

A close-up photograph of a spa treatment. A hand holds a small, light-colored ceramic bowl filled with a thick, white, creamy substance topped with dark, granular particles. Another hand is shown applying this mixture to a person's arm. The background features a dark fabric with a repeating pattern of stylized, golden-brown leaves or feathers. The overall lighting is warm and soft.

Spa Menu



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Introduction

Gaia Day Spa’s diverse and thoughtfully curated menu draws inspiration from ancient health traditions from across the globe. Rooted in holistic wisdom, our unique specialised treatments and wellness experiences are designed to nourish your body, mind, and spirit.

Guided by the timeless knowledge of Mother Nature, we create truly enriching journeys that awaken the senses and connect you to your heart. Surrounded by the tranquil sounds and native beauty of our lush environment, you’ll be gently lulled into deep relaxation, empowering you to find balance, release stress, and renew your wellbeing.

At Gaia, nurturing is at the heart of everything we do. We take pride in our exceptional healers and therapists, who embody the holistic ethos of our multi-award-winning spa. Our exquisite treatments are both grounding and profoundly restorative, using luxurious natural ingredients to guide you on an inner journey of deep therapeutic healing.

From Signature Spa Rituals and Relaxing or Therapeutic Massages to Beauty and bespoke specialised treatments, Gaia offers a comprehensive range of services. Complementing these are our selections of Energetic Healing, Fitness, Health and Wellbeing sessions, and Creative Activities—designed to enrich your entire experience.

At Gaia, we focus on realigning your body, mind, and emotions to promote lasting wellbeing. This authentic journey invites you to reconnect, restore balance, and renew your energy from within.

Spa Etiquette

Arrival

Your treatment has been reserved for you, so please arrive at least 15 minutes prior to your appointment, allowing you to wind down & enjoy your experience. When 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 booking spa treatments and 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. 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 heated magnesium pool, hot tub & sauna.

Environment

For the relaxation, enjoyment and privacy of all our guests, mobile phones & 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.

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 restaurant for an additional \$40. This is the perfect way to complete your experience. Please note: lunch bookings prior to arrival are essential. Inform the Day Spa if you would like to add a lunch booking to your treatment.

Spa Etiquette

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 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

To ensure the best experience for all our guests, we kindly ask that visitors be aged 18 and over to enjoy our facilities.

Public Holiday Surcharge

Please note that a 15% surcharge applies to all services on public holidays.

A Note on Pricing

Our pricing reflects the care we put into every treatment and may occasionally be updated without notice.

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

Price List

Massages			Cocoa Butter Masque	60min	\$220
Aromatherapy	90min	\$255	Clay Masque	60min	\$200
Relaxation/Swedish	90min	\$255	Clay masque options:		
Pregnancy Massage	90min	\$255	1. Detoxifying Green		
Firm Relaxation	90min	\$280	2. Grounding Yellow		
Specialty Gaia Massages			3. Nourishing Pink		
Hot Stone	90min	\$280	Side Dishes		
Lymphatic Drainage	90min	\$280	Aloe Vera Face Masque	Each	\$25
Ayurvedic	90min	\$280	Hair Masque	Each	\$25
Chinese Massage	90min	\$280	Signature Facials		
Restorative / Oncology Massage	90min	\$280	Revitalising Antioxidant Facial	60min	\$225
Classic Ka Huna Relaxation	90min	\$280	Nourishing Vitamin Intensive Facial	90min	\$285
The Royal Ka Huna	120min	\$375	Signature Restore Facial	120min	\$380
Signature Body Polishes & Masques			Man Retreat Facial	90min	\$285
Polish	30min	\$120	Cryotherapy Facial	90min	\$285
Polish incl. Steam Room	60min	\$200	Pure Luxe Facial	120min	\$420
Polish options:			Sculpt and Tone	120min	\$550
1. Exfoliating Volcanic Rock & Wattle Seed			Ayurvedic Facial	60min	\$220
2. Detoxifying			Ayurvedic Facial	90min	\$285
3. Nourishing			Facial Reflexology	60min	\$225

