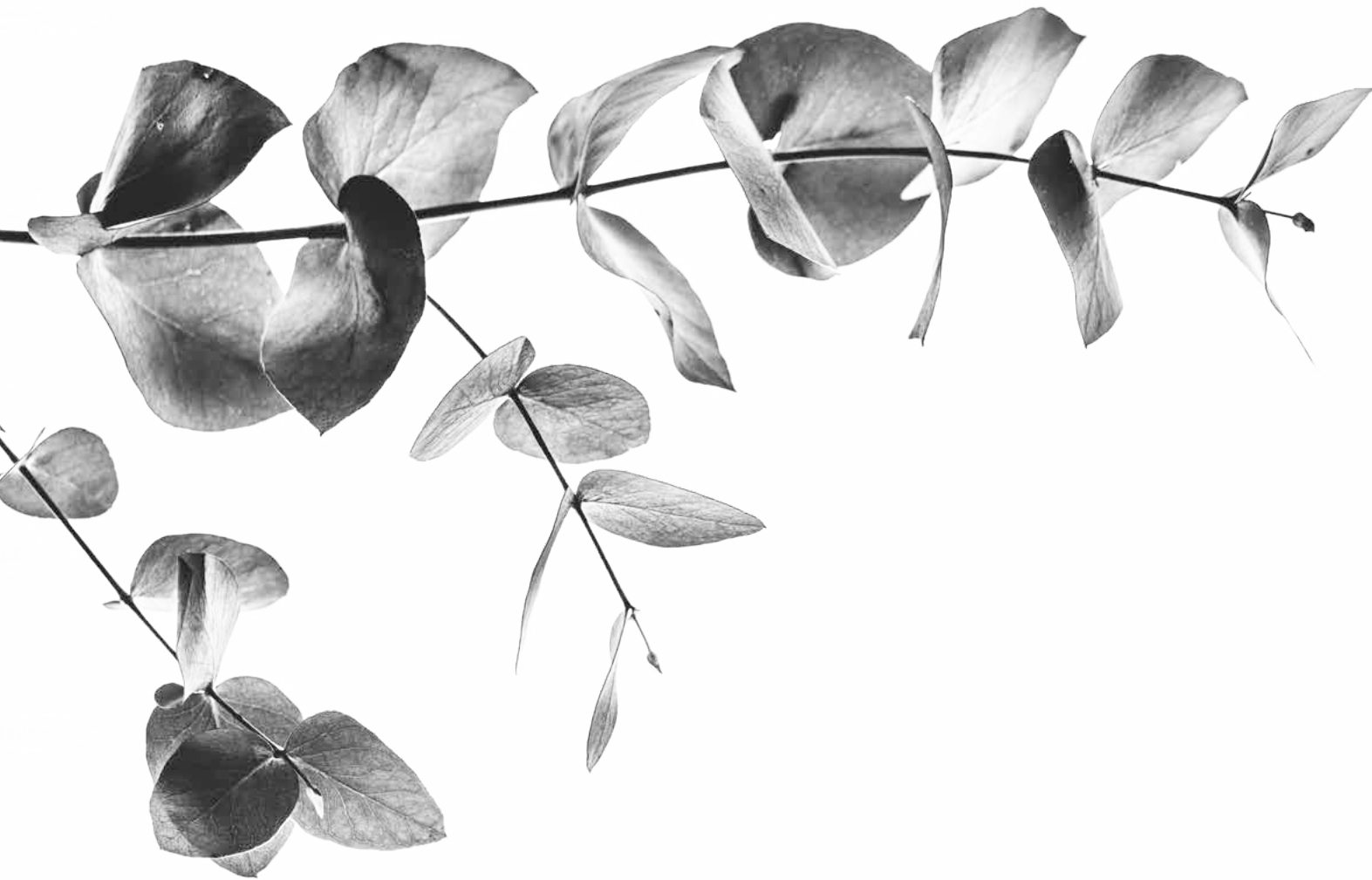


 alba S P A



OUR PHILOSOPHY

Embark on a journey of the senses

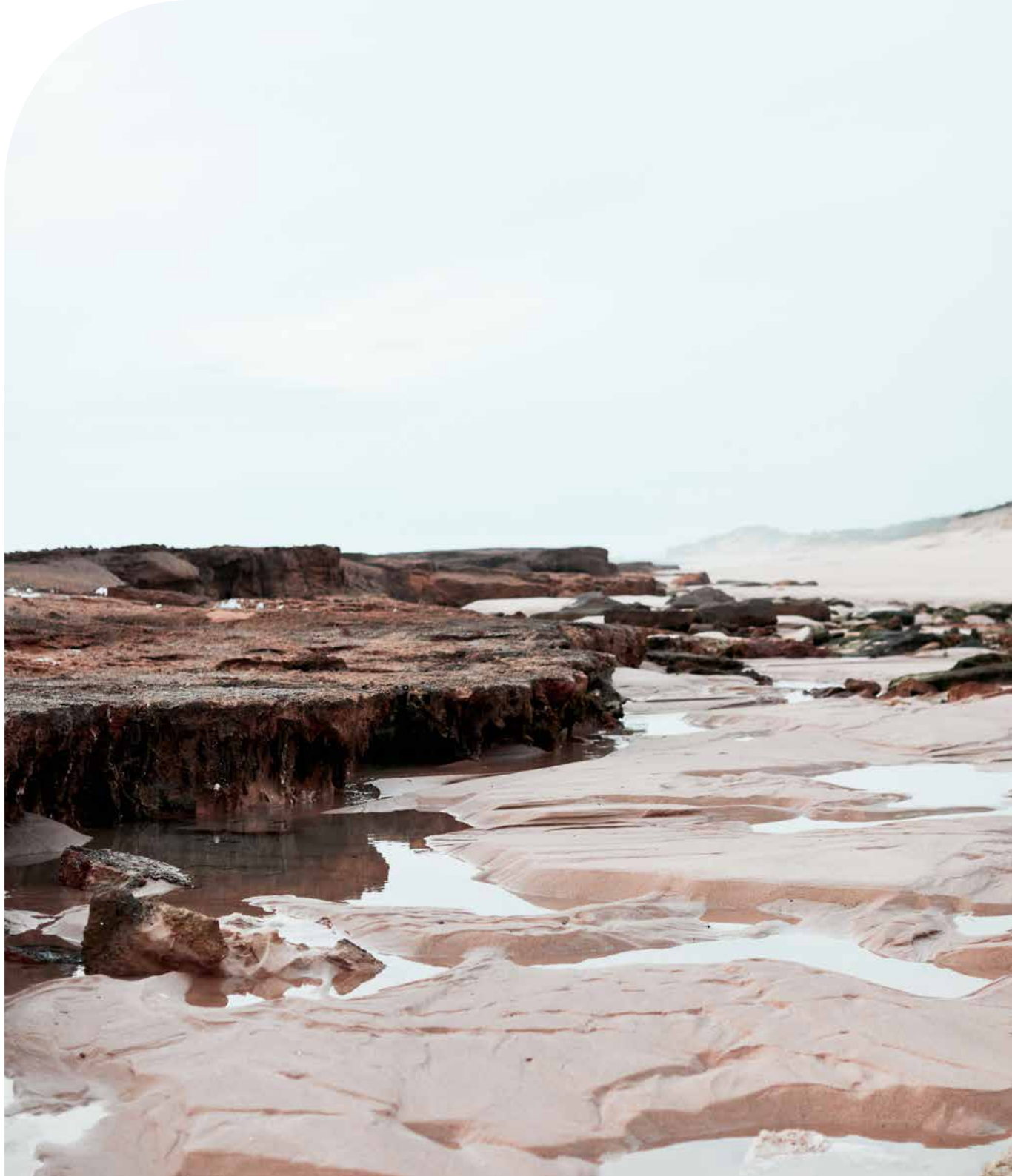
Nestled amongst native gardens and thermal springs lies the Alba spa. A tranquil retreat from the everyday.

From luxurious full-day self-care packages to half day rituals and treatments, this oasis will unite the mind and the body.

Indulge in holistic facial and massage treatments, steam rooms or simply experience the ancient ritual of private bathing to find calm within.

Take a moment.

HALF DAY
RITUALS



Fire and Ice ————— allow 4 hours

Invigorates, hydrates and restores

This indulgent experience begins with rhythmic sweeping massage strokes with the aid of heated volcanic stones, and cool marble stones coated with botanical oils, restoring a sense of peace and wellbeing. The rocking movements and assisted stretching that are key to Alba's signature Artisan massage, will alleviate tension. The alternating warm and cool stones ensure the body is nourished and reinvigorated.

Vanessa Megan's Fire and Frost facial utilises pure Vitamin C combined with effective skin exfoliating AHAs to increase vascular activity on the face, neck and décolletage enhancing cellular respiration and collagen synthesis. This is followed with Vanessa Megan's award-winning Cryo Ice Cube serum reducing redness, while repairing, regenerating and hydrating the skin.

Your skin treatment includes a signature Gua Sha massage designed to lift and brighten leaving you looking and feeling refreshed.

EXPERIENCE

Bathing in our 22 thermal springs

Alba's signature herbal tea served in the spa lounge

2 ½ hour spa treatment including:

- 1 ½ hour Fire and Frost facial
- 1 hour massage with alternating warm and cool stones

Anahata Ritual ————— allow 4½ hours

Hydrates, restores and replenishes

Our Anahata Ritual is a luxurious journey of total skin, body and soul renewal that will connect to your heart centre.

