

# auckland

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**K**nown as the City of Sails, the young city of Auckland is constantly rated one of the best places in the world to live. So it's no wonder its spa scene is also evolving. Taking advantage of the city's vast green spaces, beautiful waterways and of course, those beaches, there are plenty of opportunities to unwind and relax. Because it sits on the Auckland Volcanic Field, the area is also rich in minerals and hot springs which translates into wonderful boutique getaways just outside the city, perfect for "taking the waters." Treatments speak to the country's excellent natural resources with its abundance of avocados, kiwi and manuka honey (already world renowned for its therapeutic qualities) – all delicious and all perfect ingredients for spa therapies. With both five-star hotels and quaint and cosy boutique day spas in and out of the city, Auckland is definitely making its mark as a new player on the spa scene.



**FORME DAY SPA**

With six sites scattered throughout the city's fashionable suburbs and another three further afield, Forme Spa is a firm fixture on the Auckland spa scene. Turning the concept of the day spa on its head, Forme spas are located in villas and elegant buildings, and share décor themes of warm chocolate interiors complemented by white floating curtains.

Based on concepts of relaxation and rejuvenation, Forme's treatment list includes globally influenced massages, skin treatments and anti-ageing services including Lumiere Light Therapie, acid peels, IPL photo rejuvenation and IPL facial vein removal. Forme's whopping four-hour Heaven Sent package truly is a taste of paradise, starting with a Luscious Body Polish that uses seasonal natural fragrances like the Wild Lime & Coconut Sugar Scrub or Mandarin & Cinnamon Sugar Scrub to remove dead skin cells while stimulating lymph and blood circulation.

Next comes a South-East Asian Warm Bamboo Massage, which kneads and rolls out stubborn knots and relaxes tense muscles with comfortably heated bamboo rods. A Bioelements Facial follows, customised to your needs, whether they be to renew dull skin, to treat the signs of ageing or just to enjoy the pure pleasure of indulgence. To top everything off, a Luxury Pedicure using warm 'soyaffin,' which is a natural alternative to paraffin, provides deep hydration, while a relaxing shoulder massage brings one back to earth completely refreshed.

[www.formespa.co.nz](http://www.formespa.co.nz)

**TAMARA SPA**

Providing Aucklanders with a touch of India, Tamara Spa treatments combine contemporary therapies with ancient wisdom from the sub-continent. Designed to greet guests with a sense of openness and warmth, the spa's boutique ambience aims to reflect the elegance of Indian royalty.

The signature treatment offered is the Ayurvedic Chakra Surya Massage. Using natural Indian herbs and essential oils to indulge the senses, this 90-minute treatment consists of warm herbal oil being dripped onto the key energy points (chakras) of the body to balance energy flow. A therapist also employs a variety of repetitive and slow kneading, squeezing and rubbing movements in order to rid the body of toxins and impurities, leaving one feeling that mind, body and spirit are all in tune.

[www.tamaraspa.co.nz](http://www.tamaraspa.co.nz)



THIS PAGE: Chuan Spa's Touch room; Lucy and The Powder Room and Forme Day Spa treatment rooms. OPPOSITE PAGE: Chuan Spa Herbal steam room. OPENING PAGES: Rolling green hills with sheep pasture Manawatu New Zealand ©inmagine.com

**EAST DAY SPA, SKYCITY GRAND HOTEL**

The brainchild of Spa Director Ina Bajaj, East Day Spa tastefully mixes influences from east and west. Boasting one of the city's most diverse treatment menus, it offers a wide range of Balinese and Indian Ayurvedic rituals, carried out using British skincare brand Elemis, and home-grown New Zealand products. Attentive staff (many of whom are Balinese) deliver holistic healing experiences such as the Kady Vasty, a traditional Indian neck, shoulder and back massage. Other standouts include the Milk & Honey Cocoon – a treatment that starts with a detoxifying body brushing session using a natural cactus fibre brush, followed by a facial massage and hydrating body wrap. This relaxing ritual concludes with a shower and warm milk and sandalwood body splash. Bliss!

