

TREATMENT	DESCRIPTION	DURATION	INGREDIENTS/ PRODUCTS
MASSAGE			
Signature Massage	A blend of east and west massage techniques such as Lomi lomi movements, accupressure points, and Swedish massage techniques. It is uniquely designed to work on every muscle in the body.	90 minutes	A choice of Deep Healing, Calming & Romance Massage Oils
Sports Massage	A strong pressure oil massage that focuses on the areas of the body that are overused from repetitive and aggressive movements. This massage incorporates techniques based on the principles and science of trigger point massage therapy that help alleviate pain and restore muscle function.	110 minutes	Deep Healing Massage Oil
Hilot	An ancient filipino art of healing that involves different methodologies such as massage, application of warm banana leaves, massage with dagdagay sticks and ventosa or cupping therapy, to help restore an individual back to health.	105 minutes	Extra-Virgin Coconut Oil
FACIALS			
Natural Organic Facial	Uses a blend of natural and organic ingredients, freshly prepared, to cleanse, moisturize and tone the skin. Combined with a relaxing facial massage to assist lymphatic drainage and blood circulation, this will leave your skin healthy and glowing.	60 minutes	Sweet Almond Oil, Cucumber, Papaya, Oats, Aloe Vera & Rose Water
Skin Renewal Facial	Uses facial modalities for deep cleansing and better penetration of nutrients from facial products. Involves a non-invasive, powerful, skin-exfoliating treatment called microdermabrasion, to promote skin regeneration to lessen the appearance of pigmentation, scars and fine lines.	90 minutes	Rose Water, Calendula Cream & Sweet Almond Oil
BODY SCRUBS - Exfoliates dead skin with the use of natural loofah and natural ingredients			
Citrus Body Glow	A refreshing way to exfoliate and nurture the skin. Using dead sea salt, citrus ingredients and sweet almond oil, this scrub will mineralize, detoxify and moisturise your skin.	35 minutes	Dead Sea Salt, Citrus Essential Oil Blend, Sweet Almond oil & Lemon Rind
Exotic Jasmine Body Polish	True to Filipino culture, this scrub uses natural organic ingredients that has been used throughout the ages for health and beauty. Rich in anti-oxidants, black rice with extra virgin coconut oil are excellent tools for removing dead skin cells and protecting the skin from free radicals that cause skin damage and early onset of aging. Combined with the uplifting aroma of Jasmine flowers and oils, this scrub is a perfect treatment for the body and mind.	35 minutes	Organic Black Rice, Extra-Virgin Coconut Oil & Jasmine Essential Oil Blend
Hamмам	Hamмам is a traditional Turkish bath that is growing in popularity in spas all over the world. Hamмам takes place in a steam-heated room specially designed to look like a traditional Turkish bath house with walls and floor lined with marble and the room heated through radiant heat. Journey includes dousing followed by a full body exfoliation using 'kese' or mitt and rinsing. A truly unique experience that has immediate and visible effects on your skin.	60 minutes	
BODY WRAPS			
Glorious Mud Body Mask	Made from Rhassoul clay, which is mud from ancient deposits within the Atlas Mountain in Morocco. This clay is rich in minerals that are excellent in detoxifying the skin and improving skin texture.	45 minutes	
Remineralizing Dead Sea Mud Wrap	Found in the lowest part of the earth, dead sea mud is packed with essential minerals the body needs. When it dries, it pulls impurities from the skin and tightens it for a toner looking skin.	45 minutes	Mineral Mud & Kaolin Clay
Ginger Herbal Wrap	Made from ginger and honey, this wrap is not only designed to cleanse and detox the body but also to protect the skin from early aging. It is also very good for warming the muscle and perfect for those who need to relieve muscle tension in the body.	45 minutes	Ginger, Honey & Kaolin Clay
BATH CREATIONS - In addition to the treatments at the spa, hotel guests can enjoy the luxury of having special bath creations prepared for			
Exotic Indulgence	Exotic flowers are used in baths for its rejuvenating experience. Not only are they high in antiseptic properties but has sedative and aphrodisiac effects to relax your body and uplift your mind.	30 minutes	Exotic Flowers & Lavender Oil
Muscle Soak	Combination of ginger's anti-inflammatory properties, salt's minerals and therapeutic effect of warm water, is the best remedy to reduce muscle and joint pains.	30 minutes	Salt, Ginger, Epsom Salt & Flower Petals
Skin Nourishing Milk Bath	Moisturize your skin in the richness of coconut milk. Its high oil content helps seal in the moisture from your body. Relax in the calming scent of lavender oil.	30 minutes	Coconut Milk, Lavender Oil & Flower Petals
Romance Rose Petal Bath	Rose is rich in vitamins and antioxidants. It has been used to treat all kinds of skin ailments due to its antiseptic properties. As a mild diuretic, it rids your body of excess water and works well as a gentle detoxing agent.	30 minutes	Rose Water & Rose Petals

