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Hot Property

John Lambrou is the picture of health. Glowing olive skin, bright eyes and a warm, welcoming smile. You wouldn't expect anything less. As the managing partner of the Life Day Spa at the iconic Crystal Towers Hotel in Century City, his office space includes, amongst others, a floatation pool, Rasul chamber and health-food restaurant. John is originally from Johannesburg, where he was involved in the frenetic world of foreign direct investment. 'I moved to Cape Town expecting a more relaxed way of life by the sea, but now my days are busier than ever', he jokes. The emphasis at Life Day Spa, says John, is on affordable luxury, though the brands used – La Prairie and Dermalogica – are of the best. One of the more popular treatments, the La Prairie Caviar Skin Firming Facial, costs R790; inexpensive, considering a 30ml bottle of La Prairie Skin Caviar Crystalline Concentrate retails for just under R4000! It's the therapists, though, who are the spa's secret weapon. The majority have international experience, and all of them have received additional training from the Spas of Distinction Collection, of which Life Day Spa is a member. 'We pride ourselves on the personal interaction between our therapists and clients,' says John. The expertly designed Life Day Spa thrums with understated glamour and earthiness. The treatment area is done in a deep palette of taupe and purple with accents of teal, opening the door to the achievement of mind/body tranquility. Facilities include a unisex steam room replete with mother-of-pearl mosaic step seating, a softly lit floatation room with a large pool instead of capsule – 'many clients find capsules claustrophobic' – and a Rasul chamber for exotic Middle Eastern nud rituals. There are 11 intimate treatment rooms, including two 'executive suites' for couples. The treatment rooms include mood enhancement through creative lighting design, as well as surround sound, and plasma TV screens that display virtual fish in summer and fireplaces in winter. In contrast to the intimate treatment area, the shared chill area is a bright, fresh oasis with an airy bar and restaurant leading onto the breathtaking pool deck, which boasts a stunning panorama of Table Bay. The swimming pool is a spectacular to behold, especially in the late afternoon when the sunlight beams through the glass walls that form its perimeter. 'Passersby are always intrigued when they look up from the road below and see the transparent wall of the pool,' says John. Intrigue. And wonder. You can't help but feel the same when visiting Life Day Spa at Crystal Towers Hotel...

