



Please note: While every effort has been made to ensure the accuracy of this publication, Hepburn Shire Council disclaims any liability for any error, loss, or other consequence that may arise from the reader relying on any of the information provided.

Visit
Hepburn Shire

Daylesford &
Hepburn Springs



Image: The Mineral Spa, Mineral Springs Hotel

Relax, rejuvenate, and recharge during your stay in Hepburn Shire. Since the late 1800s, the region's plethora of natural mineral springs have attracted those wishing to harness the invigorating effects of this mineral-rich water. Indulge in soothing massages, cleansing spa treatments, and therapeutic mineral bathing - all of which will leave you feeling refreshed and revitalised.

Daylesford Regional Visitor Information Centre
98 Vincent Street, Daylesford
Phone: 1800 454 891
Open 7 days 10am to 4pm
www.visithepburnshire.com.au



@visithepburnshire



Updated June 2026

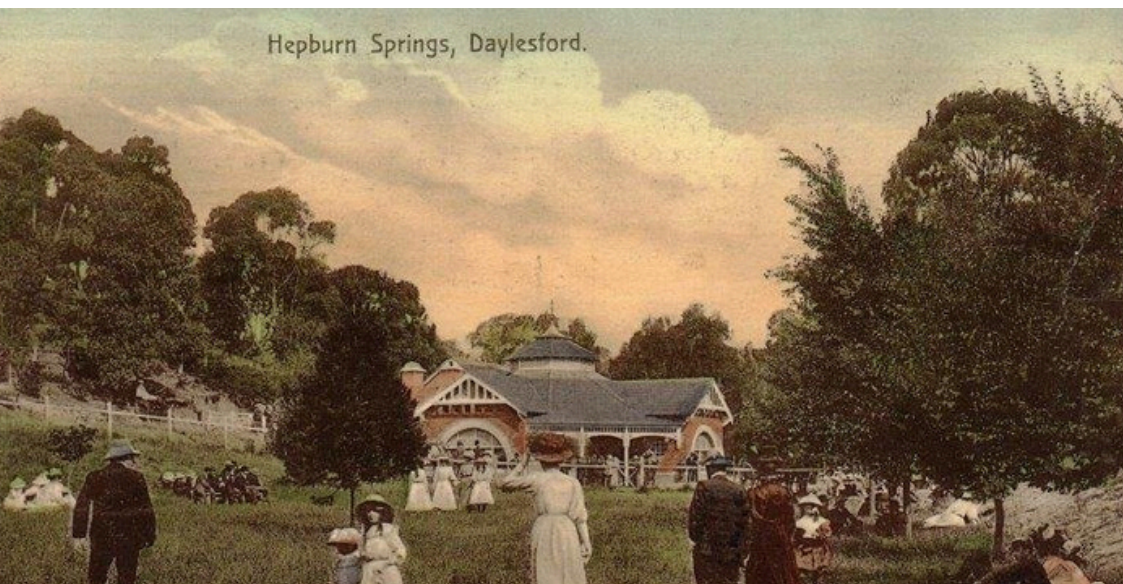
History of Hepburn's Mineral Springs

Mineral springs are naturally occurring groundwater with high concentrations of carbon dioxide and soluble matter, resulting in effervescence and a distinctive taste. Victoria has just under 40 mineral springs accessible on public land, making it Australia's most mineral spring-rich state. With the exception of one spring at Eastern Beach in Geelong, all are located within the Central Highlands region.

Hepburn Shire's mineral springs are sites of intersecting cultural heritage. The Indigenous peoples of the Central Highlands had long known of the existence of the springs, but European settlers were initially unaware of this mineral-rich water source. In 1836, Captain John Hepburn discovered the Hepburn Mineral Spring and over time more springs were revealed. They were highly valued by miners during the gold rush era.

