

Guysers Gazette

GNI Leathermen visit *Guysers*

Pohutu Geyser – ‘*The Big Splash*’

DJ Woody’s club classics

Libido Superfoods

Thermal healing




Guysers
GAYSTAY

Rotorua, New Zealand

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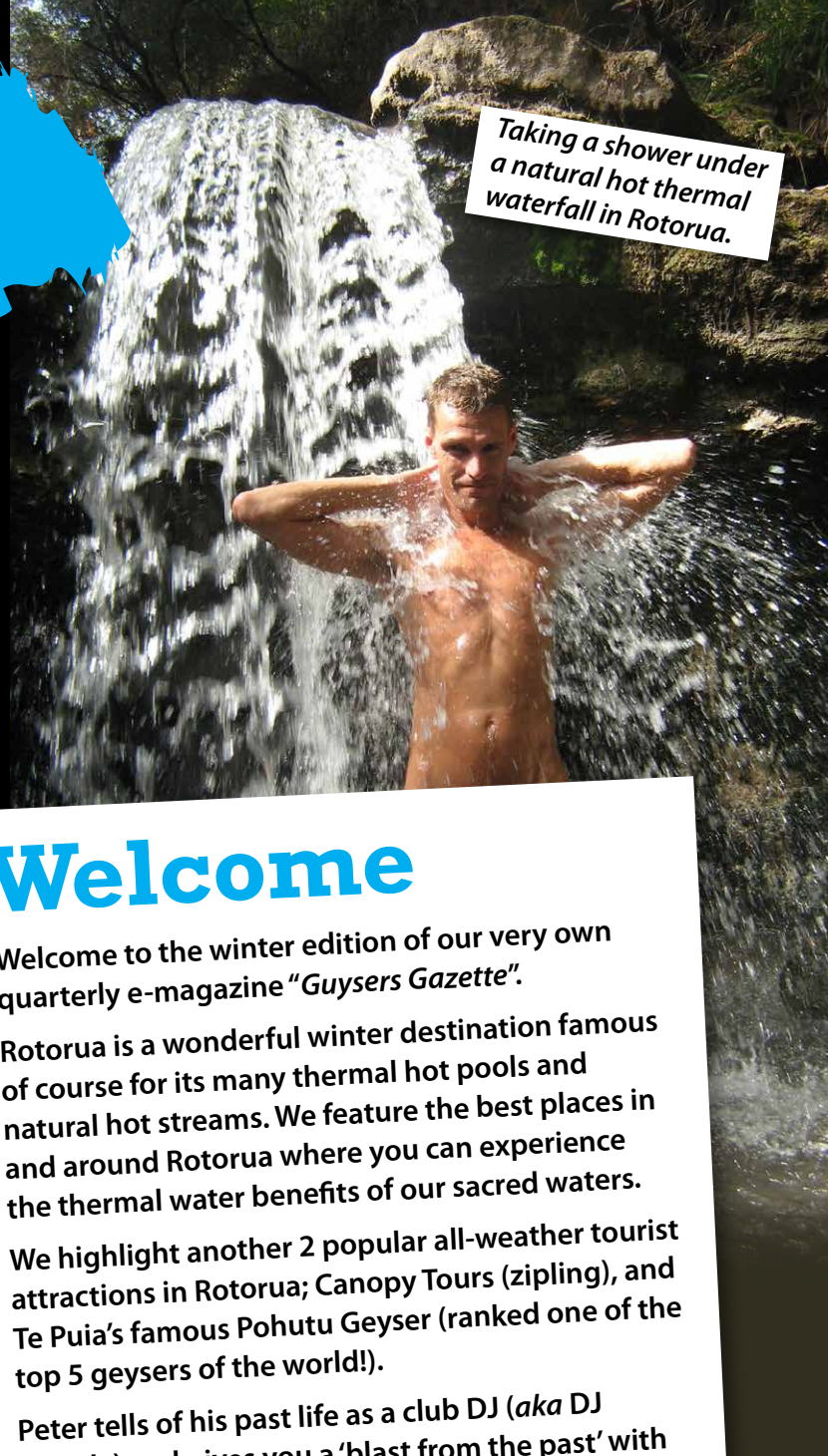
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Taking a shower under a natural hot thermal waterfall in Rotorua.

Welcome

Welcome to the winter edition of our very own quarterly e-magazine "Guysers Gazette".

Rotorua is a wonderful winter destination famous of course for its many thermal hot pools and natural hot streams. We feature the best places in and around Rotorua where you can experience the thermal water benefits of our sacred waters.

We highlight another 2 popular all-weather tourist attractions in Rotorua; Canopy Tours (ziplining), and Te Puia's famous Pohutu Geyser (ranked one of the top 5 geysers of the world!).

Peter tells of his past life as a club DJ (aka DJ Woody) and gives you a 'blast from the past' with a list of some of his favorite all-time club classic tunes with URL links so you can listen to them and remember 'the good old days' of club music.

We've dined out recently and given you our own personal review of two more popular restaurants in Rotorua; Mr Yakitori and Atticus Finch.

Healthwise we look at the benefits of Rotorua mud skin care products that you can try for yourself when you visit Rotorua, or that you can buy to take back home with you. And we list some natural libido-boosting foods that are said to give you that 'Viagra effect' without side effects.

Enjoy!

Peter & Mike

Guysers Gaystay, Rotorua, New Zealand

GUYSERS GAYSTAY

Hosted B&B for gay men

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Rotorua, New Zealand

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<https://guysersgaystay.com>



facebook.com/GuysersGaystayRotorua

Winter time at Guysers Gaystay



New Zealand's winter season generally sees a slow down in international visitor numbers. But for those people who are prepared to brave the cooler winter climate, Rotorua (and in particular Guysers Gaystay) is an excellent location to base yourselves for a few days.

Unlike many regular (straight) B&Bs in the Rotorua district who choose to close down over the winter months, here at *Guysers Gaystay* we remain open for business. For New Zealander's (or International tourists) wanting to go skiing at Mt Ruapehu, Rotorua's thermal hot pools, geothermal parks and vast array of suitable winter activities provides an ideal destination to spend a few more days in the North Island.

Guysers Gaystay is located within minutes walk of the center of Rotorua City providing the perfect handy location to base yourselves. Our B&B for gay men is gay owned and hosted. This means a stay with us will be in a relaxed, uninhibited, all-male environment where you are free to be yourselves.

It is important to us in running a quality, professional B&B that you get a comfortable night's sleep. During the cooler winter months we make up the beds with electric blankets, 500gm duvet covers, and you even get the choice of Egyptian cotton flannelette sheets or 400 thread count smooth cotton sheets (this choice is available if you book direct on our website).



A hot soak in our spa pool is the perfect way to unwind and warm up during winter.



Our soft and cosy winter flannelette sheets are divine.

Each room also has an oil fin heater which you can use to keep your room warm and cosy and there is an extra fleece blanket kept in each wardrobe should you require it. As well as this we also provide extra pillows in each wardrobe so you can find just the right thickness pillow for you.

Each room has its own tea and coffee making facilities so you can make a cuppa anytime.

Continued over...

Each guest room now has new 32" LED wall-mounted TVs with Freeview stations so you can snuggle up in bed and watch your favorite show. Alternatively you can use our free Wi-Fi if you have your own i-Pad or laptop.



Watch your favorite shows on our new in-room 32" LED TVs.

