

OCEANA DAY SPA

Most days I get offers from people to do restaurant reviews for me... thanks but no thanks. Well now that Marcia Leone has done her first day spa review, I am sure all her friends will be offering their services. I hope Marcia feels she is capable.

By Marcia Leone

The Connelly family have created a 'temple of touch and aroma' with Oceana, a unique concept Day Spa designed to indulge, detox and de-stress. Only two months old, Oceana features the exclusive range of Elemis products and an exotic blend of rituals and therapies from around the world.

Spa Manager Karen Connelly was actively involved in the process of designing the Spa, drawing on years of industry experience acquired from international training and working around the world. The quality of design and construction is of a five star standard yet to be matched in the Macarthur area and takes the pre-conceived notion of a Day Spa to a whole new level.

I was given the tour of the nine beautifully appointed treatment rooms, each individually designed to ensure maximum relaxation and tranquillity. There are four 'wet' rooms which feature a combination of custom designed showers and/or luxury slipper baths used for the Elemis Body Wraps and ceremonial bathing rituals. The other rooms are designed

to carry out dry treatments such as massage, facials and waxing.

With the combination of beautiful surroundings, soothing background music and dim lighting, I immediately felt a sense of peace and calm, and that was before my treatment had even begun.

My Oceana experience began with a consultation with therapist Simone Walton. Simone is one of the seven highly trained therapists handpicked to work at the Spa. Simone asked me questions about my current skin regime, diet, exercise, sleep patterns and other concerns which need to be addressed before specific treatments can be advised.

Simone recommended the Elemis Exotic Coconut Rub and Milk Ritual Float, a Wellbeing back massage and a Japanese Silk Booster Facial. The treatment began with warm towels on the soles of my feet and a light brushing of my body. As I lay on the warm bed trying to take in all that was happening to write this article, Simone began to exfoliate my skin with the traditional Balinese recipe of Coconut, Mungbean, Spices and Lavender.

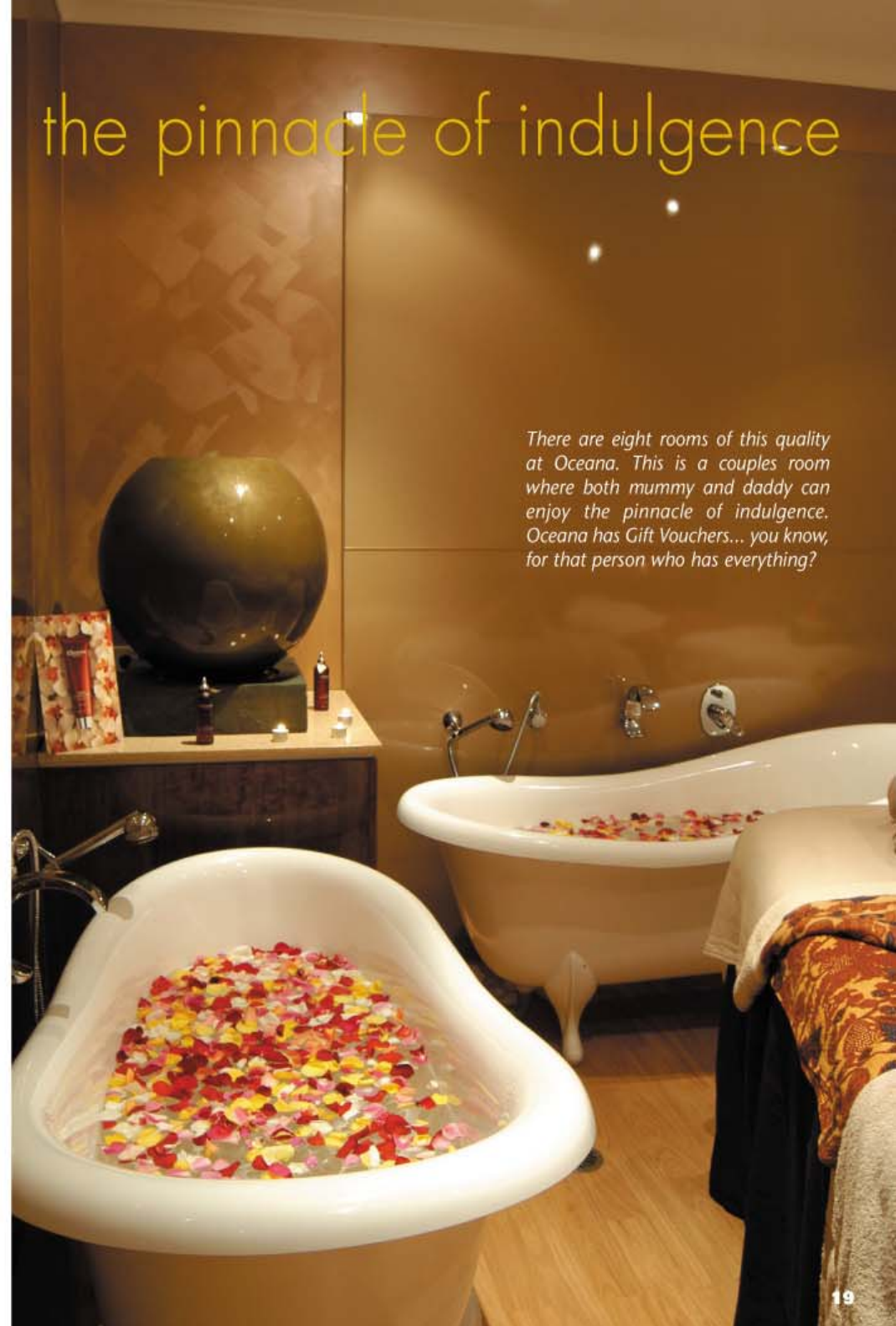
By the time the warm Skin Nourishing Milk Bath was poured over my body, every thought had flown out of my mind and I began to slip into a semi-conscious state of bliss... Article, what article?

