

# X EXPRESSIONS

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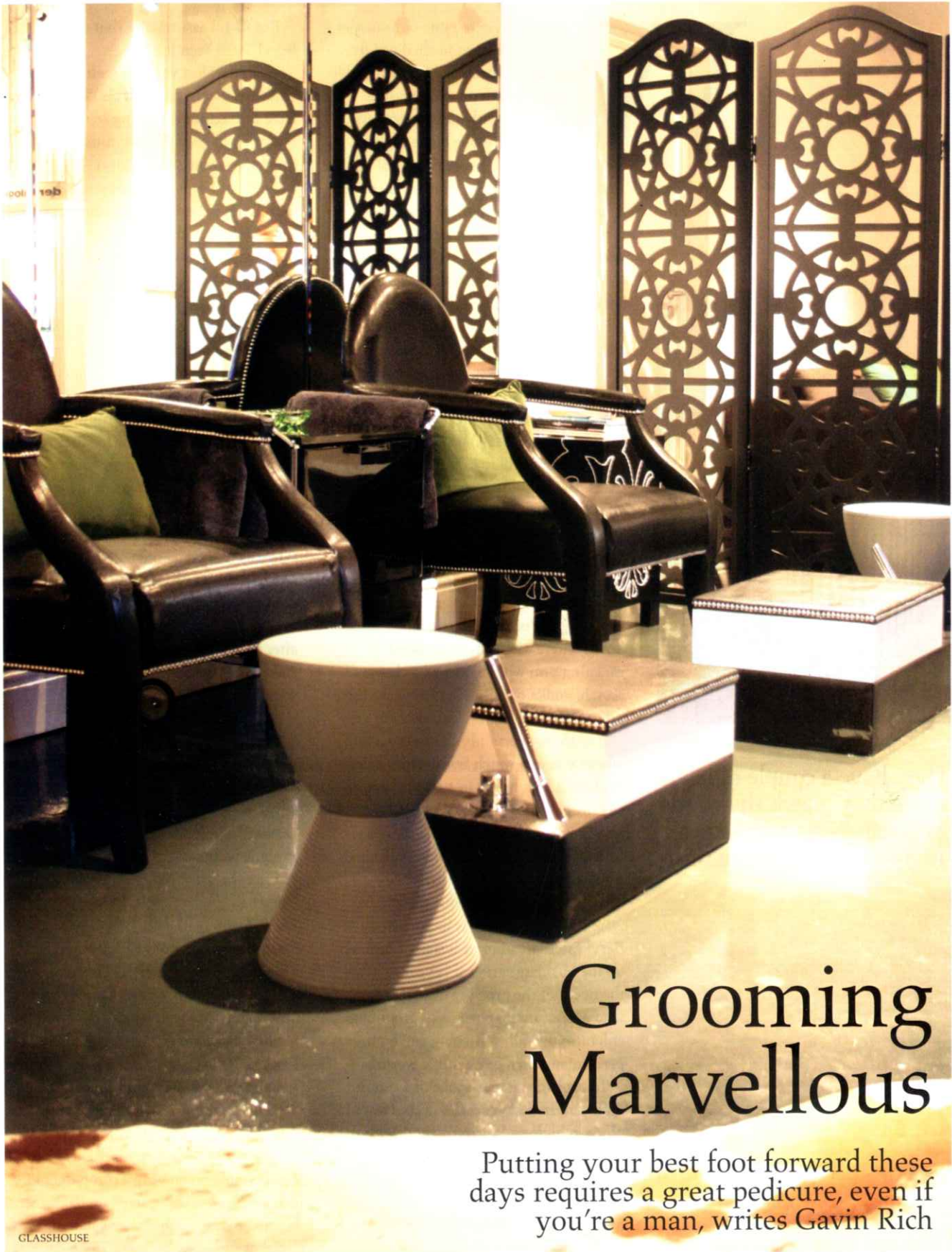
King George

'I don't believe in the myth  
of the movie star'



**Cards**

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# Grooming Marvellous

Putting your best foot forward these days requires a great pedicure, even if you're a man, writes Gavin Rich

GLASSHOUSE

**W**e go to gym to hone our muscles, run marathons to shed weight, and these days, it is quite acceptable to fight the effects of decreasing testosterone with hair transplants.

In the quest to make ourselves look better, however, we have not – until now – matched the lengths to which women go.

But times have changed, and men regularly undergo facials, pedicures, manicures and, heaven forbid, waxing.

I cannot claim to be one of these metrosexuals, and I am not sure as a journalist covering that most masculine of all sports – the one played with the oval ball – I should want to be one either. The David Beckham (the self-appointed patron saint of all things metrosexual) approach has never appealed to me.

However, Carol Erickson, co-owner of The Glasshouse, was convinced she could change me. And after being pampered for three hours, the experience reduced my vocal protestation to just a whimper.

The male-only clinic in the trendy Foundry building in Green Point is probably the only beauty salon in Cape Town where at 10 am on a Monday morning you will be offered a choice of scotch, vodka or beer. Not that they force you to drink alcohol – I had water.

It is almost certainly the only place where you can watch South Africa and Sri Lanka lock horns in a cricket test on a giant plasma screen while someone gently massages your hand and transforms your fingernails from disgusting into something far better (my wife couldn't stop talking about them!).

Yes, male grooming is important, says Beryl Erickson who, with sister Carol, set up the business earlier this year to meet the needs of the growing number of men who appreciate that 'personal grooming enhances overall well-being and optimises performance in a competitive world'.

To explain this, she spoke of a certain high-powered lawyer who decked out his office in high-end furniture and wore the finest suits, only to ruin it all with dirty fingernails. After hearing this I politely refused a pedicure to save someone from having to look at feet which have borne the brunt of four Comrades Marathons.

But Carol assured me that she and Beryl 'have seen it all'.

'We provide a very masculine space where guys can come to unwind. We have bridegrooms coming in with the best man to get finishing touches to their appearance,' said Beryl. 'They have a couple of beers while they watch rugby on television and have a manicure at the same time. We also have a lot of performers who come in, and a number of sports stars are regulars here too.'

Apart from the manicure, I opted for a hot-stone massage and a facial, lured by the promise of a revitalised face. The massage is one of the more popular treatments at the clinic, and it certainly transported me far away from the travails of modern life, or for that matter the struggling Proteas in distant Colombo. But the facial, and the wet shave that preceded it, was pretty awesome too, and my skin, described by Carol as 'flaky and damaged', felt better and had a noticeable shine.

In fact, I had such a good time, I've booked another appointment for the week after the Tri-Nations rugby tournament ends. But this doesn't make me a metrosexual. Yet. *The Glasshouse* ☎ 021 419 9599



They have a couple of beers while they watch the rugby on television and have a manicure at the same time

#### STYLE SELECTOR

##### *Crew Grooming*

Tanning, facials, massages and waxing are all taken up a notch at the male-only Crew Grooming in Johannesburg. Look out for genuine barber chairs, a lounge with TV screens, the finest scotch and American Crew hair products. ☎ 011 883 8184

##### *The Refinery*

Described as 'the Rolls Royce of men's grooming', The Refinery is London's one-stop grooming emporium. Combining the atmosphere of a gentleman's club with the vitality and sense of well-being of a health spa, The Refinery provides a space where you can relax, unwind and feel revitalised. ☎ 0944 20 7409 2001

##### *Truman's Gentlemen's Groomers*

Privacy and exclusivity mark this New York establishment. Sip a complimentary drink while watching sport on flat screens before having a lather shave, haircut, wax, facial or massage. ☎ 09212 759 5015 ←