



## SPA ETIQUETTE

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*In order to maximize your Spa experience, we ask you to arrive 10 minutes prior to your scheduled treatment. Please refrain from bringing valuables to the Spa as we do not provide lockers or safety deposit boxes.*

*If you are pregnant or have any current health issues, please advise our staff.*

*Disposable panties are provided for your convenience.*

*The Spa is a "WHISPER ZONE" please respect this by turning your phone off or placing it on silent.*

*Should you arrive late for your scheduled treatment we may need to reduce your treatment time so as not to inconvenience other Guests.*

*If you would like to cancel your treatment, kindly do so at least 24 hours in advance.*

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# SPA Treatments

## EIGHT TREATMENTS SPA PACKAGE SELECTION

*To maximize your choices we offer a list of fourteen treatments from which you can choose your preferable eight.*

### Treatment Selection

- 🌀 **THAI MASSAGE**
- 🌀 **BALINESE MASSAGE**
- 🌀 **SWEDISH MASSAGE**
- 🌀 **BACK AND SHOULDER MASSAGE**
- 🌀 **FOOT REFLEXOLOGY**
- 🌀 **ABHYANGA AYURVEDIC MASSAGE**
- 🌀 **CHAMPISSAGE**
- 🌀 **TRADITIONAL FILIPINO “HILOT” MASSAGE**
- 🌀 **SCUBASPA SPORTS MASSAGE**
- 🌀 **SCUBASPA GLOWING FACIAL**
- 🌀 **SCUBASPA BODY SCRUB**
- 🌀 **SCUBASPA BODY MASK**
- 🌀 **AFTER SUN ALOE VERA TREATMENT**
- 🌀 **FOOT SCRUB**

☪ Thai Massage 55 min 120 \$

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*Firm, dry treatment which combines the traditional Indian Ayurvedic stretching technique, that releases tension and restores suppleness with the Chinese method of deep tissue pressure point massage, that stimulates blood flow and release of toxins.*

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☪ Balinese Massage 55 min 120 \$

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*Flowing and graceful therapy, known to strengthen and heal the body, combining stretching, long strokes, skin rolling and palm-and-thumb pressure techniques. Relieves tension and eases stress.*

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☪ Swedish Massage 55 min 120 \$

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*Relaxing and invigorating classical European technique which manipulates muscles with the use of aromatic massage oils. Stimulates blood circulation, known to be efficacious in treating the lymphatic, muscular and nervous systems.*

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☪ Back & Shoulder Massage 30 min 90 \$

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*Enjoyable energetic massage which releases deeply held tensions in the upper body. Working on all the muscles in the neck, shoulders, scalp and face. Brings relief from stress and leaves you feeling deeply relaxed.*

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☪ Foot Reflexology 30 min 90 \$

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*Ancient art of massaging the feet, stimulates specific pressure points which correspond to the whole body. Opens and clears the energy pathways. Improves circulation and leaves you feeling grounded, energized and renewed.*

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☯ Abhyanga Ayurvedic Massage 55 min 120 \$

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*Known as the mother of all massages. Ayurvedic treatment involves the liberal use of warmed herbal oils chosen specifically for your body type. Ancient massage style designed to balance body and mind. Excellent to reduce stress and re-energize.*

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☯ Champissage 40 min 120 \$

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*Ayurvedic calming treatment that stimulates the scalp, nourishes the hair roots and hair itself. Relieves fatigue, helps enhance mental clarity and focus. Balances and nourishes emotions.*

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☯ Scubaspa Sports Massage 55 min 120 \$

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*Treatment characterized by low, firm pressure strokes, trigger point work and joint mobilization techniques used to release tight areas while hot oil and thermal pad application increases circulation and release of toxins. Best choice for active people living fast-paced life.*

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☯ Filipino "HILOT' Massage 45 min 120 \$

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*An age-old Filipino Massage that centers on the meridian points and the energy flow of the body. Repetitive thumb technique that rejuvenates and relaxes. Characterized by slow and deliberate strokes and removal of blockages or Lamig (lactic acid formation). Highly recommended for individuals with upper back aches and stress related pain and anxiety.*

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☯ Scubaspa Glowing Facial 40 min 120 \$

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*Celebration of beauty and wellness. A pampering facial treatment that can heal troubled and healthy conditions. Composed of cleansing, exfoliations, facial massage, facial mask and deep moisturization that make your face shine with a youthful glow.*

