

JUNE 6 - 7, 2026



THE GUARDIAN

Life

Vol. 21, Iss. 1204

+ June's Biggest Moments:

Top events to attend
this month

Healthier kidneys?

10 morning drinks
doctors recommend

STANDOUT
LOOKS AT THE 2026
OJUDE OBA FESTIVAL

Samuel Abuti



Linda Ejiofor-Suleiman

"Advice that shaped my career"



FEATURED



4 COVER
Linda Ejiofor-Suleiman
"Advice that shaped my career"



8 CULTURE
Ojude Oba 2026: Royalty, glamour and tradition in full display



6 GUARDIAN GUIDES
So many reasons to step out: a guide to June



10 GUARDIAN WOMAN
Olufolakemi Cole-Adeife: My experience as a dermatologist has been fulfilling

THIS ISSUE

EVENT

Where Craft Meets Culture: Don Julio's Defining Moment at the AMVCA 7

CULTURE

Ojude Oba 2026: Royalty, glamour and tradition in full display 8

MARIE CLARIE

The newer generation is pushing the Gele to new heights through innovative styling and execution + Can you date a man in entertainment? 80% of women say they wouldn't 9

GUARDIAN WOMAN

Tolulope Tunde-Ajiboye to Host 'Undaunted' Conference in Abuja 10

GUARDIAN ANGELS

Helen Sosu-Ezirim's mission to empower lives through words + Charities lead campaign to break menstrual stigma among schoolgirls 11

TRAVEL

Agrotourism in Nigeria: Farms that are becoming everyone's favourite weekend escape 12

COLUMN

10 best morning drinks for your kidneys 13

RELATIONSHIP

Can a relationship survive double infidelity? 14

FOOD

Rivers Native Soup Odu Fulo + The Mimbo Spritz (Palm Wine Cocktail) 15

EDITORIAL TEAM

Creators

Toke Alex Ibru, *Chief Executive Officer*
Anita Athena Ibru, *Chief Strategy Officer (Global)*

Editor, Guardian Woman

Ijeoma Thomas-Odia (07033422652)

Contributors

Musa Adekunle, Oluwagbemisola Sadare, Ashim Ojeh, Oyindamola Adebisi, Geraldine Akutu, Fiyinfoluwa Odukoya, Chidinma Enweani, Amaka Eche

Design/Graphics

Mayowa Iyiola

Marketing/Adverts/Partnerships

Cyril Anyika (08030567059)
Blessing Oma (07088373524)
Angela Ifediorah (08165066434)
Olayinka Bolarinwa (08086951129)

CONNECT. LEARN. EXPLORE.

GuardianTV
SUBSCRIBE Guardian Nigeria

Guardian Nigeria

GUARDIAN.NG
TV.GUARDIAN.NG

A MERRY & BRIGHT *Lakowe Christmas*



The Apartments at Lakowe Lakes offer a more independent way to stay, with open-plan living and a full programme of Christmas experiences already in place.

ACCOMMODATION TYPE	RATE PER PERSON PER NIGHT
ONE BEDROOM APARTMENT (Occupancy: 2 adults)	₦ 520 000
ONE BEDROOM DUPLEX (Occupancy: 2 adults)	₦ 535 000
TWO BEDROOM APARTMENT (Occupancy: 4 adults)	₦ 455 000
TWO BEDROOM DUPLEX (Occupancy: 4 adults)	₦ 465 000
THREE BEDROOM APARTMENT (Occupancy: 6 adults)	₦ 430 000
FOUR BEDROOM APARTMENT (Occupancy: 8 adults)	₦ 420 000
LUXURY 4 BEDROOM VILLA (Occupancy: 8 adults)	₦ 425 000
EXECUTIVE 5 BEDROOM VILLA (Occupancy: 10 adults)	₦ 465 000
EXECUTIVE PRIVATE POOL VILLA (Occupancy: 8 adults)	₦ 495 000

INCLUDES

- All meals
- Christmas Eve Carols by Candlelight
- Santa's Enchanted Grotto
- Christmas Lunch & Boxing Day festivities
- Daily activities and kids' programme



NEWMARK
• HOTELS & RESERVES •

Experience Authentic

For bookings and enquiries, contact:
reservations@newmarkhotels.com
+27 21 427 5901 www.newmarkhotels.com

DISCOVER MORE

Ts & Cs apply. Minimum 3-night stay (24–27 December 2026); kids under 6 at ₦70 000 per night and 6–12 at ₦120 000 per night when sharing; rollaway beds at ₦80 000 per night; 20% deposit required with balance due 30 days prior; free cancellation up to 30 days before arrival; rates subject to availability.

Linda Ejiofor-Suleiman

"Advice that shaped my career"

by Musa Adekunle



Photographs provided by Linda Ejiofor-Suleiman's media team

NEED TO KNOW

Linda Ejiofor-Suleiman made AMVCA history in one night, winning Best Lead Actress for *The Serpent's Gift* and Best Supporting Actress for *The Herd*. Linda first gained national attention for playing Bimpe Adekoya in the M-Net series *Tinsel*. She won her first AMVCA in 2015 for *The Meeting*. Linda married fellow actor Ibrahim Suleiman in 2018, and they welcomed their son, Keon Iman Suleiman, in 2020.



Linda Ejiofor-Suleiman did not just win two AMVCAs. She entered a rare global class.

At the 2026 Africa Magic Viewers' Choice Awards (AMVCA), she became the first actor in AMVCA history to

win both Best Actress and Best Supporting Actress in one night. Before her, only Sigourney Weaver and Kate Winslet had achieved that kind of double acting win on a major awards stage, for work released in the same

year under review.

Speaking exclusively with *Guardian Life*, Linda opens up about the years she felt overlooked, the fear of becoming irrelevant, the discipline that shaped her career, and the historic AMVCA night that finally changed everything.

After making AMVCA history in one night, what changed in your everyday life?

The first thing was that people started seeing me differently. I was getting a lot of what I prayed for and asked God

for, which was recognition. People were finally saying, "Okay, yes, this lady can really act."

I got the validation from people that I had been looking for because, at some point, I started doubting myself when I was not getting that validation. Sometimes, when you have worked for a very long time, or you have been shooting for a while, nobody says, "Okay, let's call Linda. Linda can play this role." Other people got those roles.

But when I eventually got roles I thought were challenging enough and gave it my all, I got validation from people. Not just the awards, but people seeing me on the road and saying, "Oh my goodness, you deserve it. You are so good. You are such a fantastic actor." So, yes, that is what changed.

Do you think your price will go up because of these awards? Will you also become more selective with roles? As an actor, your job is to make sure you give an amazing performance no matter the role, whether it is a cameo, supporting role or lead role. Even before I got the award, I always selected what I wanted to be part of. I wanted stories that could touch lives, make an impact, and evoke feelings in people. Stories people could relate to.

"I felt like my career was stagnant. I felt like I was just there."

— Linda Ejiofor-Suleiman

That is why *The Herd* and *The Serpent's Gift* were very special to me. The Meeting, where I got my first award, was also very special to me.

