

# Gaia day spa

**Our diverse and extensive menu** is influenced by ancient health practices from around the world. Drawing on this holistic wisdom, we have developed unique specialised treatments, fitness & health programs, as well as Complimentary Medicine for both Men and Women.

Mother Nature knows best and her wisdom is our inspiration to create a truly enriching experience that enlivens the senses and connects us with the heart. The tranquil sounds and native beauty of the lush surrounds will lull you into a state of deep relaxation empowering you to find balance and release stress.

Gaia Day Spa is inherently nurturing and we pride ourselves on our exceptional healers and therapists, they are a testimony to the holistic ethos of our multi Award Winning Spa. Exquisite treatments are both grounding and profoundly restorative. Be pampered with luxurious natural ingredients assisting you to be nurtured through an inner journey where deep therapeutic healing is experienced. Our freshly blended products are made with Australian organics both from local suppliers and our own organic garden...the finest mother earth has to share.

Gaia offers *Signature Spa Packages, Relaxing and Therapeutic Massages, Pampering, Beauty, Anti-Aging, Detox*, as well as tailor made Specialised Treatments. In addition to these treatments we also have available a selection of *Complimentary Medicine, Energetic Healings, Fitness, Weightloss, Health/Wellbeing Programs and Creative Activities*.

The treasure of knowledge gained stays with you far beyond your serene Spa adventure. We believe there is nothing more beneficial than realigning yourself physically, mentally and emotionally. The Gaia journey captures an Authentic Spa experience and we invite you to *Reconnect, Rebalance* and allow yourself time to truly *Restore...*

*Prices valid from December 2014*

### Massages

|                               |        |       |
|-------------------------------|--------|-------|
| Relaxation / Swedish          | 60 min | \$140 |
| Deep Tissue / Remedial        | 60 min | \$145 |
| Relaxation/Swedish            | 90 min | \$190 |
| Deep Tissue/Remedial          | 90 min | \$195 |
| Thai/ Shiatsu Massage         | 90 min | \$195 |
| Pregnancy Massage             | 90 min | \$195 |
| Ayurvedic                     | 60 min | \$155 |
| Ayurvedic                     | 90 min | \$220 |
| Esoteric Massage              | 90 min | \$185 |
| Hinterland Bushflower Massage | 90 min | \$230 |

### Specialised Gaia Massages

|                           |         |       |        |       |
|---------------------------|---------|-------|--------|-------|
| Lymphatic Drainage        | 90 min  | \$195 | 120min | \$230 |
| Classic Kahuna Relaxation | 90 min  | \$220 |        |       |
| The Royal Kahuna          | 120 min | \$260 |        |       |
| Hot Rocks Relaxation      | 90 min  | \$210 |        |       |
| Hot Rocks Deep Tissue     | 90 min  | \$230 |        |       |
| 4 Hands Massage           | 60 min  | \$220 |        |       |
| Reflexology               | 60 min  | \$145 |        |       |
| Energetic Facial Release  |         |       |        |       |
| / Kidney Cell Boost       | 90 min  | \$190 |        |       |
| Esoteric Breast Massage   | 90 min  | \$195 |        |       |
| Intuitive massage         | 90 min  | \$210 |        |       |
| Chakra Balancing Massage  | 90 min  | \$210 |        |       |
| Esoteric massage          | 90 min  | \$190 |        |       |

### Body Polishes

|                                     |        |       |
|-------------------------------------|--------|-------|
| Bay Sea Salt and Mineral            | 60 min | \$145 |
| Sugar Sweet                         | 60 min | \$145 |
| Wattle Seed & Lemon Myrtle          | 60 min | \$145 |
| <i>Body Polish Side Dishes—each</i> |        | \$20  |

### Body Masques

|                                     |        |       |
|-------------------------------------|--------|-------|
| Cocoa Butter Masque                 | 60 min | \$145 |
| Australian Clay Masque              | 60 min | \$145 |
| <i>Body Masque Side Dishes—each</i> |        | \$20  |