Price List

Facial Add-ons:			Eye Brow Wax & Tint	30min	\$70
LED Infra-Red Light Therapy	15min	\$60	Eye Brow Wax & Tint + Eye Lash Tint	45min	\$120
LED Infra-Red Light Therapy	30min	\$100	Natural Therapies		
AHA Peel	15min	\$75	Traditional Chinese Medicine	60min	\$225
Sheet Masque with Gua Sha	15min	\$75	Traditional Chinese Medicine	90min	\$280
Scalp Treatments			Acupuncture or Cupping	60min	\$225
Hot Macadamia Oil Scalp Massage	30min	\$110	Acupuncture or Cupping	90min	\$280
Indian Marma Head Massage	30min	\$135	Face Rejuvenating Acupuncture	90min	\$280
Hands and Feet			Naturopathy	60min	\$225
Hands to Heart	30min	\$120	Naturopathy	90min	\$280
Manicure or Pedicure	60min	\$130	Energetic Healing		
Sole to Soul Foot Treatment	60min	\$200	Reiki	60min	\$225
Reflexology	60min	\$225	Reiki	90min	\$280
Add-on Menu			Energetic Healing	60min	\$225
Therapeutic Steam	30min	\$90	Energetic Healing	90min	\$280
LED Infra-Red Light Therapy	15min	\$60	Craniosacral Healing	90min	\$280
Depilation and Tinting			Energetic Facial Release & Kidney	90min	\$280
Eye Brow Wax	15min	\$40	Cell Boost		
Eye Brow Tint	15min	\$40			
Eye Lash Tint	30min	\$60			

Price List

Gaia Guidance

Art Therapy	90min	\$280
Astrology	90min	\$280
Tarot Reading	90min	\$280
Astrology and Tarot Reading	120min	\$380
Breath of Bliss	90min	\$280
Breath of Bliss for 2	90min	\$400
Hypnotic Healing	90min	\$280
Hypnotic Healing & Reiki	120min	\$380
Sound Healing Journey	60min	\$175
Human Design	90min	\$300
Human Design for 2	120min	\$450
Mindful Guidance	90min	\$300

Private Wellness Sessions

Yoga	60min	\$160
Yoga	90min	\$210
Pranayama Breathing	60min	\$160
Meditation	60min	\$160
Pilates	60min	\$160
Pilates	90min	\$210
Personal Training	60min	\$160
Personal Training	90min	\$210
Qi Gong	60min	\$160

Tennis	60min	\$175
Tennis	90min	\$220
Golf Coaching (at Teven Valley Golf Course)	2.5hrs	\$695
Cacao Ceremony	60min	\$175
Tea Ceremony	60min	\$175
Floral Alchemy	60min	\$175
Nature Weaving	60min	\$175
Cooking Class	120min	\$475
Bee-keeping Experience	90min	\$320

Spa Packages

Inner Serenity	2hrs	\$380
Gaia Deluxe	2hrs	\$380
Pregnancy Pamper	2hrs	\$380
Byron Bay Dream	2.5hrs	\$480
Detox Deluxe	3hrs	\$550
The Gaia Rituals Experience	2.5hrs	\$480
Touch of Gaia	2hrs	\$380
Gaia Goddess / Gaia Man	4hrs	\$720
Ayurvedic Journey	2.5hrs	\$520
Ayurvedic Deluxe	2hrs	\$385

Signature Packages

Inner Serenity

2hr \$380

This re-balancing energy ceremony is both uplifting & calming. The treatment begins with a 90min Relaxation Massage to assess energy flow & rebalance the body's energy field. Meanwhile, your therapist will perform healing work drawing from Reiki & intuitive energy. Finishes with a 30min hot oil scalp massage and smudging ceremony to soothe.

Gaia Deluxe

2hr \$380

Indulge & nurture yourself with this blissful treatment combination. Starting with a 60min Relaxation Massage to unwind, finishing with a 60min customised facial treatment to nourish your skin. These luxurious & natural products will leave your skin glowing & refreshed.

Pregnancy Pamper

2hr \$380

Begin this nurturing journey with a ritualistic foot soak & scrub. Allow the tension to be released from your body with a nourishing massage using local organic macadamia oil. Finishing with a stress releasing scalp massage and hair masque.

Byron Bay Dream

2.5hr \$480

Enjoy an allover body polish leaving your skin feeling tingling & 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 dreamy treatment is completed with a flowing relaxation-style massage. Also available as a couples treatment.

