



Health, Wellness & Fitness

- **CMR First-Aid Kits.** 021 782-0606. www.cmr-med.co.za. Less 10% on list price of all First-Aid Kits.
- **CMR First-Aid Training.** 021 782-0606. www.cmr-med.co.za. Less 10% on Level 1 and Level 3 scheduled courses.
- **Crossfit Kommetjie.** 083 365-2230. www.crossfitkommetjie.com. Less 10% on Bootcamp, and less 10% on monthly fee.
- **Curves.** 021 785-3334. No sign-up fee (Normally R300).
- **Dr Kevin Lentin.** Chiropractor and Functional Nutrition Specialist. 021 788-8480. www.drkevinlentin.co.za. Half Hour FREE introductory nutritional consultation. 10% discount on subsequent nutritional consultations and 20% discount on weight management and 'detox' programs.
- **Longbeach Eyestudio.** 021 785-1886. www.eyestudio.co.za. Less 5% on contact lenses. Valid annual prescription needed.
- **Run/ Walk for Life.** 082 775-1599. www.rwfl.co.za. Less 15% on regular member fees. Less 15% on pensioner fees. Upfront payment or deposit and signature of letter of indebtedness. Must complete Run/Walk App. form and medical questionnaire.
- **Simon's Town Pharmacy.** 021 786-2133. Free blood pressure testing (one/month). Clinic hours 09:00 to 12:00, Mon, Tues, Wed, Fri.
- **Steve Clarke Sports Massage.** Less 10% on treatments. 082 492-0887. Email: steve@sportmassage.co.za.
- **Wellspring Centre.** 021 785-7200. www.wellspringcentre.co.za. Less 10% on initial Physio consultation.

Sports & Outdoor

- **Clovelly Country Club.** 021 784-2111. www.clovelly.co.za. Reduced 9 hole Green Fee. Social use of the Club. Range balls at member rates. See website for pricing.
- **Great White Sports & Surf.** 021 782-3360. www.greatwhitesport.co.za. Less 10% on sales of all goods not already discounted.
- **Kayak Cape Town.** 082 501-8930. www.kayakcapetown.co.za. Less 20% on Kayak trips (save R50). No restrictions on trip. Bookings only via email. See website for particulars.
- **Pisces Divers.** 021 786-3799. www.piscesdivers.co.za. Less 10% on all Scuba Diving Courses. Excludes other offers.
- **The Horse Box.** 021 702-3329. www.thehorsebox.co.za. Less 10% on purchases (not on Sale). Westlake Lifestyle Centre.

Be Pampered/Clothing/Gifts

- **House of Freya.** 021 786-5744. www.houseoffreya.co.za. Less 10% on all treatments. By appointment.
- **Helena Slabbert Holistik.** 084 845-9516. Reiki treatments. Acupuncture. 10% discount on Wednesdays. 20% discount for "Stop Smoking".
- **Ibo Island Lodge.** 021 785-5498. www.iboisland.com. Less 20% on Ibo Lodge bookings. Less 15% on Quirimba Archipelago Mobile Island Safaris.
- **Mediterraneo.** 021 786-2969. www.mediterraneo.co.za. Less 10% on all goods. Monthly specials changing each month.
- **Mineral World.** 021 786-2020. www.scratchpatch.co.za. Less 10% on all goods.
- **Nautical Hair Designs.** 021 786-1479. Less 10% on all cuts and blowdries on Thursdays.
- **St Georges Jewellers.** 021 786-1495. Less 10% on all Silver. Watch battery special: R45 battery for R30, R35 battery for R25.

Restaurants

- **Bhandaris Indian Restaurant.** 021 782-1525. www.bhandaris.co.za. Less 15% on food bill on Wed to Sat 14h00 to 16h30. Only for sit-downs; excludes functions, other specials and tables of 20 or more.
- **Brassbell Restaurant.** 021 788 5455. www.brassbell.co.za. Less 10% on all bills. Excludes functions and large bookings over 20 people.
- **Debonairs Pizza, Fish Hoek.** Less 10% on counter or collect orders over R50. 021 782-0744.

