



Be enveloped by it ... float in it ... sip it ...  
It's clear, effervescent, refreshing ...  
so *very* timeless... so *very* cool ...

**It's Mineral Water, natural mineral water**

It's Victoria's liquid gold, the sparkling mineral water that flows unrestrained from the rocky terrain below Daylesford and Hepburn Springs up into a romantic landscape of quirky villages, lavender fields, gracious gardens, rolling hills and picturesque vineyards. Daylesford-Hepburn Springs is the rejuvenating heart of this holiday haven known as the Spa Capital of Australia.

People come from all over the world to this renowned holistic escape for the healing properties of the water. You'll find the ailing who will swear by the recuperative powers of the local waters and the stressed who will rise from a bath of it refreshed, rejuvenated and ready for another day, another challenge.

For centuries aficionados have called it 'taking the waters'. The ancient Greeks did it and the Romans introduced the benefits of it in England at a place called Bath.

In Victoria in the 1850s it was a group of gold prospectors who recognised the value of Australia's biggest collection of natural mineral springs in and around the Wombat Forest and the Hepburn diggings. Swiss-Italians among them spread the word and their revelation changed their lives and those of generations that followed.

Now you can visit spa country and "take the waters" as part of a total well being experience unique in Australia. It involves all the benefits of the waters with the added bonus of just on 100 therapeutic therapies and health-related activities not to mention the myriad of attractions in this Victorian country retreat so close to Melbourne.



There is the natural beauty of the environment with its wonderful walks, funky town and vibrant villages, inspired restaurants and cosy cafes, wide range of accommodation and a welcoming, open-minded, creative community.

The word 'spa' originated centuries ago in the Belgium town of Spa famous for its mineral waters. In this modern day and age it means a health resort based on therapeutic waters, fresh clean air and surroundings that offer and deliver an all enveloping feeling of relaxation.

Mineral water is described less romantically as "*groundwater which in the natural state contains carbon dioxide and other soluble matter in sufficient concentration to cause effervescence or impart a distinctive taste.*"

You can find dozens of such springs in Daylesford-Hepburn Springs, each with its own taste.

Come to Spa Country for the full experience. Try the mineral water ... bathe in it ... drink it. Be pampered with one of over 80 types of massage, therapies, mud wraps, facials, and beauty treatments. Have a Tarot reading or find out what your palm reveals: try hypnotherapy to give up smoking, or counselling to sort out your problems.

Breathe the clean bracing mountain air as you stroll through lavender fields, meander along shady paths and bush tracks, or take a boat on to the lake.

Enjoy fresh produce picked in the morning and creatively prepared for your dinner plate at night.

Sleep the sleep of the stress free.

Photos: A pool at Mineral Spa overlooking the Villa Parma Garden, Enjoying mineral water in the Minerals Springs Reserve.

*Nourish your mind, body and spirit and drift into the sleep of the stress-free ....*



## Discover the magic of the Mineral Springs Reserve, The Hepburn Springs Bathhouse and The Pavilion

For centuries the first indigenous residents of the area knew of the mineral springs and their healing powers but it was not until 1836 that the first of 65 springs in the district was recorded by the English settler Captain John Hepburn.

When gold was discovered in 1851, near where the Savoia hotel now stands in Hepburn Springs, thousands of people from all over the world descended on the region. It was the Swiss-Italians and Italians amongst the miners who recognised that the springs were as valuable as the gold.

In the 1860s a group of Swiss and Italian gold diggers and others who had fled religious persecution, formed a Committee headed by Dr Francesco Rosetti that established the Mineral Springs Reserve. The reason was to preserve the springs from gold dredging.

They had good reason to worry for the springs did stop running particularly during a period in 1910 and the public were so outraged that the mine in question had to be closed. The waters returned.

To make the most of the healing properties of the springs, a Bathhouse was built in the Reserve in 1895 and became a major attraction, with thousands of Melburnians travelling by train and horse drawn vehicles to visit and 'take the waters'.

Over the years the Bathhouse went through extensive changes and rebuilding and in 1986 it was reopened after a major restoration and renovation. The Edwardian facade was retained but the whole of the interior was redesigned and modernised. However it was still not able to keep up with the ever increasing demand, particularly at weekends and during school holidays.

After carefully examining several options, the Government, on the advice of its Mineral Springs Advisory Committee, decided to double the size of the spa complex and create the most outstanding hydrotherapy centre in Australia: the rebuilding was completed in 1992.

Its success and the fact that the new century saw Daylesford-Hepburn Springs became even more popular as a short break holiday destination meant that once again decisions about the bathhouse, its capacity and international trends had to be made.

