

complimentary
wellness activity
& live music



GLOBAL
SOUND BATH
LIVE



world bathing day



WORLD BATHING DAY
22 JUNE 2024

Peninsula Hot Springs invites you to participate in our World Bathing Day celebrations. An international celebration of water and the diverse rituals and cultural traditions associated with the act of bathing, cleansing and connecting with nature and each other.

Discover the transformative power of geothermal bathing enhanced by a complimentary wellness activity with our discover wellbeing offer.

Click [here](#) to book discover wellbeing for World Bathing Day.

event program

TIME	DETAILS	TIME	DETAILS
7:30am	Movement Class* <i>Wellness Centre Studio</i>	12:00pm	Tea Ceremony* <i>Tea Tent</i>
7:36am	Sunrise ceremony <i>Hill Top Pool</i>	12:00pm	Sauna Infusion* <i>Fire & Ice Area</i>
9.15 – 9.40am	Hot Springs Yoga <i>Amphitheatre</i>	2.00 – 3:00pm	Showcase Performance: Genevieve Fry <i>Amphitheatre</i>
9:30am, 10.30am, 2pm, 4pm & 5pm	Fire & Ice* <i>Fire & Ice Area</i>		
10:15 – 4:15pm	Bathing Barrels Experience* <i>Bathing Barrels (45min sessions)</i>		
10.30am, 1pm & 3pm	Body Clay Ritual* <i>Clay Ridge</i>	4.00 – 5:00pm	Showcase Performance: Vinod Prasanna <i>Amphitheatre</i>
11:00am – 12:30pm	Vinod Prasanna - Bansuri Meditation* <i>Food Bowl Glasshouse</i>		



* Bookings required, subject to availability. Complimentary with Discover Wellbeing offer.



PENINSULA
HOT SPRINGS

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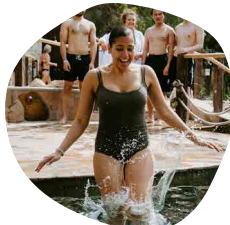
wellness activities included with discover wellbeing offer



movement class*

(45 mins) Develop mobility, flexibility and improve strength with physical movement in this daily class of either yoga or mat Pilates. Guided by an experienced teacher, this class will leave you feeling open and relaxed to perfectly complement your day of geothermal bathing.

Available to guests 16 years and over.



fire & ice*

(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*

(45 mins) Our newest wellness experience, a guided heat therapy workshop that demonstrates the power of sauna bathing. Sauna bathing is an ancient tradition that is gaining global popularity as a lifestyle practice due to its ability to invigorate and rejuvenate the body and mind.

Available to guests 16 years and over.



body clay*

(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*

(45 mins) Centre yourself with a tea ceremony 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.



bathing barrels experience*

(45 mins) Relax in nature in a social bathing environment. Submerge in your own barrel filled with geothermal water adjustable to your perfect temperature. Available complimentary in celebration of World Bathing Day on the hour between 10am and 5pm.

Available to guests 16 years and over.

Share your bathing experience [#worldbathingday](#) [#discoverwellbeing](#)

** Bookings required and subject to availability*