



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, Health and 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

Aromatherapy	90min	\$250
Relaxation/Swedish	90min	\$250
Pregnancy Massage	90min	\$250
Therapeutic/Deep Tissue	90min	\$275

Specialty Gaia Massages

Ayurvedic	90min	\$275
Chinese Massage	90min	\$275
Hot Stone	90min	\$275
Lymphatic Drainage	90min	\$275
Restorative / Oncology Massage	90min	\$275
Classic Ka Huna Relaxation	90min	\$275
The Royal Ka Huna	120min	\$375

Signature Body Polishes & Masques

Polish	30min	\$120
Polish inc. Steam Room	60min	\$180
Choose from our Exfoliating Volcanic Rock & Wattleseed Polish, Detox Polish, or Nourishing Polish		

Cocoa Butter Masque	60min	\$180
Clay Masque	60min	\$180
Choose from our Detoxifying Green, Grounding Yellow or Nourishing Pink clay masque		

Side Dishes	each	\$25
Choose from our Aloe Vera Face Masque and / or our Hair Masque		

Signature Facials

Facial Reflexology	60min	\$200
Revitalising Antioxidant Facial	60min	\$200
Cryotherapy Facial	90min	\$285
Nourishing Vitamin Intensive Facial	90min	\$285
Man Retreat Facial	90min	\$285
Signature Restore Facial	120min	\$350
Sculpt and Tone	120min	\$550
~ Add-on our LED Infra-Red Lamp	15min	\$75
	30min	\$120

Scalp Treatments

Hot Macadamia Oil Scalp	30min	\$100
Indian Marma Head Massage	30min	\$125
Shirodhara	60min	\$220

Hands and Feet

Hands to Heart	30min	\$120
Manicure or Pedicure	60min	\$130
Sole to Soul Foot Treatment	60min	\$185
Reflexology	60min	\$200

Add-on Menu

Therapeutic Steam	30min	\$90
Cleopatra Bath	30min	\$120
LED Infra-Red Lamp	15min	\$75
	30min	\$120

Depilation and Tinting

Eye Brow Wax	15min	\$40
Eye Brow Tint	15min	\$40
Eye Lash Tint	30min	\$60

Natural Therapies

Acupuncture or Cupping	60min	\$200
	90min	\$250
Face Rejuvenating Acupuncture	90min	\$250
Traditional Chinese Medicine Treatment	90min	\$275
Kinesiology	90min	\$300

Energetic Healing

Reiki	60min	\$200
Energetic Healing	90min	\$275
Craniosacral Healing	90min	\$275
Energetic Facial Release	90min	\$275
& Kidney Cell Boost		
Shamanic Healing	120min	\$400

Gaia Guidance

Cacao Ceremony	60min	\$175
Colour Therapy	60min	\$175
Art Therapy	90min	\$250
Astrology	90min	\$250
Breath of Bliss	90min	\$250
Hypnotic Healing	90min	\$250
Sound Healing Journey	90min	\$250
Tarot Reading	90min	\$250
Human Design	90min	\$300
Astrology and Tarot Reading	120min	\$350

One on One Additional Sessions

Yoga	60min	\$150
	90min	\$200
Pranayama Breathing	60min	\$150
Meditation	60min	\$150
Pilates	60min	\$150
	90min	\$200
Qi Gong	60min	\$150
Personal Training	60min	\$150
World Rhythms Dance	60min	\$150

Small group rates available, please contact our Day Spa.

Gaia Signature Ritual Packages

Inner Serenity

2hrs \$360

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 \$360

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.

Pregnancy Pamper

2hrs \$360

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.

Byron Bay Dream

2.5hrs \$450

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 \$690

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

Detox Deluxe

3hrs \$520

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.

Ayurvedic Journey

2.5hrs \$450

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 \$450

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.

Touch of Gaia

2hrs \$360

A truly decadent treatment package created to touch you from the tips of your fingers and toes to the depth of your heart. Experience the sumptuous combination of our popular Sole to Soul and Hands to Heart treatment sessions. Be spoiled with the sensory indulgence of deep relaxation and profound grounding from the bottom of your soles, releasing tension and infusing profound nourishment for your feet, hands and heart.

Feel completely nurtured with the softness of rich oils, leaving your skin smooth, silky, refreshed and revitalised. Choose between a lush and warming or soothing and cooling ritual.

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, brighten the skin and nurture your entire being, such as Retreatment Botanics, for results-focused, natural and organic ingredients. Before each treatment, your therapist will assess your skin, discuss any concerns and devise a facial especially for your needs.

Nourishing Vitamin Intensive Facial **1.5hrs \$285**

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.

Revitalising Antioxidant Facial **1hr \$200**

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

Man Retreat Facial **1.5hrs \$285**

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.

Cryotherapy Facial **1.5hrs \$285**

A cold therapy facial that firms and tones skin for an instant lifting effect. This powerful treatment stimulates blood flow and lymphatic drainage to minimise redness, skin and eye area puffiness, & supporting collagen production. Ideal for calming inflammation, & sensitive skin.

Signature Restore Facial **2hrs \$350**

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

Sculpt and Tone **2hrs \$550**

Using the innovative technology, this is the ultimate firming and toning treatment available. Delivering warmth to deep layers of the skin stimulates collagen to create a tighter, firmer and more vibrant skin without any pain or downtime. For all skin types, for ages 30 – 70 years.

LED Light Therapy **15min \$75** **30min \$120**

Our non-invasive treatment that delivers clinically proven therapeutic light energy for rejuvenating and corrective benefits. Stimulate cell renewal and collagen production, while building strength and integrity to accelerate skin healing for compromised, environmentally damaged and sensitive skin.

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. You will learn simple breathing awareness exercises which should feel smooth, 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.

Focus Add On

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.

Forage & Graze

\$795

Take a journey through our food philosophy and enjoy one-on-one time with our inspirational Organic Gardener and Senior Chef...immersing yourself in knowledge whilst creating your meal selection using your fresh garden produce. Then, sit back and enjoy the fruits of your labour!

Movement & Vitality

\$795

The list of general health, emotional and mental benefits gained from a regular movement practice is extensive. Work closely with Gaia's personal trainers, yoga, pilates and wellness coaches to diversify and personalise your own Movement Program.

Mind & Soul

\$795

Mindfulness and Meditation can make a major difference in the way that we experience & process stress. Work with Gaia's array of wellness coaches and practical techniques to establish your own personal practice.



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.

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 phone (02) 6687 1670 or email: 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.

Minimum Age

You'll have to be at least 18 to visit our facilities.

Contact the Day Spa

If you have any queries, please contact the Gaia Day Spa direct via phone (02) 6687 1670 or email: dayspa@gaiaretreat.com.au

Gaia
retreat & spa

933 Fernleigh Road, Brooklet NSW 2479

Bookings: 02 6687 1216

info@gaiaretreat.com.au gaiaretreat.com.au