



1. FOOT SPA

Heated seating and gentle bubbling jets.

2. AROMATHERAPY POOL

Diffused essential oil, varying temperature, floral garden surrounds and ambient music.

3. WATERFALL

Heavy cascading waterfalls, varying temperature and natural light.

4. PASSAGE

Wet walls, varying temperature and ambient music

5. ROCKPOOL 1 (Hottest)

Shallow bathing, waterfall and varying temperature.

6. ROCKPOOL 2

Shallow bathing, waterfall and varying temperature.

7. COLD PLUNGE

Shallow freshwater bathing of varying temperature.

8. REFLECTION BAY

Shallow water submersion, sky reflection and varying temperature.

9. RAINFOREST POOL

Steep rainforest shower, Otways inspired with ambient music.

10. HYDROTHERAPY POOL

Featuring 20 jets with varying temperature.

11. COLD PLUNGE

Deep freshwater with varying temperature.

12. SENSORIAL CAVE 1

Colour therapy: Pink acts as a cleanser, strengthening the veins and arteries. Waterfall, ambient music and varying temperature.

13. SENSORIAL CAVE 2

Colour therapy: Yellow reactivates the nerves and lymphatic system. Starlight ceiling and varying temperature.

14. SENSORIAL CAVE 3

Colour therapy: Purple relaxes the nerves and lymphatic system. Starlight ceiling, waterfall and ravine, ambient music and varying temperature.

15. HIDDEN ROCK FALLS

Varying temperature.

16. MOONSTONE GARDEN

Basalt basking stones, garden surrounds and ambient music.

17. NOURISH BAY

Food and beverages available for purchase.

18. SALT ROOM

10 Salt lounges with ambient music and lighting. Book separately.



Kids (age 5+) from just \$20pp and adults (age 16+) from just \$33pp.

For current session availability and prices please visit 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 on site 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



12/2020 DB HOTSPRINGS 8pp DL

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.
- » We recommend you bring a reusable water bottle. 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.



Contact Us

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DEEP BLUE
HOT SPRINGS
WARRNAMBOOL



www.thedeepblue.com.au

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.



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 include:

- S Sulfur** – Detoxifies at a cellular level.
- Se Selenium** – A powerful antioxidant 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 well-being 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.

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.

