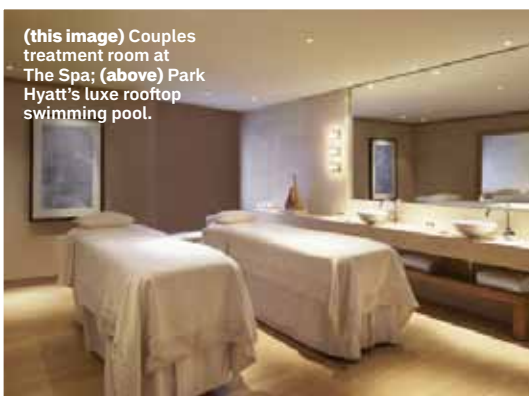


# DAY OF DECADENCE

*Fancy a luxurious escape, but only have mere hours to spare? Pamper, preen and then pass out from pure bliss at our pick of five of the grandest day spas around the country.*



(this image) Couples treatment room at The Spa; (above) Park Hyatt's luxe rooftop swimming pool.

## NEW SOUTH WALES

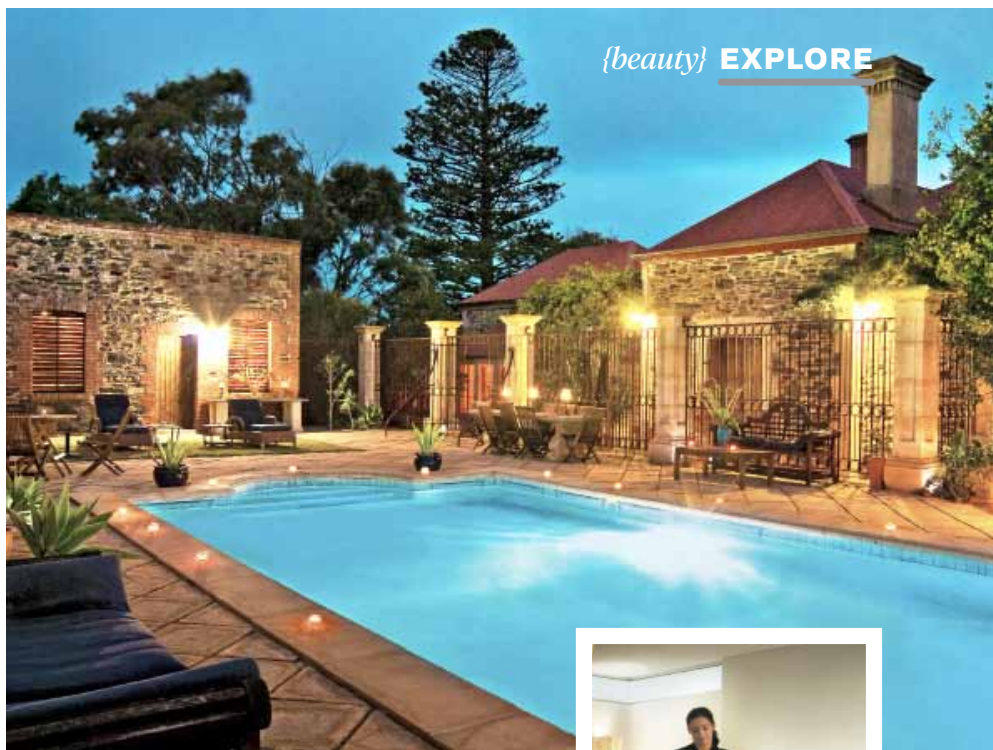
### **THE SPA, PARK HYATT SYDNEY, THE ROCKS**

A sanctuary of urban tranquillity, adjacent to stunning Sydney Harbour and the Bridge, The Spa's five suite-like rooms are perfect for indulging in any of the 50-plus treatments and packages on offer. Highly recommended is the Caviar Dream package (\$580), whereby your body is scrubbed, harnessing the healing power of ginger, then cocooned in a warm wrap, followed up by a soothing massage and protein-rich caviar facial. Spa manager Sally Cawthorne recommends guests allow time to experience all The Spa has to offer, including access to the rooftop pool, aromatherapy steam rooms, a relaxation room and fully equipped gym. [www.sydney.park.hyatt.com](http://www.sydney.park.hyatt.com).