Detox Deluxe

3hr \$550

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 & lymphatic system in preparation for a specifically designed massage to flush the body clear of toxins. Also available as a couples treatment.

Signature Packages

The Gaia Rituals Experience 2.5hr \$480

Surrender, indulge and completely switch off during this pure self-care ritual. Your journey begins with a 60min Relaxation Massage followed by a Macadamia Oil Scalp Massage. Your feet will then be revitalised with our Signature Sole to Soul Foot Treatment. This treatment is designed to leave your feet glowing, nourished and rejuvenated.

Touch of Gaia 2hr \$380

A truly decadent treatment package created to touch you from the tips of your fingers and toes to the depth of your heart. It includes our Sole to Soul Foot Treatment, Hands to Heart Treatment, and a hot oil scalp massage. Be spoiled with the sensory indulgence of deep relaxation & 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.

Gaia Goddess / Gaia Man 4hr \$720

Immerse yourself in a half-day journey of complete surrender and deep restoration. This ultimate escape invites you to release stress and reconnect with your inner calm through a thoughtfully curated experience designed to nourish your body, mind, and spirit. Elevate your Byron Bay Dream by adding a personalised facial, tailored precisely to your skin's unique needs. This indulgent treatment gently dissolves tension, revitalises your complexion, and leaves your skin glowing with renewed vitality. Together, these experiences create a harmonious blend of relaxation and rejuvenation, offering you the perfect balance of serenity and radiant wellbeing.

Ayurvedic Treatments

Ayurvedic Massage 90min \$280

A therapeutic and rejuvenating ritual, guided by the principles of Ayurveda. This ancient Indian massage uses rhythmic, flowing movements and stimulating techniques designed to release physical tension, detoxify the body, and calm the mind. Rooted in the wisdom of balancing the Doshas, the treatment is intuitively tailored to support your unique needs. As the body is nourished with warm herbal oils, energy pathways are cleared, and a profound sense of balance & vitality is restored. This deeply cleansing and restorative massage not only supports the body's natural healing processes but leaves you feeling lighter, calmer, and more aligned.

Indian Head Massage 30min \$135

A calming seated massage rooted in Ayurvedic healing, using warm black sesame oil and Marma point therapy to soothe the nervous system, ease tension, and clear the mind. Gentle yet powerful, it leaves you grounded, relaxed, and refreshed.

Ayurvedic Facial 60min \$220 90min \$285

A deeply restorative experience, rooted in the ancient wisdom of sacred Indian traditions. By blending carefully selected natural ingredients with therapeutic massage techniques, we nourish your skin and restore balance & harmony in your body and mind. The journey begins with a personalised consultation to determine your Dosha, ensuring that every step of your treatment is customised to bring your skin back into perfect balance. For our Ayurvedic Facial, we exclusively use Rasasara Skinfood Ayurvedic Skin Care, which harnesses the potent power of pure, organic ingredients to enhance skin health. You will leave with tailored recommendations to help you continue nurturing and maintaining your skin's vitality and glow at home.

Ayurvedic Packages

Ayurvedic Journey

2.5hrs \$520

A deeply restorative experience that offers a true immersion into the traditional healing wisdom of Ayurveda. Your journey begins with a personalised consultation to determine your prakriti—your unique Ayurvedic constitution—guiding the selection of medicated oils to suit your specific needs. A full-body Abhyanga massage follows, using warm, therapeutic oils and rhythmic movements to detoxify the body, calm the nervous system, and restore energetic balance. This is seamlessly followed by Shirodhara, the gentle streaming of warm sesame oil over the third eye, to quiet the mind and induce a state of deep inner stillness. To support the healing process from within, the treatment is completed with a Sattva Soul Ayurvedic tincture to take home, formulated to nourish the nervous system and promote lasting equilibrium. This experience leaves you grounded, renewed, and in harmonious alignment of body, mind, and spirit.

Ayurvedic Deluxe

2hrs \$385

Immerse yourself in a deeply restorative wellness journey with our Ayurvedic Deluxe Package. This luxurious 2-hour experience begins with a personalised Dosha consultation to tailor your treatment to your unique constitution. Enjoy a 60-minute Abhyanga full-body massage using warm herbal oils to soothe the nervous system and encourage detoxification, followed by a 60-minute Ayurvedic facial. The facial features Rasasara Skinfood's pure, organic ingredients, carefully selected to nourish your skin and restore inner harmony. Emerge radiant, grounded, and renewed—balanced inside and out.

