



# A unique spa experience

By **CLAIRE QUINN**

AN AFTERNOON covered in mud doesn't usually sound appealing, but when it involves one of the newest luxury day spas in the State, it loses all negative connotations.

Opening in June this year, Stephanie's Spa Retreat has added another level of luxury to the Hotel Sofitel.

Stephanie Shepherd is one of the most respected spa operators in Australia and has travelled extensively through Europe to research the world best before setting up her latest spa.

Neither my mother Kath nor I had been to a formal day spa before, so this was a fabulous treat.

The unique feature of this spa is the Opal Rasul Temple.

The Opal Rasul is the only one in Queensland and one of three in Australia.

It can definitely be seen as a "bonding" experience as we sat in our swimsuits.

On entering the temple space, you apply three different types of mud to your body with a paintbrush.

These are a detoxifying mud for the legs and stomach, a moisturising one for the arms and chest and a special one for the face. You then sit and relax and wait for the steam to start.

This was a relaxing 20 minutes with the steam being hot but not unbearable.

To let you know the steam session has ended, a light rain shower falls from the roof. Then its time to shower to remove the mud.

The privacy of having the steam area and showers to yourself makes the experience even more relaxing.

Once the skin has been softened by the steam, an hour massage is on the cards.

It was the best massage I'd had and I think the softened skin and the skill of the masseuse were factors in this.

The staff were attentive, making sure we never ran out of herbal tea or sorbet.

Our suite at the Sofitel was great with large bathroom, lounge room with plasma television and two large double beds with

all the conveniences involved in staying in a hotel of this calibre.

The sparkling wine and chocolate dipped strawberries when we arrived added to the experience.

The view over the city was great as we ate room service and watched the Lions play on the plasma screen.

The convenience of valet parking with the inner-city address made life easier.

All packages are upgradeable to Club level for an additional \$125 per night for two which includes access to the lounge pre-dinner drinks and canapés and club breakfast.

I highly recommend this as the view from the 30th floor over the city is a wonderful way to unwind after a hard day of shopping and relaxing.

Stephanie's Day Spa can be visited without staying at the Sofitel and has a range of treatments available.

This was a wonderful treat so if you are going to indulge, I recommend going all the way.

*The writer was a guest of Sofitel Brisbane.*

## THE PACKAGES

◆ **Sofitel Spa Escape: Overnight Classic Room accommodation for two, one 40 minute essential massage and buffet breakfast for two from \$274 per night.**

◆ **Sofitel Spa Revival: One 90 minute Hot Stone Massage, with overnight accommodation for two includes a bottle of sparkling wine and two buffet breakfasts from \$344.**

◆ **Sofitel Signature Spa: 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.**

◆ **Contact Sofitel Brisbane 07 3835 3535 to book or visit [www.sofitel-brisbane.com.au](http://www.sofitel-brisbane.com.au)**



► The Opal Rasul temple is the only one in Queensland and is a relaxing experience  
Picture: Supplied