



GAIA SPA

at BORINGDON HALL



—  
Your Wellness, Naturally

Gaia is the ancient goddess of nature “Mother Earth”. Mother Gaia is a healing Goddess, we believe that true wellness requires us to return to the cradle of mother nature and live in accordance with natural laws.

Our treatments have been created to meet the varied needs of modern individuals, combining effective natural ingredients with skilled therapeutic techniques using our own award-winning GAIA Skincare range.

*“Every so often a range comes along out of the blue (or in this case, with its eco-credentials, perhaps ‘out of the green’) which knocks our socks off – and the range created for Devon’s Gaia Spa at Boringdon Hall’s done just that.”*

*- Jo Fairley, The Beauty Bible*

At Gaia Spa we focus on your wellness, naturally.



## Flagship Spa

---

Gaia Spa is set within the grounds of Boringdon Hall, Devon - a Grade I listed 16th century country manor house hotel, on the edge of Dartmoor.

Named Hotel Spa of the Year in Western Europe & Scandinavia at the World Spa & Wellness Awards 2019, Condé Nast Johansen's Best Destination Spa in the UK & Ireland 2018, 2020 and 2022.

## Relaxation Inspired

---

Gaia or Mother Nature is the inspiration for our spa. We believe that it is increasingly difficult for people in modern society to live as nature intended. We have created a special place that will give our guests the time and the space they need to enhance their natural wellbeing.



# Facilities

---

The healing power of water flowing through our spa cleanses your external self and renews your inner being.



## Swimming experiences

The calming indoor swimming pool offers guests a peaceful and relaxing swimming experience whilst the hydrotherapy pool features an outdoor swim through with countryside views.

## Experience showers

Varying in intensity, temperature and sensory effects to start your journey before the other heat experiences Gaia has to offer.

## Crystal salt steam room

The steam room differs from the sauna with a softer heat of 48°C - 50°C and virtually 100% humidity. Infused with salt and essential oils, inhaling the salty air (known as halotherapy) has health benefits particularly for the respiratory system and skin. The room features a quartz centre piece which helps increase energy (chi) whilst bringing more balance and harmony to your life.

## Laconium

The Romans invented the Laconium as a room to start the spa journey and is heated at 30°C - 35°C (this will not necessarily induce perspiration), raising the body temperature this tricks your body into thinking you are starting to get a fever, this in turn helps improve your immune system. The room temperature is achieved by heating the walls and benches allowing you to get great deep warmth penetration through your body when you relax on the benches with your feet on the foot stools. The experience is further enhanced with the injection of relaxing aromas along with the latest light colour changing system

## Aromatherapy steam room

The benefits of steam rooms or showers have been known for thousands of years. The 40° - 45° C heat opens the pores to aid detoxification. The heat and humidity may bring health benefits ranging from aiding stress relief, to body cleansing, to soothing aching muscles or arthritis with the added benefit of essential oils to influence your mood.

## Herbal sauna

Heated between 65°C - 70°C blended with natural herbal and plant oils such as Eucalyptus and Lemongrass which can be inhaled or absorbed by the skin giving medical benefits as well as making you feel revived.

## Finnish sauna

Enjoy the soothing experience of the traditional Finnish sauna at a room temperature of 80°C - 95°C - the combination of heat and humidity provides highly stimulating immunological, dermatological, circulatory and respiratory effects.

## Tepidarium style loungers

Two heated curved ceramic poolside loungers to relax on whilst a gentle heat permeates up through your body.

## Patio Hot Tubs

Sit back and relax while in the serene setting of our outside patio. Perfect on a late summer's evening.





## GAIA Treatments

---

Our treatments have been created with natural ingredients and highly skilled therapeutic techniques, using GAIA Skincare products.

# 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 well being. 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.



*"I leave feeling extremely calm with a citrine crystal for clarity when city life gets too hectic. Determined to prolong my zen, I still clutch my crystal when the city gets too much - and it helps. Call it the Boringdon effect"*

- Red Magazine

## GAIA Crystal Therapy

120 minutes

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.

## GAIA Total Holistic Ritual

120 minutes

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.

