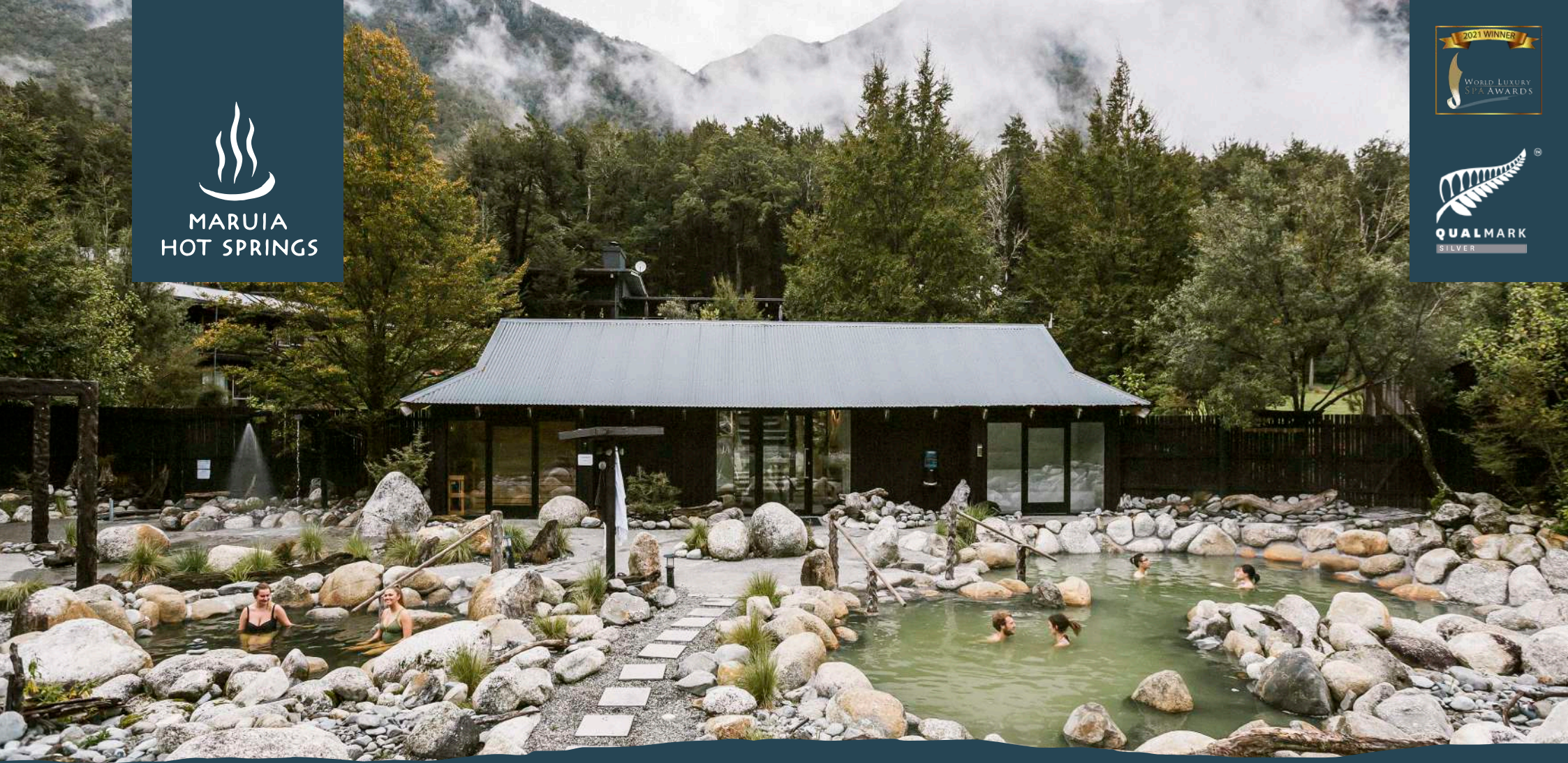




MARUIA
HOT SPRINGS



our water



stay



dine



explore



wellness



pamper

www.maruiahotsprings.nz



our water

Maruia Hot Springs is proud to provide bathers with an authentic, natural and pure thermal mineral water experience. Immerse yourself in geothermal waters that have naturally risen to the earth's surface on our site for centuries. Our geothermal water is infused with natural minerals and trace elements that detoxify the body and rejuvenate the spirit.

natural thermal springs

Our water rises from deep beneath New Zealand's Southern Alps, reaching the earth's surface at a temperature of approximately 56°C. From there it is cooled to between 37°C and 42°C and directed into a range of indoor and outdoor pools for the enjoyment of our guests. We provide a pure chemical free natural bathing experience.

