



HOUSE *of* GAIA  
BATANGAS



# DE-STRESS PROGRAM

## Welcome to the House of Gaia De-Stress Program

At House of Gaia, we understand the importance of managing stress and maintaining a balanced, healthy lifestyle. Our De-Stress Program is designed to provide you with the ultimate relaxation experience, combining advanced techniques and natural therapies to rejuvenate your mind, body, and spirit.

### Program Highlights:

#### **1. Personalized Consultation:**

Our program begins with a personalized consultation with our wellness experts. We take the time to understand your unique stressors and health concerns to tailor the program to meet your specific needs.

#### **2. Stress-Relief Treatments:**

Experience a variety of treatments aimed at relieving stress and promoting relaxation.

#### **3. Mindfulness and Meditation:**

Participate in guided mindfulness and meditation sessions that help you cultivate inner peace and mental clarity. These practices are designed to reduce anxiety, improve focus, and promote overall well-being.

#### **4. Yoga and Stretching:**

Join our yoga and stretching classes, which focus on gentle movements and deep breathing exercises to release physical tension and improve flexibility. These sessions are suitable for all levels of experience.

#### **5. Nutritional Guidance:**

Learn about stress-reducing foods and dietary habits from our nutrition experts. We provide you with practical tips and delicious recipes to support a healthy, balanced diet that can help manage stress levels.

#### **6. Wellness Workshops:**

Attend our wellness workshops, covering topics such as stress management techniques, the benefits of mindfulness, and holistic approaches to maintaining a balanced lifestyle.

### Program Benefits:

- Reduced stress and anxiety
- Improved mental clarity and focus
- Enhanced physical relaxation and muscle relief
- Better sleep quality
- Increased overall sense of well-being



## DE-STRESS PROGRAM (4 NIGHTS)

200,000 per person + accommodation

Our program includes

- Sleep analysis evaluation
- Mindfulness evaluation
- Nutrition and dietetics consultation
- Lifestyle consultation
- Functional fitness assessment
- Installation of sleep tracking devices
- Accommodation as per selection
- Round trip airport transfer (for overseas guest)
- Three wellness cuisine meals per persons and per night of stay
- Complimentary healthy drinks, herbal tea and seasonal fruits in villa
- Complimentary daily fitness and leisure activities
- Complimentary use of hot / cold plunge facilities
- Complimentary use of function fitness gym

Treatments

- 3 Photobiomodulation therapy
- 5 Hyperoxic chamber
- 2 IV infusion therapy
- 1 Month de-stress supplement
- 1 Gaia relaxing massage
- 1 Bamboo massage
- 1 Foot therapy
- 1 Hammam bath
- 2 Meditation session
- 1 Sound therapy
- 1 Empress facial
- 1 Charcoal bath
- 1 Detox body mask
- 2 Private yoga
- 2 Personal training



## DE-STRESS PROGRAM (7 NIGHTS)

250,000 per person + accommodation

Our program includes

- Sleep analysis evaluation
- Mindfulness evaluation
- Nutrition and dietetics consultation
- Lifestyle consultation
- Functional fitness assessment
- Installation of sleep tracking devices
- Accommodation as per selection
- Round trip airport transfer (for overseas guest)
- Three wellness cuisine meals per persons and per night of stay
- Complimentary healthy drinks, herbal tea and seasonal fruits in villa
- Complimentary daily fitness and leisure activities
- Complimentary use of hot / cold plunge facilities
- Complimentary use of function fitness gym

Treatments

- 7 Photobiomodulation therapy
- 7 Hyperoxic chamber
- 2 IV infusion therapy
- 1 Month de-stress supplement
- 1 Gaia relaxing massage
- 1 Acupressure massage
- 1 Foot therapy
- 1 Sound therapy
- 1 Hammam bath
- 2 Mindfulness meditation session
- 1 Acupuncture
- 1 Charcoal bath
- 1 Detox body mask
- 1 Private yoga
- 2 Personal training