Luckily for me, I have not gotten any role that I had to turn down because it did not align with my values or what I wanted to shoot. I have always gotten scripts that were relatable and emotionally driven.

As for my price, of course, it would improve, but not in a way that would price me out of the market.

Some people online said other actors deserved the award more than you. What is your reaction?

I am human. At first, it hurt that people could still say that, but I am grateful that it was a jury-selected award, not just people who would come and pick whoever they wanted. So, I would take the words of the jury and believe what they said because it was not only Nigerians on that jury. It cut across Africa.

Do you desire to win this award again?

Yes, everybody would desire to win something they have won before again, just to say, "You know what? I am still grateful to God. I am good at this. God sees me, people see me, and I am killing it in my industry."

You and Ibrahim Suleiman have built one of Nollywood's most admired marriages. How do you protect love from public pressure?

Before we got married, we talked about everything. We knew that whatever we did, whenever there was work, we had to separate work from family. So, we do not bring work home. Even if we do, it is just to get advice from the other person.

“After I won two AMVCAs in one night, people started seeing me differently. I was getting a lot of what I prayed for, which was recognition.”

— Linda Ejiofor-Suleiman

I have been in the industry longer than he has, but I take his advice seriously. He is such a good listener, and he understands things deeply. I have someone I can talk to about anything, and I believe he can talk to me about anything, too.

I am so grateful that I ended up with a man who is in my industry and who is very understanding. We do not let anything come between our love. We talk about everything.

Looking back at the *Pakurumo* video and your AMVCA wins, did you ever think you would come this far?

Everything has its way of getting to where it is supposed to get to eventually. It was 2011 when I shot that *Pakurumo* video, and I was just coming up. I was a fresh new actress on the block.

I did not even know how big the song was going to become. I did not know how big Wizkid was going to become either. But I am happy that I was part of that music video, and I am happy to see the growth from then till now.

There is a growing conversation about actresses being boxed into certain roles once they become wives or mothers. Have you ever experienced that limitation?

No, I have not. After I had my son, I played a single lady who was not married. In *Something About the Briggs*.

In *The Serpent's Gift*, she just got married to an older man and did not have kids. So, yes, I have not been boxed into playing only mothers. #

You have managed to stay relevant without being involved in controversies. How have you been able to do this?

One very important thing is always remembering where I started and where I come from. My journey into acting was not smooth at first. After JAMB, I started a Theatre Arts diploma at UI, but my father found out and immediately pulled me out because he did not want any of his children to become actors.

I later studied Sociology at Unilag and started commercial modelling after school, doing billboards and TV commercials. A friend then told me about an audition for Tinsel. At first, I refused because I still remembered my father's warning, but I eventually went because the money sounded good.

I did not get a callback until one year later while serving in Jigawa. I took a night bus back to Lagos for another audition, and that was how I got the role. For a whole year, I travelled between Lagos and Jigawa filming Tinsel while doing

NYSC, and only my mum and siblings knew because my father had already said none of his children would act.

Eventually, I had to tell him because he was about to get DStv. I thought he would be angry, but instead, he told me something that stayed with me forever. He said, “You have done this for one year with no negative publicity. Remember where you are coming from. Remember your family values.”

That became my guiding principle. I decided that if I could make my father proud for one year, I could do it for the rest of my career. That has been my secret. I never want to disappoint him.

I do not want that to be what my children will read about me. I do not want anything controversial about me to be what they see when they open the internet. That is not the legacy I want to leave behind.

***The Herd* and *The Serpent's Gift* felt emotionally heavy. What part of those characters stayed with you after filming?**

What stayed with me was the pain of those women. In *The Serpent's Gift*, my character was not allowed to grieve her husband because her in-laws were fighting her for inheritance. That broke my heart because many women can relate to that experience.

With *The Herd*, the story felt very close to home because it speaks to Nigeria's insecurity and kidnapping crisis. I put myself in the character's shoes, especially during the bank scene, and thought, “God forbid, what if this were Ibrahim?” It broke me.

After that scene, I had to take a moment to get myself together. It was that emotional.

Has there ever been a particular role you rejected?

I would not say I have rejected a role. Sometimes, it just does not align with my timing, especially when I am already filming another project.

I always want to give my all to any production I am part of. So, if I take a role, it has to be something I can fully commit to. The only time a role does not work for me is when it does not fit into my timeframe.

At this point in your career, what scares you more: failure, irrelevance, or being misunderstood as an actress?

Failure scares me because I worry that when people watch a film I am in, they may not love it. I would feel like I failed in that aspect and that I did not deliver.

Being irrelevant also touched me a lot. I went through it about three years ago. I said that on stage when I won my first award. I remember that three years ago, my career was stagnant. I had a conversation with my husband and also with God because I felt like I was not getting the roles that would challenge me. I just felt like I was there.

When I had the conversation with my husband, he told me that there is always a season for everyone. People have their seasons, which I used to tell him then, but I think I forgot at some point. He reminded me that my season would come and that I should also remember to talk to God.

That was why I went to God. I had a conversation with Him and said, “God, this season is taking forever. It is time.”

It had been over a decade since I won my last award. That is not necessarily the only standard for being recognised, but I wanted something. I wanted something people would see and say, “Oh my God, she was amazing in it. She is such a fantastic actress.”

After that, God gave me two movies, *The Herd* and *The Serpent's Gift*. They were both challenging roles, and both films I wanted to be part of because they were talking about things happening in Nigeria that people could relate to. When I got them, I was so grateful. I felt like God really answered. God really hears.

The last thing is being misunderstood. Everybody goes through that, even those who are not celebrities. You want people to understand you and say, “Okay, she is justified for doing this.” But I am grateful. Even if I am not understood outside, I am understood by my friends and my family. Even if I feel like my career is stagnant, God showed me that He hears and He

“People see the awards and the red carpet, but they do not see the hard work behind becoming somebody else on screen.”

— Linda Ejiofor-Suleiman

is there for me.

What is a typical day like for you without a camera?

On days when I am not on set or attending a brand engagement, I usually wake up, get ready, take my son to school, and then head to the gym.

I spend about two hours at the gym. After that, I come back home, take my bath, eat breakfast and sleep. When I wake up, I attend to any online work or documents. If I have a script, I read it.

If there is no script to read, I watch K-drama or something interesting on TV. Sometimes, I read a book. My husband and I also gist, talk about everything and just chill.

What role should we be expecting from you next?

I am actually on a set right now in Abeokuta, filming with Fatimah Gimsay and Nora Awolowo. I am playing a female smuggler. The character is so good. It is something you guys have never seen me play before.

I am super excited to hear your reactions and for people to say, “Ah! Linda, you went bad on this one.”

Twenty years from now, what do you hope people remember about you and your craft?

I want them to say Linda is still such an amazing actor. She has range. She delivers. When you see Linda on TV, you do not see Linda; you see the character.

I want them to say they can relate to my character and that I draw emotions from them.



