

MAKE YOUR OWN CRUMPETS • FATHER'S DAY FEASTING

MINDFOOD

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"It's never too late — never too late to start over, never too late to be happy."

JANE FONDA

JANE FONDA

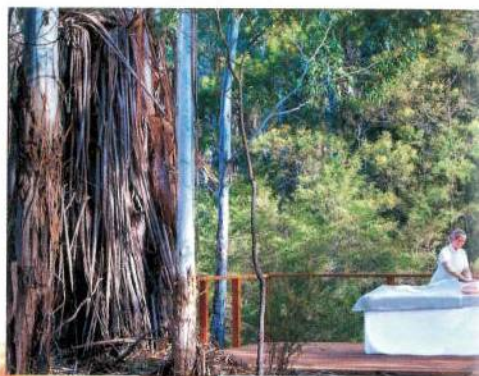
"I'VE BEEN THERE, DONE THAT & SURVIVED"

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Destination Spas

SPA - SAFFIRE FREYCINET, TASMANIA

Pared-back villas at this resort look out over native scrub framed by the Hazard Mountains, a stunning backdrop also enjoyed by Spa Saffire. If you can tear yourself away from your room, you'll find a fitness centre offering yoga and meditation classes. Then reward yourself with body and beauty treatments that unite ingredients such as Australian sandalwood, clay and cloves in essential oils and body wraps.

Brands: LaGaia,

La Prairie, Becca Cosmetics, Spa Ritual, La Biosthetique. **Don't miss:** The hot-stone massages incorporate pink granite from the Hazards range. saffire-freycinet.com.au

SPA QUALIA, GREAT BARRIER REEF, QLD

Sink into sofas while sipping herbal tea before being whisked off to the facilities at Spa Qualia, which include a yoga pavilion, outdoor Vichy shower and steam room. There



are treatments designed just for him, as well as signature experiences such as the White Haven: a sea mineral exfoliation, pearl and kelp mud wrap, rain shower, hydration massage and facial.

Brands: Sodashi, Li'tya, Priori.

Don't miss: The Bularri Yarrul (warm-stone massage) or Mala Mayi (exfoliation, mud wrap and scalp treatment). qualia.com.au

HEPBURN BATHHOUSE & SPA, DAYLESFORD, VICTORIA

Hepburn Springs' only historic bathhouse is a haven for those looking to take the waters. Communal bathing in mineral-rich pools is available, but you can also book private bathing experiences, aroma steams, a soak in the salt therapy pool and treatments including body scrubs infused with sea salt and brown sugar, almonds and minerals.

Brands: Waterlily.

Don't miss: The 2.5-hour Indulgent Revival is a highlight, including a chocolate-and-champagne body wrap. hepburnbathhouse.com

SOUTHERN OCEAN LODGE SPA, KANGAROO ISLAND, SOUTH AUSTRALIA

The "journeys" on offer in the spa pavilion at this lodge are designed to celebrate the island's natural bounty: Earth, Ocean and Island

treatments last from 45 minutes to three hours.

Brands: Li'tya.

Don't miss: The 120-minute Mala Mayi begins with a body exfoliation using mineral salts, followed by a mud wrap, kodo massage and hair-and-scalp treatment. southernoceanlodge.com.au

INJIDUP SPA RETREAT, WESTERN AUSTRALIA

Treatments begin with a personalised consultation, allowing therapists to customise an experience to your concerns. The massages are designed for tension relief and relaxation, while body treatments include wraps, scrubs and polishes.

Brands: Sodashi.

Don't miss: The three-hour Revive is a series of indulgent therapies to improve circulation, expel toxins, and reduce muscle aches and pains. injidupsparetreat.com.au

TIMELESS SPA, EMIRATES WOLGAN VALLEY RETREAT & SPA, NSW

The stunning location of this spa in the Blue Mountains is only outshone by the therapies. Cleansing rituals include the Earth Mineral Detoxifying Body Cocoon, which begins with an organic green tea salt scrub.

Brands: Sodashi.

Don't miss: The Wolgan Signature Experience begins with a footbath



and ends four hours later with a facial and healthy spa cuisine.

wolganvalley.com

THE SPA, ONE&ONLY, HAYMAN ISLAND, QLD

Treatments are inspired by the exotic marine environment of the Whitsundays and are customised to suit each guest's individual needs.

Brands: Amala.

Don't miss: The Ocean Dreaming massage, which takes place on a massage table surrounded by sea. oneandonlyresorts.com

THE BYRON, AT BYRON RESORT & SPA, BYRON BAY

This resort is set amid a patch of coastal rain forest. Wooden walkways link the guest quarters to the swimming pool, beach, gym and restaurant. Niceties range from complimentary yoga to a luxurious spa.

Brands: iKou, Pevonia.

Don't miss: The Native Flora Journey involves a foot ritual and massage using clay hot oil. thebyronatbyron.com.au

Wellness Retreats

CABARITA OCEAN HEALTH RETREAT, NSW

The three- to seven-night wellness programmes on offer at this beachside retreat are tailored to individual needs. There are plenty of active diversions – surfing, cycling, hiking, boxing – as well as meditation and yoga classes. You'll also find inner peace in the spa, where therapists offer health consultations, counselling, personalised fitness sessions, massages, body treatments, and mind and spirit classes.

Brands: Sodashi.

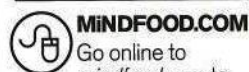
Don't miss: The spa is a great place to get a taste for traditional Chinese medicine – there's acupuncture and cupping as well as lymphatic drainage and ear candling. cabaritaoceanehealthretreat.com.au

SPA ELYSIA, GOLDEN DOOR HEALTH RETREAT, NSW

Two- to seven-day wellness packages at this Hunter Valley retreat include tai chi, yoga, deep-water running, gym circuits, low-calorie cuisine and badminton. Make the most of the facilities, which include a Watsu treatment room and swimming pool. Then try a luxe spa treatment such as the Blue Lagoon Facial, incorporating an algae concentrate.

Brands: Babor.

Don't miss: The spa's massage menu features Hawaiian *lomi lomi*, reflexology and deep-tissue treatments. goldendoor.com.au



Go online to mindfood.com to read more spa reviews. **KEYWORD:** SPA