

# CAPE TOWN: THE CITY OF PAMPERING



South African Cape Town is a perfect place for pampering. The city offers plenty of opportunities for shopping, dining out and there are also luxury spas. Most of the local luxury hotels have their own spas and others offer beauty parlors. A spa-goer can choose from a wide range of therapies offered at the local facilities.

What more, the beauties of the country make it not only a physical relaxation but it also refreshes one's mind. Spa customers can admire sea or e.g. the Table Mountain. For example from the AltiraSpa at the ArabellaSheraton Grand Hotel a visitor has a wonderful panoramic view. Some spas are located in truly splendid locations. The newly re-opened Stillness Manor & Spa positioned on the slopes of the Steenberg Mountains offers its visitors panoramic views of the vineyards below. The facility can also boast with its beautiful gardens. Here you can choose from many treatments, among them is e.g. Touch Therapy, Spa Body Therapy, Hot Spa Baths or Ginkgo Treatments. For more active visitors there is an indoor and outdoor swimming pool as well as tennis courts.

Another spa in a perfect location is Serenite Wellness Centre at Mouille Point. The place could be easily reached from the City Centre. The views of sea from this facility are allegedly marvelous. There are 10 treatment rooms, MindSpa room, sauna, steam room, foot spa, and bistro. If you are interested in stone therapy and Indian head massage you should visit the Radisson Hotel or the Commodore Hotel.

The city's spas offer a wide range of services and it makes it an ideal place for relaxation. Everyone can choose the proper treatment no matter whether they are a tired business traveler or just a leisure tourist. There is great variety of settings as well as treatments. One can enjoy a massage, aromatherapy, wraps, scrubs, hydro-therapy, manicure or pedicure.

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