

Spa-la-la

The One&Only Spa in Cape Town was voted the World's Best Hotel Spa in Africa and the Middle East 2013 by *Travel+Leisure* readers. *Sawubona* caught up with its Manager, Rosy Read Larsen

Some people say the inspiration behind the One&Only Cape Town Spa is the architecture and layout; others say it's the unique treatments. With its Afri-Zen feel and luxurious facilities, it ticks all the boxes.

We're on an island in the middle of the V&A Waterfront, so the environment takes the experience to the next level.

Our unique selling point is our therapist training and product line. ESPA from the UK harnesses the power of nature in all its ranges and our therapists have bi-annual international training to keep up with trends and proficiencies.

Our people made the award possible. You can have the best spa with the best products and philosophy, but if you don't live by that philosophy, nothing can be achieved. Being at the awards

in New York, among the world's best from the travel and hospitality industry, it really hit home that we've made a significant impact.

Current spa trends usually begin overseas and SA follows them. However, as an ESPA spa, we're the first to trend and release. We launch products and treatments every six months to suit every season and guest need. This summer, it's all about citrus and invigoration.

If you work and travel, get yourself a great support structure. I rely on family, friends and my amazing teams to hold the fort when I'm travelling. My BlackBerry's constantly attached to my hip, as time zones wreak havoc with emails.

One&Only ☎ 021 431 5810
 www.oneandonlycapetown.com
 – Karinda Risic



2 Minutes with...

Geordi De Sousa Costa, Director at design house Cécile and Boyd
My travel heaven is taking up residence in some of the grand old hotels of Europe.
The best part of travelling is

leaving behind reality. Travel can be a spa for the soul.
Never take inappropriate luggage – years ago I hauled a huge suitcase down the aisle of a train headed for Zermatt, Switzerland, with all the

chic occupants and their tiny pulley weekend bags staring at me!
My favourite travel movie is *The Talented Mr Ripley*. I loved the styling and Italian setting.



FIT AND HEALTHY



The new Alice Lane Health Club in Sandton, Johannesburg, combines "the flavour of New York and a touch of Africa", says Tim Carter, Group Brand Director for Virgin Active UK. Having cost R150 million, the club allows members to enjoy rooftop training, state-of-the-art facilities (think an Anti-Gravity yoga studio,

ARTIS Internet-enabled equipment and cloud system updates), top design, time zone lighting, five-star service and technology. The club forms part of the global Virgin Active Classic Collection, with 16 clubs globally. Membership includes access to 270 clubs internationally. www.virginactive.co.za/alicelane



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