



vol.3

March 2026

KHANATURAL

Rooted in Realness

MAN TO SELF:
Love is not urgent.
Lust is.
By Mokwadi
wa Mompedi

NIGHT OUT:
Your TWO make-up
mistakes fixed, by
JO SKIN.

WELLNESS CORNER:
When did you last cry ?
By Dambisa Maqoga

ONE TO WATCH:
12 Year old Dancing
Swimming Acting Star -
Micah Erasmus Vuma

Rainy Nthangeni

PRAYER KEEPS ME CENTERED, WORKING OUT KEEPS ME SANE & IN SHAPE.

Editor's Note

KHANATURAL MAGAZINE

There comes a time in everyone's journey when you realize that wellness is not a trend. It is a responsibility.

Not the aesthetic kind we post about. Not the temporary motivation that fades by February. I am speaking about the deep, daily commitment to self leadership. To discipline. To nourishment. To stillness. To movement. To truth.

Khaborina Q.
Editor-in-Chief



In this issue, super talented Rainy Nthangeni allows us to get under her gorgeous skin. Meet Jo Skin, our skin whisperer as she fixes our make up errors. We ask you to define "healthy living", while enjoying Chef Nelly's power spinach mania. Micah Erusmus Vuma is only 12 and already a dynamic performer, definitely our - One To Watch. Mokwadi says "Love is not urgent, lust is." Let's conclude our pages warmly with a good cry in conversation with Dambisa via the wellness corner.

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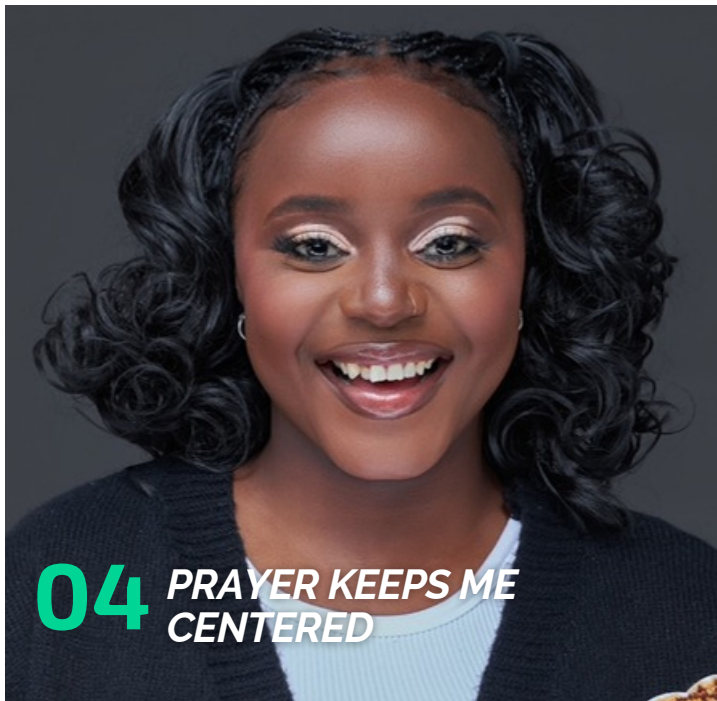
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CENTERED



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MEET YOUR MAKE-UP
WHISPERER - JO SKIN

"Believe that you are
beautiful in your own
unique way. Makeup should
never be about hiding." - Jo
Mari Skin.



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SPINACH POWER ALL
DAY

Spinach may be humble, but
it is one of nature's most
powerful greens — rich in
iron, folate, antioxidants
and chlorophyll.

Rainy Nthangeni is it.



Image by Skinny's Gallery

An Actress

"I stay grounded by prioritizing my well-being, prayer keeps me centered, working out keeps me in shape and sane."

"I have always believed that constantly nurturing my craft keeps me ready for opportunities."

"The gym is my stress buster, and I'm focused on staying prepared for what's next, it can be any role (Action/ drama/thriller) or just a change in my life."

