

# Facial Treatments

## **Gaia Jade Facial**

-30 mins £50

-60 mins £100

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.

## **Equilibrium Crystal Facial**

-60 mins £100

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.

## **Gaiyoga Lifting Facial**

-90 mins £120

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.