

MARCH 26, 2023

Sunday Herald Sun

# stellar



**JENNIFER ANISTON**  
"I always go back to Rachel.  
I can't escape her, actually"

**Heartbreak High** star  
James Majooos rewrites  
the fashion rulebook

Breaking down the stigma  
around pregnancy loss

Layer your way into an eye-  
catching autumn ensemble

The best day spas  
around Australia

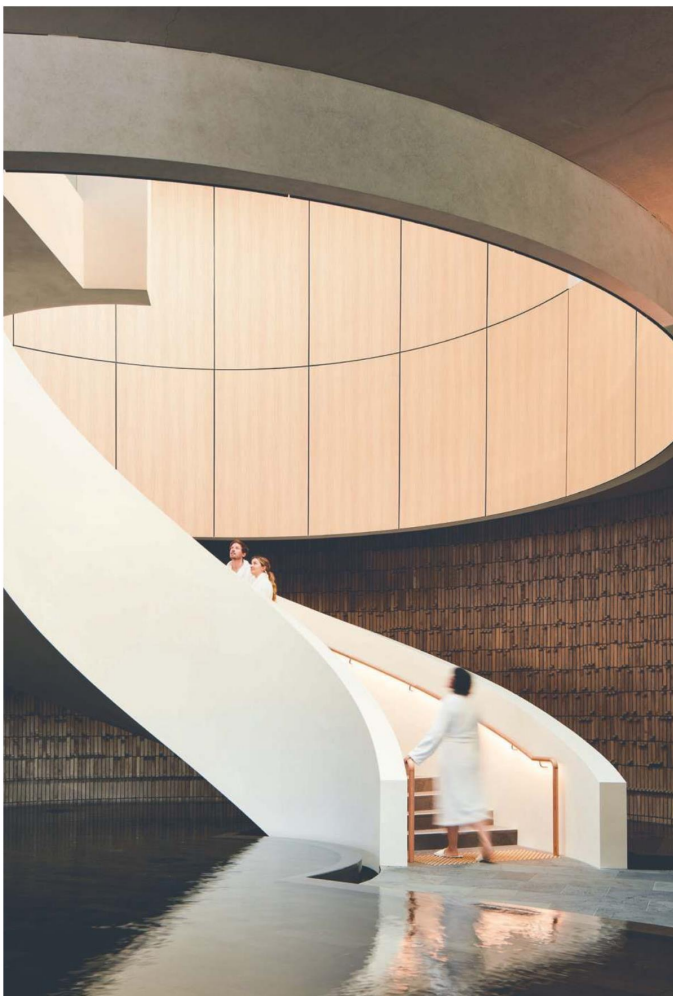
**MELISSA LEONG**  
"Being alone is not the  
same as being lonely"

JESSICA ROWE  
HAS THE LAST LAUGH



## RELAXING RETREATS

A little pampering is always a good idea, and so is a visit to one of these peaceful spas where you can indulge in some soothing downtime that will leave you feeling refreshed and recharged



### ALBA THERMAL SPRINGS & SPA

This stunning newcomer to the Mornington Peninsula features 31 geothermal, cold-plunge and botanical pools in which to indulge your senses. With more than 30 spa treatments on offer, you can choose from facials, a Vichy shower, a traditional hammam (Turkish bath) and “rituals” ranging from body polishes and wraps to detoxifying massages and guided meditation. The six-hectare property also features Thyme, an all-day dining destination with a menu curated by famed Australian chef Karen Martini, which offers high tea every last Sunday of the month. Luxury villa accommodation is set to be available later this year. *Pool experiences start at \$75 per person for two hours.* [albathermalsprings.com.au](http://albathermalsprings.com.au)



### BILLABONG RETREAT

At this secluded locale less than an hour’s drive from the Sydney CBD, you can drop in for a day retreat that includes yoga, wellness workshops, a spa treatment and a wholefood lunch. Eager to stay for a little bit longer? There’s a variety of multi-day options focused on everything from meditation and mindful living to programs on the basics of recalibrating your energy, reducing stress or understanding better practices for self-care. The onsite spa offers treatments such as reiki, massage and even iridology, through which you’ll learn more about your health and personality through a close study of your eyes. *Overnight retreats start at \$300 per person.* [billabongretreat.com.au](http://billabongretreat.com.au)



### GWINGANNA

For 17 years, this ridge-top favourite in the Gold Coast hinterland has beckoned weary visitors in need of some recalibration with its array of retreats, activities, detox programs and treatments set within the largest spa in the Southern Hemisphere. If you can’t stay for a full week, try the fully inclusive **Wellness Weekend**, which offers accommodation in a double share for two nights, all organic meals, activities including yoga, hiking and daily qi gong, a wellness seminar and a massage. Guests can choose from the wide range of rooms and villas that are located across the sprawling 200-hectare property, from a heritage cottage or suite to a larger suite or villa. This year saw the arrival of three new wellness suites that feature ocean



views, a deck with an outdoor bath, a private infrared sauna and a massage recovery chair – all provided with the aim of helping you relax, unwind and even lose track of time (go on, that email reply really can wait). *Wellness Weekends start from \$1265 per person for a two-night double share.* [gwinganna.com](http://gwinganna.com)