

Main: The Lyall Spa
Bottom: Relax at the spa at
Millbrook in New Zealand



Australia & New Zealand

Gone are the days of a simple Swedish massage from a therapist wearing white. The spa industry has bloomed in the past decade with massage menus featuring hot stones, chakra aligning, ayurvedic oil streaming, deep tissue, shiatsu and Hawaiian lomi lomi. Add facials and body treatments using products containing essential oils, oxygen and even crushed diamonds and the spa competition begins to heat up.



Story by Rachael Oakes - Ash

The buzzwords for spas in 2006 are residential, wellness, medico, cuisine and eco. Think spas you can overnight in and multi-day programs designed to treat all aspects of your health from physical to mental to emotional.

Traditionally Asia has been the spa mecca but Australia and New Zealand are making their own mark. Indigenous products and spiritual experience are big business down under with Endota Spas, Daintree Eco Lodge and Lilianfels all utilising Aboriginal and native treatments into their spa menus. For New Zealand, it's all about the setting. Kiwi spas utilise the jaw-dropping beauty of the Remarkable Ranges in the South Island and the rolling vineyards of New Zealand wine country. Vacations & Travel visit Antipodean spas on the rise.

Australia

Aurora Spa Retreat, The Prince Hotel, Melbourne

Best Urban Spa. Enter Aurora and shed the urban blues. Treatments are based around the four seasons and focus on balance for grounding, bliss for relaxation, vitality for energy and detox for purification. The emphasis is on holistic with acupuncture, reiki, personal yoga sitting side by side with spa massage and facial staples.

The signature treatment is the Kitya Karnu. Steam it up in the private steam room with an essential oil blend, followed up with desert salt exfoliation and cool river stones on the meridian lines of the body. After a facial cleanse and hydration mask, hair treatment, scalp massage and body mist, they'll have to peel you off the floor to send you home. Visit www.aurorasparetreat.com

Daintree Eco Lodge & Spa, Far North Queensland

Best Eco Retreat. When greeted by the 'director of tranquillity' you know you're in the right place. With accommodation in tree houses surrounded by forest and birdlife, you'll be forgiven for thinking you've

stepped back in time. After all, you're surrounded by 400 million-year-old ferns and plants.

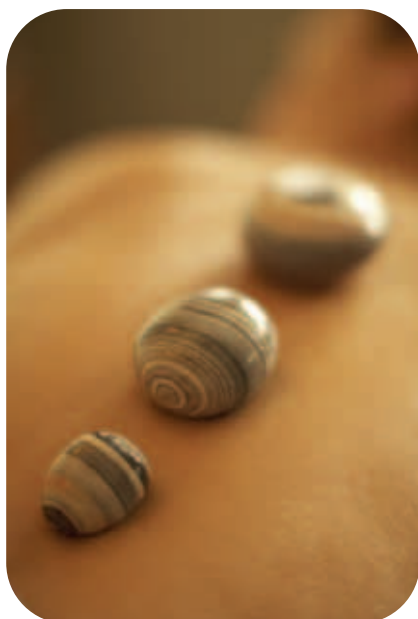
Daintree Eco Lodge & Spa have incorporated the outside in. Natural waterfalls and rainforest combine with the resort's ginger, mud and ochre resources to take the body on a natural spa journey inspired by Aboriginal heritage. Corroboree-dance massage sits side by side with lillypilly berry facials. Très Australian.

The signature treatment is the walbul walbul, meaning butterfly, which is what you'll become after this two-hour body treatment. Visit www.daintree-ecolodge.com.au or www.selecthotels.com.au

