

Spa Dreaming Centre



Bath House



Peninsula Hot Springs Terms and Conditions

- Bookings are essential for spa treatments and private bathing. We recommend bookings are made several weeks in advance, particularly for weekends and public holidays.
- Full payment required at time of booking.
- A refund will be provided if more than 24 hours notice of cancellation is given.
- Peninsula Hot Springs reserves the right to change prices without notice.
- Closed Christmas Day
- Please see website for further Terms & Conditions

Opening hours

Bath House: 7.30am-10pm, 7 days a week

Spa Dreaming Centre: 9am-9pm, 7 days a week



Tuesday to Thursday discounts:

- 10% off all treatments, packages and private bathing
- \$5 off public bathing

(Excluding all school and public holidays)



Opening hours

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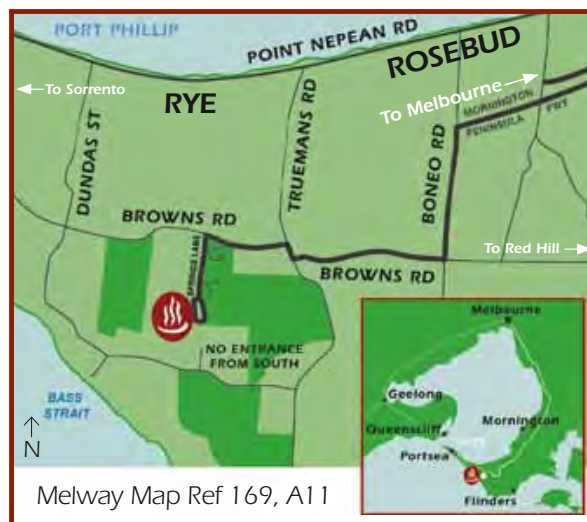
Spa Dreaming Centre: 9am-9pm, 7 days a week

Email info@peninsulahotsprings.com

Phone 03 5950 8777

Springs Lane (formerly Devonport Dve) ▪ Fingal (Rye)
Mornington Peninsula ▪ Victoria ▪ 3941 ▪ Australia

Gift Certificates Available



Melway Map Ref 169, A11

Visit our website for current specials, events and news:

www.peninsulahotsprings.com



Peninsula
Hot Springs



Spa Dreaming Menu

Winner
2010 Victorian
Tourism Awards

Spa Dreaming Centre Packages

bathe

A 30 minute private bath – indoor or out – and all day access to the thermal pools.

.....\$90/person \$150/couple

massage and bathe

Open access to the thermal pools and a relaxation or kodo massage of 45, 60 or 90 minutes.

Unlimited bathing and 45 mins massage \$135

Unlimited bathing and 60 mins massage \$160

Unlimited bathing and 90 mins massage \$195

appetite

Enjoy a relaxing soak in the thermal pools and a one hour kodo or relax massage. Includes a breakfast or lunch before or after your massage.

Allow 2.5 hours..... \$185

natural balance

Open access to the thermal spring pools, a 30 minute private mineral water bath and one hour full body kodo massage or mikiri facial.

Allow 2.5 hours.....\$200/person \$380/couple

lowanna

A rejuvenating therapy which includes jina foot, polama hand and mirri facial treatments. The treatments use powerful active and potent native plant essential oils and extracts to rebalance tired and stressed conditions. Thermal bathing before and after treatments.

Allow 2.5 hours..... \$250

rejuvenate

A fresh juice upon arrival, bathing in the thermal pools, a 30 minute private mineral bath, a one hour full body Kodo massage and a 30 minute paudi head treatment.

Allow 3.5 hours.....\$270/person \$510/couple

Phyt's organic body detox package

Relax with a freshly squeezed juice before a warm bath of Phyt's detoxifying plant and mineral extract. Emerge to an energising full body lymphatic drainage massage to oxygenate the body, stimulate the circulatory and lymphatic systems. Continue with a body slimming treatment which applies natural plant extract serums and creams to increase cell metabolism, combat cellulite and firm tissue.

