



Sophisticated and  
contemporaneous, Gaya Spa  
has everything you need to  
soften your routine.





Gaya Spa is an urban retreat with almost two decades of experience and awarded worldwide for four consecutive years by the World Luxury Spa Awards, a major international award that honors the best Spas in the world. Gaya promotes a true journey of well-being combining simple pleasures and extraordinary experiences. Enjoy an authentic and memorable relaxation.

## Experiência Clássica de Relaxamento

A moment of peace and rest for the body and mind. An experience that reflects the essence of well-being, a path to inner balance and prolonged relaxation.

### Ritual Clássico de Bem-Estar

1h40min - R\$582,00

Immersion Bath Rituals have been known for many millennia for their healing powers. In this inspiring Classic Welfare Ritual, this power is associated with the complete relaxation offered by a massage. The soaking bath with refreshing aroma offers a valuable break to relax the mind and a massage then guarantees a memorable moment of relaxation, peace and surrender.

# Massagens Assinatura

Experience the perfect relaxation time with unique massages created by Gaya Spa. Our signature massages are exclusive techniques designed to release tensions and restore the inner energy.

## Massagem Assinatura Reequilibrante

1h30min - R\$ 354,00

Massage specially designed to welcome the heart and the senses through long sliding movements and gentle pressure. The relaxing massage allied to the power of sliding heated stones on the back at the end of the treatment offers absolute relaxation, ending this experience of surrender and inner peace.

## Massagem Assinatura Restauradora

50min - R\$ 218,00 | 1h15min - R\$ 306,00

This restorative massage focuses on the upper back and neck, and aims to loosen the tensioned muscles of this area. Combining stretching, deep tissue manipulation and a craniofacial massage for more efficient relaxation, it is perfect for individuals suffering from neck strains, headaches, or frequent travelers.

## Massagem Assinatura Revigorante

1h15min - R\$ 306,00 | 1h30min - R\$ 334,00

Excellent massage to rescue energy and refresh the mind. Through shiatsu, tension points are worked out, especially in the back region, to reduce stress and relieve stress. Firm pressures and efficient slips ensure deep relaxation throughout the body, and reflexology helps to rebalance the internal energy and restore the body's natural energy flow. It's our signature massage.



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## Massagem Assinatura Terapêutica

1h15min - R\$ 348,00 | 1h30min - R\$ 372,00

This massage is intended to relieve severe and persistent tensions through a work of the deeper layers of the muscle. Indicated for people suffering from chronic stresses, restrictions of movement by tension or contracted areas like neck, lumbar spine and shoulders. Through slow and deep movements, this technique seeks to restore muscles, stimulating circulation and promoting relaxation and pain relieve. It's necessary more than one session, according to each case.

## Massagem Assinatura Luxo

50min - R\$ 394,00 | 1h15min - R\$ 538,00

Luxurious experience in which two therapists work simultaneously in an exotic massage with special scented oil. The treatment is finished with the feet and head being massaged at the same time, which provides relief of muscle tensions and full relaxation.

## Massagem Assinatura Craniofacial

50min - R\$ 218,00 | 1h15min - R\$ 306,00

Allow yourself to enjoy this unique therapeutic technique, which promotes well-being and rebalancing of the facial region up to the trapezius, providing a feeling of comfort and relief, carefully working the muscles, tendons and joints related to the TMJ. Therapeutic movements aim to release accumulated tension and promote pain relief and greater freedom of movement in the area being treated.



# Massagens Gaya

Classic massages with a touch that only Gaya can give to restore your moments of peace, rest and relaxation. Give to your body and mind the feeling of tranquility, inspiration and surrender to have more energy, rescuing internal balance and prolonging well-being.

## Massagem Gaya Relaxante

50min - R\$ 218,00 | 1h15min - R\$ 306,00 | 1h30min - R\$ 334,00

Ideal experience to relax and recharge the energies of body and mind. Relaxing technique combined with long movements and gentle pressure, which provides sensations of tranquility, peace and rest. Essential to remove daily stress and provide the well-being that your body deserves.

## Massagem Gaya Indiana

1h15min - R\$ 336,00 | 1h30min - R\$ 354,00

Face your physical and mental fatigue with a technique that uses several maneuvers of long and deep slides, in addition to stretching that make the perfect treatment to relax. Inspired by Indian techniques, this massage relieves the tensions of body and mind. Find your inner peace and invigorate your body.

## Massagem Gaya Oriental

50min - R\$ 218,00 | 1h15min - R\$ 306,00

Through intense movements, stretching and pressure at specific points in the body, this efficient Japanese technique works to undo tension nodules in various regions of the body. Made without the use of oil, this massage relieves muscular tensions and provides the physical and energetic rebalancing of the whole body.