You are of course welcome to sit and socialise in the lounge, play a tune on the piano if you can or choose a DVD from our ever-growing library.

Part of the 'B&B experience' is being able to sit and chat with your hosts and other guests, either in the lounge, in the spa or patio area, and of course at breakfast time which is held all together. Unlike a motel or hotel, you are not confined to your bedroom – we welcome and invite you to join us.



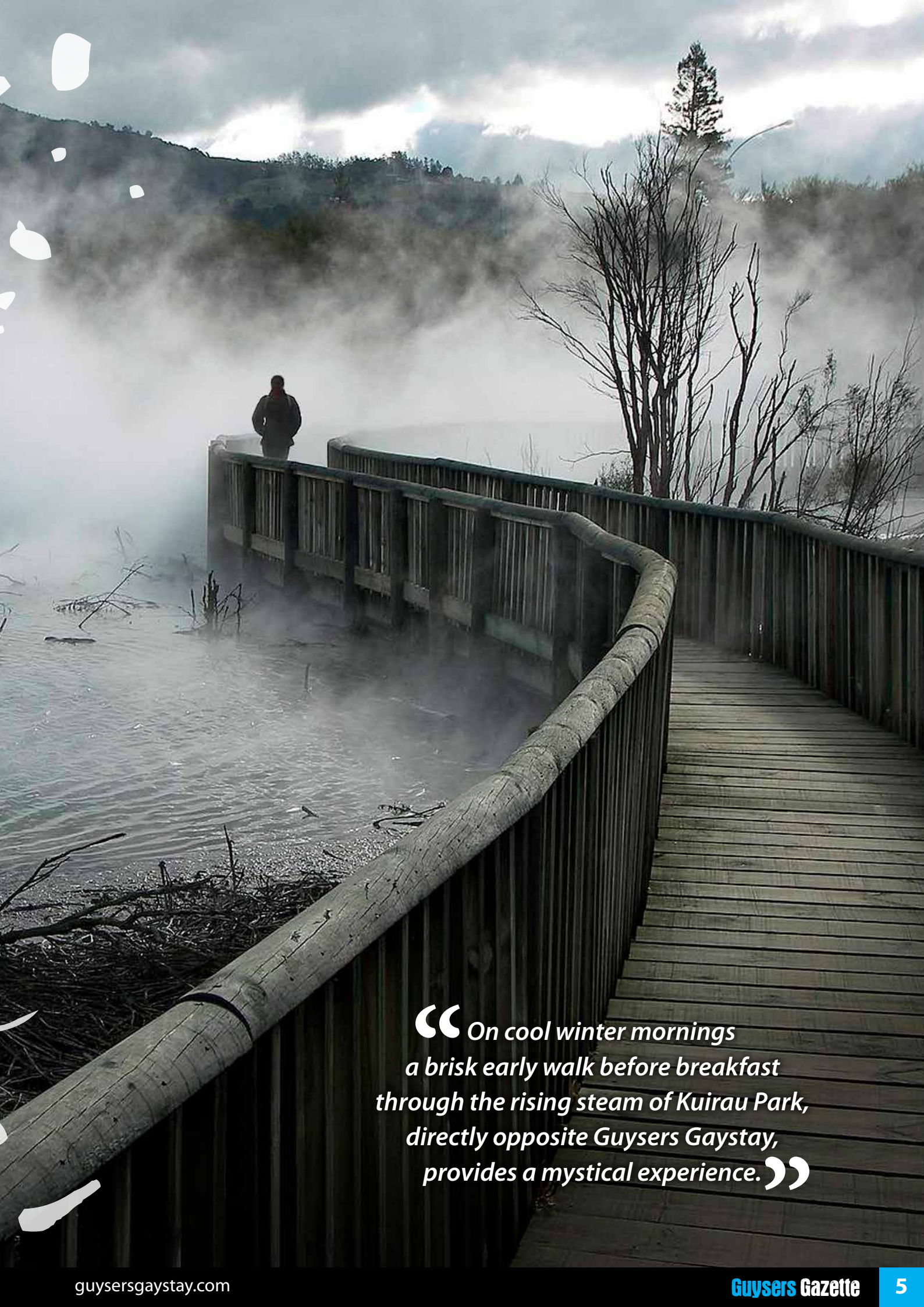
If you can play the piano, feel free to bang out a few tunes.

Mike has been extremely busy re-coding our website so that it meets Google's new criteria of being fully 'responsive'. What this means in layman's terms (for the non-techie people out there) is that our website can now be viewed on any PC or device and on any screen size, and the elements on the screen (eg, menu bar, images and text) automatically cascades and reorders itself to be viewed on smaller screen sizes such as mobile phones. Now you can bring up our website on your mobile phone or i-Pad and easily navigate through the pages, and of course to make a booking!

It was a bit of a learning curve for Mike as he had to teach himself HTML5! Check out our website on your device and see what a great job he has done. <https://guysersgaystay.com>



Don't forget to 'Like Us' on Facebook!



*“ On cool winter mornings
a brisk early walk before breakfast
through the rising steam of Kuirau Park,
directly opposite Guysers Gaystay,
provides a mystical experience. ”*

Special Guests



Kim, winner of Mr GNI Leather 2012, shows off his outfit and sash to us at Guysers Gaystay.

GNI Leathermen visit Guysers Gaystay

Kim and Chris from Palmerston North, New Zealand, are regular yearly visitors to America's *Gay Naturist International (GNI) Gathering*. This 9-day-long, all-male nudist event held in Pennsylvania hosts up to 800 men! We chat with with Kim and Chris (who have stayed with us a few times at *Guysers Gaystay*) about *GNI*, and about their time spent with us in Rotorua.

We understand you are both avid naturists. Tell us about why you enjoy naturism so much

Naturism just seems the most natural thing to do – without the inhibitions of clothes, we are all equal. True personalities have to shine through because there is no hiding behind designer labels and it doesn't matter what build you are, what nationality you are, or how big your bank balance is. We are all different, and it is good to see not one of us is alike. Everyone is totally individual, and we believe that is a good way to be. In some ways it makes us respect our fellow men more and have a better understanding for them. Plus it just feels nice and healthy to have sun on our entire bodies (summertime) and to relax and enjoy the company of like-minded individuals whenever we can.

Tell us a bit about GNI and the year Kim won Mr GNI Leather

In 2012, I (Kim) won *Mr GNI Leather* in the USA. This was very special for me and for my partner Chris also.

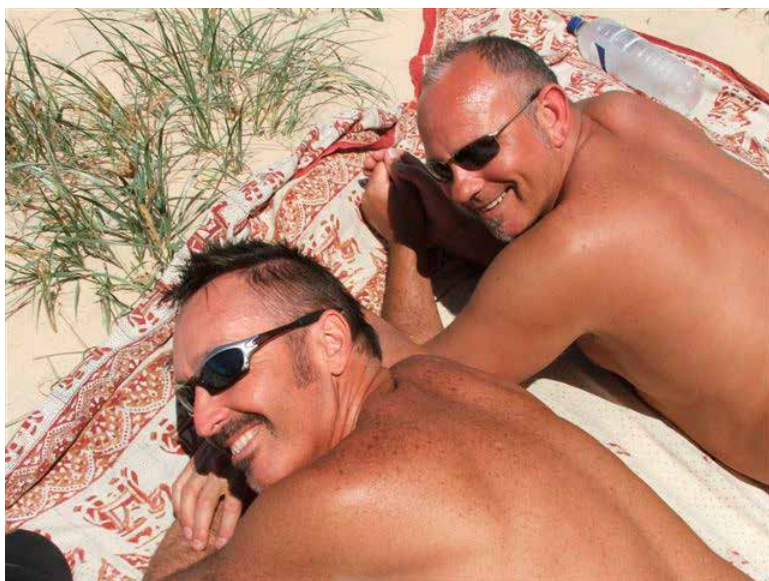
For 9 glorious days we got to meet and socialise with hundreds of naked men at *GNI*, and also got to indulge in our other passion – leather! – a great combination, and to do both on stage in front of so many men was awesome. The *GNI* movement and the leather scene (particularly in America) are both very much about camaraderie and mutual admiration, especially amongst the leather brotherhood. Respect plays a huge part here.