With the coconut, Exotic Island Flower Oil and Milk Bath still on my body, I was wrapped in a

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the pinnacle of indulgence

There are eight rooms of this quality at Oceana. This is a couples room where both mummy and daddy can enjoy the pinnacle of indulgence. Oceana has Gift Vouchers... you know, for that person who has everything?



warm buoyant impermeable cocoon, also known as the 'Dry Float'. What happened next was an unexpected experience like no other. With a push of a button I was slowly submerged into a tank of warm water. It felt like floating in a warm bath, but without getting wet. I began to slip into a deep state of relaxation as my body absorbed the treatment products. It wasn't until sometime later, when I heard Simone's voice in the distance bringing me out of my blissful state that I realised I was almost asleep!

After being 'unwrapped', Simone left me to wash off my products in the custom designed shower. The entirety of the treatment was conducted in a discreet and professional manner with the environment very warm and inviting. I slipped into a robe and was taken to another treatment room for my Wellbeing back massage and Japanese Silk Booster Facial.

"The sheer power of touch, merging modern techniques with ancient lessons invokes a lasting impression and instant benefits." claim Elemis' literature. Elemis products have created a menu of treatments that embody the "The Ten Cultural Touches" that have evolved from different massage techniques practiced by many nations around the world.

The combination of the therapeutic aromas, background music and massage technique was a complete sensory experience. The smells and sounds I experienced during the massage enhanced the relaxation process and left me feeling completely stress-free.

The Elemis Japanese Silk Booster Facial did, as the name suggests, leave my skin feeling hydrated and silky smooth. This treatment was the icing on the cake and I could immediately feel the difference in my skin. It is said to be the 'ultimate in scientific holistic skin therapy'



and uses a natural Japanese Silk protein, pure plant bio-complexes and intelligent algae... and the neck and shoulder massage that goes with it is divine!

Along with the range of exotic rituals and techniques offered, Oceana also covers the basics including waxing, nails and make-up. In addition to these services, the latest in European technology - Intense Light Pulse Therapy for permanent hair reduction and skin rejuvenation is also offered.

I have to say that upon leaving Oceana and stepping back into the 'real world', I felt like a new woman, albeit a very, very relaxed new woman...a half day well spent.

Oceana is located within Aquafit Fitness & Leisure Centre. For Further information on all services offered telephone 4627 3900 or visit www.oceanadayspa.com.au.

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Yet more decadence. Oceana has two of these 'wet rooms'. The two controls for the shower are to either engage the rain shower head or the three wall mounted body shower heads if you don't want wet hair - very flash!

