



Osborn House Spa, Bundanoon, NSW

Nestled inconspicuously within the tiny historic town of Bundanoon in the Southern Highlands is Osborn House, arguably one of the country's best new boutique hotels.

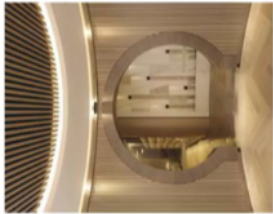
Accommodation aside, it's the anticipation of a weekend – or if you're lucky, longer – of pampering within its luxe confines that draws many salvation seekers to the property.

The 22-room guest house's spa is a destination in itself. On entry, its velvet chairs, soft, natural light and calming mint walls are a panacea to life's chaos.

Like the hotel, there's nothing generic about this spa experience. Want to scrub, scrubbed, rubbed and cocooned in a skin-softening mud wrap. As its name implies, the OMG – an hour of acupressure massage with an optional facial add-on – is also worth a go.

When it comes to facials, it can be frustrating when you want the anti-ageing effects of one treatment, but also the blissful benefits of another. The Osborn spa team has fortunately removed this dilemma of choice; offering three treatment options, which can be tailored specifically to your skin needs. Also worth noting are the products by Australian skincare company LaGua Uncedited, which are especially gentle on sensitive skin and contain potent vitamins and botanical extracts.

While it's tempting to want to jump straight onto the treatment table the moment you arrive at Osborn House, our advice is to first take a wander through the gardens, breathe in the country air, and spend at least an hour getting steamed and soaked in the hotel's sauna, steam room and stunning indoor pool. [Go to osbornhouse.com.au](http://go.to/osbornhouse.com.au). *Elle Halliwell*



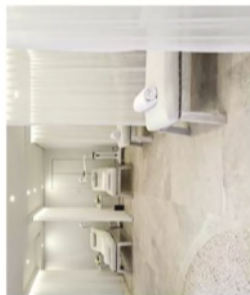
Chuan Spa, Gold Coast, Queensland

Opening last year, The Langham, Gold Coast made an immediate mark on the hotel landscape; it's dramatic architecture dazzling as brightly as the golden sands of its oceanfront location, its interiors the pinnacle of luxury. Naturally, then, the resort's new holistic wellness concept, Chuan Spa, lives up to its five-star settings, merging serenity, heavenly scents and soothing sounds with understated glamour. Beyond the sleek waiting area, where guests can peruse salon products as if browsing the beauty floor of a fancy department store, are eight elegant treatment rooms, each with ensuite, two reserved for couples.

But what makes Chuan particularly special is that all its lavish treatments – facials, massages, scrubs and wraps – hand and foot therapies plus beauty services – are guided by the principles of traditional Chinese medicine, a first for a high-end spa on the Gold Coast.

Therapists, whose healing hands cast a rejuvenating spell on tight and tangled muscles, work with acupressure points, while regimens draw on the five elements of wood, fire, earth, metal and water. Whichever element is dominant in an individual (as determined by an introductory questionnaire) influences the scents experienced and herbs used.

Post treatment, blissed out guests can relax in a "dream pod", detox in the sauna or immerse themselves in the diamond-shaped indoor pool. Whatever the first-class pampering, visitors to this sanctuary on the Gold Coast will leave with their *qi* far more in balance than when they arrived. [Go to langhamhotels.com](http://go.to/langhamhotels.com). *Cushla Chaubarn*



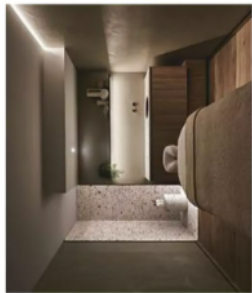
The Whitening Clinic, Sydney, New South Wales

Skin confidence is one thing, but confidence in your smile is another transformation entirely. And outside of costly cosmetic dentistry, the fastest way to achieve a smile makeover is through teeth whitening. The main barrier? Fear of sensitivity. But for anyone who has struggled with the shooting pain of teeth whitening – be it at-home kits where the peroxide escapes onto your gums, or the strength of peroxide administered in the dentist chair that can penetrate the enamel and cause nerve sensitivity – salvation is here in the form of a breezy spa-like sanctuary in Sydney's eastern suburbs that specialises in pain-free teeth whitening.

Prior to opening the brick and mortar clinic, owner Alissa Brandtman had a healthy business as a mobile whitening specialist, which she has parlayed into this salon-inspired location that delivers pearly whites without aggravating sensitivities, to which we can attest.