RAINY NTHANGENI



Image by Skinnie's Gallery

"Warrren Masemola is my favorite theater actor & Viola Davis is my best film and television goddess."



A Dancer

When Rainy first appeared on our screens, we were moved, our curiosity piqued, it was as if we were all simultaneously asking "Who's that girl?" !

"I am Rainy Nthangeni. A 24-year-old Venda girl from Soweto, a professional qualified ballroom and Latin dancer, an actress."

Enjoying our midday stroll in Jozi, Rainy divulged further regarding her qualifications. "I studied Diploma in Professional Acting for Camera at City

Varsity, and I was also part of Actor Spaces Academy 2021."

The young lady is impressive, I've seen her work, however, It's her love for theatre that got to me, she continued, "In the same year I was cast in a play at Joburg Theatre titled Madimabe the curse playing the role of Kedibone, directed by Tumelo Mathebula." Later in the year, she performed at the National School of Arts her solo performance piece titled Khotsimuhulu, a tribute to her late father Alfred Nthangeni written and directed by herself.

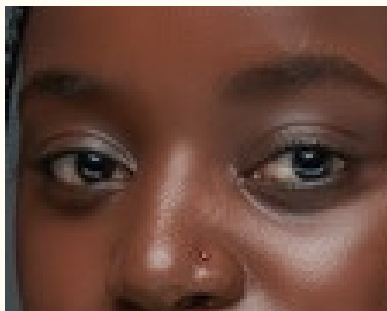
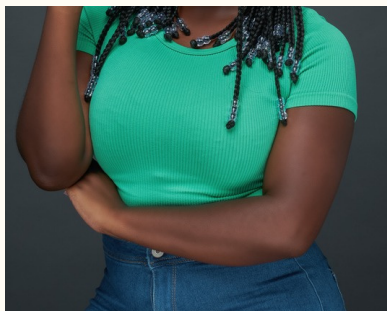
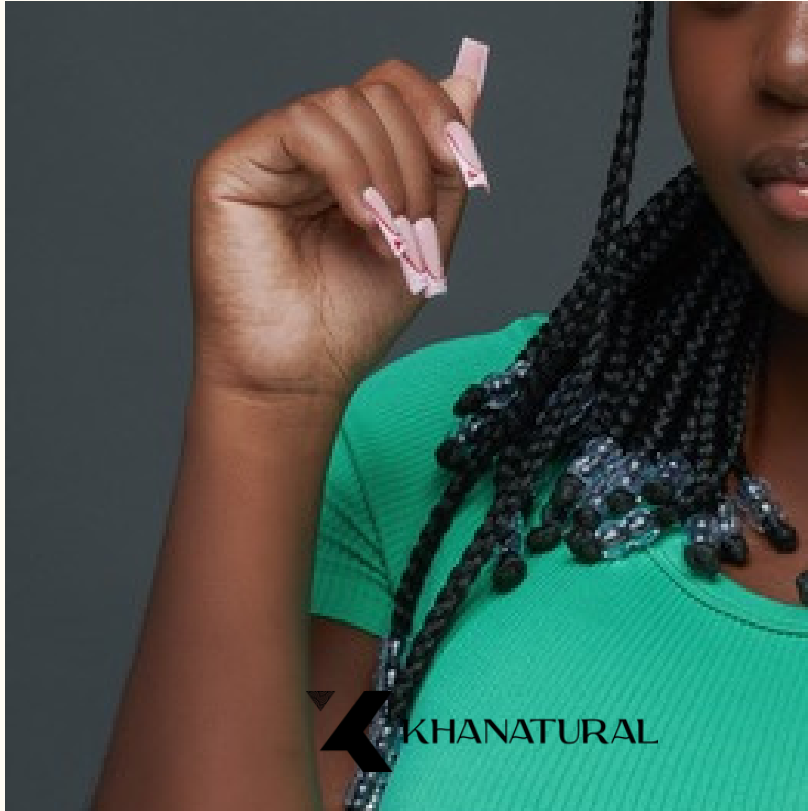
Rainy, how excited were you when you had your first television debut in 2023?

