

spa dreaming centre
surrender your body







Our philosophy is that wellness represents a deep connection to self; a return to one's essence. The Spa Dreaming Centre and Whispering Sheoak Huts provide a sanctuary where you can rediscover your essential nature.

All spa treatments include the hire of robes, towels and lockers for your comfort. 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. We recommend bathing prior to your treatment to enjoy deeper benefits, encourage detoxification of body toxins and promote healthy skin.

For us, it all ends and begins with the profound healing effect of water.

PARTNERS

We are proud to partner with Australian brands Synthesis Organics and Subtle Energies for our spa products.

Subtle Energies

Subtle Energies is a deeply luxurious, internationally recognised natural skincare range steeped in Ayurvedic wisdom. Subtle Energies is about far more than skincare: these potent products work with our energetic system. The range combines ancient rituals with evidence-based, high performance skincare for stunning results.

Synthesis Organics

Synthesis Organics is a certified organic, vegan, bioactive skincare and aromatherapy collection with a commitment to restoring the heart and spirit of modern beauty. Synthesis Organics products nurture and protect the skin without compromising health or the environment. This range offers holistic treatments for youthful radiance.



SPA PACKAGES

Explore various spa elements carefully gathered together for the ultimate spa experience. Our spa packages are designed to delight the senses, inspire rest and rebalance body and mind.

revitalise & bath house treatment

45 minutes | \$210

Experience a 45-minute back massage or facial in our Whispering Sheoak Huts, located in the Bath House, combined with Revitalise geothermal bathing.

unwind

60 minutes | \$285

When time is of the essence, spend an indulgent hour relaxing under the healing hands of our spa therapist with a 60-minute treatment of your choice.

harmony

60 minutes | \$350

Rebalance and harmonise by enjoying a 60-minute facial or massage, plus breakfast, lunch or dinner in our tranquil Spa Dreaming Centre dining room. Our restaurant serves nourishing S.L.O.W (seasonal, local, organic, whole) produce for a wellness activity

rejuvenate

90 minutes | \$345

For a deeper sense of rejuvenation, sink in and melt away with a 90-minute facial, massage or body treatment.

surrender

120 minutes | \$415

Surrender and soften with a one-hour massage followed by a one-hour facial that will immerse you in head-to-toe delight.

bliss

180 minutes | \$630

Drop into a state of pure bliss with a three-hour botanical journey comprising an organic mineral mud wrap, organic hair and scalp treatment, relaxation massage and Synthesis Organics bio-active facial, plus dining. Our restaurant will nourish and uplift you with delicious S.L.O.W (seasonal, local, organic, whole) produce for breakfast, lunch or dinner.



FACE AND BODY JOURNEYS

For the ultimate restorative experience, combine a full body treatment with the enlivening effect of facial. Each of these curated treatments is a journey that traverses time-tested rituals and contemporary wellness practices to take you deeper into the well of your being.

refresh

60 minutes | 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.

rebalance

90 minutes | 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.

surrender

120 minutes | 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.

rejuvenate & restore

120 minutes | 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.

synthesis organics botanical journey

120 minutes | 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 or Subtle Energies holistic balance facial. We use a potent, curated blend of botanical oils to awaken your senses, promote therapeutic benefits and leave you feeling profoundly relaxed.

detox and adrenal boost journey

120 minutes | 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.

the recovering traveller

90 minutes | 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.

sleep support therapy with savasana

120 minutes | 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.

FACIALS

Our facial treatments focus on drawing out your inner radiance by cultivating a harmonious inner state. Each of our facials includes a double cleanse, exfoliation, massage (head, arms and décolletage), mask and nourishing final product to seal in hydration.

subtle energies holistic balance

60 minutes | 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.


subtle energies age defying radiance

90 minutes | 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.

synthesis organics bio-active

60 minutes | 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. Nasya (nasal oil application) encourages restful slumber. An exercise in being nurtured on the deepest level.





balance, harmonise and restore



BODY TREATMENTS

Our body treatments, which are performed using luxurious Synthesis Organics and Subtle Energies products, combine naturally active ingredients for profound skin nourishment and renewal.

subtle energies rasayana detox body wrap

90 minutes | 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.

subtle energies himalayan salt body polish

60 minutes | 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 help dissolve stress. To finish, rich ingredients are applied for full body hydration, leaving your skin visibly radiant.

subtle energies energising body buff

60 minutes | 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.

synthesis organics mineral mud wrap

60 minutes | 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.





MASSAGE

Whether you are seeking balance, grounding or invigoration, our highly trained and intuitive therapists will nourish you with a tailored massage. All you need to do is arrive.

peninsula vine

60 minutes | 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 be exfoliated and refreshed while your mind is quieted.

relaxation

60 / 90 minutes | Enjoy full-body relaxation using medium pressure and warm compresses 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.

kodo

60 / 90 minutes | 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.

dreamtime stone

90 minutes | 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).

yinga deep tissue

60 / 90 minutes | 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.

blissful marma

60 / 90 minutes | 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.

PREGNANCY PACKAGES

Pregnancy is often a time when rest is most welcome. We are honoured to nurture pregnant guests with packages designed to offer a sense of comfort and calm.

pregnancy 60-minute massage
and private bathe

1 hour 45 minutes | Nurture your wellbeing during pregnancy and allow yourself to unwind in the gentle care of our expertly trained spa therapists. Your 60-minute tailored massage is designed to ease the physical demands on your body, promoting lightness and calm. Enjoy a 45-minute private indoor mineral bath with the option to adjust the water temperature.

pregnancy 90-minute spa treatment
and private bathe

2 hours 15 minutes | Relax in supreme comfort and choose between a 90-minute pregnancy relaxation massage, or 60-minute Synthesis Organics Rebalance massage plus 30-minute facial. Become weightless in a 45-minute private indoor mineral bath at a temperature of your choosing.





PENINSULA
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