After a smoothing body polish, you'll be enveloped in a warmed body clay to soften and purify your skin. Once you are cocooned in luscious clay, your hair and scalp will be gently massaged with a customised treatment soothing the mind.

Our luxurious full-body massage is designed to deeply hydrate and nourish your skin. While you rest, allow your face to be lavished with levels of aromatic infusions to nourish the skin.

EXPERIENCE

Bathing in our 22 thermal springs

Alba's signature herbal tea served in the spa lounge

3 hour spa treatment including:

- Smoothing body polish
- Nourishing body clay
- Hair and scalp treatment
- Hydrating massage and facial



Pure Alba ————— allow 3½ hours

Cleanses, remineralises and contours

Our signature aroma therapeutic ritual begins with an invigorating salt scrub, to stimulate lymphatic drainage and exfoliate the skin before you are cocooned in a warm body clay.

As your body absorbs the healing minerals, a soothing scalp massage will work away the tension of the day and calm a busy mind. Once our treatment has nourished the skin from deep within, a warm shower gently washes the clay from your skin. To complete the re-mineralising process, enjoy a rhythmic full-body massage to ease away muscle aches and dissolve tension. Our personalised Gua Sha facial massage using specialised serums will rebalance the skin and contour the complexion.

EXPERIENCE

Bathing in our 22 thermal springs

Alba's signature herbal tea served in the spa lounge

2 hour spa treatment including:

- Body exfoliation
- Mineral clay wrap
- Scalp therapy
- Alba Artisan massage
- Gua Sha facial massage

Breathe Light ————— allow 2½ hours

Calms, revitalises and eases tension

Allow yourself to Breathe Light and embrace harmony and calm once more.

Calm your mind with a meditative head massage nourishing the hair and scalp. Breathe deeply as acupressure points in the face are gently manipulated to ease sinus pressure and tension.

