



GAIA Skincare Treatment Menu at the Ciúin Spa



Rituals and 90 minute treatments include use of the Thermal Suite

GAIA RITUALS

Gaia rituals are designed to identify three levels of an individual's wellbeing, recognising the holistic benefits of treatments across mental, physical and spiritual domains.

Rituals connect to history and tradition, designed to be meaningful bringing a person to a state of wellbeing. This is more than the absence of illness, the state of being mentally, physically and socially well. Wellness is about awareness and relationships, about reaching into your heart, being the best you can be.

All Gaia rituals start with a welcome foot ritual and consultation followed by aftercare advice and a Gaia tea.

Gaia Crystal Therapy

120 minutes

€205.00

The ultimate goal of crystal healing is to bring the whole body back to a state of pure unconditional love.

This treatment is personalised using crystals to discover which chakras are blocked and includes meditation, full body massage and a nurturing scalp massage. Aftercare, product advice and a crystal prescription will be recommended by your therapist.

*Includes the Thermal Suite

Gaia Raindrop Therapy

120 minutes

€205.00

Raindrop therapy is a healing technique using pure essential oils. It combines aromatherapy oils and moist heat to bring total balance, harmony and body wellness mentally, physically and emotionally.

Techniques are used through the massage to release toxins and lymph, boosting the immune system and bringing the body back to natural alignment. Ritual includes full body massage using the purest essential oils used as droplets to the back, spine and feet, a face cleanse and a nurturing scalp massage.

*Includes the Thermal Suite

Gaia Total Holistic Ritual

120 minutes

€205.00

A deeply therapeutic ritual to release tension and stress bringing the mind and body into harmonious balance.

Using advanced Balinese and Lomi Lomi techniques, the body is exfoliated followed by an application of our nourishing Gaia mud. Once showered, a Gaia blend of your choice is poured warmly onto the body for a muscle easing massage.

*Includes the Thermal Suite

Harmonious Ritual

90 minutes

€160.00

A specialised treatment incorporating aromatherapy oils, rhythmic massage, and advanced massage techniques that focus on your breathing whilst applying pressure points and deep tissue massage to boost circulation, ease aches and pains and leave you feeling balanced and grounded.

*Includes the Thermal Suite

GAIA BODY

Our treatments have been created to meet the varied needs of modern individuals, using effective, natural ingredients and highly skilled therapeutic techniques, using our own Gaia range.

Our collection of body treatments will relax your mind and body, bringing you in to the present moment. The power of touch combined with the use of essential oils have therapeutic benefits on a physical and emotional level.

Gaia Serenity Treatment

90 minutes

€160.00

Combining your favourite treatments in one you'll receive a back exfoliation; hot stone back massage to relieve tension followed by Gaia's unique Jade facial and scalp massage.

You will be left feeling nourished, grounded and deeply relaxed.

*Includes the Thermal Suite

Gaia Total Renewal Treatment

90 minutes

€160.00

A deeply relaxing treatment focusing on hard-to-reach areas. This treatment cleanses, eases tension and leaves you feeling relaxed and refreshed. Experience a therapeutic back cleanse followed by an exfoliation with GAIA's own unique salt & Oil scrub. The GAIA Mud Mask is applied in sweeping motions to detoxify and cleanse, followed by a bespoke back, neck and shoulder massage. The treatment concludes with nourishing facial to sooth your skin leaving you refreshed and balanced.

- Includes the Thermal Suite

Gaia Restorative Treatment

60 minutes

€120.00

Experience a therapeutic back cleanse followed by exfoliation with Gaia's own unique body scrub, before Gaia's mud mask is applied in sweeping motions to detoxify and cleanse. Following the removal of the mud with a hot towel, the back is massaged with hot stones using one of the Gaia oils; Awakening, Balancing or Calming.

Gaia Poultice Massage

90 minutes

€160.00

This massage uses herbal compresses that have healing and soothing properties. All the herbs used are grown naturally and are part of the blend that makes Gaia. Aromatic herbs and spices have been used for centuries for various ailments and treatments as they help to increase the flow of chi (energy).