In October of 2006 work commenced once again on the refurbishment of the old Bathhouse building. The wing that had been built in the 1980s and then upgraded has been demolished to make way for a new building to house a mineral pool, spas and other water related therapies. Work will finish in mid 2008.

One hundred years ago the nearby Pavilion opened in the Mineral Springs Reserve and over the years has been extended. It has been popular with locals and visitors for refreshments, tea dances and community events. It too is

undergoing a refurbishment and will reopen prior to the Bathhouse later in 2008, thus adding to the attractions of the Mineral Springs Reserve and the overall region.

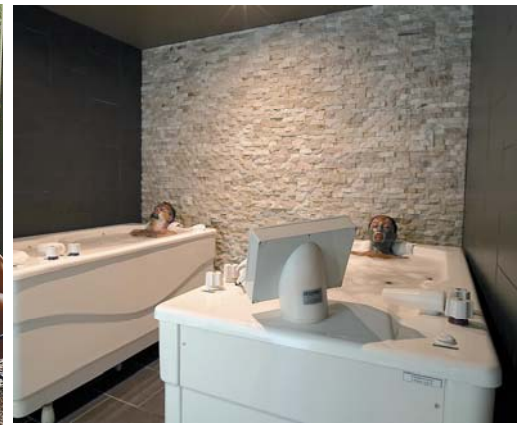
With the completion of the new Bathhouse and the re-opening of the Pavilion, the Mineral Springs Reserve at Hepburn Springs will once again be the centre of the Spa Capital of Australia.



Artist's impression of the new Bathhouse wing from Spring Creek. It will open around July 2008

Photos: *Free water at Locarno Spring (Photo Hepburn Spa), Bush walk, Autumn leaves in the Mineral Springs Reserve and the Historic Pavilion built 1908.*

*Take the waters and feel a sense of renewal*



## The vibrant yet relaxing experience that is Daylesford-Hepburn Springs

*Your body feels pampered, your mind open. Your soul, is soothed and senses satisfied. Glide into a wonderland of experiences and a feeling of wellbeing envelopes you.*

### Take the Waters

There is mineral water from a spring or a bottle to drink, water to lie in and enrich your skin, waterfalls and blowholes to discover and picturesque lakes where you can walk, boat or relax.

#### Indulge in a pamper package

Give yourself over to a relaxing or therapeutic massage, body wrap, hydrotherapy, hot stone treatment, waxing, pedicure, manicure or beauty therapy.

#### Consider counselling and find your inner self

Talk to the experts and solve your clinical, relationship, spiritual, smoking, diet or weight problems.

Consult a Physio, Clinical Therapist, Hypnotherapist or Chinese Medicine expert. Have a Tarot reading: visit a Clairvoyant.

#### Relish local cuisine

Seek out the district's acclaimed restaurants, gastro pubs and cafes specialising in dishes Chefs have made from organic produce fresh from local farms, trout caught that day, cheeses made in the district, meats cured locally. Enjoy them with fine wines from surrounding vineyards or relax informally at a country pub.

#### Enjoy outdoor dining

Take advantage of picnic areas with barbecues in the scenic green surrounds of Tipperary Springs, the Hepburn Springs Mineral Springs Reserve, Sailors Falls, Lake Daylesford or Trentham Falls.

Sample an inspired meal of local produce served lake side on the terrace at the iconic Lake House, in the gardens of Peppers Springs Retreat, on the verandahs at the Grande or at Rubens or in a cosy café courtyard.

#### Have your creative soul nourished

Be inspired at the eight galleries of the Convent Gallery, the Pantechnicon and other Daylesford studios.

Admire the colours of Don Wreford's hot glass creations, the Oriental craftsmanship on display at Moongate in Hepburn Springs, the surprises at the Clayfire Gallery and hand crafted wooden furniture at the Timberbenders or at Gerard Bugden's Woodshed Gallery..



### Take the Walk

Wander through the historic streets of Daylesford or the Botanic Gardens on Wombat Hill. Stroll Hepburn Springs' Village Walk via the Italianate garden at Villa Parma to the Mineral Springs Reserve and on to the Argyle Spring.

Enjoy a romantic ramble through fields of lavender and cottage gardens at Lavandula Swiss Italian Farm and Sault Estate or a more adventurous hike along the 16km Tipperary Track.

If really dedicated consider a hike along the Great Dividing Trail.

#### Make time for a sporting activity

Unwind with a game of golf, tennis, squash, Petanque or Bocce. Go boating, horse riding, fishing, quad bike riding, cycling, hiking or swimming.

