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Spa Escape

ETERNAL BLISS

We searched and found our favourite day spas around Australia - now its time for you to road test them.

Story Nicholas Sherwood



Fabulous Four
clockwise from left
Peninsula Hot Springs,
Victoria, Mii Spa @
Magenta Shores, NSW
& Château Élan in the
Hunter Valley



I think the Australian public are trying to say something. The people want more, as spa visits have increased by 152%, and we are spending 296 million dollars each year. If there's more than 500 spas Australia-wide, how are you going to choose? Rest+Relaxation has managed, just managed to nut out our favourite five from across the continent; the back beaches of the Mornington Peninsula, to the shores of Byron Bay in NSW. But let's start in the luxury haven of the Hunter Valley, New South Wales, .

Château Élan, Hunter Valley
These days it's increasingly difficult to become the first to do something, it seems like everything has already been thought of. However, that certainly isn't the case for Australia's newest and

possibly largest, destination spa. Château Élan is set in the Hunter Valley and equipped with 17 specialist rooms, the spa offers a host of treatments only available in the Hunter Valley. The Château's speciality is the experience of Terraké treatments supplemented by products from prestige group, Thalgo. Terraké treatments; inspired by the principles of the 'four worlds' offers different whole-body treatments with precious ingredients, scents, textures, techniques and music. Thalgo specialises in marine cosmetology and spa therapies; its products draw richness and effectiveness from the marine universe to help drive efficient, effective results. Yes, this luxe escape is on the pricey side for a weekend away, however the unique qualities give the destination a special glow.

Sneak out from one of the 20 spa suites, (who are given privileged access to treatments) for a round of 18 on the golf course, or skip that for the winery, it is the Hunter Valley after all. www.chateauelan.com.au

Peninsula Hot Springs, Victoria
If you're not quite in the mood for an ultimate pamper at the Château, Peninsula Hot Springs on Victoria's Mornington Peninsula continues to spread its all-natural wings across the back beaches of sleepy Rye. Victoria's only natural hot springs now has over 30 different pools and 'bathing experiences' for you to check out. I've been hanging out for the hilltop pool to open, (which has now) because it gives you not only a hot springs healing experience, but 360° view of the

beaches and hinterland that surround the complex. But how does it happen that there's natural hot springs under the quiet seaside town of Rye? Well, I'm glad you asked. The hot mineral spring waters flow from an aquifer, 637 metres below the surface. The 50°C water rises under its own pressure through the bore to within 10 metres of the surface, from where it is pumped to the pools. Whilst you're 'pool hopping', the Spa Dreaming Centre next door offers a more tranquil escape. Here, you can also experience one of the Li'Iya massages, which incorporates Aboriginal massage techniques, or find out what a salt wrap is, or try an ancient healing stone experience. The thermal qualities of the mineral spring are said to aid the alleviation of neuralgia, bruising, breaks, articular rheumatism, stiffness of the shoulders, skin diseases, recovery from fatigue,

infertility and muscular complaints. The Peninsula Hot Springs are a 'must add' to any Peninsula experience, and accommodation at the Springs will be opening up, not too far in the future. www.peninsulabotsprings.com



I've been hanging out for the hilltop pool to open, as it gives you not only a hot springs healing experience, but 360° view of the beach the day spa is well equipped to treat your every need. The spa also has various tailor-made treatments and has its own personalised local menu, drawing inspiration from Magenta Shores surrounds. Try their flagship treatment the 'Absolute Escape' which involves a full body cocoon wrap! www.mirvachotels.com