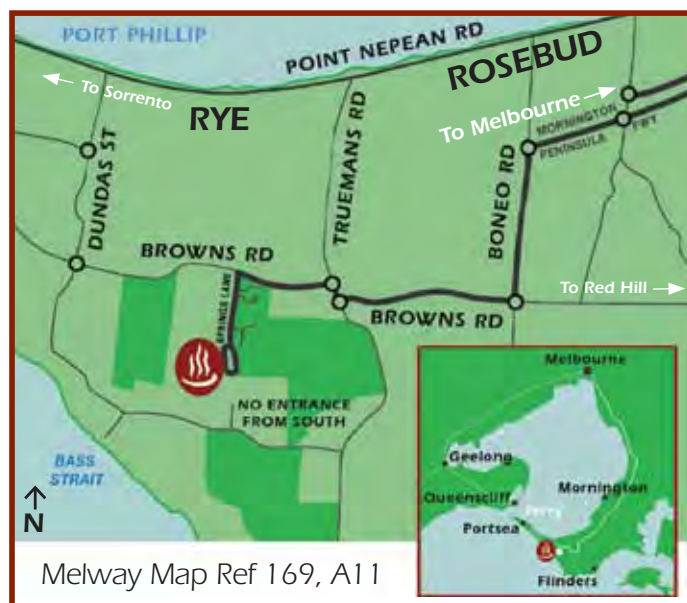


# Before you leave home...

## General information

- The Spa Dreaming Centre is open 9am to 9pm, 7 days. (Includes: Day Spa, thermal mineral bathing and café. Restricted to persons 16 years and older.)
- The Bath House is open 7:30am to 10pm, 7 days. (Includes: thermal mineral bathing, family area, adults only area and kiosk.)
- Address is Springs Lane, Fingal (Rye), Mornington Peninsula, Victoria, 3939, Australia. For directions please go to Melway Map Ref 169 A11, or view our Whereis.com map entry.
- The hot springs is a place of quiet relaxation.
- The hot springs is a non-smoking environment.
- The hot springs is a mobile phone free zone.
- Bookings are essential for all private spa treatments and private bathing.
- Avoid eating a heavy meal prior to bathing and spa treatments.
- Please do not wear jewellery in the pools as the mineral water may cause them to tarnish.
- Lockers, robes and towels are provided free of charge with treatments and packages in the Spa Dreaming Centre.
- Valuables brought onto the property are at guests' own risk. Peninsula Hot Springs is not responsible for loss, damage or theft.



## When to arrive

Please arrive at least 20 minutes before your booking start time. If you arrive late, your private bathing and treatment time may have to be reduced.

If your booking is for a treatment only, we highly recommend you also allow 30-45 minutes beforehand for hot mineral springs bathing as this greatly enhances the treatment. Bathing discounts apply with treatment bookings.

## Your therapist

Please be aware that whilst the majority of our therapists are female, we do employ male therapists who may be allocated to your treatment. If you have a preference, please tell us at the time of booking.

## What to wear if you have booked a treatment/package

We recommend you wear comfortable clothing and flat shoes to the springs. Robes and towels are provided free. During your treatment undergarments are optional. Disposable briefs will be provided at your request. Maintaining your sense of dignity and wellbeing is of the utmost importance to us. All of our therapists are trained to drape professionally to ensure your comfort and privacy at all times.

## What to wear while bathing

For bathing in the open areas a swimsuit is required. In private baths swimsuits are optional. The mineral-rich water may discolour swimwear. We recommend you bring a comfortable pair of thongs or slippers.

## Booking treatments together

Clients booking together are normally booked into a double treatment room. If you would prefer separate treatment rooms, please notify us at the time of booking. We suggest booking well in advance to be sure of separate room availability.

## Gift certificates

Peninsula Hot Springs gift certificates are valid for 12 months from date of purchase. Gift certificates can be redeemed for other products and services available at Peninsula Hot Springs but may not be redeemed for cash. Certificates must be redeemed by expiry date and once expired hold no value.

