



Gaia DAY SPA

PRICE MENU

Gaia Day Spa's 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 Rituals, 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 January 2019

Massage

| | | | | |
|----------------------|-------|-------|-------|-------|
| Relaxation / Swedish | 60min | \$145 | 90min | \$195 |
| Deep Tissue | 60min | \$150 | 90min | \$200 |
| Thai Massage | | | 90min | \$210 |
| Pregnancy Massage | | | 90min | \$210 |

Specialised Gaia Massages

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|---------------------------|-------|-------|--------|-------|
| Ayurvedic | 60min | \$155 | 90min | \$220 |
| Lymphatic Drainage | 90min | \$210 | 120min | \$270 |
| Classic Kahuna Relaxation | | | 90min | \$220 |
| The Royal Kahuna | | | 120min | \$270 |
| Hot Stone Relaxation | | | 90min | \$215 |
| Hot Stone Deep Tissue | | | 90min | \$235 |
| Reflexology | 60min | \$145 | 90min | \$195 |
| Restorative Massage | | | 90min | \$210 |

Energetic Healing

| | | | | |
|---|--------|-------|--|--|
| Reiki | 60min | \$145 | | |
| Energetic Healing | 90min | \$200 | | |
| Medical Intuitive | 90min | \$210 | | |
| Craniosacral Healing | 90min | \$200 | | |
| Shamanic Healing | 120min | \$270 | | |
| Energetic Facial Release / Kidney Cell Boost | 90min | \$200 | | |

Signature Body Polishes

| | | |
|------------------------------|-------|-------|
| Bay Sea Salt and Mineral | 60min | \$155 |
| Sugar Sweet | 60min | \$155 |
| Wattle Seed & Lemon Myrtle | 60min | \$155 |
| Body Polish Side Dishes-each | | \$20 |

Body Masques

| | | |
|------------------------------|-------|-------|
| Cocoa Butter Masque | 60min | \$150 |
| Grounding Clay Masque | 60min | \$150 |
| Pink, Green or Yellow Masque | 60min | \$155 |
| Body Masque Side Dishes-each | | \$20 |

Signature Retreatment Facials

| | | |
|-------------------------------------|--------|-------|
| Revitalising Antioxidant Facial | 60min | \$150 |
| Nourishing Vitamin Intensive Facial | 90min | \$210 |
| Signature Restore Facial | 120min | \$270 |
| Man Retreat Facial | 90min | \$210 |

Sodashi Facials

| | | |
|---------------------|--------|-------|
| Radiance Facial | 60min | \$150 |
| Rejuvenating Facial | 90min | \$210 |
| Thermal Indulgence | 120min | \$270 |

Hands and Feet

| | | |
|----------------------------------|-------|-------|
| Manicure or Pedicure | 60min | \$125 |
| Manicure or Pedicure w/ Paraffin | 90min | \$185 |

Scalp Treatments

| | | |
|-----------------------------------|-------|-------|
| Hot Macadamia Oil Scalp Treatment | 30min | \$75 |
| Mud Scalp Hair Treatment | 30min | \$75 |
| Indian Marma Head Massage | 30min | \$85 |
| Shirodhara | 60min | \$155 |

Steam Room

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|--|-------|------|
| Therapeutic Steam (Includes hair and face mask) | 30min | \$75 |
|--|-------|------|

Depilation

| | | | |
|----------------|------|----------------|------|
| Eye Brow Wax | \$20 | Bikini | \$60 |
| Eye Brow Shape | \$40 | Full Leg | \$95 |
| Lip | \$20 | Half Leg | \$60 |
| Chin | \$40 | | |
| Under Arms | \$30 | Tinting | |
| Arms | \$70 | Eye Lash Tint | \$20 |
| | | Eye Brow Tint | \$20 |

Mens Waxing

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

Natural Therapies

| | | | | |
|-------------------------------|-------|-------|-------|-------|
| Naturopathic Consultation | 60min | \$145 | 90min | \$195 |
| Acupuncture | 60min | \$145 | 90min | \$195 |
| Face Rejuvenation Acupuncture | | | 90min | \$210 |
| Cupping | | | 90min | \$190 |

