

spa and wellness guest information



what to expect

download our map

discover more

considerations before you leave home



what to expect

Before you arrive please click here to read our **'Plan your visit'** section on our website to prepare you for your visit.



appropriate swimwear

Swimsuits are required in the bathing area. Due to limited changeroom facilities, **we recommend arriving wearing bathers.** The mineral-rich water may discolour swimwear.



footwear required

To reduce the risk of slips we recommend appropriate footwear around the pools and in wet areas.



minimise valuables

We have a limited number of lockers available for hire. We recommend you minimise the valuables that you bring during your visit.



mobile phone

If you wish to bring your mobile phone, we ask that you only take images of your group.



bring a drink bottle

Please bring your own reusable bottle with you. We have filtered water onsite for refills. Please do not bring alcohol or glass onsite.

medical information



medical advice

Please seek medical advice before bathing if you have any **medical conditions**



feeling unwell

If you are feeling at all unwell we kindly request that you reschedule your visit.



stay hydrated

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

things to know



reschedule or cancel

Please call or email us to request any changes 24 hours prior to your booking. Cancellations or changes made within 24 hours will be charged the full amount of the booking.



when to arrive

It is essential you arrive on time for your booking to avoid losing your spot. We recommend you allow an extra 15 minutes to find us and park your car.



adults only

Our Spa treatments are reserved for visitors 16 years and over, the emphasis is on tranquil spaces and an array of pampering spa treatments.



accessibility

If you have any mobility needs, please contact us to plan your journey.



on arrival

Bathing suits and thongs are available for purchase on arrival subject to availability. Robe and towel hire is available for all guests.



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.



dining options

Our Bathing Ridge Coffee Hut offers a selection of light meals, barista made coffee and snacks.

Visit our fully licensed restaurant, **The Clubhouse** at Metung Country Club overlooking our lush green golf course, see our **website** for our all day grazing menu and opening hours.



planned maintenance

To ensure we provide a high quality experience for our guests, some experiences undergo planned maintenance. Please see our website under our **'What to expect'** section.

Contact us at info@metunghotsprings.com or 03 5141 2300



metunghotsprings.com | open 7 days | 9am-6pm*

As we endeavour to deliver more bathing and wellness experiences our site will continually evolve. This may mean low level construction noise is unavoidable at times and our guest information documents are consistently being updated. Thank you for joining us on this journey and your understanding at such times.
*Summer opening hours are 9am - 8pm. For up-to-date information, summer opening hours, **full directions** and **terms and conditions** please visit our website.