

Body Treatments and Journeys

Cary arms foot ritual

-30 mins - £50

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 treatment also includes a foot mask and scalp massage.

Gaia restorative Treatment

- 60 mins £130

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.

Gaia Mud Cocoon

- 90 mins £130

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.

Salt and Oil Scrub

-45 minutes £65

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.

Awakening Journey

-60 minute £110 -90 minute £140

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

Balancing Journey

-60 minute £110 -90 minute £140

Find grounding and harmony with the Balancing Journey, a treatment designed to alleviate stress and bring equilibrium the mind and body. The journey centers 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.

Calming Journey

-60 minute £110 -90 minute £140

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.