Did you know the word ‘Spa’ is actually an acronym for the Latin phrase, “salus per aquae” literally meaning “health through water”? Soaking in naturally occurring Hot Mineral Springs can assist every person with every day stress.

Thermal Hot Mineral Spring bathing encourages healing in a range of beneficial manners:
As you bath in Hot Mineral baths, your body temperature raises slowly, this assists in **killing many harmful germs and viruses.**

Hot Mineral Spring bathing **increases blood circulation,** this is done by increasing your hydrostatic pressure naturally, this method also helps provide cell’s **with much needed oxygen.** As the flow of blood increases, your body begins **to dissolve and eliminate toxins naturally.**
Repeated hot springs bathing (especially three-to four visits per week) can assist to normalize the **functions of the endocrine glands** as well as the assisting to normalize the functioning of the body’s autonomic **nervous system**. Trace minerals such as sulphur, calcium, magnesium, lithium and many more minerals are absorbed through the skin, and provide healing effects to various **body organs** and system. We are seeing more and more prescriptions being absorbed via patches (through the skin). The effect of these minerals can stimulate the immune system, leading to **greater immunity**; the production of **endorphins**; and **normalized gland function**, bathing in the Hot Mineral Springs can also aid in **physical and mental relaxation**.
Lower Blood Pressure

Studies from around the world have found that soaking in a hot bath gives many of the health benefits of exercise with less strain on the heart! Relaxing in a hot springs bath increases the heart rate whilst lowering blood pressure, many other forms of exercise do the opposite, and they raise the heart and raise blood pressure. Bathing in Hot Springs water first speeds up the heart, however, after a few minutes, the warm blood causes the blood vessels to dilate, thus lessens resistance to blood flow and hence lowers the blood pressure.
Bathing in Hot Springs Water increases body metabolism.

**Chloride:** is essential for muscle movement, maintains fluid levels in blood vessels, aids in kidney function

**Sulphate:** helps to form protein in joints, it is found in every cell in the body.

**Magnesium:** helps to fight fatigue. Magnesium has been known to help treat and cure Cramps, Muscle Pain, Muscle Spasm. It helps regulate blood pressure.

**Alkaline:** supports healthy cellular regeneration, reduces inflammatory, aids in muscle functionality, it can mean a faster recovery time, provides more physical energy, assists digestion and can increase mental awareness.

**Boron:** builds **muscle mass.** Boron also increases **brain activity** and **strengthens bones.**
Health and Beauty and Well Being

**Sulphur** is an essential element for all life form. Often referred to as "nature's beauty mineral," To keep your skin elastic and looking young, it requires collagen. Collagen is manufactured naturally via sulphur.

**Selenium** is an important mineral for fertility (both men and women) It is also a powerful antioxidant. Selenium is vital to the health and function of the thyroid gland.

Silica is one of the most important minerals for strong, **beautiful, healthy skin**, hair, nails, and bones.

Lithium is a helpful mood stabilizer. It assists to ward off and regulate depression.
Sweating is a great way to rid your body of toxins. The heat of Naturally Hot Springs water purges toxins from your organs, which are then released through the skin via sweat. By following heat with a cold plunge, you flush the toxins off of the skin. Not only is this amazing for your internal organs but it helps to purifies your skin, whilst it promotes a healthy, clean and radiant complexion.

The mineral-rich water of a Hot Natural Spring increases your heart rate and hydrostatic pressure, thus allowing your cells to become oxygenated and your circulation is boosted. This also stimulates your metabolism, and aids digestion.

Part of the extreme relaxation you feel during Hot Springs bathing has to do with decreasing tension in sore muscles. Your body warms up to expand blood vessels; this in turn relaxes tired muscles. Hot Springs Bathing assists almost every one, it could be strained muscles from being hunched for hours at the computer or someone feeling the strain from physical work or exercise, Hot Springs Bathing relaxes, restores and helps rehabilitate aching
muscles. The hot-cold cycle can also tone the skin and improve elasticity, helping to ward off cellulite.

**Pain Relief**

Sufferers of chronic muscle pain, arthritis or even fibromyalgia, find that soaking in Natural Hot Spring water can effectively provide Pain Relief. Studies have found (as documented in the journal "Rheumatology International") shows evidence that Hot Mineral Bathing may aid in pain relief and fibromyalgia fatigue. In Addition, it is well known that when your body is submerged in Hot Springs water, the natural buoyancy encourages freer movement by naturally supporting your joints.
Sleeping and Stress

Please remember, relief does not always need to come in the form of a pill. Excessive stress levels can be managed naturally by immersing your body in a Hot Mineral Spring. The minerals in the water can contribute to the psychological healing process, while heat and minerals relax tense muscles. Improved sleep can be an added bonus; when you soak in Hot Springs water, your body temperature rises, and then cool’s down quickly after bathing. The cooling process can help you to relax and fall into a deeper sleep.
Skin Problems

Immersion into Mineral Rich Hot Spring waters can help to *naturally* relieve certain *skin conditions*. The high *silica* content found in Hot Mineral Springs can *sooth and soften dry, rough skin*. Similarly, the medicinal properties of the water's *sulphur* content can assist sufferers with *eczema* and *psoriasis* symptoms.
Heat, buoyancy, and massage are the three main ingredients in Hot Springs bathing therapy. In combination, they not only create an experience that is both relaxing and healing. They can also reduce your body’s work load by 10-20%. Those who enjoy Hot Springs Bathing on a regular basis say the physical health benefits go much deeper than just relaxation and pleasure. The water is so pure and simple, yet it can do the most amazing things. Whether you are experiencing joint or muscle pain, having trouble sleeping, or are just plain stressed out, spending time in a Hot Springs Spa can provide therapeutic benefits for just about everyone.
Opening Hours

Treatments

Spa Treatments & Private Baths Monday-Saturday: 8am-6pm
Sunday and Public Holidays: by appointment only

Open Hot Springs Pool

Open Geothermal Mineral Pool Open Mon-Fri 8am-7pm Sat 8am-6pm Sunday and Public Holidays 8am-4pm

Credit Cards: 1.5% Surcharge on all credit cards.

Note: Advanced booking of at least 2 hours is essential for the Private Geothermal Mineral Spa. Towels and robes are supplied. We do advise that you wear dark coloured swimming costumes, due to the high level of iron in the water.