- **Foodbarn Restaurant.** 021 789-1390. www.thefoodbarn.co.za. Less 10% on bills over R1000. Excludes tables of 10 or more, Specials, the Deli and Tapas Bar.
- **Golden River Spur.** 021 782-2631. www.wikivillage.co.za/Golden-riverspur. Less 10% on total bill excluding specials.
- **Michigan Spur.** 021 785-3532. www.spur.co.za. Less 8% on total bill excluding specials.
- **Neptune's Galley** (At False Bay yacht Club). 021 786-4638. www.neptunesgalley.co.za. Less 10% on food, Mon to Fri.
- **Ocean Basket.** 021 785-3841. www.oceanbasket.com. Less 10% on main meals. Excludes pensioner- and other specials.
- **Quaterdeck.** 021 786-3825. Buy one main course and get one free. Offer subject to purchasing two drinks, lowest price meal is free.
- **The Tigerlily Restaurant.** 021 782-0219. 16 Kommetjie Rd. Lunchtime special: Less 10% on bills over R250 (excl take-aways).
- **Wimpy Longbeach Mall.** 021 785-1484. Less 5% on total bill.

Families, Children & Animals

- **Babybooty.** 021 786-5429. facebook.com/babybootyfishhoek. Less 10% on all cash purchases.
- **Scratch Patch.** 021 786-2020. www.scratchpatch.co.za. Less 10% on Gemstone bags.
- **Western Cape Farriers.** 073 936-4445. Less 10% on any work.

Home, Garden & Vehicles

- **Cape Gas Installations.** 082 868-0442. Email: simon@capegasinstallions.co.za. Less 10% on new gas installations. Less 5% on remedial work for compliance. Contact Simon Ainsworth-Taylor.
- **Gateway Electrical.** 021 785-5469. www.gatewayelectrical.co.za. Less 5% on all goods excluding gate and garage door motors.
- **Green Circle Painting Solutions.** 021 785-6875. www.paintingsolutions.co.za. Free paint specification and quantity estimation. Value R750. Valid for interior or exterior of any building, home, office block or flat.
- **Jacqui's Framery & Art Gallery.** 021 782-7324. Less 10% on framing over R2000. 89 Main Rd, Fish Hoek.
- **Patrick Conderan Plumbing.** 021 782-4411. Less 10% on labour for maintenance-related work.
- **Pro-Wash Car Wash** (at Clovelly Country Club). 021 782-7597. Pay for 5 car washes, and get the next one free.
- **Retreat Roadworthy Centre.** 021 701-6590. Bark St, Retreat. Less 10% on Roadworthy testing; SAPS vehicle clearance service; Number plates and Datadot.
- **Sharon Mabin Interiors.** 021 785-3973. www.sharonmabin.co.za. Less 10% on orders over R5000. Discounted consulting only R300 p/hour.
- **The Hardware Shop.** 021 782-7085. 12 Glen Rd, Glencairn. Less 10% on all goods except cement and specials.
- **Wakefords Home Store.** 021 782-6013. www.wakefords.com. 50% off the local delivery fee for purchases over R4000.

Computers, Communication, Entertainment & Music

- **Creative Computers.** 021 782-9096. www.creativecomputers.co.za. Less 10% on all goods.
- **PC-Mac.** 021 785-8081. www.pcmac.co.za. Less 10% on all goods not on special.
- **Thundercloud Music.** 021 782-8658. Email: thundercloudmusic.@telkomsa.net. Less 10% on all purchases not on sale.

Security

- **Chubb.** 0861 021 911. www.chubb.co.za. Email: cape.sales@chubb.co.za. Less 15% on new armed response contracts. T&C's apply. Less 10% on Home Fire Kits.
- **Mach 1 Security.** 021 782-2661. security@mach1.co.za. Less 10% on new installations.
- **Shockloza.** 021 782-0681. www.shockloza.co.za. Less 10% on new electrified fencing installations.
- **YMA Security Services.** 021 785-7093. Less 10% on new alarms, and new monitoring and armed response contracts.