# Massagens Gaya

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## Massagem Gaya Hot Stone

1h15min - R\$ 336,00 | 1h30min - R\$ 354,00

Deeply relaxing, this massage combines the therapist's touch with the heated basaltic stones, relieving all body tension. The power of the heating stones allows the muscles to relax more deeply, offering a genuine moment of peace and lightness.

## Massagem Gaya Candle

1h15min - R\$ 348,00 | 1h30min - R\$ 372,00

Awaken your senses in an innovative experience, in which heated special oil massages your skin, offering a special moment of absolute relaxation. Shea Butter, Copaiba Oil and Cupuaçu Butter are some of the highly moisturizing ingredients that offer, in addition to reducing physical fatigue, a recovery in the elasticity and vitality of the skin.

## Massagem Gaya Maternidade

1h15min - R\$ 306,00

Treat yourself to this specially designed massage for pregnant women after the 12nd week of pregnancy. Surrender to the touch of this massage that sensitizes, helps increase your body awareness, relieves back and leg pain, reduces fluid retention and swelling of the whole body, ensuring tranquility and special moments for the pregnant woman.



# Mini Breaks

Take a break from your daily routine to recharge your body and ease your mind. Gaya offers combined techniques, through a long and deep relaxation, of total renewal for your daily life.

## **Mini Break Gaya Spa dos Pés - 1h - R\$ 436,00**

Re-energizing treatment for feet that are dry and tired. This ritual begins with a moisturizing scrub, with avocado oil, sugar and cloves, in order to eliminate dead skin cells. The foot soak, in turn, invites relaxation and associates a moisturizing massage on the feet to complete the wellness experience.

## **Mini Break Gaya Relax - 2h - R\$654,00**

This treatment is the ideal combination for a break in your agitated routine. It begins with a moisturizing foot scrub, followed by foot soak, allowing relaxation and lightness. A rhythmic and relaxing full-body massage enhances this journey of surrendering that culminates with an exquisite facial massage, perfect to eliminate the tensions of the face.

## **Mini Break Gaya Aroma - 2h - R\$ 678,00**

Putting together the healing powers of immersion baths to the aromatherapy, in this journey of relaxation, the therapeutic aromas take care over the ambience offering relaxation and lightness. A full body scrub eliminates dead skin cells and allows essential oils to penetrate deeper into the skin. The immersion bath, with the synergies of essential oils exclusive from Gaya, offers complete and absolute relaxation. To enhance the therapeutic effects of essential oils, your massage will also be done with this exclusive synergy, ensuring that the whole body is treated with this powerful antidote to stress.

## **Mini Break Gaya Revitalizante - 3h - R\$ 874,00**

Recommended treatment to recover energies and calm down body and mind. Revitalization begins with a sugar-based exfoliation to renew the body. To hydrate and lighten the skin we use clay, a powerful ingredient of mineral origin, followed by a green tea immersion bath, ideal for achieving firmness and elasticity of the skin, in addition to its antioxidant effect. A relaxing massage completes this treatment, providing well-being and tranquility.



# Day Spa

You deserve a full moment to take care of your body and mind. Day Spa treatments are a way to bring more relaxation to your routine, through rebalance and a moment of joy. Give yourself a gift and enjoy this amazing experience.

## **Day Spa Gaya Sublime - 3h30min - R\$ 982,00**

A journey of refuge and relaxation. This treatment starts with a vanilla scrub for elimination of impurities from the body, followed by ultra moisturizing yogurt body mask, vanilla and honey to nourish, soften and rejuvenate the skin. Then we reach the apex of the treatment: a 'Massagem Gaya Indiana' to rebalance and reenergize the whole body. To celebrate, finish your day spa with a bath soaking in coconut milk and palmarosa essential oil. A delicious tasting of sparkling wine and quiches or muffins accompany this treatment.

## **Day Spa Gaya Provence - 4h - R\$1.094,00**

Ideal treatment for those who desire a moment of harmony and balance. Oatmeal scrub is perfect for sensitive skin, and the oatmeal wrap with yogurt and honey nourishes and softens the skin. The Provence immersion bath is prepared with several natural herbs and aims at relaxation and surrender. A relaxing massage, with long and firm movements to release the musculature, accompanies this ritual. The Facial Signature treatment allows the relaxation to be complete. Special tea and muffins helps you celebrating your surrender time.

