

A Laid-Back Weekend in Dumaguete

*Diving and yoga are only some of the things worth visiting in this coastal town. By **DIANA C. CAMACHO***



Clockwise from top left: Yoga-ception: A tree pose on a tree house. The view by the bar; relax on one of Atmosphere's outdoor couches in front of their infinity pool. Sesame-crusted tuna over mango chutney is one of their healthy selections. Go diving with the whalesharks at Oslob, 30-minutes away from the resort. Then rejuvenate at their in-house spa, The Sanctuary. Palm trees dot Atmosphere's expansive property.

PHOTO COURTESY OF (YOGA, POOL, WHALESHARK, SPA, BAR) ATMOSPHERE RESORTS.COM, VEGAN FOOD (HAZZEL LACTAEN).



KNOWN FOR SILVANAS, DIVING, AND the esteemed Siliman University National Writers Workshop, Dumaguete—much like any single lady in her early to late 30s—is “always a bridesmaid, never the bride,” as it’s almost always merely a side trip after Cebu.

But despite being in the background to such other destinations, the province beckons with its own genteel allure. Located in the coastal town of Dauin is Atmosphere Resorts, Tripadvisor’s Traveller’s Choice Awardee for 2015. And with its ocean-front location, luxury villas, dive center, spa, and yoga retreats, it’s easy to see why.

TAKE A BREATHER

Atmosphere Resorts is made to escape city life. The sprawling villas have nipa roofs that add a native touch to the modern style accommodations. Inside, my room has a king-size bed, a daybed, a flat-screen TV, and all the bells and whistles you’ll need to stay in and snuggle your sheets all day. Furnished with tropical accents and paintings by local artists, it set the mood for my summer holiday. And it made me feel right at home. If it weren’t for some fun activities lined up for the rest of my stay, I would have simply stayed in bed and read a book, with the sounds of nature hushing in the background.

If you can pry yourself out of your room, Atmosphere has a spa that can cater to your pampering needs. Appropriately called The Sanctuary, their in-house spa is a little haven within the expansive property. Nestled in a secret garden of sorts, the spa offers privacy with nature as your backdrop. Best after a long day of activities, their signature massage will lull you right to sleep.

BODY AND SOUL

At Atmosphere, not only will you get in touch with nature, you’ll tune in to your body as well. With a new menu of healthy

and vegan selections, you’ll cleanse your insides as you recharge your body and mind. Offering dishes like sesame-crustured seared tuna served with a mango chutney and caprese kebabs, you won’t feel guilty indulging after a day of going out and about.

Invigorate your soul with some yoga, too. Head over to the tree house where yoga classes are offered twice a day, and you’ll instantly feel at peace doing your lotus pose while overlooking the Bohol Sea. I haven’t been practicing yoga for a long time but because of the idyllic setting, I’ll definitely be back for a yoga retreat in the future.

SUP AND THEN SOME

For those who want something active, Atmosphere Resorts can cater to your sporty or adventurous side as well. Get into some stand-up paddle boarding (SUP) and experience a different kind of calm paddling out into the open sea while enjoying the view of Apo Island in the distance. If there’s a bit of a current (like there was during my stay), it might be a bit more challenging, but fun and a good workout nonetheless.

If you wish to venture out and explore, Atmosphere also offers diving (whether scuba or snorkel) expeditions in Apo Island. Known for their turtles and marine sanctuary, a quick dive in Apo Island is one thing outside your staycation that you should add to your itinerary.

If diving’s more your thing, they also have a dive center for scuba divers of all levels. Offering dive courses from beginner to PADI Dive Master and Instructor courses, they have something for everyone.

While Dumaguete is often overlooked for other destinations in Central Visayas, places like Atmosphere Resorts and Spa gives us a glimpse of what the city has to offer. And from what I’ve seen, the city definitely deserves a spotlight of its own. ■

Discovering the Charmed Life

As Fort Bonifacio continuously rises to become a top financial and leisure destination, Taguig City’s central business district is already starting to congest. Hence, there is a need to find a home that transcends into a sweet escape. One that can be found in Tres Palmas.

Tres Palmas is a contemporary mediterranean inspired development with 3 mid-rise residential towers in a community that creates a wellspring of charmed living. Being located within the booming residential suburban of Taguig City along Pedro Cayetano Blvd (formerly Levi Mariano Ave), one can get the best of both worlds, the enriching suburban vibe & dynamic business district lifestyle.



Discover this charmed living!

LOW DENSITY

In Tres Palmas Taguig, one can escape from a populated business district to a home of unparalleled privacy that gives more personal space for each resident. In a low density boutique community with just around 180 units, there is no need to live with cramped elevators or busy common areas. With only 5 to 12 units on each floor, every unit owner can experience the charm of true privacy.



Actual Photo Tower 2 Mallorca

RESTFUL SPACES

The palm trees, verdant gardens, sound of flowing water and the feel of nature’s breeze come together to exude the



kind of peace rarely found in busy and action-packed CBDs. Being just 4KM away from Bonifacio Global City gives Tres Palmas an advantage to create 60% peaceful open space that calms the mind and enlivens the spirit.

SENSIBILITY

Tres Palmas’ balance of functionality, aesthetics and value makes a sensible living space. High quality and innovative construction, central location and ravishing architecture amidst modern conveniences, all sensibly priced, Tres Palmas Taguig is the smart choice for a well-thought decision.

