

# *the sanctuary*

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ATMOSPHERE RESORTS & SPA • PHILIPPINES

# signature treatments

## **Atmosphere Signature Massage\***

1.45 hours

Relax the mind and body when you engage in this classic Swedish style Massage with the Atmosphere touch. Full of smooth gliding strokes along with deep kneading and manipulation of the muscles, simply feel the tension slip away and the harmony and balance be restored to your body.

## **Atmosphere All Natural Facial – natural plant extract facial\*\***

60 minutes

Revitalize your skin with this all natural plant based facial, with a clay and Aloe Vera based mask, perfect for soothing sun damaged or tired skin.

## **Atmosphere Refreshing Body Scrub - oatmeal and mint body scrub\***

45 minutes

A mild yet fragrant scrub suitable for sensitive skin. This scrub is ideal for those suffering the after-effects of too much sun. Gentle in nature, it will leave the skin feeling soothed and smooth.

## **Atmosphere Soothing Body Wrap - aloe vera cucumber body wrap\*\***

30 minutes

Soothe and rehydrate the skin with this refreshing and cooling wrap, perfect for sun exposed skin.

## combinations of above signature treatments

### **Body Scrub & Body Wrap**

### **Body Scrub, Body Wrap & Atmosphere Signature Massage**

### **Atmosphere Signature Massage & All Natural Facial**

(To avail of these special offers, the treatments have to be taken in succession)

\*Treatment time includes a foot ritual and tea ceremony

\*\*Treatment time includes tea ceremony only

## massages

All massage treatments start with a foot ritual and end with a tea ceremony. Receive a complimentary sarong with the first massage treatment. Additional sarongs can be purchased in the spa shala.

### **Atmosphere Signature Massage\***

Relax the mind and body when you engage in this classic Swedish style massage with the Atmosphere touch. Full of smooth gliding strokes along with deep kneading and manipulation of the muscles, simply feel the tension slip away and the harmony and balance be restored to your body.

1.45 hours

### **Bamboo Massage\***

Experience this unique massage performed with warm bamboo. A massage that penetrates deep into the muscles, freeing built up tension whilst stimulating circulation.

1.45 hours

### **Executive Back Massage\*\***

Unwind and let any stress disappear as you let the therapist work solely on the back, neck and shoulders. A common area for built up tension, this massage works out all the aches and pains of everyday life. Relax and enjoy.

30 minutes

### **Foot Massage\*\***

Indulge in this therapeutic foot massage, stimulate the pressure points and feel the tension release.

45 minutes

### **Hilot massage\***

Originating in the Philippines, Hilot is a hands-on healing art that involves intuition and massage. The therapist uses a combination of banana leaves and dagdagay sticks to stimulate the nerves, improve circulation and promote overall wellness of both the body and mind.

1.45 hours

### **Hot Stone Massage\***

Indulge in this massage treatment which allows heat to penetrate deep into the muscles via smooth basalt stones. A truly magical experience.

1.45 hours

### **Indian Head Massage\*\***

Based on the ancient Indian Ayurvedic system of healing this massage relieves the stress and tension in the head, neck and shoulder area. Especially good for relieving insomnia and headaches.

30 minutes

### **Relaxation Massage\***

Succumb to the effects of this massage and feel the body and mind slip into a deep state of relaxation. After a long journey or a hard day's diving, surrender to the full long soothing strokes.

1.15 hours

### **Stress Reliever\***

Target those tired, tense and sore muscles with this stress-relieving massage. Your therapist will scan your back, neck and shoulders for any tension and will work deep into the muscles to leave you feeling rejuvenated and relaxed. Especially good for those who engage in office work or who carry the weight of the world on their shoulders.

1.15 minutes

### **Thai massage\***

Experience the therapeutic benefits of our classic massage from our neighboring country Thailand. Our traditional Thai massage is a non-oily dry massage full of deep stretches with the concentration on various pressure points. This is an invigorating massage that leaves you feeling subtle, agile and free of tension. Just like our other massage treatments, it begins with a foot ritual and ends with a tea ceremony.

1.45 hours

### **Watsu®\*\***

This treatment is based on the founding principles of water shiatsu, a soothing massage that takes place in our purpose built warm water pool. Surrender to the water as this unique treatment combines elements of massage, shiatsu, muscle stretching and dance. A deeply relaxing experience where you will be supported and floated over the water's surface, gliding through rhythmical flowing movements and freeing the body and mind of stress and tension. An unforgettable experience. For Water Massage Therapy, please make your reservation 24 hours in advance.

50 minutes

\*Treatment time includes a foot ritual and tea ceremony

\*\*Treatment time includes tea ceremony only

## facials

### **All Natural Fruit Extract\*\***

Rejuvenate your skin with this all natural facial using extracts from natural sources to cleanse, tone and moisturize. Enjoy the effects of a more youthful radiant look.

