

“Put it away, Hermione. Mine’s bigger.”

HENZILLA:

How to plan an awesome HENS' DAY

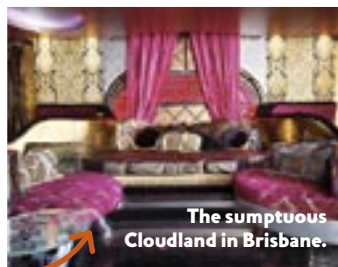
Let's get cracking on the BRIDE'S PARTY, says *Jessica Parry*

After attending dozens of hens' nights (three in a row, recently), I now consider myself an expert on these rituals. While each hen is different (some embrace strippers; others find them a turn-off), you'll find the perfect party idea here.

Dinner & drinks?

CITY VENUES FOR HENS WHO DON'T LIKE "FORCED FUN"...

BRISBANE With its indoor waterfall, opulent ladies' room and stylised decor, Cloudland, on Ann Street, Fortitude Valley, is the ultimate in luxury. Enjoy the peach and passion bellinis!



The sumptuous Cloudland in Brisbane.

SYDNEY With 18 bars and nine restaurants in two complexes on Sydney's George Street, The Ivy is the show-off of the city. For something extra special, hire an area by the rooftop pool.

PERTH For private dinners and stylish cocktails, settle into the Llama Bar in Hay Street, Subiaco, where hens' veils are banned, but classy girls' nights encouraged.

MELBOURNE For a VIP experience, try the Berlin Bar in Corrs Lane, where rooms have an East and West Berlin theme.

ADELAIDE Share tapas and sangria with your girlfriends at Mesa Lunga, on the corner of Morphett and Gouger Streets.

HOBART Stay in the exclusive Lenna Penthouses, in the historic Lenna of Hobart hotel, then wander down to the lively bar scene at Salamanca Place.

DARWIN The city's most stylish cocktail bar is Sandbar in SkyCity – so, naturally, that's where you'll be!

What goes on tour...

Combine a hens' day with the races, with the Virgin Blue Spring Racing Carnival* deals. The Citigate Albert Park package includes accommodation, flights and a two-day race pass.**



Shake, shake, shake



It's not just about making cocktails – the Zeta Belvedere Barschool in Sydney's Hilton Hotel ends in a fun, hotly contested competition. You can also book a class at the Sotano Wine and Tapas Bar at Melbourne's Hilton South Wharf, or at Zuri bar in Fortitude Valley, Brisbane. It costs \$95 per person for a two-hour class (with drinks and snacks).

Check out the wines on offer from Brown Brothers. See page 33 for more info.

WINE NOT?

TAKE A ROAD TRIP TO WINE COUNTRY...

If you live in NSW: Hens Hunter Valley and Champagne Tours host day tours for hens, with pick-ups in the Sydney area. Try the Tonic Hotel in Lovedale, for rooms stocked with Moët, boutique beers and board games.

If you live in WA: Escape Safaris for Women offers "Surfari" packages, including yoga and

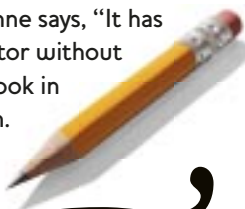
surf lessons, sea kayaking and bushwalks in the stunning Margaret River region. At night, dine at some of the region's best wineries and restaurants.

If you live in SA: Stay at The Atrium in Greenock Creek, in the Barossa Valley, before exploring the Barossa Farmers Market. Join a wine tour in a Daimler, or indulge in a red-wine soak at Endota Spa. Alternatively, you can choose the Clare Valley, and walk or cycle the Riesling Trail.

If you live in Tasmania: The Tamar Valley is home to more than 20 award-winning wineries. You can also sample Tassie produce in vineyard restaurants along the way.

He's naked, but not a stripper

Everyone, from Grandma to Chief Hen, will go giggly over the naked-man life-drawing classes run by The Artful Hen in Sydney, Melbourne and Brisbane. As the owner Rayni Bonne says, "It has the titillation factor without being tacky." Book in at theartfulhen.com.au.



Want more?

Other (stripper-free) hens' activities include: Dance classes, comedy clubs, chartered yachts, and day-spa sessions... For novelty gifts, go to adultshop.com, where inflatable penis balloons and Happy Penis plates, cups and tablecloths are hugely popular, according to a spokesperson! **COSMO**



MYTH:
THRUSH ONLY NEEDS TO BE TREATED EXTERNALLY

FACT:
Wrong! While external itching is often the first symptom of thrush, it's the yeast inside actually causing trouble on the outside. **Canesoral Duo** takes the effort out of treating thrush by taking care of both areas down there at the same time.

FOR MORE INFORMATION GO TO canesoral.com.au



Twice the relief with

Canesoral

Always read the label. Use only as directed. Your pharmacist's advice is required. If symptoms persist, please see your healthcare professional.



*ON SALE UNTIL 30 SEPTEMBER, 2009 – FOR TRAVEL BETWEEN 31 OCTOBER AND 7 NOVEMBER, 2009. **EX LAUNCESTON. PACKAGE INCLUDES RETURN AIRFARES TO MELBOURNE, THREE NIGHTS' ACCOMMODATION IN A CITIGATE ROOM AND A TWO-DAY RACE PACKAGE – BANKS ENCLOSURE WITH RESERVE LAWN STAND SEAT FOR MELBOURNE CUP AND CROWN OAKS DAY. FROM \$759 PER PERSON. TWIN SHARE. PHOTOGRAPHY BY MARIE HOMER/ACP, SIMON FURLONG/ACP, GETTY IMAGES