

Chahoya Spa by L'Occitane, Cable Beach Club, Broome

By Sue Wallace



The smell of frangipani and other tropical blooms greet you as you enter Chahoya Spa by L'Occitane, set among manicured grounds in a quiet corner of Broome's Cable Beach Resort. Once through the doors, you know you're in for a treat as you are immediately cocooned in comfort, well before your treatment starts, in one of seven private suites adorned with original Sidney Nolan artwork. Chahoya, which is the Japanese word for *pamper*, is a nod to Broome's rich Japanese pearling heritage and the peace and tranquillity associated with Japanese culture.

While there are many treatment options on offer, the popular two-hour signature Chahoya Dreamtime treatment, inspired by the Kimberley landscape, is perfect. It uses ingredients sourced from the local indigenous community Lombadina, including Kakadu Plum, the world's highest source of Vitamin C. It starts with an invigorating Kakadu shea scrub followed by a nourishing wrap, allowing time for the native extracts that stimulate collagen for firming, brightening and rejuvenation, to soak in. A relaxing foot and scalp massage leave you feeling totally relaxed.

After a warm outdoor shower in the private courtyard, a 60-minute body massage ensures skin is deeply nourished and renewed. It's a perfect treatment after a day around the pool of the award-winning resort, or on nearby Cable Beach. cablebeachclub.com



Cool Spa, Sri Panwa, Phuket

By Lana Bogunovich

With its stunning water features, tropical plants, thatched-roof villas and a floating yoga deck overlooking the Andaman Sea all nestled into a lush, cliff-side rainforest, it's not surprising to see why this is considered one of the top luxury spa destinations in Thailand. In addition to a plunge and vitality pool, relaxation pavilions and steam room cove, there are six spacious treatment rooms, each one complete with its own ensuite bathroom, Jacuzzi, and courtyard with waterfall feature.

Fusing ancient healing rituals with modern techniques, the extensive range of treatments include Thai, Balinese, Indian and Swedish massages, invigorating herbal exfoliations and body wraps, nourishing facials, and full-service wellness packages, which can be individually tailored. Using fresh, locally sourced ingredients, including those from Sri Panwa's own garden, products are created with a focus on the healing power of nature and include pure and 'edible' body scrubs, oils, and others natural products that are pleasant to the senses and nourishing for the skin.

I choose an invigorating lavender and lemongrass oil blend for the 60-minute Sri Panwa Serenity massage and quickly drift off into utter bliss under the therapist's soothing strokes. Cool Spa calls this massage its most aromatic and relaxing, and although I've not tried the others, I definitely take their word for it. sripanwa.com