



Surrendering to Stephanie's

HEALTH & BEAUTY

Gail Arnold finds the world a better place after a delightful spa treatment.

Just as the Stephanie's Ocean Spa at Outrigger Little Hastings Street Resort is quietly nestled into the lush atmosphere of Noosa Hill, so does the spa give you a sense of sublime nourishment.

For me, spa treatments are not just for physical relaxation, they are spiritually energising and mentally rejuvenating.

In a world of 24-hour communications, high pace living, Stephanie's Ocean Spa gently coaches you into a more gentle moment. Stephanie's Ocean Spa is an 11-room spa integrated into the new uber-eco Outrigger Resort on Noosa Hill, but Stephanie is no newcomer to the business.

After 25 years of industry experience she has developed a luxurious, contemporary philosophy: "Embrace new technologies, respect ancient rituals, step away from the ordinary and create breathtaking moments."

Similar to other Stephanie spas including Sofitel's Brisbane CBD, Urban Spa at Bulimba (Brisbane) and Mountain Spa at Mercure Clear Mountain Lodge (rural Brisbane) – the Ocean Spa exudes peace, tranquillity and skilled treatments.

Yet each spa has a unique style.

The Ocean Spa features the Triple Treatment Suite with a private flotation colour therapy pool, Vino therapy dual treatment suite, Geisha Light therapy spa bath dual treatment suite, three single treatment suites and Rain therapy Vichy shower suite.

"I surrender to the float and I am suspended in liquid."

Then, of course, there are the magical restorative massages – for every part of your body using Stephanie's eco-friendly product partners, Terr and Mer – organic skin care and luxury Payot products.

I experienced pampering with a 30-minute soak in the fabulous flotation pool, followed up by an hour's full-body massage.

The journey of rejuvenation is introduced by a knowledgeable and caring staff member, who ushers you into a dressing room and invites you to use the plush organic bamboo spa robes. The fabric is a mix of organic cotton and bamboo fibre. Following the change, it's into the Tranquillity room. Just the mention of this name is soothing. Furnished with restful lounging chairs you are invited to refresh with herbal teas.

Staff member Nichaela gave me a form to fill out which inquires into your choice of massage – gentle, medium or strong.

Then she details your forthcoming treatment. Firstly, I'm gently led into the Flotation suite and informed of the 35-degree water temperature and huge salt content. Just like the Dead Sea, there is enough salt to support and float your entire body.

She says she will remind me of finish time with a soft knock on the door, but if I'm asleep (the state many floaters end up in – she will flick the light on and off).

So much salt ensures my body is unable to be its normal vertical self; my feet won't

touch the ground. I'm not use to this.

Then ... I give up the resistance, I surrender to the float and I am suspended in liquid.

The light flicks on and off, just as I have been told, I have fallen asleep.

I emerge from the water and wash the salt away with a warm shower. I feel dreamy and rested, ready for the massage. Experienced masseuse Amanda takes over. She begins with a sensitive foot wash and sensory starter. A choice of two aromatic oils is

given to you and then it's onto the warmed massage table. I opted for the medium strength massage and it was perfect.

A final half hour was spent in the Tranquillity room simply savouring the quiet atmosphere and sipping tea. Gradually I emerged back into the real world, taking with me a sense that the world was now a much better place!

■ For a limited time receive a 30 minute



flotation treatment and a 30 minute relaxation massage for just \$99 at this spa.

Bookings are essential.

Special offers subject to availability, bookings are essential. Offers available until

September 20, 2010.

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PHOTOS: CONTRIBUTED