



*Victorian media release: World Bathing Day, 22nd June 2021*

# Victoria's waters coming alive for World Bathing Day 2021

People coming together across the world to celebrate water, and the cultures it supports, through the practice of bathing.

On June 22, a group of existing and emerging bathing destinations across Victoria will be joining the global celebration **World Bathing Day**. From when the first light hits the hilltop barrel baths of **Metung Hot Springs** in the East to dusk at **Deep Blue Hot Springs** in the West, seven iconic wellness destinations will be alive with activity. This includes four locations participating in a live streamed **Global Sound Bath**, alongside hot springs in New Zealand, Japan, Austria, Hungary, Germany and the USA. Hot tip: Keep an eye out for the Indigenous Yidaki Meditation in the Amphitheatre at **Peninsula Hot Springs**!

This is an exciting opportunity to spotlight the wave of development occurring within this rapidly growing sector. Alongside well-known wellness facilities like **Deep Blue Hot Springs**, **Geelong Sea Baths**, **Hepburn Bathhouse**, **Peninsula Hot Springs** and **Onsen Spa Retreat**, there are an array of emerging projects – **12 Apostles Hot Springs**, **Geelong Mineral Springs & Wellness Centre**, **Alba Thermal Springs**, **Phillip Island Saltwater Hot Springs** and **Metung Hot Springs**.

These businesses are part of a state-wide tourism route called the **Great Victorian Bathing Trail**, which will eventually connect these projects as one signature experience that will support the positioning of Victoria as a State of Wellbeing. They are also founding members of recently formed alliance of Australasian bathing operators and developers.

## We welcome Victorians to join the celebration:

1. By visiting their nearest bathing destination - hot springs, mineral springs or sea bath
2. Posting their own sunrise bathing on Instagram with the hashtag #worldbathingday and following the participating destinations
3. Join a live streamed '**Global Sound Bath**', featuring four of Victoria's wellness destinations in a musical showcase at hot springs across the world. Viewers can stream from **here** on the day.

## Instagram names of participating destinations:

@greatvicbathingtrail (collective)	@metung.hotsprings
@saltwatersprings	@albathermalsprings
@peninsulahotsprings	@deepbluehotsprings
@visitgeelongbellarine (Geelong Sea Baths)	@hepburnbathhousespa

*\* Stop the Spread - Please follow your local regulations on COVID-19*

## media contacts

**Matt Sykes**, Media Coordinator & Australasian Bathing Alliance Coordinator  
+61 (0) 448 920 123, [info@regenerationprojects.com.au](mailto:info@regenerationprojects.com.au)

**Marty Williams**, *Global Sound Bath* Production Director  
+61 (0) 412 617 017, [marty.williams@peninsulahotsprings.com](mailto:marty.williams@peninsulahotsprings.com)

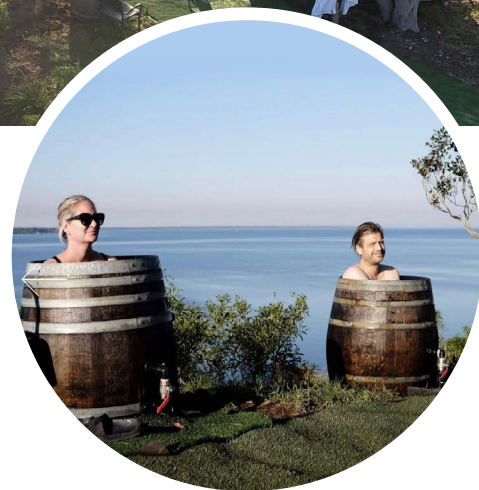
**Charles Davidson**, Global Wellness Institute Hot Springs Initiative Chairman  
+61 (0) 412 617 017, [charles.davidson@peninsulahotsprings.com](mailto:charles.davidson@peninsulahotsprings.com)



**WORLD BATHING DAY**  
**22 JUNE**

[worldbathingday.org](http://worldbathingday.org)

Instagram: @worldbathingday\_



WORLD BATHING DAY  
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# Metung Hot Springs,

## *Gippsland Lakes, Victoria*

### overview:

Metung Hot Springs are planning a day of activities in celebration of World Bathing Day and the East Gippsland Winter Festival.

### activities:

#### morning

1. **Sunrise bathing** – Utilising the new pop up bathing area on the escarpment, our team will capture an image of bathers in the barrels and then post on Instagram @metung.hotsprings
2. **Public Site Tour**, 11am – Guided tour of our site and project update, community tree planting & morning tea.
3. **Global Sound Bath**: Local live musician, 'Olivia Lay' going to air at 6:00pm Melbourne time.

