

# SPA

## Treatments

### EIGHT TREATMENTS SPA PACKAGE SELECTION

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To maximize your choice, we offer a list of fourteen treatments from which you can choose your preferable eight.

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### Treatment Selection

- 🌀 BALINESE MASSAGE
- 🌀 SWEDISH MASSAGE
- 🌀 BACK AND SHOULDER MASSAGE
- 🌀 FOOT REFLEXOLOGY
- 🌀 ABHYANGA AYURVEDIC MASSAGE
- 🌀 CHAMPISSAGE
- 🌀 TRADITIONAL FILIPINO “HILOT” MASSAGE
- 🌀 JAPANESE SHIATSU MASSAGE
- 🌀 SCUBASPA SPORTS MASSAGE
- 🌀 SCUBASPA GLOWING FACIAL
- 🌀 SCUBASPA BODY SCRUB
- 🌀 SCUBASPA BODY MASK
- 🌀 AFTER SUN ALOE VERA TREATMENT
- 🌀 FOOT SCRUB

### 🌍 Balinese Massage 50 min

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Flowing and graceful therapy, known to strengthen and heal the body, combining stretching, long strokes, skin rolling and palm-and-thumb pressure techniques. Relieves tension and eases stress.

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### 🌍 Swedish Massage 50 min

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Relaxing and invigorating classical European technique which manipulates muscles with the use of aromatic massage oils. Stimulates blood circulation, known to be efficacious in treating the lymphatic, muscular and nervous systems.

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### 🌍 Back & Shoulder Massage 30 min

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Enjoyable energetic massage which releases deeply held tensions in the upper body. Working on all the muscles in the neck, shoulders, scalp and face. Brings relief from stress and leaves you feeling deeply relaxed.

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### 🌍 Foot Reflexology 30 min

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Ancient art of massaging the feet, stimulates specific pressure points which correspond to the whole body. Opens and clears the energy pathways. Improves circulation and leaves you feeling grounded, energized and renewed

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### 🌍 Abhyanga Ayurvedic Massage 50 min

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Known as the mother of all massages. Ayurvedic treatment involves the liberal use of warmed herbal oils. Ancient treatment style designed to balance body and mind. Excellent to reduce stress and re-energize.

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### 🌍 Champissage 40 min

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Ayurvedic calming treatment that stimulates the scalp, nourishes the hair roots and hair itself. Relieves fatigue, helps enhance mental clarity and focus. Balances and nourishes emotions.

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### 🌍 Scubaspa Sports Massage 50 min

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Treatment characterized by low, firm pressure strokes, trigger point work and joint mobilization. Techniques are used to increase blood circulation and release of toxins. Best choice for active people living fast-paced life.

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### 🌍 Filipino “HILOT’ Massage 50 min

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An age-old Filipino Massage that centers on the meridian points and the energy flow of the body. Repetitive thumb technique that rejuvenates and relaxes. Characterized by slow and deliberate strokes and removal of blockages or Lamig (lactic acid formation). Highly recommended for individuals with upper back aches and stress related pain and anxiety.

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### 🌍 Japanese Shiatsu Massage 50 min

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Japanese-style pressure point technique based on the concept of acupuncture. Works on vital energy points resulting in balanced CHI (life force energy). Combination of thumb pressure and dry massage technique.

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### 🌍 Scubaspa Glowing Facial 40 min

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Celebration of beauty and wellness. A pampering facial treatment that can heal troubled and healthy conditions. Composed of cleansing, exfoliations, facial massage, facial mask and deep moisturization that makes your face shine with a youthful glow.

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### 🌐 After Sun Aloe Vera Treatment 30 min

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Soothes, repairs and rejuvenates the skin after exposure from the sun's harmful rays. It also smoothens and tones your epiderm.

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### 🌐 Scubaspa Body Scrub 30 min

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Deeply moisturizing and an excellent treatment before exposure to the sun. Rich, nourishing and hydrating. You can choose from a variety of treatment recipes.

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## Beautifying Treatment Selection

### 🌐 Spa Manicure 60 min

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Complete care treatment for beautiful and healthy-looking hands and nails. The treatment consists of file, soak, cuticle work and scrub as well as mask and nail polish.

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### 🌐 Spa Pedicure 60 min

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Complete care treatment for beautiful feet comprises of a Foot Ritual to smooth and rejuvenate the skin followed by a nail polish. This treatment is exceptionally relaxing.

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### 🌐 Scubaspa Body Mask 30 min

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Eliminates toxins and stimulates the metabolism. The skin feels firmer, toned and revitalized, from the benefits of mineral penetration. Assists to reduce the appearance of cellulite. You can choose from a variety of treatment recipes.

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