

YOGA HAVEN IN SRI LANKA

Located along the ancient Spice Route, Shangri-La's Hambantota Resort & Spa made headlines before it even opened as the first resort in Sri Lanka to have its own golf course. This 300-room, 58.8-hectare resort overlooks the pristine, tropical southern coast. This wellness oasis brings sun salutations to life – greet the sun with daily beachside yoga at sunrise, and fully relax as you drink in the sight of soft pinks and the sounds of the ocean. Step into the family-owned CHI Ayurveda Spa for five-star treatments with a homely touch. An experience at this exclusive spa is not to be missed, as the remedies and therapies have had generations of refinement. shangri-la.com



Award-winning Fijian wellness

For the fourth year in a row the Bebe Spa Sanctuary at Outrigger Fiji Beach Resort has won the Pevonia International Spa Design of the Year award. The thatched-roofed retreat with traditional Fijian interiors is positioned on a hill top where you and your loved one can enjoy panoramic views of the Coral Coast and crystal-clear ocean. Succumb to traditional techniques accentuated with coconut oil-based products from Pure Fiji and Pevonia Botanica. The eight treatment rooms feature open-air balconies with 'Showers in the Sky'. Choose one of the four with a sunken hydrotherapy tub to treat yourself or watch the sun set in the pre- and post- treatment relaxation rooms. outrigger.com



The Ultimate in Anti-Ageing Skin Hydration and Vitality

Beautiful skin requires dedication. Aesthetics Rx has spent several years researching and developing its formulations and active ingredients. This uncompromising commitment has resulted in a high-quality and effective essential skincare range, inspired by creativity and driven by the passion of a love for beautiful things. The mission of Aesthetics Rx is to create an effective and cosmetically elegant anti-ageing skincare range for all age groups. aestheticsrx.com.au



A TWO-STOREY MAKEOVER

After achieving the engineering feat of temporarily placing the whole building on stilts, Aman Le Mélézin in Courchevel, France, will be celebrating its 25th anniversary in style. December 2017 sees the French resort opening its spacious two-storey holistic spa. Guests will enjoy a 14-metre lap pool with Jacuzzi, five treatment rooms with two suites, a wood sauna, a Turkish-inspired hammam and scrub room, a Thai massage room, a yoga studio and a state-of-the-art fitness studio. With a suitable balance between body and mind, this resort provides a wellness sanctuary where guests can rejuvenate after a day of adrenaline-pumping Alpine activities. aman.com



FROM LITTLE THINGS BIG THINGS GROW

When Stephanie Shepherd opened her two-room beauty salon in suburban Brisbane, she had a vision of expanding her business. Now 13 years later, she runs five spas in southeast Queensland, inner-city oases to secluded sanctuaries. Stephanies Luxury Spas was recently recognised on the global stage, winning six major awards in the World Luxury Spa Awards held in Vietnam. In the Continent category, Stephanies Luxury Spas won Best Luxury Hotel Spa, and Stephanies Urban Spa took out the Best Luxury Urban Escape Spa. In the country category, Stephanies Vintage Spa won Best Luxury Boutique Spa; Stephanies Mountain Spa took out Best Luxury Spa Retreat; and Stephanies Ocean Spa in Noosa scored Best Luxury Resort Spa. stephanies.com.au



TROPICAL COUPLE'S ESCAPE

Let go of your beachside massage dream and experience a unique treatment in the world's first underwater spa. The exotic Maldivian resort Huvafen Fushi is situated in the Malé Atoll where guests can be pampered while observing the serene marine life. The romantic retreat has taken an elegant turn by falling under new management with The Small Maldives Island Co. who has decided on a bold new direction heading into the island's future. The company, partnered with global icon Universal Resorts, wants to provide a romantic escape for couples over 21 where quality time can be spent relaxing in the resort's spa or dining at the two high-class restaurants. huvafenfushi.com

