

# STAYING POWER

Bliss out in the Whitsundays, commune with the ancient Incas in Peru or just immerse yourself in nature in Japan.

COMPILED BY MICHAELA WILLIAMS

1662 Yugashima, Izu City, Shizuoka,  
Japan. +81 (558) 852 700.  
[www.arcanaresorts.com](http://www.arcanaresorts.com)



## ARCANA IZU

Bombarded by your BlackBerry? Inundated by emails? Arcana Izu would like to (gently) suggest you take time to switch off. This luxury boutique hotel with its *ryokan* meets contemporary Scandinavian design, would like you to spend a few days soaking in its natural hot spring baths (each of the 16 guestrooms has its own) overlooking the Kano River. Leave everything to the staff's *omotenashi* (spirit of hospitality) and the French cuisine in the Lumiere restaurant. From ¥46,000 (\$560).

## PALACIO NAZARENAS

This is a 55-suite oasis in the shadow of the Andes' Ausangate mountain. Despite luxe interiors and modern comforts, the hotel incorporates original Inca stone walls in its spa, and a library displaying artefacts discovered during construction. Originally a 16th-century home turned Carmelite convent, friezes dating from Spanish colonial times adorn the adobe walls, and the premier Nazarenas Suite's ceiling has gold-embellished roses. Visit the nearby Inca fort at Sacsayhuamán and enjoy a herb cocktail made by your personal butler on return. From \$US595 (\$580).

144 Plaza Nazarenas,  
Cuzco, Peru.  
+51 (84) 582 222.  
[palacionazarenas.com](http://palacionazarenas.com)

## WHERE I STAY



LORNA JANE CLARKSON  
FOUNDER & CCO LORNA JANE

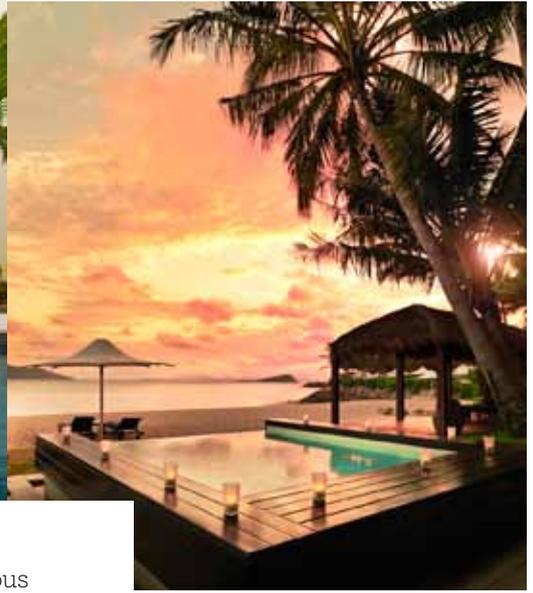
## CASA DEL MAR, SANTA MONICA

"The beautiful beachfront Casa Del Mar in Santa Monica is my home away from home. I treasure having a place to relax when travelling frequently for work. The wonderful staff treat us like family, organising my favourite pressed juices and teasing us if we sleep in and don't work out in the morning. Being on the beach in a hotel that opens your windows at night so you can hear the waves is priceless." From \$432.

1910 Ocean Front Way, Santa Monica, California, USA.  
[santamonicaluxuryhotels.com](http://santamonicaluxuryhotels.com)



## CHECK-IN HOTELS



### HAYMAN ISLAND

Hayman has long been an Australian holiday magnet and is now more glamorous than ever. What's to like? The transfer from Hamilton Island in the sleek *Sun Goddess* with bubbles and high tea salmon sandwiches. The Beach Villas with individual heated pool, butler and beachfront wham-bam. The Lagoon suites overlooking a sea of purple lilies. The swimming pool maze destined to thaw the grumpiest child. The lush gardens, butterfly groves and bush. Dainty pastries baked overnight for breakfast. The Heston Blumenthal-creative desserts of Glenn Bacon in the fine diner, Fontaine. Snorkelling at Blue Pearl Bay, accessible by boat only, with a gourmet picnic. Twilight dinner for two on the beach. A chocolate flight from the kitchen's chocolate room. The Saturday night Chef's Table. Spain's crazy Custo label in the boutique. From \$466.

**Great Barrier Reef,  
Queensland.**  
(07) 4940 1838.  
[www.hayman.com.au](http://www.hayman.com.au)



## ASK THE CONCIERGE

### BRETT TAYLOR **PENSIONE HOTEL, PERTH**

#### ❖ **When friends are in town I take them for a drink at...**

Andaluz Bar & Tapas - it is hidden away down Howard Street in the CBD. You enter through a discrete gate into a small courtyard and then the main "parlour" accented by secluded spaces. It's a great place to kick back and enjoy some incredible wines and share tapas.

#### ❖ **Couples wanting a romantic dinner for two should consider...**

Jackson's Restaurant in Highgate. It's a foodie paradise with a cosy feel. If you've brought your appetite, go for the full degustation.

❖ **The restaurant that best shows off Perth is...** Barchetta in Cottesloe. You get the same view

as the popular Indiana Tea House, but without the hordes of tourists. It has the relaxed vibe that Perth is known for and, let's face it, no-one can beat that Indian Ocean sunset!

#### ❖ **For designer fashion I steer guests towards...**

"Subi" (Subiaco), where there are some fantastic boutiques and one-off shops around the intersection of Hay Street & Rokeby Road.

#### ❖ **For the perfect gift or memento I'd shop at...**

Pigeonhole, in various small shops around the CBD. These places sell independent fashion, design, homewares, jewellery and stationery. One is right around the corner from the Pensione.

#### ❖ **To see some great art I'd go to...**

PICA (Perth Institute of Contemporary Arts). Skip the more popular galleries and visit the source. Perth is getting quite a reputation for its emerging artists.

#### ❖ **The best markets can be found at...**

Subiaco Farmers Markets. I go here almost every Saturday. Get in early for the best produce, and chat to the producers.

#### ❖ **For vintage finds head to...**

Bluebird Vintage in Wembley. It is perfectly curated and they have

some fantastic pieces to tempt.

❖ **If it's raining...** the beautiful art deco Piccadilly Cinema.

❖ **Sights that are overrated include...** Swan Bells, housed in an extraordinary building, but best viewed from afar to appreciate the architecture.

❖ **If I were a visitor with a free day I would...** travel north to Yanchep with a picnic and find a beach all to myself. See *Perth fine dining update*, p95.



**It has the relaxed vibe that Perth is known for and, let's face it, no-one can beat that Indian Ocean sunset!**