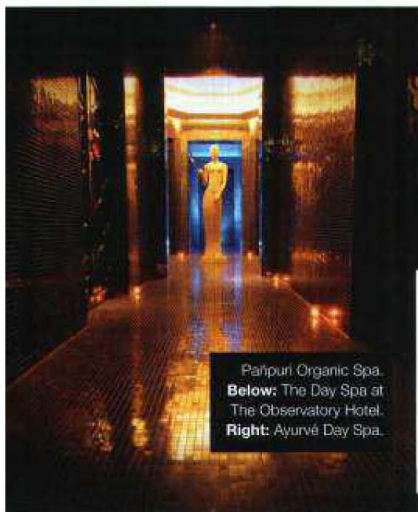


## Fashionable spots

### REST AND RELAX

When the shopping day is done, retreat to one of Sydney's many day spas. Here are the luxury havens that have fashion insiders floating on air.

*Vogue* Fashion's Night Out is more than a celebration of fashion. It's about looking fabulous, so while you're in the business of updating your wardrobe and your home with visits to the city's boutiques, markets and pop-up galleries, be sure to set aside some time to update your look at one of the city's world-class spas. Whether it's at Chi, The Spa at Shangri-La, a favourite with Sydneysiders who seek Asian-inspired healing, or The Spa at Four Seasons Hotel, which offers a fresh approach to indulgence with Australian therapy techniques, you'll be sent into a state of bliss. Many of the city's best spas use organic products in an opulent setting, to help you relax and rejuvenate. After all, a makeover is only complete if your inner wellbeing is attended to as well.



Pañpuri Organic Spa.  
**Below:** The Day Spa at  
The Observatory Hotel.  
**Right:** Ayurved Day Spa.

### Soul searcher

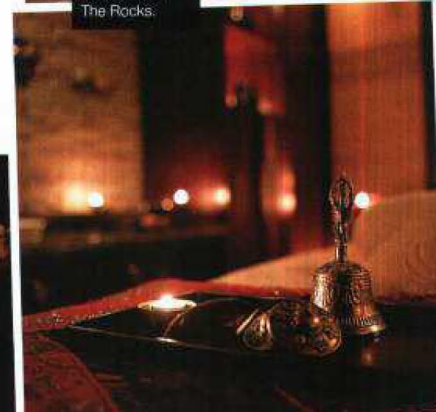
It's hard to imagine a more restful experience than a treatment at Chi, The Spa at Shangri-La in The Rocks, which draws on traditional Asian philosophies of healing to balance and restore your feeling of wellbeing. Indulge your inner hedonist with a body massage, and float away as the therapists work to release tension and encourage positive energy to flow through your body. For another approach to Asian-inspired care, make your way to Pyrmont's Pañpuri Organic Spa, which has gained a following for its signature treatments, including the organic tea tree foot rituals. Fortunately, it offers a neat range of treatments for men, too.



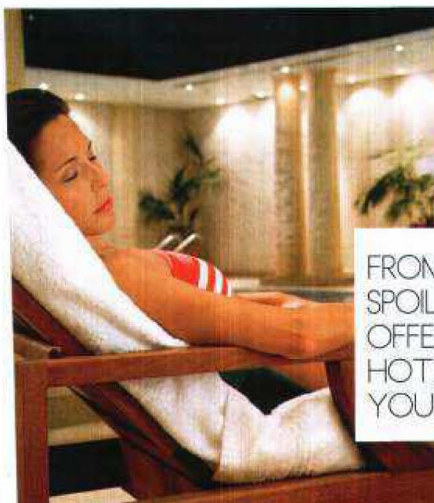
Chi, The Spa at  
Shangri-La in  
The Rocks.

### Dream state

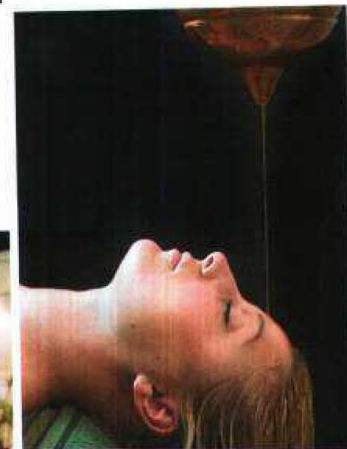
Some of the best spa treatments on offer are derived from local knowledge and techniques. For an indigenous Australian-inspired experience, take time out at The Spa at the CBD's Four Seasons Hotel, where the therapists use natural ingredients such as salt, clay and essential oils, and some Australian techniques to transport you to a new state of being. For a spot of tranquility amid the retail buzz, head to Ayurved Day Spa, which has become a favourite among the city's on-the-go working crowd. Here, you'll find a long list of treatments that cater to almost any whim or ailment, ranging from specialist facials to Shirodhara Ayurvedic massages, hand and foot therapies.



NOURISH BODY AND SOUL  
AT SYDNEY'S SPAS, WHICH  
OFFER RESTFUL ESCAPES  
FROM THE HUSTLE AND  
BUSTLE OF THE CITY.



FROM SWISS BLISS TO SIMPLY  
SPOILT, THE PACKAGES ON  
OFFER AT THE OBSERVATORY  
HOTEL'S DAY SPA HAVE ALL OF  
YOUR SELFISH DESIRES COVERED.



THE DAY SPA IMAGE: ANTHONY WILLIAMSON