Gaia Guidance

| | | | | |
|------------------------------|--|--|--------|-------|
| Sound Healing Journey | | | 90min | \$210 |
| Rapid Transformation Therapy | | | 120min | \$260 |
| Kinesiology | | | 90min | \$210 |
| Astrology | | | 90min | \$195 |
| Tarot Reading | | | 90min | \$195 |
| Astrology and Tarot | | | 120min | \$260 |

One on One Additional Sessions

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|------------------|-------|-------|-------|-------|
| Yoga / Pranayama | 60min | \$125 | 90min | \$165 |
| Meditation | 60min | \$125 | 90min | \$165 |
| Pilates | 60min | \$125 | 90min | \$165 |
| Qi Gong | | | 60min | \$125 |
| Wayapa Wuurrk | | | 90min | \$175 |
| Art Therapy | | | 90min | \$210 |
| Tennis Coaching | | | 60min | \$125 |
| Fitness Training | 60min | \$145 | 90min | \$165 |

Gaia Signature Rituals

Gaia Goddess / Gaia Man

4.5hrs

\$590

A Journey of Complete Surrender

Evoke your senses with this ultimate dedication. This luscious package includes a sugar and coconut body polish as well as a face and hair masque and coconut rinse in our steam room to invigorate and bring a renewed sense of self.

Be seduced and nurtured with a cocooning body masque, just before drifting away with a warm oil scalp massage melting into a full body relaxation massage, knowing there's nothing else to do. All followed by a personalised facial to dissolve tensions and nourish your skin. An offering of herbal tea will give you the time to just be and reflect... Single / Couple treatment

Dreamtime Travel

3hrs

\$380

Capture the Spirit Within

Go straight to the heart of your Australian native beat with a Pumice stone and Wattle seed body polish. Sink into your centre with a deeply purifying and regenerating all over Australian Desert Yellow Clay masque, to ground and soothe. Gently sink deeper into a Macadamia oil full body relaxation massage designed to be centering, grounding and enlivening. Single / Couple treatment

Detox Deluxe

3hrs

\$380

Cleanse, Rebalance and Restore

This detoxifying package includes a 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 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 / Couple treatment

Byron Bay Dream

2.5hrs

\$330

Come take my hand

Enjoy the all over Pumice stone body polish leaving your skin feeling tingling and fresh. 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 relaxation style massage. Single / Couple treatment

Ayurvedic Package

3hrs \$410

A natural touch of India

A glimpse into traditional healing modalities of Ayurveda. Your experience begins with a short consultation determining your body type (prakriti) according to Ayurvedic principles. A 90minute Abhyanga massage using medicated oils specific to your needs, followed by a 30minute Body polish with a traditional Ayurvedic polish blend. Complementing the journey with a meditative Shirodhara (continuous stream of warm sesame oil onto the forehead) to invigorate the nervous system. Deeply restoring

Gaia Deluxe

2hrs \$270

Enticing combination of Treatments

Indulge and Nurture yourself in this enticing combination of treatments. Receive a 1 hour Swedish massage to unwind. Furthermore, your skin will be nourished during a 1 hour customised facial treatment using our luxury age-defying Retreatment Botanics range to leave your skin glowing and refreshed.

Inner Serenity Package

2hrs \$270

A natural touch of India

Equally uplifting as it is calming, your spiritual treatment begins with a 1.5 hours 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.

Pregnancy Pamper

2hrs \$270

For the Mother to be

Begin this nurturing journey with a ritualistic foot soak and scrub. Allow the tension to be released from your body with a nourishing massage using local organic macadamia oil rich in essential fatty acids. The experience continues with a stress releasing scalp massage and hair masque.

Signature Retreatment Restore Facial

2hrs \$270

Replenish and Regenerate

This ultimate personalised Facial Package uses Gaia's own pure performance skincare range 'Retreatment Botanics'. Drawing from the land the Retreatment range blends local nutrient rich plant oils with powerful native extracts, leaving your skin feeling refreshed and rejuvenated. This ultimate Facial package is personalised to your needs. A completely tailored and luxury age-defying facial treatment to replenish and regenerate your skin, including a foot ritual, hand and arm massage and a heat infusing back treatment to top it all off. A replenishing all-natural skincare ritual that aims to bring a simple sacred self-care experience back into modern day life.

