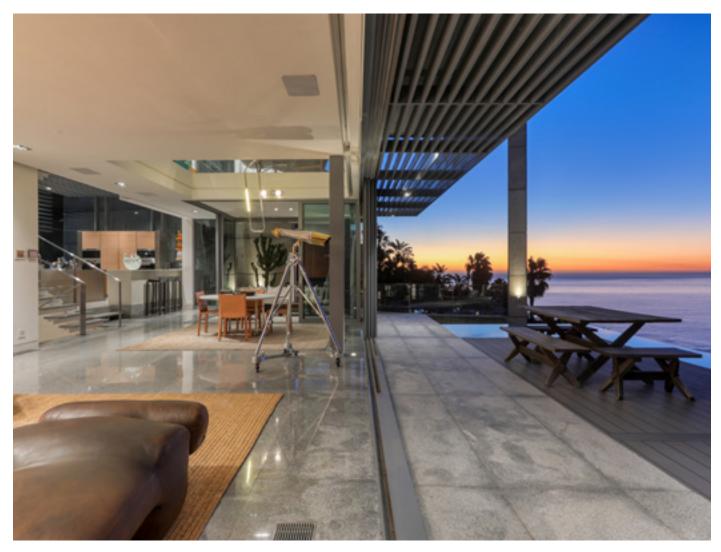
R95,000,000 IN BANTRY BAY

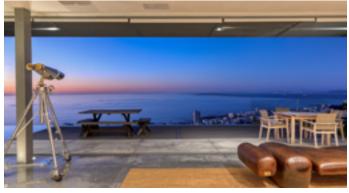
4 Beds | 5.5 Baths | 2 Garages | 2 Parkings

WEB REF RLS950936

This luxurious property, situated on a prestigious road, offers breathtaking Atlantic Seaboard views. The entrance level includes a modern living area, sunny patio with a rim-flow pool, and an open-plan kitchen. The top floor features a private main bedroom with panoramic views, an en-suite bathroom, and a walk-in closet. The third floor offers an elegant study, 3 en-suite guest rooms, and a home cinema with a bar. Additional highlights include a wine cellar, entertainment lounge, backup power, solar panels, and home automation for ultimate comfort.









R75,000,000 IN FRESNAYE

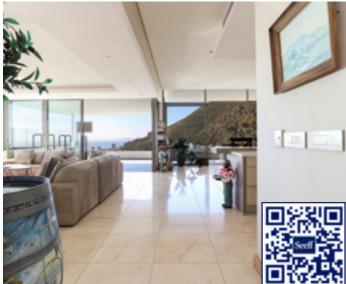
4 Beds | 4.5 Baths | 2 Garages | 2 Parkings

WEB REF RLS944354

Featured in *House and Leisure*, this SAOTA-designed masterpiece offers 4 sea-facing, en-suite bedrooms, a chef's kitchen with top-tier appliances, and open-plan living areas leading to an expansive outdoor space with an infinity pool and breathtaking Cape Town views. The property also includes an office, media room, laundry room, and a self-contained flatlet with an en-suite bedroom and kitchenette. Additional features include a borehole, water tanks, and solar-powered backup power. Situated on an exclusive road, this home embodies luxury living at its finest.





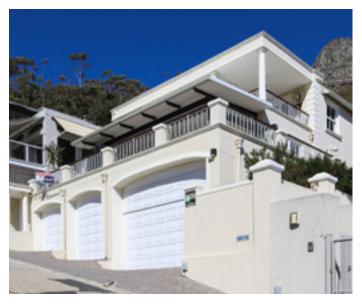


R39,950,000 IN FRESNAYE

4 Beds | 4.5 Baths | 4 Garages

WEB REF RLS961715

Positioned high against the mountain, this spacious single-level penthouse offers 479 square metres of uninterrupted ocean and mountain views from every room. It features 4 bedrooms, 4.5 bathrooms, an open-plan kitchen with a scullery, and expansive living and dining areas that flow to an outdoor entertainment space with a pool and built-in braai area. Additional highlights include direct lift access, CCTV, 4 parking spaces, a large storeroom, laundry, and a staff room. Rarely available in this prime location, this is a unique opportunity.





R29,950,000 IN FRESNAYE

4 Beds | 4.5 Baths | 4 Garages

WEB REF RLS958300

Located in the sought-after suburb of Fresnaye, this spacious family home offers 4 bedrooms, 4.5 bathrooms, and an open-plan living area that leads to a large patio with stunning mountain and ocean views. The dining area opens onto a private backyard with lush greenery, an outdoor entertainment space, and a swimming pool. Additional features include a TV lounge, laundry room, wine cellar, backup power, and 4-car garaging. Homes like this are rare, making it a great opportunity not to be missed!







R21,950,000 IN CLIFTON

3 Beds | 3.5 Baths | 2 Garages

WEB REF RLS922919

Located in the world-renowned suburb of Clifton, this modern apartment epitomises seaside living. It offers three en-suite bedrooms, a stylish kitchen, and open-plan living and dining areas that lead to an outdoor entertainment space with stunning ocean and Clifton 1st Beach views. Additional features include two parking bays and a storeroom. This premium block provides direct access to Clifton 1st, making it an exceptional opportunity not to be missed!





