



## Mornington Peninsula Hot Springs

Thursday, August 18, 2005

Peninsula Hot Springs is the first natural hot springs and day spa in Victoria. Naturally hot mineral waters flow into thermal pools and private baths, perfect for relaxation and rejuvenation. The 47°C waters, rich in healing minerals, have their source deep under Melbourne's Mornington Peninsula.

Water flows without the addition of chemicals, direct from the source to the pools. It enters at one end, flows in a stream to the other and empties into the ocean.

Springs have been popular in Europe for centuries and more recently in New Zealand and the US. They can now be enjoyed in Australia.

The public pools have a covered grotto. There's also a bubbling spa couch, indoor thermal pool with lakeside view and a waterfall supplying a natural massage. Bathers are asked to wear appropriate swimwear.

Private pools and day spa provide relaxation indoors and outdoors. There are steam infusion and relaxation rooms, all double — you choose whether to indulge alone or with your friend or partner. Clothing is optional.

It is recommended you arrive 15 minutes before a treatment — that gives time in the relaxation room and allows you to complete your consultation card. It is suggested that a hot mineral spring bath — public or private — be enjoyed before treatments. This enhances them, helping in the process of relaxation and sense of cleanliness and wellbeing.

Visitors may indulge in baths such as lavender vanilla milk, red wine, black beer, aromatic oil and there is a wide range of massage. There is use of salt, steam, stones and they have treatments particularly devised for pregnant women.

Peninsula Hot Springs serves coffee and cake as well as breakfast and lunch and caters for evening functions.

### Location

Fingal, around 90 minutes from Melbourne.

**Maps & directions**

Get the map [here](#).

**Cost**

Peninsula Hot Springs full-day access pass to the public springs is \$18.50. The private pool starts at \$28 per person. A black beer mineral bath is \$78 per person.

Please note that the prices listed are valid at the time of filming.

**More information**

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