

The Byron at Byron, Byron Bay, NSW

by Amy Molloy

NESTLED within a subtropical rainforest, The Byron at Byron is my ideal place to chill out over a long weekend. Set across 18 hectares of pure luxury you can stroll the boardwalks to Tallow Beach, centre yourself at a complementary yoga class, have a dip in the infinity pool or take shelter in the Spa & Wellness Centre.

For a can't-believe-this experience,

I recommend the outdoor massage for couples – the therapists set up a private pop-up spa under a leafy canopy. Sigh.

Close by is the meditation walk – this is a must-do. Go alone to truly get the most out of the experience and have some “me time”.

For “together time”, dinner at the resort restaurant is an absolute highlight. My favourite part?

Overlooking the rainforest at night makes for the most romantic of meals.

www.thebyronatbyron.com.au

“Outdoor massage? Therapists will set up a private pop-up spa under a leafy canopy”



The Byron at Byron

“Let body-numbing hot pools de-cramp your tired muscles as you take in the breathtaking beauty of the Peninsula”



Peninsula Hot Springs

“An infinity plunge pool in my private sanctuary...bliss”



Gwinganna Lifestyle Retreat



Peninsula Hot Springs, Mornington Peninsula, Vic

by Vanessa Laurence

AS SOON as I arrive my stress levels drop 10 notches. The organic lunch at the Spa Dreaming Centre is to die for, but I hoof it down to get to the main attraction – the spas. The Orchid Pool is the hottest at a body-numbing 42°C but de-cramps my muscles like a dream, as does a steam in the Hamam. A body scrub, mud wrap and massage using Aussie brand Li'tya's 100 per cent natural range is so toe-curlingly good I take a swag of goodies home. Bliss.

Next morning I rise early for a bathe in the stunning hilltop pool with 360-degree views. I sleep so well for the next week I know my body's thanking me for some much-needed “me” time. Yours will too! ■

www.peninsulabotsprings.com

Gwinganna Lifestyle Retreat, Tallebudgera Valley, Qld

by Kellie Hush

MORE than two years ago I stayed at Gwinganna, recouping after a draining stretch, and vowed to return annually for at least a week. Not having made it there once, I recently put the brakes on and headed back for a spa weekend. My only trepidation was whether two days would be enough.

Turns out getting you to switch off immediately is what Gwinganna staff do best. On arrival I head straight to the Spa Sanctuary for a deep-cleansing facial (being in the know I pre-booked

and am immediately on Gwinganna time. I emerge and head to the dining room for a delicious organic meal. Spa weekends allow one glass of organic wine but I skip it – smug bragging rights to me!

Daybreak begins with qi gong followed by a bush walk and breakfast (organic eggs from the chook pen). But it's Dreamtime at the spa that I'm here for. Think massage, steam room, herbal tea, mani/pedi. It's an easy routine. The verdict: yes, two days is enough to unwind and indulge yourself – but imagine what a week could do? I'll tell you soon!

www.gwinganna.com