## **Day Spa Gaya Thalasso Detox - 4h - R\$ 1.132,00**

Inspired by the benefits that seawater offers to our body, this treatment is a complete detoxification alternative to activate blood circulation, remineralize the body and stimulate internal metabolism. The sauna is essential as part of this detox program. Following it, the coffee exfoliation - powerful antioxidant - is applied all over the body. The enriched clay wrap is perfect to nourish the body and reduce cellulite, localized fat and sagging. To relax the body a mineral salts and seaweed immersion bath helps releasing the tension, and body and facial lymphatic drainage complete this treatment of detoxification and restructuring the contours of the body. The tasting of special tea with biscuit or muffins offers the perfect ending to this day of care and attention to the body.





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## **Day Spa Gaya Experience - 4h30min - R\$ 1.202,00**

Delight yourself in this sophisticated treatment of renewal and lightness. Inspired by the prenuptial ceremonies of the royalty of the Island of Java, this Mandi Lulur and Mandi Susu treatment starts with a sauna to soften the skin. Then the body is hydrated with oil and sprinkled with natural powders of plants and fruit, one by one, and then exfoliated for removal of dead cells. Next, a layer of natural yogurt is applied on the skin so that the body will warm up and reap the benefits of this powerful natural moisturizer. The milk immersion bath is also a Javanese and Egyptian tradition and in addition to deeply moisturize the skin it offers absolute relaxation. The perfect relaxing massage for your moment distensions the musculature, and the Facial Signature Treatment completes this special moment of exotic care. The tasting of sparkling wine quiches or muffins is a toast to the sophistication and well-being.

## **Day Spa Gaya Supreme - 4h30min - R\$ 1.418,00**

Enjoy this luxurious experience of self-care and well-being. This treatment begins with the sauna in order to provide relaxation. For the removal of dead cells, we perform a pleasant vanilla exfoliation, which has also antioxidant properties. The goat milk wrap is highly nutritious and provides even more moisturized skin. Then a sophisticated soaking bath is prepared with sparkling wine - which exudes the benefits of polyphenols - and a honey strand in the body, to achieve a more luminous skin. The 'Massagem Assinatura Luxo', which combines the simultaneous work of two therapists, offers a unique moment of surrender and the Facial Signature Treatment is more than special to make this treatment unique. The tasting of sparkling wine with quiches or muffins is the granfinale of this unforgettable experience.



# Rituals for Couples:

Unique emotions to be experienced together! Enjoy a moment of rest and tranquility with someone special. Unique experiences to be shared!

## **Mini Break Gaya Duet - 2h - R\$ 1.314,00**

To share this experience of relaxation, the foot soak approximates and offers moments of intimacy and care. Then the 'Massagem Assinatura Revigorante' helps to relieve the lingering tensions and the tasting of sparkling wine with quiches or muffins is a toast to this moment enjoyed with a special person.

## **Mini Break Gaya Romance - 2h - R\$ 1.378,00**

In this special treatment of intimacy and care, the wine immersion bath perfumes the ambience, besides acting as antioxidant of the skin. A relaxing massage is the perfect complement to the proposed relaxation. To conclude, a tasting of cheeses and wine ensures this special gift shared with the one you Love.



# Estética de Bem-Estar

You deserve a moment of beauty to renew the energy of your skin and body. Beauty treatments bring incredible techniques to revitalize your body, with the aim of making you feel much more beautiful and relaxed.

## Drenagem Linfática

1h - R\$ 232,00

Manual Lymphatic Drainage is a therapeutic and relaxing massage performed through slow and gentle movements. It promotes tissue detoxification, attenuates circulatory problems (varicose veins), eliminate liquids and softens cellulite. In the case of the postoperative, it favors a faster recovery, since it stimulates the organism to eliminate the liquids that cause edema, diminishing the possibility of the appearance of fibroses. For pregnant women with leg fatigue, swelling and fluid retention (water), lymphatic drainage helps soften the condition and stimulate circulation.

## Facial Rituals:

Our exclusive wellness facial treatment seeks the perfect touch for skin revitalization. An harmonious combinatio of classic ingredients and a highly qualified team to provide a nutritious and relaxing experience.

## Revitalização Facial - 50min - R\$ 238,00

This treatment is suitable for all skin types, and uses the latest ADCOS brand products to activate the natural tonicity and freshness of a well-cared skin. The treatment includes deep cleansing, exfoliation, moisturizing mask and facial modeling massage to rebalance the skin and relax the entire body, resulting in a radiant and hydrated face.

## Limpeza de Pele - 1h45min - R\$ 288,00

Bringing together high-tech products according to your skin's needs, this treatment includes all steps described in 'Revitalização Facial Completa', plus manual extraction of blackheads. At the end of the treatment, a High Frequency current is applied to the skin, guaranteeing a bactericidal and fungicidal action and improving cellular oxygenation and healing of the skin.

*\*Only in Unidade Juvevê*





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