Lighten your step as your therapist expertly exfoliates and warmly wraps your feet and lower legs. Your treatment concludes with an enlivening foot and lower leg massage.

EXPERIENCE

Bathing in our 22 thermal springs

Alba's signature herbal tea served in the spa lounge

1 hour spa treatment including:

- Scalp massage
- Acupressure facial massage
- Foot treatment

Peace Ceremony ————— allow 3½ hours

Invigorates, uplifts and unwinds

Our Peace Ceremony promotes harmony for the mind, body, and soul.

Unwind as aromatic oils are smoothed over the skin working in unison with rhythmic body massage and heated volcanic stones to melt away tension. Enjoy a bespoke Naturaceuticals™ facial, customised to meet your skin's needs, that will soothe and replenish before our scalp therapy leaves you in a state of reinvigorated bliss.

EXPERIENCE

Bathing in our 22 thermal springs

Alba's signature herbal tea served in the spa lounge

2 hour spa treatment including:

- Alba Artisan massage
- Essential facial
- Scalp therapy

Alba Antidote ————— allow 3½ hours

Soothes, replenishes and restores

A treatment that is both purposeful and productive, the Alba Antidote is a favourite for those with busy diaries who like their treatments invigorating and restorative.

Relax as heated volcanic stones and targeted massage delivers soothing warmth and pressure to the back, neck and shoulders to dissolve tension and tightness. An express facial is designed to perk up tired skin, providing vital hydration and moisture, while aromatic balms are massaged to the feet. The Antidote culminates in a calming head massage with an elixir of oils to rebalance the scalp and leave you feeling restored.

EXPERIENCE

Bathing in our 22 thermal springs

Alba's signature herbal tea served in the spa lounge

2 hour spa treatment including:

- Alba Artisan back massage
- Express facial
- Scalp and foot therapy

Spa Sanctuary ————— allow 2½ hours

Calms, restores and replenishes

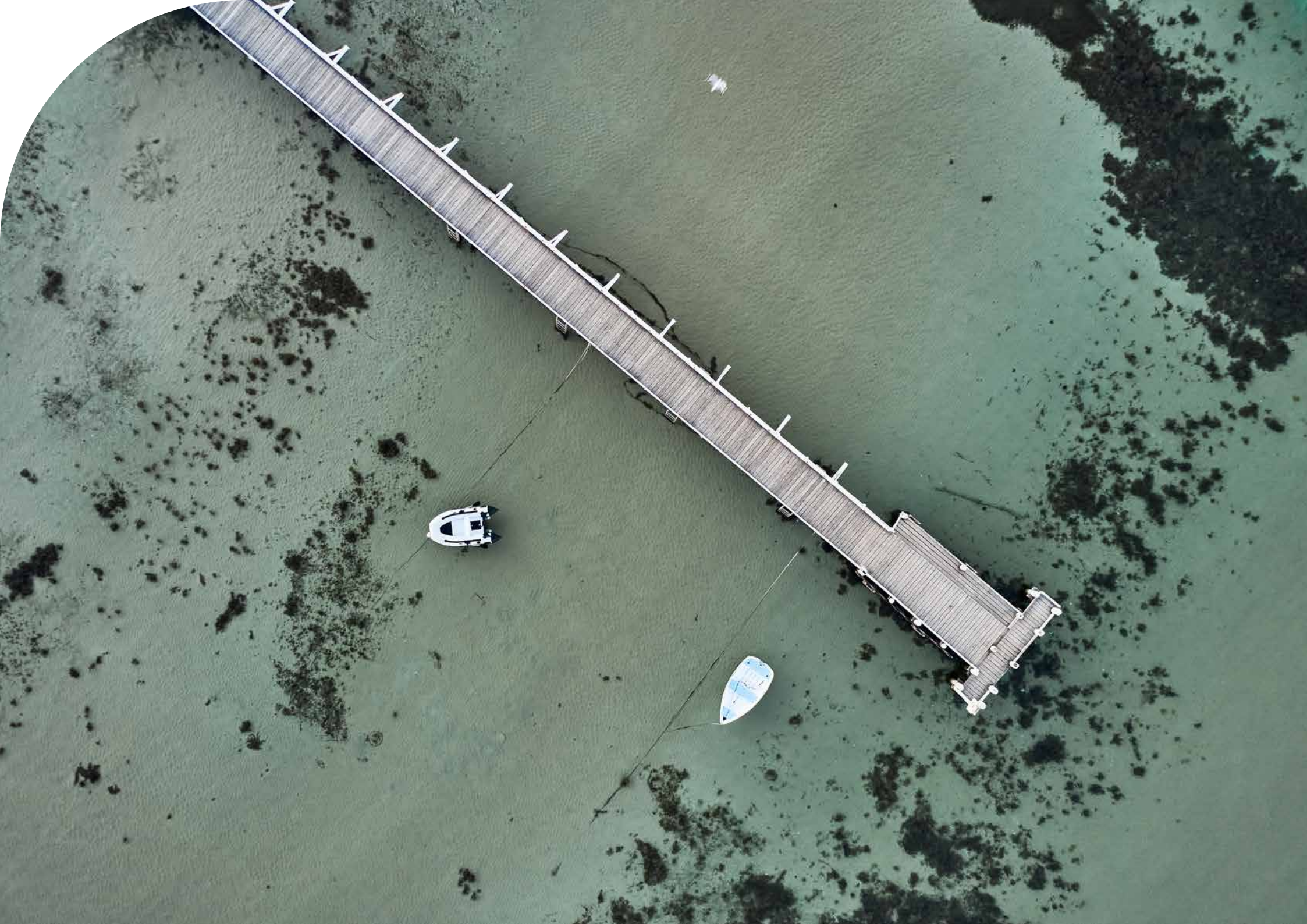
Bathe in Alba's warm mineral pools before retreating to the spa lounge for a guided meditation and green smoothie.