Linda Ejiofor-Suleiman on set



Linda Ejiofor-Suleiman on set

So many reasons to step out: a guide to June

by Musa Adekunle

June is packed with music, fashion, theatre, culture and immersive experiences across Lagos, Abuja and Lokoja. Whether you want to dance until sunrise, explore African fashion, watch live theatre or enjoy a laid-back day party, there is something worth adding to your calendar.



Soul & Sip Day Party Experience

Looking for an easy-going Saturday with good music, cocktails and outdoor vibes? Soul & Sip promises an afternoon of smooth sounds and social energy in a lush garden setting.

6 June 2026 | The Garden, Ikoyi, Lagos



Tamba June Special Edition

One of Lagos' popular nightlife experiences returns with a lineup featuring DJs, performers and a crowd looking to keep the weekend alive well into the early hours.

6 June 2026 | The Vault Social House, Victoria Island, Lagos



Silent Disco At The Pool

Part pool party, part silent disco, this Abuja edition combines games, DJs and a lively social atmosphere. Expect music, dancing and plenty of opportunities to cool off from the June heat.

6 June 2026 | Varuna by The Good Beach, Mabushi, Abuja



Ecobank Adire Lagos 2026

Adire takes over Lagos for four days as Ecobank brings designers, fabric lovers, buyers and culture enthusiasts together for a colourful celebration of African style. Expect exhibitions, fashion conversations, shopping and fresh ideas around one of Nigeria's most loved fabrics.

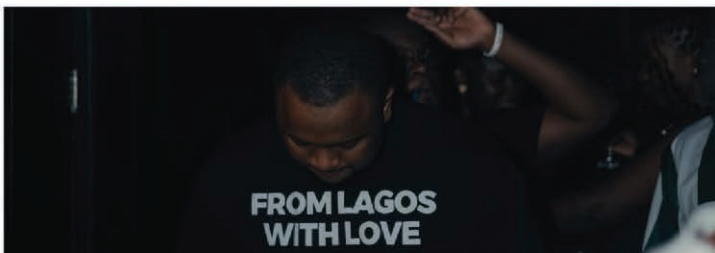
11 to 14 June 2026 | Ecobank Pan African Centre, Lagos



Silent Movie Cinema Experience

Cinema gets a fresh twist with wireless headphones and a curated movie selection. Perfect for film lovers looking for something different from the usual multiplex experience.

12 June 2026 | Magnificent Cinema, Onipanu, Lagos



Octane V

Fans of Afrohouse, Afrobeats and Amapiano can expect a high-energy night driven by some of Lagos' favourite DJs. The event has built a reputation for its music-first approach and dance floor.

12 June 2026 | Casa45, Victoria Island, Lagos



Love Is Sweeter Where The Grid Works

This stage production explores modern relationships, society and everyday realities through humour, drama and live performance. Theatre lovers should mark this one down.

20 June 2026 | Plot E, Ikosi Road, Oregun, Lagos



Ndi Igbo Ji Aka Nbo

Culture, community and heritage come together at this gathering celebrating Igbo identity through music, food, networking and cultural showcases.

21 June 2026 | FHA Field, Festac, Lagos

Where Craft Meets Culture:

Don Julio's Defining Moment at the AMVCA

The Africa Magic Viewers' Choice Awards has evolved into far more than an awards ceremony. It is a space where film, fashion, storytelling, and identity converge in celebration of African excellence. At the 12th edition of the AMVCA, one brand understood that cultural significance perfectly, Don Julio.

As headline sponsor, Don Julio brought its philosophy of devotion, craftsmanship, and earned celebration into the heart of one of the continent's biggest entertainment moments. Rather than simply showing up, the brand created an experience that felt intentional, immersive, and deeply connected to the spirit of the night.

At the centre of Don Julio's presence was The Don's Table, a curated space designed to honour individuals whose commitment to craft has earned them defining moments of recognition. Inspired by the legacy of Don Julio González, it became a moment not just of celebration, but of reflection.

Don Julio sponsored three of the evening's most prestigious categories: Best Actor, Best Supporting Actress, and Best Film of the Year. Hosted by Uti Nwachukwu, The Don's Table became one of the night's defining highlights as winners shared intimate

conversations about their journeys and the discipline behind their work.

Best Actor went to Uzor Arukwe, whose years of consistency have cemented him as one of Nollywood's most respected talents. Best Supporting Actress honoured Linda Ejiofor-Suleiman, recognised for her range, resilience, and emotional authenticity. Best Film of the Year went to My Father's Shadow, with Funmbi Ogunbawo and Wale Davis celebrated for a project reflecting the growing global potential of African storytelling.

Each winner received a specially engraved bottle of Don Julio 1942, a symbol of permanence and earned excellence. The evening's toast, led by Bovi Ugboma, raised a glass to creativity and the people shaping African entertainment's future.

Don Julio's presence extended to the red carpet through Fashion Icon of the Night, Uche Montana, whose phoenix-inspired custom Tubo Bereni design mirrored the brand's themes of transformation and ambition.

What made Don Julio's presence at the AMVCA stand out was its ability to move beyond traditional sponsorship into something more culturally meaningful.



Ojude Oba 2026: Royalty, glamour and tradition in full display

by Ese Oghenetega

Colour, culture and ceremony came together strikingly at the Bauchi Durbar, where riders, performers and residents turned the festival into a full public display of heritage.

The 2026 Ojude Oba festival made the news once again for its elegant display of tradition, culture, and fashion. Held at the Awujale Pavilion in Ijebu-Ode, Ogun State, the festival was a runway for exquisite aso-oke designs carefully curated with the latest accessories that spoke class, opulence, and style.

Some of the dignitaries at the event were Governor Dapo Abiodun, Seyi Tinubu, Eniola Badmus, and Jide Awobona, among others. One of its popular attendees, who is dubbed the king of steeze, Farooq Oreagba, stole the show with his horse-riding display, magnificent agbada, exclusive beads, and stunning glasses. His aura exuded confidence and royalty, making him the topic of discussion among netizens.

The women brought in their A-game as they rocked the latest aso-oke ensembles that made them the cynosure of eyes. Their daunting "geles" and signature glasses mesmerised netizens and proved why Ojude

Oba is one of the biggest festivals in Nigeria.

Interestingly, the women delivered some fashion goals in their sophisticated designs. They added spice to the occasion with their regal looks and dashing poses. This edition is quite memorable because the attendees did not come to play. They gave fashionistas a run for their money with their show-stopping attire, which was a blend of ancient and modern styles.

As expected, several photographers were on the ground to capture the grand event. The coordination among the attendees was noteworthy - it was a beautiful formation of colours, styles, and glamour.

Ojude Oba is a reflection that ancient culture can be preserved with modern styles, and it can also captivate young minds with a blend of innovation and incredible aesthetics. More so, it flaunts the rich Yoruba heritage, making it enticing to others outside the region.



Photos by Grey Lens and Nikan Koncepts Studios

FASHION

The newer generation is pushing the Gele to new heights through innovative styling and execution

by Ashim Ojeh

Classic fashion pieces are constantly being reimagined in Nigeria, and the recent resurgence of the Gele is proof of that. From Ayra Starr's album cover to *The Devil Wears Gele* production, the headpiece has sparked conversations online once again.

