



HOUSE *of* GAIA

B A T A N G A S

De-Stress Program



At House of Gaia Longevity Resort, we understand that stress doesn't just affect the mind — it weighs on the body and spirit too. Our De-Stress Program combines advanced longevity therapies, holistic rituals, and restorative practices to help you reset, recharge, and rediscover balance.





Program Inclusions

- Sleep analysis & mindfulness evaluation
- Nutrition & dietetics consultation
- Lifestyle consultation & functional fitness assessment
- Installation of sleep tracking device
- Accommodation in luxury spa villa of choice
- Roundtrip airport transfer (for overseas guests)
- Three wellness cuisine meals daily per person
- Complimentary herbal teas, healthy drinks & seasonal fruits in-villa
- Complimentary daily fitness & leisure activities
- Unlimited access to functional fitness gym
- Unlimited use of hot/cold plunge & relaxation facilities

4-Night De-Stress Program Treatments

4 Photobiomodulation Therapies

Red & near-infrared light to energize cells, reduce inflammation, and promote healing.

4 Hyperoxic Chamber Sessions

Oxygen-rich therapy to boost energy, clarity, and relaxation.

1 NAD+ Therapy

Infusion that restores mitochondrial energy, sharpens focus, and reduces fatigue.

1 Exosome Therapy

Regenerative infusion that reduces inflammation and supports cellular repair.

4 PMST Sessions

Daily pulsed magnetic therapy to relax muscles, improve circulation, and aid sleep.

Peptide Therapy

Customized peptides to support stress recovery and balance



4-Night De-Stress Program Treatments



Contrast Therapy

Hot & cold immersion to enhance circulation, detox, and resilience.

1 Gaia Relaxing Massage

Our signature massage designed to melt away stress and restore balance.

1 Bamboo Massage

Invigorating massage using heated bamboo sticks to ease deep muscle tension.

1 Foot Therapy

Reflexology-inspired treatment to restore energy flow and grounding.

1 Hammam Bath

Traditional steam, exfoliation, and cleansing ritual for detoxification and renewal.

2 Meditation Sessions

Guided mindfulness practices to clear the mind and improve inner calm.

4-Night De-Stress Program Treatments

1 Sound Therapy

Healing through vibrational sound frequencies to release stress and emotional blocks.

1 Empress Facial

A luxurious facial that deeply hydrates, firms, and restores your natural glow.

1 Detox & Purify Ritual

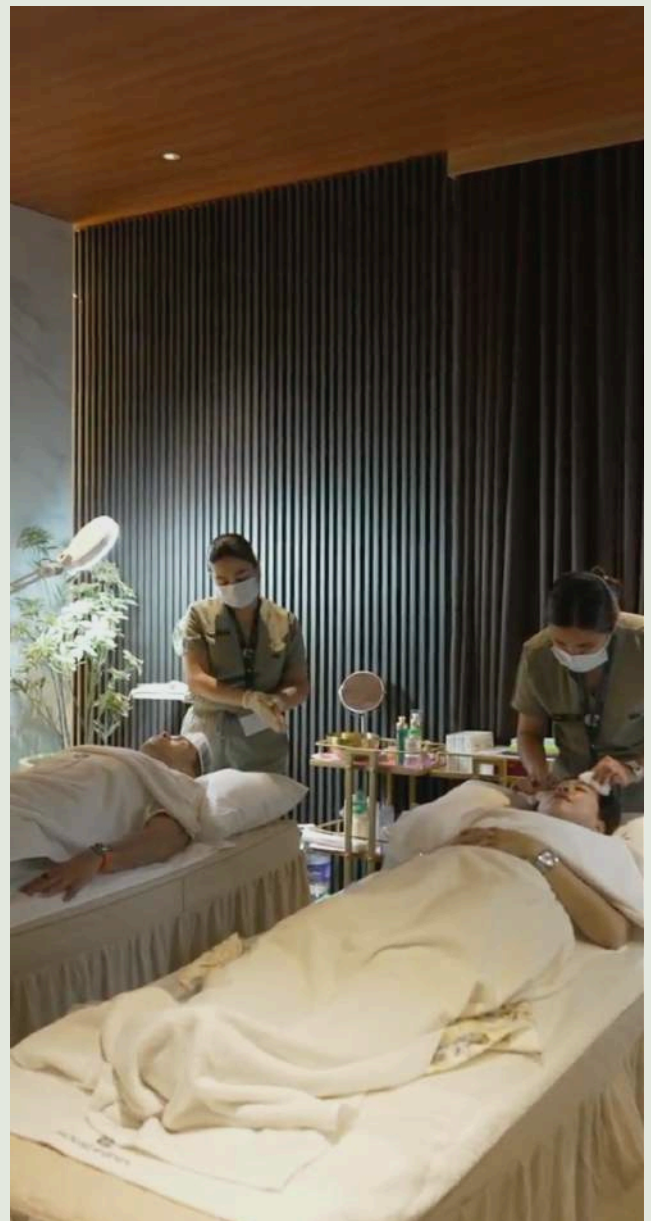
Mineral bath soak and body mask to draw out toxins and nourish the skin.

2 Private Yoga Sessions

Personalized yoga flows to ease tension, improve flexibility, and calm the mind.

2 Personal Training Sessions

One-on-one fitness coaching to strengthen body and boost vitality.



7-Night De-Stress Program Treatments



7 Photobiomodulation Therapies

Daily light therapy for deep cellular renewal and stress relief.

7 Hyperoxic Chamber Sessions

Oxygen therapy to refresh the body and calm the nervous system.

2 NAD+ Therapies

Energy-boosting infusions spaced throughout your stay.

1 Exosome Therapy

Advanced regenerative infusion to rejuvenate body and mind.

7 PMST Sessions

Daily pulsed magnetic therapy to aid recovery, improve sleep, and reduce stress.

Peptide Therapy

Customized peptide treatment to support healing and energy balance.

7-Night De-Stress Program Treatments

Contrast Therapy

Hot & cold immersion to stimulate circulation and build resilience.

1 Gaia Relaxing Massage

Signature massage for deep stress release and relaxation.

1 Acupressure Massage

Pressure-point massage to release blocked energy and tension.

1 Deep Relief Combo Massage

Therapeutic massage blend for stubborn muscle tightness.

1 Foot Therapy

Reflexology treatment to restore balance and promote deep relaxation.

2 Sound Therapies

Sessions of vibrational healing to calm the mind and emotions.



7-Night De-Stress Program Treatments



1 Hammam Bath

Steam and exfoliation ritual for detoxification and circulation.

2 Mindfulness Meditation Sessions

Guided meditation for clarity, peace, and focus.

1 Acupuncture Session

Ancient therapy to rebalance energy and reduce stress.

1 Calm & Comfort Ritual

Soothing bath soak and body mask for detox and skin renewal.

1 Private Yoga Session

Customized yoga practice for grounding and flexibility.

3 Personal Training Sessions

Strength and fitness coaching to support resilience and energy.

Benefits

Release physical and emotional stress
Restore mental clarity and focus
Improve sleep quality and deep relaxation
Boost energy and circulation naturally
Reduce inflammation and promote regeneration
Achieve inner calm and emotional balance



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