



AWARD WINNING

2010 winner of the ASPA (Australasian Spa Association) awards for the best natural bathing spa. 2010 winner Tourism Victoria awards for best Spa and Wellbeing facility in Victoria.

NATURAL HOT SPRINGS

Natural hot mineral water flows from deep underground into the many pools and private baths at this coastal oasis of relaxation. Victoria's only natural hot springs has two distinct offerings: The Bath House and Spa Dreaming Centre.

THE BATH HOUSE

The Bath House is a global bathing wonderland offering more than 20 different bathing experiences for visitors of all ages including:

- A cave pool.
- Reflexology walk.
- Turkish steam bath (*Hamam*).
- Sauna.
- Cold plunge pools.
- Family pools.
- Massaging thermal mineral showers.
- Evening star viewing pools.

SPA DREAMING CENTRE

At the Spa Dreaming Centre the emphasis is on tranquil spaces, private pools (with children under 16 not allowed) and an array of pampering spa treatments to revitalise body, mind and spirit. Services include a full range of treatments, from Kodo full-body massages to facials, mud and salt wraps, foot therapies and ancient healing stone experiences. Enjoy a Li'Tya massage treatment which incorporates Aboriginal massage techniques.

- 20 massage tables.
- Indoor private mineral pools.
- Outdoor private mineral pools.
- Sauna.
- Zen Chi massage machines.
- Cold plunge pools.

CAFÉS

Two cafés offer breakfast, lunch and dinner seven days a week. Private function or group bookings are available any day or night.

GIFT SHOPS

Two gift shops offer a range of spa and bathing products.

- Face, foot and hand creams, massage oils, CDs and books.
- Towels, robes, hats, footwear, bathing costumes.

ACCOMMODATION

Many accommodation options with our neighbours are available from our website. Book a private beach house or stay in neighbouring golf resorts or vineyard retreat.

Springs Lane, Fingal (Rye), Victoria 3939
T: +61 3 5950 8777 F: +61 3 5950 8705
info@peninsulahotsprings.com
www.peninsulahotsprings.com

GROUPS DEPARTMENT

Our dedicated groups department helps plan tours and visits for our guests from all over the world. Contact them by email at groups@peninsulahotsprings.com

SPECIAL FEATURES

- Australia's first natural hot mineral springs and spa centre.
- Over 30 different pools and bathing experiences.
- Beautiful natural setting.
- Day Spa centre.
- Cafés.
- Groups of up to 200 at a time.

ALL SEASONS

Perfect for all seasons and all weather conditions. An experience that is enjoyable and reliable every day or night of the year.

ATTRACTIONS PASS

One of seven top attractions in the Mornington Peninsula Attractions Pass, which saves up to 40% on admission with bonuses at four attractions and includes discount offers at three more.

Where does our water come from?

The hot mineral spring waters flow from an aquifer 637 metres below the surface. The 50°C water rises under its own pressure through the bore to within 10 metres of the surface, from where it is pumped to the pools.

Hot pool temperatures vary from 37°C to 43°C

Health benefits

The water is classified as a 'Sodium Chloride Bicarbonate Spring' (Na-Cl.HCO₃). According to the Japanese Health Authority, the therapeutic benefits of bathing in this type of thermal mineral spring are said to include the alleviation of neuralgia, bruising, breaks, articular rheumatism, stiffness of the shoulders, skin diseases, recovery from fatigue, infertility and muscular complaints.

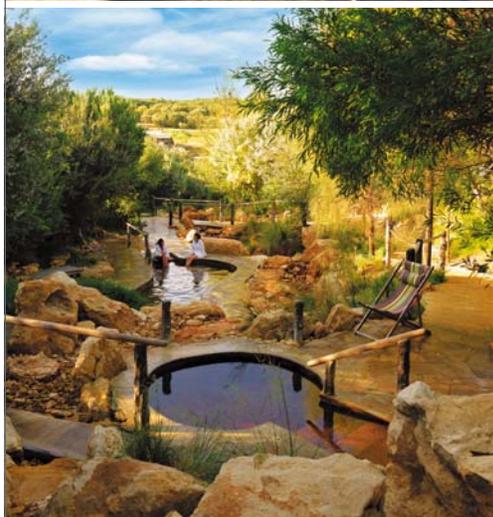
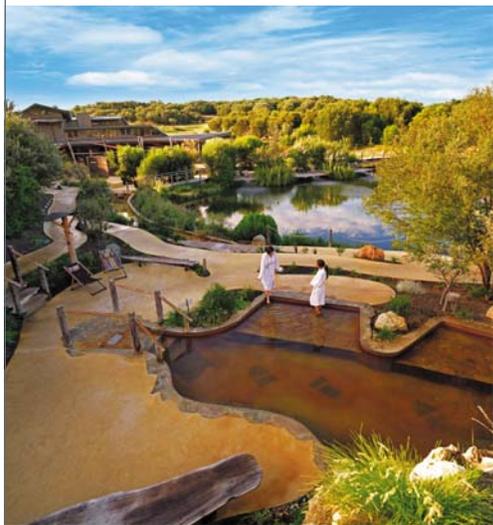
Mineral Water Analysis Mg/L

| | | | |
|---------------------------------|--------|---------------------------------|-------------|
| • Bicarbonate | 1163.0 | • Magnesium | 90.0 |
| • pH | 6.82 | • Potassium | 64.0 |
| • Ammonia (as NH ₃) | 2.7 | • Rubidium | 0.14 |
| • Boron | 1.3 | • Silica (as SiO ₂) | 23.0 |
| • Bromide | 3.6 | • Sodium | 868.0 |
| • Calcium | 116.0 | • Strontium | 1.7 |
| • Chloride | 1432.0 | • Sulphate | 2.7 |
| • Fluoride | 0.73 | | |
| • Lithium | 0.15 | Total | 3770 |

OPENING HOURS

Bath House: 7.30am-10pm 7 days a week.

Spa Dreaming Centre: 9am-9pm 7 days a week.



FEATURES

| | | | |
|---------------------------|-----------------|-------------------|-----------------|
| Natural hot mineral pools | Day Spa Retreat | Group specialists | Family friendly |
|---------------------------|-----------------|-------------------|-----------------|



Peninsula
Hot Springs