While the Gele has never truly disappeared from our culture, younger women are embracing it in new ways beyond weddings, owambes, and special occasions. It is now being styled with everything from corporate wear to Y2K and Alté-inspired outfits, showing how versatile it can be.

This shift reflects a generation that is increasingly confident in embracing cultural fashion on its own terms, without seeing it as overly traditional or restrictive.

A symbol and cultural language

The Gele is a traditional, structured head tie originating centuries ago among the Yoruba people of Southwestern Nigeria. Often described as a crown-like adornment, it is deeply rooted in culture and heritage. Historically, the Gele came in many forms, styles, and meanings, serving as a visual language that communicated social status, marital status, and even emotional expression,

whether joy or sorrow.

Naturally worn for weddings, naming ceremonies, funerals, and other important occasions, the Gele became a key part of ceremonial dressing, often paired with iro and buba. Today, it has evolved beyond those traditional settings, embraced widely as both a cultural and fashion statement while still honouring its roots.

The Ayra Starr album poster moment that brought gele back into focus

Much of the recent renewed interest in the Gele can be linked to Ayra Starr's *Starr Girl* album cover, photographed by Axle Joseph ahead of its 14 August 2026 release. The striking image, featuring Ayra in a bold mini dress and an elegantly styled Gele, quickly sparked reactions online, with fans and creators recreating the look and incorporating the headpiece into their own fashion interpretations. Beyond the album cover, several other cultural moments have also contributed to the Gele's growing visibility.

The Gele across recent pop culture and fashion

During the 2025 Lagos Fashion Week, multiple brands showcased models on



the runway in ready-to-wear pieces styled with striking Geles. Among the notable ones were looks from Jermaine Bleu. This, alongside several other interpretations that reimagined the traditional headpiece in contemporary fashion contexts.

Younger creatives, artists and influencers have also embraced the Gele in their everyday styling. Artist Fimí, known for her music and distinctive fashion sense, often incorporates the gele as a focal point in her looks. Influencer and model Omoloto similarly experiments with traditional styling, frequently pairing gele with modern outfits. Even internationally, American artist Aliyah's *Interlude* has highlighted her appreciation

for the gele, often incorporating it into her styling and further amplifying its global appeal.

Gele as a living symbol of identity and pride

The gele will always remain a symbol of culture, history, and background for the Yoruba people and, by extension, for Nigeria as a whole. It goes far beyond being just a headwrap and accessory. Wearing it carries a deeper sense of pride, grounding, and cultural awareness — an anchor that has held meaning across generations. Even after so many years, it continues to move people and remain relevant across every stage of life and era.

LIFESTYLE

Can you date a man in entertainment? 80% of women say they wouldn't

by Oyindamola Adebisi



For years, many women have openly said they could never date a man in entertainment, including those who work within the industry themselves. To understand if this sentiment extended beyond social media conversations, I ran a simple survey asking women: Would you date a man in entertainment? The response was decisive — 80% said no.

And it is not hard to see why.

Dating a man in entertainment often means dating more than just a person. You are also navigating his schedule, public image, ambition, audience, and the constant visibility

that comes with his work. This is not to say men in the industry are incapable of love or commitment — there are soft, intentional, loyal men in entertainment. But loving someone whose life belongs to the public can be emotionally demanding.

The industry thrives on visibility, networking, and perception. Relationships often compete with premieres, afterparties, travel, and fan attention. At some point, the question becomes simple: can you handle dating someone whose lifestyle isn't conventional?

Here's what dating a man in entertainment could look like

Your relationship is never just yours

Dating publicly already comes with pressure, but entertainment relationships take it further. A single photo can become a headline, and an unfollow can spark breakup rumours. Your relationship can turn into gossip or content without your consent.

This is why many women prefer to keep such relationships private. But even then, public curiosity never fully disappears. Strangers analyse your posts, interpret your body language, and form narratives about your love life. It becomes difficult to separate the real relationship from public perception.

The smallest things become signs

In this kind of relationship, ordinary moments can feel loaded. A delayed reply may suddenly feel suspicious because you have seen your partner constantly surrounded by other people at events. The issue is not always cheating; often it is emotional exhaustion. You find yourself constantly interpreting behaviour, wondering if you are overthinking or noticing patterns. Over time, that mental load becomes draining.

Private does not mean easy

Keeping things private does not remove the pressure. It simply changes its form. Couples still have to navigate schedules, late nights, and constant work demands. Privacy can even blur into secrecy when boundaries are unclear.

The pressure to be "understanding"

Many women also described the pressure to become "the understanding girlfriend" — the one who accepts cancelled plans, ignores public attention around their partner, and tolerates uncertainty because "it comes with the job." Over time, this can stretch emotional boundaries.

Heartbreak is public

Breakups in entertainment rarely stay private. The internet remembers everything — posts, interviews, soft launches, and public declarations. When things end, strangers dissect timelines and pick sides. Unlike private heartbreak, you do not always get space to grieve quietly.

Still, some relationships work

Despite all this, some couples in entertainment make it work, showing that it is possible to build strong relationships within the industry. Ultimately, it comes down to trust, boundaries, and emotional security in a world built on visibility. For most women in the survey, however, the lifestyle itself feels like too much to navigate.

Visit www.marieclaire.ng to read more

Olufolakemi Cole-Adeife: My experience as a dermatologist has been fulfilling

by Geraldine Akutu

Dr. Olufolakemi Cole-Adeife is a Consultant Physician, Dermatologist, and Venereologist at the Lagos State University Teaching Hospital (LASUTH), Lagos, and a Lecturer at the Lagos State University College of Medicine. She is a Member of the West African College of Physicians and a Fellow of the National Postgraduate Medical College of Nigeria in Internal Medicine and Dermatology. She also holds a Diploma in Tropical Medicine and Hygiene from the London School of Hygiene and Tropical Medicine and a Master of Public Health and Health Promotion from Brunel University London. A clinical researcher, her interests span several areas in dermatology and global health including albinism, skin neglected tropical diseases, pigmentary disorders, inflammatory dermatoses and climate-related skin health challenges. In this interview she shares her journey into the world of Dermatology and other issues.

What inspired you to work in this area?

First, I was inspired to become a dermatologist by my dear mother of blessed memory, who was a world-renowned dermatologist and clinical researcher. Growing up, I witnessed the impact she had on individual patients and communities, as well as the respect she earned for her work. I was also motivated by my own experiences with sensitive skin as a child, and I experienced moderate to severe acne as a teenager. Those personal experiences sparked my interest in skin conditions and a desire to help others facing such challenges.

What has your experience been like as a dermatologist?

My experience as a dermatologist has been exciting, rewarding, and deeply fulfilling. I have had the privilege of seeing people's lives positively impacted in clinics and in communities through skin health advocacy, community outreach, education and other public skin health initiatives. At the same time, it is sometimes challenging, particularly in resource-limited settings where access to specialist care is limited for most, and accessibility of investigations and treatment, which are largely paid for out of pocket, is constrained. These challenges, however, have strengthened my commitment to improving skin health and expanding access to dermatological care.