### Face

|                               |       |       |
|-------------------------------|-------|-------|
| Retreatment facials           |       |       |
| Purifying Facial treatment    | 60min | \$140 |
| Rebalancing Facial treatment  | 90min | \$190 |
| Revitalising Facial treatment | 60min | \$140 |
| Nourishing Facial treatment   | 90min | \$190 |

### Sodashi facials

|                     |       |       |
|---------------------|-------|-------|
| Radiance facial     | 60min | \$145 |
| Rejuvenating facial | 90min | \$195 |
| Thermal indulgence  | 90min | \$220 |
| Tailored for men    | 90min | \$185 |

## Signature Treatments

### Gaia Goddess / Gaia Man 4.5hrs

*A journey of complete surrender...*

Evoke your senses with this ultimate dedication that begins with a body polish of your choice in the steam room to invigorate and bring a renewed sense of self. Be seduced and nurtured with a cocooning body masque, the choice is yours, drift away with a warm oil scalp massage melting into a full body massage knowing there's nothing else to do.. A specially designed facial to dissolve tensions and nourish your skin. An offering of herbal tea will give you the time.....just to reflect.... *Single or Couple*

### Dreamtime Travel 3hrs

*Capture the spirit within...*

Go straight to the heart of your Australian native beat with a Lemon

Myrtle and Wattle seed body polish. The steam will draw out any impurities and cleanse you from within. Sink into your centre with a deeply purifying and regenerating all over Australian Desert Clay masque, to ground and soothe. Gently awaken to the scents of a Sweet Orange full body massage that is centering, grounding and enlivening. - *Single or Couple*

**Signature Restore Facial Package 2hrs.** This ultimate Facial package is personalised to your needs and includes a complete tailored facial treatment to replenish and regenerate your skin. Foot ritual, hand and arm massage with a heat infusing back treatment.

#### **Detox Deluxe 3hrs**

*Cleanse, rebalance and restore...*

This detoxifying package begins in the steam room with an organic Dead Sea Salt polish with Green Tea and Minerals to stimulate the lymphatic system, draw out impurities and begin the detoxifying process. Wrapped in a purifying cocoon of Clay Minerals, this body masque will stimulate the Liver, Kidneys, Gall Bladder and Lymphatic in preparation for a specifically designed massage to flush the body clear of toxins. - *Single or Couple*

#### **Gaia Deluxe 2hrs**

Indulge and Nurture yourself in this enticing combination of treatments. Receive a 1 hour Swedish massage to unwind. Your skin will be treated during a 1 hour customised facial treatment using our certified organic Retreatment range to leave your skin glowing and refreshed.

#### **Inner Serenity 2hrs**

1.5hr relaxation massage including energy work, smudging and a hot oil scalp massage. Equally uplifting as it is calming, your spiritual treatment begins with a Swedish massage to assess energy flow and re-balance the body's energy field. During your massage your therapist will perform healing work drawing from reiki and

intuitive energy. A 30minute hot oil scalp massage with a smudging ceremony will soothe your body mind and soul.

#### **Cleopatra Deluxe Treatment 1hr**

Start your treatment with a soothing and relaxing 30 minute warm hair treatment and scalp massage followed by a luxurious 30minute Cleopatra bath experience.

#### **Byron Bay Dream 2.5hrs**

*Come take my hand...*

Enjoy the fragrant scent of our sugar sweet all over body polish leaving your skin feeling tingling and fresh. Then steam away in the tropics of our steam room and forget about life for a while. Escape to an Island of swaying palms as you are enveloped in a Cocoa butter body masque, followed by a hot oil scalp massage. This stunning dream treatment is completed with a full body flowing style massage and a replenishing exotic fruit cocktail. - *Single or Couple*

#### **Ayurvedic Package 3hrs**

*A taste of India...*

A traditional glimpse at the healing modalities of Ayurveda, your experience begins with a Abyanga oil massage to release muscle tension and bring harmony and connection to the body. Once the mind has settled we begin with the Shirodhara, medicinal oil poured therapeutically over the third eye to create calm and restore the nervous system. A traditional besan and cinnamon body polish with medicated oil to cleanse the body of toxins completes this healing journey.

