



March 2025

**KHANATURAL**

Rooted in Realness



***DECEITFUL LOVE***

**MONICA**

**GUERRITORE**



# Editor's Note

KHANATURAL MAGAZINE

I will never stop providing the best content related to wellness in a magazine. It is my commitment and the entire Khanatural Magazine team to always provide the latest and most substantive content on the local and international wellness scene because we believe our readers deserve the best.

*Khaborina*  
*Q*

**Editor-in-Chief**



## In this issue

Our March issue is a special one. Conversations with Monica Gueritore bring out the truth in all of us. We travel to India and explore the spirit of mango. Kayleigh is one to watch while she adjusts your posture through her pilates magic and Dambisa M says "Reveal yourself to yourself."



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SALES@KHANATURAL.COM



WWW.KHANATURAL.COM

# HOME STEAMING WINNER

## - FOR DESIGN

Facial steamers are safe for at-home use: Facial steamers are a much safer alternative than resting your face over a boiling pot of water. (Ahem, please don't ever do that, or you risk burns or hot water bubbling up into your nose, mouth, or eyes. Yikes.)

Facial steamers are low-commitment: You only need 5-15 minutes to experience their skincare benefits. Some steamers can be used for up to 15 minutes and more, for no more than three times weekly. Such a model usually has an automatic timer that shuts down the machine once the water is evaporated.

Facial steamers open pores: They are best known for helping to open pores and softening blackheads for easy removal with tools such as comedone extractors or pore strips.



Facial steamers help clear sinuses: Board-certified dermatologist Dr. Sonia Badreshia-Bansal, M.D. says "steaming helps clear your sinuses, so they're the perfect addition to someone's at-home allergy care routine." And with an uptick in COVID-19 cases and the upcoming flu and cold season on the horizon, this skincare tool can offer some much-appreciated relief.

Facial steamers boost hydration: Steaming helps moisturize the skin, especially when you follow up with other skincare products, such as a face moisturizer, reviving oil or avocado face cream, or hydrating face mask. Badreshia-Bansal adds, "steaming releases toxins from your skin, loosens dirt and debris in your pores, and allows the products you apply afterward to penetrate deeper."



Earning the highest consumer score for appearance in Lab testing, this device was reported as "sleek" and "cool" by testers.

Like many other devices tested, it also received high scores for overall satisfaction, easy-to-use controls and sufficiently covering the whole face area thanks to the large nozzle.

While testers loved the appearance of the device, many noted that it "isn't the fastest to heat up." However, they also liked "the gentle flow of the steam," one reported.

Pros:

Gentle steam flow

Sleek design

Controls are simple to use

Con:

Difficult to clean due to lack of removable water tank

Doesn't heat up fast enough.

Are you in? Please share your steamy thoughts!



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# MONICA GUERRITORE

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"I have been practising power yoga for as long as I can, whenever I get the chance. I start my morning with contemporary dance lessons. I love the strength I feel in my body through the music.

This is what draws me in and keeps me focused. I'm inspired by music from Sting to Amy Winehouse to Caro Emerald."

# Monica Guerritore

Through my love of acting and performance, I have had the pleasure of connecting with like-minded artists on a deeper level. So, when an icon like MONICA GURRITORE calls you her friend, you know you have made it. I get goosebumps just hearing her voice when we call each other. Monica is a pure unfiltered artist. An actress who only relies on truth and the rawness of it.

She is one of Italy's most-acclaimed actresses and performers, and has also written and directed successful plays for theater.

Monica has become more than just a role model to me. After experiencing her on the popular Netflix series 'Deceitful Love' my gut told me that I had to speak to her and this month, I am sharing her wisdom, her love and truth with you.