60 minutes

### **All Natural Plant Extract\*\***

Revitalize your skin with this all natural plant based facial, with a clay and aloe vera based mask perfect for soothing sun damaged or tired skin.

60 minutes



### **Algotharm Anti-aging Facial\*\***

A pure indulgence with Algotharm's special anti-aging formula, restoring the skin to its natural beauty, whilst minimizing the appearance of premature aging.

60 minutes

### **Algotharm Oxygenating Facial\*\***

Revitalize the skin with this oxygenating facial. Full of natural sea minerals it is a perfect treatment to repair the skin and enhance a more glowing look.

60 minutes

\*Treatment time includes a foot ritual and tea ceremony

\*\*Treatment time includes tea ceremony only

# body treatments

## body scrubs

Keep your skin smooth and expose more supple radiant looking skin with an all-natural or Algotherm body scrub.

### **Coffee and Carrot Scrub\***

This gentle exfoliator is perfect for all skin types. An indulgence for all the senses, this scrub stimulates circulation and assists in detoxification.

45 minutes

### **Coconut and Ginger Scrub\***

A heavenly mix of coconut and ginger, it gently removes dead skin and replenishes the skin with its natural radiance. The scrub is full of antioxidants and promotes smoothness and an even skin tone.

45 minutes

### **Oatmeal and mint scrub\***

A mild yet fragrant scrub, suitable for sensitive skin. This scrub is ideal for those suffering the after-effects of too much sun, gentle in nature it will leave the skin feeling soothed and smooth.

45 minutes



### **Algoterm Marine Body Scrub\***

Enliven your skin with this gentle marine body scrub. Rich in minerals and seaweed, the scrub cleans off impurities and leaves the skin clean, re-mineralized, soft and regenerated.

45 minutes



### **Algoterm Sea Salt Scrub\***

Relieve tiredness and eliminate toxins with this marine sea salt body scrub. The scrub is mixed with seaweed marine oil, which exfoliates and smoothes out the skin imperfections.

45 minutes

## body wraps

Using the traditional approach to body wraps you will be wrapped in banana leaves with your choice of body mask. All wraps promote cooling and rehydration of the skin.

### **Papaya & Pineapple Wrap\*\***

Light and refreshing, this wrap is full of antioxidants and a great way to leave the skin feeling refreshed and rejuvenated.

30 minutes

### **Coconut Wrap\*\***

A perfect combination to the coconut and ginger scrub, this wrap invigorates both the mind and the body and keeps you reminded that you are in the tropics.

30 minutes

### **Aloe Vera and Cucumber Wrap\*\***

Soothe and rehydrate the skin with this refreshing and cooling wrap, perfect for sun exposed skin.

30 minutes

### **All Natural Body Scrub with All Natural Wrap\***

60 minutes

### **After Sun Care\***

Soothe that sun-kissed skin with this combination of relaxing and rehydrating body treatments; Oatmeal & mint Scrub – Aloe Vera & Cucumber Wrap – Aloe Vera Face Mask

60 minutes



### **Algotherrm Marine Wrap\*\***

Unwind with this wrap enriched with sea minerals, promoting healthy radiant skin.

30 minutes



### **Algotherrm Body Scrub with Algotherrm Wrap\***

60 minutes



### **Fangotherrapy\***

This treatment involves deep cleaning to remove dead cells before application of highly mineralized marine mud sourced from Mount Saint Michel in France. The mud specifically treats muscular tiredness, pain and arthritis. This unique therapy reduces tension and energizes the body.

60 minutes

\*Treatment time includes a foot ritual and tea ceremony

\*\*Treatment time includes tea ceremony only

# add-on treatments

## **Healing baths**

Relax and unwind in one of our outdoor baths, choose from one of the following:

- Cleopatra style milk bath
- Floral bath
- Red Wine bath
- Thalasso style marine salt and seaweed bath

20 minutes

## **Face Mask**

Enjoy a cooling Aloe Vera face mask, perfect for sun exposed skin and good for all skin types. It can be added to any treatment.

## **Foot Mask**

Revive those tired feet with a soothing mint foot mask. It can be added to any treatment.

## **All natural Olive and Rosemary hair mask**

Replenish the natural oils in your hair with this olive mask tinged with the fragrance of rosemary – improving the look, feel and manageability of the hair, adding shine and preventing breakage.

## **All natural Avocado and Coconut cream hair mask**

Give dry damaged hair a healthy, lustrous shine with this all-natural hair mask. Avocados and coconuts are full of wonderful natural oils boosting the natural condition of all hair types.

# Young Ones



Here at The Sanctuary Spa we are child and adolescent friendly. We think it is important for children to recognize the importance of looking after themselves and working on the art of proper therapeutic relaxation. Due to popular demand, we have a Spa Menu specifically designed for young ones between ages 8 and 15.

