Luxury Lodges of Australia Media Backgrounders: DNA Series (4 of 11)

# Our DNA:Wellness and Wellbeing

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| Just as the meaning of luxury is far from gold taps and marble at LLoA, the concept of wellness and wellbeing for guests at the lodges is much more than just a spa. Wellness at the lodges embraces spa treatments using locally sourced, botanically based beauty products as well as the chance to partake in yoga and meditation, forest bathing and hiking. For many guests at the lodges, simply spending time in nature, in an extraordinary landscape with a loved one, friends or family is the ticket to wellbeing, rejuvenation and happiness. Find out more [here](https://luxurylodgesofaustralia.com.au/experiences/spa-and-relaxation/). Some of the standout wellness experiences across the collection include: |
| Silky Oaks LodgeThe Daintree, QLD | The pure, fresh waters of the Mossman River flowing through the ancient Daintree Rainforest is known for its healing properties, identified by the region’s First Nations Kuku Yalanji people. At Silky Oaks Lodge the Healing Waters Spa channels these ancient healing beliefs in its spa treatments and bathing rituals. Outside, a plunge into the Mossman River itself is an ‘aha’ moment that may be addictive! [More](https://luxurylodgesofaustralia.com.au/activity/healing-waters/) |
| Lake HouseDaylesford, VIC | The Daylesford region is renowned as having the largest concentration of natural mineral springs, which are readily accessible for visitors to the area. The Spa at the Lake House transforms the local thermal spring water into luxurious and enriching spa treatments. [More](https://luxurylodgesofaustralia.com.au/activity/mineral-water-springs/) |
| Emirates One&OnlyWolgan ValleyBlue Mountains, NSW | Set in the Blue Mountains wilderness, guests can opt to relax in the spa, join a Pilates session, hike the mountain trails or set out on an invigorating mountain bike adventure. [More.](https://luxurylodgesofaustralia.com.au/activity/wellness/)  |
| Saffire FreycinetFreycinet, TAS | At Saffire’s Day Spa, guests benefit from Tasmania’s natural elements drawn together with luxury spa products to renew energy. Relaxing massage, full body exfoliation and holistic treatments promise to return guests to the world utterly renewed. Outside, a walk to Wineglass Bay is a breath of fresh air. [More](https://luxurylodgesofaustralia.com.au/activity/saffire-freycinet-day-spa/) |
| Longitude 131˚Uluru, NT | Spa Kinara – Kinara means ‘moon’ in the region’s First Nations Anangu Pitjantjara language and the intimate space has been designed with outback shelters or wiltja in mind, as a sanctuary from the hot desert outside. Treatments feature bush botanicals and a special wellness tincture called irmangka-irmanga, renowned as a cure-all and made from the leaves of Salted Emu Bush, handpicked from the outback by the ladies in the NPY Women’s Council social enterprise. [More](https://luxurylodgesofaustralia.com.au/activity/australian-outback-spa-kinara/) |
| El Questro HomesteadThe Kimberley, WA | Guests at The Homestead have exclusive access to the Zebedee Thermal springs, a naturally occurring oasis of waterwalls, springs and pools set in a beautiful, palm-fringed gorge in the remote outback. The warm, mineral-rich are perfect for swimming or soaking in the serenity. [More](https://luxurylodgesofaustralia.com.au/activity/exclusive-use-of-zebedee-springs/) |
| The LouiseBarossa Valley, SA  | It’s hard to choose a more idyllic destination to relax and restore than the Barossa Valley, where gently rolling hills are crisscrossed with sundrenched vineyards and patchwork of pastures. The Louise partners with Barossa Wellness to craft retreats with yoga, meditation, spa treatments and spa foods to take a step out of the everyday [More](https://luxurylodgesofaustralia.com.au/activity/yoga-meditation-wellness-barossa-valley/) |