It was also the first time the *Mr GNI Leather* contest had been won by someone not American, and so the leather studded sash left the USA for New Zealand for 12 months.

A huge responsibility was put on my shoulders to promote *GNI* when and wherever I travelled to, and to show off the sash as much as possible, such as at judging contests, gay fairs, public appearances (as well as some private ones!).

All in all, attending the *GNI* gathering has been a great experience, and one we will never forget, and hope that its existence will only encourage more men to give naturism a try.

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Tell us about your stay with us at Guysers Gaystay

Guysers Gaystay in Rotorua was a great place to stay, and still is, a very friendly, safe and unthreatening environment just being able to be yourself and to relax and enjoy the company of the hosts and other guests. For us, being a clothing optional guesthouse is an added bonus as we are able to relax and enjoy the hot spa pool, outdoor and indoor areas clothes-free if we wish and its a great place to unwind after a few hours on the road too.

Mike and Peter both have a huge local knowledge of Rotorua. They stock all the tourist brochures and have discount vouchers for most of the attractions and can assist with itinerary planning and making bookings and dinner reservations.

What were some of the things you did while you were in Rotorua?

While in Rotorua, we have taken a helicopter ride out to White Island – one of the most special things we have ever done. We can totally recommend it.

The regular lakeside market and Kuirau Park weekend markets are great too. We love to explore

the markets as we are always on the lookout for bargains.

Also, some great dinners have been had at the local pub (Pig & Whistle) or even just fish & chips from down the road.

Talking about food, we have always had amazing breakfasts at *Guysers Gaystay* – they really do set you up for the day! We enjoy ending the day with a hot thermal soak at the Polynesian Spa (although unless you're in a private pool you do need swimmers).

Oh, we mustn't forget the trip we had to the Blue and Green lakes too, and the views of Mt Tarawera. Fabulous!

If you return to Rotorua is there a particular attraction you would like to experience?

When we go back to Rotorua we must get to Kerosene Creek to experience the thermal waters there, and just to relax and catch up with Mike and Peter again, and to forget the worries of the world.

A globeride in the *Zorb* or *Ogo* balls would be fun too! As would be the Grade 5 white water rafting over the 7-meter waterfall on the Kaituna River. 🌟



Kim and Chris check out the lakefront markets, Rotorua.



A helicopter trip out to the active volcano, White Island, is a trip to remember for a lifetime.



Kim and Chris take a photo opportunity with a couple of Policewomen at the 2013 'Out in the Square' event in Wellington.

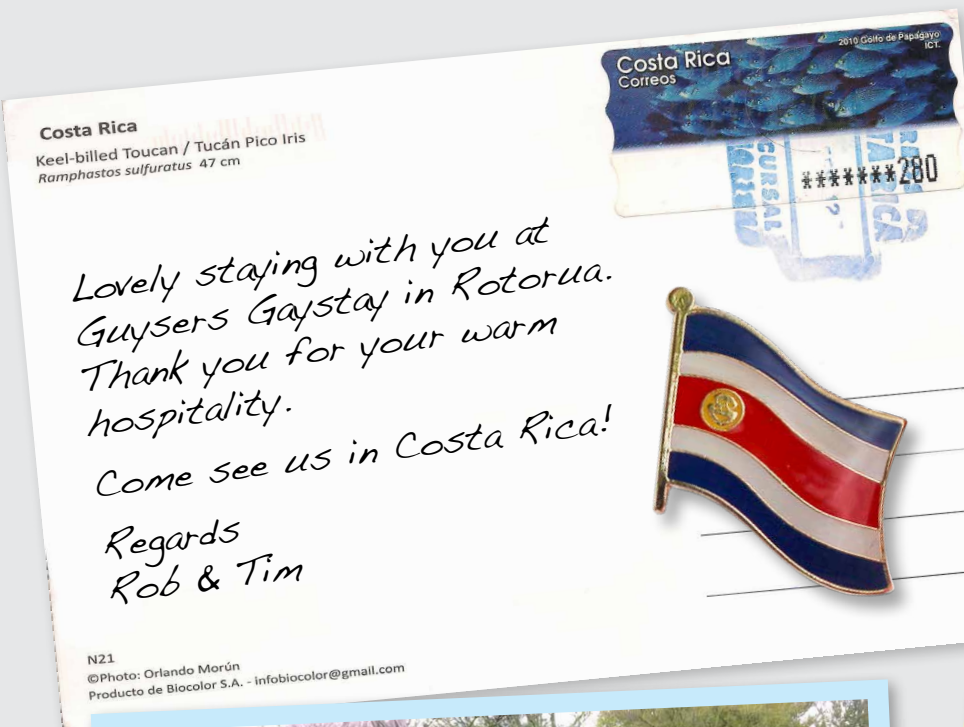
If you would like to know more about Gay Naturists International (GNI) please visit: <http://gaynaturists.org/>



The GNI Leather sash makes its way to Rotorua, NZ.

Guysers guest feedback

Here at *Guysers Gaystay* in Rotorua we host men from all over the world as well as nationally. We are proud of our guest reviews and TripAdvisor comments and continually strive for excellence. Here are just a selection of the great comments we have received...



Wow - what a weekend! So central and so clean, but above all the hosts go so out of their way to make your stay perfect. They have such a passion for what they do and take such pride in their place that the whole experience is fantastic. They have a great deal of knowledge and every recommendation given hits the sweet spot. Even though it's central it's so private and there is a lot of attention to detail but at the same time it is very homely and welcoming which I found extremely appealing. It's an awesome central base to use in order to see Rotorua's many wonderful attractions and is a great place to relax. Great spa too, and enjoyed Mike and Peter's company.

Sean & Alan,
Auckland, NZ



Wonderful hosts and accommodation. Very relaxing especially with the hot spa pool. You guys have both done a great job with the place. Will enjoy a return visit. Many thanks.
Kim & Chris, New Zealand



I had the most fabulous time here, I leave a different man!! You are both excellent hosts and have enhanced my Rotorua vacation.

