

WELLNESSFILE

SPICE UP YOUR LIFE

COMPILED BY NATALIE BROWNLIE
PHOTOGRAPHS SUPPLIED

CAYENNESPA

« Cayenne Spa is a new and exciting retreat located in the hub of Cape Town in the brand-new Pepper Club Hotel. It is a complete tranquil environment and that perfect place to bring your special someone. It boasts a fully equipped gym, sauna, heated pool and four treatment rooms including a special place for you and your special someone in the couples' treatment room, that allows the two of you to relax and be completely pampered with a multitude of treatments including full-body wellness wraps, body exfoliations, massages and facials. The treatments are specially designed by Atriology and Dermalogica to deliver the best in pampering. With an extremely well-trained group of therapists you can rest assured that the experience will have you feeling relaxed, energised and soled! cayennespa.co.za



WIN a free massage at Cayenne Spa. SMS 'cayenne spa' to 34022. R2/SMS. T&C apply. Excludes flights.

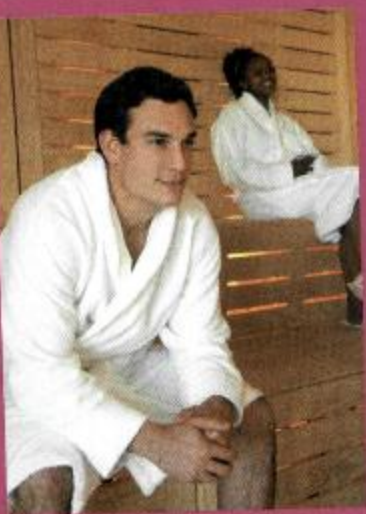
SENSITIVE SKIN SOLUTION

» UltraCalm is Dermalogica's newest release, offering a complete system that focuses on managing multiple causes of sensitive, inflamed skin. Good news is that Dermalogica is on your side: they've created a system that consists of five UltraCalm multipurpose products that work together to relieve your skin of itching, redness, heat, stinging and dryness – all symptoms of sensitised skin that can lead to premature ageing. All Dermalogica formulation standards are free of any known artificial fragrances and dyes, thus tackling the challenges of treating sensitised, highly reactive and recently resurfaced skin to allow your skin to be the best it can be without any further irritations. dermalogica.com



EYECANDY

» Youth Eye Complex is a new innovation to give your eyes what they need to look more youthful by fighting the signs of aging at a cellular level by using 'intelligent peptides' that target damaged areas. The science behind this new phenomenon rebuilds the skin cells at the dermal level, which thus assists the growth of collagen. Using the combination of peptides, antioxidants and growth factors, the solution keeps the skin nice and moist, smooth and protected all day. There are immediate results of reduction in puffiness



and dark circles under your eyes. As far as long-term results are concerned, you will find that the skin around your eyes will start looking and feeling stronger. It also helps to prevent damaged eyes and leaves your face looking refreshed and healthy. Relax@pep.R885, relax@pep.co.za