

Don't forget, also included in your membership

- Full fitness & total health consultation and induction
- 2 free day passes on joining and a 50% discount on further day passes purchased
- 25% off all hair services at Gaia Studio
- 10% off treatments
- 10% off spa retail products
- 10% off spa food
- 10% off accommodation rates
- 10% off food and drink in the hotel
- Monthly members spa event
- Seasonal discounts and special price

Gaia Spa Boringdon, Plymouth, PL7 4DP
gaiaboringdon.co.uk / 01752 344455



Terms & Conditions

Events must be pre-booked. All listed events are open to Gaia Spa members only. Limited spaces available. You must be a member at the spa at the time of the event. All listed events are complimentary to members, unless stated otherwise. However if you cancel with less than 24 hours' notice or in the case of a no show you will be charged for the event. Any member who books and cannot attend who does not cancel in advance or turn up without notification will be removed off future events they are booked onto or prevented from booking the next 3 events.

GAIA SPA

at BORINGDON HALL

Members' Events Guide
July - December 2022

Members' Events Guide

July – December 2022

Saturday 2nd July | From 11am
- *Inaugral Gaia Sports Day in aid of Ukraine Humanitarian Efforts*

Join us for an old school sports day! Sack race, hurdles and more! £15 donation to go to Ukraine charities in support.

Thursday 21st July | 12 - 9pm
- *Introduction to iS Clinical*

Join our experts skin experts from iS Clinical and the Gaia therapist team to find out why this clinically proven range is an A list favourite. Share in their knowledge of the importance of skincare from this results driven brand. Learn how to maintain beautiful skin and reverse early damage done with our premium ingredients. Observe a demonstration on the famous Red Carpet favourite the Fire and Ice Facial and have excellent offers on services and these treatments throughout the day.



Wednesday 27th July | From 6pm
- *Meet Author Cindy Willcocks*

Cindy Willcocks, mental health author and keynote speaker for Love Leadership will be presenting lifelong principles from her book that can help you in all aspects of life and work. Voted Top 10 Mental Health Nurse in the UK and being presented with the Nightingale Award for Nursing, this is an evening you shouldn't miss!

Wednesday 10th August | 6 - 7pm
- *Mindfulness Photography Workshop*

Delivered by local photographer and owner of PL7 Studios, Hannah Cochrane. Bring your own camera or phone and learn how to use your lens better whilst taking time mindfully by using photography skills.

Wednesday 17th August 2022 | 7 - 9.45pm
- *A Night of Fireworks & Canapés*

Join us for drinks and canapés at Plymouth Hoe's Pier Masters House and enjoy the best view to watch the dazzling annual British Firework Championships. A great chance to catch up with fellow members and enjoy the awe-inspiring displays.

Tuesday 6th September | 6.30 - 8pm
- *Meditation and Breathwork Evening*

Taken by our resident yoga practitioner Mashush. With decades of experience in yoga, meditation and breathwork she will give you a taste of how beneficial these two elements can be to your life.

Mid October
- *Àclèaf Book Launch Evening*

Pick up a copy of Boringdon Hall's newly launched Àclèaf Book. Take a journey through food as we tell the story of how Àclèaf came to be, complete with signature seasonal recipes. We invite you along to our official launch where our Head Chef, Scott Paton, will be appearing for book signings.

13th October | 6.30 - 8.30pm
- *Holistic Workshop*

Back by popular demand, our second Holistic Workshop is back. Discover our Gaiyoga Facial and how to use a Gua Sha effectively. Also learn about our Harmonious Ritual and our Indian Head Massage. Learn how to take care of your body, mind and soul through realigning your lifestyles using Gaia's unique therapies.

Wednesday 2nd November | From 7pm
- *A Strictly Come Dancing Evening*

Join Kelly as she and her other professional dancers showcase their routines from the show followed by a 30 minute lesson.

Sunday 20th November &
Monday 21st November | 11am - 1pm
- *"Stir Up Sunday" Christmas Pudding Event*

Led by our Head Pastry Chef, John from our award winning 4AA Rosette restaurant Àclèaf, this culinary event will ensure your Christmas is pudding-ready!

Wednesday 30th November 6 - 7.30pm
Tuesday 6th December 3.30 - 5pm
Tuesday 13th December 3.30 - 5pm
- *Getting Creative For Christmas*

Join us for our Christmas Wreath Making Workshop in partnership with local award-winning florist, Hannah Burnett. You'll learn how to make a wreath using festive florals and natural greenery with mince pies and mulled wine included. All materials are included, and you'll take your creation home to enjoy throughout the festive season or for the perfect season's gift.

Thursday 1st December | 7 - 10pm
- *Sprinkling a Little Magic Over Gaia Spa*

We're spreading the Christmas cheer as we welcome you to celebrate the season to be jolly with an evening of Christmas cocktails and canapés in the Spatisserie; the perfect way to head into that special time of celebrations and joyfulness.

Maximum numbers apply. Booking is essential.

Please see T&C's on back page.

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