

# Melbourne Mornington Peninsula Hot Springs Spa Dreaming Centre Private Sanctuary and Bathe Package

Flexible

## KEY FACTS



1. 45-minute private mineral bath, choice of indoor or outdoor
2. For indoor private bath selection only - choice of additive. Options include: essential oils, lavender milk, Tulsi tea
3. Spa Dreaming Centre geothermal bathing
4. Access to Bath House geothermal Bathing
5. Towel, Robe and Locker hire included
6. Maximum 2 guests per pavilion and 5 guests per private pool experiences / photo packages)



1. Transport from/to hotels
2. Food & beverages not listed as Inclusions
3. Souvenirs
4. Travel Insurance
5. Any optional extra items (including but not limited to access Spa Package / Dining Package / Wellness Package / Spa Package / Dining Package / Wellness Package / photo packages) that are not included in the standard admission. All optional extra items are at own expense.

## How to get there

### • By Car

Peninsula Hot Springs is on the Mornington Peninsula, it takes approximately 90 minutes by car from Melbourne.

- There are street parking spaces available.
- Parking fees apply.

### • By Public Transport

- Please check the Public Transport Victoria timetables

(<https://www.ptv.vic.gov.au/>) for more details to plan your trip.

- If traveling from Melbourne, board a Frankston line train to Frankston, then take the No.788 bus to Rye hotel where can catch an uber or taxi service. Alternatively can walk from Rye which takes approximately 1 hour and 10 minutes, please take care when walking as it is along a busy road with a high speed limit.

## Operating hours

|                             |               |  |
|-----------------------------|---------------|--|
| Bath House Bathing (Daily)  | 05:00 - 23:00 | Bathing concludes 15 minutes before closing time |
| Spa Dreaming Centre (Daily) | 08:00 - 23:00 | Bathing concludes 15 minutes before closing time |

## Check-in requirements

Please ensure you arrive at the reception 30 minutes before your scheduled start time to allow enough time to check in. Regrettably, failure to arrive before this time will most likely be classified as no-show and result in forfeiting the booking and it cannot be refunded or transferred.

If you are not familiar with the area or travelling on a weekend or local public holidays / school holidays, please make sure you've checked your timetable or driving route beforehand, and allow extra travelling time for unexpected delays to ensure you do not miss your check in

## What to bring/wear

- Footwear: to reduce the risk of slips, recommend appropriate footwear around pools and any wet areas.
- Water bottle: recommend that bring your own plastic or stainless steel water bottle to drink from during your visit. There are ample water taps around to fill them up.
- Swimwear
- Sunscreen lotion
- Towels and robes

## Other info

- Available to guests 16 years and over.

### Medical Conditions:

- People with any of the following medical conditions are recommended to not enter the pools before first obtaining medical advice:
  - High fever
  - Extreme hypertension
  - Malignant tumours and cancerous conditions
  - Liver, kidney and circulation disorders
  - Conditions presenting the high risk of haemorrhaging
  - Anaemic conditions
  - Congestive heart failure, recent stroke, or recent heart attack
  - Pregnancy
  - Diabetes
  - Broken skin wounds or skin ailments
- Guests may be asked to sign a waiver form that indicates guests have been informed of all the information.

### General:

- Service Provider reserves the right to change prices and services without notice. This includes the closure of certain experiences and facilities due to guest capacity considerations, private events and facility maintenance requirements.
- Service Provider takes no responsibility for any items that are lost or stolen at the facility.
- Sometimes areas may need to be temporarily closed for maintenance, improvements or safety reasons. Please check with the Service Provider for updated information before purchasing.
- Please note that the mineral rich water in the pools may discolour light coloured bathers.
- Please leave the followings at home or in the car:
  - Valuables: recommend all valuables including jewellery are left at home or in one of the secured lockers. If wear jewellery in the pools, the mineral water may cause it to tarnish.
  - Inflatable devices: due to the size of the pools inflatable devices such as rings are not permitted in the bathing area. Safety devices such as arms bands are acceptable.
  - Pets: the safety of pet and the native environment is important. Therefore, please leave pets at home or with a friend or family member.
  - BYO Glassware and alcohol is not permitted at Peninsula Hot Springs.
- Please shower before entering the pools.
- Smoking, alcohol and glassware are not permitted in the bathing areas.
- Guests under the influence of alcohol or drugs may be refused to partake in their booking.
- Please be mindful when you take photos of other guests comfort and privacy around you. It is only allowed to take photos of your group, your immediate family, and your friends, whilst bathing.
- When bathing in the hot pools please take breaks every 15 minutes and drink water regularly.

