

## Sonja's Famil to Sanctum Day Spa Palm Cove

Tucked away at the back of the fabulous Peppers Beach Club you will find Sanctum Spa. Shrouded in Bougainvilleas, the atmosphere is that of total relaxation. Upon arrival a refreshing cool towel and a glass of iced tea, set the mood for indulgent pampering. After changing and locking away the real world I began my journey into exquisite relaxation.

My treatments began with the "Waterfall Retreat" Lying on the beautiful timber massage table, under the warm waters from the Vichy's multiple pulsating jets, a thorough exfoliation and massage experience had me in complete relaxation. My muscles were released of all tension and stress. My therapist, Yuki has amazingly strong hands and was able to release all my tired sore muscles.

I then floated over to the adjacent treatment room for my "Purifying" Facial. Yuki was able to create a deep cleansing, purifying facial based on my own skin type. I lost track of the varying cleansers, exfoliates and ointments used including the exclusive Purifying Serum designed with pure and enriching ingredients from the Phytomer range of products to bring out the very best in your own skin. This combined with the shoulders and arm massage had me floating on a cloud. This facial was without a doubt the most relaxing experience I have ever had.

I would like to say a big Thank you to Louise from Sanctum Spa for organizing this day of pampering for me and to the very skillful Yuki for her talent and expertise.

I would certainly recommend this Spa for those wanting to experience the very best that, Palm Cove as the "Spa Capital of Australia" has to offer!