

# body + soul

Aus \$6.95

## Summer

**WHO'S  
HAPPY  
NOW?**

RESEARCH  
REVEALS  
THE ANSWER

**ENERGISE  
YOUR LIFE**  
18 LIGHT RECIPES

**THE X FACTOR**  
CAN YOU CREATE CHEMISTRY?

**COMEDIAN  
CORINNE GRANT**  
THROWS OUT HER  
EMOTIONAL JUNK

**YOUR BEACH  
READY BODY  
STARTS HERE**

SWIMSUITS  
FOR  
EVERY  
BODY

**15**

**MINUTES  
TO SPARE?**  
A WORKOUT THAT  
GETS RESULTS

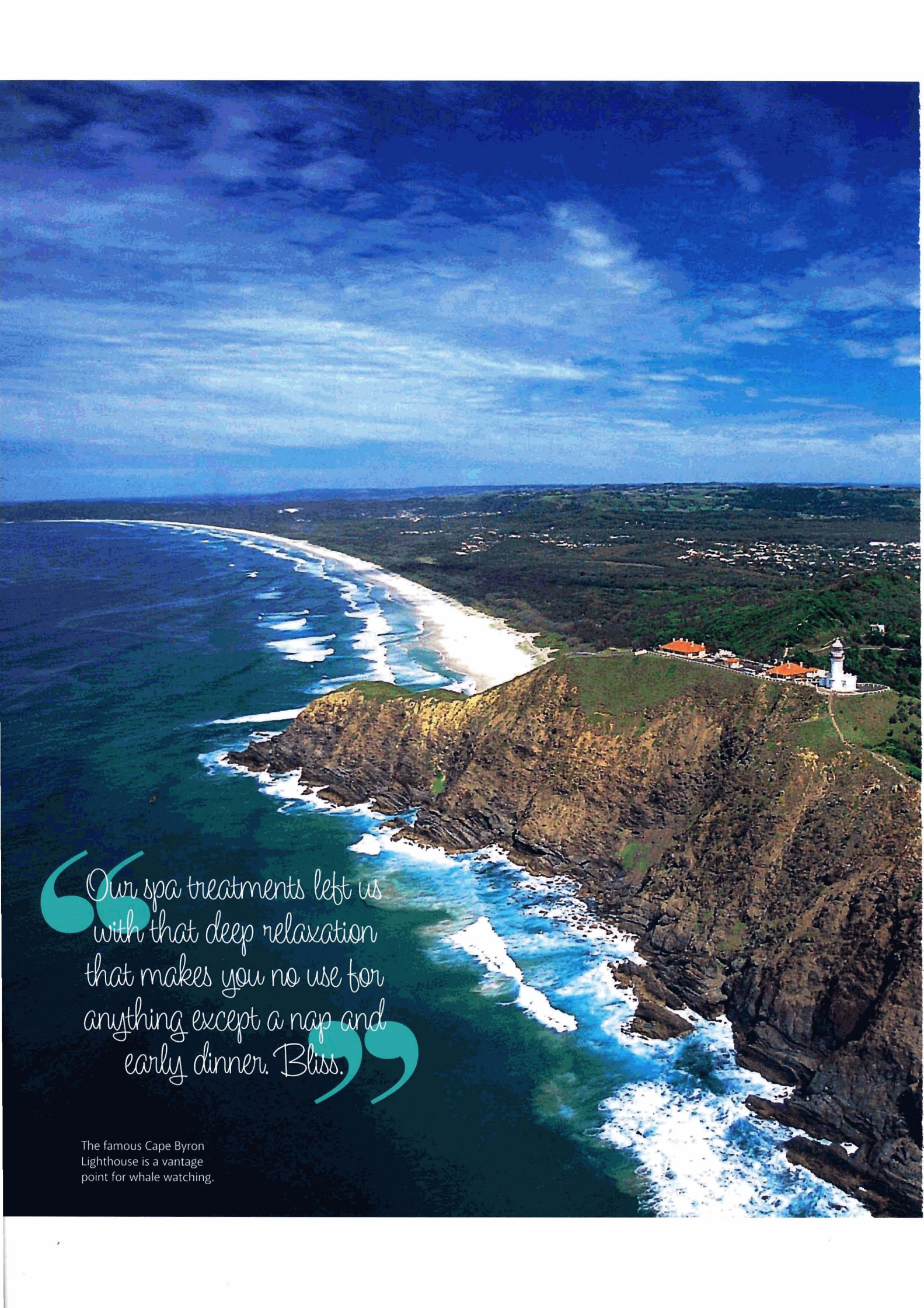


SLEEP WELL + SPA RETREATS + TECHNO TOOLS + COUPLE CONFLICT



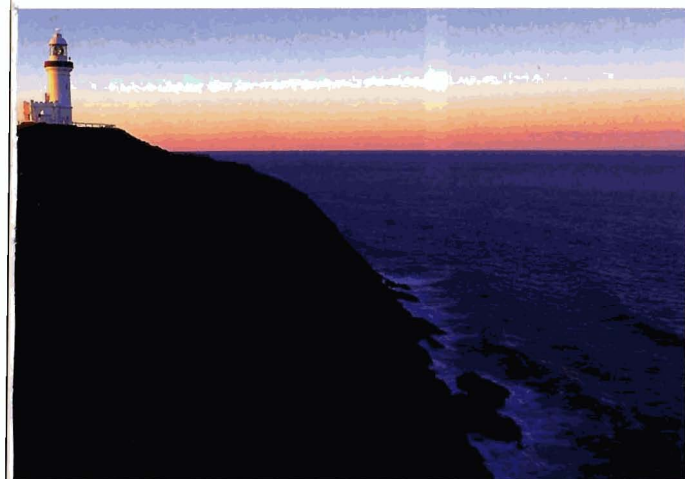
*Great*  
**ESCAPES**

LEAVE THE RAT-RACE BEHIND AND EXPERIENCE  
THE BEST OF LUXE RESORTS, THRILLING  
ADVENTURES AND RELAXING PURSUITS.



“Our spa treatments left us with that deep relaxation that makes you no use for anything except a nap and early dinner. Bliss.”

The famous Cape Byron Lighthouse is a vantage point for whale watching.



Left: the rugged Byron coastline. Below: Byron At Byron Resort's infinity pool.



## The Byron at Byron Resort & Spa

Byron Bay, NSW

Relaxation is the name of the game at The Byron at Byron, and *boy*, do they do it well. We arrive late in the evening to a warm welcome: twinkling fairy lights wrapped around palm trees, a cosy reception area and a lively restaurant that leads to a beautiful veranda, perfect for lolling around with a pre-dinner cocktail.

The Byron is set on 45 acres of rainforest and is home to a wide range of native animals and more than 90 bird species. Nature lovers can stroll along the meandering boardwalks punctuated with signs about the local flora and fauna. There's also a self-guided meditation walk, which is beautiful to take at sunset.

Apart from a trip to Cape Byron Lighthouse for a spot of whale watching and an early morning walk to nearby Tallow Beach to catch the sunrise, my companion and I barely leave the resort; there's just no need. The excellent restaurant serves meals all day and room service is also available. There are complimentary yoga classes on the spa deck each morning with wellness guru Sheldon Leon.

