

Spoil The Senses



Suggested itinerary duration:

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

In today's busy world, taking time out to relax is acknowledged and revered as one of life's true luxuries. At Australia's Luxury Lodges, pristine natural environments combine with outstanding spas to create a healing escape. Walk barefoot on the beach, breathe and stretch with yoga, eavesdrop on soothing rainforest sounds, and rejuvenate with some of the best spa treatments in the land, immersed in the peace and tranquillity of our most spectacular Australian landscapes.

From Cairns Airport, 70min hosted transfer to Silky Oaks Lodge or arrange to arrive via scenic flight.

1

Silky Oaks Lodge

The Daintree, Queensland

3 nights

Silky Oaks Lodge offers guests a stylish escape in the cool calm of the **Daintree Rainforest**. The Healing Waters Spa is inspired by ancient beliefs that celebrate the water in the Mossman River as a renewing and life-giving force.

What will I do there?

- Signature Spa Experience – The Relaxation Ritual begins with a signature body massage to rebalance energy meridians. Lulled into a deep state of tranquillity, an exfoliating facial follows before a rich mask and facial massage restores the skin with radiance.
- Join the daily guided yoga class each morning, designed to suit all fitness and experience levels. Held in an open-air pavilion, cares slip away with the soothing sound of the Mossman River.
- Take a dip in the exhilaratingly fresh billabong. Float gently in calm waters or perch among ancient boulders and experience the sensation of a natural spa bath as the river tumbles past.



70min hosted transfer to Cairns Airport, 1.5hr flight to Hamilton Island Airport, 10min hosted drive to qualia.

2

qualia

Great Barrier Reef, Queensland

3 nights

Surrounded by the beauty of the **Great Barrier Reef**, **qualia**, is truly special place where everything has been meticulously considered to completely spoil the senses.

What will I do there?

- Signature Spa Experience – Capturing the essence of the Whitsundays, this signature treatment will engage your senses in the aromas of our pristine environment. Revitalise your skin with a bamboo and macadamia exfoliant, replenish lost minerals with a kaolin clay balancing body masque, and be cocooned in the warmth of the islands with focused heat therapy to melt away areas of tension.
- Take part in wellbeing classes held at the qualia meditation pavilion. Classes include yoga, core strength, stretch and sunset meditation.
- Unwind on a sunbed adjacent a beachside infinity pool and be cooled by gentle breezes as time drifts by amongst the calming palette of blue sea.



10min hosted drive to Hamilton Island Airport, 1.5hr flight to Brisbane Airport, 2hr drive to Spicers Peak Lodge or arrange to arrive via scenic flight.

3

Spicers Peak Lodge

High Country, Queensland

3 nights

Located on 8,000 acres at the peak of the ridge, with breathtaking views of the World Heritage listed **Main Range National Park and Scenic Rim, Spicers Peak Lodge** is Queensland's highest mountain lodge retreat. Purpose-built Spa Anise, encompasses specially designed treatment rooms and is the perfect way to unwind after a day spent exploring the natural beauty of the surrounding landscape.

What will I do there?

- Signature Spa Experience - Volcanic Rhapsody is a detoxifying body wrap treatment designed to combat cellulite prone skin. Lemongrass, French cypress and blue volcanic clay provide purification, marine nutrients hydrate during the Soothing Full Body Massage concentrating on stimulating lymphatic flow.
- A picnic hamper can be delivered to one of many scenic picnic locations around the 9,000 acre grounds. Take a mountain bike ride or walk and arrive at the desired location to chilled champagne, a delicious picnic, stunning views and nothing to unpack.
- Cool off with a dip in the infinity edge swimming pool or soak in the luxurious outdoor spa.



Travel tip Wellness travel can have a positive impact on where you are, as well as how you are. More than just spas, the Luxury Lodges of Australia can offer **wellness and wellbeing** experiences via a powerful reconnection with nature to inspire and explore knowledge, inner peace and mindfulness.

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