

## bath house bathing

|                           | recharge<br>60 minute<br>bathing experience | revitalise<br>Bath House<br>bathing experience |
|---------------------------|---|--|
| Adult (16+ years)         | \$35  | \$70   |
| Child (3–15 years)        | \$25  | \$45   |
| Infant (0–2 years)        | Free  | Free   |
| Concession<br>and seniors | \$30  | \$55   |

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

|  |  |       |
|--|--|-------|
| Reset – all<br>site bathing<br>Adult (16+ years) | Spa Dreaming Centre bathing, Bath House<br>bathing towel, robe and locker hire                           | \$120 |
| Retreat for two                                  | Bath House bathing, 2 wellness activities,<br>Amphitheatre picnic hamper, robe, towel<br>and locker hire | \$310 |

## weekday packages

|                               |  |       |
|-------------------------------|--|-------|
| Weekday mini-break<br>for two | Bath House bathing, grazing board and wine<br>for two, towel, robe and locker hire included* | \$215 |
| Weekday getaway<br>for two    | Bath House bathing, pizzas and juice for<br>two, towel, robe and locker hire included*       | \$215 |

All bathing bookings made on the same day as your visit are subject to availability and will incur a 10% premium \*Valid Monday – Friday outside of public and school holidays

## moonlit bathing

|                              |  |       |
|------------------------------|--|-------|
| Adult (18+ years)            | Spa Dreaming Centre bathing<br>from 10pm to 2am  | \$70  |
| Moonlit minibreak<br>for two | Spa Dreaming Centre bathing for two,<br>artisan platter and wine for two, towel,<br>robe and locker hire | \$215 |

## private bathing

|                                      |  |       |
|--------------------------------------|--|-------|
| Private sanctuary<br>and bathe       | 45-minute private bath or pool, Spa<br>Dreaming Centre and Bath House bathing,<br>towel, robe and locker hire  | \$180 |
| Private sanctuary,<br>dine and bathe | 45-minute private bath or pool, choice of<br>breakfast, lunch or dinner, Spa Dreaming<br>Centre and Bath House bathing, towel,<br>robe and locker hire | \$230 |

## relaxation spaces

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

|                   |                             |                       |
|-------------------|-----------------------------|-----------------------|
| Relaxation cabana | Recommended for 1–5 guests  | \$100 <i>half day</i> |
|                   |                             | \$200 <i>full day</i> |
| Relaxation dome   | Recommended for 4–15 guests | \$150 <i>half day</i> |
|                   |                             | \$300 <i>full day</i> |

## dining packages

|                |   |       |
|----------------|---|-------|
| Dine and bathe | Choice of breakfast, lunch or dinner, Spa Dreaming Centre and Bath House bathing, towel, robe and locker hire | \$170 |
|----------------|---|-------|

## spa packages

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

|            |   |       |
|------------|---|-------|
| Unwind     | 60 minute treatment   | \$250 |
| Harmony    | 60 minute treatment and choice of breakfast, lunch or dinner  | \$300 |
| Rejuvenate | 90 minute treatment   | \$315 |
| Surrender  | 120 minute treatment  | \$390 |
| Bliss      | 180 minute treatment and choice of breakfast, lunch or dinner | \$600 |

## 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><br>\$670  |
| 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><br>\$810  |
| 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 60 minute spa treatments of your choice | <i>from</i><br>\$1170 |

Surrender your body to complete relaxation with our signature spa treatments and balancing therapies honouring global traditions. Our product brands include:

**Subtle Energies** – creates results-based aromatherapy, natural skincare and wellness solutions founded on Ayurveda principles. The range is created with intent to address multiple skin and body concerns. The brand was founded in 1993 by Farida Irani in Sydney, Australia. Subtle energies are backed by clinical science and delivers high performance and exceptional quality

**Synthesis** – Renew your skin and senses with bio-active, cellularly extracted botanicals, essences, and minerals. Connect with the purest of nature and nurture your true beauty with Australia's only Energy Imbued, certified organic, vegan, bioactive skincare.

|   | 60<br>mins | 90<br>mins | 120<br>mins | 180<br>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 either Subtle Energies or 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 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. |            | ✓          |             |             |

|  | 60<br>mins | 90<br>mins | 120<br>mins | 180<br>mins |
|--|------------|------------|-------------|-------------|
| <b>massage and facial</b>  |            |            |             |             |
| <b>refresh</b> – 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 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>rejuvenate &amp; restore</b> – 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. |            |            | ✓           |             |
| <b>facial</b>  |            |            |             |             |
| <b>Synthesis organics bio-active</b> – personalised to your skin, this 60 minute supernutrient organic facial combines Australian essential oils, omegas and antioxidant rich plant extracts and botanicals.   | ✓          |            |             |             |
| <b>Subtle Energies holistic balance</b> – 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 Kashmir Lavender.  | ✓          |            |             |             |
| <b>Subtle Energies age defying radiance</b> – 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.  |            | ✓          |             |             |
| <b>face and body</b>   |            |            |             |             |
| <b>Synthesis 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.   |            |            |             | ✓           |

|   | 60 mins | 90 mins | 120 mins | 180 mins |
|---|---------|---------|----------|----------|
| <b>body treatments</b>  |         |         |          |          |
| <p><b>Synthesis 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, enhanced with a relaxing native botanical facial.</p>  | ✓       |         |          |          |
| <p><b>Synthesis 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.</p>   | ✓       |         |          |          |
| <p><b>Subtle Energies rasayana detox body wrap</b> – revitalise, tone and purify as this active body therapy begins with a zesty exfoliation of essential oils, including cinnamon powder and walnut shells. Relax as an exquisite mineral rich clay infused with powerful herbs of Spiked Ginger Lily, Spirulina and Green Tea envelop your body providing the ultimate detox. Experience full body hydration with a choice of aromatic infused body butters, lotions or therapeutic oil blends.</p> |         | ✓       |          |          |
| <p><b>Subtle Energies energising body buff</b> – using our Subtle Energies skin care range, this rejuvenating light to medium exfoliation of walnut shells, buffs away dead skin cells, reducing the signs of cellulite, as hot compresses are applied in between. Uplifting aromatics of Tulasi, Wild Turmeric and Limbu invigorate, ideal for jet lag and tired skin, followed by a personalised full body hydration to compliment the detoxification process.</p>                                  | ✓       |         |          |          |
| <p><b>Subtle Energies himalayan salt body polish</b> – feel invigorated as a a strong exfoliating body polish, using mineral rich, Himalayan Crystal Salts, releases toxins and stimulates circulation. Skin will be visibly radiant, releasing stress along the way with the active effects of rare Ayurveda Aromatherapy oils. Hot compresses nurture throughout and a full body hydration with rich ingredients deeply nourish and balance the skin.</p>   | ✓       |         |          |          |