[www.eastdayspa.com](http://www.eastdayspa.com)

**LUCY AND THE POWDER ROOM**

Conveniently located in two of the city's well-established shopping suburbs, Newmarket and Takapuna, Lucy's is a fresh take on the old-fashioned beauty parlour. Offering luxury pedicures and specialty skin treatments, this pampering pitstop is a collision of 20<sup>th</sup> century class and modern day Sex and the City from the experience through to the décor. Marrying treatments with nutritional education, the parlour prides itself on its 'intelligent beauty' philosophy and offers clients prescriptive supplements to ensure ongoing benefits between visits. Indulge in the Breakfast At Tiffany's package, the ultimate in pampering, with a one-hour facial that includes a neck, shoulder and scalp massage followed by a full pedicure. Next comes a sea salt hand polish and massage

to refine and renew tired hands. The icing on the cake is a lash tint and Essential Brow treatment that will leave you looking and feeling like a movie star.

[lucypowderroom.stephenmarr.co.nz](http://lucypowderroom.stephenmarr.co.nz)

**CHUAN SPA, THE LANGHAM HOTEL**

Bringing an air of elegance to the Auckland spa scene, Chuan Spa offers the ultimate personalised spa experience. Delicate lighting leads the way to a reception where a short survey reveals each individual's 'element' (metal, wood, water, wind or fire), before a 'mood-matched' treatment is selected. Sip a Chinese-inspired tea of the day by the indoor plunge pool before indulging in a tri-bathing experience of showering, icing and sauna baking.

Chuan also devotes its therapy menu to New Zealand, in particular with the Aotearoa Aura treatment. This unique, 90-minute treatment mirrors a journey through Aotearoa (a Māori name for New Zealand). Beginning with warmed oil that is drizzled over the body and massaged in with circular motions intended to mimic the spiralling shape of the country's native koru (fern frond), the tour continues with an invigorating scrub that uses natural extracts of kelp, clay, manuka and ginger, which is sprinkled over the body, imitating a light summer rain. River stones from Hawkes Bay remove impurities and polish the body, while the natural healing properties of local manuka honey are spread over the face with pounamu, a natural greenstone that emits ancient energies. Finally, a closing body massage that repeats the circular motions of the koru bring the journey to a transformative end.

[www.chuanspa.com](http://www.chuanspa.com)



**SENSES SPA, THE WESTIN AUCKLAND LIGHTER QUAY**

An oasis of calm in the city, Senses Spa's location by the water lends to its tranquil atmosphere. Blending ancient and modern techniques, the spa takes a holistic approach to wellbeing and offers a plethora of treatment options ranging from massages and facials to body and energy work. Senses specialises in Thai, European and Ayurvedic massage, and its signature treatments allow you to choose between 'Earth' and 'Ocean' options.

As its name implies, the two-hour Ocean Memory treatment is inspired by the sea. Infused with a mixture of three types of algae, salt crystals are used to exfoliate the skin before sliding into a bathtub full of fragrant mineral salts that will invigorate any weary body. If that's not enough, a marine renewal massage replicating movements of the sea and a mineral resource body wrap of warm seaweed foam will have you emerging completely energised and floating above water.

[www.westin.com.au/auckland](http://www.westin.com.au/auckland), [www.senses.co.nz](http://www.senses.co.nz)

**SPA AT THE PULLMAN, THE PULLMAN AUCKLAND**

Just a five-minute stroll from the centre of the city, Spa at the Pullman is a stylish respite from Auckland's bustling streets. Amenities such as a spa pool, sauna, steam room and sun terrace are ideal for relaxation purposes, and the spa's broad array of massage therapy, oils and scrubs, heated stones, exotic wraps, facials and beauty treatments complete the deal. Facials use Elemis and Guinot products while massages include deep tissue or Reiki options.

The spa's quiet relaxation area allows you to peacefully settle into a zen state of mind before embarking on a session with an expert therapist. A must-try is the Traditional New Zealand Greenstone Massage, a 75-minute, authentically-Kiwi experience employing the healing and balancing properties of the *pounamu* (New Zealand greenstone). Using a combination of stones at varying temperatures in tandem with gentle, flowing massage strokes, the treatment is intended to convey the *pounamu's* special sacred 'mana', or 'life force' while providing a deep sense of calm.

