

## Sagay Regenerating Ritual

90 minutes | Php 3,500

Inspired from the Sagay shell, Sagay Spa's Signature Massage incorporates its richness in calcium that can be absorbed by the body through heat and essential oils leaving your skin moisturized and smooth. The natural curves, smoothness, and unique character of the Sagay shell will smoothly glide and sink in to our body - giving a deep penetration and an effective relaxing treatment.

## Bamboo Massage

90 minutes | Php 3,500

Experience a unique technique using warm, rounded bamboo sticks to delve deeper into your muscle tissue. The treatment focuses on rolling and kneading the tissue to release muscle tension and improving blood circulation. It increases the joint and muscle flexibility while creating an extreme sensation of relaxation and well being.

## Deep Tissue Massage

A treatment that has the ability to help release chronic muscle tension through relaxing yet intense touch focusing on specific layers of the muscle. The slow yet deep and sustained techniques will relieve aches and pains and reduce stress and anxiety. An unresolved body tightening and build-up of knots can lead to immobilization and high blood pressure, so treat yourself with a deep tissue massage for a more active body and mind.

**Indoor** 60 minutes | Php 2,500.00  
90 minutes | Php 3,000.00

**Outdoor** 60 minutes | Php 2,000.00  
90 minutes | Php 2,800.00

## Neck and Back Massage

**Indoor** 30 minutes | Php 2,000.00  
60 minutes | Php 2,800.00

**Outdoor** 30 minutes | Php 1,500.00  
60 minutes | Php 1,800.00

## Foot and Hand Massage

**Indoor** 30 minutes | Php 1,800.00  
45 minutes | Php 2,000.00

**Outdoor** 30 minutes | Php 1,500.00  
45 minutes | Php 1,800.00

## Foot or Hand Massage

**Indoor** 30 minutes | Php 1,500.00  
45 minutes | Php 1,800.00

**Outdoor** 30 minutes | Php 1,000.00  
45 minutes | Php 1,500.00

## Hilot Ritual

90 minutes | Php 3,500

Philippine's touch therapy. HILOT is an ancient Filipino Healing Art. The treatment focuses on releasing knots, tensed and stressed muscles. The ritual begins with a foot wash of tuba - tuba leaves extract to ease fatigued feet. After that, warm tuba-tuba leaves will be applied to the body to soften the skin and to absorb its herbal benefits to your body.

## Swedish Massage

Designed to enhance blood flow and circulation specifically to large muscle groups. Swedish massage is a significant spa experience, which can render you a complete body work from its firm yet gentle and graceful technique. A choice of your preferred essential oil, your overall experience will eliminate body and mental stress and bring you into a relaxed and refreshed state.

**Indoor** 60 minutes | Php 2,500.00  
90 minutes | Php 3,000.00

**Outdoor** 60 minutes | Php 2,000.00  
90 minutes | Php 2,800.00

## Shiatsu Massage

Originated in Japan, which means finger pressure. Shiatsu is a dry massage that includes techniques with finger, thumbs, knuckles, and palm pressure. Your therapist will also incorporate assisted stretching and joint manipulation and mobilization. Start or End your holiday with invigorating energy and mood.

**Indoor** 60 minutes | Php 2,800.00  
90 minutes | Php 3,250.00

**Outdoor** 60 minutes | Php 2,500.00  
90 minutes | Php 3,000.00

## Prenatal Massage

60 minutes | Php 2,500.00

## Kiddie Massage

60 minutes | Php 2,000.00

## Body Scrub

Honey Sparkler Scrub | Php 3,000.00  
Salt Mousse Glow Scrub | Php 3,200.00  
Detox Herbal Coffee Scrub | Php 3,000.00

## Sauna Use

Php 1,000.00