

fitness **life**

LIVE BETTER

NZ'S BEST-SELLING HEALTH & FITNESS MAGAZINE

July 08

FIT FASHIONS *8 page special*

ARE VITAMINS KILLING US?

Women's health
breast cancer & endometriosis

Motivational tips to get you 'in the zone'

HEALTHY FOOD ON A BUDGET

WIN A LUXURY
HYATT REGENCY
weekend
p. 107

+

FITNESS TRENDS

Kettlebell yoga training
Exercise advice for heart patients
The unique Body Wall workout
Fitness at home



**ENERGY-BOOSTING
BREAKFASTS**

10

**REASONS
WHY YOU'RE
NOT LOSING
WEIGHT!**

**Are you
suffering
'Yummy
Mummy'
syndrome?**

ISSN 1175-8430



37
NZ\$5.90 GST incl

JULY 08 Issue: 37

SIMPLY DE-VINE...

At the Lanzerac Spa & Wellness Centre, in the heart of South Africa's wine country, Anya Kussler enjoys a cocktail of body treatments, topped with a trip down memory lane

If I asked my skin what it thought of being immersed in an aromatic, antioxidant-rich fest of grape-based spa treatments right in the middle of South Africa's winelands, I'm sure it would say: "I'm floating in heaven". As for having said treatments at the same venue where my parents got married 40 years ago, I can safely say it put a nostalgic spin on the experience.

The centre in question is the Lanzerac Hotel, a Cape Dutch estate located in Stellenbosch, about half an hour out of Cape Town. Stellenbosch – or 'Stellies' in local speak – is South Africa's oldest town, and the place where I happily whiled away my child- and teenhood.

Beautifully maintained, the Lanzerac still stands proud in its former colonial glory. A cluster of chalk-white, thatched-

roofed buildings nestle into picturesque vineyards, with the Stellenbosch and Simonsberg mountains rising majestically above them. The complex has long been home to a hotel, restaurant, tea garden and wine cellar, and more recently, added the Lanzerac Spa & Wellness Centre to its stable.

Shyly hidden behind the spa's vine-grown entrance, down a short hallway, is the spa's health café and juice bar. Here, guests can enjoy a choice of nutritious fare, beverages, and some sensational fruit smoothies. The café opens up to a spacious conservatory-type area, with comfy sofas and chairs dotted around a heated swimming pool and a couple of jacuzzis. Also part of the facility are nine therapy rooms, two saunas, a couple of steam rooms and – on the second floor – a state-of-the-art gym. Both the pool area and gym have sunny

terraces attached to them, offering charming vistas of the mountains and vineyards as far as the eye can see.

To match this idyllic setting, the spa incorporates vine-derived products into the majority of its signature VinAqua face and body therapies. All the ingredients are sourced locally, and utilise the flesh and skin, as well as the seed of the grape.

Whilst the various grape components boast a range of skin-healthy properties (rejuvenating, invigorating, purifying...), it's the oil from the seed that's

particularly valuable. For one, it is full of antioxidants, which reduce water loss in the skin, and help keep it supple and elastic. Secondly, grapeseed oil has super-high levels of linoleic acid, which enables the antioxidants to penetrate more deeply and more effectively into the dermis.

Eager to take my pick of the bunch – and hopefully acquire skin like a baby's bottom in the process – I flit off to meet my therapist, Ruth, over an obligatory and very pleasant foot soak. It doesn't take much to get off 'on a good

footing' with this softly spoken, good-humoured fellow Stellies local.

My spa experience starts with a sumptuous detoxing and slimming treatment called the VinAqua Vineyard Shower Ritual. To get me in the mood, Ruth sends me off to the steam room for a 15-minute 'pore-opening' session. She then follows up with a full-body exfoliation, using a grapeseed cream base in conjunction with extract of Cape Chamomile (a rare blue shrub with de-stressing and anti-inflammatory effects) and sandalwood oil. Stage Two of the process involves washing away all the unwanted cells under a pleasantly tepid rainshower – without me having to move from the spot.

With all the dead skin gone and an appealing vine aroma wafting through the air, Ruth then treats me to a Slimming Pinotage Body Oil massage. And yes, it is as delicious as it sounds – especially in conjunction with Ruth's natural massage talents. The oil she uses comprises a fragrant blend of grapeseed, lemongrass, fennel, rosemary, grapefruit and juniper berry, designed to further eliminate toxins, decongest the body tissues and stimulate blood circulation.

It emerges that the purpose of the exfoliation was to prepare me for the final stage of the treatment – a firming, nourishing body gel wrap, with Red Vine Leaf and Aloe Ferox extract. The latter is known for its healing and cell-building properties.

What's even more thrilling than the fact that my skin is indeed now almost

» Rejuvenation

as soft as a baby's bottom, is that the good people of the Lanzerac are also adamant to give me a taste of one of their Spafari treatments. Created to give guests an authentic African experience, many of the Spafari packages combine African techniques and products with the vineyard environment. The Spafari Lion's Catnap Odyssey, for example, starts with a 30-minute tour of the Lanzerac estate and a wine tasting, followed by a nourishing full-body massage using African body butter and then an open-air picnic.

My Spafari encounter involves whisking me away on a golf cart (robe-clad, slipped up...) to a massage table under an enormous willow tree about 200 metres from the spa, for a full-body 'Ruth special'. The Spafari treatments, Ruth tells me, specifically focus on stimulating the five senses: touch, smell, sight, sound and taste.

As Ruth's hands release any remaining tension from my limbs and a gentle breeze strokes my skin, I detect the delicate fragrance of the grapes on the vines. A few metres above, the sun breaks its way playfully through the shadows of the willow. However, it is the cicadas chirping in the branches that bring back to me the taste of Africa, stirring up memories of Anya and friends playing cops and robbers by the river some three decades earlier.

With a treatment menu as comprehensive as *Wikipedia*, the Lanzerac Spa & Wellness Centre offers facials, non-surgical anti-ageing treatments, regular beauty and hair services, various hydrotherapies, and massage rituals to suit every individual need. And new to the list is a series of



All the ingredients are sourced locally,
and utilise the flesh and skin, as well
as the seed of the grape