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AUSTRALIA'S INTERNATIONAL BUSINESS, MEETINGS & EVENTS MAGAZINE

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MAORI MASSAGE AT THE RAROTONGAN BEACH RESORT & SPA

A healthy business

For businesses, work-related stress can cause an increase in sick days and absenteeism, a higher turnover of staff and a drop in productivity. Any wonder that stress management, meditation and spa treatments have been incorporated into team-building and conference programs, says Jill Innamorati-Varley.



LIFE has its ups and downs and our ability to manage stress is integral to our overall wellbeing so when it comes to looking and feeling terrific – trust the rich and famous to know a thing or two. The Byron at Byron Spa and Wellness Centre has amongst its range of spa products Environ, which the likes of Kate Moss, John Travolta, Brad Pitt, Keira Knightley and Kelly Preston use. Founded by plastic surgeon Dr Des Fernandes in the 1980s, the products use high doses of Vitamin A to promote the production of healthy collagen and elastin and to improve the skin's natural moisturising factors.

Corporate groups can come out of the Byron at Byron feeling like a Brad Pitt, Keira Knightley or a stressed-relieved Kate Moss ... on one of her better days. The Spa, which draws inspiration from its majestic

natural location, is situated next to the resort's 25-metre heated infinity pool and fully equipped gymnasium. Complimentary yoga classes are offered to resort guests six mornings a week and complimentary tai chi is offered one morning a week.

The Spa consists of six treatment rooms, spas, steam room, sauna, relaxation area, reception area and Vichy shower – all lovingly crafted to imbue a sense of well-being. Carefully designed water features provide a calming energy, including a gentle wall of water in the reception area.

Guests are encouraged to arrive early to make use of the spa and Rasual-style steam room. They slip into Japanese kimonos and Italian slippers which they wear to their treatment room or the spa and steam room. When the treatment is complete, guests are encouraged to stay

in the relaxation area – a warm cocoon with lounges, a comprehensive library of spa books and health and wellbeing literature, the finest natural teas and a calmness that is truly enveloping.

This award-winning resort has 92 one-bedroom deluxe suites, a warm and inviting restaurant seating 125 people with both indoor and outdoor dining and state-of-the-art conference facilities. The 216-square-metre conference centre caters for up to 210 delegates. Meandering timber walkways take guests through the resort's rainforest to the beach or for private strolls with the many birds and wildlife.

How cool it is

When the sun is at its peak, turning on an airconditioner, especially in an Australian home or resort, is more the norm

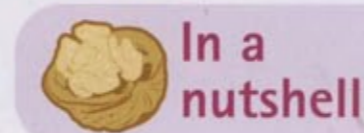
SPAS

SPAS

than the exception. However, in many exotic resort locations in Asia and the Pacific, breezeways, open windows and ceiling fans are in common use. Which is why conference organisers will be delighted to learn that at The Rarotongan Beach Resort & Spa, the Cook Islands' signature resort, the Treetops Verandah room is now fully airconditioned.

The striking Treetops Verandah, designed especially for conferencing and functions, offers a high, grand ceiling and wonderful views across the coconut palms to the blue lagoon beyond. The room can be arranged to suit any configuration, including theatre, classroom, parliamentary, restaurant or U-shape seating and has a capacity of 65-105 people. "For conferences we slide the doors closed and turn on the aircon and that takes care of both exterior noise plus keeps the interior a nice even comfortable temperature," explained Liz Raizis, The Rarotongan's director of marketing.

The Verandah is one of a number of function and event venues at the Rarotongan; there is also the Te Vaka room (with a capacity for more than 200 people), a Blue Lagoon marquee (silk-lined and constructed at the water's edge) which takes up to 55 people and the more intimate Reef Fish Café, Aroa Beach Gazebo and Tropical Garden Gazebo.



The Byron at Byron

The Byron at Byron has a Wellness and Lifestyle Luxury Retreat scheduled for Sunday 24 June – Friday 29 June 2007. Rejuvenating and reinvigorating for the body, mind and spirit it runs over six days and includes natural therapies, spa treatments, nutrition,

meditation, yoga and nature. Tibetan Buddhist teacher, Lama Rigzin, joins the Rarotongan; there is also the Te Vaka room (with a capacity for more than 200 people), a Blue Lagoon marquee (silk-lined and constructed at the water's edge) which takes up to 55 people and the more intimate Reef Fish Café, Aroa Beach Gazebo and Tropical Garden Gazebo.

Web: www.thebyronatbyron.com.au
Email: info@byronatbyron.com.au

The Rarotongan Beach Resort & Spa

The Rarotongan Beach Resort & Spa is a full-service, four-star resort with a range of rooms, support facilities and services to ensure the success of group gatherings, including such things as in-room IDD phones with data-ports, a business centre and email access, function theming and catering, Moko's Kids Club (for families of attendees), room service and 24-hour reception. For more information or to receive a copy of The Rarotongan group's brochure, Email: info@rarotongan.co.ck

be pampered

The Byron at Byron Resort, Spa and Conference Centre
Set on 45 acres of lush rainforest, moments from Tallow Beach The Byron at Byron Resort, Spa and Conference Centre offers a stress free environment for meetings, conferences, incentives and events. Experience the 25 metre infinity pool, poolside sauna, restaurant, luxury suites and be pampered in the Spa and Wellness Centre.

Escape with our great conference packages.
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take your group...

On Location

The two best-located resorts in the Cook Islands, The Rarotongan Beach Resort & Spa and The Aitutaki Lagoon Resort & Spa, are ready and waiting for your next group event. Warm island hospitality, flexible meeting spaces, fantastic tailored activities, poolside wireless internet access, in-lagoon dining and much more! Discover the difference a fresh destination can make.

"The company conference ran exceptionally well ... The food was fabulous and everyone enjoyed themselves immensely. Team activities were varied and catered for all levels of people's abilities. The last activity, the Jeep Treasure Hunt, was a great way to round the conference off - really brilliant!" Anne Benbow, Glengarry Hancock liquor merchants.

For your copy of our new "MEETING OF THE MINDS IN PARADISE" brochure, email info@rarotongan.co.ck
Refresh Inspire Incentivise

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