## Mother GAIA Ritual

120 minutes

A beautifully gentle, relaxing treatment perfect during and after pregnancy. This nurturing treatment starts with a back exfoliation before beginning a specifically designed massage focusing on alleviating muscular aches on stressed areas, helping you to feel relaxed and restored.

This is then followed by a 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.

## GAIA Raindrop Therapy

60 minutes

Using pure essential oils, this healing technique combines a soothing massage with aromatherapy oils to bring total balance, harmony, and wellness mentally, physically, and emotionally. Techniques are used throughout the massage to release toxins and lymph, boosting the immune system and bringing the body back to natural alignment. Following the sensory test, guests can be immersed in the raindrop experience with three essential oils, aligned with their chosen blend, followed by a relaxing full body massage.

120 minutes

Using pure essential oils, this healing technique combines a soothing massage with aromatherapy oils to bring total balance, harmony, and wellness mentally, physically, and emotionally. Techniques are used throughout the massage to release toxins and lymph, boosting the immune system and bringing the body back to natural alignment. Guests are immersed in a full sensory raindrop experience with nine essential oils dropped, followed by a relaxing full body massage. The experience is completed with a scalp and facial massage for full body rejuvenation.

# GAIA Journeys

---

The GAIA Journeys have been developed to offer three new experiences to help guests find grounding and balance, relax and find calm, or energise and awaken their mind and body. The three journeys complement the three essential oil blends by GAIA Skincare, which the guest can choose between during the sensory test at the start of their experience: Awakening, Balancing or Calming.

## GAIA Awakening Journey

NEW!

60 minutes / 90 minutes

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

NEW!

60 minutes / 90 minutes

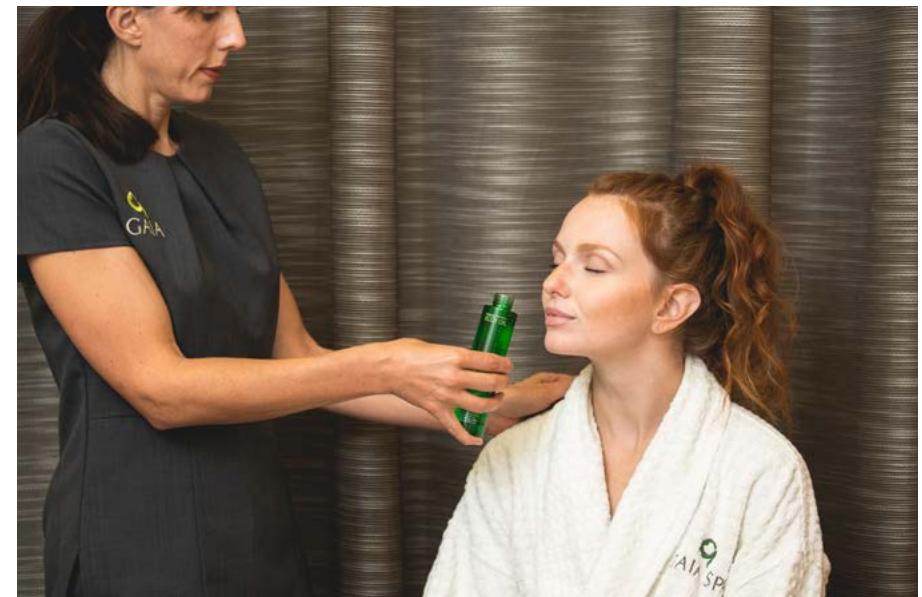
Find grounding and harmony with the Balancing Journey, a treatment designed to alleviate stress and bring equilibrium to the mind and body. The journey centers around a hot stone massage, using warm volcanic stones to soothe aches and pains, relieving muscle tension. The Balancing Journey continues with 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

NEW!

