



# Peninsula Hot Springs *COOL MOMENTS* trail



## COOL ZONE



### fire & ice

Explore hot & cold therapy in the sauna, ice cave & cold pool or book in for an invigorating ice plunge.

### amphitheatre cool zone

With 3 pools cooled to 20°C challenge yourself with our hot cold therapy journey.

### amphitheatre café

Grab an ice cream or lunch to-go and enjoy it at one of our shady picnic or air con areas.

### sun lounge

Relax in the shade of our Sun Lounge awning where a refreshing fine mist spray is provided to keep you cool.

### food bowl cool play area

A 3 acre kitchen garden to explore, with a refreshing mist spray, bean bags and games.

### hammocks

Shady hammock hideaway offering a cool, quiet place to rest and escape the heat of the day.

## More ways to keep cool:



### sound dome

A peaceful airconditioned space with mindful music to rest, listen, and recharge.

### body clay

Book in for a cooling body clay ritual – a refreshing experience that cleanses and enhances relaxation.

### cold plunge pool

An invigorating deep cold plunge offering a cooling moment to energise your body.

### family area cold pool

Family-friendly zone with shaded spaces, barrels and a refreshing cold pool.

### moroccan pavillion

This air-conditioned space provides a communal place to relax & unwind.

### southern terrace

Explore the indoor and outdoor foot & hand baths, hot pools and a refreshing cold pool.