

# SPAS OF THE MORNINGTON PENINSULA





## SPAS OF THE MORNINGTON PENINSULA

### Discover bliss between the beaches

The Mornington Peninsula is a tranquil coastal and country oasis just one hour south of Melbourne. It has long been the place of choice for relaxation for Melburnians.

Surrounded by water on three sides, the Mornington Peninsula offers an incredible diversity of attractions and natural wonders.

There are now fourteen spas on the Mornington Peninsula all offering the most relaxing and healthy addition to an already very blissful destination. Spread out all over the region, each spa offers its own unique experience.

We have Australia's only natural hot mineral springs and spa centre, beach side spas and spas in the heart of the country. Combined there is an amazing array of spa treatments available including: Aboriginal, Ayurvedic, Therapeutic, Medispa, Chocolate, Rocks, Muds and many more.

With such relaxation and indulgence most visitors want to stay so to make that choice a little easier we have included in this brochure some wonderful accommodation options for you to consider.

Some of the spas have accommodation on site and others have fabulous accommodation just around the corner.

Whatever you seek for your spa experience, it's all found here on the stunning Mornington Peninsula.

Relax, unwind, indulge, escape, be pampered discover bliss between the beaches.



Come for the play  
... stay for the rest

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

## Peninsula Hot Springs



Natural hot mineral spring water flows from deep underground into the many pools and private baths at this coastal oasis of relaxation. Victoria's only natural hot springs has two distinct offerings: The Bath House and Spa Dreaming Centre.

**The Bath House:** A global bathing wonderland offering more than 20 different bathing experiences for visitors of all ages including a cave pool, reflexology walk, Turkish steam bath, sauna, cold plunge pools, family pools, massaging thermal mineral showers and more.

**Spa Dreaming Centre:** Here the emphasis is on tranquil spaces, private pools (with children under 16 not allowed) and an array of pampering spa treatments to revitalise body, mind and spirit. Services include a full range of treatments, from Kodo full-body massages to facials, mud and salt wraps, foot therapies and ancient healing stone experiences.

Two cafés offer breakfast and lunch 7 days a week and dinner on Friday, Saturday and Tuesday evenings.

Accommodation and group packages available.



Bath House hours: 7.30am-10pm, 7 days  
 Spa Dreaming Centre hours: 9am-9pm, 7 days  
 Springs Lane, Fingal (Rye), 3939, Melway ref: 169 A11  
 t: (03) 5950 8777 e: relax@peninsulahotsprings.com



[www.peninsulahotsprings.com](http://www.peninsulahotsprings.com)

## Peninsula Life Medispa



Relax and refresh at Peninsula Life Medispa. A tranquil and luxurious oasis situated minutes from the Mornington CBD.

- Immerse yourself in a luxurious aromatherapy bath or Vichy capsule;
- Relax and unwind with the ultimate body indulgence, a LI'TYA spa ritual from the Australian Dreamtime;
- Feel alive again with personalised treatments to renew your energy and spirit;
- Share your experience with friends in our group room complete with hot tubs, pedicure, and massage;
- Indulge with a loved one in an exclusive couples room;
- Rejuvenate your skin with medically based anti-aging treatments;
- Personalised skin treatment plans by experienced doctors;
- The latest technology to attain the best possible results;
- Anti wrinkle injections, dermal fillers, prescription strength dermal peels and laser therapy;
- Comprehensive beauty treatments including manicures, pedicures and waxing.



Hours: Mon-Sat 9am-5.30pm; Late Thurs;  
 Sundays group bookings only  
 109 Tanti Ave, Mornington, Melway ref: 104 G12  
 t: (03) 5975 7309 e: alana@peninsulalife.com.au



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

## Marlo Spa



Marlo Spa is relocating and refurbishing at 43-45 Ocean beach Rd, Sorrento to suit today's spa-ing customers. Marlo Spa offers a place of restoration, conveniently located in the Sorrento shopping area.

Already established for 11 years, they can be trusted to find solutions for any health and beauty concerns.

This is a tranquil and sacred space for men and women to be nourished with 'Biodroga' and 'OmVeda' spa product, healed with ayurvedic massage, spa therapies and myotherapy, balanced with holistic counselling, centred with a stretch/yoga class and goddessed with divine Napoleon Cosmetics.

