



PENINSULA
HOT SPRINGS

spa dreaming centre



your journey to relaxation starts here

Bathe, relax and indulge at our coastal oasis of health and wellbeing on the Mornington Peninsula. Less than 90 minutes drive from Melbourne, Peninsula Hot Springs is a natural thermal mineral springs and day spa facility.

Discover the many hot spring pools and geothermal bathing experiences nestled harmoniously in the natural landscape. When bathing in our Spa Dreaming Centre, towel, robe and locker hire is included in all Spa Dreaming Centre packages.

The **Spa Dreaming Centre** is a blissful sanctuary with an emphasis on tranquil spaces, designed for guests 16 years and older. Discover the many experiences which include thermal mineral and cold plunge pools, massaging bamboo showers, a traditional sauna, a Moroccan hammam, Zen Chi massagers, an infrared sauna, hanging tree pods and poolside lounges.



private bathing

For the ultimate hot springs experience include a 45 minute escape into your own private sanctuary.

With a choice of indoor or outdoor bathing pavilions, the 45 minute private bathing experiences are perfect if you're looking for an idyllic solo indulgence, a space to reconnect with someone special or even a space to celebrate with a group of up to five adults.

private sanctuary and bathe

\$175 per person

Unwind with geothermal bathing in both our Spa Dreaming Centre and Bath House bathing areas then retreat into either a private bathing pavilion or private outdoor pool for 45 minutes. Our indoor bathing pavilions offer a selection of enhancements to add to our geothermal waters. Towel, robe and locker hire is included for all Spa Dreaming Centre packages.

bathing pavilion with essential oils – choose between rejuvenate, reharmonise or detox oil blends from LI'TYA, made from natural Australian botanicals.

bathing pavilion with lavender milk – increases elasticity and replenishes the skin through natural exfoliation and moisturisation.

bathing pavilion with tulsi tea – relieves stress, assists to boost the metabolism, supports immunity and is antioxidant rich.

outdoor thermal mineral pool – relaxes your body in natural surrounds with naturally occurring magnesium, sodium and potassium minerals.

plan ahead to relax and save

Relaxation starts as soon as you book your visit. To make your experience as smooth as possible, book your bathing at least a day in advance to secure your preferred booking time and save. Spaces are limited.

For more information, visit peninsulahotsprings.com/faq

spa packages

Enhance your bathing experience and treat your body to complete relaxation with our signature spa treatments and balancing therapies. Cleanse, refresh, restore and balance your body through relaxing massages, facials and body treatments. Prior to your treatment, we recommend bathing in our geothermal waters to maximise the benefits your spa experience. When bathing in our Spa Dreaming Centre, towel, robe and locker hire is included in all Spa Dreaming Centre packages.

midweek escape *45 minute treatment and bathe – allow 2 hours* \$179

Unwind from your busy day and enjoy a midweek escape to reconnect with yourself in nature. After geothermal bathing, choose between a nourishing 45 minute Synthesis Organics facial or a 45 minute tailored back massage. Available Tuesdays to Thursdays outside of holiday periods.

unwind *60 minute treatment and bathe – allow 2.5 hours* \$215

massage and facial

refresh massage and facial – take time out with a nurturing aromatic back massage and facial from Synthesis Organics. The massage uses a blend of native Australian oils to enhance health and emotional wellbeing. The replenishing organic facial provides a clean and radiant complexion.

massage

relaxation massage – a tailored medium pressure massage using calming oils from Synthesis Organics. A combination of relaxation techniques will encourage complete calmness of the mind and body.

kodo massage – 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 from LI'TYA takes you on a journey to relaxation.

peninsula vine massage – experience the essence of the Mornington Peninsula with a relaxing massage including a hydrating, antioxidant rich grape balm, made from locally grown Shiraz grapes.



facial

Synthesis Organics bio-active facial – personalised to your skin, this 60 minute super-nutrient organic facial combines native Australian essential oils, omegas and antioxidant rich plant extracts and botanicals.