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☪ After Sun Aloe Vera Treatment 30 min 60 \$

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*Soothes, repairs and rejuvenates the skin after exposure from the sun's harmful rays. It also smoothens and tones your epiderm.*

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☪ Scubaspa Body Scrub 30 min 60 \$

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*Deeply moisturizing and an excellent treatment before exposure to the sun. Rich, nourishing and hydrating. You can choose from a variety of treatment recipes..*

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☪ Scubaspa Body Mask 30 min 60 \$

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*Eliminates toxins and stimulates the metabolism. The skin feels firmer, toned and revitalized, from the benefits of mineral penetration. Assists to reduce the appearance of cellulite. You can choose from a variety of treatment recipes*

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## DELUXE BEAUTY SERVICES

☪ Spa Manicure 60 min 60 \$

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*Complete care treatment for beautiful and healthy looking hands and nails. The treatment consists of file, soak, cuticle work and scrub as well as mask and nail polish.*

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☪ Spa Pedicure 60 min 60 \$

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*Complete care treatment for beautiful feet comprises of a Foot Ritual to smooth and rejuvenate the skin followed by a nail polish. This treatment is exceptionally relaxing.*

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## 2017 DELUXE SPA TREATMENTS

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*Following newest trends and uniqueness of our floating spa we introduce new, modern treatments that blend perfectly with our philosophy*

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Deluxe treatment selection cannot be exchanged with package selection

- ☯ JAPANESE SHIATSU
- ☯ HOT STONE MASSAGE
- ☯ WARM BAMBOO MASSAGE
- ☯ HAWAIIAN LOMI-LOMI MASSAGE
- ☯ LAVA SHELL MASSAGE
- ☯ BAMBOO STONE MASSAGE 90 MINUTES
- ☯ SCUBASPA SIGNATURE MASSAGE 90 MINUTES
- ☯ HONEYMOON RITUAL FOR COUPLES 120 MINUTES

☯ Japanese Shiatsu 50 min 140 \$

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*A Japanese-style pressure point technique based on the concept of acupuncture. Works on vital energy points resulting in balanced CHI (life force energy). Combination of thumb pressure and dry massage technique.*

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☯ Hot Stone Massage 55 min 140 \$

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*Warmed stones glide across the body in long, soothing strokes to ease stiffness and release tension. The heat penetrates the muscles for deep relaxation. Stones are also placed on the energy points of the body, to stimulate energy flow.*

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☯ Warm Bamboo Massage 55 min 140 \$

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*Combination of long and short bamboo canes, with deep tissue massage techniques, using aromatherapy oil. Traditionally used for healing and relaxation which puts you in a deeper state of calm, leaving you thoroughly relaxed and giving you a tremendously soothing experience*

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🌀 Hawaiian Lomi-Lomi Massage 55 min 140 \$

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*Ancient spiritual type of treatment that facilitates the nurturing and healing of the body, mind and spirit. Incorporates continuous, soothing strokes from head to toe, from the left side of the body to the right side like waves washing over you. These movements make it difficult for your mind to track therefore enabling you to relax, zone out and simply be open to receiving Aloha spirit of love. Hawaiian Lomi-Lomi has been described as 'The Rolls Royce of Massages'.*

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🌀 Lava Shell Massage 55 min 140 \$

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*Indulge in a new massage treatment using the world's first self-heating massage tool, Lava Shells. These eco-friendly, 100% authentic Tiger Clam Shells are hand-selected from the islands of Philippines. Comes with patented minerals which then emits heat, allowing therapist to provide a continuous and seamless body massage.*

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🌀 Honeymoon Ritual for couples 120 min 400 \$

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*Ultimate spa experience for couples. The treatment begins with milk body scrub, that exfoliates and cleanses the skin. Followed by a nourishing application of chocolate body mask, after which the couple immerse themselves in floral bath to revitalize body and soul while enjoying two glasses of Champagne and a platter of exotic fruits. Finally, the couple submit themselves to the soothing, hour long, Balinese massage.*

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🌀 Bamboo Stone Massage 90 min 190 \$

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*Relaxing blend of Hot Stone and Warm Bamboo treatments.*

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🌀 Scubaspa Signature Massage 90 min 190 \$

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*Fusion of Traditional Filipino 'Hilot' Massage and Warm Thai 'Potpourri' Compress.*

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