

bath house bathing

	earlybird <i>arrive before 9am</i>	twilight <i>arrive after 6pm</i>	revitalise
Adult (16+ years)	\$55	\$55	\$75
Child (3–15 years)	\$40	\$40	\$50
Infant (0–2 years)	Free	Free	Free
Concession and seniors	\$45	\$45	\$60

All bathing bookings made on the same day as your visit are subject to availability and will incur a 10% premium

Reset – all site bathing Adult (16+ years)	Spa Dreaming Centre bathing, Bath House bathing towel, robe and locker hire	\$130
Revitalise & Bath House massage Adult (16+ years)	45-minute Escape back massage, Bath House bathing, towel, robe and locker hire	\$235

wellness packages

Wellness escape for two	Two wellness activities each, picnic hamper and Bath House bathing, towel, robe and locker hire	\$330
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moonlit bathing

Adult (18+ years)	Spa Dreaming Centre bathing from 10pm to 2am	\$75
Moonlit minibreak for two	Spa Dreaming Centre bathing for two, artisan platter and wine for two, towel, robe and locker hire	\$225

private bathing

Private sanctuary and bathe	45-minute private bath or pool, Spa Dreaming Centre and Bath House bathing, towel, robe and locker hire	\$190
Private sanctuary, dine and bathe	45-minute private bath or pool, choice of breakfast, lunch or dinner, Spa Dreaming Centre and Bath House bathing, towel, robe and locker hire	\$240

dining packages

Dine and bathe	Choice of breakfast, lunch or dinner, Spa Dreaming Centre and Bath House bathing, towel, robe and locker hire	\$180
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spa packages

All spa packages include Spa Dreaming Centre and Bath House bathing, towel, robe and locker hire.

Unwind	60 minute treatment	\$260
Harmony	60 minute treatment and choice of breakfast, lunch or dinner	\$310
Rejuvenate	90 minute treatment	\$325
Surrender	120 minute treatment	\$400
Bliss	180 minute treatment and choice of breakfast, lunch or dinner	\$610

relaxation spaces

Upgrade your experience with your very own relaxation space.

Relaxation cabana	Recommended for 1–5 guests	\$100 <i>half day</i>
		\$200 <i>full day</i>
Relaxation dome	Recommended for 4–15 guests	\$150 <i>half day</i>
		\$300 <i>full day</i>

weekday packages

Weekday mini-break for two	Bath House bathing, grazing board and wine for two, towel, robe and locker hire included*	\$225
Weekday getaway for two	Bath House bathing, pizzas and juice for two, towel, robe and locker hire included*	\$225

All bathing bookings made on the same day as your visit are subject to availability and will incur a 10% premium. ^ For a limited time only, guests must be aged over 16, valid Tuesday – Thursday outside of public and school holidays. *Valid Monday – Friday outside of public and school holidays.

glamping accommodation packages

Glamping for two	Overnight accommodation, all of site bathing, breakfast and a wellness activity of your choice	<i>from</i> \$670
Glamping and Dine for two	Overnight accommodation, all of site bathing, breakfast, a two course dinner and a wellness activity of your choice	<i>from</i> \$810
Glamping, Dine and 60 min Spa for two	Overnight accommodation, all of site bathing, breakfast, a two-course dinner, two 60 minute spa treatments of your choice and a wellness activity of your choice	<i>from</i> \$1170
Glamping, Dine and 90 min Spa for two	Overnight accommodation, all of site bathing, breakfast, a two-course dinner, two 90 minute spa treatments of your choice and a wellness activity of your choice	<i>from</i> \$1300

Surrender your body to complete relaxation with our signature spa treatments and balancing therapies honouring global traditions.

Our product brands include:

Subtle Energies – creates results-based aromatherapy, natural skincare and wellness solutions founded on Ayurveda principles. The range is created with intent to address multiple skin and body concerns. The brand was founded in 1993 by Farida Irani in Sydney, Australia. Subtle energies are backed by clinical science and delivers high performance and exceptional quality

Synthesis – Renew your skin and senses with bio-active, cellularly extracted botanicals, essences, and minerals. Connect with the purest of nature and nurture your true beauty with Australia's only Energy Imbued, certified organic, vegan, bioactive skincare.

	60 mins	90 mins	120 mins	180 mins
face and body				
Synthesis botanical journey – flow through an aromatic journey to pure relaxation. Begin your experience with geothermal bathing, unwind with an organic mineral mud wrap, organic hair and scalp treatment, relaxation massage and Synthesis Organics bio-active facial.				✓
facial				
Synthesis organics bio-active – personalised to your skin, this 60 minute supernutrient organic facial combines Australian essential oils, omegas and antioxidant rich plant extracts and botanicals.	✓			
Subtle Energies holistic balance – this powerful 60 minute facial is customised to your skins needs be it for hydrating balance or deeper detoxification. It draws on potent active ingredients such as Wild Tumeric and Kashmire Lavender.	✓			
Subtle Energies age defying radiance – this customised unique anti-ageing facial harnesses the potent blend of ancient cellular wisdom and modern science. Includes a signature aromatic facial marma massage to release muscle tension and anxiety.		✓		
body treatments				
Synthesis botanical sea salt exfoliation – prepare your skin with geothermal bathing and then rejuvenate with a unique exfoliation blend of mineral rich Australian kelp, sea salt and essential oils, enhanced with a relaxing native botanical facial.	✓			