#### **Pregnancy Pamper 2hrs**

*Mother to be...*

Being the nurturer of new life, it is important to take time out for you, new mum to be. Begin with a relaxing ritualistic Foot soak, polish and scrub, then surrender to a Full Body Nourishing Massage

using local organic macadamia oil, rich in essential fatty acids. Pamper time out will assist you to unwind and release any pent up tensions completing the journey with a stress release Head/Scalp oil massage.

### **Retreatment Facials**

The ethos behind the Retreatment Certified Organic Skincare range was for Gaia to create a unique and authentic line of high quality holistic products, drawing from local plant oils and powerful Australian native extracts. This range beautifully complements the Gaia Signature Facials, which will invigorate and rejuvenate your skin, in incorporating delightful signature techniques and rituals, carefully developed by our own therapists.

### **Cleansing Facials:**

#### **Purifying Facial 1hr**

A gentle cleansing treatment for sensitive and inflamed skin. Steam, extractions and a soothing masque.

#### **Rebalancing Facial 1.5hrs**

A deep cleansing treatment for all skin types. Exfoliating masque, steam, lymphatic massage and rehydrating gel masque. Foot ritual also included.

### **Rejuvenating Facials:**

**Revitalising 1hr** Complete facial focusing on hydrating and invigorating the skin. Gentle cleanse, connective tissue massage and rejuvenating masque.

**Nourishing Facial 1.5hrs** This facial is designed for sensitive to mature skin. A gentle exfoliation, connective tissue massage and rejuvenating masque. Foot ritual and invigorating arm treatment included.

### **Energetic Facial Release/ Kidney Cell Boost**

We store on our faces what we emotionally feel and this can be “seen” as reflection of what is going on in our bodies. Through the gentle touch and massage of the face we can address some of these stored emotions which can include sadness, pain, hurt, negativity, depression, anger, frustration, rejection, denial, grief, unshed tears and bitterness. This is a powerful yet gentle transformational healing technique to help release what we hold onto tightly in the body to create a safe sense of awareness and wellbeing.

The kidney cells are the storehouse for our vital life force - they are like the batteries for the body! When kidney cell energy is depleted we experience many emotional conditions such as depression, mood swings & sadness as well as lack of expression, creativity, clarity & sense of purpose. This treatment is a hands on healing session and is essential for those who are feeling overwhelmed, tired and exhausted.

### **Esoteric Massage**

Specialised Esoteric Massage is a deeply “stilling” and healing technique reaching far beyond the “relaxation” effect that is so often sought with massage. Using a combination of essential oils, cream, olive oil and the warmth of pillows this nurturing massage brings a healing to the lungs, vascular system, nervous system, digestive system and endocrine system - a totally different massage experience .... Also enquire at the Gaia Day Spa about the exclusive 90 min **Esoteric Breast Massage**.

### **Gaia Signature Packages**

|                  |         |       |
|------------------|---------|-------|
| Gaia Goddess     | 4.5 hrs | \$520 |
| Gaia Man         | 4.5 hrs | \$520 |
| Dreamtime Travel | 3 hrs   | \$370 |

|                            |         |       |
|----------------------------|---------|-------|
| Detox Deluxe               | 3 hrs   | \$370 |
| Gaia Deluxe                | 2hrs    | \$260 |
| Inner serenity             | 2hrs    | \$270 |
| Cleopatra Deluxe Treatment | 1hr     | \$000 |
| Byron Bay Dream            | 2.5 hrs | \$310 |
| Ayurvedic Package          | 3 hrs   | \$390 |
| Pregnancy Pamper           | 2 hrs   | \$255 |
| Signature Restore Facial   | 2 hrs   | \$235 |
| Shirodhara package         | 3hrs    | \$390 |

### Hands and Feet

|   |        |       |
|---|--------|-------|
| Gaia Manicure or Pedicure               | 60 min | \$125 |
| Gaia Manicure or Pedicure with Paraffin | 90 min | \$160 |

### Scalp Treatments

|                                   |        |       |
|-----------------------------------|--------|-------|
| Hot Macadamia Oil Scalp Treatment | 30 min | \$65  |
| Mud Scalp Hair Treatment          | 30 min | \$65  |
| Indian Marma Head Massage         | 30 min | \$65  |
| Shirodhara                        | 60 min | \$155 |

