

# the sanctuary

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ATMOSPHERE RESORTS & SPA • PHILIPPINES

Dear Guest,

Please note that in light of the COVID -19 situation to ensure the safety of both guests and therapists we have made some amendments to our spa menu.

For the foreseeable future we will omit from the menu hand, head and face massages, along with facials. All of our massage treatments will have the sequences reconfigured to avoid touching these areas.

As hygiene is paramount at this time, we require that all guests shower prior to and after all spa treatments. In order to ease your peace of mind our therapists will engage in a hand cleansing ritual prior to the start of any treatment, they will also wear facemasks at all times and will continue to use alcohol throughout the treatment.

Prior to the start of any treatment, you will be required to fill in a separate health care questionnaire from that of the resort, we will kindly ask you to have your temperature taken and pass through a foot sanitization bath. All guests will be given the opportunity to be alone in their private pavilion but if you choose to share a pavilion with a friend or loved one please note that massage beds are distanced at least one metre apart.

Thanking you in advance for your cooperation, if you require any further details on our current protocols and procedures do not hesitate to ask.

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LUXURY

SPA

AWARD

Winners

2017 & 2018



# 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 - 4590 peso

### **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 - 4390 peso

### **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 - 4390 peso

## **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 - 3590 peso

### **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 - 3590 peso

### **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 - 3990 peso

## **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 - 1890 peso

### **Foot Massage**

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

30 minutes - 1890 peso

# body treatments

## body scrubs

Keep your skin smooth and expose more supple radiant looking skin with an all-natural 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 – 2900 peso

### **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 – 2900 peso

### **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 – 2900 peso

### **Vichy Shower**

Relax on our horizontal vichy shower whilst the therapist washes away your body scrub ingredients.

15 minutes – 795 peso

# 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 – 1990 peso

## **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 – 1990 peso

## **Aloe Vera and Cucumber Wrap**

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

30 minutes – 1990 peso

## **Vichy Shower**

Relax on our horizontal vichy shower whilst the therapist washes away your body wrap ingredients.

15 minutes – 795 peso

# 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 - 4550 peso

## **Foot Spa**

Includes exfoliation, callus removal, massage and foot mask for tired feet.  
60 minutes - 2490 peso

## **Add on Pedicure**

30 minutes - 590 peso

## **All Natural Waxing**

An all-natural approach to hair removal, ask for prices for underarm, forearm, bikini, legs or back.  
(Price & time upon request)

## **Healing baths**

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

- Cleopatra style milk bath (700 peso)
  - Floral bath (600 peso)
  - Red Wine bath (800 peso)
  - Thalasso style marine salt and seaweed bath (800 peso)
- 20 minutes

## **Vichy Shower**

Relax on our horizontal vichy shower  
15 minutes – 795 peso

# Manicures and Pedicures

<b>Manicure</b>	30 mins	900 peso
<b>Pedicure</b>	30 mins	900 peso
<b>With Gel paint (additional 15 minutes)</b>	30 mins	600 peso
<b>Nail Painting only</b>	15 mins	250 peso
<b>Gel Removal</b>	30 peso per nail	200 peso per set

# Yoga, Wellness and Fitness

## Yoga

<b>General Yoga Class</b>	60 mins	795 peso
<b>Private Yoga Class (1 pax)</b>	70 mins	3500 peso
<b>Private Yoga Class (2 pax)</b>	70 mins	5000 peso
<b>Yin Assisted Yoga</b>	60 mins	4390 peso

## Meditation

<b>General Meditation Class</b>	30 mins	795 peso
<b>Private Meditation Class (1 pax)</b>	60 mins	3000 peso
<b>Private Meditation Class (2 pax)</b>	60 mins	4500 peso
<b>General Relaxation Class</b>	30 mins	795 peso

## Fitness

<b>General TRX Class</b>	50 mins	795 peso
<b>Own schedule TRX or Circuit Training Class</b>	50 mins	995 peso
<b>Private TRX or Circuit Training Class (1 pax)</b>	60 mins	3500 peso
<b>Mix &amp; Match (Incl. Yoga, TRX, Meditation &amp; Circuit Training)</b>	10 classes	7,155 peso



# Recommended combinations

**All Natural Body Scrub & Body Wrap**

**4450peso**

**All Natural Body Scrub, Wrap & Stress Relieving Massage**

**7500peso**