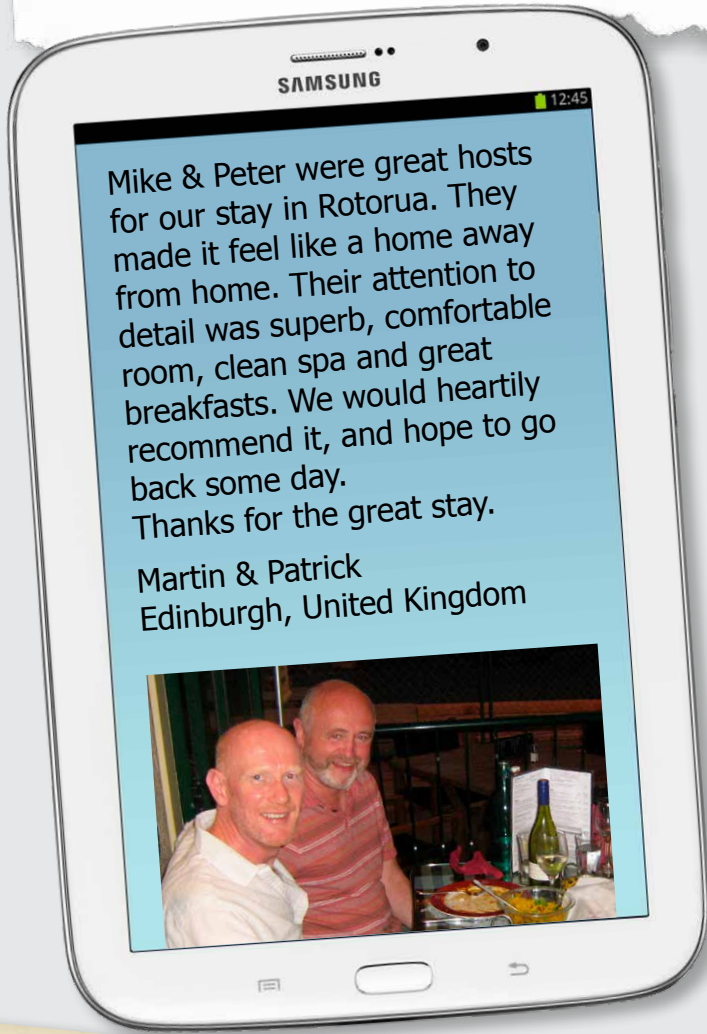
See you next time.

Steve
Coventry, England



Lovely stay, very friendly and helpful hosts, and superb breakfasts with fresh fruit. We will tell friends about it.

Alex & Carlos
Argentina



Guysers was the first stop on our 2 week holiday to Northland. Great welcome from Peter and Mike - these guys make you feel right at home and go the extra mile to ensure you have excellent knowledge of the district. The B & B was a super oasis to come back to after a day out sightseeing and just relaxing with our hosts. Breakfast was AAA+ Diets have now begun!!

Thanks guys for such a pleasant stay, and we look forward to seeing you again in the near future. We will certainly recommend your place to our friends.

Chris and Kevin
Palmerston North, New Zealand

Felt more like family than guests. Great hosts, great service and hospitality. Loved it! Loved it! Loved it! Best stay I had in New Zealand.



Ric
Castle Hill,
Australia



Thermal healing

If you live in New Zealand and are looking for a destination to escape the cold of winter, or if you are an international traveller coming to New Zealand during our winter season, no place is better than Rotorua to warm up and receive the healing benefits of the many thermal hot pools, mud spas and free geothermal rivers in and around the district. We've listed here our favorite spots for a hot soak...



Polynesian Spa

The *Polynesian Spa* is located on the shores of Lake Rotorua overlooking Sulphur Bay. It is a World Top 10 Spa complex (as voted by *Condé Nast Magazine*) consisting of several bathing options; The *Adult Pools* where there are 5 different bathing areas and two types of thermal water ranging from 38 to 43 degrees C, the *Lake Spa* (although a little pricey) has 3 pools set in landscaped gardens, and the *Private Pools* (for clothing optional bathing) four of which have views of the lake, although there is a 30 minute time limit in these.

The water comes from two springs; *The Priest Spring* has the perfect balance of acidity to provide soothing relief for tired muscles, aches and pains, and the *Rachel Spring* is alkaline and has a natural antiseptic action due to its sodium silicate content. Historically it was said that those that swam in the Rachel Spring water was blessed with ageless beauty. To test this theory out you'll just have to visit the Polynesian Spa in Rotorua.

Open daily 8am – 11pm.
Last bathing entry 10:15pm.





Waikite Valley Hot Pools

The *Waikite Valley Hot Pools* are located 25 minutes drive south of Rotorua near Wai-O-Tapu. A hot soak here is well worth it if you are combining your journey with a visit to see Wai-O-Tapu Thermal Wonderland. Although these pools cater for families (and there is often a lot of children here) there are a few adult only/passive bathing pools to get away from all the splashing kids. There are also private pools available for clothing optional bathing (max 30 minutes) and these all have a beautiful view of the rural landscape.

Butchers Pool

This free public pool is situated on the eastern side of Broadlands Road, approx 2 kilometres south of Reporoa township (about 35 minutes drive south from Rotorua City). *Butcher's Pool* fills from hot and cold internal mineral springs and the water exits continually so is renewing and cleansing itself. There are particles of natural algae that floats in the water so if you prefer your water pristine and clear this may not be the pool for you. Skinny dipping is sometimes possible here if you are the first to arrive but keep a towel handy.



Kerosene Creek

Kerosene Creek is a natural thermal river located 25 minutes south of Rotorua towards Wai-O-Tapu. Although situated down a very rough unsealed forestry road it is still very popular with campervans, backpackers and other tourists. Once a local secret spot for skinny dipping, these days its bustling with textiled tourists, families and children, but it is still a fantastic and unique place to go for a swim, and best of all its free! Most people head to the main waterfall (pictured), but there are several other bathing spots along the river.

Continued over...

FREE!



Wai-O-Tapu twin streams

This is a free natural public bathing spot where a hot thermal stream converges with a cold water stream. It is located on the Wai-O-Tapu Loop Road just down from the Wai-O-Tapu Thermal Wonderland ticket office. You can find just the right temperature that you like by sitting where the two streams mix. If you venture too far up the hot stream it can be too hot to sit in depending if there has been a lack of rainfall. Bring your swimwear as it is not very naturist inclined these days (unless you go early evening once the bulk of people have left).

