

Let's
sea
HUA HIN
AL FRESCO RESORT

gaia
spa

*GAIA SPA IS A SEASIDE SANCTUARY THAT CELEBRATES THE SIMPLE.
THE UNIQUE AL FRESCO SETTING AND INTUITIVE SPA TREATMENT
WILL BENEFIT YOUR BODY, MIND AND SOUL.*





In the spirit of simplicity Gaia Spa menu is designed for main seaside holiday moods. Follow your mood to choose from Gaia Spa Menu the treatment that best suits you.

Fully rewards your body mind and soul by choosing a treatment package with a body cleansing followed by a massage and the theme hot or cold beverage or opt to choose the massage alone when time does not allow.

HOURS OF SERVICE

Gaia Spa by Let's Sea opens daily 10:00-22:00 hrs. The last treatment starts at 21:00 hrs. for 60 minutes treatment or 20:00 hrs. for longer than 60 minutes treatment.

ARRIVAL

To make the most of your Gaia Spa Experience we recommend arriving early prior to your appointment time. Early birds can unwind in the heavy rain shower and steam room. Then enjoy a complimentary Let's Sea special blend footbath before commencing treatments.

GAIA CALM

To ensure all guests enjoy the seaside serenity of Gaia Spa, we respectfully request that all visitors keep noise to a minimum. Please leave cell phones and electronic devices in your rooms.

CANCELLATION POLICY

At least 6- hour cancellation notice is required to help us reschedule your appointment, subject to availability. Any cancellation with less than 4 hours notice will incur a 50% cancellation fee. Full charges will be imposed for a "no-show".

PAYMENT

All prices are subject to 10% service charge and 7% VAT. Cash and credit card (VISA/MASTER/JCB) can be accepted. Optionally, it can be billed to your room account.

SPECIAL NOTE

If you have high blood pressure, heart conditions, allergies, are pregnant or have any other medical complications, may we advise you to consult your doctor before any spa services. Please make your spa therapist aware of any medical conditions. Out of consideration to other guests, please refrain from smoking and drinking alcohol within the spa premises.



RADIANT SUNRISE

Symbolized by the color red, this mood will recharge lagging spirits after a long journey or an active day of exercise.

ROSE & ROSEHIP GLOW

Be energized by this invigorating body cleanser that combines the natural delight of sea salt with a moisturizing rose petal & rosehip blend.

NEW DAWN MASSAGE

Deep tissue massage is an ideal "wake up call" to ease tension and encourage muscle to work at their optimum capacity.

Massage oil: Cedar Wood, Lavender, Orange, Pine and Rosemary
Cedar Wood, Lavender, Bergamot and Peppermint

Rose & Rosehip Glow	40 minutes	2000 Baht
New Dawn Massage	60 minutes	3500 Baht
Radiant Sunrise Package	120 minutes	4500 Baht

DUSK GLOW

A soothing mood to help you wind down at the end of the day or prepare for a decadent afternoon nap.

HONEY COCOON

Indulge in the warm embrace of a wheat germ, honey and chamomile scrub that gently exfoliates the skin for a smooth holiday glow.

CALM MASSAGE

Drift away with this nurturing aromatherapy massage. Inspired by the gentle motion of the sea with calming, long strokes that encourage circulation and promote a sense of deep relaxation.

Massage oil: Lemongrass, Rosemary, Cedar Wood
Ylang Ylang, Jasmine and Rose

Honey Cocoon	40 minutes	2000 Baht
Calm Massage	60 minutes	3500 Baht
Duskglow Package	120 minutes	4500 Baht

SEABLUE

Inspired by the gentle rhythms of the sea this mood is ideal for holiday relaxation.

HARMONY CLEANSER

Prepare and condition your skin with this almond and blueberry scrub.

SEABLUE

SEABLUE MASSAGE

Medium pressure long firm strokes combined with kneading and small circular motions reduce stress and encourage blood circulation. Feel the muscle tension fade away.

Massage oil: Cedar Wood, Lavender and Neroli
Geranium, Lavender, Eucalyptus and Peppermint

Harmony Cleanser	40 minutes	2000 Baht
Seablue Massage	60 minutes	3500 Baht
Seablue Package	120 minutes	4500 Baht

ESSENCE OF THE SEA

This treatment is designed to stimulate the senses and nourish your soul with evocative beach scents and expert hands.

BEACH SKIN REFRESH

Inspired by a balmy tropical climate this delicate natural body scrub is a rejuvenating fusion of coconut milk, black sesame, lightly browned coconut fruit and gra-chai, a Thai herb, carefully blended to sooth, nourish and moisturize damaged dry skin.