The performance industry Monica and I are in can be very unpredictable and unstable. I wanted to find out how she keeps her mental health in check and she explained: "Khabonina, I am calm and realistic", said the Roman-born actress. "From the first moment in which I made my theatre debut in 'The Cherry Orchard', at just 15 years old, I realised just how much hard work there is behind the job of a theatre actor. Hours and hours are spent on rehearsals, memorization, fear and ultimately, victory over the fear. We spent months touring Italy, every day a different theatre, a different hotel, bed, but always giving our best for the public. This has built me, my passion goes hand in hand with hard work, studying, and construction thereof.

I strongly believe that what I'm doing is important, especially for the public that show their support in real flesh and heart. The audience expects a human story from you, that helps them understand who we are."

Monica is more tempered against difficulties, disappointments and, as in the case of Anna, the film that she's been trying so hard to start for three years, she won't despair. Monica continued, "the huge worldwide success of Deceitful Love is also part of this work, it's a woman's tale that I've done at my best and I'm happy that it was loved. Most importantly, I don't lose my humble service that is to tell human stories. This is how I keep myself sane and balanced.







I and the rest of the universe fell in love with how you freed Gabriella on 'Deceitful Love'. It was the layers you explored in her. You gave her so much light. A woman seemingly complex yet so graceful. The angle you chose and decisions you made for her were out of this world. How did you liberate Gabriella?

"*Deceitful Love* has had a huge emotional impact in every country" Monica elaborated passionately, "a kind of liberation from the aesthetic canons and from the age that sets limits for us women. I have often been asked on television and in the newspapers to explain this courage that I had to free Gabriella, a lonely woman, from the cages of the aesthetic image that the media impose on us. A woman who rebuilds a new age, a new life, a new way of loving and deciding, while carrying the signs of the time we have on our face, body and heart. Signs that we have to love first. Because those are our lives."

Your beauty leaves a trail of inspiration. Yet that was never your focus. You don't rely on "image". Would you say your experience in the theatre influenced your thoughts?

"Oh yes, see, the distance from the stage helps. In the theatre, the audience doesn't dwell on the facial features or the age of the characters (I'll play Joan of Arc again for her courage...even though I'm not 17), the audience emotionally empathises with them and follows their story." Monica loves the fact that in the theatre, we can love, cry, argue, protest and rebel along with the audience, who make our emotions their own."

I completely agree with this. She just made me miss the stage. I love how she makes this accurate comparison between theatre and cinema, she says, "in the theatre, we are like shadows telling secret stories. In cinema, my colleagues have more difficulties because they are always under the eye of the cameras, the make-up artists say 'do this' or 'do that', everything is focused on the face. But in the theatre, we never look at the face. The audience is not attracted by the look, but by what you are communicating." Monica drives the point home by saying this, "If you focus too much on 'how I am', 'how I look', all focus being on oneself, nothing gets through to the other person. It is only the intensity of the truth that seduces others. We have to trust what we are, what we think, how we love and we will be beautiful. In our own way. That's what I think."

This is spot on. Gabriella certainly didn't hide herself, hence she conquered Elia and the audience.



## HER TRUE SHAPE

You are in great shape. Is your body structure hereditary? Do you practice yoga / Pilates / perhaps you hike?

"Definetely. I have been practising power yoga for as long as I can, whenever I get the chance. I start my morning with contemporary dance lessons. I love the strength I feel in my body through the music (I always put lots in my performances.) This is what draws me in and keeps me focused. I'm inspired by music from Sting to Amy Winehouse to Caro Emerald."

I am curious about your diet. Please take my readers through the changes you felt the need to made.

"After 50 I noticed changes in my body and I started to eliminate sugar, milk (I drink soya milk), salt and carbohydrates. I just eat pasta a couple of times a week! I'm doing well with collagen powder, at least I'm told my skin is improving. I use creams from different brands, from Lierac to Avène, but nothing special! Then she asked me: "Do you have any miracle creams that you can recommend from your range?" I immediately collapsed.

When I recovered she told me about her favourite meal.

"Pasta,egg (only the red),parmesan cheese and bacon. BUONAAAAAA. She said this with much excitement.

