

Peninsula Hot Springs celebrates world wellness weekend

15 – 17 september, 2023



World Wellness Weekend aims to encourage and empower individuals to participate in meaningful wellness activities. At Peninsula Hot Springs we are committed to enhancing the health and wellbeing of our communities and staff.

our wellness pillars



relaxation



movement



nutrition



sleep



mindfulness



education



creativity

Wellness begins with connection... with ourselves, our community and the environment around us.

These Seven Pillars of Wellness work together to ensure that you are living in optimum health with a balanced physical, mental and emotional state. In support of World Wellness Weekend, we encourage you to incorporate at least one or all of the our Pillars of Wellness into your daily life.

TIME	DAILY ACTIVITIES
7.30am	Yoga* Wellness Centre Studio
9:15am	Hot Springs Yoga Amphitheatre Stage
9:30am	Sauna Infusion* Fire & Ice Area
10:30am, 12pm, 2pm, 4pm, 5pm	Fire & Ice Experience* Fire & Ice Area
10:30am, 1pm	Body Clay Workshop* Clay Ridge
1pm	Deep Listening Bathing Ritual* Hilltop Bathing Barrels
3pm	Tea Ceremony* Sensory Dome

* bookings required

TIME	SPECIAL EVENTS
Friday 15 6–7pm	Showcase Performance - Stephen Cousins Amphitheatre Stage
Saturday 16 Sunday 17 5:30pm	Sunset Hot Springs Yoga Amphitheatre Pool
Sunday 17 2pm	Sunday Session - Simon Hudson Bath House Cafe

apothecary experience

*Designed to
enhance your sleep.*

Saturday 16 & Sunday 17

Complimentary to celebrate
World Wellness Weekend*



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





apothecary workshop



Experience Botanical Distillation and Aromatherapy in the Food Bowl during World Wellness Weekend celebrations.

Join expert Aromatherapist Margaret at Peninsula Hot Springs for a day of distilling local botanicals and learn how to make your own 'Enhance your Sleep' tincture spray in the Apothecary to take home. Combined with the rejuvenating minerals of hot springs bathing, participants embark on a tranquil journey towards a deeply restful night's sleep.

Valued at \$60 per person this experience is being offered complimentary as part of our World Wellness Weekend Celebrations.

Bookings essential as part of Revitalise bathing as places are limited to 20 participants per session.

When:

Saturday 16 September
Sunday 17 September

Time:

2.00pm

Where:

Maroon Hoods Glasshouse,
Food Bowl

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