



Peninsula
Hot Springs



Spa Dreaming Centre

Your journey to relaxation starts here, Peninsula Hot Springs is the first natural hot springs and day spa centre in Victoria, just 75 minutes from Melbourne. The Spa Dreaming Centre is reserved for guests 16 years and over, the emphasis is on tranquil spaces, private pools and an array of pampering spa treatments to revitalise body, mind and spirit.

Spa Dreaming Centre bathing

A sanctuary where your mind and body can relax in the natural surrounds. Thermal mineral bathing assists with strengthening bones, eliminating body toxins and promotes healthy skin. Experiences include thermal mineral pools, cold plunge pool, massaging bamboo showers, traditional sauna, Hammam, Zen Chi machine, infrared sauna and poolside lounges

entry prices	Off Peak	Peak
bathing	\$55	\$65
bathing with treatment	\$35	\$40
earlybird savings (arrive between 8am - 9am)	\$40	\$55
access bathing pass entry to Spa Dreaming Centre and Bath House pools	\$75	\$85

Peak: Friday to Monday, **Off peak:** Tuesday to Thursday outside of school holidays. A 10% surcharge applies to the peak rate on public holidays

private bathing

private bathing pavilions

Our private bathing pavilions can be enjoyed with luxurious bath additives that enhance the relaxation and therapeutic benefits of the experience.

		30 min	45 min	60 min
essential oils - your choice of rejuvenate, reharmonise or detox oil blends from LI'TYA, made from natural Australian botanicals.	single	\$75	\$95	\$115
	double	\$115	\$140	\$165
lavender milk bath - increases elasticity and replenishes the skin through natural exfoliation and moisturisation.	single	\$110	\$130	\$150
	double	\$130	\$155	\$180
mud bath - 100% dead sea mud helps detox, de-stress and relieve pain by increasing circulation.	single	\$110	\$130	\$150
	double	\$130	\$155	\$180
Peninsula honey and lemon myrtle bath - this therapeutic bathing experience supports the body's immune system. It also assists to relieve dry skin disorders and offers antibacterial properties.	single	\$110	\$130	\$150
	double	\$130	\$155	\$180

private outdoor thermal mineral pools

Immerse yourself in our outdoor private pools, situated amongst the natural surrounds. the pools are filled with pure thermal waters high in health-giving sodium and potassium.

single	\$75	\$95	\$115
double	\$115	\$140	\$165
for 3	\$155	\$185	\$215
for 4	\$195	\$230	\$265
for 5	\$235	\$275	\$315

bathe package - unwind with a 30 minute private mineral bath and Spa Dreaming Centre bathing.

\$95 per person



Spa packages

Surrender your body to complete relaxation with one of our indulgent treatment packages designed to cleanse, refresh, restore and balance.

massage and bathe - relax with a Peninsula vine, relaxation, yinga or kodo massage for 60 or 90 minutes and Spa Dreaming Centre bathing.

bathing and 60 min massage	\$185
bathing and 90 min massage	\$230

appetite - enjoy Spa Dreaming Centre bathing, indulge with breakfast or lunch followed by your choice of a one hour kodo, Peninsula vine, yinga or relaxation massage. Allow 2.5 hours \$225

natural balance - unwind with a 30 minute private mineral bath, Spa Dreaming Centre bathing followed by your choice of a one hour mikiri facial, full body kodo or yinga massage. Allow 2.5 hours \$225

pure pleasure - bathe in the Spa Dreaming Centre pools, relax with a 30 minute private mineral bath, unwind with a 45 minute mirri facial and one hour full body kodo massage. Indulge with a delicious lunch. Allow 4 hours \$375

the dreaming - relax with Spa Dreaming Centre bathing, unwind with a jina foot treatment, mala mayi body wrap, paudi head treatment, kodo body massage, mirri facial and polama hand treatment – all embracing traditional Australian Aboriginal healing techniques. Allow 4 hours \$495

bliss - an experience that will restore balance and leave a lasting sense of calm and wellbeing. Upon arrival, indulge with breakfast or lunch and a glass of juice or wine in the café. Enjoy Spa Dreaming Centre bathing and a 30 minute private mineral bath then relax with *the dreaming* treatment which includes a hand and foot treatment, full body massage, mud wrap, facial and scalp treatment. Complete your experience with Bath House bathing. Allow 5.5 hours \$575

face

Nourish your skin with one of our blissful facials using LI'TYA or PHYT'S products. Our PHYT'S facials begin with our highly qualified skin care therapists conducting a thorough skin analysis to determine the best treatment for you, as well as providing advice on specific home care products for optimal results between visits.

