

Facials

NATURALLY GAIA FACIAL - 25 MINUTES - £45

A facial that uses a powerful combination of anti-inflammatory plant based ingredients with balancing chakra crystals to heal, bringing the mind and body back to a state of equilibrium.

GAIA JADE FACIAL - 55 MINUTES - £90

A healing facial massage that'll leave the skin feeling rejuvenated and glowing. GAIA's natural skincare products are massaged deep into the skin, using healing jade crystal wands to leave the skin feeling fresh.

EQUILIBRIUM CRYSTAL FACIAL - 50 MINUTES - £90

Soothing facial with balancing chakra crystal placements. GAIA's natural skincare products are softly massaged into the skin, using jade crystal wands, leaving your skin feeling firmer.

GAIYOGA LIFTING FACIAL - 80 MINUTES - £120

Anti-aging facial using advanced lifting massage techniques to increase muscle tone and volume.

Massage

GAIA BESPOKE MASSAGE - 50 MINUTES - £90

This full-body massage uses highly therapeutic techniques such as Swedish, deep tissue and aromatherapy to relax the body and mind.

GAIA BESPOKE MASSAGE - 25 MINUTES - £50

This back neck and shoulder massage uses highly therapeutic techniques such as Swedish, deep tissue and aromatherapy to relax the body and mind.

GAIA POULTICE MASSAGE - 55 MINUTES - £105

A full-body massage using warming poultices for deeper pressure. The poultices are filled with herbs that have healing and soothing properties proven to calm and relax.

GAIA INDIAN HEAD MASSAGE - 45 MINUTES - £75

This extended Indian Head Massage combines massage on the face, shoulders and scalp. A series of techniques are performed to manipulate the muscles, releasing tension and stress.

GAIA INDIAN HEAD MASSAGE - 25 MINUTES - £40

This Indian Head Massage combines massage on the face, shoulders and scalp. A series of techniques are performed to manipulate the muscles, releasing tension and stress.

GAIA RESTORATIVE MASSAGE - 50 MINUTES - £80

This therapeutic massage includes a back exfoliation, mud mask application and is finished off with a hot stone back massage with GAIA oils.

Treatment Menu

Body And Rituals

GAIA RAINDROP THERAPY - 110 MINUTES - £150

A soothing full-body massage using essential oils used as droplets to the back of the body combined with a nurturing scalp massage. Techniques are used throughout the massage to release toxins.

GAIA REST AND UNWIND - 50 MINUTES - £95

A back neck and shoulder massage followed by an express facial, designed to relax your body and mind.

AWAKENING JOURNEY - 50 MINUTES - £95

The awakening journey includes a back exfoliation followed by a deep back, neck and shoulder massage, leaving the skin soft and rejuvenated.

AWAKENING JOURNEY - 80 MINUTES - £120

The extended awakening journey includes a full-body exfoliation followed by a full-body massage, leaving the skin soft and rejuvenated.

BALANCING JOURNEY - 50 MINUTES - £95

Enjoy a hot stone massage followed by our healing express jade facial that'll leave the skin feeling rejuvenated.

BALANCING JOURNEY - 80 MINUTES - £120

Enjoy an extended version of our balancing journey. Includes a hot stone massage followed by our healing jade facial, leaving your skin feeling rejuvenated and glowing.

CALMING JOURNEY - 50 MINUTES - £95

Embark on a calming journey with a serene back, neck, and shoulder massage to ease muscle tension followed by a truly relaxing scalp massage.

CALMING JOURNEY - 80 MINUTES - £120

Embark on our extended calming journey with a serene back, neck, and shoulder massage to ease muscle tension followed by a truly relaxing scalp massage.

GAIA SALT AND OIL SCRUB - 40 MINUTES - £70

The GAIA salt and oil scrub includes a full-body exfoliation followed by a nourishing body cream, leaving the skin feeling fresh and rejuvenated.

GAIA MUD COCOON - 80 MINUTES - £120

This truly relaxing experience includes a full-body exfoliation and mud application followed by a nourishing body cream to leave you feeling deeply relaxed.

GAIA TOTAL HOLISTIC RITUAL - 110 MINUTES - £150

The ultimate relaxing treatment. Starting with a full-body exfoliation, followed by a mud treatment and finished with a full-body massage.

Pregnancy Treatments

MOTHER GAIA - 80 MINUTES - £120

A gentle, relaxing treatment perfect during and after pregnancy. A full-body massage is followed by a specially created bump mask and finishes with an express facial.

MOTHER GAIA - 55 MINUTES - £85

A beautifully gentle, relaxing treatment perfect during and after pregnancy. Starting with a back exfoliation, followed by a specially designed massage focusing on alleviating muscular aches on stressed areas.

JADE FACIAL - 55 MINUTES - £90

GAIA's natural skincare products are massaged deep into the skin, using healing jade crystal wands to leave the skin feeling fresh.

Hands And Feet

EXPRESS GAIA HAND NOURISH - 25 MINUTES - £25

A soothing, relaxing manicure to nourish the skin, with cuticles and nails tidied, buffed and painted.

GAIA HAND NOURISH - 55 MINUTES - £50

A soothing, relaxing manicure to nourish the skin, with cuticles and nails tidied, buffed and painted.

GAIA HAND NOURISH WITH GEL POLISH - 55 MINUTES - £60

A soothing, relaxing manicure to nourish the skin, with nails and cuticles tidied and finished with application of gel colour.

EXPRESS GAIA FOOT NOURISH - 25 MINUTES - £30

A pedicure specially created to treat hard skin, with cuticles and nails tidied and painted.

GAIA FOOT NOURISH - 55 MINUTES - £55

A pedicure specially created to treat hard skin, with cuticles and nails tidied and painted.

GAIA FOOT NOURISH WITH GEL POLISH - 55 MINUTES - £60

A soothing, relaxing manicure to nourish the skin, with nails and cuticles tidied and finished with application of gel colour.

Treatment Of The Month

GET 10% OFF A SELECTED TREATMENT EVERY MONTH

Please speak to a member of the team to find out more and book a treatment

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%.