

## bath house bathing

	earlybird arrive before 9am	twilight arrive after 6pm	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
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## 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

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

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

## 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 Spa Dreaming Centre is a blissful sanctuary with an emphasis on tranquil spaces, designed for guests 16 years and older. We use Australian brands Subtle Energies and Synthesis Organics to cleanse, refresh, restore and balance your body through medium pressured relaxation massages, facials and body treatments.

Geothermal bathing in both our Spa Dreaming Centre and Bath House is included with all treatments. We recommend bathing prior to your treatment to enjoy greater benefits, eliminate body toxins, promote healthy skin and feel the therapeutic results more deeply.

	60 mins	90 mins	120 mins	180 mins
<b>face and body journeys</b>				
<b>Synthesis botanical journey</b> – flow through an aromatic journey to pure relaxation. Unwind with an organic mineral mud wrap, organic hair and scalp treatment, relaxation massage and Synthesis Organics bio-active facial.				✓
<b>Refresh</b> – 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.	✓			
<b>Rebalance</b> – A relaxing body massage to release points of tension and ease tired muscles, followed by a replenishing organic facial designed to restore and promote a profound sense of balance as it moves fluidly through the body.		✓		
<b>Surrender</b> – A two hour treatment designed to promote balance, relaxation and a sense of calm throughout the body. Experience a Synthesis Organics bio-active facial followed by a relaxation massage that when combined imbue a sense of vitality and rejuvenation.			✓	
<b>Rejuvenate &amp; restore</b> – A full face and body therapy that utilises the Subtle Energies' award-winning holistic age-defying range. Offering stress relief, emotional balance and rejuvenation for dry skin, the treatment includes specialised therapeutic oils and actives in the full body massage, aiding anxiety, hormonal imbalance and easing muscle tension.			✓	

	60 mins	90 mins	120 mins	180 mins
<b>face and body journeys</b> <i>(continued)</i>				
<b>coming soon</b> <b>Detox and adrenal boost journey</b> – Highly potent ingredients such as tulsi, 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.			✓	
<b>coming soon</b> <b>The recovering traveller</b> – This journey is designed for those experiencing jet lag or in need of rebalancing. Marma points therapy, lymphatic draining and bronze Kasa 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.		✓		
<b>coming soon</b> <b>Sleep Support Therapy with Savasana</b> – Beginning with meditation and pranayama (breathwork), this dreamy journey is based on both clinical research and ancient practices to induce sleep. A full-body Blissful Marma massage and Facial Marma massage bring your mind and body into harmony while Nasya (nasal oil application) encourages restful slumber.			✓	
<b>facials</b>				
<b>Subtle Energies holistic balance</b> – A powerful one hour facial tailored to address your skin's specific needs, from hydrating balance or deeper detoxification. Drawing from potent active ingredients such as Wild Turmeric and Kashmir Lavendar, this treatment delivers targeted results leaving your skin feeling refreshed and rejuvenated.	✓			
<b>Subtle Energies age defying radiance</b> – This customised and unique anti-ageing facial harnesses the potent blend of ancient cellular wisdom and modern science. It includes a signature aromatic facial Marma massage to release muscle tension and anxiety.		✓		
<b>Synthesis organics bio-active</b> – A nourishing treatment that harnesses the power of Australian essential oils, omegas and antioxidant-rich plant-based extracts and botanicals, customised to your skin concerns for optimal results. Restore glow and feel revitalised with a renewed sense of wellbeing.	✓			

	60 mins	90 mins	120 mins	180 mins
<b>body treatments</b>				
<p><b>Subtle Energies rasayana detox body wrap</b> – Revitalise, tone and purify as this active body therapy begins with an invigorating exfoliation of essential oils, including cinnamon powder and walnut shells. Relax as mineral-rich clay infused with powerful herbs envelops your body providing the ultimate detox. Experience full body hydration with your choice of aromatic-infused body butters, lotions or therapeutic oil blends.</p>		✓		
<p><b>Subtle Energies himalayan salt body polish</b> – 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.</p>	✓			
<p><b>Subtle Energies energising body buff</b> – A rejuvenating light to medium exfoliation of walnut shells buffs away dead skin cells, as hot compresses are applied to enhance your therapeutic experience. Uplifting aromatics of Tulasi, Wild Turmeric and Limbu invigorate and revitalise tired skin, followed by a custom full body hydration to support the detoxification process.</p>	✓			
<p><b>Synthesis organic mineral mud wrap</b> – Begin with a botanical sea salt exfoliation before becoming 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, leaving your skin feeling soft and radiant.</p>	✓			
<p><b>Synthesis botanical sea salt exfoliation</b> – Rejuvenate with a unique exfoliation blend of mineral rich Australian kelp, sea salt and essential oils. The treatment is then further enhanced with a deeply relaxing native botanical facial, renewing and restoring both body and mind.</p>	✓			

	60 mins	90 mins	120 mins	180 mins
<b>massage</b>				
<b>Peninsula vine</b> – experience the essence of the Mornington Peninsula with a relaxing massage including a hydrating, antioxidant rich grape balm, made from locally grown Shiraz grapes.	✓			
<b>Relaxation</b> – A tailored, medium-pressure massage using calming oils from your choice of Subtle Energies or Synthesis Organics. A combination of relaxation techniques will encourage complete calmness of the mind and body, as a sequence of flowing movements restores balance and relieves aching muscles.	✓			
<b>Kodo</b> – 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.	✓			
<b>Dreamtime Stone</b> – 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.		✓		
<b>Yinga</b> – 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.		✓		
<b>coming soon</b> <b>Yinga deep tissue massage</b> – 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.	✓	✓		
<b>coming soon</b> <b>Blissful marma massage</b> – 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.	✓	✓		