

Spa Gazing

From Queenstown to the coral coast of Fiji and a villa in Bali, Trudi Brewer takes a spa journey her body will never forget.

A visit to a day spa is an investment in your wellbeing as much as an exercise in skin rejuvenation. These spas offer everything from reflexology to sugar scrubs and oil-infused facials. This is a selection of local, island and South East Asian spas and their indulgent treatments.

East Residence and Spa, Canggu, Bali

This is a spa that offers serious rejuvenation. You won't want to leave. Aside from the gorgeous garden setting to put you in relaxation mode, the villa comes with two therapists on call for your entire stay.

You can indulge in the best of Balinese treatments with a unique New Zealand flavour. Our tester chose the Balinese Natural Facial, which uses raw vegetables blended with manuka honey to give skin an instant glow. The Balinese facial massage promises to revive the most lacklustre skin, and you choose a scented massage oil to feel relaxed, revived and recharged in an hour. Afterwards, you really won't want to do anything more strenuous than a dip in the pool and a cocktail or two. The East Residence Spa, part of East Day Spa in Auckland and Wellington, costs from US\$505 (NZ\$615) per night, with packages available.

Balinese Natural Facial, US\$35 (NZ\$42), allow 60 minutes, www.eastresidence.com