

## Price List

### Massages

(Therapeutic, Deep Tissue, Relaxation, Maternity, & Reflexology)

30 minutes.....	\$45
60 minutes.....	\$75
90 minutes.....	\$100

### Om Hot Stone Massage

75 minutes.....	\$95
90 minutes.....	\$110

### Headache/Sinus & Manual Lymphatic Drainage

30 minutes.....	\$35
45 minutes.....	\$50

Dosha Full Body Scrub.....\$60

Restorative Moisture Wrap... ..\$110

Anandamaya Kosha Treatment ....\$120

Gaia Enhanced Experience.... ..\$150

Petal Perfect Foot Soak .....\$20

### 10% off Pre-Booking Discount

Schedule your next appointment at time of checkout and enjoy 10% off that next (pre-booked) appointment!\*

### GK Yogi Members Enjoy

### 10% off services Every Time\*!

All spa treatments, packages or products are non-transferable and non-exchangeable once purchased. Gratuities are not included in the price of the services but are greatly appreciated by service providers. Prices and services are subject to change without notice.

#### SPECIAL CONSIDERATIONS

Guests who have high blood pressure or heart conditions, or any other medical complications, are advised to consult with their physicians before reserving any spa appointments. Please make your to inform your service provider of any medical condition(s). Mothers-to-be may be restricted to specific types of treatment or receive modified treatments, depending on their stage of pregnancy.



## SPA PACKAGES



Save up to 15% with GK Spa Packages\*

7 - 30 min massages.....	\$270
7 - 60 min massages.....	\$450
7 - 90 min massages.....	\$600
7 - 75 min hot stone.....	\$570
7 - 90 min hot stone.....	\$660
7 - 30 min head or MLD.....	\$220
7 - 45 min head or MLD.....	\$315
7 - Full Body Scrubs .....	\$360
7 - Restorative Wraps.....	\$660
7 - Anandamaya Koshas.....	\$720
7 - Gaia Experiences.....	\$900

\*Packages cannot be combined with any other discount.

#### Cancellation Policy

We value your business and appreciate your cooperation with our cancellation guidelines. If you must cancel or change your spa reservation, please notify us at least 24 hours prior to your scheduled appointment time to avoid a cancellation charge. Cancellations made with less than a 24-hour notice will be charged full value of the service. No-shows will be charged in full. Any service changes requested with less than a 24-hour notice may be charged a \$50.00 change fee.

GAIA KOSHA YOGIC SPA  
3815 Scotland Main Street Chambersburg, PA 17202  
717.753.2115  
[gaiakosha.com](http://gaiakosha.com)



GAIA KOSHA YOGIC SPA



## Spa Menu

Come embrace your inner beauty and allow your senses to engage in rest and renewal.

These massages and body treatments are designed just for you! So make some time for yourself and simply inhale and exhale!

Book your appointment now at [gaiakosha.com](http://gaiakosha.com) or call/text us at

717.753.2115

Advance payment is required to hold reservations. Please also see our cancellation policy and special considerations.



## WRAPS AND FULL BODY TREATMENTS

### YOGIC MANUAL LYMPHATIC DRAINAGE TREATMENT

An extremely light pressure, full body or trouble area treatment designed to stimulate lymph flow in the body and decrease lymph build up. A very specialized treatment, Dr's note is recommended.

### INNER PEACE HEADACHE AND SINUS TREATMENT

An extremely specialized pressure point massage for the face, scalp, neck, and shoulders, engineered to relieve pressure in the head and grant pain relief.

### DOSHA FULL BODY MINERAL SALT SCRUB

Remove old dead skin cells while remineralizing your skin with this full body scrub. Scrub is removed with hot towels, followed by a brief full body shea butter lotion application. A 45 minute treatment.

### RESTORATIVE MINERAL MOISTURE WRAP

Food for the skin, this treatment starts with a full body mineral salt scrub, followed by a decadent full body moisture mask wrap. Wrap is removed with warm towels and the treatment is completed with a full body dry oil application to lock nutrients into the skin. An 80 minute treatment.

### ANANDAMAYA KOSHA BODY TREATMENT

Find your bliss with this full body mineral salt scrub followed by a 60 minute massage incorporating specialty oils and creams to rehydrate skin, relax muscles, and clear the mind. A 90 minute treatment.

### GAIA ENHANCED EXPERIENCE

This 120 minute treatment begins with a luxurious foot soak, followed by the Dosha Mineral Scrub, Restorative Moisture Wrap, and ends with a 60 minute full body massage. You will feel refreshed, renewed, and rejuvenated in body, mind, and spirit!

# MASSAGES AND BODY TREATMENTS

Connect with the body and mind with these soulful massages and body treatments. We are proud to offer all services using products that are organic and cruelty free.



### NIDRA RELAXATION MASSAGE

This ultimate relaxation massage, eases aches and pains while calming the mind and spirit. Incorporating long flowing strokes with warm towels and aromatherapy.

### HATHA MATERNITY MASSAGE

A soothing balanced full body massage for the mother-to-be, incorporating long flowing strokes and attention to trouble areas while nestled in a comfortable side lying position with a multitude of pillows for optimum comfort.

### MIND-BODY THERAPEUTIC MASSAGE

A massage tailored to each guest's specific needs, incorporates relaxation of the mind as well as pressure points in trouble areas of the body. Formulated to keep the body and mind healthy and running at optimum capacity.

### OM HOT STONE MASSAGE

The perfect massage, the heat of the basalt stones relaxes tired and tight fascia and muscles without the need for deep pressure. Additionally, the nerve response to heat relaxes the mind and prepares the body for a restful nights sleep.

### VINYASA DEEP TISSUE MASSAGE

For those who like or need truly deep muscle work. A heavy pressure massage that coordinates breathing with deep tissue muscle work and passive stretching.

### NAMASTE REFLEXOLOGY TREATMENT

A treatment that dates back over 5000 years in China, India, and Egypt. Our treatment is based on the Chinese medicinal foot map coordinating different organs of the body with specific points in the feet and hands. This treatment starts with a foot soak and is followed by a dry, specific, heavy pressure point massage of the feet or feet and hands .

#### Add-on only: PETAL PERFECT FOOT SOAK

For the foot in need, this is a perfect solution indeed. A lovely heated foot soak and foot massage. A 15 minute treatment.