EXPERIENCE

Bathing in our 22 thermal springs

1 hour access to the spa lounge with a 20 minute guided meditation

Green smoothie delivered from our restaurant Thyme



VICHY

Warm waters cascade over the body from a series of horizontal shower heads, refreshing on all levels.



Alba Affusion ————— allow 2½ hours

Purifies and invigorates

Designed to restore harmony and balance, our Alba Affusion combines a full-body exfoliation with a luxurious Vichy shower for the ultimate experience.

Enjoy a bespoke exfoliation customised for you. Whether you need detoxifying, calming, or revitalising, our expert blends attend to your mind and body needs. Skin texture is visibly improved, and your circulation boosted, aiding lymphatic drainage. Your treatment concludes with a warm Vichy shower, designed to leave you feeling balanced and refreshed.

EXPERIENCE

Bathing in our 22 thermal springs

Alba's signature herbal tea served in the spa lounge

1 hour spa treatment including:

- Customised exfoliation
- Vichy shower

Ancient Immersion ————— allow 2½ hours

Revitalises and uplifts

After a tension easing body exfoliation utilising the benefits of magnesium and kunzea, you will be immersed in the warm cascading water of the Vichy. This is enhanced by the wave like massage strokes of your therapist. Using our signature Alba lotion, you will be moisturised from head to toe.

EXPERIENCE

Bathing in our 22 thermal springs

Alba's signature herbal tea served in the spa lounge

1 hour spa treatment including:

- Full body exfoliation
- Vichy shower
- Body hydration

Fire & Frost Cryō Facial ————— allow 3 hours

Brightens, lifts and regenerates

This dynamic, 100% natural skin resurfacing treatment uses potent ingredients from nature and extreme polar temperatures to achieve immediate and lasting results.

Vigorous exfoliation and pure vitamin C naturally heat the skin to induce immediate collagen synthesis. Using Vanessa Megan's award-winning Cryō Ice Cube serum, skin is rapidly cooled, flooding the cells with nutrient rich ingredients known to repair, regenerate and hydrate the skin.

EXPERIENCE

Bathing in our 22 thermal springs
Alba's signature herbal tea served in the spa lounge
1 ½ hour Fire and Frost Cryō facial

Essential Facial ————— allow 2½ hours

Cleanses, balances and nourishes

The Essential Facial using Naturaceuticals™ is a luxurious spa experience designed to support and nourish the skin.

Harnessing the signature aromas and textures of a true Vanessa Megan treatment, your skin is expertly cleansed, massaged and rejuvenated with luxe serums and balms to calm, plump, and soothe. Compliment your facial with your choice of a hand, foot or head massage using the award-winning Peruvian Flower hand and body cream.

EXPERIENCE

Bathing in our 22 thermal springs
Alba's signature herbal tea served in the spa lounge
1 hour Essential facial

FACIALS BY VANESSA MEGAN

Alba Alchemy Facial _____ allow 2½ / 3 hours

Replenishes and hydrates

Our Alba Alchemy facial offers a bespoke, targeted therapy to leave your skin feeling cleansed, nourished, and hydrated.

Focusing on levels of cleansing and gentle polishing, this facial purifies the skin for optimal radiance. Softness and balance are returned with a tailored mask that is freshly activated for optimum skin renewal to soothe, hydrate or clarify.

Enriching botanical tonics, powerful plant elixirs, and hydrating balms are all softly massaged for deep skin nourishment and protection.

EXPERIENCE

Bathing in our 22 thermal springs

Alba's signature herbal tea served in the spa lounge

1 hour or 1½ hour Alba Alchemy facial



FACIALS BY AIKA WELLNESS

MASSAGES



Alba Artisan ————— allow 2½ / 3 hours

Feel rested, centred and satisfied.

Using rhythmic sweeping massage strokes with the aid of heated volcanic stones coated with botanical oils, your dedicated therapist will realign your energy and wellbeing. The rocking movements and assisted stretching that are key to the Artisan massage will alleviate tension and coax away knots for a truly holistic therapy.

EXPERIENCE

Bathing in our 22 thermal springs
Alba's signature herbal tea served in the spa lounge
1 hour or 1½ hour Alba Artisan massage

The Lullaby ————— allow 2½ / 3 hours

A nurturing, rhythmic massage. Suitable after the first trimester of pregnancy, however enjoyed by all.

This nurturing and supportive body massage uses a gentle combination of rhythmic spiraling movements and a soothing touch. It promotes a journey of reconnection, realigning energy flow, and enhancing balance and wellness. This treatment invites a surrendering of all stress and tension.

EXPERIENCE

Bathing in our 22 thermal springs
Alba's signature herbal tea served in the spa lounge
1 hour or 1½ hour Lullaby massage

Elemental Balance ————— allow 2½ / 3 hours

Promote a state of deep relaxation and a sense of well-being with our Elemental Balance treatment.

Using custom-blended herbs and botanicals, this treatment uses the principles of Abhyanga massage to ease away stress and restore a sense of balance. The long, flowing strokes are complimented with warm organic Ayurvedic oils for the ultimate in relaxation.

A blissful scalp massage is included in your 1½ hour treatment, allowing you to emerge free of tension.

EXPERIENCE

Bathing in our 22 thermal springs
Alba's signature herbal tea served in the spa lounge
1 hour or 1½ hour Elemental Balance massage

Herbal Healer ————— allow 3 hours

The Herbal Healer is inspired by the ancient Ayurvedic Pinda Sweda herbal compress massage.

Combining a synergy of muscle warming oils and heated herbal compresses, this therapeutic massage alleviates aches, pains, and fatigue. Guided breathing and gentle supported stretches will dispel any remaining tension to calm the nervous system, promoting a sense of peace and tranquillity.

