

**GET IT – March 2010**  
**The Buzz – Your Neighborhood hotlist**

Life at the Spa

Life Day Spa at the new Crystal Towers Hotel in Century City is the latest addition to the Spas of Distinction Collection. Treat yourself and a friend to a morning at the spe by opting for the Sulis Replenishing Mud Wrap (R410) which leaves your skin feeling soft, smooth and invigorated followed by a brilliant full-body Sulis relax massage (R430). If you are not claustrophobic, the Rasul Chamber (R250) and Floatation Room (R170 for 30min) are good options. Finish the morning off with a fabulous La Prairie (R790) or Dermalogica facial (from R350) before having lunch on the pool deck overlooking Table Mountain. Check the website for specials. 021 525 3883 and visit [www.lifedayspa.co.za](http://www.lifedayspa.co.za)

