

## Editor's Pick

### SPA IN THE CITY

I decided to visit the first spa to hit the Cairns city this month. I thought the ultimate test of its stress relieving treatments would be to rock up on the doorstep with my stress levels at an all time high – yes, I turned up on the week of our deadline to see how good it really was!

When booking, I asked them to recommend the best treatment for me to get me back in balance. The friendly team at The Spa suggested I take the 1 hour, 40 minute 'Susu Badu' (sea spray water massage) so, I took their advice and told them to book me in.

A seductive and calming aroma floated out from the glowing entrance to greet me. The design of the spa was something that particularly caught my eye - it was clean and crisp - minimalist while still remaining warm.

I was taken into The Sanctuary for my treatment where it commenced with the Yerlo Tarni sea salt scrub and a Vichy shower in a room situated high above the city streetscape. By the time the Vichy shower was finished, I felt like all my worries had washed away.

I was then guided into another room where I experienced an indigenous inspired rhythmical and gentle flowing body massage. The therapist used a combination of pressure points and spiralling movements as well as the healing elements of frangipani, ylang ylang and sandalwood to refresh and ground my spirit.

Once the treatment was over and I had almost drifted into another zone, I was taken into a lounge area which was a blissfully created with large cushions and lounges where I was encouraged to sit back, enjoy herbal teas and read books until I was ready to leave.

I can honestly say it lived up to my expectations. I went in with a million and one things on my mind and came out floating and unable to remember what I was stressed about before I entered.

**To book contact The Cairns International Hotel on 4050 2124**



