

SPRING 2022

space

stay close, go further

EAT, PLAY, STAY
48
hours

IN DAYLESFORD
& THE MACEDON
RANGES



NATURE SHOW
*From wildflowers
to waterfalls*

GREAT GETAWAYS
*Replenish the
soul with a
dream escape*

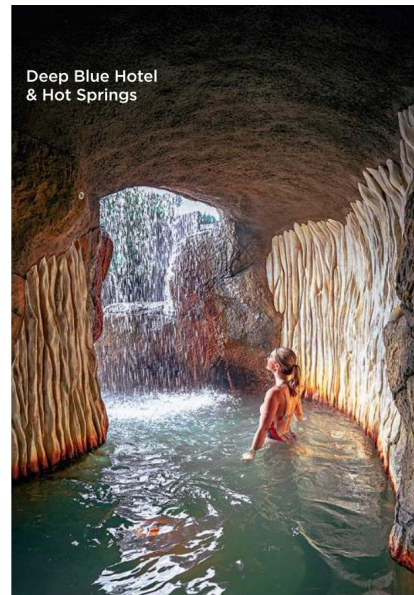
**RENEW &
REFRESH**

*Ignite the senses at Victoria's
top spas and hot springs*

VISIT VICTORIA



Deep Blue Hotel & Hot Springs



RELAX AND REVIVE Soak it up

Feel the bliss as you immerse yourself in the luxury of Victoria's top day spas and hot springs.

WORDS CATHERINE LAMBERT

DEEP BLUE HOTEL & HOT SPRINGS

Warrnambool

Bathe in steamy, colourful sensory caves. Wade through a passage as warm water spills over rock walls. At this foreshore retreat, discover 15 hot springs bathing experiences, a cleansing salt therapy room, a day spa and indoor bathhouse. Stay in one of the elegant guest rooms or penthouse suites with ocean views and dine in the domed cafe and modern Australian restaurant.
thedeepblue.com.au

PENINSULA HOT SPRINGS

Fingal

This ever-expanding 30ha oasis has 70 hot and cold bathing experiences, including private bathing options for those after a more intimate experience. Recent additions include 10 glamping tents and a detoxifying signature body clay ritual. A day spa features a host of body treatments and includes a Moroccan hammam steam room.
peninsulahotsprings.com

MITCHELTON DAY SPA

Nagambie

A day spa at an award-winning winery that also has luxury accommodation, a restaurant and art gallery — what an irresistible combination. The spa has a wide range of treatments, from massages and facials to body scrubs and body wraps, all designed to capture the serenity of the Goulburn Valley.
mitchelton.com.au

JAPANESE MOUNTAIN RETREAT

Montrose

Romance permeates every layer of this mineral springs and day spa retreat. Designed for couples, the retreat is popular for special-occasion date nights. Packages include accommodation and six-course dinners with cocktails. All pools (four outdoor and one indoor) are private, so there is no sharing.
japanesemountainretreat.com.au

