

Autumn 2019

04

SPA & WELLNESS

INTERNATIONAL



VIETNAM

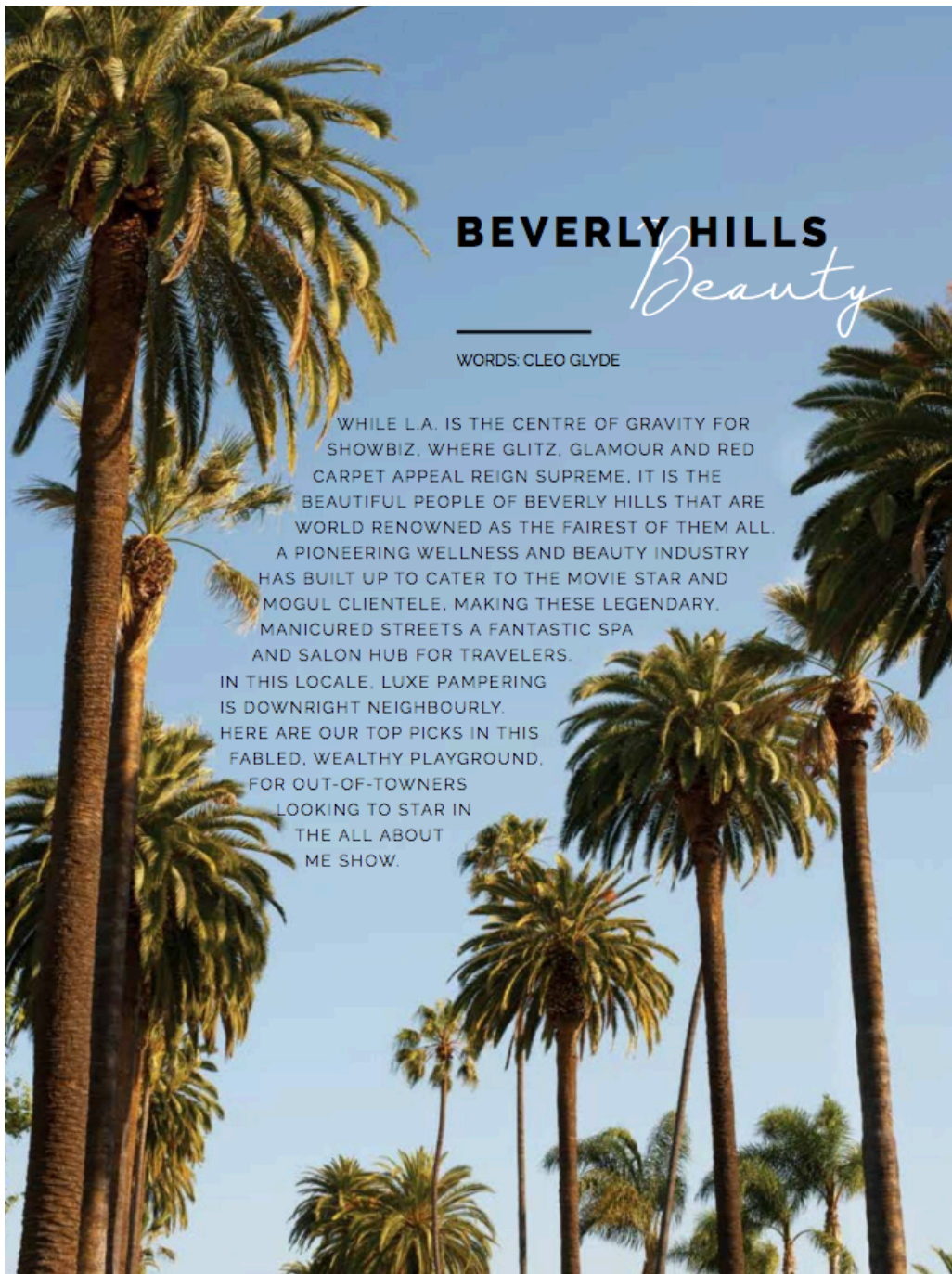
The destination that stimulates your senses

BALI & BEYOND

The best wellness spots around the globe that feed your soul

STAY YOUNG

Expert advice to keep you feeling (& looking) young



BEVERLY HILLS *Beauty*

WORDS: CLEO GLYDE

WHILE L.A. IS THE CENTRE OF GRAVITY FOR SHOWBIZ, WHERE GLITZ, GLAMOUR AND RED CARPET APPEAL REIGN SUPREME, IT IS THE BEAUTIFUL PEOPLE OF BEVERLY HILLS THAT ARE WORLD RENOWNED AS THE FAIREST OF THEM ALL. A PIONEERING WELLNESS AND BEAUTY INDUSTRY HAS BUILT UP TO CATER TO THE MOVIE STAR AND MOGUL CLIENTELE, MAKING THESE LEGENDARY, MANICURED STREETS A FANTASTIC SPA AND SALON HUB FOR TRAVELERS. IN THIS LOCALE, LUXE PAMPERING IS DOWNRIGHT NEIGHBOURLY. HERE ARE OUR TOP PICKS IN THIS FABLED, WEALTHY PLAYGROUND. FOR OUT-OF-TOWNERS LOOKING TO STAR IN THE ALL ABOUT ME SHOW.

