



HOUSE *of* GAIA
B A T A N G A S

SPA

ACUPRESSURE MASSAGE

3,500 - 1hour | 4,500 - 90mins | 6,000 - 120mins

A traditional Japanese therapeutic technique that involves applying pressure to specific points on the body, typically using the thumbs, fingers, palms, and sometimes elbows or knees. The word "shiatsu" translates to "finger pressure" in Japanese, and the practice is rooted in principles of Traditional Chinese Medicine (TCM) and acupuncture. Shiatsu is considered a holistic therapy, focusing on promoting natural healing and maintaining health by balancing the body's internal systems.

THERAPEUTIC MASSAGE

3,500 -1 hour | 4,500- 90mins | 6,000- 120mins

One of the most popular and widely practiced forms of therapeutic massage in the world. It involves a combination of long, flowing strokes, kneading, and circular movements on the topmost layers of muscles to promote relaxation, improve circulation, and relieve muscle tension. Swedish massage is ideal for those looking for a gentle and relaxing experience that promotes both physical and mental relaxation. It is often the recommended starting point for people new to massage therapy.

SPORTS MASSAGE

3,500 - 60mins | 4,500 - 90mins | 6,000 - 120mins

Sports massage is a type of therapeutic massage designed to meet the specific needs of athletes and physically active individuals. It focuses on preventing and treating injuries, improving performance, and enhancing recovery by targeting muscle groups and soft tissues affected by athletic activity. Sports massage is not only for professional athletes but also for individuals who engage in regular physical activity or those recovering from muscle injuries or strains. It is an effective therapy for maintaining peak performance and addressing the physical demands of active lifestyles.

BAMBOO MASSAGE

3,800 - 60mins | 4,800 - 90mins | 6,300 - 120mins

A specialized massage technique that involves the use of heated bamboo sticks of various sizes to perform deep-tissue massage. The bamboo sticks are rolled, pressed, or kneaded across the body to release muscle tension, improve circulation, and promote relaxation. It combines traditional massage techniques with the natural properties of bamboo to enhance the overall therapeutic effect. Bamboo massage is often sought after for its ability to combine deep tissue work with a relaxing, rejuvenating experience. It's suitable for individuals looking for relief from muscle tension, as well as those simply seeking relaxation and improved well-being.

VENTOSA MASSAGE

3,800 - 60mins | 4,800 - 90mins | 6,300 - 120mins

Also known as cupping therapy, is a traditional healing practice that involves placing heated or vacuum-induced glass or silicone cups on the skin to create suction. This suction draws the skin and underlying tissue upward, stimulating blood flow and promoting healing. Ventosa is commonly used in combination with other massage techniques to relieve muscle tension, alleviate pain, and detoxify the body.

FOOT REFLEXOLOGY

3,000 - 60mins | 4,000 - 90mins

A therapeutic practice that involves applying pressure to specific points on the feet, known as reflex points, which correspond to different organs, systems, and parts of the body. The practice is based on the belief that these reflex points are connected to the body's internal systems through energy pathways, and by stimulating them, overall health and well-being can be improved.

TURKISH BATH

12,000 for 120 minutes

A traditional cleansing and relaxation ritual that originated in Turkey and is rooted in ancient Roman and Byzantine bathhouse traditions. It is a steam-based bathing experience that combines elements of heat, water, and massage, designed to deeply cleanse the skin, relax muscles, and promote overall well-being. The Turkish Hammam Bath is a time-honored tradition that offers a unique combination of cleansing, relaxation, and rejuvenation. It is popular not only in Turkey but in many spa settings around the world, where people seek a deep, therapeutic bathing experience.

ULTIMATE TURKISH BATH & BODY MASSAGE

15,000 for 180 minutes

Step into the ancient tradition of the Turkish Hammam and indulge in a rejuvenating journey of deep cleansing and relaxation. This luxurious ritual begins in a warm, steam-filled marble room, where your body is gently exfoliated with a traditional Kessa glove, removing dead skin and leaving your skin silky smooth.

Next, enjoy the soothing warmth of aromatic bubbles as they are massaged across your body, melting away stress and tension while improving circulation.

