

## Facials

### GAIA JADE FACIAL - 60 MINUTES FROM £99 / 30 MINUTES FROM £50

This healing facial will leave your skin feeling rejuvenated and glowing. Gaia's natural skincare products are softly massaged into the skin, using healing Jade crystal wands to stimulate both lymph drainage and blood flow, leaving your skin feeling firmer and younger.

### EQUILIBRIUM CRYSTAL FACIAL - 60 MINUTES FROM £100

Using a powerful combination of anti-inflammatory plant ingredients along with balancing chakra crystals, which lend their energetic and healing benefits, bringing the mind and body back to a state of equilibrium.

### GAIYOGA LIFTING FACIAL - 90 MINUTES FROM £140

A stimulating workout for the face with a combination of advanced lifting massage techniques, lymphatic drainage and the power of nature. This facial increases muscle tone and volume so the skin becomes firmer with more definition.

## Massage

### GAIA BESPOKE MASSAGE - 60 MINUTES FROM £99

A full body massage that is tailored to your needs and concerns. This treatment uses effective and natural ingredients combined with highly therapeutic techniques, such as Swedish techniques and Aromatherapy, to relax the body and mind.

### GAIA BESPOKE MASSAGE - 30 MINUTES FROM £55

This back, neck and shoulder massage uses effective and natural ingredients combined with highly therapeutic techniques, such as Swedish techniques and Aromatherapy, to relax the body and mind.

### GAIA POULTICE MASSAGE - 60 MINUTES FROM £115

A full body massage using warm herbal compresses, the poultices are filled with herbs that have healing and soothing properties, proven to calm and relax.

### GAIA INDIAN HEAD MASSAGE - 45 MINUTES FROM £80

This extended Gaia Indian head massage combines massage on the face, shoulders and scalp. A series of techniques are performed to manipulate the muscles, releasing tension and stress throughout the mind and body.

### GAIA INDIAN HEAD MASSAGE - 30 MINUTES FROM £50

This Gaia Indian head massage combines massage on the face, shoulders and scalp. A series of techniques are performed to manipulate the muscles, releasing tension and stress throughout the mind and body.

### GAIA RESTORATIVE MASSAGE - 60 MINUTES FROM £105

Experience a therapeutic back cleanse followed by exfoliation with Gaia's unique body scrub, before Gaia's mud mask is applied to detoxify and cleanse. Following the removal of the mud, the treatment is finished with a bespoke back, neck and shoulder massage using hot stones with your chosen Gaia blend.

## Treatment Menu

## Body And Rituals

### GAIA RAINDROP THERAPY - 120 MINUTES (EXTENDED VERSION) FROM £170 60 MINUTES FROM £115

Raindrop therapy is a healing technique that uses pure essential oils. It combines soothing massage and aromatherapy oils to bring total balance, harmony and body wellness. This ritual includes massage to the back, spine and feet, followed by a nurturing scalp massage.

Techniques are used to release toxins and lymph drainage, boosting the immune system and bringing the body back to natural alignment.

### GAIA REST AND UNWIND - 60 MINUTES FROM £99

A back, neck and shoulder massage followed by our express jade facial, designed to give you time to soothe and relax your body and mind.

### AWAKENING JOURNEY - 90 MINUTES (EXTENDED VERSION) FROM £140 60 MINUTES FROM £115

This energising experience helps to renew and radiate positivity, helping to revitalise the skin with salt and oil scrub. The awakening journey continues with a bespoke massage tailored to suit your needs, leaving you feeling refreshed and uplifted.

### BALANCING JOURNEY - 90 MINUTES (EXTENDED VERSION) FROM £140 60 MINUTES FROM £115

This balancing journey is designed to alleviate stress using hot stones to soothe aches and pains. This journey continues with a nurturing express jade facial. You'll leave feeling restored and emotionally balanced.

### CALMING JOURNEY - 90 MINUTES (EXTENDED VERSION) FROM £140 60 MINUTES FROM £115

This calming journey has been developed to offer complete relaxation and peace within. This journey will start with a back, neck and shoulder massage followed by a truly relaxing scalp massage.

