



# DEEP BLUE

BATH HOUSE & DAY SPA

WARRNAMBOOL



*Treatment  
Menu*

[www.thedeepblue.com.au](http://www.thedeepblue.com.au)

# The Geothermal Experience

**Deep underground, beneath our Bathhouse is ancient water sources known as the Dilwyn Aquifer.**

Travelling deep underground, the unique water supply collects health restoring minerals, salts and heat as it gradually makes its way from the sand dunes to arrive under the bathhouse at 42°C, rich in natural therapeutic benefits. The cycle of rain water being drawn to the vast aquifer provides a continually replenishing source and has particularly high levels of iron and bicarbonate which contributes to its unique colour.

Thermal spring water facilitates therapeutic and healing in many 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.

**The open geothermal pool temperature ranges between 35 to 40 degrees. Pre- booking is not required for the open pool.**

**We offer 3 additional rooms for private bathing with temperatures ranging between 35 to 42 degrees. Pre-booking is essential for the private bathing rooms. Please contact the Bath House & Day Spa on 03 5559 2020.**

**Open 7 days.**





# Signature Treatments



## > TOGETHER TIME

Spend quality time together of pure relaxation with that special person.

Your journey begins with an hour bathe in our natural geothermal mineral water in one of our private rooms. Before starting your massage you will be guided on a true sensory journey using Deep Water Spa's signature essential oil blends followed by a head to toe relaxation massage in our deluxe couple's suite. Finished your journey with a refreshing drink and our delicious seasonal fruit and cheese platter in our relaxation lounge.

Allow 3 hours

Monday – Saturday \$280 per couple

Sunday & Public Holidays \$320

## > DE-STRESS RITUAL

Start with a gentle dry body brushing to polish away superficial impurities, remove toxicity and rough skin. Before starting your massage you will be guided on a true sensory journey using Deep Water Spa's signature essential oil blends followed by a relaxing full body massage tailored to your body's needs. Complete your treatment with a detoxifying and nourished facial.

Allow 2 hours

Monday – Saturday \$200

Sunday & Public Holidays \$260

## > BOTANICAL RESCUE

Start your massage on a true sensory journey using Deep Water Spa's signature essential oil blends with a complete relaxing full body massage including hands and feet which is customised to your body's individual needs. Followed by a soothing and rejuvenating facial to improve your skin on multiple levels from detoxifying, firming and anti-aging using pure essential oils for a true face and body renewal treatment in one.

Allow 1 hour and 30 minutes

Monday – Saturday \$150

Sunday & Public Holidays \$180

## > DETOX SAUNA AND BODY COCOON

### Detoxify from the inside and out

Retreat in our wellness infrared sauna with a detox session, raising the core temperature to reach toxins at a cellular level, soothing any aches and pains. Drift away as an invigorating silky body scrub of jojoba beads, rosemary and sage polish away any dry and rough skin. Warm ancient Moore Mud rich in natural vitamins, minerals and enzymes envelope your body for the ultimate detoxification, relieving sore muscles and fatigue. While the healing black magma works its magic, enjoy a soothing scalp massage. Your journey is complete with a full body oil hydration leaving your skin glowing and your mind re-energised

Allow 2 hours

Monday – Saturday \$150

Sunday & Public Holidays \$180

## > COMPLETE BODY INDULGENCE

Immerse yourself in one of our private geothermal mineral baths and embrace the ancient artisan water's melting away all feelings of tension and stress. An invigorating silky body scrub of jojoba beads will polish away all impurities and dry skin. Warm ancient Moore Mud rich in natural vitamins, minerals and enzymes envelope your body for the ultimate detoxification, relieving sore muscles and fatigue. While the healing black magma works its magic, a customised organic facial followed by full body oil hydration will leave your body glowing and mind re-energised.

Allow 2 hours and 15 minutes

Monday – Saturday \$200

Sunday & Public Holidays \$220

### > RADIANCE GLOW

You will then enjoy a full body exfoliation using dry body brushing. Achieve instant results with our invigorating brushing on your skin. Then be guided on a true sensory journey using Deep Water Spa's signature essential oil blends followed by a head to toe full body relaxation massage tailed to your needs. Bring your body back to superb radiance.

