



# ALL HANDS ON DECK

The best shipboard spas

Celebrity Solstice's Persian Gardens, left; Seabourn Encore, above; Spa Carnival, above right; Silver Muse's Zagara Spa aromatherapy, far right

## SILVER MUSE

Silversea's newest liner offers such a pampering atmosphere that a visit to the spa seems a natural segue. The great thing about a shipboard spa is being able to pop on a towelling gown in your cabin and glide direct to that scented sanctuary and then slide back for a nap. Zagara Spa, in a hushed annexe on Deck Six, has nine treatment salons with picture windows, an acupuncture suite, male and female sauna and steam rooms, beauty salon and barber shop, and an outdoor whirlpool.

Expect mood lighting, princess-worthy couches with padding and cosy covers, and a serious discussion with your therapist regarding aromatherapy oils; in my case, it's delightful Erina from Japan in charge of sampling and we settle on soothing lavender.

Therapies include facials, massages and GoSmile teeth whitening for super-shiny choppers. The facility opens from 8am to 8pm but appointments can be booked until 10pm

on request, which is a boon for nights in port when passengers could return late from excursions.

**Best treatment:** A 60-minute Elemis Thousand Flower Detox Wrap based on nutrient-packed green tea balm.

■ silversea.com

SUSAN KUROSAWA

## SEABOURN ENCORE

Fancy lazing flat out like a lizard on a warm tiled lounge while gazing out to sea, or shower-hopping from warm to cool temperatures in the thermal suite? Head to Deck 10, known as spa heaven.

The newest addition to the Seabourn stable, Encore offers conventional pampering and relaxation treatments as well as a new Mindful Living program created by Arizona wellness guru Andrew Weil. His holistic ideas on mind, body and soul work towards creating physical, emotional and spiritual well-

being via treatments and activities such as yoga and meditation.

**Best treatment:** The Amethyst Crystal Sound Therapy Massage Enhancement is an energising treatment bookended by a soothing sound shower. Relax on an amethyst bio mat and listen to the rhythmic hum from crystal sound bowls resonating around the chic spa suite. This auditory experience encourages you to chill out and "declutter" your thoughts, as gentle but strong hands work on relieving stressed muscles and computer-induced shoulder strain. Fleeting humdrum musings soon fade as relaxation mode sets in and I find myself actually humming as I return to my suite and retire for the night — at 6.30pm.

■ seabourn.com

SUE WALLACE

## REEF ENDEAVOUR

On a cruise, where spa prices swell like the sea, quantity overrules quality. So there is no

hesitation when I spot a special for three days of unlimited massages and body scrubs for \$FJ365 (\$240 or about the cost of one treatment on a big ship). As Captain Cook Cruises' Reef Endeavour is quiet this week, the Senikai Spa offer is expanded to free facials, manicures and pedicures, as if any extra enticement was required. Immediately, I sign up to bliss out.

The beauty room is in a tiny, converted cabin but it only enhances the secrecy of this "all you can treat" bargain. I start the day with a one-hour bamboo massage; in between snorkelling sessions, I squeeze in a papaya scrub; before dinner, I get my nails done.

The next morning, after a walking tour, is a foot rub and a coconut scrub. On the last afternoon I soothe my sun-kissed, salt-soaked complexion with a facial and repair my flipper-flogged feet with a pedi. As it turns out, quality matches quantity, thanks to the two fabulous Fijian therapists who work their

## LAST CABINS KIMBERLEY 2018

We have exclusive access to the final cabins for the 2018 season.

**PRICES START FROM \$12,290**  
per person twin share

Discover one of the world's last great wilderness regions with spectacular gorges, desolate mountains, and magnificent waterfalls aboard the luxury expedition ship L'Austral.

**FREE** Economy flights\*  
Pre & Post accommodation\*  
Chauffeur driven transfers to/from your airport\*

FOR DEPARTURE OPTIONS AND FULL PACKAGE DETAILS  
SEARCH OUR SITE OR ASK ABOUT PACKAGE 194



"OUTSTANDING knowledge & experience  
in The Kimberley. True Specialists"

Deb Corbett - Ponant





magic as we sail the Yasawa Islands. Bula!  
**Best treatment:** Three-day pass.  
 ■ [captaincookcruisesfiji.com](http://captaincookcruisesfiji.com)  
**LOUISE GOLDSBURY**

**SPA CARNIVAL, CARNIVAL SPIRIT**

Lie back in one of the sunbeds spread out along the windows and stare out at the endless blue sea in the Greek-inspired Spa Carnival. Next to a multi-level fitness centre, which wraps around the front of the ship, it has white-fluted columns, white linen curtains, ceramic tiled surfaces and images of Greek gods on the walls.

