



Polynesian Spa

Hot Mineral Bathing & Spa Therapies



Rotorua · New Zealand



Welcome to Polynesian Spa...

New Zealand's leading international spa!

OVERLOOKING Lake Rotorua, Polynesian Spa is where guests can relax in a wonderful array of hot mineral spring pools and indulge in sumptuous spa therapies. Experience Rotorua's famous geothermal waters while you unwind at this unique thermal spa.

The Priest Spa has an international reputation for its therapeutic properties to relieve sore muscles, and is great for those with travellers fatigue. For more than one hundred and twenty five years visitors have received relief from the water for their tired muscles, aches and pains, arthritis and rheumatism.

All other pools, except for the family pool which is filled with freshwater, are supplied with deep spring water from the Rachel Spring named after a European beautician in the 1800s who claimed to get ageless beauty from soaking in the alkaline water. The spring water is soothing on the skin and leaves it feeling soft due to the silica in the water.

Polynesian Spa is voted World Top Ten Spa (thermal/natural/medical spas) by readers of the prestigious Conde Nast Traveller magazine 2004 - '07, '09 and 2011, this is a "must do" activity when in Rotorua!

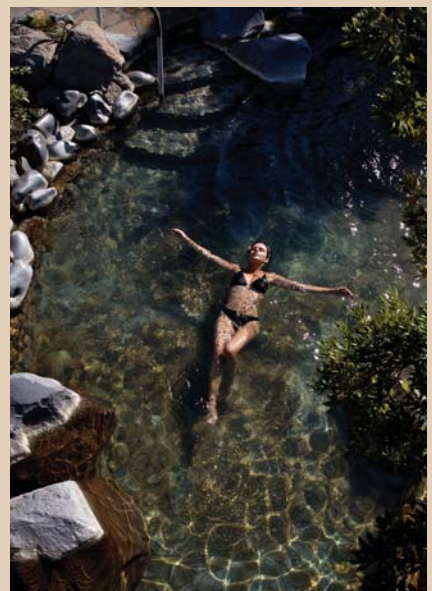
Spa Therapies

Set amid native flora, clients are spoilt for choice with an array of enticing spa therapies and hydro spa therapies offered. All spa therapies include complimentary deluxe Lake Spa thermal bathing. Products used in the Lake Spa Retreat can be purchased from the Spa Essentials Store afterwards as a nice memorabilia.



Polynesian Spa quick facts

Overview	<ul style="list-style-type: none">• New Zealand's leading international spa.• Voted a World Top Ten Spa (natural, thermal & medical) by Conde Nast Traveller 2004-2007, 2009 & 2011
Activity/Attraction	<ul style="list-style-type: none">• Hot mineral bathing and spa therapies.
Outlook	<ul style="list-style-type: none">• On the lakeside overlooking Lake Rotorua.
History	<ul style="list-style-type: none">• Over 125 years of hot mineral bathing, with the first Government bath house opening on this site in 1882.
Thermal Water	<ul style="list-style-type: none">• 2 natural hot mineral springs supply renowned therapeutic acidic water to the Priest Spa, and soothing alkaline water to the other pools.
Hot Mineral Pools	<ul style="list-style-type: none">• 26 pools in four areas for clients to choose from: deluxe, adult, private or family. 14 have views of Lake Rotorua. There is also 1 large freshwater chlorinated family pool.
Spa Therapies	<ul style="list-style-type: none">• An array of enticing spa therapies and hydro spa therapies is available in 10 spa therapy rooms.• Appointments essential.
Other Facilities	<ul style="list-style-type: none">• Spa Essentials store, and Hot Springs Café.
Natural & Healthy	<ul style="list-style-type: none">• Natural and healthy hot mineral spring water. Native NZ flora featured. Natural NZ ingredients in spa therapies and many retail spa body products. Healthy light cuisine.
Extra information	<ul style="list-style-type: none">• Bathing suits, towels, and lockers are available for hire. No access is available from any of the four pool areas to other pool areas. Wheelchair access. Non-smoking facility. An all-weather attraction.
Rates	<ul style="list-style-type: none">• Current retail rates available on: www.polynesianspa.co.nz. Wholesale rates available upon request to info@polynesianspa.co.nz.
Location	<ul style="list-style-type: none">• Central Rotorua - 2 minutes walk to closest hotels (Millennium Hotel and Sudima Hotel Lake Rotorua). 5 minutes walk to town. 5 minutes drive to other major Rotorua hotels and accommodation.
Opening Hours	<ul style="list-style-type: none">• 8am to 11pm daily - last pool entry 10.15pm (spa therapies: 9am-8pm every day).
Contact Details	<ul style="list-style-type: none">• Lakeside, Hinemoa Street, PO Box 40, Rotorua 3040, New Zealand.• Phone: +64 7 348 1328• Fax: +64 7 348 9486• Email: info@polynesianspa.co.nz
Website	<ul style="list-style-type: none">• www.polynesianspa.co.nz



A warm welcome awaits at Polynesian Spa!

Hot mineral bathing Lake Spa



Overlooking Lake Rotorua, the Lake Spa is Polynesian Spa's deluxe thermal bathing and relaxation area.

- 4 hot mineral rock-pools, each with different temperatures (36°C to 42°C), provide tranquil bathing.
- Pools are surrounded by native New Zealand flora, complete with a waterfall and a grotto.
- Lake-view relaxation lounge with refreshments available.
- Well-appointed changing facilities include towels, lockers, soap, shampoo, and hairdryers.
- A unique thermal pool environment, where the atmosphere changes from day to night, and from winter steam to summer sparkle.

