

## SPA MENU



2017 - 2024 WINNER

Best Luxury Garden Spa – Global worldwide

Best Luxury Fitness Spa – Asia

Best Luxury Spa Retreat - Philippines

# Signature massages

All our massage treatments begin with a foot ritual and end with a tea ceremony.

## 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 - ₱ 6,250*

## 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.

*1 hour 30 minutes - ₱ 5,990*

## 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 - ₱ 5,490*

## 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 - ₱ 6,250*

## 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 - ₪ 6,750*

## 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 - ₪ 6,250*

## ATMOSPHERE'S SIGNATURE WATER MASSAGE

This unique holistic water treatment is in synergy with our popular watsu treatment. A full body massage that incorporates deep stretches along with the manipulation of key acupressure points, all whilst immersed in a wonderful warm water pool. The treatment incorporates some subtle sound healing and gentle movement coupled with a deeply relaxing massage which are ideal for mental and physical wellbeing.

*1 hour - ₪ 5,490*

## 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 - ₪ 6,250*

# Regular massages

## 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 - ₪ 4,990*

## 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 - ₪ 4,990*

## 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 - ₪ 4,990*

# Short 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 - ₪ 3,200*

## FOOT MASSAGE

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

*30 minutes - ₪ 3,200*

## 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 - ₪ 3,200*

## HAND MASSAGE

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

*30 minutes - ₪ 3,200*

## FACE MASSAGE

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

*30 minutes - ₪ 3,200*

# 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 - ₱ 3,990*

## 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 - ₱ 3,990*

# 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 - ₪ 3,990*

### 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 - ₪ 3,990*

### 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 - ₪ 3,990*

### VICHY SHOWER

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

*15 minutes - ₪ 890*

## 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 AND 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 - ₪ 3,200*

### 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 - ₪ 3,200*

### ALOE VERA AND CUCUMBER WRAP

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

*30 minutes - ₪ 3,200*

### VICHY SHOWER

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

*15 minutes - ₪ 890*



## 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 - ₪ 6,750*

### FOOT SPA

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

*60 minutes - ₪ 4,000*

Add on Pedicure

*30 minutes - ₪ 1,200*

### ALL NATURAL WAXING

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

*(Price & time upon request)*

### 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.

*(Price & time upon request)*

### 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.

*₪ 890*

#### FOOT MASK

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

*₪ 890*

#### 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 - ₪ 990*

#### 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.

*₪ 1,350*

#### 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.

*₪ 1,350 (seasonal)*

#### HEALING BATHS

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

- Cleopatra style milk bath (₪ 1,200)
- Floral bath (₪ 1,200)
- Thalasso style marine salt and seaweed bath (₪ 1,200 – *advance notice is required*)

*20 minutes*

#### VICHY SHOWER

Relax on our horizontal vichy shower

*15 minutes - ₪ 890*

# Spa packages

Spa Packages are for pre-booking only, but can be booked as late as on arrival at Atmosphere. Each spa package comes with a complimentary Executive Back Massage (30min) and additional savings.

LILY – good for one person Three massages of your choice	₱ 15,400 You save ₱ 4,850
LOTUS – good for one person Three Yoga classes and one Relaxation class One Watsu session One Yin assisted yoga massage or Thai massage	₱ 14,990 You save ₱ 2,850
KALACHUCHI – good for one person One Facial of choice One All natural body scrub and Wrap One Foot Spa	₱ 12,990 You save ₱ 2,190
HIBISCUS – can be shared between two Two Signature or Hilot massages Two Relaxation massages Two Hot stone, Bamboo, Watsu or Thai massages	₱ 28,990 You save ₱ 6,990
SAMPAGUITA – good for one person One Relaxation massages One All natural body scrub and Wrap One Vichy shower	₱ 10,490 You save ₱ 2,580
FITNESS – good for one person Two Yoga classes One TRX class One Circuit training and one Meditation class One Private class of choice	₱ 9,990 You save ₱ 2,210

# 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.

Prices below indicate both Solo treatment price and price if the treatment is taken at the same time as a parent/guardian. Parent/guardian should either engage in the same treatment or a treatment of equivalent value. Please note that price below are not inclusive of the guardians treatment.