Allow 1 hours and 30 minutes

Monday – Saturday \$150

Sunday & Public Holidays \$170

### > BODY COCOON

Drift away as an invigorating silky body scrub of jojoba beads, rosemary and sage rid you of any dry, rough skin. Warm ancient Moore Mud rich in natural vitamins, minerals and enzymes envelope your body for the ultimate detoxification, relieving sore muscles and fatigue. While the healing black magma works its magic, enjoy a soothing scalp massage. A full body oil hydration will complete this journey leaving your skin glowing and mind re-energised

Allow 1 hour

Monday – Saturday \$130

Sunday & Public Holidays \$160

### > BREAKFAST & BATHE

Relax and bathe in our open natural geothermal mineral hot springs before enjoying our Deep Blue Buffet breakfast.

Allow 2 hours

Available Mon – Fri 7am – 10am

Monday – Saturday \$30

Sunday & Public Holidays \$35



# Massage

ALL OUR MESSAGES START BY ENJOYING A TRUE SENSORY JOURNEY USING DEEP WATER SPA'S SIGNATURE ESSENTIAL OILS BLENDS

> **HEAD, SHOULDER & BACK** - 30 min

Soothe away your tension in your upper body, break down knots and improve your flexibility.

Your massage will help relieve headaches by stimulating the nerves on your scalp and the blood circulation within your head, making you feel relaxed and re-energised.

Monday – Saturday	\$75
Sunday & Public Holidays	\$100

> **HEAD, NECK & SHOULDER** - 30 min

Relieve all that tension focusing on stress-relieving massage to ease head, neck and shoulder tension.

Increased blood flow to the area and releases tightness so you leave feeling lighter and re-energised.

Monday – Saturday	\$75
Sunday & Public Holidays	\$100





> **45 MINUTE RELAXATION** - 45 min

Relieve tension from the back of your legs, your back, neck and shoulders. Your massage stimulates not only the muscles, but also gives positive effects on the whole body, leaving you feel rejuvenated.

Monday – Saturday	\$85
Sunday & Public Holidays	\$115

> **FULL BODY RELAXATION** - 60 min

A deeply therapeutic full body massage dedicated to concentrate on your body's needs.

Your massage will consist of flowing strokes, kneading and gentle manipulation of the muscles performed at your chosen pressure.

Monday – Saturday	\$95
Sunday & Public Holidays	\$130

### > PREGNANCY MASSAGE - 45 min

#### **Minimum term 12 weeks**

Enjoy a nurturing massage for any mum-to-be with supportive, comfortable pillows while relieving any tension in your lower and upper back.

Monday – Saturday	\$90
Sunday & Public Holidays	\$125

### > MUM & BUB PAMPER - Allow 1.5 hours

Enjoy a nurturing massage designed to relieve the common discomfort of pregnancy followed by an appetising facial leaving your skin positively vibrant.

Monday – Saturday	\$150
Sunday & Public Holidays	\$190

### > HOT STONE MASSAGE - 60 min

This massage uses warm basalt stones on the back of your body to bring about healing, balance and rejuvenation. Deeply calming and remarkably healing, bring balance physically, mentally and emotionally.

Monday – Saturday	\$100
Sunday & Public Holidays	\$140

### > HOT STONE MASSAGE - 90 min

This full body massage uses warm basalt stones to bring about healing, balance and rejuvenation. Deeply calming and remarkably healing, bring balance physically, mentally and emotionally.

Monday – Saturday	\$140
Sunday & Public Holidays	\$160

## Upgrade any massage

- > ANTI-STRESS LOTION \$20
- > TENSION RELIEF GEL from \$10 - \$30



# Facials



### > DEEP REJUVENATING FACIAL - 45 min

A deluxe facial customised for your specific concerns with an emphasis on 'true health' for your skin.

This therapy will visibly enhance your skins texture and maximise hydration. With a refreshing lift off mask leaving your skin calm and nourished with a radiant glow and even tone, complete with a hand or scalp massage.

