

WORDS JUDY CHAPMAN

make a new you

Scrub, wrap and knead the worries of the world away with these exotic spa treatments, born from our very own countryside



Enjoy blissful moments at Aurora

profoundly Australian. Creators reportedly spent several months sourcing crystals of optimum quality from around the country, working closely with a geologist known for his metaphysical approach, to locate the right rainforest jasper, prehnite and mookaite. Starting with several minutes of an epic sacrum massage, what makes this therapy different is the exceedingly slow massage movements, in particular the generous amount of lower back work. Therapist-wise, book a session with head-trainer Sawako, popular with regular patrons for her intuitive touch and approach.

Organic Odyssey

"It took us two years to design and perfect this ritual," says Stephen McInnes, who co-created the new **Gwinganna** Signature Spa Ritual with therapist Dragana Vekic. Possibly Australia's most hedonistic spa treatment, all ingredients applied during

the experience are homegrown and certified organic. Begin with a foot wash tea ceremony, then select your own bath and body scrubs for the three-hour voyage. You'll also be asked to announce an intention to the world and select an animal totem card, believed to provide insights. Hot rocks placed along one's spine create a state of relaxation before you realise that your body has been decorated with aboriginal motive drawings in natural clay. Then comes the sound of McInnes playing the didgeridoo and the sensation of not two but four hands massaging your body. Alpha state, we have lift off!

Mind Travel

Regain equilibrium when you embark on this enriching three-hour journey with **Gaia Retreat & Spa's** Dreamtime Travel Package.

Wild honey, healing crystals, smudge-stick ceremonies, the throb of live didgeridoo as your body is decorated in natural clay — you can feel the soul of a place through its indigenous offerings and Australia is full of such enriching native experiences. The beauty of taking treatments in the country of their origin is that you connect more deeply to the landscape and its people. Torn between which local treatments to choose? Here are six of our favourites.

Hot Rocks

At first glance, Sodashi's newly devised Crystalus Massage looks like any other hot stone or crystal therapy. However, this Australian spa brand's creation (exclusive to **The Spa at Four Seasons** only) is something

Photo: Photolibary

Commence with a traditional sage smoke ceremony to cleanse and evoke healing, followed by a ground pumice body polish, a regenerating desert clay and Australian sandalwood body mask, ending with a mind-melting sweet orange full body massage. Also on offer is a sound therapy ritual, performed by local Aboriginal spiritual healer, Eshua Tioho. "Traditionally, the Aborigines believe the grounding vibration of the didgeridoo cleanses and releases the body and mind of any blockages, suppressed emotions and tension," explains Tioho.

Sweet Enough to Eat

Fancy being enveloped in warmed jellybush honey "guku", essential oils and exfoliating walnut shells alongside a cleansing steam and full body massage? **Aurora Spa Retreat**,



Where else can you take yoga and an Aboriginal-led medicinal tribal bushwalk, followed by naturopathic consultations?

Melbourne's most luxe day spa, has an entire menu dedicated to local offerings, including the signature Guku Cocoon. According to founder Lyndall Mitchell, jellybush honey from Tasmania and Victoria is on par with New Zealand's famous manuka honey and is loaded with natural minerals and vitamins. "It works like a dream on the skin," says Mitchell. "The local jellybush honey is high in antioxidant, with anti-inflammatory and hydrating properties." If that's not enough, after the wrap, end with a hydrating rosehip facial mask performed with cool river stones and a mind-soothing hair and scalp application.

Sounds Like Heaven

Seeking a sacred indigenous spa experience? Consider one of the Aboriginal Wellness Experiences such as Didgeridoo Meditation at

Moondance Lodge, a boutique retreat in Western Australia's south-west wine district. Guests are guided into a heart meditation as Josh Whiteland, an Aboriginal cultural custodian of the Wardandi tribe, plays his didgeridoo across one's body in what is described as "sound therapy".

Founder of Moondance, Geraldine Riely, says: "Where else can you take yoga and an Aboriginal-led medicinal tribal bushwalk in the morning, followed by naturopathic consultations, tarot readings and sample the finest organic wines at sundown?" Another sumptuous choice is their healing grape therapy wrap and scrub made from local grape pulp and vine leaves.



