

AUSTRALIA

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ELLE

MODERN
SEX

the **bold**

EMILY RATAJKOWSKI

STRONG
BODIES

WOMEN
IN POWER

FEARLESS
FASHION

*elle Spa special

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There's more to spa-going than requesting an hour-long massage and saying yes or no to the tea. Here are the latest, greatest ways to find your zen

chromotherapy

COLOURS CAN ELICIT AN EMOTIONAL RESPONSE

(yes, millennial pink, we're talking about you), so it's little wonder that chromotherapy, or colour therapy, is a popular element of professional spa treatments for our crystal-loving, rainbow latte-swilling generation.

Ali Taggart from Sydney's Elevating Health employs the technique in her Crystal Light Bed Therapy (\$110 for 60 minutes, elevating-health.com.au). "A crystal light bed sits above a massage table, with each of the crystals aligned to a corresponding chakra," she explains. "Light pulsates through each of the crystals, set and coloured according to the chakra. Each experience is different – some people feel tingling, butterflies or hot or cold sensations in the sites of injuries. No two sessions are alike, apart from the deep sense of relaxation you experience afterwards."

We've tracked down more shade-centric options for when you need a splash of colour in your spa routine...

COLOUR CODE

Nestled in a Melbourne laneway, Miss Fox, a sexy little sanctuary with dark walls, glossy finishes and moody lighting, offers the delightful Chakra-Balancing Massage (\$265 for 90 minutes, missfox.com.au). On arrival, a therapist invites you to select the specific shade of crystal that most appeals to you in that moment, said to be your body's way of advising what needs attention. Essentially, it's a massage for both the body and the mind.

BALANCING ACT

Get your chakras seen to at Miss Fox or Infinite Luxury Spa (above right)

LIGHT FANTASTIC

This luxurious Thai destination is a magic combination of old meets new. At Infinite Luxury Spa, Phuket, Tibetan singing bowls and marma massage sit alongside high-tech sleeping chairs and warmed water beds on the menu. The Chakra Wellbeing treatment (\$390 for 120 minutes, katarocks.com) includes use of the chromotherapy chamber for chakra balancing (the colour is prescribed according to your energy needs) and you'll also enjoy a foot massage, body scrub, massage and facial.

