



**THAT'S RIGHT** – the new spa at the 4.5-star Coconut Beach Resort is waiting to take you away from the hustle and bustle of city life to a world filled with tranquil ocean breezes and trilling birds.

My weekend getaway started with a gorgeous buffet lunch at The Cape Restaurant, where fresh prawns, salads and hot food were in abundance. While I enjoyed lunch with my husband, we excitedly anticipated our afternoon of spa treatments.

I was having the full pamper treatment with the Daintree Spa Package – a two-and-a-half-hour package, with a full body massage, facial and foot massage. As an extra treat, I also opted for a head massage to finish off my day of pampering. My husband was trying the Men's Time Out package, which included a one-hour massage, mini-facial and half-hour head massage – a rare treat for him.

Arriving at the spa, we were immediately shown around. The treatment rooms (four in total) offer the most truly relaxing experience. Set right on the beach, the rooms are positioned to make the most of the natural surroundings. And on top of all the lovely relaxing spa treatments they offer, there is a full complement of beauty services including waxing.

My room for the afternoon was spacious, with double doors opening onto a balcony with beachfront views. I opted to have my massage with the curtains open so I could enjoy the cool ocean breezes. My therapist, Karen, who put me

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immediately at ease, then went on to explain my treatments for the afternoon. Having chosen my oil for my treatments (one that aids circulation), we got down to business – not that I was doing much work.

The massage was wonderful. I opted for relaxation therapy rather than remedial and it was everything it promised to be, and more. It was slow, relaxing and invigorating. Another nice touch was a small bowl of peppermint oil placed below my nose, to clear the sinuses.

Thoroughly relaxed, I then moved onto my facial. My skin, diagnosed before my treatment as being dehydrated, was treated to a range of moisture-enhancing treatments. Karen started with two cleansing treatments, before moving onto

three different refining rituals, which included a face exfoliant, clay mask and gel mask. While waiting for my masks to set (15 minutes each), I enjoyed my foot and head massages. By this point, I was in heaven and couldn't believe almost three hours had passed since I walked through the door.

Scott was equally impressed with his treatment. He'd opted for a deeper, more remedial-style massage, and it was a hard job to loosen all those tension knots caused by long hours at a computer. His facial and head massage were also given a big thumbs up.

After we finished our treatments, we enjoyed a walk along the beach as the sun set behind the mountains. Strolling into the restaurant after our walk, we didn't think anything could top

the day we had already had.

However, our food was delicious. To start, I had the duck liver pate, while Scott sampled some native fare with the crocodile and chicken pie. For mains, I had the seafood risotto, which was generously topped with barbequed prawns. Scott had the barramundi. For dessert, we shared the lychee creme brulee with lemon lime sorbet – a fitting end to a wonderful day.

Coconut Beach Resort offers a great getaway for anyone looking to escape the daily pressures of work, and really isn't a long journey from Cairns. It is truly relaxing, offering the best in rejuvenation mixed with fantastic service. So take your short break this weekend.