Take a journey to inner peace at Gwinganna



IN FOCUS

Spa Treatments



*Li'tya returns to earth
for innovative products*

スパで生まれ 変わる

オーストラリアの大地から
生まれたスパトリートメン
トで、日頃の悩みを洗い
流してはいかが？

オーストラリアにはヒーリング
効果の高い豊かなスパが数多く
ある。お気に入りの場所がきっと
見つかるに違いない。その中から、
6つの人気スパを紹介しよう。

温石マッサージ

まずはじめに、フォー・シーズンズ
ホテルのThe Spa. Sodashiの新しい
Crystalus Massageが、他のホットス
トーンやクリスタルセラピーマッサージと
異なるのは、これらのクリスタルが地質
学者のアドバイスをもとに国中から集
められたものだという点。はじめの数分
間は仙骨のマッサージ。このマッサージ
の特徴は、とにかくゆっくりとした動き。
特に腰の部分を入念にマッサージして
くれる。

オーガニックへのこだわり

新しく登場したGwinganna Signature
Spa Ritualでは、国内産かつ認証を受け
たオーガニック材料しか使用しない。足
を洗うティーセレモニーのあと、温かい
石が背骨にそっておかれ、気分はリラッ
クスしていく。自然の粘土で自分の身体
にアボリジニアートのような模様が描か
れていくのにもきっと気付かないだろう。
アボリジニの楽器、ディジェリドゥーの音
が流れる中、2人のマッサージ師による
マッサージを体験できる。

心の旅

The Gaia Retreat & Spaのドリーム
タイム・トラベル・パッケージは、伝統的
なセージの煙から始まる。この煙には
清めと治癒力を覚醒させる力があると
いわれる。それに続いて、軽石で身体を
洗っていく。砂漠の土の泥とオーストラ
リア・サンダルウッドによる全身マスク
の次には、心がとろけてしまいそうなス
イートオレンジを使った全身マッサー
ジが続く。

甘い香りに包まれて

メルボルンのもっとも贅沢なスパ、
Aurora Spa Retreatでは、有名なグクマ
ユをはじめ、すべてのメニューで地元素
材にこだわる。ジェリーブッシュハニーラ
ップのあとは、冷やした川石を使う水分
補給効果のあるローズヒップフェイシャ
ルマスク。髪と頭皮ケアで心はゆったり、
リラックス。

音楽に耳を澄まそう

ディジェリドゥー・メディテーションな
ど、アボリジニに伝わる健康思想を取り
入れたMoondance Lodge。ここでは、デ
ィジェリドゥーの音楽を聴きながら、瞑想
をしてリラックスする「音楽セラピー」な
どをおこなっている。

フェイシャルでリフレッシュ！

LITYA Yirriの新しいフェイシャルは、
いぶし棒を使ったセレモニーから始ま
る。心をゆったりさせてから、レモンマ
ートルやオールド・マン・ウィードなど地
元の植物素材を使ったフェイシャルが、
血行を刺激し、みずみずしいハリを作り
出すために大切なツボを中心におこな
われる。

Fresh Faced

At Adelphi Hotel, the newly devised Li'tya
Yirri facial offers the best in blending native
with high-touch. Starting with a smudge-
stick ceremony to guide one smoothly into
a sacred mind space, layerings of native
botanicals including lemon myrtle and native
"old man weed" are applied along key facial
pressure points to stimulate circulation
and plump the skin. Says Li'tya founder,
Gayle Heron: "The Yirri facial involves touch
therapy that has been adapted from ancient
Aboriginal healing rituals. Native old man
weed has been used for thousands of years
by indigenous Australians as a powerful
skin healer." ★

For all your travel choices, visit Jetstar.com



Find It:

The Spa at Four Seasons

199 George St, Sydney,
tel: +61 (2) 9238 0000

Gwinganna

Tullebudgera Valley, Queensland,
tel: +61 (7) 5589 5000

Gaia Retreat & Spa

933 Fernleigh Rd, Brooklet,
New South Wales, tel: +61 (2) 6687 1216

Aurora Spa Retreat

2 Acland St, St Kilda, Melbourne,
tel: +61 (3) 9536 1130

Moondance Lodge

Spencer Rd, off Caves Rd, Yallingup,
Western Australia, tel: +61 (8) 9750 1777

Adelphi Hotel

187 Flinders Ln, Melbourne,
tel: +61 (3) 8080 8888

