

Factsheet

Gold Coast Spa Resorts & Day Spas

While the surf and sun of the Gold Coast are key reasons to visit, the restorative benefits of luxuriating for day or longer at a coastal or mountain spa are immeasurable.

L'Aqua Day Spa Hotel Watermark Gold Coast

In the heart of Surfers Paradise L'Aqua Day Spa is a sanctuary where invigorating facial, massage and hydrotherapy treatments melt away the stress of modern life. Skilled therapists use modern spa knowledge, ancient wisdom and the healing powers of nature to create balance, harmony and wellbeing.

Story Angle: New to L'Aqua Day Spa - a decadent new body wrap using luxurious Germaine de Capuccini products is sure to add a bit of bling to your next day spa experience. In the 'To die for Majestic Golden Body Wrap' golden sea algae, known for its anti-aging properties is applied; the body is then cocooned in luxurious warmth before a Thai massage using ancient heated Thai Pindas. The result is a blissful state of relaxation: the skin is lifted and tightened and reborn with a golden glow of health. www.watermarkhotel.com.au

Day Spa & Rejuvenation Centre Couran Cove Island Resort, South Stradbroke Island

Perched on the marina overlooking sparkling blue waters and bobbing boats is Couran Cove Island Resort's Day Spa. Time here is time well spent. The Spa uses a skincare and body range from Thalgo, a specialist in marine cosmetology for over 35 years, which draws its effectiveness from marine extracts, algae elements and vitamins of the sea. The resort is accessed by a 30-minute ferry ride from the Gold Coast. Resort facilities include luxurious eco-friendly accommodation on the water's edge or deep in a forest of Banksia trees, a kids club, water sports, dining, and access to 22km of Pacific Ocean surf beach.

Story Angle: the Spa offers classes such as Yoga and Relaxation for beginners to advanced and a How to Massage workshop to restore balance and encourage participants to develop a holistic approach to life. www.couran-cove.com.au

Angsana Spa Crowne Plaza Royal Pines Golf Resort and Spa

Within easy reach of both surf beaches and world-heritage rainforest, Crowne Plaza Royal Pines offers the pinnacle in indulgence. For the world-weary the Resort's Angsana Spa is designed to be a sanctuary for the inner self, to refresh and rejuvenate your spirit as well as your physical being. Shed the stress in Angsana's private and tranquil surrounds. The spa sits alongside a 27-hole composite golf course, fully equipped Health Club, seven tennis courts, four restaurants, a bar and convention facilities, making Royal Pines the ultimate resort experience.

Story Angle: Rhythmic Massage - a 90-minute, must-try nurturing massage for mothers-to-be or those who prefer to lie on their side. This treatment features gentle stokes and linen pouch dipped in warm Vitamin-E enriched oil. www.royalpinesresort.com.au

Ephraim Spa Paradise Point

Relax and enjoy a truly memorable experience surrounded by the ambiance of the natural environment of Ephraim Island overlooking the Broadwater. The Spa offers beauty, relaxation, fitness and wellbeing treatments delivered in a personal and welcoming atmosphere. Enjoy Ephraim Spa for an hour or the day.

Story Angle: Ephraim Spa is an anti-ageing and medspa facility, offering clients a range of services to revitalise the skin and leave them with a definite youthful glow. Each treatment has been specifically designed to counter the effects of damage to the skin caused by the sun, stress and our fast pace daily lifestyle. www.theephraimspa.com.au

Spa Sanctuary Gwinganna Lifestyle Retreat

Nestled in the Gold Coast hinterland, Gwinganna's serenity and soul inspires a desire to live a healthier life. The retreat provides guests with a rare opportunity to immerse themselves in nature and refocus. The Spa Sanctuary caters to guests' physical and emotional well being with a range of face and body treatments and alternative healing therapies such as naturopathy, acupuncture and iridology. Combine these with superb organic cuisine, an incredible selection of activities, ocean & valley views, scenic walks and a casual relaxed atmosphere and you have a nurturing and inspirational experience - a true sanctuary.

Story Angle: Spa Sanctuary is recommended by Hugh Jackman: "The new Spa Sanctuary at Gwinganna is quite simply world class. One feels simultaneously immersed in nature and indulgent luxury. The staff at the sanctuary are extraordinary, their expertise and passion is unparalleled. I can't recommend it highly enough." www.gwinganna.com

Champions Hair Beauty Day Spa Hyatt Regency Sanctuary Cove

Rebalance, relax and renew is the ethos at Champions. Escape into the world of relaxation and fully immerse yourself in a range of luxurious treatments: facials, body wraps, and exfoliation using the finest Thalgo spa products. Beauty therapy treatments such as waxing, manicures and pedicures are also on offer. Hyatt Sanctuary Cove also offers five star resort accommodation, two golf courses, a tennis centre and a Recreation Club.