**The Crystal Journey
with Reiki Add-On**

**2.5hrs \$350
3hrs \$425**

Blissed out on Crystal Power

This unique Crystal Journey treatment works on a vibrational level with the intention to stimulate your body's natural healing and balancing process as well as helping to restore and stabilise your body and energy field. Uniquely selected gemstones are used by your therapist to bring Massage and Crystals together allowing for a deep relaxation effect to influence your body, mind, spirit and soul. To compliment the selection of crystal stones used within your treatment we use our signature gemstone infused warm Macadamia oil including chakra balancing essential oils. The welcome foot bath and pre-treatment focus rituals, with an optional Reiki addition, all enhance the result you can achieve within this carefully crafted experience.

Cleopatra Deluxe Treatment

1hr \$140

Nourish your inner Queen

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

Signature Retreatment Facials

Gaia's Retreatment Botanics luxury skincare range encapsulates the healing nature of the land, truly reflecting the essence and meaning of Gaia...the Spirit of Mother Earth; a product that not only nourishes and brightens the skin but also nurtures your entire being. The ethos behind this natural luxury skin care range is Gaia's desire to create a high quality, holistic product that is truly unique and authentic.

Made with results-focused natural and organic ingredients, this vegan range features native Australian active extracts, delivering high concentrations of vitamins and antioxidants for visibly firmer, radiant skin. Before each treatment, your therapist will assess your skin, discuss any concerns and devise a facial especially for your needs.

Revitalising Antioxidant Facial

1hr \$150

Personalised to your skin's needs. Steam, massage and a soothing antioxidant masque.

Nourishing Vitamin Intensive Facial

1.5hrs \$210

Personalised to your skin's needs. A deep cleansing, age-defying treatment with brightening AHA masque. Rejuvenating massage, steam, foot ritual and invigorating arm treatment included.

Signature Restore Facial

2hrs \$270

This ultimate Facial package is personalised to your needs. A complete tailored age-defying facial treatment to replenish and regenerate your skin, including a foot ritual, hand and arm massage and a heat infusing back treatment..

Man Retreat Facial

1.5hrs \$210

Designed for male skin, this facial has been created to cleanse and hydrate as well as soothe the often (oily but) sensitive complexion. An exfoliating back treatment and extended head & neck massage is also included.

* All facials can be tailored for sensitive skin types.

Energetic Facial Release/ Kidney Cell Boost

1.5hrs \$200

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.

Samadhi Yoga Studio

The New Samadhi Yoga Studio with North facing aspects nestled in the Western lush rainforest canopy captures beautiful hues of light and stunning views. This magical space is set to nurture the tropical spirit in your heart.

Discover peace of mind with gentle Daily Restorative Yoga or centre yourself with calming meditation as you breathe in the tranquillity of this sacred land. Depending on the season and the length of your stay a selection of scheduled activities from yoga and pilates to Qi Gong and meditation are on offer in the captivating grand Samadhi Yoga Studio. How much or how little you do is up to you, this is your retreat, your experience.

Viha Fitness Centre

Enjoy your fitness workout in Gaia's intimate and well equipped Viha Fitness Centre. Conquering fitness goals and setting optimum wellness challenges for the new you couldn't be more inspirational while watching the sun bathe the lush Byron Bay hinterland with a majestic golden hue. This inspiring space designed to cater for all levels of Fitness will give you light and courage to embrace change.

Wayapa® Wuurrk

1.5hr \$175

Wayapa® is an earth connection modality based on the wisdom of Australia's First Peoples. Wayapa® uses guided movement, storytelling and earth-based meditation to cultivate holistic well-being for our inner and outer environments. The modality is gaining significant recognition as Australia's Indigenous version of yoga. Similar to Qi Gong and Tai Chi, Wayapa® works with the energetic body through a flowing sequence of movements that correspond with various elements in the Australian landscape. As participants move thorough each element, Wayapa® becomes an embodied ritual in deep listening and connection to the earth, spirit and self.

The movements are appropriate for all levels of mobility/fitness and the practice can be tailored to suit all bodies. Wayapa® is the only known Indigenous Wellness modality certified by the International Institute for Complementary Therapists. It also uniquely focuses on our relationship with the Earth - in addition to body, mind and spirit - as the foundation for holistic well-being. As such, Wayapa® teaches a lifestyle of connection that sustained the oldest living culture for over 80,000 years, rather than just a physical practice.