"Oh it was a blessing. I was in a film called Impikiswano on 161 Mzansi Magic, and what a privilege it was to be directed by Thabo Rametsi." On the same platform Mzansi Magic she booked a role on a series called Obstruction. Later in the year, she then joined the second season of Empini on Showmax playing the Role of Nelisa. She was also part of Ndingowakho playing the Role of Zintle on Showmax, the film was selected to be part of the 7th edition of the Joburg Film Festival.

THEATER OR TELEVISION?

I love both, however I would strongly say, Theatre pushes you to the limit, it's the authenticity that comes with having stage presence and having your audience engage with you in your performance, there are no cuts or retakes, you've only got one opportunity to nail it.

It's like auditioning, the nerves that come with it push me to making sure that It feels & looks real.

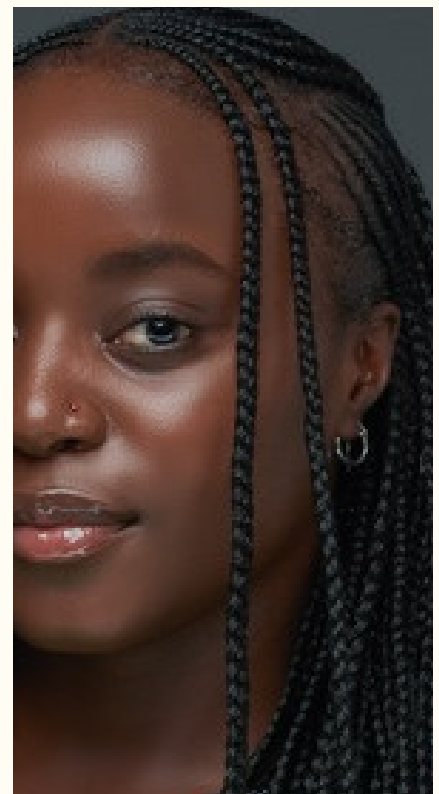


YOUR SKIN IS SKINNING!

Thank you. Skincare routines for me are a bonus, my Venda genes are way too strong so whatever I use is just enhancing whatever that was already there, however it's important to have one and this means breaking the bank if you need to cause good skin care is a bit pricey. But also changing your diet contributes to beautiful skin.

WHAT IS RAINY UP TO?

Right now, I haven't secured anything yet, however I am auditioning and doing content creation on the side, especially on my TikTok which has 27k followers and 918k likes, mainly doing makeup content, pranking my partner and vlogs. Also planning on launching my hair business soon.



DO YOU HAVE YOUR FAMILY'S SUPPORT?

100% I have family support especially my mom, she's my prayer warrior and she understands the ups and downs of this industry that sometimes it can be good for some time and other times things are not looking up. So My advice to someone who might not have their family support would be, "be your own cheerleader, join acting workshops or communities that way you wouldn't feel like whatever you're doing is futile however you are aligning yourself with people within that space so you're not discouraged"

YOUR THOUGHTS ON DATING IN 2026

Dating in 2026 is all about intentional connections and authenticity, for young women it's about finding someone who respects, supports, values you and your goals. Having a partner who is willing to grow with you and equally yoked is very important. Focusing on meaningful relationships over casual hookups.

Writer

Image by JR Photography

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JO SKIN

Meet Jo Mari Rheeder. Owner of 'Jo Skin looks'.
Jr photography. A mother. A wife. A prayer
warrior.



THE JO RHEEDER EXPERIENCE:

Nothing beats having your make-up done with the ocean view and sea breeze plus great inspiring conversations. It can only be Jo Skin. We met during my UIN shoot in Jeffrey's Bay, Eastern Cape 2025 and we immediately hit it off. There's something special about Jo, I felt the need to share her with you. Not only is she "goated" in what she does, but it's her heart that leads her. There are tons of make-up artists out there however, Jo's heart leads her brushes.

"What I love is more than just a service — it's art, connection, and the joy of transforming every new canvas I'm privileged to work on."

