



## Piaf Salon & Day Spa

711 Don Road, Healesville, Victoria  
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[www.piafsalon.com.au](http://www.piafsalon.com.au)  
 Open: Weekdays: 9am to 6pm, Sat:  
 9am to 5pm, Sun: 10am to 5pm

'Wellbeing' is a word thrown around superfluously in this rush-rush day and age, but what does it really mean? 'It's quite simply about letting go,' says Amanda Markin from Piaf Salon & Day Spa in Healesville.

Take it from someone whose mission in life is to help people realise there is an alternative to living on the stress threshold.

'It's not just about getting a lovely massage,' explains Amanda. 'It's about creating a total experience in relaxation. It's a matter of centring the person and stilling their mind.'

Amanda admits that, depending on personality, people relax in different ways and at varying speeds, although she confidently promises they all end up 'laying like lizards' by the time they've finished their Piaf treatment - whether that's a massage or a facial or a pedicure or one of the many other 'indulgences' on offer.

The indoor/outdoor aspect of the retreat ensures you are literally immersed in the rainforest from a sensory perspective



- calmed by the green of the foliage and soothed by the sounds of the wildlife. Privacy is something Amanda prides herself in providing, which means, for example, you won't stumble from the cocoon of your treatment into a public spa - you can soak solo or with whomever is sharing your booking. If you're really lucky, though, a lyrebird or deer has been known to pay a visit.

'Our newest technique uses Chinese massage balls with chimes,' says Amanda of the many ways in which they lull people into bliss. 'Also, our products are totally natural. We have our own Piaf salon range made in

conjunction with a naturopath, blending 100 percent pure essential oils.' In other words, if the sights and sounds of the rainforest aren't relaxing enough, the aromas of these healing scents will seal the deal.

While some may call such pampering an 'indulgence', *Essentials* begs to wildly differ: There is something truly human - essential, even - about being held in a perfect state of wellbeing. It seems far more natural than the robotic lifestyle patterns we tend to lead. On that basis, repeat visits to Piaf are not to be considered a luxury, they're a necessity.