

spa dreaming centre guest information



what to expect



download our map



discover more

considerations before you leave home



what to expect

Before you arrive please click here to read our 'What to expect' section on our website to prepare you for your visit.



appropriate swimwear

Swimsuits are required in the Spa Dreaming Centre bathing area. The mineral-rich water may discolour swimwear.



footwear required

To reduce the risk of slips we recommend appropriate footwear around the pools and in wet areas.



minimise valuables

Lockers are available but we recommend you minimise the valuables you bring on your visit and remove jewellery before entering the pools.



mobile phone

If you wish to bring your mobile phone, we ask that you only take images of your group.



bring a drink bottle

Plastic bottles of water are no longer available to purchase. Please bring your own reusable bottle with you to stay hydrated. We have filtered water onsite for refills.

medical information



important

Stay hydrated. We ask that you take breaks regularly and stay hydrated during your visit.



medical advice

Please seek medical advice before bathing if you have any **medical conditions**.



feeling unwell

If you are feeling at all unwell we kindly request that you reschedule your visit.

things to know



reschedule or cancel

Call or email us to request changes 24 hours prior to your booking. Cancellations or changes made within 24 hours will be fully charged and the booking cancelled if you do not arrive within one hour of scheduled time.



when to arrive

It is essential you arrive on time for your booking to avoid losing your spot. We recommend you allow an extra 15 minutes to find us and park your car.



on arrival

Bathing suits and thongs are available for purchase on arrival subject to availability. Robe, towel & locker hire is available for all guests.



therapists

We do employ both male and female therapists, so on the day you may be allocated either for your treatment.



adults only

The Spa Dreaming Centre is reserved for visitors 16 years and over, the emphasis is on tranquil spaces and an array of pampering spa treatments.



shower before bathing

Please shower **before** bathing so as to keep our waters pristine and clean. It also primes the skin to receive the beneficial effects of the minerals.



no smoking or vaping

As a place of wellness, we are a smoke-free & vape-free venue. If required, designated smoking areas are available prior to entry.



accessibility

If you have any mobility needs, please contact us to plan your journey.



dining options

Visit **the website** for dining options and opening hours.



allergies

We endeavor to cater to any allergy or dietary requirements so please advise of these at time of ordering. If you wish to discuss your booking prior to arrival, please call our reservations team.



explore the whole site

As a Spa Dream Centre guest, you have the opportunity to explore both our tranquil bathing area where you'll start your experience as well as the more social areas in our Bath House.



planned maintenance

Some experiences undergo planned maintenance so please find our **full list of maintenance work** on our website under our 'What to expect' section.

Contact us at info@peninsulahotspings.com or 03 5950 8777



peninsulahotspings.com | open 7 days

We are located on Springs Lane in Fingal (Rye). For full **directions** and **terms and conditions** please visit our website.

enhance your experience



private bath

Secluded and serene, our blissful bathing retreats help restore your mind, body and soul. Re-connect with your partner or a special event with a group of up to five adults over 16 years of age and older. Bathing guests can also enjoy a grazing platter delivered to your private bath.



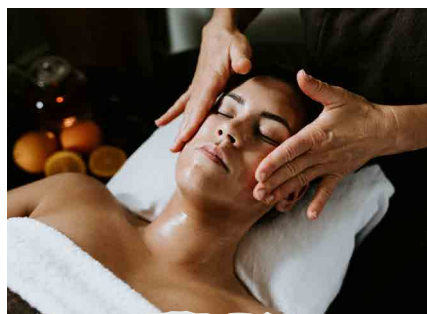
private pavilion

A private pavilion is an idyllic secluded indulgence that combines essential oils and additives with natural thermal waters for you alone, or to unwind with someone special. Guests can also enjoy a grazing platter delivered to your private pavilion. For adults 16 years of age and older.



dine with us

Enjoy a dining experience with us like no other. We regularly source seasonal vegetables and herbs from our very own food bowl, adding the ingredients to our delicious dishes to nourish your appetite and replenish your body. Choose from our contemporary and seasonal breakfast, lunch or dinner menus.



spa treatment

Include a spa treatment in your booking and surrender your body to complete relaxation with our signature spa treatments and balancing therapies honouring global traditions. Cleanse, and balance your body through medium pressured relaxation massages, facials and body treatments spa packages.

Spaces are limited so we recommend you book ahead.



glamping

Continue your wellness journey into the night and enjoy the unique experience of glamping in the humble luxury of Peninsula Hot Springs. Designed for pure relaxation especially for two, our glamping accommodation is nestled in our natural surrounds with private decks, ensuite bathrooms, king beds and bespoke elements inspired by our environment.

To upgrade your booking please contact us at info@peninsulahotspings.com or 03 5950 8777

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