

Re-energising, de-stressing at the One&Only Spa

 By [Sindy Peters](#) 8 Jun 2010

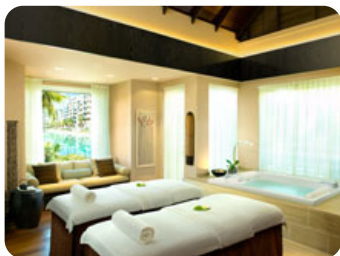
Driving past the exclusive One&Only Hotel after having visited the Two Oceans Aquarium every Saturday morning for just more than a month, the luxury landmark seemed a small feature in this very popular part of Cape Town, the V&A Waterfront. Having been invited for a complimentary spa treatment, I discovered that looks are rather deceiving as you head from the parking lot and into the reception area, you discover that the One&Only is not just a hotel, but an expansive estate.



Made up of various apartment blocks separated by a waterway, the One&Only transforms the rich tourist spot into a fresh, green, magical escape with tranquil scenes within its borders, as well as glorious views in the surrounding area that make this spot one of the most valued on the continent.

The re-energised route

Stepping through the very chic Vista Bar area and across the bridged waterway onto the One&Only Spa island, I was welcomed by a friendly receptionist and after completing an indemnity form was led off by Marlise, my masseuse, to the changing room to don my bathrobe and slippers before heading to the spacious treatment room where we had a brief chat on how I'd like to feel after my session. Marlise gave me two choices: either feeling relaxed and calm or re-energised. I went with the latter with plans to attend an o school rock concert that evening needing all the energy I could get.

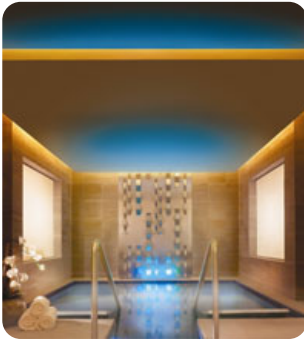


Hands turn to tools

With me laying on the massage bed, Marlise used a combination of ingredients including eucalyptus and rosemary combined with boiling water in a bowl below me, so that the fragrance would rise up to envelop me. It was a delicious smell that I would definitely try at home. Using ESPA products, an almost 100 per cent natural range from a British company, she melted the knots and tension in the regions I required her to focus on. I always find it soothing, yet somewhat unsettling, when I close my eyes and suddenly the hands moving across your body no longer feel like hands, but rather like tools made specifically for this role. My back

massage was sensual and relieving leaving me feeling very contented.

Next up was the facial, which through its various stages left my skin glowing. From cleansing to exfoliating moisturising, each new sensory element worked its magic into my skin while Marlise worked small circles across my face. While it was an express treatment it certainly did the trick.



Professional, individual attention

After my spa treatment was done, Marlise led me to the relaxation area where I treated myself to an Elizabeth Hurley bar, a pastry and some pomegranate juice while browsing through a magazine and laying a heated lounge chair enjoying the tranquil setting with just my own revitalised company. While I would have loved to try out the sauna and vitality pool, which forms part of the spa experience, I had to leave in order to try and beat the afternoon traffic. I didn't manage to in the end, after stopping for a quick shopping spree at the Waterfront, but after the soothing treatment in the naturally themed environment, nothing could stress me out.

The One&Only Spa is another great spot to treat yourself in Cape Town, but it stands out in its staff professionalism and individual attention to the customer at hand. If you have cash to splash, I suggest you do it here.

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