### SPA BY JW, JW MARRIOTT **GOLD COAST RESORT & SPA**

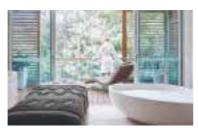
Ensconced in a velour robe the colour of whipped cream, I collapse into the curves of a chaise longue and try to remember my name. I've just emerged from an aromatherapy massage and facial combination designed to deliver "calm". It's worked so well I'm practically catatonic. Open since July, the Spa by JW is the Gold Coast's newest hotel day retreat. Reached via a candlelit corridor, the neutral palette contains hints of blush, while Japanese-style foliage amplifies the air of restrained luxury. There are six sublime treatment rooms, including a couple's space (above) containing a freestanding stone



bath and twin showers. A relaxation area, Finnish-style sauna, and steam room with fully adjustable water jets invite guests to linger. Posttreatment, I indulge in a "wellbeing high tea" comprised of morsels such as lavender scones and smoked salmon atop sesame bark. Massages from \$200 (60 minutes); wellbeing high teas, \$79 a person. spabyjwgoldcoast.com

#### ONE SPA, RACV ROYAL PINES RESORT

A soaring bell tent typically spells circus, not spa. But add abundant white orchids, billowing drapes, fragrant oils and a soothing soundtrack and you've stepped inside One Spa. Set amid the rolling golf greens of the sprawling RACV Royal Pines Resort, One Spa refreshed its decor and menu a year ago. A new partnership with Australia's LaGaia Unedited skincare brand also brought the latest tools and techniques, including the Akwaterra massage implements my therapist is wielding. They look like doorknobs but, when heated, deliver a delicious hot stones-style experience. Along with a tingling back exfoliation, thermal mud application and



pressure point massage, it's all part of the 90-minute Calm ritual. A range of other treatments, including Vichy showers, are available. Allow time afterwards to kick back in the relaxation lounge with herbal tea, filtered water and a scoop of sorbet. Calm One Spa ritual (90 minutes), \$250.

racv.com.au

# Gold Coast spas

Relaxation and pampering await at these peaceful hotel havens

**DENISE CULLEN** 

#### CHUAN SPA, THE LANGHAM GOLD COAST

I'm cocooned in white towels as my therapist paints sticky gel along my forehead creases, laugh lines and assorted other crinkles. To these, she affixes micromagnets the size and shape of sturgeon caviar, which are said to repair skin by boosting hyaluronic acid, collagen and elastin production. Do they work? At the end of my facial at Chuan Spa, my furrowed brow has softened, my cheeks seem plumper and my eyes are brighter. But whether it's the micro-magnets, or the blissful acupressure-based Chuan Harmony Massage that preceded them, is difficult to say. Either way, Chuan Spa, which opened late last year at The Langham Gold Coast, promotes rejuvenation. Traditional Chinese medicine



principles are expressed at every turn, from essential oils based on the five elements to posttreatment teas. Afterwards, I curl up in a dream pod, and nibble on a cranberry and chia slice. Chuan Harmony Massage, \$290 (90 minutes); Qi Beauty Age-Defying Micro-Magnets facial, \$350. langhamhotels.com/en

#### SPAQ, QT HOTEL **GOLD COAST**

It's not hard to find the hammaminspired steam room at SpaQ. Channelling the QT Hotel Gold Coast's irreverent spirit, it's behind the door marked Hot and Steamy. And forget standard fluffy white bathrobes. Here, you'll don a hooded robe with Aztec print and cheerful crocheted slippers. I sink on to the steam room's multicoloured mosaic tiles and let my mind unspool. Spending time in here is the perfect way to prepare for a spa treatment, says manager Sarah Hayes. The temperature is soothing, not searing, leaving me ripe for a "freshly picked treatment" (which means you decide what you



