

**YOUR  
FREE  
COPY**

**mango**  
**JUICE**  
OCTOBER 2007

**Rayana Ameeroedien**  
Pulls the punches

**Working out in nature**  
Get fit in the Cape

**Alternative health retreats**  
So cool, calm and collected

**Affordable spas?**  
Yes, and they're in your city!

**Running for the plane?**  
Why it's good for you

**THE  
WELLNESS  
ISSUE**

**WIN!**  
SPA TREATMENTS,  
SKIN PRODUCTS,  
FOOD HAMPERS  
AND MORE