

Indulge in Flinders



Right in the heart of Flinders come and indulge with the experienced staff at Balancing With Beauty Day Spa. They specialize in making you totally relaxed with treatments such as the Koko full body massage and the Mirkiri facial with Li'tya spa dreaming range, indulge with an hour treatment or a four hour package, what ever the case you will be pampered.

The owner of the Spa Janelle Purcell has been in the industry for twenty years and believes the beauty world has definitely changed, and more people are learning to take time out for themselves.

Get ready for Summer and come and see them for treatments including hot stone massage, relaxation, Swedish, Koko, salt polishes and muds, a range of facials to suit skin types, pedicures, manicures, Sun FX spray tan, ear candling, and much more with Li'ytta, AHAVA, and Jane skin care make-up.

'Springboard' at the Springs.

Peninsula Hot Springs has announced another unique Peninsula experience, for both locals and visitors alike to enjoy.

'Springboard' is a bathe and breakfast package released in time for Spring.

"This is all about launching into your Mornington Peninsula adventure feeling good right from the start", said chef Ros O'Keefe

"Bathing from 9am to 10am, then enjoying a healthy start breakfast with fresh juice or coffee in our Bathe Café sets you up for the day - to enjoy all the other fantastic experiences the Peninsula has to offer."

"It's a great way to cap off an early morning with friends after a bike ride, horse ride or perhaps after a surf on one of our magnificent backbeaches. It's also a great prelude to venturing out along one of the Peninsula's beautiful walking tracks."

Miss O'Keefe said the Mornington Peninsula was also "renowned for its wonderful wineries, restaurants" and as "the perfect destination for celebrations of all kinds".

"So, we all know there are some mornings when the going can be tough for visitors and locals alike 'springboard' is the ultimate recovery experience to get you and your friends back on track after an (over!)indulgent Peninsula stay.

"You can heal in the naturally hot soothing mineral spring water and, if you make a booking for a group of four or more, you will also each receive a shot of Guarana & beetroot on the side".

The introduction of the 'springboard' experience has evolved from the popularity of the Peninsula Hot Springs' Friday and Saturday night Dine and Bathe packages - an experience like no other in Victoria where bathers can lay back in natural thermal mineral water under bejewelled southern skies, then enjoy a beautiful meal & glass of local



wine in the cafe. Bathe & dine opening hours are now extended till 10pm & the private outdoor mineral pools are opened up for everyone to enjoy.

The 'springboard' breakfast and bathing package is priced at \$35. Dine and bathe packages Friday and Saturday nights are \$45 (6pm-10pm).

"We're often seeing the springs fully booked both nights, so it's best to book well ahead."

Evening bathing (without dinner) is available on every night of the week. Fri-Sun 6pm-10pm for \$30 and Mon-Thur 6pm and 9pm at just \$15.

The therapeutic benefits of bathing in this type of thermal mineral spring are said to include the alleviation of neuralgia, bruising, breaks, articular rheumatism, stiffness of the shoulders, recovery from fatigue and muscular complaints.

The 'Spa Dreaming Centre' at Peninsula Hot Springs offers visitors a blissfully relaxing private spa escape with treatments for the whole body. In this tranquil setting you can enjoy a private lavender milk bath, a steam infusion, massages, facials, mud, stone and other spa treatments.

Peninsula Hot Springs is at Springs Lane (off Browns Rd), Rye. Open 7 days 9 - 9. Ph. 5950 8777 or www.peninsulahotsprings.com

SPA DREAMING



Balancing with Beauty DAY SPA

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