

reawaken in nature – your accommodation



what to expect

Before you arrive please click here to view our *'Plan your visit'* section on the website to help prepare you for your stay with us.



bathroom

Full ensuites with luxurious heated floors and all amenities provided.



facilities

Tea/coffee-making, in-room dining, bar fridge, hair dryer, wardrobe, ironing, heating/cooling, in-room safe.



towels & robes

Towels and robes are complimentary and will be supplied in your room, refreshed daily.



map, torch, pathways

Use the torch in your room and our map to explore the site. Just remember to stay on the lit paths and respect the staff only areas.



drink bottles

Plastic water bottles can no longer be purchased. Filtered water is available onsite for refills so please bring your own reusable bottle one can be purchased on arrival.

things to know



accessibility

Moderate accessible accommodation and parking. If you have any mobility needs, contact us to plan your journey.



18+ adults only

Accommodation is reserved for visitors aged 18 years and over.



pets

With the exception of service dogs, pets are not allowed on the property.



enquiries

For all accommodation enquiries please email us directly at info@peninsulahotspings.com



planned maintenance

To ensure a high quality experience for our guests, some experiences undergo planned maintenance. Please find our **full list of maintenance work** on our website under our *'What to expect'* section.



minimise valuables

Safes are available but we recommend you minimise the valuables you bring and remove jewellery before entering the pools.



no smoking or vaping

As a place of wellness, we are a smoke-free & vape-free venue. If required, designated smoking areas are available prior to entry.



shower before bathing

Please shower **before** bathing so as to keep our waters pristine and clean. It also primes the skin to receive the beneficial effects of the minerals.



bathing during your stay

During your stay you will be able to bathe in both our Bath House and Spa Dreaming Centre. If you would like to continue bathing after your check-out, you are welcome to bathe all day on your day of departure, with complimentary towel, robe & locker hire. If you want to bathe prior to your check-in time our reservations team will do their best to accommodate your request subject to availability.

upon arrival



check in & check out

Check-in at our Wellness Centre reception from 2pm (after 5pm please contact our Concierge on (03) 5950 8866). Please check-out by 10am (before 8am at our Bath House reception). Please ensure you return your wrist band before you leave.



pre-authorisation

A pre-authorisation of \$500 per room will be taken on arrival. Please have a valid credit or debit card with you.



on arrival

Follow the signs to accommodation check-in parking. Please leave your bags in the car and make your way to check-in where you will receive directions to your designated parking spot, located close to your accommodation.



baggage

Remember to leave your bags in your car when you check-in at our Wellness Centre reception (or Spa Dreaming Centre reception after 5pm). You'll be directed to a parking spot closer to your accommodation.



forgotten something?

If you forget your drink bottle, bathers or any pool side requirements, you may purchase items in our retail space when you check-in. A wider variety of lovely things can also be found in our Spa Dreaming Centre & Bath House reception gift shops.



your accommodation experience

heating/cooling

With heated floors set to a minimum of 18° C, create your own environment by adjusting the split system to your liking.

As the weather cools the heated floor temperature will increase accordingly.

wristband

Your Peninsula Hot Springs wristband is your door key and will identify you as an accommodation guest.

Keep it with you during your stay and remember to bring it with you when you check out.

devices

If you would like to watch digital content please remember to bring your own device. Headphones are a good idea to be considerate of your neighbour.

nature sounds

Our local frogs sing morning and night, and if you're easily wakened, the sounds of nature might be a bit loud! We've included earplugs in your room if you need them, so you can relax as you retreat to your accommodation.



wellness and bathing

important

Stay hydrated. We ask that you take breaks regularly and stay hydrated during your visit.

selfies

If you want the perfect selfie, the iconic Hill Top pool is our top pick, but be patient – it's a popular spot.

sunset viewing

If you want to watch the sunset, our amphitheatre pools are the place to be. You'll have a beautiful view of the setting sun and the night sky.