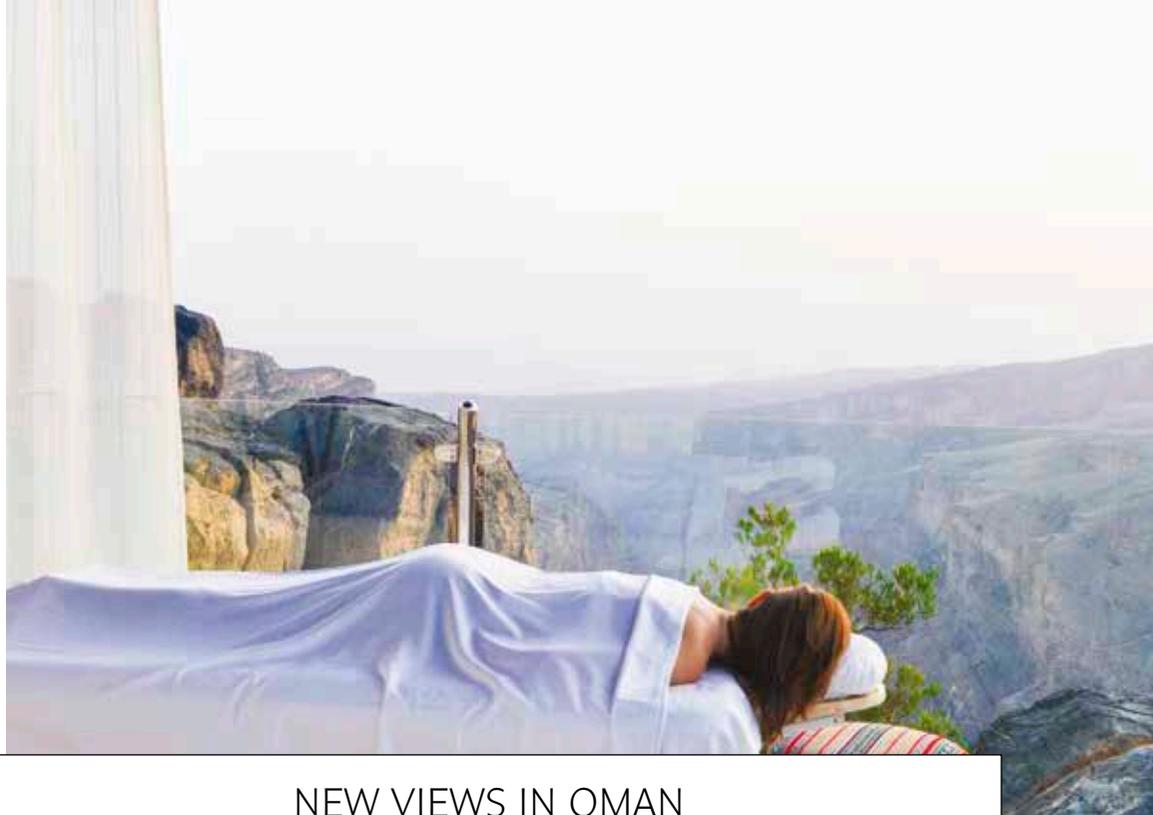


PINK HAND, WHITE HEART

The Breast Cancer Network Australia (BCNA) has been overwhelmed with support over the years, with the spa industry one of the newest players in this team. Through annual organised spa days, Spa Wellness Travel raises funds for women who have been affected by breast cancer. At select spa locations around Australia, \$10 from each treatment is donated to BCNA to offer women 'touch, love and support' through these difficult times. spawellnesstravel.com.au

TechnoGym at sea

Touted as the Ferrari of gym equipment, TechnoGym offers a selection of programmes and smart entertainment options that help keep you fit, energised and flexible. The Italian-designed range provides a selection of cardio, strength and functional equipment, topped off by a digital cloud-based platform. With its sleek, design-forward aesthetics, TechnoGym is a coveted addition to fitness centres in luxury hotels and aboard cruise lines, including Ponant, where passengers can work out with ocean views. The brand has taken this relationship further with MSC Cruises, curating a Wellness Experience fitness package at sea. au.ponant.com msccruises.com.au



NEW VIEWS IN OMAN

At 2000 metres above sea level, incredible views meet exquisite pampering services in Oman with the introduction of Alila Jabal Akhdar's new spa offering. The designers of Spa Arbour have engaged with the natural beauty of the Al Hajar mountains by creating an open-air spa where treatments are done on the edge of the canyon. Spa Alila has three treatments unique to Spa Arbour to help invoke relaxation after a day full of activities. Therapies 'On the edge', 'Heart of the Mountain' and 'Reach your Peak' all consist of a revitalising massage with essential oils and include sessions for singles or couples, for either 60 minutes or 90 minutes. alilahotels.com

ROW WITH STYLE

Technogym, the leading Italian manufacturer of design- and technology-driven fitness equipment, presents SKILLROW – the first indoor rowing equipment designed to improve anaerobic power, aerobic capacity and neuromuscular abilities all in one solution.

Dedicated training programmes and tools are available on the SKILLROW APP, enabling users to monitor and track their results to achieve real-time feedback on the training metrics to guide and improve their performance.

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