

### 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
Seniors (90+ years)	Free	Free	Free

### bath house treatment

Revitalise & Bath House massage Adult (16+ years)	45-minute Escape back massage, Bath House bathing, towel, robe and locker hire	\$210
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### spa dreaming centre bathing

	twilight <i>arrive after 6pm</i>	reset
Adult (16+ years)	\$90	\$120

### 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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### moonlit bathing

Adult (18+ years)	Spa Dreaming Centre bathing from 10pm to 2am Friday & Saturday evenings	\$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	\$175
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

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

## spa packages

Unwind	60 minute treatment	\$285
Harmony	60 minute treatment and choice of breakfast, lunch or dinner	\$350
Rejuvenate	90 minute treatment	\$345
Surrender	120 minute treatment	\$415
Bliss	180 minute treatment and choice of breakfast, lunch or dinner	\$630

*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 dome	Recommended for 4–15 guests	\$150 <i>half day</i> \$300 <i>full day</i>
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## weekday packages

Weekday getaway for two	Bath House bathing, pizzas and juice for two, towel, robe and locker hire included*	\$225
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\* Valid Monday – Friday outside of public and school holidays.

## accommodation packages

Glamping	Overnight accommodation, all of site bathing.	<i>from</i> \$770
Glamping and Dine	Overnight accommodation, all of site bathing, breakfast, a two course dinner and a wellness activity of your choice	<i>from</i> \$920
Eco Lodges <b>NEW</b>	Overnight accommodation, all of site bathing, breakfast and a wellness activity of your choice.	<i>from</i> \$930
Eco Lodges and Dine <b>NEW</b>	Overnight accommodation, all of site bathing, breakfast, a two course dinner and a wellness activity of your choice.	<i>from</i> \$1080

We believe outer radiance flows from inner harmony, and that spa treatments have the potential to nourish and elevate your entire being.

The Spa Dreaming Centre and Whispering Sheoak Huts provide a sanctuary where you can rediscover your essential nature. Experiences in the spa are also combined with geothermal mineral bathing to enhance your treatment and create a holistic wellbeing odyssey for mind, body and spirit.

Treatments are performed by expert therapists who personalise your journey according to your unique needs and preferences.

All spa treatments include the hire of robes, towels and lockers for your comfort.

	60 mins	90 mins	120 mins	180 mins
<b>face and body journeys</b>				
<p><b>Synthesis Organics Botanical Journey</b> – This aromatic journey begins with an organic mineral mud wrap followed by an organic hair and scalp treatment and flows into a relaxation massage before concluding with your choice of a Synthesis Organics bio-active facial. We use a potent, curated blend of botanical oils to awaken your senses, promote therapeutic benefits and leave you feeling profoundly relaxed.</p>				✓
<p><b>Synthesis Organics Refresh</b> – An aromatic 30-minute back massage and 30-minute facial from Synthesis Organics to brighten your energy, boost your mood and deliver noticeable results. The massage uses a blend of native Australian oils to enhance physical and emotional wellbeing, while the organic facial leaves you glowing.</p>	✓			
<p><b>Synthesis Organics Rebalance</b> – Deepen your relaxation and emerge radiant from head to toe with a Synthesis Organics 60-minute full body massage followed by a replenishing 30-minute organic facial.</p>		✓		
<p><b>Synthesis Organics Surrender</b> – Discover the best of both worlds in equal measure with a 60-minute relaxation massage followed by a 60-minute Synthesis Organics bio-active facial.</p>			✓	
<p><b>Subtle Energies Rejuvenate &amp; Restore</b> – This holistic face and body therapy draws on Subtle Energies' age-defying skincare range and special therapeutic oils to revitalise dull or dry skin, relieve stress, soothe muscular tension and balance emotions.</p>			✓	

	60 mins	90 mins	120 mins	180 mins
<b>face and body journeys</b> <i>(continued)</i>				
<p><b>Subtle Energies 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 to give you the revitalisation you need.</p>			✓	
<p><b>Subtle Energies 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 gently land in your body. This treatment includes a Facial Marma massage and mini Nasya (nasal oil) ritual.</p>		✓		
<p><b>Subtle Energies 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. An exercise in being nurtured on the deepest level.</p>			✓	
<b>facials</b>				
<p><b>Subtle Energies Holistic Balance</b> – This customised, results-driven facial draws on potent active ingredients such as wild turmeric and kashmir lavender to detoxify and deliver hydration. The result is reduced puffiness, a more even tone and a balanced energetic state. Your entire being will feel grounded and realigned.</p>	✓			
<p><b>Subtle Energies Age Defying Radiance</b> – Be revitalised with this unique anti-ageing facial tailored to your needs. Through a blend of ancient beauty wisdom and modern science, this results-driven treatment will leave you fresh-faced. Our signature aromatic facial massage will encourage you to release muscular tension and melt away.</p>		✓		
<p><b>Synthesis Organics Bio-Active</b> – Using organic antioxidant-rich plant extracts and botanicals plus Australian essential oils, this personalised and deeply hydrating facial repairs skin, evens complexion and helps create a protective barrier to shield your skin from the elements. You will emerge from your facial journey replenished, invigorated and glowing.</p>	✓			