R15,950,000 IN FRESNAYE

4 Beds | 3 Baths | 2 Garages | 2 Parkings

WEB REF RLS955714

Situated in the sought-after suburb of Fresnaye, this stylish property offers lock-up-and-go convenience with the space of a family home. It features 4 bedrooms, 3 bathrooms, and expansive open-plan living and dining areas that lead to an outdoor entertainment space with a pool and Atlantic Seaboard views. The home also boasts a stylish kitchen opening to a tranquil back garden, a separate laundry room, and a double garage.









R14,750,000 IN SEA POINT

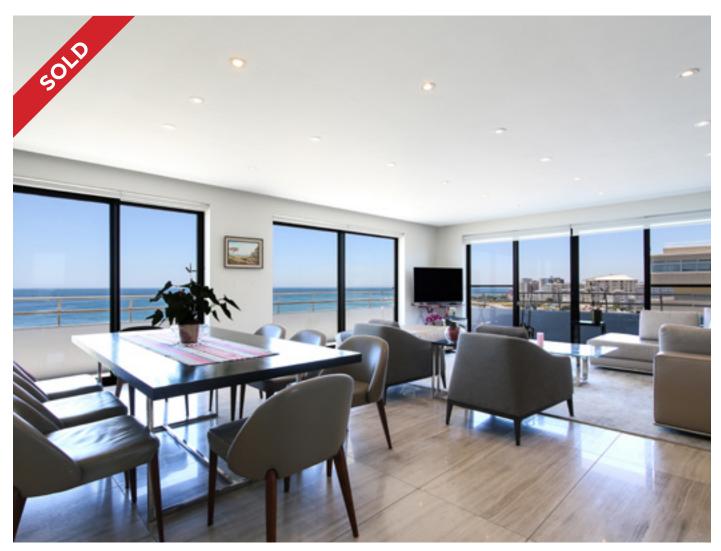
3 Beds | 3 Baths | 2 Parkings

WEB REF RLS927528

Set elevated on the Sea Point Promenade, this sumptuous single-level apartment combines the space of a house with the security of apartment living. The north-east corner unit boasts abundant natural light and stunning, uninterrupted ocean views. It features a large entertainment area that opens onto a patio, a kitchen with an additional laundry area, and 3 bedrooms, each with its own bathroom. Located in a sought-after complex with 24-hour security, a communal pool, recreation room, secure basement parking for 2 cars, and a storeroom, this offering is truly unique.



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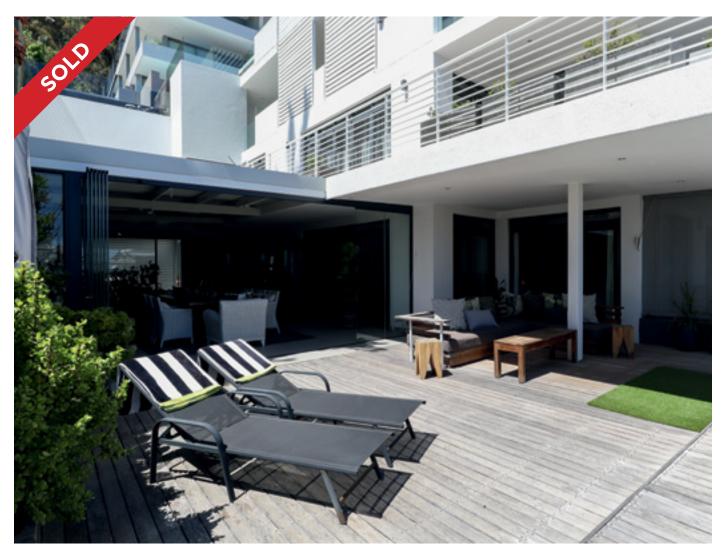
R13,950,000 IN SEA POINT

2 Beds | 2 Baths | 2 Garages

WEB REF RLS948116

This rare single-level home offers unobstructed ocean and mountain views, perfect for a lock-up-and-go lifestyle. It features expansive living areas that open onto a wrap-around patio with stunning Atlantic Seaboard vistas. Exceptionally renovated with top-end finishes, the home includes a double-sized main suite (easily convertible into two bedrooms) with an en-suite bathroom and an additional bedroom with a separate family bathroom. Further amenities include a double car garage in the basement and a domestic room/storeroom, making this a fantastic offering.









R9,750,000 IN SEA POINT

2 Beds | 2 Baths | 2 Parkings

WEB REF RLS969565

Located on Signal Hill, this stunning garden apartment epitomises indoor-outdoor living with breathtaking ocean views. The spacious 120sqm interior includes 2 bedrooms, 2 modern bathrooms, and a semi-enclosed sunroom with a dining area and informal lounge that opens onto a large terrace with a pool — perfect for relaxation or entertaining. Developed by Signatura, the boutique complex offers top security, basement parking for 2 cars, and 2 storerooms. High-end finishes, built-in appliances, and an inverter enhance convenience. This rare Sea Point gem is ideal for those who love to entertain and appreciate luxury living.



