

# SPA: GOOD FOR YOU

Let's face it: while we men like to work hard and play hard, we also take our pampering and rejuvenation time very seriously. We round up some of the spas that deliver the goods in terms of quality, service and variety of treatments

COMPILED BY RICHARD GOLLER



One&Only Cape Town Spa



## WESTERN CAPE

### One&Only Cape Town Spa

The One&Only Spa is set on its own island, amid tropical gardens, and is surrounded by waterways. It's also home to the only Bastien Gonzalez Mani:Pedi:Cure studios in Africa and boasts a series of innovative offerings, from indigenous body treatments to outstanding facials using the exclusive ESPA range of products. There are 10 treatment rooms (including two couples' suites), three Bastien Gonzalez studios, a Wayne Gates salon and a relaxation suite with six loungers and a health station with home-made snacks and herbal teas. The Urban Retreat package is highly recommended. – Eugene Yiga  
*Dock Rd, V&A Waterfront, Cape Town. Tel: 021 431 5800. Email: spa.reservations@oneandonlycapetown.com Visit: <http://capetown.oneandonlyresorts.com/spa.aspx>*

countering the effects of daily shaving. – EY  
*Beach Rd, Granger Bay, Cape Town. Tel: 021 441 3331. Email: [capetown@amanispas.co.za](mailto:capetown@amanispas.co.za). Visit: [www.amanispas.co.za](http://www.amanispas.co.za)*

### The Twelve Apostles Spa

This spa offers a package for men and specialised facials by Elemis and Dermalogica. The 60-minute Men's Exclusive Skincare Treatment takes factors such as shaving habits into account to prevent ingrown hairs and other skin problems. For total relaxation and grooming, the two-hour Men's Executive Package is tailored to the modern man and combines a 90-minute deep tissue muscle massage with a 30-minute skin booster facial. It also includes lunch at the Twelve Apostles restaurant. – EY  
*Victoria Rd, Camps Bay, Cape Town. Tel: 021 437 9000. Email:*



option is the two-and-a-half-hour Gents Executive Package: a deep tissue or hot stone body massage, Thalgo Ocean Men's Facial and 30-minute reflexology or Indian head massage. – EY  
*23 Strand St, Cape Town. Tel: 021 426 2644. Email: [capesun@camelotspa.co.za](mailto:capesun@camelotspa.co.za) Visit: [www.camelotspa.co.za](http://www.camelotspa.co.za)*

### Casuarina Wellness Centre at The Commodore Hotel

Your journey at the Casuarina Wellness Centre begins with a cup of tea or refreshing glass of water. The spa's experienced therapists then take you through the treatment you are about to receive or help you customise one



Amani Spa at Radisson Blu Hotel



The Twelve Apostles Spa



Casuarina Wellness Centre

### Amani Spa at Radisson Blu Hotel

Housed in probably the best sea-facing hotel in Cape Town, the Radisson's spa is peaceful and relaxing. Amani recognises the growing trend for men to take care of themselves and offers several treatments specifically tailored to men's needs. The signature Kurhula Ritual and Amani Hydro Journey are highly recommended, as are the Swedish and deep-tissue massages. There are also manicure, pedicure and anti-ageing facials on offer. The latter combats fine lines, wrinkles and loss of skin elasticity, while

*reservations1@12apostles.co.za Visit: [www.12apostleshotel.com/spa](http://www.12apostleshotel.com/spa)*

### Camelot Spa at the Southern Sun Cape Sun

Camelot claims to offer the ultimate spa experience and selects therapies based on their knowledge of the pressures and demands placed on the body by urban living. True to the luxury and elegance of the hotel, the spa takes its cue from classic influences, with a sense of warmth from the earthy colours. Camelot Spa offers a variety of treatments, but the best

according to your needs. There's also a loyalty programme that gives you a 30% discount on all spa treatments (excluding specials) and further discounts when you bring (or sign up) guests. The clear winner for men is the Urban Man Treatment: a tailor-made facial, 45-minute massage, mini manicure, mini pedicure, scalp massage and paraffin dip. Two-and-a-half hours of bliss! – EY  
*Portswood Rd, V&A Waterfront, Cape Town. Tel: 021 419 3090. Email: [info@casuarinawellness.co.za](mailto:info@casuarinawellness.co.za) Visit: [www.casuarinawellness.co.za](http://www.casuarinawellness.co.za)*