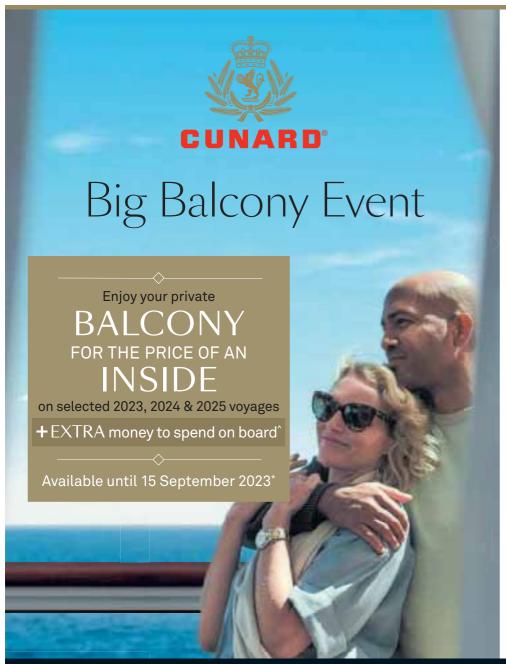
want on the day). I agonise between "relax" and "thermal" massage styles, so my therapist skilfully blends both, unravelling the knots in my neck, while leaving my limbs loose and flexible. Longer "Goldie signature" experiences, such as the Weekend Warrior's scrub, massage and facial, offer the ultimate in indulgence. Massages from \$165 (60 minutes).

qthotels.com

Nagasaki Tokyo

Miyazaki

Rabaul



#### QUEEN ELIZABETH QUEEN ELIZABETH Sydney to Tokyo Fremantle to Melbourne 6 nights 18 nights 27 Nov - 3 Dec 2023 • Q334C **10 - 28 Mar 2024 •** Q411



Onboard Credit US\$190 Inside fare from\* \$1,899 \$5,149 Inside fare from\* \$5,149 US\$270 Balcony fare from\* \$1,899 Balcony fare from\*

per person twin share\* For more information and to view all fares, visit cunard.com/Q334C

per person twin share\* For more information and to view all fares. visit cunard.com/Q411

## To book visit cunard.com, call 1300 362 365 or contact your travel agent.

\*Fares are cruise only, per person, in AUD, in complete twin accommodation, based on staterooms as specified available at time of publication, inclusive of

\*Fares are cruise only, per person, in AUD, in complete twin accommodation, based on staterooms as specified available at time of publication, inclusive of all discounts, taxes, fees, and port expenses (which are subject to change). Additional amounts apply for other stateroom categories. Campaign commences 25 July and ends 15 September 2023, unless sold out prior. Churard has set aside a reasonable number of staterooms which are available at these fares. Once this allocation is exhausted, fares may revert to a higher fare, but may also be discounted. Some Oceanview and Balcony staterooms may have an obstructed or sheltered balcony stateroom is the cost of a lead inside stateroom. Offer excludes 01, 02 & 03 category staterooms. Offer is subject to availability, 4Big Balcony Event offer means an unobstructed or sheltered balcony stateroom must be booked at the time of making reservation to secure the offer. Fares shown are the fares for a lead inside stateroom as launched into the market in Feb 2022, May 2022, December 2022 and March 2023.

\*\*On Board Spending Money ('085') is per person in USD. Amount varies by stateroom type and itinerary duration as specified and is applied to the first two guests only in a room. For cruises 2-6 nights, there is no 085 applicable. Onboard Spending Money is non-refundable, non-transferable, cannot be redeemed for cash, cannot be used in the medical centre or casino and expires at the conclusion of your cruise. OBS offer valid for new bookings only made during the Campaign Period. Vaccination requirements may apply, and government guidelines may result in a requirement to quarantine during or after your cruise and may restrict your ability to participate in shore tours or disembark the ship at ports we visit during your cruise. See www. cunard.com/saling-with-confidence for more information. Guidelines are subject to change without notice and as such, our actual cruise offenings may vary from the descriptions provided and images displayed. Cruise timeraries are not guaranteed. To be read in conjunction with the Terms and Conditions at cunard.com/en-au/legal which passengers will be bound by. A 1.1% surcharge for Visa and Mastercard and a 2.75% surcharge for AMEX applies to direct bookings made through our call centre and website. There is no charge for debit card payments. Whilst all information is correct at the time of publication, offers are subject to change. Please check with Cunard at the time of booking. Travel agents may charge additional fees - check with purchased accent Carnivia led traditions of Curard ABIA 32 170,999 A/3. your travel agent. Carnival plc trading as Cunard ABN 23 107 998 443.

QUEEN MARY 2 QUEEN VICTORIA

QUEEN ELIZABETH™ QUEEN ANNE