



PENINSULA
HOT SPRINGS

bath house





your journey to social relaxation starts here

Peninsula Hot Springs is the first natural hot springs and day spa in Victoria just 75 minutes from Melbourne.

Two facilities provide an experience for everyone. The Bath House is a social bathing experience, perfect for groups, friends and extended families. The Spa Dreaming Centre is reserved for guests 16 years and older where the emphasis is on tranquil spaces and blissful spa treatments.

Experience over 20 globally-inspired bathing experiences in the Bath House including:

- cave pool
- reflexology walk
- Turkish steam bath (Hamam)
- sauna
- cold plunge pools
- massaging thermal mineral showers
- hilltop pool, offering stunning 360 degree views of the region
- hydro jet pool
- hydrotherapy pool
- foot and hand baths
- bubble couch
- bathing barrels
- baby rock pool

Peninsula Hot Springs is a proud supporter of:





bathing entry prices

off-peak

peak

Adult	\$40	\$47
Child (5-15 years)	\$25	\$32
Infant (0-4 years)	\$5	\$5
Concession & Seniors	\$35	\$42

earlybird savings (arrive before 9am)

off-peak

Adult	\$25
Concession	\$20
Seniors (Mon-Fri. outside of holidays)	\$15

extras

Robe	\$10
Towel	\$5
Locker	\$5

things to know

Peak: Friday to Monday, school holidays

Off-peak: Tuesday to Thursday outside of school and public holidays

Public holidays: a 10% surcharge applies to the peak rate

- Bookings are essential. You can book online or by phone
- Phone bookings incur a \$5 booking fee
- Bathing finishes 15 minutes before closing time
- Prices are subject to change
- Children are welcome to enjoy our family bathing area in the Bath House all day every day. After 10am the bathing gully and hilltop pools are reserved for guests 16 years and older



wellness activities

Enjoy a range of seasonal wellness activities when bathing at Peninsula Hot Springs including meditation, yoga and warm water exercise classes.

clay ridge - coming soon

The power of touch combined with the restorative powers of the earth has inspired a new wellness experience at Peninsula Hot Springs.



Clay Ridge is an outdoor journey like no other – where therapeutic clay powder is mixed with geothermal water to create the clay which you can then apply to your own skin. Inspired by ancient global traditions these detoxifying clays, which are rich in minerals, are yours to enjoy through a unique restorative treatment.

Visit peninsulahotsprings.com/clayridge for more information



dining areas

Picnic area - We have a picnic area with tables and plenty of lawn space for you to enjoy your own picnic. This area is open from dawn until dusk.

Bath House café - Open daily from 8am the Bath House café provides a light breakfast, lunch and early evening meals.

dining packages

Combine your thermal bathing experience with dining in the Spa Dreaming Centre café or Bath House café.

Bath House breakfast and bathe \$80

Bathe in the Bath House and enjoy a seasonal breakfast, tea or coffee and juice or smoothie in the Spa Dreaming Centre café. Towel, robe and locker hire is included and this package is for guests 16 years and older.

Available Tuesday to Thursday outside of school and public holidays

Pizza and bathe \$52

Bathe in the Bath House and enjoy a gourmet pizza in the Bath House café.

Available 10am to 6pm Tuesday to Thursday outside of school and public holidays

