

MAN, OH MAN!

C'mon, guys – now's the time to spruce yourself up for spring

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PHOTOS RICHARD AARON AND SUPPLIED



MUST VISIT GLASSHOUSE SPA

Spa owner Carol has hit on the perfect formula for the lads who make up the clientele of her stylish men's spa: beer in the waiting room plus big-screen TV! Glasshouse offers the full spectrum of treatments: massages, intimate waxing, hair styling and even teeth whitening. We enjoyed a great Swedish massage, heavenly facial and a pedicure that left our toes jingling merrily for days. Now we know why ladies love pedicures! Trust me: treat yourself to a pedicure. *Glasshouse, 021-419-9599, info@glasshousemen.com, glasshousemen.com.*

SPA
TIP

Don't be afraid to let the therapist know what you like during a massage – if the pressure is too strong or not strong enough, be sure to let your therapist know. Also, if you have any questions about what they are doing, or if you have any concerns or requests regarding the temperature of the room or the music being played, simply ask. Tipping at a spa is purely at your discretion – but it is a service you are getting, so if it's good give tip!

WIN!

One lucky *Top Billing* reader will win a R1 000 Glasshouse voucher to enjoy alone or with a friend. To enter, SMS 'Glass House' to 34022

GET READY FOR 'MO-EMBER!'

» November heralds the international month-long celebration of the moustache (created in 2003 by a group of friends living in Australia). The idea was brought about for highlighting issues with men's health... and what started as a little organisation has boomed over the past six years, raising a total of \$60-million globally for the fight against prostate cancer and depression in men. In 2009 South Africa joined forces with Australia, New Zealand, the US, Canada, the UK and Ireland to do their part for a great cause. South Africa will, with the help of the Cancer Association of South Africa (CANSA), raise funds as well as raise awareness and strive to encourage men to be proactive for regular self-examinations as well as having Prostate Specific Antigen blood tests. CANSA's purpose is to lead the fight against cancer in South Africa and to save lives. To join the fight, shave your moustache area clean on 1 November and then wear your 'tache long and proud for the whole month. For more information visit za.movember.com



THE ARMOURY

» » This new and exciting boxing club is not to be mistaken for a gym, yet it offers a great workout through the 'Fighting Fit' conditioning classes that are uplifting as well as an exhilarating way of training. The one-on-one sessions concentrate on techniques and fitness. With your personal trainer you can also focus on workouts using kettlebells, a form of weight training invented by



the Russians long ago that helps to sculpt bodies. Not to mention the real deal for those who take fighting seriously and experience combat in the boxing ring. The fights are supervised and, although taken seriously, are still fun and exciting. Whether your motivation is to get in shape or enjoy intense cross-training for a new and exciting sport, if you're seeking an enjoyable activity or if you just want to fight, you are sure to have a great time doing it at The Armoury Boxing Club. *The Armoury Club, 021-461-9141, armouryboxing.com*