

Metung Hot Spring visitor information



Smoking, vaping and alcohol are strictly not permitted. Glassware not permitted in bathing area.



Floatation devices including inflatable pool toys and goggles are not permitted in the pools.



Please remove all jewellery as some metals may discolour in our mineral rich waters.



Please leave your prams in your car.



To reduce the risk of slips, please wear appropriate footwear around pools and in wet areas.



Prevent damage from prolonged sun exposure; be Sun Smart.



Please do not talk on mobile phones; switch them to **silent mode**.



Please ensure that toddlers wear aqua nappies.



If you are pregnant or have any of the following (or other) medical conditions please obtain medical advice before entering the pools:

- Conditions involving high fevers
- Extreme hypertension
- Malignant tumours and cancerous conditions (*internal*)
- Liver, kidney or circulation disorders
- Conditions with the risk of haemorrhaging
- Anaemic conditions
- Congestive heart failure, recent stroke or heart attack



Our geothermal waters are naturally pure and contain beneficial minerals. We recommend you avoid showering immediately after bathing to let your skin absorb these minerals and effectively optimise the benefits of geothermal bathing.

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Please shower **before** entering the pools so that your skin is primed to receive the beneficial effects of the minerals.



Please walk only on the paths provided.



Consider other bathers and please talk softly.



Please stay hydrated while bathing and we recommend taking a break every 15 minutes.



If feeling dizzy or unwell please sit on the side of the pool immediately and see a pool attendant for assistance.



Children under 5 years

Adult to child ratio 1:2

Parents must stay within arms reach.



Please do not engage in ball games, run, jump or dive into the pools.



Any behaviour of a sexual nature will not be tolerated.



We ask that you **only** take images of your group.



Please refrain from eating in the pools and consume your own food **outside** of the café areas.



Please do not bathe if you have broken skin wounds or skin ailments.



Children 6-16 years

Adult to child ratio 1:4

Parents must always keep them in sight and bathe together.



Scan here to view & download our site map

Metung Hot Springs takes all reasonable care to ensure your wellbeing but ultimately you are responsible for your own safe experience.