60 minutes / 90 minutes

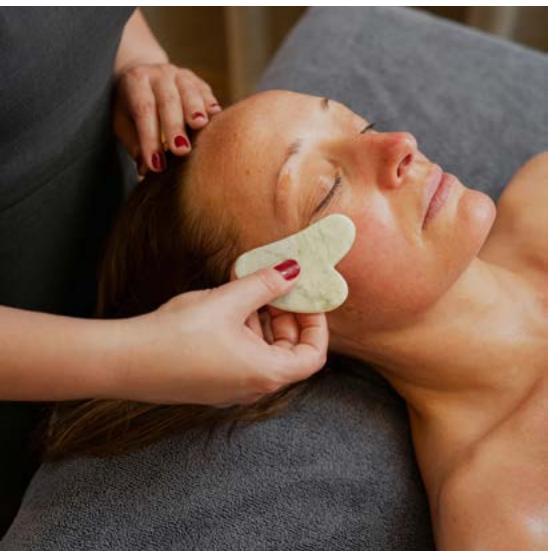
A truly tranquil experience, the Calming Journey has been developed to offer complete relaxation and peace within. Your journey will begin with a serene back, neck, and shoulder massage to ease muscle tension and calm the mind and body. This is followed by either a scalp massage (60 minutes) or an Indian head massage (90 minutes) 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.



# 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 Restorative Treatment

60 minutes

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

60 minutes / 90 minutes

This massage uses herbal compresses that have healing and soothing properties. Powerful herbs and spices are blended in bound in the poultice to stimulate circulation and decongest the body. Herbal massage has been used for centuries for various ailments and treatments as they help to increase the flow of chi (energy).

## GAIA Hot Stone Massage

- *Back, Neck and Shoulder 45 minutes*

- *Full Body 60 minutes*

- *Full Body and Scalp 90 minutes*

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.

NEW!

## GAIA Everglowing Face & Body Treatment

60 minutes

Beginning with GAIA's signature foot ritual, choose your GAIA body oil blend for the treatment before a relaxing back cleanse and exfoliation. This is followed with the application of the refreshing GAIA Strengthening Fitness Gel to soothe tension. The treatment continues with a radiance facial, including a gentle exfoliation finished with a nurturing leg and foot massage, leaving you with a radiant glow inside and out.

90 minutes

Beginning with GAIA's signature foot ritual, choose your GAIA body oil blend for the treatment before a relaxing back cleanse, exfoliation and back and shoulder massage. This is followed with the application of the refreshing GAIA Strengthening Fitness Gel to soothe tension. The treatment continues with a radiance facial, including a gentle exfoliation, face mask and neck & shoulder massage finished with a nurturing leg and foot massage, leaving you with a radiant glow inside and out.

## GAIA Bespoke Massage

60 minutes / 90 minutes

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.

## GAIA Mud Cocoon

90 minutes

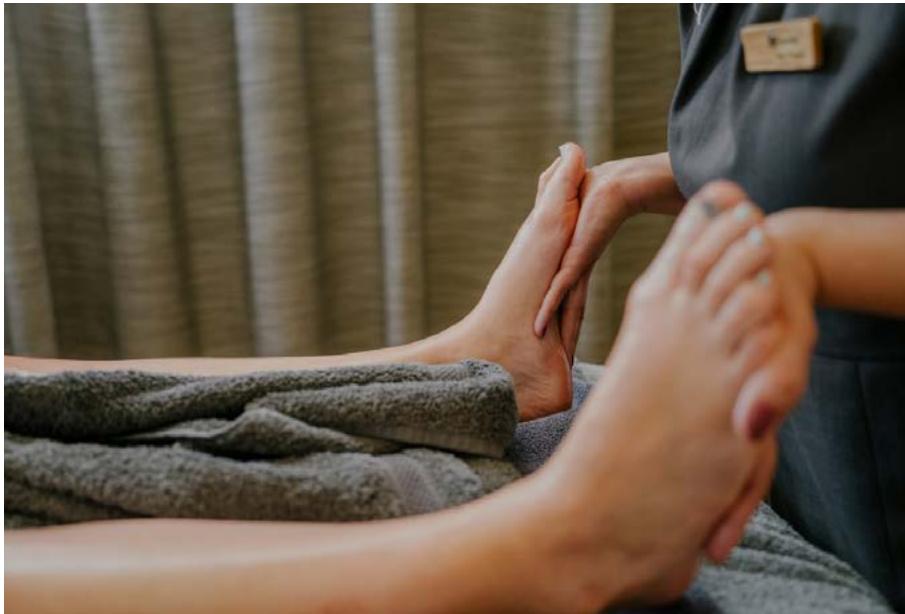
Enjoy this protective cocooning treatment and emerge awakened. You will experience whole body, face and scalp therapy in this indulgent treatment, including a sea salt exfoliation and natural mud and clay mask. Completing this nurturing treatment is our Awakening Body Cream, with nourishing coconut oil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

## Mother GAIA\*

60 minutes / 90 minutes

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.