After the bubble massage and exfoliation, your experience continues with a luxurious hair and scalp treatment:

- *For Ladies: A Milbon Linkage Hair Treatment, deeply hydrating and repairing each strand for soft, healthy hair.*
- *For Gentlemen: A Davines Scalp Treatment, designed to purify, soothe, and nourish the scalp, promoting overall hair health.*

Your Hammam ritual concludes with a full-body massage, using nourishing oils to enhance relaxation, relieve muscle tension, and leave you feeling completely renewed.

GAIA SIGNATURE BODY RITUALS

GAIA RESET

Duration: 90 mins

Perfect for those needing a quick full-body recharge.

- 30 mins Foot Reflexology
- 30 mins Back & Shoulder Massage
- 30 mins Head & Neck Massage

MIND & BODY HARMONY

Duration: 2 hours

A deeply healing experience to realign your physical and emotional energy.

- 60 mins Full Body Massage (Therapeutic or Acupressure)
- 30 mins Reflexology Foot Massage
- 30 mins Calming Head & Scalp Massage

DEEP RELIEF COMBO

Duration: 2 hours

Intense relief for overworked muscles and chronic pain.

- 60 mins Sports or Bamboo Massage
- 20 mins Ventosa (Cupping) Therapy
- 30 mins Foot Reflexology
- 10 mins head massage

SOAK | POLISH | PURIFY

At House of Gaia, we believe that every touch, scent, and ingredient can become a pathway to healing. Our bespoke spa rituals are curated with powerful botanicals, therapeutic clays, and ancient practices to restore balance to body, mind, and spirit.

Each ritual includes a bath soak, body scrub, detoxifying body mask, and your choice of massage. Custom enhancements available.

DETOX & PURIFY

A cleansing experience to lighten the body and renew the soul. This detoxifying ritual is designed to stimulate lymphatic flow, reduce bloating, and flush toxins using mineral-rich clays, warming botanicals, and citrus oils. Ideal for those seeking a fresh start or post-travel reset.

Includes:

- *Bath Soak: Epsom salt, Himalayan salt, ginger, baking soda, lemon or grapefruit oil*
- *Body Scrub: Sea salt, ginger, olive oil, lemon essential oil*
- *Body Mask: Dead Sea mud, green clay, apple cider vinegar, aloe vera, ginger*

GLOW & BRIGHTEN

Illuminate your natural beauty with this radiance-boosting treatment. Infused with fruit enzymes, vitamin C, and brightening botanicals, this ritual gently exfoliates dull skin, evens tone, and restores your inner glow.

Includes:

- *Bath Soak: Epsom salt, orange peel, baking soda, vitamin C, orange oil*
- *Body Scrub: Sugar, orange peel powder, olive oil, vitamin E*
- *Body Mask: Bentonite clay, yogurt or coconut milk, turmeric, honey, lemon juice*

CALM & COMFORT

For sensitive souls and tired bodies.

This ultra-soothing treatment calms inflammation, softens the skin, and melts away stress using oat infusions, chamomile, and lavender—perfect for dry, sensitive, or emotionally overwhelmed skin.

Includes:

- *Bath Soak: Epsom salt, colloidal oatmeal, chamomile, baking soda, lavender oil*
- *Body Scrub: Brown sugar, ground oatmeal, coconut oil, lavender oil*
- *Body Mask: Kaolin clay, aloe vera, chamomile extract, honey*

REJUVENATE & NOURISH

A deeply hydrating and anti-aging experience for glowing, supple skin. This ritual restores skin elasticity, enhances softness, and envelops you in the delicate scent of rose. Ideal for mature or dehydrated skin in need of indulgence.

Includes:

- *Bath Soak: Epsom salt, coconut milk, dried rose petals, rose essential oil*
- *Body Scrub: Sugar, rosehip oil, coconut oil, rose essential oil*
- *Body Mask: Kaolin clay, coconut milk, rose water, collagen powder*

MASSAGE OPTIONS (included):

- *Therapeutic Massage – Deep relaxation and muscle release*
- *Sports Massage – Ideal for active bodies and tension relief*
- *Acupressure Massage – Restores energy flow and reduces blockages*

ENHANCE YOUR EXPERIENCE (optional add-ons):

- *Thai Massage*
- *Bamboo Massage*
- *Ventosa (Cupping) Massag*



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BATANGAS

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