Personal Training

1hr \$140 or 1.5hrs \$165

Personal Training at Gaia can be adjusted to cater for any skill level; from absolute novice to professional athletes, our highly experienced trainers are looking forward to work closely with you to personalise your journey. Whether you are after simple guidance and want to learn the basics or your body is seeking options for recovery and nurturing. Perhaps you want to achieve progression from your current level of fitness or would like to integrate additional types of wellness components into your daily routine. Discover the benefits of combining breath, focused movement and meditation into your personalised exercise training program.

During One on One Personal Training your personal specific needs will be identified, strengths and weaknesses analysed, and then our trainers will design a safe and progressive pathway for an improved holistic approach to your training. Let personal Training help you get the most out of your stay at Gaia.

Tennis Coaching

1hr \$125

Improve your tennis technique with professional on-site coaching or simply enjoy a professional game with your own private coach.



Art Therapy

1.5hrs

\$210

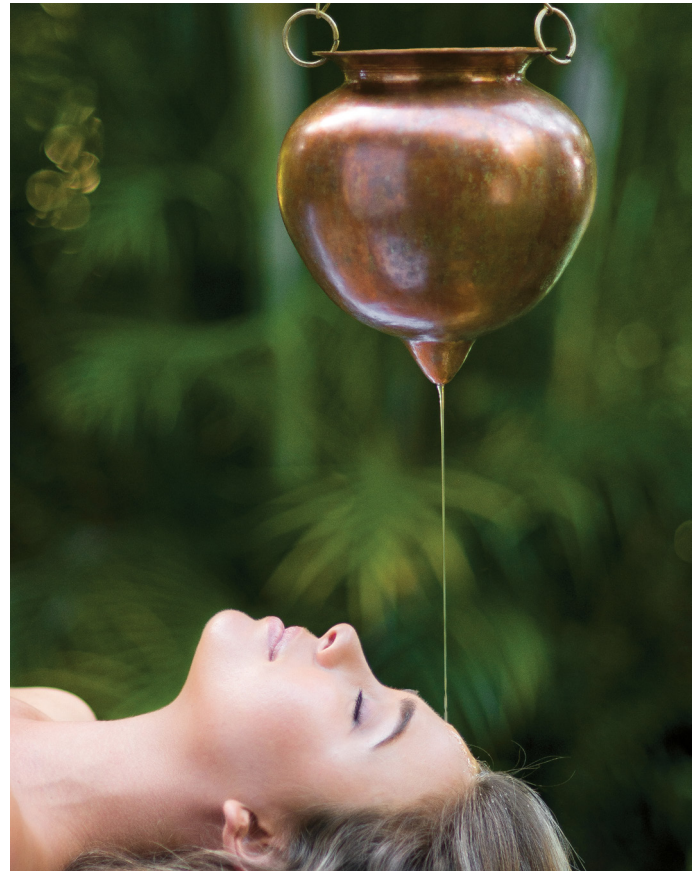
Discover the artist within and allow the creative process to unravel through private Art Therapy classes. Expressing yourself through art can be meditative, therapeutic and may foster healing, release and new perspectives.

Art Therapy is a playful and expressive modality. It does not matter how one draws or creates as it is the expression of thoughts and feelings that is important. A non-verbal therapy in which you are invited to step out of the story and into the observer role to look from a distance within.

Experiential Art Therapy takes many forms and you don't need to be 'artistic' or have any prior experience to enjoy this type of exploration. Non-judgement is key, and you don't even need to talk about your situation or issue if you don't want to. You will be gently and professionally guided through this therapy to discover your own insights.

Focus Add Ons

Your path to healthy living - Focus Add Ons create a tailored platform for you to choose a specialised experience to recharge your healthy lifestyle, learn a new practice, work on your body shape or simply deepen your mindful awareness. Select your preference of package upgrades available for five or more day stays; from Detox, Weight Loss and Fitness to Yoga and Mindfulness the choice is yours. For more information, please enquire at the Day Spa.



CANCELLATION POLICY

As your therapist comes in especially for your customised treatment, we require 24 hours' notice to reschedule or cancel appointments. Cancellations outside this time will be charged the full treatment fee.



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