



LOWER MILL
COTSWOLDS

Treatment Menu

Facials

GAIA JADE FACIAL - 55 MINUTES - £90

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

GAIYOGA LIFTING FACIAL - 80 MINUTES - £120

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

Body Treatments

GAIA SALT AND OIL SCRUB - 40 MINUTES - £70

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

GAIA REST AND UNWIND - 50 MINUTES - £95.00

The ideal treatment for those looking for both body and face. Enjoy our GAIA Bespoke back, neck & shoulder massage followed by our GAIA Jade Express Facial. This will leave you with a relaxed body and mind

GAIA BESPOKE MASSAGE - 50 MINUTES - £90

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 POULTICE MASSAGE - 55 MINUTES - £105

This massage uses herbal compresses that have healing and soothing properties. Aromatic herbs and spices have been used for centuries for various ailments and treatments as they help to increase the flow of chi (energy)

GAIA INDIAN HEAD MASSAGE - 45 MINUTES - £75

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



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Pregnancy Treatments

MOTHER GAIA - 55 MINUTES - £85

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

MOTHER GAIA - 80 MINUTES - £120

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

Hands And Feet

GAIA HAND NOURISH - 55 MINUTES - £50

Receive personalised experience that immerses you into rejuvenation from the very beginning. Your therapist will finish this ritual by prepping your nails and applying your chosen nail colour. Choose your finish with either OPI Infinite Shine or Gel

GAIA FOOT NOURISH - 55 MINUTES - £55

Select a blend of aromas that suits how you feel in that moment enabling you to receive a personalised experience that immerses you into rejuvenation from the very beginning. Add gel polish for an additional £10.00

Payment & Cancellation Policy

We require payment no later than 48 hours before treatments. We also require 48 hours notice to cancel or rearrange your treatment. Any appointment cancelled within 48 hours will be charged at 100% and missed appointments will also be charged at 100%.