



THE FARM  
AT SAN BENITO

# Healing Sanctuary Spa Treatments

## OUR SIGNATURE TREATMENTS

### **PURIFICATION TREATMENT** **Yin Yang Body Polish**

🕒 90 Mins.

PHP 5,900++

The depletion of minerals from the soil is a major culprit of why the body process slows down. Minerals act as the spark to power the processes such as, metabolism (good for those with weight problems) and cell damage repair (anti -aging). Sea salt is a source that is high in minerals. In ancient healing traditions, salt solutions have been known to absorb “negative energy” (highly recommended for stressed-out individuals).

The Purification Treatment is applied to the body using special strokes to energetically balance the body. This is what we call the Yin Yang rhythmical movements: uniquely developed, perfected and can only be found at The Farm.

**Corresponding Medical Service: Colon Hydrotherapy, Ozone Therapy**

### **STIMULATING TREATMENT** **Skin Kayud & Barako Coffee Pack**

🕒 90 Mins.

PHP 8,900++

The body naturally traps toxins, fat and unwanted waste in the lymph system and skins layers. This invigorating treatment eliminates this build up by stimulating the glands, improving circulation, removing dead skin cells, attacking cellulite and strengthening the immune system.

The Stimulating Treatment begins with skin kayud or scraping. Using two Mother of pearl shells, the therapists engage the lymph system, remove dead skin cells and tighten the skin. After the Skin Kayud, a Barako Coffee pack is applied to the body. The pack stimulates circulation, elimination and targets the areas that require



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detoxification. After about 15 minutes, the pack is rinsed off and a warm bath follows.

**Corresponding Medical Service: Hara – Puri Massage, Colon Hydrotherapy, Personal Trainer**

### DETOXIFYING TREATMENT

🕒 90 Mins.

PHP 8,900++

#### **Skin Kayud & Kalawag Body Detox with Curcumin**

Curcumin has been used for thousands of years on the Negros Island of the Philippines. Curcumin has the active healing power to detoxify the liver, skin, kidneys and heart. It has been known to selectively kill tumor cells while protecting healthy cells. Traditional Hilot Practitioners use Kalawag to treat open wounds, muscle ache, arthritis and stomach ache.

The Kalawag Body Detox is rich in antioxidants, has anti-bacterial and anti-inflammatory properties, repairs skin damage and boosts the immune system.

The Detoxifying Treatment begins with Skin Kayud to remove dead skin cells, engage the lymph system and tighten the skin. After the Skin Kayud, the Kalawag pack is applied to the body. After about 15 minutes, the pack is rinsed off and a warm bath follows.

**Corresponding Medical Service: Colon Hydrotherapy, Liver Cleansing, Liver Compress**

### FOUR HANDS YIN YANG PURI

🕒 90 Mins.

PHP 8,900++

#### **Dry Brushing & Purification**

This healing ritual has three intentions; stimulation, detoxification and mind body balancing. The treatment begins with dry skin brushing using natural bristle brushes made of abaca fibers to stimulate circulation and the lymph system while removing dead skin cells and crystal acid deposits. After the brushing, an organic scrub is applied to the body using a systematic Yin Yang rhythmical massage



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technique to detoxify and energetically balance the mind and body. The Four Hands Yin Yang Puri has been uniquely developed and perfected for The Farm.

The Four Hands Yin Yang Puri is highly recommended for “stressed-out” individuals, as the combination of the salt scrub and the Yin Yang rhythmical movements have been demonstrated to absorb “negative energy” while balancing the mind and body. This treatment also improves metabolism and cell damage repair which are excellent for better aging.

***Corresponding Medical Service: Colon Hydrotherapy***



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### TRADITIONAL FILIPINO TREATMENTS

#### HILOT HAPLOS

🕒 150 Mins.

PHP 8,900++

**Coco Cocoa Body Scrub, Coconut Cream  
Milk Bath & Hilot Treatment**

Feed your skin and relax tense muscles with this fresh scrub made from coconut cream and powdered cocoa that is spread over the body. Following the scrub indulge in a luscious bath of freshly squeezed warm coconut milk. After the bath a sensationally luxurious Hilot Massage, a traditional Filipino treatment, is sure to leave you wanting for more.

#### TRES BANYOS LUNAS

🕒 180 Mins.

