

# Southern Spa Experience



## Suggested itinerary duration:

9 nights, plus a night or two at your arrival or departure destination as desired.

Explore, experience and immerse in the peace and tranquillity of nature's most spectacular landscapes at Australia's Luxury Lodges. And be sure to restore, pamper and indulge at the signature spa's that are an intrinsic part of the offering at these lodges.

From Melbourne, 80min drive to Lake House or arrange to arrive via scenic flight.

1

## Lake House

Daylesford, Victoria

3 nights

**Lake House** lies on the shores of idyllic Lake Daylesford in the heart of **Victoria's Spa Country** just 90min from Melbourne. This region boasts more natural mineral springs than anywhere in the southern hemisphere. The Spa is an oasis of tranquillity offering decadent rituals, mineral soaks and massages designed to transcend you into a state of deep relaxation.

### What will I do there?

- Signature Spa Experience - Private Treetop Mineral Spa, using 100% pure Daylesford mineral water and set in a magical location, private circular spa tubs sit in secluded tree top cabins and look out through the waterfront willow trees.
- If you seek a more internalised approach to wellness, local Master Diederik Haneveld offers his 30+ years' experience with private tutorials in Tai Chi, including Qi Gong breathing exercises and still and moving meditation.
- Mineral Springs - dotted throughout the Daylesford village and the Wombat State Forest, these springs are accessible along a tranquil forest walk.



90min drive to Melbourne Airport, 1hr flight to Hobart Airport, 2.5hr drive to Saffire Freycinet or arrange to arrive via scenic flight.

2

## Saffire Freycinet

Freycinet, Tasmania

3 nights

Discreetly positioned overlooking the **Freycinet** Hazards Mountains, and the pristine waters of Great Oyster Bay, staying at **Saffire Freycinet** is an experience designed to enrich and uplift, giving a new perspective in this unique environment of pure air, pure light and pure water. Highly skilled therapists and masseurs at Spa Saffire can help you achieve your highest health and wellness potential.

### What will I do there?

- The Hazards Heated Stone Relaxation - restoration combines with the La Gaia Personalised Facial to create a heavenly experience of relaxation.
- All suites have yoga mats, and individual and personal yoga classes can be arranged on site. With full gym facilities and excellent jogging trails, you don't have to interrupt your personal workout rituals.
- Stretch your legs with a relaxed 2hr tour combining two of the popular shorter walks of the Freycinet Peninsula - Cape Tourville with its stunning views of the Tasman Sea as well as glimpses of Wineglass Bay and the hidden gem of Sleepy Bay.



2.5hr drive to Hobart Airport, 2hr flight to Sydney Airport, 2.5hr drive to Emirates One&only Wolgan Valley or arrange to arrive via scenic flight.

3

## Emirates One&Only Wolgan Valley

Blue Mountains, New South Wales

3 nights

Experience the breathtaking beauty of conservation-led **Emirates One&Only Wolgan Valley**. Freestanding federation-style villas showcase spectacular views, each with private swimming pool, double-sided fireplace, peaceful verandah and 7,000 acres of nature to explore. Discover One&Only Spa, a sanctuary of wellbeing that embraces the essence of the **Blue Mountains**.

### What will I do there?

- Mountain Aromatherapy Massage – this signature massage encapsulates the essence of Wolgan Valley. Using specialised oils inspired by the natural surroundings, Spa Therapists will ease stress from your muscles using aromatherapy-inspired techniques.
- Participate in selection of custom pilates workouts in collaboration with Fluidform or the outdoor group yoga sessions combining meditation, movement and breathing.
- Private Pool – each villa features its own private, temperature-controlled pool. Spend the afternoon in the lap of luxury, as the sun begins to set on another breathtaking day in the Greater Blue Mountains.



*Travel tip* Discover more inspiring **wellness** and **wellbeing** experiences designed to rejuvenate and rebalance and take some well-deserved time out for you.

The **Luxury Lodges of Australia** are more than just a place to stay. They are devoted to connecting their guests with an experience of place, reflecting their region and the depth and diversity of Australia's luxury. These **itineraries** are a guide only as transport options and desired number of nights may vary. Prior to or upon arrival, a personalised itinerary can be created by expert lodge hosts. **Planning Tips:** Take a look at these resources to assist with planning: **what's included** at each lodge, **what to do when** at specific times of the year and to identify additional **experiences** available. **How to Book:** For availability, rates and to book, contact each lodge individually or speak to your trusted travel advisor. Find out more at [luxurylodgesofaustralia.com.au](http://luxurylodgesofaustralia.com.au)