



Beltana Farm |  
Photo: Lean  
Timms

Crackling open fires, beautiful wine, long soaks in the tub and the finest regional produce – nothing beats a luxurious winter retreat. Cosy up to 10 of the most idyllic cool-climate getaways you'll find around Australia. *Words by Chrisanthi Kalivotis*

**1 Piermont Retreat, Swansea, Tas**  
Tucked into Tasmania's breathtaking East Coast, Piermont offers a serene escape at your own pace. An oasis of coastal calm, choose from charming stone cottages, sleek spa suites or architectural residences – all impeccably styled. Spend the day exploring the wild beauty of Freycinet National Park before indulging in the region's finest food and wine at the Homestead Restaurant. Unwind in your private double

spa, cosy up in front of the fire and sink into a sumptuous king bed – this is the ultimate in winter luxury.

**2 Beltana Farm, Pialligo, ACT**  
Beltana Farm is the kind of country idyll city slickers want to leave the big smoke for. A truffle farm full of culinary treasures and earthly pleasures, crisp winter mornings begin with a forage for truffles – there are more than 800 trees on the property – followed by tastings (of

course). In the dining room, it's not just truffles on show, with seasonally inspired, artfully prepared plates that celebrate the region. Retreat to a modern-yet-rustic yurt, or the cottage, which blends contemporary comfort with farmhouse charm.

**3 Osborn House, Southern Highlands, NSW**  
Playful interiors, a decadent spa and dramatic Fire Feasts make this ultra-luxe haven in the Highlands

truly one of a kind. Set in a lavishly restored 1890s residence, this five-star boutique hotel pairs old-world elegance with modern whimsy. Rooms boast snazzy four-poster beds, marble vanities and Juliet balconies, while luxurious Forest Lodges feature wood fires, outdoor baths and magnificent views of Morton National Park. For wellness in the wilderness, indulge in a sauna, ice bath and jacuzzi at the Forest Bathing Deck.

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# WINTER WELLNESS

At The Sanctuary on Victoria's Mornington Peninsula, winter wellness means thermal baths, spa rituals, stillness among the elements... and a luxe villa to cosy up in afterwards. *Words by Corinne Parkes*



(From left) The Waves, one of Alba's many thermal pools; the spa entry and lounge

## THE DETAILS

**WHAT WE'RE EATING:** Alba's Thyme restaurant serves up a menu created by chef Karen Martini.

The house crumpet with Peninsula honey for brunch, or the roasted cod with grilled soused fennel for dinner, perhaps?

**WHAT WE'RE DRINKING:**

The Alba signature tea blend: a mix of lemongrass, pink peppercorns, hibiscus and raspberries.

**WHAT WE'RE WEARING:**

An Alba bathrobe, of course.

**WHAT WE'RE TAKING**

**HOME:** The Cape Candle, to help us mentally travel back to Alba anytime. The scent was designed exclusively for Alba, with notes of juniper and cardamom to promote calm and purify the air.

If there was ever a cure for the winter blues, it would be a log-burning fireplace. And maybe a really nice bathrobe. And 22 naturally heated geothermal pools to soak in. Lucky, then, that Alba Thermal Springs & Spa and its newly opened on-site accommodation, The Sanctuary, has all three.

On the day I checked in to one of the five villas perched on this crest of the Mornington Peninsula, icy gusts were warping the tea trees, horizontal rain swept over rooftops, and perfectly

rounded balls of hail decorated the surrounding bush. It could have been classified as a completely miserable winter's day, if I hadn't been sitting in front of that log fire in villa number three.

Created by Kate Walker Design, these villas melt into their surrounding landscape; the flaxen Scandinavian tones complimenting the grey-green of the native scrub. Blonde woods mix with travertine and billowing natural linen, all lending an instant warmth that holds you.

While a spot in front of the fire may at first seem like the best seat in this house, I soon learn that it is, in fact, in the bathroom. Specifically, in the freestanding bath.

It's a perfect spot to watch waves of weather roll through and, in the valley just below, robe-clad bathers wandering between mineral-rich sunken thermal pools, heated to between 37 and 43 degrees, the water drawn from underground aquifers 550 metres below the surface.

Alba itself is a sprawling wonderland of wellness,

sculpted from concrete that manages to feel simultaneously organic and otherworldly. There are the pools, yes, but also a sauna, steam room, salt pool for floating, spa and restaurant – all of which are at your disposal when you stay at The Sanctuary.

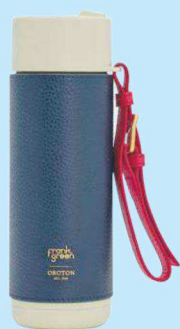
This season's prescription? Soak, be still, then stroll back to the villa for some more time in front of that fire. Winter wellness achieved.

**The Sanctuary at Alba Thermal Springs & Spa, 282 Browns Rd, Fingal, Vic**



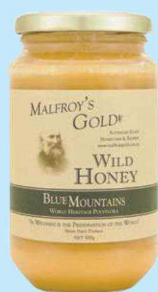
Thyme's fish sandwich, a signature menu item from Karen Martini

## GOURMET WELLNESS MUST-HAVES



### Frank Green x Oroton Bottle

This is your must-have emotional support bottle. Made from stainless steel and encased in an Oroton pebble leather sleeve, it features a handy wristlet strap for an effortless carry between Pilates and brunch, or throughout a busy day. **\$119, oroton.com**



### Malfroy's Gold Wild Honey

Produced from 100% natural comb hives in the Greater Blue Mountains area, Malfroy's Gold is not only delicious, it's rich in antioxidants and beneficial bacteria, as well as propolis – a natural antimicrobial compound produced by bees. **\$44, malfroysgold.com.au**



### The Beauty Chef Daily Supergreens

Take the extra step towards caring for your gut with this bio-fermented supergreens powder. The digestive enzymes, prebiotics and probiotics support a healthy belly while also aiding fat metabolism and liver function. **\$69, thebeautychef.com**



### T Totaler Matcha Hot Chocolate

Organic matcha from Japan is blended with cocoa and coconut sugar for a savoury hot chocolate packed with antioxidants. You can add the milk of your choice to match the energising blend. Finish with a sprinkle of matcha powder. **\$28, ttotaler.com**

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