

# WELLNESS EVENTS

A selection of spaces are available for wellness providers to create their own wellness activities and retreats, coupled with our springs and dining packages.

## The Sol

The Sol is a private space located within the spa, perfect for wellness activities such as yoga, meditation and gentle stretching, or retreats and workshops.

Wellness activities – up to 8 guests  
Workshops and retreat – up to 24 guests

	Half day	Full day
The Sol	\$750	\$1,000

## The Spa Lounge

The Spa lounge is a tranquil haven available for private use outside of the spa's normal operating hours. Suitable for a range of wellness activities or private events.

Wellness activities – up to 30 guests  
Workshops and retreat – up to 50 guests  
7.30am - 9.30am or 7.00pm - 9.00pm

	2 hours
The Spa Lounge	\$750

## The Luna

The Luna pool and garden is available for private use for up to two hours in the mornings. Perfect for bathing and outdoor wellness activities as the sun rises over the Peninsula.

Up to 20 guests.  
7.30am – 9.30am (or on application)

	2 hours
The Luna	\$750



## Springs and Dining

Select one or more of the following packages to include with your wellness activity, workshop or retreat, with available add on experiences to elevate your event.

Experiences	Midweek per guest	Weekend per guest
Bathe + Dine	\$165	\$200
<ul style="list-style-type: none"><li>Two course lunch or dinner</li><li>Glass of Peninsula wine, local craft beer or juice/soft drink</li><li>Choice of entree and main or main and dessert</li><li>Personalised group menu</li><li>All day access to 25 contemporary pools, sauna and steam room</li></ul>		
Bathe + Brunch	\$100	\$125
<ul style="list-style-type: none"><li>One course brunch with a hot beverage or mimosa</li><li>All day access to 25 contemporary pools, sauna and steam room</li></ul>		
Springs Only	\$90	\$126
<ul style="list-style-type: none"><li>All day access to 25 contemporary pools, sauna and steam room</li></ul>		

\*All packages include use of locker, towel and bathrobe. All packages can be curated to suit your event.



Add ons	Per guest*
Cheese platter and glass of wine	\$50
Smoothie	\$15
Smoothie and fruit platter	\$50
Morning/afternoon tea	\$25
Mocktail	\$16
Retreat or workshop package (includes all day tea and coffee, morning and/or afternoon tea, one course lunch with sides)	
• Half day	\$115
• Full day	\$145

Add ons	Per guest*
Roaming massage (one therapist)	\$300 per hour
60 minute massage or facial	\$250
Body treatments, hammam etc	From \$310
30 minutes wellness activity	POA
• Breathwork and meditation	
• Gentle stretching	
• Nervous system reset	
• Qi Gong	
• Wayapa Wuurk Indigenous earth-centred practice	
Guest Speakers	POA
Gifting – Alba signature candles, tote bags, bath salts	From \$20

\*All packages include use of locker, towel and bathrobe. All packages can be curated to suit your event.