

spa dreaming centre  
surrender your body





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



Our philosophy is that wellness represents a deep connection to self; a return to one's essence. The Spa Dreaming Centre & 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.

### simplicity & bath house bathing

**45 minutes | \$230**

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

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### tranquillity & bath house bathing

**75 minutes | \$320**

Unwind with a 75-minute spa treatment of your choice, designed to ease tension and restore balance, then extend your journey with full access to our Bath House bathing area.

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### simplicity

**45 minutes | \$270**

When time is of the essence, spend an indulgent hour relaxing under the healing hands of our spa therapist with a 45-minute treatment of your choice.

### tranquillity

**75 minutes | \$360**

For a deeper sense of rejuvenation, sink in and melt away with a 75 minute facial, massage or body treatment.

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### serenity

**105 minutes | \$420**

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.

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### restore

**165 minutes | \$580**

This aromatic journey begins with an organic mineral mud wrap and a nourishing hair and scalp treatment, flowing into a relaxation massage and concluding with your choice of a Synthesis Organics bio-active or Subtle Energies holistic balance facial.

### tranquillity & dine

**| \$425**

Choose your own restorative 75 minute spa treatment plus breakfast, lunch or dinner in our Spa Dreaming Centre dining room.

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### serenity & dine

**| \$485**

Enjoy a breakfast, lunch or dinner in our Spa Dreaming Centre dining room before or after your relaxing 105 minute *Serenity* treatment.

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### restore & dine

**| \$645**

Complete your soothing 165 minute *Restore* experience with a breakfast, lunch or dinner in our Spa Dreaming Centre dining room.





## 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

**75 minutes** | Experience a 45-minute focused massage targeting the most common areas of tension—back, neck, and a 30-minute facial from synthesis organics 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

**105 minutes** | 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.

### botanical journey

**165 minutes** | This aromatic journey begins with an organic mineral mud wrap followed by a 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.



## FACIALS

Our facial treatments focus on drawing out your inner radiance by cultivating a harmonious inner state. Each facial is a deeply relaxing ritual for the face, head, arms, and décolletage, with a nourishing finish to lift, sculpt, and leave your skin glowing.