\*Treatment available after 12 weeks. Please call us to discuss further additional pregnancy treatments.



### Gaia MenoPAUSE Treatment

NEW!

60 minutes / 90 minutes

The ultimate experience designed to combat different menopause symptoms which can affect the skin, mind and body. To begin a serene back, neck and shoulder massage to ease muscular tension, calm the body and mind and aid sleep. This is followed by a nurturing Jade Facial to soothe and rejuvenate the skin. 90 minute treatment also includes a balancing foot massage. With this treatment, you'll leave feeling restored and emotionally balanced.

### GAIA Salt & Oil Scrub

45 minutes

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 well being, whilst the skin is left smooth and replenished.

### GAIA Indian Head Massage

45 minutes

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 Affinity Cancer Treatment

45 minutes / 60 minutes / 90 minutes

A safe, relaxing experience developed for those undergoing medical treatment, including cancer, in need of a little nurturing or spiritual healing. The spa experience is suitable for those being treated for medical conditions, or those who suffer from a condition that would normally prevent them from having a spa treatment. The Gaia Affinity Cancer Experience is completely bespoke, tailored to individual needs, considering circumstances, and ensuring a personalised journey. This experience will include a nurturing foot ritual and a personalised wellness routine, allowing guests to be naturally comforted and protected by GAIA.

*Guests undergoing intravenous chemotherapy are kindly advised that the Cancer Affinity treatment can be received a minimum of 7 days after their most recent chemotherapy session.*

## 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.

### GAIA Jade Facial

60 minutes

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.

### Naturally GAIA Facial

45 minutes

A healing facial massage that'll 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.

### Equilibrium Crystal Facial

60 minutes

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. This holistic treatment begins with some lymph-boosting stretches, followed by a soothing facial and relaxing neck and shoulder massage. During the crystal placement, you will experience a grounding foot massage to aid spiritual balance. The result is a renewed complexion and a sense of calm.

### Gaiyoga Lifting Facial

90 minutes

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.

### LED Light Facial\*\*

20 minutes

An add-on treatment that can be paired with any other. A revolutionary non-invasive treatment working on a cellular level using the power of light to rejuvenate, repair and revitalise the skin. This Dermalux treatment helps the skin to heal from within using a natural energy to deliver results. Clinically proven to reverse the visible signs of ageing, clears acne and blemishes and accelerates healing. A wonderfully relaxing treatment that helps your mind switch off with visible immediate effects after just one treatment.

### Champagne Enzyme Facial\*

45 minutes

This luxurious facial is a botanical and sensory journey. Two masques will be applied – a clarifying citrus and rosemary mud masque to begin with, followed by the patented Fiszz masque system. This is activated with the divine Copper Firming Mist, which will feel like champagne bubbles popping on your skin. Your skin will be finished with a rejuvenating moisturiser leaving your skin smooth and bright.

### Fire & Ice Facial\* THERAPIST'S PICK

50 minutes

A brightening and tightening treatment. This facial treatment reduces fine lines, address problematic skin and encourages cell renewal.

Suitable for acne, pigmentation and mature skin. Treatment time includes: Consultation & Skin Analysis, Lymphatic Drainage Massage, Brightening, Tightening & Resurfacing Treatment.

### Honey Enzyme Treatment\* NEW!

45 minutes

Soothing | Healing | Revitalizing. Developed to calm, smooth, and brighten with botanically derived honey, salicylic acid & fruit enzymes to reveal a more radiant and clarified complexion. A soothing warming sensation is created by the honey cleanser and cellular hydration is achieved with therapeutic doses of hyaluronic acid and antioxidants to protect against external pollutants and environmental damage. This luxurious experience features a targeted facial massage to redefine the contours of the face.

\*Cannot use facilities for 3 hours pre/12 hours post treatment. For full guidelines visit our website.

\*\* Does not include use of the facilities. A day pass can be added on for £25.

