

# 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 - 4990 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 - 4990 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 - 4790 peso

### 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 - 4790 peso

### 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 - 5590 peso

### 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 - 5390 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 - 3990 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 - 3990 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 - 4290 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 - 2490 peso

### FOOT MASSAGE

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

30 minutes - 2490 peso

### 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 - 2490 peso

### HAND MASSAGE

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

30 minutes - 2490 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 – 3300 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 – 3300 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 – 3300 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 – 2490 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 – 2490 peso



### **ALOE VERA AND CUCUMBER WRAP**

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

30 minutes – 2490 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 – 4990 peso

### **FOOT SPA**

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

60 minutes – 2890 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 (800 peso)

- Floral bath (700 peso)

- Red Wine bath (900 peso)

- Thalasso style marine salt and seaweed bath (900 peso) 20 minutes

### **VICHY SHOWER**

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

15 minutes – 795 peso



# 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 – 3290 peso

## 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 – 3290 peso

# recommended combinations

## ALL NATURAL BODY SCRUB & BODY WRAP

5000 peso

## ALL NATURAL BODY SCRUB, WRAP & STRESS RELIEVING MASSAGE

8500 peso

# manicures and pedicures

MANICURE	30 mins	990 peso
PEDICURE	30 mins	990 peso
WITH GEL PAINT	30 mins	600 peso
NAIL PAINTING ONLY	15 mins	450 peso
GEL REMOVAL	30 peso per nail	250 peso/ set



# SPA Packages

Spa Packages are for pre-booking only but can be booked as late as on arrival at Atmosphere

## LILY

3 massages of choice  
12700 peso - good for 1 person

## LOTUS

3 Yoga and 1 Relaxation Class, 1 Watsu, 1 Yin Assisted Yoga or Thai Massages  
9990 peso - good for 1 person

## KALACHUCHI

2 Facials of choice, 1 All Natural Body Scrub and Wrap, 1 Foot Spa  
7200 peso - good for 1 person

## HIBISCUS

2 Signature/Hilot, 2 Relaxation, 2 Hot Stone/Bamboo/Watsu/Thai Massages  
22990 peso - can be shared between two

## FITNESS

2 Yoga, 1 TRX, 1 Circuit Training and 1 Meditation Class, and  
1 Private Class of choice  
6990 peso - good for 1 person

Note: 1 Complimentary Executive Back Massage (30min) with  
any pre-booked Spa Package



## 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.*

### MINI MASSAGE

Gentle light full body massage, perfect for relaxation  
40 minutes

solo	2390 peso
w/ guardian	2090 peso

### FABULOUS FEET

Revive those feet with an enjoyable foot massage.  
30 minutes

solo	1590 peso
w/ guardian	1290 peso

### FRUITY FACIAL

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

solo	2390 peso
w/ guardian	2090 peso

### 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	1890 peso
w/ guardian	1590 peso

### 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	1890 peso
w/ guardian	1590 peso



### FUNKY FINGERS

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

25 minutes

solo	900 peso
w/ guardian	600 peso

### TWINKLE TOES

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

25 minutes

solo	900 peso
w/ guardian	600 peso

*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.*



# Yoga, Wellness and Fitness

## YOGA

General Yoga Class	60 mins	995 peso
Private Yoga Class (1 pax)	70 mins	3500 peso
Private Yoga Class (2 pax)	70 mins	5000 peso
Yin Assisted Yoga	60 mins	4790 peso

## MEDITATION

General Meditation Class	30 mins	995 peso
Private Meditation Class (1 pax)	60 mins	3000 peso
Private Meditation Class (2 pax)	60 mins	4500 peso
General Relaxation Class	30 mins	995 peso

## FITNESS

General TRX Class	50 mins	995 peso
Private TRX or Circuit Training Class (1 pax)	60 mins	3500 peso
Mix & Match (Incl. Yoga, TRX, Meditation & Circuit Training)	10 classes	8000 peso



# 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 – 3300 peso

## 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 – 2,490 peso

## 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.

45 minutes – 2,490 peso

## 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.

495 peso

## 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.

795 peso



# Detox Spa Services

## SKIN BRUSHING

Lie back and enjoy a vigorous skin brush, not only does it improve your skin's 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 – 2,490 peso

## 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 – 1,990 peso