## **Mini Massage**

Gentle light full body massage, perfect for relaxation.

40 minutes

## **Fabulous Feet**

Revive those feet with an enjoyable foot massage.

30 minutes

## **Fruity Facial**

Indulge in a delicious all natural fruit facial, perfect for delicate youthful skin.

45 minutes

## **Scrummy Scrub**

Enjoy a gentle yummy full body Chocolate Scrub, thoroughly clean the skin and tickle those taste buds at the same time.

30 minutes

## **All Wrapped Up**

Relax in a banana leaf cocoon, this body wrap with cucumber and aloe vera is great if you had a little too much sun.

25 minutes

## **Funky Fingers**

Make those finger nails sparkle with a mini manicure and a little nail art.

25 minutes

## **Twinkle Toes**

Make those toe nails twinkle with an express pedicure and glitter nail varnish or a little nail art.

25 minutes

We accept children from the age of 8 and upwards. Please note that all children between 8 and 12 need to be accompanied by an adult at all times whilst adolescents between ages 12-15 only need to be accompanied by an adult for their first treatment. Any subsequent treatment can be taken alone if they feel comfortable.

## additional treatments

<b>Manicure** (includes hand massage)</b>	60 minutes
<b>Express manicure**</b>	45 minutes
<b>Pedicure** (includes foot &amp; leg massage)</b>	60 minutes
<b>Express Pedicure**</b>	45 minutes
<b>Nail Painting only</b>	15 minutes
<b>Nail Painting w French tip</b>	20 minutes
<b>Nail Art</b>	Time varies
<b>Foot Spa Light*</b>	60 minutes
<b>Foot Spa Intense*</b>	80 min
<b>Foot Spa Light with Pedicure*</b>	90 minutes
<b>Foot Spa Intense with Pedicure*</b>	1 hr 40 min

*Please note that exfoliation and callus removal are not part of the pedicure treatment  
Foot Spa includes exfoliation, callus removal, massage and foot mask*

<b>Ear Candling</b>	20 minutes
<b>Threading</b>	Price & time upon request

*Threading is the Indian art of hair removal: Have unwanted hair removed from the roots using natural cotton in a process similar to tweezing, from eyebrows, upper or lower lip and lower legs.*

<b>All Natural Waxing</b>	Price & time upon request
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*An all-natural approach to hair removal, ask for prices for underarm, forearm, bikini, legs or back.*

\*Treatment time includes a foot ritual and tea ceremony

\*\*Treatment time includes tea ceremony only

# yoga and wellness

<b>General Yoga Class</b>	60mins
<b>Private Yoga Class (1 pax)</b>	75 mins
<b>Private Yoga Class (2 pax)</b>	75 mins

Join our in-house yoga teacher on one of our morning or afternoon scheduled classes. Mentally unwind as you tune into your body and your breath whilst being surrounded by nature. Strengthen, tone and stretch in one of the many dynamic yoga styles on offer.

Whether you are new to yoga and prefer to have a one-on-one introduction or if you are a keen yogi and wish to deepen your practice, then a private class is perfect for you. Our yoga teacher can either tailor-make a class to suit your objectives or you can choose a more specific style of yoga from her teaching background.

- Sivananda yoga
- Ashtanga yoga
- Yin yoga
- Vinyasa yoga
- Gentle Yoga flow
- Hatha yoga

## **Yin Assisted Yoga**

A wonderful massage-like, passive approach to yoga. Lie back, listen to the music and relax as the yoga teacher moves your body through a variety of postures. Strongly mimicking Thai yoga massage moves, you will feel stretched, relaxed but strangely rejuvenated after the unique treatment.

60 mins

### **Water yoga (private)**

Enjoy a yoga session in a pool of warm therapeutic water. A gentle approach to stretching good for both the new or enthused yogi alike.

60 mins

### **Relaxation Class**

Let your mind and body come to stillness as you lie back and relax and get taken on a journey to a quiet peaceful place. A place where you can leave all of your worries, cares or concerns behind.

Surrender to a place of deep tranquility.

30 mins

### **Meditation**

Bring your mind to stillness as you surround yourself with nature. Practice, focus, surrender to the sound of the waves.

20-30 minutes monday & friday complimentary

30-40 minutes upon request,

### **Sunrise meditation/yoga/relaxation**

60 mins (min 2, max 4)



## A note on our All Natural Treatments

Please note that all of our Natural Spa treatments are freshly prepared along with your reservation. If you wish to cancel your treatment or postpone it to another day, please ensure that you do so at least two hours prior to your scheduled time.

Cancellations or postponements received later than this will entail a 500 peso cancellation fee. This is due to the fact that the ingredients unfortunately cannot be reused.

Thank you for your understanding,

*The Sanctuary Spa Management*