



THE FARM
AT SAN BENITO

Acqua Sanctuary Packages

ACQUA THERMAL RELAXOLOGY

🕒 60 Mins.	PHP 4,400++
🕒 90 Mins.	PHP 5,900++
🕒 120 Mins.	PHP 7,000++

The thermal bed had the equivalent of deep tissue massage, acupressure and acupuncture, heat benefits ... You simply lie on a bed and allow the healing warm gently clearing the body meridian while therapist applying the most soothing head massage down to your shoulder, arms to the palm of your hands and then end up with the most relaxing foot massage. Thermal Relaxology is a luxurious treatment and you can select the option time depending on your availability and we are gladly to assist you in whatever you need.

60 Mins. Inclusions

- 5 Mins. Infrared Sauna
- 5 Mins. Steam Sauna
- 2 Mins. Cold Bucket Shower
- 18 Mins. Pressure Pool
- 30 Mins. Relaxology on Thermal Bed

90 Mins. Inclusions

- 5 Mins. Infrared Sauna
- 5 Mins. Steam Sauna
- 2 Mins. Cold Bucket Shower
- 18 Mins. Pressure Pool
- 60 Mins. Relaxology on Thermal Bed

90 Mins. Inclusions

- 5 Mins. Infrared Sauna
- 5 Mins. Steam Sauna
- 2 Mins. Cold Bucket Shower
- 18 Mins. Pressure Pool
- 20 Mins. Vichy Shower with back massage
- 10 Mins. Flotation Pool
- 60 Mins. Relaxology on Thermal Bed



THE FARM AT SAN BENITO

ACQUA RELAXATION THERAPY

🕒 90 Mins.

PHP 5,900++

🕒 120 Mins.

PHP 7,000++

Warm water like Onsen bath and Flotation therapy will bring you into calmness and relaxation. This will increase blood flow to the muscles thereby providing more energy, better metabolism and improves your memory. The Therapist will be using deep and long stroking from back to shoulder, back of the neck, arms and to your legs. Treatment will be ended with a very meditative head massage and a minutes of cranial therapy to assure a lullaby experience.

90 Mins. Inclusions

- 10 Mins. Onsen Bath
- 10 Mins. Pressurize Jacuzzi
- 10 Mins. Flotation Therapy
- 60 Mins. Relaxation Massage

120 Mins. Inclusions

- 10 Mins. Onsen Bath
- 10 Mins. Pressurize Jacuzzi
- 10 Mins. Flotation Therapy
- 90 Mins. Relaxation Massage



THE FARM

AT SAN BENITO

ACQUA FLOTATION THERAPY

🕒 60 Mins.	PHP 4,400++
🕒 90 Mins.	PHP 5,900++
🕒 120 Mins.	PHP 7,000++

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.

60 Mins. Inclusions

- 30 Mins. Flotation Therapy
- 30 Mins. Relaxology on Thermal Bed

90 Mins. Inclusions

- 30 Mins. Flotation Therapy
- 60 Mins. Relaxology on Thermal Bed

120 Mins. Inclusions

- 30 Mins. Flotation Therapy
- 90 Mins. Relaxology on Thermal Bed





THE FARM

AT SAN BENITO

ACQUA DEEP TISSUE THERAPY

🕒 90 Mins.

PHP 5,900++

🕒 120 Mins.

PHP 7,000++

The warm, strong and deep pressurize water helps ease stiff joints and relax sore muscles. This will be followed the manipulation of the deeper layers of muscle and soft tissues in the body. The therapist uses warm oils and direct pressure to relax the top layer of muscle in order to reach deeper layers of the muscle tissue. Deep tissue Treatment will lull you into freeing chronic aches and pain.

90 Mins. Inclusions

- 15 Mins. Pressure Pool
- 15 Mins. Vichy Shower with gentle massage on the back
- 60 Mins. Therapeutic Massage

120 Mins. Inclusions

- 5 Mins. of Infrared Sauna
- 5 Mins. Steam Bath
- 2 Mins. of Cold Bucket Shower
- 10 Mins. Pressure Pool
- 8 Mins. Vichy Shower with gentle massage on the back
- 90 Mins. Therapeutic Massage



THE FARM

AT SAN BENITO

ACQUA LYMPHATIC THERAPY

🕒 60 Mins.	PHP 4,400++
🕒 90 Mins.	PHP 5,900++
🕒 120 Mins.	PHP 7,000++

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.

