

Winter Warm-Up at Red Hill Spa

Renew, revitalize and relax at Red Hill Spa, the day spa at the heart of the Peninsula!

The luxurious environment includes single and double treatment rooms, a unique wet room with a handcrafted treatment bed, hydrotherapy geisha tub and outdoor treatment areas available in summer. At Red Hill Spa they can cater for any individual or groups need.

Their commitment in healing is shown in a comprehensive menu providing treatments of many different modalities, allowing any path from relaxation to a complete wellness program to be achieved. Therapists with their gift of touch can 'take you out of this world and allow your spirit to soar with the angels'.

There are two main product ranges for facial & body care at Red Hill Spa which are both completely natural.

EMINENCE ORGANICS: a certified organic face and body range from Hungary. A high performance range with many specific treatments to target any skin condition, or just general rejuvenation naturally. Serious skin care in a luxurious setting!

BINDI: an Ayurvedic range which is good enough to eat, no chemicals and no preservatives, made in accordance to the traditional Ayurveda philosophies.

They use Bindi's Premium Herbal Oil Blends within their massages, and in many of the body treatments including their signature treatments.

Bliss out with the Shiva Shirodhara, a pure treatment to calm the body, mind, and spirit, with warm oil streaming onto the 'third eye chakra'. Harmonise your mind, body and soul with Red Hill Spa's signature treatments or face and body treatments.

Warm yourself this winter with a "warm Dead Sea Mineral Mud massage". Enjoy a black mud massage to alleviate winter aches and enrich your skin with the mineral rich muds... Relax with a hot chocolate afterwards!"



Peninsula Welcomes Fitness Station

With winter now finally upon us, it's a great time to incorporate a sustainable home health & fitness regime.

Dominic Taafe & Melissa Uhlman from the Fitness Station have been involved in health & fitness for over 15 years and can help you manage your health and fitness goals. Dominic has expertise in matching the right product & diet supplements to your specific individual need. Melissa, a qualified registered nurse, has a long history in the health and wellbeing sector.

Dominic will provide you with a full tutorial on the product features, & demonstrate correct technique. You will be able to trial all equipment in store. This will ensure you have purchased the perfect piece to match & exceed your specific requirements.

The Fitness Station will ensure you are completely satisfied with your purchase & provide ongoing support, education & accessibility to the fitness equipment experts.

TFS has a large range of home & commercial fitness equipment & diet supplements.

The product range includes treadmills, cross trainers, rowers, exercise bikes, recumbent bikes, boxing equipment, strength stations as well as a full range of fitness & strength accessories. The Brands are very well known & recognised for their quality & boast industry leading warranties. TFS offers in house warranty service/repair within 48hrs. This is one of a kind.

Dominic & Melissa will be more than happy to discuss the benefits of in home training. The Fitness Station, Peninsula Lifestyle Centre, Mornington. Phone 5975 4751.

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.



wellness & day spa

facials

eminence 100% organic products

signature treatments

shirodhara . rapali hair ritual

massage

relaxation . therapeutic . sports . remedial . oriental . thai
ayurvedic marma . tcm cupping . hot rock . lomi lomi
aromatherapy . christian fellowship . pregnancy massage

hill body beautiful

summer fruit sensation wraps and scrubs: apple & pear, strawberry, cranberry & pomegranate, chocolate mousse wrap, avocado cooler.

spa ritual and spa soaks

allow your soul and spirit to relax restore and revitalize
express 90 mins treatments to full day pamperings

gift vouchers

available for all occasions, great gift ideas
for people that have everything or simply to
pamper someone that you love

red hill spa

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