



TIME FOR SOME LONG OVERDUE LUXE TLC

As we read in Helen Gibbons previous article, workplace stress and subsequent health issues are rife in the Mining Industry. Work in this sector is earmarked by strenuous tasks, both long shifts and swings in isolated and remote environments, and high-pressure roles at management and executive levels.

Good workplace safety practice now recognises that keeping employees safe and 'fit-for-duty' extends beyond safety in the workplace. Education for safe conduct to and from work, at home and in all external work environments are just as important in maintaining good health.

So how do we apply this same approach to achieving good mental health?

There needs to be an attitude shift from viewing these activities as a luxury, to seeing them as what they are; the ultimate investment in the most important thing you own: your health.

The Dreaming Palm Beach is one such place that lends itself to this.

In the name of research, a few members of the AMSJ team took time out to test the verdict on this.

We landed in Sydney feeling rather tired and wound up. Granted, none of us work in the mining sector, so had empathy for how that feeling would be exacerbated were that the case.

Arrival at the entrance of The Dreaming Palm Beach quickly challenged that.

The property is nestled up amongst the foliage on Palm Beach hill and faces out to uninterrupted views of the Pacific Ocean.

The house is the genius of architect Chris Beckingham, renowned for such works as six star resort Qualia on Hamilton Island. Beckingham's philosophy was to create a space that would bring the outside in. And in this he succeeds.

The home's two stories cascade down Palm Beach hill; with windows on all aspects allowing full appreciation of the surrounding vegetation.

A bamboo-garden back-lit glass wall creates a serene vibe in the kitchen, whilst the living room adjacent literally opens up to the sky with a retractable roof. The breathtaking views from here are enhanced by floor-to-ceiling windows which slide back from the

dining room onto a large balcony deck; allowing the home to unfold directly onto the Pacific Ocean.

This outside-in approach feels intuitive to wellness. It gives you a sense of wholeness; the ocean upon you with its rhythm and scent both meditative and healing.

To further aid unwinding, the house features a steam room, saltwater infinity pool, indoor and outdoor rainwater showers, and aromatic cypress wood tub.

You're free to relax on the poolside cabana, the many balconies, grassed and wooden sun decks. Or enjoy indoor lounging in the multiple living spaces, and indoor/outdoor dining utilizing the fully equipped kitchen or undercover barbecue.

It is clear that the property not only lends itself to relaxation and regeneration, it enables you to reconnect and enjoy each other.

Clever design of spaces that are open yet cosy, effortlessly facilitate communal activity.

It is this aspect that makes the property well suited for both time away with loved ones; family or a group friends; or the ideal location for an executive planning week.

Whatever your party, or state of mind on arrival, you are guaranteed to depart in a state of zen.

GETTING THERE

Flights operate daily to Sydney from all around Australia, including connecting flights from even the most remote of mine sites and locations.

Palm Beach is located 41 kms north of Sydney; 55 minutes from the CBD.

WHEN TO GO

The property is available all year round. **Come in Summer** – frolic in the pool, down at the beach and laze about on the decks and balconies.

Stay for Winter – warm up in the steam room, cosy up in the cedar spa, and enjoy wine and

cheese to the beats of the surround sound whilst enjoying the ocean views.

NEARBY

Stroll along the beach, just a 3 minute drive down the hill or short walk. Check out the lighthouse and series of walks and national parks in the surrounds. The waterways that make their way inland are littered with boats, picnic spots and incredible views. Both Palm Beach and Avalon boast a series of cafes, restaurants, brunch spots and quaint little shops to experience.

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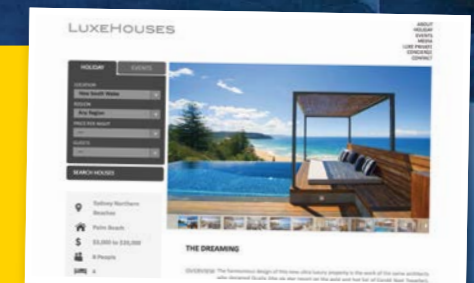
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