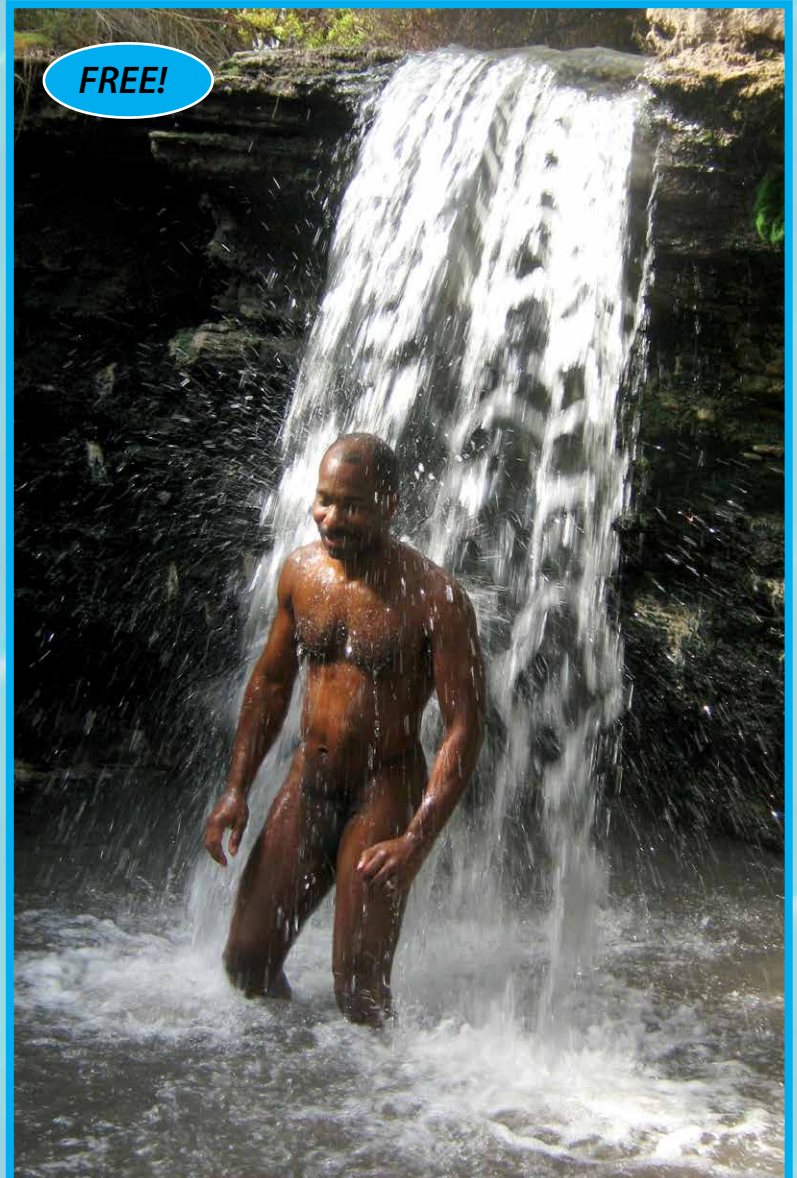
The 'secret, secret spot'

This thermal stream and hot waterfall is one of the few best-kept local secrets in the Rotorua area. As this place is not mentioned in every guide book you are almost guaranteed to have this place to yourselves. It is very private set in amongst the bush and is ideal for naturist *au naturel* bathing. The 3 meter high waterfall provides an excellent vigorous shoulder massage. The bathing pool below it is shallow and has a slightly muddy and stoney bottom. Again, if you are fussy about the clarity of water you like to bath in, this place might not be for you. Natural thermal bathing doesn't get any more natural than this!

With any natural thermal stream you must keep your head above water as there are microbial hazards that are potentially dangerous if you get water up your nose.

Because this spot is a local secret we are not going to give instructions on how to get there in this public forum. You will just have to book into *Guysers Gaystay* when you visit Rotorua, and if you are lucky we will take you there ourselves (blindfolded of course!)

FREE!



Wairakei Terraces

The *Wairakei Terraces* hot pools are actually located near Taupo, about 1 hour drive south of Rotorua on SH1. The water flowing into these pools comes from a spring where there is also a geyser and manmade terrace formations where silica has now formed creating the look of the once famous Pink & White Terraces. There are 3 pools of varying temperatures and the surrounds are beautifully landscaped with rocks and native plantings and even a waterfall. A great place for a dip if you are passing through Taupo or an easy drive from Rotorua.



Hells Gate

Hells Gate in Rotorua offers New Zealand's only mud spa where you can cover yourself in mineral-rich, silky smooth geothermal mud. Commercial freeform shaped bathing pools are filled with mud and thermal water and are cleaned out and refilled daily. After 30 minutes of slippery fun in the mud you shower the mud off and then you are guided over to the sulphur pool where you can stay as long as you like overlooking the geothermal park. Private pools are available but they are old and quite small.



Manupirua Springs Hot Pools

These thermal hot pools are located on the shores of Lake Rotoiti. What makes these pools unique is the fact the only way to get there is by boat or by kayak – there is no vehicle access. You can either get there by *Pure Cruise* which is a luxury catamaran yacht, by *Kawarau Jet* which is a high speed jet boat that departs from the Rotorua City lake front, or by one of several Kayaking companies (eg, *RiverRats* or *Waimarino*).



Continued over...

Fabulous things you may not know about Rotorua's thermal muds and waters



Natural antiseptic properties

Leaves skin clean and soft to touch for up to six weeks

The mud from Hell's Gate absorbs excess oils and impurities while detoxifying and purifying the skin

Relieves tired muscles, aches, pains, arthritis and rheumatism

Helps clear up Psoriasis

The water from the Rachel Spring contains Sodium Silicate which is very soft and pleasing on the skin

Neutralises free radicals – helps stop skin aging

Rotorua's mud contains trace elements such as sulphur, calcium, sodium and silica, to name a few

Increases levels of important skin nutrients such as vitamin C and E

Clears acne, skin infections, inflammation and dermatitis

Silica strengthens bones and boosts the immune system

Natural thermal streams in Rotorua fluctuate in temperature between 36 and 43 degrees Celsius

Relieves migraines, reduces stress, improves blood circulation, relaxes nerves and enhances sleep

Going down!

After opening in August 2012, Rotorua Canopy Tours has worked its way up to being the No.1 attraction in the Rotorua district (as voted on TripAdvisor). Come and experience their 3-hour eco adventure as you zipline over untouched virgin New Zealand forest.

After gearing up for a harness fitting and safety briefing at the Rotorua Canopy Tours Headquarters you will then be transported out to their secret forest north of Rotorua City. Accompanied by highly trained guides your eco tour begins with a walk through the forest containing 500 year old giant trees, monster tree ferns and native birds.

Before Canopy Tours was developed there was very little bird life that could be spotted in the forest due to the pests that were present such as rats, possums and stoats. Now, due to their extensive trapping program, the pests are gone and the bird life has returned in abundance.

The forest is brought to life as you learn about its history, its inhabitants and the conservation dream that is driving it all.


Join Canopy Tours as they take you on a wild journey of over 1.2 kilometres of ziplines, tree-to-tree swing bridges, walking trails and tree top platforms as high as 22 metres above the forest floor.

The highlight for many is the jaw-dropping 220 metre "Tui Song" zipline (pictured) where you take a leap of faith off a platform built high in the canopy of a 500 year old Rimu tree and fly across the tree tops landing on a platform hidden in the distance.

Take in the sights, sounds and smells of the forest from a unique perspective. Gain insight into the challenges that face our fragile environment. Feel the exhilaration of flying through the trees and the tranquillity of standing amongst this ancient canopy.

Summer, autumn winter or spring, Canopy Tours will take you on thrilling eco adventure that will stay with you long after the thrill of the final zipline has passed.

Even in winter, Canopy Tours is a great activity to enjoy. In wet weather the colours of the forest intensify so it is beautiful all year round. All wet weather gear and safety equipment is provided. The only time Canopy Tours ceases operation is if there is a chance of lightening (for obvious reasons!).

