

daily wellness activities



Combine our healing waters with a selection of activities to create the ultimate wellness experience.

TIME	DURATION	ACTIVITY	LOCATION
7.30am	45 mins	Yoga*	Wellness Centre Studio
9.15am	25 mins	Hot Springs Yoga	Amphitheatre Pools
9.30am	45 mins	Sauna Infusion*	Fire & Ice area
10.00am	45 mins	Bathing Barrels Experience* [◇] <i>(available 10am, 11am, 12pm, 1pm, 2pm, 3pm and 4pm,)</i>	Hilltop Path
10.30am	45 mins	Body Clay* <i>(available from August 1)</i>	Clay Ridge
10.30am	45 mins	Fire & Ice*	Fire & Ice area
11.45am	45 mins	Food Bowl Discover Tour*	Food Bowl
12.00pm	45 mins	Fire & Ice*	Fire & Ice area
1.00pm	45 mins	Deep Listening Bathing Ritual* [◇]	Hilltop Path <i>(meet at Maroon Hoods Glasshouse in the Food Bowl)</i>
1.00pm	45 mins	Body Clay*	Clay Ridge
2.00pm	45 mins	Fire & Ice*	Fire & Ice area
3.00pm	45 mins	Tea Ceremony*	Sensory Dome
4.00pm	45 mins	Fire & Ice*	Fire & Ice area
5.00pm	45 mins	Fire & Ice*	Fire & Ice area

Please book at reception or call the groups team on **5950 8712** | peninsulahotsprings.com

*This experience requires a booking. [◇] Available Friday – Monday.

daily wellness activities

yoga* \$15 (45 mins)

Suitable for all levels of strength and flexibility. Be guided through a Yoga Flow with an experienced facilitator and find balance as you flow between various poses modified to differing levels of skill, before submerging in our geothermal baths to ease active muscles and leave feeling rejuvenated and relaxed.

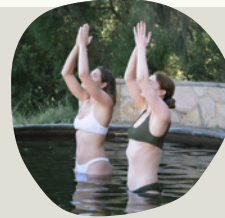
Available to guests 16 years and over.



hot springs yoga (25 mins)

This unique yoga class combines the benefits of geothermal bathing with stretching, strengthening and balancing yoga poses. Held in our Amphitheatre's custom-designed pools with a Peninsula Hot Springs yoga instructor, enjoy a yoga class like no other.

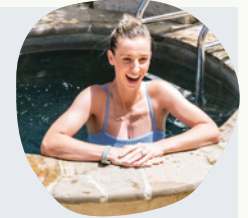
Complimentary with Revitalise bathing and open to all levels.



fire & ice* \$15 (45 mins)

Be invigorated by the powers of hot & cold therapy in our state-of-the-art saunas and ice plunge. Flow between our hot saunas, our ice plunge pool and our cold plunge pool. You will learn and experience the key health benefits of this popular science under the guidance of trained instructors.

Available to guests 16 years and over.



sauna infusion* \$15 (45 mins)

Enjoy a guided heat therapy workshop that demonstrates the power of sauna bathing, an ancient tradition gaining global popularity as a lifestyle practice, designed to rejuvenate and invigorate body and mind. Flow between our traditional dry sauna, cold plunge and wet sauna infused with essential oils to stimulate the senses.

Available to guests 12 years and over.



body clay* \$15 (45 mins)

Experiences the healing powers and cooling effects of clay with our signature body clay ritual, perfect for friends and groups of all ages. We have carefully selected a series of detoxifying clays from around Australia, each with their own unique therapeutic benefits.

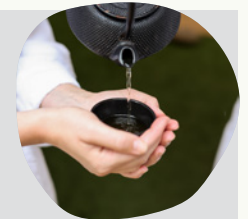
Available to guests 12 years and over.



tea ceremony* \$15 (45 mins)

Centre yourself with a tea ceremony workshop that will turn your tea break into a meditative self-care ritual. Starting with a cup of stress relieving and immune strengthening Tulsi tea, this relaxing and nourishing session will reveal the history and traditional use of Tulsi and the benefits that this ancient healing herb has in modern life.

Available to guests 12 years and over.



food bowl discovery tour* \$15 (30 mins)

On this introductory guided tour with a member of our Land & Environment team, we will discuss the SLOW food philosophy and organic gardening principles, and how they inspired the development of our Food Bowl. Morning tea will be served afterwards in our state of the art glasshouse.



bathing barrels experience*^o \$15 (45 mins)

Submerge in your own barrel, filled with geothermal water that can be adjusted to your desired temperature, and begin to feel the healing properties take effect. Each barrel is available to be hired for a 45-minute session, allowing you relax and unwind in a social bathing environment.

Available to guests 16 years and over.



deep listening bathing ritual*^o \$40 (45 mins)

An elevated bathing barrel experience nestled amongst our Bath House landscape. You will create a personalised herbal infusion bag, then be guided to one of seven barrels, where you will step in, submerge and take part in deep listening and meditation, while immersed in the warmth of geothermal water.

Available to guests 16 years and over.

