

Advertising Feature

*Relax*

# Sensual journey via the spa

By MICHELE STERNBERG

TRAVELLING is one of my favourite pastimes and this week I was taken on a sensory journey around the world during a luxurious, two-hour Mind, Body, Spirit spa therapy treatment.

I began my journey in the waiting room of Shine Maroochydore, after stepping into its calm surroundings from rush-hour at the Plaza. From here I was led to a tranquil room, with candles burning and smells of cinnamon, sandalwood and patchouli hanging gently in the air.

Was I feeling stressed? Well, yes, it has been a big few weeks in my household so the opportunity to take two hours out of the day just for myself was a treat I was looking forward to. I lay back and began to relax. Underneath me, the bed was warmed and heaters ensured the room was cosy and inviting.

Make a woman feel like a queen and she's happy, I say. Well, I felt very special indeed, like the famous Egyptian Queen Cleopatra, as Shine's Sharon D'Helon soaked my feet in a rich milk bath with a soothing musky scent and relaxational properties.

Then I was transported to the Mediterranean and the pleasures of a Roman bath house as my skin was gently scrubbed with a purifying sweet and savoury body scrub.

First the sea salt goes to work exfoliating and, as water is added, the brown sugar, sacred lotus and uplifting essential oils of lemon, mandarin, grapefruit and lemon petit-grain work themselves into a delicious polisher.

I felt layer upon layer of stress and tension beginning to leave my body, as my mind wandered shamelessly; transported to other



worlds, other times ...

Then comes the Vital Relaxation sculpting massage with smooth Indian medicinal oil blended with sandalwood, cedar and patchouli. Absolute bliss. The combined massage styles of oriental kneading, Japanese percussive and western wringing movements awaken the body.

And then, when I didn't think I could feel any more relaxed, Qi balm (a cellular stress reliever) was applied to key energy centres (sacrum, solar plexus, wrists) where nervous tension builds up. At this point, I felt like I was floating in a dream-like state.

From India, we skipped across the Himalayas to China where my body was covered in Sublime Cream with nourishing rice bran, and then wrapped from head to toe in rice paper. As my dry winter skin soaked up this delicious creamy moisture, a scalp massage ensured every part of my body had been given the royal treatment. Well, almost. This amazing spa



experience finishes with Indoceane tea – a delicate mix of Chinese black, white and green tea, orange essential oil and zest, rose buds, cardamom, lavender flower and undaria pinnatifida alga.

Sharon says many people never realised stress and tension could have layers.

"Some people may think two hours is a long time to spend having a spa treatment, but time seems to stand still when you're lying there experiencing this luxurious spa ritual. Afterwards, you feel really energised and your skin feels soft for weeks afterwards.

"In Maroochydore we have two specially-trained staff members, Shayna and Nikki, who will be exclusively performing the Mind, Body, Spirit spa therapy treatment."

While this isn't an everyday spa treatment, I would recommend trying it at least once ... it's money well spent and I'm sure you'll be going back for more.

**For bookings, phone 5443 6999.**



## Win two hours of pampering

YOU too can experience a world of bliss.

Rejuvenate and Shine Beauty are giving three lucky readers the chance to win their own Mind, Body, Spirit spa therapy treatment at Shine Beauty, Sunshine Plaza. Each two-hour treatment is worth \$229.

To enter, simply tell us in 25 words or less: why do you need to de-stress?

Send entries with your name, address and phone number to Commercial Features Department, Attention: Amelia Hall, PO Box 56, Maroochydore, 4558.

Competition closes Thursday, May 29 and terms and conditions are available at [www.thedaily.com.au](http://www.thedaily.com.au)

# Enjoy a spa treatment TODAY!



## Soothe, indulge, relax.

Immerse yourself in luxury, rejuvenate your body and soul. Spa Therapy is a new dimension, an oasis of peace for a stressful life, where an escape of indulgence will leave you in a state of utter bliss. Enjoy a Shine Spa Therapy treatment today...

### Mind, Body, Spirit (2hrs) \$229

Treatment includes: A selection from our exclusive Thalgo therapeutic tea range, Sweet and Savoury Body Scrub, Precious Milk foot bath, relaxing two-step massage including vitalising Qi Balm and soothing use of a luxurious massage oil employing techniques exclusive to Thalgo including Indian smoothing, Oriental kneading and Japanese Percussion. And finishing with a Sublime Body Wrap.

SHINE BEAUTY SALONS:

**Maroochydore 5443 6999**  
Sunshine Plaza (Open 7 days)  
Location: Shop 366, Level 1,  
Sunshine Plaza, Maroochydore.

**Brisbane (City) 3003 1334**  
The Myer Centre (Open 7 days)  
Location: Shop 174, Level 1,  
Myer Centre, Brisbane.

**Chermside (Brisbane) 3359 3589**  
Westfield Chermside (Open 7 days)  
Location: Shop 381 (north end),  
Westfield Chermside, Brisbane.

**Southport 07 5528 2400**  
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Location: Shop 1015, Level 1 (near  
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