



Peninsula
Hot Springs



Peninsula Hot Springs new

Peninsula Senses range

Peninsula Hot Springs has launched a new range of treatments and private bathing experiences – **'Peninsula Senses'**

Local ingredients with healing properties sourced from the Mornington Peninsula are the essence of this new treatment range. We had the desire to embrace the use of local ingredients then integrate them into body treatments and private bathing experiences. Raw ingredients with therapeutic benefits that could be absorbed by the whole body were the focus for this range. Ingredients include Jelly Bush honey, Lemon Myrtle and Shiraz grape skins.

We sourced Manuka honey from Pure Peninsula Honey, a local farm in Moorooduc. The honey has healing properties for the skin making it ideal for dry skin disorders. It has also been proven to be effective in the treatment of skin infections, burns, wound treatment, stomach ulcers and even acne. Manuka honey is collected from the Tea-Tree bush, which is also known as Jelly-bush, a plant that commonly grows in Victoria.

It contains a variety of vitamins and minerals. The mineral content of honey depends on the type of flowers used for apiculture. The honey is carefully collected and its Manuka extracts are retained for its natural healing properties. It contains nutraceuticals which are effective in removing free radicals from our body, as a result, our body's immunity is improved.

We sourced Shiraz grapes from Red Hill for the Peninsula vine massage. The red wine grapes are known to slow down the ageing process and replenish the skin with nutrients. Spa treatments that incorporate wine grapes offer anti-inflammatory and antibacterial benefits. The red grape balm used in our new treatments contains circulatory boosting essential oils such as black pepper, clove, cinnamon and sweet orange.

The local ingredients used in the treatments and baths complements Peninsula Hot Springs focus on integrating relaxation with the natural environment.



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Peninsula honey and lemon myrtle bath

30 minutes \$110 single | \$130 double

45 minutes \$130 single | \$155 double

60 minutes \$150 single | \$180 double

The ultimate bathing experience from the Australian bush. You will apply the Manuka honey directly onto your skin and immerse yourself into a blend of lemon myrtle and native sandalwood. This therapeutic bathing experience supports the body's immune system. It also assists to relieve dry skin disorders and offers antibacterial properties.

Peninsula vine and honey infusion

30 minute enhancement \$75

An intensely moisturising body wrap that infuses the healing powers of local honey combined with a vitamin enriched red grape balm. A combination of warm macadamia oil and honey are drizzled onto the skin to soften and hydrate, the red grape balm replenishes the skin with nutrients. Skin is visibly soft and plump, making it ideal for those with dry skin.

Peninsula vine

45 minutes \$120

60 minutes \$150

A warm grape balm is applied, using the skins and seeds of the grapes sourced locally from the Mornington Peninsula. The warm grape balm is enriched with anti-oxidants and offers complete rejuvenation to the skin. This treatment starts with heat being applied onto the back to boost circulation. The grape balm is then massaged onto the skin and integrated with relaxation techniques. This will help ground and relax busy minds and promote a complete sense of calm.

Peninsula elements package

3.5 hours \$345

For a complete journey of your senses combine each element of our new spa treatment and private bathing experiences range.

The package includes:

- 30 minute Peninsula honey and lemon myrtle bath
- 60 minute Peninsula vine massage and the
- Peninsula vine and honey infusion
- Spa Dreaming Centre bathing