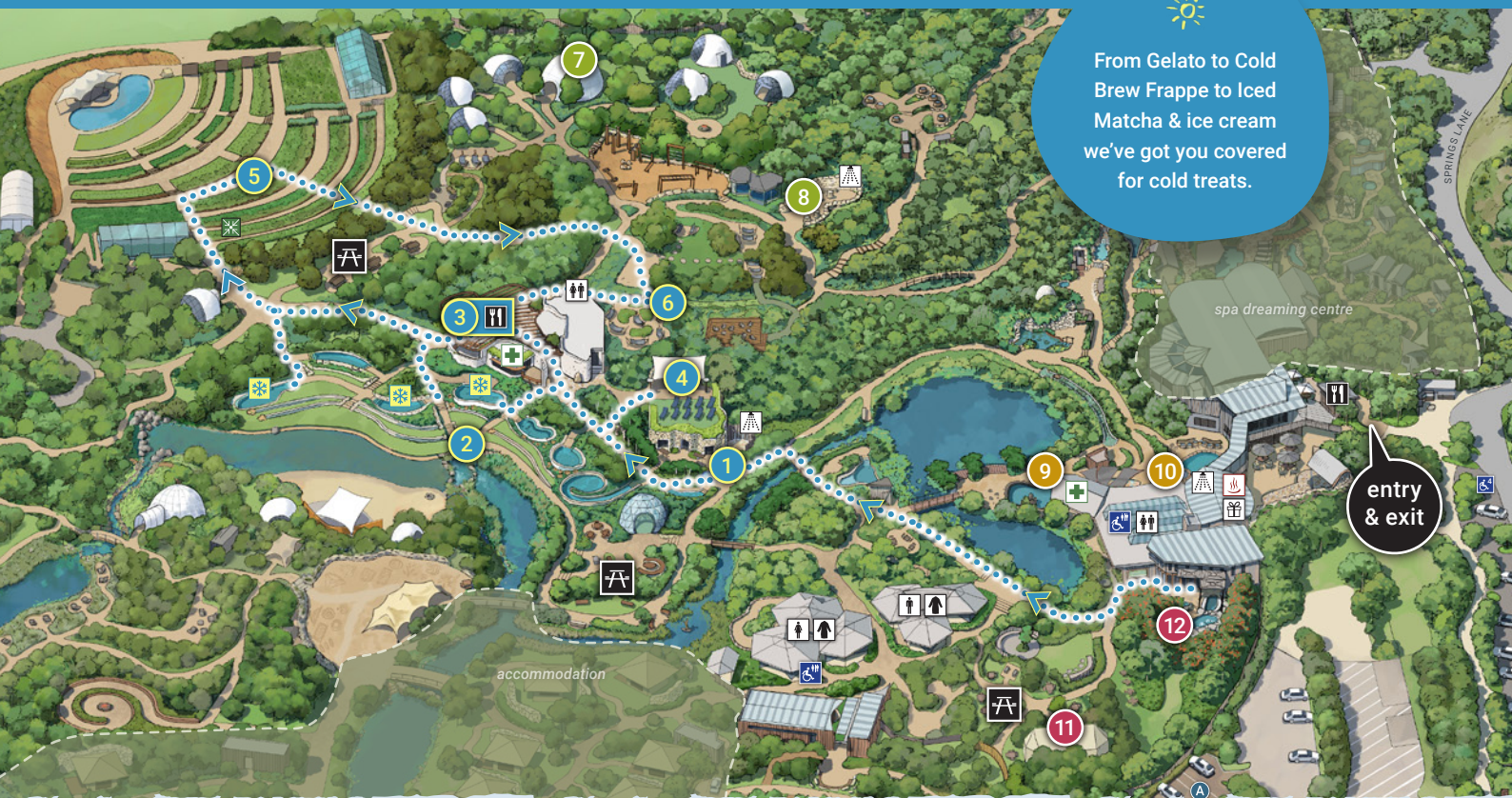




Peninsula Hot Springs **COOL MOMENTS** trail



From Gelato to Cold Brew Frappe to Iced Matcha & ice cream we've got you covered for cold treats.



COOL ZONE



1 fire & ice

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



2 amphitheatre cool zone

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



3 amphitheatre café

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



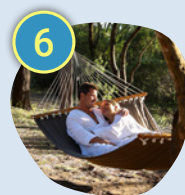
4 sun lounge

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



5 food bowl cool play area

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



6 hammocks

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

More ways to keep cool:



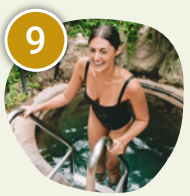
7 sound dome

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



8 body clay

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



9 cold plunge pool

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



10 family area cold pool

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



11 moroccan pavillion

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



12 southern terrace

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