	60 mins	90 mins	120 mins	180 mins
<b>body treatments</b>				
<p><b>Subtle Energies Rasayana Detox Body Wrap –</b> This active body treatment begins with a zesty exfoliation using essential oils, cinnamon powder and walnut shells. Your body is then cocooned in an exquisite mineral-rich clay infused with spiked ginger lily, spirulina and green tea for a detoxifying effect. Experience full body hydration with a choice of aromatic body lotions to finish. This treatment helps cleanse, tone and hydrate your skin, improves circulation and nurtures your entire being.</p>		√		
<p><b>Subtle Energies Himalayan Salt Body Polish –</b> Be enlivened with this strong exfoliating body polish using mineral-rich Himalayan crystal salts to help stimulate circulation and release toxins. Warm compresses smooth your skin and inspire feelings of nurturing, while rare Ayurvedic aromatherapy oils melt away stress. To finish, rich ingredients are applied for full body hydration, leaving your skin visibly radiant.</p>	√			
<p><b>Subtle Energies Energising Body Buff –</b> This uplifting anti-inflammatory treatment gathers an aromatic blend of tulsi, wild turmeric and limbu to detoxify and reinvigorate. Dead skin cells are buffed away using walnut shells in a light to medium exfoliation, alternating with warm compresses to help reduce the appearance of cellulite. This refreshing body buff is ideal for those experiencing fatigue, or whose dull or dehydrated skin is in need of rejuvenation.</p>	√			
<p><b>Synthesis Organics Mineral Mud Wrap –</b> Experience a Synthesis Organics botanical sea salt exfoliation before being cocooned in deeply cleansing Australian volcanic mud enriched with minerals, soothing botanicals and gently warming ginger. This treatment helps encourage circulation and oxygen flow and concludes with a relaxing scalp massage. The end result is incredibly soft and radiant skin and a sensation of being grounded, warm and energised throughout your body.</p>	√			
<p><b>Synthesis Organics Botanical Sea Salt Exfoliation –</b> Harnessing the natural power of organic sea salt, Australian essential oils, omegas, botanicals and antioxidant-rich plant extracts, this body scrub delights the senses while boosting circulation and giving your skin a much-needed cleanse and rejuvenation. You will feel nurtured and renewed.</p>	√			

	60 mins	90 mins	120 mins	180 mins
<b>massage</b>				
<b>Subtle Energies Blissful Marma</b> – Marma is a traditional Ayurvedic technique where energetic points are gently stimulated and long, flowing movements are performed using various levels of pressure. This full-body treatment is designed to release stagnant energy for a sense of balance and flow.	✓	✓		
<b>Peninsula Vine</b> – This ultra-hydrating and healing massage, which involves products developed specifically for Peninsula Hot Springs made using local Shiraz grapes, will help you to feel grounded and connected to place. Your skin will feel smooth and refreshed while your mind is quieted.	✓			
<b>Kodo</b> – Named after an Indigenous Australian word for 'melody', Kodo incorporates Aboriginal therapeutic techniques in a beautifully rhythmic and hypnotic massage. This massage uses pressure point therapy to realign energetic flow and welcome deep restfulness.	✓	✓		
<b>Dreamtime Stone</b> – This special full body Synthesis Organics massage features warm and cool stones that tell the stories of the various Australian locations where they have been collected. Developed in collaboration with a Kurradji (Indigenous medicine man), this dreamy treatment is designed to cultivate inner stillness, quiet awareness and the art of dadirri (deep listening).		✓		
<b>Relaxation</b> – Enjoy full-body relaxation using medium pressure with elements of Swedish and Shiatsu style massage for a profoundly calming effect. Each massage is customised, so you can relax and surrender beneath the knowing hands of your therapist.	✓	✓		
<b>Yinga Deep Tissue</b> – A medium to firm pressure massage to release deeply held tension. Created in collaboration with a local Bunurong / Boon Wurrung Elder, this treatment begins with a smudging ritual and uses pressure point and stretching techniques for a sense of wellbeing that goes well beyond the epidermis.	✓	✓		

## pregnancy packages

**Pregnancy Unwind** \$285  
**(Reset bathing and 60 min treatment)**

Your 60-minute tailored treatment is designed to ease the physical demands on your body, promoting lightness and calm.

**Pregnancy Harmony** \$350  
**(Reset bathing, 60 minute relaxation massage and meal)**

Relax in supreme comfort and enjoy a 60-minute pregnancy relaxation massage with your choice of breakfast, lunch or dinner.

**Pregnancy Rejuvenate** \$345  
**(Reset bathing, 90 min relaxation)**

Nurture your wellbeing during pregnancy and allow yourself to unwind in the gentle care of our expertly trained spa therapists. Relax in supreme comfort and enjoy a 90-minute pregnancy relaxation treatment.

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

If you have questions please ask our friendly staff