

SPAS & RETREATS

Slip into your sarong and slippers...it's time for your treatment.

A UNIQUELY AUSTRALIAN INVITATION

Whether it's a lifestyle retreat where you can focus on getting the mind, body and spirit back into balance, or a luxury seaside spa offering the latest beauty treatments and therapies, you can experience indulgence or relaxation with an Australian edge Down Under.

While Asian and European destinations are well known for spa and wellness retreats, Australia also has its fair share of unique indulgence getaways.

Many hotels and resorts along our coastline have spas and there are any number of special lifestyle retreats offering special holistic and natural therapies with all manner of concoctions, including Aboriginal herbs and lotions.

Australia has everything from indulgence spas to simple holistic spas with a wellness focus. There are experiences that nourish the soul as well as the mind and body. Some are wellness retreats others are set in bushland overlooking the beach, so you can enjoy the soothing therapy of water and the ocean in a beautiful setting in nature.

Massage away your stress in one of our distinctive spas or nature retreats. You can indulge in a beachside spa at a hotel or resort, a day spa in a beachside location, or an island spa at one of our Great Barrier Reef islands.

Or you may just want to escape to a peaceful beach retreat in a remote or secluded location where you can take long walks along the beach, or in the surrounding bush. Nourish the soul, feed the spirit and reenergize and relax away from the cares and worries of the outside world.

So, slip into your sarong or robe and slippers...it's time for your treatment.

Uniquely Australian

LIFESTYLE RETREATS

- Surfing and yoga usually aren't associated together but they are at the **Samudra** surf yoga retreats, held in great surf spots such as Byron Bay and Margaret River.
- **Gwinganna Lifestyle Retreat** in the Gold Coast hinterland is a health and holistic retreat offering all kinds of treatments, organic cuisine and natural environment.
- Also in the Gold Coast hinterland, **Golden Door** and **Camp Eden** health and lifestyle retreats place an emphasis on fitness, remedial treatments and healthy eating in beautiful environment.

- **Moondance Lodge** in the Margaret River region of Western Australia is a tranquil sanctuary set on 13 hectares of bushland where you'll have precious time to yourself. This Wellness retreat combines inspiring teachers, soulful cuisine, healing and wellness treatments with unique experiences that will enrich and revive you, such as the energizing Digeridoo meditation and the Moondance Morning Zinger.
- At **Lifetime Retreats** on Kangaroo Island one of the most beautiful natural havens in the world, you can participate in activities such as yoga, kite flying, wildlife watching, walking, painting, or just enjoying a delicious breakfast, lunch or dinner created by your own personal chef wherever you like.
- **Authenticity**, at Port Elliott along the coast on the Fleurieu Peninsula in South Australia, is set in botanic gardens, with a backdrop of rolling hills, oceans and vines.

NATURE RETREATS

- At **Coconut Beach Rainforest Lodge** you'll be holidaying in luxury. Unwind in the most exquisite of natural surroundings without sacrificing anything in the way of comfort and relish the private rainforest views with easy access to white-sand Coconut Beach.
- For an eco-friendly experience, take the 30 minute ferry ride from Hope Harbour to **Couran Cove Island Resort** on South Stradbroke Island, where the Day Spa overlooks the marina. It offers a range of treatments and special programs to promote health and wellbeing including stress management, yoga, Tai Chi, meditation and healthy eating.
- **Kewarra Beach Resort** is nestled amongst 78 acres of absolute private beach frontage, native forests and lush tropical gardens featuring two rock pools with spas and waterfalls. Just 20 minutes north of Cairns, this environmentally sensitive resort hosts an abundance of brightly coloured birds and butterflies.
- For a luxury nature retreat, try the **Freycinet Experience**. Based at Friendly Beaches Eco-Lodge, these four day guided walking trips discover the beaches and secluded bays of the Freycinet Peninsula on Tasmania's east coast.
- **Bay of Fires Lodge** on the Freycinet Peninsula is set on a hilltop overlooking Wineglass Bay, 40 metres above pounding sea and surrounded by national park: the only building on 20 km of wilderness coast. Experience true communion with nature in lodge type accommodation with a touch of luxury, delicious meals prepared with local produce and open fires.





