


Tropical Relaxation



Palm Cove's award winning Peppers Beach Club and Spa is the perfect place to indulge in exquisite tropical relaxation. **TONI JONES** discovers a world of five star hospitality, just a few hours drive away.

Perfect white colonial architecture, magnificent lush tropical gardens and a tumbling waterfall over a 25-metre lap pool are the stunning visions that greet us as we enter Peppers Beach Club and Spa. This beautiful property is as magnificent as the brochures promise it to be.

A short stroll through perfectly manicured tropical native gardens takes us to our suite. Aptly named the Lagoon Room, the expansive balcony overlooks the pristine white sand of the beach lagoon – one of the resort's three pools. Beautifully decorated in understated cool, neutral tones, our suite has a separate bedroom with a massive king size bed and television, living room, separate kitchen, bathroom and full laundry. Sean settles in on the balcony with a cold beer, with Fox Sports on just loud enough to

hear the afternoon's football action, while I make my way up to the award-winning, five-star Sanctum Day Spa for an afternoon of what can only be described as an exquisite experience in beauty, health and wellness.

Sanctum Day Spa is one of only six Phytomer Day Spas in Australia. Spa manager Louise Murley has created a personalised spa menu for my afternoon of indulgence and relaxation. Following a warm, soothing 20 minute jacuzzi, I am treated to a one-hour massage that Louise has specially created for me, using deeply relaxing massage techniques. Louise's technique was perfected during her years as a sports massage therapist to the some of the country's most elite athletes, including Greg Norman. The exquisite pampering continues with

the Signature Replenishing Facial. Divine marine rich products all from the exclusive Phytomer range are used lavishly throughout 90 minutes of ritual pampering, replenishing and reinvigoration that I didn't want to end. My journey is complete with a trip back to the relaxation room balcony to sip re-balancing tea, savour fine tropical fruits of far north Queensland and marvel at the beauty of this five star wonderland.

After a sunset swim in the lagoon pool, we ready ourselves to sample the finest Palm Cove cuisine flavours at Tamara's on the Beach. On this stunning autumn evening our host John, shows us to our table, overlooking the calm moonlit waters of the beach. With the flickering flames from the torches lining the front of the restaurant providing the



perfect ambience for our dinner, John passionately describes the evening's specials. Service is prompt, unobtrusive and perfect for the relaxed atmosphere of Palm Cove. We savour our seafood entrees – Sean's choice is the wok tossed baby octopus served with salad greens infused in sesame oils. Mine is the signature entrée, cake of local red claw and tiger prawn that has a subtle Thai flavour, served with tomato-chilli-coriander jam. The Leeuwin Estate chardonnay recommended by John is the perfect accompaniment for our entrees. John's recommendations for our mains were as exquisite as he promised. My oven-baked barramundi was cleverly served with a stir-fry of prawns, scallops, and pesto tossed noodles, broccolini and a tomato tapenade. Sean, a lover of lamb is delighted by the generous serving of four succulent lamb cutlets

served with creamy potato mash, wilted spinach and snow peas. With just enough room for dessert, John tempts us with the house speciality, the sinful, white chocolate brulee with strawberry mint salad and the delightfully fresh, wild berry pavlova. It was a wonderful end to a sensational evening.

As we spend our final hours enjoying a lazy Sunday breakfast on our balcony, gazing across the gentle lapping waters of the pristine white, beach lagoon pool, we plan our return for the long weekend in April. Peppers Beach Club and Spa epitomises exactly what Palm Cove is famous for – this picture-perfect destination truly sets the standard for tropical relaxation. CL

FACT FILE

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Special rates apply for CityLife readers from April to June:

\$246 per room per night for a Lagoon Spa room with full breakfast for two. Valid April 1 to June 30. The Sanctum Spa at Peppers Beach Club & Spa welcomes locals to enjoy the facilities of the spa-call 4059 9206 or emailinfo@sanctumspa.com