

fyi

THREE OF A KIND



BUDGET BUY

1 Sole power
No paint job looks good on feet that are uncared for, so treat yours before reaching for the polish. Use a foot file, followed by a scrub on dry feet to soften soles, before rinsing. Then coat them in a rich cream before wrapping in cling film for an hour.

Nivea Cocoa Butter Body Cream
400 ml R52.95



HOME SPOIL

2 Face time
Going for a salon facial can be pretty expensive. Instead, invest in some home-care products to treat yourself to a DIY facial once a month. After cleansing, apply an exfoliator or mask to remove old cells and reveal smoother skin in minutes.

Elizabeth Arden Visible Difference Peel and Reveal Revitalizing Mask R325



WEEKLY TREAT

3 Behind the mask
We all love to have our hair washed and styled by a pro, but regular salon visits aren't always in the budget. Treat tresses at home with a rich, nourishing hair mask to replenish damaged locks. Apply once a week to damp hair after shampooing.

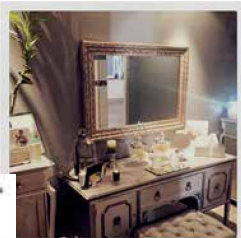
L'Oréal Paris Elvive Extraordinary Oil Nourishing Mask Balm R79



All available at selected Foschini stores

News, Qs AND REVIEWS

THE *BALANCED LIFE* GIRLS HEAD OFF FOR A TEAM-BUILDING PAMPER DAY AND WE SHOW YOU HOW TO SPOIL YOURSELF AT HOME ON A BUDGET



TREAT TO TRY

Oasis Spa at Skin Renewal, Cape Quarter, Cape Town

As part of our annual team-building, the *Balanced Life* girls visited the beautiful Oasis Spa for some much-needed pampering between deadlines. Compiling a magazine every month is no easy task, and a morning at this urban retreat in the heart of the bustling Cape Quarter was just what was needed for us to unwind, reconnect and get our pretty on. We indulged in a delicious breakfast spread and sipped on bubbly while taking in the glorious city views from the spa's balcony. Comprising eight treatment rooms, including a double suite and doctor's room, as well as two steam rooms and a relaxation area, the spa offers everything – from quick lunch-hour facials and manicures, to more decadent, lingering treatments, such as rejuvenating massages, body wraps and oxygen therapy. We were each treated to the perfect power couple, an Africology Manicure (R300 for 45 minutes) and Pedicure (R340 for 60 minutes) using the products from this homegrown range. The treatments included nail and cuticle care, scrubs, a relaxing massage that left us drifting off to sleep, and an optional paint using a range of salon-quality nail polishes. The most difficult part? Choosing which trendy hue would best show off our perfectly shaped nails. Call 021 421 9093 or visit oasisspa.co.za to book a treatment for yourself or your colleagues. There are also branches in Pretoria and Joburg. ■