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SPECIAL
LIFESTYLE ADVICE

I had been a few years when I had visited Millbrook. On that occasion it was winter (and we had to stay an extra day because we got snowed in which meant our weekend of golf did not happen. This time it was summer and the Spa had been totally revamped so we had a few recently been placed among the Spa for open in the world by luxury.com, and it's the only Spa in New Zealand, so I was going to be quite a different experience.

This could be writing at someone's country estate when you drive into Millbrook. The property is overlooked by the surrounding mountains and has a long view that shows that opens out onto the farmhouse like reception building with both of grandeur, flowering lawns of around to provide a new relaxing perfume to the air.

Millbrook is a place for leisurely walking, and the walking is pleasant as the grounds are so well kept. It starts and ends in the Spa located here in the fitness area and just behind the main buildings.

I am lucky enough to have visited on a few different spots around the world and the writing for Millbrook was among some of the best that I have been to.

I have been to visit the minute you walk in the Spa and are greeted by the friendly staff you know that it is going to be an enjoyable experience. The Spa is simple and not at all over the top.

So many Spa's have visited. There are lovely chairs in the waiting area with a pleasant outlook onto gardens. I'd relaxed even before the treatment has started.

The menu is wide and varied catering for both men and women. Their 'Willy' shower is beautiful with an extra-wide wood table that is quite different from the usual plastic and wood tables that can be found. As well as massages there is a golfer's special massage to rejuvenate those aching muscles, facial treatments, a variety of body and skin care treatments and treatment packages for singles and couples, there is also a hot tub. If I was a few years younger and getting married, this would have been a fantastic place to get ready for the wedding as the salon and beauty treatment area can be opened into each other and with a deck and relaxing outlook it is a great place to start the celebrations with a few drinks as you get the hair, nails and makeup done.

There's a bar for a massage, as well as the changing rooms which through out by an well equipped. After getting undressed and relaxing yourself in a luxurious hot green and putting slippers on walked across the corridor to sit in the comfortable waiting area bathed in natural light looking out over gardens. Any Spa that has rooms that can be opened to the outside and look over gardens or have views automatically go to the top of my list as it is so much more relaxing to look at the natural beauty of the outside world than at field than it is to peer out a window or just look at paintings or decorations on walls.

After filling out the obligatory questionnaire to make sure I had no major health problems for them to be aware of, I was off to my treatment room for a discussion with my therapist so that my massage could be tailored to me. Therapist here then &

WITTEN MILLBROOK



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own style of massage, unless you are having a specific treatment, and will tailor your massage to what you want, any areas that you are having particular problems with and how much pressure you like. The time went amazingly quickly, too fast in fact, as all the tension was professionally and thoroughly eased out of my muscles. She managed to find all the sore spots in my shoulders and get rid of them so it was with reluctance that I got up at the end, of course I took my time to get up as I was enjoying lying there with the sun shining outside and the sound of birds. Once I finally decided I should move myself it was to relax in another lounge area and enjoy a cup of tea (I have had some of the most interesting and delicious tasting teas after Spa treatments) before finally dragging myself off to get dressed. While I enjoyed my tea and the view I pondered the fact that I hadn't fallen asleep (as I usually do) but realised I was feeling relaxed and ready to face the world again.

Every time I have a massage I tell myself that I should make this a more regular event. I am a firm believer of people giving themselves time for themselves to relax and reduce stress levels and going to a spa for any type of treatment is a great way of doing this, whether you are male or female, go on your own or with your partner. Along with the picturesque grounds, Millbrook has a relaxed atmosphere so when you combine that with their award winning Spa you are well on the way to giving yourself the time out you deserve. **W**

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