

discover how to boost your immune system during your upcoming visit



Naturally infused with healing minerals, our geothermal waters detoxify your body and may help boost your immune system. This Autumn immerse yourself in nature, take your time to relax and rejuvenate, integrating some of these experiences to enhance your visit.

Turkish steam bath

Dilates blood vessels to increase circulation and opens pores to release toxins.



Cold plunge

Improves blood circulation and reduces inflammation and pain.

Private bathing

Aromatherapy oils infused into water help to promote detoxification and decrease stress and anxiety.



Sauna

Detoxifies, improves blood circulation and accelerates natural healing.

Hot pool

Improves blood circulation and can kill bacteria to improve immunity.



Reflexology walk

Improves nervous system functioning, blood circulation and lymphatic drainage.

Infrared sauna

Removes harmful toxins, improves blood flow, reduces blood pressure and relieves pain.



Body clay

Boosts circulation, promotes anti-inflammatory effects and oxygenates the skin.

Spa treatments

Stimulate blood and lymph flow to assist with detoxification.



Movement

Stimulates the lymphatic system to oust toxins from the body and lowers stress levels.

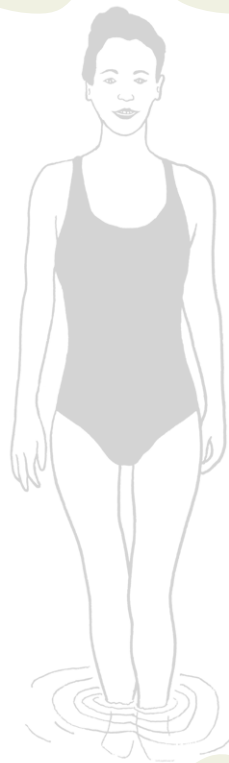
Deeper sleep

Hot Spring bathing relaxes your body and improves your ability to fall asleep faster.



Hydration

Helps oxygenate body cells and improves body functionality.



For more information about the health benefits of bathing visit peninsulahotsprings.com/ourwater

boost your immunity this autumn

be nourished...

We regularly source immune boosting seasonal vegetables and herbs from our nutrient-rich soil in our very own food bowl, adding these nourishing ingredients to our delicious dishes for you to enjoy.

By eating the rainbow of local, seasonal fresh fruits and vegetables and incorporating antioxidant rich food into our lives we are helping our bodies fight nutritional deficiencies, allowing them an increased chance to fight infection and disease.

To learn more, visit peninsulahotsprings.com/ourmenu



beetroot



spinach



garlic



capsicum



leafy greens