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## MONICA TO SOUTH AFRICA

Have you ever been to South Africa? We would love a drama/acting session/ workshop with you. (As for me, personally I would love a scene with you. I dream)

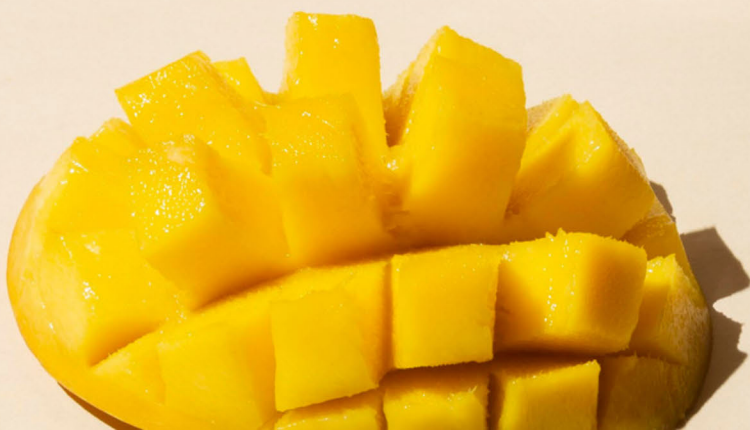
"Oh I'd love to visit South Africa. I have never travelled so far. But who knows. In any case we must keep in touch It might happen that some producer wants an italian lady or an Italian producer wants you here in Italy."

I AM STOKED.



# NATURAL

THE KHANATURAL KITCHEN



MARCH 2025 ISSUE

 KHANATURAL



## MANGO HAPPINESS

Mango encourages us to remember and honour the happy moments of our childhood and in our life as a way to rejuvenate the soul. Mango signals a period of returning to our past to reconnect with friends, family and places. Mango trees are a symbol of love and happiness that possess the magical power to grant wishes.

## MANGO FOR HORMONES?

### 1. High iron for women

Mango is rich in iron, hence it is a great natural solution for people suffering from anemia. Menopausal and pregnant women can indulge in mangoes as this will increase their iron levels and calcium at the same time.

### 2. Aphrodisiac

Mango has aphrodisiac qualities and is also called the 'love fruit'. Mangoes increase the virility in men. Vitamin E, which is abundantly present in mangoes, helps to regulate sex hormones and boosts sex drive.

### 3. Weight loss

Mango has a lot of vitamins and nutrients that help the body feel fuller. Also, the fibrous fruit boosts the digestive function of the body by burning additional calories, helping in weight loss.

### 4. Reduces Kidney Stones

In Chinese medicine, mangoes are considered sweet and sour with a cooling energy also capable of reducing the risk of kidney stone formation.



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# KAYLEIGH GONCALVES

DANCING HAS GOTTEN HER THROUGH HER HEART AND LUNG CONDITIONS THAT SHE WAS BORN WITH AND THAT DOCTORS NEVER THOUGHT SHE'D BE ABLE TO LIVE A NORMAL ACTIVE LIFE WITH. SHE HAS SUFFERED THROUGH A SPINAL INJURY SINCE THE AGE OF 17 WHERE SHE WAS TOLD SHE WOULD NEVER DANCE AGAIN... LET'S JUST SAY SHE LIKES TO PROVE PEOPLE WRONG

March 2025





**" I HAVE HAD VARIOUS DANCE TRAINING SINCE THE AGE OF 5, I CHOREOGRAPHED MY FIRST DANCE PIECE AT THE AGE OF 7 WHICH CUTE ENOUGH WAS A CHINESE ACROBATICS ROUTINE. I STARTED TRAVELLING FOR DANCE AT THE AGE OF 8 AND MY FIRST DESTINATIONS WAS BOSTON AND NEW YORK. BY THE AGE OF 9 I BECAME AN OFFICIAL PROFESSIONAL DANCER."**



### 1. WHO IS KAYLEIGH IN 3 WORDS

Caring

Hardworking

Resilient

### 2. WHERE WERE YOU BORN ?

I was born and raised in South Africa, Pretoria but I have been lucky enough that my job has taken me around the world from a young age constantly learning and growing.

