

SUNDAY

life

sundayage
May 30, 2021

Lara

opens up about work, family and life back home

beauty beat

Stephanie Darling has a multi-handed body-transporting massage and finds three chocolatey lip hues for winter.



ROAD TEST

In need of some total indulgence, I'm off to Venustus for its Sacred Priestess Healing package.

Follow Stephanie Darling on Instagram @mrssdarling.

The lowdown The effervescent Jeannie Bourke, owner of Paddington landmark Venustus Beauty & Body Lab, greets me at the door and covers me in her crystal energy. I feel lighter immediately and more than ready for the out-of-this-world facial and massage to come. My first therapist, Fleur, gauges my energy levels and then customises what she is going to do to match my energy. Great – I love not having to make decisions. She begins with a facial, focusing on the tension I hold in my jaw. As the treatment unfolds Isobel joins us, giving me a body massage using healing rituals including sage smudging, scanning my body with a pendulum, sound bowls and reiki. Then comes the sublime laying on of four hands to massage my body and completely zone me out.

Downtime Two and a half hours.

Pain factor I can't even go there.

Results I felt "surrounded entirely with light, love and the most divine energy", just as Jeannie promised. Plus there was a delicious lightness in my body and buoyancy in my energy levels.

Where to get it Venustus Beauty & Body Lab, venustus.com.au. Cost: \$777.

At home Venustus Sacred Geometry Facial Serum (venustus.com.au, \$149).

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