*Includes the Thermal Suite

Gaia Ultimate Golfers Massage

90 minutes

€160.00

This above par treatment is perfect for those suffering aches, pains and tension brought on by exercise, leaving you refreshed and nourished. Begin with an exfoliating foot treatment experience a back and back of legs scrub followed by a deeply relaxing back massage to ease muscle tension in the shoulders, neck and upper arms. Your therapist will work on your legs to release aches using warming essential oils to sooth and hydrate.

- Includes the Thermal Suite

Gaia Hot Stone Body Massage

90 minutes

€160.00

A therapeutic 90 min full body and scalp massage using our specially blended Gaia oils and warm volcanic stones to relieve deep muscle tension. The warmth of the stones penetrates your muscles to soothe aches and pains, thus helping you to unwind and feel rejuvenated. Choose from the Gaia oils, Awakening, Balancing and Calming.

*Includes the Thermal Suite

Gaia Bespoke Massage

60 minutes €120 | 90 minutes €160

A completely bespoke treatment catered to your needs and concerns. This treatment uses effective and natural ingredients combined with highly therapeutic techniques such as Swedish, Deep tissue and Aromatherapy massage to relax body and mind bringing you in to the present moment.

*Includes the Thermal Suite (when booking the 90-minute treatment)

Gaia Mud Cocoon

90 minutes

€160.00

Enjoy this protective cocooning treatment and emerge awakened. You will experience whole body, face and scalp therapy in this indulgent treatment, including a sea salt exfoliation and natural mud and clay mask. Completing this nurturing treatment is our Awakening Body Cream, with nourishing coconut oil and shea butter.

*Includes the Thermal Suite

Gaia Salt and Oil Scrub

45 minutes

€90.00

Liberate your skin with our nourishing salt and oil scrub treatment. Your body is awakened with natural sea salt, peppermint and lemongrass, to gently buff the skin, boosting circulation and leaving a natural glow. This refreshing treatment will leave a natural feeling of wellbeing, whilst the skin is left smooth and replenished.

Gaia Indian Head Massage

45 minutes

€90.00

A treatment combining massage on the face, including relaxing eye cleanse, shoulders and scalp. A series of techniques are performed to manipulate the muscles releasing tension and stress throughout the mind and body to leave you feeling totally harmonised and grounded.

Gaia Foot and Leg Ritual

45 minutes

€90.00

A deeply relaxing treatment focusing on relieving and easing tension after travelling or being on your feet all day, this nourishing ritual leaves you feeling relaxed and refreshed. Experience a therapeutic leg cleanse followed by an exfoliation with GAIA's own unique salt and Oil scrub. The GAIA Mud Mask is applied in sweeping motions to detoxify and cleanse. The treatment concludes with a massage for the legs and feet using one of the GAIA Oils.

Gaia Affinity Experience

45 minutes €100.00 / 60 minutes €120.00 / 90 minutes €150.00

A spa experience for everyone whether you are looking to relax and heal spiritually or are undergoing any medical conditions. Our highly trained therapists can offer a safe and relaxing experience where your time is catered to you and will take into account your circumstances to ensure a personalised spa journey.

Mother Gaia*

* 90 minutes €150.00

A beautifully gentle, relaxing treatment perfect during and after pregnancy. This nurturing treatment includes exfoliation of the back and a tummy mask this is followed by a specifically designed body, face and scalp massage focusing on alleviating muscular aches on stressed areas, helping you to feel relaxed and restored.

Mother Gaia Foot and Leg Ritual*

* 45 minutes €90.00

A deeply relaxing treatment focusing on relieving and easing, swollen legs and ankles, helping to relieve and reduce cramps and restless legs during and after pregnancy or after travelling or being on your feet all day, this nourishing ritual leaves you feeling relaxed, refreshed and lighter.

Mother Gaia*

* 60 minutes €115.00

A beautifully gentle, relaxing treatment perfect during and after pregnancy. This nurturing treatment exfoliates the back and is followed by a specifically designed body massage focusing on alleviating muscular aches on stressed areas, helping you to feel relaxed and restored.