### holistic balance

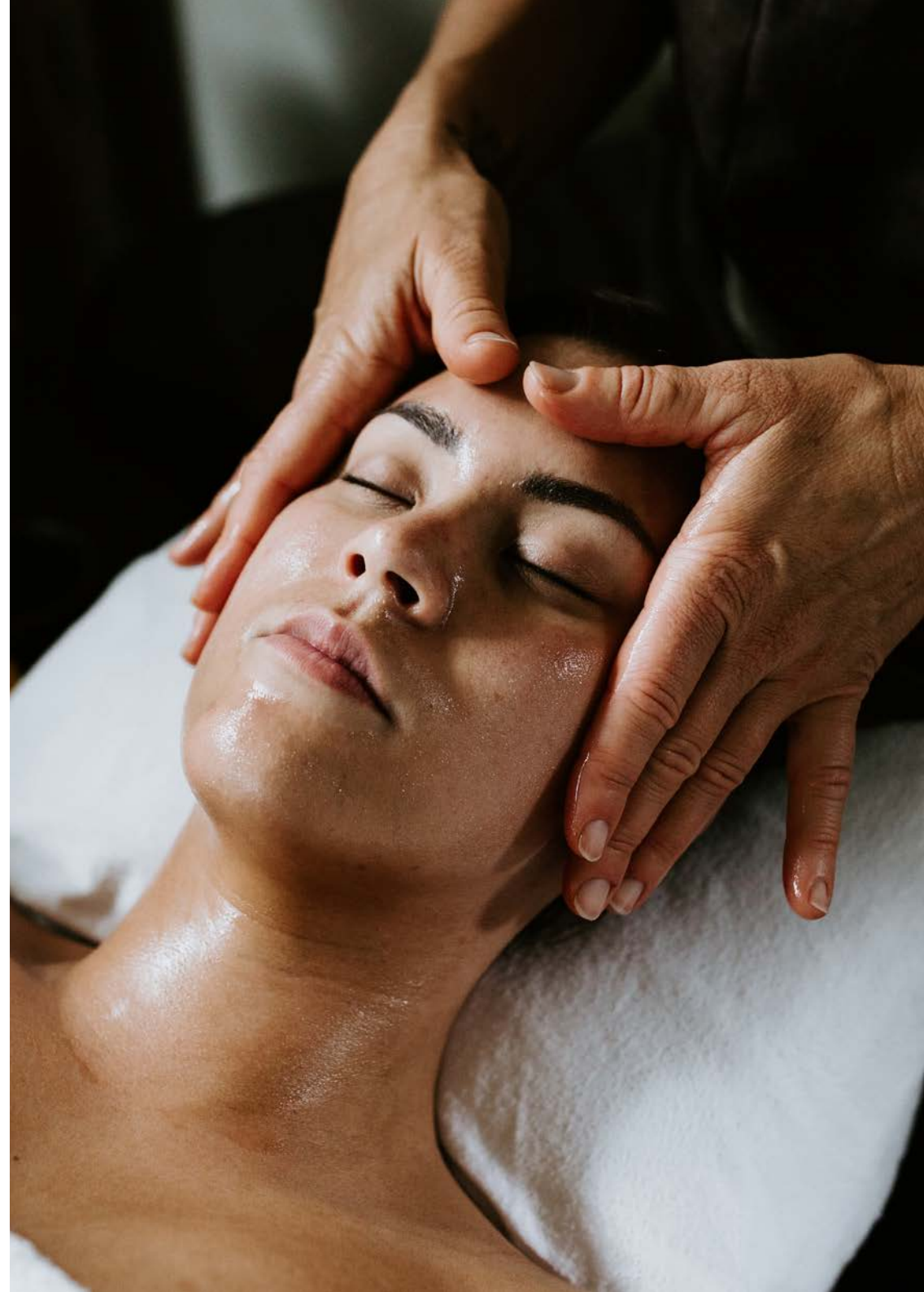
**45 minutes** | A nurturing facial that includes cleanse, tone, exfoliation, mask, and a soothing face and décolletage massage. Restores hydration and radiance, while relieving facial tension.

### synthesis signature bioenergetic

**75 minutes** | 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

**75 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.





## 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.

### salt glow ritual

**45 minutes** | 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.

### subtle energies rasayana detox body wrap

**75 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.

### synthesis organics mineral mud wrap

**75 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.

### escape

**45 minutes** | Experience a 45-minute focused massage targeting the most common areas of tension—back, neck, and shoulders.