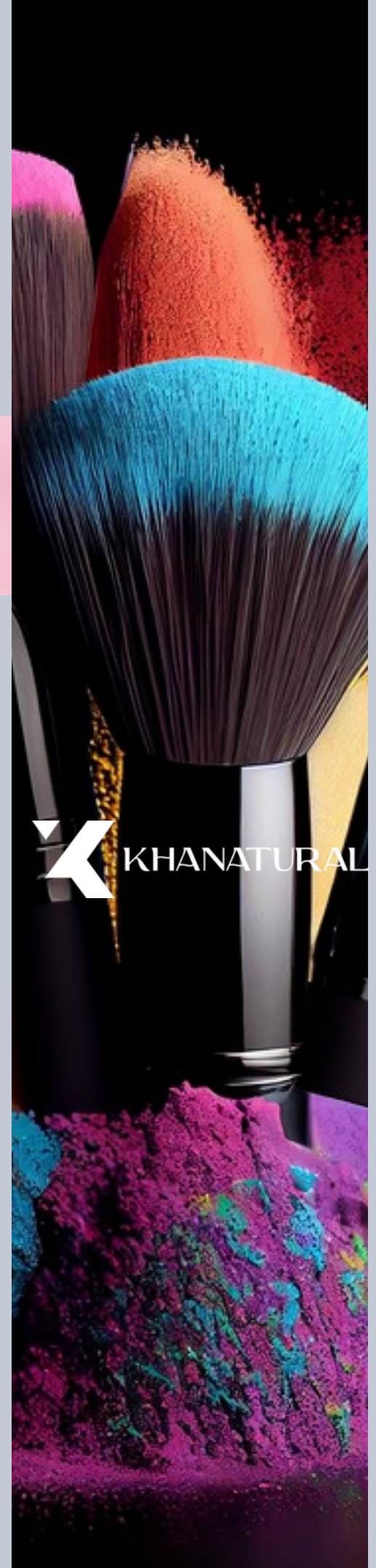
DID YOU STUDY SKINCARE?

"Yes, I studied Health and Skincare in 2007 and 2008, where make-up quickly became my favorite subject and soon grew into a true passion. I fell in love with the art of enhancing natural beauty and the connection created with every client I worked with."

TELL US ABOUT JRPHOTOGRAPHY:

"In 2010, I expanded my creativity into photography and started my own business now well known as JRPhotography, where I found my place in the wedding industry — capturing love stories while creating beautiful bridal looks. Alongside this, my salon brand, JoSkin, became a space where skincare and make-up artistry come together.

Working with people has always been my greatest strength. Whether through beauty, photography, or even my journey into the financial industry at Bullion MDS, my passion remains the same: "helping others feel confident, empowered, and truly beautiful."



Jo Skin - NB. Make Up Tips

A TIMELESS MAKE-UP TIP

Q: What is the number one make-up tip every woman should know?

Believe that you are beautiful in your own unique way. Make-up should never be about hiding who you are – it should enhance and celebrate you. When you truly believe in your beauty, every drop of moisturiser, every shade of eyeshadow, and every stroke of foundation will fall perfectly into place.

Beyond that, a few essentials every woman should remember:

Skin prep is everything. A clean, well-moisturised face creates the perfect base. Moisturiser prepares the skin, primer smooths and refines, and together they create the ideal canvas for foundation.

Blend, blend, blend. Seamless blending is what transforms make-up from noticeable to natural and flawless.

Less is more. Start light – you can always build up, but true elegance often lies in subtlety.

A MISTAKE THAT AGES YOU

One of the biggest mistakes that can instantly age someone is applying make-up in a way that removes softness from the skin instead of enhancing it.

* Heavy matte foundation: A thick, overly matte base can make the skin appear dry and more mature. Lighter, breathable formulas create a softer, fresher finish that reflects light naturally and gives the skin a youthful glow.

* Too much under-eye powder: The delicate under-eye area needs minimal product. Excess powder can settle into fine lines, creating a cakey texture and emphasizing wrinkles rather than smoothing them. Less product and a lighter hand make a big difference.

