



Auckland

East Day Spa

BY JACQUELINE LOATES-HAVER

EAST DAY SPA is a Balinese-inspired haven in the middle of Auckland's CBD. The rooms are low-lit and pleasantly scented, the staff attentive and serene.

There is music to soothe and, on arrival, fruit tea to refresh. It's easy to see why East Day Spa won awards in the last two World Spa Awards (it has also been nominated in two categories for this year's awards).

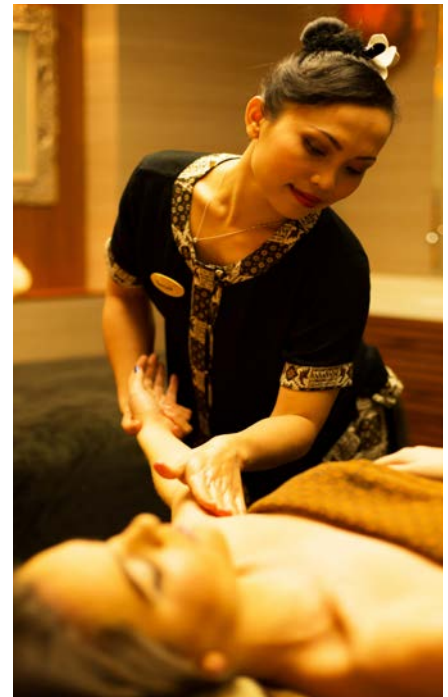
The treatment menu offers many restorative ways to slough away the remnants of winter, including the signature Codage Paris Body Scrub, which is available with anti-ageing or intense hydration formulations.

It is 45 minutes your body will thank you for – enjoy a full rub-down using a finely milled scrub of oils, sugar and rice particles to buff, boost and refine skin texture.

After a warm shower, moisturiser is slathered on and massaged into the skin,

and it leaves you feeling rather fantastic.

It's worth booking in for a Prêt-à-Porter facial, also using Codage products, which the therapist will tailor to your skin type and needs. It's 30 minutes which will restore your skin to its hydrated best. 📍 eastdayspa.com



Clockwise from top: The soothing environment at East Day Spa; a relaxing massage; the rooms are low-lit and pleasantly scented.