Stay with us at *Guysers Gaystay* and we can do the booking for you and have you picked up from our front door! <https://guysersgaystay.com> 



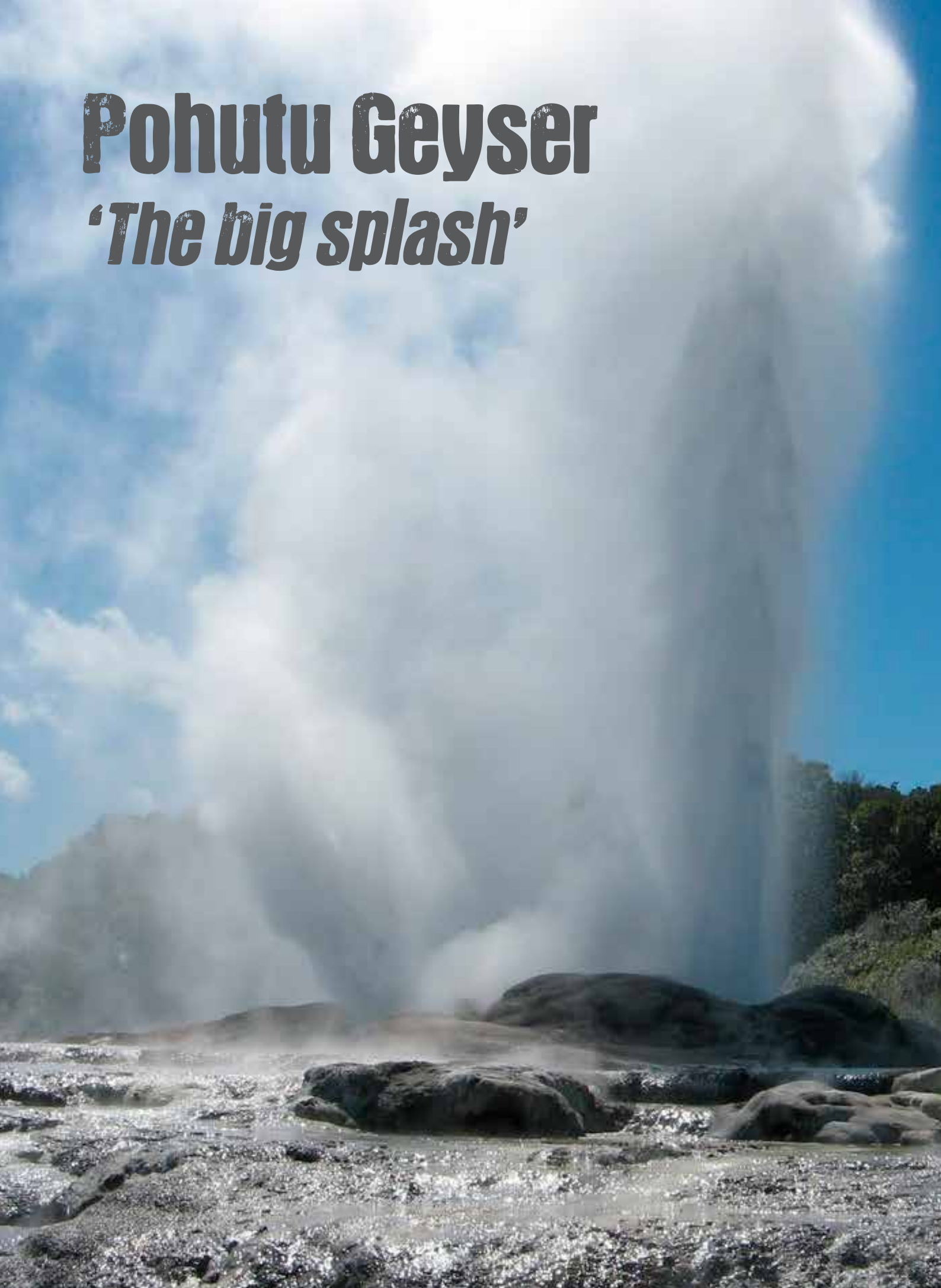


“Check this out bro...
Hands free!”

Yer, yer...
Don't get cocky

Pohutu Geyser

'The big splash'



One of the most photographed attractions in all of Rotorua is the legendary *Pohutu Geyser*, recently ranked one of the world's top 5 geysers by Lonely Planet.

The *Pohutu Geyser* is located within the grounds of **Te Puia** which is part of the Whakarewarewa Thermal Valley.

The smaller *Prince of Wales Feathers Geyser* (which is seen in the photo on the far left) erupts first followed by the impressive *Pohutu Geyser* which reaches heights of up to 30 metres (100 feet) and erupting up to 20 times a day.


Unlike Wai-O-Tapu's *Lady Knox Geyser* which is induced with a surfactant daily to make it erupt at a given time, the *Pohutu Geyser* erupts naturally on its own accord.

The process begins when groundwater starts to boil and creates steam due to intense heat from molten rock underground. Pressure builds inside *Pohutu's* underground chamber until it eventually forces its way up through the geyser vent erupting hot water and steam skyward.

Once *Pohutu Geyser* has calmed down, the chamber fills with water again and the process starts over.

The Māori word *Pohutu* means "big splash" or "explosion", and its easy to see why it got its name! It is also the largest geyser in the Southern hemisphere.

Your entry ticket into **Te Puia** not only gets you up close to the *Pohutu Geyser*, but you also get a chance to have a look at the New Zealand Māori Carving School (where Māori boys learn from the Master Carvers) and the Weaving School for Māori girls. Depending on the time of day you go or the ticket you buy, you can either have a 'Steam Box' lunch which is food you select that is cooked in a natural thermal steam vent, or the *Te Pō Evening Combo* where you get to watch a Māori cultural show followed by a Māori *hangi* dinner (food cooked in the ground over hot rocks and embers).

Book your **Te Puia** experience through us at *Guysers Gaystay* and save 10% off the ticket price! <https://guysersgaystay.com> 





A blast from the past

Between 1995 and 2003 Peter (aka DJ Woody, now co-host of *Guysers Gaystay*) was a resident DJ working for Wellington's previous gay haunts; *Sanctuary*, *Caspers* and *Ruby Ruby*. Peter also DJ'ed at several of Wellington's yearly gay raves such as (the now historic) *Devotion*, *Deus* and *UniQ* parties, and at *Barbarella Bar* in Rotorua (which sadly has long closed).



Shortly after I came out, when I was about 19 years old, I started going to gay nightclubs in Wellington. I remember dancing like crazy to tracks like 2 *Unlimited's* "No Limits" and thinking to myself "wow, I'd love to be a DJ playing music like this". So a few years later I saved up and bought two Pioneer CDJ500's and a mixer. At the time I was one of only two DJ's in Wellington who had CD mixing decks – all the other DJ's in town said to me "mixing with CD's won't take off – vinyl is the only way to go". But I ignored them.

Within a very short time nearly all the DJ's had

converted to using CD mixing decks because the clarity of the sound was so much better and mixing with CD's became so easy.

Nowadays of course, it's all MP3's saved onto a laptop, which I guess saves having to lug a heavy CD case around. But to me, dance music these days has become faceless, churned out with no real thought or passion, and untactile by not having a physical product to hold.

If anyone is familiar with the club scene of the late 90's/ early 2000's, much of the dance music that was played at that time are now considered to be 'club classics' – almost timeless tracks that could still be dropped into any set these days and still fill a dance floor.

Much of the 'cheesy' dance music these days does the circuit for a month or two and is quickly forgotten about, often without anyone knowing (or remembering) who actually produced it, or what it was called.

Call me old fashioned, but because of the internet, all the independent record labels that were producing some of the best dance/house music around slowly went out of business because they were no longer making any money from CD/record sales. This is because people (DJ's) were uploading the music onto the internet for any DJ around the world to download for free (convenient, but very damaging to small independent record labels). Thus, dance music producers had to change the way music was sold – hence today we have *iTunes* and other websites where people have to pay for the individual tracks or compilations they download.

