the sanctuary

ATMOSPHERE RESORTS & SPA • PHILIPPINES

Signature massages

All our massage treatments begin with a foot ritual and end with a tea ceremony.

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 - ₱ 6,250

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 - ₱ 5,990

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 - ₱ 5,490

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 - ₱ 6,250

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 - ₱ 6,750

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Signature massages

All our massage treatments begin with a foot ritual and end with a tea ceremony.

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 - ₱ 6,250

ATMOSPHERE'S SIGNATURE WATER MASSAGE

This unique holistic water treatment is in synergy with our popular watsu treatment. A full body massage that incorporates deep stretches along with the manipulation of key acupressure points, all whilst immersed in a wonderful warm water pool. The treatment incorporates some subtle sound healing and gentle movement coupled with a deeply relaxing massage which are ideal for mental and physical wellbeing.

1 hour - ₱ 5,490

WATSU®

This treatment is based on the founding principles of water shiatsu, a soothing massage that takes place in our purpose built warm water pool. Surrender to the water as this unique treatment combines elements of massage, shiatsu, muscle stretching and dance. A deeply relaxing experience where you will be supported and floated over the water's surface, gliding through rhythmical flowing movements and freeing the body and mind of stress and tension. An unforgettable experience. For Water Massage Therapy, please make your reservation 24 hours in advance.

50 minutes - ₱ 6,250

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ATMOSPHERE RESORTS & SPA • PHILIPPINES

Regular massages

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 - ₱ 4,990

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 - ₱ 4,990

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 - ₱ 4,990

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 - ₱ 3,200

FOOT MASSAGE

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

30 minutes - ₱ 3,200

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 - ₱ 3,200

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Shorter massage treatments

HAND MASSAGE

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

30 minutes - ₱ 3,200

FACE MASSAGE

This blissful massage focuses on the face and head, an overall relaxing experience.

30 minutes - ₱ 3,200

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 - ₱ 3,990

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 - ₱ 3,990

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Ice Bath & Sauna

Discover the invigorating benefits of Ice Bath Therapy. Your 30-minute session includes time for 3–4 refreshing immersions of 3–5 minutes each, with breaks in between to gently rewarm. Cold water immersion can help reduce muscle soreness, ease inflammation, and support faster recovery after exercise.
It may also boost immune function, elevate mood, reduce stress, and promote deeper, more restful sleep.

Enhance the benefits of cold water therapy with our Ice Bath & Sauna Experience. Your 60-minute session includes 3–4 invigorating cold water immersions, each followed by time in the sauna to comfortably rewarm and relax. This contrast therapy can help reduce muscle soreness and inflammation, improve recovery, support cardiovascular health, lower blood pressure, and ease stress and tension — leaving you feeling refreshed, restored, and revitalised.

30 minutes ice bath usage - ₱ 1,200
30 minutes sauna usage - ₱ 1,500
60 minutes ice bath with sauna usage - ₱ 2,500

Package of 3 hours usage - ₱ 6,000

If you are new to Ice baths you can add on the assistance of our cold water immersion therapist who will coach you through the experience additional
₱ 900 for 30 minutes

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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 - ₱ 3,990

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 - ₱ 3,990

OATMEAL AND MINT SCRUB

A mild yet flagrant 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 – ₱ 3,990

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 - ₱ 3,200

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 - ₱ 3,200

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ALOE VERA AND CUCUMBER WRAP

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

30 minutes - ₱ 3,200

VICHY SHOWER

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

15 minutes - ₱ 890

Additional treatments

FLOATISTIC THERAPY

A combination of floating and holistic therapy

30 minutes - ₱ 2,450

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 - ₱ 6,750

FOOT SPA

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

60 minutes - ₱ 4,000

Add on pedicure: *30 minutes - ₱ 1,200*

ALL NATURAL WAXING

An all-natural approach to hair removal, ask for prices for underarm, forearm, bikini, legs or back.

Full leg wax	-	*₱ 2,500*	*Under arm*	-	*₱ 1,500*
Half leg wax	-	*₱ 1,800*	*Bikini*	-	*₱ 1,800*
Eyebrow wax	-	*₱ 1,000*	*Brazilian*	-	*₱ 2,000*
Upper lip wax	-	*₱ 1,000*	*Full back*	-	*₱ 2,000*

THREADING

Threading is the Indian art of hair removal: Have unwanted hair removed from the roots using natural cotton in a process similar to tweezing, from eyebrows, upper or lower lip and lower legs.

Eyebrow threading - ₱ 1,200
Upper lip threading - ₱ 900
Chin threading - ₱ 900

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FACE MASK

Enjoy a cooling Aloe Vera face mask, perfect for sun exposed skin and good for all skin types. It can be added to any treatment.

₱ 890

FOOT MASK

Revive those tired feet with a soothing mint foot mask. It can be added to any treatment.

₱ 890

EAR CANDLING

Ear candling is an ancient alternative treatment, considered by many to assist in the removal of wax and debris and thought to relieve pressure in the ear associated with ear ache and infections.

20 minutes - *₱ 990*

ALL NATURAL OLIVE AND ROSEMARY HAIR MASK

Replenish the natural oils in your hair with this olive mask tinged with the fragrance of rosemary – improving the look, feel and manageability of the hair, adding shine and preventing breakage.

