



THE FARM
AT SAN BENITO

Acqua Sanctuary Packages

ACQUA LYMPHATIC THERAPY

🕒 60 Mins.

PHP 3,900++

🕒 90 Mins.

PHP 5,600++

🕒 120 Mins.

PHP 6,800++

🕒 180 Mins.

PHP 10,000++

Acqua Lymphatic Therapy beneficial in reduction in swelling, detoxification of the body, regeneration of tissue, reduction in the symptoms of chronic pain and fibromyalgia, improvement of venous conditions, relief of chronic fatigue, sinusitis, acne and allergies.

1. 20 Minutes of Dry Brushing

Dry body brushing helps shed dead skin cells (and encourages new cell renewal), which results in smoother and brighter skin. It can also help with any pesky ingrown hairs. It assists in improving vascular blood circulation and lymphatic drainage.

2. 5 Minutes of Infrared Sauna, 5 minutes oriental Sauna and Steam Bath

Release a number of toxins, including heavy metals like mercury, lead, environmental chemicals and you can lose weight, relax, relieve unwanted pain, increase your circulation, and purify your skin.

3. 2 minutes of Cold Bucket Shower

An icy shower could burn an extra 500 calories a day. Cold activates 'brown fat' – a good type of fat which generates heat, increases metabolism and burns off 'bad' white fat. ... Sadly, cold though it is, eating ice cream isn't one of them.

4. 20 Minutes Flotation Therapy

Also known as sensory deprivation therapy is a lightless, soundproof pod with high Epsom salt. Can cure insomnia and relief from chronic pain, anxiety, depression and even addiction. has been used to treat drug and smoking addictions, lower back pain, and other conditions associated with excessive stress.

5. 20 Minute Pressure Pool

Warm water pressure can increase circulation, decreased blood pressure, reduced stress and tension and better sleep

6. 15 Minutes Thermal Foot Massager

Each mode of Infrared rays foot massager conforms to reflexes connected to various organs and body functions and each light rays are invisible waves of energy that penetrate deep into the inner tissues, muscles and bones of the body.



THE FARM AT SAN BENITO

7. 30 Minutes Thermal Bed

Lying and relaxing on the heated pool lounge helps arthritis, muscle pain, backaches, poor sleeping, allergies, tension, and making your body energetically renewed.

8. 60 minutes of Relaxation Massage

A form of gentle massage, it fosters the drainage of lymph, a clear to white fluid made up of white blood cells and chyle. In this treatment, specific pressure and circular movements help improve metabolism, regenerate body tissue, normalize organ function, and boost the immune system.

ACQUA SLIMMING THERAPY

🕒 120 Mins.

PHP 6,800++

🕒 150 Mins.

PHP 8,600++

🕒 180 Mins.

PHP 10,000++

Acqua Cold showers can aid weight loss. The human body contains two types of fat tissue, white fat and brown fat. White fat is accumulated when we consume more calories than our body needs to function, and we don't burn these calories for energy. Cold Acqua treatment activates brown fat to generate heat and burn white bad fat cells. Now we intensify this treatment by alternating hot and cold to increase brown fat cell's function to burn energy, which increases heat of the body, resulting in weight loss.

1. 20 Minutes of Dry Brushing

Dry body brushing helps shed dead skin cells (and encourages new cell renewal), which results in smoother and brighter skin. It can also help with any pesky ingrown hairs. It assists in improving vascular blood circulation and lymphatic drainage.

2. 5 Minutes of Infrared Sauna. 5 Minutes of Oriental Sauna. 5 Minutes Steam Bath

Release a number of toxins, including heavy metals like mercury, lead, environmental chemicals and you can lose weight, relax, relieve unwanted pain, increase your circulation, and purify your skin.

3. 3 minutes of Cold Bucket Shower

An icy shower could burn an extra 500 calories a day. Cold activates 'brown fat' – a good type of fat which generates heat, increases metabolism and burns off 'bad' white fat. ... Sadly, cold though it is, eating ice cream isn't one of them.