For a little trip down memory lane (for those of you who may remember the good old days), I have listed here some of my favorite all-time 'club classics'. Click on the links I have provided and transport yourself back to the ultimate era of club music.

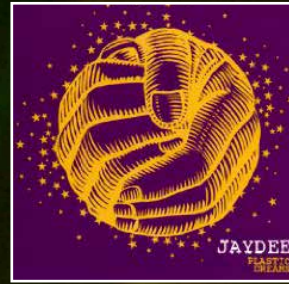
A small selection of Peter's favorite old 'choons' ...



Bedrock
For what you dream of
www.youtube.com/watch?v=kmgppNqccrk



Pizzaman
Trippin' on Sunshine (Dub)
www.youtube.com/watch?v=P2-6w2DPz0Q



Jaydee
Plastic Dreams
www.youtube.com/watch?v=Yc_oxDAmicU



Da Hool
Meet her at the love parade
www.youtube.com/watch?v=VazTM9jK458



Gat Decor
Passion
www.youtube.com/watch?v=NAT40iQ25C0



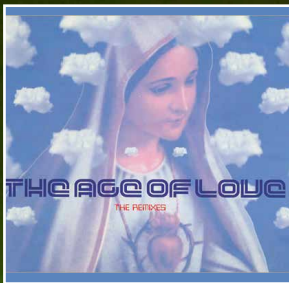
Mory Kante
Yeke Yeke (Hard floor mix)
www.youtube.com/watch?v=YDZ9HYCAknc



Energy 52
Cafe Del Mar (Three 'n' one)
www.youtube.com/watch?v=upRXWIVv4hw



Hondy - No Access
(Salone Margherita mix)
www.youtube.com/watch?v=t0RE4qP3DYw



Age of Love
Age of Love (Jam & Spoon)
www.youtube.com/watch?v=MT9pH9C7Oew



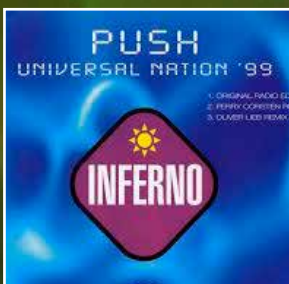
Camisra
Let me show you
www.youtube.com/watch?v=PjoMQ9z_fp8



Perfect Phase
Horny Horns (Club mix)
www.youtube.com/watch?v=yac79AnIm0E



JDS
Nine Ways (Original)
www.youtube.com/watch?v=0wc_0Uex5Ic



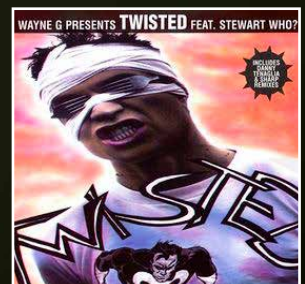
Push
Universal Nation '99
www.youtube.com/watch?v=yzry2IRcXVw



Blue Amazon
No other love (Original)
www.youtube.com/watch?v=FyVbH2pkLGM



DJ Misjah & DJ Tim
Access (Original)
www.youtube.com/watch?v=QP8oXFqGpww



Wayne G ft Stewart Who?
Twisted (Original)
www.youtube.com/watch?v=WUpOTRwByaw



Mr Yakitori

One of our personal favorite restaurants in Rotorua is *Mr Yakitori* located at the Distinction Hotel on Fenton Street.

Mr Yakitori is a casual dining restaurant where you can watch your chef flame-grill succulent, mouth-watering Yakitori (skewers of meat, seafood and vegetables, basted in a divine sauce) to perfection before your eyes.

You order your skewers from the menu which range in price from NZ\$3.50–\$7.50 (2 skewers per offering) or you can choose one of their set menus. Great value!

Pictured here is venison steak, bacon wrapped scallops, chicken mince balls with ginger and Okonomi-Yaki pancake with 'dancing' bonito flakes. They also offer whole Tiger prawns, scotch fillet steak, squid, duck, lamb rump, pork loin, vegetables, and my favorite - bacon wrapped banana, yum!

Washes down nicely with a Japanese beer or try one of 9 Sake's available. ☀



Atticus Finch

Atticus Finch Restaurant in the Eat Street complex on Tutaneikai Street is another of Rotorua's popular dining experiences.

Always busy and full of life, **Atticus Finch** offers innovative and flavoursome sharing plates where you can order as much or as little as you want depending on your appetite.

If you are looking for a restaurant that is definitely not 'run of the mill', **Atticus Finch** certainly delivers!

Some of the dishes we have personally tried include the slow-roasted lamb with tzatziki, roasted eggplant, peppers and chickpea salad, the amazingly tasty braised beef short ribs with parsnip puree, their folded Chinese steam buns with pulled pork and apple slaw, the delicious fried Haloumi cheese with lemon oil, rocket, chargrilled courgettes and beans, and their lime marinated fish with coconut.

You cannot miss trying one of their fantastic cocktails made with fresh herbs and fruit. If you love the heat of chili try their eye-brow-raising Lemongrass & Chili Mojito (White Rum muddled with fresh lemongrass, red chili, lemon wedges, mint and soda). It's kick arse! ☀





Rotorua mud skin care

When you come and visit Rotorua, be sure to take back with you some Rotorua Thermal Mud products that you can use on your face and body to keep your skin looking clean, clear, smooth and youthful.

Rotorua Thermal Mud is a great mineral cleanser drawing impurities and excess oils from the skin. As it is acidic (pH 3.8 approx) it will cleanse and then repair the naturally acidic skin mantle.

Rotorua Thermal Mud is excellent for use in skin regeneration because the clays have a very strong affinity for moisture in the skin. Thermal mud on drying will generate heat, increasing blood circulation and perspiration helping toxins and other wastes to be eliminated.

Containing highly concentrated natural minerals with therapeutic properties, Rotorua Thermal Mud products will completely rejuvenate your skin, leaving a healthy and radiant complexion.

Major minerals present in Rotorua Thermal Mud include Silica, Aluminium, Magnesium, Calcium,

Iron, Titanium, Sulphur, Phosphorus, Sodium, and Potassium. Trace elements include Copper, Zinc, Selenium, Cobalt and Manganese.

Rotorua Thermal Mud was used by pre-European Māori for treating skin problems due to its "miraculous healing abilities". See for yourself how it will quickly clear up and prevent pimples or acne, smooth rough or tired looking skin, help balance oily skin and assist in the healing of psoriasis and other skin complaints.

The *Polynesian Spa* gift shop stocks a full range of Rotorua Thermal Mud products, including ranges specifically for men.

