

ANGSANA SPA

VINEYARD HOTEL & SPA, COLINTON ROAD,
NEWLANDS

021 674 5005, www.angsanaspa.com

Part of the internationally recognised Banyan Tree Spa group, the Angsana Spa is located amid the greenery of the Vineyard Hotel. The decor has a vibrant, tropical theme and therapists specialise in Asian treatments. Try the Rainmist Supreme for two hours of bliss.

BANKSIA SPA

BANKSIA BOUTIQUE HOTEL, 14 BANKSIA ROAD,
ROSEBANK. 021 685 9878

Tucked away in the landscaped gardens of the elegant Banksia Boutique Hotel, this suburban spa ticks all the boxes for a beauty treatment out of the top drawer. Enjoy a mud ritual in the rasul chamber or reinvigorate your skin this winter with a salt-mousse exfoliation.

GINKGO SPA

STEENBERG ESTATE, TOKAI ROAD, CONSTANTIA
021 713 2222, www.ginkgospa.com

Surrounded by vineyards and mountain views, this spa is effortlessly serene. Book the heavenly Elixir massage, followed by a meal at Catharina's restaurant. There are Ginkgo spas at the Winchester Mansions in Green Point and at the Arniston Spa Hotel in Arniston too.

HEAVENLY SPA

THE WESTIN CAPE TOWN, CONVENTION
SQUARE, FORESHORE

021 412 8200, www.heavenlyspa.co.za

On the 19th floor of this glittering hotel, Heavenly Spa offers panoramic ocean and city views to go with your pamper session. Book a Soul of Africa massage, complete with essence of marula, then take a little time out in the Sea of Dreams sleep room.

JIVA GRANDE SPA

TAJ CAPE TOWN, WALE STREET, CBD
021 819 2000, www.tajhotels.com

Rooted in India's ancient approach to wellness, Jiva Grande Spa offers a range of treatments and experiences for the spa devotee who is looking for something a little more spiritual than the usual day of pampering. Try the Pehlwan Malish Warrior Massage or Aksha Sensual Body Ritual.

LANZERAC SPA

LANZERAC HOTEL & SPA, LANZERAC ROAD,
STELLENBOSCH

021 883 9444, www.lanzerac.co.za

The sublime setting of Lanzerac Spa in the Stellenbosch Winelands guarantees relaxation. Rose petals and soft music promote total serenity, and having your feet washed on arrival overlooking the vineyards is hard to beat.

LIBRISA SPA

BELMOND MOUNT NELSON HOTEL,
76 ORANGE STREET, GARDENS

021 483 1000, www.mountainelson.co.za

Timeless elegance meets contemporary chic in the Librisa Spa's pretty garden setting. Each of the treatment rooms is individually decorated to create a sensory haven in which to luxuriate during beauty treatments. For indulgence of a different sort, be sure to order the hotel's famous high tea post-treatment.

GLASSHOUSE REJUVENATION FOR MEN

UNIT 110A, THE FOUNDRY, 74 PRESTWICK
STREET, GREEN POINT

021 419 9599, www.glasshousemen.com

Loft finishes, striking wallpaper, industrial painted floors and the minimalist treatment rooms create a masculine space, plus the pedicure stations are positioned opposite a large flatscreen, so you can keep an eye on the game while having your toenails buffed.



Relax and
unwind at one
of these *fine spas*

ONE&ONLY SPA CAPE TOWN

ONE&ONLY CAPE TOWN, DOCK ROAD,
V&A WATERFRONT

021 431 5810, capetown.oneandonlyresorts.com

The ultimate spa destination, set on its own private island, One&Only Spa offers a menu of holistic experiences tailored to your needs and preferences, from absolute relaxation to wellness journeys. Give your hands and feet the ultimate treat with a Bastien Gonzalez mani and pedi.

SKIN AND BODY RENEWAL

SHOP 205, CAPE QUARTER SQUARE,
V&A WATERFRONT

021 421 9093, www.skinrenewal.co.za

At Skin and Body Renewal, doctors and therapists specialising in cosmetic medicine offer a range of anti-ageing treatments. Branches are also open in Somerset West, Constantia, Stellenbosch, Durbanville and Claremont.

SPA AT CAPE GRACE

CAPE GRACE HOTEL, WEST QUAY ROAD,
V&A WATERFRONT

021 410 7140, www.capegrace.com

Situated at one of Cape Town's most loved and gracious (pun intended) hotels, the Cape Grace spa has scooped various international awards, and is one of the best in the city. Indulge in the Kalahari Signature Massage before dinner in the Spa Lounge.

SPA AT THE TWELVE APOSTLES

THE TWELVE APOSTLES HOTEL AND SPA,
VICTORIA ROAD, CAMPS BAY

021 437 9060, www.12apostleshotel.com

Located on the most pristine stretch of coastline, rocks and water features create a sense of continuity with the landscape. Indulge in the signature Apostles Touch treatment, or book a Sunset Mountain Serenade in the glass-enclosed gazebos on the slopes of Table Mountain.