Allow 120 minutes.....\$315/person



pure pleasure

Bathe at your leisure in the thermal pools before and after your treatments: a private 30 minute aromatic oil bath, 45 minute mirri facial and one hour full body kodo massage. Includes lunch or breakfast in the hot springs café.

Allow 4 hours..... \$320

the dreaming

LITYA'S SIGNATURE TREATMENT.

A combination of jina foot treatment, mala mapi body wrap, kodo massage, paudi head massage, mirri facial and polama hand treatment. Thermal bathing before and after treatments.

Allow 4.5 hours \$450

bliss

Arrive an hour before your treatment commences for a fresh juice and leisurely dip in the thermal pools. A private aromatherapy bath with your selection of our aromatic oils then awaits. Enjoy breakfast or lunch and a glass of juice or wine in the café. Then begin the Dreaming treatment which includes a hand and foot treatment, full body massage, mud wrap, facial and scalp treatment (refer above).

Allow 5.5 hours.....\$500/person \$990/couple

▪ **All bathing included in packages is in the Spa Dreaming Centre. Add access to over 20 pools in the Bath House for just \$15 when booked with any package.**



accommodation

moonah massage and bathe package for two

One night's accommodation at Peppers Moonah Links with open access bathing to Peninsula Hot Springs Bath House and Spa Dreaming Centre pools and a one hour full body massage or facial for two \$595/couple
For accommodation bookings call (03) 5950 8777 or email: stay@peninsulahotsprings.com

▪ See peninsulahotsprings.com for more options

group bookings



Peninsula Hot Springs has been specifically designed to cater for groups. Spa Dreaming Centre thermal pools have a capacity of up to 50 and the Bath House, with its many and varied bathing options, has a capacity of more than 200. Treatments can be provided for up to 20 people at any one time.

Our Arabian Marquee is especially popular with hens' groups.

Call our dedicated groups booking office for a specific group packages brochure on (03) 5950 8712 or email: groups@peninsulahotsprings.com

spa dreaming centre café

Breakfast and lunch available 7 days a week (bookings not taken) or enjoy one of these four special packages (bookings essential)...

▪ breakfast & bathe

Breakfast & bathing in the Spa Dreaming Centre, fresh juice, towel & robe hire. 9am-noon. \$50/person off-peak, \$60 peak

▪ lunch & bathe

Bathing in the Spa Dreaming Centre, towel & robe hire, lunch from our packages menu, a glass of wine, beer or juice, 11am-2.30pm..... \$60/person off-peak, \$70 peak

▪ dine & bathe*

Friday & Saturday evenings from 6pm. Bookings essential. Fully licensed..... \$70/person

▪ pasta & bathe*

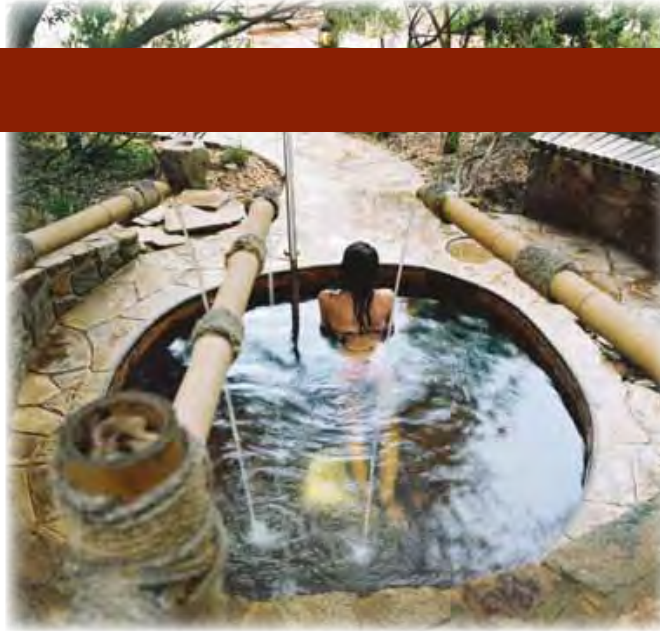
Tuesdays only from 6pm. Casual and fun.\$60/person

