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Cave atmosphere not at all primitive

AS I sat gazing up at the blinking star-like lights, I imagined I was a cavewoman.

I sort of looked like one with three different coloured minerals painted all over me.

And I felt like one sitting in the steamy, darkened cave-like atmosphere of the Opal Rasul Temple.

But my surroundings were far from primitive.

I was experiencing one of Stephanies Signature Body Masks at Stephanies Spa Retreat at the Brisbane Sofitel.

The body masks were ochre, white and green, so I definitely looked the part.

The minerals all perform a different task and had to be brushed on certain areas of the body.

You then sit or lie quietly in your new-found cave relaxing as steam is directed into the room.

This is no ice age experience but more like a North American Indian ritual where the toxins are released as the humidity rises.

You await the rain – a welcome spray from the ceiling – before exiting the temple.

After a shower, you don a comfy, soft robe and await a full body massage as part of the Romance For Two package which lasts about two hours.

Your and your partner or friend

receive an all-over massage while lying on accompanying therapy tables.

You can chat or simply be lost for words as I was.

After the massage, you can extend the experience by relaxing in the tranquillity room with a selection of herbal teas or citrus-infused water refreshments.

All guests receive complimentary parking during their treatment or if you are staying at Sofitel, simply catch the lift down to the level three retreat.

■ For more info phone 3221 8800 or www.stephaniesspa retreat.com.au.



IMMERSE YOURSELF: Escape reality in the Opal Rasul Temple at Stephanies Spa Retreat.

Photos: Supplied