



April 2010

Queensland is truly spa-tacular!

Queensland is home to some of the world's best spas, including five which were recently voted among the top 10 in Australasia and the South Pacific in the Conde Nast Traveller Spa Awards 2010. We list the winners here and share some other special treatments available throughout this great state.

A winning combination

The Sebel Reef House Spa Palm Cove was voted Top Spa in Australia & in the Top Best 25 Spas of the world, the seventh year in a row it has received global recognition at the Conde' Nast Traveller UK - Spa Awards. Joining it in the top 10 were the Azure Spa on Lizard Island and Angsana Spa in Tropical North Queensland, and Whitsunday's Spa Hayman and Spa qualia. www.cntraveller.com/magazine/the-readers-spa-awards-2010/hotel-spas-australasia-and-south-pacific

Great Spas of the Great Barrier Reef...

Palm Cove's **Sebel Reef House & Spa**, voted Australia's top spa, offers luxuriously pampering experiences based on ancient Aboriginal techniques and medicines fused with aromatherapy healing methods and Li'Tya natural spa products. The purpose built-facility embraces different architectural styles from around the world, complete with white-washed walls, terracotta tiles, native timbers and a freshwater moat complete with bridge. The signature treatment is Mala Mayi – a 90 minute full-body rejuvenation. Guests are cleansed, revitalised, energised and exfoliated, cocooned in Mapi mid while enjoying a Paudi scalp massage. www.reefhouse.com.au

Overlooking Palm Cove's idyllic stretch of sand, **Angsana Resort & Spa** is like chocolate to spa enthusiasts with its beachfront treatment rooms and open-air, sheltered roof-top Spa Pavilions, both with the soothing sights of the Coral Sea and sand right outside their doors. Each rooftop Spa Pavilion has two side-by-side massage beds and a private plunge pool and therapists are flown in to Palm Cove from the Banyan Tree Spa Academy in Phuket, Thailand. www.angsana.com

Spa Hayman in the Whitsundays makes the most of its beautiful surrounds with its signature spa treatment, The Ocean Massage. The ultimate sensorial experience lasts for 90 minutes, and as the name suggests, takes place on a massage bed placed in the ocean. Guests simply drift away to a world of total relaxation and comfort in tranquil waters surrounded by gentle tides and tropical fish in the warm Whitsunday sun. www.hayman.com.au

For a truly sensory experience look no further than **Spa qualia** on Hamilton Island. Spa qualia takes a contemporary, yet indigenous approach, incorporating treatments designed to rebalance the synergy between mind and body and capture the essence of Australia and the Great Barrier Reef. The spa menu includes quintessential massages, sublime facials, signature ceremonies, indigenous offerings and "It's a Man's World" range of treatments. Spa qualia is an all-encompassing sensory experience with additional guest facilities including a relaxation area with steam room and outdoor tropical Vichy shower, along with open air yoga and meditation pavilion. www.qualiaresort.com.au

Rounding out the Queensland award winners is Lizard Island's **Azure Spa**. The beauty of the Island is infused in every treatment to provide an experience of total harmony between health, beauty to refresh the body, mind and spirit. www.lizardisland.com.au

Savour the spirit of the wilderness

The treatment menu at the delectable Daintree Resort & Spa in the wilderness of Tropical North Queensland was developed out of respect and with the approval of the elders of local Kuku Yalanji tribe. The signature treatment, Walbul-Walbul (Butterfly) incorporates the contrasting sensations of oil and desert salts and uses exclusive Australian indigenous products and massage techniques not found anywhere else in the world. www.daintree-ecolodge.com.au

Relaxation on the Reef

Nature lovers can enhance their Great Barrier Reef experience with a soothing massage. Guests travelling to Knuckle Reef Lagoon with Cruise Whitsundays can book in for a soothing head, neck, back and shoulder massage with "Calm Experience" on their way to and from the reef, or treat themselves to full body massage or "Skin Soother" while at the reef. www.cruisewhitsundays.com.au/gbra.aspx Likewise visitors to Fantasea Reef world at Hardy Reef can utilise the massage services available at the Harmony Hut and relax while overlooking the surrounding clear blue waters. www.fantasea.com.au/page/reefworld/index.html

Brisbane, Gold Coast and Sunshine Coast Spas...

Vinotherapy Wine treatment at O'Reilly's

Nestled within World Heritage listed Lamington National Park in the Gold Coast Hinterland, O'Reilly's Lost World Spa turns to the grapes it grows at its nearby vineyard for a specialist signature treatment. The Vinotherapy Ritual incorporates essential ingredients such as grape seed extracts containing some of nature's most powerful antioxidants and rich in collagen to firm the skin and slow the aging process, introduce healing properties and rejuvenate. www.oreillys.com.au/the-lost-world-spa

Heaven for chocolate lovers

This premier massage-to-door operator includes a selection of calorie-free chocolate massages on its extensive treatment menu which includes a full body aromatherapy massage with warmed chocolate oil combined with other treatments AND a box of delicious chocolates. Ripple services Brisbane, Gold Coast and hinterland and the Sunshine Coast. www.ripplemassage.com.au

Local sand stars in signature treatment

Local sand and sea salt are used in the scrub which is a key part of the signature treatment at the Sunshine Coast's Sheraton Noosa Aqua Day Spa. Nirvana in Noosa commences with the refreshing and skin softening scrub and is completed with a soothing and moisturising massage. www.aquadayspa.com.au

Gwinganna turns tribal

Gwinganna Lifestyle Retreat in the Gold Coast hinterland is offering guests a two and a half hour specialty Tribal Dreaming treatment incorporating a forest walk, didgeridoo healing, ochre clay, an intention ceremony and a customised 80 minute massage and the Yin Qi Yang, a four hands massage using two therapists, essential oils and hot stones. www.gwinganna.com

Serenity at Stephanie's

The \$1million retreat at the five-star Sofitel Brisbane features seven suites including a twin spa suite. The Spa's signature treatment, the Opal Rasul Temple is said to provide an uplifting soul strengthening journey guaranteed to evoke warmth and passion for couples seeking the ultimate escape or an irreplaceable bonding experience for mothers and daughters or best friends. Situated on level three adjacent to the hotel's pool deck, the retreat enjoys an open-sky environment at odds with the convenience of its inner-city location. www.sofitelbrisbane.com.au

The Outback Spas...

Spas under the stars

The Queensland Outback is home to some of the most naturally located and welcoming therapeutic moments you'll ever experience. Unexpected treats like the mud soaks in refurbished claw bath spas at the Palm Grove Date Farm and Winery in Eulo, south-west Queensland; the spa 'tanks' on Nardoo Station near Cunnamulla and the town spas in Mitchell, Bedourie, Blackall, Ilfracombe and Julia Creek where water comes direct from the Great Artesian Basin, one of the world's largest underground water reservoirs.

www.queenslandholidays.com.au/things-to-see-and-do/spa-and-wellness/spas-and-retreats.cfm