What was the biggest "no" you heard in your career, and what did you learn from it?

One of the biggest setbacks I experienced was not being accepted into the Tropical Medicine and International Health MSc programme at the London School of Hygiene and Tropical Medicine in 2018 while I was a dermatology resident. At the time, I was already interested in global health dermatology and tropical medicine and had hoped the programme would help me pursue that path. Five years later, however, I was admitted to the Diploma in Tropical Medicine and Hygiene course at the same institution on a full scholarship. Looking back, I learned that sometimes "no" simply means "not yet". Timing matters, and the delay may have allowed many opportunities and experiences to align in ways they otherwise would not have.

What do you wish more people have understood about what you do?

I wish more people understood that dermatology is a highly specialised medical field that extends far beyond skincare



products and cosmetics. Dermatology encompasses medical, surgical, cosmetic and public health aspects of skin hair and nail health. Many people also do not realise that dermatologists are medical doctors who undergo years of additional specialist training after medical school. It often involves six years of medical school and another six years of specialist training. Unfortunately, some individuals complete short aesthetic courses and claim to be

dermatologists. This cannot be further from the truth or reality. Dermatology is as highly specialised as other medical fields such as cardiology, nephrology or endocrinology because the skin is the largest organ in the body and often reflects broader health conditions.

If you could give just one piece of advice concerning skin to women, what would it be and why?

Love the skin you are in and take good care of it. In a world where many people are trying to change their skin colour by using skin lightening products in the case of dark-skinned people or skin tanning methods with fair-skinned people, it is important to remember that beauty comes in every skin colour. All skin tones are beautiful. Every shade and colour is unique and should be nurtured, protected and celebrated, rather than altered to fit societal expectations. Also, when it comes to skin care, less is often more.

What steps should women and young girls take to maintain radiant skin?

Radiant skin starts with your diet and lifestyle. A balanced diet rich in fruits, vegetables, healthy fats and adequate water intake provides the foundation for healthy skin. Limiting excess sugar, salt and highly processed foods is also beneficial. When it comes to skincare, simplicity is key. Focus on three essentials: cleanse gently, moisturise daily, and consistently protect your skin from excessive sun exposure by using sunscreen and other sun-protection methods. Additional steps such as topical antioxidants and gentle exfoliation two to three times a week can be helpful when appropriate, but they should complement and not replace the basics.

Tolulope Tunde-Ajiboye to host **Undaunted** conference in Abuja

by Ijeoma Thomas-Odia

Convenor of The Undaunted Conference, Tolulope Tunde-Ajiboye, is set to host one of Abuja's biggest youth leadership gatherings as The Undaunted Conference 2026 brings together young men and women for a day of inspiration, empowerment, and transformational conversations.

The conference, scheduled for Saturday, June 27, 2026, in Abuja, will convene influential leaders, professionals, entrepreneurs, creatives, and change makers committed to shaping the future of young people across Nigeria.

Delivering the keynote address, the first female Accountant General of the Federation Dr. Oluwatoyin Madein, whose distinguished career in public service and

leadership continues to inspire a new generation of Nigerians.

Other notable speakers expected at the conference include award winning actor Stan Nze, media personality and storyteller Chioma Momah, business leader and real estate entrepreneur Olusola Dada, and finance educator Jennifer Ariwigwe, popularly known as Financial Jennifer.

According to Tunde-Ajiboye, The Undaunted Conference was established to create a platform where young people can engage in meaningful conversations around leadership, career growth, business, personal development, faith, relationships, and purpose.

She noted that the conference is designed to challenge young people to rise above limitations, embrace growth, and become



intentional about their impact in society. Since its inception, The Undaunted Conference has continued to grow as a platform focused on raising bold, visionary, and purpose driven individuals through practical conversations and shared experiences from accomplished speakers and industry leaders.



Helen Sosu-Ezirim's mission to empower lives through words

by Geraldine Akutu

as a platform through which she could spark conversations, shape mindsets, and inspire positive change, especially among young people. Beyond celebrating talent, the initiative empowers women, girls, and youths to reach their full potential while also promoting health awareness and creating space for meaningful dialogue.

Although the vision for the foundation was conceived in 2010, it officially began operations in 2018. The delay was largely because she was already deeply immersed in another mission, The Street University Project (TSUP), a free entrepreneurial and empowerment programme designed for underprivileged youths from slums and challenged backgrounds.

When We Are Poets Foundation finally launched, Helen said acceptance came easier than expected.

"Interestingly, the concept was accepted without any hitch. When we started, it was mainly to encourage people to maintain a healthy and balanced mindset, because we believe the major battle in life is the battle of the mind."

Mental health became one of the foundation's early focal points, and from there, its work expanded organically into broader programmes around creativity, advocacy and empowerment.

Like many social impact initiatives, funding remains one of its biggest challenges. For now, Helen funds the projects largely from

personal resources. "No sponsors yet. It's from personal purse now. But we are optimistic that we will connect with sponsors whose goals and visions align with ours."

Despite operating without external sponsorship, the foundation has already recorded notable successes. Helen points to its ability to discover hidden creatives, individuals producing remarkable work but lacking visibility and giving them a platform to be seen and celebrated.

The foundation has also commemorated World Poetry Day and organised poetry events in primary and secondary schools, encouraging students to express themselves through writing while promoting peace, tolerance and inclusion.

For Helen, watching young people find confidence in their voices through poetry has been one of the most rewarding parts of the journey.

Alongside We Are Poets Foundation, she continues to lead The Street University Project, balancing both with entrepreneurship and other responsibilities. While it may appear demanding from the outside, Helen sees each initiative as serving a distinct purpose.

"The Street University Project is an assignment from God. That has been a huge motivation for me to carry on despite the many challenges."

We Are Poets Foundation, on the other hand, represents another side of her identity. "It is the poet in me finding a place where it can have expression and make its unique

impact on more lives, girls, women and youths."

Because each platform has clearly defined goals, she says they rarely clash. Instead, they complement one another in service of a shared vision of empowerment.

Asked what advice she would give women facing challenges, Helen's response is rooted in clarity and resilience. "As a woman, take time to define your purpose, set clear goals, and create a vision for your future. Then pursue that vision with unwavering determination and persistence."

She acknowledges that the journey is rarely easy, but insists that challenges should never become a reason to stop. "Stay focused, remain resilient, and keep moving forward. In time, you will realise that persistence is one of the greatest keys to turning dreams into reality."

Helen envisions We Are Poets Foundation growing into a recognised platform for discovering, celebrating and supporting people of exceptional talents and skills. More importantly, she hopes it will become a stronger support system for distraught women, girls and young people in need of help, guidance and access to better health options.

She also hopes poetry will continue to serve as a peace-building and restorative tool. "In five years, I hope we would have largely used poetry as a peace and repair tool to contribute to making the world a better and safer place, even Nigeria."

Charities lead campaign to break menstrual stigma among schoolgirls

by Ijeoma Thomas-Odia

As part of activities marking World Menstrual Hygiene Day 2026, Development Centre for Orientation, Discovery and Empowerment (DeCODE) in partnership with Preserved Childhood Foundation and Pink Health Foundation, has reinforced its commitment to advancing menstrual health and dignity for girls through a comprehensive awareness campaign in Onitsha, Anambra State.

