

AUSTRALIA'S TROPICAL SPA CAPITAL

CAIRNS

CAIRNS INTERNATIONAL HOTEL & SPA, CAIRNS

The Cairns International Hotel has opened a spectacular new spa facility called The Spa at Cairns International which promotes a philosophy of *'wellness and lifestyle'* to its guests. The Spa offers ten treatment rooms including a couple's suite, a vichy shower, a dedicated manicure and pedicure room for up to six people and a tranquil relaxation room, where guests can rest after their treatment.

Visit: www.cairnsinternational.com.au

THE LAKES CAIRNS RESORT & SPA, CAIRNS

Reds Salon & Spa at the Lakes Cairns Resort offers treatments based on their signature essential oil of lemongrass, lemon myrtle, Australian sandalwood, cinnamon and Tasmanian lavender. The spa is located in the four-and-a-half star resort, adjacent to Cairns' magnificent tropical Botanical Gardens.

Visit www.thelakescairns.com.au

RYDGES TRADEWINDS ESPLANADE SPA BY THE SEA, CAIRNS

The "Spa by the Sea" at Tradewinds is a custom built sanctuary situated within the Hotel's first floor ocean front wing, overlooking the Coral Sea. Spa by the Sea offers guests an experience of total relaxation and rejuvenation. Award winning North QLD 'Spa design' company Espa Australia Pty Ltd has designed the facility with dual treatment rooms to accommodate the demand for couples and friends to enjoy spa treatments together.

Visit www.rydges.com.au/tradewinds

PALM COVE

THE ANGSANA RESORT & SPA, PALM COVE

Sitting quietly under swaying fronds, overlooking Palm Cove's idyllic stretch of sand, The Angsana Resort & Spa, Great Barrier Reef is like chocolate to spa enthusiasts. You can choose between the air-conditioned beachfront treatment rooms or the open-air, sheltered roof-top Spa Pavilions, both come with soothing sights of the Coral Sea and sand right outside their doors. Each rooftop Spa Pavilion has two side-by-side massage beds and a private plunge pool, simply ideal for couples. Popular spa treatments include Jasmine Frangipani Sparkle, Aloe Sunkisser and Cloud 9. The Angsana Spa's therapists are flown in to Palm Cove from the Banyan Tree Spa Academy in Phuket, Thailand, and offer a contemporary holistic, non-clinical range of treatments.

Visit www.angsana.com

PALM COVE CONTINUED.....

MANTRA AMPHORA DAY SPA, PALM COVE

Located in the Mantra Amphora Resort, Palm Cove, the new day spa offers first-class facilities with six treatment rooms, two Vichy shower rooms with special oval tables made from quality maple. The modern design of the spa provides the ultimate health and beauty experience while offering a peaceful setting where highly trained staff luxuriate guests with top quality sea based products by Ahava. Packages range from signature facials and massages, to deluxe half day packages for those wishing to fully indulge.

Visit www.stellaresorts.com.au

MANGO LAGOON RESORT & WELLNESS SPA, PALM COVE

Prior to construction the developers engaged a feng shui expert to survey the building plans and a local Aboriginal elder then joined with him to cleanse and smudge the resort. Located with a luxurious 100-apartment resort, the spa's treatments include stone massage, zen shitatsu massage, chakra holistic massage, reiki, spiritual healing and Balinese facials.

Visit www.mangolagoon.com.au

PEPPERS BEACH CLUB & SPA, PALM COVE

Outrigger Beach Club's Sanctum Spa is the creation of an environment dedicated to the complete relaxation and well being of guests. Qualified therapists offer an array of over 45 revitalizing treatments, from signature massages to luxurious facials using Phytomer products that are exclusive to Sanctum Spa. This product is rich in natural marine active ingredients and reflects the spas location along one of the most scenic beaches in Australia.

Visit www.peppers.com.au

SEA TEMPLE RESORT & SPA, PALM COVE

Taking full advantage of the resort's absolute-beach-front location, yet ensconced safely within its walls. The Sea Temple's signature treatments include Tranquility, Energy, Harmony and Purity incorporate skin re-balancing, cleansing and detoxifying, hydrating and toning treatments, with complementing essential oils.

Visit www.seatemple.com.au

THE SEBEL REEF HOUSE AND SPA, PALM COVE

Set in the secluded beach-side village of Palm Cove, this boutique resort has only 69 rooms. The Reef House Spa is a purpose built facility embracing different architectural styles from around the world, complete with white-washed walls, terracotta tiles, use of native timbers and a freshwater moat complete with bridge. The signature treatment is Mala Mayi – a 90-minute full-body rejuvenation. You will be cleansed, revitalized, energized and exfoliated, cocooned in Mapi mud while enjoying a Paudi scalp massage. Then, after your 'rain therapy' you can take advantage of the optional body Kodo Massage.

