



## Step up therapy

Beautiful feet and a relaxed mind-set are essential for every bride and her attendants when they walk down the aisle

The stress of planning your wedding won't get you down if you treat your tired feet to a massage and unwind at The Thai Foot Spa.

The newly refurbished studio on James Street, Fortitude Valley, has raised the bar for indulgence. It features the first open-plan pavilion to be incorporated into a day spa. The haven has a fresh, Thai-inspired decor and is offering a special Wedding: Bliss for the Bride package so the entire bridal party can be treated to guilt-free pleasure at the same time.

Manager Belinda Sidwell says her package is specifically designed for brides who want to be pampered, but don't want to do it alone. "There are some beautiful day spas in Brisbane, but because of how they're set out a group needs to be split up into twos or threes, usually in small treatment rooms," says Belinda.

"We understand the importance of everyone in the group staying together to converse and relax so nobody misses out on anything."

Belinda believes it's important that brides don't forget their feet in the lead-up to their big day. The Thai Foot Spa's pedicure treatments incorporate Asian reflexology,

which is said to have the same therapeutic benefits as a full-body massage.

"Most brides book themselves in for facials and often for a manicure, although many forget to take time to invest in the two things that will walk them down the aisle," she says. "A foot massage is a non-invasive way to enjoy entire-body benefits among closest friends."

The Thai Foot Spa menu includes fragrant foot soaks and rubs illuminated by soft candlelight and delivered by gentle hands.

To ensure clients have a fulfilling experience, the spa offers a selection of exclusive lotions to compliment your mood or personality. Creams in fragrances such as Pomegranate and Jasmine or Shea Butter are luscious and velvety, while soothing oils in Lemon grass and Kaffir or Rosemary and Mint are refreshing.

To complete the package, The Thai Foot Spa has teamed up with the chefs at Cru Bar to develop a range of grazing food platters that are available on request.

"The whole experience is a perfect way for the bride to thank girlfriends for their love and support and will help everyone de-stress, relax and have a laugh together."

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