



THE EASTBURY

5 STAR ACCOMMODATION & SPA

AWARD WINNING *S*EASONS RESTAURANT
WITH LOVELY GARDENS, SHERBORNE, DORSET

LUXURY BOUTIQUE SPA

The Eastbury Hotel & Spa
Sherborne, Dorset, DT9 3BY
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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 luxurious and exclusive boutique spa.
The perfect place for spending time together with a loved one or friends.
Our Spa features products from



Our Spa Therapists offer you a warm welcome to The Eastbury Spa.

All of our therapists are expertly trained with extensive knowledge and are passionate about their roles within the industry.

Our therapists 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

Inspired by Gaia, the ancient Greek goddess known as mother nature.

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

Handmade in the English countryside using traditional production methods, GAIA products blend together the very best that mother nature has to offer.

GAIA professional and retail products are at least 95% natural and have been created to nourish and nurture. Products do not contain parabens, sulphates, synthetic colours or fragrances.
None of the products are tested on animals.

All GAIA packaging has been carefully chosen to be recycled, with glass bottles and jars wherever possible, minimal recyclable plastic and with elements of bamboo; one of the earths most sustainable plants.

The GAIA Spa Ethos

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.



The GAIA Refill Service

GAIA products not only look after your wellbeing but also care for the environment and harness the benefits of nature. We also believe that where possible our packaging should be reusable, so we invite you to return your empty jars of selected products for 20% off your next product refill.

THERMAL SUITE

60 mins £25 per person

Exclusive use of our spa facilities including a hydrotherapy tub, outdoor 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 £45

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 £45

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 £80

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 £90

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 POULTICE MASSAGE

60 mins £90

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

GAIA INDIAN HEAD MASSAGE

45 mins £55

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.

GAIA FACIALS

NATURALLY GAIA FACIAL

30 mins £45

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 £70

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.

GAIIYOGA LIFTING FACIAL

90 mins £90

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.

EQUILIBRIUM CRYSTAL FACIAL

60 mins £70

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.



GAIA RITUALS

THE EASTBURY TUB & SCRUB

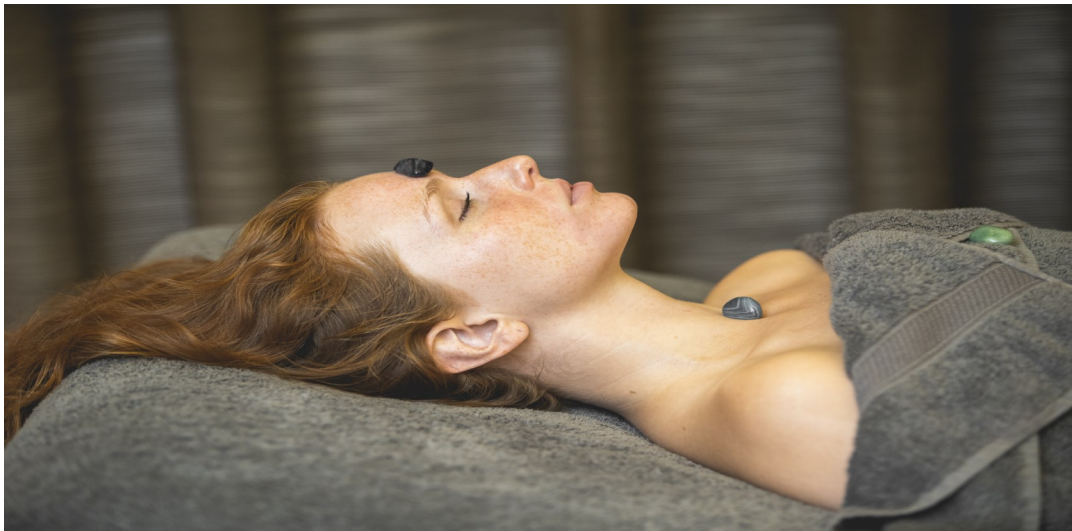
60 mins £60

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 £80

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 £90

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 £90

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 CRYSTAL THERAPY

120 mins £110

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.

MOTHER GAIA

60 mins £80

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.

