



## ATHLETES

Bathing in thermal water increases body **metabolism**.

A tranquil hot springs soak is widely recognised as providing relief from the pain of **stressed muscles and tired joints**. **Boron** builds **muscle mass** while increasing **brain activity** and **strengthening bones**.

**Sulfur** is contained in literally **every cell** in your body as a component of three different **amino acids** (the building blocks that make up **protein**).

Trace amounts of minerals such as carbon dioxide, sulfur, calcium, magnesium, and lithium are absorbed by the body and provide healing effects to various **body organs** and system. These **healing effects** can include stimulation of the immune system, leading to enhanced immunity; **physical and mental relaxation**; the production of **endorphins**; and **normalised gland function**.

## Benefits of Geothermal Water & Minerals

**Chloride:** Beneficial for rheumatic conditions, arthritis and central nervous system conditions.

**Sodium:** Can alleviate arthritic symptoms and stimulate body's lymphatic system.

**Potassium:** Assists in reducing high blood pressure, eliminating body toxins and promotes healthy skin.

**Magnesium:** Converts blood sugar to energy and promotes healthy, glowing skin.

**Bicarbonate:** Assists in opening peripheral blood vessels and can improve blood circulation.

## GIFT CERTIFICATES

We are happy to arrange a Gift Certificate for any spa treatment, services or spa products for any occasion. You may create your own personalised gift or choose a treatment from our spa menu.

## RESERVATIONS

Advanced booking of at least 2 hours is essential for the Private Geothermal Mineral Spa. If you need to change or cancel your appointment, please let us know 24 hours prior to your treatment.

## PLEASE NOTE

Towels are supplied for the Geothermal Mineral Spa Private Baths. Towels may be hired for a \$5 non-refundable fee for use in the Open Geothermal Mineral Spa Pool. We do advise that you wear dark coloured swimming costumes, due to the high level of iron in the water.

## OPEN 7 DAYS

**Open Geothermal Mineral Spa Pool and Private Baths**

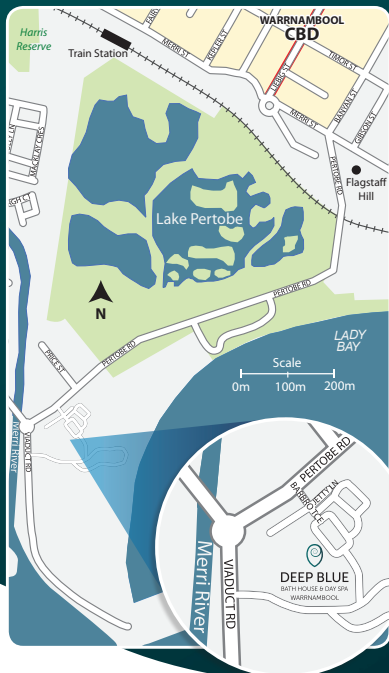
**Mon – Fri:**  
8 am – 8 pm

**Sat – Sun:**  
8 am – 6 pm

**Public Holidays:**  
8 am – 4 pm

Opening hours, prices and treatments contained within this booklet are subject to change with no notice at management discretion.

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**DEEP BLUE**  
BATH HOUSE & DAY SPA  
WARRNAMBOOL



**DEEP BLUE**

BATH HOUSE & DAY SPA  
WARRNAMBOOL

**GEOTHERMAL MINERAL SPA**



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## BATHING BENEFITS

When you consider that the word **Spa** is an acronym for the Latin phrase 'salus per aquae' or 'health through water' it's easy to see how **soaking in naturally occurring hot springs can benefit everyone in today's stressful world.**

Thermal spring water facilitates healing in a number of important ways.

Bathing in hot springs gradually increases the temperature of the body, thus **killing harmful germs and viruses.**

Thermal bathing increases hydrostatic pressure on the body, thus **increasing blood circulation and cell oxygenation.** The increase in blood flow also **helps dissolve and eliminate toxins** from the body.

Repeated hot springs bathing (especially over a three to four week period) can help normalise the **functions of the endocrine glands** as well as the functioning of the body's autonomic **nervous system.**

### OPEN GEOTHERMAL MINERAL SPA 35-40°C

Up to 60 min **\$15pp Monday to Friday**  
**\$20pp Weekends & Public Holidays**

*Private sporting and group bookings available.*

### PRIVATE GEOTHERMAL MINERAL SPA 35-42°C

Up to 30min **\$30pp\***  
60 min **\$40pp\***

*\* Half price for each additional guest (max. 6).*

## Where does the Geothermal Mineral Spa water come from?

Deep underground, is an ancient water source known as the Dilwyn Aquifer. This unique water supply collects health restoring minerals, salts and heat as it gradually makes its way from the sand dunes to arrive under our bathhouse at 45°C, rich in natural therapeutic benefits.

The cycle of rain water being drawn to this vast aquifer provides a continually replenishing source and has particularly high levels of iron and bicarbonate which contribute to its unique colour and taste.

## HEALTH & BEAUTY

One naturally occurring mineral found near hot springs is **sulfur** caused by sulfur dioxide gas escaping into the air.

**Sulfur** is an **essential element for all life.** Known as 'nature's beauty mineral', your body needs sulfur to manufacture **collagen** to keep your skin elastic and looking **young.**

**Selenium** is a powerful **antioxidant** and is crucial 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 depression regulator and mood stabiliser.

Sweating is a fantastic way to rid your **body** of **toxins.** The heat of **thermal water** effectively 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 the skin** and close pores. Not only is this great for your **internal organs** but it **purifies your skin** and promotes a **healthy, clean and radiant complexion.**

The mineral-rich hot water **increases your heart rate** and hydrostatic pressure and as a result your **cells become oxygenated** and your **circulation is boosted.** It also stimulates your **metabolism**, aiding **digestion**

Part of the **extreme relaxation** you feel as a result of hot springs bathing is a result of **decreasing tension** in sore muscles. Warming your body **expands blood vessels**, which **relaxes those tired muscles.**

Whether your shoulders are hunched from hours at the computer or you experience strain from physical exercise, thermal 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.**

## SOLVES SKIN PROBLEMS

The high silica content found in hot springs can **smooth and soften dry, rough skin.** Similarly, the medicinal properties of the water's **sulfur** content can help to naturally **relieve uncomfortable skin conditions** such as **eczema** and **psoriasis** symptoms.



## REDUCES STRESS & PROMOTES SLEEP

Stress relief doesn't have to come in the form of a pill. The minerals in hot-spring water can contribute to the psychological healing process, while heat relaxes tense muscles. **Improved sleep** can be an added benefit; when you soak in warm water, your body temperature rises, then quickly cools down when your bath is complete. This body cooling process can help you relax and fall into a **deeper sleep.**

## RELIEVE PAIN NATURALLY

If you suffer from **chronic muscle pain, arthritis** or even **fibromyalgia**, an Israeli study found in the journal *Rheumatology International* shows evidence that hot mineral baths may aid in **pain relief and fibromyalgia fatigue.** Additionally, when your body is submerged in hot spring water, the buoyancy encourages freer movement by naturally supporting your **joints.**

## LOWER BLOOD PRESSURE

A recent study at the **Mayo Clinic** found that soaking in a hot bath gives many of the health benefits of exercise with **less strain on the heart!** Soaking in a hot bath **increases the heart rate** while it **lowers blood pressure** rather than raising it as does other forms of exercise. Immersion in hot water first speeds up the heart to send blood to the surface and disperse extra body heat into the air. But after a few minutes, the warm blood causes the **blood vessels to dilate, which lessens resistance to blood flow and lowers the blood pressure.**