PHP 10,500++

**Herbal Bath, Traditional Steaming  
& Hilot Tapal Massage**

An authentic ceremony still practiced by arbularyos or local Filipino herbalists. Combining the five healing elements of Earth, Fire, Water, Wind and Wood, this treatment invites you to reconnect with nature so as to repair, renew and revitalize your body's innate ability to heal. The treatment begins with a bath filled with a blend of Filipino "healing wonders". Traditional herbs, Pinagbagang, Lupang, Punsong, and Tuob (commonly known as "Earth" and "fire") are inhaled to awaken your senses, before indulging in a warm glass bottle massage with Tapal-Tapal Balot (a wrap filled with medicinal herbs) to encourage the release of excess dampness or heat.

Tres Banyos Lunas is especially effective in treating energy stagnation while improving vitality. It also releases impacted toxins, commonly attributed to fluid retention, while strengthening the immune system. Regarded as one of the most soothing experiences – it will fine tune the aura, astral and etheric bodies, reducing stress to invoke regular restful and healing sleep.



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### **HILOT TAPAL** **Warm Massage**

🕒 **90 Mins.**

**PHP 5,900++**

Ancient time's treatments use the purest ingredients naturally grown in the forest. Fresh herbs and medicinal plants were used intuitively in addressing particular concerns. It will be proper place on the body energy points. If you experiencing trapped cold and energetically imbalanced heat it will be unblocked and ones' vitality will be revived.

These authentic and traditional treatment practice in many provinces; local Barrios that uses fresh medicinal herbs, lana oil, and heated glass to glide on the affected part of the body.

### **HILOT ARUGA** **Nurturing Massage**

🕒 **180 Mins.**

**PHP 10,500++**

Our distinct Filipino character of being caring, hospitable, and compassionate is best practiced through this nurturing treatment. Transmitting these energies with the use of Alka-magnesium Crystal salt as the second most abundant element in our bodies, and is used in regulating over 300 enzymes and reactions in the body. Experience the nourishing strokes of our therapists and feel your body relax and be rejuvenated.

### **HILOT KASUYO (SWEET HEART)** **Couples Treatment**

🕒 **180 Mins.**

**PHP 20,500++**

Hilot Kasuyo, enhances physical, mental and emotional well-being which the Therapeutic and nutritive ingredients of the products will keep your skin silky, soft, smooth and hydrate, it also provides your skin with much needed active components for cell regeneration and strengthens your cells' barrier defenses.

Treatment begins with:

- Foot Floral Bath – 10 minutes
- Cacao Body Wrap – 90 minutes
- Milk Chocolate Bath – 20 minutes
- Hilot Treatment – 60 minutes



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### **HILOT LAKAN (THE NOBLE MAN)**

🕒 180 Mins.

PHP 10,500++

#### **Body Scrub, Herbal Bath & Aroma Massage**

The treatment begins with the healing ritual cleansing of the feet with warm herbal water; herbal body polish using a blend of fresh local healing medicinal herbs and sandalwood bark to regain energy, allowing the skin to breath, detoxify and purify the body. Ritual will be end with invigorating, salutary healing tonic herbal bath with the natural fragrance of sandalwood.

### **HILOT LAKAMBINI (THE NOBLE WOMAN)**

🕒 180 Mins.

PHP 10,500++

#### **Body Scrub, Herbal Bath & Aroma Massage**

Aromatically efficient in treating hypertension, relaxes muscle tension, trigger blockages, strengthens the nervous system and repairs cell damaged. Ylang-ylang essential oil can be used to cure infections in internal organs such as the stomach, intestines, colon, and urinary tract. It is also good for people suffering from insomnia, fatigue, frigidity and other stress related conditions. It is extremely effective in maintaining moisture and oil balance of the skin and keeps the skin looking hydrated, smooth, and young.

### **HAMPOL**

🕒 90 Mins.

PHP 7,100++

#### **Warm Herbal Massage**

Hampol is a wonderful healing treatment that has been practiced by hundreds of generations in the Northern part of the Philippines. This treatment is based on the belief that all plants are created by nature for healing. Hampol uses a warmed compress with many different local herbs like “letlet”, “kayumanis”, and “tanglad” followed by a massage inspired by Hilot. This combination of herbs also improves blood circulation, relieves headaches, insomnia, arthritis, dysmenorrheal and water retention. Pregnant women are relieved of pelvic muscle tightness and bruising.

