

# signaturespa

BEAUTY & WELLNESS

SPA RETREATS | GOLF & SPA | WELLBEING | BEAUTY | ROAD TESTED | CUISINE | PRODUCTS

## Top 10 retreats

### REJUVENATION CRUISES

Spas at sea

### PINCTADA

Pearl of the Kimberley

### EXOTIC DESTINATIONS

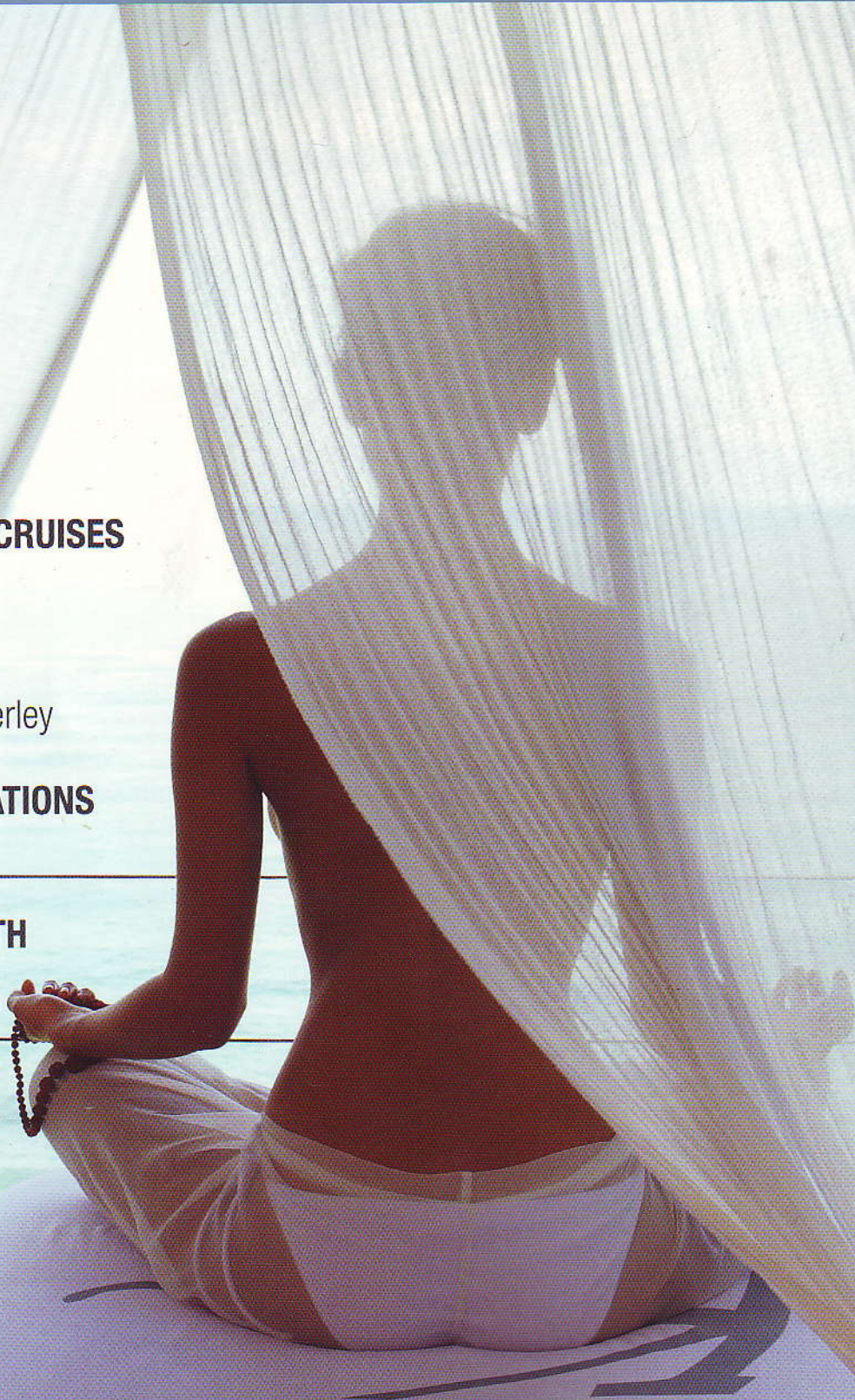
Mexico to Asia

### OPTIMUM HEALTH

Turn back time

### SPAS AND PARS

Austria's finest



### GUIDE TO THE WORLD'S BEST SPAS

Australia • New Zealand • Asia • USA • Europe • UK



# Victoria's spa capital

The lush undulating hills and sandy white beaches of the Mornington Peninsula have long lured visitors and day-trippers from Melbourne with the promise of fun, escape and sun-filled enjoyment says Tricia Welsh.

**A**n hour south of the Victorian capital, the Peninsula has also become well known for its excellent wineries, vineyards, restaurants, top gourmet produce and outstanding championship golf courses.

However in recent years, an increasing number of spa facilities have added to the region's allure – drawing those who seek wellness, relaxation and rejuvenation.

Indian Ayurvedic treatments, Li'Tya's Aboriginal-based massage techniques and healing wisdom, yoga classes on the beach, decadent chocolate wraps or more medically based treatments, are all available on the Peninsula.

Just over two years ago, local operators formed the Mornington Peninsula Spa Association with their mission: "To establish the Mornington Peninsula as a world-leading spa destination." Today the association has more than a dozen members and welcomes more each year.

**Peninsula Hot Springs** at the back of Rye, kick-started this thriving spa culture – its public and private pools and intimate pools hidden among the trees helping it gain international fame for its idyllic bathing experiences. Recent renovations have added an additional 20 pools with a reflexology walking pool, cave pool, massaging thermal showers, deep exercise pool and even hand-carved stone baths and barrels for children and babies. Its Spa Dreaming Centre with its menu of pampering treatments is designed to align mind, body and spirit. It is the only day spa in Victoria with naturally heated mineral water.

Day spas are dotted throughout the Peninsula including in the popular beachside townships of Mornington, Dromana and Sorrento and among the vines of **Lindenderry at Red Hill**. This vineyard spa is one of four Endota spas in the region with spa and wellness packages that offer guests a degustation of yoga, body and face treatments, naturopathy, skin analysis,