### 3. WHY THE NEED TO HEAL PEOPLE & CORRECT POSTURES WITH YOUR SKILL ?

I had a terrible injury when I was 17 years old and didn't realize how bad it actually was till I was diagnosed at 18, that I had broken a part of my spine and my nerve endings were exposed.

This was due to a string of circumstances that built up.

I was born with an extra vertebra that didn't fully develop and over time the weak link in my spine gave in and broke but specialists made me aware that what aggravated it was a lack of proper conditioning, technique and body awareness being taught to me over the years by my instructors.

This created a great passion where I strive to teach others to maintain a healthy body or rehabilitate their injuries to live a life without operating and rather doing the correct work to make their bodies a home and tool to live an active life they desire.





I WANT A STRONG RELATIONSHIP WITH GOD AND I ASK HIM TO GUIDE ME EVERYDAY. WHATEVER HE WANTS IN MY LIFE SHALL BE AND WHATEVER HE WANTS OUT OF MY LIFE HE MUST TAKE, I LOOK AT ALL OPPORTUNITIES AS A GIFT AND ASK FOR DISCERNMENT, I TRULY BELIEVE THE VISION WE HAVE FOR OURSELVES SHOULD COME SECOND TO THE VISION GOD HAS FOR US.



I WOULD HAVE LOVED TO DO A PILATES CLASS WITH THE ONE AND ONLY JOSEPH PILATES BUT HE PASSED IN 1967 BUT IF THERE'S ONE PERSON IN TODAY'S TIME THAT I WOULD BE SO HONORED TO DO A CLASS WITH IS RAE ISACOWITZ (THE FOUNDER OF BASI).

#### 4. WERE YOU BORN CONFIDENT?

I was never naturally confident, confidence is something I worked towards. I was painfully shy as a child and being on stage, playing a character allowed me to develop skills to tap into during moments of uncertainty. I truly believe that every single person has something to offer the world and learning what that is and developing that skill or talent can be one of your strongest gifts from God.

#### 5. WHAT IS YOUR MEAL 'ON THE GO' ?

I love snacking on Biltong, bananas and green apples. They are easy to keep close and always give me the boost I need without feeling overly full but let me tell you I absolutely love food and I love trying new dishes.

#### 6. HAVE YOU HEARD OF SEAMOSS ?

Yes I have but I haven't had the pleasure of trying it, I'm also up for trying new healthy habits or recipes.

#### 7. WHATS NEXT ?

My classes are nearly at capacity and I am truly blessed with the amazing people that I teach but I've been secretly working on creating a website for all to be able to take classes with me and learn how to take care of their bodies whether they are professional athlete's or everyday Joe trying to live their best life.

