



GAIA TEMPLE

WELLNESS

MENU



Gaia Temple Wellness Experience

Spiritual Restoration, Harmony of Body and Mind
Gaia Temple, with its silent hotel concept, is a sanctuary away from the fast pace of life, offering a space for inner calm and healing. The therapies, based on the ancient Ayurveda tradition, are designed to support spiritual renewal with every touch. Here, each massage provides not only physical relaxation but also an opportunity for mental purification and the restoration of inner balance. Silence is a key element carefully maintained throughout Gaia, enhancing your experience. We kindly ask for your respect towards silence in the spa area and all shared spaces.




Pre-Session Recommendations

- Hydrate with our alkaline water before your session to support your body from within.
- Take a few deep breaths and focus on relaxing your mind and body.
- If you have any health conditions, allergies, or specific sensitivities, kindly inform your therapist.
- Be mindful of the silence around you and focus on staying present in the moment.
- Listen to your body's needs and do not hesitate to share them with your therapist before and during the session.
- Taking a shower before your session prepares your body for the therapy and allows for a deeper benefit.

Baspha Swedana *Herbal Steam Bath*

Baspa Swedana is an Ayurvedic herbal steam therapy where carefully selected herbs, tailored to the individual's needs, are used to promote detoxification. The heat opens the pores, allowing the herbs' healing properties to penetrate deeply, while also relaxing the muscles and calming the nervous system. As the head remains outside the steam, the experience stays comfortable. Although it can be applied alone, the best results are experienced when combined with an Abhyanga massage

The image shows two dried lavender sprigs on a light pink background. A small white rectangular label with the word "relax" in a typewriter-style font is placed over the lavender. The lavender flowers are a muted purple color, and the stems are a light brown. The overall aesthetic is soft and calming.

relax



STANDARD MESSAGES

CLASSIC MASSAGE:

The most common type of massage, performed using kneading, rubbing, and circular motions on muscle groups. It helps reduce muscle tension, improves circulation, and provides overall relaxation.

REFLEXOLOGY:

A therapy performed by applying pressure to specific reflex points on the soles of the feet. Each point corresponds to an organ or system in the body, supporting overall health balance.



CHI NEI TSANG :

A Taoist deep abdominal massage technique. It aims to release emotional and physical toxins accumulated in the internal organs, regulating digestion and the flow of vital energy.

HOLISTIC MASSAGE:

A special bodywork session that combines various massage techniques such as deep tissue, reflexology, and abdominal massage, tailored to the individual's needs. It supports the harmony of body, mind, and spirit. The session aims to provide both physical relaxation and energetic balance, offering a personalized healing and deep relaxation experience.

AYURVEDIC HEALTH CONSULTATION

Ayurvedic Health Consultation begins with a comprehensive Ayurvedic health assessment, which includes dosha tests known as Prakruti (constitution) and Vikriti (current imbalance), as well as agni (digestive fire) analysis, ama (toxins) assessment, tongue and nail analysis. These are done through both questionnaires and visual evaluation.

After conducting a thorough evaluation of the imbalances in the mind and body, a personalized plan will then be created for you. This includes Ayurvedic dietary guidance and nutrition, daily routines, lifestyle changes, herbal recommendations, exercises, and more.

The treatment plan is tailored to the client's lifestyle and personal circumstances.



AYURVEDIC THERAPIES

ABHYANGA:

A traditional Ayurvedic massage performed with warm herbal oils using rhythmic and flowing movements over the entire body. It soothes the nervous system, enhances circulation, and supports physical and emotional balance.

PINDA CHURNA SWEDANA:

A therapy in which special herbal powders are placed in warm pouches and applied to the skin through massage and compress techniques. It is used to relieve pain, stiffness, and discomfort in musculoskeletal conditions.



UDVARTHANAM:

A massage performed with medicinal herbal powders using vigorous rubbing techniques on the body. It is especially effective in weight management, reducing the appearance of cellulite, and supporting lymphatic drainage.



OTHER TREATMENTS

The best benefits come when combined with Abhyanga. Ask your therapist for the best combination.

SHIRODHARA:

An Ayurvedic therapy where warm herbal oil is continuously poured onto the center of the forehead. It calms the mind, reduces stress, and provides overall relaxation.

HRID BASTI:

A therapy where warm herbal oils are placed on the heart area. It helps restore emotional balance, strengthens the heart chakra, and creates a soothing effect.

KATI BASTI:

An Ayurvedic therapy designed to relieve lower back pain and stiffness by retaining warm herbal oil over the affected area. This deeply nourishing treatment soothes muscles, improves circulation, and restores balance to the body.



Post-Session Recommendations

- Support your body's detox process by drinking alkaline water.
- Remain in silence for a while, allowing the effects of your session to settle internally.
- If desired, you can spend some time to slow down and integrate your experience by the pool or in your room.
- Light walking or deep breathing exercises can help restore the energy flow in your body.
- Sometimes, therapies may bring emotional releases; embrace this as a natural part of the healing process.



Reminder

Gaia Temple is a special place where you can reconnect with yourself, away from the fast-paced life.

Allow your spa experience to deepen into a healing process by slowing down and staying present in the moment. Silence is a valuable part of this experience.

Cancellation Policy

Cancellations or changes must be made at least 4 hours in advance.

Additional Note

To ensure a peaceful and rejuvenating experience for all guests, we kindly ask that you arrive on time. Late arrivals may result in a shortened treatment session. Thank you for your understanding and cooperation.

Feel free to contact us to discover which therapy best suits your needs.

Standard Massages

- Classic Massage ~ 60 min / 95 Euro
- Reflexoloji ~ 45 min / 75 Euro
- Reflexoloji ~ 20 min / 40 Euro
- Chi Nei Tsang ~ 45 min / 75 Euro
- Holistic Massage ~ 90 min / 120 Euro

Ayurvedic Health Consultation

- 30 min / 90 Euro

Ayurvedic Therapies

- Abhyanga ~ 60 min / 110 Euro
- Pinda Churna Swedana ~ 75 min / 150 Euro
- Udvartanam ~ 60 min / 110 Euro

Other Treatments

- Shirodhara ~ 30 min / 70 Euro
- Hrid Basti ~ 30 min / 70 Euro
- Kati Basti ~ 30 min / 70 Euro

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