

AUSTRALIAN WOMEN'S HEALTH

Ultimate At Home Workout

HOT BODY SECRETS

Sculpt a Long & Lean
Shape in Just 14 Days!

EASY WINTER RECIPES
FOR LASTING ENERGY

FREE COLLECTABLE GUIDE

Burn Fat 24/7

The Best
AM & PM
Workouts

8 Quick &
Healthy Meals

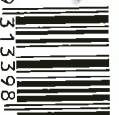
Burn 600kJ
on the Couch.
Seriously.



It's Good
The Best
Advice
Never
By Ourself

HE
GRE
RUN
TIPS
Your
to
Train

July 2010/



A world of wellbeing

Relax, recharge, renew

Imagine all your ideal holiday destinations conveniently located in one breathtaking setting. That's the magic of the Mornington Peninsula.



Peninsula Hot Springs mineral baths



Sink into the healing thermal spring waters



Enjoy a massage at Endota Spa

The Mornington Peninsula might seem like a world away, but the region begins just over an hour from Melbourne.

The Mornington Peninsula, Victoria

Need a getaway and need it now? Welcome to the Mornington Peninsula, where you can spend your morning swimming with dolphins, your afternoon sampling some of Australia's finest wines and your evening sinking back into a healing thermal spa.... And that's just day one.

Victoria's Mornington Peninsula offers an abundance of relaxation and recreation, all set against an arresting backdrop of endless beaches, picturesque bays, fertile vineyards and rolling green hills. Perfect for a romantic weekend getaway or a leisurely road trip with friends, the Peninsula offers everything you need to wind down, treat yourself and experience the finer things in life. But with so

much to choose from, where do you start? It's your escape – take your pick.

Pamper me

The Mornington Peninsula is fast becoming known as one of Australia's premium spa destinations. And with a choice of more than 12 local spas, you'll soon be wallowing pleasurably in the pampering, calming or glamorous treatment of your choice.

Each spa offers its own unique setting, from the naturally occurring thermal spring waters of Peninsula Hot Springs to the bushland haven of Red Hill Spa. Make your selection from a toe-curling array of spa treatments, which range from traditional

healing and therapeutic to the purely soothing and beautifying. Try massage or a mineral bath, kick back in a steam room, or zone out with yoga on the beach – whatever your decision, you'll be winding down in no time at all.

If a lazy sleep-in or quiet morning spent in bed reading is on the cards, you can be sure to find the comfort and quiet you need at the many luxury boutique hotels and villas scattered throughout the Mornington Peninsula. Choose from a bushland retreat, a grand cliff-top mansion, a quaint B&B, a contemporary beachside suite or a heritage cottage – the area's broad selection of quality accommodation caters to all budgets, tastes and requirements.

Indulge me

The Mornington Peninsula is one of Australia's finest wine regions, with a mind-boggling array of styles on offer thanks to the unique micro-climates created by the varying topography, land and soil structure of the area. You can tour the wineries of your choice by car, or for a more relaxing experience try wine-tasting by horseback. Drop by the area's newest winery restaurant at Port Phillip Estate, which emerges from surrounds of native grass mounds and indigenous spotted gums as a dramatic curved sculpture made of rammed earth. Or pay a visit to the family-owned and -operated Montalto Vineyard and Olive Grove, which combines five-star wine and olive oil with



"Hot spring water flows to the surface, the water temperature varies from 37°C to 42°C"

There's something in the water

Sink into the healing geothermal waters of Peninsula Hot Springs

- Peninsula Hot Springs is Victoria's only day spa with naturally heated mineral water. The water comes from a spring 637 metres below the ground, and temperatures range from 37°C to 42°C.
- The water contains a range of naturally occurring minerals, which offer therapeutic benefits that help to ease sore and stiff joints, fatigue and skin complaints.
- Choose your own experience from a wide range of massage and spa treatments, including the spa's signature treatment, which utilises Indigenous healing properties.





Bathing Boxes, Mount Martha

“Wander the coastline of the Mornington Peninsula and take in the seaside views”

Mornington Peninsula National Park offers some of the most spectacular coastal views of the region. Start out at Cape Schanck, where you can stroll along the boardwalk to visit the famous lighthouse, built back in 1859 from local stone. At her base lie dozens of rock pools ripe for exploration and above her looms the imposing volcanic plug, Pulpit Rock.

