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THE ULTIMATE HEALTH & WELL BEING RETREAT

Nestled on five acres of beachfront property in Port Stephens, Shoal Bay Resort & Spa encompasses 200 luxurious self contained apartments. A premier four-and-a-half-star resort presenting the perfect retreat for guests seeking a health and well being escape, offering everything one needs to re-energise mind, body and spirit with a range of physical activities, a comprehensive social program, fresh dining options, relaxed facilities and rejuvenating pamper treatments. Located just over 2hrs drive from Sydney and 30 minutes from Newcastle airport, facilities include three swimming pools, four restaurants, five bars and the stunning Aqua Spa with unique 'thalassotherapy' mineral spa pools, ocean wave beds, Vichy shower and a range of wellbeing pamper packages.

Aqua Spa's unique thalassotherapy mineral 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 and mineral water filtered from the sand beds beneath the building, the Aqua Spa is modelled on facilities normally found only in Europe

The Aqua Spa's Vichy Shower, a favourite amongst day spa enthusiasts, encompasses the most popular and pampering hydrotherapy services available today offering steam, heat, mist and hydromassage – quickly restoring the vitality of the body and mind and paving the way to a new positive and healthy way of living. The shower system not only relieves aches and pains, it also assists in exfoliating the body as well as stimulating the metabolism and nervous system. This luxurious water treatment is intensely relaxing both physically and spiritually, a treatment that relies on the healing benefits of traditional spa waters.

The Aqua Spa's philosophy toward treatment is reiterated with the use of LI'TYA spa care products. LI'TYA is a unique high performance range of natural spa care products that integrate precious qualities of the Australian earth and spirit. LI'TYA combines ancient indigenous medicines and massage techniques with aromatherapy and herbalist principles. All LI'TYA products utilise naturally active ingredients derived from Australian flora, earth, sea minerals and plants.

Our exclusive Aqua Spa facilities and holistic approach towards providing luxurious treatments and pamper packages has resulted in Shoal Bay Resort & Spa being recognised as the winner for the Hunter Tourism Awards of Excellence 2009 in the category of “Health & Wellbeing Tourism”. Shoal Bay Resort & Spa delivers the perfect retreat for guests seeking a health and wellbeing escape, offering everything needed to re-energise mind, body and spirit.

The decadent, award winning Aqua Day Spa at Shoal Bay Resort & Spa is Port Stephens’ ultimate luxury day spa with unique aqua therapies, wellbeing pamper packages and holistic treatments incorporating the range of stunning products from L’TYA – Spa Care from the Australian Dreamtime which are designed to relax your mind, refresh your body and rejuvenate your spirit.

Aqua Spa’s unique wellbeing pamper packages are the ultimate holistic treatment for detoxifying, cleansing and revitalising delivered by the Hunter’s leading Health & Wellbeing Spa.

For bookings call the Aqua Spa on 02 4984 8194 or visit our website
www.shoalbayresort.com

Shoal Bay Resort & Spa....naturally.

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