Maruia Hot Springs is a sulphur spring with a pH of 7.3, and with an average of 500,000 litres of natural geothermal water flowing through our pools daily, our water is always fresh and never recirculated.

powered by fresh mountain water

The electricity used to power saunas, heating and buildings at Maruia Hot Springs is produced on-site by our very own hydro-electric generator. We are an off the grid eco-resort, with internet provided by satellite and telephone provided by radio link.

our water is alive

The geothermal waters of Maruia Hot Springs are infused with an abundance of dissolved minerals as they rise through the many layers rock beneath the earth's surface. These dissolved minerals can give a distinct and unusual colouration to the water, and create an ideal habitat for medicinally beneficial extremophile algae species.

At Maruia Hot Springs you will most often see our unique 'black algae' in the water, which has been scientifically shown to have similar health benefits to the superfood spirulina. We encourage guests to rub the black algae on their skin to benefit from the many nutrients within it, including vitamins, minerals, antioxidants, essential fatty acids and chlorophyll.

During your visit it is not uncommon for our pools to change colour throughout the day, from clear to crystal green, milky grey and jet black.



benefits

Water has long been harnessed to nurture physical and emotional well-being. Around the world, and throughout decades, water therapies and facilities have contributed to the creation of wellness experiences that provide lasting physical and mental health benefits. Our waters are an oasis of calm and healing, for improving sleep, alleviating stress, improving circulation and easing arthritic, muscle and joint pain.





experiences

Discover relaxation and nature at the base of the mountains as you immerse yourself in New Zealand's pure thermal springs and sauna experiences. Maruia Hot Springs connects people with nature as you bathe in mineral water that naturally flows from the ground. Explore the numerous thermal bathing experiences, wellness activities and enjoy all the national reserve has to offer.



outdoor bathing

Bathe in a variety of pools fed by natural hot springs water that rises from the earth full of minerals providing amazing health benefits for the body.



indoor bathing

Experience our indoor bathing inspired by the tradition of Onsen bathing in Japan, and watch the birds and wildlife from inside.



thermal showers

Our hot and cold thermal massage showers are a treat for sore necks or shoulders.



cold plunge pool

Cool off with the plunge pool experience and feel your heart race as you dip into a chilly 7 degrees C.



rock sauna

Feel the heat as you sweat the toxins out of your body while enjoying the mountain views.



steam room

Our wet sauna maintains moisture in the air to promote clear skin, circulation and joint health.



foot bath

Soak your feet in our mineral foot bath and breathe deeply as you take in the views of Maruia valley.



infrared sauna

Radiant heat penetrates deeply joints, muscles and tissues, increasing oxygen flow and circulation.



wellness

Wellness classes, sauna infusions and guided nature walks are included in all overnight stays.



private bathing

Secluded and serene, our blissful private baths help to restore your mind, body and soul.



day spa

Surrender your body to complete relaxation with our spa treatments to cleanse, refresh, and restore.



nature walks

Explore the pristine nature of Lewis Pass National Park via our forest loop track and alpine trails.



rooms

Accommodation at Maruia Hot Springs is peaceful, comfortable and relaxing, with 20 rooms and a variety of options to choose from. All accommodation options include 24 hour access to our bathing and sauna facilities. Unplug from the world for a few days, away from cellular network coverage and with limited televisions. Wifi credit for our satellite internet service is available to purchase from on your device.

mountain view rooms

Newly reconstructed rooms with breath-taking views of the valley and mountains beyond via floor-to-ceiling windows, a private terrace, a plush king bed or up to three singles, and custom-made furnishings throughout, creating a tactile and tranquil space. Showers with locally made bath products and cosy robes and towels make this room a comfortable stay.



garden view rooms

Our signature suites are lavished with loft ceilings and modern yet natural interiors, looking out to spectacular views of the region. Unwind as you sit on your private balcony while connecting with nature and the tranquil surroundings. Upgrade to a superior suite to enjoy the additional benefits of a large luxury king bed or two single beds, a spacious floor to ceiling tiled bathroom, and LCD television.



garden ground rooms

Newly reconstructed rooms with floor-to-ceiling windows and private terraces connect guests to nature, while a king or two single beds, natural details, spacious bathrooms and custom-made bath products provide a relaxing and comfortable experience.





dine

restaurant

Our menu showcases nature's versatility and is inspired by the Southern Alps surrounding the resort. Our small team of resident chefs use fresh ingredients from local suppliers, homemade baked goods, and their own fermented foods to create this delicious dining experience.

