



Where to Spa in Sydney

In the bustling city Down Under, known for its harborfront Opera House, beautiful beaches and enchanting Royal Botanic Garden, two of our favorite eco-spas.

By **Kristin Vukovic**

endota spa, Four Seasons Sydney

The word “endota” translates as “beautiful,” which is one way to describe the spa’s commitment to sustainability: All endota spas are rewarded for implementing environmental initiatives in their day-to-day operations, and they strive to help keep chemicals and pesticides from polluting Australian land and waterways.

Endota offers a range of all-natural treatments with Australian products that undergo rigorous organic certification. Indulge in a post-flight “Moisturize” body treatment to quench and rejuvenate parched skin. A Billabong footbath includes a peppermint, lemongrass and chamomile tea soak; a mimosa and ginseng foot scrub; and a mint and desert lime foot cream application. Jalna organic yogurt is kept cold to retain the hydrating and healing properties of lactic acid. An application of Lilly Pilly body moisturizer with jojoba, olive and sweet almond oils regenerates and calms skin. Spritzes of Endota flower essences—aptly named “Enthusiasm”—balance energies. The signature formula is derived from compressed flowers picked at peak bloom that never touch human hands. fourseasons.com/sydney/spa/

spaQ, QT Sydney

SpaQ Sydney’s quirky features—including beakers and busts—may be whimsical, but its commitment to sustainability is serious. Decisions about product and suppliers always include an assessment of their environmental footprint; spaQ recycles all empty product containers and ensures items are responsibly sourced, down to the cozy slippers guests use throughout their spaQ journey. “The slippers are reusable and, like our snuggly robes, are machine washed on-site, minimizing waste. At the end of their usable life, their 100 percent recyclability ensures they won’t pollute our environment,” says Naomi Gregory, head of operations at spaQ, QT Hotels & Resorts. “SpaQ continues to work with the Green Initiative to deliver continual improvements in sustainable spa practices.”

The spa’s signature Uspa concept facial begins with a heavenly massage, followed by a deep cleanse, exfoliation, masks and a face and scalp massage. Uspa natural products, which are crafted in Australia, harness the power of native plants and herbs and offer a highly unique skincare experience. qtsydney.com.au/spa/