* Skipping blush : Without blush, the face can appear flat or droopy. The right blush placement adds warmth and lift, bringing life back into the complexion and enhancing your natural facial structure.

Nb.
Trends are fun, but not every trend suits every face shape or skin type. Always adapt trend.



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SPINACH ALL DAY

#KhanaturalKitchen



"Spinach is one of nature's quiet powerhouses — modest in appearance, yet abundant in nourishment. Plant based powered meals are my favorite to prepare. Rich in iron, folate, magnesium and skin-loving antioxidants, this leafy green supports energy, hormonal balance, radiant skin and immune resilience.

In this curated feature, we explore how spinach transforms beautifully across the day — from a protein-rich sunrise plate to a plant forward dinner featuring lemon & garlic cream chicken" - Chef Nelly Phakathi.



SPINACH MORNING

SPINACH EGG BAKE

Light yet deeply satisfying, this crustless quiche offers sustained energy without heaviness.

Perfect for busy mornings or weekend brunch spreads, it pairs beautifully with sliced avocado and seasonal tomatoes.

Ingredients:

1 cup sautéed spinach, well drained
 ½ cup mushrooms, finely chopped
 6 free-range eggs
 ½ cup feta or soft goat cheese
 ¼ cup milk (or oat milk)
 1 tbsp cold-pressed olive oil
 Sea salt, cracked black pepper, a pinch of nutmeg.

Method:

Preheat oven to 180°C.
 Sauté mushrooms in olive oil until golden; add spinach and cook until excess moisture evaporates. Whisk eggs with milk and seasoning. Fold in vegetables and cheese. Pour into a lightly greased baking dish and bake for 25–30 minutes until set and golden.

Wellness Note:

Spinach at breakfast supports iron levels and helps regulate energy throughout the day – particularly beneficial for women’s hormonal health.



SPINACH, LEMON & GARLIC CREAM CHICKEN

As the day winds down, supper calls for warmth and restoration. This one-pan dish is indulgent without excess – creamy, fragrant, and deeply satisfying.

Ingredients:

4 chicken breasts or thighs
 2 cups fresh spinach
 3 garlic cloves, minced
 ½ cup fresh cream (or coconut cream)
 Zest and juice of 1 lemon
 1 tsp smoked paprika
 Olive oil, sea salt & cracked pepper

Method:

Season chicken with paprika, salt and pepper. Brown in olive oil until cooked through; remove from pan. Sauté garlic, add spinach and cook until wilted. Stir in cream and lemon zest; simmer gently. Return chicken to the pan and spoon sauce over before serving.

Serving Suggestion:

Pair with cauliflower mash, brown rice, or lightly sautéed zucchini ribbons.

The Power of Spinach

Often underestimated, spinach supports:
 Iron replenishment and oxygen circulation
 Glowing skin through vitamin A and antioxidants
 Bone health with vitamin K
 Natural detoxification via chlorophyll
 Affordable, accessible and endlessly versatile – spinach proves that true wellness need not be complicated.

SPINACH BY NIGHT

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HEALTHY LIVING

By definition means adopting habits that improve physical, mental, and social well-being to lower disease risk and enhance quality of life. It involves conscious, daily choices like eating nutritious food, regular exercise, managing stress, adequate sleep, and avoiding harmful habits such as smoking.

What is healthy living by your definition?



Mokwadi :

Mokwadi is a writer, business strategist, and lawyer by training. He is passionate about the intersection of African identity, wellness, and digital storytelling. When he's not helping creatives build impactful brands, he's writing stories that challenge the status quo and inspire new ways of thinking.

Love is not urgent. Lust is.

Lust arrives in a hurry.

It wants now. It wants intensity, affirmation, closeness without context. Lust pushes. It rushes intimacy and confuses chemistry for connection. It feels loud, exciting, and immediate.

Love, on the other hand, takes its time.

Love doesn't demand access. It asks for understanding. It doesn't rush vulnerability or force depth before safety has been built. Love moves slowly enough to notice who someone really is when the excitement settles.