For the most up-to-date Covid information, please refer to-  
<https://www.peninsulahotsprings.com/learn-how-peninsula-hot-springs-is-responding-to-covid-19-2/>

## • OVERVIEW •

### **Melbourne Mornington Peninsula Hot Springs Spa Dreaming Centre Private Sanctuary and Bathe Package**

This is an award-winning natural hot springs and day spa destination on the Mornington Peninsula, just 90 minutes from Melbourne. Natural thermal mineral waters flow into the pools and private baths at the coastal oasis, providing an idyllic setting for relaxation and rejuvenation.



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## PENINSULA HOT SPRINGS

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Drawing on the wisdom of many cultures, water has long been harnessed to encourage physical and emotional wellbeing. High in mineral content, water here is naturally heated by the earth's core and is estimated to be over 10,000 years old. Peninsula Hot Springs is a filtration hot spring with waters rising 637 metres from below the earth's surface. Magnesium, boron, potassium and sodium naturally occur in geothermal waters. Experience the healing benefits of these minerals including stress and blood pressure reduction, detoxification, rehabilitation of muscles and joints and sleep improvement.

## SPA DREAMING CENTRE

The Spa Dreaming Centre is a blissful sanctuary with an emphasis on tranquil spaces, designed for guests 16 years and older.

Enjoy the serenity of this area featuring over 20 thermal bathing experiences, mineral pools, cold plunge pool, infrared, and traditional saunas, Hammam, massaging bamboo shower, Zen Chi machines, poolside lounges.

## PRIVATE SANCTUARY AND BATHE PACKAGE

Relax and unwind with the private bathe or pool package, including unlimited access to the Spa Dreaming Centre thermal mineral pools.

**Private bathing Pavilion** – a 45-minute private bathing pavilion with a choice of essential oils, lavender milk or tulsi tea.

**Private outdoor Bath** – 45-minute private outdoor bathing experience ideal for solitary retreat, re-connection with a partner or special event with a group of up to 5 adults.

- Open daily 8am-11pm
- Admission includes unlimited access to over 20 bathing experiences reserved for 16 years and over
- Access to Bath House general bathing (additional 50 pools to experience)
- Towel, Robe and Locker hire included
- Maximum 2 guests per pavilion and 5 guests per private pool
- Pre-booking essential and subject to availability
- Guests must arrive 30 minutes prior to start time

## BATH HOUSE EXPERIENCES

*Reference only, subject to change without notice*

- Cave Pool
- Aqua Therapy Pool
- Hilltop Pool
- Amphitheatre Pool
- Ice Cave and Deep Freeze
- Baby Barrels
- Amphitheatre Saunas
- Cold Plunge Pool
- Reflexology Walk
- Hydrojet Pool
- Turkish Hamam
- Underground Sauna
- Massaging Showers

## CONSIDERATIONS BEFORE YOU LEAVE HOME

- **No cash payments**  
All onsite payments will now be cashless, and where possible, contactless.
- **Appropriate swimwear**  
Swimsuits are required in the Bath House bathing area. The mineral-rich water may discolour swimwear.
- **Footwear required**  
To reduce the risk of slips, appropriate footwear is recommended around the pools and in wet areas.
- **Minimise valuables**  
Lockers are available for hire however it is recommended that you minimise the valuables that you bring during your visit.
- **Prams**  
Due to the layout of the Bath House bathing area, please leave your pram in your car.
- **Stay hydrated**  
Please take breaks regularly and stay hydrated during your visit.

## Cancellation Policy

- If you cancel at least 7 day(s) in advance of the scheduled departure, there is no cancellation fee.
- If you cancel between 0 and 6 day(s) in advance of the scheduled departure, there is a 100 percent cancellation fee.
- If no show, no refund.



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