The initiative, which brought together students, educators, healthcare professionals, community leaders, advocates and other stakeholders, focused on breaking the silence around menstruation while promoting access to accurate information, safe learning environments and improved menstrual hygiene management.

The event highlighted the critical role of philanthropy and community partnerships in addressing barriers that continue to affect girls' health, education and self-confidence. Organisers stressed that menstruation should never be a source of shame, stigma or exclusion.

Participants received education on menstrual hygiene and proper menstrual care, understanding the menstrual cycle,

period tracking and preparedness, harmful myths and cultural practices surrounding menstruation, as well as the importance of Water, Sanitation and Hygiene (WASH) facilities in schools. Discussions also explored the role of parents, teachers, communities and policymakers in supporting girls through puberty and menstrual health challenges. One of the most emotional moments of the programme was a mime performance by students from the School for the Deaf, which underscored the importance of inclusion and the need to ensure that girls living with disabilities are not left out of conversations on menstrual health and wellbeing.

Students from various schools also participated in a debate on the topic, "Should Menstruation Be Discussed Openly or Not?" While one side cited cultural sensitivities, privacy concerns and discomfort in mixed-gender settings, proponents argued that menstruation is a natural biological process that should be openly discussed. The students maintained that engaging boys and men in menstrual health conversations is essential to combating stigma, misinformation and discrimination



against girls.

Another highlight was the introduction of PeriodReal, a digital menstrual health platform designed to provide girls with reliable information, educational resources and support on menstrual health management. Special Guest and member representing Onitsha Constituency I, Mimi Okpeazu, encouraged participants to view menstruation as a natural part of life and not a limitation to their ambitions.

Speaking to the girls, Okpeazu addressed issues of body safety, confidence, personal development and career growth, urging them not to allow societal expectations or menstrual-related challenges hinder their aspirations.

The programme also featured a panel session with accomplished women professionals who shared personal experiences and practical lessons on overcoming challenges, building successful careers and maintaining a balance between professional and personal responsibilities.

Speaking during the event, the organisers called for greater investment in menstrual health education, wider access to sanitary products and improved WASH facilities in schools and communities.

They noted that sustained philanthropic support and multi-sector collaboration remain essential to ensuring that girls can manage menstruation safely, confidently and with dignity.

Agrotourism in Nigeria:

Farms becoming everyone's favourite weekend escape

by Oluwagbemisola Sadare

Something has shifted in how Nigerians choose to spend their weekends. The options used to be malls, beach, bars, staycation hotels. Now, a growing number of city dwellers are driving past all of that, heading for open land, green stretches, and the particular quiet that only a farm can offer. Agrotourism has arrived in Nigeria, and it is moving faster than anyone expected.

Farms in Nigeria are opening their doors not just to sell produce but to host people. Visitors come to walk the land, eat food grown metres from where they're sitting, watch and pet animals up close, join planting sessions, or simply do nothing but rest from the bustle of the city.

Here are 3 farm resorts that are living up to their names.

1 Xtralarge Farms and Resorts, Ota-Ikoro, Ogun State

The most talked-about name in Nigerian agrotourism. Founded by Dr. Seyi and Dr. Moji Davids, who left the US to build it, Xtralarge sits on sprawling land just outside Lagos and functions as both a working farm and a full resort that offers a pool, spa, cinema, restaurant, guided farm tours, and overnight accommodation. It is the clearest proof that farming and hospitality are not a contradiction.



2 Almat Farms, Kuje, Abuja

2

Almat Farms, an hour's drive southwest of Abuja, is perhaps the most fully realised version of what Nigerian agrotourism is reaching toward. The farm sits on over 40 hectares of open countryside. It offers a guided tours through crop fields and animal enclosures, horseback riding, ATV rides, fishing, and a swimming pool all on a working agricultural land that produces organic vegetables and protein-rich hay for livestock.



3 Green House Farm and Resort, Nasarawa

3

Green House Farms and Resort sits on the border of Abuja and Karu, off the Nyanya-Karshi Road far enough from the city that the drive itself is part tour in itself. The farm presents itself as a village powered by nature, and the phrase holds up on arrival. Rooms are individual standing structures with balconies overlooking either greenery or the mountains beyond, and the design runs toward an authentic village aesthetic rather than resort polish. Guests can move through the farm's crop fields, try their hand at planting and harvesting, and eat from the produce they've just handled. The on-site restaurant runs on whatever the farm yields that day.



10 best morning drinks for your kidneys

by Fiyinfoluwa Odukoya

Chronic kidney disease affects millions of people worldwide and remains a growing concern in Nigeria, where many cases are linked to diabetes, high blood pressure and late diagnosis. While no drink can prevent kidney disease on its own, experts say proper hydration and healthier beverage choices can help support kidney function. In this guide, Fiyinfoluwa Odukoya lists 10 drinks that benefit kidney health when combined with a healthy lifestyle.



1 Water
Water remains the best and most important drink for kidney health. Proper hydration helps the kidneys filter waste products from the blood and remove them through urine, while also reducing the risk of dehydration and kidney stones.

2 Zobo (without excess sugar)
Zobo is rich in antioxidants and may help support healthy blood pressure levels, which is important because uncontrolled blood pressure can damage the kidneys over time. Reducing the sugar content makes it a healthier daily option.



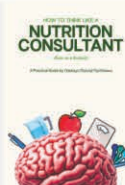
3 Lemon Water
Lemon water helps increase fluid intake and contains citrate, a natural compound that may help reduce the formation of kidney stones. It is also affordable and easy to prepare at home.



4 Ginger Tea
Ginger contains natural anti-inflammatory compounds that may support kidney and metabolic health. It is a common morning drink in many Nigerian homes and can be taken warm without excess sugar.



Fiyinfoluwa Odukoya is a clinical and public health nutritionist, author, and founder of YourDietBoy. He writes *The Nutrition Gap*, a weekly column on practical nutrition for Nigerian life. He is also the author of *How To Think Like A Nutrition Consultant*.



5 Pap (Akamu/Ogi) with little sugar
Pap is light, hydrating, and easy to digest, making it a common breakfast option across Nigeria. Taking it with little sugar helps reduce excess calories and sugar intake, which benefits long-term kidney and metabolic health.



6 Milk
Milk provides protein, calcium, and other nutrients needed for body functions. In moderate amounts, it can fit into a healthy diet and support overall nutrition for people with healthy kidneys.



7 Fresh Fruit Smoothies
Smoothies prepared with fruits like watermelon, banana, pineapple, or cucumber provide hydration, antioxidants, and fibre. They can support overall health when made without excess sugar or sweetened syrups.



8 Coconut Water
Fresh coconut water contains natural electrolytes that support hydration and fluid balance. Moderate intake can help maintain proper hydration, which is important for kidney function.



9 Soy Milk
Soy milk provides plant protein and contains less saturated fat than some creamy beverages. It can be a suitable option for people looking for healthier drink alternatives.