Endota Spa at Huski, Huski Lodge, Falls Creek, Victoria

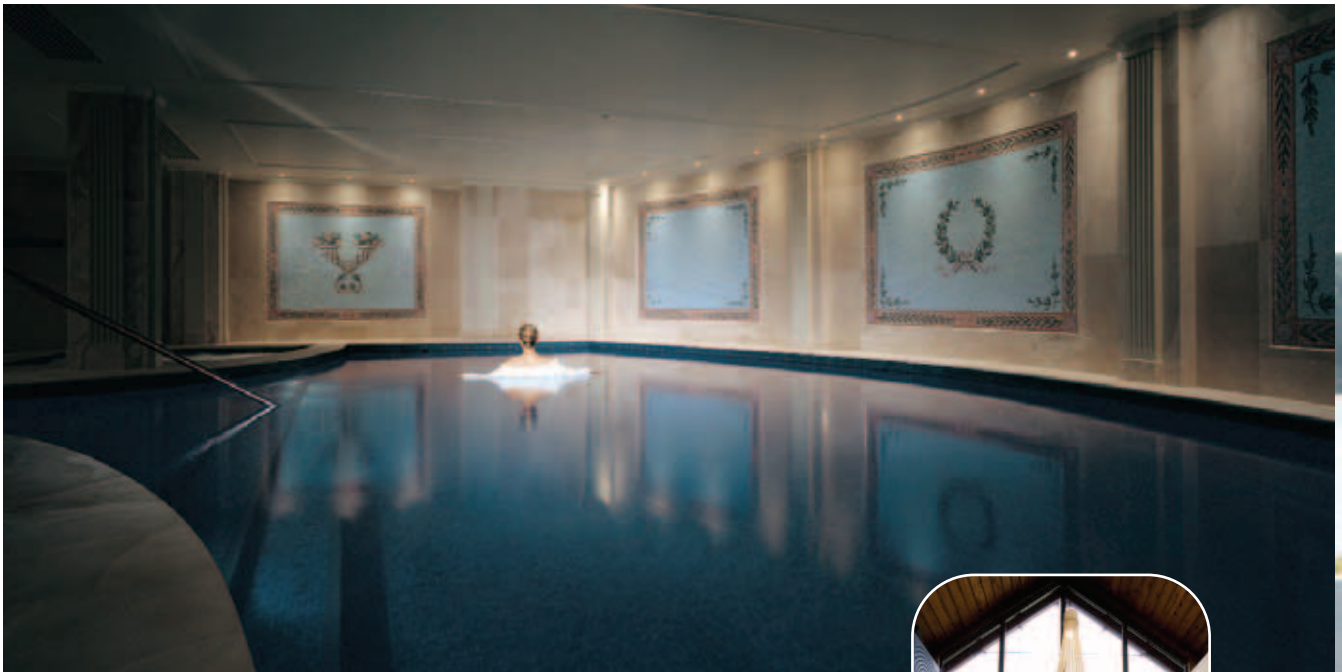
Best Alpine Spa. Alpine conditions require specific treatments. Constant exposure to dry air at altitude can result in cracked skin, lethargy and fatigue. Set in the stylish Huski Lodge, Endota Spa offers alpine lovers welcome relief and direct access to the Huski deli for heart-warming cuisine.

Choose from such delights as witchetty scrub exfoliating treatments and Never Never Land

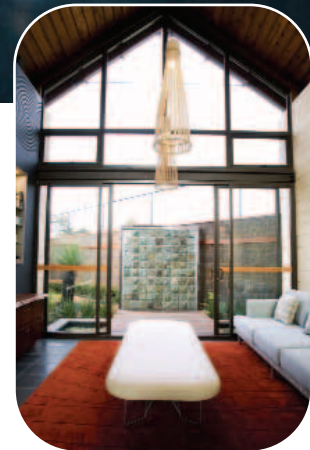


Right: Millbrook in New Zealand
Above: The Gubbera Kodo Rocks
Massage at The Spa at Bunker
Bay, in Margaret River





“Set on a hilltop and surrounded by tempting vineyards in the state’s wine country.”



blissed-out treatments.

The signature treatment is ‘Drenched’ – two hours of body pummelling followed by a mighty big soak in an expansive tub. Visit www.endota.com.au

Lilianfels Blue Mountains Resort & Spa, Blue Mountains, NSW

Best Mountain Retreat. The luxurious Lilianfels is already known for its five-star intimate services favoured by celebrities wanting discretion and a world-class view. Now it has added ‘spa’ to its name and is serving up the LiTYa range of indigenous spa care treatments.