opening hours

Breakfast

8 am – 10 am

Lunch

12:15 pm – 2 pm

Dinner

from 6 pm

All diners welcome, reservation required





wellness & treatments

wellness activities

We invite our guests to switch off from reality and fully relax in nature. To enhance the Maruia experience we offer full body massages & treatments. We also offer a set of complimentary wellness activities to all overnight guests.

signature sauna infusion

Discover the powers of hot & cold (contrast) bathing in our daily "signature sauna infusion", guided by our resident sauna master. Begin by learning the benefits of hot & cold therapy while seated in the hot rock sauna infused with essential oils, then refresh with a cold plunge ritual, and finish with our homemade natural mineral clay masks – an experience not to be missed!



massages and treatments

Guests can choose from a variety of treatments ranging from relaxation massages to indulging facials and head to toe body treatments. Combining essential oils and traditional massage rituals, you will leave feeling relaxed, refreshed and rejuvenated.

We recommend bathing prior to your treatments in order to enjoy deeper benefits, eliminate body toxins, promote healthy skin and feel the therapeutic results more deeply.



wellness program

Our calendar of complimentary wellness activities for you to enjoy during your stay includes our guided 'signature sauna infusion' with home-made face masks, daily wellness classes and a guided nature trail walk. These can be booked when you arrive. Make sure to pack your yoga pants, swimsuit, jandals and suitable walking shoes.

wellness calendar

7:30am: anti-stress yoga

Yoga studio (45-60min)

8:30am: detox sauna infusion

Outdoor sauna

11:30am: sauna infusion & body scrub

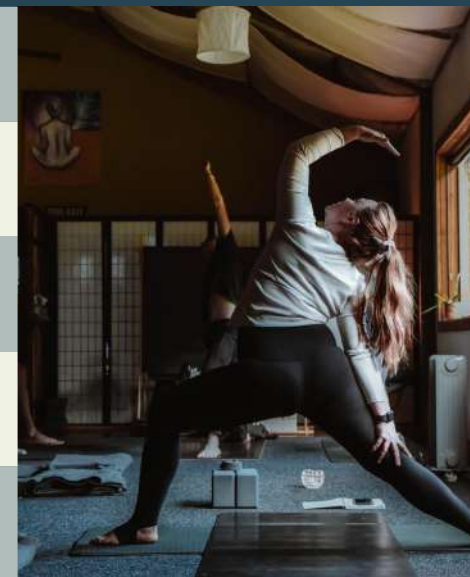
Outdoor sauna

4:00pm: glow sauna infusion

Outdoor sauna

5:15pm: rejuvenating yoga flow

Yoga studio (45-60min)



our story

The grass was knee-high around the hot pools and the property required renovation when the current owners took over Maruia Hot Springs. Five years on, Maruia Hot Springs has won multiple awards and was recently awarded the prestigious Qualmark Silver rating.

Today, we aim to provide relaxation bliss to recharge your body, mind and soul. Our thermal wellness destination is located in the beautiful Lewis Pass National Reserve, a two hour drive from Christchurch and one hour drive from Hamner Springs. The renovation of the spa and the experience it now provides reflects lessons learned by co-owner James White during his travels to more than 120 health spas in 22 countries. A unique wellness centre has been created, which he likes to call 'nature's health haven'.

All Maruia Hot Springs guests enjoy unlimited access to hot pools, saunas, a steam room, cold plunge pool, foot bath, zen chi machines, relaxation lounge, restaurant, hiking trails and other thermal wellness experiences. For visitors seeking the complete relaxation experience, recently renovated accommodation is available for both couples and families. All rooms are peaceful, quiet, and offer a sense of connection with the surrounding natural environment. There's also a fabulous restaurant on-site, which presents the finest locally sourced, seasonal produce on both its breakfast and dinner menus.

We welcome both overnight and day guests, providing an opportunity to recharge and rejuvenate.



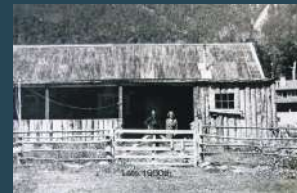
Lewis Pass before road was built



early 1920's bathing huts



1920's expanded bathing huts



1930's horse stables



1940's a grand chalet



1950's easy access



1968 destroyed by fire



1970's rebuilt as a pub



1980's pub with swimming pool



1990's traditional Japanese onsen



natural mineral hot pools



today

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South Island, New Zealand.

(GPS coordinates - 42°22'45" S, 172°19'59" E)

www.maruiahotsprings.nz

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