10 Tiger Nut Drink (Kunu Aya)
Kunu aya is a familiar local drink that provides hydration and some fibre. When prepared with minimal added sugar, it can be a refreshing option that supports better overall dietary habits.





Photo by Magnific

Can a relationship survive double infidelity?

by Chidinma Enweani

When a person finds out that their husband or wife has cheated, it hurts deeply. The first feelings are usually terrible sadness, shock, anger, and a broken heart. But some people choose to handle this pain in a specific way; they decide to cheat back. This is often called "revenge cheating" or "tit-for-tat" infidelity.

The goal seems simple to hurt the partner just as badly, fix a damaged ego, and make things even. It can feel like a fair way to get justice in the moment. However, beneath that quick feeling of satisfaction lies a dangerous emotional trap and a double standard that changes the relationship forever.

Does Cheating Back Ever Help?
To know why people cheat back, you have to look at how much a betrayal hurts. When a partner is unfaithful, the person who was cheated on feels totally powerless and rejected. In that angry moment, doing the exact same thing back feels like taking control

again. It makes them feel like they are no longer just a helpless victim.

But experts suggest that this is actually an emotional trap. Instead of fixing the pain, revenge cheating usually makes things much worse. An eye for an eye leaves the whole marriage blind.

“An eye for an eye leaves the whole marriage blind.”

In a normal situation where one person cheats, the path to recovery is difficult but should be clear. There is one person who did wrong and one person who was hurt. But when the hurt partner cheats back, that clarity disappears. The original victim now has to carry the heavy weight, guilt, and stress of lying and keeping secrets.

Instead of letting go of the anger, the person ties themselves even closer to the betrayal. They force themselves to act exactly like the person who hurt them in the first place. Emotionally, it turns a single mistake into a toxic cycle of hurting each other, making it almost impossible for the relationship to ever heal.

Society's Double Standard

While the emotional pain of revenge cheating is the same for everyone, how society judges it depends heavily on whether you are a man or a woman. This is especially true in traditional and modern African cultures, including Nigeria, where marriage rules are rarely equal.

Although times are changing, there is still a big double standard when it comes to cheating.

When husbands cheat people in society often try to excuse the behavior. You hear phrases like "men will be men," or people tell the wife to "pray for her home" and look for ways she might have pushed him away. The husband's behavior is seen as a bad habit that the wife should just tolerate and forgive.

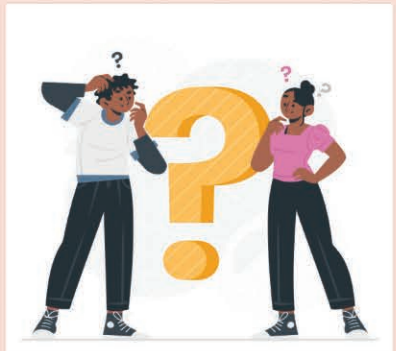
When a woman cheats on her husband the reaction is completely different. Society does not see her any good in her again. Instead, she is heavily insulted, called immoral, and labeled as a bad wife.

This unfair standard puts more pressure on women. Society expects a wife to stay calm and protect the home, no matter how badly her husband behaves. When modern women reject this expectation and choose to fight back, they face heavy social shame and damage to their reputation that men rarely experience. It makes you wonder: is society truly angry about the cheating, or is it just angry that a woman did what only men are usually allowed to do?

At The End No One Really Wins

When both partners cheat, the foundation of the marriage is completely destroyed. It is no longer a relationship that needs healing; it becomes a battlefield where two people are actively trying to hurt each other. Trying to fix a marriage when both sides have lied means dealing with two separate layers of pain and secrets.

For most couples, revenge cheating is the final breaking point. It shows that the relationship has stopped being about love and support, and has become about getting even. At the end of the day, wanting to hurt someone who hurt you is a very human feeling. But the truth is, in the game of revenge cheating, nobody wins. The scoreboard might look even, but the relationship itself is usually completely dead.



Ask Life's Big Sister

by Amaka Eche



My boyfriend is very stingy. I like giving and receiving gifts, but he doesn't reciprocate, so I stopped. What should I do?

You already did the right thing by stopping. Gifts should not feel one-sided. If giving and receiving matter to you, communicate it to him.



I see couples online going on dates and making videos together. My boyfriend has never taken me on a date. Am I doing something wrong?

Stop comparing your relationship to what you see online. People only show their best moments on social media, not the full reality. That said, never going on a date is still worth questioning.



My girlfriend embarrasses me in public and doesn't care where we are. She always creates a scene. What should I do?

Address it directly. Tell her how it makes you feel. A partner should not repeatedly put you in uncomfortable situations. If she dismisses it or keeps doing it, then you have to decide whether you want to keep managing that behaviour.

Do you have a relationship dilemma or burning question? Send it to lifemag@guardian.ng to ask Life's Big Sister for guidance. Selected answers will be published in the magazine and on [@guardianlifeng](https://twitter.com/guardianlifeng).

RECIPE

Rivers Native Soup, Odu Fulo

by Chidinma Enweani



Photos by Magnific

If there is one thing that defines the culinary identity of Rivers State, it is the abundance of the sea. This week, we are taking a delicious trip down south to Port Harcourt to explore a dish that is the absolute pride of the Rivers people.

Known traditionally as “Odu Fulo” or “Guru Fulo,” this soup is known by one thing and one thing only, loads of fresh seafood. It is a unique, deeply aromatic delicacy that brings the fresh, salty breeze of the coastal creeks straight to your kitchen.

Traditionally Odu Fulo is used to celebrate wealth, it's flavor gotten from the freshest catches like fresh fish, nsam (blue periwinkles), ngolo (white periwinkles), and ofingo (clams). While it has a reputation for being an expensive luxury, the beauty of this recipe is its flexibility. You can easily cut down on a few premium items so you don't have to break the bank to enjoy this delicacy.

Here is how to bring this authentic taste into your kitchen

Ingredients

Meat – 1 kg
Stockfish ear (nti okporoko) – 10 pcs
Fresh prawns – 2 handfuls
Periwinkles – 1-2 cups
Ngolo (White periwinkles) – 1-2 cups
Dry fish – 2 medium-sized
Uziza leaves (sliced) – 2 cups
Ground crayfish – 1 cup
Palm oil – 15-20 cl
Maggi or Knorr cubes – 2-3 pcs
Cocoyam – (Used as a thickener)
Ofor 2 spoons (Alternative thickener if cocoyam isn't available)

Salt and pepper to taste

Prep Your Seafood & Thickeners

Ensure your periwinkles and ngolo are thoroughly washed to remove any mud or sand.

Boil your cocoyam until it is completely soft, peel off the kin, and pound it in a mortar (or blend it) until it forms a smooth, stretchy paste. (If you are using ofor instead, dissolve the 2 spoons in a little warm water to avoid lumps later).

Build the Flavor Base

In a large pot, place your 1 kg of meat and the 10 pieces of stockfish ear (nti okporoko). Season with 2 cubes of Maggi, a bit of chopped pepper, and salt.

