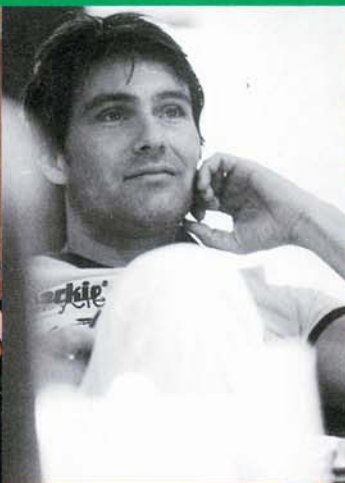


MANSCAPING

LOOKING AND FEELING GOOD IS NO LONGER A TOUGH GUY'S DILEMMA SAYS **DYLAN MUHLENBERG**

A guy walks into a bar, drinks lager, smokes a fag, mutters to his mates, eats pork crackling and leaves. There's no punch line, just a sinking gut as the bottom line. But it's a lifestyle that's steadily being replaced by a new breed of man who is turning down the traditional post-office drinks to work on the temple that is his physical state. In the men's grooming parlours mushrooming about town, the temple is being revisited. After all, in today's highly competitive environment, it's no longer simply the best man who wins – it's the best turned-out and the most confident. So, whether you're buffed and polished at one of these new gentleman's clubs or you prefer recharging with reps and sets after battling it out in the boardroom, the necessary environments are readily available. It's up to you to acclimatise.



THE GLASSHOUSE

The Glasshouse has a 'No Women' policy. Yes it's sexual apartheid, but before you feminists get your bras off and your Zippos out, chill! The therapists are women, which suits us fine. This one-stop grooming emporium is hidden away at the back of the Green Point foundry in an elegant space. With black leather, natural textiles and cowhides setting the tone, it exudes masculinity. Brave a back, sack and crack wax, experience a wet-beard shave or sit down for a pedicure and watch sport on the plasma screen while drinking beer. *GQ* had the hot-stone massage and a facial that left us a kilogram lighter. The Executive Pit Stop package suits the busy man about town, while the lengthy (three-and-a-half hour) full body valet Flip Side puts back in what life takes out. Go to www.glasshousemen.com or call 021-419-9599/8

The Glasshouse: an elegant one-stop grooming emporium.