### GAIA SALT AND OIL SCRUB - 45 MINUTES FROM £80

Liberate your skin with our nourishing salt and oil treatment. This will leave you feeling refreshed and your skin smooth and replenished.

### GAIA MUD COCOON - 90 MINUTES FROM £130

Enjoy this truly relaxing experience which includes a full body exfoliation and mud application, finished off with a nourishing body cream, leaving you feeling relaxed.

### GAIA TOTAL HOLISTIC RITUAL - 120 MINUTES FROM £170

A deeply therapeutic ritual to release tension and stress, starting with a full body exfoliation, followed by a mud treatment and finished with a deeply relaxing full body massage.

## Payment & Cancellation Policy

We require payment no later than 48 hours before treatments. We also require 48 hours notice to cancel or rearrange your treatment. Any appointment cancelled within 48 hours will be charged at 100% and missed appointments will also be charged at 100%.

## Pregnancy Treatments

### MOTHER GAIA - 90 MINUTES FROM £130

This truly relaxing treatment is an extension of our Mother Gaia, while also including a specially created bump mask, a soothing express jade facial and our anti natal gel for any aches and pains.

### MOTHER GAIA - 60 MINUTES FROM £99

A beautifully gentle and relaxing treatment, perfect during and after pregnancy. This nurturing treatment exfoliates the back and is followed by a specifically designed massage. Focusing on alleviating muscular aches and stressed areas, helping you to feel relaxed and restored.

### JADE FACIAL - 60 MINUTES (EXTENDED VERSION) FROM £99 30 MINUTES FROM £50

This healing facial will leave your skin glowing and feeling rejuvenated. Gaia's natural skincare products are softly massaged into the skin using healing Jade crystal wands, to stimulate both lymph drainage and blood flow, helping your skin feel firmer and younger.

**No treatments given under 12 weeks pregnant or over 38 weeks pregnant**

## Hands And Feet

### GAIA GROUNDING LEG AND FOOT TREATMENT - 60 MINUTES FROM £99

This beautiful foot ritual includes a scrub and hot stone massage to the lower leg and foot, finishing with a relaxing hand, arm and décolleté massage.

### EXPRESS GAIA HAND NOURISH - 30 MINUTES FROM £30

A soothing manicure with cuticles and nails tidied, buffed and painted in a colour of your choice.

### EXPRESS GAIA FOOT NOURISH - 30 MINUTES FROM £30

A treat for your feet with cuticles and nails tidied, buffed and painted in a colour of your choice.

### GAIA HAND NOURISH - 60 MINUTES FROM £60

Relax your hands with Gaia's natural ingredients to soothe dry skin and nourish the nails. Your hands will be exfoliated and massaged before your cuticles and nails are tidied, buffed and painted with your chosen colour.

### GAIA FOOT NOURISH - 60 MINUTES FROM £60

Relax your feet with Gaia's natural ingredients to soothe dry skin and nourish the nails. Enjoy a bubbly foot soak and exfoliation before your cuticles and nails are tidied, buffed and painted with your chosen colour.

### GAIA HAND NOURISH WITH GEL COLOUR - 60 MINUTES FROM £65

Relax your hands with Gaia's natural ingredients to soothe dry skin and nourish the nails. Your hands will be exfoliated and massaged before your cuticles and nails are tidied, buffed and painted with your chosen gel colour.

### GAIA FOOT NOURISH WITH GEL COLOUR - 60 MINUTES FROM £65

Relax your feet with Gaia's natural ingredients to soothe dry skin and nourish the nails. Enjoy a bubbly foot soak and exfoliation before your cuticles and nails are tidied, buffed and painted with your chosen gel colour.

### GEL COLOUR REMOVAL - £10 ADDITIONAL

## Treatment Of The Month

### GET 10% OFF A SELECTED TREATMENT EVERY MONTH

Please speak to a member of the team to find out more and book a treatment.

