

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
- Complimentary corporate room hire on selected days at Boringdon Hall and Gaia Spa
- 15% loyalty credit on stays at Fistril Beach Hotel and Spa or Esplanade Hotel



Gaia Member's Events
January – July 2019



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

Thursday 31st January | 6.30pm – 8pm
- *Nurture & Nourish Workshop with Allison Sheppard*

The alternative to the January detox. Come and meet Allison, our naturopath and health coach, in the Spatisserie and learn about what foods and practices truly nourish you at this time of year. Her practical advice and wisdom will keep you well throughout the rest of the winter months.

Tuesday 12th February | 6pm
- *An Evening with 5 x Olympic Rower Frances Houghton*

Frances Houghton is a retired Professional Rower and was a member of the Great Britain Rowing Team for a record 21 years. She was crowned World Champion 4 times, held two World records, and won Silver Medals at the 2004, 2008 and 2016 Olympic Games. Immerse yourselves in Frances' stories and then have an opportunity to ask questions.

Followed by a sit down two course meal in the Spatisserie.

Wednesday 27th March | 7pm
- *Dinner with Head Chef Scott Paton*

An evening of delectable dining with our award-winning Head Chef Scott Paton. The evening will begin with a welcome drink before a divine dinner.

To book onto any of our events please speak to a member of our spa host team or call 01752 344455.

Thursday 4th April | 6pm
- *Red Carpet Skincare Workshop*

Step up your skincare regime for Spring. Join skin expert from iS Clinical for an informal and fun workshop in the Spatisserie. Red Carpet skincare demonstration and skin Q&A's.

During the evening buy two full-sized products and receive a complimentary Fire & Ice Facial.

Canapés and a glass of Champagne included

Sunday 26th May | 2pm
- *Gin Festival Exclusive Member's Tent*

Access to our exclusive member's tent at our annual Gin Festival. Join us on the Boringdon lawn to enjoy the finest gins accompanied by food stands, live music and outdoor activities.

Friday 5th July | 1pm
- *Cooking Demo with Scott at the Amphitheatre*

Watch a cooking demo whilst sipping on a glass of Champagne at the Boringdon Amphitheatre followed by a kitchen tour and a three-course lunch.

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.