WARM SEASHELL MASSAGE

Our highly skilled therapist employs a hot seashell compress to roll away muscle tension, stimulate circulation and reawaken your senses. In the background the soothing sound of waves summons a deep calm from within.

Massage oil: Lemongrass, Rosemary, Cedar Wood
Ylang Ylang, Jasmine and Rose

Beach Skin Refresh	40 minutes	2000 Baht
Warm Seashell Massage	90 minutes	4000 Baht
Essence of the Sea Package	140 minutes	4800 Baht

JADE REVIVAL

Serenade your body and soul on the final day of your trip for a long lasting tropical memory.

TROPICAL NOSTALGIA EXFOLIATION

The treatment commences with a Thai ginger and galangal scrub that gently exfoliates and stimulates circulation for an all over glow.

FEEL THE HEAT HERBAL COMPRESS

Experience a release of muscle tension with the firm kneading of an ancient Thai herbal heat compress. As you drift off into deep relaxation, the "Beachcomb Head Massage" will gently stimulate your scalp for improved blood circulation; a simple yet delightful tingling sensation.

ASIAN BLEND MASSAGE

A fusion of East Meets West massage inspired by Thai stretching and long calming massage strokes for deep sense of relaxation.

Tropical Nostalgia Exfoliation	<i>40 minutes</i>	<i>2000 Baht</i>
Feel The Heat Herbal Compress	<i>40 minutes</i>	<i>2000 Baht</i>
Asian Blend Massage	<i>60 minutes</i>	<i>3500 Baht</i>
Jade Revival Package	<i>150 minutes</i>	<i>5800 Baht</i>

THAI SPECIALTIES

Thailand has a long history of therapies that are a staple on spa menus worldwide. Why should you miss out here?

THAI MASSAGE

Traditional pressure point massage is used to stimulate the body's nerve meridians while passive yoga stretches truly relieve muscle tension, stimulate blood circulation and invigorate the body, mind and soul. This oil-free massage is recommended for those who prefer a strong massage.

BLISSFUL FOOT MASSAGE

Don't ignore your feet. Everything is connected. Rebalance yourself with reflexology to ensure a healthy energy flow throughout your body. The treatment concludes with a warm tamarind foot wrap to soften dry, hard skin and to restore health and beauty to your feet.

Thai Massage	<i>60 minutes</i>	<i>2000 Baht</i>
Blissful Foot Massage	<i>50 minutes</i>	<i>1200 Baht</i>
Thai Specialties Package	<i>120 minutes</i>	<i>3000 Baht</i>

SKIN FIRMING

FIRMING MASSAGE

This aromatherapy massage is ideal for firming the body. A delightful blend of peppermint and capsicum extracts will improve skin tone by reducing the uneven appearance of cellulite.

FIRMING BODY WRAP

This special warming wrap is designed to tone and tighten skin. It helps to eliminate the appearance of cellulite with natural extracts of ginger and peppermint, rids the body of toxins and improves circulation.

Firming Massage

60 minutes

3500 Baht

Firming Body Wrap

40 minutes

2000 Baht

Skin Firming Package

120 minutes

4500 Baht

AL FRESCO FACIAL ESSENCE

This delightful facial spa treatment captures the al fresco spirit of HUA HIN and the warmth of Thai traditions. The treatment includes cleansing, toning, exfoliation, massage and finally a masque all made from pure natural ingredients to refine and promote a healthy glow.

Cleanser: *Fresh Yogurt and Northern Forest Honey*

Toner: *Fresh Chamomile Aqua & Northern Forest Honey*

Scrub: *Fine Brown Sugar & Northern Forest Honey*

Massage: *Northern Forest Honey and Extra Virgin Jojoba Oil*

Masque: *Fresh Aloe Vera & Northern Forest Honey*

Al Fresco Facial Essence

60 minutes

3500 Baht

ALOE BODY SOOTHER

Looking rosey? Give your skin the pampering and special care it deserves after too much fun in the sun.

Aloe Soother Facial Masque	<i>30 minutes</i>	<i>1800 Baht</i>
Aloe Soother Body Masque	<i>40 minutes</i>	<i>2000 Baht</i>

MANICURE

Nails are clipped and shaped; a scrub exfoliates dry skin; cuticles are softened by soaking in a bath of essential oil; manicuring treats the nails; a firm hand massage with lotion is applied and can be topped off with your favorite nail color. Indulge.

