

SPA quality

New Idea

Monday 29th August 2022

551 words

Page 64,65 | Section: NEW TRAVEL

2072cm on the page



EMIRATES ONE&ONLY WOLGAN VALLEY

FAMOUS CHECK-INS: Idris Elba, Hamish Blake and Zoë Foster Blake, Michael Clarke, Carey Mulligan, Marco Pierre White

One of the most expensive resorts in Australia (clocking an eye-watering \$3000/night), this six-star getaway in the foothills of the Blue Mountains is truly world-class wellness. With no phone reception and four-wheel drive access in and out, it is the ultimate in seclusion – perfect for famous faces trying to keep a low profile. Relax and unwind in the spa where each treatment room is fitted with a Japanese-style soaking tub. Here, mother nature is the greatest healer, with sweeping views of the bush and an abundance of wildlife on show from almost every room on the property. Bliss! oneandonlyresorts.com

HAMISH BLAKE AND ZOË FOSTER BLAKE

REJUVENATE YOUR BODY, MIND AND SOUL AT ONE OF THESE CELEB-VETTED WELLNESS ESCAPES

Whether you're in need of a detox, a spiritual cleanse or a fitness reboot, you can recharge your batteries like a celebrity at these fabulous retreats. Ranging from affordable glamour to all-out luxury, these holistic holiday spots put your health and wellbeing first.

THE DARLING SYDNEY

FAMOUS CHECK-INS: Elle Macpherson, Justin Bieber, George Clooney

Boasting 11 treatment rooms, two couples suites, a heated Moroccan hammam steam room, sauna, jacuzzi and fitness centre, The Darling Spa is wellness done right. A go-to for high rollers, foodies and A-listers alike, The Darling – which is part of The Star casino complex – offers a serene retreat on Sydney's shimmering waterfront. The textbook definition of 'location location', the hotel offers views across the harbour, with many of its rooms drinking in unobstructed views. thedarling.com.au

NATASHA OAKLEY

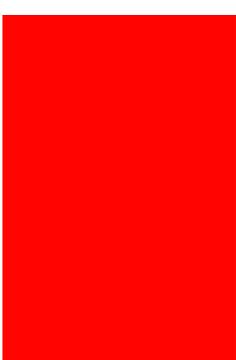
CRYSTALBROOK BYRON BYRON BAY

FAMOUS CHECK-INS: Ronan and Storm Keating, Natasha Oakley and Gamble Breaux (who tied the knot at Crystalbrook!)

Byron Bay has long been a celebrity magnet, but where do the rich and fabulous head when they need some serious R&R? The Crystalbrook Byron, of course. Though only a five-minute drive from the town centre, its idyllic 18 hectares of subtropical rainforest belies its location. Work up a sweat in the gym, infrared sauna or yoga pavilion or let yourself completely unwind with the Élème Day Spa's signature Temple of the Heart treatment, comprising of dry body brushing and a tension-relieving massage incorporating hot stones. crystalbrookcollection.com

ELLE MACPHERSON





NEW TRAVEL



KERRI-ANNE KENNERLEY

ELYSIA WELLNESS RETREAT HUNTER VALLEY

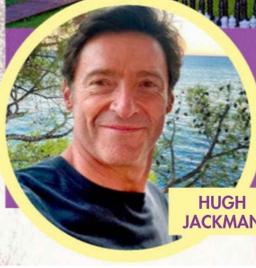
FAMOUS CHECK-INS: Kerri-Anne Kennerley, Angie Kent, Bec Judd
Come for a day or stay for a weekend (or longer) – this opulent wellness retreat in the Hunter Valley is the perfect place to ground and recharge. Taking self-care to luxurious new heights, Elysia offers guests a slew of revitalising activities. While away your stay with tai chi, yoga, Pilates and meditation, hiking and tennis or just bob around in the hydrotherapy pools, steam room or outdoor pool. If that still sounds too active, there's more than 50 treatments to choose from on the spa menu.
elysiaretreat.com.au

GWINGANNA LIFESTYLE RETREAT GOLD COAST

FAMOUS CHECK-INS: Hugh Jackman, Lisa Wilkinson, Sylvia Jeffreys
Lisa Wilkinson is just one of the repeat visitors who swear by Gwinganna's healing powers, revealing she visits annually. Restoring your body's natural rhythms is a key focus for guests lucky enough to stay, where early bedtimes and organic food are a non-negotiable. Featuring the largest spa in the Southern Hemisphere, which cost a whopping \$6.5 million, you can indulge in a dizzying array of treatments. Counselling, massages and sessions designed to help build confidence are available, or for something a little more magical, equine therapy and sound rituals are also on offer.
gwinganna.com



LISA WILKINSON



HUGH JACKMAN