

WARM AND TOASTY BEAUTY

AS THE MENACING WINTER CHILL CREEPS INTO OUR HOUSES, BEDS AND TOES, IT CAN FEEL LIKE THERE'S NO ESCAPE FROM PALE FROSTY FACES, WIND RUFFLED HAIR AND ICY PINK NOSES. TAKE SOLACE IN AN UNLIKELY ALLY, AND THAW OUT WITH THESE GORGEOUS HEAT-BASED SPA TREATMENTS THAT WILL WARM YOU UP, WHILE PUTTING THE ROSINESS BACK INTO YOUR CHEEKS QUICKER THAN A DATE WITH A JAR OF VEGEMITE.

HOT STONE MASSAGE

A massage is a wonderful way to return your mind and body to a state of bliss at any time, but in winter it can seem unappealing to strip down to your underwear while praying your masseuse doesn't have cold hands! Enter your new best friends: hot stones.

The massage therapist will glide heated rocks over your body, infusing your muscles with delicious warmth and dissolving every milligram of tension and stress! This will usually take an hour to 90 minutes, so you'll be well and truly defrosted. Besides being relaxing, massage stimulates circulation and helps to shoo away any unwanted toxins, which means a healthier body for you!

Our top pick is the brand new Djurra Aveda Spa in Fremantle, where you'll experience an eco-friendly, swoon worthy hot stone massage, along with a ritual foot soak and exfoliation; for bonus warming points, check them out at djurra.com.au.

SODASHI THERMAL INFUSING FACIAL

Feeling glacial? Then how about a heated facial?! If the idea of slipping into the snuggliest, most relaxing treatment bed of all time while a spa therapist worships your face with all-natural, chemical-free skincare products appeals to you, then you're in luck with this ultra dreamy experience.

Also known as 'Nature's Face Lift', the Sodashi Thermal facial is unique. After your face has been cleansed, massaged, exfoliated and a serum and mask applied (all tailored to your skin type, of course), gauze is lightly placed over your whole face (yep, that includes eyes and mouth, but nostrils are left free to breathe!) and covered with thermal mud. Over the course of 20 minutes or so, while having your arms and feet massaged, the mud slowly heats up which allows the ingredients underneath to infuse into the skin. Neat! Towards the end it does get quite warm and it is a strange feeling to have your face wrapped up like a mummy, but the results are definitely worth it, your skin will glow for days.

HYDROTHERAPY SPA

With so many fancy beauty newcomers around, you'd be forgiven for forgetting about some of the more basic pampering options suitable for the chillier months. Take the humble spa bath for example! This is the ultimate indulgence for those who want to be enveloped in total, forget-all-your-cares luxury.

Recommended to be experienced *au naturale* (!!), most private hydrotherapy spas will have goodies such as dead-sea mud or bath salts added to make you feel extra special. The benefits of a spa are numerous and include: increased circulation, gentle water massage, relief of muscle pain and it has also been proven that endorphins (chemicals which reduce stress and promote a feeling of wellbeing) are released during use. Oh! And I forgot to mention the fresh fruit, choccy and champers that accompany this treatment – sure to make you warm n fuzzy!

If you're keen to try either of the two above delights, contact Bodhi J Health & Beauty Spa in Wembley at bodhi.com.au.



CHEAPIES

If the wallet is feeling a little light, the following recommendations should assist you towards a thrifty glow:

- 👉 Get down to your nearest yoga class for a warming stretch that will tone you up and leave you with gorgeous flushed cheeks, if you're feeling REALLY brave, then give Bikram Yoga a go – a 90 minute yoga workout in a 40 degree room, you won't be complaining about the cold after this one!
- 👉 Brew up a fresh, hot mug of rosehip or green tea, both are antioxidant-rich, which means is fantastic for the skin, and will warm you up from the inside out!
- 👉 Have your own spa at home. Run a bath, throw in some epsom salts, light a scented soy-candle, pop on a face mask and bathe your cares and goosebumps away!

BY ANNETTE GOHL

