

## Don't forget, also included in your membership

- Full fitness & total health consultation and induction
- 2 free day passes on joining and a 50% discount on further day passes purchased
- 10% off treatments
- 10% off spa retail products
- 10% off spa food
- 10% off accommodation rates
- 10% off food and drink in the hotel
- Monthly members spa event
- Seasonal discounts and special prices

Gaia Spa Boringdon, Plymouth, PL7 4DP  
gaiaboringdon.co.uk / 01752 344455



### Terms & Conditions

Events must be pre-booked. All listed events are open to Gaia Spa members only. Limited spaces available. You must be a member at the spa at the time of the event. All listed events are complimentary to members, unless stated otherwise. However if you cancel with less than 24 hours' notice or in the case of a no show you will be charged for the event. Any member who books and cannot attend who does not cancel in advance or turn up without notification will be removed off future events they are booked onto or prevented from booking the next 3 events. Deposits may be required at select events.



Members' Events Guide  
January - December 2025

# Members' Events Guide

## January - December 2025

Saturday 25<sup>th</sup> January | 11am - 12pm  
- *Yoga Therapy Sound Bath*

Join us in the comfort of our Relax Room for our sound bath experience. Sound baths are effective for meditation to create a calming environment where you can tune out distractions and focus on feeling peace, relaxation, and tranquillity. You are more than welcome to bring additional blankets and cushions for your comfort.

Monday 3<sup>rd</sup> March | 10am - 12pm  
- *Flower Workshop*

Join us for our Mother's Day Workshop in partnership with local award winning florist, Hannah Burnett, enjoy creating and making a special gift for any Mother's Day present.

Tuesday 8<sup>th</sup> April | 3pm - 5.30pm

Wednesday 9<sup>th</sup> April | 3pm - 5.30pm  
- *Spring Afternoon Tea*

Enjoy an Easter afternoon tea in our Spatisserie restaurant where you can fully indulge with some tasty savouries alongside some delicious desserts.

Wednesday 21<sup>st</sup> May | 4.30pm  
- *Tea masterclass Camellias Tea*

On World Tea Day discover a whole new world of tea with Camellias Tea House. Join us for an interactive session with the Camellia Tea team, working with some of the most creative minds in the food and health industry, the team will showcase how teas can be integrated in to food and lifestyles, leaving the masterclass with a deeper understanding of the tea.

Saturday 14<sup>th</sup> June | 11am - 12:30pm  
- *Global Wellness Day*

Join us for our annual Wellness Day, hosted in our Relax Room. The global movement is an integrated philosophy, proving that we can live each day like Global Wellness Day. As part of the movement, we have chosen to integrate yoga with the effective meditation of sound bath. Afterwards enjoy a nutritional smoothie to hydrate the mind and body.

Monday 14<sup>th</sup> July | From 9.30am  
- *Dartmoor Walking Tour*

Join us for a guided walking tour, you will experience a full tour with two scenic walk where you can explore, enjoy and immerse in Dartmoor's surroundings.

Thursday 14<sup>th</sup> August | 7pm - 11pm  
- *National Fireworks Championship*

Join us for drinks and canapés at Plymouth Hoe's Pier Masters House and enjoy the best view to watch the dazzling annual British Firework Championships. A great chance to catch up with fellow members and enjoy the awe-inspiring displays.

Thursday 11<sup>th</sup> September | 6pm - 8pm  
- *Gaia Event*

Let the experts guide you on our Gaia skin and body care, blending the finest ingredients, plant actives and essential oils. This interactive session will include taster sessions for you to try out the range as well as top tips from the experts themselves.

Saturday 11<sup>th</sup> October | 3.30pm  
- *Plymouth Gin Tour*

Explore the history of Plymouth Gin, one of our house pours and right on our doorstep with a guided tour of the distillery. This tour involves a fascinating overview of the history of the Distillery as well as an introduction to the Plymouth Gin distillation process and the botanicals used. There will also be a short tutored tasting of Plymouth Gin Original, Plymouth Sloe Gin and Plymouth Fruit Cup.

Tuesday 18<sup>th</sup> November | 6.30pm  
- *Gaia Christmas Event*

It's festive season at Gaia Spa where you can join in the fun with our Gaia team. There will be a spa raffle on the night, taster sessions to enjoy and mulled wine and mince pies to indulge in.

Tuesday 25<sup>th</sup> November | 10.30am - 12pm  
Thursday 27<sup>th</sup> November | 1pm - 2.30pm  
Tuesday 2<sup>nd</sup> December | 1pm - 2.30pm  
- *Wreath Making*

You'll learn how to make a wreath using festive florals and natural greenery with mince pies and mulled wine included. All materials are included, and you'll take your creation home to enjoy throughout the festive season or for the perfect season's gift.

Friday 28<sup>th</sup> November | 7pm  
- *Murder Mystery: A Very Dickensian Murder*

It's 1893 and the Widow Snozbottom doesn't have a lot of money but she has saved a few pounds from her yearly wage to throw a party for all her friends at her favourite place...Belcher Towers. She is looking forward to seeing everyone from William Marley, her close friend Prudence and her new friend, a young writer by the name of Charles Dickens. Of course no party can go without a hitch and what will happen if they disturb the resident miser Cyrus Belcher?

---

Maximum numbers apply. Booking is essential.

Please see T&C's on back page.

---

Maximum numbers apply. Booking is essential.

Please see T&C's on back page.