



An Experience You'll Always *Remember*

## *Packages & Pricing:*

**Thermal Suite Spa Access (120 mins ) €40**

### *Jade Facial Treatments*

#### **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 younger.

#### **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 these facial increases muscle tone and volume so the skin becomes tauter with more definition and exceptional results.

#### **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.

### *GAIA Massage Treatments*

#### **GAIA Bespoke Massage**

**90 minutes**

**€160.00**

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 to relax the body and mind bringing you into the present moment.

#### **GAIA Hot Stone Massage**

**60 minutes**

**€140.00**

**90 minutes**

**€170.00**

A therapeutic back, neck and shoulder, full body or 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.

#### **Mother GAIA**

**60 minutes**

**€115.00**

**90 minutes**

**€150.00**

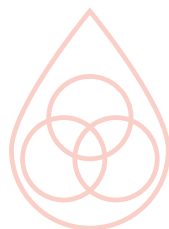
A beautifully gentle, relaxing treatment perfect during and after pregnancy. This nurturing treatment exfoliates the back and is followed by a specifically designed massage focusing on alleviating muscular aches on stressed areas, helping you to feel relaxed and restored.

#### **GAIA Indian Head Massage**

**45 minutes**

**€90.00**

GAIA's Indian head massage is a treatment combining massage on the face, shoulders and scalp. A series of techniques are performed to manipulate the muscles, releasing tension and stress throughout the mind and body.



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## GAIA Body Treatments

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### 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 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 Mud Cocoon

**90 minutes**

**€160.00**

Offering a protective, cocooning treatment to emerge from awakened. This treatment includes whole body, face, and scalp therapy for a truly indulgent experience; following a sea salt exfoliation, a deeply nourishing body mud is applied, while the face & scalp is gently massaged. The treatment is completed with our Awakening Body Cream, with nourishing coconut oil and shea butter.

## GAIA Journey Packages

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### GAIA Awakening Journey

**60 minutes**

**€140.00**

**90 minutes**

**€180.00**

An energising experience, helping to renew and radiate positivity for the mind and body. The Awakening Journey helps revitalise the skin with a salt and oil exfoliation, either on the back, neck and shoulders (60 minutes) or full body scrub (90 minutes) removing dead skin cells to reveal refreshed, soft skin. The Awakening Journey continues with a bespoke massage, tailored to suit your needs, to help awaken the body and boost circulation, leaving you feeling refreshed and uplifted.

### GAIA Balancing Journey

**60 minutes**

**€140.00**

**90 minutes**

**€180.00**

Find grounding and harmony with the Balancing Journey, a treatment designed to alleviate stress and bring equilibrium the mind and body. The journey centres around a hot stone massage, using warm volcanic stones to soothe aches and pains, relieving muscle tension. The Balancing Journey continues with a nurturing Jade facial, known as the healing stone, the Jade crystal wands help to relieve tension in the muscles, encourage blood flow, and help eliminate fine lines. With a choice of 60-minute and 90-minute journeys, you'll leave feeling restored and emotionally balanced.

### GAIA Calming Journey

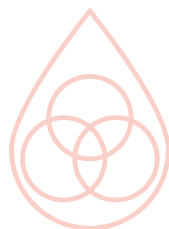
**60 minutes**

**€140.00**

**90 minutes**

**€180.00**

A truly tranquil experience, the Calming Journey has been developed to offer complete relaxation and peace within. Your journey will begin with a serene back, neck, and shoulder massage to ease muscle tension and calm the mind and body. This is followed by either a scalp massage (60 minute) or Indian head massage (90 minute) which includes a facial cleanse, tone and a beautifully relaxing facial massage, focusing on pressure points to relieve tension. Both journeys include a hand and arm massage, helping to release stress and find total relaxation



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## GAIA Bespoke Treatments

## Packages

### 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).

### GAIA Raindrop Therapy

**120 minutes**

**€205.00**

Raindrop therapy is a healing technique using pure essential oils. It combines aromatherapy oils and soothing massage 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. The 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.

### 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, facial using jade wands and a nurturing scalp massage. Aftercare, product advice and a crystal prescription will be recommended by your therapist

### Just The Two Of Us

**60 minutes each for two people**

**€370.00**

GAIA Bespoke Massage for two. A completely bespoke treatment created to your needs and concerns. This treatment uses effective and natural ingredients combined with highly therapeutic techniques this treatment will relax the mind and body, bringing you into the present moment. The power of touch combined with the use of essential oils have a therapeutic benefit on a physical and emotional level. 2-hour access to the thermal suite. A 3 Course Meal in NORTH and a signature cocktail each.

### The Address Restorative Journey

**60 minutes each for two people**

**€300.00**

Experience a therapeutic back cleanse followed by exfoliation for two, 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. - 2 hour access to the thermal suite. This package includes an Address Afternoon Tea for two and a signature cocktail each. **€10 pp Spa retail Credit off min spend of €60. Terms and Conditions Afternoon tea must be booked prior to arrival.**

### The Address Overnight Package

**60 minutes each for two people**

**from €450.00**

GAIA Balancing Journey for two. Find grounding and harmony with the Balancing Journey, a treatment designed to alleviate stress and bring equilibrium the mind and body. The journey centres around a hot stone massage, using warm volcanic stones to soothe aches and pains, relieving muscle tension. The Balancing Journey continues with a nurturing Jade facial, known as the healing stone, the Jade crystal wands help to relieve tension in the muscles, encourage blood flow, and help eliminate fine lines. 2 hour access to the thermal suite, €10 pp Spa retail Credit off min spend of €60. Add to this a one night overnight stay at The Address Sligo, a 2 course evening meal in NORTH with a bottle of wine, full Irish breakfast the following morning