



# Spa Menu

GAIA RETREAT & SPA

*Day Spa*

*Be lulled into a deep state of relaxation...*

# Arrive... Surrender... Restore

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 and health programs, as well as complimentary medicine for everyone.

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, who are a testimony to the holistic ethos of our multi award winning spa. Our 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-Ageing, 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, re-balance and allow yourself time to truly restore...

*it's about heart... it's about pampering... it's about you...*

# Gaia Treatments

## Massages

Relaxation/Swedish	60min	\$180	90min	\$240
Therapeutic/Deep Tissue	60min	\$200		
Pregnancy Massage			90min	\$240

## Specialty Gaia Massages

Aromatherapy			60min	\$180
Ayurvedic			90min	\$260
Lymphatic Drainage	90min	\$240	120min	\$300
Classic Kahuna Relaxation			90min	\$280
The Royal Kahuna			120min	\$350
Hot Stone			90min	\$270
Thai Massage			120min	\$300
Restorative			90min	\$240

## Energetic Healing

Reiki			60min	\$180
Energetic Healing			90min	\$250
Craniosacral Healing			90min	\$250
Shamanic Healing			120min	\$350
Energetic Facial Release & Kidney Cell Boost			90min	\$250
Sacred Rituals			120min	\$350

## Signature Body Polishes

Volcanic Rock + Wattleseed Polish	30min	\$120
Polish inc. Steam Room	60min	\$180
Body Polish Side Dishes (each)		\$25

## Body Masques

Cocoa Butter Masque	60min	\$180
Body Masque Side Dishes (each)		\$25

## Signature Facials

Revitalising Antioxidant Facial	60min	\$180
Nourishing Vitamin Intensive Facial	90min	\$240
Signature Restore Facial	120min	\$300
Man Retreat Facial	90min	\$240

## Scalp Treatments

Hot Macadamia Oil Scalp	30min	\$100
Indian Marma Head Massage	30min	\$125
Shirodhara	60min	\$180

### Hands and Feet

Reflexology	60min	\$180
Sole to Soul Foot Treatment	60min	\$180
Manicure or Pedicure	60min	\$125

### Steam Room

Therapeutic Steam (Includes hair and face mask)	30min	\$120
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### Depilation and Tinting

Eye Brow Wax	\$35
Brow Shape	\$40
Lip Wax	\$20
Chin Wax	\$40
Eye Brow Tint	\$35
Eye Lash Tint	\$30

### Natural Therapies

Naturopathic Consult	60min	\$200	90min	\$250
Oligo Scan	30min	\$240		
Acupuncture or Cupping	60min	\$200	90min	\$250
Face Rejuvenating Acupuncture	90min	\$250		

### Gaia Guidance

Sound Healing Journey	90min	\$250
Cacao Ceremony	60min	\$150
Colour Therapy	60min	\$150
Art Therapy	90min	\$250
Astrology	90min	\$250
Tarot Reading	90min	\$250
Astrology and Tarot Reading	120min	\$350

### One on One Additional Sessions

Yoga/Pranayama Breathing	60min	\$150	90min	\$200
Meditation	60min	\$150		
Pilates	60min	\$150	90min	\$200
Qi Gong	60min	\$150		
Tennis Coaching	60min	\$150		
Personal Training	60min	\$150		

# Gaia Signature Ritual Packages

## **Byron Bay Dream**

**2.5hrs \$400**

Come take my hand... enjoy an all over 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. Also available as a couples treatment.

## **Gaia Goddess / Gaia Man**

**4hrs \$620**

A journey of complete surrender... add a personalised facial to your Byron Bay Dream to dissolve tensions and nourish your skin.

## **Detox Deluxe**

**3hrs \$480**

Cleanse, re-balance and restore... this deluxe package includes a Body Polish and Steam Room session to 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. Also available as a couples treatment.

## **Inner Serenity**

**2hrs \$350**

Re-balancing energy ceremony... equally uplifting as it is calming, your spiritual treatment begins with a 1.5 hour Relaxation 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 30 minute hot oil scalp massage with a smudging ceremony will soothe your body, mind and soul.

## **Gaia Deluxe**

**2hrs \$350**

Enticing combination of treatments... indulge and nurture yourself with this blissful combination of treatments. Receive a 1 hour Relaxation Massage to unwind and a 1 hour customised facial treatment to nourish your skin. Using a range of luxurious, natural and palm oil free skin care products, including Retreatment Botanics, your skin will be glowing and refreshed. Enjoy a gift to take home.