60 Mins. Inclusions

- 20 Mins. of Dry Brushing
- 5 Mins. of Infrared Sauna
- 5 Mins. Steam Bath
- 2 Mins. of Cold Bucket Shower
- 10 Mins. Pressure Pool
- 3 Mins. Thermal Foot Massager
- 15 Mins. Thermal Bed with head and Foot Massage

90 Mins. Inclusions

- 30 Mins. of Dry Brushing
- 5 Mins. of Infrared Sauna
- 5 Mins. Steam Bath
- 2 Mins. of Cold Bucket Shower
- 15 Mins. Pressure Pool
- 10 Mins. Flotation Therapy
- 3 Mins. Thermal Foot Massager
- 20 Mins. Thermal Bed with head and foot massage

120 Mins. Inclusions

- 30 Mins. of Dry Brushing
- 5 Mins. of Infrared Sauna
- 5Mins. Steam Bath
- 2 Mins. of Cold Bucket Shower
- 10 Mins. Pressure Pool
- 8 Mins. Flotation Therapy
- 60 Mins. of Relaxation Massage



THE FARM AT SAN BENITO

ACQUA FITNESS AND WELLNESS

🕒 60 Mins.

PHP 4,400++

🕒 90 Mins.

PHP 5,900++

🕒 120 Mins.

PHP 7,000++

This integrated therapy intensifying health benefits that energize and toning your body while having fun workout in the water. Aqua movement activate brown fats to dilute white fats cells for elimination and easily burn 145-380 calories in 30 minutes. Methodically aqua aerobic therapy includes the healing benefits of the following treatments.

60 Mins. Inclusion

- 30 Mins. Aqua Aerobic
- 5 Mins. Infrared Sauna
- 5 Mins. Steam Sauna
- 2 Mins. Cold Bucket Shower
- 8 Mins. lying on Thermal Bed with head and Foot massage

90 Mins. Inclusions

- 30 Mins. Aqua Aerobic
- 5 Mins. Infrared Sauna
- 5 Mins. Steam Sauna
- 2 Mins. Cold Bucket Shower
- 18 Mins. Pressure Pool
- 10 Mins. Flotation Therapy
- 20 Mins. lying on Thermal Bed with head and Foot Massage

120 Mins. Inclusions

- 40 Mins. Aqua Aerobic
- 5 Mins. Infrared Sauna
- 5 Mins. Steam Sauna
- 2 Mins. Cold Bucket Shower
- 18 Mins. Pressure Pool
- 10 Mins. Flotation Therapy
- 10 Mins. Onsen Bath
- 30 Mins. lying on Thermal Bed with Head and Foot Massage



THE FARM AT SAN BENITO

ACQUA BODY POLISH THERAPY

🕒 90 Mins.

PHP 5,900++

🕒 120 Mins.

PHP 7,000++

Unleash all the stresses, heaviness and relax on our padded table, with the shower jets above you. This hydro treatment is integrated the following body wraps of yours choose which impeccably designed in addressing individual concerned.

1. BLUE TERNATE BODY POLISH

Blue Ternate body polish contains the antioxidant, which promotes collagen growth and skin cell elasticity. Acetylcholine in this plant promotes brain function and memory. Not to mention, Blue Ternate flower also helps reduce anxiety, improves heart health, promotes blood flow and so much more.

2. PINK BODY POLISH

Pink Himalayan sea salt contains over 84 minerals and trace elements, including calcium, magnesium, potassium, copper and iron, so it does detoxification, reduce muscle cramps by improving minerals, hydration and helps balance blood sugar.

3. GREEN BODY POLISH

Alive green Moringa is a natural sleep-aid that not only produces calming effects, but also helps us achieve longer, more restful sleep. Contains all eight essential amino acids, which stimulate sleep-inducing hormones. Rest assured, Moringa Body Polish is better than any chemically generated sleeping pills.