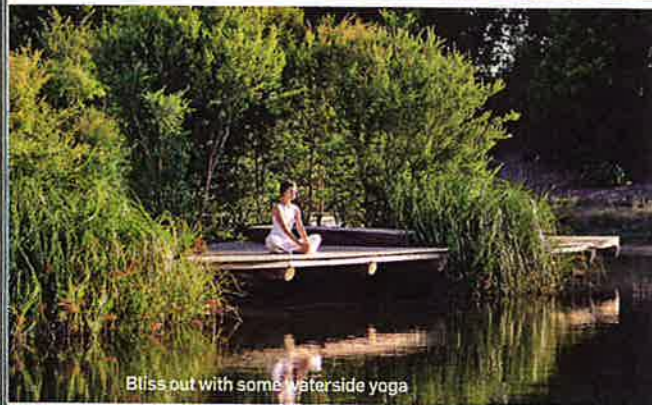
Next, catch a glimpse of how the other half lives in the cosmopolitan villages of Sorrento and Portsea. Go celebrity spotting in the numerous cafes, galleries and boutique shops, or take a stroll along the clifftops to check out the imposing millionaire mansions overlooking Port Phillip Bay. Or watch bottlenosed dolphins frolic and feed curious pelicans from your table as you dine by the water at The Baths Restaurant. Other local characters can be viewed at the historic Portsea Pub or the Hotel Sorrento, where you can enjoy delicious pub fare.

Whatever it is you need from a holiday escape, you're sure to find it on the Mornington Peninsula. A world away from your worries and the hectic pace of modern life, this is one destination you'll want to return to, again and again.



Enjoy a herbal tea at Peninsula Hot Springs

For more information go to visitvictoria.com/spa



Bliss out with some waterside yoga

charming kitchen gardens, contemporary sculpture, lush orchards and natural wetlands.

All good wine needs good food to complement it, and quality produce grows in abundance here. Foodies will be inspired by the range of fresh produce and fine dining on offer – you can experience seasonal fruit, mouth-watering cheeses and handcrafted chocolates, shop at The Red Hill market or gourmet store, or dine at one of the many cafes and restaurants you'll find on your journey. Better still, just pack a picnic basket and enjoy your own al fresco meal overlooking a sunset-dappled bay.

Thrill me

The Mornington Peninsula also happens to be a golfer's paradise, so any golf enthusiasts will be in heaven as they take their pick from the eighteen courses that all take advantage of the perfect golfing

conditions that this rugged coastal area provides. Send him off to the course while you kick back with an afternoon of shopping, or embark on more cultural pursuits and explore the art and fascinating history of the region.

Or maybe it's action you're after? The Mornington Peninsula offers a head-spinning array of water-sports, from surfing, sea kayaking, snorkelling and diving. Head out for a spot of fishing – either on your own or as part of a tour – or sail along the calm waters of Port Phillip Bay. Back on dry land you can take a horse ride along Gunnamatta Beach or enjoy a scenic bike ride along the near traffic-free roads at the Point Nepean National Park.

Delight me

There's no better place than the Mornington Peninsula to slow down, take a deep breath and lose yourself in the beauty of Mother Nature. The



Indulge in a luxurious treatment at Woodman Estate



Enjoy the family wine at The Vines Winery

Wine time

The principal wine variety grown in the Mornington Peninsula is the award-winning Pinot Noir. But the unique maritime climate of the region contributes to an intriguing selection of other wines – look out for the Chardonnay, Pinot Gris and Shiraz. Join a winery tour or make your own way around, stopping at cellar doors and eateries, meeting the locals, tasting their produce and marveling at the gorgeous surrounds.

TAKE TIME OUT TO RELAX AND INDULGE

Relax and be pampered on the Mornington Peninsula with naturally occurring geothermal springs, world class treatments and massages at one of our day spas. Take the girls for a weekend, plan a romantic escape, or just recharge your batteries. For more information visitvictoria.com/morningtonpeninsula



REKINDLE YOUR ROMANCE

Take a wind-swept beach walk, indulge in a long lunch, then cuddle up for two nights with a complimentary DVD in your architect designed apartment. We'll include a bottle of red to get the conversation flowing again.

Aquabelle Apartments
1300 880 319
www.aquabelle.com.au

\$450*
Conditions apply



LINDENDERRY WINTER WELLNESS

Experience a warming sense of wellbeing this winter with a rejuvenating overnight escape amongst the vines and valleys of Red Hill. Bottle of estate wine and cheese plate by the fire, breakfast in bed, \$100 Endota Spa credit.

Lindenderry at Red Hill
03 5989 2933
www.lindenderry.com.au

\$440*
Conditions apply



LOWANNA DAY ESCAPE PACKAGE

A blissful day starting with a bathe in the natural hot mineral spring waters to relax and prepare you for jina foot, polama hand and mirri facial treatments. Then return to bathe for as long as you like. Allow 3 hours+.

Peninsula Hot Springs
03 5950 8777
www.peninsulahotsprings.com

\$250