Gaia Signature Facials

At Gaia Day Spa, we use results-focused, natural and organic skincare that reflects the healing spirit of the land. Each facial is tailored to your unique needs, with your therapist assessing your skin and selecting products to nourish, brighten, and restore balance.

Revitalising Antioxidant Facial

1hr \$225

A quiet hour to restore your glow. This gentle botanical facial smooths and hydrates tired skin, softens visible signs of stress, and restores your natural, radiance. Personalised to your skin's unique needs, the treatment includes a steam, deep cleanse, and a soothing antioxidant-rich masque—leaving you refreshed, calm, and luminous.

Nourishing Vitamin Intensive Facial

1.5hrs \$285

A deeply restorative facial tailored to your skin's unique needs. This indulgent treatment begins with a thorough cleanse and exfoliation, followed by a brightening AHA masque to refine and revitalise the complexion. A rejuvenating facial massage, steam infusion, and a soothing foot ritual invite the whole body into a state of relaxation. An invigorating arm treatment completes the experience. Rich in hydration and calm, this facial is a deeper journey into rest—nurturing the skin while quieting the mind.

Signature Restore Facial

2hrs \$380

Indulge in an age-defying facial designed to deeply replenish & regenerate your skin's natural vitality. This sumptuous treatment unfolds with a calming foot ritual, followed by a nurturing hand & arm massage that soothes and revitalises tired limbs. A gentle heat-infused back therapy envelops you in warmth, melting away tension & inviting profound relaxation. Together, these elements offer a luxurious experience that restores balance, radiance & wellbeing.

Man Retreat Facial

1.5hrs \$285

Specifically designed for male skin, this facial works to deeply cleanse, hydrate, and soothe—targeting common concerns such as congestion, dryness, and sensitivity. An extended head and neck massage promotes deep relaxation and eases tension. All facials can be customised for sensitive skin, ensuring a tailored experience that leaves you refreshed, balanced, and revitalised.

Specialty Facials

Cryotherapy **1.5hrs** **\$285**

A refreshing cold therapy facial that firms and tones the skin for an immediate lifting effect. This treatment stimulates blood circulation & lymphatic drainage to reduce redness and puffiness while supporting collagen production. Perfect for calming inflammation and soothing sensitive skin.

Pure Luxe Facial **2hrs** **\$435**

The ultimate in facial treatments. This carefully tailored facial is designed to replenish, rejuvenate and aid in restoring your skin’s resilience. Including our AHA Brightening Peel to refine skin, support cellular regeneration and brighten your complexion, followed by LED light therapy to stimulate cell renewal and collagen production while building strength and integrity within. Indulge in a facial massage, foot ritual, and hand & arm massage to leave you feeling nourished and radiant from the inside out.

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

Using innovative technology, this is the ultimate firming & toning treatment. Gentle warmth penetrates deep layers of the skin to stimulate collagen production, resulting in tighter, firmer, and more radiant skin—without pain or downtime. Suitable for all skin types, ideal for ages 30 to 70.

LED Light Therapy **15min** **\$60**
30min **\$100**

A non-invasive treatment using therapeutic light energy to stimulate cell renewal and collagen production. Strengthens and repairs compromised, sensitive, and environmentally damaged skin.

AHA Brightening Facial Peel **15min** **\$75**

This gel-based treatment uses fruit acids, enzymes, and soothing botanicals to support cell renewal, brighten the complexion, and improve skin elasticity—without harsh or synthetic chemicals. Aloe Vera and Olive Leaf Extract calm and hydrate, leaving your skin refreshed and radiant.

Gaia Guidance Sessions

Tarot Reading **1.5hrs** **\$280**

The Tarot, a mirror of your soul, offers intuitive guidance, clarity, and inspiration. In your reading, we explore present challenges, emotions, and opportunities—empowering you to navigate life with confidence and intention. This is a grounded, heart-led session designed to support your growth and self-mastery. You are welcome to record the session on your mobile.