experiences

Take the time to explore all that is on offer. We definitely recommend experiencing Fire & Ice and Body Cay, our signature wellness activities.



eating and drinking

breakfast

For your comfort, your delicious breakfast buffet showcasing local, seasonal produce will be served in the Spa Dreaming Centre dining room.

coffee

There will be a Nespresso machine in your room with a selection of pods, but if you have a favourite flavour, pack a few from home for your stay.

glassware

We ask that you enjoy a drink in or outside your room but refrain from taking the glassware on your deck, inside your private bath and the general bathing area.

allergies

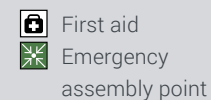
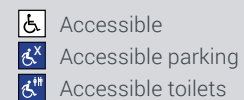
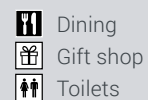
We endeavor to cater to any allergy or dietary requirements so please advise us at time of ordering. If you wish to discuss prior to arrival, please call our reservations team.

dining options

We have three dining areas for you to explore. Our Spa Dreaming Centre dining room or if bathing in our Bath House visit the Amphitheatre café or Bath House café & bar.



accommodation site map



Routes to Spa Dreaming Centre
••••• from Eco Lodge rooms
- - - - - from Glamping tents

welcome to your Peninsula Hot Springs accommodation experience

- 1 Main entrance
- 2 Entrance to Bath House
- 3 Entrance to Spa Dreaming

whispering sheoak treatment rooms

- 4 Speargrass treatment room
- 5 Daisy Bush treatment room
- 6 Flax Lily treatment room



In a study conducted by RMIT University's School of Health and Biomedical Sciences, 82% of surveyed respondents reported improved sleep following hot springs bathing at Peninsula Hot Springs.

For all enquiries please call our Concierge team on (03) 5950 8866

check in & out

Check-in from 2pm

Please leave your bags in your car and head to our Wellness Centre reception to check-in.

– No. 7 on the map.

(after 5pm please contact our Concierge team on (03) 5950 8866)

You will receive directions to your designated parking spot, located close to your accommodation.

Check out by 10am

Please check out at our Wellness Centre reception. We kindly ask to ensure you return your wrist band before you leave.

(before 8am at our Bath House reception)

– No. 10 on the map.

wellness inclusions




(please contact our Concierge team to make or amend your booking)

- 7 **Movement class**
45 minute class combining yoga and mat Pilates movements. Daily in the Wellness Centre.
- 8 **Fire & Ice workshop**
45 minute guided contrast hot and cold therapy experience. Daily in the Fire & Ice area.
- 9 **Body Clay ritual**
45 minute guided experience combining the healing powers of raw earth and water. Daily in the Clay Ridge area.

bathing

- 10 **Bath House**
Immerse yourself in over 50 globally inspired bathing and wellness experiences.
- 11 **Spa Dreaming Centre**
As an accommodation guest you are also able to bathe in this blissful sanctuary designed for guests 16 years and older.

eating & drinking

- 12 **Spa Dreaming Centre** 
dining room
Experience the best of the Peninsula with a menu that celebrates local produce. Contact our Concierge team to book in for lunch or dinner to complement your stay.
- 13 **Amphitheatre café** 
An all-weather eatery open for lunch and dinner, with views onto the Amphitheatre stage to dine and enjoy arts, culture and wellness performances.
- 14 **Bath House café & bar** 
This licenced cafe serves a selection of light meals, refreshing drinks and freshly ground coffee for you to enjoy throughout your day of bathing.
- 15 **Sun lounge**
An open-air space with day beds and deck chairs designed for guests who are looking to soak up the sunshine.
- 16 **Moroccan pavilion**
A unique all-weather space with day beds, lounge chairs, cushions and tables. QR code ordering available.

For your safety please stay on lit paths and clearly defined walkways, respecting the staff only areas as signed.