



Gaya Bem-Estar presents a more sophisticated and contemporary concept of Urban Spa, defined by a new way of life. A very personal and authentic interpretation of luxury and simplicity, where the natural elements are rescued to offer even more comfort and warmth to your moment of relaxation.

Gaya Bem-Estar. Estar aqui é estar bem.

#### • Ritual Clássico de Bem-estar

1h 40min - R\$ 338,00 | 2h 15min - R\$ 458,00

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.

#### • Classic Relaxation Experiences

Special massages to welcome the heart, offering a moment of peace and rest, sending the body to sensations of tranquility, inspiration and surrender, bringing more disposition, rescuing the internal balance and prolonging its well-being.

Massagem Assinatura Revigorante • 1h 15min – R\$ 266,00 | 1h 30min – R\$ 288,00

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.

Massagem Gaya Relaxante • 50min – R\$ 194,00 | 1h 15min – R\$ 266,00 | 1h 30min – R\$ 288,00

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 Assinatura Restauradora • 50min – R\$ 194,00 | 1h 15min – R\$ 266,00

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 Gaya Indiana • 1h 15min – R\$ 292,00 | 1h 30min – R\$ 306,00

Face your physical and mental fatigue with a technique that uses several maneuvers of long and deep slides, in addition to those that make the perfect treatment to relax. With inspiration in Indian techniques, this massage is done in the mind, relieving the tensions of body and mind. Find for a re-energization and invigorate your body

Massagem Gaya Maternidade • 1h 15min – R\$ 266,00

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.

Massagem Gaya Oriental • 50min – R\$ 194,00 | R\$ 1h 15min – R\$ 266,00

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.

Massagem Assinatura Terapêutica • 1h 15min – R\$ 274,00 | 1h 30min – R\$ 318,00

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 and shoulders. Through slow and deep movements, this technique seeks to restore muscle, stimulating circulation and promoting relaxation and pain relief. It's necessary more than one session, according to each case.

Massagem Gaya Hot Stone • 1h 15min – R\$ 292,00 | 1h 30min – R\$ 306,00

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



#### Massagem Assinatura Reequilibrante • 1h 30min – R\$ 306,00

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 Gaya Candle • 1h 15min – R\$ 302,00 | 1h 30min – R\$ 332,00

Awaken your senses in an innovative experience, in which heated vegetable oils massage 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 Express • 30min – R\$ 98,00

This quick massage is ideal for those who have little time available and some specific tension in the body. During therapy the technique is directed solely to the area of discomfort: back, shoulders, neck, head or feet. Indicated for relaxation and stress relief..

#### Massagem Assinatura Estética • 30min – R\$ 106,00 | 1h - R\$ 198,00

Exclusive technique that softens the body contour, inspired by renowned aesthetic massages desired by famous people. The treatment is painless, and contributes to the reduction of measures and edemas, functioning of the lymphatic system, and elimination of toxins. It stimulates the body circulation, providing a relaxed musculature and a firmer, more modeled and smoother skin. This massage has better results if done weekly.

Lower body (thighs and buttocks) - 60 minutes

Upper body (abdomen and back) - 60 minutes

Arms area - 30 minutes

#### Drenagem Linfática • 1h – R\$ 198,00

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 the situation of 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.



Lipomassagem • 50min – R\$ 198,00

This is a Connective tissue manipulation technique, which aims to reduce localized fat and cellulite, and can be applied to any area of the body. Stimulates and improves body circulation, promoting improved skin appearance and body contours. Best if done once a week.

#### • Rituais Faciais

Tratamento Assinatura Facial • 50min – R\$ 204,00

Restore balance to your skin with this deep revitalization! 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.

#### • Mini Breaks e Day Spas

Take a break from your daily routine to recharge your body energies and restore your spirit. Gaya offers combined techniques, through a long and deep relaxation, of total renovation for your day-to-day life.

Mini Break Gaya Spa dos pés • 1h – R\$ 306,00

Re-energizing treatment for hands and feet that are dry and tired. This ritual begins with a moisturizing scrub, based on 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 and hands to complete the wellness experience.

Mini Break Gaya Relax • 2h – R\$ 396,00

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



#### Mini Break Gaya Aroma • 2h – R\$ 412,00

Approaching the healing powers of immersion baths to the aromatherapy, in this journey of relaxation, the therapeutic aromas take care of the environment offering relaxation and lightness. Body scrub eliminates dead skin cells and allows essential oils to penetrate deeper into the body. The immersion bath, with the synergies of essential oils exclusive to 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\$ 638,00

Recommended Treatment to recover energies and calm 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 an immersion bath based on green tea, 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 Gaya Sublime • 3h 30min – R\$ 802,00

A journey of refuge and relaxation. This treatment brings a vanilla scrub for elimination of impurities from the body, followed by ultra moisturizing yoghurt-based body mask, vanilla and honey to nourish, soften and rejuvenate the skin. Then we reach the apex of the treatment: an indian gaya massage to rebalance and reenergize the whole body. To celebrate, finish your sublime day spa with a bath soaking in coconut milk and palmarosa essential oil. This treatment is accompanied by a delicious tasting of sparkling wine Chandon and chocolates..

#### Day Spa Gaya Provence • 4h – R\$ 846,00

Ideal treatment for those who desire a moment of harmony and balance. Oatmeal scrub is perfect for more sensitive skin, and the clay wrap hydrated with milk 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. Accompany special tea and biscuits to finalize your surrender time.

#### Day Spa Gaya Thalasso Detox • 4h – R\$ 846,00

Inspired by the benefits that seawater offers our body, this treatment is a complete detoxification alternative to activate blood circulation, remineralize the body and stimulate internal metabolism. Coffee exfoliation - powerful antioxidant - is performed by moisturizing the skin. The enriched clay wrapping is perfect to welcome the body and fight cellulite, localized fat and sagging. To relax the body we bet on an immersion bath based on mineral salts and seaweed, followed by body and facial lymphatic drainage to complete this treatment of detoxification and restructuring of the contours of the body. The tasting of special tea and biscuits offers the perfect ending to this day of care and attention to the body.



#### Day Spa Gaya Experience • 4h 30min – R\$ 1.004,00

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 is ideal to soften the skin. 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. Then, a layer of clay wrap hydrated with milk and honey 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, also a Javanese and Egyptian tradition, 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 Chandon and chocolates is a toast to sophistication and well-being.

#### Day Spa Supreme • 4h 30min – R\$ 1.004,00

Enjoy this luxurious experience of care and well-being. For the removal of dead cells, we perform a pleasant vanilla exfoliation, which also has antioxidant properties. The goat milk wrapping 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 invigorating massage 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 Chandon and chocolates is the grand finale of this unforgettable experience.