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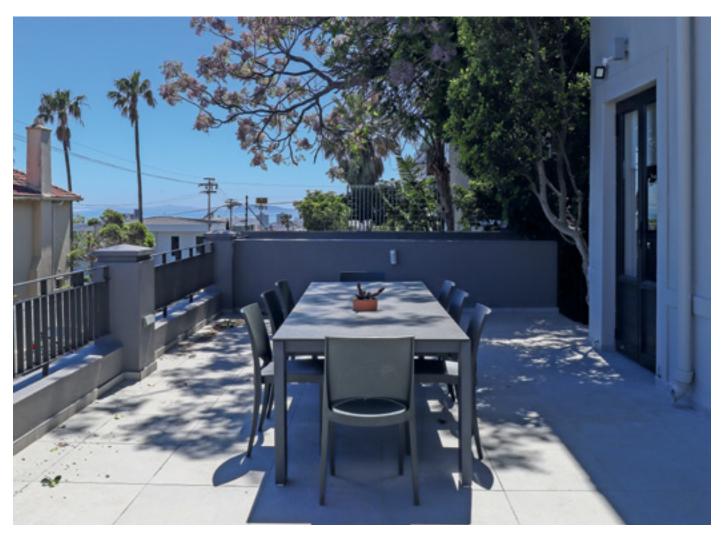
R6,750,000 IN SEA POINT

2 Beds | 2 Baths | 1 Parking

WEB REF RLS968198

This front-facing ocean-view apartment in prestigious Milton Manor presents an incredible opportunity to own a spacious home on the Sea Point Promenade. It features 2 bedrooms, including a main suite with an en-suite bathroom, and a generous entertainment lounge/dining area with an enclosed balcony and abundant natural light. The apartment includes a single parking bay in the basement, with additional visitor bays available. The complex offers 24-hour concierge security and allows pets with body corporate permission. No short lets are permitted.









R15,750,000 IN SEA POINT

4 Beds | 2.5 Baths WEB REF **RLS969559**

Nestled on a tranquil, sought-after street in Fresnaye, this charming home is a sanctuary for a growing family, offering space and the rare chance to be your forever home. The expansive terrace, perfect for entertaining, flows seamlessly from the open-plan lounge and dining area. With high ceilings, warm wooden floors, and a dedicated home office, the space feels both welcoming and functional. The gourmet kitchen, complete with a spacious scullery, opens to a paved outdoor area and a pool ideal for family play. Upstairs features four generous bedrooms, including a main en suite with magnificent sea views. A large, three-car garage completes this cherished property. Properties like this are a rare find in Fresnaye, so do not miss out on this exceptional opportunity!









R17,995,000 IN MOUILLE POINT

3 Beds | 3.5 Baths | 2 Parkings

WEB REF RLS895817

This elegant apartment features classic wooden flooring and high-quality built-in cabinetry, creating a stylish openplan living space. An enclosed balcony with frameless glass allows for versatile use, while the modern kitchen boasts top-notch appliances and a separate scullery. All 3 en-suite bedrooms include special touches like wallpaper and wooden flooring, with two offering sea views. Additional amenities include air-conditioning, an inverter, a guest cloakroom, and 2 parking bays. The building provides 24-hour security, concierge services, and a communal pool, all in the sought-after Mouille Point area near the Atlantic Ocean.









R9,995,000 IN THE WATERFRONT

2 Beds | 2.5 Baths | 2 Parkings

WEB REF RLS957223

This elevated, fully furnished 2-bedroom apartment features views over the Silo and courtyard. It includes 2 en-suite bathrooms, a guest cloakroom, and modern amenities such as designer furniture by Moooi, a white kitchen with integrated SMEG appliances, and central air and heating. Additional highlights include 2 undercover parking bays, fibre internet, a rooftop pool, a covered balcony, and a storeroom. With a tenant in place, this apartment offers an excellent investment opportunity.



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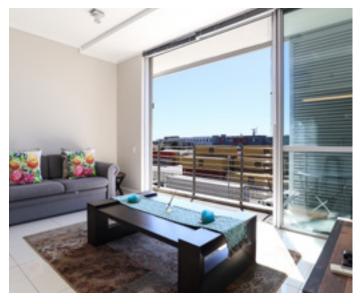


R8,995,000 IN THE WATERFRONT

2 Beds | 2.5 Baths | 2 Parkings

WEB REF RLS962483

This stylish 2-bedroom, 2.5-bathroom apartment in the sought-after Silo 3 building in Cape Town's vibrant Silo District, offers an elevated position with mountain and partial Waterfront views. The bright, sunlit interior features solid wood flooring in the living areas, carpeted bedrooms, and modern tiled bathrooms. The sleek kitchen boasts SMEG appliances and a scullery. Enjoy the covered balcony, rooftop braai area, pool, and upgraded 24-hour security.



