**Cary Arms Spa Rituals**

**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 Serenity Treatment**

- 90 mins £140

*Combining your favourite treatments in one you’ll receive a back exfoliation and hot stone back massage to relieve tension, followed by our unique Jade Facial and scalp massage. This bespoke treatment is catered to your needs and will leave you feeling nourished, grounded and deeply relaxed.*

**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.*

**Gaia Total Holisitc Ritual**

- 120 mins £215

*A deeply therapeutic ritual to release tension and stress bringing the mind and body into harmonious balance. Using advanced GAIA and Lomi Lomi techniques, originating from Hawaii, the body is exfoliated followed by an application of our nourishing GAIA mud. Once removed, a GAIA blend of your choice is poured warmly onto the body for a muscle easing massage. The GAIA rejuvenating face treatment will complete this ritual leaving a natural feeling of wellbeing, whilst skin is left smooth and replenished.*