

LUXURY SPORT GIRLS FOOD MUSIC FASHION TRAVEL

SOUTH AFRICA

September 2008 R34.95 (Incl VAT) Other countries R30.66

GQ REPORT

# SAVE OR SPEND?

Make the most of the credit crunch

LOOK YOUR BEST FOR LESS

10 key ways to affordable style

RETURN OF THE RETROSEXUAL

How the caveman made a comeback

GQ MEN

## NADAL & DJOKOVIC

Best players on Earth (besides that other guy)

## MAN OR MOUSE?

Are you having the right kind of orgasm?

## ASHTON KUTCHER

Wise guy

# CAMERON DIAZ

A lot of woman in a lot of ways



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### Hotel

**LIBRISA SPA AT THE MOUNT NELSON, CAPE TOWN  
021-483-1550**

It's high time that The Nelly got a spa, and it would seem that the extra time in R&D has been well-spent. There are male-specific treatments, three signature product ranges, changing areas containing sauna and steam baths, sensation showers and heated marble slabs. The clincher? Individually decorated, over-sized treatment rooms.

## » Get the treatment

Spas are about relaxation and recovery. Here's our pick of where to get the best bodywork, as well as some DIY options for running repairs

### One stop

**GLASSHOUSE, CAPE TOWN  
021-419-9599**

This one-stop grooming emporium has been created exclusively for men. Decorated in black leather and Nguni cowhides, it flaunts an interior with loft-like finishes. Treatments range from a wet beard shave, to massages, facials, pedicures and manicures. Otherwise, beer is served and plasma-screens broadcast sports and news channels while you're busy being fussed over.



### Destination

**SUMMERFIELDS RIVER LODGE AND SPA, MPUMULANGA, 013-737-6500**

The Summerfields River Lodge & Spa contains all the elements for a romantic getaway. The healing spa boasts a variety of signature treatments in its riverside pavilions, a unique outdoor hydrotherapy meander and a rose quartz steam shower, reached by a reflexology walk.