Words: Nicole Hogan

**VICTORIA****ONSEN MA JAPANESE BATHHOUSE, MELBOURNE**

The poignant Taoist quote, “We cannot see our reflection in running water, it is only in still water that we can see,” is an ideal reminder to take time out of your hectic schedule. And what better way than to plunge into a 45-degree steamy communal bath? A tradition that goes as far back as the Nara period in the eighth century in Japan, bathing not only refreshes and relaxes the body, it is considered to do the same to the *kokoro* (the spirit, or heart). Super stressed? Add a shiatsu massage in which pressure is applied to the energy pathways of your body, improving the flow of qi and helping your body drift towards inner bliss. One hour of bathing, use of the sauna and a massage will cost \$110. [www.onsenma.com.au/japanese-bath](http://www.onsenma.com.au/japanese-bath).

**QUEENSLAND****VIE SPA, PULLMAN PORT DOUGLAS SEA TEMPLE RESORT & SPA, PORT DOUGLAS**

Catering to every whim, this heavenly sanctuary comforts you like a warm hug from the moment you walk through its sleek, modern doors. Each treatment begins with a relaxing foot rub using organic essential oils. The Men's Ritual treatment, popular with both sexes, combines a detoxifying foot rub, a warm bergamot hair and scalp conditioning massage, an organic jojoba and Italian orange body scrub and an organic aromatherapy full-body massage (\$280). Spa manager Julie Mitchell suggests that all guests make use of the stunning outdoor rainforest relaxation sanctuary, where you can zone out and enjoy a herbal tea, refreshing sorbet or glass of champagne at the end of your treatment. Now that's what we call luxury. [www.pullmanportdouglas.com.au/spa](http://www.pullmanportdouglas.com.au/spa).



(clockwise from left) The Onsen Ma Japanese baths are worth stepping into; the rustic pool area at Authenticity invites relaxation; a soothing Vie Spa massage.

**SOUTH AUSTRALIA****AUTHENTICITY SPA RESORT, PORT ELLIOT**

Just over an hour's drive south of Adelaide is a bastion of serenity where personalised rejuvenation is paramount. Celebrating 150 years, the historical property has

undergone a complete restoration that has bought back the grandeur of a bygone era. Surrounded in opulence, you can choose from an indulgent menu of body treatments, visit a naturopath, yoga instructor, even a counsellor, or enlist the help of the spa's personal trainer to help get your fitness back on track. Extend your stay, then rent a bicycle and spend an afternoon exploring the township, release your creativity in an art class, or unwind (even further) with a dip in Authenticity's salt-treated pool. The pampering pinnacle is the Indoceane Spa Ritual (\$399) combining a body scrub and wrap, milk bath and an Ayurvedic warm oil massage. This haven is so popular it books out months in advance, so get in early. [www.authenticity.com.au](http://www.authenticity.com.au).

**WESTERN AUSTRALIA****KETURAH DAY SPA, PERTH**

This was the winner of Day Spa of the Year at the 2013 Australian Beauty Industry Awards and it's attention to detail that sets it apart. “Therapists undergo three years of training and we offer more than 100 treatments using the organic Pevonia Botanica skin care range. There's body exfoliation and prescribed treatments, as well as massage (hot stones, relaxation and remedial), customised facials and various cosmetic and hair services,” says co-owner Jemma Stergiou. You just need to turn up and the team of specialists will take care of the rest. We love the half-day spa package (\$599) combining an infra-red sauna, body scrub, massage, pedicure, signature facial and light lunch. [www.keturah.com.au](http://www.keturah.com.au).