For the treatment process, gums are first protected with a hardening gel (which can be easily flicked off afterwards), before a six per cent hydrogen peroxide gel is applied using a twist pen. Next, a cool blue LED light activates the peroxide during three 25-minute intervals, while you zone out on the reclining lounges listening to your favourite podcast.

Thanks to the lower level of peroxide used on teeth and the 1.5-hour treatment time, the majority of clients get little to no sensitivity post treatment, though first-timers are recommended two 1.5-hour treatments within two to four weeks for optimal results. [Go to thewhiteningclinic.net.au](http://go.to/thewhiteningclinic.net.au). *Katrina Inrad*



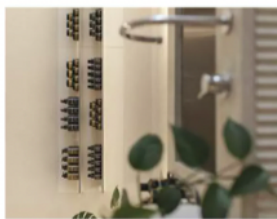
Aurora Spa & Bathhouse, Sorrento, Vic

It's not a stretch to claim Aurora Spa & Bathhouse has turned relaxation into an art form. Located at The Continental Sorrento in Victoria, the spa is 1,000 square metres of hedonistic heaven, complete with every thermal bathing ritual a wellness warrior could want. Aside from the striking aesthetics of Aurora (it was designed by acclaimed architecture firm Woods Bagot), the focus on blissful, exhilarating thermal treatments is what really sets this apart from your standard spa.

There are scented hot and cold therapy showers, a glacial mist room, steam room, huge Nordic wooden sauna as well as four hydrotherapy pools. Once you've experienced these, try out the float pool, halotherapy (Himalayan salt) room, or indulge in a massage or facial within the luxe confines of one of the eight private treatment suites.

To maximise the benefits of its hot and cold therapies, the spa recommends following its signature bathing circuit; a step-by-step guide to experiencing each therapy in the most effective sequence. The 90-minute bathhouse experience is beautiful as a standalone treatment, but for maximum relaxation, add on a Biologique Recherche body treatment or Bio-Lift facial.

And if the above treatments still aren't enough to move the wellness needle, consider booking a three-day retreat. While itineraries are customisable, you can expect beauty and wellness treatments, yoga, nourishing meals, and a very plush place to sleep. [Go to auroraspa.com.au](http://go.to/auroraspa.com.au). *Elle Halliwell*



Adytum, Canberra, Australian Capital Territory

A holistic wellness centre in the middle of the nation's capital might not sound groundbreaking, but despite all Canberra's progress in the worlds of food, wine and culture, it has long been missing a great spa. Happily, the arrival of Adytum has changed that. Featuring a vegan elixir bar, yoga lounge and bathhouse, the calm and considered space is a sanctuary for the overworked and stressed out, offering a range of wellness services from relaxation massages and facials to acupuncture and even astrology sessions. Signature oils and custom products are at the heart of the massages, wraps and facials, with Adytum's own blends complementing every treatment.

The Japanese-inspired bathhouse is a highlight. Inside, you'll find a traditional hot-rock sauna, Japanese oak mineral bath and a cold-pail shower.

Pattern Studio has designed the spa with a focus on natural stones channelling Hellenic ruins, soft lighting and recycled, environmentally conscious materials. The result is one of serenity and calmness. "We believe that wellness is far more than being free from illness," says owner Renée Dourous. "It's a state of complete physical, mental and social wellbeing." [Go to adytum.com.au](http://go.to/adytum.com.au). *Francesca Wallace*



Alba Thermal Springs & Spa, Mornington Peninsula, Vic

Things are heating up in the Mornington Peninsula with the opening of the wellness destination Alba Thermal Springs & Spa. Nestled among 15 hectares of native landscape are 32 unique pools, ranging from warm geothermal to cool plunge pools, restorative salt baths and herbal-infused botanical pools.

For optimal rejuvenation, take a cool dip in The Hemisphere plunge pool before warming up in the nearby dry sauna, followed by your choice of geothermal pool, rounded off with a nourishing steam. Night owls can also book an evening session. Here, head for the sunset pool, The Eve, for stargazing. Inside, the spa hosts 21 treatment rooms and an extensive therapy line-up that includes restorative facials, Vichy showers and a signature 2.5 hour Hammam Float treatment, which combines a steam exfoliation, body mask and massage with bath access.

To top it all, enjoy a light meal at acclaimed chef Karen Martini's onsite Thyme restaurant, a local favourite. Designed for grazing after an indulgent spa day, the menu harnesses local produce to create fresh Japanese-inspired dishes with Mediterranean undertones. And yes, you can dine in your Alba robe and slippers. [Go to albathermalsprings.com.au](http://go.to/albathermalsprings.com.au). *Imogen Frost*