Reset Wellness Options

POLYNESIAN SPA

GEOTHERMAL HOT SPRINGS AND THERAPIES



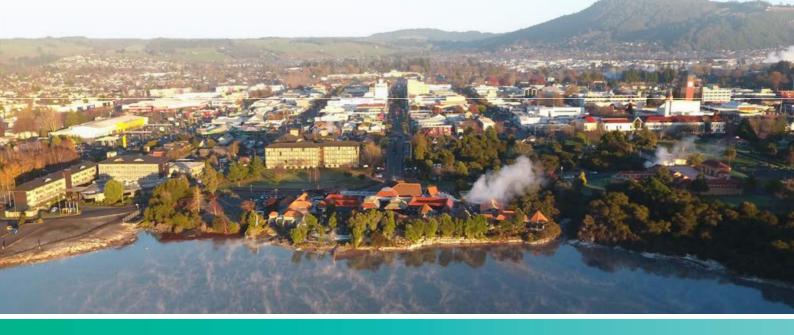
HISTORIC. THERAPEUTIC. WORLD-FAMOUS.

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.

Reset Wellness Options



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)

 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) 	 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 (30-minutes) Therapeutic Deluxe Lake Spa hot springs prettered healthy lunch (45-minutes) Therapeutic Pavilion hot springs soaking Catered healthy lunch (45-minutes) Therapeutic Deluxe Lake Spa hot springs prettered guide) (2-hous) Afternoon refreshments (15-minutes) Therapeutic Pavilion hot springs soaking Yoga (1-hour) Catered healthy lunch (45-minutes) Therapeutic Pavilion hot springs soaking Yoga (1-hour) Catered healthy lunch (45-minutes) Therapeutic Pavilion hot springs soaking Yoga (1-hour) Catered healthy lunch (45-minutes) Yoga (1-hour) Catered healthy lunch (45-minutes) Therapeutic Pavilion hot springs soaking
 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 	

WELLNESS BENEFITS







MEET THE FACILITATORS

Jessica Tumata-Lane



Susannah Engel



Nadine Prinsloo



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 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.

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.

