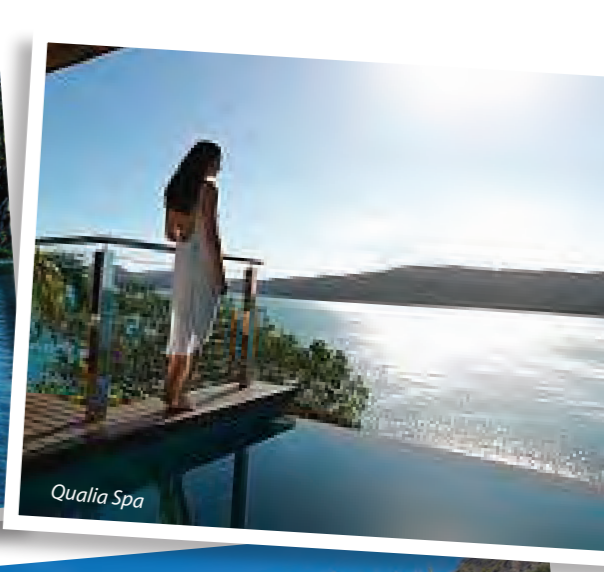




Spa *gazing*



If you're searching for a new year's resolution, then perhaps one of these five day spas should be on your travel to do list

THAILAND

It's all about me time

Every girl needs a little pampering and every girl needs to get away now and then to just relax. So why not combine one of the best Spa Resorts in Thailand with a stay amid a secluded 11km stretch of pristine white-sand beach?

The Sarojin Thailand is a luxury resort and spa in Khao Lak, a mere 55-minute drive from Phuket International Airport and is surrounded by five national parks and the world-famous crystal-clear waters of the Similan and Surin Islands.

With just 56 residences, the resort prides itself on its reputation for solitude. Pathways Spa features two double and two single treatment pavilions, outdoor timber-poled showers and secluded couples' baths, a facial treatment room, post relaxation lounge area and a stilted yoga and Tai Chi deck.

For more information visit sarojin.com



ITALY

Pampering at its finest

After a spell of pampering, the natural thing is to seek a relaxing holiday experience and there's none better than a stay at Casa Angelina – spectacularly set along the sheer cliff face of Italy's amazing Amalfi Coast.

Overlooking miles of blue Mediterranean Sea, Casa Angelina features 39 superbly appointed guest rooms. The resort includes a number of Eaudesea Rooms, located on the La Gavitella beach. These rooms are former fishermen's houses and offer authentic charm, replete with terraces adjoining the sea.

A treatment room and sauna are coupled with a fully equipped fitness centre and a heated indoor pool with jacuzzi are on offer. Pilates classes, including a personal trainer, are available along with a counter current outdoor swimming. How about a sunset yoga session, or use the Wellness Centre for an anti-stress relaxing massage?

Make good use of the dedicated area of the La Gavitella Beach Club with complimentary sun beds, umbrellas and towels.

Visit casangelina.com for more information.

HAMILTON ISLAND

Unleash the relaxation in you

Spa qualia is a sanctuary where you can relax in blissful reverie. Perched high above the Whitsundays, it offers the ultimate in cleansing treatments including Bularri Yarrul, a hot-stone massage using 300-million-year-old stones.

A unique Australian expression of world-class luxury, Hamilton Island's award-winning resort, qualia (kwah-leeah) is nestled intimately on the edge of the World Heritage-listed Great Barrier Reef. At the heart of the resort, guests discover Spa qualia.

Each treatment has been specifically designed to balance the synergy between body and mind. The highlight of the menu is a unique collection of four rituals, aptly named Signature Ceremonies. The Kumali Ritual, Bularri Yarrul Journey, Heart Reef Ritual and White Haven ceremonies are quintessentially Australian and use the finest ingredients.

Begin your health and wellbeing transformation straight away by taking part in the yoga sessions, try the steam room or vichy shower, or visit the outdoor sun lounge area. Consultations with a naturopath can also be arranged.

For more information visit qualia.com.au

GOLD COAST

Enjoy creature comforts

Awarded the Best Deluxe Hotel Accommodation in 2014 by QHA, the Surfers Paradise Marriott Resort & Spa offers the Gold Coast's ultimate beach holiday and one of the top Surfers Paradise hotels.

Close to the pristine beaches and hinterland valleys, the resort is set amid tropical gardens, waterfall and the area's only private saltwater lagoon, which is ideal for snorkelling with tropical fish.

Guests enjoy lush amenities in elegantly appointed guest rooms with the choice of two of the best restaurants the Gold Coast has on offer.

Another creature comfort is Lattouf Hair & Day Spa, with a selection of spa treatments and hair services that will minimise the stress in your life.

Top-to-toe pampering and the perfect place to be polished and primped are on the menu for your hair, skin and body. The prestigious Marriott Resort and Spa location occupies the entire first floor of the hotel including, 10 indulgent spa rooms, deluxe pedicure thrones, elite hair-salon stations, steam and sauna rooms, and a 10-person outdoor jacuzzi.

Call 5592 9800 for more information.

MELBOURNE

A heavenly haven of calm

Set high above Melbourne, in Crown Metropal, Isika is a peaceful and private urban retreat. It provides a haven for contemplation and discovery to assist guests with creating a wellness plan for their lives. Whether for a few hours or a few days, the day spa ensures guests enjoy the ultimate in relaxation and rejuvenation of mind, body and spirit.

Key experiences include a waterfall-edge and deluge pools, relaxation deck and state-of-the-art gymnasium, vitality pools and steam rooms.

Ten treatment rooms offer specialised rituals drawing inspiration from a combination of traditional and modern treatments from around the globe. Packages include massages, indulgent body treatments, facials, wellness assessments and packages tailored especially for men.

One of the most popular treatments for facials is the Embrightenment Treatment, which combines high-tech plant technology with naturally derived formulas to achieve a reduction in the appearance of discolouration and an improvement in visible clarity.

For more details visit crownmelbourne.com.au