



New Idea
Monday 7/08/2017
 Page: 73
 Section: General News
 Region: National, AU
 Circulation: 211855
 Type: Magazines Lifestyle
 Size: 622.00 sq.cms.



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 CUT STRAIGHT TO YOUR NEWS

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Get some quality 'me time' or enjoy a girls' weekend away at these affordable Aussie spa resorts

NEW Travel

Relax YOURSELF

PULLMAN BUNKER BAY, WA
 The combination of Pullman Hotels' signature luxury and the scenic, gourmet hub of Margaret River in the south west of WA is a match made in heaven. Blissed-out treatments in the spa are best followed by a swim in the heated infinity pool, which offers sweeping coastal views across Bunker Bay. Then, savour the finest in local produce at The Other Side Of The Moon restaurant, which features alfresco modern Australian dining. Accompany the meal with the wines of Pullman's Vinoteca selection, which allows you to sample top drops of the world, and the local area, by the glass.
 TO GO: pullmanhotels.com.

PEPPERS SALT RESORT, KINGSCLIFF, NSW
 Along the shores south of Tweed Heads is a resort designed for a girls' weekend away, combining some quality spa time with long lunches and lazing by the pool. The Tweed Heads area offers a variety of pastimes, including golf, nature walks and water activities, but guests may never feel the need to leave the property! The resort has award-winning dining at Season restaurant, tennis, lagoon-style pools, beach access and the picnic-perfect Salt Central Park, plus a world-class day spa.
 TO GO: peppers.com.au.

NOVOTEL BAROSSA VALLEY, SA
 Partake in the entire range of local wine and food at this pampering paradise in the Barossa Valley. Be sure to set aside some time at Endota Spa for a range of beauty and health treatments, from facials and body scrubs to a dry-heat sauna. The Cellar Kitchen brings the best of the Barossa to your plate with a menu sourced from local farms and providers, matched with the finest wines the region has to offer.
 TO GO: novotelbarossa.com.

BALGOWNIE ESTATE, VIC
 The Balgownie Estate in Victoria's goldfields combines some of the finest things in life: a full range of spa treatments, an award-winning restaurant and a well-stocked cellar door. Spend your days in the spa with body treatments, hydrotherapy and skin therapy, and end up in the steam temple. Then finish it all off with dinner at Rae's Restaurant, accompanied by a glass or two of Balgownie Estate's signature Shiraz.
 TO GO: balgownieestate.com.au.

BILLABONG RETREAT, NSW
 Need some time out to relax, unwind and treat yourself and the gang to a break from the daily grind? An hour's drive west of Sydney lies Billabong Retreat in Maraylya - a resort that promotes wellness for the mind, body and soul through yoga, spa treatments, workshops, a magnesium aqua therapy pool and vegetarian-based menus. The deluxe, private treehouse cabins have spacious balconies that overlook a tranquil billabong.
 TO GO: billabongretreat.com.au.