



## Hot Springs Sanctuary

### A self guided bathing journey through an open-air sanctuary.

- » You are welcome to bring your own refillable water bottle, towel and robe. Towels and robes are available for hire.
- » Children aged below 5 years are not permitted in the Sanctuary. All persons aged below 16 years must be accompanied by an adult at all times. The twilight session is reserved for adults only (age 16 + years). We reserve the right to ask for photo identification upon arrival.
- » Your entry pass includes access to a myriad of open air and cave bathing experiences during your session.
- » Due to the high sulphur content in the water, we recommend dark coloured bathing suits to avoid discolouration.
- » A reusable water bottle is recommended to bring with you. Refillable bottles are also available for purchase at the Hot Springs.
- » Footwear is not mandatory, however we suggest non-slip thongs or sandals.
- » Dry spinners are available in the change rooms and we suggest you bring a bag for wet items.

#### 1. FOOT SPA

Geothermal water  
Heated seating  
Gentle bubbling jets

#### 2. AROMATHERAPY POOL

Geothermal water  
Varying temperature  
Diffused essential oil  
Floral garden surrounds  
Ambient music

#### 3. WATERFALL

Geothermal water  
Varying temperature  
Heavy cascading waterfalls  
Natural light

#### 4. PASSAGE

Geothermal water  
Varying temperature  
Wet walls  
Ambient music

#### 5. ROCKPOOL 1 (Hottest)

Geothermal water  
Varying temperature  
Shallow bathing  
Waterfall

#### 6. ROCKPOOL 2

Geothermal water  
Varying temperature  
Shallow bathing  
Waterfall

#### 7. COLD PLUNGE

Freshwater – Shallow  
Varying temperature

#### 8. REFLECTION BAY

Geothermal water  
Varying temperature  
Shallow water submersion  
Sky reflection

#### 9. RAINFOREST POOL

Geothermal water  
Steep rainforest shower  
Inspired by the Otways  
Ambient music

#### 10. HYDROTHERAPY POOL

Geothermal water  
Varying temperature  
Featuring 20 jets

#### 11. COLD PLUNGE

Freshwater – Deep  
Varying temperature

#### 12. SENSORIAL CAVE 1

Geothermal water  
Varying temperature  
Colour therapy: Pink acts as a cleanser, strengthening the veins and arteries  
Waterfall  
Ambient music

#### 13. SENSORIAL CAVE 2

Geothermal water  
Varying temperature  
Colour therapy: Yellow reactivates and purifies the skin.  
Starlight ceiling

#### 14. SENSORIAL CAVE 3

Geothermal water  
Varying temperature  
Colour therapy: Purple relaxes the nerves and lymphatic system  
Starlight ceiling  
Waterfall and ravine  
Ambient music

#### 15. HIDDEN ROCK FALLS

Geothermal water  
Varying temperature

#### 16. MOONSTONE GARDEN

Basalt basking stones  
Garden surrounds  
Ambient music

#### 17. NOURISH DOME

Food and beverages available for purchase

#### 18. SALT ROOM

Booked separately  
10 Salt lounges  
Ambient music and lighting



Kids (age 5+) from just \$20pp and adults (age 16+) from just \$33pp . Family passes available.  
For current session availability and prices please visit [thedeepblue.com.au](http://thedeepblue.com.au) or call us on **03 5559 2050**.

## Stay

The Deep Blue Hotel & Hot Springs offers over 80 guest suites including 6 penthouse apartments with expansive ocean views.

**Drive:** Limited parking is available onsite however there are several street side car parking options near by via Pertobe Road, Viaduct Road and Worm Bay Road.

**Walk/Cycle:** An eco friendly option and a great way to take advantage of the surrounding scenic foreshore areas is to arrive on foot or by bike.

**Bus/Train:** Bus and train timetables and ticket purchases can be made via the vline web page [www.vline.com.au](http://www.vline.com.au)



## Contact Us

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**DEEP BLUE**  
HOT SPRINGS  
WARRNAMBOOL



10/2020 DB HOTSPRINGS 8pp DL

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**Harnessing the natural geothermal waters gathered from deep within the earth, the Deep Blue Hot Springs is a bathing sanctuary.**

**A place to evoke your essential nature through enhanced geothermal bathing experiences for physical and emotional wellbeing.**



*Allow yourself...*

*to drift*

Immerse yourself in the natural earth drawn waters as you slowly make your journey throughout a myriad of open-air pools. Delve into steep caves for enhanced sensory stimulation, bask over basalt stones or lie in the shallows of the reflection pool for quiet contemplation.

*to cleanse*

Purifying the skin and blood stream, your body is detoxing as you soak in the high temperatures. In an ambient salt room, micro salt particles assist to cleanse your airways and respiratory system.

*to heal*

Let your mind wander to a therapeutic state while your body absorbs the health restoring minerals, salts and heat. Focus on joint and muscle rehabilitation by stimulating the release of endorphins in the hydrotherapy pool.

*to breathe*

Take in the clean southern ocean air, relishing the cold morning mist or the rolling evening fog as you practice deep breathing techniques. Heading to the sensorial pool to bask in medicinal floral aromas.

*to touch*

Running your fingertips over trickling rock walls and feel the gentle massaging sensation of a steep rainforest shower.

*to taste*

Replenish between bathing with grazing food fare and beverages at the Nourish Dome. Inspired by the organic medicinal properties of the earth and mindfully prepared by our in-house chefs.

*Allow yourself...*

**to evoke your essential nature.**

## The Water

Deep in the earth is a naturally occurring ancient formation called the Dilwyn aquifer, a unique water source embodying health restoring minerals, salts and heat.

Delving to a depth of 850 meters below the earth's surface, the waters are gathered direct from the source with natural temperatures ranging from 36-42 degrees.

### Naturally occurring minerals found include:

- S Sulfur**  
Detoxifies at a cellular level.
- Se Selenium**  
A powerful antioxidant and is crucial to the health and function of the thyroid gland.
- Si Silica**  
One of the most important minerals for strong, beautiful, healthy skin, hair, nails and bones.
- Li Lithium**  
A helpful depression regulator and mood stabiliser.
- Mg Magnesium**  
Maintain muscle health.

The mineral-rich 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 is the result of decreasing tension in sore muscles. Warming your body expands blood vessels, which relaxes those tired muscles.

Bathing in geothermal water can assist to improve sleep quality, provide natural pain relief, muscle and joint rehabilitation, Reduced stress and blood pressure and assist in aiding problematic skin.

## Salt Therapy

A gentle respiratory therapy supporting your general wellbeing in the relaxing surrounds of our modern purpose built salt room. Salt Therapy (or otherwise known as Halo Therapy) is a treatment based on the inhalation of dry salt particles with the purpose to clean the airways for both chronic and acute respiratory conditions.

The osmotic properties of salt allows the body to regulate the movement of water in and out of cells within the body. Osmotic pressure allows for the transport of molecules between cells, as salt triggers the movement of fluid from a high concentration to a low concentration. It can also give added benefits to sleep improvement, sports performance, skin treatment and stress relief.

- » Each session duration is 45 minutes.
- » Please arrive at least 15 minute prior to your session. So as not to cause disruptions for other guests, late arrivals will not be permitted into the room once the session has commenced.
- » Please note, due to the fabric nature of the room, no food or liquids are permitted in the room.
- » Head phones or ear buds must be used if using a music device and volume at an appropriate level not to disturb other paying clients.
- » You are welcome to bring reading material into the salt room, or magazines are available upon request.
- » Phones must be turned off or on flight mode.

