

UKUNGAZIZWA KAHLE?

GAKUSHINTSHA LOKHO, KUWUKUKHETHA KWAKHO.

INGABE UHLALA UZIZWA NGALENDELELA...



Ikhanda elibuhlungu?

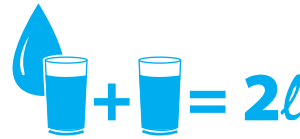


Ukukhathala?

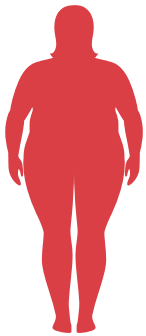


Ukungaphatheki kahle esiswini?

Ukuqeda lezi zihlungu, phuza ingilazi eyodwa yamanzi uma uvuka ekuseni. Ebese uphuza amalitha amabili amanzi ngosuku.



UKHATHAZEKILE NGOKUKHULUPHALA EMZIMBENI?



Amafutha amaningi emzimbeni?



Umfutho wegazi ophezulu



Isifo sikashukela



THATHA IZINYATHELO EZILULA UKUGWEMA LEZI ZINSONGO

KHETHA UKUDLA KWEMVELO

Ifishi yethini, amabhontshisi, ikhabishi, isipinashi, izithelo, isinkwa esibomvu Kanye naphinathi bhatha.



GWEMA IZINTO EZINGALUNGANGA

i-poloni, amaviyani, amarasheni Kanye nama shibusu amazambane



INGABE IZINKINGA ZOMZWELO KANYE NEZOBUNGANI ZIYAKUGQINDEZELA?

UPHAZAMISEKILE IZINXABA



Amahlaya nokuzijabulisa nozakwenu kungakuzisa ezinkathazweni onazo.

INGABE AMAGQUBU ONAWO NABANTU AKWENZA UNGALALI?



Ukuthethelela nokukhohlwa kungaba isibonakaliso samandla nomlingiswa - Khohlwa, kuyekele kudlule!

UZIZWA SENGATHI USHIYIWE WEDWA?



Thatha isinyathelo sokuqala. Xhumana nabahlobo bakho uzizwe uthola uthando.

Khulumisana nomxhumani waka-Phela Wellness uthola ulwazi.

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