### peninsula vine

**75 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.

### kodo

**75 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.

### relaxation

**75 minutes** | 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.

### dreamtime stone

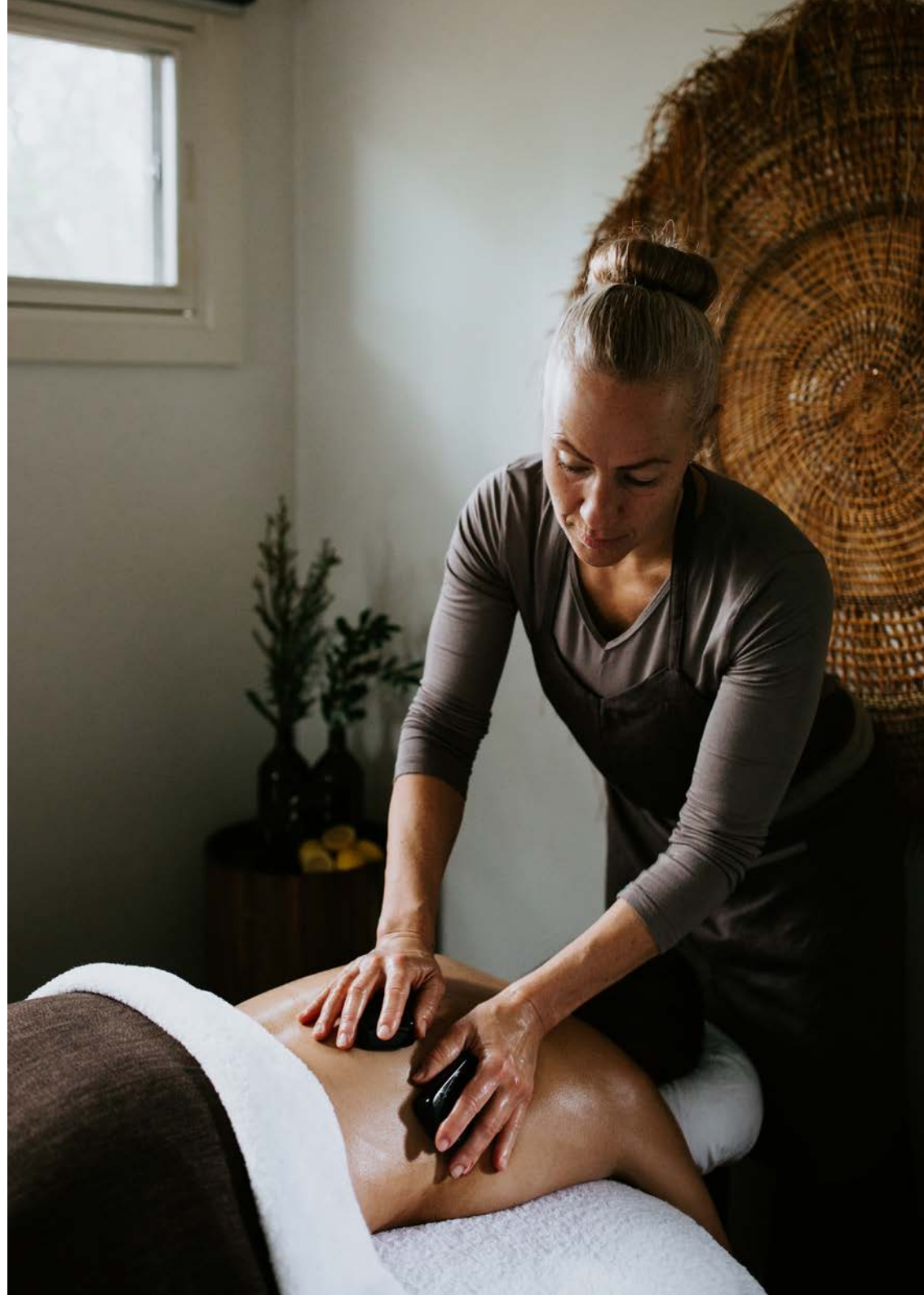
**75 minutes** | This special full-body Synthesis Organics massage features warm and cool stones that tell the stories of the various Australian locations where they have been collected. Developed in collaboration with a Kurradji (Indigenous medicine man), this dreamy treatment is designed to cultivate inner stillness, quiet awareness and the art of dadirri (deep listening).

### yinga deep tissue

**75 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

**75 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 75 minute massage & reset bathing

**75 minutes** | 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. Enjoy alongside Reset bathing.

### pregnancy 75 minute spa treatment and private bathe

**2 hours** | Embrace comfort and care with a 75-minute pregnancy massage designed to soothe, support and deeply relax. Continue your journey in bliss with a 45-minute private indoor mineral bath, set to the perfect temperature for you, offering a serene space to rest, restore and connect.

## TREATMENT ENHANCEMENTS

Elevate your spa experience with a tailored 30-minute enhancement. From targeted body therapies to nourishing facials, soothing scalp rituals or revitalising eye and lip treatments, each option is designed to complement your journey and leave you feeling deeply restored.

### glow facial

**30 minutes | \$90**

Double cleanse, exfoliation, pressure point facial and hydration using certified organic, bioenergetic skincare.

### foot renewal ritual

**30 minutes | \$90**

A grounding foot and lower leg renewal with exfoliating scrub, mask, and active balm application.

### warm oil scalp & hair treatment

**30 minutes | \$90**

A deeply nurturing scalp ritual begins with warm botanical hair oil, followed by a soothing hot stone meridian massage and an enriching hair treatment. The experience is completed with a tension-melting décolletage, neck, and shoulder massage.

