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## Catriona Rowntree

Getaway presenter

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"Every morning, I ride up to the chookhouse on the farm where I live and pick up my breakfast.

"One of the best things I ever did was sign up for polo at Werribee Mansion. I became addicted! The most important thing you need to do it is a sense of adventure. The Victorian Polo Academy offers lessons (phone 0437 510 524).

"When I'm on the road, I take a **Dyna-Band**: like a rubber band with handles and you can alter the resistance. It's designed so you can exercise in a hotel room. **Monoï oil** is what I use every day – I found it in the South Pacific; it's great for your skin. And **Lancome's Secret de Vie** range. I work outdoors so I'm obsessive about skincare: I have a **Shiseido Sun Protection Compact**. I adore **Mecca Cosmetica**; I'm from a very girly family.

"A friend put me in touch with **Oxygen Skin Centre** in Port Melbourne (phone 9681 8911). I've never experienced such beautiful service. I go there for facials, which I do before a big shoot, and spray tans, and occasionally I get my nails done. They also do a pregnancy massage, which I've signed up for.

"For a blowdry that absolutely rocks, I recommend **Greg** at **Conrad Mace** in Toorak (phone 9827 8685). They also do wonderful make-up for events and they've got a really beautiful spa out the back.

"The **Sofitel Spa at Werribee Mansion** (phone 9731 4000) is world class. And we get to stay at **Crown** for the Logies and everyone loves the treatment rooms there (phone 9292 6182) – the fact that you might bump into a star gives it an extra edge."