

CAPE

capeetc.com

ETC



6 2008 R24.95



12002



Cape Town Routes
Ultimate

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 | ORGANIC WINES

WELL-BEING

Jet-lag treatments at our top spas

ONEWELLNESS

at the Radisson SAS Hotel Beach Road, Granger Bay, Waterfront. 021 441 3331/2/3

Treatment Rejuvenation Package, Price R1 485 (3.5 hours)

Look and feel The natural end of minimalist with a large, beautiful crystal in each room.

Process A heady combination of the signature ONEjourney which involves a body exfoliation, Vichy shower, steam, hot and cold foot bath, mist room and sauna; an Essentials facial; an ultimate renewal eyelift treatment; an Indian head massage and a reflexology treatment.

Verdict 'A holistic treat for a tired body – very restorative.'

LIBRISA SPA

at the Mount Nelson Hotel

16 Orange Street, Gardens. 021 483 1550

Treatment Jet-lag Massage

Price R500 (1 hour)

Look and feel Plush and classy, the understated

glamour of Librisa Spa sets it apart. Vintage Victorian and modern linear and organic forms – and a chic silver theme – all in exquisite taste, in a pretty garden setting.

Process From The Victorian Garden, an organic range of blended essential oils, I chose uplifting lavender and neroli massage oil. A foot soak ritual is followed by a full body massage restoring equilibrium with touch and aroma.

Verdict 'Deeply relaxing and stimulating.'

PARIS SPA

Shop 13, Wembley Square, Solan Street, Gardens

021 462 0021

Treatment Environmental Control Skin Treatment and full body massage

Price Facial R400, massage R400

Look and feel A compact space decorated in minimal charcoal with accents of blue would appeal to men and women alike. On stepping inside the spa, one is immediately calmed by ambient lighting and soft music.

Process Dermalogica products are used for the facial. The treatment begins with a full body massage to ease stiff muscles and stimulate blood and lymphatic circulation, especially in the legs. The Environmental Control Skin Treatment restores moisture and soothes skin which has been sensitised by climatic changes during the flight.

Verdict 'I felt restored and refreshed. The therapist did an excellent job on the tension in my upper back and my skin glowed for a week after the treatment.'

GLASSHOUSE REJUVENATION FOR MEN

Unit 110a The Foundry, 74 Prestwich Street, Green Point. 021 419 9599

Treatment Jet-lag Package

Price R775 (3 hours)

Look and feel A well-considered interior with modern clean lines and quirky details. Exposed bagged brick walls contrast with high-gloss tiled surfaces and industrial painted floors. There is a masculine undertone throughout – throne-like pedicure stations reminiscent of shoeshine booths are positioned opposite a large flat-screen so you can keep an eye on the game while getting your heels buffed.

Process An energising body scrub, pedicure and therapeutic foot reflex massage, and a hydrating facial invigorate and refuel dehydration after a long flight.

Verdict 'I left the spa with circulation pumping, pores cleared, toenails clipped and buffed into shape without feeling the least bit emasculated. A fine balance is achieved.'

CAPE ETC PROMOTION

s.k.i.n

V&A Waterfront: 021 425 3551

info@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.



* * * A list

SANCTUARY SPA

at the Twelve Apostles Hotel

Victoria Road, Camps Bay. 021 437 0677

Treatment Revival Package

Price R1 120, subject to change (3 hours)

Look and feel Rocks and water features create a subterranean impression. Treatment rooms are private, discreet and comfortable. The spa is currently being upgraded to facilitate a larger variety of treatments. Two glass-enclosed gazebos on the slopes of the Twelve Apostles mountain range are a fairly new addition.

Process Products are from the Moya African fynbos range. After a fynbos exfoliation, enjoy a revitalising hydrotherapy bath and wrap, followed by a relaxing aromatherapy massage to alleviate the strain that long-haul air travel puts on the body and the skin.

Verdict 'I felt grounded, well rested, warm and healthy. My skin felt nourished and soft.'