Story Angle: As everyone's skin is unique, therapists will select a specific product blend and a tailor-designed approach to match each client's profile.
<http://sanctuarycove.regency.hyatt.com/hyatt/hotels/activities/spa/index.jsp>

Salus Per Aquum Spa Palazzo Versace Hotel

Salus Per Aquum derives its name from the Latin phrase 'health through water' and derives its philosophy from the European spa tradition. Resembling a Roman bathhouse, it fits perfectly into the stylish yet relaxed resort offering at Palazzo Versace - the world's first Versace hotel. Salus Per Aquum combines ancient tradition with contemporary flair in presenting a range of beauty, health, fitness, massage and hair treatments.

Story Angle: Active options include Tai Chi by the pool and yoga classes
www.palazzoversace.com

Q1 Spa

Q1 Resort & Spa

Located in the world's tallest residential tower, the Gold Coast's Q1 Spa is a divine indulgence. Q1 Spa specialises in 'dual' treatments where couples, honeymooners, best friends or mothers and daughters can experience the pleasure of treatments together.

Story Angle: Voted in the Conde Nast Traveller UK's 2007 Top 10 Best Spas in the Australasian South Pacific Region, it's simply one of the best spa experiences you'll find.

www.Q1.com.au

Lattouf Hair Spa

Surfers Paradise Marriott Resort

The Lattouf Hair Spa offers an elegant boutique-style retreat in the five star surrounds of the Surfers Paradise Marriott Resort. It is the perfect place for guests to relax and rejuvenate. Therapists nurture the senses and restore the body to its natural balance with unique sensory treatments and pure plant-based Aveda products.

Story Angle: Lattouf offers a Customised Body Masque – which hydrates and detoxifies the skin and body. It begins with a dry exfoliation followed by an application of the chosen warm masque. The client is then cocooned in blankets to keep the warmth in and the treatment is completed with a customised moisturising application.

www.marriottgoldcoastspa.com

Splashdayspa

Surfers Paradise

Splashdayspa is an amazing team of therapists who love to help improve our client's lives. We do that by providing the best treatments, services and facilities possible. We work from a remarkable 1000sq m state of the art sanctuary of 15 treatment rooms, female/male bathhouses five indoor pools including hydrotherapy pool, steam and saunas, Rasul and a licensed relaxation lounge.

We have also combined this with superior spa services to offer unsurpassed results. In addition, we have complimentary fresh fruits, juices, nuts and cookies for you all to enjoy while you are here or if you prefer we have a lunch menu available at an additional cost. Furthermore, on arrival you will be allocated a locker to secure your personal belongings and this will include a robe, king towel and slippers for you to use during your visit. We specialize in corporate and large bookings and happy to assist on any reservations. We are proud of what we do and invite you to come and experience splashdayspa, we hope you find something in our offerings to entice you!

www.splashdayspa.com.au

The Golden Door Spa & Health Club

Sheraton Mirage Resort

Located on the beachfront at the five-star Sheraton Mirage Resort, The Golden Door Spa and Health Club combines activities and spa treatments in a luxurious environment. Built around the same philosophy as the famous Gold Coast hinterland Golden Door Health Retreat, the Spa and Health Club aims to nurture and encourage better lifestyle management. Choose from a selection of exceptional spa treatments, natural therapies, group fitness classes, and specialty activity classes

Story Angle: The Golden Door Spa & Health Club now offers the services of a naturopath and acupuncturist. www.goldendoor.com.au

The Golden Door Health Retreat Gold Coast hinterland

Just a 30-minute drive from Surfers Paradise, the Golden Door Health Retreat offers a total health overhaul program in a tranquil rainforest setting. Exercise, relaxation, wholesome cuisine and body treatments are combined in a holistic approach to health and wellbeing. The famous Golden Door Program will assist in providing all the tools and information to help improve even the most stressful of lifestyles.

Story Angle: One of Queensland's first health spa retreats: guests have been enjoying the tranquility of the Golden Door Health Retreat deep in the Gold Coast rainforest hinterland for more than 20 years.
www.goldendoor.com.au/

Rejoove Health Spa Binna Burra Mountain Lodge

Wake up to birdsong and the bliss of Rejoove Health Spa at Binna Burra Mountain Lodge in the magnificent Lamington National Park. Rejoove offers a variety of transformative, realigning and healing programs that run from two to 28 days depending on individual needs. Yoga, meditation and rainforest walks are included in the experience.

Story Angle: Highly experienced practitioners and a full medical team including a doctor, naturopath, gestalt therapist, chiropractor and after-care nurses area also on site
www.binnaburralodge.com.au

Lost World Spa O'Reilly's Rainforest Retreat

Nestled within World Heritage listed Lamington National Park, O'Reilly's Lost World Spa is a true nature haven for those seeking rejuvenation, relaxation and balance. Created with vision and integrity and named after the rugged wilderness area to the southwest of O'Reilly's, The Lost World Spa embraces the natural elements of the surrounding environment, offering discerning guests a chance to be nurtured amongst nature.

Story Angle: Luxury spa within World Heritage listed area.
<http://www.oreillys.com.au/the-lost-world-spa/>

For more information on a Queensland Spa Holiday visit:
www.queenslandholidays.com.au/spas

Updated September 2008