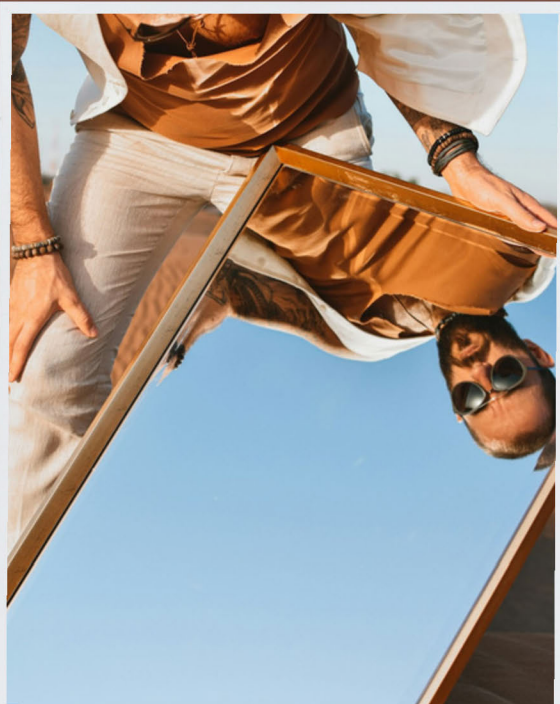


# REVEAL YOURSELF TO YOURSELF

Reflecting can be scary but also amazing. There is something about a mirror that exemplifies rawness of self. A mirror carries so much power as it gives us a view of what others see on our outer body. Although, we may never get to see our outer layers the way we would like, the mirror symbolises a part about ourselves that we should always embrace. We fall in love with or hate the way we look. We spot things about our external features that we would like to remove, configure, or replace. Whether it's cellulite or blemishes, there's always something that we find an issue regarding our external features.

It is this very principle of self awareness of the outer body that we need to resemble internally in our souls. We need to have mental mirrors that help us reflect on our actions. Positive or negative, there should be no boundaries or hindrances that prevent us from holding a mental mirror.

Everything we say or do symbolises the person we are to ourselves and those around us. More and more, there's a growing need to pause and reflect, just so that we can understand what we put out there either builds or destroys. We all know the saying 'treat others the way you want to be treated'. I don't believe one bit, that anyone was born devious or worse, people learn to become their reality.



**REFLECTION  
SHOULD BE A 24 HOUR JOB.**



**BY DAMBISA MAQOGA**

Reflecting creates a wholesome environment by understanding your part or role, you expect less from others. It eradicates any desire to think that 'you are always right, and they are always wrong'. I've learnt this through my current relationship, family and longtime friendships, without reflecting I wouldn't be surrounded by the amazing individuals in my life. In order to reveal yourself to yourself, you have to stop covering that mirror and look at you. Take time and you might continue discovering amazing wonders about you that you didn't know.

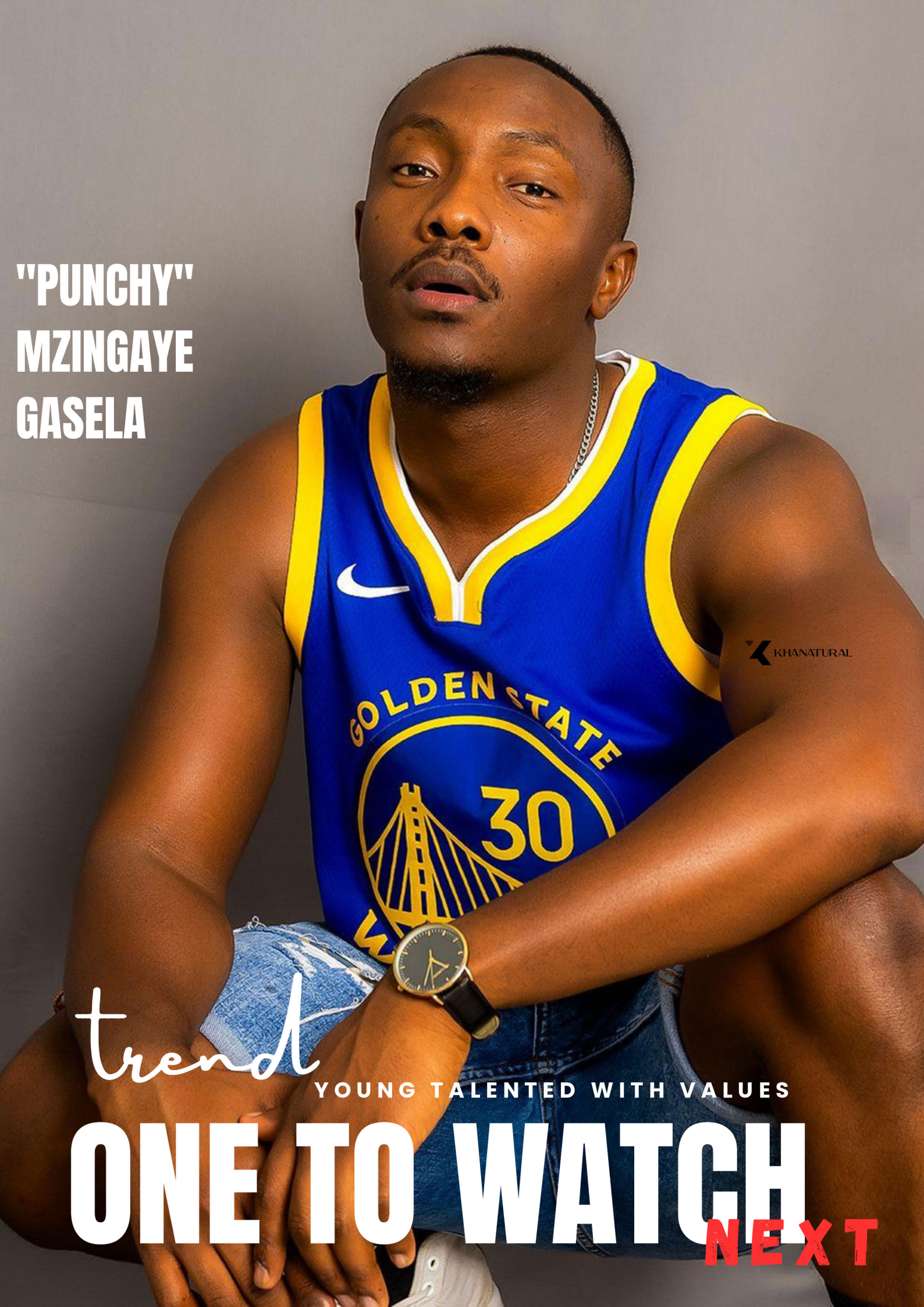
Generally, it's so hard to deal with people that don't reflect. Holding a basic conversation is so tiresome which leaves you feeling like 'what a waste of time'.

