

A scenic view of a lake and mountains from a balcony. The foreground shows a concrete balcony with a rectangular planter box filled with light-colored rocks. The middle ground features a calm lake reflecting the surrounding green hills and distant mountains. The background is dominated by a range of rugged mountains with snow-capped peaks under a clear blue sky with a few wispy clouds. The balcony's edge is visible at the top of the frame.

# *the*BIG CHILL

STRESSED? TIRED? JUGGLING LIKE A BOSS? OVERHAUL  
YOUR HEALTH AND FEED YOUR SOUL AT ONE OF  
THESE NEXT-LEVEL WELLNESS RETREATS.





**venture**

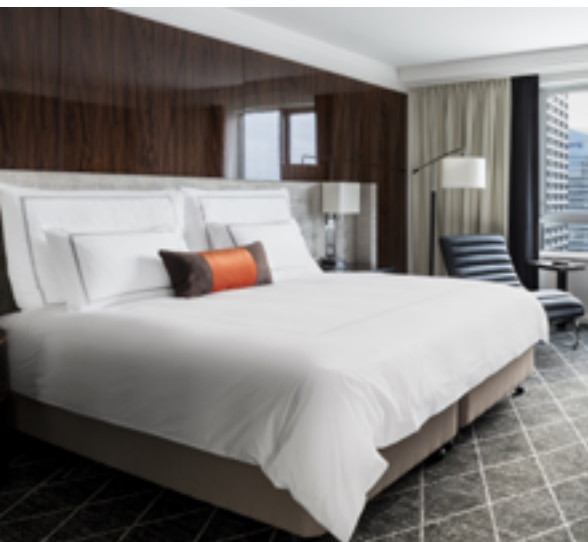
TRAVEL

*THE BEST BIT IS  
THE ISOLATION.  
AT NIGHT YOU CAN  
SEE STARS FROM  
YOUR BED.*

Swissôtel is  
in the perfect  
city location.



Walk Into Luxury  
has thought of  
everything so you  
can enjoy the trail.



The Executive King  
Room is just the thing  
for a bit of R&R.

## ***GIRLS' WEEKEND*** *Swissôtel Sydney, NSW*

Five-star digs in the CBD? Check. Rooftop pool? Check. Kombucha? Check. If you only have 24 hours in Sydney to bond and rejuvenate with your BFF, this is the place.

Swissôtel has reinvented itself as an urban health and wellness destination, with a fully equipped gym, heated rooftop pool, jacuzzi, sauna, steam room and day spa.

You can order food and beverages poolside but health nuts will relish the Vitality Menu, featuring a detox shot such as spirulina or wheatgrass, followed by either a Vitality Bowl, Power Protein Salad or sandwich, plus a drink including cold press juices. We love the marathon six-hour "Day at The Spa"

experience, including an anti-ageing facial and hydrating nourishing body wrap using Alpeor skincare – literally made from plants sourced in the Swiss Alps. So fancy.

The refurbished, mid-century inspired interiors were designed by the same team that created Saffire Freycinet in Tasmania. For a serious A-list experience, book an Executive room, which gives you access to the Executive Lounge, where you'll get the gourmet buffet breakfast, mini high tea daily, and canapés and an open bar in the evening. Not even joking. Did we mention the rooftop pool?

Prices start from \$305 for one night in an Executive room. See [swissotel.com/sydney](http://swissotel.com/sydney).