Urgency Is Often Fear in Disguise

When something feels urgent, it's usually afraid of being examined.

Lust doesn't want patience because patience asks questions.

Questions like:

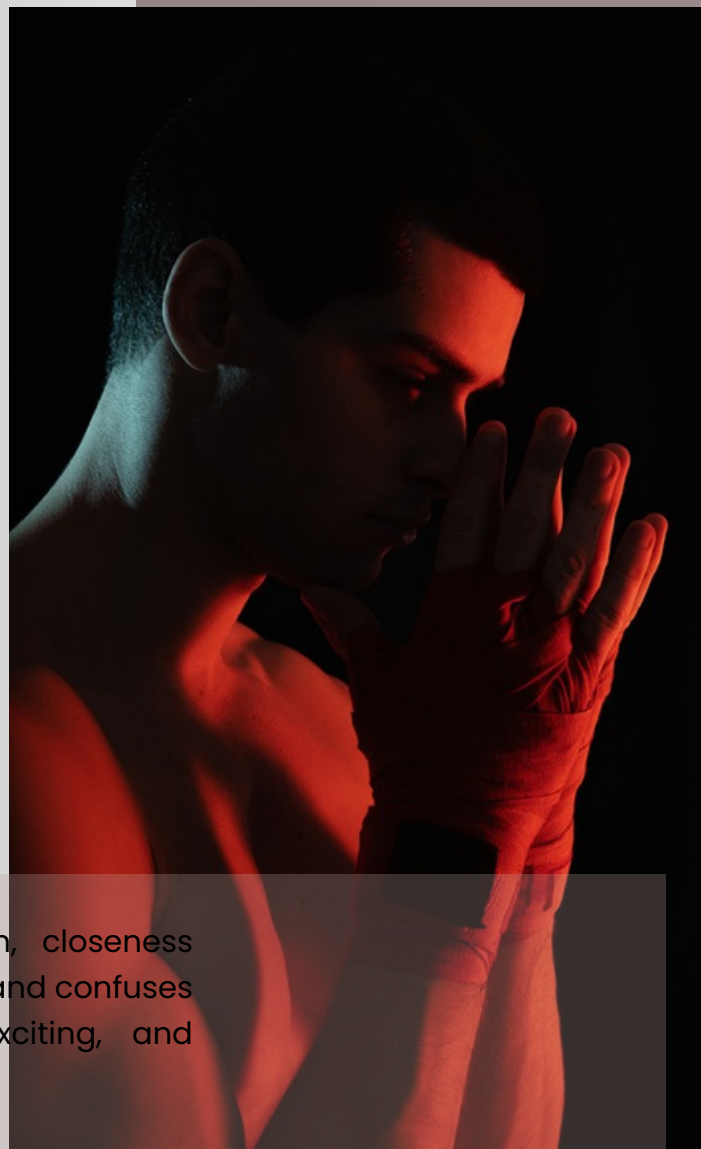
Do we align?

Can we communicate?

Will we still choose each other when desire quiets down?

Love isn't threatened by time. It grows through it.

Men who are serious about love don't rush to claim. They observe. They listen. They let connection breathe. Not because they are unsure — but because they are intentional.



Mokwadi wa Mompedi
#ManToSelf



Lust is an intense physical attraction and desire for sexual gratification, focused on immediate pleasure, passion, and often, the fantasy of a person rather than their reality. Love is a deeper emotional connection involving care, trust, vulnerability, and commitment, which grows over time and accepts a partner's flaws.

Love is not urgent. Lust is.

Love Is Built, Not Claimed

Romantic love isn't proven by speed.
It's proven by consistency.

Showing up when it's inconvenient.

Choosing honesty over charm.

Protecting emotional safety instead of chasing intensity.

Love says, "I want to know you fully."

Lust says, "I want you now."

And while both may feel similar at first, time always reveals the difference.

The Calm Is the Clue

Many people mistake peace for boredom because they're used to chaos. But real love often feels calm. Not because it lacks passion — but because it isn't fueled by anxiety.

