



FEEL THE FEVER

For those living south of the river, there's a new place for you to grab your sports gear. **Sports Fever**, with stores in Subiaco and Cottesloe, is now in Applecross too, selling a wide range of specialist sports essentials. Get the right shoes for your feet, with a range that includes Brooks, Asics and Nike. You will also be able to pick up equipment such as footballs, hockey sticks, soccer



balls, Polar heart rate monitors, Skins – very clever gradual compression garments that will help you perform, train and recover – and more. It's on the corner of Canning Hwy and Rislely Street, (08) 9364 7077.



PARLO DAYS

For a one beauty de you can't; The Par Nedlands new glam offering h services, nails, bea treatment and giftw

one location. The team uses organic llesci care, Decleor products and treatments, a Karaja make-up. The cafe will serve treat sushi and tasting plates and you'll be able gifts such as Robert Gordon crockery, to like the sound of their cherry organic fac sour cherry and beetroot, which firms ar tightens the skin. The Parlour, 133 Stirl Nedlands, (08) 6389 1733.

WALK THIS WAY

The footwear sensation that's swept the world has arrived in Perth, and is scuffing up a storm. **Masai Barefoot Technology**, is the brainchild of Swiss engineer Karl Muller who designed the after discovering that the African Masai people, who walk barefoot on soft, uneven ground, experience no back pain. Dubbed "miracle shoes", they boast curved soles that feel like you're permanently walking through the forest or on the beach and promise to improve posture, tone muscles and backache and cellulite.

They're also said to help weight loss by working otherwise-unused muscle groups, which increase the calories burned when walking. Many Australian Olympic athletes are already strapping the MBTs retail from \$339 to \$369 at B-Store in Subiaco and Perth or Comfort Products, Perth. For more information call (02) 9972 9988 or visit swissmasai.com.au.

Loofah logic

Many of us use **loofahs**, but how many of us have really stopped to wonder what they are? The loofah is actually a plant. A climber with beautiful yellow flowers, it bears cylindrical fruits that transform internally into a network of mesh-like fibres during the ripening process. Diana Forrest from Qetesh, which distributes organically-grown Egyptian loofah, says it's the only plant that can be used as a sponge. "Not only can they be used in bathing to gently exfoliate and cleanse the skin, but they're also great for household cleaning," she says. Visit qetesh.com.au or phone 1300 738 970 for details.

RETREAT TO THE HILLS

Hansons in the Swan Valley is now offering spa treatments as well as accommodation and dining, for a full luxury getaway that's blissfully only a mere half an hour from the city.

The expansion into spa services follows a change in ownership to Carl and Jackie Lancaster of Lancaster Wines. Making the most of the tranquil surroundings, the spa treatments are offered on an outdoor deck surrounded by a circle of trees, as well as indoors. "The massage deck makes the most of our location along the Swan River and the views of the escarpment," Jackie says. "You can have couples treatments and we also offer them at sunset or under moonlight."

Hansons spa, which is open to the public as well as hotel guests, offers a huge array of treatments, including Hawaiian hot stones massage (which uses ancient volcanic, basalt rock harvested at the full moon in Hawaii), a heavenly scalp massage and Indigenous hair mud.



Soak up the surroundings while choosing healthy after-spa snacks – and there are plenty of local wines to sample. Visit hansons.com.au or phone (08) 9296 33