

# spirited away

The latest beauty treatments go DEEP, nurturing more than just skin. From massage with a side of MUSIC therapy to facials that feature tuning forks, it's all about the ZEN



**HOLISTIC BEAUTY TREATMENTS AREN'T NEW, BUT** lately they've levelled up. You used to have to choose between a high-performance facial or one designed to leave you feeling nurtured. Not anymore. The freshest pro treatments on the menu utilise skills that can deliver a glow which is more than skin deep.

Jocelyn Petroni's Woollahra salon in Sydney, a bastion of dramatic skin transformations, offers The Heart Chakra Prescribed Facial (\$360 for 60 minutes), which marries potency with inner peace. Skin is infused with a bespoke blend of the highest-strength actives on offer. There's a serene double cleanse, brightening AHA peel and mask. Next, a series of deep, rhythmic moves (the signature spirit-lifting Heart Chakra massage) that dissolve strain from your shoulders, neck and face.

Another go-to for compliment-inducing facials is Rationale. The Vitality Rejuvenating Facial (\$315 for 75 minutes) is packed with all the actives you'd expect but is also a sensory delight. From a luxe double cleanse and enzyme exfoliation to an antioxidant infusion, it hydrates, restores texture and leaves you lit-from-within.

At Kinder Life in Brisbane, the Calma Ritual (\$199 for 60 minutes) was created to calm body and mind. It's personalised on every level, with products and crystals chosen according to your needs. A gentle oil cleanse comes first, followed by a face massage using gua sha tools, a soothing serum and foot and leg massage to knead away stress. It's topped off with a handcrafted calming mask infused with butterfly pea powder and blue spirulina,

and a guided meditation that includes tuning-fork therapy to soothe the nervous system. The big finish? An anti-inflammatory infrared LED treatment, herbal tea and locally made raw treat.

Venustus in Sydney's Paddington has been a trailblazer in the holistic beauty space for decades. Their latest offering, the Osaka to Sydney treatment (\$411 for 75 minutes), combines Japanese techniques to release tension from top to toe. Think dim lighting, blankets hand-printed with words of love and house-made ginger tea. Theirs isn't a hardcore facial or massage, rather a full-body experience intended to nurture with nourishing skincare and specialised techniques. There's shiatsu, Tanaka facial massage moves (believed to soften early signs of ageing and boost circulation), reiki healing, hot rocks, gentle rocking to calm the nervous system and a protective chant before you float out the door.

At Chakana Day Spa + Wellbeing in Sydney's Avalon, founder Mardi Ritchie uses traditional face and bodywork techniques to access relaxation before she taps into your inner consciousness. The Ascend Treatment (\$450 for 90 minutes) is based on her decades of experience in holistic beauty and healing. It combines both facial and massage to nurture and uplift. You'll choose a custom scent that dictates the skincare used and songs sung. (If you feel iffy about being sung to, don't – Ritchie's voice is angelic.) There are sound bowls, restorative massage and hypnotic meditation. She treats the body as an instrument, tuning into its physical and emotional state to uncover, and deliver, what you need. ■

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