## **Pregnancy Pamper**

**2hrs \$350**

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. Enjoy a gift to take home.

### **The Crystal Journey**

**2.5hrs \$420**

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.

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.

### **Ayurvedic Journey**

**2.5hrs \$420**

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.

Enjoy a 90 minute Abhyanga massage using medicated oils specific to your needs. This deeply restorative journey is complemented with a meditative Shirodhara (continuous stream of warm sesame oil onto the forehead) to invigorate the nervous system.

### **The Gaia Rituals Experience**

**2.5hrs \$420**

Surrender, indulge and completely switch off during this pure self-care ritual, combining a nurturing, revitalising Massage and Sole to Soul Foot Treatment.

Your journey begins with a 60 minute Relaxation / Swedish Massage followed by a Raw Cold-Pressed Macadamia Oil Scalp Massage.

Your feet will then be revitalised with our Signature Sole to Soul Foot Treatment. Using your choice of hot or cold stones and essential oils, this treatment is designed to leave your feet glowing, nourished and rejuvenated.

### **Cleopatra Deluxe Treatment**

**1hr \$180**

Nourish your inner queen... a soothing scalp massage and luxurious bath experience.

# Gaia Signature Facials

Truly reflecting the essence and meaning of Gaia... the Spirit of Mother Earth; the Gaia Day Spa uses a range of luxury skincare products which encapsulate the healing nature of the land. Products are carefully selected to not only nourish and brighten the skin but also nurture your entire being.

Included in our range are Retreatment Botanics high quality, truly unique, holistic products. 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** **\$180**

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

## **Nourishing Vitamin Intensive Facial** **1.5hrs** **\$250**

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** **\$300**

The ultimate facial ritual... personalised to your needs. This carefully tailored age-defying facial treatment, designed to replenish and regenerate your skin, includes a foot ritual, hand and arm massage, and a heat infusing back treatment.

## **Man Retreat Facial** **1.5hrs** **\$250**

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 and neck massage is also included. Please note, all facials can be tailored for sensitive skin types.

# One on One... Personalised Wellness

Personalised One on One sessions can be added to any Retreat Package to compliment your pampering spa treatments and enhance your wellness journey. 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 ability and experience.

Designed to complement our scheduled Daily Activities, One on One private sessions are 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... For and information and bookings, please enquire at the Day Spa.

## 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.

## Personal Training      1hr      \$150      1.5hrs      \$200

Whether you are after simple guidance and want to learn the basics or your body is seeking options for maximising potential, recovery or nurturing, our highly experienced trainers are looking forward to working closely with you to personalise your journey. 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. 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.

## Samadhi Yoga Studio

The 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.

## **Yoga**

**1hr \$150 1.5hrs \$200**

Experience a greater sense of wellbeing. Deepening the connection to your inner most nature, the practice of Yoga will awaken your potential and encourage a transformation of your whole being, by uniting your, body, mind and spirit. In a short period of time, you will see improvement in your physical body, nervous system and mind.

Regular Yoga practice can help to increase your flexibility, improve fitness and strength levels as well as facilitate you to relax in times of stress. We embrace all levels and capabilities from the very beginner, to the advanced Yogi.

## **Pilates**

**1hr \$150 1.5hrs \$200**

Connect with your body and improve your balance, core strength, posture and flexibility during our strengthening and stretching mat Pilates sessions. Pilates exercises allow for a range of difficulty from beginner to advanced and can help with re-energising and vitality. Our Pilates teachers will facilitate and support you on your postural movement journey and at the same time guide and inspire with personalised techniques to take home. Continue your journey after your stay for a deeper reconnection and sense of self. We invite you to tailor your stay to your own personal wellness goals.

## **Meditation**

**1hr \$150**

As learning to meditate can be challenging, our aim is to provide techniques that will assist you 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. Tailor made to suit your personal needs, for individuals, partners or couples.

## **Pranayama**

**1hr \$150**

Pranayama is the formal practice of controlling the breath, which is the source of our prana, or vital life force and relates to the control and regulation of the breath through specific breathing techniques and exercises. Practising regularly helps us to clear physical and emotional blocks or obstacles in the body so that the breath, and prana, can flow freely. The Sanskrit word Pranayama comes from Prana (life energy) and Ayama (to extend, draw out). You start with simple breathing awareness exercises before moving onto retention of the breath. The aim is for the breath to be smooth and even and never strained.

