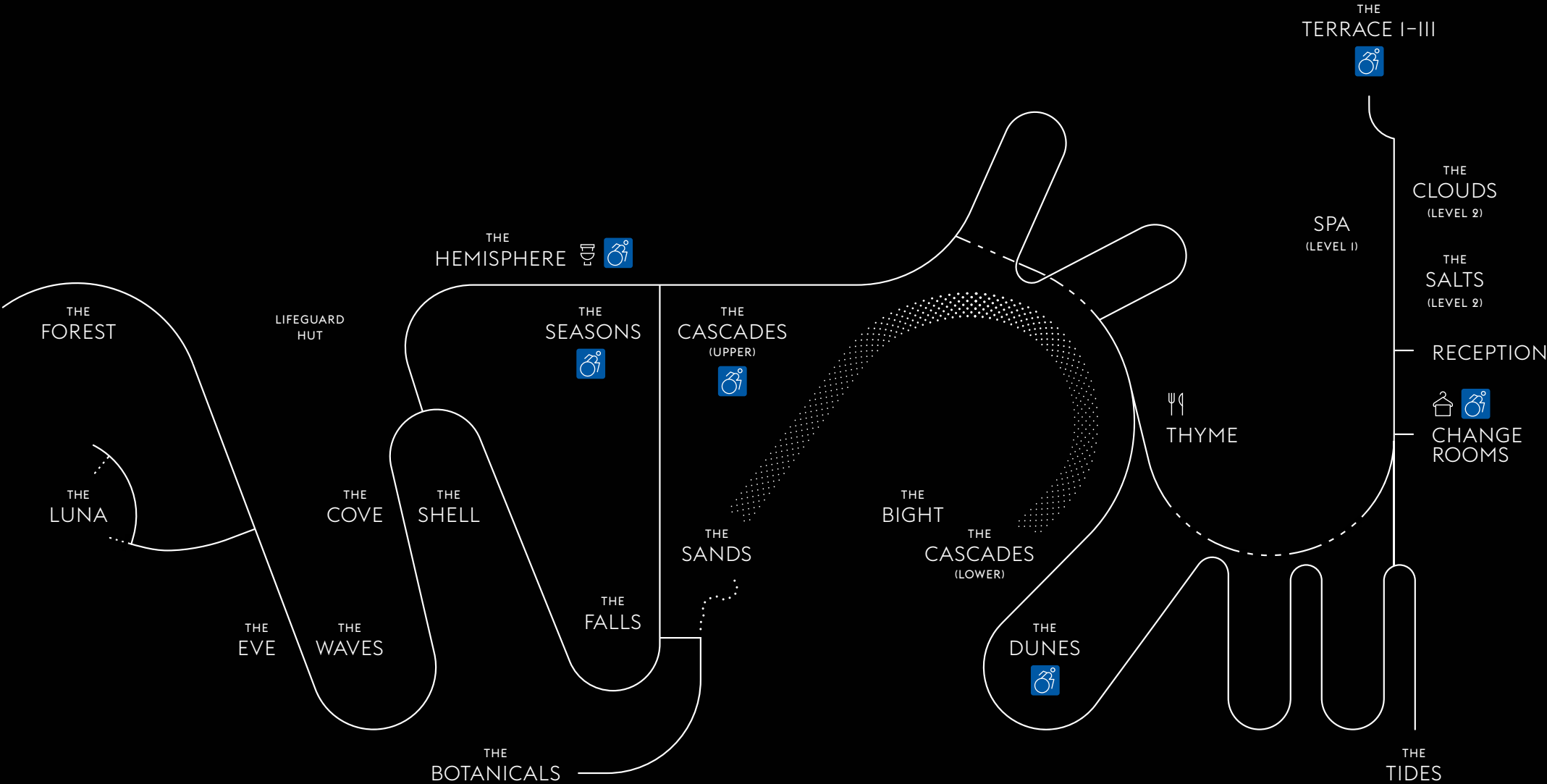



# SPRINGS MAP



  MOBILE PHONES & GLASS ARE PROHIBITED IN THE SPRINGS AREA. CHILDREN MUST BE ACCOMPANIED BY AN ADULT AT ALL TIMES.

 FOR FIRST AID ASSISTANCE PLEASE HEAD TO RECEPTION, OR SPEAK TO ONE OF OUR HELPFUL TEAM MEMBERS.

 ACCESSIBLE CHANGE/BATHROOM FACILITIES, OR POOL HOISTS (ON REQUEST) ARE AVAILABLE HERE.



For centuries, people across the globe from all cultures have sought the wonderful relaxation and restorative benefits of soaking in naturally heated water.

We use 100% geothermal water. This water contains naturally occurring minerals including sulphur, calcium, magnesium and potassium and is classified as a 'sodium chloride bicarbonate spring'.

#### ENTRANCE & SOUTHERN DUNES

The Tides	38°C – 41°C Positioned at the entrance this pool gradually gets deeper
The Dunes	38°C – 41°C Positioned within the dunes (hoist available on request)
The Cascades (lower)	38°C – 41°C Positioning with a view of the waterfall at the lower Cascades
The Bight	21°C Cold plunge pool

#### CENTRAL POOLS

The Seasons	26°C – 30°C in winter & 22°C – 26°C in summer (hoist available on request)
The Sands	38°C – 41°C Nestled at the top of The Cascades
The Cascades (upper)	38°C – 41°C Nestled at the top of The Cascades with views across the Peninsula (hoist available on request)
The Falls	34°C – 36°C Rain cocoons this pool

#### TANK & BOTANICAL POOLS

The Cove	38°C – 41°C A deep, warm pool to soak into
The Shell	38°C – 41°C A semi-enclosed pool providing privacy
The Botanicals	36°C – 38°C Three pools nestled in botanical gardens

The water is naturally heated to between 37°C and 43°C in underground aquifers 550 metres below the surface and used to fill our pools each day.

The therapeutic benefits of these waters are said to include the alleviation of neuralgia, bruising, articular rheumatism, stiffness of the shoulders, recovery from fatigue and muscular complaints.

#### SUN & MOON POOLS

The Waves	38°C – 41°C A whirlpool creating gentle waves
The Eve	38°C – 41°C Soak up the sunset from this pool
The Luna	36°C – 38°C This large dish-like pool is reminiscent of the moon
The Forest	38°C – 41°C Three pools nestled in the native gardens

#### THE HEMISPHERE

The Hide	38°C – 41°C An open-air hide away pool in The Hemisphere
Dry sauna	A dry sauna to relieve stress and encourage relaxation
Steam room	A steam room to reduce stress and loosen stiff joints
Cold plunge	21°C Plunge into this cold pool after the sauna

#### PRIVATE POOLS

The Terrace	38°C – 41°C Three private pools nestled into the hill each with their own private deck (hoist available on request)
The Salts	38°C Float, weightless, in one of three private rooftop salt pools. Two have skylights allowing you to relax and gaze up to the sky and one is dark allowing a complete escape.
The Clouds	38°C – 41°C Seclusion in one of three private rooftop geothermal pools. Two have skylights allowing you to relax and gaze up to the sky and one is dark allowing a complete escape.