Human Design **1.5hrs** **\$300**

Discover who you truly are with Human Design—a transformative system that blends ancient wisdom and modern science. Drawing from Astrology, the I Ching, Kabbalah, the Chakra System, and epigenetics, it offers a detailed map of your energetic blueprint. Based on your birth details, your Human Design chart reveals the relationships, lessons, and life experiences you were designed to attract. This system helps you understand how to work with your natural energy, stop forcing outcomes, and start aligning with your unique life path and purpose.

Astrology **1.5hrs** **\$280**

Your horoscope is your original, personal, and unique cosmic fingerprint—based on the date, time, and place of your birth. Through the lens of your birth chart, your astrological consultation offers insight into your personality, life patterns, and purpose. It’s designed to inspire, answer deeper questions, and shine light on your path ahead.

Mindful Guidance **1.5hrs** **\$300**

Follow awareness within to restore peace to the mind and calm to the body. Connect with your somatic body to integrate healing with deep presence. A space will be created where sensations, emotions, and thoughts can unify to guide towards a path of wholeness. Mindful guidance is a space to talk through and release attachments, stress and overwhelm, leaving you with a refreshed mind, body and soul connection with benefits that flow beyond the session into your daily life.

Gaia Guidance Sessions

Breath of Bliss **1.5hrs** **\$280**

Breath of Bliss is a transformative healing practice blending somatic movement, breathwork, sound, energy healing, and hypnotherapy. In a 90-minute session, you'll experience deep healing on energetic, mental, and emotional levels. Connected breathing helps release trauma stored in the body, reset the nervous system, and cultivate self-love—guiding you back to feeling empowered, blissful, and energised.

Hypnotic Healing **1.5hrs** **\$280**
Hypnotic Healing & Reiki **2hrs** **\$380**

Restore mental harmony through a unique hypnotic method combining meditation, healing, and hypnosis. This gentle approach relaxes you deeply, connecting you to your body's inner wisdom to rebalance and renew. Your session supports releasing limiting beliefs, reducing stress, and harmonising your mind—helping you reset and restore overall wellbeing.

Art Therapy **1.5hrs** **\$280**

Discover the artist within and let the creative process unfold in private Art Therapy sessions. Guided by gentle exploration rather than outcome, these sessions offer a meditative and therapeutic space for self-expression. Through art, you may find healing, release, and fresh perspectives—no artistic experience needed, just a willingness to explore.

Energetic Healing

Energetic Healing **1 hr** **\$225**
1.5hr **\$280**

Energetic Healing combines hands-on healing with gentle massage techniques, enhanced by essential oils, creams, and warmth to specifically target and soothe the respiratory, vascular, nervous, digestive, and endocrine systems. This treatment is ideal if you're looking for a more tactile, full-body experience that works on multiple systems simultaneously.

Energetic Facial Release & Kidney **1.5hrs** **\$280**
Cell Boost

Our faces often reflect the emotions we carry in our bodies—such as sadness, grief, frustration, or denial. Through gentle facial touch and massage, this powerful yet soothing healing technique helps release stored emotions, fostering awareness and wellbeing. The kidneys, as the body's vital energy storehouse, influence our emotional health—when depleted, feelings like depression, mood swings, and creative blocks can arise. This hands-on treatment is especially beneficial for those feeling overwhelmed, exhausted, or emotionally heavy, offering deep restoration and renewal.

Reiki **1 hr** **\$225**
1.5hr **\$280**

Reiki is a gentle Japanese energy therapy focused on balancing and restoring the flow of energy throughout your physical, emotional, and spiritual self. It is a deeply relaxing, hands-on or hands-off treatment designed to support your body's natural healing and promote overall wellbeing.

Craniosacral Healing **1.5hrs** **\$300**

Craniosacral Healing is a gentle, intuitive bodywork therapy focusing on the head, neck, and back to enhance flexibility, promote deep relaxation, and foster overall calm and wellbeing. This subtle treatment works on a deep level, unwinding the central nervous system by following the natural rhythms of cerebrospinal fluid. The therapist uses delicate movements across the hips, spine, and cranium to encourage fluid flow and the body's innate healing and balance. Ideal for relieving tension in the lower back, neck, and head. Loose, comfortable clothing is recommended.