	60 mins	90 mins	120 mins	180 mins
body treatments				
Subtle Energies rasayana detox body wrap – revitalise, tone and purify as this active body therapy begins with a zesty exfoliation of essential oils, including cinnamon powder and walnut shells. Relax as an exquisite mineral rich clay infused with powerful herbs of Spiked Ginger Lily, Spirulina and Green Tea envelop your body providing the ultimate detox. Experience full body hydration with a choice of aromatic infused body butters, lotions or therapeutic oil blends.		✓		
Subtle Energies himalayan salt body polish – feel invigorated as a strong exfoliating body polish, using mineral rich, Himalayan Crystal Salts, releases toxins and stimulates circulation. Skin will be visibly radiant, releasing stress along the way with the active effects of rare Ayurveda Aromatherapy oils. Hot compresses nurture throughout and a full body hydration with rich ingredients deeply nourish and balance the skin.	✓			
Subtle Energies energising body buff – using our Subtle Energies skin care range, this rejuvenating light to medium exfoliation of walnut shells, buffs away dead skin cells, reducing the signs of cellulite, as hot compresses are applied in between. Uplifting aromatics of Tulasi, Wild Turmeric and Limbu invigorate, ideal for jet lag and tired skin, followed by a personalised full body hydration to compliment the detoxification process.	✓			
Synthesis botanical sea salt exfoliation – prepare your skin with geothermal bathing and then rejuvenate with a unique exfoliation blend of mineral rich Australian kelp, sea salt and essential oils, enhanced with a relaxing native botanical facial.	✓			
Synthesis organic mineral mud wrap – begin with geothermal bathing and a botanical sea salt exfoliation then be cocooned in deeply cleansing Australian volcanic mud with soothing botanicals and gently warming ginger to boost circulation and oxygen flow. This treatment from Synthesis Organics finishes with a relaxing scalp massage, your skin will be left feeling soft and radiant.	✓			

	60 mins	90 mins	120 mins	180 mins
massage and facial				
Refresh – A nurturing aromatic back massage and facial from Synthesis Organics. The massage uses a blend of native Australian oils to enhance health and emotional wellbeing. The replenishing organic facial provides a clean and radiant complexion.	✓			
Rebalance – Take your relaxation to the next level with Synthesis Organics. A 60 minute full body massage followed by a replenishing 30 minute organic facial.	✓			
Surrender – Discover perfect balance with a 60 minute Synthesis Organics bio-active facial and a 60 minute relaxation massage.				
Rejuvenate & restore – Drawing from Subtle Energies award-winning holistic age defying range, this full face and body therapy encompasses stress relief and emotional balance, along with potent rejuvenating ingredients, for dull and dry skin. Specialised Subtle Energies therapeutic oils and actives are also included in the full body massage to further assist with anxiety and hormonal imbalance, as well as muscle tension.			✓	
The recovering traveller – This journey is designed for those experiencing jet lag or in need of rebalancing. Marma points therapy, lymphatic draining and bronze Kansa bowl techniques help calibrate energy, reduce swelling, boost the immune system and allow you to land in your body. This treatment includes a Facial Marma massage and mini Nasya (nasal oil) ritual.			✓	
massage				
Peninsula vine – experience the essence of the Mornington Peninsula with a relaxing massage including a hydrating, antioxidant rich grape balm, made from locally grown Shiraz grapes.	✓			
Relaxation – A tailored medium pressure massage using calming oils from either Subtle Energies or Synthesis Organics. A combination of relaxation techniques will encourage complete calmness of the mind and body.	✓	✓		
Kodo – A rhythmic massage inspired by traditional Australian Aboriginal techniques to tone and re-align energy flow. Beginning with an indigenous flora smoking ritual this aromatherapy massage from Larn'wa takes you on a journey to relaxation.	✓	✓		

	60 mins	90 mins	120 mins	150 mins	180 mins
massage					
Yinga – Our unique signature massage is designed to encourage a sense of wellbeing. A combination of medium pressure relaxation techniques, focusing on the back of the body to leave you feeling deeply relaxed and rebalanced.		✓			
Dreamtime Stone – Take a sublime journey through this special Synthesis Organics full body massage featuring warm and cool Australian stones. Dreamt up in collaboration with a Kurradji, Indigenous Medicine man, we invite you to access a deep inner listening, quiet still awareness and an understanding of the beauty of nature in the way of Dadirri.		✓			
Yinga deep tissue massage – A firm pressure massage to release deeply held tension. This full body treatment begins with a smudging ritual and uses pressure point and stretching techniques to soften muscles in key tension areas for a sense of complete wellbeing.	✓	✓			
Blissful marma massage – Long, flowing movements performed using various levels of pressure combine with full-body Marma massage and chakra balancing techniques to inspire deep bliss. 90-minute treatments include the signature Subtle Energies Marma Facial massage using aromatic and results-driven products.	✓	✓			
massage and body					
Detox and adrenal boost journey – Highly potent ingredients such as tulsii, wild turmeric and Indian lime combine to energise and uplift mind and body in this regenerating journey. We begin with a full body exfoliation followed by a detoxifying clay wrap, mini head massage and full Blissful Marma massage including a foot ritual to give you the revitalisation you need.				✓	