***Pre-natal treatments are available after 12 weeks. Please call us to discuss further additional pregnancy treatments**

GAIA FACIALS

What we put on our skin is just as important as what we put in our body; both of which affect our overall wellbeing.

Facials can be a truly relaxing treatment or can be results-driven. Our therapists can advise which facial treatment will most suit your skin's needs.

Gaiyoga Lifting Facial

90 minutes

€160.00

As much as we know exercising our body is good for us well it is the same for the face.

Using a stimulating workout for the face with a combination of advanced lifting massage technique, lymphatic drainage and the power of nature this facial increases muscle tone and volume so the skin becomes tauter with more definition and exceptional results.

*Includes the Thermal Suite

Gaia Jade Facial

60 minutes

€115.00

This healing massaging facial will leave your skin feeling rejuvenated and glowing...

Gaia's natural skincare products are softly massaged deep into the skin, using healing Jade crystal wands to stimulate both lymph drainage and blood flow, leaving your skin feeling firmer and deeply hydrated.

Gaia Equilibrium Crystal Facial

60 minutes

€115.00

There is a link between our skin, our identity and our sense of self-worth.

Using a powerful combination of anti-inflammatory plant ingredients along with balancing chakra crystals woven throughout the treatment which lend their energetic and healing benefits, bringing the mind and body back to a state of equilibrium.

Reflexology

60 minutes

€100.00

Reflexology is based on the ancient Chinese belief that energy flows around the body. This energy or life force is known as Chi and when the energy is flowing freely around the body we are well, balanced and in harmony with our environment physically, mentally and emotionally. If this energy becomes blocked illness may result, unblocking this energy will mean the energy will flow freely so healing can take place.

Reflexology stimulates the body's own healing powers in a natural and safe way.

Wherever there is an imbalance or illness in the body the corresponding area in the foot may be tender or painful. Crystal deposits may be found in the hand and feet. Gently working over these areas with the thumbs and fingers will help to break down and get rid of the built up, helping to restore the energy flow.

*Please note the first trimester needs to have passed

What we ask of you and our guests:

*We kindly ask if you or a member of your household or a close contact has developed any covid symptoms within the last 7 days. Or have been advised to isolate or are a close contact yourselves, please contact the spa prior to arrival to cancel your appointment and refrain from visiting the spa.

*Please notify our staff if you are pregnant or have any special medical considerations so that appropriate treatments can be recommended. Ciúin Spa cannot be held responsible for any changes to treatments or cancellations that occur due to non-disclosure of medical conditions at the time of booking. Kindly advise us of any health conditions, allergies or injuries, which could affect your treatment when making your spa reservations.

*Please arrive to the Ciúin Spa 20 minutes prior to your treatment time.

*If you have booked to use the Thermal Suite prior to your treatment please arrive to the Ciúin Spa 1hr 20 mins prior to your treatment start time.

***Residents** to arrive to the spa in robes (found in your room) and suitable footwear.

*Robes and towels are provided on each visit. Guests are asked to wear appropriate footwear in the spa, please bring suitable footwear with you. Ciúin flip flops are available to purchase at the spa.

*Please note that the allocated treatment time includes time for changing, short consultation and aftercare advice.

*GAIA Rituals and 90 minute treatments include the Thermal Suite. Alternatively, the Thermal Suite can be added for €25 pp.

*Thermal Suite last entry times: Monday-Saturday 5 pm and Sunday 4.30 pm. Thermal Suite facilities close 30 mins prior to the spa closing time. Swimwear is required for this area.

*As a courtesy to other guests we ask that you provide 24 hours' notice if you need to cancel or reschedule your appointment. If you cancel with less than 24 hours' notice a charge will apply.

* The management reserves the right to alter or amend any aspect of the content at any time without prior notice.

* The management reserves the right to close any area of the Thermal Suite without prior notice for essential maintenance.

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The full spa guide can be viewed here
<https://www.slieverussell.ie/ciuin-spa-guide.php>



CIÚIN
spa & wellness centre