



# sole food

Years of high-heel abuse has seen **Nicole Carrington's** feet worse for wear, prompting her to discover a stunning, new foot treatment at **Stephanies Spa Retreat** at the Sofitel Brisbane.

MY feet are a tad mangled thanks to my propensity for really, really high heels and so I tend to neglect them in the beauty treatment department, deeming them inappropriate for public outings.

But all that changed when a friend introduced me to the delights of **Stephanies Spa Retreat** at the Sofitel Brisbane.

An urban oasis adjacent to the Sofitel's pool deck, its chic, luxurious design incorporates chandeliers and timber and a "tranquillity room" where my friend and I unwind (OK, gossip at high speed) in fluffy white towelling robes while sipping herbal teas.

And so I felt relaxed enough to unveil my tortured tootsies for the treatment of our choice – the Exotic Sole Ritual, \$149.



**HEELING HANDS** Enjoy **Stephanies Spa Retreat** with a friend

A therapist comes to collect us, leading us through the retreat's candle-lit corridors until we reach a large room where we find those uber-cool shiatsu massage chairs awaiting us.

We happily plonk ourselves down, simultaneously immersing our feet in large bowls filled with rose petals. Ahh – bliss.

We are seated side-by-side so continue our gossip session and snack on delicious sushi from the Spa Cuisine menu while our lovely beauty therapists then exfoliate our feet. The Exotic Sole Ritual is designed to refresh, relieve, soothe and hydrate. Total care is given to nails and soles and you're also treated to the most divine heated massage before immersion into a warm paraffin infusion.

An Indian head massage adds to the bliss before your toenails are painted to perfection in the polish of your choice.

The spa retreat's treatments include "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.

Products include Payot and Thalgo from France and founder Stephanie Shepherd's own signature body and bath lines.

Phone 3835 3535 or visit [www.sofitelbrisbane.com.au](http://www.sofitelbrisbane.com.au)



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