



hens' holidays

Hens' nights are one-night stands; hens' holidays are unforgettable

BODY AND SOUL

Relax, unwind and detox in the tropical surroundings of the Whitsundays. Start the day with yoga and a walk before feasting on a sumptuous buffet to sustain you through a two-hour pampering treatment. Your girlfriends will love you as you wash away the Bride Monster to reveal your hidden Blooming Bride, at Club Med Lindeman Island's Body and Soul week (Nov 12-20) in conjunction with Weight Watchers. Packages start at \$2235 ex-Sydney with all meals, drinks and activities included. Book early and stay for eight nights for the price of seven. clubmed.com.au



CLOCKWISE FROM TOP LEFT: Ski Mount Hotham during Women's Ski Week. Take the girls to the set of *Sex and the City* for some shopping. A full Vietnamese cooking class is part of Travel Concepts' Asian shopping tour. Pamper yourself at Club Med Lindeman Island.

L'OREAL VISIBLE RESULTS WOMEN'S SKI WEEK

Perfect your schuzzing and get groomed at Mount Hotham's Women's Ski Week. Daily ski tuition, video post-run analysis and après skiing cocktails will take you from green run to wannabe world champion in a week. Did we mention the complimentary massage and pamper pack that's included? It's an annual event that takes place every winter, so book early. \$759 will get you the week's tuition and all events. Note: accommodation and transport is extra. hotham.com.au

SHOP CHOP

Asia is the so-hot-right-now destination for shopping and Travel Concepts offer a superb two week shopping tour for women-only – no pesky males watching the dollars. Start spending in Singapore (cocktails at Raffles, anyone?) before

enjoying retail therapy in Hanoi and Saigon. Haven't got your wedding frock yet? Order it here at a 10th of the price. A half-day Vietnamese cooking school is also included as are spa treatments along the way. No more than twenty females on tour ensures intimate spending. All-inclusive flights and accommodation cost \$3650 per person twin share. The 2005 tour departs on November 16. See Travel Concepts to book. travelconcepts.com.au

EVERYTHING AND THE CITY

Take your three best friends to New York City to perch on Carrie Bradshaw's stoop, visit Charlotte's SoHo gallery, shop at the 'rabbit' sex toy store and gaze into windows full of Jimmy Choos. For \$35US. On Location Tours will take you on a three hour tour. *Sex and the City*, *The Sopranos*, the location sets of *Friends*, *Will & Grace* and *You've Got Mail* are all on offer. Your girls may even find their own Mr Big! sceneontv.com/tour

GODDESS DAYS

Looking for hens' party ideas? Try hens.com.au, where you will find creative suggestions suitable for hens of all stripes. Choose a category – Pamper Hen, Adventure Hen, Wine & Dine Hen, Getaway Hen or Sexy Hen – and then peruse what various business have to offer. In 'Pamper Hen' be sure to check out the Mobile Pamper Packages from Avetta Goddess. This Melbourne-based company delivers at-home indulgences of the beauty, body or soul-therapy type. You can have a body wrap (which promises you'll lose at least 15cm), massages, body polishes, manicures, pedicures or even have your palm read. Or why not have feng shui performed on your new home!