90 Mins. Inclusions

- 5 Mins. of Infrared Sauna
- 5 Mins. Steam Bath
- 2 Mins. of Cold Bucket Shower
- 18 Mins. Pressure Pool
- 60 Mins. Body Polish

120 Mins. Inclusions

- 5 Mins. of Infrared Sauna
- 5 Mins. Steam Bath
- 2 Mins. of Cold Bucket Shower
- 18 Mins. Pressure Pool
- 90 Mins. Body Polish



THE FARM AT SAN BENITO

ACQUA SLIMMING THERAPY

🕒 90 Mins.

PHP 5,900++

🕒 120 Mins.

PHP 7,100++

🕒 150 Mins.

PHP 8,900++

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.

90 Mins. Inclusions

- 20 Mins. of Dry Brushing
- 4 Mins. of Infrared Sauna
- 4 Mins. Steam Bath
- 2 Mins. of Cold Bucket Shower
- 60 Mins. Hampol

120 Mins. Inclusions

- 20 Mins. of Dry Brushing
- 4 Mins. of Infrared Sauna
- 4 Mins. Steam Bath
- 2 Mins. of Cold Bucket Shower
- 90 Mins. Hampol

150 Mins. Inclusions

- 30 Mins. of Dry Brushing
- 5 Mins. of Infrared Sauna
- 5 Mins. Steam Bath
- 2 Mins. of Cold Bucket Shower
- 8 Mins. Pressure Pool
- 3 Mins. Kneipp Therapy
- 3 Mins. Onsen Bath
- 4 Mins. of Pressurize Jacuzzi
- 90 Mins. Hampol



THE FARM

AT SAN BENITO

ACQUA REVITALIZING THERAPY

🕒 90 Mins.

PHP 5,900++

🕒 120 Mins.

PHP 7,000++

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.

90 Mins. Inclusions

- 5 Mins. of Infrared Sauna
- 5 Mins. Steam Bath
- 2 Mins. of Cold Bucket Shower
- 18 Mins. Pressure Pool
- 60 Mins. Hilot Pandanggo

120 Mins. Inclusions

- 5 Mins. of Infrared Sauna
- 5 Mins. Steam Bath
- 2 Mins. of Cold Bucket Shower
- 18 Mins. Pressure Pool
- 90 Mins. Hilot Pandanggo



THE FARM AT SAN BENITO

ACQUA REJUVENATING THERAPY

🕒 90 Mins.

PHP 5,900++

🕒 120 Mins.

PHP 7,000++

Acqua treatment can increase blood flow to the skin, helping 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 applied in a form of Yin and Yang application for hydration and skin cell 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 contains two hormones: Auxin and Gibberellins, which are good for wound healing and anti-inflammatory properties that reduce skin inflammation. Effectively heal chronic skin problems, such as psoriasis, acne and eczema.

90 Mins. Inclusions

- 5 Mins. of Infrared Sauna
- 5 Mins. Steam Bath
- 2 Mins. of Cold Bucket Shower
- 18 Mins. Pressure Pool
- 60 Mins. Aloe Vera Wrap

120 Mins. Inclusions

- 5 Mins. of Infrared Sauna
- 5 Mins. Steam Bath
- 2 Mins. of Cold Bucket Shower
- 18 Mins. Pressure Pool
- 90 Mins. Aloe Vera Wrap



THE FARM

AT SAN BENITO

WATER WELLNESS THERAPY

🕒 **180 Mins.**

PHP 10,500++

Water Wellness can soothe sore or inflamed muscles and joints, rehabilitate injured limbs, lower fevers, soothe headaches, promote relaxation, treat burns and frostbite, ease labor pains, and clear up skin problems. The temperature of water used affects the therapeutic properties of the treatment.

180 Mins. Inclusion

- **7 Mins. Infrared Sauna**
- **7 Mins. Steam Sauna**
- **2 Mins. Cold Bucket Shower**
- **22 Mins. Pressure Pool**
- **22 Mins. Vichy Shower**
- **20 Mins. Flotation**
- **10 Mins. Onsen**
- **10 Mins. Kneipp**
- **10 Mins. Pressurize Jacuzzi**
- **10 Mins. Blind Shower**
- **20 Mins. Thermal Foot Sauna**
- **40 Mins. Thermal Bed with head and foot massage**