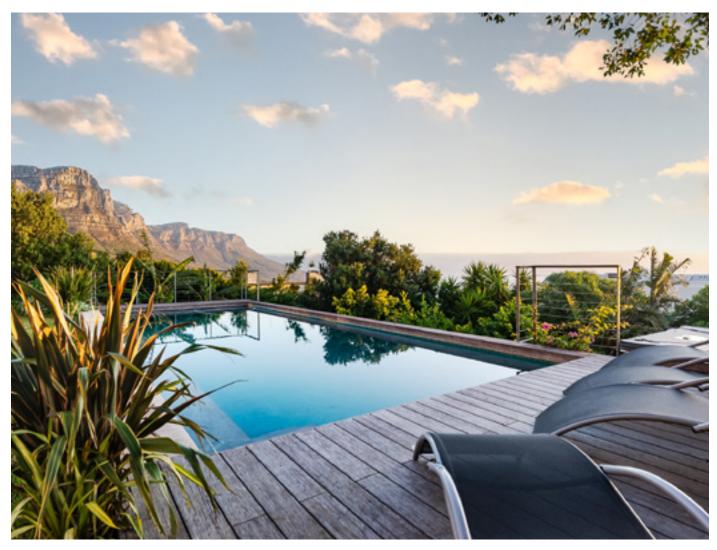


R2,999,000 IN FORESHORE

1 Bed | 1 Bath | 1 Parking

WEB REF RLS966658

This fully furnished 1-bedroom apartment offers open-plan living with a modern kitchen and a sun-filled balcony. Located in a secure, access-controlled building with 24-hour security, it includes an underground parking bay and access to a rooftop pool. Ideally situated near the Waterfront, shopping, hotels, and key city amenities, it's perfect for short-term rentals and urban living.







R36,500,000 IN CAMPS BAY

5 Beds | 4.5 Baths | 2 Garages

WEB REF **RLS964950**

This modern eco-friendly home, nestled in lush greenery with panoramic views of Table Mountain and the ocean, offers a seamless blend of architecture and nature. The spacious, high-ceilinged interior features an open-plan kitchen, dining area, and terrace for entertaining, with natural stone and wood finishes throughout. Enjoy a private garden, pool, jacuzzi, and orchard for family activities. Completely off-grid, the property boasts solar power, an inverter, and a borehole, making it a self-sufficient paradise.









R25,950,000 IN CAMPS BAY

3 Beds | 2 Baths | 2 Garages

WEB REF RLS963601

This rare double-sized plot offers unobstructed views of Camps Bay's beaches, Lion's Head, and The Twelve Apostles, with access from both Woodford Avenue and Cramond Road. Ideal for development or updating, the 3-bedroom, 2-bathroom home features spacious living areas, pool terraces, and a sauna. It's perfect for entertaining, working from home, or adding Airbnb facilities. Additional features include staff quarters, a wine storage room, and a funicular for easy access from the double garage. Prime subdivision potential.









R35,000,000 IN CAMPS BAY

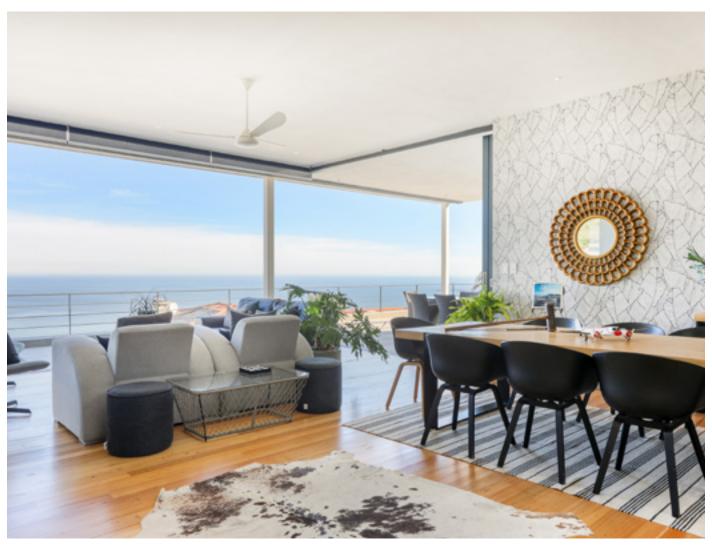
7 Beds | 6 Baths | 4 Garages

WEB REF **RLS949491**

This luxurious 7-bedroom villa offers the perfect blend of comfort and convenience, just moments from the vibrant Camps Bay beachfront, shops, and restaurants. The spacious open-plan living areas flow seamlessly into a lush garden with a feature pool, while extras like a TV room, family room, pajama lounge, sauna, jacuzzi, and outdoor shower enhance the experience. Enjoy sweeping ocean views, 4-car garaging, off-street parking, and the option to let out a section of the home with its own entrance for rental income. With added features like air conditioning, a built-in braai, electric fencing, and an alarm, this villa promises an unrivaled lifestyle or investment opportunity.



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R29,950,000 IN CAMPS BAY

6 Beds | 5.5 Baths | 4 Garages | 4 Parkings

WEB REF RLS960108

This modern architectural masterpiece in Camps Bay, bordering Table Mountain National Park, offers a serene ambiance and stunning 360-degree views of the Twelve Apostles and the Atlantic Ocean. The home features expansive picture windows and sliding doors that create seamless indoor-outdoor living, leading to an entertainment terrace. It includes versatile accommodations with a luxury penthouse suite, 3 additional bedrooms, 2 studies, and a self-contained 2-bedroom apartment with an impressive rental history. With solar panels, comprehensive security, and ample parking, this property is ideal for permanent living or as a lock-up-and-go.