### Steam Room

|                   |        |      |
|-------------------|--------|------|
| Therapeutic Steam | 30 min | \$50 |
|-------------------|--------|------|

(Includes hair and face mask)

### Baths

|                                   |        |      |
|-----------------------------------|--------|------|
| Epsom Salts & Pure Essential Oils | 30 min | \$60 |
| Cleopatra Bath—Milk & Rose Petals | 30 min | \$60 |

### Depilation

|                |      |           |      |
|----------------|------|-----------|------|
| Eye brow Wax   | \$20 | Chin      | \$40 |
| Eye brow Shape | \$40 | Underarms | \$30 |
| Lip            | \$20 | Arms      | \$70 |

|           |       |                |      |
|-----------|-------|----------------|------|
| Full Leg  | \$95  | G-String       | \$80 |
| Half Leg  | \$60  | <b>Tinting</b> |      |
| Bikini    | \$60  | Eye Lash Tint  | \$25 |
| Brazilian | \$100 | Eye Brow Tint  | \$20 |

### Mens Waxing

|                |       |       |      |
|----------------|-------|-------|------|
| Back           | \$80  | Chest | \$80 |
| Back & Chest   | \$130 | Arms  | \$80 |
| Men's Full Leg | \$95  |       |      |

### Complimentary Medicine

|                                   |         |       |
|-----------------------------------|---------|-------|
| Naturopathic Consultation         | 90 min  | \$185 |
| Acupuncture                       | 90 min  | \$195 |
| Face Rejuvenation Acupuncture     | 90 min  | \$210 |
| Cupping                           | 90 min  | \$195 |
| Aust. Flower Essence Consultation | 120 min | \$230 |
| Craniosacral Balancing            | 90 min  | \$195 |

### Energetic Healing

|                                   |        |       |
|-----------------------------------|--------|-------|
| Reiki                             | 60 min | \$135 |
| Esoteric Healing                  | 90 min | \$190 |
| Esoteric Energetic Facial Release | 90 min | \$185 |
| Esoteric Breast Massage           | 90 min | \$195 |

### Gaia Guidance

|                          |         |       |
|--------------------------|---------|-------|
| Meditation               | 90 min  | \$165 |
| Sound Healing Meditation | 90 min  | \$195 |
| Counseling               | 90 min  | \$195 |
| Psychology               | 90 min  | \$225 |
| Hypnotherapy             | 90 min  | \$210 |
| Kinesiology              | 120 min | \$210 |
| Astrology                | 90 min  | \$195 |

## One on One Additional Therapies

|                           |              |              |
|---------------------------|--------------|--------------|
| Personal Fitness Training | 60 min       | \$125        |
| Tennis Coaching           | 60 min       | \$125        |
| Tai Chi / Qi Gong         | 60 min       | \$125        |
| Pranayama                 | 60 min       | \$125        |
| Yoga                      | 60 min \$125 | 90 min \$165 |
| Meditation                | 60 min \$125 | 90 min \$165 |
| Pilates                   | 90 min       | \$165        |
| Sculpture/Art Class       | 90 min       | \$210        |

## Viha Fitness Centre

The Viha Fitness Centre is an intimate, well equipped Gym/ Fitness space that overlooks the North Western Bangalow hinterland. Let the breathtaking views capture your heart as you plan and conquer challenges for the *new* you. This inspiring space will give you light and courage to embrace change.

## Personal Fitness & Wellness

If your wish is to achieve peak performance physically, mentally or emotionally, our dedicated team of wellness professionals are here to cater for all levels of expertise and experience. As well as our scheduled daily activities, Gaia offers *One on One* Private Sessions aimed to hone in and give you a tailored program specific to your needs. Our intention is to motivate, educate and guide you to take responsibility for your fitness and achieve optimal health and wellness. Your program will incorporate a take home routine to integrate into your daily schedule. The choice is yours...

