



15 May 2025

Cold plunge pools to make a splash at the Pool Spa Life Expo

Home wellness zones are hot right now so come learn about the health benefits of cold plunge and magnesium pools at the hugely popular Pool Spa Life Expo which will splash down at the Brisbane Showgrounds this weekend.

Queensland's largest consumer show for pools, spas, equipment and outdoor living products, the Pool Spa Life Expo, will be on in the Exhibition Building this weekend on Saturday 16 May and Sunday 17 May.

Award-winning pool and spa builders, renovation experts and suppliers will be on hand to provide advice on how to create the ultimate backyard oasis for the whole family to enjoy, suiting all lifestyles and budgets.

Pool Spa Life Expo exhibitors will showcase all the options in pools from concrete to fibreglass, vinyl-lined to above ground and cold plunge and magnesium, a comparison of the latest range of swim spas and portable spas and saunas, highlighting the therapeutic benefits.

Landscape designers will also be on hand to advise on backyard renovations.

The Swimming Pool & Spa Association (SPASA) hosts the Pool Spa Life Expos across Australia.

For those Expo visitors ready to buy, there will be fantastic specials on offer, all from trusted SPASA members.

Brisbane Showgrounds General Manager of Venue Sales and Marketing Jago Coyle said they were looking forward to hosting one of the state's most well attended lifestyle expos.

"The increasing popularity of incorporating wellness zones into home design is prompting greater interest in therapeutic pools and saunas, all of which will be on show at the Pool Spa Life Expo," said Mr Coyle.

"The renovation of existing pools and spas continues to be a popular and practical option, and the Expo will have experts on hand who can advise homeowners on how to improve their current investment.

"The Pool Spa Life Expo will help turn your pool and spa dreams into reality, offering the latest information, innovative products, design inspiration and expert advice – all under the one roof."

The event will run from 9am – 4pm Saturday 16 May and Sunday 17 May in the Exhibition Building, Brisbane Showgrounds. Entry is \$17 Adults (18+), \$14 Concession and children under 16 are free. Tickets are valid across both days so guests can make multiple visits.

The Brisbane Showgrounds precinct is located 1.5km from Brisbane's CBD and is Queensland's largest indoor/outdoor events site. Visit www.brisbaneshowgrounds.com.au

Don't forget to follow us on social media [@brisbaneshowgrounds](https://www.instagram.com/brisbaneshowgrounds)





Media Release



MEDIA ENQUIRIES:

Veronica Carew
General Manager Communications
Ph: 07 3253 3930/ 0408 323 631
Email: vcarew@rna.org.au

Nicole Clifton
Media & Communications Advisor
0417 451 775
Email: nclifton@rna.org.au