

# Facial Therapy Treatments

## Gaia Jade Facial

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

30 Minute Treatment	£55
60 Minute Treatment	£105

## Crystal Equilibrium Facial

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

60 Minute Treatment	£115
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## Gaiyoga Lifting Facial

As much as we know exercising our body is good for us well it is the same for the face. Using a stimulating workout for the face with a combination of advanced lifting massage technique, lymphatic drainage and the power of nature this facial increases muscle tone and volume so the skin becomes tauter with more definition and exceptional results.

90 Minute Treatment	£140
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***We do not advise guests to use the spa facilities after having one of our Gaia facials. This is due to the products on the skin being washed away. Also due to the exfoliation and stimulation from the treatment your skin may feel more sensitive to the heated experiences.***

# Gaia Journey Treatments

All available as:

60 Minute Treatment	£110
90 Minute Treatment	£140

## Awakening Journey

An energising experience, helping to renew and radiate positivity for the mind and body. The Awakening Journey helps revitalise the skin with a salt and oil exfoliation, either on the back, neck and shoulders (60 minutes) or full body scrub (90 minutes) removing dead skin cells to reveal refreshed, soft skin. The Awakening Journey continues with a bespoke massage, tailored to suit your needs, to help awaken the body and boost circulation, leaving you feeling refreshed and uplifted.

## Calming Journey

A truly tranquil experience, the Calming Journey has been developed to offer complete relaxation and peace within. Your journey will begin with a serene back, neck, and shoulder massage to ease muscle tension and calm the mind and body. This is followed by either a scalp massage (60 minute) or Indian head massage (90 minute) which includes a facial cleanse, tone and a beautifully relaxing facial massage, focusing on pressure points to relieve tension. Both journeys include a hand and arm massage, helping to release stress and find total relaxation.

## Balancing Journey

Find grounding and harmony with the Balancing Journey, a treatment designed to alleviate stress and bring equilibrium the mind and body. The journey centres around a hot stone massage, using warm volcanic stones to soothe aches and pains, relieving muscle tension. The Balancing Journey continues with a nurturing Jade facial, known as the healing stone, the Jade crystal wands help to relieve tension in the muscles, encourage blood flow, and help eliminate fine lines. With a choice of 60-minute and 90-minute journeys, you'll leave feeling restored and emotionally balanced.

# Gaia Massage Treatments

## Gaia Bespoke Massage

A completely bespoke treatment catered to your needs and concerns. This treatment uses effective and natural ingredients combined with highly therapeutic techniques such as Swedish, Deep tissue and Aromatherapy to relax the body and mind bringing you into the present moment.

30 Minute Treatment	£55
60 Minute Treatment	£105
90 Minute Treatment	£140

## Gaia Hot Stone Massage

A therapeutic massage using our specially blended GAIA oils and warm volcanic stones to relieve deep muscle tension. The warmth of the stones penetrates your muscles to soothe aches and pains, thus helping you to unwind and feel rejuvenated.

30 Minute Treatment	£65
60 Minute Treatment	£115
90 Minute Treatment	£150

***Please note that Hot stone massage is unsuitable for guests with uncontrolled high blood pressure or diabetes.***

***Please contact our spa directly if you have any queries before booking this treatment.***

# Gaia Massage Treatments

## Gaia Indian Head Massage

GAIA's Indian head massage is a treatment combining 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.

45 Minute Treatment

£75

## Mother Gaia Massage

Beautifully gentle, 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 on stressed areas, helping you to feel relaxed and restored.

60 Minute Treatment

£110

90 Minute Treatment

£150

***Please note that we are unable to offer our Mother Gaia or any other treatment that includes any massaging elements before the 12 week stage of pregnancy.***

***If you have any queries then please contact our spa directly before booking any treatments.***

## Cary Arms Foot Ritual

Take a load off with this deluxe foot-focused tension releaser. The lower leg and foot are exfoliated and massaged leaving you feeling light as a feather. This will be followed by a scalp massage.

30 Minute Treatment

£50

# Gaia Body Treatments

## Gaia Salt & Oil Scrub

Liberate your skin with our nourishing salt and oil scrub treatment. Your body is awakened with natural sea salt, peppermint and lemongrass, to gently buff the skin, boosting circulation and leaving a natural glow. This refreshing treatment will leave a natural feeling of wellbeing, whilst the skin is left smooth and replenished.

45 Minute Treatment

£65

## Restorative Treatment

Experience a therapeutic back cleanse followed by exfoliation with GAIA's own unique body scrub, before GAIA's mud mask is applied in sweeping motions to detoxify and cleanse. Following the removal of the mud with a hot towel, the back is massaged with hot stones.

60 Minute Treatment

£115

## Gaia Mud Cocoon

Enjoy this protective cocooning treatment and emerge awakened. You will experience whole body, face and scalp therapy in this indulgent treatment, including a sea salt exfoliation and natural mud and clay mask. Completing this nurturing treatment is our Awakening Body Cream, with nourishing coconut oil and shea butter.

90 Minute Treatment

£130

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