

soakember 2022

saturday 12 november

celebrating the health benefits of hot springs, hydrothermal therapies, and nature-based wellness activities.

Join our Facebook live stream at 9am AEDT – www.facebook.com/soakember



global bathing journey

Global Bathing Journey is an epic adventure into the rich culture and traditions that have inspired the creation of Peninsula Hot Springs. Our Wellness Host will guide you through meandering paths – from the Nordic sauna to the Eastern – inspired reflexology walk, Turkish Hammam and much more. Along the way you will uncover simple practices that enhance the meaning and health benefits of your bathing experience. Available to add on to revitalise bookings. Open to ages 16 and over.

8:30am (45 minutes) Bath House
Complimentary with limited availability
add to booking to avoid disappointment



peninsula local musical creator Spud Thompson

Spud Thompson is a multi-instrumentalist, songwriter and emotive vocalist whose work runs the whole gamut of human emotion improvised sonic soundscapes painted with more familiar ballad, folk roots and synthesized electronica colours and textures. His ambient soundscapes are inspired by his upbringing in rural Victoria surrounded by beaches and bush. He will be playing a live act to close our Soakember celebrations.

6pm (60 minutes) Amphitheatre
Complimentary performance



movement class

Yoga or Mat Pilates
7:30am (45 minutes)
Wellness Centre Studio

*Booking essential
additional charges apply



hot springs yoga

9:15am (30 minutes)
Amphitheatre

Complimentary activity



fire & ice

9:30am, 12pm, 2pm
(45 minutes)
Fire & Ice Area

*Booking essential
additional charges apply



body clay workshop

10:30am, 12pm, 1pm, & 3pm
(45 minutes) Clay Ridge

*Booking essential
additional charges apply
Please note: This experience
is weather dependant

For further information please contact our team
on 5950 8777 or email info@peninsulahotsprings.com



PENINSULA
HOT SPRINGS