



Reset Wellness Options



POLYNESIAN SPA

**GEOHERMAL HOT SPRINGS
AND THERAPIES**

HISTORIC. THERAPEUTIC. WORLD-FAMOUS.

New Zealand's Original Geothermal Bathing Experience

There are few places in the world where geothermal activity is as wondrous as here in Rotorua. For centuries these natural mineral hot springs, discovered by New Zealand's earliest inhabitants, have been the definitive bathing experience due to its amazing effects. As home to these ancient springs, Polynesian Spa is registered by the New Zealand Historic Places Trust, carefully retaining elements of early buildings and baths to preserve this natural wonder.

Soak in the Legend of a Top 10 Spa

Built on the site of historic bath houses for which the city first became world famous in the 1800s, Polynesian Spa has been an icon of the Rotorua tourism industry since it was established in 1972. The legend behind the naming of the Rachel Spring and the Priest Spring coupled with multiple Top 10 Spa awards, have further added to the worldwide acclaim.



Our Water

The therapeutic waters in the 28 hot pools at Polynesian Spa come from two different natural springs:

- The original Priest Spring is named after Father Mahoney, a Catholic Priest who was 'cured' of his crippling arthritis from bathing in the waters in 1878. The sulphate rich acidic water from the Priest Spring relieves tired muscles, aches and pains. This spring source is heritage protected and can be viewed on site.
- The Rachel Spring is a source of alkaline water, which features the antiseptic action of sodium silicate which nourishes and heals the skin. It was historically said that those who bathe in the waters of the Rachel Spring are blessed with ageless beauty.

The combination of these two types of mineral waters in all pool areas is only found at Polynesian Spa.

At our wellness retreat, we have designed enriching experiences that bring together the healing powers of thermal spa soaking and spa therapies with nurturing activities, all focused on enhancing your overall well-being. Our exclusive lakeside location and tailor-made wellness programs invite you to rediscover a renewed sense of vitality and harmony.

Choose from our thoughtfully crafted itineraries below, each accommodating up to 10-20 people and offering up to 5 hours of pure relaxation and rejuvenation. *Each package can be quoted per head.

ITINERARY OPTIONS (CUSTOM ITINERARIES CAN BE DESIGNED)

1: BLISSFUL JOURNEY

- Welcome & Morning refreshments (30-minutes)
- Vibrational Sound healing (30-minutes)
- Catered healthy lunch (45-minutes)
- Meditation & Mindfulness (1-hour)
- Yoga (1-hour)
- Afternoon refreshments (15-minutes)
- Therapeutic Pavilion hot springs soaking

2: SERENITY FUSION

- Welcome & Morning refreshments (30-minutes)
- Vibrational Sound healing (30-minutes)
- Catered healthy lunch (45-minutes)
- Kawakawa Balm/Tincture making (1-hour)
- Afternoon refreshments (15-minutes)
- Therapeutic Pavilion hot springs soaking

3: REVITALISE & ENLIGHTEN

- Welcome & Morning refreshments (30-minutes)
- Yoga (1-hour)
- Catered healthy lunch (45-minutes)
- Food & Wellness Workshop (creating nutrient dense food and beverages, e.g Kumbucha, kefir, relish, etc.) (1-hour)
- Afternoon refreshments (15-minutes)
- Therapeutic Pavilion hot springs soaking

4: REFRESH & REBALANCE

- Welcome & Morning refreshments (30-minutes)
- Health & Wellbeing Talk (a nutrition focused presentation highlighting the mind and gut connection) (60-minutes)
- Catered healthy lunch (45-minutes)
- Creative Arts Therapy (2-hours)
- Afternoon refreshments (15-minutes)
- Therapeutic Pavilion hot springs soaking

5: HARMONY RETREAT

- *Max group size is 20 (in two groups of 10)*
- Welcome & Morning refreshments (30-minutes)
- Yoga (1-hour)
- Meditation & Mindfulness (1-hour)
- Catered healthy lunch (45-minutes)
- Health & Wellbeing Talk (a nutrition focused presentation highlighting the mind and gut connection) (1-hour)
- Afternoon refreshments (15-minutes)
- Therapeutic **Deluxe Lake Spa** hot springs pre-therapy soak (1-hour)
- Therapy of choice (1-hour)

6: CORPORATE RETREAT

- Welcome & Morning refreshments (30-minutes)
- Yoga (1-hour)
- Food & Wellness Workshop (1-hour)
- Catered healthy lunch (45-minutes)
- Redwoods Guided Walk (incl transport and experienced guide) (2-hous)
- Afternoon refreshments (15-minutes)
- Therapeutic Pavilion hot springs soaking

WELLNESS BENEFITS

- Yoga



Experience the transformative power of yoga and increase flexibility, reduce stress with heightened mental clarity and strengthen your mind-body connection.
- Meditation



Self-discover through meditation and find tranquility amidst life's chaos. Alleviate stress, enhance focus and cultivate a deeper understanding of yourself.
- Vibrational Sound Therapy



Immerse yourself in vibrational sound therapy to reset your mind space and activate your parasympathetic nervous system.
- Kawakawa Balm making



Reconnect with nature and learn how to create your own healing balm using native plants and ingredients that soothe your skin.
- Food workshop



Learn how to create your own fermented foods loaded with probiotics and gut loving nutrients to nourish your whole body.
- Health & Wellbeing Talk



Learn and rediscover the connection between the gut and the brain, whilst exploring valuable nutrition hacks to implement into your everyday lifestyle providing you with skills to improve your overall health and wellbeing.
- Redwoods Guided Walk



An immersive journey through the towering giants of the Redwoods Forest with our guided walk experience.
- Speaker-led events



Experts will share their transformative experiences centered around wellness, self-discovery, and holistic health.



MEET THE FACILITATORS

Jessica Tumata-Lane



Jess is a qualified Naturopath specialising in plant medicine, nutrition, and aromatherapy. She empowers others by sharing her knowledge of homemade tinctures and balms made from forest plants. As a sound healer and mindfulness facilitator, Jess promotes holistic health, teaching art as a mindful outlet for self-esteem and emotional regulation. She combines guided breathwork meditations and vibrational sound healing using Tibetan singing bowls. Jess hosts workshops on nutrition, emphasizing the connection between the gut and brain, and teaches food-based fermentation workshops, blending plants into everyday nutrition.

Susannah Engel



Susannah is a lifelong seeker and teacher, and with a diverse background in bodywork and Alchemical Hypnotherapy, she has deepened her understanding of consciousness and spirituality. Having led workshops in the corporate world and small businesses, Susannah is skilled in navigating change and remaining centered. As a primary school teacher, she is passionate about bringing mindfulness into the classroom and is pursuing further training in the field. Outside of teaching, Susannah finds solace in her organic garden and forest retreat. Collaborating with the Mindfulness Programme, she strives to guide others on their path to presence and personal growth.

Nadine Prinsloo



Trained at Adapted Yoga and Pilates, a renowned studio, Nadine acquired extensive experience working with diverse medical conditions and injuries, adeptly adapting postures to accommodate individual needs and limitations. Nadine's classes are inclusive of all levels, including pregnancy modifications, and center on traditional Hatha Yoga, emphasizing posture, body awareness, core strength, alignment, balance, and breath. Sessions commence with pranayama (yoga breathing techniques) and conclude with relaxation and guided meditation, infused with a lighthearted and humorous atmosphere.