## IS Clinical Facials

Clinically proven with luxury results, our selection of result-based facial treatments provides alternative therapies for ongoing skin support.





## Gaia Collection

Spaces where you find yourself naturally relaxed, Gaia Spa facilities and therapies will provide the opportunity to nourish mind, body and spirit.

# Day Packages

We have created a special place that will give our guests the time and the space they need to enhance their natural wellness.

## Our day packages include your chosen treatment and the following:

- Afternoon Tea with a glass of Champagne or fresh juice served in the Spatisserie
- Use of our pool, hydrotherapy pool, fitness and spa facilities
- Use of our heat experiences and deep relaxation room

## Gaia

### *Goddess of Mother Earth*

Spend a truly nurturing and nourishing day with Gaia, let our natural surroundings and signature blends bring you back to a feeling of contentment and balance.

#### Choose from one of the below 60-minute treatments:

- GAIA Restorative Treatment
- GAIA Poultice Massage
- Mother GAIA
- GAIA Jade Facial
- GAIA Bespoke Massage (*£20pp supplement*)
- GAIA Hot Stone Massage (*£20pp supplement*)
- GAIA Raindrop Therapy
- GAIA Awakening Journey
- GAIA Balancing Journey
- GAIA Calming Journey
- GAIA Everglowing Face & Body Treatment

## Hesperus

### *Goddess of Evening Star*

Take some time out with a truly relaxing late spa afternoon. Enjoy a 60-minute GAIA treatment, full use of the spa facilities followed by award-winning dining in the 4-rosette Acléaf.

#### Choose from one of the below 60-minute treatments:

- GAIA Restorative Treatment
- GAIA Poultice Massage
- Mother GAIA
- GAIA Jade Facial
- GAIA Bespoke Massage (*£20pp supplement*)
- GAIA Hot Stone Massage (*£20pp supplement*)
- GAIA Raindrop Therapy
- GAIA Awakening Journey
- GAIA Balancing Journey
- GAIA Calming Journey
- GAIA Everglowing Face & Body Treatment

## Hemera

### SPA DAY FAVOURITE

#### *Goddess of Daylight*

Connect with the earth and the environment with our natural treatments, products and surroundings. You'll experience a nurturing day and leave feeling grounded, balanced and reconnected.

#### Choose from one of the below 120-minute ritual treatments:

- GAIA Raindrop Therapy
- GAIA Crystal Therapy
- GAIA Total Holistic Ritual
- Mother GAIA

## Zeus & Hera

### *Ruler of the Sky & Earth and Goddess of Women*

Experience a serene day for two with our signature couple's treatments, relax and unwind together in our tranquil surroundings.

#### Choose from one of the below 90-minute treatments each:

- GAIA Hot Stones Massage (Full Body and Scalp) (*£30pp supplement*)
- Mother GAIA
- Gaiyoga Lifting Facial
- GAIA Mud Cocoon
- GAIA Awakening Journey
- GAIA Balancing Journey
- GAIA Calming Journey
- GAIA Everglowing Face & Body Treatment

Following your treatments in our couple's room, you'll be whisked away to your own private relaxation space for Champagne and chocolate truffles.

## Gaia MenoPAUSE

### NEW!

Find comfort during times of change with support for body and mind within spaces to heal and restore. Only available throughout October 2025 for Menopause Awareness Month, exclusively at Gaia Spa.

#### Includes:

- 60-minute Gaia MenoPAUSE Treatment
- Two-course spa lunch
- Full access to Gaia Spa facilities from 10am–6pm
- A Gaia gift to take home - choose between our Sleep Body Butter or Sleep Spray



# Half Day Packages

Your Gaia Spa experience allows you to breathe, unwind and take the time to focus on your wellness in calming and natural surroundings.

**Our half day packages include your chosen treatment and the following:**

- Use of our pool, hydrotherapy pool, fitness and spa facilities.
- Use of our heat experiences.
- Use of our deep relaxation room.



---

Providing the opportunity to nourish mind, body and spirit, resulting in a balance between the individual and the wider world we live in. Your Gaia Spa experience allows you to breathe, unwind and take the time to focus on your wellness in calming and natural surroundings.