LON SPA

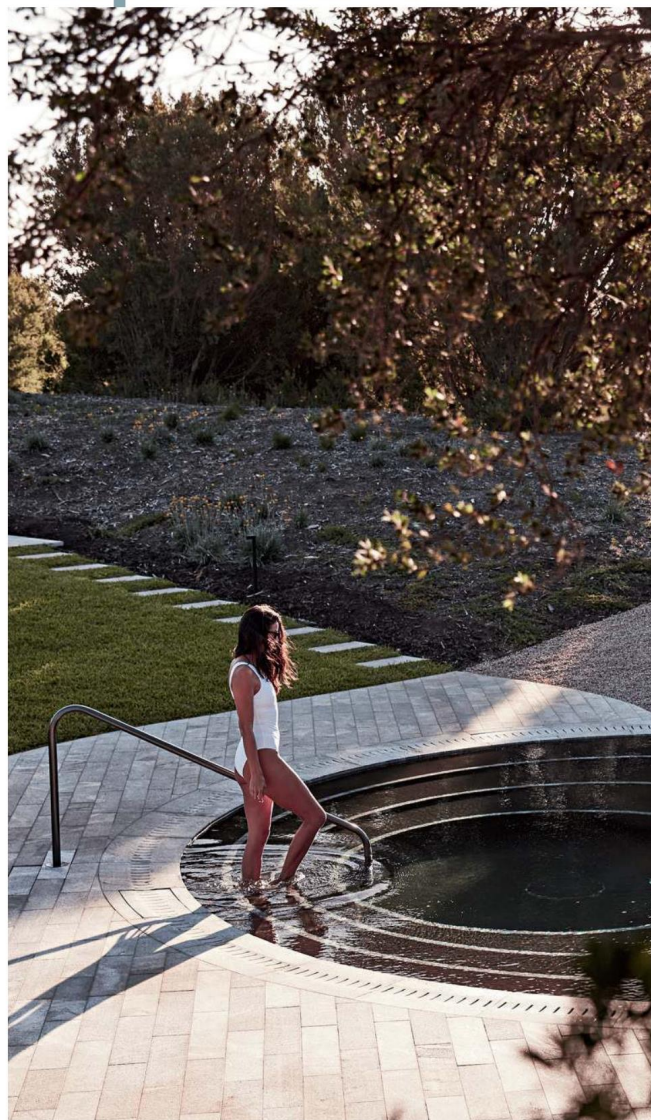
Point Lonsdale

Picture you and your beloved walking on the beach, returning to your luxury Lon Retreat suite, throwing on a robe and heading to the warm pool fed with mineral water from subterranean limestone caves. Your pampering continues with a deluxe treatment in the day spa, a graze and bathe platter and a soak in a hot tub with stunning views.
lonretreat.com.au

BALLARAT'S SANCTUARY DAY SPA

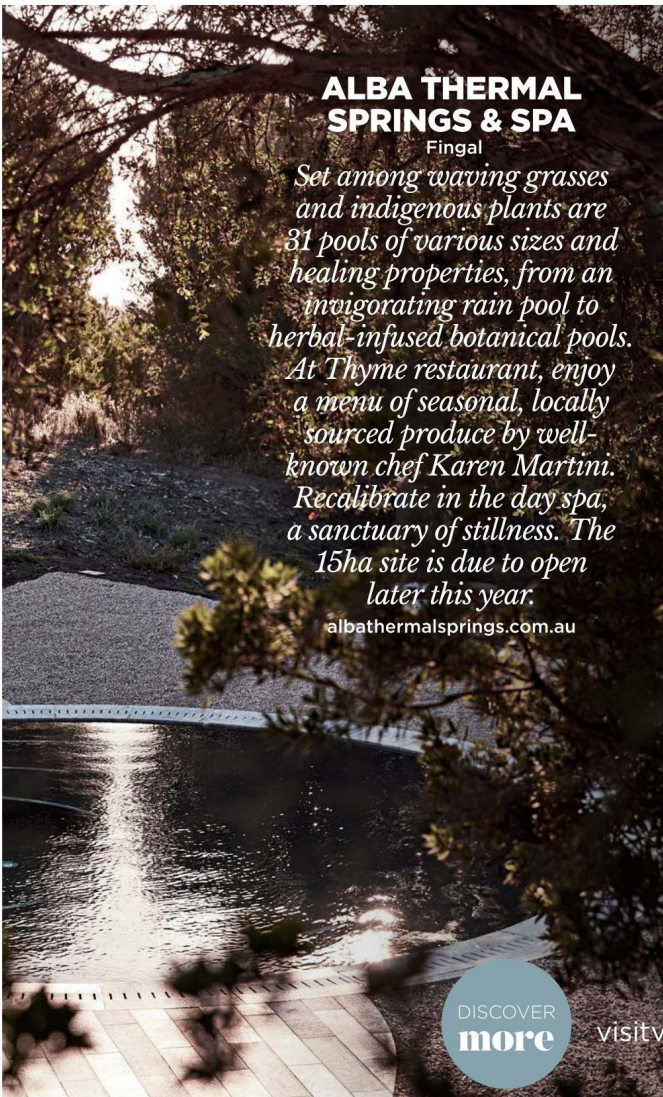
Ballarat

From full-body massages to mud mask wraps, this day spa offers a range of wellbeing treatments. In the gardens of the Mercure Ballarat Hotel and Convention Centre, it has six luxury treatment rooms, plus The Sanctuary, a therapeutic area that includes a hydrotherapy pool, sauna and relaxation lounges. Packages include Twilight Bathing and Mid-Week Wellness.
ballaratsanctuary.com.au





