

Autumn 2011

holiday

Water wonderland

Chill out in hot springs for a healthy glow

Drive on in

Movie magic in the comfort of your car

[Leisure and lifestyle across Gippsland and the Mornington Peninsula]

FREE

winning spa

facials can be booked from an extensive spa menu.

Co-owner Charles Davidson said the restful retreat was continually expanding to ensure the facilities did not become overcrowded.

"We have permits for 126 [accommodation] rooms. We will start work on that early next year in stages. There's certainly a demand for it."

New additions include a Turkish steam room [hamam], picnic area and several pools including a waterfall bath which massages tense shoulders.

Pools with 360-degree views, where guests can gaze at sunsets and the stars while bubbling away, are under construction.

Mr Davidson said visitors ranged from students to seniors, many travelling from Melbourne or interstate for the experience.

"We're noticing more and

more seniors coming in and older tourists. The pools are very good for blood circulation and arthritic conditions. The water doesn't cure arthritis but does ease the pain and help regenerate movement."

Guests also enjoyed being able to walk in the grounds or reflexology pool, or exfoliate in the steamy hamam.

"I think the variety is the spice of life here," Mr Davidson said.

■ The Peninsula Hot Springs bath house has more than 20 bathing experiences on offer with areas suitable for visitors of all ages. A kiosk offers lunches and light morning and afternoon snacks. It's open daily from 7.30am to 10pm.

The Spa Dreaming Centre provides bathing and spa treatments in a tranquil, relaxing setting for guests aged 16 and older. The cafe in the spa offers break-



Making a splash: One of the many pools available to relax in.

fast, lunch and dinner daily. Bookings essential for spa treatments. Weekend appointments are best booked five or six weeks in advance, with mid-week appointments usually requiring a couple of weeks' notice.

Details: www.peninsulahotspings.com

Golf and bathe package: see page 52



Best foot forward: The reflexology walking pool.

Pictures this page: Yanni

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