

Our water

Deep in the earth is a naturally occurring water basin called the Dilwyn Aquifer, a unique water source estimated to be 50 million years old. **The geothermal water is gathered directly from the Aquifer from a depth of 850 meters, and is naturally rich in therapeutic minerals and high temperatures offering physical and emotional benefits.**

The heat is a direct result of the innermost geologic layer of the Earth where temperatures are hottest.

Natural minerals & benefits

Magnesium, Sodium, Silica, Iron, Boron, Sulphate and Selenium, Manganese, Fluoride, Potassium, Calcium, Zinc, Copper and Chloride.

Muscle health

Soaking in the geothermal waters can aid in the relief of muscle pain and fatigue.

Mood Stabiliser

Soaking can help to improve your mood. The heat causes your body to release endorphins, relieve stress and pain and stimulates the neurotransmitter serotonin, correlating to a sense of joy.

Sleep Quality

Sleep Quality is responsible for the regeneration of body functions. Soaking in hot springs approx 1-2 hours before going to bed can increase chances of a good sleep.

Antioxidant

A hot soak helps blood circulation and cell oxygenation, improving our body's digestive and detoxifying capabilities. In addition, a soak is an excellent way to detoxify your skin naturally.

Learn more about our water here



Getting here

You'll find us in Warrnambool, one of the most picturesque coastal locations in regional Victoria. Just 1 hr drive from the 12 Apostles and 3½ hours from Melbourne.



Stay a while longer

There are plentiful options for overnight Accommodation. Our adjoining hotel offers over 80 guest suites including 6 penthouse apartments with expansive ocean views.

Gift vouchers

Contact us to Gift wellness with a voucher to the Deep Blue.



BOOK NOW

Contact us

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10/2023 EL FOX DESIGN & PRINT



DEEP BLUE

HOT SPRINGS
WARRNAMBOOL



Bronze Winner
2021 VICTORIAN
TOURISM AWARDS

2021
Travellers' Choice
Tripadvisor

thedeepblue.com.au

Experience the Sanctuary

The Deep Blue Hot Springs is geothermal sanctuary which offers an unparalleled bathing experience and an unforgettable journey for the body, mind and spirit.

14 Geothermal Rock Pools

Explore a myriad of curated rockpools harnessing the natural geothermal water rich in therapeutic mineral's and ranging from 36°C - 42°C.



Cold Plunge Pool

The cold water plunge pool offers contrast bathing which stimulate the nerve endings in the skin. As a result, this increases oxygen levels, heart rate, and respiration rate, leading to increased energy and alertness.



Sensory Caves

Bathe in a magical fusion of steam and colour therapy in the sensory caves. An alternative therapy, specific colours aim to assist with the correction of both physical and psychological imbalances.



Aromatherapy Pool

Drift into the Aromatherapy pool to indulge in the bright floral aromatic mist of our signature blend with soothing benefits to decrease stress, anxiety and also assist with quality of sleep.



"Absolute bliss"

"...It really was one of the best things I have ever done."

"My skin felt the best it has ever felt and my body was so relaxed..."



Daytime Sessions

Soak in the warmth of the natural geothermal waters and feel rejuvenated and revitalised, ready to embrace the day with renewed energy.

Children over 5 years are welcome to daytime sessions with a parent or guardian.

Children (age 5+) start from \$20pp
Adults (age 16+) start from \$33pp

Twilight Sessions

Unwind in the enchanting twilight ambiance during our 3-hour evening session, available from 6pm to 9pm. Immerse yourself in the magical surroundings and experience a truly unique and mesmerizing hot springs adventure.

Twilight sessions are reserved for adults only.

Adults (age 16+) start from \$57pp

Salt Therapy Sessions

Unwind and clear the mind while enjoying the general health benefits of this gentle respiratory therapy in the ambient surrounds of our modern Salt Room. Salt therapy provides safe and gentle respiratory hygiene intended to cleanse the airways and support the body's own immune response.

Salt therapy can be booked separately, or in addition to the Hot Springs from just \$25pp for 45 minute sessions.

