



THE SAPPHIRE DUST SPA

Sapphire Freycinet, Tasmania

Aside from magnificent scenery and gastronomy, what's most exciting about Sapphire Freycinet, an über-luxe coastal sanctuary in Tasmania, is the Sapphire Spa. The spa's signature treatment, The Sapphire Experience, uses pure blue sapphire dust, thought to increase the skin's luminosity and balance the chakras. After an energising body brush and mask to stimulate lymphatic flow, you're bathed in a warm balm and wrapped in silk sheets for a scalp massage, before a full body massage and a liberal smothering in sapphire dust body crème. The spa has a whole "Jewel Collection" of treatments to choose from (some use gold, others diamonds!), which combine the energy of precious stones and the purity of local minerals to soothe and restore. Using products by renowned Australian skincare specialists LaGaia, the treatments are a world first.

THE HOLISTIC SPA

Como Shambhala, Bali

The mother of all wellness retreats, the Como Shambhala Estate is 15 minutes from Ubud, in Bali's jungly interior. Choose from a three-, five- or seven-night programme, or opt for a bespoke programme to target a particular concern. On arrival, you'll receive a personally designed treatment plan tackling diet, exercise and mindset. Your therapist can suggest a range of Western- and Asian-inspired holistic treatments to work in harmony with your body – be it Ayurvedic medicine, Pilates, martial arts, meditation, cookery, even colonic therapy. Its spa products are home-grown and divine – spice-infused lotions, volcanic clay wraps, exotic flower baths and cooling yogurt rubdowns – and treatments take place outdoors amid paddy fields and wild ferns, roaring rivers and sacred springs. The food at both restaurants is healthy *and* delicious: there's even a resident nutritionist on call.