So get yourselves to Rotorua and stock up with some of this miracle mud. It's even more enjoyable when your partner or mate applies it for you! 🌟

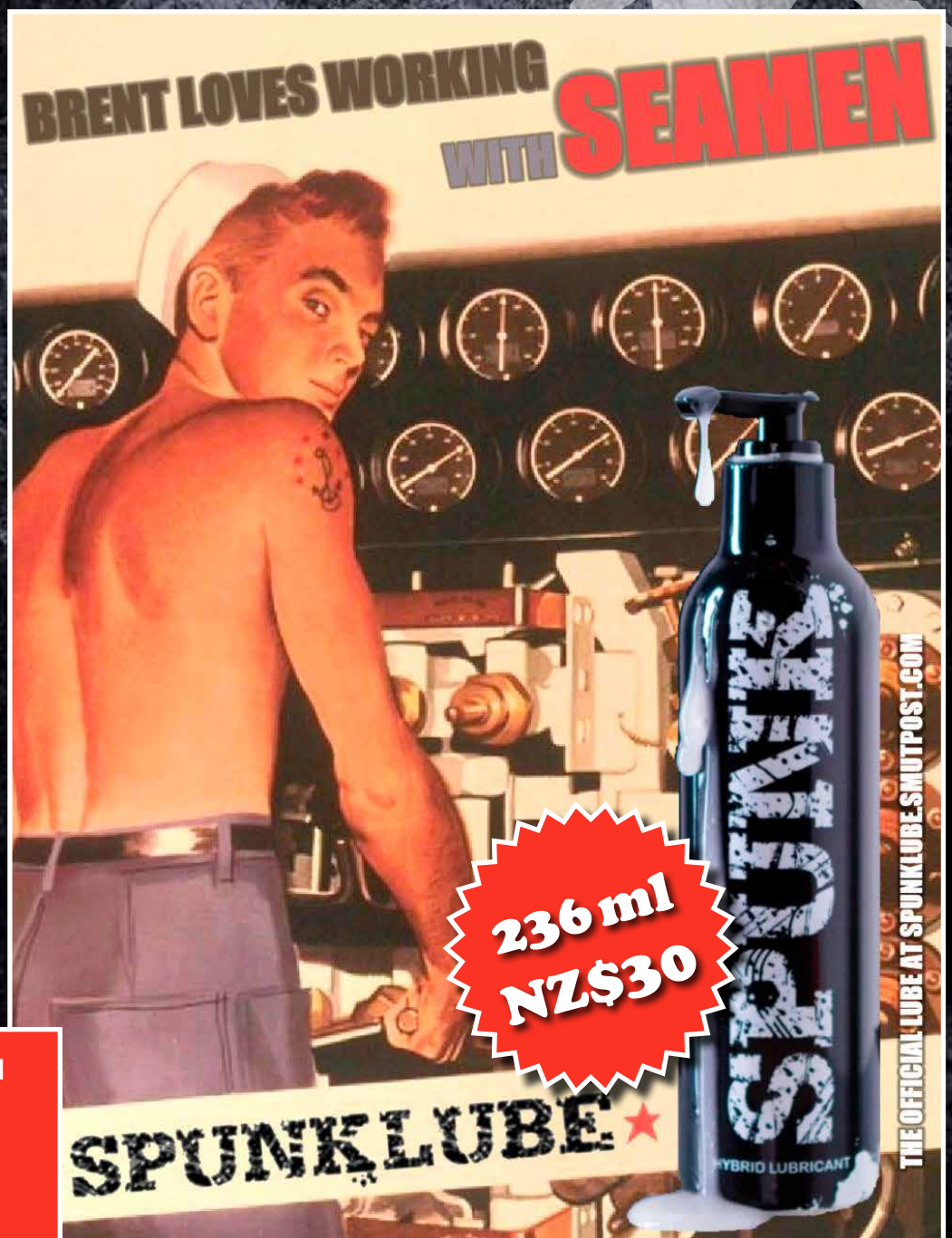
SPUNK LUBE HYBRID



SPUNK Lube Hybrid is a water based hybrid lube that resembles the look and feel of natural lubrication. It's white and creamy - just like cum, and feels unlike any other lubricant available.

SPUNK Lube Hybrid is safe to use with all sex toys and condoms. It's non-staining and reactivates with water or saliva. SPUNK Lube Hybrid contains the perfect blend of water and silicone.

It's smooth and slick and not sticky or messy. It's the perfect all-round personal lubricant for any occasion. SPUNK Lube Hybrid uses the highest quality ingredients and will leave your skin feeling soft and conditioned.



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Libido Superfoods



“*Watermelon is regarded to be a natural Viagra with no side effects. They produce L-citrulline, an amino acid, which helps to increase the blood flow to the penis.*”

There are many foods that can help you to naturally increase your sexual appetite and spice up your sex life. The following are some foods that will help increase your libido, stamina and sexual performance.

BANANAS

Bananas give you an extra edge when it comes to increasing sex drive. Natural fruit sugars, vitamin B and electrolytes such as potassium and magnesium all work together to improve libido. Bananas also give you that extra energy so you can enjoy having sex for longer.

NUTS

Nuts are necessary for a balanced diet and some nuts even stimulate your libido. Peanuts are a rich source of *L-arginine* that will help increase libido and improve erectile dysfunction. Just avoid salted or roasted peanuts as they contain high levels of fat that won't do much except add fat to your tummy. Pine nuts and almonds are the best nuts. Have a few healthy nuts every day to get best results.

AVOCADO

Like bananas, avocados are rich in vitamin B, folic acid and potassium. All of these are important to improve your sex drive. Having one avocado per day 5 times a week should mean that you feel positive results with your libido.

EGGS

Eggs contain *cysteine* in abundance, which is also very helpful in cleaning toxins from the liver. A healthy liver will put you back on the road to libido recovery. Eggs also contain vitamin B, which you need to replenish in order for your sex drive to improve.

FISH

Some ocean water fish are found to be a rich source of *Omega 3*. These fatty acids help in boosting the sexual urge in men and will also improve sexual stamina. They will help in fighting depression, improves the mood and aids in the proper functioning of the brain and the nervous system.

Some of the fish that will help with libido include Trout, Anchovies, Herring, Salmon, Tuna, Mackerel and Sardines.

STRAWBERRIES

If you are a fan of eating strawberries, you have hit the jackpot! Strawberries can influence a higher sperm count and volume. Dip in melted chocolate for more libido-enhancing benefits.

CHOCOLATE

Pure chocolate made from unadulterated raw cocoa is a superfood. It contains more antioxidants than green tea or red wine. A chemical known as *phenylethylamine* is present in chocolate that will help in creating a sense of excitement in you, thus increasing your sexual drive.

ASPARAGUS

Asparagus is said to stimulate testosterone production. For increasing libido, testosterone levels need to be optimal. Low testosterone means you could be having problems with your sex drive. Asparagus can help normalise your levels.


WATERMELON

Watermelon is regarded to be a natural *Viagra* with no side effects. They produce *L-citrulline*, an amino acid, which helps to increase the blood flow to the penis. It will also help in boosting nitric oxide in the body which takes the fatigue, mental and sexual dysfunction factor away. (When in season eat lots!)

PUMPKIN SEEDS

Pumpkin seeds are rich in essential vitamins and also very high in zinc. The zinc in pumpkin seeds helps to boost sperm production and will also help in correcting testosterone deficiency in men. They are loaded with vitamins B, E, D, C and K.

BLUEBERRIES

Blueberries are found to be a natural food that will help in driving the sexual pleasure in men to greater heights. They are rich in antioxidants that will help relax the blood vessels and thereby improve the circulation of the blood to the penis. You will enjoy stronger erections by eating blueberries regularly. (If out of season use frozen). 



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RAGS

Rotorua Area Gay Society (RAGS)
Rotorua's weekly gay men's social group

The RAGS group meets every Wednesday evening from 5 pm at a selected bar for a few drinks followed by dinner at a local restaurant. This social get-together is for both Rotorua locals and tourists/visitors alike who would like to join us.

To attend 'RAGS on Wednesdays' please email info@gayrotorua.com with your name and mobile number and we'll be in touch with details.