



Peninsula
Hot Springs



Research Results on Hot Springs Bathing

Newly published health and biomedical science research suggests hot springs bathing provides significant relief for people with depression, anxiety and insomnia.

The research conducted by RMIT University and published in the Asia Pacific Journal of Tourism Research, involved an online survey that attracted 4265 responses from bathers at Australia's largest commercial hot springs, Peninsula Hot Springs on Victoria's Mornington Peninsula.

Your Invitation to Peninsula Hot Springs

We are pleased to invite professionals and practitioners who are supporting mental health conditions to experience the benefits of the hot springs bathing at Peninsula Hot Springs.

Please use the attached voucher which provides complementary entry to our bathing facility. For further information and inquiries, or if you would like to receive updates on our initiative plans, please contact Yuki Davidson at yuki.davidson@peninsulahotsprings.com.



40%
of guests noticed
significant
relief from back pain

Around 40% of respondents with severe back pain, arthritis, injury, chronic pain, stress and anxiety reported their relief as 'significant' (lasting more than 2 days and/or reducing reliance on other treatments after bathing).



89%
felt relief
from stress and anxiety
after bathing

Of the 11% of survey respondents reporting stress/anxiety 89% reported relief; of the 5% of survey respondents reporting depression, 71% reported relief and 77% of respondents with insomnia reported they experienced relief (35% significant and 42% slight)



82%
slept better
after bathing

The majority of bathers (82%) reported sleeping better after bathing, with 62% of those who reported much better sleep stating that the effect lasted for 2 days or longer



74%
said that nature
is very important

The sounds of water and nature were rated as either important or somewhat important by 72% of survey respondents. Analysis revealed that 'relaxation', 'peace and tranquillity', 'indulgence' and 'escape' were the most important motivators for hot springs bathing at Peninsula Hot Springs.