	45 min	60 min	90 min
mirri - a relaxing botanical facial using a unique range of native Australian ingredients to refresh and nourish the skin.	\$120		
mikiri - combines the nourishing mirri facial with an additional purifying mask and deep conditioning hair treatment to leave your skin hydrated and refreshed.		\$150	
PHYT'S organic - beginning with an expert skin analysis, this individually tailored and results driven facial restores the skins natural balance with pure organic plant extracts and botanicals.		\$150	
PHYT'S anti-aging - suitable for mature skin and skin showing signs of premature aging. A combination of precious oils and organic active nutrients target fine lines and environmental damage to plump, smooth and revitalise the skin.			\$195



body

Choose from our range of treatments to rejuvenate and invigorate your body.

	45 min	60 min
mala mapi - a revitalising wrap with native Australian mud to re-mineralise and nourish the skin. This soothing wrap begins with an aromatic salt exfoliation and includes a conditioning hair treatment to leave your skin soft and smooth.		\$175
Moroccan cocoon - discover the ancient Moroccan secret to beautiful glowing skin. Harnessing precious Moroccan Argan oil, Rhassoul clay, Demask Rose and fragrant spices; your sensory journey includes an enriching salt and sugar exfoliation, detoxifying wrap, anti-oxidant facial and relaxing scalp massage.		\$150
yanko - an energising aromatic salt exfoliation to smooth and re-mineralise the skin. Combining a unique range of native Australian botanicals; this refreshing treatment is enhanced by a relaxing scalp massage and deep conditioning hair mask, leaving you with a silky glow from head to toe.	\$140	

massage

Our aim is to provide relaxing and balancing wellbeing experiences that reconnect you with nature. All our massages on offer are performed with a light to medium pressure. We highly recommend thermal mineral bathing before your treatment to help you relax and enhance your experience.

	60 min	75 min	90 min
Peninsula vine - experience the essence of the Mornington Peninsula with our unique warm grape massage. A luxurious antioxidant rich grape balm, made from locally grown Shiraz grapes, combined with a relaxing massage makes this distinct treatment hydrating, soothing and deeply calming.	\$150		
hot stones - let the stress melt away with this deeply soothing and balancing treatment. The heat from the stones radiates deep into the muscle, relaxing tension and improving circulation.		\$175	
yinga (song) - our unique signature massage is designed to reconnect you to the surrounds and encourage a sense of wellbeing. A combination of relaxation techniques, pressure points and stretching promotes relaxation and balance.	\$150		\$195
kodo - a rhythmic massage inspired by traditional Australian Aboriginal techniques to tone and re-align energy flow. Beginning with an indigenous flora smoking ritual this aromatherapy massage takes you on a journey to relaxation.	\$150		\$195
relaxation - a light to medium pressure massage that can be tailored to your individual needs. A combination of relaxation techniques will encourage complete calmness of the mind and body.	\$150		\$195

enhancements

Extend your experience with a 30 minute enhancement.

Enhancements must be booked in combination with another treatment.

paudi head massage - a nourishing quandong hair and scalp treatment combined with a head, neck and shoulder massage to relax and renew.

foot revive - a deeply nourishing pepperberry and peat pedi mask is rigorously applied to your feet and legs, helping to improve circulation, then revitalised with a desert lime mist. Munthari pedi lotion hydrates and nourishes dry and cracked heels.

tension release - a targeted treatment to focus on specific problem areas; working deeper into the belly of the muscle to release tension, combined with stretching to provide relief and help restore flexibility. This enhancement is only available with a 60 minute treatment.

enhancements are \$75 each