

wellness activities



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

TIME	DAYS	ACTIVITY	LOCATION
9:00am	Daily	Yoga	Wellness Centre Studio
9.30am	Daily	Fire & Ice	Fire & Ice area
10:15am	Sunday to Friday	Food Bowl Discovery Tour	Food Bowl
10:15am	Friday, Saturday & Sunday	Bathing Barrels	Hilltop Bath
10.30am	Daily	Body Clay	Clay Ridge
10.30am	Daily	Fire & Ice	Fire & Ice area
11:00am	Friday, Saturday & Sunday	Bathing Barrels	Hilltop Bath
11:45am	Friday, Saturday & Sunday	Bathing Barrels	Hilltop Bath
12.00pm	Daily	Tea ceremony	Tea Tent
12.00pm	Daily	Sauna Infusion	Fire & Ice area
12.30pm	Friday, Saturday & Sunday	Bathing Barrels	Hilltop Bath
1.00pm	Daily	Body Clay	Clay Ridge
1.15pm	Friday, Saturday & Sunday	Bathing Barrels	Hilltop Bath
2.00pm	Daily	Fire & Ice	Fire & Ice area
2.00pm	Friday, Saturday & Sunday	Bathing Barrels	Hilltop Bath
2.45pm	Friday, Saturday & Sunday	Bathing Barrels	Hilltop Bath
3.00pm	Daily	Body Clay	Clay Ridge
3.30pm	Friday, Saturday & Sunday	Bathing Barrels	Hilltop Bath
4.00pm	Daily	Fire & Ice	Fire & Ice area
4.15pm	Friday, Saturday & Sunday	Bathing Barrels	Hilltop Bath
5.00pm	Daily	Fire & Ice	Fire & Ice area

Bookings are essential

Please book at reception or call the reservations team on **(03) 5950 8777** | peninsulahotspings.com