

modern RESTORATION

JULIETTE WINTER LOOKS AT THREE OF THE BEST SPAS
IN THE COUNTRY TO REST, REVIVE AND BEAUTIFY.

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Luxurious resorts, invigorating treatments, stunning locations — Australia offers an array of spa experiences designed to leave you feeling energised and revitalised to take on the world. Here's a rundown of some of the country's most spectacular spa destinations.

SPA SAFFIRE
AT SAFFIRE FREYCINET
2352 Coles Bay Road, Tasmania.
1800 723 347; saffire-freycinet.com.au
SPA STYLE Eco wilderness escape.

As you peer out a helicopter window at Saffire Freycinet, located just outside Coles Bay on Tasmania's Freycinet Peninsula, the building looks a lot like a stingray swimming over a wave. While it sounds strange, it's an intentional design reference that reflects the ocean, sand dunes and sea creatures of the resort's surrounds. The coastal location also influences the treatments — imagine a Hazards Hot Stone Massage using pink granite from the nearby Hazards Mountain range. Spa treatments are an essential element of this retreat, and no one misses out, with every guest given a Welcoming Spa Experience of 60 or 120 minutes.

TREATMENTS Facials, body treatments, sculpting wraps and massages, including reflexology, acupressure and hot stone massage.
SKIN CARE Natura Bisse, Deluxe Line by Vagheggi, a signature range by Dr Jean Laing and light and colour technology by Tanda and Gharieni.
SPECIALITY The Sapphire Ritual uses a sapphire gem placed on the third eye to rebalance and relax, while tension is melted away with a warm oil massage, and the skin is rejuvenated with light therapy.

ISIKA DAY SPA
AT CROWN METROPOL
8 Whiteman Street, Southbank
Melbourne, Victoria. (03) 9292 8327;
isika.com.au

SPA STYLE Chic city retreat. Perched on the 27th floor of the new \$300 million Crown Metropol hotel, Isika is everything you'd expect in an opulent, urban oasis spa. This sky-high spa is all style: dripping in designer features, it's balanced with warm neutral tones and has plenty of space to relax and refresh while taking in the sweeping city views.

Make sure you leave time to enjoy the 25-metre waterfall-edge pool and hot plunge pool or recline on the sun lounges and day beds. There's also the Gordon Ramsay spa cuisine menu (the Maze restaurant is on the first floor).

Don't want to leave? Check into the spa accommodation rooms for customised retreat packages.
TREATMENTS Body treatments, facials, massages, detoxification packages, reflexology, ayurvedic scalp massage, private yoga instruction and Omnilux light treatments.
SKIN CARE Aromatherapy Associates and Skinn for men.
SPECIALITY Intuitive massage (\$235, 90 minutes) is individually tailored to your needs by reading your energy levels and bringing your body, emotions and spirit back into balance.

STEPHANIES OCEAN SPA
AT OUTRIGGER LITTLE HASTINGS STREET RESORT & SPA

Little Hastings Street, Noosa,
Queensland. (07) 5473 5353;
stephanies.com.au

SPA STYLE Beachside break. Stephanie Shepherd has spent the past 25 years fulfilling her childhood dream of creating beauty, harmony and balance in the spa industry. Her third spa, Stephanies Ocean Spa (a fourth is opening in Queensland's Clear Mountain) is a soothing space that offers plenty of relaxing water treatments. Try submerging yourself in Rain Therapy or the amazing Mineral Floatation Colour Therapy that uses 35-degree salt water so you float effortlessly in a big, warm bath.
TREATMENTS A full range of face and body treatments for men and women, including geisha bath therapy, vinotherapy, hot stone crystal massage, spray tan, Vichy shower and a colour therapy floatation pool.

SKIN CARE Payot, Terrake and Ikou, an organic range from the Blue Mountains in NSW.
SPECIALITY Spirit of Wailele (\$199, 90 minutes) washes away stress with streams of water, stone and water massage, and sea salt exfoliation. It also includes a skin treatment and a hair and scalp reviver. *