- Enjoy the wildlife with kangaroos at your back door, sea lions and dolphins at your front door when you stay in the rammed earth eco-lodges at **Baird Bay** on the Eyre Peninsula in South Australia.
- **The Bush Camp at Faraway Bay** is so remote, so incredibly secluded, that it doesn't appear on any map and the only way to get there is to fly in by charter plane. Overlooking the Timor Sea on the far north western Kimberley Coast of Australia, it provides simple, yet sophisticated accommodation in a location a long way from the frenetic pace of everyday. Sit back and watch wildlife swim by.
- **The Ningaloo Reef Retreat** eco camp, is set among the dunes between the beautiful corals of Ningaloo Marine Park and the spectacular gorges of Cape Range National Park. Snorkel off deserted beaches where the coral reef is just metres from shore. Sea kayak the sheltered lagoons of Ningaloo, or take a romantic walk along your very own beach.
- **Kooljaman at Cape Leveque** is an Aboriginal owned wilderness camp offering a unique blend of culture, adventure and recreation. A quiet place to get away from the crowd, it's an excellent spot to fish, swim, snorkel or just sit back and relax. Located 220km north of Broome on the Dampier Peninsula, access is by air or 4WD.

Spas

- **Peninsula Hot Springs** is Victoria's first natural hot mineral spring and spa located an hour from Melbourne on the Mornington Peninsula. Offering hot mineral springs pools and private baths (indoors and outdoors) and a Massage Spa Centre using Li'Tya spa dreaming products (massages, facials, mud and steam).
- The heritage Sea Bath buildings at St Kilda Baths in the Melbourne beachside suburb of St Kilda now houses a new **Li'Tya Dreaming Spa**.

Hotel Spas

- Pure indulgence awaits in Queensland's "spa street" in tropical Palm Cove. At the **Sebel Reef House & Spa** or its sister property, **Sea Temple Resort & Spa**, unwind with a banana body wrap or warm mapi mud cocoon just metres from swaying palm trees, turquoise waters and stunning views of the Coral Sea.
- The newly opened **Outrigger Beach Club & Spa** Port Douglas, 20 minutes north of Cairns is just steps away from the seemingly endless sands of Four Mile Beach.
- **Bali Hai** resort in Broome has a Li'Tya spa centre which even guests from other nearby resorts such as the Cable Beach Club, love to frequent.
- Camouflaged behind beach dunes in the Margaret River Region, Quay West Bunker Bay resort has a spectacular day spa, **The Spa at Bunker Bay**.
- For a Roman bath-house atmosphere, try the **Aqua Day Spa at Sheraton Noosa Resort** in Hastings Street. It has eight treatment rooms, a hydrotherapy bath, Vichy shower and steam room, and the Aqua Therapy Centre - a private courtyard of showers, pools and jets.
- On the Sunshine Coast, the **Sun Spa at Hyatt Regency Coolum** is a large complex with private "spa suites" for couples, a heated lap pool, aqua-aerobics pool, yoga rooms, and about 130 treatments on offer.
- On the Gold Coast, for ultimate opulence, head to **Palazzo Versace's Salus Per Aquum (Health through Water) Spa**, the only Australian spa to be invited to join the Leading Spas of the World group.

Island Spas

- At Voyages Resorts & Hotels' luxurious **Lizard Island**, the Great Barrier Reef's most northerly resort, indulgence is almost a requirement. Drag yourself away from the 24 pristine beaches, the magnificent snorkelling and fine food and wine, and head for the Azure Spa, which offers treatments with names like Coral Sea Dreaming, Soul Aqua, and Mermaid's Secret.
- Further south, the Whitsunday islands provide a myriad of choices for the spa-seeker. Exclusive Hayman is the setting for the new **Spa Chakra Hayman**, which is part of the Guerlain-Spa Chakra Alliance global network and offers personally-tailored beauty and well-being programs. It has 13 treatment rooms, two relaxation lounges including a meditation suite, hydrotherapy area, saunas and steam rooms.
- On South Long Island, **Peppers Palm Bay** has a spa with the signature treatment an 'endota rapt' where guests are treated to full body exfoliation before being wrapped in West Australian clay.
- **The Rejuvenation Spa on Daydream Island** is one of Australia's most advanced naturopathic testing and treatment clinics to balance your health, maximise energy and slow down the ageing process. Computerised iridology and a "vitality and longevity analysis" will reveal your body's "real" age — be warned, it can be a shock. The spa also offers rejuvenation programs, as well as yoga and meditation, and a full array of pampering. Then there's the view of the Whitsunday Passage from your treatment room.
- **Brampton Island's The Sea Spa** offers — among other things — a "guilt-free" indulgence for chocoholics. Chocolate Obsession is a coffee latte body polish, followed by a chocolate mud cocoon and cocoa butter infusion, and finished by a massage with mango and coconut body lotion or Turkish delight body gel.
- **Heron Island**, off the Central Queensland coast, is so small you can walk around it in about half an hour, but there is an abundance of things to do, including indulging in the secluded Aqua Soul Spa, which has double treatment rooms and therapies designed for two.
- From Cairns or Mission Beach you can head to Voyages' **Dunk Island** where **The Spa of Peace and Plenty** is two large tropical-style buildings linked by a floating boardwalk on a man-made lake. Most of the island is national park, renowned for its birdlife and Ulysses butterflies.

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