**Corresponding Medical Service: Body Salt Bath**



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### SCRUBS

#### PEPPERMINT FOOT SCRUB

🕒 30 Mins.

PHP 2,700++

This is no ordinary foot scrub! The therapist will begin with a shoulder and head massage, incorporating pressure points, while the feet are soaking in warm water with a gentle touch of flowers. A natural scrub of coco cream, rice powder and the fresh scent of peppermint will be used to remove dead cells from the feet and lower legs. Acupressure points and reflex zones are the main focus in this massage. Bask in the delight by the poolside or secluded garden view for this ultimate foot delight.

***Corresponding Medical Service: Ionization Detox Foot Bath***

#### TROPICAL BLISS

🕒 120 Mins.

PHP 7,000++

#### Coconut Scrub with Relaxation Treatment

A coconut scrub is perfect for sensitive skin. Using fresh ground coconut which is rich in nutrients but not overly abrasive, this gentle exfoliating treatment will remove dead skin cells revealing a softer more supple skin texture.

#### ORIENTAL JOURNEY

🕒 120 Mins.

PHP 7,000++

#### VCO Aloe Scrub with Hilot Pandanggo Massage

Exfoliate and hydrate your skin with this sweet treat. Indulge in this yummy treatment to experience a smoother and more supple you.

#### BITTER SWEET

🕒 120 Mins.

PHP 7,000++

#### Barako Coffee Scrub with Therapeutic Massage

This beauty treatment helps revitalize, stimulate and refresh your whole body so that you can achieve that blissful glow without ever having to take a sip. Coffee is an excellent skin cleanser that also improves circulation and skin tone.



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### SEASONAL DELIGHT

🕒 120 Mins.

PHP 7,000++

#### Papaya or Seasonal Fruit with Relaxation Massage

This gentle scrub will soften and revitalize the skin using the enzymes found in the papaya known as Papain. The natural fruit acids act as a mild exfoliant without the tendency to cause skin irritation.

## WRAPS

### ALOE VERA BODY WRAP

🕒 120 Mins.

PHP 7,000++

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 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.

### ROSE PETAL BODY WRAP

🕒 90 Mins.

PHP 5,900++

Fresh rose petals are highly rejuvenating because they contain essential amino acids and vitamins A, B, C & E, as well as containing enzymes and powerful antioxidants. Wrapping you in the earth's own goodness straight from the garden, the rose petal body wrap will hydrate and nourish your skin while smoothing fine lines.

**Corresponding Medical Service: Infusion Therapy**

### CHLOROPHYLL BODY WRAP

🕒 90 Mins.

PHP 5,900++

Chlorophyll is known as the green pigment responsible for plant life, it is similar in structure to the hemoglobin components in our blood. This means it is a powerful anti-oxidant. Chlorophyll's many health benefits stem from the fact that it is Alive!



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It contains enzymes that are ideal in attaining bodily health. Its benefits have been proven over the years in many ways such as cleansing the lymphatic system, alkalizing the body, removing toxins and waste from cells and nourishing the liver and kidneys. Our skin is the largest organ of elimination; this allows chlorophyll to soothe the skin and let nature manage it naturally and beautifully.

**Corresponding Medical Service: IV Vitamin Infusion, Wheatgrass Infusion Therapy**

### **KIDNEY CLEANSING**

🕒 90 Mins.

PHP 5,900++

**Diuretic Bath Tub, Dry Brushing and Activated Charcoal Wrap**

The treatment makes use of the skin being the “third kidney” and the body’s largest organ of detoxification to quickly and effectively remove toxins. The specially formulated preparation uses natural ingredients to remove the same toxins from the body that the kidneys have the function of removing, hence decreasing the fatigue of the kidneys. The organic mixture is thickly applied over the entire body and allowed, to extract toxins from the tissues through the skin.

**Corresponding Medical Service: Colon Hydrotherapy, Ozone Therapy**

### **MAGNESIUM BODY WRAP**

🕒 90 Mins

PHP 5,900++

Magnesium Body Wrap is best for regulating over 300 enzymes and reactions in the body. It improves blood circulation and skin hydration. It is also a great treatment for stress relief and to soothe muscle aches.

### **ANTI-INFLAMMATORY WRAP**

🕒 90 Mins.

