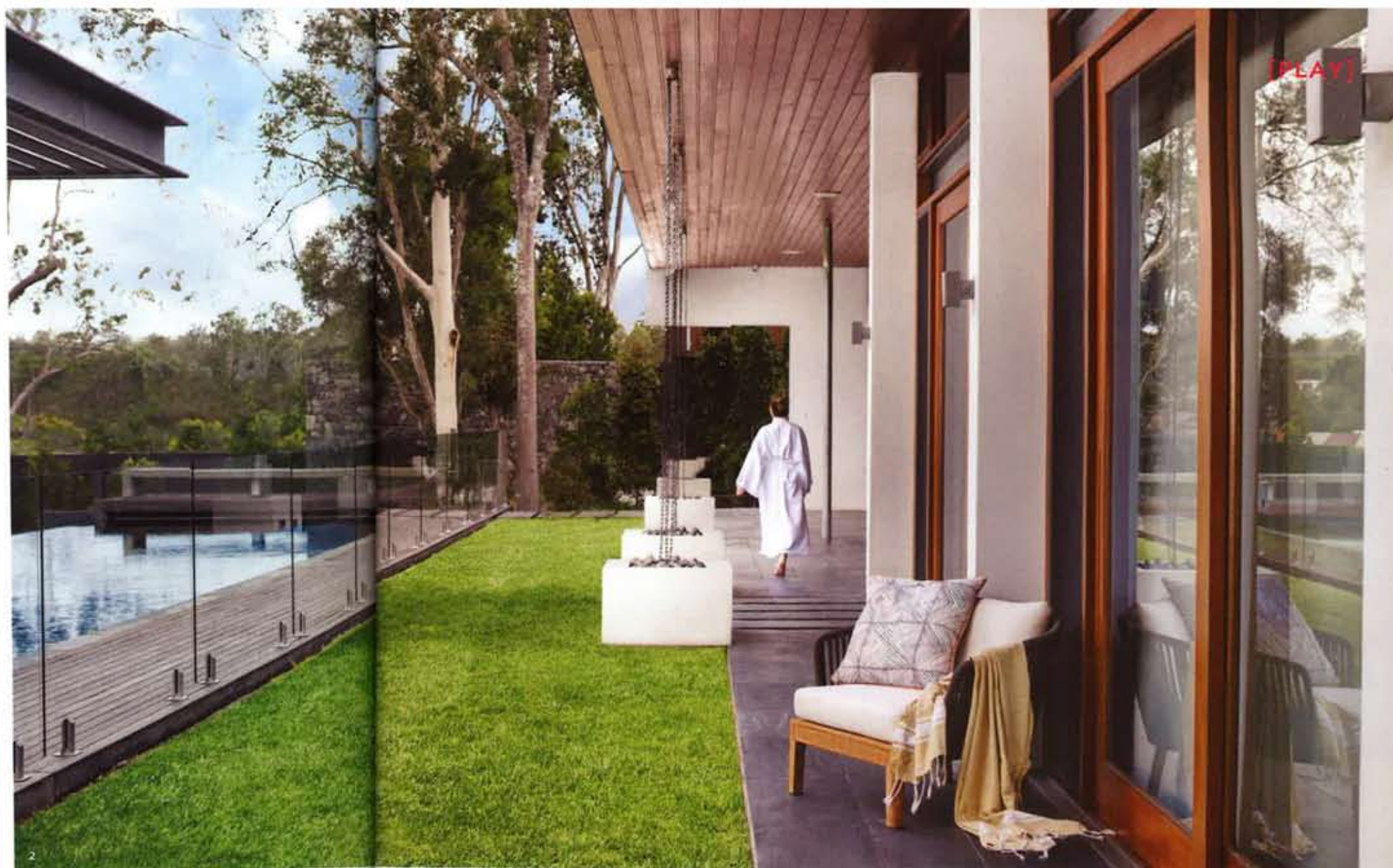


Day Spa Heaven.

PLACING EMPHASIS ON SELF-NOURISHING IS AN ESSENTIAL THING.



1. Relaxing spa room 2. Tranquil setting 3. Heather Sartain. Images by Mark Lane. More images can be viewed at our online magazine – www.indulgemagazine.net



Feeding your soul allows you to operate in the world from a centred, satisfied and healthy place, with happiness and state of mind optimised.

Finding small ways to spoil yourself, whether by exercising, eating well or taking time out for comforting pleasures is important for keeping your life in balance. Day spas, with their opportunity to escape reality for a few hours, are one of my favourite go-to indulgent delights. One of our region's newest and most exclusive day spa offerings comes in the form of One Wybelenna, a sublime haven perched at the edge of leafy Brookfield in Brisbane's hilly west. The 15-minute journey out to One Wybelenna is part of the release from the everyday as you leave the city far behind. The spa is located in a magnificent contemporary stone and wood building, originally created as a grand home in collaboration with star architect Shaun Lockyer but quickly repurposed as a place of relaxation to be shared with others.

Ayurveda aromatherapy advocate and spa founder Heather Sartain opened One Wybelenna's doors in September last year offering body and facial

treatments in generously proportioned suites. Heather's passion for wellness exudes from her peaceful demeanour. The energy of her spacious retreat is perfectly balanced for relaxation, with areas carefully established to provide guests with their own private sanctuary for replenishment. A dedicated couple's retreat offering luxurious treatments is more like a fabulous hotel suite than a spa room. Available for half or full-day bookings, 'Eumundii' (named after trees on site), with its own private garden, offers couples a range of massage and body treatments including an indulgent red wine hydro bath containing crushed red grape extracts loaded with antioxidants and vitamins to deliver pure oxygen for the skin. Sounds decadent.

Natural medicine and various holistic health and yoga studies have assisted Heather Sartain to develop an integrated philosophy towards personal health and beauty. She says, "One Wybelenna aims to provide a place of tranquillity and harmony with treatments to soothe body and mind. Our approach to wellness centres on providing a holistic approach

to personal wellbeing in a space that will cater to both women and men." One Wybelenna's therapists are trained in use of ayurvedic aromatherapy products, with premier skincare ranges chosen for quality and results. Here's a taste of the delicious menu items on offer – deluxe chocolate scrub with Ancient Thai Pinda balance body treatment, Crystal and Pearl Elixir for face and body, Youthful Skin-Blissful Body ritual, and Padabhyang Indian foot and leg massage. Positively yummy.

For those who fancy, there's also the option of booking the tennis court, or the pool area, for intimate gatherings and celebrations. As a child, Heather Sartain, who grew up in the Brookfield area, frequently came to the home formerly occupying the spa site at 1 Wybelenna Street, to play with friends whose family owned the acreage property on which it is now built. There's a lovely full circle synchronicity to the One Wybelenna story. www.onewybelenna.com

BY DANIELLE HUGHES BROWN