

The Great Sunshine Way - Spa resorts & day spas

THE GREAT
Sunshine Way
SOUTHERN QUEENSLAND
AUSTRALIA

The Great Sunshine Way is located in Southern Queensland, Australia. It offers some of Australia's most diverse nature-based experiences and boasts some premium holiday activities. Pampering experiences are abundant along the Great Sunshine Way with an ever increasing range of spa resorts and day spa facilities. Enjoy a facial beside a waterfall, escape the stress of the city in a sky-high spa or immerse yourself with a nature retreat in the hinterland. The Gold Coast, Brisbane, South East Queensland and the Sunshine Coast offer a plethora of spa retreats for the indulgent traveller. For more information on The Great Sunshine Way visit www.thegreatsunshineway.com



Gold Coast

Day Spa and 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

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

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

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Brisbane

Dome Retreat, Brisbane Marriott Hotel

You're in the middle of the city yet it feels like you are a million miles away from it all. Cocooned in the luxurious surrounds of The Dome Retreat, Brisbane's only international hotel day spa, you might as well be. The Dome was named one of the world's top 10 urban day spas by the prestigious UK Conde Nast Traveller Magazine's reader's choice awards in 2004. Treatment is by professional therapists with the highest qualifications who combine preventative and healing therapies with high performance products.

Story Angle: Guests enjoy complimentary use of the lounge areas, swimming pool, sauna and spa and specialist spa cuisine based around a seasonal menu and featuring healthy and cleansing food, fruit smoothies and fresh juices, before or after treatments.

<http://www.thedomeretreat.com.au/>

Stephanie's Spa- Sofitel Brisbane

The latest enhancement at the five-star Sofitel Brisbane, this \$1million sky-high retreat adjacent to the hotel's pool deck, features seven suites including a twin spa suite designed to allow friends or partners to share the spa experience. They include 'Retreats' from two to 6.5 hours, Thai and Tibetan Massage, Stephanie's Signature hand and foot treatments and European high performance skin applications. The Spa also features a specialised nail spa area.

Story Angle: Stephanies offers an open-sky environment, an unusual sanctuary for this inner-city corporate location. Visit www.sofitelbrisbane.com.au

Harbour Day Spa

Overlooking the water at Raby Bay Harbour, the Harbour Day Spa gives a sense of sanctuary, warmth, relaxation and well-being. The day spa offers a full range of facial and massage treatments leaving you looking and feeling great, as well as a salon and make-up facility where you can have your hair washed and blow-dried and makeup reapplied after your treatment.

Story Angle: The Harbour Day Spa was named in BRW Magazine's Top 100 Start-up Businesses for 2007.

www.harbourdayspa.com.au

South East Queensland

The Straddie Spa- Stradbroke Island Beach Hotel & Spa Resort

Commanding magnificent views of the ocean and sweeping beaches of Stradbroke Island, the brand new Straddie Spa is a must-do indulgence. The jewel in the crown of the recently redeveloped Stradbroke Island Beach Hotel, the Spa tops off your island experience. Spa therapists use LI'TYA, a high performance range of natural spa care products that integrate the potent qualities of the Australian earth and spirit.

Story Angle: Straddie Day Spa therapists specialise in Bridal Make-up for those tying the knot on the island. They will travel to your accommodation and provide a complete, personalised and professional make-up service.

www.stradbrokehotel.com.au/spa/

Spa Botanica- Peppers Pier Resort, Hervey Bay

A visit to Spa Botanica is the perfect way to begin your Hervey Bay holiday. With six treatment rooms and a range of spa treatments from facials to massages, you will leave feeling refreshed and rejuvenated. From the moment you enter Spa Botanica it's all about indulgence. Aromatherapy massage, remedial stress massage, reiki and reflexology are a great way to start your journey to complete relaxation. www.peppers.com.au/Hervey-Bay-Spa

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Helidon Natural Springs Spa Resort

Take some time out to enjoy the relaxing heated mineral hydrotherapy pool, sauna and outdoor saltwater pool amongst the spacious and relaxing acreage at Helidon Natural Springs. All units are clean and comfortable and each features your own private hydrotherapy mineral water spa bath. Dine at the on-site restaurant and wake up to breakfast served to your unit. Family rooms are available. Guests are free to enjoy the barbecue and gymnasium facilities.

Story Angle: combine a stay at Helidon Natural Springs with exploring the surrounding attractions, including Toowoomba's antique stores, gardens, National Parks, wineries, Gatton and the Lockyer Valley.

www.helidonmotel.com.au

Sunshine Coast

Amytis Gardens Retreat & Spa- Kiel's Mountain

Combining a cooking school, chalet accommodation and a day spa, Amytis Gardens promises a relaxing getaway atop Kiel's Mountain in the heart of the Sunshine Coast. With a Feng Shui design and surroundings of natural bushland, the spa features four treatment rooms, ozone lap pool, sauna, tranquil lounges, Marrakesh Gardens and spa baths. Amytis use Elemis and L'Occitane spa products.

Story Angle: Indulge in the Queensland Outback treatment - 3 hours of bliss: be cleansed and soothed with native Australian oils, followed by a full body exfoliation using Outback salt infused with sandalwood and lemon myrtle, then relax in the steam sauna before a full body massage and finishing with a honey face mask.

www.amytisgardens.com

Fountainhead Health Retreat, Maleny

Set in the velvety green folds of the Blackall Range, just outside of Maleny, this luxury retreat focuses on holistic health. The Retreat offers hot spring baths that draw natural spring water from deep inside the mountain on which they are situated. It features an organic cooking school, and offers weekend escapes or programs focussing on pampering or wellness starting from just a few days to a whole month. Fountainhead's health & indulgence options include massage, full body mud wrap, yoga, personal training, and a boot camp.

Story Angle: Fountainhead is the only certified organic health retreat in Australia. It operates within a 40-acre working organic farm and much of the food for the retreat is grown onsite. Most guests come by themselves to address serious health issues such as weight loss, depression, cancer or alcohol dependence.

www.fountainhead.com.au

The Spa- Hyatt Regency Coolum Resort

Having just undergone a \$4 million-dollar revitalisation of its own, Hyatt Regency Coolum's Spa offers the pinnacle in luxury resort spa experiences. Completed in August 2008, the refurbished Spa caters to guests' every wish, be it health, beauty or well-being - offering 19 treatment rooms, some with private outdoor courtyards, a new mezzanine-level gymnasium with yoga and Pilates studio, an outdoor spa, a 25-metre lap pool and aquacise pool, a manicure and pedicure station, a hair salon and a new resort wear shop. New indoor relaxation lounges ensure privacy with separate male and female rooms complete with an indoor spa, steam and sauna rooms and luxurious changing facilities. And to top it off, you'll find The Spa offers Queensland's only opportunity to experience the prestigious Carita face, body and hair product range.

Story Angle: For the perfect escape, combine your Spa experience with one or all of Hyatt Coolum's resort activities - championship golf course, tennis centre, gym, nine pools, creative arts centre, private-access beach and Camp Hyatt kids club. www.coolum.regency.hyatt.com