Polynesian Spa
Rotorua, Bay of Plenty
Hot Pools & Spa Therapies

Rotorua has been renowned for spa treatments and thermal hot pools for the last hundred years. The Polynesian Spa lies at the edge of Lake Rotorua taking advantage of this vast natural geothermal wonderland. Guests can relax in a series of beautifully designed hot mineral pools with views out across the lake and choose from a world class range of sumptuous spa therapies, massages, facials, health and beauty treatments.

Polynesian Spa is one of New Zealand's oldest international spas and is a "must-do" attraction when visiting Rotorua.

The spa is a 100% New Zealand-owned private company since April 1972. We have had a policy of continuous improvement that has seen the old government-run baths of the mid 1900's transformed into the internationally-renowned spa that it is today. All development has capitalized on the totally unique geothermal views from the spa overlooking Sulphur Bay on Lake Rotorua and on the sustainable use of the health-giving Rotorua geothermal waters. In addition, all developments have been done in strict sympathy with the original 1930's heritage buildings on the site.







Spa Therapies

Set amid native flora,clients are spoilt for choice with the array of enticing spa and Aix spa therapies offered at Polynesian Spa Retreat. All therapies include complimentary deluxe Lake Spa thermal bathing — and the luxurious treatment products used can be purchased from the Polynesian Spa Shop afterwards as a memento of your visit.

Open 10am - 7pm | Duration flexible

Hot Pools

Deluxe Lake Spa

Overlooking Lake Rotorua, the Lake Spa is Polynesian Spa's deluxe hot mineral bathing and relaxation area. Enjoy tranquil bathing and lake views in four shallow alkaline rock pools, and one newly added acidic Priest Pool with temperatures ranging from 36 to 42 degrees celsius. Here you are surrounded by revitalizing native New Zealand flora, natural rocks, the sound of two waterfalls and a grotto. The pools are filled with soothing alkaline mineral water leaving your skin soft and supple. With one acidic pool providing great relief for aches and pains. A large indoor relaxation lounge also overlooks Lake Rotorua, where as a Lake Spa guest, you are welcome to move from the pools to the lounge once dried off and return to bathe in the Lake Spa pools as you wish. Relax in the outdoor relaxation area overlooking the hot mineral pools and Lake Rotorua. Guests can further unwind on the five geothermally heated recliners with a stunning backdrop of New Zealand's lush and natural greenery.

Private pools available for 30 minute hire.

Adult Pools

Relax and rejuvenate in this area reserved for adults with calming hot pools, a beautiful reflexology walk and a deep pool to stretch out muscles. With Three Priest Spring acidic mineral hot pools and three cascading Rachel Spring alkaline mineral hot pools, deep Rachel Spring alkaline stand-up pool to stretch out for light activity and a new 40oC alkaline mineral hot pool overlooking Lake Rotorua. Reflexology walk to stimulate pressure points in your feet that correspond to all major body areas - encouraging energy and blood flow throughout your body accompanied of spacious changing rooms and showers with private cubicle options. Polynesian Spa restores the body inside and out.

Open 8am - 11pm | Duration flexible, last entry 10:15pm

Polynesian Spa
Rotorua, Bay of Plenty
Hot Pools & Spa Therapies

Additional Information

Pregnant women and people with medical conditions should contact us for suitability of pools and treatments.





Directions

Polynesian Spa is located in central Rotorua on 1000 Hinemoa Street (Lake end).

Located on an historic site in the attractive Government Gardens, Polynesian Spa is five minutes walk to central Rotorua and two minutes walk to the closest hotels – the Millennium Hotel and the Sudima Hotel Lake Rotorua. Other major hotels and accommodation are a five minute drive away.

Terms

GROUP SIZE Public Pools & Private Pools and therapies

CHILD POLICY Family friendly. Spa treatments not available for under 16 years.

CANCELLATION 4 hours 100%

SEASON Open all year

Recommendations

Enjoy lunch or a coffee at the onsite 88Ra Café

Accommodation in this area

- Koura Lodge