R27,500,000 IN CAMPS BAY

4 Beds | 4.5 Baths | 2 Garages | 3 Parkings

WEB REF RLS921142

This wonderful family home set on 1084 square metres of land, has everything you need plus more. Its open-plan layout seamlessly flows from all inside living areas to the outdoor recreational & entertainment areas, as well as a gorgeous lush tropical garden. The accent is on sheer relaxation & entertainment! All bedrooms are beautifully appointed & luxuriously en-suite, each with an outside patio. Separate scullery plus laundry room adds to the home's versatile conveniences, as well as staff quarters and solar/inverter system. A separate large study/TV room adds to the mix, as well as plenty of off-street parking.







R23,995,000 IN CAMPS BAY

3 Beds | 3.5 Baths | 2 Garages | 2 Parkings

WEB REF RLS948896

This brand new, North-facing 3-bedroom home in deep Glen offers a serene lifestyle and lovely views at the foot of Lion's Head mountain, featuring quality finishes and clean lines. Set on spacious land, with a beautiful indigenous garden, it has potential for expansion with additional levels. Notable features include a security system, solar panels, air conditioning, and ample parking.





R22,999,000 IN CAMPS BAY

5 Beds | 5.5 Baths | 2 Garages | 2 Parkings

WEB REF **RLS964147**

This spacious, low-maintenance home, perched on a hillside, offers breathtaking sea and mountain views. With five en-suite bedrooms on one level, the open living spaces and floor-to-ceiling windows create a seamless indoor-outdoor flow. Additional features include a pool, gas fireplace, underfloor heating, and a double garage.





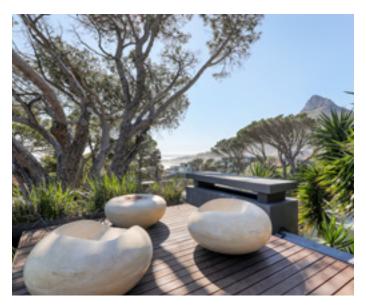


R17,800,000 IN CAMPS BAY

4 Beds | 4 Baths | 2 Garages

WEB REF RLS966845

This spacious Camps Bay home has amazing views! Living areas include a lounge, dining room, kitchen with scullery, and an entertainer's room with bar, BBQ, and pool. Upstairs there are 3 bedrooms and 3 bathrooms. There is also a guest cottage with a private entrance. Extras include a study, guest shower, double garage, and more.





R17,500,000 IN CAMPS BAY

3 Beds | 3.5 Baths | 2 Garages | 2 Parkings

WEB REF RLS966360

Situated in a sought-after cul-de-sac near the Little Glen, this modern Camps Bay home offers spacious, open-plan living that flows on to a covered terrace. The kitchen features a double oven, gas hob, and breakfast bar. A striking cantilever staircase leads to the ultra-spacious, double-volume main bedroom with an en-suite, study area, and patio with stunning mountain and sea views. Two additional en-suite bedrooms are on the main floor. Extras include a family room, Murphy bed, and TV unit, plus a guest cloakroom. Water-saving Jojo tanks, solar panels, an inverter, two garages, staff quarters, swimming pool, and a low-maintenance garden with full security complete this property.







R8,750,000 IN GREENPOINT

3 Beds | 2.5 Baths | 1 Garages | 1 Parking

WEB REF RLS964140

This stunning 3-bedroom penthouse in a newly renovated heritage building has incredible mountain and sea views. Located in a small block, it has a spacious, light-filled entertainment area that opens onto a vast balcony. The main bedroom is en-suite, while the remaining bedrooms share a second bathroom, plus there's an additional guest toilet. High-end finishes throughout, built-in cupboards, high ceilings, and a garage with extra parking complete the offering. Airbnb-friendly and ideal for living or investment.





R4,295,000 IN FRESNAYE

2 Beds | 1 Bath | 1 Garage

WEB REF **RLS951941**

This stunning Art Deco building offers spacious interiors and classic details, featuring a large bay window that fills the living area with natural light. With 2 bedrooms, a study, original vintage kitchen, and elegant herringbone parquet floors, the home blends charm and character. High ceilings enhance the openness, and a lock-up garage with a storeroom adds convenience. Situated in Fresnaye, it offers easy access to the Sea Point Promenade, public transport, and local amenities.





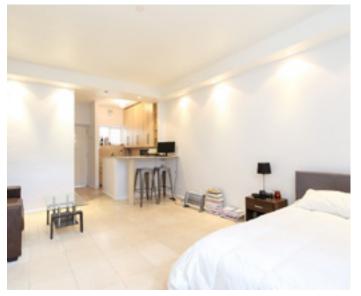


R7,950,000 IN GREENPOINT

2 Beds | 2.5 Baths | 2 Parkings

WEB REF **RLS966793**

This immaculate duplex offers two levels of stylish living. The first floor includes an open-plan lounge, dining area, sleek kitchen with integrated appliances, and a guest loo. Upstairs are two en suite bedrooms, with one opening onto a balcony, plus a versatile third room. The property includes two secure parking bays and a storeroom.





R2,150,000 IN MOUILLE POINT

0.5 Bed | 1 Bath WEB REF **RLS965145**

This charming studio apartment on the Mouille Point beachfront features a fully fitted kitchen and bathroom. Located in a popular block along the promenade, it offers excellent potential as an income-generating investment, with short-term rentals permitted. Add your personal touch to maximize its value.