4. 10 minutes Kneipp Therapy

Uses thermo-therapy, alternating between warm and cold water to cause the blood vessels to expand and contract, giving "nature a helping hand".

5. 10 Minutes Onsen Bath

Naturally relieves muscle pain, arthritis or even fibromyalgia



THE FARM AT SAN BENITO

6. 10 Minutes of Pressurize Jacuzzi

Improves sleep. reduces stress and anxiety. reduces arthritic and chronic pain. lowers blood sugar. lowers blood pressure. promotes Healthier, Younger Looking Skin. Decreases Frequency of Migraines and Tension Headaches.

7. 10 Minutes Flotation Therapy

Also known as sensory deprivation therapy is a lightless, soundproof pod with high Epsom salt. Can cure insomnia and relief from chronic pain, anxiety, depression and even addiction. has been used to treat drug and smoking addictions, lower back pain, and other conditions associated with excessive stress.

8. 12 Minute Pressure Pool

Warm water pressure can increase circulation, decreased blood pressure, reduced stress and tension and better sleep

9. 90 Minutes Hampol

Warm traditional herbal Massage with slimming medicinal properties

ACQUA REVITALIZING THERAPY

🕒 120 Mins.

PHP 6,800++

🕒 150 Mins.

PHP 8,600++

🕒 180 Mins.

PHP 10,000++

Acqua treatment works deep in the muscles, realigning the muscle fibers and connective tissue, and flushing away the toxins. Regular sessions will increase joint mobility and flexibility, and reduce the risk of injury during exercise.

1. 5 Minutes of Infrared Sauna, 5 Minutes of Oriental Sauna, 5 Minutes Steam Bath

Release a number of toxins, including heavy metals like mercury, lead, environmental chemicals and you can lose weight, relax, relieve unwanted pain, increase your circulation, and purify your skin.

2. 2 minutes of Cold Bucket Shower

An icy shower could burn an extra 500 calories a day. Cold activates 'brown fat' – a good type of fat which generates heat, increases metabolism and burns off 'bad' white fat. ... Sadly, cold though it is, eating ice cream isn't one of them.

3. 5 minutes Kniepp Therapy

Uses thermo-therapy, alternating between warm and cold water to cause the blood vessels to expand and contract, giving "nature a helping hand".

4. 10 minutes Onsen Bath

Naturally relieves muscle pain, arthritis or even fibromyalgia



THE FARM AT SAN BENITO

5. 10 minutes Pressurize Jacuzzi

Improves sleep, reduces stress and anxiety, reduces arthritic and chronic pain, lowers blood sugar, lowers blood pressure, promotes Healthier, Younger Looking Skin. Decreases Frequency of Migraines and Tension Headaches.

6. 5 Minutes Blind Shower

Aims to stimulate inner senses, and at the same time restoring the imbalance which is caused by the daily stressful routine and/or enhancing the most positive mood.

7. 20 Minute Pressure Pool

Warm water pressure can increase circulation, decreased blood pressure, reduced stress and tension and better sleep.

8. 25 minutes Floatation Pool

Also known as sensory deprivation therapy is a lightless, soundproof pad with high Epsom salt. Can cure insomnia and relief from chronic pain, anxiety, depression and even addiction. has been used to treat drug and smoking addictions, lower back pain, and other conditions associated with excessive stress.

9. 5 Minutes Vichy Shower

Increasing the effectiveness of treatments applied to the skin, stimulating the skin to promote new skin cells and help reduce the signs of aging and boosts the immune.

10. 90 Hilot Pandango

Similar to sport massage or simplified yoga.

ACQUA REJUVINATING THERAPY

🕒 120 Mins.

PHP 6,800++

🕒 150 Mins.

PHP 8,600++

🕒 180 Mins.

