





SAY YES TO

the world's most luxurious MOSSOC

WHAT IT IS: Venustus, the Sydney beauty institution, is more of a House of Healing than your average day spa. Along with intuitive skin and body treatments, you can indulge in a luxurious six-hand massage, where three therapists work simultaneously to massage, clear and cleanse negative energy using all six of their collective hands. They also incorporate tools such as prescribed crystals, singing bowls, Tibetan cymbals and sage and Palo Santo smudging to transport your mind and body to a higher plane of existence. WHAT IT FEELS LIKE: Before

you're even ushered into the

sanctuary of a warm massage bed,

the treatment commences with

a consultation about the kind of massage you're in need of and a chat about your lifestyle that feels more akin to a therapy session.

A massage that consists of three bodies moving within the walls of a compact treatment room should feel crowded, but lying face-down on the table and unable to observe the movements, the sensation is that of a choreographed dance. The synchronised movements up and down your body - which only the most expert therapists could complete in tandem – feel like a form of meditation.

VERDICT: In the same way there is champagne and then there is Champagne, there are massages and then there are massages. This is the latter. It's a luxurious hour (which will more likely turn into two once you factor in all the self-analysis and discussion you'll have with therapists both before and after the treatment) that leaves you feeling as if you've cleared out of the city and spent a few days at a wellness retreat. Add it to your bucket list.

Personalised six-hand massage, \$549 for one hour, **VENUSTUS**, venustus.com.au