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R20,000,000 IN HIGGOVALE

5 Beds | 3.5 Baths | 2 Garages | 2 Parkings

WEB REF RLS967070

Nestled in the leafy suburb of Higgovale under Table Mountain, this exceptional family home boasts expansive gardens and paved entertainment areas with character arches and a large pool. Inside, high ceilings and grand proportions create an impressive atmosphere, with an entertainer's lounge featuring elegant teak beams. The adjoining family room includes its own bathroom and access to a double garage. A spacious kitchen, versatile dining room, and upstairs living with 4 large bedrooms (3 opening onto a deck with breathtaking mountain, city, and sea views) complete the home.





R4,875,000 IN THE CITY CENTRE

2 Beds | 2 Baths | 1 Parking

WEB REF RLS954208

This ultra-modern 2-bedroom apartment offers spacious living with impeccable finishes and en-suite bathrooms for both bedrooms. Located in The Onyx Hotel, residents enjoy access to premium facilities including a stylish pool with deck and Table Mountain views, a well-equipped gym, and 2 restaurants and bars. The apartment features unique wooden feather-patterned floors, curved bulkhead ceilings with downlights, and a large dining area that flows into the lounge and balcony with stunning city and sea views. Secure undercover parking is included. A must-see!



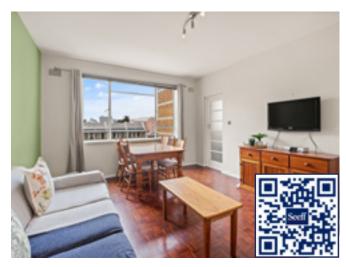


R2,220,000 IN BO KAAP

1 Bed | 1 Bath | 2 Garages

WEB REF RLS960079

This modern 1-bedroom apartment in Schotsche Kloof offers stunning Table Mountain and City Bowl views. Featuring an open balcony, industrial design, and floor-to-ceiling sliding doors, it blends indoor-outdoor living. Secure tandem parking, 24-hour security, pool, and gym. Pet-friendly with approval.



R2,050,000 IN GARDENS

1 Bed | 1 Bath | 1 Parking

WEB REF RLS965496

This fully furnished 1-bedroom apartment is ideally located. The sunny lounge, kitchen with Table Mountain views, and large bedroom with built-in cupboards offer comfortable living. Conveniently close to the MyCiti bus, Uber routes, and major attractions like Camps Bay and the V&A Waterfront.



R1,290,000 IN ZONNEBLOEM

2 Beds | 1 Bath | 1 Parking

WEB REF RLS937436

This stylish apartment features a spacious open-plan layout with a black granite kitchen, new wood flooring, and ample bedroom storage. Enjoy a rooftop pool, gym, and 24-hour security with secure parking.



R750,000 IN THE CITY CENTRE

0.5 Bed | 1 Bath

WEB REF RLS967800

This spacious bachelor pad offers 360° rooftop views, a pool, and BBQ area. Located near public transport, it features 24-hour security, a gym, and easy access to city nightlife and attractions. Ideal for students.







R3,695,000 IN VREDEHOEK

2 Beds | 2 Baths | 2 Parkings

WEB REF RLS966649

This exceptional property offers spacious living filled with natural light, featuring 2 bedrooms and 2 bathrooms, with tandem off-street parking for 2 cars. After 20 happy years, the seller is ready for a new adventure. An added bonus is a dedicated workspace, thoughtfully separated from the living area for enhanced focus. This unit truly has it all, making it perfect for anyone seeking comfort and functionality in their home.



R2,695,000 IN VREDEHOEK

0.5 Bed | 1 Bath | 1 Parking

WEB REF RLS955465

Claim your own oasis in Vredehoek, in this secure estate in the City Bowl. This charming unit features 66sqm total, with 46sqm interior and a private 20sqm garden. Enjoy a covered parking bay, 24-hour security, and a communal swimming pool. No dogs allowed, but cats may be permitted.



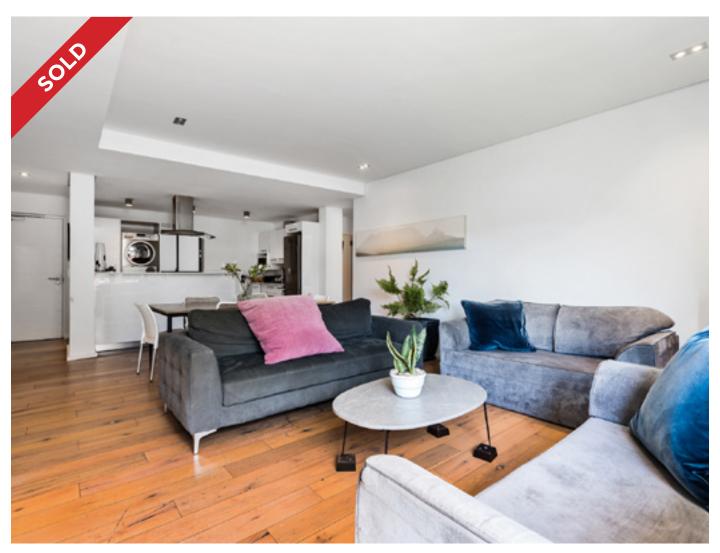
R1,695,000 IN THE CITY CENTRE

1 Bed | 1 Bath | 1 Garage

WEB REF RLS966648

This stunning unit has been beautifully renovated, showcasing exceptional quality that photos and videos can't capture. While the seller has cherished their time in the CBD, they're heading to the countryside. Located in the Decks building, this property permits short-term lets and welcomes pets, including dogs.









