

# Inhale

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Inhabit

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## Gaia Raindrop Therapy (120 minutes)

£215

Raindrop therapy is a healing technique using pure essential oils. It combines aromatherapy oils and soothing massage to bring total balance, harmony and 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 a full-body massage using the purest essential oils, applied as droplets to the back, spine and feet, a face cleanse and a nurturing scalp massage.



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## GAIA Poultice Massage (60 minutes )

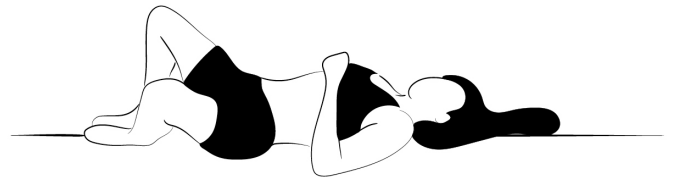
£140

This massage uses herbal compresses that have healing and soothing properties. All the herbs used are grown naturally and are part of GAIA's signature blend. Aromatic herbs and spices have been used for centuries for various ailments and treatments as they help to increase the flow of chi (energy).

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## GAIA Bespoke Massage (60 / 90 minutes) £110 / £140

A therapeutic full body massage using aromatherapy oils to relieve deep muscle tension, soothe aches and pains and help you to unwind as your body feels rejuvenated. Choose from the Gaia oils, Naturally Awakening, Naturally Balancing or Naturally Calm.



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## Mother GAIA (60 / 90 minutes)

£110 / £140

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 in stressed areas, helping you to feel relaxed and restored.

\*Guests must be past their first trimester.

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**GAIA Indian Head Massage (40 minutes)****£95**

An ancient balancing therapy 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. This ayurvedic treatment has been developed to bring awareness back to the body and the breathing.



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**GAIA Jade Facial (60 minutes)****£105**

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.



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**GAIA Yoga Lifting Facial (90 minutes)****£130**

Gaiyoga Lifting Facial - 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.

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*Inhabit*

Queen's Gardens  
BAYSWATER

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**DISCLAIMER:**

Note: Please let us know if you have had any recent injuries or operations. We should also be aware of any skin allergies and pre-existing adverse reactions to skincare products. If you have any questions, or would like more information, just ask one of our hosts.

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