Your treatment is enhanced by a soothing scalp massage, allowing you to emerge restored and re-energised.

EXPERIENCE

Bathing in our 22 thermal springs
Alba's signature herbal tea served in the spa lounge
1½ hour Herbal Healer massage



HAMMAM



Hamam Float ————— allow 2½ hours

Detoxifies and relaxes

Relax in a darkened room full of warm, aromatic steam before surrendering to a traditional cleansing ritual. Your skin will be brightened with a vigorous exfoliation using a Kessa glove.

Hair is washed and deeply nourished with a masque that restores silky softness. A luxurious and hydrating soap massage kneads away aches and soothes away tension before a warm rinse concludes your treatment. Emerge revitalised and invigorated.

EXPERIENCE

Bathing in our 22 thermal springs

Alba's signature herbal tea served in the spa lounge

1 hour steam room experience with Kessa Glove scrub and bay leaf soap massage

Self-care Suite ————— allow 2½ hours

Hydrates, replenishes and refines

Customise your own Alba experience with a choice of body scrubs, silken body muds, professional hair cleansers, masks, and facial products.

From the comfort of your own private spa suite, which features aromatic steam, create your own ritual with luxurious cleansers, balms, and lotions. Enjoyed alone or with friends, this fun experience is the ultimate in top-to-toe self pampering.

EXPERIENCE

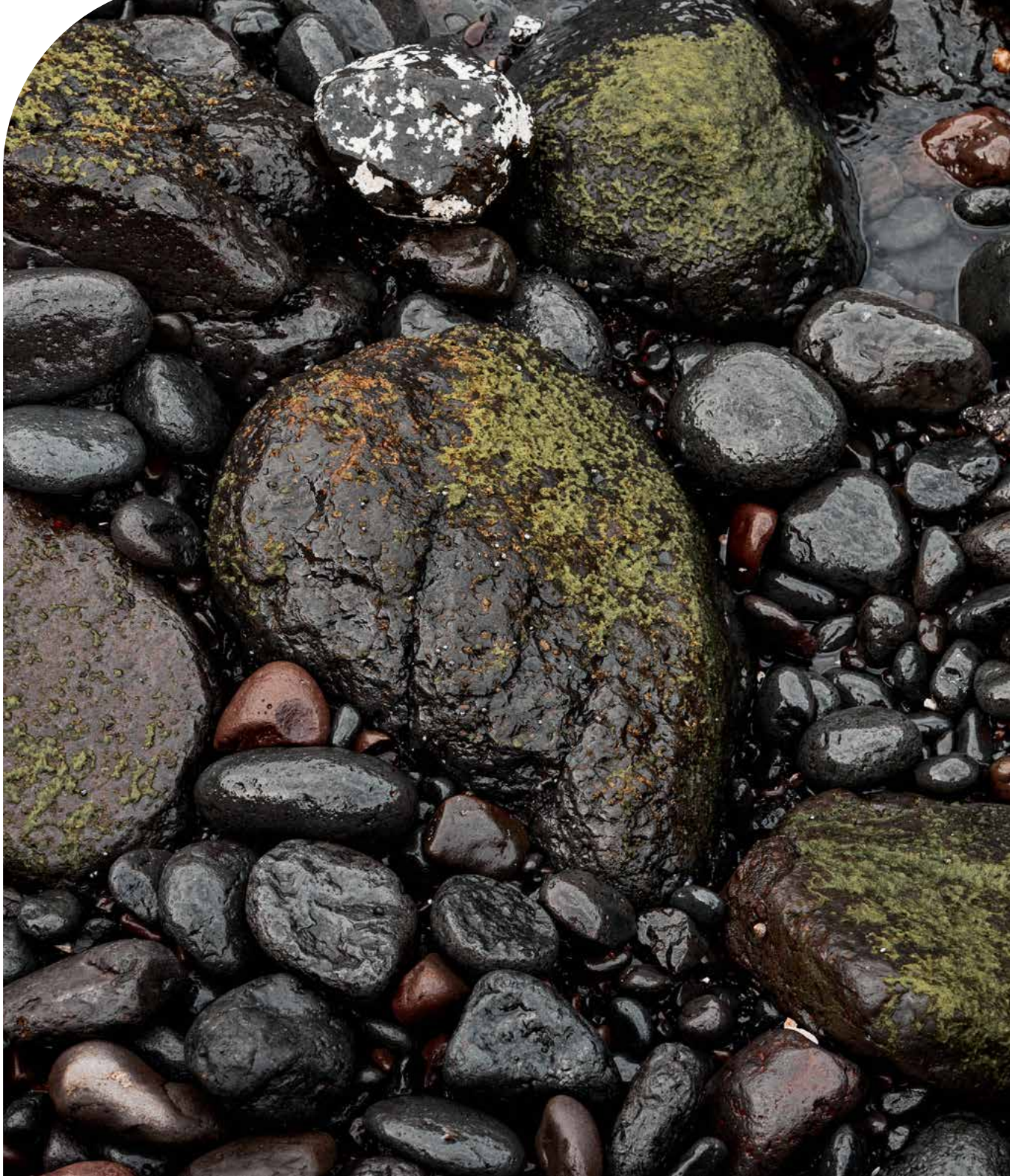
Bathing in our 22 thermal springs

Alba's signature herbal tea served in the spa lounge

1 hour private steam suite for singles, couples or social groups

Platter of face, body and hair products

BATH TIME



Aura Aroma Bath ————— allow 2 hours

Luxuriate in the aromatic Alba waters, as a powerful blend of trace elements and minerals dissolve anxiety. Fatigue is banished, and busy minds are quietened. Emerge full of renewed energy.