## Eos

*Goddess of Dawn*

Awaken with a rejuvenating GAIA treatment and nourishing brunch in the Spatisserie. These treatments have been inspired by our GAIA awakening blend.

*Choose from one of the below 45-minute treatments:*

- GAIA Salt and Oil Scrub
- GAIA Indian Head Massage
- Naturally GAIA Facial
- GAIA Hot Stone Massage (*£10pp supplement*)
- Honey Enzyme Facial

*Treatment time includes consultation and aftercare advice.*

*Arrive from 8am, departing by 1pm.*

*Includes full use of our facilities.*

*This package is available Tuesday - Friday only.*

*Restrictions apply.*

## Day Pass

The healing virtues of water was used in Greek medicine especially when used in various ways. Experience Gaia Spa's facilities which include swimming pool, hydrotherapy pool and heat experiences for the day to leave you feeling at one with nature.

*Gown and slippers are provided. Use of facilities from 9.00am - 3.00pm. Monday - Thursday only. Restrictions apply.*

*Limited spaces available. No treatments included. Lunch is not included in this price.*

## Selene

*Goddess of Moon*

Indulge and relax with a Gaia treatment and Afternoon Tea. These treatments were inspired by our Gaia calming blend.

*Choose from one of the below 45-minute treatments:*

- GAIA Salt and Oil Scrub
- GAIA Indian Head Massage
- Naturally GAIA Facial
- GAIA Hot Stone Massage (*£10pp supplement*)
- Honey Enzyme Facial

*Treatment time includes consultation and aftercare advice.*

*Arrive from 1pm, departing by 6pm.*

*Includes full use of our facilities.*

*This package is available Monday - Thursday only.*

*Restrictions apply.*

## Twilight Spa

Experience Gaia Spa's facilities after-hours which includes the use of our heat experiences, swimming pool and hydrotherapy pool facilities.

*Available 6.30 - 9.30pm, daily. No treatments included.*

# Gaia Salon

Embrace your inner wellbeing and natural beauty at Gaia's salon.

## Essential Manicure

*From 40 minutes*

An essential manicure begins with a softening soak to cleanse. Gaia's Awakening Lotion is then applied to the hands for a continued moisturisation. A file, cuticle work and paint with a Jessica prescriptive basecoat and colour of your choice will complete this hand treatment. Gel polish option available as an addition.

## Essential Pedicure

*From 40 minutes*

An essential pedicure begins with feet being bathed in a revitalising soak to cleanse and remove impurities. Gaia's Awakening Lotion is then applied to the skin to leave it smooth and soft. A file, cuticle work and paint with a Jessica prescriptive basecoat and colour of your choice will complete this treatment. Gel polish option available as an addition.

## Rejuvenating Manicure

*From 50 minutes*

A relaxing spa manicure to cleanse impurities starting with a softening soak, followed by a gentle conditioning scrub to polish dry skin, achieving a silky texture. A moisture masque will be applied to replenish the skin for a luminous glow and finished with Gaia's Awakening lotion massaged into the skin. A file, cuticle work and paint with a Jessica prescriptive basecoat and colour of your choice will complete this rejuvenating hand treatment. Gel polish option available as an addition.

## Rejuvenating Pedicure

*From 50 minutes*

A relaxing spa pedicure to cleanse impurities and reveal luminously soft skin. Starting with a revitalising soak, feet will be gently buffed with a conditioning scrub exfoliator followed by a replenishing masque and finished with Gaia's Awakening lotion massaged into the skin. A file, cuticle work and paint with a Jessica prescriptive basecoat and colour of your choice will complete this rejuvenating treatment. Gel polish option available as an addition.





## Memberships

Gaia Spa is more than a gym membership.

A destination spa combining exceptional service with world-class fitness and wellbeing facilities, we provide members with a very special place to nurture their wellness.

# Your Wellness, Naturally

The desire to look after yourself can take many forms and here at Gaia Spa all have been considered thus forming a gym with a range to meet our members needs. Fitness is about movement whether that is slow or fast paced, it is also about the mind and maintaining a balance.

