



spa menu



video



discover more

what to bring



swimwear

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



footwear

To reduce the risk of slips we recommend appropriate footwear in any wet areas.



mobile phone

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



valuables

We recommend all valuables including jewellery are left at home. The mineral water may cause jewellery to tarnish.



water bottle

We recommend that you bring a plastic or stainless steel water bottle to drink from during your stay.

medical information



medical conditions

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



feeling unwell

If you are feeling unwell, we would recommend postponing your visit and seeing a medical professional.

things to know



how to get here

We are located on Springs Lane in Fingal (Rye). For full directions, please visit [our website](#).



therapists

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



bathing with family & friends

Please ensure that if your friends and family wish to bathe with you, it is important that they have a Bath House bathing pass or have made a booking to join you.



cancellation, terms & conditions

We recommend you view our cancellation policy and **terms and conditions** after completing your booking.



when to arrive

Please arrive at least 30 minutes before your booking start time. If you arrive late, your private bathing and treatment time will have to be reduced.



on arrival

Bathing suits are available for purchase on arrival. Towel, robe and locker hire are complimentary.



café

We have a licenced café in the Spa Dreaming Centre that is open daily for breakfast and lunch. Our café is also open for dinner on Thursday, Friday and Saturday nights. Bookings recommended. If you would like to add dining to your experience, please call our reservations team on (03) 5950 8777.



accommodation and regional experiences

As you drive through the Mornington Peninsula you'll find rolling hills of olive groves and vineyards, accommodation with sea views and local produce served in romantic restaurants and sold at bustling markets reminiscent of Europe. To help plan your visit to this magnificent region, we have compiled a list of recommendations for **things to do** and **where to stay** during your visit.



our details

Opening hours: 8am–9pm, 7 days a week. Contact us at info@peninsulahotsprings.com or 03 5950 8777.



16+ adults only

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