## Payments and conditions for bookings

Peninsula Hot Springs reserves the right to change prices without notice. Bookings are essential for all private bathing and spa treatments. Weekends can become fully booked up to 8 weeks in advance. Cancellations made at least 24 hours prior to your booking will be fully refunded. Cancellations made less than 24 hours prior to your booking will be charged 100% of the total payment. Same day cancellations or 'no show' appointments will be charged the full payment. Payment of booking is deemed to be acknowledgement of this cancellation policy.

## Group bookings

A group booking requires a minimum of five guests.

Our refund policy in case of a total group cancellation is as follows:

- Notice of more than 28 days prior to the event 100% of the payment will be refunded
- Notice of 14-27 days prior to the event 50% of the payment will be refunded
- Notice of 13 days or less prior to the event 0% of the payment will be refunded.

Rescheduling in all cases will be considered cancellation.

For full group bookings terms and conditions please contact our Group Bookings Department on (03) 5950 8712.

## Medical information

Guests with any of the following medical conditions are not permitted to enter the pools or receive a treatment without first obtaining competent medical advice:

- Conditions involving high fever
- High or low blood pressure and extreme hypertension
- Malignant tumors and cancerous conditions (internal) – written medical approval required
- Liver, kidney or circulation disorders
- Conditions presenting the high risk of hemorrhaging
- Anemic conditions
- Open wounds and contagious skin conditions.
- Congestive heart failure, recent stroke, or recent heart attack
- Pregnancy (see our website for more about pregnancy, bathing and treatments).

Terms & conditions subject to change.



## Spa Dreaming Centre special meal packages

### Breakfast & Bathe

Put a spring in your step!: natural hot mineral springs bathing; healthy start breakfast; fresh juice; towel and robe hire. Bath House bathing 7.30–9am. Spa Dreaming Centre bathing from 9am. Order breakfast between 9am and 11am.

Off-Peak: \$55 Peak: \$65

### Lunch & Bathe

Enjoy a relaxing break with our lunch and bathing package. Bathe in our Spa Dreaming Centre from 11am and dine between 11 am and 2:30 pm (seating times will be allocated upon arrival). Includes robe, towel & locker hire.

Off-Peak: \$65 Peak: \$75

### Dine & Bathe

For a night out with a real difference, gather some friends and book the Dine & Bathe package **Friday** and **Saturday** evenings from 6pm. Dine at 6pm or 7:45pm. Dinner is a set menu of five options. Includes: glass of wine, tea or coffee, towel and robe hire. Bookings essential.

\$75pp

### Pasta & Bathe

Tuesday nights – fun, social, casual and delicious! Dinner is served at 6pm – bathing until 9pm. Choice from four pasta options on the menu. Includes: glass of wine, tea or coffee, towel & robe hire.

\$65pp

- Please note: These four bathing and meal packages are all in the Spa Dreaming Centre which is restricted to clients 16 years and over. Book online or call 5950 8777. The Bath House facility includes a family bathing area and has a kiosk serving healthy lunches every day.
- Breakfast and lunch available 7 days a week in the Spa Dreaming Centre Café

## Bathing discounts for our Spa Dreaming Centre guests

We highly recommend bathing in the thermal waters before (and after) your treatment. To make this easy we provide discounted access for anyone with a spa treatment booking: Pay only \$35 for Spa Dreaming Centre bathing (usually \$60) with a treatment. If you have booked Spa Dreaming Centre bathing you can upgrade to include access to the Bath House bathing area for \$15 (usually \$35).

Hilltop pool (Bath House)



Note also that your partner can bathe in the Spa Dreaming Centre pools while you have your treatment for just \$45 off peak, \$50 peak.



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## A getaway to remember

Peninsula Hot Springs has created many accommodation packages with neighbouring providers to extend your blissful relaxation on the Mornington Peninsula.

Ask our friendly staff or go online to our website to learn more about our spa accommodation options:

[www.peninsulahotsprings.com](http://www.peninsulahotsprings.com)