



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 70 globally inspired bathing and wellness 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. 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 1–50 people. Enjoy your own sense of privacy in one of our relaxation spaces; our relaxation dome, relaxation cabana or Moroccan Pavilion, perfect for a special occasion.

wellness activities

Discover our unique and signature wellness activities that 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

did you know?

Every evening after the sun goes down, our pools are emptied and thoroughly 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.

We also offer spa treatments in our 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

Treat yourself with one of Peninsula Hot Springs' most popular spa treatments the Dreamtime Stone massage. A 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.

For more information visit peninsulahotsprings.com/spa

spa treatments

	60 mins	90 mins	120 mins	180 mins
massage				
peninsula vine – experience the essence of the Mornington Peninsula with a relaxing massage including a hydrating, antioxidant rich grape balm, made from locally grown Shiraz grapes.	✓			
relaxation – a tailored medium pressure massage using calming oils from either Subtle Energies or Synthesis Organics. A combination of relaxation techniques will encourage complete calmness of the mind and body.	✓	✓		
yinga – 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.		✓		
dreamtime stone – take a sublime journey through this special 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.			✓	
massage and facial				
refresh – 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.	✓			
rebalance – take your relaxation to the next level with Synthesis Organics. A 60 minute full body massage followed by a replenishing 30 minute organic facial.		✓		
surrender – discover perfect balance with a 60 minute Synthesis Organics bio-active facial and a 60 minute relaxation massage.			✓	
rejuvenate & restore – Drawing from Subtle Energies award-winning holistic age defying range, this full face and body therapy encompasses stress relief and emotional balance, along with potent rejuvenating ingredients, for dull and dry skin. Specialised Subtle Energies therapeutic oils and actives are also included in the full body massage to further assist with anxiety and hormonal imbalance, as well as muscle tension.			✓	

	60 mins	90 mins	120 mins	180 mins
facial				
Synthesis Organics bio-active – personalised to your skin, this 60 minute supernutrient organic facial combines Australian essential oils, omegas and antioxidant rich plant extracts and botanicals.	✓			
Subtle Energies Holistic Balance – this powerful 60 minute facial is customised to your skins needs be it for hydrating balance or deeper detoxification. It draws on potent active ingredients such as Wild Tumeric and Kashmire Lavender.	✓			
Subtle Energies Age Defying Radiance – this customised unique anti-ageing facial harnesses the potent blend of ancient cellular wisdom and modern science. Includes a signature aromatic facial marma massage to release muscle tension and anxiety.		✓		
body treatments				
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.	✓			
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.		✓		
face and body				
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.				✓

price list

bath house bathing

	recharge <i>60 minute bathing experience</i>	revitalise <i>Bath House bathing experience</i>	retreat <i>Bath House bathing 2 wellness activities, Amphitheatre picnic hamper, robe, towel and locker hire</i>
Adult (16+ years)	\$30	\$65	\$150
Child (3–15 years)	\$20	\$40	
Infant (0–2 years)	Free	Free	
Concession and seniors	\$25	\$50	

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

Reset – all site bathing Adult (16+ years)	Spa Dreaming Centre bathing, Bath House bathing towel, robe and locker hire	\$120
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moonlit bathing

Adult (18+ years)	Spa Dreaming Centre bathing from 11pm to 5am	\$65
Moonlit minibreak for two	Spa Dreaming Centre bathing for two, artisan platter and wine for two, towel, robe and locker hire	\$200

private bathing

Private sanctuary and bathe	45-minute private bath or pool, Spa Dreaming Centre and Bath House bathing, towel, robe and locker hire	\$175
Private sanctuary, dine and bathe	45-minute private bath or pool, choice of breakfast, lunch, graze or dinner, Spa Dreaming Centre and Bath House 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 1–5 guests	<u>\$100 half day</u> \$200 full day
Relaxation dome	Recommended for 4–15 guests	<u>\$150 half day</u> \$300 full day

dining packages

Dine and bathe	Choice of breakfast, lunch, graze or dinner, Spa Dreaming Centre and Bath House bathing, towel, robe and locker hire	\$150
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spa packages

All spa packages include Spa Dreaming Centre and Bath House bathing, towel, robe and locker hire.

Mid-week Escape	45 minute facial or massage*	\$200
Unwind	60 minute treatment	\$245
Harmony	60 minute treatment and choice of breakfast, lunch or dinner	\$285
Rejuvenate	90 minute treatment	\$310
Surrender	120 minute treatment	\$385
Bliss	180 minute treatment and choice of breakfast, lunch or dinner	\$595

*Only available Tuesday to Thursday outside of school & public holidays.

glamping accommodation packages

Glamping for two	Overnight accommodation, all of site bathing, breakfast, glamper exclusive Yoga and Fire and ice wellness experiences	<i>from</i> \$650
Glamping and Dine for two	Overnight accommodation, all of site bathing, breakfast, glamper exclusive yoga and Fire and Ice wellness experience and a two course dinner	<i>from</i> \$770
Glamping, Dine and Spa for two	Overnight accommodation, all of site bathing, breakfast, glamper exclusive yoga and Fire and Ice wellness experience, a two-course dinner and two 90 minute spa treatments of your choice	<i>from</i> \$1260



stay at the springs

You are now welcome 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 offers 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

glamping accommodation packages

Glamping for two	<i>from \$650</i>
Glamping & Dine for two	<i>from \$770</i>
Glamping, Dine & Spa for two	<i>from \$1260</i>

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 | 03 5950 8777
140 Springs Lane, Fingal, Mornington Peninsula
Victoria 3939 Australia
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