



PENINSULA  
HOT SPRINGS



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## your journey to relaxation starts here

Bathe, relax and dine at our coastal oasis of health and wellbeing on the Mornington Peninsula.

Peninsula Hot Springs is a natural thermal mineral springs and day spa facility, less than 90 minutes drive south of Melbourne.

Discover over 50 hot spring pools and geothermal bathing experiences nestled harmoniously in the natural landscape.

## our water

Drawing on the wisdom of many cultures, water has long been harnessed to encourage physical and emotional wellbeing.

The healing waters continually flow into our pools, emptying and refilling throughout the day and never recirculating into the pools. Every pool has a fresh and new body of water every four hours.

High in mineral content, our water is naturally heated by the earth's core and is estimated to be over 10,000 years old. Peninsula Hot Springs is a filtration hot spring with waters rising 637 metres from below the earth's surface.

Magnesium, boron, potassium and sodium naturally occur in our geothermal waters. Experience the healing benefits of these minerals including stress and blood pressure reduction, detoxification, rehabilitation of muscles and joints and sleep improvement.



magnesium



boron



potassium



sodium



## bathing

### geothermal bathing

Immerse yourself in natural thermal mineral waters, which flow from deep underground into pools and private baths at Peninsula Hot Springs. Awaken your senses and connect with yourself and nature in the company of others. We offer three bathing experiences to choose from.

The **Bath House** is a sociable bathing experience open to all ages and is perfect for groups, friends and extended families with over 50 globally-inspired experiences.

The **Spa Dreaming Centre** is a blissful sanctuary with an emphasis on tranquil spaces, designed for guests 16 years and older.

Alternatively we offer three serene **private bathing** options for your enjoyment. Indoor private bathing pavilions are an idyllic place to unwind alone or with someone else, while the private outdoor pool is ideal for a solitary retreat, to reconnect with your partner or friend or to celebrate with a group of up to five adults. We also offer the option to enhance your Bath House bathing experience with a reserved pool. The pool is suitable to be booked for up to 5 people for 45 minutes.

## relaxation spaces

Gather your family, your friends or your partner and relax, connect and rejuvenate in one of Peninsula Hot Springs' new relaxation spaces.

We have spaces suitable for smaller or larger group sizes, accommodating 2–8 people. Enjoy your own sense of privacy in one of our two types of relaxation spaces; our relaxation dome or relaxation cabana.

## wellness activities

Discover our unique and complimentary activity program to combine our healing waters with a range of movement and mindfulness practices to create the ultimate wellbeing experience in our Bath House.

*For our most recent wellness activity program, visit [peninsulahotsprings.com/wellness](https://peninsulahotsprings.com/wellness)*

## did you know?

Every evening after the sun goes down, our pools are emptied and cleaned by our overnight team, ready for the new day.



## dining

Enjoy a dining experience like no other to nourish your appetite and replenish your body. Relax in your robe and take a break to enjoy breakfast, lunch, dinner or a light snack.

We regularly source seasonal vegetables and herbs from our very own food bowl, adding the ingredients to the delicious dishes created for you to enjoy.

### Bath House café

Our outdoor Bath House café serves a selection of light meals, refreshing drinks and freshly ground coffee for you to enjoy.

### Amphitheatre café

Feed your soul with a selection of globally inspired, healthy dishes, juices, smoothies or coffee in our new café.

### Picnic gardens

Feast on your own picnic in our Bath House and Amphitheatre picnic gardens with tables and plenty of lawn space in a picturesque native setting.

### Spa Dreaming Centre dining room

Spa Dreaming Centre guests are invited to dine in their robes in our adults-only dining room, serving delicious meals with complete table service and is fully licensed.

## spa

Surrender your body to complete relaxation with our signature spa treatments and balancing therapies honouring global traditions. Cleanse, refresh, restore and balance your body through medium pressured relaxation massages, facials and body treatments. Reserved for guests 16 years and above.

Geothermal bathing in our Spa Dreaming Centre is included with all treatments. We recommend bathing prior to your treatment to enjoy deeper benefits, eliminate body toxins, promote healthy skin and feel the therapeutic results more deeply.

This Summer we will be introducing spa treatments in secluded relaxation cabanas within our Bath House. Guests in this area can enhance their experience with a relaxation massage amongst nature.

## insider's tip – our most popular spa treatment

Prepare your skin for Summer with one of Peninsula Hot Springs' most popular spa treatments the 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 takes you on a journey to relaxation.

*For more information visit [peninsulahotsprings.com/spa](https://peninsulahotsprings.com/spa)*

## spa treatments

	60 mins	90 mins	120 mins	180 mins
<b>massage</b>				
<b>peninsula vine</b> – experience the essence of the Mornington Peninsula with a relaxing massage including a hydrating, antioxidant rich grape balm, made from locally grown Shiraz grapes.	✓			
<b>relaxation</b> – 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.	✓	✓		
<b>kodo</b> – 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.	✓	✓		
<b>yinga</b> – 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.		✓		
<b>dreamtime stone</b> – 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 Kurradjji, 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.		✓		
<b>facial</b>				
<b>Synthesis Organics bio-active</b> – personalised to your skin, this 60 minute supernutrient organic facial combines native Australian essential oils, omegas and antioxidant rich plant extracts and botanicals.	✓			
<b>PHYT'S organic</b> – 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.	✓			
<b>PHYT'S anti-aging</b> – 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.		✓		

