

## bath house bathing

	early-bird <i>arrive before 9am*</i>	twilight <i>arrive after 6pm</i>	revitalise
Adult (16+ years)	\$55	\$55	\$80
Child (3–15 years)	\$40	\$40	\$55
Infant (0–2 years)	Free	Free	Free
Concession & seniors	\$45	\$45	\$65
Seniors (90+ years)	Free	Free	Free

*Towel, robe and locker are available for hire.*

## bath house spa packages *Adult (16+ years)*

Simplicity & Bath House bathing	45-minute Escape back massage, salt glow ritual or organic facial plus Bath House bathing and robe hire	\$230
Tranquility & Bath House bathing	75-minute spa treatment of your choice, plus Bath House bathing and robe hire	\$320

## 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*	\$235
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\* Valid Monday – Friday outside of public and school holidays.

## accommodation packages

Glamping	Overnight accommodation, all of site bathing, breakfast and a wellness activity of your choice.	<i>from</i> \$770
Glamping and Dine	Overnight accommodation, all of site bathing, breakfast, dinner including a drink and a wellness activity of your choice	<i>from</i> \$900
 Eco Lodges	Overnight accommodation, all of site bathing, breakfast and a wellness activity of your choice.	<i>from</i> \$930
 Eco Lodges and Dine	Overnight accommodation, all of site bathing, breakfast, dinner including a drink and a wellness activity of your choice.	<i>from</i> \$1060

*\*All bathing bookings made on the same day as your visit are subject to availability and will incur a 10% premium. \*Last available booking time for early bird is 8:30am.*

## spa dreaming centre bathing\*

	twilight* arrive after 6pm	reset
Adult (16+ years)	\$95	\$125

\*Available Sunday to Thursday evenings.

## dine and bathe

Buffet breakfast	Buffet breakfast with a drink of your choice	\$180
Dine & Bathe	Lunch or dinner with a drink of your choice	\$185

## moonlit bathing\*

Adult (18+ years)	Spa Dreaming Centre bathing from 10pm to 2am Friday & Saturday evenings	\$80
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## private bathing

Private sanctuary and bathe	45-minute private bath or pool, all of site bathing, towel, robe and locker hire	\$180
Private sanctuary, dine and bathe	45-minute private bath or pool, choice of breakfast, lunch or dinner, all of site bathing, towel, robe and locker hire	\$245

## spa packages

Simplicity	45 minute treatment	\$270
Tranquillity	75 minute treatment	\$360
Serenity	105 minute treatment	\$420
Restore	165 minute treatment	\$580

## pregnancy packages

tranquillity – pregnancy	75 minute pregnancy treatment	\$360
tranquillity & private bathe	75 minute massage and private bathe	\$360

*All spa and dining packages include towel, robe, and locker hire, along with access to both the Spa Dreaming Centre and the Bath House.*

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

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.

45 mins	75 mins	105 mins	165 mins
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### face and body treatments

**Botanical Journey** – 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 nourishing facial. We use a potent, curated blend of botanical oils to awaken your senses, promote therapeutic benefits and leave you feeling profoundly relaxed.

✓

**Refresh** – Experience a 45-minute focused massage targeting the most common areas of tension—back, neck, and shoulders and a 30-minute facial to brighten your mood and deliver noticeable results. This massage uses a blend of native Australian oils to enhance physical and emotional wellbeing, while the organic facial leaves you glowing.

✓

**Surrender Ritual** – A deeply restorative fusion of body and facial therapy. Begin with a 75-minute full-body massage using certified organic, bioenergetic oils to release tension and reset the nervous system. Follow with a 30-minute facial.

✓

45 mins   75 mins   105 mins   165 mins

## facials

**Holistic Balance** – A nurturing facial that includes cleanse, tone, exfoliation, mask, and a soothing face and décolletage massage. Restores hydration and radiance, while relieving facial tension.

✓

NEW

**Synthesis Signature Bioenergetic** – This holistic facial is customised to your needs and includes lymphatic drainage to encourage circulation, reduce puffiness and brighten complexion. We perform facial massage using gua sha methods to smooth fine lines and restore the skin while melting away muscular tension.

✓

### Subtle Energies Age Defying Radiance –

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.

✓

## body treatments

NEW

**Salt Glow Ritual** – A mineral rich full body sea salt exfoliation body buff. Be enlivened with this mineral rich exfoliating body buff using mineral-rich ocean salts to help stimulate circulation and release toxins. To finish, rich ingredients are applied for full body hydration, leaving your skin visibly radiant

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### Synthesis Organics Mineral Mud Wrap –

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 mini-facial. The end result is incredibly soft and radiant skin and a sensation of being grounded, warm and energised throughout your body.

✓

45 mins	75 mins	105 mins	165 mins
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## body treatments *(continued)*

### Subtle Energies Rasayana Detox Body Wrap –

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.

✓

## massage

**Escape** – A focused treatment targeting the most common areas of tension—back, neck, and shoulders. Perfect for guests experiencing stress, muscle fatigue, or postural strain.

✓

**Blissful Marma** – 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.

✓

**Peninsula Vine** – 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.

✓

**Kodo** – Enter into a state of grounding and harmony with this unique rhythmic massage. Named after an Indigenous word for ‘melody’, Kodo incorporates Ya-idt’midtung healing techniques from Aboriginal Elder Anne Warren and involves deep tissue pressure point and spiraling movements to promote energetic flow, clarity and restfulness.

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45 mins	75 mins	105 mins	165 mins
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**massage** *(continued)*

**Dreamtime Stone** – This special full body experience is more than a massage, this is a signature Synthesis Organics immersion. Guided by the vibrational resonance of Australian-sourced crystals and warmed stones it is designed to cultivate inner stillness, quiet awareness and the art of dadirri (deep listening).

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**Relaxation** – Enjoy full-body relaxation incorporating Swedish and Shiatsu style massage techniques for a profoundly calming effect. Each massage is customised, so you can relax and surrender beneath the knowing hands of your therapist.

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**Yinga Deep Tissue** – Deeply relaxing massage created to release overworked & tense muscles. 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- not a remedial massage

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**Pregnancy massage** – Nurture your wellbeing during pregnancy and allow yourself to unwind in the gentle care of our expertly trained spa therapists. Your 75-minute tailored massage is designed to ease the physical demands on your body, promoting lightness and calm.

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