

SPA

SUN CITY

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Unless you're playing off a very low digit, chances are you'll come off the Gary Player Country Club's legendary 18 feeling a little tense. Taking some serious abuse at the hands of the famous Sun City layout is not uncommon, but the good news is that there's an antidote in the clubhouse. And for once it's not alcohol.

Placing a spa directly above the 19th hole is business genius. It's a blatant attempt to cash in on the pain and distress of hot, bothered

golfers. In its defence, though, it does a solid job of soothing those aches and pains. A spot of massage here even goes some way towards



wiping out memories such as dropping seven balls in the water at the 9th. It helps, of course, that you can't see the offending golf course from the dim treatment rooms... Sweat out the grime and suntan lotion in the steam room before heading to the lounge to await your massage. Here you can marvel at an incongruous collection of books. Covered in plastic as though lifted straight from a 1980s primary school library, these volumes look a little out of place in the audacious surrounds of Sun City. You can leaf through the *World Picture Atlas*, which

predates the break-up of Yugoslavia. Or, if girl power is your thing, have a look at *Women Who Changed the World* as you nibble on a pear from the refreshment stand. The 55-minute full body massage is thoroughly recommended, but if that's not your thing then you can always have a go in the spa's gym. Another alternative is trying the small indoor pool – but be prepared to share the water with the resident rubber duck!

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Call 014 557 5288 or email gphs@iafrica.com for bookings or more information.