



Spa & Wellness TREATMENTS

BESPOKE MASSAGE

60 MINS £110 | 90 MINS £140

A personalised massage tailored to your individual needs, combining natural ingredients with therapeutic techniques including Swedish, deep tissue and aromatherapy to relax the body and calm the mind.

HOT STONE MASSAGE

60 MINS £115 | 90 MINS £145

A deeply therapeutic massage for the back, neck and shoulders or full body, with the option to include the scalp. Using warm volcanic stones and GAIA's specially blended oils, this treatment eases muscle tension, soothes aches and leaves you feeling restored and rejuvenated.

JADE FACIAL

60 MINS £105

A restorative facial using GAIA's natural skincare products, gently massaged into the skin with warming jade crystal wands to stimulate lymphatic drainage and boost circulation. The result is a glowing, firmer and refreshed complexion.

INDIAN HEAD MASSAGE

60 MINS £105

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.

BALANCING JOURNEY

60 MINS £120 | 90 MINS £150

A deeply grounding treatment designed to relieve stress and restore harmony to both mind and body. Combining a hot stone massage with a nurturing jade facial, this experience soothes tension, boosts circulation and leaves you feeling calm, restored and emotionally balanced.