Guests of Lilianfels can rejuvenate with a three-day program featuring spa cuisine, accommodation, tai chi, yoga, pilates and spa treatments complemented with a wilderness therapy walk. The signature treatment is the Dreaming body treatment for head-to-toe overhaul. Visit www.lilianfels.com.au

Waldheim Alpine Spa at Cradle Mountain Lodge, Tasmania

Best Wilderness Retreat. The Sanctuary is the hub of this spa with a steam room, sauna, hot tub and cool plunge pool. Indoor plunge tubs feature floor-to-ceiling glass for soothing views. Choose to walk those same views to increase circulation or warm by the fire and doze.

The signature treatment is the highland healing package for a full rub and scrub. Visit www.cradlemountainlodge.com.au

The Golden Door Health Retreat, Elysia, Hunter Valley, NSW

Best Destination Spa. Set on a hilltop and surrounded by tempting vineyards in the state’s wine country, Elysia is a spa retreat with a difference. Independent guests partake in private activity sessions and spa treatments with personalised meal plans. Those participating in

the Golden Door five-, six- or seven-day program have set spa cuisine daily and a group activity schedule. You choose which suits best.

The signature treatment is the Watsu massage in water and is unique to Elysia. Visit www.goldendoor.com.au

Spa Chakra at Hayman, Queensland

Best Island Resort Spa. Hayman Island’s Spa Chakra is premium spa territory and home to the Champs Elysee Guerlain Institute brand of beauty. It’s hard work lazing by the lagoon pool or picnicking on one’s private beach. Best book in for a Hayman hot rock massage to work out those holiday knots. The signature treatment is the specialty facial, which infuses Guerlain active ingredients into dead skin, giving it a new lease on life. Hubby won’t recognise you when you return to the pool. Visit www.hayman.com.au



Lyall Hotel and Spa, South Yarra, Melbourne

Best Boutique Spa. In the basement of this glamorous boutique hotel sits Lyall Spa where time stands still and lights are dim. Hydrotherapy is big news here with Vichy shower treatments, Rassoul and Steam sessions. DIY Rassoul involves self-application of exfoliating products and mud body mask. Flying in from overseas? You'll love the jetlag steam. The signature treatment is the Elemis deep tissue massage in stress-

a-way, spirit reviver, muscle ease and Chakra balancing. Visit www.thelyall.com

Quay West Bunker Bay, Margaret River, Western Australia

Best Couples Spa. Positioned on a landscaped beachfront on Bunker Bay, the spa is a perfect spot for couples, with a private courtyard and romantic treatment rooms. Enjoy the Intimate Moments package with a shared spa bath, massage, foot

From left to right: Salus par Aquum Spa at Palazzo Versace. The reception area at The Spa at Bunker Bay. The spa at Hayman. Tranquility is the order of the day at the Endota Spa at Huski Lodge in Falls Creek. A couple enjoy a warm stone massage at the Tree Life Spa at Radisson Treetops



“Marine-based products complement the Auckland Harbour location of Spa de Serville.”

treatment and facial. Three hours of loved-up bliss. The signature treatment is the Bunker Bay Ritual for Li’Ty’a facial, massage and foot scrub. Visit www.mirvachotels.com.au

Salus Per Aquum at Palazzo Versace, Gold Coast, Queensland

Best Spa Membership. Salus Per Aquum means “health through water” and defines the Palazzo Versace spa experience. Surrounded by water from the Broadwater to Main Beach, Salus Per Aquum is pure Versace decadence. Facials are done with caviar products, dahlink, and spa members have exclusive access to the nautilus gym, steam rooms and hot spas. The signature treatment is the Salus Signature Facial – the closest to having a facelift without surgery. Visit www.palazzooversace.com

Angsana Spa, Great Barrier Reef, Palm Cove, Queensland

Best Coastal Spa. Emphasising aromatherapy and touch in tropical

garden settings, Angsana Spas focus on living life to the full. Treatments include an extra 30 minutes to relax and take in the post-treatment effects while sipping mint tea.