As well as a sauna and hair and beauty salon, the spa offers everything from hot stone massages to a detoxing seaweed wrap, acupuncture and teeth whitening. Some treatments include products from the destinations the ship visits. The Monoi body oil

used in its frangipani scalp massage and pedicures, for example, is produced using exotic tiare flowers grown in French Polynesia. The spa has 18 staff from across Europe, Asia and the Caribbean.

**Best treatment:** Signature Elemis Aroma Stone Therapy, which features Elemis products and harnesses the properties of volcanic basalt stones. Heated rocks are placed on key points throughout the body to melt away tension, while warmed oils are massaged deeply into limbs. Choose from the 50, 75 or 90-minute option for total indulgence.

■ [carnival.com.au](http://carnival.com.au)  
**ANGELA SAURINE**

**EMERALD PRINCESS**

My dining companions do a double-take. I've just slid into my seat at SHARE, the Curtis Stone restaurant aboard Emerald Princess,

looking a little different from a few hours earlier thanks to the efforts of staff at the Lotus Spa and beauty salon on board. On land I'm a practical woman, putting myself in the hands of a hairdresser only twice a year for a trim. But at sea I'm gripped by a compulsion to present a more glamorous version of me (perhaps I've watched too many episodes of *The Love Boat*).

So I present my limp locks to one of the ship's hairdressers, hoping for a transformation for that night's special dinner. As he teases and pins and sprays my flyaway hair into something swept up and altogether regal, we swap celebrity gossip and more.

We talk about shipboard life, how the water can be hard on hair after a while and about his life on land. We giggle like old friends. He's the perfect confidante and confident at what he does, deciding without asking

that my hair should be parted on the other side (such an improvement I've done it his way ever since). After dinner I practise my selfie skills, hoping to capture this rare princess moment of mine.

**Best treatment:** The salon's hair stylist worked wonders, effecting a transformation that no facial could possibly achieve.

■ [princess.com](http://princess.com)  
**KATRINA LOBLEY**

**CELEBRITY SOLSTICE**

The Finns know a thing or two about rejuvenation — the country invented the sauna — and it's this history of wellness that the Naturally Nourishing Ritual at Canyon Ranch SpaClub draws upon.

The 80-minute body treatment unites multiple experiences. It begins with a skin cleanse using organic milk, followed by an exfoliation that combines bioactive peat enzymes and antioxidant-rich Arctic cloud-berries. A mushroom and phytonutrient wrap is applied next, to stimulate your lymphatic system; when removed, you're given a spritz of oxygenated ionising mist.

There's a massage, of course, but even that is taken to the next level thanks to the use of oils infused with Arctic berries, cypress and birch, said to help with circulation. If you feel too blissed out to return to your cabin post-ritual, you can, and should, make the most of the spa's Persian Gardens. Here, you'll not only find heated relaxation lounges looking out to sea, but more Scandi-inspired indulgence, including a Finnish sauna with a hot-dry cabin, an aromatic steam room, a herbal sauna and showers where angled water jets, scents and lighting are used to create a multi-sensory bathing experience.

**Best treatment:** Naturally Nourishing Ritual.  
 ■ [celebritycruises.com.au](http://celebritycruises.com.au)  
**NATASHA DRAGUN**



**NO ORDINARY YACHT.**



**NO ORDINARY EXPERIENCE.**

**EXTRA-ORDINARY VALUE.**

**ALASKA SALE!**  
 Save up to **\$2,623\*pp**  
 LAST DAYS! BOOK BY 23 JAN '18

**14 day Wonders of Alaska & Canada Cruise starting from \$4,550\*pp**  
 From Seward to Vancouver

This is the Alaska you came to see: Glaciers calving into majestic fjords. Brown bears, bald eagles, and whales feasting on salmon under the summer sun. On your 14-day Alaska cruise you also feast on adventures from dogsledding to flightseeing, and more ports and scenic cruising than most other Alaska cruises. And while guests on larger ships transfer to tour boats to cruise Misty Fjords, and Kenai Fjords, you enjoy a front-row seat with all the comforts of your elegant all-suite yacht.

CALL YOUR LOCAL TRAVEL AGENT, OR  
 WINDSTAR CRUISES ON **1300 749 875**  
[DEALS.WINDSTAR.COM.AU/WINDSTAR](http://DEALS.WINDSTAR.COM.AU/WINDSTAR)

**WINDSTAR**  
 CRUISES  
 180° FROM ORDINARY®

\*Price is per person twin share in Australian dollars and is correct as at 16 Jan '18. Price is based on Category S1 Oceanview Suite departing 17 May '18. Advertised prices is inclusive of savings which is based on launch fare. Other stateroom categories and departure dates available, though prices vary. Price is subject to availability, currency fluctuations and seasonal surcharges. Prices are capacity controlled and can change at any time. Not included in cruise fare: Return International airfares from Australia, alcoholic beverages, shore excursions, gratuities & items of a personal nature such as spa/hair salon and boutique purchases. Other conditions apply and will be advised at the time of booking. Lic 27A003774.