

Spa Dreaming

The Peninsula Hot Springs in Mornington is the best way to get all your minerals

Imagine a world filled with swirling hot pools, bubbling with naturally-heated thermal water, whirling with infusing natural minerals and a whisper of relaxation. Imagine being lavished with saturating creams and a mist of replenishing treatments, and a world where massage is the pleasure of the day, where a facial is the ultimate indulgence and where a foot rub is the culmination of an intensely epicurean experience. Imagine having all of that... now!

So maybe that does sound like a bit of an advertisement, but you'll understand what I mean when you experience the

Peninsula Hot Springs for yourself. Lying in the softly-lit treatment room, gazing up at the rotating air vent that plays hide and seek with the sunshine — which is trying its best to get in and bathe me with its gentle light — my mind gets lost in the fantasy I've described above. It's just all so serene — even the therapists are calm and relaxed and their aura of tranquility filters through to me as I experience the Mikiri facial. The facial consists of a herbal mask of natural, native lillypilly, desert limes and wattleseed, and which promises to eliminate toxins, renew, restore and nourish your skin.





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- 1 Relax in the steaming thermal waters of Peninsula Hot Springs
- 2 For those that are up for a pamper, there's a huge menu of spa treatments available
- 3 The Bathe Cafe offers wonderful, fresh produce. Pictured are the Vietnamese Rice Paper Rolls

The name Mikiri originates from Diyari Northern South Australia and means 'deep'. It's a tailor-made facial and is supposed to target specific problem areas, such as sensitivities, dehydration, and congestion, by the use of herbal masks, revitalising facial massage and scalp massage inspired by traditional Aboriginal techniques. As all the wonderful properties of the facial are applied to my face, I reflect upon the fact that I often find facials far more relaxing than a massage. I can probably narrow it down to a fact that has been proven by someone, somewhere — that a scalp massage is not only one of the most sensual experiences, it's also extremely relaxing, calming and helps relieve headaches and migraines.

An hour later and I'm woken out of my dreamy reverie, relaxed to the bone, and allowed a minute or two to gain my senses with a cup of herbal tea in the relaxation room. I'm then shown to the completely private, outdoor thermal bath where I'm about to soak in all the goodness and minerals that natural thermal water has to offer. The water is around 47°C and is circulated in such a way that approximately every four hours the pools and baths are all freshly replenished, by means of a pump that sucks the water up from a natural source 637 metres below the ground. The primary mineral groups found in the water include bicarbonate, magnesium, potassium and sodium. Good levels of calcium, boron, selenium, as well as several key trace minerals are also present in the water.

Twenty minutes later, and looking like a cooked lobster, I emerge, sufficiently nourished, from my private bath and head down to the Bathe cafe to have a bite to eat. With fresh cuisine and plenty of healthy local produce to complete the health experience, expect some fabulous tastes and a wonderfully relaxing atmosphere. The Vietnamese Rice Paper Rolls are a definite must, as is the Vegetarian Pizza of the day.

I head back to the locker room to change back into my clothes. I've been advised that while I may feel the need to shower, it's probably better to just let those nutrients permeate every cell and fibre of my skin. I hold off on the shower for a while. It has been a wholesome kind of day, and I to head back into Melbourne, feeling the promise of being refreshed, restored and revitalised has been amply fulfilled. PC

FOR YOUR INFORMATION

What: Peninsula Hot Springs. While there are private baths, there's also public baths, which are bigger and also offer a bubbling spa couch, massaging waterfall pool, tranquility bath and cooling plunge pool

Where: 40 Devonport Drive, Fingal, Mornington Peninsula

Prices: Treatments vary in price from \$75 for a 45-minute facial to \$440 for a full bliss package bath

Call: (03) 5950 8777

Web: www.peninsulahotsprings.com