Visit www.reefhouse.com.au

PORT DOUGLAS & THE DAINTREE

THE DAINTREE ECO LODGE AND SPA, PORT DOUGLAS & DAINTREE

The multi-award winning Daintree Eco Lodge and Spa is set in the gorgeous and ancient Daintree Rainforest. If you can rip yourself away from the office for a few days you will learn the pleasures of drifting off to a restful sleep in your treetop chalet, waking to an indulgent day of pampering in the Spa. This may include the signature 'Walbul Walbul - Butterfly' therapy incorporating the contrasting sensations of oil and desert salts. The spa uses exclusive Australian Aboriginal products and massage techniques not found anywhere else in the world. A stay can also include exotic tropical fruit tastings, a Daintree River eco-cruise or a rainforest interpretive walk with the resident Aboriginal guide. The spa was recently awarded 'Best Spa in Australia and South East Asia' at the Conde Nast 2004 World Spa Awards.

Visit www.daintree-ecolodge.com.au

THE DAINTREE HERITAGE LODGE & SPA, PORT DOUGLAS & DAINTREE

The Daintree Heritage Lodge and Spa specializes in massages and natural therapies using pure Australian products. Treatments range from relaxation, remedial, swedish and aromatherapy massages to full spa treatments including clay warps, vichy showers and a complete range of full body treatments using natural Australian products.

Visit www.heritagelodge.net.au

HEALING WATERS SPA, VOYAGES SILKY OAKS LODGE, PORT DOUGLAS & DAINTREE

Set high in a tree house in lush tropical rainforest overlooking the Mossman River, the Healing Waters Spa at Silky Oaks Lodge has been inspired by the ancient wisdom that celebrated water as a renewing and life-giving force. The landscape, local natural products and aboriginal culture are reflected in the variety of indigenous-inspired treatments described as "Gayba" - "make the body feel good". The spa also offers steam massage and water therapies along with the pampering and therapeutic nature-based treatments.

Visit www.silkyoakslodge.com.au

HIBISCUS GARDENS SPA RESORT, PORT DOUGLAS & DAINTREE

This resort combines the beautiful tropical location and the sublimely appointed resort with spa treatments inspired by Aboriginal Dreamtime, medicine and massage. Said to evoke the potent forces of the earth upon the giver and the receiver 'The Dreamtime' will leave your emotions and your soul refreshed.

Visit www.hibiscusportdouglas.com.au

RADISSON TREETOPS LIFE SPA, PORT DOUGLAS & DAINTREE

In Port Douglas with easy access to the Great Barrier Reef and the World Heritage-listed Daintree Rainforest, Radisson Treetops Resort's Treetops Life Spa is literally in the rainforest tree tops! Located in a peaceful "tree house", the spa offers treatments including Lithos Stone Therapy, Infrared Sauna, steam room treatments, Hydroco Suzi hair and scalp treatments, a full range of massage techniques. Facilities include spa and beauty treatments, two vichy rooms, styling room, relaxation areas and meditation walk.

Visit www.radisson-resorts.com.au

SEA TEMPLE RESORT & SPA, PORT DOUGLAS

Taking full advantage of the resort's absolute-beach-front location, yet ensconced safely within its walls. The Sea Temple's signature treatments include Tranquility, Energy, Harmony and Purity incorporate skin re-balancing, cleansing and detoxifying, hydrating and toning treatments, with complementing essential oils.

Visit www.seatemple.com.au

TROPICAL ISLANDS

AZURE SPA, VOYAGES LIZARD ISLAND

If you're feeling like a leathery lizard, Lizard Island's Azure Spa is the only place for you! The beauty of the Island is infused in every treatment at the Azure Spa. The spa aims to provide an experience of total harmony between health, beauty and nature. From the Sodashi to the Phytomer products, each treatment is inspired by the nature and the sea and balances marine and other natural elements to refresh the body, mind and spirit.

Visit www.lizardisland.com.au

CLUB SPA MASSAGE AND BEAUTY, GREEN ISLAND RESORT

Green Island Resort's Day Spa facility offers an array of indulgent treatments to restore harmony to the mind, body and soul.

Located just 45 minutes from Cairns on beautiful Green Island, Club Spa Massage and Beauty now offers another level of indulgence with a collection of treatments including relaxation and remedial massage, manicure, pedicure, facials and a full range of body treatments, including body wraps and bronzing. These beautiful and indulgent treatments are also available in the privacy of the guest's suites, and for day visitors.

Visit www.greenislandresort.com.au

THE SPA OF PEACE AND PLENTY, VOYAGES DUNK ISLAND

You can combine an active island resort holiday with a rejuvenating spa retreat at beautiful Dunk Island, about 5km off the Tropical North Queensland coast. While you're melting away the stress at The Spa of Peace and Plenty, others in your brood can be playing a round at the superb golf course, being entertained at the excellent Kids Club or partaking in activities as diverse as horse riding, windsurfing, snorkelling or archery. Guests looking for total relaxation and indulgence can spend four nights in a spacious beachfront Bayview Suite and surrender to a lavish pampering program designed to clear the last vestiges of stress and cleanse, balance and tone the body.

Visit www.dunk-island.com

**FOR MORE INFORMATION VISIT
WWW.TROPICALAUSTRALIA.COM.AU**

**CAIRNS+GREAT[®]
BARRIER REEF**
TROPICAL NORTH QUEENSLAND
CHANGE YOUR LATITUDE™