

the sanctuary

ATMOSPHERE RESORTS & SPA • PHILIPPINES



WORLD
LUXURY
SPA
AWARDS
WINNER
2017



massages

Specialty Signature Massages

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 hour 30 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 hour 30 minutes

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 hour 30 minutes

Lava Shell Massage

Experience a massage connected to the ocean in every way. Using 100% natural Filipino tiger clam shells, this massage bears similarities to the hot stone massage as each shell is filled with a natural self-heating gel. This unique massage also stimulates many of the senses beyond that of just touch, an

arrangement of shells pleases the eye, and ocean breeze essential oil permeates the air whilst the whole massage is accompanied by locally composed ocean inspired music.

1 hour 30 minutes

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 hour 30 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 hour 30 minutes

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.

1 hour

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

Regular Massage Treatments

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 hour

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 hour

Reflexology

Sit back and enjoy the spa's garden as your therapist applies pressure to the soles of your feet, easing away any tension from the entire body. Often used to combat certain health problems, your therapist will systematically work through the pressure points that relate to various areas of your anatomy.

1 hour

Shorter Massage Treatments

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.

30 minutes

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

Face Massage

The blissful massage focuses on the face and head, an overall relaxing experience.

30 minutes

Hand Massage

Stimulate the pressure points of the hands and unwind with this truly enjoyable massage.

30 minutes



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

body treatments

body scrubs

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

30 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.

30 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.

30 minutes



Algotharm 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.

30 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



Algotharm Wrap

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

30 minutes

Algotherm Body Scrub with Algotherm Wrap

60 minutes

Additional Treatments

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

Foot Spa

Includes exfoliation, callus removal, massage and foot mask for tired feet.

60 minutes

Add on Pedicure

30 minutes

All Natural Waxing

An all-natural approach to hair removal, ask for prices for underarm, forearm, bikini, legs or back.

Threading

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.

Ear Candling

Ear candling is an ancient alternative treatment, considered by many to assist in the removal of wax and debris and thought to relieve pressure in the ear associated with ear ache and infections.

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.

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

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 12.

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.

Manicures and Pedicures

Manicure (includes hand massage)	60 mins
Pedicure (includes foot & leg massage)	60 mins
Nail Painting only	15 mins
Gel Painting	15 mins
Nail Painting w French tip	20 mins
Nail Art	Time varies

Yoga, Wellness and Fitness

Yoga

General Yoga Class	60 mins
Private Yoga Class (1 pax)	70 mins
Private Yoga Class (2 pax)	70 mins
Water yoga (private)	60 mins
Yin Assisted Yoga	60 mins

Meditation

General Meditation Class	30 mins
Private Meditation Class (1 pax)	60 mins
Private Meditation Class (2 pax)	60 mins
General Relaxation Class	30 mins

Fitness

General TRX Class	50 mins
General Circuit Training Class	50 mins
Private TRX or Circuit Training Class (1 pax)	60 mins
Mix & Match (Incl. Yoga, TRX, Meditation & Circuit Training)	10 classes



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



Recommended combinations

All Natural Body Scrub & Body Wrap

All Natural Body Scrub, Wrap & Stress Relieving Massage

All Natural Facial & Relaxing Massage

Foot Massage & Indian Head Massage

Detox Spa Services

Castor Oil Topical Cleansing Pack

Cleanse your liver whilst indulging in a stimulating circulatory massage of the head and feet. Relax as a castor oil topical pack rests over the abdominal area drawing out the toxins and impurities from the liver. A warm and soothing treatment that leaves you feeling completely relaxed whilst cleansing the body and promoting lymph flow.

45 minutes

Bentonite Lymph Mask

The lymphatic system plays a huge role in our overall health and wellbeing. Encourage better lymph flow with this relaxing bentonite mask. Unwind as a partial body mask is applied to the area under the arm and to the side of the body to draw out any toxins. Enjoy a stimulating hand massage as you relax and let the healing clay work its magic.

45 minutes

Bentonite facial Mask – Good from those with problematic skin

Bentonite is known as the 'healing clay' for its properties that aid in detoxification. Let this firming facial mask draw out any impurities from the skin whilst leaving the face feeling fresh and taut.

Digestive Cleanse

Try this tasty shake made of Psyllium and Bentonite, two key ingredients for internal cleansing. Bentonite is full of vitamins and minerals and psyllium is a bulk fiber, both of which have natural laxative effects. Follow up to this treatment with our homemade probiotic lemonade to replace some of the good bacteria after elimination.

Skin Brushing

Lie back and enjoy a vigorous skin brush, not only does it improve your skins appearance by removing any dead skin and stimulating healthy skin regrowth but it is also a powerful way to enhance the detoxification process by stimulating the lymphatic system.

45 minutes