PHP 5,900++

Anti-inflammatory wrap is a collection of different medicinal herbs, roots, barks, that perfectly concoction in addressing inflammatory concerned in a holistic approached without the worry of side effects.



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### **BUSILAK CLEANSING** **Body Wrap**

🕒 90 Mins.

PHP 5,900++

Heal yourself with The Farm's signature combination treatment. By unifying the benefits of Yin/Yang rhythmic massage techniques, the purifying power of salt water, the energizing effects of chlorophyll, and the nourishing potency of fresh rose petals; you too can indulge in the truly luxurious Busilak Triad Cleansing. Our salt water solution naturally absorbs and washes away toxins and even negative energy. Chlorophyll supports this process by serving as a powerful anti-oxidant. Rose petals infuse enzymes, amino acids, and crucial nutrients like Vitamins A, B, C, and E. With Busilak Triad Cleansing, find yourself restored and balanced with The Farm's perfected healing experience.

### **BODY REJUVENATION**

### **LITTLE YIN YANG DRY BRUSHING** **Lymphatic Treatment**

🕒 60 Mins.

PHP 4,400++

This is a skin brushing treatment using natural bristle brushes. It has a similar effect to that of massage, although unlike massage it does not relax the tissue or soothe away tension. Instead, skin brushing is a very effective, quick and easy way of stimulating the blood and lymph circulation, helping to smooth the skin, eliminate dry cells and promote beautiful, healthier looking skin!

***Corresponding Medical Service: Colon Hydrotherapy***

### **SKIN KAYUD** **Lymphatic Treatment**

🕒 60 Mins.

PHP 4,400++

Most people today have chronically toxic lymph fluids and swollen lymph nodes. By scraping the skin we stimulate the lymph canals to drain the toxins and purify the entire lymphatic system. This enables the lymph system to perform its duties by keeping the blood and other vital tissues detoxified. This treatment may be taken every other day during your stay.



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**Corresponding Medical Service: Colon Hydrotherapy, Liver Compress**

### HEATING ELEMENTS TREATMENT

#### STONE MASSAGE

🕒 90 Mins.

PHP 5,900++

This warming therapy uses Basalt Stones that are formed by sedimentary and volcanic action. The smooth surface offers a unique massage therapy that works deep into the muscle tissue gently soothing aches and pains. You will be left comforted by the warmth generated from this peaceful treatment.

#### HILOD CLEANSE

🕒 120 Mins.

PHP 7,000++

Hilod is the traditional Filipino treatment for cleansing the skin. Practiced for many generations, Hilod removes dry skin, crystal acidity, fluid retention and assists in the breaking down of cellulite.

The treatment begins with a hot herbal bath of Guyabano and Sambong leaves to stimulate the kidneys, liver, lymph system and soften the skin. Volcanic river stones are systematically rubbed over the skin to activate the energy line and exfoliate. After rinsing off, a lavender aromatherapy oil is applied leaving the skin feeling fresh and rejuvenate.

**Corresponding Medical Services: Colon Hydrotherapy, Liver Cleansing, Liver Compress**

#### VENTOSA

🕒 30 Mins.

PHP 2,700++

🕒 60 Mins.

PHP 4,400++

🕒 90 Mins.

PHP 5,900++

This unique experience uses heat resistant glasses to remove toxins from the body. The glasses will be warmed and applied to the back meridians, creating a vacuum to draw out the toxins. A soothing massage will be given at the close of the treatment.



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**Corresponding Medical Service: Acupuncture, Colon Hydrotherapy, Body Salt Bath**

### **SUOB TRADITIONAL STEAMING**

🕒 **30 Mins.**

**PHP 2,700++**

Traditional steaming bath that uses fresh aromatic herbs, usually those with cleansing and healing properties like oregano, native ginger, sambong and lemon grass. Suob-traditional steam bath enhances the cure of many diseases with excellent healing attributes of respiratory troubles like bronchitis, asthma, and allergies. It is also useful for cleaning and toning the skin surface. The increased volume of sweat that is induced by Suob-steam bath leaves the skin soft, supple, feeling re-energized and recharged. It can remove allergens and mucus from the lungs. This allows maximum benefits to those with breathing problems. Suob has a soothing quality for the breathing passages since it raises the moisture level in the lungs, throat and nose.

People that suffer from the problems of asthma or the common cold will find they feel much better after indulging in a Suob bath. A good sweat is excellent for healthy skin.

