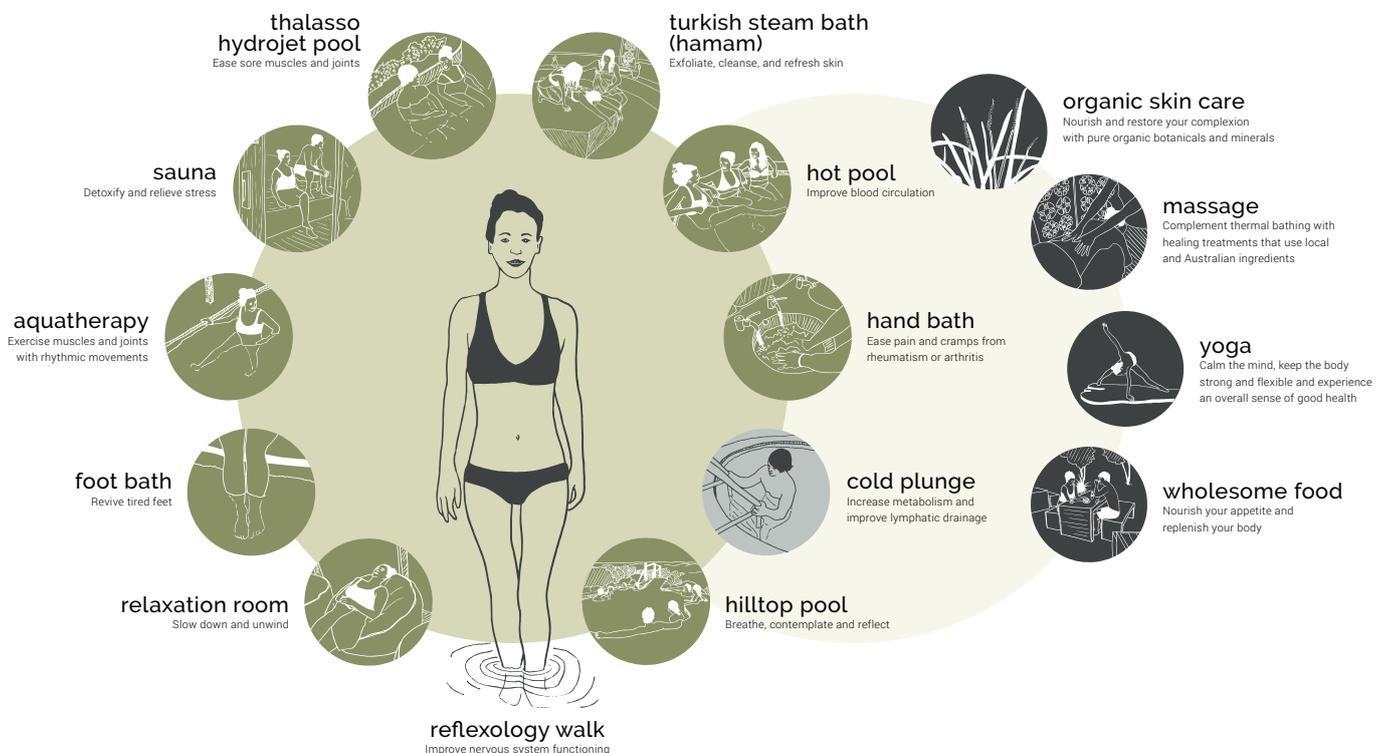


## benefits of bathing

Water has long been harnessed to encourage physical and emotional wellbeing. Across the world, and across centuries, water therapies and facilities have contributed to creating wellness experiences that provide lasting benefits.

At Peninsula Hot Springs we have over 50 globally inspired bathing experiences to enjoy. Our most popular are listed below with their discovered health benefits to both the body and the mind. To complement your geothermal bathing we also offer a range of additional experiences to enhance your wellness journey with us. Please feel free to ask our friendly staff for further information.





PENINSULA  
HOT SPRINGS

## balneology

Hot springs soaking has a well established place in North American traditions, with indigenous tribes considering hot springs across the continent to be 'power spots' in nature.

Native cultures have universally utilised mineral waters for healing, purification ceremonies, sacred gathering and tribal meetings.

Balneology is the scientific study of the therapeutic benefits of naturally occurring mineral waters. Throughout Europe and Japan, balneology and hot springs therapy has been incorporated within routine medical care treatments. Licensed doctors have now come to recognise the value of prescribing bathing in mineral waters as part of a preventative approach to illness.



## minerals and their benefits

Peninsula Hot Springs is classified as a 'true mineral spring', with dissolved solids measuring over 3500 parts per million (PPM), based on an assessment conducted by the Institute of Geological and Nuclear Sciences in New Zealand.

Peninsula Hot Springs are sodium chloride bicarbonate hot springs, with a pH level of 6.8. The alkalinity is primarily the result of potassium, calcium, magnesium and sodium ions.

Bathing in bicarbonate water assists in the opening of peripheral blood vessels, improvement of circulation to the body's extremities and can help address hypertension and mild atherosclerosis.

Mineral springs that are naturally rich in chlorides, in amounts between 0.5% to 3%, are considered by some researchers to be beneficial for rheumatic conditions, arthritis, central nervous system conditions, post-traumatic and postoperative disorders. Peninsula Hot Springs contain 1432 parts per million (PPM) chloride content.

5



Boron

Builds muscle mass, increases brain activity and strengthens bones.

***Peninsula Hot Springs contain 1.3 PPM boron***

12



Magnesium

Converts blood sugar to energy and promotes healthy skin.

***Peninsula Hot Springs contain 90 PPM magnesium***

19



Potassium

Assists in normalising heart rhythms, assists in reducing high blood pressure, helps to eliminate body toxins and promotes healthy skin.

***Peninsula Hot Springs contain 64 PPM potassium***

11



Sodium  
and Natural Salts

Assist with the alleviation of arthritic symptoms, and may stimulate the body's lymphatic system when used in baths.

***Peninsula Hot Springs contain 868 PPM sodium***