MR. C

This bijou gem is tucked away in chic Italian hotel Mr. C (for Cipriani's, the legendary Venetian hospitality dynasty). The hotel is a discreet favourite of stars who love the residential location, away from the shopping frenzy of Rodeo Drive. The chic, modernist design and on-arrival Bellinis cast an immediate spell, and beautifully mannered, handsome Italian staff are the ultimate mood elevators.

The spa's miniature scale means that once you book a treatment, you pretty much have the whole space to yourself; the waiting room is like a private cabin to stretch out and unwind in. There are lots of grace notes - mani-pedis come with a herbal neck wrap, cue more complimentary Bellinis. Not that anyone walks in L.A., mind you, but the Travelers relief Massage is a great add-on treatment to redress our oft-neglected back, neck and twinkle toes - reflexology, scrubs and lymphatic massage are also brilliant for Aussies after that long flight. Try an aromatherapy steam and Keracell Facial and Body Wrap, which reinvigorates you from top to toe during hours of skin nourishing bliss, before that great local ritual: poolside loafing and star gazing (and outdoor cinema every Summer).

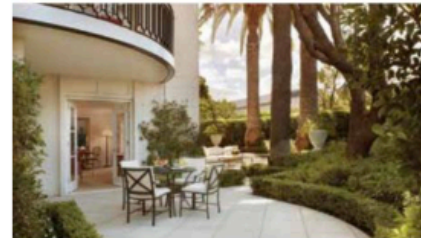
mrcbeverlyhills.com/amenities/spa

THE PENINSULA SPA

It can be hard to raise one's beauty game while on the road but time spent in the marble temple-like atmosphere of 'The Pen', one of the world's most beloved luxury brands, will soon melt away care. The stunningly appointed spa showcases the Peninsula's focus on comfort and classic luxury, the perfect refuge.

Nestling in amongst the lounge's creamy neutral palette with a ginger tea after a bracing session in the eucalyptus steam room is self-imposed diva treatment. So is walking out the door looking immaculate: the mani and deeply decadent 'Perfectly Peninsula' pedi is like a treatment in itself. Hands and feet will be so beautifully scrubbed, hydrated and massaged, you won't be able to resist raising your pinkie over your teacup at the legendary Afternoon Tea downstairs.

www.peninsula.com/en/beverly-hills/wellness



THE SPA AT BEVERLY WILSHIRE

It's your turn to be cast as the lead at Rodeo Drive ground zero, the Beverly Wilshire - the iconic hotel that has already celebrated its 25th anniversary as the backdrop to everyone's favourite adults-only fairytale, Pretty Woman. The lobby is as sumptuous and ornate as ever, in keeping with the hotel's original 1920s flair.

The spa's chandeliers-and-champagne locale is celebrated with a cheeky wink: compacts on sale sparkle and glitter with rhinestones; staff are friendly and fabulous. No-nonsense facials focus on lifting and firming, favouring clinical actives such as retinol and signature Black Diamond Powder, attracting a loyal local clientele who maintain a flawless skincare regime. The Lunar 28 Treatment even spans 28 days of exfoliating, brightening, resurfacing and pigmentation removal - sloughing off the old you faster than a first wife.

www.fourseasons.com/beverlywilshire/spa/



VICEROY L'ERMITAGE

The private, peaceful setting of this low-rise gem on a tree-lined avenue creates a residential atmosphere - local directors and actors treat it as their own pied de terre, where they can hammer out many a movie deal. But inside the intimate rooftop spa with district views, only the birdsong filters through.

The massage program focuses on deep relaxation and detoxification including a Sports or Deep Tissue, while the more sensual, rejuvenating Ayurvedic Massage incorporates a Hair and Scalp conditioning that feels hypnotically languorous and leaves you zinging and tingling. The Superfruit Body Peel packs in the goodies, only this time the pomegranate, mandarin, goji and acai aren't in your breakfast bowl, but are used as exfoliating enzymes to buff and scrub skin to smoothness. Leave aside time to enjoy the rooftop pool views around the district.

www.viceroyhotelsandresorts.com/en/beverlyhills



THE VIRGINIA ROBINSON GARDENS

We believe that one of the most pleasurable ways for wellness seekers to earth themselves and stir the soul is to enjoy a beautiful garden, whether wild or guided by human hand. The glorious Virginia Robinson Gardens surround the very first luxury estate built in Beverly Hills, home to the heir to a department store fortune and his formidable, spirited wife Virginia, who hosted Charlie Chaplin for tennis and helped create the botanical paradise that we can ramble through and enjoy today. Happily, the estate was bestowed to Los Angeles County so that one and all can make the guestlist and enjoy a peek on a guided tour.