PHP 10,000++

Acqua treatment can Increase blood flow to the skin helps to rejuvenate and nourish skin cells by bringing them oxygen and nutrients and helping to carry away toxic substances such as free-radicals. Fresh Aloe Vera Body Wrap will be applying in a form of Yin and Yang application for hydration and skin cells renewal. These benefits include detoxification, contouring, rejuvenation and balance. Aloe Vera gel can provide kidney cleansing, liver cleansing, skin healing, cellulite reduction and body sculpting. It is containing two hormones: Auxin and Gibberellins which is good for wound healing and anti-inflammatory properties that reduce skin inflammation. Effectively heal chronic skin problems, such as psoriasis, acne and eczema.

1. 1 minute Quick Warm Shower

hot shower can amp up your oxytocin levels, ease anxiety and also acts as a natural decongestant to relieve cold symptoms.



THE FARM AT SAN BENITO

- 2. 5 Minutes of Infrared Sauna, 5 Minutes of Oriental Sauna, 5 Minutes Steam Bath**
Release a number of toxins, including heavy metals like mercury, lead, environmental chemicals and you can lose weight, relax, relieve unwanted pain, increase your circulation, and purify your skin.
- 3. 2 minutes of Cold Bucket Shower**
An icy shower could burn an extra 500 calories a day. Cold activates 'brown fat' – a good type of fat which generates heat, increases metabolism and burns off 'bad' white fat. ... Sadly, cold though it is, eating ice cream isn't one of them.
- 4. 3 Minutes Blind Shower Therapy**
Aims to stimulate inner senses, and at the same time restoring the imbalance which is caused by the daily stressful routine and/or enhancing the most positive mood.
- 5. 5 minutes Kniepp Therapy**
Uses thermo-therapy, alternating between warm and cold water to cause the blood vessels to expand and contract, giving "nature a helping hand."
- 6. 10 minutes Onsen Bath**
Naturally relieves muscle pain, arthritis or even fibromyalgia
- 7. 10 minutes Pressurize Jacuzzi**
Improves sleep. reduces stress and anxiety. reduces arthritic and chronic pain. lowers blood sugar. lowers blood pressure. promotes Healthier, Younger Looking Skin. Decreases Frequency of Migraines and Tension Headaches.
- 8. 20 Minute Pressure Pool**
Warm water pressure can increase circulation, decreased blood pressure, reduced stress and tension and better sleep.
- 9. 5 Minutes Vichy Shower**
Increasing the effectiveness of treatments applied to the skin. stimulating the skin to promote new skin cells and help reduce the signs of aging and boosts the immune.
- 10. 20 Minutes Flotation**
TherapyAlso known as sensory deprivation therapy is a lightless, soundproof pod with high Epsom salt. Can cure insomnia and relief from chronic pain, anxiety, depression and even addiction. has been used to treat drug and smoking addictions, lower back pain, and other conditions associated with excessive stress.
- 11. 90Minutes Aloe Vera Wrap**
Aloe Vera wrap is a nourishing cocoon designed to slim and tone your body, hydrate, cleanse, skin cells renewal, relax and soothe your muscles. These benefits include detoxification, contouring, rejuvenation and balance. Aloe Vera gel can provide kidney cleansing, liver cleansing, skin healing, cellulite reduction and body sculpting. It is



THE FARM AT SAN BENITO

containing two hormones: Auxin and Gibberellins which is good for wound healing and anti-inflammatory properties that reduce skin inflammation. Effectively heal chronic skin problems, such as psoriasis, acne and eczema.

ACQUA FLOTATION THERAPY

🕒 90 Mins.

PHP 5,600++

🕒 120 Mins.

PHP 6,800++

A form of sensory deprivation known as REST (restricted environmental stimulation), which consists of floating for several hours in a dark, soundproof tank of water heated to body temperature. has been used to treat drug and smoking addictions, lower back pain, and other conditions associated with excessive stress.

