

CAPE ETC

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The guide to the ultimate in Cape culture, arts, adventure, well-being, dining, entertainment, music and nightlife

**URBAN ARCHITECTURE | NEIGHBOURHOOD WATCH
A SEASON IN THE CITY | FASHION | WORKERS' WINE**

WELL-BEING

Facials at our top spas



GLASS HOUSE MEN

Unit 110a the Foundry

74 Prestwich Street, Green Point 021 419 9599/8

Treatment Glyko Peel Facial

Look and feel Chic and comfortable with masculine decor and friendly, well-qualified staff.

Process The treatment starts with a nourishing cleanse followed by a toner that softens the skin. A pre-peel is placed on the skin for exfoliation after which the glycolic peel tightens pores and increases elasticity, improving skin condition.

To calm and moisten the skin, Isotonic Mist is washed over the face and a mask cream applied. To finish, a day cream and sunblock are applied for moisture and protection from harmful rays.

Verdict 'Excellent service and a very comfortable atmosphere. Two days after my treatment my skin cleared up completely, leaving me refreshed and rejuvenated, with silky soft skin.'

S.K.I.N

Radisson Hotel: Beach Road, Granger Bay

021 419 3233

V&A Waterfront: Dock Road, Cape Town

021 425 3551

Treatment Enzymatic Facial

Price R440

Look and feel Minimal glam decor and a calm and peaceful ambience.

Process The treatment begins with a pre-cleanse to dissolve environmental oils before being cleansed with a light steaming. This is followed by an exfoliation and a scalp massage. A clearing additive with essential oils is then applied while you receive a neck and shoulder massage. A purifying mask is then applied to problem areas, followed by a water hydrating mask and a foot massage. The mask is removed and serum applied, followed by moisturiser and eye cream.

Verdict 'The hour was extremely relaxing. The scalp massage was heavenly and I felt very pampered.'

GINKGO SPAR, AT THE STEENBERG HOTEL

Steenberg Estate, Tokai Road, Constantia

021 713 2222

Treatment High Skin Refiner (HSR)

Price Express HSR, one hour, R700

Specialised HSR and homecare kit, two hours, R1 500

Look and feel The interior is cool and exceptionally quiet, the decor in warm russet and earth tones, the vibe tranquil.

Treatment The treatment begins with a two-phase, deep pore cleansing followed by a circulation and vitalising mask which prepares skin for the peeling phases. Anti-ageing and firming Action Concentrate Lifting Serum is then rubbed into the skin, followed by Rich Lifting Cream [firms facial contours]. Eyecream and a mask to protect pores from free radicals complete the hour.

Verdict 'My skin felt thoroughly cleansed and pampered.'

ALTIRASPA

AT THE ARABELLASHERATON GRAND HOTEL

Convention Square, Lower Long Street

021 412 9999

Treatment Advanced Dermalogica Facial

Price R520

CAPE ETC PROMOTION

s.k.i.n

V&A Waterfront: (021) 425 3551 info@skinonline.co.za. Radisson Hotel:

(021) 419 3233/4, skinclinic@skinonline.co.za

The Commodore Hotel: (021) 419 3090

skincommodore@skinonline.co.za

s.k.i.n is a group of luxury skincare centres, conveniently located for the stressed-out urbanite. Each salon offers a wide range of rejuvenating and relaxing treatments.

The salons are among the finest and best-equipped in the country.

Look and feel With sublime views from its nineteenth floor, this is an inner-city cocoon.

Process After cleansing the face, the therapist applies an oxygenating serum and uses a galvanic machine to send ions into the skin, which produces oxygen in the skin cells. This is followed by a hydration mask that replenishes dry skin.

Verdict 'My skin looked brighter and plumper and felt more elastic.'

THE SANCTUARY SPA

AT THE TWELVE APOSTLES HOTEL

Victoria Road, Camps Bay. 021 437 9000

Treatment Elemis Oxygen Skin Calm facial

Price R590

Look and Feel An ambience of peace and harmony, relaxation is enhanced by soft lighting and friendly staff.

Process A gentle face massage is followed by a Japanese silk mask while you enjoy a luxurious hand and arm massage, ending with a de-stress scalp treatment.

Verdict 'The treatment was wonderful. My skin was softer and nourished.'

COCOON, AESTHETIC AND BEAUTY BOUTIQUE

111 Waterkant Street, De Waterkant

021 421 0111

Treatment RegimA Luxury Facial & Massage

Price R325

Look and feel Crystal chandeliers, vases filled with lilies and roses, and white gold antiques create a luxurious atmosphere.

Process The application of fruit peel is slightly itchy, but your face is massaged to ease any discomfort. The peel is removed with cool mitts, after which serums and creams are layered and massaged into your skin. While your skin cools, your shoulders, neck and temples are massaged.

Verdict 'I was delighted with the treatment, it rectified the issues I have with my skin.'

BUSHMANS KLOOF WILDERNESS RESERVE

(021) 797 0990, info@bushmanskloof.co.za

Bushmans Kloof at the foothills of the Cederberg mountains is a Natural Heritage Site and the proud custodian of more than 130 examples of ancient rock art. It's an oasis in the wilderness and a sanctuary to more than 755 plant species, 150 bird species and 34 species of mammal. Enjoy luxury accommodation with private patios, spa, sauna and swimming pools, daily guided rock-art walks and drives.