### plump and hydrate eye and lip treatment

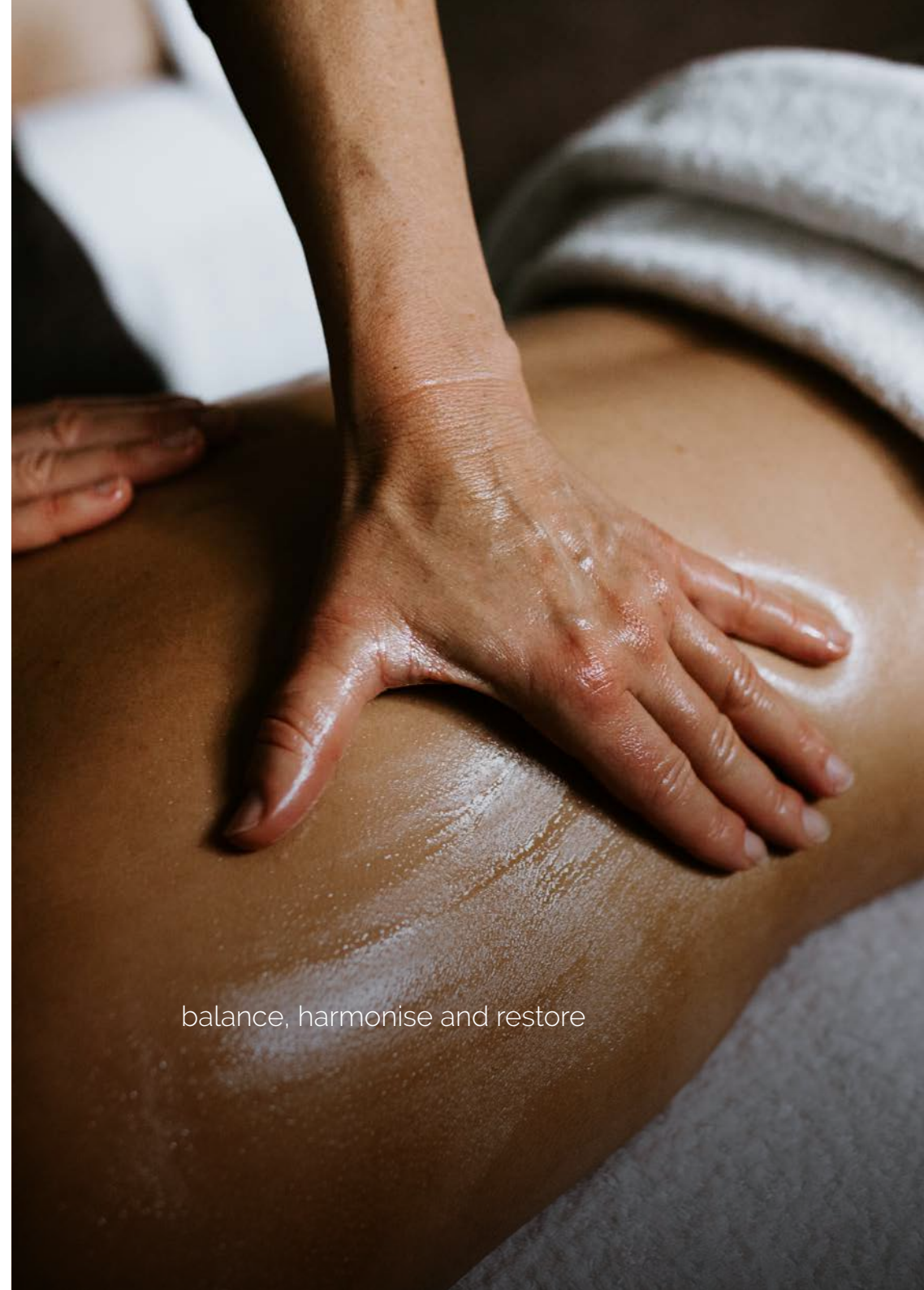
**30 minutes | \$90**

Hydrating collagen-boosting treatment, targeted gua sha to lift and de-puff and mask to revitalise the delicate eye area. Facial sculpting sequence to lift, tone and awaken circulation using bioenergetic gua sha techniques and potent botanical serums.

### bespoke massage

**30 minutes | \$90**

A personalised massage designed just for you. Select the area that needs the most care and enjoy focused relief that melts away tension where you need it most.



balance, harmonise and restore





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