

Cederberg: Where Buchu Is Bountiful

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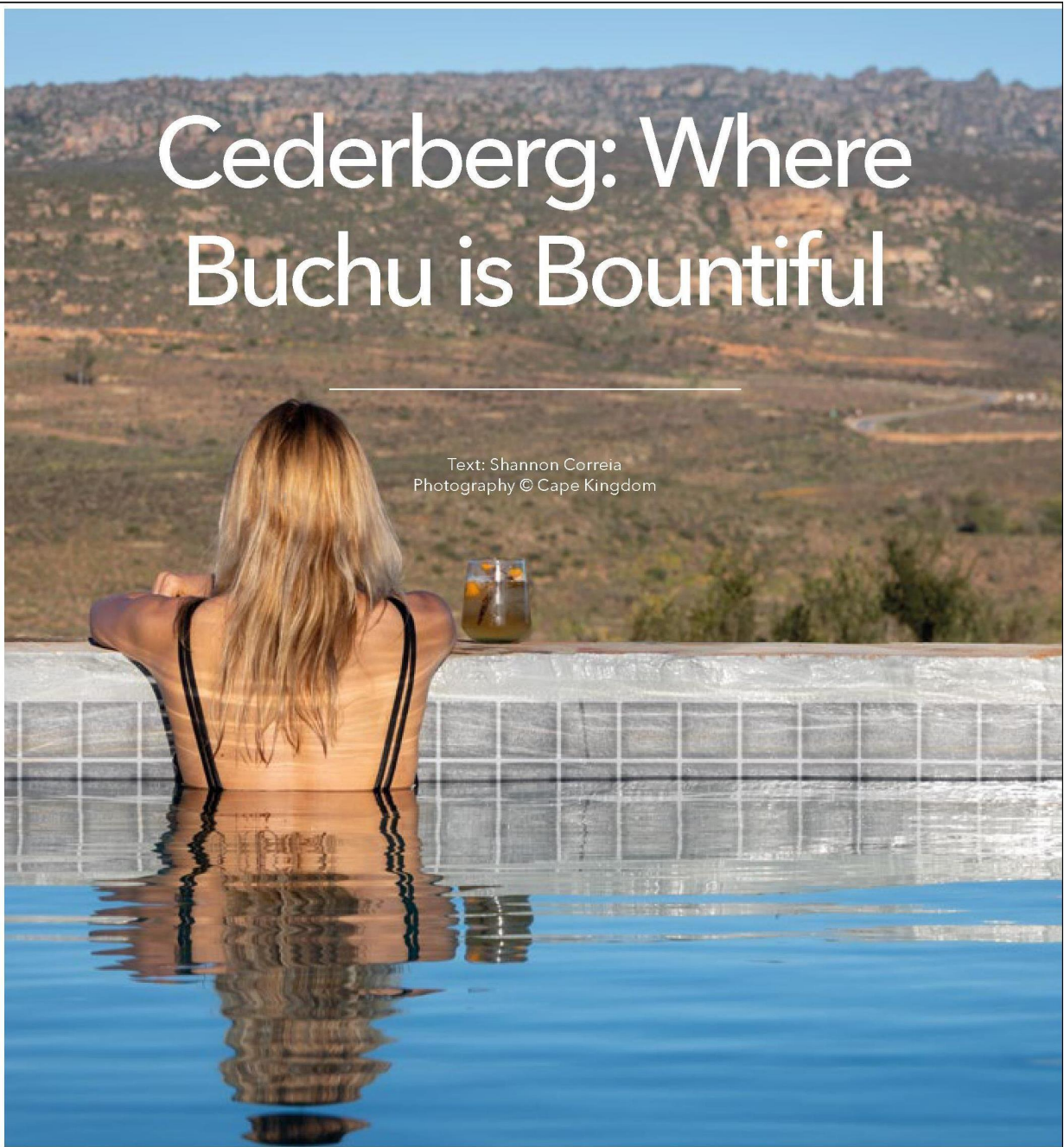
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Photography © Cape Kingdom



The Western Cape is a province with more to offer than just the famous Garden Route and beautiful city of Cape Town. Travellers who venture on the Cape Namibia route up north to the Cederberg are bound to be blown away by the change in scenery, with surrounding mountainscapes, an abundance of flowers along the way, and one of the country's best kept secret ingredients: buchu.

Being in the Cederberg region opens you to the discovery of landscapes which are filled with historical and medicinal value. In terms of the former, you can discover rock art that dates from hundreds and thousands of years ago. As for the latter, you can discover the wonders of buchu, a local herb which the Khoi and San people have used for its medicinal

purposes for over three hundred years. Buchu is a natural remedy for pain relief and is also an anti-inflammatory.

Cape Kingdom Nutraceuticals develops and produces buchu products, including the Cape Kingdom Detox Tea, and has entered into a benefit-sharing agreement with the South African San Council and the National Khoisan Council. This, along with the organic tea production, ensures that the processes are rooted in ethical practices which, in today's day and age, is not only admirable, but imperative.

Buchu is a small shrub with miniature flowers. When visiting Skimmeberg Farm, you can take a tour of the farmland, seeing it in all of its glory as it grows upon hills with some sheep roaming nearby. During

the farm tour, guests are taken through the greenhouse and organic fields learning of the harvesting process of this miracle plant before sitting down for a tea tasting. Visitors are introduced to the Cape Kingdom Detox Tea range, which combines buchu with other aromatic ingredients across six refreshing and healthy variants ideal to include as a gentle, daily detox routine. When visiting the Cederberg region and zipping between the mountain range, you will find no better stay-over than one at Cederberg Ridge. As you enter the property, you are welcomed by a stone structure which fits perfectly into its surrounds, with windows leading up to the high ceilings, through which an abundance of warmth pours in. Friendly hosts welcome you in the reception area



where you will notice wooden features to complement the surrounds, adding to the finesse of this modern African farmhouse. You will be taken to one of the nine spacious rooms and suites on site, where you can enjoy the likes of a grand bathtub, an outside shower, and the minimalistic yet luxurious decor, perfectly suited to showcase the wonders of the wilderness - which is a mere step outside.

Sitting in the peacefulness of nature, one can enjoy a cup of freshly-brewed buchu tea, grown organically in the surrounding mountains, hand-picked, and blended, to bring you both pleasure and good health. Being a natural diuretic, it helps the body flush out harmful toxins, provides the body with relief, antioxidants, and polyphenols (which reduce cancer risks), and helps

prevent insomnia, as it is caffeine free.

The food (which includes breakfasts, lunches, and dinners) is nutritious, filling, and creatively curated, and is served in the dining room which extends out onto the veranda. Here, the outside is the hero, with your eyes naturally falling outwards to the slopes of grass, shrubs, and flowers which extend as far as the eye can see. There is a sparkling pool on site, where you can melt away in what feels like the middle of nowhere; a perfect moment of relaxation after a walk on the property, with beautiful Cape Daisies dotting the walking paths. By nightfall, you will find yourself under the guidance of a blanket of stars and the milky-way.

This is the kind of break from the city that you did not know you needed. The perfect retreat, with nature and history

surrounding you, it is a place where you can recharge and revitalise your body, mind, and soul.

Discover the great variety of buchu benefits with the BuchuLife™ product range which includes: Sparkling Herbal Water, UTI Relief Capsules, Joint Health Capsules, First Aid Gel, and Derm-Active Moisturising Cream, all available from Dis-Chem, Food Lover's Market, and Wellness Warehouse stores nationwide. ■

For more information:

www.cederberggridge.co.za.

www.skimmelberg.co.za.

www.buchulife.com.