If you're feeling more active, you can use the gym or play a game of tennis. There's also a 25-metre heated infinity pool, which is a great spot to base yourself when the sun is shining. I could barely be prised away from my gorgeous poolside, Balinese-style daybed!

Of course, no trip to The Byron would be complete without indulging in a spa treatment, and the menu has some exciting new additions that take inspiration from the surrounding rainforest and ocean, and feature the iKOU eco spa range and Pevonia Botanica products. Our spa treatments left us with that deep relaxation that makes you no use for anything except a nap and early dinner. Bliss.

## How to get the most from your spa treatment

Marionne De Candia, celebrity facialist and spa manager at Rae's on Watego's in Byron Bay, shares her tips for a great spa experience.

### How do I choose a good spa?

Ask friends for recommendations and try to visit the spa before you book in for a treatment. It should feel warm, peaceful and safe. I also look for professionalism and good hygiene practices.

**When should I arrive for a spa appointment?** Get there half an hour early to give yourself time to fill out any forms and get changed. If the spa has a steam room or sauna, arrive earlier so you can use those facilities – particularly if you've booked in for a massage.

**What should you wear for a body treatment?** Most spas supply disposable G-strings, but bring an old pair of undies – especially for a mud wrap.

**Does it matter if you fall asleep during the treatment?** Not at all! It's a compliment to the therapist.

To book a treatment or to find out more, call (02) 6685 5366 or visit [www.raes.com.au](http://www.raes.com.au).

**Highlight of the stay** was watching whales breach off the coast. Plus sunrise at Tallow Beach.

**The food and accommodation** were fresh and welcoming, respectively. Eating alfresco on the deck gives an instant holiday feel, and the deep freestanding bath – big enough for two – was divine.

**What's different or special about this retreat** is there's everything you need, but it still feels cosy.

**More info:** call 1300 554 362 or visit [www.thebyronatbyron.com.au](http://www.thebyronatbyron.com.au).