Essence of Angsana Spa packages offer hours of pampering with Coral Sea breezes and beachfront views. Visit www.angsana.com

Sebel Heritage Retreat, Yarra Valley, Victoria

Best Spa Retreat Program. Floodlit tennis courts, indoor pools, steam rooms and spa make up the Heritage Retreat complete with a Jack Nicklaus-designed golf course.

The three-day wellness retreat programs are a must with personal training, spa cuisine, holistic therapy, spa treatments and support to help you achieve lifestyle changes. No more than 15 guests means undivided attention. The signature treatment is the ‘spirit partnership’ – four hours creating a new you. Visit www.mirvachotels.com.au



Main: Girl in the Swiss Shower at Aurora

Far left: Double Vichy Shower at Voyages Cradle Mountain Lodge Waldheim Spa

Above: Total luxury is the way to describe The Sanctuary at Voyages Cradle Mountain Lodge & Waldheim Spa

Right: Spa salts at the Tree Life Spa at Radisson Treetops



Treetops Life Spa, Radisson Treetops, Port Douglas

Best Regional Hotel Day Spa. At Treetops Life Spa it's all about the surroundings. Nine Tree House treatment rooms linked by covered walkways sit amongst lush vegetation not far from the sea. Couples enjoy exclusive use of the steam room and suite during the Clay Rhassoul Experience for a full body detox or meditate in the custom made labyrinth. Signature treatment: Sea lovers delight in the Shell Creation Rejuvenation treatment when products are massaged into the skin with sea shells. www.radisson-resorts.com

The Observatory Day Spa, The Observatory Hotel, Sydney

Best Urban Hotel Day Spa. A truly decadent spa with the crème de la crème of facials – the La Prairie Caviar Firming Facial with its mask of caviar pearls. Lovers of bling can now have it rubbed on their body with the La Prairie Diamond Body Perfection Treatment - a micro dermabrasion of diamonds, pearls and gold. Add mood lighting panels that change colour to soothe the soul and

“Nine Tree House
treatment rooms
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your luxe experience is complete. Signature Treatment: Flight Reviver massage to soothe weary jet lagged bodies. www.observatoryhotel.com.au

New Zealand

Spa Du Vin, Peppers Hotel du Vin, North Island, New Zealand

Best Resort Spa. The interior takes its design inspiration from the Balinese with day beds and a carved Buddha. Nine treatment rooms offer therapy for hydrotherapy vibromassage and body sculpting, hot stone massage and thermal regenerative facials. Treatments begin with the chime of an Indian bell. When they chime a second time, the treatment is over and the

relaxation room beckons for chai tea and another good lie down. The signature treatment is the Sodashi body massage. Visit www.spaduvin.co.nz

Millbrook Spa, Arrowtown, Queenstown

Best Alpine Spa. Situated between the glamour of Queenstown and the gold mines of Arrowtown, Millbrook was previously reserved for Tiger Wood wannabes dressed in brogues and swinging golf clubs on the 18-hole Sir Bob Charles course. Golf widows need lament no more for New Zealand’s largest resort spa has opened on these grounds. Think \$1.7 million worth of steam rooms, Turkish baths and Hydra Swiss showers all set in the backdrop of



Main: Be invigorated with a Vichy shower at Daintree Eco Lodge and Spa
Above: The old bell at Spa Du Vin in New Zealand
Far left: Life is blissful at Spa Chakra on Hayman

The Remarkables mountain ranges. The signature treatment is the aroma stone massage featuring hot rocks. Visit www.millbrook.co.nz

Spa de Serville, Auckland

Best Urban Spa. Marine-based products complement the Auckland harbour location of Spa de Serville. A haven of interior design sitting on Princess Wharf, it's all about full-day packages at this urban retreat. Four

hand massages for the truly decadent, herbal wraps for weary bodies and complimentary gourmet lunch for mid-spa sustenance. The signature treatment is called Walking on Water, a mud mask facial with paraffin wraps for the lower legs and toes. Visit www.servilles.co.nz •

Below: The Golden Door Health Retreat in the Hunter Valley

Below left: Heritage Retreat, Yarra Valley