The beauty of reflecting is that it propels you to get to a point where you take accountability for your actions - yes, even during a time where your pride wants to lead. When a person reflects daily, you can tell by the way they converse, their reasoning, their outlook on life, their understanding of 'two sides to a story' and most importantly their ability to mentally overcome challenges that would normally be difficult if they weren't fully aware of themselves. We need to hold a mirror internally so that we can free ourselves from the entitlement and judgement of others.

It raises emotional intelligence and makes you a better person. Ask yourself 'who am I?' if you can't find the answer, it's about time you grab that mirror and reflect.

It's so beautiful to know who you are, regardless of the situation or condition. Are you ready to reveal yourself to yourself? Some of us have long been on the reflecting train. Some times are harder than others, but the results are so fulfilling for self and those around us. We fall and we get up, nothing in life is cast in stone including the character you've known yourself to be all your life.





"PUNCHY"  
MZINGAYE  
GASELA

KHANATURAL

*trend*

YOUNG TALENTED WITH VALUES

ONE TO WATCH

NEXT





EDITOR IN CHIEF - K. Q.

CONTENT RESEARCH -  
KHANATURAL TEAM

WELLNESS FEATURE -  
DAMBISA M

ART DIRECTION - K.Q  
AND LWANDLE Q.

CO-ORDINATOR & CO  
PRODUCER - PORTIA Q

MODEL & FEATURED  
ARTIST - MONICA  
GUERRITORE

IMAGE'S BY:  
OLIVIER DESARTE

ONE TO WATCH  
FEATURE:

KAYLEIGH GONCALVES  
IMAGES BY: ROBERT  
OF OPTICAL NOISE

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CO-ORDINATOR: K.Q

"ONE TO WATCH NEXT"  
CO-ORDINATOR :  
MONET MLALAZI

MAGAZINE  
CO-EDITOR:DAMBISA  
MAQOGA

WEB EDITOR - SIVUYILE  
MABUTO OF  
CRAYONSKY





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+27 82 932 1691

Lapeng\_Gourmet