#### afternoon

4. **Public Site Tour**, 4pm – Guided tour of our site and project update, community tree planting & morning tea. Cultural event – TBC. Followed by bathing in the pop-up hot springs and refreshments.
5. **Sunset bathing** – Utilising the new pop up bathing area, our team will post an image on Instagram @metung.hotsprings

For more information:

[metunghotspring.com](http://metunghotspring.com)

Follow us on instagram @metung.hotsprings







# Saltwater Hot Springs,

*Phillip Island, Victoria*

## overview:

Phillip Island Saltwater Hot Springs are planning a day of activities in celebration of World Bathing Day.

## activities:

### morning

1. **Ocean-view Bathing** – Using an existing stone bath on the cliff top looking out over the surf beaches and Bass Strait and a mobile bath hot pools we join in celebrating World Bathing Day. We will capture an image of bathers and then post on Instagram.

### afternoon

4. **Global Sound Bath** – Live music online streaming – recorded at Sunset 4:45-5:15 pm – going live to air at 6:30pm Melbourne time (AEST)



**1st Act:** Steve Cousins



**2nd Act:** The Sand Brothers

For more information:

**Tom Lade** +61 3 5956 7200, [marketing@thecapekitchen.com.au](mailto:marketing@thecapekitchen.com.au)

[saltwatersprings.com.au](http://saltwatersprings.com.au)

Follow us on instagram & facebook @thecapekitchen

SALTWATER  
SPRINGS



**WORLD BATHING DAY**  
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# Peninsula Hot Springs,

*Mornington Peninsula, Victoria*

## overview:

Peninsula Hot Springs are planning a full day of activities in celebration of World Bathing Day.

## activities:

### morning

7.36am **Sunrise ceremony** at Hill Top pool – D2Soul (*hand pan meditation*)  
10 - 10.40am **D2Soul** (*hand pan meditation*) – Amphitheatre FREE

### afternoon

12 - 2.25pm **Yuval Ashka Duo** (*world music*) – Bath House Café Stage FREE  
1.00 - 1.45pm **IKSRE** (*sound healing music*) – Amphitheatre FREE  
2.15 - 2.30pm **Lionel Lauch** (*yidaki meditation*) – Amphitheatre Stage FREE  
2.40 - 3.00pm **Lionel Lauch** (*yidaki healing*) – BH Hamam FREE  
2.45 - 3.30pm **Faraway Trio** (*world music*) – Amphitheatre FREE  
3.30 - 5.00pm **Spud Thompson** (*sonic soundscapes*) – Bath House Café Stage FREE

### Other activities will include:

- Hot Springs Yoga
- Live Musical performances across the day.
- Global bathing journey
- Clay Ridge workshops
- Fire & Ice workshops
- Sound Meditations in our Hamam and Amphitheatre stage;

PHS will be filming our acts across the day as part of our involvement in the first ever *Global Sound Bath* live stream event, going live to air at 7pm (AEST) [worldbathingday.org/global-sound-bath](http://worldbathingday.org/global-sound-bath)

For more information:

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

Follow us on instagram @peninsulahotsprings



**PENINSULA**  
**HOT SPRINGS**





WORLD BATHING DAY  
22 JUNE



# Geelong Sea Baths,

*Port Phillip Bay, Victoria*

## overview:

Geelong Sea Baths will be celebrating World Bathing Day swimming in the Eastern Beach Baths.

## activities:

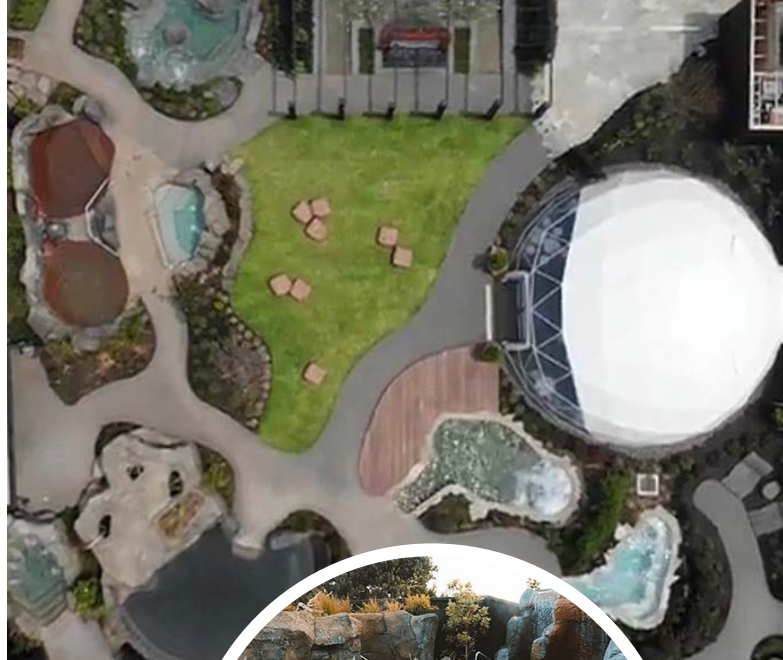
There will be in-person and online activities the community can enjoy at their leisure at the Eastern Beach Baths from sunrise to sunset.