EXPERIENCE

Bathing in our 22 thermal springs
Alba's signature herbal tea served in the spa lounge
½ hour private mineral-rich bath

Floral Milk Bath ————— allow 2 hours

Alba's Floral Milk Bath by Aika Wellness is a luxurious soothing soak using the hydrating properties of coconut milk for the silkiest of skin.

Infused with floral plant essences, this moisturising bath will leave you with a sense of inner peace and calm.

EXPERIENCE

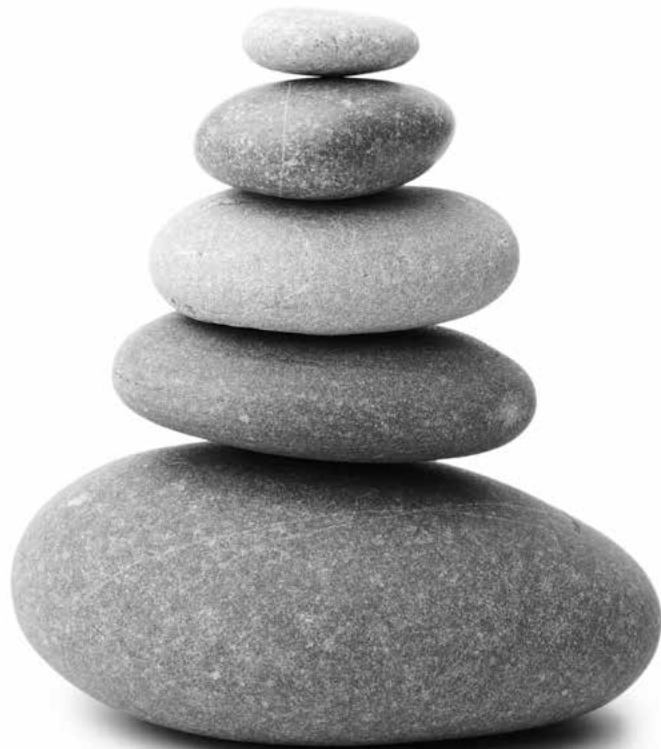
Bathing in our 22 thermal springs
Alba's signature herbal tea served in the spa lounge
½ hour private hydrating bath

Sparkling Bath ————— allow 2 hours

Luxuriate in an aromatic Alba bath for two. Enjoy a glass of sparkling wine and emerge relaxed and glowing.

EXPERIENCE

Bathing in our 22 thermal springs
Alba's signature herbal tea served in the spa lounge
½ hour private mineral-rich bath for two
2 glasses of Peninsula sparkling wine



HANDS & FEET

Deluxe Pedicure _____ allow 2½ hours

Our signature Deluxe pedicure is designed to soothe and revive aching feet and legs.

After soaking in a warm salt foot bath full of essential minerals, an invigorating foot exfoliation follows. Dry heels and soles are given dedicated attention, ensuring skin renewal occurs. Your cuticles and nails will be expertly groomed, leaving you feeling tidy and pampered.

Your treatment includes a relaxing lower leg and foot massage to alleviate any remaining tension and heaviness.

Choose from an array of light and natural looking polishes to complete your look.

EXPERIENCE

Bathing in our 22 thermal springs

Alba's signature herbal tea served in the spa lounge

1 hour Deluxe pedicure

Deluxe Manicure _____ allow 2½ hours

Alba's Deluxe Manicure offers the perfect pampering for hands and nails.

Your treatment begins with a luxurious hand soak to prepare the nails and soften the skin. Your therapist will exfoliate your hands using our custom blended scrub before grooming the cuticles and nails.

This luxe experience includes a soothing massage of the forearms, wrists, hands and fingers which will alleviate any remaining tension.

Choose from an array of light and natural looking polishes to complete your look.

EXPERIENCE

Bathing in our 22 thermal springs
Alba's signature herbal tea served in the spa lounge
1 hour Deluxe manicure

Sol Soothe _____ allow 2 hours

Relax tired feet and a busy mind with this indulgent foot massage and meditation.

Your treatment includes a relaxing lower leg and foot massage to alleviate tension and heaviness while you relax into a guided meditation.

EXPERIENCE

Bathing in our 22 thermal springs
Alba's signature herbal tea served in the spa lounge
½ hour foot massage
Guided meditation in The Sol lounge

THE CONCIERGE

With extensive expertise in our springs and spa therapies, our Concierge is available to recommend a unique and memorable experience just for you.

We can help you create the perfect Mornington Peninsula itinerary with a combination of Alba treatments and local experiences.

Whether it's a scenic helicopter arrival, fine dining at the exclusive Laura at Point Leo Estate, or the unparalleled luxury of a stay at Jackalope, your experiences will be enhanced with a pairing of sumptuous Alba indulgences.

