



THE EASTBURY

5 STAR ACCOMMODATION & SPA

AWARD WINNING SEASONS RESTAURANT

SHERBORNE, DORSET

# LUXURY BOUTIQUE SPA

The Eastbury Hotel & Spa  
Sherborne, Dorset, DT9 3BY

Tel: 01935 813131 Email: [relax@theeastburyhotel.co.uk](mailto:relax@theeastburyhotel.co.uk)  
[www.theeastburyhotel.co.uk](http://www.theeastburyhotel.co.uk)



Nestled at the bottom of our award winning walled garden, away from the hustle and bustle of everyday life, lies our luxury and exclusive boutique spa.  
The perfect place for spending time together with a loved one or friends.  
Our Spa features products from



Our head therapist Bekky and her team offer you a warm welcome to  
The Eastbury Spa.

All of our therapists are passionate about their roles within the industry  
and pride themselves in offering the best treatment to each and every client.

They will endeavour to make your experience within the spa bespoke and tailored  
to your individual needs.

*"The Eastbury Spa — A little piece of Heaven"*  
*Dorset Magazine 2019*

## About GAIA

GAIA believes in nurturing yourself, maintaining balance and providing you with a feeling of total wellness.

Products are handmade in Britain blending together its finest ingredients, plant actives and essential oils.

Made with 95% natural ingredients some of which are organic. Products do not contain parabens, sulphates, synthetic colours or fragrances.

None of the products are tested on animals.

All of the packaging has been carefully chosen to be recycled and where possible recyclable materials have been used.

GAIA offers a service whereby GAIA product containers can be refilled.

## The GAIA Spa Ethos

GAIA is the ancient goddess of nature “Mother Earth” and Mother GAIA is a healing Goddess.

It's believed that true wellness requires us to return to the cradle of mother nature and live in accordance with natural laws, but in modern times this has become increasingly difficult.





## THERMAL SUITE

60 mins £25 per person

Exclusive use of our spa facilities including a hydrotherapy tub, outdoor jacuzzi hot tub, jacuzzi shower, sauna and mini gym.

Maximum of 4 people at a time.

## HAND AND FOOT TREATMENTS

### EXPRESS MANICURE

45 mins £35

Includes soak, nail shaping, cuticle work and polish application.

### EXPRESS PEDICURE

45 mins £35

Includes a foot cleanse, nail shaping, cuticle work and polish application.

### NOURISHING LUXURY MANICURE

60 mins £55

A nourishing manicure includes a soak and exfoliation using GAIA's signature awakening blend, file and cuticle work, hand and arm massage and polish to finish.

### NOURISHING LUXURY PEDICURE

60 mins £50

A nourishing pedicure includes soak, exfoliation using GAIA's signature awakening blend and foot file, cuticle work, foot massage and polish to finish.

Shellac is an extra £10 and an extra 15 minutes will need to be added to your treatment  
Please inform us at time of booking if you require this to avoid disappointment.

## MASSAGE THERAPY

### GAIA BESPOKE MASSAGE

30 mins back, neck and shoulder £50

60 mins full body massage £100

A completely bespoke treatment catered to your needs and concerns. This treatment uses effective and highly therapeutic techniques such as Swedish, deep tissue and aromatherapy to relax the body and mind.

### GAIA HOT STONE MASSAGE

30 mins back, neck and shoulder £60

60 mins full body massage £110

A therapeutic massage using our specially blended GAIA oils and warm volcanic stones to relieve muscle tension. The warmth of the stones penetrates your muscles to soothe aches and pains, helping you to unwind.

### GAIA INDIAN HEAD MASSAGE

30 mins £65

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.

### MOTHER GAIA

60 mins £110

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

## GAIA FACIALS

### NATURALLY GAIA FACIAL

30 mins £50

A healing facial treatment that will leave the skin feeling rejuvenated and glowing as GAIA's natural skincare products are softly massaged into the skin.

### GAIA JADE FACIAL

60 mins £100

This healing massaging facial will leave your skin feeling rejuvenated and glowing, GAIA's natural skincare products are softly massaged into the skin, using healing jade crystal wands to stimulate lymph drainage and blood flow, leaving your skin feeling firmer and younger.

### EQUILIBRIUM CRYSTAL FACIAL

60 mins £100

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.

### GAIIYOGA LIFTING FACIAL

90 mins £120

Using a stimulating workout for the face with a combination of advanced lifting massage technique. This facial increases muscle tone and volume so the skin becomes taut with more definition and exceptional results.





## GAIA RITUALS

### THE EASTBURY TUB & SCRUB

60 mins £70

A deep soak in our hydro tub, followed by a luxurious full body exfoliation using our GAIA awakening body scrub and melted body cream. A truly luxurious experience.

### GAIA RESTORATIVE TREATMENT

60 mins £130

Experience a therapeutic back cleanse followed by exfoliation with GAIA's own unique body scrub, a mud mask to detoxify and cleanse removed with a hot towel and finished with a hot stone back massage.



### GAIA SERENITY TREATMENT

90 mins £140

Combining your favourite treatments in one you will receive a back exfoliation and hot stone back massage, followed by our unique jade facial and scalp massage. This bespoke treatment is catered to your needs and will leave you feeling nourished, grounded and deeply relaxed.

### GAIA MUD COCOON

90 mins £130

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.

Completing this nurturing treatment we use the awakening body cream, with coconut oil and shea butter.

### GAIA TOTAL HOLISTIC RITUAL

120 mins £215

A deeply therapeutic ritual to release tension and stress, balancing the body and mind. The body is exfoliated followed by an application of our nourishing GAIA mud. You will then receive a muscle easing massage with a GAIA blend of your choice. Finished with a rejuvenating face treatment.