## Gym Facilities

Gaia Spa members have use of a wide range of cardiovascular equipment all with touch screen consoles, 100+ channels, full internet connectivity and smartphone docking and playback as well as fixed resistance strength machines with carbon fibre touch points and premium upholstery for extra comfort.

## Classes, Workshops and Events

Gaia Spa hosts various workshops such as Pilates and yoga brunches and expert health and wellness workshops which members have priority access. Fitness are held daily (see fitness timetable) and we encourage spa members to make the most of our outdoor spaces and wherever possible will host classes such as yoga outside. Gaia spa has been designed for its physical and physiological attributes. The building has been designed to look after and care for our spa members and will help members to be mindful and present in the moment. New programmes, treatments and the ever-growing team of highly experienced experts offers members long-term plans to improve general health and wellbeing.

## Personal Training

Gaia spa has experts on hand to advise and recommend fitness programmes. Personal training is a one on one hourly session to make the most of expert advice to help members achieve their desired intention. We would recommend booking a course and would suggest discussing this with our Membership Manager.

## Nourishment

Spa members have use of our spacious Spatisserie area. This is a sociable area for relaxation, healthy snacks, light dishes and indulgent treats. The Gaia menu has been specifically designed to nurture and nourish with the awakening, balancing and calming dishes with locally sourced ingredients from the land, from the farm, from the sea.

Gaia Spa will be hosting events and workshops in the Spatisserie to which spa members will have priority access. Our expert advisors will be on hand to recommend treatments and be giving tips and advice to take care of your wellness, naturally. The stunning views are enhanced by the large glass windows and the hub area gives panoramic views across Dartmoor, Plymouth and Devon. There are two outside areas to enjoy the peaceful natural environment.





## Corporate

A company is as healthy as its employees.

At Gaia Spa we offer a number of options including spa memberships, vouchers and incentives for employees, corporate gifting, enrichment days and private events to help increase company wellness.

To discuss your options, contact our membership manager on  
[membership@gaiaboringdon.co.uk](mailto:membership@gaiaboringdon.co.uk)

## Options

More than a gym membership, at Gaia Spa we provide our members with a very special place to nurture their wellness. Both our memberships options are available to be purchased as an individual or couple.

### Standard Membership

For those who desire regular exercise and relaxation time in an environment of calm with beautiful spaces, facilities and exceptional service.

- Unlimited access to our gym and spa
- Free access to all the classes
- 10% off accommodation rates
- 10% off spa treatments
- 10% off spa Retail
- 10% off food and drink in the hotel and spa
- Seasonal discounts and special prices
- Monthly members events
- 2 free day passes on joining and a 50% discount on further day passes purchased

### Wellness Membership

Our Wellness Membership is the ultimate for those looking to make Gaia Spa their special home away from home. This option includes weekly personal training sessions and twice-monthly spa treatments.

**Access:** Unlimited use of water facilities, gym and Spatisserie.

#### Benefits:

- Weekly personal training sessions
- 24 wellness services
- 12 complimentary guest day passes
- 10% off all treatments
- 10% off all retail products
- 10% off food and drink in the Spatisserie
- 10% off accommodation at Boringdon Hall
- Access to our quarterly members' spa event
- A range of seasonal discounts



# How to Spa

## Opening hours

The swimming pool, indoor heat experiences, hydrotherapy pool and gym are open between 6.00am and 10.00pm. Treatments can be booked between 9.00am and 8.00pm.

## Make a day of it

You can book any treatment and upgrade your visit with Afternoon Tea in the Spatisserie or Champagne and chocolates. Alternatively please view our day spa packages.

## Spa preparation

It is recommended that no alcohol is consumed immediately prior to your arrival and that you consume plenty of water following any treatments.

## What we provide

Robes, flip flops and towels are provided on each visit and guests will be allocated a locker.

## Spa scheduling

In order to make the most of your treatment we would recommend that you arrive a minimum of 20 minutes prior to your first appointment. This will allow you time to familiarise yourself with your surroundings. Unfortunately if you are late for your appointment your treatment duration may be reduced. In this event there will be no deduction to the price charged. Treatment times include consultation and aftercare advice.

## Parking

There is a large car park at Boringdon Hall, for spa guests to use free of charge.

