



WEEKDAY WELLBEING

We invite you to join our wellness activities each weekday. These activities are complimentary with bathing and are available on a 'first in' basis.

| | 11.00 am | 2.00 pm |
|-----------|--|---------------------------------|
| MONDAY | Gentle Stretching The Falls | |
| TUESDAY | Liquid Body - Move Like Water The Falls | Skin Consultation Spa Lounge |
| WEDNESDAY | Breath Work & Meditation The Falls | Gua Sha Workshop Spa Lounge |
| THURSDAY | Sauna Immersion The Hemisphere | Skin Consultation Spa Lounge |
| FRIDAY | Nervous System Reset The Falls | |

WEEKDAY WELLBEING

These experiences are complimentary and are available to guests on a 'first in' basis. Guests are encouraged to leave their name at reception on arrival as spaces are limited. These sessions are suitable for all guests, no experience is necessary. Please advise your instructor if you are pregnant or experiencing any heart conditions.

Breath Work & Meditation

Relearn the sacred art of breathing and some simple yet powerful techniques you can use in your everyday life to instantly relieve stress and anxiety. After this transformative breath work, you will be guided through a soothing meditation designed to create a true sense of connection between body, mind and soul.

Liquid Body Move Like Water

Our bodies are made up of nearly 70% water—and in this gentle, guided experience, we honour that natural element through slow, flowing movement in warm water. As you float, sway, and soften into the support of the springs, you'll be invited to release tension, ease aches and pains, and discover a more fluid way of being. Inspired by the principles of aquatic movement and somatic awareness, Liquid Body helps you move with the water rather than against it—inviting grace, softness, and a deep inner calm. No previous experience is needed; just bring your breath, your body, and a willingness to let go.

Gentle Stretching

Nourish your body and spirit as you are guided through some gentle flowing movements. Loosen up your body and deepen your awareness and connection to self. This will leave you feeling relaxed and grounded.

Sauna Immersion

Step into a space of deep release and renewal with our Sauna Immersion, held in our sauna and steam room designed to support physical, emotional, and energetic cleansing. Inspired by ancient traditions, this powerful experience uses heat to help flush out toxins, ease muscle tension, and support the body's natural detoxification process. As your body softens and sweats, you're invited to let go of stress, stagnant energy, and anything no longer serving you. You'll emerge feeling lighter, clearer, and deeply connected to yourself.

Nervous System Reset

Gently return to a state of calm and balance with our Nervous System Reset, held in the soothing, warm waters of The Falls. This restorative experience combines simple yet powerful techniques—including gentle stretching, tapping, breathwork, and meditation—to help regulate your nervous system and bring you back into harmony. Supported by the natural warmth of the thermal springs, you'll release stored tension, quiet the mind, and reconnect with a deep sense of ease and safety within the body.

Gua Sha Workshop

Learn ancient gua sha techniques to sculpt facial muscles, stimulate circulation and collagen production, and decrease puffiness and fine lines.

Skin Consultation

Learn more about your skin type and or skin concerns, your daily facial skincare routine and more about the beautiful skincare ranges that we stock.