

InStyle AUSTRALIA

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**YOUR
YEAR!**

- RECHARGE YOUR WARDROBE
- FIND THE RIGHT EXERCISE
- STYLE SHOCK: 3 NEW LOOKS TO TRY

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THE EXPERTS' FASHION
WEAPONS REVEALED

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REALLY WORK?**
WE PUT THE LATEST BEAUTY
GADGETS TO THE TEST

50
**SUMMER
STEALS
UNDER
\$250**

Miranda!
On what her life
is missing and
her new rules
for dating



CLEAN ESCAPES

Need a break? From tranquil alpine stays and holistic getaways to massages with mai tais, these wellness hubs will leave you refreshed, relaxed and raring to go.

BY CHRIS URANKAR



The resort's pool with a view.



The main dining room at Aro Hā Wellness Retreat.

THE ECO-EXPLORER *Queenstown, New Zealand*

Less than four hours by plane from Australia's east coast lies the "Adventure Capital of the World". Offering first-class skiing and adrenaline sports, Queenstown's majestic lake-meets-mountain locale is also home to serene luxury lodges.

REBOOT Located on the shores of Lake Wakatipu, a 35-minute drive from Queenstown, Aro Hā Wellness Retreat has only been open for a year but has already won key travel industry awards. This is a true off-the-grid escape, kept intimate with a cap of 14 guests. Programs vary but include yoga, sub-alpine hiking, detoxifying vegetarian cuisine and therapeutic massage.

HIT YOUR PEAK With four ski fields to choose from—Coronet Peak, The Remarkables, Cardrona and Treble Cone (the furthest at a 1.5-hour drive from the city)—make like Ksubi co-founder Dan Single and his wife, Bambi Northwood-Blyth, by calling in the chopper. Heli Tours will ferry you from the resort, allowing extra time on those Black Diamond runs.

REPLENISH The region's pinot noir is famous worldwide so tasting the drop is a must. Turning up the intensity on your typical wine tour, Queenstown Wine Trail offers trips through the Gibbston Valley River Trail's wineries via jet boat, helicopter or a seven-kilometre walk.

STAY Eight accommodation units dot the grounds at Aro Hā. Built with sustainability and power consumption in mind, the retreat's eco focus extends to clean, Scandinavian-style interiors adorned with rugs made from New Zealand wool and thick, naturally dyed blankets. All rooms open to views of the Southern Alps or glassy Lake Wakatipu.

Five-day/four-night packages from approx. \$4,140 per person, all-inclusive; aro-ha.com. Qantas flies direct to Queenstown from Sydney and via Auckland from Melbourne and Brisbane; qantas.com.



Coronet Peak ski field. ABOVE: Aro Hā Wellness Retreat's Passivhaus (low energy) buildings.



Palisades Park's sandstone bluffs and the view over Santa Monica Bay. BELOW: The master bedroom in the Presidential Suite at Casa del Mar.

THE FITNESS DEVOTEE *Santa Monica, US*

This southern Cali hotspot has had an image overhaul, trading its Muscle Beach past for holistic healthy living. Think yoga studios, juice bars and the salty Pacific Ocean.