As mining activity declined in the second half of the 19th century, demand for mineral water increased. Public awareness for its reputed therapeutic benefits quickly grew, which led to an increase in the number of guest houses in Daylesford and Hepburn. Accessibility was greatly improved by the coming of the railway in 1880, and the region has remained popular as a wellness holiday destination ever since.

Hepburn Springs, Daylesford.



Soma Massage

111A Vincent Street
Daylesford
0456 000 100
www.somamassages.com.au

Spa & Beauty Hepburn Springs

2/ 11 Howe St
Daylesford
0447 651 888
www.spaandbeautyhepburnsprings.book.app

Yoga

Daylesford Heart of Yoga

Enjoy a private yoga and meditation class in Daylesford
0429 955 824
www.daylesfordheartofyoga.com

Lazuli Wellbeing

Massage & yoga
120 Bald Hill Road
Hepburn
0422 814 385
www.lazuliwellbeing.com.au

lè.yoga.daylesford

Established in 2013, this studio offers group and private classes
0431 840 788
www.leyoga.com.au

Namaste Hepburn

A dedicated heated yoga studio with capacity for ten participants
0412 240 261
www.namastehepburn.com.au

Shizuka Ryokan

Japanese wellness retreat
7 Lakeside Drive
Hepburn Springs
(03) 5348 2030
www.shizuka.com.au

YogaYew

Daylesford classes tailored to your body and circumstances
0403 506 997
www.yogayew.com

Tarot & Astrology

Daylesford Healing Massage

Studio tarot readings
Shop 5, 11 Howe Street
Daylesford
(03) 5348 1099
www.massagehealing.com.au

Daylesford Tarot Beyond the Gate

Studio, mobile, and online tarot reading service
0419 985 245
www.daylesfordtarot.com

Euphemia Blackthorne

(formerly Muse of Mystery)
Tarot reading & palmistry
119 Vincent Street
Daylesford
Please text 0415 336 332
euphemiablackthorne.com.au

Beauty & Massage

Abandon Stress

Mobile massage in
Daylesford and Hepburn
0401 369 743
www.abandonstress.com.au

Araya Massage

12A Vincent Street
Daylesford
0473 877 180
www.araya.net.au

Art of Relaxation

Mobile & studio massage
14 Fulcher Street
Daylesford
0447 270 756
www.artofrelaxation.com.au

Bespoke Medispa

Cosmetic treatments
2/11 Howe Street
Daylesford
0483 828 394
www.bespokemedispa.com.au

Central Highlands Chinese Medicine

Acupuncture, massage and
Chinese herbs
15A Camp Street, Daylesford
0422 353 446
www.tcmconsultancy.com

Daylesford Traditional Chinese Massage

Shop 1, 9 Howe Street
Daylesford
0481 115 675
www.dtcms.com.au

Daylesford Healing Massage

Shop 5, 11 Howe Street
Daylesford
(03) 5348 1099
www.massagehealing.com.au

Daylesford Massage & Facials

Mobile service operating in
Daylesford and Hepburn Springs
0411 957 400
www.daylesfordmassagespa.com

Daylesford Rejuvenation Retreat

9 Connells Gully Road
Daylesford
0459 092 436
www.dkretreat.com

Daylesford Spa & Beauty

Shop 1, 9 Howe Street
Daylesford
0481 115 675
www.daylesforddayspa.com.au

Essence Health & Wellbeing

Reflexology & aromatherapy
Hepburn Springs
0414 362 961
www.essence.com.au

The Green Store

Myotherapy & massage
12 Market Street
Trentham
0493 565 691
www.thegreenstore.com.au

In Good Hands

Massage to relieve muscular
tension
Daylesford Apothecary
4 Howe Street, Daylesford
0409 418 693
www.ingoodhandsbodywork.com

Lazuli Wellbeing

Massage & yoga
120 Bald Hill Road
Hepburn
0422 814 385
www.lazuliwellbeing.com.au

Nalini Retreat

Mobile massage & day spa
Daylesford & Hepburn
0417 783 087
www.naliniretreat.com.au