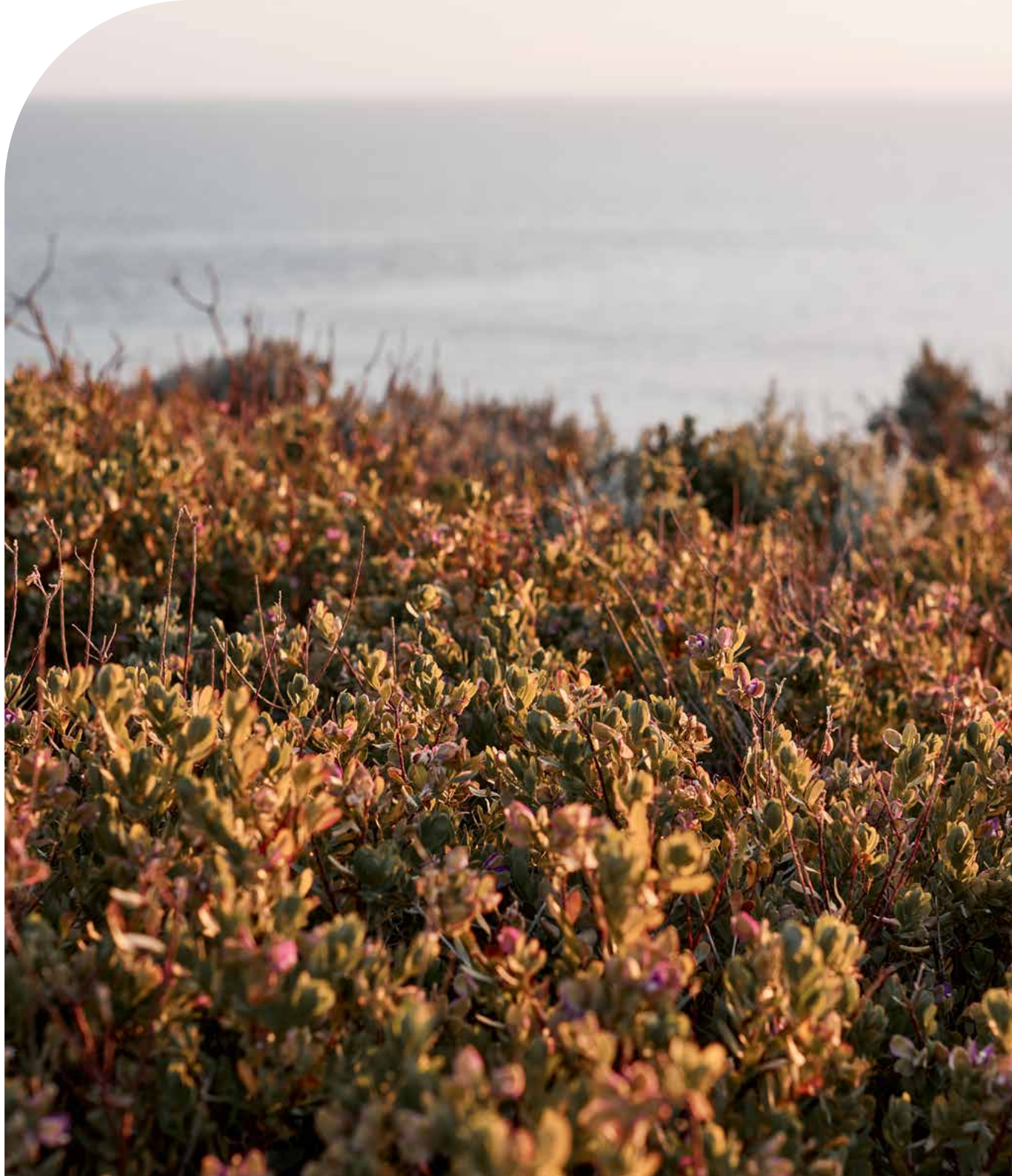
Tell us what you love. Then leave the rest to us.



THE COAST

Full day experiences

Time feels like the ultimate indulgence. Immerse yourself in our thermal springs and be pampered from top-to-toe. Relax – you have all day.



The Pier _____ allow 6¾ hours

Press pause on the bustle of modern life. Escape, rest and rejuvenate with The Pier.

EXPERIENCE

Bathing in our 22 thermal springs

Two course lunch with a glass of Peninsula wine or pressed juice in the spa lounge

3¾ hours of spa treatments including:

- 1 hour Ancient Immersion
- 1½ hour Alba Artisan massage
- 1 hour Essential facial
- Guided meditation

The Pillars _____ allow 6¾ hours

Retreat into stillness with The Pillars experience, where an intimate, quiet indulgence awaits.

EXPERIENCE

Bathing in our 22 thermal springs

Two course lunch with a glass of Peninsula wine or pressed juice in the spa lounge

3¾ hours of spa treatments including:

- 1 hour Alba Artisan massage
- 1½ hour Fire and Frost facial
- 1 hour Deluxe pedicure
- Guided meditation

The Pines _____ allow 6¾ hours

Awaken your inner and outer glow with the restorative Pines experience. Leave your stresses behind and emerge revitalised.

EXPERIENCE

Bathing in our 22 thermal springs

Two course lunch with a glass of Peninsula wine or pressed juice in the spa lounge

3¾ hours of spa treatments including:

- 1 hour soothing body polish and nourishing body clay
- 1 hour Herbal Healer massage
- 1 hour Alba Alchemy facial
- Guided meditation

THE ESCAPE

Small group experiences

Alba's small group packages are the perfect way to celebrate friendship and family ties, for special occasions, or no special reason at all.



The Connection ————— allow 3½ hours

Bathe in Alba's warm mineral pools before retreating to the steam room. Delight in a top-to-toe DIY spa experience with a tantalising array of body scrubs, silken body muds, professional hair cleansers, masks and facial products. Retreat to The Sol lounge to enjoy a glass of champagne and a guided meditation to complete your visit.

Suitable for 4 – 8 guests

EXPERIENCE

- Bathing in our 22 thermal springs
- Alba's signature herbal tea served in the spa lounge
- 1 hour DIY steam and spa suite experience with friends
- Champagne and petit fours in The Sol lounge
- ½ hour guided meditation in The Sol lounge

The Collective ————— allow 3½ hours

A lavish four-course wellness journey. Enjoy the restorative power of our thermal waters before indulging in a one-hour massage. Emerge revitalised to enjoy champagne and petit fours served in The Sol lounge, ending the day restored with a guided meditation.