PHYT'S organic facial – beginning with an expert skin analysis, this tailored and results-driven 60 minute facial restores the skin's natural balance with pure organic plant extracts and botanicals.

body treatment

botanical sea salt exfoliation – prepare your skin with geothermal bathing and then rejuvenate with a unique exfoliation blend of mineral rich Australian kelp, sea salt and essential oils from Synthesis Organics, enhanced with a relaxing native botanical facial.

organic mineral mud wrap – begin with geothermal bathing and a botanical sea salt exfoliation then be cocooned in deeply cleansing Australian volcanic mud with soothing botanicals and gently warming ginger to boost circulation and oxygen flow. This treatment from Synthesis Organics finishes with a relaxing scalp massage, your skin will be left feeling soft and radiant.

spa packages

rejuvenate 90 minute treatment and bathe – allow 3 hours \$290

massage

relaxation massage – a tailored medium pressure massage using calming oils from Synthesis Organics. A combination of relaxation techniques will encourage complete calmness of the mind and body.

yinga massage – our unique signature massage is designed to encourage a sense of wellbeing. A combination of medium pressure relaxation techniques, focusing on the back of the body to leave you feeling deeply relaxed and rebalanced.

kodo massage – 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 from LI'TYA takes you on a journey to relaxation.

dreamtime stone massage – take a sublime journey through this one of a kind Synthesis Organics full body massage featuring warm and cool Australian stones. Dreamt up in collaboration with a Kurradji, Indigenous Medicine man, we invite you to access a deep inner listening, quiet still awareness and an understanding of the beauty of nature in the way of Dadirri.

facial

PHYT'S anti-aging facial – suitable for mature skin and skin showing signs of premature aging. Using a combination of precious oils and organic active nutrients, this 90 minute facial targets fine lines and environmental damage to plump, smooth and revitalise the skin.

body treatment

moroccan cocoon – experience geothermal bathing and then discover the ancient Moroccan secret to beautiful glowing skin. Harnessing precious Moroccan Argan oil, Rhassoul clay, Demask rose and fragrant spices, your sensory journey from Mira's Hand includes an enriching salt and sugar exfoliation, detoxifying wrap, anti-oxidant facial and relaxing scalp, back and shoulder massage.

surrender 120 minute treatment and bathe – allow 3.5 hours \$365

surrender massage and facial – discover perfect balance with a 60 minute Synthesis Organics bio-active facial and a 60 minute relaxation massage.

immerse 180 minute treatment and bathe – allow 4.5 hours \$535

botanical journey – flow through an aromatic journey to pure relaxation. Begin your experience with geothermal bathing, unwind with an organic mineral mud wrap, organic hair and scalp treatment, relaxation massage and Synthesis Organics bio-active facial.

dining packages

Complement your day of geothermal bathing with a nourishing meal from our licenced Spa Dreaming Centre café. All our Spa Dreaming Centre packages include towel, robe and locker hire.

dine and bathe \$125

Breakfast – enjoy an à la carte breakfast with a juice and your choice of tea or coffee.

Lunch – indulge with an à la carte lunch and your choice of wine, beer or juice.

Graze – unwind with a grazing platter celebrating local produce and your choice of wine, beer or juice. Available Monday to Friday.

spa and dining packages

Discover the ultimate Peninsula Hot Springs spa experience with a day of treatments, dining and bathing. Dine in your robe in our licensed Spa Dreaming Centre café and be pampered in our day spa, complementing your day of bathing in our geothermal waters.

harmony 60 minute treatment, dine and bathe – allow 3.5 hours \$275

Relax with geothermal bathing, enjoy a 60 minute massage of your choice and indulge with breakfast or lunch in our Spa Dreaming Centre café.

bliss 180 minute treatment, dine and bathe – allow 6 hours \$575

Begin your day with geothermal bathing and then flow through a botanical journey spa treatment including an organic mineral mud map, organic hair and scalp treatment, relaxation massage and Synthesis Organics bio-active facial. Complete your experience with your choice of breakfast and lunch in our Spa Dreaming Centre café.



spa dreaming centre

Open 8am to 6pm, 7 days a week

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peninsulahotsprings.com



terms and conditions

The Spa Dreaming Centre is reserved for guests 16 years and older. If you have any medical conditions, please seek professional advice before bathing or spa treatments. We employ both male and female therapists, so on the day you may be allocated either for your treatment. Bookings are essential for spa treatments, packages and private bathing, particularly during weekends and holiday periods. Surcharges apply for public holidays and bathing bookings made within 24 hours of visiting. Full payment is required at time of booking. A refund on all bookings will be provided if more than 24 hours notice of cancellation is given. Peninsula Hot Springs reserves the right to change prices and services without notice. Please see website for further terms and conditions.