

beauty

Look as good as you peel

Skin got the winter blues? A little 'me' time can bring back that warm glow, writes **Rachael Oakes-Ash**.

When it comes to beauty, winter can be a challenge. Low temperatures, less humidity and moving from heated rooms to the outside elements can cause dry, flaky skin due to dehydration. When the cracked lips and rosy cheeks start to set in, you know it's time to take action.

The spa industry has done the work for you, creating winter treatments to soothe weary skin.

Lunchtime haven

Block out two hours for the Winter Weekday Escape (\$220) at The Spa at Four Seasons, Sydney. A lush vanilla and sandalwood body scrub removes tired, dry skin cells hidden beneath winter woollies. Follow it up with the Sodashi thermal infusing facial designed to boost tired skin and infuse minerals deep into the epidermis. Then finish off with the rose quartz crystal eye treatment to rehydrate the eye area.

The Spa at Four Seasons, 199 George Street, Sydney. fourseasons.com/sydney.

Spa weekend

The new Bowral Day Spa opens this week in the

Quick fix ... the spa is a saviour. Photo: Getty Images

swanky Gibraltar Hotel in the heart of the southern highlands. Winter treatments start with an ancient foot-soaking ritual and traditional Aboriginal smudging ceremony to clear any negative energy. Try the 90-minute Mala Mayia body treatment (\$238), a full-body cleanse, exfoliation, mud wrap, head and scalp massage and Vichy shower followed by a Kodo massage.

Bowral Day Spa at Gibraltar Hotel, Centennial Road and Boronia Street, Bowral. gibraltarbowl.com.au.

Winter detox

Overindulged on winter goodies? Alkaline Spa in Potts Point offers a 75-minute detox massage (\$130) that works on tension, stress and more. Dry body brushing supports circulation and stimulates the lymphatic system to drain toxins and excess fluid while also removing dead skin cells.

The body's

reflex points are then massaged to stimulate detoxification and release tension caused by lack of physical activity in the winter weather.

Alkaline Spa and Clinic, Shop 7, 91 Macleay Street, Potts Point. alkaline.com.au.

Medi spa

Winter is a good time to treat sun-damaged neck and décolletage areas as they are not exposed to as much sun. North Shore Skin Care offers the eMatrix skin rejuvenation treatment, which can treat fine

lines and wrinkles and skin pigmentation. It works by sending energy below the skin to stimulate collagen production and cell regrowth, while keeping the top layer of skin intact. North Shore Skin Care combines eMatrix with topical hyaluronic acid infusion to fully hydrate the skin, from \$450 to \$850, depending on treatment required.

North Shore Skin Care, 116 Edinburgh Road, Castlecrag. northshoreskinicare.com.au.

Take a friend

Book in for a Pure Hydration Facial (\$135) during winter at Elysium day spa in Waverley and take a friend – and your friend pays half price.

The facial deep-cleanses the skin and uses a lactic peel to dissolve dead cells. A scalp, face, neck, shoulder, arm, hand and foot massage is included, as well as a contour masque with hydrating oil capsule.

Elysium, 284 Bronte Road, Waverley. elysiumsdney.com.au.

SPA WITH A VIEW

Emirates' Wolgan Valley Resort & Spa has winter treatments in a natural setting three hours from Sydney. A giant open fireplace greets Timeless Spa guests in winter and spa suites have stunning floor-to-ceiling views of the sprawling valley. Private geisha tubs are infused with essential oils for deep soaking.

Try the Mountain Hot Stone



Therapy (\$245) 90-minute massage, designed to fully relax muscles with soothing heat, or the Timeless Signature Australian Mineral Facial (\$195), a 75-minute winter rehydrating facial using natural plant essences, warm compresses and Australian massage stones with indigenous essential oils.

Wolgan Valley Resort & Spa, 2600 Wolgan Road, Wolgan Valley, Lithgow. wolganvalley.com.