Private Wellness Sessions

Cacao Ceremony **1hr \$175**

A heart-opening guided meditation supported by ceremonial cacao to balance energy, release emotional blocks, and deepen spiritual connection. Used for centuries in ancient rituals, cacao enhances creativity, presence, and inner peace—while also nourishing the body with mood-boosting nutrients.

Silent Tea Meditation **1hr \$175**

Create space for stillness through a mindful experience with a traditional tea ceremony conducted in silence. This calming ritual invites you to fully engage your senses, appreciate the subtle flavours and aromas, and embrace the tranquillity of the present moment. It's a gentle pause that cultivates peace, presence, and deep relaxation.

Nature Weaving **1hr \$175**

Unleash your creativity and connect with nature as you learn to weave a pendant, bracelet, ring or key ring using natural fibres sourced from the Gaia property. A calming, hands-on experience that invites mindfulness and leaves you with a beautiful keepsake to take home.

Floral Alchemy **1hr \$175**

Embark on a sensory journey exploring seven flowers and their ancient uses in beauty, health, and gastronomy. Through taste, scent, and story, connect with each bloom's essence and discover nature's healing power—a fragrant, flavourful experience to inspire your senses.

Cooking Class **2hrs \$475**

This joyful, hands-on experience is designed to ignite creativity & connection in the kitchen. Guided by one of our passionate chefs, you will enjoy personalised tips & techniques, whether you're a confident home cook or just starting out. Together, you'll explore the beauty of fresh, seasonal ingredients, many sourced from our very own organic gardens. Discover how to create nourishing, flavour-rich dishes that celebrate Gaia's food philosophy: wholesome, grounded, and deeply satisfying. More than just a class, it's an inspiring journey into mindful cooking and the joy of sharing food. You'll leave not only with new skills and recipes, but also a hamper of Gaia Signature products to continue the experience at home.

Private Wellness Sessions

Bee-keeping Experience **1.5hr \$320**

Enjoy a private bee-keeping experience with one of Gaia's passionate beekeepers as you suit up and explore the inner workings of our hives. You'll learn how to prepare for a hive inspection, light the smoker, and examine frames to identify eggs, larvae, pollen, and (if you're lucky) the queen. Together, you'll open a selection of hives, including our Kenyan top bar hive, and discover the incredible complexity of bee life. To finish, harvest a frame of honey and press your own jar to take home: a sweet reminder of this hands-on & heart-opening experience.

Golf Coaching (at Teven Valley Golf Course) **2.5hrs \$695**

2.5-Hour Golf Lesson including 9-Hole Round of Golf at Teven Valley Golf Course A tailored session with a certified PGA coach to refine your technique and elevate your confidence on the course. Apply what you've learned with a mindful round of golf set against stunning natural backdrops at a top 100 Australian course.

Focus Add-Ons

Your journey to healthy living begins here. Focus Add-Ons offer a personalised way to enhance your stay, whether you're looking to recharge your wellbeing, explore a new practice, support body goals, or deepen your mindfulness.

Forage & Graze **\$795**

Take a journey into our food philosophy with a hands-on experience guided by our Organic Gardener and Senior Chef. Begin by exploring the garden, learning about seasonal produce, sustainable practices, and the connection between food and wellbeing. Handpick fresh ingredients, then step into the kitchen to create a nourishing, garden to plate meal. This one on one experience blends education, inspiration, and creativity, ending with the simple pleasure of enjoying the meal you've crafted from the earth up.

Movement & Vitality **\$795**

Enhance your wellbeing through a personalised Movement and Vitality experience. Designed to support both body and mind, this tailored program invites you to work closely with Gaia's skilled personal trainers, yoga and Pilates instructors, and wellness coaches. Whether your goal is to build

strength, improve flexibility, reduce stress or simply feel more energised, your sessions will be shaped around your needs and preferences. Discover the lasting benefits of a balanced, mindful movement practice—one that empowers you to carry vitality and resilience beyond your time at Gaia.

Mind & Soul **\$795**

Mindfulness and meditation can transform how you experience and process stress, offering tools to cultivate calm and clarity in everyday life. With Gaia's team of wellness coaches, you'll explore practical techniques tailored to your needs, helping you establish a personal practice that supports emotional balance and inner peace. This add-on is designed to nurture your mind and soul, empowering you to navigate life with greater presence and resilience.