The essential beauty needs are professionally performed and their spa therapies include hahana stone massage, remedial, lymphatic drainage massage, marma point and Indian head massage, ancient ayurvedic body treatments, herbal facials, shirodhara, steam and spa.

Treatment rooms are designed for group bookings and pamper parties. Choose a package with a friend, perfect for that weekend away or bridal parties.



Hours: 9am-5pm Mon-Sat ; 9am-4pm Sun; Late Thurs  
43-45 Ocean Beach Rd, Sorrento, 3943  
Melway ref: 157 A8  
t: (03) 5984 5300 e: sacredspace@marlospa.com.au

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

## Sorrento Day Spa



Experience our Aveda Concept Spa with its boutique atmosphere, browse the Aveda retail store. The Sorrento Day Spa Team will offer you excellent customer service and assist you with advice on selecting the correct Aveda skin, body and haircare products.

Relax with some comforting tea in our lounge, before indulging in one of our many holistic spa treatments. Sorrento Day Spa uses effective plant-based Ayurvedic products by Aveda. Enjoy Body treatments that celebrate the healing powers and wisdom of nature, massage and facials that take you on an aromatic journey that stimulate the senses and cleanse the soul.

Your well-being is our priority at Sorrento Day Spa, assisting to regain your energy & vitality bringing balance to your mind, body and spirit.

We care for the world we live in by being an environmentally conscious spa.

A discovery, in the heart of Sorrento coastal village.



Hours: 9am-5pm Mon-Fri; 9am-6pm Sat; 10am-5pm Sun  
85-99 Ocean Beach Rd, Sorrento, 3943,  
Melway ref: 157 A8  
t: (03) 5984 0122 e: sdayspa@bigpond.net.au

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

## Maya Spa



Maya Spa, is a boutique day spa where one can experience total relaxation and rejuvenation, set behind a private courtyard and opposite beautiful Dromana Beach, an inspiring earthy décor rich in warmth awaits.

Indulge your senses with the exotic aromas of South America, with our pure essential aromatherapy blends.

Spa treatments at Maya Spa are natural and plant based with all products free from harmful chemicals, and there are treatment packages to suit almost any occasion. Experience wellness massages using adapted massage techniques to relieve tension and promote relaxation.

Invigorating body scrubs infused with natural fruit extracts and mineral mud body wraps leave your skin soothed and nourished. Nurturing facials are designed to relax the client and rejuvenate the skin. Our private hydrobaths and dual sauna are not only inviting, but revitalising. Beauty services such as waxing, tinting, spray tanning, pedicures, manicures and permanent hair reduction treatments are all available.



Hours: 9am-5pm Mon-Sat; 9am-7pm Thursdays;

Sundays by appointment only

283 Point Nepean Rd, Dromana, 3936 Melway ref: 159 H6

t: (03) 5987 2124 e: [mayaspa@bigpond.com.au](mailto:mayaspa@bigpond.com.au)

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

## Red Hill Spa



Red Hill Spa is a tranquil oasis where you can harmonise all aspects of your body. A space where you can rest and refresh your mind, pamper and rejuvenate your body, awaken your senses and expand your spirit.

Our wholistic approach to relaxation and pampering is shown in our comprehensive menu providing treatments utilising the finest organic products for our Facials, Massages, Body Treatments, Spa Soaks, Beauty Services, Signature Treatments, and Spa Rituals.

Our signature treatments are traditional and modern inspirations of Ayurvedic therapies, through the application of ancient Indian wisdom to restore and maintain good health, and the belief that wellness depends on balance are a constant theme throughout Red Hill Spa.

Our luxurious environment caters for individuals, couples or groups, so come and allow the healing energy to wash over you, combined with our assistance in generating your own health and balance, allowing a transformation of self...



Hours: 9am-6pm 7 days

1012 Mornington-Flinders Rd Red Hill 3937

Melway ref: 190 E3

t: (03) 5931 0088 e: [info@redhillspa.com.au](mailto:info@redhillspa.com.au)

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

## endota Red Hill



The path to inner peace may well wind around the native gardens and then beat a bush track to Red Hill's understated attractions.

For many red hill locals, home is where the art studio is.

The monthly summer markets are bursting with local produce.

Whip smart farmers strut their studs at the agricultural show and all-year round, scenic restaurants serve up sweet somethings to savour.

Treat yourself to a pampering or give a friend a shout of a spa wonderful endota gift voucher of a mass-aaagh, facial, body treatment or your favorite spa pack using our raw endota organic products or the very popular dermalogica treatment range.