R6,200,000 IN HIGGOVALE

3 Beds | 2.5 Baths | 1 Garage

WEB REF RLS968778

Stunning, exclusive listing on the Higgovale and Oranjezicht border. This spacious apartment features three bedrooms, 2 bathrooms, and a guest toilet. The open-plan lounge, dining room, and kitchen lead to a garden with stunning mountain and city views. With 114sqm of interior space plus approximately 40sqm of garden, it includes a shared garage and storeroom. The pet-friendly, Airbnb-approved building offers excellent opportunities.







R5,750,000 IN THE CITY CENTRE

2 Beds | 2.5 Baths WEB REF RLS956206

This stunning 105sqm duplex penthouse features 2 levels of open-plan living with lovely views. It includes an entertainment area, 2 en-suite bedrooms with sliding doors to wraparound balconies, a guest toilet, and a separate scullery. High-quality finishes and an inverter ensure a hassle-free lifestyle. Currently a successful Airbnb, it can also serve as a perfect city residence. Amenities include a rooftop terrace with a pool, gym, and restaurant, plus optional furniture.



R2,595,000 IN ZONNEBLOEM

3 Beds | 2.5 Baths | 1 Garage

WEB REF **RLS964851**

Welcome to this charming duplex apartment in Zonnebloem, featuring a lovely garden with a plunge pool. The bright open-plan living area includes a guest toilet, laundry, and garage access. Upstairs, there are three bedrooms, with the main en-suite featuring a Turkish bath. This apartment is perfect for first-time buyers or young families.



R1,845,000 IN ORANJEZICHT

0.5 Bed | 1 Bath

WEB REF **RLS947041**

Step into this charming studio apartment, conveniently located near Gardens Centre, public transport, and parks. The spacious open-plan living area offers potential for partitioning, while the well-designed kitchen features a breakfast nook. Enjoy the large enclosed balcony with stunning mountain views, and the bathroom includes a shower and space for a washing machine.







R3,400,000 IN THE CITY CENTRE

1 Bed | 1 Bath | 1 Parking

WEB REF RLS966359

Located in the prestigious 16 On Bree building, this executive ultra-modern apartment offers stunning views of the sea, mountains, city, and stadium. Ideal for investors, it features high-quality finishes, a spacious layout with abundant natural light, a chic white kitchen, a luxurious lounge, and a generous bedroom with workstation and balcony access. Close to trendy cafés and boutiques, the building includes a pool, gym, 24-hour security, and secure parking.

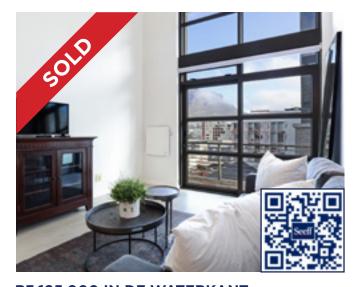


R3,250,000 IN DE WATERKANT

1 Bed | 1 Bath | 1 Parking

WEB REF **RLS957702**

This stunning industrial-chic double-volume loft in De Waterkant features an open-plan living area, a large deck with Table Mountain views, and is in close proximity to trendy shops. The building offers a pool, 24-hour security, and secure parking, making it a great investment opportunity with high rental yields.



R3,195,000 IN DE WATERKANT

1 Bed | 1 Bath | 1 Parking

WEB REF RLS966598

This spacious, double-volume loft in De Waterkant has stunning panoramic Table Mountain views, an openplan kitchen, a large balcony, and a storeroom (which is rare). Close to trendy shops, it offers high rental yields and secure parking. The well-managed building features a pool, 24-hour security, and fibre internet.









R15,495,000 IN TAMBOERSKLOOF

3 Beds | 3 Bath | 2 Garages

WEB REF RLS968411

This luxurious three-story home off Kloof Nek Road offers low-maintenance, secure living in a quiet complex. The open-plan living area is bathed in natural light, with stacking doors leading to a deck overlooking the pool and stunning views of Table Mountain and Devil's Peak. The sleek kitchen features concealed appliances, and the spacious upstairs area can serve as a teen pad or office, opening to sun-filled patios. Downstairs, three en-suite bedrooms provide direct access to the pool terrace. With its minimalist design and breathtaking views, this home embodies effortless, secure living.