*Includes: your choice of one of five main course meals (Fri and Sat) or selection of pastas (Tue), a glass of wine, tea or coffee, hire of a robe, towel and locker. Also includes bathing access from 6pm-9pm in the Spa Dreaming Centre pools then until closing time in the Bath House pools.

bath house kiosk

The Bath House Kiosk offers lunches, light snacks and beverages seven days a week.

Bathing Menu



public bath house bathing

Social, family-friendly, fascinating spaces, revitalising, fun

	Off Peak* Tues-Thurs	Peak Fri-Mon
Adults	\$25	\$30
Children (5-15)	\$10	\$15
Infants (1 month - 4 yrs)	\$5	\$10
Family (2+1+1)	\$65	\$85
Adults 10 visits**	\$200	\$240

Open 7.30am-10pm, 7 days a week

Early bird saving: adults take \$10 off above pricing if bathing from 7.30am and leaving before 10am.

Night owl saving: adults take \$10 off above pricing for bathing between 7pm and 10pm.

Bathing pass for BOTH areas: \$60 off peak, \$70 peak (includes robe, towel and locker)

For food and beverage options in the Bath House kiosk and the Spa Dreaming Centre café, see overleaf

All bathing passes available as Gift Certificates

*Off Peak discounts do not apply during school holidays and public holidays. **A maximum 2 visits per day are to be used with our Adult 10 Visit Pass. Peninsula Hot Springs offers various categories of memberships. See our website for details.

spa dreaming centre bathing

Serene, private, meditative spaces, adults only

	Off Peak* Tues-Thurs	Peak Fri-Mon
Adults	\$45	\$55
- with treatment booking	\$27	\$30
- partner of client having treatment	\$40	\$45

Open 9am-9pm, 7 days a week

Early bird saving: adults take \$10 off above pricing if bathing from 9am and leaving before 11am.

Night owl saving: adults take \$10 off above pricing for bathing between 7pm and 9pm.

Spa Dreaming Centre Bathing

private bathing

private outdoor thermal mineral pools

The naturally thermal mineral waters are high in health-giving sodium, potassium, magnesium and natural bubbles of bicarbonate. Our outdoor private pools with pure thermal waters make the perfect gift (max 5 people). Includes towel and robe.

	30 mins	45 mins	60 mins
Single	\$60	\$80	\$95
Double	\$90	\$120	\$140
For 3	\$120	\$160	\$185
For 4	\$150	\$200	\$230
For 5	\$180	\$240	\$275

private indoor mineral baths

Your own serene indoor space. L'itya oils of your choosing combine with our natural thermal mineral waters for an aromatic relaxation experience.



(The private baths do not include spa jets)

	30 mins	45 mins
Single	\$60	\$80
Double	\$90	\$120

Luxury indoor bathing options

Our private indoor thermal mineral water baths can be enjoyed with luxurious bath additives which enhance the relaxation and therapeutic benefits of the experience, including:

lavender vanilla milk bath – to relax, calm and soothe. This bath increases elasticity and replenishes the skin through natural exfoliation and moisturisation. A joy for the senses.


mud bath – 100% Dead Sea mud – thick invigorating mud that can be applied on the body or added into the bath. Mud baths help detox, destress and relieve the pain from arthritis or sports injuries by increasing circulation, regenerating and re-energising.


	30 mins	45 mins
Single	\$95	\$120
Double	\$110	\$135

Spa Dreaming Centre Treatment Menu

spa treatments


Peninsula Hot Springs offers many spa treatments including ...

 Li'tya indigenous treatments, based on Australian Aboriginal techniques, tone and re-align energy flow, enhancing mind and body balance and wellness.


