



THE ULTIMATE LIFESTYLE

Spa Life

vitality wellness bliss

journey into
INDIGENOUS SPAS

The Farm
A wellness
paradise in the
Philippines

THE COMO BALI
diary of a yoga retreat

The Black Olive

Mark Olive - Australia's most
acclaimed Aboriginal chef

**EMOTIONAL
RECYCLING**
RECOVERY FROM
FEAR TO LOVE

plus

Sensual Spa bubbles
of Aix En Provence

Bustle and Bliss in Bangkok

Noosa Spa Sophistication

The Healer of Hervey Bay

WIN A LUXURIOUS \$10,000 SPA GETAWAY!

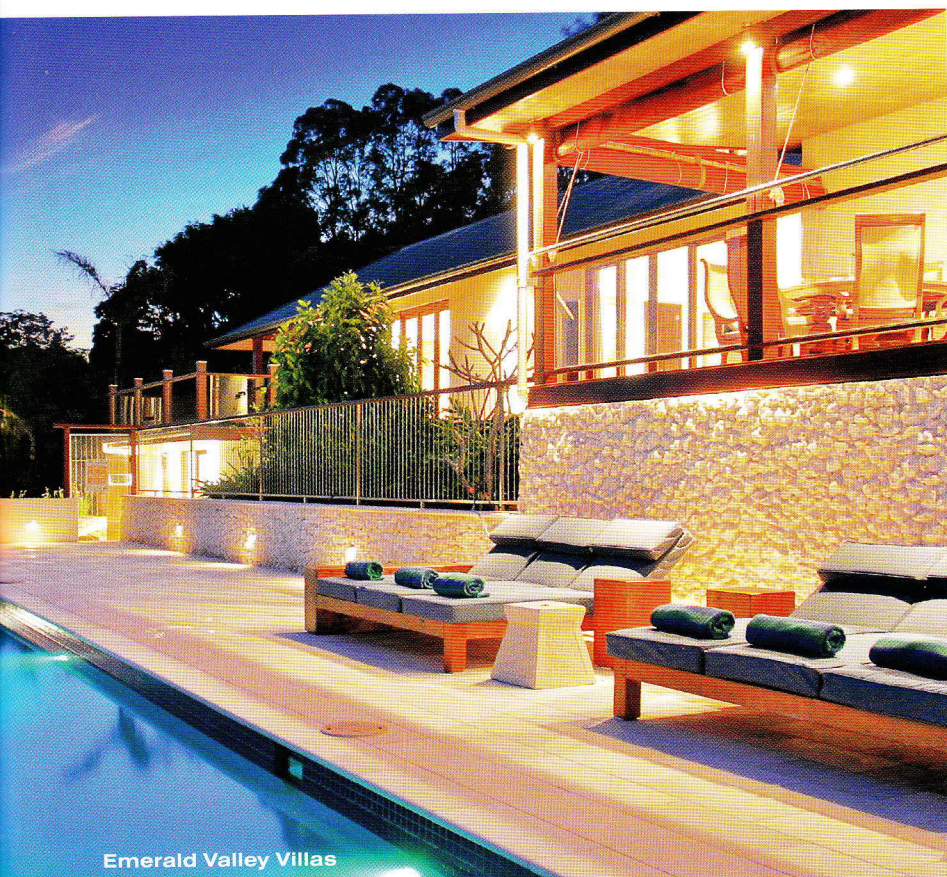
AUS / NZ \$8.95 (inc GST)

ISSN 1449-3594



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Emerald Valley Villas

HOW GREEN IS MY VALLEY?

A new and very precious gem has recently opened in Byron Bay's lush hinterland. Set on 80 abundant acres, **Emerald Valley Villa** is "an exemplary model of sustainable living, without compromising luxury or technology" according to creator and owner Michael Robison.

Developed as a landmark demonstration of how design, technology and ecology can combine to create luxurious living without harming the earth, the Villa's Balinese-inspired structures and grounds have been designed for minimum impact on the surrounding environment, are climate neutral and run on 100% green power. Catering for up to eight guests, the private villa boasts a master suite and three expansive bedrooms, each with marble ensuite opening to private, fragrant tropical gardens. Guests can swim in the pure oxygenated spring water pool or relax under the stars in the open air jacuzzi.

An onsite concierge is available, offering luxurious spa therapies including private steam room and gourmet catering. If you need to communicate with or explore the world beyond this secluded paradise, modern technologies and a Range Rover are available for guests. For bookings or enquiries, phone +61 2 6684 9398, email concierge@emeraldvilla.com or visit www.emeraldvalleyvilla.com.

That Winning feeling...

A big congratulations to the recent winners of our Spa Life subscriber competitions. Happy Spa-ing to the following lucky (and worthy) winners:

4 Night Qld Resort Spa Getaway

Nada Borovnik

Tropical Nth Qld Spa Break

Sarah Spenceley

Julatten Retreat Break

Terri Kendall

We trust you will be perfectly pampered at your destinations!

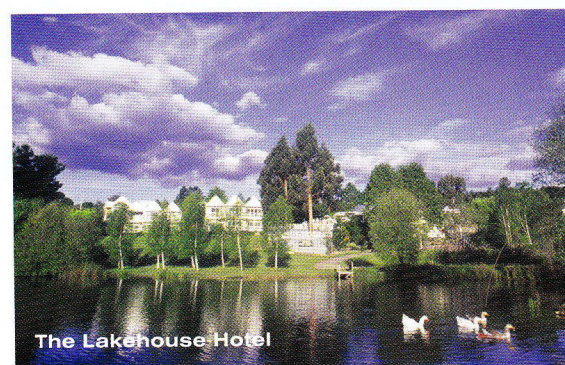
Look for our latest fabulous getaway comp where one lucky subscriber will be off to Moondance Lodge in Margaret River WA. See page 100.



The Clay Spa Team

Clay Skin and Body Salon Spa

has notched up four business awards in its first 18 months of operation, which is a testament to their mantra to deliver above-standard customer service in providing beautiful, luxurious, professional and effective spa treatments. Paula Fletcher, Kate Brown and their team pride themselves on community ethics and environmental awareness. With a strong belief in sharing goodwill, since opening their doors they have donated to over 30 charities. An inspiration to other small businesses in the industry, they have proven that hard work, strong business ethics and a 'dare to dream' approach can pay off. We congratulate them! For more information, visit www.clayspa.com.au



The Lakehouse Hotel

Footloose and Fancy-free

If you're looking for a short mid-week break, enjoy a 3-day adventure on the Great Dividing Trail, the historic track that links the towns at the heart of Victoria's gold rush country. From lively Daylesford to historic Castlemaine, you walk through varied terrain passing the remains of old mine shafts and hiking through open eucalypt forest. Around Daylesford, the rich volcanic soils and above average rainfall provide perfect growing conditions for organic growers and specialist providers, where you get to enjoy some delicious food. Priced at \$1,595 per person (twin share), this fully inclusive trip departs every Tuesday, including all meals and transfers to and from Melbourne. You stay at the Lake House Hotel, celebrated for its luxurious accommodation and fine food. At the end of the day, you can reward yourself with a rejuvenating spa or massage. For more details, visit www.bothfeet.com.au.

Did You Know? The word 'Spa' is associated with the Latin word 'spagere' meaning 'to scatter, sprinkle or moisten'. It is also associated with the Latin phrase 'Salus Per Aquam' meaning 'health through water'. We have the Ancient Greeks and Romans to thank for many of today's modern spa treatments. These days 'Spa' is defined by the International Spa Association as: "An entity devoted to enhancing overall well-being through a variety of professional services that encourage the renewal of mind, body and spirit".