### **AROMATHERAPY MASSAGE**

🕒 **60 Mins.**

**PHP 4,400++**

🕒 **90 Mins.**

**PHP 5,900++**

Aromatherapy is the practice of using the natural oils extracted from flowers, bark, stems, leaves, roots or other parts of a plant to enhance psychological and physical well-being. The inhaled aroma from these "essential" oils stimulates brain function. Essential oils are also absorbed through the skin, where they travel through the bloodstream and promote whole-body healing, a sense of wellness and relaxation.

Purifying ~ Lemongrass  
Stimulating ~ Grapefruit  
Detoxifying ~ Patchouli

**Corresponding Medical Services: Acupuncture**



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### “RELAXOLOGY”

🕒 30 Mins.

PHP 2,700++

🕒 60 Mins.

PHP 4,400++

🕒 90 Mins.

PHP 5,900++

“Relaxology” is The Farm’s interpretation of the natural healing arts of Reflexology and Acupressure Massage. Through the application of pressure and manipulation of the reflex points, “Relaxology” relieves tension, improves circulation and promotes balance in the entire body.

***Corresponding Medical Service: Body Salt Bath***

### RELAXATION MASSAGE

🕒 60 Mins.

PHP 4,400++

🕒 90 Mins.

PHP 5,900++

This therapy is a must for stressed individuals, as this gentle massage will ease away tension and tiredness. Using long soothing strokes your therapist will lure you into a calm, peaceful space for both your body and mind.

### HILOT MASSAGE

🕒 90 Mins.

PHP 5,900++

This is a traditional Filipino healing treatment practiced in many regions of the Philippines. With its different styles and strokes this massage aims to stimulate the nerves, increase lung activity, soothe the nervous system, as well as break up deposits found in the joints. This massage applies kneading and some stretching techniques, to help rid you of the heavy weight of stress on the body and leaves you feeling renewed.

### THERAPEUTIC MASSAGE

🕒 90 Mins.

PHP 5,900++

This deep tissue massage concentrates on the specific areas of tension within the body. The Therapist will use a combination of reflexology points in the feet, to achieve balance within the body’s energy centers and Swedish massage techniques



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to release toxins in the muscle tissue. This combination will leave you in a complete state of relaxation.

### HILOT PANDANGGO MASSAGE

🕒 90 Mins.

PHP 5,900++

Totally dry treatment that triggered foot reflexes, Increased flexibility, muscle strength and tone. The technique is designed to stretch the body and clear all the energy lines. Its unique approach will restore and balance the mind, plus strengthening and aiding mobility.

### RELAXOLOGY UNDER THE STARS

🕒 60 Mins.

PHP 4,400++

🕒 90 Mins.

PHP 5,900++

This is a truly delightful experience wherein you are lying under the stars as your therapist massages reflexes in the head, hands and feet. Watch out for shooting stars and remember to make a wish!

### ARUGANG BUNTIS

#### Prenatal & Postnatal Massage

🕒 60 Mins.

PHP 4,400++

🕒 90 Mins.

PHP 5,900++

This is a pre-natal and post-natal treatment, ensuring the health of a mother, strengthen the immune system, release the muscle tension and energetically balances the body. Pre-natal massage therapy performed during pregnancy can reduce anxiety, decrease symptoms of depression, relieve muscle aches and joint pains, and improve labor outcomes and newborn health, relax muscle tension, improve lymphatic and blood circulation through mild pressure applied to the muscle. Sciatic nerve pain is experienced by many women in their last term of pregnancy as the uterus rests on muscles of the pelvic floor and lower back. The pressure of the uterus spreads tension to the muscles of the upper and lower leg, causing them to swell and puts pressure on nearby nerves. ARUGANG BUNTIS addresses the inflamed nerves by helping to release the tension of nearby muscles. Many women have experienced a significant reduction in sciatic nerve pain during pregnancy through massage.



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### HILOT MUSMOS Infant Massage

🕒 60 Mins.

PHP 4,400++

With the level of stress nowadays, even the energy of innocent newborns babies/toddlers are affected. This infant massage improves immune function, enhances development of nervous system, stimulates healthy growth and development, reduces stress hormone and releases of oxytocin, or the happiness hormone. With our pure intention and expertise in transmitting healing energy, we will be happy to let them experience this unique lullaby relaxation. It is never too early nor too late to begin massage. Whether your baby is a newborn or several years old, massage can bring immediate and lasting results.