Monday – Saturday	\$120
Sunday & Public Holidays	\$140

### > DIVINE DETOX FACIAL - 60 min

With a nourishing boost of essential fatty acids, vitamins and minerals this facial will leave your skin feeling rejuvenated and strengthened. This facial is the perfect deep cleansing facial, with the use of liquorice extract, an anti-inflammatory that helps to eliminate acne causing bacteria whilst also reducing the redness and sensitivity that can come with breakouts.

Monday – Saturday	\$120
Sunday & Public Holidays	\$140

### > MICRO RETINOL FACIAL - 60 min

This high-performance facial uses exclusive technology to disperse tiny retinol micro-particles deep within the skin. Incorporating an intense yet gentle peel.

Oily, combination, acne-prone or sun damaged skin types will benefit the most from this facial.

It smooths wrinkles, densifies the skin, strengthens elasticity, increases moisture, evens skin tone and pigmentation, providing a radiating glow.

This treatment recaptures smoother, denser, and younger looking skin instantly.

Monday – Saturday	\$140
Sunday & Public Holidays	\$160

# Add on Treatments

## > APPETISER FACIAL - 45 min

Enjoy skin rejuvenating benefits of this introductory skin care treatment with your massage or body treatment. Pure essential oils and plant extracts refine the skin's texture and balance moisture and oil levels, leaving your skin positively vibrant.

Monday – Saturday	\$90
Sunday & Public Holidays	\$110

## > EYE MASK TREATMENT - 20 min

Improve the texture of your skin around the delicate eye area with ingredients that stimulate collagen production, helping to plump out fine lines and wrinkles while calming actives reduce redness and puffiness to leave your eyes looking brighter, smoother and more luminescent.

Monday – Sunday	\$40
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## > DIVINE ORGANIC HAND RITUAL - 20 min

Our hardworking hands and forearms need some well-earned pampering and this deluxe hand ritual that incorporates an anti-aging mask on the hands to smooth and nourish. Circulation is restored with a beautiful hand massage leaving the skin with a healthy glow.

Monday – Saturday	\$50
Sunday & Public Holidays	\$70

> **DIVINE ORGANIC FOOT RITUAL** - 20 min

Treat your feet and lower legs to a thorough cleanse to remove impurities, leaving the area supple and hydrated. The soothing massage will release tensions, leaving your legs and feet refreshed and relaxed while your skin is balanced and refined.

Monday – Saturday	\$50
Sunday & Public Holidays	\$70

> **SPRAY TAN**

Tuscan tan professional spray tan mimics naturally tanned skin tones 100% accuracy as it contains Violet-tone complex, a blend of plant-based ingredients that eliminates orange undertones to produce a natural and healthy tan.

Monday – Saturday	\$25
Sunday & Public Holidays	\$30

> **FRUIT AND CHEESE PLATTER** - \$20 p/person

Finish the relaxation off with our delicious seasonal tasting platter in our relaxation lounge.

# Spa Etiquette

## 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

Pre-booking your treatment is essential so we can best accommodate your needs. Please check in at spa reception at least 15 minutes before your scheduled appointment. Please understand that if you arrive late, your treatment time will be reduced accordingly.

## CANCELLATION & RE-SCHEDULING

If you need to change or cancel your appointment, please let us know 24 hours prior to your treatment, otherwise a cancellation fee of 50% of the treatment value will apply. 48 hours for conference, group and package bookings. All treatments are non-refundable, non-transferable and non-exchangeable.

## PLEASE NOTE

Advance bookings of at least 2 hours is essential for the private geothermal bathing rooms and towels are supplied. Towel hire is available for the open Geothermal pool for a \$5 non-refundable fee. Due to the high level of iron in the water, we do advise that you wear dark coloured swimwear while bathing.

## OPEN HOURS

### Day Spa Treatments

Mon – Fri: 8am – 8pm

Sat: 8am – 6pm

Sun: Open by appointment only

### Geothermal Bath House

Mon – Fri: 8am – 8pm

Sat: 8am – 6pm

Sunday & Public Holidays:  
8am – 4pm

16 Pertobe Road  
Warrnambool VIC 3280

(03) 5559 2020

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