Hours: 9am-5pm Mon-Fri; Late hours upon request

165 Shoreham Rd, Red Hill 3937

Melway ref: 190 K4

t: (03) 5931 0044 e: peninsulaspa@endota.com.au

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

## endota Mornington



Mornington is a town that has floated many a boat, where the Mornington Peninsula-ahhhh starts stretching for Bass Strait.

This is where it endota-all began; the first endota spa sits here.

Drift into Mornington and pier across the bay at the big city.

Cruise past the clifftop houses and beachside hideaways, then find your way to Mornington's main event, Main Street, where market stalls mingle with shops that are pure high street heaven: classy clothing, collectibles, cafés, even cut flowers.

Drive from Melbourne, drift down Main Street and there you spa.

Treat yourself to a pampering or give a friend a shout of a spa wonderful endota gift voucher of a mass-aaagh, facial, body treatment or your favorite spa pack.



Hours: 9am-5pm Mon-Sat; Late Wed, Thurs & Fri; Sun 11am-4pm

30 Main Street, Mornington 3931

Melway ref: 104 D10

t: (03) 5977 1522 e: peninsula@endota.com.au

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

## Woodman Estate Spa Retreat



Just an hour from Melbourne, discover the Woodman Estate Spa Retreat to relax and unwind. Overlooking a breathtaking private lake, this is indeed a beautiful spa sanctuary.

Open everyday, the Woodman Estate Spa Retreat offers a full range of relaxation, massage and body treatments. Twin treatment rooms are available to share your experience.

Best of all, you can stay all day at this private oasis. Relax on your day bed by the lake, meander through the gardens or catch up with friends post your treatment.

Dining at the Estate is a highlight! Open Thursday to Sunday for lunch and dinner, enjoy a light spa lunch, elegant Terrace/Brasserie dining or treat yourself in the Formal Dining Room.

Stay a while and enjoy luxurious accommodation packages designed to pamper and re-energise. The 'Girls Night Away', 'Extreme Indulgence' and 'Max Relax' packages are guest favourites.

Escape today – your own private sanctuary awaits!



Hours: 10am-6pm 7 days

136 Graydens Road Moorooduc, Victoria, 3933

Melway ref: 153 D4

t: (03) 5978 8455 e: res@woodmanestate.com

[www.woodmanestate.com](http://www.woodmanestate.com)

## Hotel Sorrento Spa



The magnificent Hotel Sorrento Spa, set high on the picturesque Sorrento cliff top on the most favoured peninsula in Australia, has the pleasure of introducing the ultimate wellbeing experience.

This purpose built sanctuary is designed specifically to complement our unique, professional style.

Whether you wish to indulge in the rejuvenation of a full body massage, a luxurious 'Organic Spa' facial or body cocoon, our famous Portsea Pedi-spa the Hotel Sorrento Spa has been designed to fulfil your every need. 'Organicspa' is a truly natural alternative with 100% natural ingredients

Our friendly professional staff will ensure that your visit is an unforgettable experience. You will discover the peace that comes with the synergy of mind and body.

The Hotel Sorrento Spa covers a range of special holiday, wedding, corporate and health retreat packages. Day visitors welcome.

Relax, rejuvenate and refresh today.



Hours: 9am-7pm 7 days

5-15 Hotham Road, Sorrento, Victoria, 3943

Melway ref: 157 B9

t: (03) 5984 8047 e: relax@hotelsorrento.com.

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

## endota Moonah Links



Endota is open to everyone. From Australian open athletes to the greenest of golfers. And those whose aim for sinking into the spa and staying putt is true.

Five fabulous treatment rooms. Two spas for the soaking.

Endota Moonah Links even partners with Peppers' luxury hotel to offer rare retreats. It's golfing heaven on earth. Fit a hole-lot-in-one stay. Wind up on the fairway. Wind down the endota way.

The Moonah Links clubhouse strikes a stunning, contemporary pose. Floor to ceiling windows. A sky-saluting roofline. And, of course, uninterrupted, eagle-eye views of the greens.

The golfers are on a stroll. It's so easy being on Moonah's manicured greens. Swing the clubs, then swing into the clubhouse and bunker down at endota.

Treat yourself to a pampering or give a friend a shout of a spa wonderful endota gift voucher of a mass-aaagh, facial, body treatment or your favourite spa pack.



