



# 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	Hot & Cold Immersion The Hemisphere	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.

## Hot + Cold Immersion

Awaken your senses and rejuvenate your entire being with a revitalizing Hot + Cold Immersion, utilising our sauna, steam room, and cold plunge. This guided experience harnesses the healing power of hot and cold to boost circulation, ease muscle tension, reduce inflammation, and support overall wellbeing. As you move mindfully between warmth and cool, you'll invite deep relaxation, enhance mental clarity, and leave feeling refreshed, rebalanced, and renewed from the inside out.

## 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.