

spa dreaming centre guest information



plan your visit



view our interactive map



frequently asked questions

considerations before you leave home



plan your visit

Before you arrive, prepare for your visit by clicking here to watch our 'Before you leave home' video or here to read our 'Plan your visit' section on our website.



appropriate swimwear

Swimsuits are required in the Spa Dreaming Centre bathing area. The mineral-rich water may discolour swimwear.



footwear required

To reduce the risk of slips we recommend appropriate footwear around the pools and in wet areas.



minimise valuables

Lockers are available but we recommend you minimise the valuables you bring on your visit and remove jewellery before entering the pools.



mobile phone

If you wish to bring your mobile phone, we ask that you only take images of your group.



bring a drink bottle

Plastic bottles of water are no longer available to purchase. Please bring your own reusable bottle with you to stay hydrated. We have filtered water onsite for refills.

medical information



important

Stay hydrated. We ask that you take breaks regularly and stay hydrated during your visit.



medical advice

Please seek medical advice before bathing if you have any medical conditions.



feeling unwell

If you are feeling at all unwell we kindly request that you reschedule your visit.

things to know



reschedule or cancel

Call or email us to request changes 24 hours prior to your booking. Cancellations or changes made within 24 hours will be fully charged and the booking cancelled if you do not arrive within one hour of scheduled time.



when to arrive

It is essential you arrive on time for your booking to avoid losing your spot. We recommend you allow an extra 15 minutes to find us and park your car.



on arrival

Bathing suits and things are available for purchase on arrival subject to availability. Robe, towel & locker hire is available for all guests.



therapists

We do employ both male and female therapists, so on the day you may be allocated either for your treatment.



adults only

The Spa Dreaming Centre is reserved for visitors 16 years and over, the emphasis is on tranquil spaces and an array of pampering spa treatments.



shower before bathing

Please shower **before** bathing so as to keep our waters pristine and clean. It also primes the skin to receive the beneficial effects of the minerals.



no smoking or vaping

As a place of wellness, we are a smoke-free & vape-free venue. If required, designated smoking areas are available prior to entry.



accessibility

If you have any mobility needs, please contact us to plan your journey.



dining options

Visit the **website** for dining options and opening hours.



allergies

We endeavor to cater to any allergy or dietary requirements so please advise of these at time of ordering. If you wish to discuss your booking prior to arrival, please call our reservations team.



explore the whole site

As a Spa Dream Centre guest, you have the opportunity to explore both our tranquil bathing area where you'll start your experience as well as the more social areas in our Bath House.



planned maintenance

Some experiences undergo planned maintenance so please find our **full list of maintenance work** on our website under our 'What to expect' section.

Contact us at info@peninsulahotspings.com or 03 5950 8777



peninsulahotspings.com | open 7 days

We are located on Springs Lane in Fingal (Rye). For full **directions** and **terms and conditions** please visit our website.