	60 mins	90 mins	120 mins	180 mins
<b>massage and facial</b>				
<b>refresh</b> – 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.	✓			
<b>rebalance</b> – take your relaxation to the next level with Synthesis Organics. A 60 minute full body massage, provides the ultimate rebalancing experience followed by a replenishing 30 minute organic facial.		✓		
<b>surrender</b> – discover perfect balance with a 60 minute Synthesis Organics bio-active facial and a 60 minute relaxation massage.			✓	
<b>body treatments</b>				
<b>botanical sea salt exfoliation</b> – 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.	✓			
<b>organic mineral mud wrap</b> – 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.	✓			
<b>moroccan cocoon</b> – 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.		✓		
<b>face and body</b>				
<b>botanical journey</b> – 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.				✓

## price list

### bath house bathing

	recharge 60 minute bathing experience	revitalise Bath House bathing experience	restore a full day bathing experience including 2 wellness activities, Amphitheatre picnic hamper, robe, towel and locker hire
Adult (16+ years)	\$30	\$65	\$150
Child (3–15 years)	\$20	\$40	\$115
Infant (0–2 years)	Free	Free	Free
Concession and seniors	\$25	\$50	\$140

All bathing bookings made on the same day as your visit are subject to availability and will incur a 10% premium

### spa dreaming centre bathing

Adult (16+ years)	Spa Dreaming Centre bathing, towel, robe and locker hire	\$110
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Subject to availability Sunday to Thursday

### moonlit bathing

Adult (18+ years)	Spa Dreaming Centre bathing from 11pm to 5am	\$65
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### private bathing

Private sanctuary and bathe	45-minute private bath or pool, Spa Dreaming Centre bathing, towel, robe and locker hire	\$175
Private sanctuary, dine & bathe	45-minute private bath or pool, choice of breakfast, lunch, graze or dinner, Spa Dreaming Centre bathing, towel, robe and locker hire	\$225

### relaxation spaces

Upgrade your Bath House bathing experience with your very own relaxation space.

Relaxation Cabana	Recommended for 1–3 guests	\$120 <i>half day</i>
		\$240 <i>full day</i>
Relaxation Lounge	Recommended for 4–8 guests	\$180 <i>half day</i>
		\$360 <i>full day</i>

### dining packages

Dine and bathe	Choice of breakfast, lunch, graze or dinner, Spa Dreaming Centre bathing, towel, robe and locker hire	\$135
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### spa packages

Unwind	60 minute treatment, Spa Dreaming Centre bathing, towel, robe and locker hire	\$225
Harmony	60 minute treatment, choice of breakfast, lunch or dinner, Spa Dreaming Centre bathing, towel, robe and locker hire	\$275
Rejuvenate	90 minute treatment, Spa Dreaming Centre bathing, towel, robe and locker hire	\$295
Surrender	120 minute treatment, Spa Dreaming Centre bathing, towel, robe and locker hire	\$385
Immerse	180 minute treatment, Spa Dreaming Centre bathing, towel, robe and locker hire	\$545
Bliss	180 minute treatment, choice of breakfast, lunch or dinner, Spa Dreaming Centre bathing, towel, robe and locker hire	\$590

### glamping accommodation packages

Glamping for two	Overnight accommodation, all of site bathing, breakfast served in Spa Dreaming Centre Dining room, glamper exclusive Yoga and Fire and ice wellness experiences	\$650
Glamping & Dine for two	Overnight accommodation, all of site bathing, breakfast served in Spa Dreaming Centre Dining room, Glamper exclusive yoga and Fire and Ice wellness experience and a two course dinner	\$770
Glamping, Dine & Spa for two	Overnight accommodation, all of site bathing, breakfast served in Spa Dreaming Centre Dining room, Glamper exclusive yoga and Fire and Ice wellness experience, a two-course dinner and two 60 minute spa treatments of your choice	<i>from</i> \$1100



## stay at the springs

We are pleased to announce that from December 1, 2020 you will be able to stay with us and continue your wellness journey into the night. Designed for pure relaxation and inspired by nature, we have various accommodation options on the horizon.

Imagine soaking in our geothermal mineral springs, enjoying a nourishing meal and an indulgent spa treatment before strolling to your home for the night. You snuggle underneath a warm doona while you listen to the sounds of the natural environment around you and drift off to sleep. In the morning you will hear nature come alive while you venture up to our iconic hilltop pool to watch the sun rise over the region.

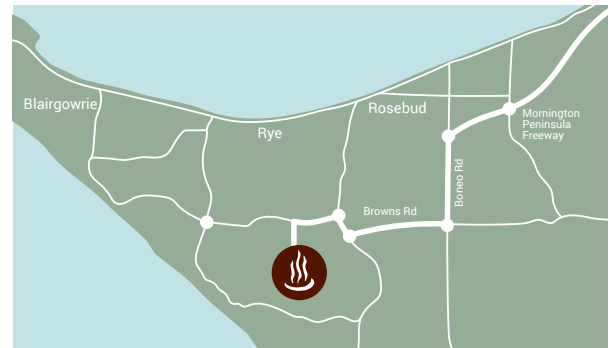
Our accommodation will offer a unique experience with the humble luxury of Peninsula Hot Springs, featuring bespoke furniture, custom elements which reflect our environment including locally sourced timber, natural stone bench tops and our geothermal water will be used in a hydronic heating system throughout the concrete flooring.

For more information, [peninsulahotsprings.com/stayatthesprings](https://peninsulahotsprings.com/stayatthesprings)

## glamping accommodation packages

Glamping for two	\$650
Glamping & Dine for two	\$770
Glamping, Dine & Spa for two	from \$1100

## where to find us



## our details

Bath House opening hours: 5am–11pm, 7 days a week

Spa Dreaming Centre opening hours: 8am–5am

[info@peninsulahotsprings.com](mailto:info@peninsulahotsprings.com) | 03 5950 8777

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