Add a small amount of water and steam until the meat is nearly tender. Add your washed dry fish to the pot, pour in enough water to form your soup base, and let everything boil together so the stockfish and dry fish release their deep flavors into the broth.

Add the Oil and Seafood

Pour your 15-20 cl of palm oil into the boiling pot. Let it cook for about 5 minutes until the oil incorporates smoothly into the stock.

Toss in the periwinkles, ngolo, and ground crayfish. Let this simmer for another 5 to 7 minutes to allow the seafood flavors to wake up.

Thicken the Soup

Add the pounded cocoyam in small scoops (or gently stir in your dissolved ofor paste).

Cover the pot and let it cook on medium heat. As the cocoyam or ofor dissolves, you will notice the soup transforming from a watery stock into a rich, velvety consistency. If it becomes too thick, add a little splash of water; if it's too watery, add a bit more thickener.

The Final Touch

Drop in your two handfuls of fresh prawns. Prawns cook very quickly, so they only need about 3 minutes in the pot to stay sweet and juicy. Taste the soup and adjust with your remaining seasoning cube, pepper, or salt if needed.

Stir in the 2 cups of sliced uziza leaves. Let it simmer for just 1 to 2 minutes so the leaves release their signature spicy aroma without losing their bright color.

How to Serve

Turn off the heat and let the soup rest for a few minutes. Serve it hot alongside your favorite swallow whether it's yellow garri (eba), pounded yam, or fufu.



The Mimbo Spritz (Palm Wine Cocktail)

by Chidinma Enweani

The sweetness of fresh palm wine also known as palmy pairs beautifully with the sharp zest of lime and the clean fizz of club soda. It's light, crisp, and the ultimate refreshing drink to serve alongside rich, spicy dishes.

Ingredients

Fresh Palm Wine – 120 ml (4 oz), chilled
Club Soda or Sparkling Water – 60 ml (2 oz), chilled
Fresh Lime Juice – 15 ml (0.5 oz)
Ice cubes – Handful
A thin slice of lime and a sprig of fresh mint

Instruction

Take a clean highball glass or a wine glass and fill it generously with ice cubes. Keeping the glass cold helps maintain the gentle natural fizz of the palm wine.

Squeeze your fresh lime juice directly over the ice. The acidity cuts through the natural yeastiness of the palm wine, keeping the cocktail incredibly crisp.

Slowly pour in the chilled, fresh palm wine.

Always use fresh, sweet palm wine for this. If the wine has fermented too much and turned sour, it will overpower the cocktail.

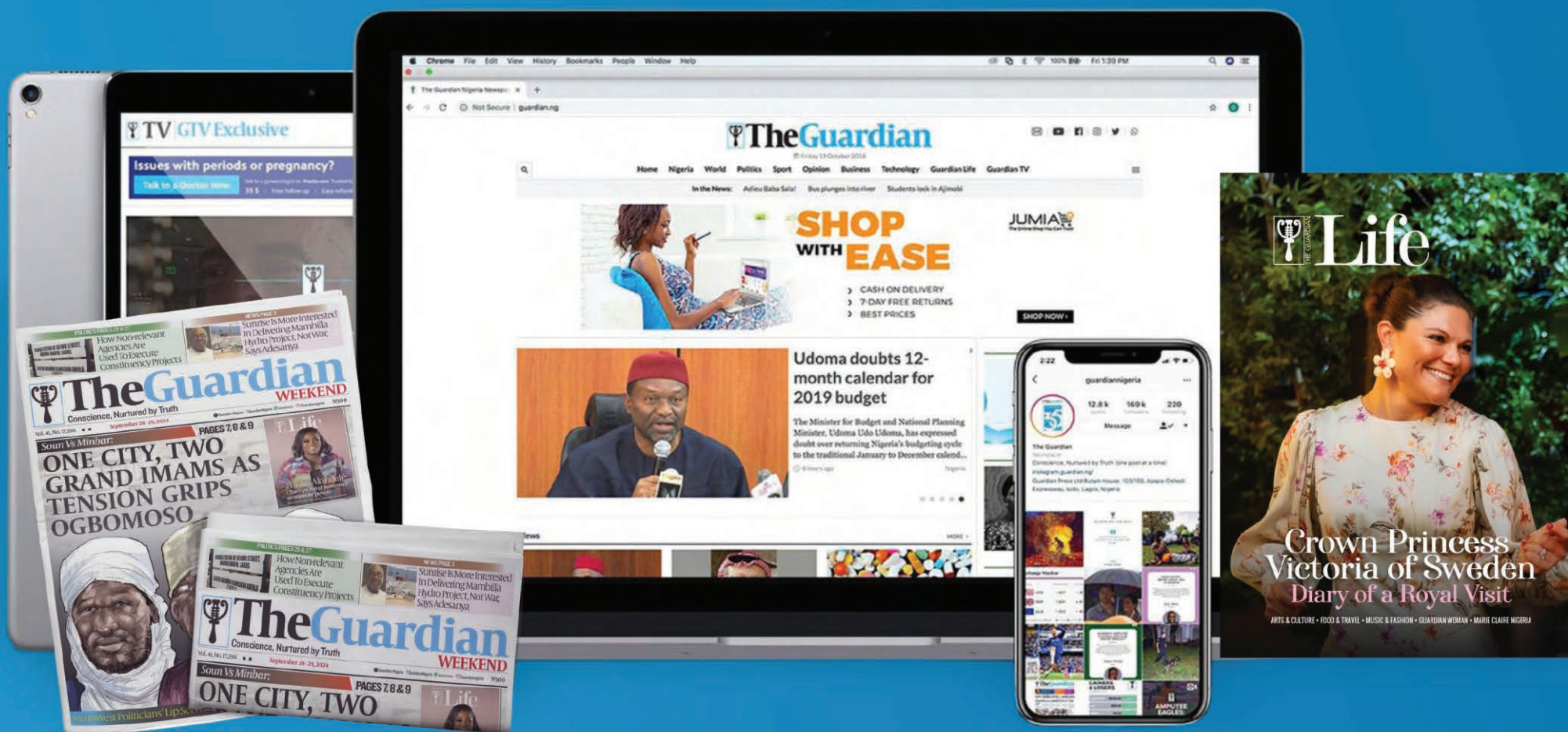
Top up the glass with your club soda or sparkling water to add that perfect, celebratory fizz.

Give it a very gentle stir with a spoon just to combine the flavors without losing the carbonation.

Slap a sprig of fresh mint against your hand to release its aromatic oils, tuck it into the glass, and drop in a thin lime wheel.

Watch the Fermentation. Palm wine continues to ferment rapidly after it's tapped. Buy it fresh on the day you plan to make the cocktail, and keep it strictly refrigerated until the moment you pour.

The Guardian is Nigeria's most credible and trusted newspaper.



Visit: www.guardian.ng

Available in print, online, e-paper and digital TV formats,
appealing to a global audience.

 **TheGuardian**
Conscience, Nurtured by Truth

 **Life**
Everything you need to live well

Guardian Woman **Guardian Angels**

 **GuardianTV** **marie claire** **Guardian Woman Festival**