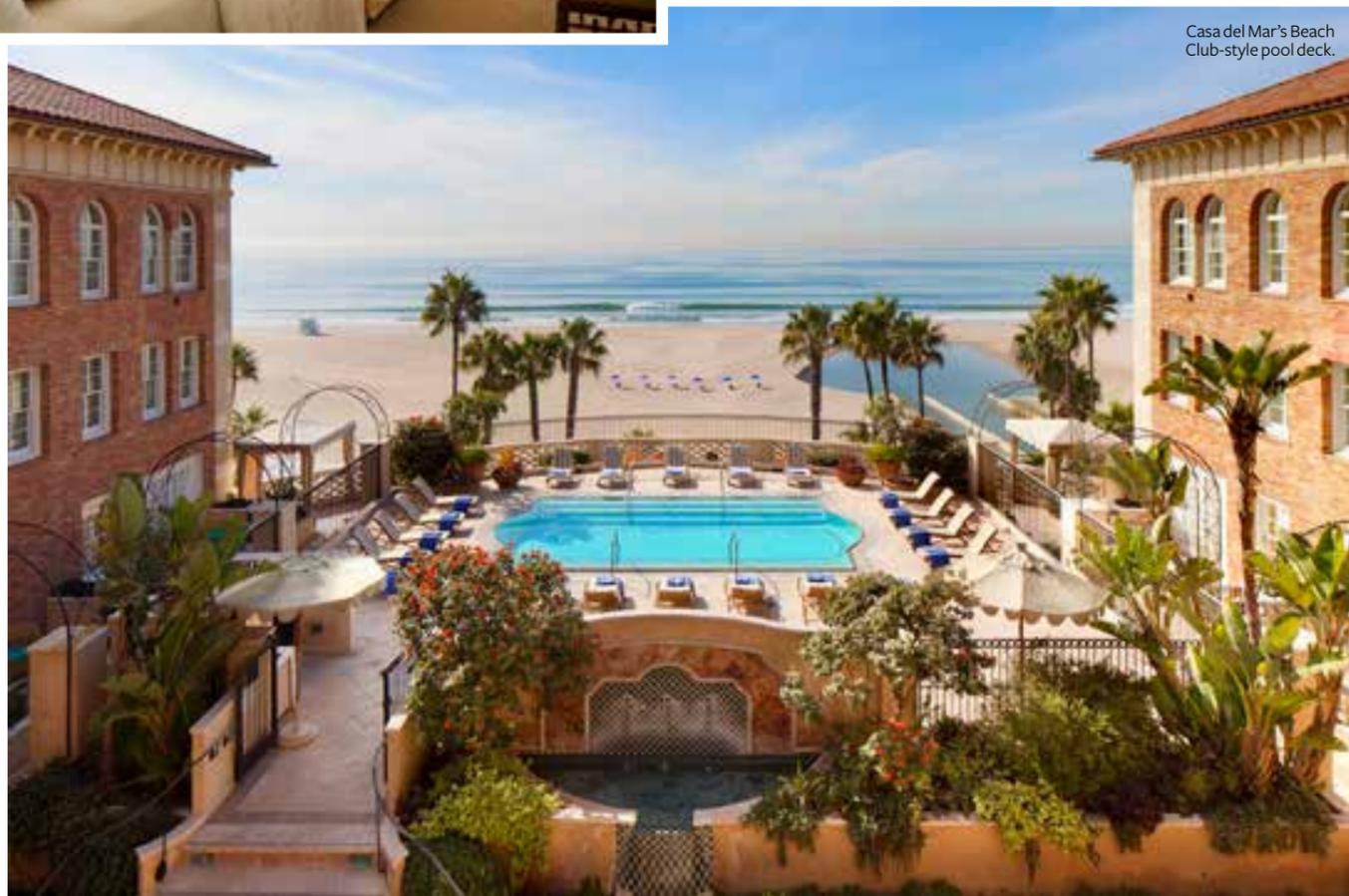
ARISE Start the day like a local with an obligatory beach run or yoga class then head to Íobella, where training meets spa session. A guided exercise routine in temperature-controlled pods will help you work up a sweat. Then take your pick from the spa menu—we recommend the Classic Hydrafacial (approx. \$149/45mins) to brighten your skin.

NOURISH The iconic Santa Monica Farmers' Markets (held four times a week) pull in the likes of Naomi Watts and Jessica Alba, as well as the city's top chefs. Pick up a punnet of chemical-free strawberries from Harry's Berries then stroll around the 200-odd stalls.

FEAST Finish the day with a pamper session and blow-dry at Benefit Cosmetics before heading to the two-Michelin-starred *Mélisse*, where chef Josiah Citrin will craft you a contemporary French degustation.

STAY Casa del Mar sits right on Santa Monica beach and has 129 rooms (17 of them suites), a spa, plus a terrace pool and lounge with live music, perfect for chilling with a sparkling rosé. It's also a five-minute drive to shopping at Third Street Promenade. —**MAGDALENE LIACOPOULOS**

Rooms from approx. \$444 per night; hotelcasadelmar.com, lhw.com. United Airlines flies to LA from Sydney and Melbourne; united.com.



Casa del Mar's Beach Club-style pool deck.



WELLBEING

One of the serene treatment rooms at Angsana Lăng Cô.



Hoi An's sleepy French colonial streets. BELOW: The private pool at Lagoon Pool Villa at Banyan Tree Lăng Cô.



THE SPIRITUALIST *Lăng Cô, Vietnam*

While the country's tourism industry continues to grow, this white-sand hideaway on the central coast remains Zen-like, harking back to another era.

INVIGORATE Named Best Emerging Spa (Vietnam) in the World Luxury Spa Awards last year, the Banyan Tree Lăng Cô Spa is the ideal spot to try traditional Vietnamese treatments such as pressure-point massages—and do it with a cocktail in hand. Opt for one of three packages that include the divine Banyan Calm bath ritual (approx. \$370/150mins), which uses local ingredients like pandanus and butterfly peas. The resort offers an Ultimate Spa Package, allowing unlimited treatments, like lush sandalwood scrubs and peppermint baths, in-house or at its sister property, Angsana Lăng Cô, a 10-minute walk away.

SAUNTER Take the hotel's shuttle bus to the picturesque former shipping port Hoi An. View the 16th- and 17th-century architecture and the Cloth Market then enjoy a riverside bike ride for the perfect day out.

SAVOUR Master local dishes, such as pho and banana-flower salad, at The Red Bridge Cooking School. Classes are approx. \$22-\$58 and some start with a market visit and include a scenic river cruise.

STAY Banyan Tree Lăng Cô is the height of tropical luxury with 49 villas by the beach or lagoon, each appointed with gorgeous silks and lacquered finishes. It's also within a 90-minute drive of three UNESCO World Heritage sites.

Villas from approx. \$655 per night; banyantree.com. Vietnam Airlines flies to Da Nang via Ho Chi Minh City from Sydney and Melbourne; vietnamairlines.com.