



Weekend SPA ESCAPES

by Rhonda Bannister

Pre-wedding stress starting to take its toll? Feeling in need of a little 'us' time? Then grab your partner and head off to Brisbane or Noosa for a weekend of pure bliss!



STEPHANIES SPA RETREAT

Brisbane's newest day spa, Stephanies at the Sofitel Brisbane, is just the spot for a bit of relaxation and wedding de-stress therapy - for both the bride and the groom-to-be.

Stephanies has an extensive range of treatments including 'retreats' from two to six-and-a-half hours, Thai and Tibetan Massage, Stephanie's Signature hand and foot treatments and European high performance skin applications plus they also offer skin and body treatments designed specifically for males, so now there's no excuse for your partner not pampering himself ... and you - especially when I tell you about the truly divine, Romance for Two package:

It starts in the gorgeous Opal Rasul steam room where you dry brush each other to remove dead skin. Next you completely cover each other with three different mineralised body masks that will purify and detox your body and then just sit back and relax while the herbal steam surrounds you. After 20 minutes of steam, your skin will feel as soft and silky as a rose petal after a rain-shower; it's time to move to a treatment room where you'll both enjoy a fabulous full body massage.

The Sofitel Brisbane Hotel is offering three wonderful stay and spa packages which offer the ultimate in pre-wedding luxury - The Sofitel Spa Escape, Sofitel Spa Revival and the Signature Spa where couples will be treated to Corner Suite accommodation, a bottle of wine and chocolate-dipped strawberries on arrival, an Opal Rasul Temple treatment for two, room service breakfast, valet parking and a late check out. This package is \$790 per night.

The 'Romance for Two Hours' treatment is \$259 per person. Stephanies Spa Retreat, 07 3221 8800 www.stephaniessparetreat.com.au For stay and spa package reservations call 07 3835 3535 or visit www.sofitelbrisbane.com.au

NOOSA SPRINGS SPA

Whether for a pre-wedding weekend de-stresser or as part of the honeymoon, the Noosa Springs Golf and Spa Resort is simply superb!

Set in the meticulous grounds of this very impressive resort, the spa has been designed to reflect the elegance of the best European Spas including classical fountains and urns, creamy stone columns, star-burst ceilings and serenity rooms overlooking reflection pools. Facilities include a hydromassage pool - a state-of-the-art water massage facility that works on all your muscles from the feet up until your entire body has been massaged; a flotation pool where the mineral-rich saline waters act to completely relax your body so you feel as if you've had the best sleep of your life; blitz showers, infra-red saunas; steam rooms; massage and beauty therapy rooms and separate male and female change facilities.

The Noosa Springs Golf and Spa offers the sort of break that's hard to find in one place - golf, tennis, health centre; wonderful little restaurant, chic accommodation villas and best of all their wonderful spa, so if you're looking for the perfect location for a fantastic hen, bucks or couples weekend, check out their website or just call and book!

Links Drive Noosa Heads www.noosaspings.com.au phone 07 5440 3333