

# Relax, Unwind, Enjoy

**Take the time out to relax, unwind and enjoy!**

Holidays can mean different things to different people. Recharging the body and mind is no doubt on top of everyone's list. Lazing in the sun, dining in one of the many delightful restaurants the Mornington Peninsula has to offer; perhaps pampering yourself with a relaxing massage. Once upon a time, a short break was all we needed. But with the ever-increasing demands of everyday life, we need to take the benefits of our holiday home with us.



## Come Back to Your Senses at Eldon

Eldon Park Retreat offers "a simple path to awareness – body, mind, spirit" with 3 self contained

cottages for individuals, couples and families or groups of up to 24 guests, self catering or bed & breakfast options.

Ideal for leisure getaways, celebrations, seminars-workshops, team building, carer respite and support and special needs groups, Eldon Park is available for day, weekend and extended stays.

**Here you can relax and just be... tune into nature's pace, take part in a farm walk – or "horse talk".**

The beautiful property is also a renowned horse stud where you can discover the complete thoroughbred story. Enjoy a game of tennis or sharpen your skills on the basketball, volleyball & badminton practise nets in this delightful country environment.

The retreat team offers Massage, Yoga, Meditation, Reiki, Feldenkrais, Music & Art Therapy and there is a Gymnasium.

Of course Eldon Park also makes a wonderful base to explore the Peninsula – the wineries, golf courses, galleries, antique markets & natural attractions are all at your door or within an easy drive and your hosts will share with you their wealth of local knowledge. For further information see page 38 or phone 5977 4727

## New Spa Experience in Mornington

Peninsula Life Medispa (PLS) has grown from the passion of four women who have seen the need for a comprehensive Spa experience on the Mornington Peninsula for both men and women.

Vanessa Haller, Sally Shaw, Maree Sexton are all doctors working at Peninsula Women's Health, and Peninsula Skin Cancer Clinic. During their experience with skin cancer they have observed the need for comprehensive skin care. Many of their patients requested preventative care and treatments that are non invasive and that work.

The women's health practice has alerted the doctors of the need for a caring, nurturing environment where people can feel alive and totally unwind from today's hectic pace. They have teamed up with Alana Dyer who has 10 years Spa management experience.

Alana has been instrumental in setting up and managing several leading spa facilities on the Peninsula over the last 10 years. She has a team of dedicated therapists who have worked together for many years and who have embraced the Indigenous inspired treatments and potent product range by Australian company LI'TYA. LI'TYA's range of highly active facial treatments and nutrient packed body treatments use an ancient Indigenous healing modality to leave your spirit laughing with joy. The retail range of products target specific skin conditions such as blemished, dehydrated and mature skin types. Alana has developed indulgent treatment packages and variations to standard treatments to fill the need she has seen in the market.

Vanessa, Sally and Maree are all interested in skin and beauty and have done extensive study and

courses to be able to offer Cosmedix's latest medical strength peels as well as a range of injectables. The girls have invested in a Cutera Laser for IPL and laser skin rejuvenation for treatment of 'wrinkles,' liver spots, dilated veins and can even tighten up collagen for the non surgical face lift.

THE SPA is located at 109 Tanti Ave and is a beautiful early 19th century cottage that has been completely renovated to keep the charm of the marble fireplaces, original floor boards, ceiling roses and dado boards.

The interior is elegantly furnished in the French period style and is painted a refreshing crisp white. There is a stunning hand made chandelier in the "product room" by renowned glass blower Lisa Warrington.

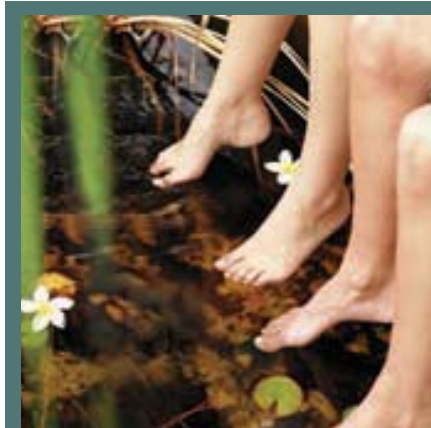
The treatment rooms have a tranquil ambience with relaxing water features, ranging from Vichy capsules to aromatherapy baths.

There is a huge group room catering for Hens parties and other "days out with friends", a couples room for the perfect romantic indulgence, as well as beauty room, and laser therapy room.



A customized selection of home care products are available to ensure the results achieved during treatments at the spa can be enhanced and maintained. Gift vouchers are available on-line, as are bookings

**Experienced therapists are available to answer any queries, or just to show you around. They can't wait to see you at Peninsula Life Medispa. Ph. 5975 7309 or visit [www.peninsulalife.com.au](http://www.peninsulalife.com.au)**



To celebrate the launch of the new Peninsula Life Medispa we are offering you the ultimate spa indulgence package. LI'TYA Mirri Kodo spa ritual inc.

- a.. Relaxing foot soak
- b.. Ancient indigenous inspired ritual.
- c.. Hour high performance LI'TYA Mirri facial.
- d.. Energy recharging LI'TYA Kodo massage.

Receive a FREE LI'TYA skincare pack valued at over \$30\*

**All of this for only \$99**

Valued at \$150 Book before 24 /11 /2007

*While stocks last. Limited to one gift per person. Valid until 15th December 2007*

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