Hot mineral bathing

Adult Pools & Priest Spa



This popular adult-only area offers 7 hot mineral pools, 6 with views of Lake Rotorua.

- 3 cascading, marble-lined pools (38°C to 39°C).
- 1 large, deeper pool is excellent for light activity (38°C).
- 3 Priest Spa pools (39°C to 42°C), are filled with water from the Radium hot spring, long renowned for its

therapeutic properties. The Priest Spa was named after a catholic priest, who in the late 1800's, gained great relief from arthritis when bathing in the hot spring.

- A choice of storage tubs or pay-lockers for your possessions whilst bathing.

- Spacious changing rooms are provided.

Hot mineral bathing

Private Pools



Enjoy the privacy of one of 13 hot mineral rock pools.

- 4 deluxe private pools offer panoramic views over Lake Rotorua.
- 9 private pools provide quiet seclusion.
- Pool temperatures are 38.5°C.
- Available for 30 minutes hire - minimum 2 adults.
- Bathing is on a first arrive-first bathe basis.
- A comfortable waiting lounge is provided, should a pool not be immediately available.
- Each pool has a heated-floor changing room and a shower.

Hot mineral bathing Family Spa



Family fun and enjoyment beckons in this most energetic pool area at Polynesian Spa!

- 1 large freshwater chlorinated pool (33°C), with a toddler's section and a small hydro slide.
- 2 hot mineral pools (37°C & 40°C) overlook the large freshwater pool. Here adults can relax while supervising their children.
- Children under the age of twelve years must be accompanied by an adult. Children under the age of eight years must be actively supervised by a caregiver aged sixteen or over.
- A life guard is permanently stationed in the Family Spa.
- A choice of storage tubs or pay-lockers for your possessions whilst bathing.

Spa therapies

Lake Spa Retreat



Set amid native New Zealand flora and overlooking Lake Rotorua, the Lake Spa is an inviting relaxation haven providing an array of enticing spa therapies and hydro spa therapies.

- **Spa therapies** – indulgent therapies include Rotorua mud, New Zealand manuka honey and other natural ingredients.
- **Hydro spa therapies** – or water-based therapies. Guests can experience the jets or warm water and fragrant coconut oil used in the popular Aix Spa massage – introduced from France in the early 1900's and available at Polynesian Spa for over thirty years.
- **Lake Spa Bathing** – deluxe hot mineral spring bathing is an integral part of everyday spa therapy. When booking a therapy bathing in the

Lake Spa is complimentary. This warms and relaxes the body and is one of Polynesian Spa's unique points of difference over other spas.

- 10 spa therapy rooms (5 dry, 3 hydro and 2 dual therapy rooms)
- The Lake Spa Retreat reception desk is open 8am – 8pm daily. Appointments are essential and subject to availability. Receptionists can assist guests to choose the most suitable spa therapies. Therapies are available 9am – 8pm daily.
- All appointments require guests to arrive one hour prior to their

appointment time to allow for a pre-therapy consultation that includes form completion, provision of spa robes for use at Polynesian Spa, a familiarisation of the retreat and deluxe Lake Spa bathing.

- Use of attractive lake-view relaxation areas.
- Well-appointed changing facilities include towels, lockers, soap, shampoo and hairdryers.
- An excellent place of retreat, for guests to completely relax.

Polynesian Spa

More than just thermal bathing & therapies...

Spa Essentials

The Spa Essentials store, offers one of the most comprehensive ranges of spa related body and skin care products in New Zealand.

- Many ranges are made in New Zealand. Rotorua's famous geothermal mud is a popular ingredient in many products. Other uniquely natural New Zealand ingredients, such as manuka honey, botanical extracts and oils are also used.
- Ranges of spa body and skin care products to promote overall health, pampering and well-being, are available for women and men.
- Spa accessories, such as ultra-soft robes and stylish, quality swimwear for women, men and children, are available year round.
- Open 8.30am – 11pm every day – perfect for last minute gifts!



Hot Springs Café

The licensed Hot Springs Café provides healthy light cuisine and refreshments, in indoor and outdoor settings.

- Menu items include fresh sandwiches and rolls, toasted sandwiches, paninis, seasonal salads and soups, cakes and slices and freshly-baked muffins and scones.
- Relax and refresh after bathing with a range of cold drinks, freshly squeezed juices, fruit smoothies, great coffee, beer and wine or famous New Zealand ice-cream.
- Clients have a choice of a spacious indoor café setting, or a picturesque, sheltered outdoor courtyard.
- Open 8.30am -11pm every day – to meet clients' cuisine requirements.



Special Requests

Polynesian Spa is happy to assist organisers of small conference and incentive groups with proposed programmes.

- Please contact us for any special requests. We look forward to working with you to accommodate your requirements.

A warm welcome awaits at Polynesian Spa!



Polynesian Spa

Lakeside, Hinemoa Street Rotorua, New Zealand

Opening hours: 8am-11pm daily (last pool entry 10.15pm)

Spa therapies: 9am to 8pm daily · Phone: +64 7 348 1328 · Email: info@polynesianspa.co.nz

Therapy bookings freephone: 0508 765 977 (NZ only)

www.polynesianspa.co.nz  

