



# Relaxation in the heart of CBD

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CALL me simple if you like, but I like a comfortable bed. Just to knowing that you have something deliciously comfortable to crawl into at the end of the day gets me through some of the tedium of daily life.

I wouldn't call myself a bed expert just yet — but I have stayed in my fair share of hotel rooms and I know what I like.

I have discovered quite possibly the most comfortable bed in the world (not literally, it was probably the head-honchos of the Accor group who instigated the My Bed concept into the Sofitel hotel conglomeration).

Crisp white linen is complemented by fluffy bedding and a personalised pillow. Upon arrival I am delighted to find a pillow 'menu' — every type of head support is listed including U-shape, latex and firm.

A simple phone call to reception and my pillow selection is provided by housekeeping, along with complimentary bottles of water and a couple of yummy chocolates.

It is the delight in these little touches that make staying at the Sofitel Brisbane Grand Central, located in Brisbane's heart, just wonderful.

Aside from the bedding, the newly renovated hotel has a relaxed ambience.

A \$10 million renovation to the lobby, cafe and dining areas have created a light, breezy and contemporary welcome to the hotel.

The rooms are exceedingly comfortable and the bathroom features quality Roger and Gallet toiletries.

Another highlight of the room is the inclusion of a nifty Nespresso coffee machine.

To get great tasting fresh coffee, you simply insert a little coffee capsule into the machine, push the lever and out comes freshly brewed espresso — too easy.

The fresh coffee in your room is just the tip of the iceberg in this hotel's dedication to gastronomy.

Under the guidance of newly appointed French-born chef Patrice Falantin, the hotel's in-house restaurant Thyme 2 offers a wonderful journey into gastronomical delights.

Whether you choose to take part in the 'interactive dining experience' (it is essentially the same as a buffet with a fancier name) or choose something off the exquisite a la carte menu, your tastebuds will be in for a treat.

My recommendation is to opt for the crab cakes as a starter and follow up with the house's signature beef dish. I was at the mercy of these dishes which had me 'mmm-ing' with every mouthful. There is even a floating

Sommelier to help out with your wine selection.

If you over-do at dinner time, there is a fully equipped gym that has a great views overlooking Anzac Square.

However, if you prefer something a little less strenuous, head downstads to Stephanies Spa Retreat.

We were treated to an exquisite treatment called the Opal Rasul Steam Temple.

The treatment involved entering a small, tiled room and covering our bodies in a variety of mud concoctions.

With the lights dimmed and 'stars' twinkling in the ceiling, the room was filled with hot steam for half an hour.

Still full from the previous night's indulgences and breakfast, it was hard not to drift off in the all-encompassing warmth. We were woken from our light slumber with a soft 'rain mist' falling from the 'sky'. The treatment was capped off with yummy body washes and hair conditioners that washed away any final traces of mud.

We left feeling decidedly relaxed and smelling terrific.

If you can afford the indulgence, then choose a room that offers entry to the exclusive Sofitel Club Lounge level. The club offers free snacks during the day and pre-dinner canapés and drinks, as well as breakfast in the morning.

The area also offers spectacular views across the city.

When we visited we were treated to a spectacular electrical storm that flashed across the city skyline.

As I sipped the French champagne and nibbled on some cheese and crackers, overlooking the cityscape, I remembered thinking life couldn't get much better.

— *The writer and her partner were guests of the Sofitel Brisbane Grand Central.*

## IF YOU GO

### Sofitel Signature Spa Package

**REIGNITE** the passion in your relationship with the Sofitel's Signature Spa Package which includes a one hour Opal Rasul Temple Ritual and a 60 minute massage for two; overnight accommodation in a Sofitel Suite; room service breakfast; a bottle of sparkling wine and chocolate-dipped strawberries on arrival; valet parking and late check out; French Roger and Gallet bathroom amenities and more for \$820 per night.

More packages and information are listed on the Sofitel website [www.sofitelbrisbane.com.au](http://www.sofitelbrisbane.com.au) or by calling 3835 4444.



▶ Stephanies Spa Retreat at the Sofitel hotel in Brisbane offers the indulgent Opal Rasul Steam Temple.



▶ The Sofitel offers stylish yet comfortable suits.

▶ Enjoy the views over Brisbane's CBD in the Thyme 2 restaurant.

