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**CURVES COMPETITION WINNERS ENJOY THE IDEAL GIRLS GETAWAY
AT SHOAL BAY RESORT & SPA**

Four lucky winners from a recent Curves competition were treated to a luxurious stay at Shoal Bay Resort & Spa. Lee Brown and her sisters escaped the stress of every day life and enjoyed a two night break away from Sydney while indulging in a Bronze Spa Package and the Aqua Spa's unique thalassotherapy spa experience.

Offering the perfect balance of space and outdoor entertaining, the ladies stayed in a Seaspray Villa. Modern and spacious, these Villas are located right next door to the decadent Aqua Spa and are the perfect retreat for a group of friends looking for a girl's spa getaway. The Villas also come complete with two double bedrooms, one with en-suite bathroom, a second bathroom and full kitchen facilities. A spacious terrace extends the dining and living areas to take advantage of the panoramic water views across Shoal Bay and Mount Tomaree.

You deserve to be spoiled when you stay at Shoal Bay Resort & Spa with exceptional pampering and total relaxation. This ultimate beachfront Resort overlooks the magnificent volcanic Tomaree and Yacaaba headlands and features crystal clear waterways, white sandy beaches and extensive national parks with unspoiled bushlands.

The Aqua Spas lap pool, thalassotherapy spas and fitness centre are complimentary to all resort guests, who of course have the option of indulging in the variety of treatments to revive both the body and the soul. The Aqua Spa's thalassotherapy spas have tapped into the pristine salt waters of Shoal Bay and the mineral rich waters of the surrounding sand beds to offer treatments with the elements necessary for life - water, oxygen and light.

Featuring three spa pools filled with locally sourced salt water, fresh water and mineral water filtered from the sand beds beneath the building, the Aqua Spa is modelled on facilities normally found only in Europe and is unique to the Southern Hemisphere. Providing the ultimate in water massage therapy, each of the three spa pools offer different levels of rejuvenation. The first spa is a hot 38 degree spa designed to calm, relax and de-stress the body, while

the two cooler spa plunge pools invigorate, increase tone and energy. The first of the cooler spas is filled with freshly sourced seawater at 18 degrees, while the other sources mineral water from the sand beds at Shoal Bay Resort & Spa at 28 degrees.

During their stay, Lee's sister celebrated her 50th birthday and commented that "she could not think of a more perfect way to spend her birthday". Together the four sisters put together a poem that summarised their stay:-

*Thanks to Curves and Shoal Bay Resort
We felt very indulged
Leaving families behind
To engage in some quality 'sister talk'.*

*Wonderful accommodation, champers in the fridge, Choc coated strawberries
And a heated lap pool to work off those extra kgs.*

*Bronze spa experience
Decisions to make
Massage or manicure
Facial or pedicure
It's not hard to take*

*One hour later
Two sisters with faces well nourished
Two sets of pedicured feet gleaming with polish
Two sets of beautifully manicured hands
We decide that we are the most pampered Sisters in the land.*

With Summer just around the corner, it is time to rejuvenate in the Aqua Spa at Shoal Bay Resort & Spa. Dedicated to providing the ultimate in relaxation and indulgence, the Aqua Spa is also delighted to announce the new group treatment room where you and three friends, family or colleagues can be pampered together in a naturally calming environment. This is the ideal opportunity to forget about the every day stress and take time out for ourselves. Indulge with a group of girlfriends for summer with the Aqua Spa Pamper Escape from just \$169 per person per night mid week. This package includes:-

- o 2 nights accommodation in a 2 Bedroom Seaspray Villa with water views
- o Full Hot & Cold Buffet breakfast daily
- o Bronze Spa Experience Package for each guest including a choice of 2 of the following: Back Neck & Shoulder massage, Express Spa Manicure, Express Spa Pedicure, Express Spa Facial, Dry Hydrotherapy Massage or a Full Body Spray Tan

- Complimentary bottle of sparkling wine in your room on arrival, with chocolate dipped strawberries
- Complimentary use of the Aqua Spa thalassotherapy experience, heated indoor lap pool & fully equipped gymnasium
- Complimentary secure undercover parking

Terms and conditions apply (from 31st August 08 to 22nd April 09 - excluding long weekends and peak December/January Holidays, triple share based on a 2 night stay. Weekend rates also available. To book or for more information call 1800 18 18 10.

The perfect girls getaway. Go on, treat yourself. You deserve it!

Shoal Bay Resort & Spa – proudly supporting Curves Australia....naturally.

- ENDS -

About Shoal Bay Resort & Spa

Shoal Bay Resort & Spa is the ultimate beachfront resort for couples and families alike. Including 200 luxury self contained apartments, 4 restaurants, 5 bars, the iconic Country Club Hotel and the exclusive Aqua Spa.

Shoal Bay Resort & Spa overlooks the pristine white sandy beaches to Port Stephens volcanic Tomaree headland. Shoal Bay boasts walking and cycling tracks, flat water beaches perfect for families as well as three pristine unspoilt National Park surf beaches. For the more energetic a paved pathway to the top of Tomaree affords unparalleled views of Port Stephens, all within sight and a 10 minute stroll of the resort. Port Stephens is the largest Marine Park in NSW with over 160 resident dolphins and 7000 Humpback Whales passing within sight on migration each year.

Dining options range from Catch at Shoal Bay, showcasing the freshest seafood with stunning water views, the casual alfresco dining of Sandyfoot Café, the iconic Promenade Dining Room and the family friendly Mermaids Bar & Grill. The legendary Shoal Bay Country Club Hotel is highly regarded as one of the most popular watering holes on the East Coast of Australia.

Aqua Spa includes the unique thalassotherapy mineral spas, twelve treatments rooms, group room and an extensive menu of treatments from hydrotherapy to massage.

MEDIA ENQUIRIES:

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