Peppermint Springs

Retreat & day spa
614 Daylesford-Trentham
Road, Musk
(03) 5348 5718
www.peppermintsprings.com.au

Prani Glow Day Spa

606 Daylesford-Trentham
Road, Musk
0467 207 329
www.praniglowdayspa.com.au

Shakti Massage

1 Rosella Lane
Daylesford
(03) 5348 1629
shakti.com.au
www.shakti.com.au



How to use a mineral pump

When using one of the mineral spring hand pumps dotted across Hepburn Shire, pull the handle a few times to flush the pipe and draw fresh, fully carbonated water up to the surface. Have a refillable water bottle or cup with you.

Water quality & monitoring

Each of Hepburn Shire's key mineral springs are tested every two weeks for quality and mineral content. The test results reveal the concentration of minerals in the water, which varies from spring to spring and can change over time. While it is deemed safe to drink (subject to the latest test results), the water is untreated and should not replace your regular source of drinking water.



Find a spring

Thirty-nine of Victoria's known mineral springs are publicly accessible. Situated predominantly within Hepburn Shire and the surrounding Djaara Country, these naturally occurring features of the landscape weave a tapestry of history, culture, and wellness.

Here are some of the most popular springs to visit:



Central Springs
Lake Daylesford



Wombat Flat
Lake Daylesford



Sutton Spring
Lake Daylesford



Argyle Spring
Hepburn Springs



Locano Spring
Hepburn Springs



Wyuna Spring
Hepburn Springs



Leitches Creek Spring
Springs Road, Musk



Jubilee Lake Spring
Lake Road, Daylesford

Scan this QR code to
find the locations of
more of Victoria's
mineral springs:



Mineral Bathing



Hepburn Bathhouse & Spa

**Mineral Springs Reserve,
Hepburn Springs
(03) 8727 8901
www.hepburnbathhouse.com**

Nestled within Hepburn Mineral Springs Reserve, the historic Hepburn Bathhouse and Spa has been providing mineral bathing and traditional wellness treatments since 1895.

Drawing pure mineral-rich waters directly from the source, this iconic facility will immerse you in an array of mineral bathing experiences, including indulgent private baths and a selection of specifically curated spa packages.

Soak in sublime views of the surrounding natural world from the main pool, which is filled with mineral spring water heated to between 34 and 35°C. The neighbouring spa pool is heated to 36°C and features jets designed to ease muscle tension and soothe aching joints.

A general pass grants you 90 minutes of bathing time in the main pool. Alternatively, you may opt to bathe in the Sanctuary, which is reserved for guests over the age of 16. For something extra special, book a Private Bathing experience. It's pure luxury!

Head to the Hepburn Bathhouse and Spa website for more information on the many bathing experiences on offer.



The Mineral Spa

**Mineral Springs Hotel, 124 Main Road
Hepburn Springs
(03) 5348 2100
www.mineralspringshotel.com.au/spa**

At the Mineral Springs Hotel's acclaimed Mineral Spa, guests have the opportunity to relax and rejuvenate in the divine Mineral Water Retreat. This indoor/outdoor haven features a steam room, lavender sauna, detox box, outdoor sun deck, two outdoor mineral water spas, and a cold plunge pool.

The historic Art Deco-era Mineral Springs Hotel is situated in Hepburn Springs – just five minutes' drive from the heart of Daylesford. The Mineral Spa is open to guests and day visitors.



The Spa at Lake House

**Lake House
4 King Street, Daylesford
(03) 5348 3329
www.lakehouse.com.au/spa**

For the ultimate indulgence, head to The Spa at Lake House in Daylesford. It offers a single bath filled with mineral-rich water, which wraps guests in a cocoon of tranquility.

Allow the soothing water to work its magic as you gaze at the ripples on Lake Daylesford, which is framed by mature trees and bathed in golden light.

