

Massage Treatments

Gaia Bespoke massage

- 30 mins Back Neck and Shoulder - £50
- 60 mins Full body massage £100
- 90 mins Full Body massage including scalp £140

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.

Gaia Hot Stone Massage

- 30 mins Back, Neck and Shoulder £60
- 60 mins Full body massage £110
- 90 mins Full body massage including scalp £150

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.

Gaia Indian Head Massage

- 45 mins £65

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.

Mother Gaia

- 60 mins £110

A 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.