You can almost hear the band play at those glittering Hollywood parties as you wander through six acres of cascading blooms in yellows, mauves and vermillion. Cypresses are lined like sentinels, as if in honour of the grandeur of the preserved mansion and ornate pool pavillion. Balustrades, an Italian terrace tiered into the hillside and a fountain fringed by cycads all conjure the chic of the former inhabitants' storied lifestyle - whereas a field of wildflowers and magnificently tumbling bougainvillea speak to Virginia's wild side.

This gem, located behind the iconic Beverly Hills Hotel but once the neighbourhood's pioneering property, marries Golden Age glamour and a little time travel with the glory of the natural world.

www.robinsongardens.org

SPA ON RODEO

Nothing says Beverly Hills heartland quite like Rodeo Drive. Nestled amongst the bijou boutiques, designer labels and power lunches of the magic triangle, this oasis beckons after all that retail therapy. The Day Spa caters to both ends of the beauty spectrum. Organic, earthy Californian decor, reflexology and massage all rejuvenate; cupping targets cellulite and a sluggish lymphatic system the ancient way, a nod to your inner hippie. Yet the spa also taps into modern modalities with high tech injectibles to soften the effects of aging and body procedures like Coolsculpting (which freezes fat to hasten fat loss). Finish off with a mani-pedi and you'll be battle ready for your next splurge.



www.thespaonrodeo.com

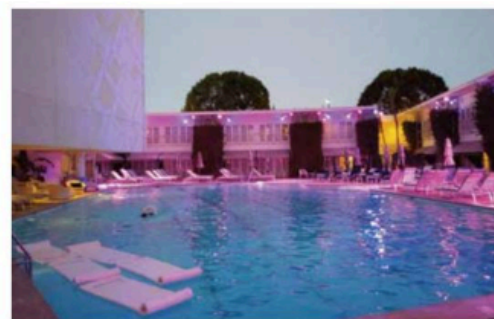
LEA JOURNO SALON AT BEVERLY WILSHIRE

LA's reigning aesthetic is 'rich-girl hair' which means glossy, with great highlights: fried or over-processed locks just won't do. Celebrity stylist Lea Journo tends the tresses of clients such as Ellen DeGeneres, Brad Pitt and Kate Bosworth, from her poolside perch at the historic, iconic Beverly Wilshire.

"The chair never lies, darling," a Lea Journo stylist tells me, as he whips my hair up into a polished mane with preternatural speed, in the white salon dotted with aquamarine chairs overlooking the pool. I mentally add another zero to my visual bank account. "This is like a second home for hotel guests, actresses, wealthy wives and everyday locals - they feel comfortable hanging out with a glass of wine and having a gossip. They love the privacy off the street and great light."

Highlights, lowlights and extensions are the preferred look - big hair rules, but with the editorial edge of Journo's magazine background. "Sexy, big, moveable... but during event season, we also have huge demand for really polished up-dos, so there is a red-carpet element, too." The salon also provides day or night-time make-up for that biscuity, sable/tan/bronzed high-polish look that says kissed by fortune, as well as the sun. You'll walk out with soigné but sexy hair that swings as you sashay down Rodeo Drive.

www.leajournalon.com



THE BEVERLY HILTON POOL

The largest heated pool in Beverly Hills has all the '60s retro charm of an it'sy bitsy, teeny weeny, yellow polka dot bikini. The refurbished poolside cabanas come to life at cocktail hour, flooded with party lighting as Beach Boys-era hits pipe throughout the hotel to start the party. Synchronised swimming optional.

www.beverlyhilton.com

BEVERLY HILLS Beauty

1 ROC EYEWEAR Showtime, \$55, roceyewear.com 2 PULSAR Women's Watch 50 metre \$199, pulsarwatches.com.au 3 La Mer Moisturising Gel Cream, \$245 (60ml), www.lamer.com.au 4 SISLEY Le Phyto Rouge, \$68, www.sisley-paris.com.au 5 YSL Or Rouge Face Cream, \$498, www.yslbeauty.com.au 6 LOVEHONEY Parisienne Plunge Longline Set, \$64.95, www.lovehoney.com.au 7 PETER THOMAS ROTH 24K CARAT Gold Mask, \$108 (150ml), www.peterthomas.com.au 8 CHLOE Nomade Eau de Toilette, \$145 (100ml), David Jones and Myer 9 Gucci & Kelly Green and Lip Definer Kit, \$49, www.gucceandkelly.com 10 JADORE 100% Boar Bristle Brush, \$49.00, jadorehairstylists.com.au