*Main image courtesy of City of Greater Geelong, by Cam Rosin*

For more information:

[visitgeelongbellarine.com.au](http://visitgeelongbellarine.com.au)

Instagram @visitgeelongbellarine



WORLD BATHING DAY  
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# Deep Blue Hot Springs, Warrnambool, Victoria

## overview:

Deep Blue Hot Springs plan to celebrate World Bathing Day in their geothermal mineral bathing pools and Yidaki Cave Sound baths.

## activities:

Join the morning or afternoon session at the open-air Sanctuary with 15 enhanced bathing experiences for Geothermal mineral bathing and Yidaki Cave Sound Baths performed by Billy Briggs.

*Images of Yidaki Cave Sound Bath with Billy Briggs and Sanctuary. All courtesy of Deep Blue Hot Springs.*

For more information:

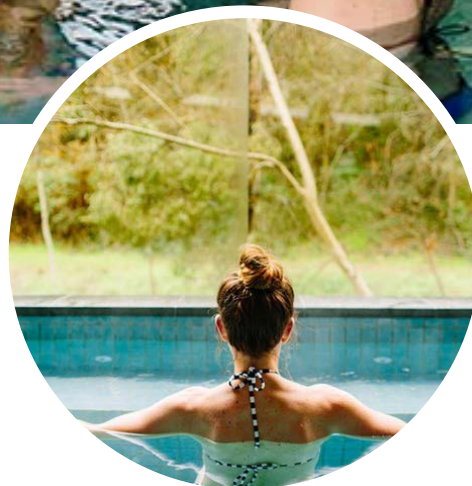
[thedeepblue.com.au](http://thedeepblue.com.au)

Instagram @deepbluehotsprings



**DEEP BLUE**  
HOTEL & HOT SPRINGS  
WARRNAMBOOL





WORLD BATHING DAY  
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# Hepburn Bathhouse,

*Hepburn Springs, Victoria*

## overview:

Hepburn Bathhouse & Spa will be celebrating World Bathing Day with two unique events.

## activities:

### morning

#### **Sunrise Sanctuary Mineral Bathing**

Guests will enjoy the Bathhouse & Sanctuary Mineral Bathing (*Guests Aged 16+*), Hepburn Organic Herbal tea plus robe, towel and locker hire. FREE

### evening

#### **Meditation Sound Healing & Mineral Bathing**

This unique event will focus on mindfulness and the benefits of mineral bathing. Start the evening with a 30 minute meditation session followed by Twilight Sanctuary Mineral Bathing. Session includes Hepburn Organic Herbal tea plus robe, towel and locker hire.

For more information:

Jeanette Haua +61 3 5321 6000

[hepburnbathhouse.com](http://hepburnbathhouse.com)

Follow us on instagram @hepburnbathhousespa



Hepburn  
Bathhouse & Spa

# World Bathing Day 22 June 2021

## Global Sound Bath Live Stream

Hot Springs venues around the world come together in a music and culture live streamed showcase



Fukushima, Japan  
**Dake Onsen**  
7pm (JST) UTC+9



Maruia, New Zealand  
**Maruia Hot Springs**  
7pm (NZST)



Metung, Victoria, Australia  
**Metung Hot Springs**  
6pm (AEST)



Philip Island, Victoria, Australia  
**Saltwater Hot Springs**  
6:30pm (AEST)



Mornington Peninsula, Victoria, Australia  
**Peninsula Hot Springs**  
7pm (AEST)



Warnambool, Victoria, Australia  
**Deep Blue Hot Springs**  
7:30pm (AEST)



Hévíz, Hungary  
**Lake Hévíz Hot Springs**  
6pm (CEST) GMT +2



Kaprun, Austria  
**Tauern Spa**  
6:30pm (CEST)



Bad Sulza, Germany  
**Toskana Therme**  
7pm (CEST)



Colorado, USA  
**The Springs Resort**  
7pm (MDT)