

SPA
INDULGENCEInfinity
bath for
sky-high
luxury

By RACHEL OAKES-ASH

Hong Kong is known more for its excessive work-hard, play-hard ethos than as a de-stress spa destination.

Space is scarce in this city of more than seven million people. That's why the Plateau Spa retreat on the 11th floor of the harbour-front Grand Hyatt is such a soothing delight.

It combines much-needed down time from Hong Kong's hectic pace with 7440sqm dedicated to mind, body and soul.

This is no ordinary hotel spa. Plateau is a hotel within a hotel.

Here, 14 guest rooms and suites offer accommodation for those seeking a divine experience during their Hongkongs sojourn.

It has a private dining terrace for Plateau guests, access to the heated outdoor pool, 400m running track, two tennis courts, golf driving range, five exercise studios with personal DVD screens on each piece of cardio equipment, and a ladies' sauna with the best views of the harbour in Hong Kong from its window.

Naturally, I'm beside myself. This is girlie Mecca, with the world's best shopping outside the front door and private spa treatments in my own spa room to soothe away the afternoon's stress of deciding between a fake Louis Vuitton and a real Chloe.

The Deluxe Plateau Room is streamlined Japanese



Oasis: Terrace of the Plateau Spa, and inset right, the ladies' sauna

style with futon-floored mattress, light-wood screens, squared granite-style sink and flat screen entertainment. A private terrace means guests can harbour watch between treatments.

There's muted lighting in the wood-panelled hallways, nature motifs in the photographic panels by French photographer Vera Mercer and the ceramic water animals by local artist Emma Chan.

But first the bath — an infinity bath, square in shape and big enough for four if you fancy inviting some friends round for a dip. One side of the bath is a floor-to-ceiling glass wall complete with portal hole to let out the steam.

Then on to the signature

FACT FILE

GETTING THERE: Cathay Pacific flies three times a day from Sydney to Hong Kong. www.cathaypacific.com.au

STAY: Plateau Grand Hyatt, 1 Harbour Rd, Hong Kong. Phone 852 2584 7688; www.plateau.com.hk

COST: Plateau Deluxe rooms begin at \$427.

TREATMENTS: Signature Plateau Massage, combination of shiatsu, Thai and Swedish in



relax, flow, detox or tonic-oil preparations; 90 minutes, \$130. Midweek, three-hour programs from \$265 for use of a Plateau Room.

Carita eye-lift facial — all in the comfort of your own room which means a restful post-facial nap. Or choose to step into one of the 11 day treatment rooms for a shiatsu massage and steam in the private steam room for one (or two if you're having couple therapy).

Full attention to luxurious detail is carried out in Plateau. The \$US10m spent

in creating this oasis is reflected in the deluxe spa treatment rooms with window-length jacuzzis and the private dressing rooms.

Plateau is an urban spa retreat for the busy or business traveller.

Be warned, though: you may come for retail and relaxation but you'll stay for the bath.

BYO rubber ducky.