### - Personal Training

*One on One* Personal Training with our qualified instructors will take you to the next level of your fitness journey. They will provide clarity around your fitness goals giving you a series of exercises within the context of your strengths and weaknesses to meet these challenges. They will provide advice on cardio, resistance and flexibility, incorporating guidance in correct technique to avoid injury. Our team are there with fitness and nutritional guidelines to assist you with weight control and to develop an exercise regime with the right motivation to keep you moving forward.

### - Yoga

Experience a greater sense of wellbeing, Yoga will facilitate a connection to your inner most nature. The practice of yoga will awaken your inner potential and bring about a transformation of your whole being, by incorporating the focus of your mind, body and spirit. In a short period of time, you will see improvement in your physical body, nervous system and mind. We embrace all levels and capabilities from the very beginner, to the advanced Yogi.

### - Pilates

Your personalized Pilates instructor will progress your strengths, never pushing your body past the point of comfortable movement. The movements of the exercises are structured around abdominals, hips, buttock and lower back, the powerhouse of the torso. Pilates is to recondition the body by building strong, flexible, lean and long muscles. There is a strong emphasis on core strength, spinal and pelvic alignment. These movements are instrumental in maintaining good posture and alignment.

### - Meditation

Learning to meditate can be difficult for some, so our aim is to give you techniques to assist to still your mind, tune into inspiration and guidance to reach a place of deep, replenishing relaxation. Techniques may include Visualisation, Breathing exercises, Music, Sound and Guided Meditation.

#### - **Sculpture and Art Classes**

Discover the artist within and allow the creative process to unravel through Private Sculpture or Art classes. Whether you simply want to learn some new skills from an experienced professional artist or express yourself in a fresh new creative way. These one-on-one classes will give you exactly what you are seeking. Expressing yourself through Art can be meditative, therapeutic and can sometimes bring about healing and release.'

**Focus ADD-ON Package Upgrades** are available for 5 or more day stays. These Packages give you a number of Personal **One on One** Sessions from the above modalities, incorporated with Pampering Spa treatments to compliment your journey. For more information enquire at the Day Spa.

#### **Questions Most Often Asked**

**Getting the most out of your Gaia spa experience** So that you may completely surrender to your spa experience, there are a few helpful points of etiquette that will enhance your journey.

**Arrival** As your treatment has been especially reserved for you please arrive at least 15 minutes prior to your appointment and enjoy the full Gaia experience. Your treatment begins at your scheduled time. Should you be travelling from Queensland, it is important to consider the one hour time difference during day light savings.

**Environment** For the relaxation, enjoyment and privacy of all our guests, mobile phones and other electronics are not permitted in the Spa or Retreat areas. We also request you to speak quietly during your time at the Spa. Towels are provided for all guests, bring your swim wear and enjoy time by the pool, have a sauna or relax in the stone hot tub.

**Book Spa Treatments in advance** We highly recommend you book Spa treatments and any additional activities in advance prior to your arrival. This will ensure time is allocated and you don't miss out. Our Day Spa managers will contact you prior to arriving to discuss your requests.

**Attire** For your comfort, a towel, robe and slippers will be provided. There is also a locker for your personal belongings.

**Health Matters** Please inform us of any health related issues you may have at the time of booking. Conditions we need to know about include (but are not limited to) things like: high blood pressure, heart conditions, allergies and pregnancy. If you are unsure whether something might be important, please discuss this with Spa staff. Also, the consumption of alcohol before, during or immediately after Spa treatments is not recommended and is not permitted in Retreat and Spa area.

**Spa Cuisine** It is possible for our Spa guests to enjoy Lunch or Dinner at our Kukura House. This is the perfect way to complete and nourish your Gaia visit and make it a joint experience with friends or family. Note: Age restrictions do apply. Bookings prior to arrival are Essential for all Day Spa Guests.

**Cancellation Policy** We require 24 hours notice to reschedule or cancel appointments. Cancellations outside this time will be charged the Full treatment fee.

For all Spa enquiries contact the Gaia day spa direct

Ph: (61) 2 **6687 1670**

or

Ph: (61) 2 **6687 1216**

E: [dayspa@gaiaretreat.com.au](mailto:dayspa@gaiaretreat.com.au)



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