[www.hyattevents.co.nz](http://www.hyattevents.co.nz), [www.spaatthepullman.co.nz](http://www.spaatthepullman.co.nz)



**OUT OF TOWN**

**INBALANCE SPA, ROTORUA**

There are obvious signs you're in Rotorua, whether it is the faint sulphur scent that lingers throughout the city or the steam shooting into the air from the roadside geysers, mud pools and crater lakes. A three-hour drive southeast from Auckland will take you into the heart of geothermal New Zealand. The reward is an assortment of spas embracing the culture of New Zealand and products from abroad. InBalance Spa incorporates the Australian beauty brand Li'Tya and New Zealand skincare range Pure Source into its range of therapies.

The one-hour Li'Tya Susu Dew Massage rebalances and realigns energy flow and improves overall wellness using pressure points combined with rhythmic, spiralling movements inspired by Australian Aboriginal techniques that are intended to ground and then uplift the spirit. Adjacent to Lake Rotorua, a waterside stroll is a great way to conclude your treatment.

[www.inbalancespa.co.nz](http://www.inbalancespa.co.nz)

**POLYNESIAN SPA, ROTORUA**

The Polynesian Spa has been accruing tourism awards for the last 15 years under its current brand, but it was providing therapeutic relaxation to royalty and religious figures for more than a century prior. Situated adjacent to a steaming tranquil lake and containing a collection of mineral alkaline rock pools which draw water from two natural springs, this tranquil setting is the ultimate place to bathe your worries away. Separated into sections – relaxation, seclusion or social – the pools are divided into adult-only and child-friendly areas.

Experience the Rotorua Mud Body Polish and Aix Spa Massage from the spa's range of Hydro Spa Therapies for a local treat. A gentle thermal mud polish that exfoliates the entire body and wipes away dead skin cells is accompanied by a full body massage using organic coconut oil under jets of warm water, hydrating skin and leaving it feeling soft and supple. [www.polynesianspa.co.nz](http://www.polynesianspa.co.nz)

**LA SPA NATURALE, PAIHIA BEACH RESORT & SPA HOTEL**

Located a three hours' drive north of Auckland in the Bay of Islands, La Spa Naturale is a tranquil, pampering hideaway. Situated beachside, the lapping waves and lush green forestry surroundings are natural relaxation remedies that complement spa treatments here. The beauty of this spa is that the local ingredients grown in the more tropical northern tip of New Zealand are incorporated into the treatments – from avocados to hazelnuts and of course kiwifruit.

The one-hour Mocha Chino Mud Wrap signature treatment is a tasty concoction for the body containing nutmeg, cinnamon and cocoa butter – all the ingredients required to make a delicious hot chocolate, but also resulting in wonderfully soft skin. While wrapped, an Indian head massage eliminates tension using aromatic oils to enhance hair and scalp. If that isn't sweet enough, then dessert comes in the form of a soothing mango and coconut body lotion.

[www.paihiabeach.co.nz](http://www.paihiabeach.co.nz)

**WAIWERA INFINITY SPA, WAIWERA THERMAL RESORT**

Attracting over 350,000 visitors per year, the Waiwera Thermal Resort is only a 35-minute drive north of Auckland. With the Hibiscus Coast and the Waiwera Valley as a backdrop, as well as naturally hot thermal pools at the resort, it's the perfect setting for unwinding.

Home to a dental spa, medi spa and wellness centre, the resort offers cosmetic treatments and traditional healing therapies such as acupuncture and cranial sacral therapy along with a wide array of massages, facials, scrubs and wraps, including a one-hour Kiwi Enzyme Mud Wrap. The spa also features a "Detox Box," a room that uses safe and naturally occurring far infrared rays to rid the body of built-up toxins and heavy metals while also helping to improve skin tone, remove cellulite and relax the mind.

[www.waiwera.co.nz](http://www.waiwera.co.nz)

THIS PAGE: Polynesian Spa hot spring overlooking the lake. OPPOSITE PAGE: Tamara Spa body massage and treatment room; Senses Spa bath.