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Weekend Australian Saturday 3/09/2016

Page: 22
Section: Weekend Travel
Region: Australia, AU
Circulation: 227465
Type: National
Size: 104.00 sq.cms.



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CUT STRAIGHT TO YOUR NEWS

T&I LOVES



Aspar is the signature Australian-produced skin and body care line at Aurora Spa in boutique hotel The Prince in Melbourne's St Kilda. Therapist Emily's healing hands address my jet-lagged muscles and a recent shoulder injury. Urban spas are very different to their resort counterparts, but this two-storey haven really does feel like a sanctuary, complete with a sundeck. But it is Melbourne in winter and the seagulls are being blown sideways so spa-goers stay safely tucked in towelling gowns, sipping herbal teas and smelling of lavender and rose, peeking through a high lattice-screened window-wall at the grey sky. A 60-minute deep tissue massage costs \$175 (90 minutes, \$245) and a comprehensive menu includes botanical facials and two, three or four-hour retreats. I like the idea of "sides" on this menu, too, such as an olive leaf hair mask and scalp massage (\$30). And then down Fitzroy Street to Luxembourg Bar & Bistro, where the sides come as crispy fries or a superb salad of shaved cabbage and fennel with honey dressing, mint and dill, and as deliciously fragrant as my oiled tresses. There is an Aurora Spa, too, at Palazzo Versace on the Queensland Gold Coast. More: auroraspa.com.au; stkildamelbourne.com.au.

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