



Founded by Diane Nettleton in 2016, the vision was clear, to develop a brand which was built on friendships, connections, experiences, open hearts and consideration for others. A natural product and wellness brand, that would bring a higher level of wellness to the spa industry.

Blending together the finest ingredients, plant actives and essential oils, GAIA products are full of intention and integrity. Each ingredient thoughtfully selected for its beneficial properties for the body and mind, how it will make you feel and what the ingredient will do.

GAIA treatments have been designed to be meaningful rituals, connecting to history and tradition, with the aim that they are felt physically and that they are understood mentally. They are designed to bring a person to a state of wellness; more than the absence of illness, the state of being well is a sense of life, high energy levels, contentment, enjoyment, and fulfillment. Which gives mental clarity and physical strength. Wellness is about awareness and relationships, reaching into your heart, and being the very best you can be.



GAIA TREATMENTS

SPA
DALMENY HEALTH CLUB

GAIA BESPOKE MASSAGE

Our trained therapist will adapt this massage to your specific needs and target your main concerns using Gaia's natural oils. A unique treatment that is all about you.

45 minutes £85

85 minutes Includes scalp massage £100

GAIA HOT STONES MASSAGE

A therapeutic back, neck & shoulder massage using specially blended Gaia oils & warm volcanic stones to relieve deep muscle tension. The warmth of the stones penetrates muscles to soothe aches & pains, thus helping you to unwind & feel rejuvenated. Choose from the Gaia oils; awakening, balancing or calming.

45 minutes £70

85 minutes £100

GAIA INDIAN HEAD MASSAGE

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

45 minutes £70

GAIA TREATMENTS



GAIA SERENITY TREATMENT

This Gaia serenity ritual combines all of your favourite treatments in one. You will receive a back exfoliation and hot stone back massage to relieve tension, followed by our unique Jade facial and scalp massage. This bespoke treatment caters to your needs and will leave you feeling nourished, grounded and deeply relaxed.

85 minutes £120

GAIA RESTORATIVE TREATMENT

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.

45 minutes £60

85 minutes £85

GAIA JADE FACIAL

A healing facial massage that will leave the skin feeling rejuvenated and glowing as 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. A warming mask with honey extracts is applied during the treatment to help close the pores whilst an invigorating scalp massage ends this detoxifying treatment.

25 minutes £50

45 minutes £85

GAIA CALMING TREATMENT

A unique treatment that is all about you. Our trained therapist will adapt this massage to your specific needs and target your main concerns using Gaia's natural oils.

45 minutes £60

85 minutes £85

GAIA MUD COCOON

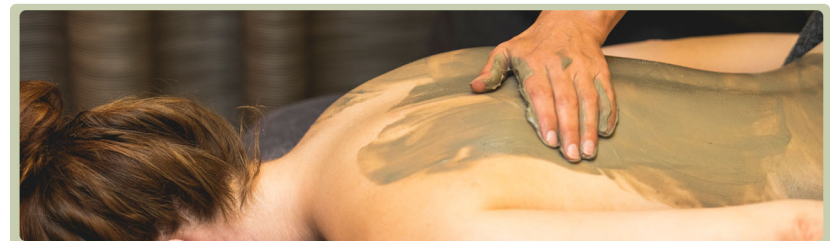
Enjoy this protective cocooning treatment and emerge awakened. You will experience whole body, face and scalp therapy in this indulgent treatment, including a sea salt exfoliation and natural mud and clay mask.

85 minutes £100

GAIA SALT AND OIL SCRUB

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.

45 minutes £60



MASSAGES

CLASSIC FULL BODY

Our trained therapists will adapt the massage to focus on your specific needs using natural oils.

50 minutes £60

80 minutes £90

50 minutes Course of 5 treatments £240

CLASSIC HOT STONE FULL BODY

A therapeutic massage using volcanic hot stones to penetrate the muscles, soothing aches and pains helping you unwind and relax.

50 minutes £75

80 minutes £100

50 minutes Course of 5 treatments £300

DEEP TISSUE MASSAGE

Designed to massage deep into your tissue, this treatment relaxes whilst targeting problem areas leaving you feeling refreshed and ready for the day.

