



CLOCKWISE: The stylish Earth and Skin cottage, The Bath House, a foot soak at Earth and Skin.

Earth and Skin

Inspired by her mother's breast cancer and her own IVF treatment, Louisa Hollenberg started to pursue a chemical and plastic-free life, particularly when it came to skin care.

Her passion led her to open Earth and Skin, a cruelty-free, chemical-free day spa in a reimaged Queenslander-style cottage at the mouth of the Gold Coast hinterland.

The two-hour Mountain Dreamers treatment (\$295) began with the sounding of a Tibetan singing bowl, followed by a signature earth massage and the elemental facial (customised to my skin type). It finished with a foot-relief treatment and the sounding of the singing bowl. I left with a crystal as a gift and glowing, healthy skin.

2 Regency Place,
Mudgeeraba
earthandskin.com.au

On Eagle Wings Day Spa

Sipping on a cup of chai, surrounded by green rolling hills, it was easy to pretend I was at a Swiss chalet. My Mountain Getaway package (\$210 for 3.5 hours) began with use of the outdoor spa, followed by a detoxifying sauna and a swim in the 25-metre infinity pool.

After enjoying a chocolate fondue and tea by the pool, I headed to an outside treatment area for the Cleopatra foot soak.

If I wasn't relaxed enough already, listening to native birdlife while my therapist Sabine massaged my feet with a Pure Fiji coconut scrub certainly did the trick.

The experience ended with a 75-minute massage incorporating Hawaiian Lomi Lomi elements and a scalp massage.

59 Lowry Court,
Mudgeeraba
oneaglewings.com.au

The Bath House

Sisters Charlie and Natalie Evans spearheaded the Gold Coast's vegan revolution with the Greenhouse Canteen + Bar.

Late last year, with long-time friend Phoebe Venz, they expanded into the wellness space with The Bath House, a Moroccan-inspired communal rejuvenation space at the mouth of Tallebudgera Valley.

After starting in the hydrotherapy spa, I divided my time between a eucalyptus wet steam room, a red-cedar dry sauna and an outdoor magnesium plunge pool.

I soaked, steamed, plunged and repeated for a few rounds, before retreating to the sundeck for a plant-based lunch

and sparkling wine.

In-house therapists are on hand if you wish to add a massage. I visited with my mum and sister and we instead relished the time together in a beautiful setting.

The Luxe Soak package (\$70 for 90 mins) includes sparkling wine and a grazing board.

37A Tallebudgera Creek Road, Burleigh Heads
greenhousefactory.com.au/the-bathhouse

Amy Mills was a guest of Earth and Skin, On Eagle Wings and Spa Q.

Travel info

Jetstar has great low fares to the Gold Coast from across the network.

To book, visit
JETSTAR.COM

Road to restoration

Queensland's Gold Coast is home to world-class spa retreats. Here are five wellness experiences to soothe your mind, body and soul

WORDS AMY MILLS



The Tribal Dreaming treatment at Gwinganna Lifestyle Retreat. BELOW: Inside Spa Q.

Spa Q

Spa Q offers a 90-minute "freshly picked" treatment, in which you book ahead and decide on the treatment on the day, depending on your mood.

I opted for the 30-minute Wild Thyme foot therapy (\$80) for my unloved feet and 60-minute thermal massage (\$140), a deeper style incorporating the warming properties of red pepper.

But first, I took advantage of the wet zone featuring a unisex Hammam-inspired steam room, and was already feeling blissed out when my therapist knocked gently on the door.

The deluxe foot rub – with a capsicum, menthol and wintergreen blend – was soothing, but it was the massage, with a

combination of warm pepper oil followed by cooling, inflammation-reducing essential oils, that put me into a state of deep relaxation.

I was on the verge of drifting off to sleep when, sadly, my treatment came to an end.

QT Gold Coast, 7 Staghorn Avenue, Surfers Paradise
qthotelsandresorts.com/gold-coast/spaq

Gwinganna Lifestyle Retreat

Gwinganna is strictly for guests, so it's the perfect excuse to spend a few days focusing on your health and wellness in a beautiful bush environment.

I was intrigued by the bespoke Tribal Dreaming treatment (\$410 for 150 minutes), designed for Gwinganna by senior



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You emerge from the treatment room into nature

therapist Stephen McInnes.

It's an experiential process that begins with a forest walk and intention ceremony, followed by didgeridoo healing, a treatment with ochre clay from the local region and a customised 80-minute massage that includes hot stones and Chi Nei

Tsang (an internal organ treatment).

You emerge from the treatment room into nature – not the hustle and bustle of the city – so you can hold onto this blissful state for as long as possible.

192 Syndicate Road, Tallebudgera Valley
gwinganna.com »