Love doesn't keep you guessing where you stand.

It doesn't make you perform to be chosen.

It doesn't rush milestones to secure its place.

Love stays.

In a world addicted to immediacy, choosing love means choosing patience. It means letting things unfold without force. It means trusting that what is meant to last does not need to be chased.

Because if it's real, it won't rush you.

Love is not urgent.

Lust is.



Mokwadi wa Mompedi

#ManToSelf



WHEN DID YOU LAST CRY?

MARCH 2026

In life there are many reasons to cry. We cry in joyful moments and sorrowful ones. One thing is for sure — tears are versatile. Each drop reveals what our hearts cannot say out loud. Tears can be born from yearning, or they can pour from a place of beautiful memories. I love crying. Let me just put that out there.

DAMBISA MAQOGA



I remember a time when I thought crying was a weakness. It took a lot to make me cry. But now? Boy oh boy, do I cry. Sometimes over the smallest things, sad lyrics, a memory of a late loved one, the list is endless.

There is something deeply freeing about a good cry. Not the kind that leaves you gasping and spinning out of control, but the kind that empties you out gently, like opening a window in a room that hasn't had air in a while. That kind of cry doesn't break you. It resets you. I love crying so much that I express myself through tears sometimes. Like when I feel my partner is not hearing me, my tears do the negotiation. I cry when my favorite artist, Samthing Soweto releases an album. Tears define moments in our lives and we should embrace them.

We cry from exhaustion, from gratitude, from the overwhelming feeling of "I actually made it through that." And we cry for no reason at all - which, honestly, might be the most honest kind of cry there is.

WHEN DID YOU LAST CRY ?

MARCH 2026

a raw conversation with Dambisa Maqoga

We live in a world that glorifies strength, and somewhere along the way, we confused strength with not feeling. We confused being okay with pretending. But I think there is enormous strength in allowing yourself to fall apart for a moment because it means you trust yourself enough to put yourself back together.

So, when last did you cry? Not the polite, dabbing-your-eyes-at-a-movie kind. I mean a real cry. The kind that surprises you. The kind that comes from somewhere deep and true. The kind that reminds you that you are still alive, still feeling, still here.

If it's been a while, maybe something needs your attention. Maybe something is waiting to be felt. Maybe the version of you that thought crying was weakness is still running the show, and it's time to gently relieve them of that duty.

Crying is not falling apart.

It is, in many ways, how we stay whole.



A young girl with a red flower in her hair is performing a high kick in a dance studio. She is wearing a black leotard with a red skirt. The background is a warm, brownish-orange color.

MICAH ERASMUS VUMA

ONE TO WATCH

YOUNG TALENTED WITH VALUES





Image by Gabby Bester

"Hello. My name is Micah Erasmus Vuma.

In August this year, I will be on the global stage competing at the UDO World Street Dance Championships in Blackpool, United Kingdom. I am also a good swimmer, I broke my school's under-13 backstroke record and came 1st at our Inter-schools swimming gala.

For Netball neh, I was recognised as player of the year two years in a row. Oh I'm also an actress now. I acted in the theatre arts production Mama Afrika. It's my very first role."

We are rejoicing for we have met a young new favourite human being. Talent is to be celebrated. This is a gift God has bestowed on you and must be used to inspire others and make a difference. Micah Erasmus Vuma doing just that. She is a dynamic 12-year-old performer and an athlete born on 31 October 2013 in Johannesburg, Midrand, South Africa.

Micah is emerging as one of the most promising young talents of her generation.

From the tender age of four, Micah has been immersed in the world of dance, training at her mother's dance school, M. E Dance Academy. Her dedication and versatility have allowed her to master multiple styles including Ballet, Contemporary, Hip Hop, Jazz, Amapiano, Break Dancing, and Acrobatics.

Micah has competed internationally and proudly placed 12th in the World Championships in Croatia for Jazz and Contemporary dance. Recently, she secured 3rd place in the Under-12 Street Dance category in South Africa, narrowly missing her Protea Colours due to age eligibility, as she needed to be 13.

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