#### Enjoy retail therapy

Seek out trash and treasure at the Sunday Market at the old railway station, or the Mill Market open every day. Visit the monthly Farmer's Market, a Daylesford Deli or Hepburn General Store and stock up on local Janey Bee truffles and biscuits, Tuki trout, Spa Venison, hand-made chocolates, Country Cuisine jams, preserves and sauces or Istra Smallgoods.

Fossick for antiques, collectibles, art, sassy clothing, second hand books, craft, jewellery and homewares and along Vincent and Howe Streets in Daylesford and the villages of Hepburn Springs, Creswick and Trentham.

#### Hit the Road

Explore the picturesque countryside. Visit local farm gates and cellar doors hidden behind historic villages. Enjoy a satisfying snack at a country vineyard, in a Pub in Clunes or on the verandah of the quirky Glenlyon General Store.

#### Stay over in a fairytale setting

Unwind in a boutique resort or hotel, a doiley-free B&Bs, self contained villa, cute cottage, bush hideaway, an historic home. or a Japanese Inn, nearly all with their own spas. There are also guest houses, motels, a youth hostel and caravan park cabins.

Photos: Stone treatment at Hepburn Spa, Mineral water bath treatments at Mineral Spa at Peppers Springs Retreat, Pots at Moongate.

*Come for the waters ... come for the total experience*



## The Spa Experience ...

*Medical research in Europe has proved mineral water baths relieve stress-related illnesses. Find out what the waters and pure air of Spa Country can do for you.*

For general well being and for the body to function correctly water and a certain number of vitamins and minerals are essential. Processed foods lack many of the necessary minerals the body requires so drinking mineral water is one way of the body receiving many of the minerals required. Essential to the body are:

**Calcium**—vital for bone tissue, proper functioning of muscles and relaxation

**Silica**—for bone formation (acts like carbon fibre in steel—makes them strong without being heavy). Silica is not found in processed food.

**Magnesium**—good for muscles and essential for proper functioning of kidneys.

**Bicarbonate**—balances the pH in the blood stream

**Iron**—is more easily absorbed in water, enables red blood cells to carry oxygen, also vital for the formation of haemoglobin.

The Victorian Mineral Water Committee (VMWC) is appointed by the Minister for Environment as an advisory body on the management of Victoria's Natural Mineral Water resources. The VMWC ensures that appropriate policies, plans, strategies and guidelines are in place to preserve the State's Natural Mineral Water resources for the maximum benefit of the whole community.

The Mineral Springs Reserve was first established in 1864 and in 2008 was the responsibility of the Victorian State Government advised by the Victoria Mineral Water Committee

The most accessible Mineral Springs in Hepburn Shire are: **DAYLESFORD:** Central Springs, Hard Hills, Sutton, Wagga and Wombat Flat Springs at Lake Daylesford, Tipperary Springs on the Tipperary Track and Soda at Lake Jubilee.

### HEPBURN SPRINGS

Hepburn Springs Mineral Reserve, 4kms from the heart of Daylesford – Wyuna, Soda, Pavilion, Sulphur and the Locarno Spring with an optional 1.4km walk to the Argyle Spring

**OTHER SPRINGS** are around Hepburn Springs, Sailor's Falls, Glenlyon, Eganstown, Leitches Creek, Lyonville and Ballan.

Typical Content	Non mineral	Mineral
	groundwater (mg/l)	groundwater (mg/l)
pH	6.5	5.8
Calcium	4.4	90
Magnesium	12	82
Bicarbonate	52	850
Chloride	14	31
Sulphate	1	2
Silica	8.8	80
Carbon dioxide	95	1900
Soluble salts	88	1130

For details on mineral water and maps for the springs go to

[www.mineralwater.vic.gov.au](http://www.mineralwater.vic.gov.au)

For a list of therapies see [www.spatown.com.au](http://www.spatown.com.au)

For maps and details on Daylesford & Hepburn Shire see

[www.visitdaylesford.com.au](http://www.visitdaylesford.com.au) or visit the Visitor Centre

98 Vincent Street, Daylesford. 5321 6123

Photos: *Salus Day Spa at the Lake House, Spa pools at Mineral Spa at Peppers Springs Retreat*



Mineral water is free from the pumps around Daylesford-Hepburn Springs. You can also drink local bottled mineral water in most local restaurants and cafes and purchase it from a number of local venues. The Lake House has its own brand *Salus*.

*Daylesford—Hepburn Springs, the Spa Capital of Australia*