Manicure	<i>60 minutes</i>	<i>890 Baht</i>
-----------------	-------------------	-----------------

PEDICURE

Why let your hands have the attention? Toe nails are clipped and shaped; a scrub exfoliates dry skin; cuticles are softened by soaking in a bath of essential oils; the toe nails are cleansed and tended to carefully; a firm foot massage with lotion follows and ends with your favorite nail color. Voila!

Pedicure	<i>60 minutes</i>	<i>990 Baht</i>
-----------------	-------------------	-----------------

NAIL POLISH

Remove existing polish and cleanse nails; complete with nail polish

Nail Polish (hands or feet)	<i>20 minutes</i>	<i>490 Baht</i>
Nail Polish (hands and feet)	<i>40 minutes</i>	<i>790 Baht</i>

FRENCH POLISH (ADDITIONAL FEE)

(hands or feet)	<i>20 minutes</i>	<i>490 Baht</i>
(hands and feet)	<i>40 minutes</i>	<i>790 Baht</i>



ICE TREAT

Set on an open rooftop spa garden, our Ice Treat at Gaia Spa offers a new environment of emotional and body tune.

The setting weaves together with ice, breath, and stillness creating a seamless transition from cold immersion into deep relaxation. Each ice therapy journey supports clarity, calm, and a renewed sense of connection within.

We professionally and carefully take care of your safety and experience from your vital signs check, guide of bath use, breathing-training, and full time close support.

MOOD & MIND

Cold therapy's benefits extend well beyond physical recovery into significant improvements in mental and emotional health. Exposure to cold water activates neurotransmitters like dopamine, norepinephrine, and serotonin—often called the brain's "feel-good" chemicals. Dopamine, linked to pleasure, motivation, and mood regulation, significantly increases following cold exposure, leaving guests feeling refreshed, focused, and positive.

A cold therapy ritual designed to restore emotional balance, mental clarity, and calm presence. To close the journey, a warm towel wrap, plus steam heat if preferred. Herbal infused ginger and mint tea will be served in peaceful ambiance to gently ground the body while maintaining mental clarity.

Immersion in cold water triggers the parasympathetic nervous system, the body's "rest and digest" mode, prompting deep relaxation post-session. It means ice treat leads to a deeper and more restorative sleep when experienced 3–4 hours before your bedtime.

The journey may be softly complemented with a Gaia Spa Treatment for deeper integration and renewal.

Ideal for: Emotional balance, stress release, and enhanced self-awareness.

30-minute session: 600 ++ Baht per person (price for party of minimum 2 persons)

Remarks: Additional 599.-nett surcharge for one person session.

IMMUNE DEFENSE BOOST

Frequent ice bath exposure can enhance the body's immune response. Studies have shown cold water immersion increases white blood cell counts, the immune system's frontline defenders, strengthening resistance against infections, and common illnesses. This immune-boosting effect results from the body's natural reaction to cold stress.

This ritual focuses on the science of adaptive wellness using a personalized cold immersion, typically set between 10–12°C (or 3–8°C for advanced recovery), to awaken the immune system and prime the body for peak vitality. The process and time of the ice treat is similar to Mood & Mind Treatment. The frequency of 3* times weekly for 2-3 weeks will result in the immune health improvement.

The journey begins with guided preparation to ready the mind, breathing training, followed by the cold immersion. The transition into recovery is embraced by the soothing warmth of an aromatic towel, infused with bergamot essential oil to stimulate healthy circulation and gently bring the body back into a state of perfect, grounded balance.

To close the journey, a warm Ginger & Lemongrass infused tea will be served in a peaceful ambiance to rekindle internal warmth and promote deep post-therapy.

The Power of 3: Why Consistency Matters.

To unlock the full physiological benefits and achieve a lasting transformation, a frequency of 3 sessions per week is recommended. Here is why:

- **Cumulative Immune Strength:** One session refreshes, but consistency builds a fortress. Research shows that reaching 11–15 minutes of total cold exposure per week (split into 3 sessions) is the "Sweet Spot" to permanently elevate white blood cell production and activate brown fat thermogenesis for enhanced metabolic health.
- **Neurological Adaptation:** Regular sessions train your nervous system to remain calm under pressure. By the third session, your body learns to bypass the "flight-or-fight" response, turning a challenging cold shock into a deeply meditative, controlled, and energizing ritual.
- **Sustained Resilience:** Consistent exposure ensures that the anti-inflammatory benefits don't just last for an hour, but become your body's new baseline, keeping you protected and resilient throughout your stay and beyond.
- **Neurological Adaptation:** 3 sessions per week train your nervous system to stay calm under stress, turning cold shock into a meditative ritual.

30-minute session: 600 ++ Baht per session per person

(This special offer is for The Power of 3 - 1,800++ will be collected from the first time)