25 minutes £40

50 minutes £60

45 minutes Course of 5 treatments £250

CLASSIC BACK, NECK AND SHOULDER

Our trained therapists will adapt the massage for you to focus on your specific needs using natural oils.

25 minutes £35

CLASSIC HOT STONE BACK, NECK AND SHOULDER

A therapeutic massage using volcanic hot stones to penetrate the muscles, soothing aches and pains helping you unwind and relax.

25 minutes £45

INDIAN HEAD MASSAGE

A treatment focusing on the face, shoulders and scalp which will release stress and tension leaving you feeling revitalised.

25 minutes £35



FACIALS

PERSONALISED EXPRESS FACIAL

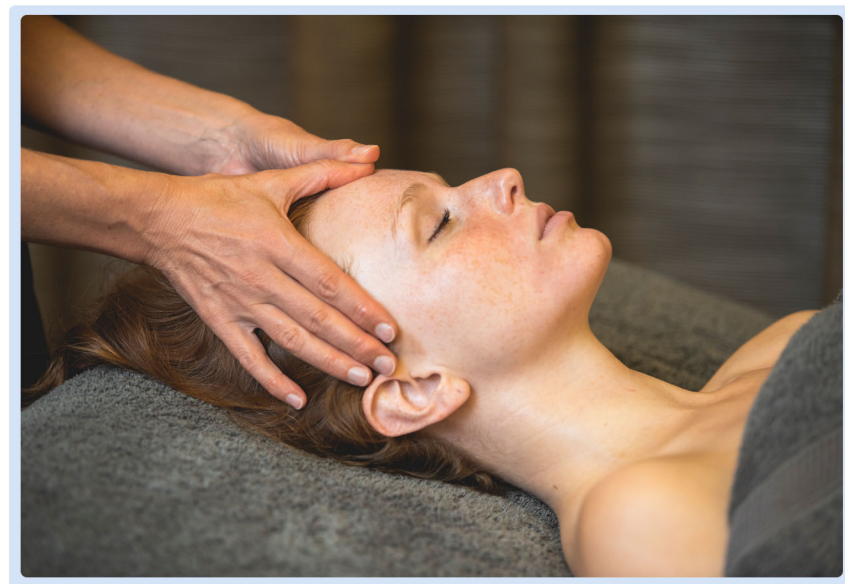
Designed for those who have a busy schedule, this facial has several benefits including healthier skin and a decrease in stress levels.

25 minutes £35

DELUXE FACIAL

A tailored treatment designed to restore and repair the skin, giving you the ultimate glow. The scalp is then gently massaged using our bespoke essential oils.

50 minutes £60



NAILS

EXPRESS MANICURE

Cuticle removal, nail file & shape, polish application.

25 minutes £30

With gel £40

EXPRESS PEDICURE

Cuticle removal, nail file & shape, polish application.

25 minutes £30

With gel £40

CLASSIC MANICURE

Cuticle soak and removal, nail file and shape, polish or gel application, finished with a hand massage.

55 minutes £45

CLASSIC PEDICURE

Foot soak & cuticle removal, nail file & shape, hard skin removal, polish or gel application, finished with a foot massage.

55 minutes £45

DELUXE MANICURE AND PEDICURE

Hand and foot soak with cuticle treatment, nail file and shape with gel polish application finished with a foot, lower arm and hand massage.

85 minutes £80

GEL REMOVAL

15 minutes £10

LASHES

LASH TINT

Simply tint your own lashes for a darker, more noticeable look.

15 minutes £15

LASH LIFT AND TINT

Lift your natural lash at the root and tint to the end, creating the effect of longer, fuller, lifted lashes.

30 minutes £30

WAXING

Standard bikini	£20
Full leg	£28
Full leg and bikini	£32
Half leg	£22
Upper lip and chin	£15
Underarm	£15
Arms	£15
Back	£25
Chest	£25
Back and Chest	£45

BROWS

JUST WAX

Enhance your natural eyebrows.

15 minutes £15

COLOUR AND SHAPE

Add definition to your brows with a tint of colour and frame your eyes with a tailored shape.

15 minutes £20

