



At Farlam Hall

## GAIA Awakening Journey

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

60 minutes £110



## GAIA Balancing Journey

Find grounding and harmony with the Balancing Journey, a treatment designed to alleviate stress and bring equilibrium to the mind and body. The journey centres around a hot stone back, neck and shoulders 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, leaving you feeling restored and emotionally balanced.

60 minutes £110



## GAIA Calming Journey

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 a scalp massage along with a hand and arm massage, helping to release stress and find total relaxation.

60 minutes £110



### GAIA Bespoke Massage

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.

60 minutes £90



### GAIA Hot Stone Massage

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

60 minutes £90



### GAIA Jade Facial

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.

60 minutes £95



### GAIA Indian Head Massage

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.

60 minutes £90

*For all treatments, choose between the three essential oil blends by GAIA Skincare:  
Calming, Balancing or Awakening.*

*Any allergies must be communicated at the time of booking.*