Hours: Mon-Sat 9.30am-5pm; 9am-1pm Sundays

Peter Thomson Dve, Fingal, 3939

Melway ref: 252 E4

t: (03) 5988 2055 e: moonahlinks@endota.com.au

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

## Ella Baché – Rye



Ella Baché Rye Beach Salon & Spa has been established for 24 years.

- Now part of The Ella Baché Franchise Salons, you can always be assured of professional and friendly service. Well known for being the skin experts, your skin will look and feel amazing with the combination of correctly prescribed skin solutions and treatments.
- Specialising in all aspects of Beauty therapy, including waxing, lash extensions and specialised facials, body treatments, manicure and pedicure.
- Constantly upgrading and implementing new technologies to provide the best solutions possible to satisfy our clients' diverse needs.
- Opposite the beach and with Bay views from our waiting area, it is the perfect place to relax and unwind before your treatment.
- A hydrotherapy spa capsule with steam, Vichy shower



Hours: 9am-6pm Mon-Fri; late Thurs & Fri; Sat 9am-5pm

2337 Point Nepean Rd, Rye

Melway ref: 168 E4

t: (03) 5985 3050 e: ellabache@justbeauty.com.au

[www.justbeauty.ellabache.com.au](http://www.justbeauty.ellabache.com.au)

## Boutique Purely Natural Skincare



Nestled in Mt Eliza Village in the winery area of the Mornington Peninsula and within moments to the beach you can relax and restore with truly natural treatments from Boutique Purely Natural Skincare.

Come and experience our massages, facials, hot stones and natural spa treatments along with unique wellbeing treatments such as crystal facials, colour therapy and sound healing for those wanting to balance the mind, body and spirit.

Experience our signature Vinotherapie Ritual (red wine and chardonnay) – where beauty and the grape meet! This treatment uses all aspects of the vine to cleanse, nourish and revitalise the skin.

Personalised treatments and packages are available for all special occasions.

Experience the ultimate in relaxation within a village atmosphere.



**Boutique Purely Natural Skincare**

31 Ranelagh Drive, Mt Eliza, 3930

Melway ref: 105 E1

t: (03) 9787 3388 e: [info@spabeautytraining.com.au](mailto:info@spabeautytraining.com.au)

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

## Elly Lukas Beauty Therapy College



Established in 1954, the Elly Lukas Beauty Therapy College has helped shape the beauty and spa industry in Australia over the past 55 years. Elly Lukas is a recognised leader and innovator in the beauty, spa and massage therapy industries.

As the largest provider of beauty and spa therapy education in Australia, our award winning College provides exceptional standards of industry relevant training combined with a uniquely supportive learning environment.

This ensures that our students and graduates receive the finest education which enables both local and global employment opportunities and pathways. Elly Lukas graduates work in leading salons, many of the spas in this guide, resorts, retreats, hotels, department stores, luxury cruise liners, with cosmetic surgeons or owning their own businesses throughout Australia and indeed around the world.

The College offers nationally and internationally accredited qualifications, government funded courses and no upfront tuition fees for eligible Diploma students.



**Elly Lukas Beauty Therapy College Peninsula Campus**

Harrisons Road, Dromana, 3936

Melway ref: 160 J9

t: 1300 66 8888 e: [study@ellylukas.edu.au](mailto:study@ellylukas.edu.au)

[www.ellylukas.edu.au](http://www.ellylukas.edu.au)

## Nepean Country Club & Day Spa



Our accommodation can sleep from two to six persons in self contained units. Resort activities include indoor and outdoor swimming pools and tennis courts, children's playground, mini golf, volleyball, games room, multi purpose games area, boule, lawn bowls and gymnasium with the latest vibro training machine, all of which add to the wonderful experience that is Nepean Country Club. The resort also has its own bistro for relaxed evening meals and Eagle Ridge Golf Course is located just next door.

Nepean Day Spa is open to everyone and offers a variety of relaxing therapeutic treatments and beauty services which include organic spa facials and products. We also have the latest infra red sauna. Guests can relax by our indoor or outdoor pools before treatments or visit our coffee shop for a light lunch. We have double treatment rooms and can cater for group bookings and packages can be customised to suit your individual needs.

Choose any three of our treatments (excluding waxing, tinting and spray tanning) and receive a 10% discount. Gift certificates available. Visit our website to view our day spa menu, accommodation rates and spa and golf packages.



