

# Gaia Retreat & Spa

Byron Bay Hinterland - New South Wales



Nestled amongst green valleys and undulating hills in the subtropical hinterland near Bangalow, just minutes from Byron Bay, Gaia Retreat & Spa is the ideal place to renew, refresh and restore your mind, body and soul. Gaia is an exclusive, unique boutique experience. It's all about choice: you have the freedom to choose your own experience, whether it's total relaxation, time to refocus or simply rebalance your wellbeing.

Gaia offers a diverse range of activities from gentle strolls along the lush green ridges, to more vigorous exercise programs tailored to your needs. The Amala Day Spa is the pure heart of the Gaia experience. Here you can escape the stresses of daily life and be pampered with nurturing and revitalising treatments.

With Gaia's spa cuisine approach to wellness, the chef personally chooses the freshest organic produce available from the wide variety of local suppliers, including Gaia's own organic garden. Dine in style with a strong emphasis on a balanced diet, while enjoying the creative flavours. A selection of fine Australian wine is also available.

**Property Features:** Restaurant, Pool, Sauna, Spa, Tennis court, Nature walks, Daybeds and hammocks, Zama Yoga Studio, Amala Day Spa

**Health and Wellbeing Activities:** Daily yoga, Tai Chi, Daily selected retreat activities (Aqua aerobics, Stretch classes, Body balance, Pilates, Meditation, Clay sculpture, Health and wellbeing seminars), Private meditation and nutritional consultations (extra charge), Tennis coaching and personal training (extra charge)

**Spa Features and Spa Menu:** 9 Treatment rooms, Steam room, Massage (Relaxation, Deep tissue, Shiatsu, Aromatherapy, Ka Huna, Pregnancy, Thai, Craniosacral, Reiki), Hot Rock therapy, Reflexology, Body wraps and scrubs, Bath treatments, Facials, Hand and foot therapy, Beauty

## GAIA RENEW PACKAGE

Begin your spa package with a comprehensive Naturopathic assessment by one of Gaia's experienced spa consultants. The Gaia Renew package continues with your choice of one of Amala's 90 minute massages. You may like to choose a Deep tissue massage or maybe a Shiatsu massage. As a special bonus, the Amala Day Spa will present you with a complimentary spa gift on arrival. The rest of your time is free to make the most of the Retreat's facilities whether it's a game of tennis, a bike ride or some quality reading time on a daybed. At Gaia Retreat & Spa, it's about heart... it's about pampering... it's about you.

## GAIA RENEW PACKAGE

- Three nights accommodation
- All meals daily
- Return scheduled transfers from Ballina or Gold Coast Airport
- Choice of one massage (90 minutes)
- Naturopathic assessment (30 minutes)
- Complimentary spa gift
- Daily yoga sessions ■ All retreat activities

PRICE PER PERSON		3	EXTRA
1 APR 08 - 31 MAR 09		NIGHTS	NIGHTS
Layana Room	Twin Share	\$1325	\$352
	Sole Use	\$1630	\$451
Sura Terrace	Twin Share	\$1568	\$413
	Sole Use	\$1815	\$517

Extra night price includes room, all meals, daily yoga and retreat activities.

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## LOCATION:

15 minutes drive south of Byron Bay,  
20 minutes north of Ballina Airport or  
50 minutes south of Gold Coast Airport.