crystal therapy, meditation, cooking classes, wine appreciation and luxury accommodation in the vineyards.

Other resorts with day spa facilities include **Daylesford**, **Woodman Estate Spa Retreat** and **Peppers Moonah Links**.

At the new **Red Hill Day Spa** set amid peaceful gum trees, guests can book a facial, massage, spa, soak, beauty treatments, spa ritual or signature treatment with ancient Ayurvedic therapies.

President of the local spa association, Alana Dyer, has been involved in spas on the Peninsula for many years and three and a half years ago opened the first medi-spa in the region. Her facility, **Peninsula Life Medispa**, is discreetly located off the main commercial strip in Mornington and offers medical-grade treatments such as laser, Botox and fillers in a medical aesthetics clinic with a relaxing Li'Tya day spa at the rear.

She believes that people have become more spa savvy in recent years – "more aware of wellbeing and what it means to relax for themselves," she says. "The Mornington Peninsula has always been a top destination for Melburnians and Victorians in general but with the terrific infrastructure down here now, I knew in my heart that it was just a matter of time before the spa scene would explode," she adds.

"We want to connect with other spa owners on the Peninsula and make this a really accessible and recognised spa destination in Australia," she confirms. ●

---

#### FOOTNOTES:

The association publishes a user-friendly guide to the region's spa facilities outlining treatments available from the various spa venues. The guide can be obtained from spa association members or by contacting the Peninsula Visitor Information Centre in Dromana on 1800 804 009.

---

# spamornington peninsula

01 Bathing at Peninsula Hot Springs

02 Relaxation room at Peninsula Life Medispa

03 Meditation at Lindenderry at Red Hill



01



02



03