

GROOMING

A whole load of Bullocks

Cheekily named indeed, Bullocks is the men's range from the saucy Cowshed product line. Not only do we love the name but are pretty blown away by the ingredients used in these masterful products.

Words: Mel B

They use only the highest quality organic, fair trade and wild-crafted essential oils from around the world. There are no parabens, petrochemicals, sulphates, artificial fragrances or colourants. The key ingredient of the skin care range for men is hemp seed oil which maintains the skin's optimum moisture level but keeps the greasy shine at bay. Why is it named after cows? Apparently the bovines occupied the place where these products are now made, but fear not, none were harmed or used in the creation of these products.

Facial Range

Refining Facial Scrub uses chamomile to sooth and heal, while cedarwood helps balance the skin and walnut shells gently scrubs away dead skin cells. **100ml, R294**

Smooth Shaving Cream is a natural antiseptic with essential oils of orange sweet to combat inflammation and lemon to revitalise. **100ml, R294**

Soothing Moisturiser using essential oils of grapefruit to stimulate circulation and palmarosa to hydrate heat and tone. **100ml, R294**

Pocket Cow Bullocks for Men 20ml travel sizes of the Facial Scrub, Shaving Cream, Soothing Moisturiser and Body Wash. **R362**

Body Range

Bullocks Muscle Rub Massage Oil is an intensive massage oil that warms on contact, relieving aching and tired muscles. Camphor combats inflammation; eucalyptus eases tired muscles and clove buds increases circulation and relieves fatigue. **100ml, R313**

Bullocks Bracing Body Wash combines the essential oils of petitgrain to cleanse and purify while grapefruit tones and stimulates circulation. **300ml, R313**

For stockist information contact: Fuego on 011 902 5349 or jen@fuegolifestyle.com



SPA

VALLEY OF DELIGHT

Words: Richard Asher

As far as self-indulgence goes, the Akoya massage at the in-house spa at Pearl Valley Golf Estates is going to be tough to beat. 90 minutes is an awfully long time to be on the massage table, but there's nothing wrong with that unless you have a tendency to feel sorry for your therapist and all the hard work they're doing... An hour and a half is so long, in fact, that even the most hardened of worriers can't help but let go by the end. Even if you spend the first hour worrying about the challenges in life beyond the treatment room – sadly, there is always such a thing – you'll get bored of it once 60 minutes have ticked by. Which means you've still got a 30-minute all-over massage to look forward to! This isn't the biggest spa around, but the quality is superb; if that Akoya treatment from the

excellent spa manager Tania was anything to go by. Bookings must be hard to come by during the many big golf tournaments that get played here – the Ernies and Trevors of this world could do far worse than to wind down here after the rigours of a competitive SA Open round. You can also get a haircut at the spa, so if Miguel Angel Jimenez or Rory McIlroy play in the next SA Open they might want to reserve an extra hour or so to test the limits of the salon. They should be warned, though, that senior stylist Paul is a real perfectionist and will not be overawed by hirsute cigar-smoking Spaniards or Ulstermen with Krusty the Clown styling...

Call 021 867 8000 or email wellness@pearlvalley.co.za for bookings.