 Phyt's spa products are from the Basque region in France. Phyt's is one of the first skin care ranges in the world to receive the stringent organic certification (BIO).


 Peninsula Hot Springs' senior therapists combine many years of experience to develop our own unique spa treatments.


massage

yinga (song): HOT SPRINGS SIGNATURE TREATMENT 
Our Peninsula Hot Springs signature treatment is a dynamic and relaxing full body massage. Created by our experienced therapists, this invigorating treatment will provide a sense of total balance.

60 mins \$130
90 mins \$165


kodo: A rhythmic body massage inspired by traditional Australian aboriginal techniques which tone and re-align energy flow, enhancing mind and body. 
in steam room
miji kodo ('little melody') 45 mins \$105 \$125
kodo 60 mins \$130 \$150
marta kodo ('big melody') 90 mins \$165

relaxation: Our therapists tailor a full body relaxation massage to your needs. 
45 mins \$105 60 mins \$130 90 mins \$165

therapeutic: Massage for the person who needs a firm hand or work on specific areas of concern. 
45 mins \$120 60 mins \$145 90 mins \$180


Off-Peak Tues-Thurs 10% discounts apply on all treatments, packages and private bathing (excluding school & public holidays)

face

Li'tya facial treatments are designed to cleanse and refresh your face, giving your skin a natural glow... 

mirri: A cleansing, refining treatment that eliminates toxins, renews, restores and nourishes the skin.
45 mins \$105

mikiri: A mirri plus a quandong scalp and hair treatment, an additional purifying mask and a pressure point scalp massage.
60 mins \$130


Phyt's uses only the finest organic herbs, plant extracts and minerals. Our qualified skin care therapists will conduct a thorough skin analysis to determine the best specific Phyt's products for you... 


75 mins Phyt's: balancing, soothing introduction \$145


90 mins Phyt's: Oxygenating, multi-vitamin boosting, result-driven \$170

NEW - 90 mins Aqua Phyt's: Be pampered with a hand and foot massage while an organic peel-off mask works to the deepest layers of your skin \$190


hands & feet

polama: A herbal hand soak, wattleseed protein polish, Tasmanian kelp hydrating mask, munthari hand lotion and a hand massage. 
Polama 45 mins \$105
Marta Polama (including a full nail service with colour) 75 mins \$140



jina: A herbal foot soak, exfoliation with desert salts, followed by pedi mask, lotion and soothing foot massage. 
Jina 45 mins \$105
Marta Jina (including a full nail service with colour) 75 mins \$140

phyt's light legs: Relief for your tired, heavy legs and feet with cooling, stimulating and soothing oils massaged to energise, relax and refresh. Perfect treatment for aching legs and feet. Beat fluid retention. 
45 mins \$105

head

paudi: (Only available in combination with other treatments). Our quandong hair massage combined with a head, neck and shoulder massage. 
30 mins \$ 75

steam


moonahgai calling 
A private natural hot mineral spring bath followed by a therapeutic full body salt exfoliation and relaxation massage in the aromatherapy steam room. Includes paudi scalp massage and nourishing quandong hair mask. 
90 mins \$210

salt


yanko: A wet room full body salt exfoliation, quandong hair treatment and warm water massage.
60 mins \$135 \$155
(in steam room)

yanko jindalee: Enjoy the yanko (above) with a hydrating, refining and nourishing Li'tya mirri facial.
75 mins \$165 \$185

stones

kodo rocks: Heated ancient hand carved stones from Western Australia are skilfully integrated with pressure points and spiralling energising movements, incorporates kodo full body massage with aromatic oils of your choice. 
75 mins \$150 90 mins \$180

muds

mala mayi: Full body aromatic oil and desert salt exfoliation, a warm mapi body mud cocoon and paudi scalp massage. 
Mala Mapi 60 mins \$155 \$175
Mala Mayi (includes 35 mins Kodo massage) (in steam room)
90 mins \$205
Marta Mala Mayi (includes 60 mins Kodo massage)
120 mins \$240