

A U S T R A L I A N

# GOURMET

## TRAVELLER

### Spring feast

Fresh mint recipes & fun picnic ideas

Dessert heaven: creamy cheesecakes

Long lazy lunch & perfect soufflés (yes, every time)

**GREEK  
GODDESS**

THE FABULOUS  
TESSA KIROS



Strawberry  
cheesecake

P255003/00548 acp  
10  
OCTOBER 2010 \$6.95 NZ \$9.70  
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### THE BIG TRAVEL SPECIAL

INSIDER'S GUIDE TO LA GREAT SPANISH DAY TRIPS

FLEUR WOOD'S DELHI ENIGMATIC EASTER ISLAND

plus indulgent weekend escapes & Tassie's new luxury lodge



## TIME TRAVELLING AT BYRON

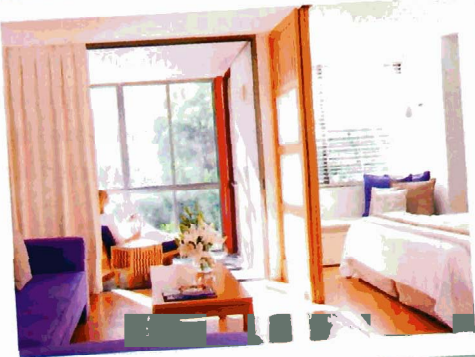
Watch yourself when you check into the Byron at Byron Resort and Spa, because time here is a fluid thing. One minute you're stepping into the lobby – all polished timber and filtered subtropical sunlight – with ideas of hiring a surfboard and running on the beach; five hours later you could still be lounging there, as we found ourselves, sipping languidly on a glass of semillon and wondering vaguely if it was time to head to our suite.

You might blame the surroundings: set within an 18-hectare spread of rainforest, The Byron wraps you into its tranquil green heart with ease. Or you might blame the hospitality of hosts Lyn and John Parché, who provide great conversation over tapas-style dishes while somehow managing to keep hawk-like eyes on this slick operation.

The resort is a place of sanctuaries – whether it's the

just-updated rainforest meditation walk complete with thought-provoking signage, stylish contemporary suites with ensuites big enough to get lost in, the leafy trails that lead to Tallow Beach, or the spa, a peaceful, closeted space offering a brand-new series of signature treatments, overseen by manager Naomi Quarrell. As befits the surroundings, she's opted to use native Australian ingredients in the treatments and products from the iKOU eco spa range and Pevonia Botanica. Do your beach run and complimentary yoga session in the morning before allowing yourself to be buffed and massaged with hot oil – because about the only thing you'll be good for afterwards is collapsing back in your suite. Signature spa experiences from \$190; two-night superior suite accommodation packages from \$770. *The Byron at Byron Resort and Spa, 77-97 Broken Head Rd, Byron Bay, NSW, 1300 554 362, thebyronatbyron.com.au* EMMA VENTURA

Rest and rejuvenate Byron at Byron Resort and Spa (above) and inside one of its superior suites (right).



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