## MINI MASSAGE

Gentle light full body massage, perfect for relaxation.  
*40 minutes*

Solo	₱ 2,990
w/ guardian	₱ 2,390

## FABULOUS FEET

Revive those feet with an enjoyable foot massage.  
*30 minutes*

Solo	₱ 1,990
w/ guardian	₱ 1,490

## FRUITY FACIAL

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

Solo	₱ 2,900
w/ guardian	₱ 2,390

## 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*

Solo	₱ 2,500
w/ guardian	₱ 1,990

#### 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*

Solo  
w/ guardian

₱ 2,290  
₱ 1,790

#### FUNKY FINGERS

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

*25 minutes*

Solo  
w/ guardian

₱ 900  
₱ 790

#### TWINKLE TOES

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

*25 minutes*

Solo  
w/ guardian

₱ 900  
₱ 790

Please note that timings do vary between adult and child treatments.

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 with Regular polish	<i>30-45 mins</i>	<i>₱ 1,250</i>
Pedicure with Regular polish	<i>30-45 mins</i>	<i>₱ 1,250</i>
Manicure with Gel Polish	<i>45 mins</i>	<i>₱ 1,940</i>
Pedicure with Gel Polish	<i>45 mins</i>	<i>₱ 1,940</i>
Gel Painting	<i>15 mins</i>	<i>₱ 690</i>
Nail Painting only	<i>15 mins</i>	<i>₱ 500</i>
Gel Removal	<i>₱ 90 per nail</i>	<i>₱ 300 per set</i>

# Yoga, wellness and fitness

## Yoga

General Yoga Class	60 mins	₹ 1,400
10 Group Yoga Class Package	10x60 mins	₹ 12,600
Private Yoga Class (1 pax)	70 mins	₹ 4,500
Private Yoga Class (2 pax)	70 mins	₹ 6,750
Aerial yoga (private, 1 pax)	70 mins	₹ 5,000
Aerial yoga (private, 2 pax)	70 mins	₹ 7,500
Yin Assisted Yoga	60 mins	₹ 5,490

## Meditation

General Meditation Class	30 mins	₹ 1,400
Private Meditation Class (1 pax)	60 mins	₹ 4,000
Private Meditation Class (2 pax)	60 mins	₹ 6,000
General Relaxation Class	30 mins	₹ 1,400

## Fitness

Group TRX/Circuit Training/Cross Fit/Body Conditioning class	50 mins	₹ 1,400
Private TRX/Circuit Training/Cross Fit/Body Conditioning class (1 pax)	60 mins	₹ 4,500
Mix & Match (Incl. Yoga, TRX, Meditation & Circuit Training)	10 classes	₹ 11,900

# Recommended combinations

All Natural Body Scrub & Body Wrap	₹ 6,290
All Natural Body Scrub, Wrap & Stress Relieving Massage	₹ 10,490
All Natural Facial & Relaxing Massage	₹ 7,790
Foot Massage & Indian Head Massage	₹ 5,490



# Detox 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 - ₦ 3,650*

## 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 head massage as you relax and let the healing clay work its magic.

*45 minutes - ₦ 2,990*

## BENTONITE FACE MASK

Good for 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.

*45 minutes - ₦ 2,990*

## 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.

*₦ 795*

### DIGESTIVE FLUSH

Drink this blend of natural castor oil with fresh pineapple first thing in the morning to flush through your digestive system. Castor oil with its laxative properties will clear out the colon leaving you feeling light and free of any bloating. It is advisable not to engage in any activities post taking this flush.

₱ 995

### 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 mins - ₱ 3,100*

### ABDOMINAL MASSAGE

This gentle abdominal massage helps those who suffer from a sluggish digestive system, perfect for those who suffer from constipation, gas and bloating. This treatment aids the elimination of waste through the gentle manipulation of the colon.

*20 minutes - ₱ 2,490*

# Spa etiquette

## Reservations

- To ensure that we can accommodate your needs, it is highly recommended that you pre-book treatments.
- Please arrive 15 minutes ahead of your scheduled appointment so that you have adequate time to complete the necessary paperwork before your treatment begins.
- Please understand that if you arrive late, your treatment time may be reduced accordingly.

## Cancellations

- If you need to change or cancel your appointment, please let us know two hours prior to your scheduled time, otherwise a cancellation fee of 50% of the treatment will apply
- Pre-booked packages and pre-paid treatments are non-refundable

## General

- The spa is pregnancy-friendly. Please let us know if you are pregnant when you make your reservation, so that we can assure your comfort and wellness.
- We highly recommend for safety reasons that all divers wait a minimum surface interval of 2 hours prior to engaging in a massage treatment.
- Please respect the quiet ambiance of the spa and its surroundings.
- Please ensure that your cell phone is left behind or on silent mode.
- We reserve the right to refuse treatments to guests who are intoxicated.
- Our therapists are trained professionals, and any inappropriate behaviour will end your treatment.
- Pre-booked packages and pre-paid treatments are non-refundable