## Arrival at the spa

Please make your way to the spa reception. You will be greeted by a spa host who will explain the procedures for your visit and guide you around the spa.

## Spa attire

Prior to your spa treatment we would advise changing into a bath robe and footwear that are provided to allow for maximum relaxation. It is advisable to wear underwear or swimwear underneath although we can provide disposable briefs if you prefer. Please be assured that all of our therapists are highly trained and your modesty will be protected at all times.

## Gym attire

Guests should dress for comfort in a t-shirt or vest with stretch trousers or shorts. Trainers must be worn in the gym and for all fitness classes.

## Heat experiences

Suitable swimwear must be worn at all times. Please follow instructions for use and ensure you drink plenty of water.

## Spatisserie

Guests are welcome to wear their robes in the Spatisserie. This is a sociable area for both relaxation and conversation and also an area for food and drink.

## Relaxation area

The deep relaxation room is only available for guests to relax after their treatment. It is a quiet area and suitable for those guests wanting peace. Our inner sanctuary for private relaxation is also available to book in this area.

## Spa etiquette

Our spa environment is one of relaxation and tranquillity, allowing time to calm the mind, refocus the body and soothe the soul. Please respect all spa guests' right to privacy and quietness as we kindly ask that mobile phone usage is kept at a minimum and at a respectful level of sound, to ensure a complete experience of wellbeing.

## Children

In order to maintain a haven of tranquillity children under 16 are not allowed to use the facilities at Gaia Spa.

## Health conditions

Please notify our staff if you are pregnant or have any special medical considerations so that appropriate treatment can be recommended. Gaia 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. However it is our ethos to help all people be well. We have experienced and highly trained therapists who will be happy to discuss any concerns you may have. Kindly advise us of any health conditions, allergies or injuries, which could affect your treatment when making your spa reservations.

## Gift vouchers

Gift vouchers are available for any treatment, day spa programme or product and are an ideal present for someone special. Gift vouchers are non refundable and must be presented to spa reception upon arrival.

## Cancellations

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 you will be subject to 50% of the treatment cost. If you give less than 12 hours notice you will be charged the full treatment cost.

## Booking amendments

If you wish to amend your booking in anyway, please contact us before you arrive. We cannot guarantee we will be able to accommodate any amendments to your booking.

## Your feedback

We always appreciate customer feedback as we look to continually improve our offering. Should you wish to discuss any aspect of your treatment or experience, we ask that you request to speak to our spa manager or head therapist prior to departure. In some cases we will follow your visit with a phone call.

## Departure

Please make sure you have all your belongings when leaving the spa.

## Retail

We have a large range of retail products available to continue your experience at home. Please ask any of our trained team if you need any advice.

## Photography, press and media

Gaia Spa reserves the right to maintain copyright of any photographs taken within our property. All photography or filming must be pre-authorised by a Manager of Boringdon Hall or Gaia Boringdon. Boringdon Hall and Gaia Boringdon do not permit press or blog reviews by members of the press, guests or members of the public without prior consent.

## Deposit

Full prepayment is required for all spa treatments. Hotel guests can use the spa between 1pm on day of check in until 1pm on day of check out – unless a late check out has been booked or you have a treatment booked for the day.





We would like to help you find the perfect treatment. We are open from 6am to 10pm daily, for any questions, enquiries or to book please don't hesitate to get in contact with us.

You can contact us on 01752 344455 or [info@gaiaboringdon.co.uk](mailto:info@gaiaboringdon.co.uk)

#### Opening Times

Spa Opening Times  
Monday to Sunday: 06.00-22.00  
(Members & Hotel Guests)

Day Spa Guests  
Monday to Sunday 10.00-18.00

Spa Treatment Times  
Monday to Sunday: 09.00-20.00

Gaia Spa Boringdon,  
Boringdon Hall, Plymouth, PL7 4DP

[www.gaiaboringdon.co.uk](http://www.gaiaboringdon.co.uk)  
[@gaiaboringdon](http://@gaiaboringdon)  
[www.gaiaskincare.com](http://www.gaiaskincare.com)  
[@naturallygaia](http://@naturallygaia)



All original images are the ©copyright of Gaia Spa  
GAIA is a UK registered trademark number UK00003141668



Your Wellness, Naturally