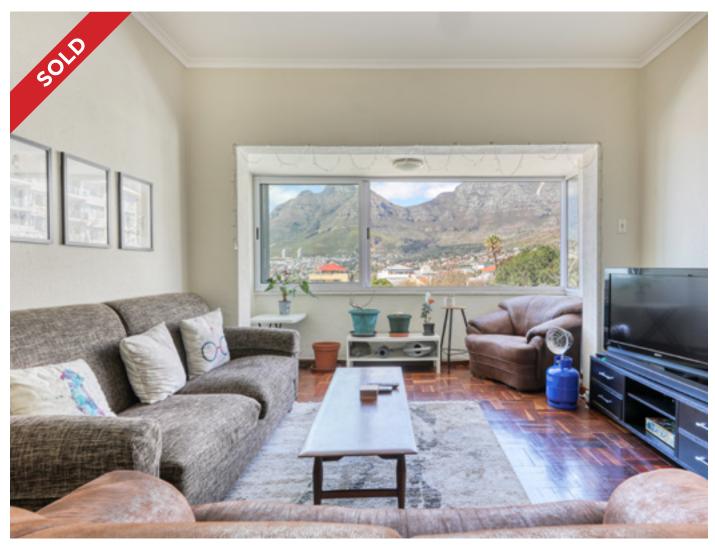
R11,500,000 IN DE WATERKANT

3 Beds | 3 Bath | 2 Garages

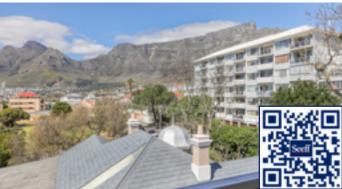
WEB REF RLS969701

This stylish townhouse in sought-after De Waterkant is set in a tranquil green oasis on Jarvis Street, blending modern living with natural beauty. The open-plan design features a sleek kitchen, living, and dining area that leads to a private splash pool and lush garden. Upstairs there are 2 spacious en-suite bedrooms and a retractableglass-roof stairwell leads to a roof garden and terrace with panoramic views. There is also a third en-suite bedroom, separate laundry, staff toilet, and a secure tandem lock-up garage, with excellent security. It's being sold fully furnished.









R3,450,000 IN TAMBOERSKLOOF

2 Beds | 1 Bath | 1 Garage

WEB REF RLS967516

This spacious apartment, situated in a small block on Warren Street in Tamboerskloof boasts stunning Table Mountain views from its second-floor sliding windows. Featuring beautiful parquet flooring throughout, the generous main bedroom faces southeast, allowing for ample morning light, while the smaller bedroom offers a charming bay window with mountain views and built-in cupboards. The well-appointed kitchen includes a double sink, dishwasher plumbing, and hallway storage for a washing machine. The apartment also features a refurbished kitchen and bathroom, as well as a secure lock-up garage with an automated door.



(OUT LOUD)

There's a time and a place to be serious, but more often than not, there's a funny side to (almost) everything that we experience

here's an unmistakable sense of renewal in the air right now. This time of the year has a way of reminding us that life, much like nature, goes through its cycles. For many, things feel a little lighter (literally and figuratively), our mouths upturn into a smile a lot easier, and the optimism that the promise of summer brings makes us feel alive.

Something equally rejuvenating? Laughter! Yes, that simple, often spontaneous burst of joy that bubbles up from our core and spills out, reminding us that sometimes, the best cure doesn't come from a doctor, but from within.

Laughter really is the best medicine. It's not just an old wives' tale or a bumper sticker slogan, it's a scientifically backed phenomenon. Studies have shown that laughter can reduce stress, boost our immune system, and even relieve pain. It's like a magic pill without the prescription. Yet, in the whirlwind of our daily lives, we often forget to take our dose. We get bogged down by responsibilities, bad news, and the relentless pursuit of perfection. But here's a thought: what if we didn't take ourselves so seriously all the time?

Consider the world around us, seemingly upside down with its share of chaos and uncertainty – personal wins and losses can feel magnified under such a lens. But in the midst of it all, there's a sanctuary we can all retreat to – humour. Finding the funny side of life can be a powerful antidote to the gravity that pulls us down. It's like discovering a secret door to a room filled with light, where even the heaviest burdens feel a little less.

One of my favourite things about humour is its ability to connect us. Think about the last time you shared a hearty laugh with someone... In that moment, differences melt away, and what's left is a shared human experience.

It's cool to be kind, and it's even cooler to be kind and funny. Random acts of kindness, spiced with a bit of humour, can create ripples far beyond what we might imagine. Picture this: you're at a coffee shop, and you decide to pay for the person behind you in the queue. When they find out, you add, 'It's really nothing!" It's a small gesture, but it could brighten their entire day. These little acts restore faith in humanity, one smile at a time. Optimism, much like kindness, is a choice. It's about seeing the glass half full, even if that glass is

a champagne flute with a bit of yesterday's celebration still clinging to the sides. Optimism isn't about ignoring the negatives, it's about focusing on the positives and believing in better tomorrows.

When we look on the bright side, life seems a lot lighter – problems that once felt insurmountable start to shrink, and solutions become more apparent. This doesn't mean we should ignore the tough stuff, it just it means we approach it with a mindset that seeks out the silver linings; it's about laughing at the little things, like tripping over your own feet in public or realising you've had spinach in your teeth for the last hour. These moments are the universe's way of keeping us humble.

As we embrace the summer season, let's also embrace a lighter, more joyful approach to life. Let's sprinkle laughter and kindness wherever we go. Let's be the reason someone smiles today, the reason they believe that good people still exist. Because in a world that can often feel heavy and serious, a little laughter, a little kindness, and a lot of optimism can go a long way.

After all, if laughter is the best medicine, then we should all strive to be the healthiest, happiest versions of ourselves, spreading contagious joy as often as we can.



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