Suitable for 4 – 8 guests

EXPERIENCE

- Bathing in our 22 thermal springs
- Alba's signature herbal tea served in the spa lounge
- 1 hour Alba Artisan massage
- Champagne and petit fours in The Sol lounge
- ½ hour guided meditation in The Sol lounge

The Celebration ————— allow 3½ hours

Step through to Alba's warm mineral pools and escape the modern world. After bathing, retreat to the luxurious surrounds of the spa. Immerse yourself in a guided group facial, led by our skincare expert where a platter of skincare products is sure to delight. Enjoy the buzz of conversation and a glass of champagne. Emerge feeling radiant and restored.

Suitable for 4 – 8 guests

EXPERIENCE

- Bathing in our 22 thermal springs
- Alba's signature herbal tea served in the spa lounge
- 1 hour DIY facial workshop with a platter of skincare
- Champagne and petit fours in The Sol lounge
- ½ hour guided meditation in The Sol lounge

The Peninsula ————— allow 4 hours

Indulge in a truly unique celebration commencing with private bathing, music, and drinks around The Forest pools. Step into the airy surrounds of Thyme in your own private dining area and enjoy a lavish celebratory culinary experience. The guest of honour is gifted with exclusive Alba products to delight in at home.

Suitable for up to 20 guests

EXPERIENCE

- 1 hour private bathing from 5.00pm in The Forest pools
- Champagne and canapes
- Live music by The Forest pools
- Dinner at Thyme
- Gift pack of Alba products for the special guest

DINE THYME

Springs and dine

An experience to nourish the body and feed the soul. Plunge into our pools before diving into Thyme's menu of healthy Mediterranean-style dishes with a focus on local produce.



Springs Thyme ————— allow 3 hours

Leave your cares at the door as you step into our contemporary geothermal pools. Once fully rested, enjoy brunch, lunch or dinner with a glass of Peninsula wine or local craft beer at our restaurant Thyme.

EXPERIENCE

Bathing in our 22 thermal springs

Two course brunch, lunch or dinner at Thyme

A glass of Peninsula wine or local craft beer

Tea Thyme ————— allow 3 hours

Indulge in a quintessential afternoon tea in the airy surrounds of Thyme. Enjoy geothermal bathing followed by a wellness high tea. Guests leave nourished and replenished with an Alba herbal tea gift.

Available the last Sunday of the month.

EXPERIENCE

Bathing in our 22 thermal springs

Wellness high tea

Cocktail or champagne

Alba herbal tea to take home

THE SKY

Truly indulgent experiences

For the most decadent of celebrations, where you can delight in the very best Alba has to offer.



The Stars ————— allow 4½ hours

A decadent escape for two

Enjoy the exclusivity of The Terrace, bathing in your private pool, relaxing with our signature massage on your own deck and dining by candlelight, while the sun sets across the Peninsula.

Take home two beautiful Alba bathrobes by Bemboka and a gift pack of Alba products.

EXPERIENCE

Bathing in our 22 thermal springs

1 hour bathing on The Terrace

1 hour tailored massage

Dinner delivered from Thyme

Mornington Peninsula wine and craft beers

2 x Alba by Bemboka bath robes

Gift pack of Alba products

Note: Available November to April



THE SPRINGS

Thermal Springs ————— allow 2 hours

Find moments of reflection and discover the restorative power of water

Enjoy the warm waters and naturally occurring minerals in our geothermal springs, rain pools and botanical pools, forest pools and cold plunge pools. You will discover secluded pools and social pools, plus Eve – our sunset pool; all surrounded by the windswept beauty of the coastal Moonah woodland.

EXPERIENCE

Bathing in our 22 thermal springs
Sauna and steam room
Complimentary locker, robe and towel

Night Owl ————— allow 2 hours

Enjoy the sunset and the tranquillity of the pools at dusk

Night owl? Enjoy the warm waters and naturally occurring minerals in our geothermal springs, rain pools and botanical pools, forest pools and cold plunge pools as the sun sets over the Mornington Peninsula. Arrive after 6.00pm and you will discover secluded pools; all surrounded by the windswept beauty of the coastal Moonah woodland.

EXPERIENCE

Bathing in our 22 thermal springs from 6pm
Sauna and steam room
Complimentary locker, robe and towel

Early Riser ————— allow 2 hours

Enjoy the sunrise and the tranquillity of the pools at dawn

Enjoy the warm waters and naturally occurring minerals in our geothermal springs, rain pools and botanical pools, forest pools and cold plunge pools as the sun rises over the Mornington Peninsula. Arrive before 9.00am and you will discover secluded pools; all surrounded by the windswept beauty of the coastal Moonah woodland.

EXPERIENCE

Bathing in our 22 thermal springs arriving before 9am
Sauna and steam room
Complimentary locker, robe and towel

PRIVATE
BATHING



The Terrace ————— allow 2 hours

Nestled in nature, your own private springs

Take time out to relax with a small group, bathe in a private pool and relax on the deck.
Book one or all three pools.

Suitable for couples or small groups up to 6 guests.

EXPERIENCE

Bathing in our 22 thermal springs

45 minutes in a private pool

The opportunity to order light meals and drinks by the pool (for an additional fee)

The Salts ————— allow 2 hours

Float, weightless, in a private rooftop salt pool

Welcome quiet introspection and pure tranquility in a rooftop salt pool.

Suitable for one or two guests.

EXPERIENCE

Bathing in our 22 thermal springs

45 minutes of private rooftop bathing

Note: We have three The Salts pools – two have skylights allowing you to relax and gaze up into the sky. One is dark and offers a complete escape.

The Clouds ————— allow 2 hours

Total seclusion in a private rooftop geothermal pool

Peace and seclusion are offered in our private rooftop geothermal pools.

Suitable for one or two guests.

EXPERIENCE

Bathing in our 22 thermal springs

45 minutes of private rooftop bathing

Note: We have three The Clouds pools – two have skylights allowing you to relax and gaze up into the sky. One is dark and offers a complete escape.

