

## MEDIA RELEASE:

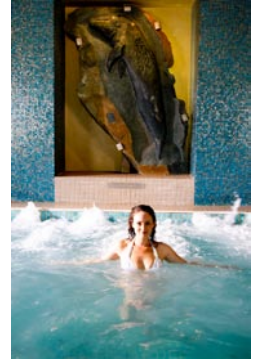
### Aqua Spa - Indulge your senses...

In seeking the ultimate in relaxation and rejuvenation, resort guests and local clients are discovering Aqua Spa, the \$5.5 million state of the art health and beauty centre, located at Shoal Bay in the Port Stephens region.

As you arrive at the Aqua Spa you will sense the tranquil ambience that makes the outside world seem a million miles away, this is a sanctuary for the inner self, to refresh and rejuvenate your spirit as well as your physical well being. Professional spa therapists are on hand in the Aqua Spa to ensure that each guest receives a personalised treatment that meets their individual needs.

The Aqua Spa encompasses: three thalassotherapy spa pools, nine treatment rooms, three aqua therapy rooms, a relaxation room, 25m heated lap pool and a cardio fitness centre.

All treatments in the Aqua Spa commence with a bathing of the feet, a ritual to enable you to clear your spirit and open energy pathways. The philosophy of Aqua Spa is strongly rooted on the delicate balance of inner calm, outer vitality, sensory pleasure and spiritual health. Many health promoting treatments are universal to both men and women, designed to suit today's hectic lifestyle.



Having so far pampered and relaxed hundreds of holidaymakers, conference delegates and local clients the Aqua Spa allows guests to experience a range of signature treatments, including: thalassotherapy, hydrotherapy, massage therapy, body and facial therapies and popular beauty treatments such as waxing, make-up, tinting and spray tanning.

The Aqua Spas lap pool, thalassotherapy spas and fitness centre are open free of charge 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. Guests enjoying treatments at the Aqua Spa can also complete the experience with a specially prepared spa cuisine to take care of the inside as well as the out.



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 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.

The Aqua Spa stocks an exclusive range of Li'Tya products, high performance products from the Australian Dreamtime and also offers a range of Spa Experience Packages and gift vouchers which will make an unforgettable gift for that special someone. Take a sensory journey to the Aqua Spa and revive your mind, body and soul.

**ENDS**

### MEDIA ENQUIRIES:

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