

Gaia Spa Menu

Radiant Sunrise

Symbolized by the color red, this mood will recharge lagging spirits after a long journey or an active day of exercise.

Rose & Rosehip Glow

Be energized by this invigorating body cleanser that combines the natural delight of sea salt with a moisturizing rose petal & rosehip blend.

New Dawn Massage

Deep tissue massage is an ideal "wake up call" to ease tension and encourage muscles to work at their optimum capacity.

Massage oil: Cedar wood, Lavender, Orange, Pine, and Rosemary

Cedar wood, Lavender, Bergamot and Peppermint

Rose & Rosehip Glow	50 minutes	1,800 Baht
New Dawn Massage	60 minutes	2,500 Baht
Radiant Sunrise Package	140 minutes	3,800 Baht

Dusk Glow

A soothing mood to help you wind down at the end of the day or prepare for a decadent afternoon nap.

Honey Cocoon

Indulge in the warm embrace of a wheat germ, honey and chamomile scrub that gently exfoliates the skin for a smooth holiday glow.

Calm Massage

Drift away with this nurturing aromatherapy massage. Inspired by the gentle motion of the sea with calming, long strokes that encourage circulation and promote a sense of deep relaxation.

Massage Oil: Ylang Ylang, Cedarwood, and Lavender

Ylang Ylang, Jasmine, and Rose

Honey Cocoon	50 minutes	1,900 Baht
Calm Massage	60 minutes	2,500 Baht
Dusk Glow Package	140 minutes	3,900 Baht

Sea Blue

Inspired by the gentle rhythms of the sea this mood is ideal for holiday relaxation.

Harmony Cleanser

Prepare and condition your skin with this almond and blueberry scrub.

Sea Blue Massage

Medium pressure long firm strokes combined with kneading and small circular motions reduce stress and encourage blood circulation. Feel the muscle tension fade away.

Massage Oil:

Cedar wood, Lavender Neroli

Geranium, Lavender, Eucalyptus, Peppermint

Harmony Cleanser	50 minutes	1,900 Baht
Sea Blue Massage	60 minutes	2,500 Baht
Sea Blue Package	140 minutes	3,900 Baht

Essence of the Sea

This treatment is designed to stimulate the senses and nourish your soul with evocative beach scents and expert hands.

Beach Skin Refresh

Inspired by a balmy tropical climate this delicate natural body scrub is a rejuvenating fusion of coconut milk, black sesame, lightly browned coconut fruit and gra-chaai, a Thai herb, carefully blended to sooth, nourish and moisturize damaged dry skin.

Warm Sea Shell Massage

Our highly skilled therapist employs a hot seashell compress to roll away muscle tension, stimulate circulation and reawaken your senses. In the background the soothing sound of waves summons a deep calm from within.

Beach Skin Refresh	50 minutes	1,900 Baht
Warm Sea Shell Massage	90 minutes	3,200 Baht
Essence of the Sea Package	160 minutes	4,500 Baht

Jade Revival

Serenade your body and soul on the final day of your trip for a long lasting tropical memory.

Tropical Nostalgia Exfoliation

The treatment commences with a Thai Ginger and Galangal Scrub that gently exfoliates and stimulates circulation for an allover glow.

Feel the Heat Herbal Compress

Experience a release of muscle tension with the firm kneading of an ancient Thai herbal heat compress. As you drift off into deep relaxation, the 'Beachcomb Head Massage' will gently stimulate your scalp for improved blood circulation; a simple yet delightful tingling sensation.

Asian Blend Massage

A fusion of East Meet West massage inspired by Thai stretching and long calming massage strokes for a deep sense of relaxation.

Tropical Nostalgia Exfoliation	50 minutes	1,900 Baht
Feel the Heat Herbal Compress	50 minutes	2,000 Baht
Asian Blend Massage	60 minutes	2,500 Baht
Jade Revival Package	180 minutes	5,800 Baht

Thai Specialties

Thailand has a long history of therapies that are a staple on spa menus worldwide. Why should you miss out here?

Thai Massage

Traditional pressure point massage is used to stimulate the body's nerve meridians while passive yoga stretches truly relieve muscle tension, stimulate blood circulation and invigorate the body, mind and soul. This oil-free massage is recommended for those who prefer a strong massage.

Blissful Foot Massage

Don't ignore your feet. Everything is connected. Rebalance yourself with reflexology to ensure a healthy energy flow throughout your body. The treatment concludes with a warm tamarind foot wrap to soften dry, hard skin and to restore health and beauty to your feet.

Thai Massage	60 minutes	1,800 Baht
Blissful Foot Massage	50 minutes	1,000 Baht
Thai Specialties Package	140 minutes	2,500 Baht

Skin Firming

Firming Massage

This aromatherapy massage is ideal firming the body. A delightful blend of peppermint and capsicum extracts will improve skin tone by reducing the uneven appearance of cellulite.

Firming Body Wrap

This special warming wrap is designed to tone and tighten skin. It helps to eliminate the appearance of cellulite with natural extracts of ginger and peppermint, rids the body of toxins and improves circulation.

Firming Massage	60 minutes	2,500 Baht
Firming Body Wrap	30 minutes	1,200 Baht
Skin Firming Package	140 minutes	3,500 Baht

Hours of Service

Gaia Spa by Let's Sea opens daily 10.00 – 22.00 hrs.

The last treatment starts at 21.00 hrs. for a 60 minute treatment or 20.00 hrs. for longer than 60 minute treatment

Arrival

To make the most of your Gaia Spa Experience we recommend arriving earlier than your appointment time. You will be greeted in the lobby and escorted to the spa.

Early birds can unwind in the heavy rain shower and steam room. Then enjoy a complimentary Let's Sea special blend footbath before commencing treatments.

Gaia Calm

To ensure all guests enjoy the seaside serenity of Gaia Spa, we respectfully request that all visitors keep noise to a minimum. Please leave cell phones and electronic devices in your rooms.

Special Note

If you have high blood pressure, heart conditions, allergies, are pregnant or have any other medical complications, may we advise you to consult your doctor before any spa services. Please make your spa therapist aware of any medical conditions.

Out of consideration to other guests, please refrain from smoking and drinking alcohol within the spa premises.

Cancellation Policy

Cancellation Policy: At least 6-hour cancellation notice is required to help us reschedule your appointment subject to availability. Any cancellation with less than 4 hours notice will incur a 50% cancellation fee. Full charges will be imposed for a "no-show".

Payment

All prices are subject to 10% service charge and 7% VAT. Cash and credit card (VISA/MASTER/JCB) can be accepted.