## FACIALS

### NATURAL MOISTURIZING FACIAL

🕒 60 Mins.

PHP 4,400++

This natural facial uses only the purest of ingredients. Coco-cream, avocado and cornmeal gently clean and exfoliate while using the soothing oils and lotions help to regulate and tone the skin, leaving your face feeling fresh, and radiant with a natural glow. This facial is available only when fresh avocados are in season.

### ANTI-STRESS FACIAL

🕒 60 Mins.

PHP 4,400++

In a busy world like ours today, we all need to take time for ourselves. This relaxing massage using Aloe Vera, from our own garden, will create a cooling and soothing effect. Aloe Vera stimulates and activates the heart chakra allowing one to be insightfully sensitive to one's own self and others. It rejuvenates your skin and tissues, stimulates the nervous system and improves circulation when used topically. It encourages expansion of cells thereby increasing energy flow between cells and ethnic body energies.

### ANTI-AGING DETOXIFYING FACIAL

🕒 90 Mins.

PHP 5,900++

Bentonite clay is used as a natural skin care product to prevent or treat facial blemishes and other minor abscesses. This is a natural and gentle facelift using a mask. With powerful components, this tenderly cleanses then tightens the skin.



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The constriction virtually pushes the impurities out of the skin while also serves as an anti-bacterial cleansing agent. Clay and dirt are substances that have been used for thousands of years by indigenous people around the world, including our ancient ancestors.

The treatment starts with a skin cleanser then followed by skin exfoliation. Afterwards, there will be crystal facial scraping then application of a detoxifying facial mask. Lastly, a moisturizer will be applied at the end of the treatment.

### **GREEN TEA FACIAL THERAPY**

🕒 **90 Mins.**

**PHP 5,900++**

Green Tea has anti-aging and antioxidant benefit that can help delay signs of skin aging, such as sagging skin, sun damage, age spots, fine lines and wrinkles. The polyphenols in green tea help neutralize harmful free radicals, which can cause significant damage to the skin and accelerate the aging process.

### **PUREST GOLD FACIAL**

🕒 **90 Mins.**

**PHP 5,900++**

Purest Gold Facial Mask is an ancient treatment excellent anti-aging, anti-wrinkle, anti-toxin and anti-acne formula based on powerful healing ingredients that help in reducing sign of aging, brightening & firming up your skin. The softest metals, it is easily absorbed into the skin, giving it influence at a cellular level. Help reversal of oxidation damage to the collagen fiber, aiding the regeneration of the healthy new cells, bringing natural luster and youthful radiance to all skin types.



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### NAIL & HAIR SANCTUARY

<b>Manicure</b>	🕒 60 Mins.	PHP 1,300++
<b>Pedicure</b>	🕒 60 Mins.	PHP 1,500++
<b>Manicure &amp; Pedicure</b>	🕒 90 Mins.	PHP 2,050++

<b>HAIR &amp; SCALP TREATMENT</b>	🕒 30 Mins.	PHP 2,700++
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All natural, deep-conditioning treatments for the hair and scalp. The treatments begin with dry brushing followed by the application of the warm oil and massage. The oil is left in the hair to enhance conditioning.

- Nourishing – Coconut Oil
- Revitalizing – Aloe Vera
- Detoxifying – Lemon Grass & Peppermint

<b>PERSONAL TRAINER</b>	🕒 60 Mins.	PHP 4,100++
	🕒 90 Mins.	PHP 4,800++

Jumpstart your fitness! A personal trainer is available upon request. Please give us 24-hour notice to make the arrangements.

<b>PRIVATE YOGA SESSION</b>	🕒 60 Mins.	PHP 4,100++
	🕒 90 Mins.	PHP 4,800++

For beginner or already practicing yogis to deepen your practice, one on one private yoga sessions are available upon request

**MANDALA FLOWER ARRANGING (Complimentary)**  
**Monday – Friday / 8:30 – 9:00 am**

Flowers and flowering plants form an exceedingly important part of nature. They also provide color to our surroundings – not only the flowers themselves but also the brilliant colored leaves. Boost your creativity as our Healing Sanctuary Team shares with you their amazing technique of Mandala flower arranging.