**Qi Gong****1hr \$150**

Discover the subtle yet powerful movement of Qi Gong, an ancient Chinese healing and meditation art form restoring natural harmony within. Qi Gong is a unique practice founded on the belief that energy flows through the body along meridian pathways and aims to facilitate ease of flow.

**Cacao Ceremony****1hr \$150**

Engaging with chocolate in ceremony can promote inner healing. Cacao has the potential to guide and is used to gently touch your heart and to invite you to dive into an inner journey into the emotional centre of our body. Your instructor will use the shamanic drum and a guided meditation, as you sip the Cacao to re-connect with Mother Nature.

**Tennis Coaching****1hr \$150**

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

# Focus Add On

\$595

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.

## **Detox & Cleanse**

Feel more vital, alive and energised with sparkling eyes, glowing skin and a happier zest for life.

## **Weight Loss & Lifestyle**

Achieve greater wellbeing and self-confidence by taking control and feeling the empowerment.

## **Fitness & Vitality**

Work closely with Gaia's personal trainers and wellness coaches to personalise your Fitness Focus Program.

## **Yoga & Pilates**

The list of general health, emotional and mental benefits gained from regular Yoga & Pilates practice is extensive.

## **Mindfulness & Meditation**

Mindfulness and Meditation can make a major difference in the way that we experience stress.

# Spa Etiquette

For you to be able to completely surrender to your Gaia Day Spa experience and enhance your journey, please see following points:

## **Arrival**

Your treatment has been especially reserved for you, so please arrive at least 15 minutes prior to your appointment, allowing you to wind down and fully enjoy your Gaia experience. Should you be travelling from Queensland, please consider the one-hour time difference during day light savings.

## **Attire**

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

## **Book Spa treatments in advance**

We highly recommend you book spa treatments and any additional activities in advance at your earliest convenience. This will ensure time is allocated and you don't miss out. Gaia Day Spa has limited spaces and times available, so we request for you to book sooner rather than later with an open mind and an open heart to flexibility. Please note: There is a minimum of a 90 minute spa treatment per person for Gaia day guests. This includes complimentary use of our Spa facilities including pool, hot tub and sauna. If you have any queries, please contact the Gaia Day Spa direct via Ph: (02) 6687 1670 or email: [dayspa@gaiaretreat.com.au](mailto:dayspa@gaiaretreat.com.au)

## **Environment**

For the relaxation, enjoyment and privacy of all our guests, mobile phones and other electronics are not permitted in the spa retreat areas. We also ask that you speak quietly during your time at the Spa. Please bring your swim wear and enjoy some time by the pool, have a sauna or relax in our stone hot tub.

## **Gift Certificates**

Give the gift of a Gaia Experience... Indulge for the day or retreat for a while. Day Spa as well as Retreat Gift Certificates are available for all treatments and packages. Gift Certificates can be posted via mail, emailed or collected from Gaia Retreat & Spa.

## **Spa Cuisine**

Gaia Retreat & Spa Restaurant is not open to the public but if you are coming in for a treatment as a day guest you are able to pre-book and enjoy lunch at our Kukura House Restaurant. This is the perfect way to complete and nourish your Gaia Day Spa visit and make it a joint experience with friends or family. Please note: lunch bookings prior to arrival are essential.

Inform the Day Spa to add a lunch booking to your treatment, via Ph: (02) 6687 1670 or email: [dayspa@gaiaretreat.com.au](mailto:dayspa@gaiaretreat.com.au)

## **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): high blood pressure, heart conditions, allergies and pregnancy. If you are unsure whether something might be important, please discuss this with our Spa team. Please note, the consumption of alcohol before, during or immediately after Spa treatments is not recommended.

## **Changes and Cancellation Policy**

As a courtesy to other guests, we kindly ask that appointment changes are made by 3pm the day prior to avoid penalties. As we have reserved this space exclusively for you, and your therapist is especially coming in to look after you on the day, we require 24hrs notice for any cancellations or to reschedule your appointments. Cancellations or rescheduling outside of this time will be charged the full treatment fee.



*Gaia*  
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