Nepean Country Club & Day Spa

205 Browns Road, Boneo 3939

Melway ref: 169 G11

t: 03 5986 9800 e: sales@nepeancountryclub.com.au

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



*A place to come back to every time,  
we will ensure your stay is one to remember!*

For relaxation and indulgence on the beautiful Mornington Peninsula in Victoria, look no further than our award winning accommodation. Nestled in behind the main shopping strip of Rye Beach, Best Western One Four Nelson absorbs the essence of all its surroundings with close proximity to surrounding spas and local attractions.

We are a four star luxury motel, a blend of city chic with resort comfort. Located only 50 metres from the Rye foreshore, our 30 stylish suites are perfect for an indulgent getaway.

Rooms feature contemporary furnishings, king or queen size beds, modern lounges, inviting spa bathrooms and kitchenettes. All suites have access to a patio or balcony and overlook the outdoor pool and spa. The modern building is designed so that our guests can escape from the outside world and unwind.

Relax with a pampering massage in your room or a visit to our nearby spa locations, or revive with a round of golf, sailing and other water activities close by.

Dining options include a café and bistro at the adjacent Rye Hotel, where you can enjoy a cold drink on the terrace overlooking Port Philip Bay or by the fire in those colder months.



14 Nelson Street, Rye 3941 t: 03 5985 7222

[enquiries@onefournelson.com.au](mailto:enquiries@onefournelson.com.au)

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

ACCOMMODATION



## Rest & relax with ocean views

Located at the southern-most tip of Victoria's glorious Mornington Peninsula, RACV Cape Schanck Resort looks out over rugged Bass Strait and Port Phillip Bay. And it's here that this contemporary resort is set on one of the most striking coastal golf courses in Australia, offering expansive cliff-top views.

While many guests use the resort as a base to visit the wineries and coastline, there's plenty to do onsite if you choose not to venture further from your deck or the beautiful resort grounds with a recreation room, gym, four-kilometre jogging track, horizon edge heated pool and spa, not to mention the 18-hole golf course. Or, sit back on your private balcony with a glass of Mornington Peninsula pinot and enjoy the sunset.

Accommodation packages incorporating bathing and spa treatments at Peninsula Hot Springs are available.

**Enquiries: 03 5950 8000**  
**[www.racv.com.au/resorts](http://www.racv.com.au/resorts)**

**RACV** Cape Schanck Resort

ACCOMMODATION



## Experience true indulgence that's all about you

Take time out and rediscover yourself on the beautiful Mornington Peninsula from the stylish setting of Peppers Moonah Links Resort. Immerse yourself in the relaxing resort atmosphere from your luxury accommodation, treat yourself to a relaxing massage at the onsite endota spa, or soak in the warm mineral rich waters at Peninsula Hot Springs, located right next door.

For your more energetic moments, enjoy a round of golf on the two 18-hole championship golf courses and celebrate at the ultimate 19th hole dining on the delicious cuisine at Pebbles Restaurant. Rest assured, whichever way you choose to while your time away with Peppers, we guarantee your entire stay will be all about you.

**Experience Peppers. Call 03 5988 2000 or visit [peppers.com.au](http://peppers.com.au)**

We're all  
about  
you



ACCOMMODATION

ACCOMMODATION



LINDENDERRY  
AT RED HILL

CHECK IN,  
THEN CHECK OUT.



Travel down our long winding driveway,  
admire the vine covered hills and picturesque gardens,  
indulge in the finest food and wine the region has to offer,  
then retreat to one of our luxurious guest rooms.  
We guarantee by morning you'll be ready to check in again.

Boutique Accommodation | Exceptional Food  
Award Winning Wines | Spa | Weddings

Telephone: 03 5989 2933 | [stay@lindenderry.com.au](mailto:stay@lindenderry.com.au)  
[www.lindenderry.com.au](http://www.lindenderry.com.au)



BEST WESTERN  
**BROOKLANDS**  
*of Mornington*

**BEST WESTERN BROOKLANDS OF MORNINGTON**

**PHONE: (03) 5973 9200**

**EMAIL: [INFO@BROOKLANDSOFMORNINGTON.COM.AU](mailto:info@brooklandsofmornington.com.au)**

**ADDRESS: 99 TANTI AVE, MORNINGTON VICTORIA 3931**

# Discover bliss between the beaches



... all these spas along with  
great accommodation  
options inside