



LIFESTYLE



WHISKY MADE TO MUSIC

The #BainsxTellaman Bain's Symphony combines whisky and music through the craftsmanship of Bain's founder distiller Andy Watts and music sensation Tellaman, maturing their first collaboration – a seven-year-old whisky – to pulsing soundwaves. The proudly South African single grain whisky started its life as Bain's Cape Mountain Whisky – double matured for five years in first-fill ex-bourbon casks. Instead of then being released, the whisky was left for a further two years in the original second

set of American oak barrels, and a further three months in a specially designed sonic cellar, where the soundwaves of Tellaman's music vibrated through the barrels. www.bainswhisky.com

WIN!

A lucky reader can win a bottle of Bain's Symphony whisky to the value of R375. To enter, SMS the word **BAINS** along with your **NAME** and **EMAIL** to 41277. SMSs charged at standard rates. Free & bundled SMS do not apply. Ts & Cs apply. Closes 31 May 2022. *Not for sale to persons under the age of 18.*



MAKE A MEAL OF IT

The multi-functional Mi Smart Air Fryer 3.5L includes eight pre-set modes and performs as a food dehydrator, a microwave, a defroster, and a yoghurt maker. There's even a setting for baking cakes. Its 360-degree hot air circulation allows cooking food with less oil and lower fat. It connects over Bluetooth 4.0 and Wi-Fi and is supported by the Mi Home App, with access to over 100 recipes. It also works with Google Assistant and Alexa. Available at www.mia.africa.com at a recommended retail price of R2,099.

ESSE #30DAY REWILD CHALLENGE

Humans have been upsetting the balance in nature for too long. The pollution of the environment has had devastating consequences for ecosystems worldwide. In much the same way, cheap synthetic chemicals in modern skincare regimes upset the balance of the skin's natural microbiome – a finely-tuned ecosystem of microbes and human cells that evolved over hundreds of thousands of years. Rather than healing the skin, the increased use of chemical-based products has polluted its ecosystem, leading to a rise in sensitivity and inflammatory skin conditions. Now, you can cut out these harmful chemicals in your skincare routine and get your best skin back in 30 days. Esse's #30dayrewild challenge, running to the end of April 2022, seeks to return skin to its roots, providing it with the natural support it needs to rehabilitate its own microbiome. The Esse limited-edition #30dayrewild Pack is available through all Esse stockists and relevant online stores. www.esseskincare.com





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