Peppers Mineral Springs Hotel



ALBA THERMAL SPRINGS & SPA

Fingal

Set among waving grasses and indigenous plants are 31 pools of various sizes and healing properties, from an invigorating rain pool to herbal-infused botanical pools. At Thyme restaurant, enjoy a menu of seasonal, locally sourced produce by well-known chef Karen Martini. Recalibrate in the day spa, a sanctuary of stillness. The 15ha site is due to open later this year.

albathermalsprings.com.au

DISCOVER
more

visitvictoria.com/spa

Photo: Chris McConville

Spa country

THE SPA AT LAKE HOUSE Daylesford

It's the ultimate weekend away. Stay at the elegant Lake House hotel, dine at the site's renowned restaurant and relax in the day spa, where the signature treatment is a mineral soak and massage. Spa tubs in a magical treetop location and a salt and clay ritual are among the offerings designed to soothe and revitalise.

lakehouse.com.au

THE MINERAL SPA AT PEPPERS MINERAL SPRINGS HOTEL Hepburn Springs

This luxury day spa in a sublime hotel is one of the country's most acclaimed and awarded natural mineral spas. Enjoy the Mineral Water Retreat, an indoor/outdoor haven that includes a steam room, stone sauna, sun deck, mineral water spas and cold plunge pool. Stay and dine at the Argus Dining Room.

mineralspa.com.au

HEPBURN BATHHOUSE & SPA

Hepburn Springs

The iconic bathhouse has offered mineral springs wellness bathing since 1895. Enjoy the century-old tradition of "taking the waters" with friends in a shared experience or solo. The day spa offers a menu of rejuvenation, from body treatments to steam and water therapies.

hepburnbathhouse.com

LUX SPA & WELLNESS

Anglesea

Grab your gal pals or partner and head to this day spa at the Great Ocean Road Resort for an indulgent day trip or weekend. The spa menu has an alternative edge, including shiatsu, reiki, kinesiology and ayurvedic treatments. Take advantage of spa retreat packages that include dinner at the resort's fine-dining restaurant and accommodation.

luxspa.com.au

THE SPA BEECHWORTH

Beechworth

Leave your busy life behind and luxuriate in the rejuvenating range of wellness body and massage treatments. Truly relax by staying on site at The Benev accommodation. The luxurious rooms include deep stone baths with a "wellness dabble bar" and pure essential oils to create your own bespoke wellbeing experience. Grab healthy eats from The Benev Pantry cafe.

thebenev.com.au



Metung Hot Springs

METUNG HOT SPRINGS

Metung

Spa barrels, hot springs pools and a reflexology walk are all part of the bathing experience at this resort, due to open soon. Sourcing its water from a geothermal hot spring, the site has stunning views over the Gippsland Lakes and its own lagoon. Sleep over in one of the glamping tents, which have private spa barrels on their decks. The resort's opening is set to coincide with the relaunch of the nearby Metung Country Club, with its golf course, hot springs, day spa and restaurant, and the Metung Food, Wine and Wellness Festival. Keep an eye out for details on the websites below.

visitgippsland.com.au/metung
metunghotsprings.com



MORNINGTON Peninsula

Put a spring in your step

**EXPLORE
MORE**


here this season


Indulge in the restorative powers of the geothermal springs and the peaceful surroundings of the peninsula.

Find your sanctuary at the much-anticipated Alba Thermal Springs & Spa and put a spring in your step as you Explore More of the Mornington Peninsula.



VisitMorningtonPeninsula.org

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