₱ 1,350

ALL NATURAL AVOCADO AND COCONUT CREAM HAIR MASK

Give dry damaged hair a healthy, lustrous shine with this all-natural hair mask. Avocados and coconuts are full of wonderful natural oils boosting the natural condition of all hair types.

₱ 1,350 (seasonal)

HEALING BATHS

Relax and unwind in one of our outdoor baths, choose from one of the following:

- Cleopatra style milk bath *₱ 1,200*
- Floral bath *₱ 1,200*
- Thalasso style marine salt and seaweed bath *₱ 1,200*

(advance notice is required)

20 minutes

VICHY SHOWER

Relax on our horizontal vichy shower.

15 minutes - *₱ 890*

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ATMOSPHERE RESORTS & SPA • PHILIPPINES

Recommended combinations

All Natural Body Scrub & Body Wrap
₱ 6,290

All Natural Body Scrub, Wrap & Stress Relieving Massage
₱ 10,490

All Natural Facial & Relaxing Massage
₱ 7,790

Foot Massage & Indian Head Massage
₱ 5,490

Manicures and pedicures

Manicure with Regular polish *(incl. hand massage)*	*30-45 mins*	*₱ 1,250*
Pedicure with Regular polish *(incl. foot & leg massage)*	*30-45 mins*	*₱ 1,250*
Manicure with Gel Polish	*45 mins*	*₱ 1,940*
Pedicure with Gel Polish	*45 mins*	*₱ 1,940*
Gel Painting	*15 mins*	*₱ 690*
Nail Painting only	*15 mins*	*₱ 500*
Gel Removal	*₱ 90 per nail*	*₱ 300 per set*

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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. Please note that price below are not inclusive of the guardians treatment.

MINI MASSAGE

Gentle light full body massage, perfect for relaxation.

40 minutes

solo	*₱ 2,990*
w/ guardian	*₱ 2,390*

FABULOUS FEET

Revive those feet with an enjoyable foot massage.

30 minutes

solo	*₱ 1,990*
w/ guardian	*₱ 1,490*

FRUITY FACIAL

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

45 minutes

solo	*₱ 2,900*
w/ guardian	*₱ 2,390*

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	*₱ 2,500*
w/ guardian	*₱ 1,990*

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	*₱ 2,290*
w/ guardian	*₱ 1,790*

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ATMOSPHERE RESORTS & SPA • PHILIPPINES

Young ones

FUNKY FINGERS

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

25 minutes

solo	*₱ 900*
w/ guardian	*₱ 790*

TWINKLE TOES

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

25 minutes

solo	*₱ 900*
w/ guardian	*₱ 790*

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.

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Yoga, wellness and fitness

Yoga

General Yoga Class *(hatha, with options of vinyasa or other dynamic styles of yoga for experienced yogis)*	*60 mins*	*₱ 1,400*
10 Group Yoga Class Package	*10x60 mins*	*₱ 12,600*
Private Yoga Class (1 guest)	*70 mins*	*₱ 4,500*
Private Yoga Class (2 guests)	*70 mins*	*₱ 6,750*
Aerial Yoga (private, 1 pax)	*70 mins*	*₱ 5,000*
Aerial Yoga (private, 2 pax)	*70 mins*	*₱ 7,500*
Yin Assisted Yoga	*60 mins*	*₱ 5,490*

Meditation

General Meditation Class	*30 mins*	*₱ 1,400*
Private Meditation Class (1 guest)	*60 mins*	*₱ 4,000*
Private Meditation Class (2 guests)	*60 mins*	*₱ 6,000*
General Relaxation Class	*30 mins*	*₱ 1,400*

Fitness

Group TRX/Circuit Training/Cross Fit/ Body Conditioning Class	*50 mins*	*₱ 1,400*
Private TRX/Circuit Training/Cross Fit/ Body Conditioning Class (1 guest)	*60 mins*	*₱ 4,500*
Mix'n Match: 10 group class package &(Yoga, Meditation, Fitness classes of your choice)	*10 classes*	*₱ 11,900*

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Detox 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 - ₱ 3,650

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 - ₱ 2,990

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 - ₱ 2,990

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.

₱ 795

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.

₱ 995

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ATMOSPHERE RESORTS & SPA • PHILIPPINES

Detox services

SKIN BRUSHING

Lie back and enjoy a vigorous skin brush, not only does it improve your skins 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 minutes - ₱ 3,100

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 - ₱ 2,490

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ATMOSPHERE RESORTS & SPA • PHILIPPINES

Spa packages

Spa packages are for pre-booking only, but can be booked as late as on arrival at Atmosphere. Each spa package comes with a complimentary Executive Back Massage (30min) and additional savings.

LILY

Good for one person
Three massages of your choice
₱ 15,400 - you save up to ₱ 4,850

LOTUS

Good for one person
Three Yoga classes and one Relaxation class
One Watsu session
One Yin assisted yoga massage or Thai massages
₱ 14,990 - you save up to ₱ 2,850

KALACHUCHI

Good for one person
One Facial of choice
One All natural body scrub and wrap
One Foot Spa
₱ 12,990 - you save ₱ 2,190

HIBISCUS

Can be shared between two
Two Signature or Hilot massages
Two Relaxation massages
Two Hot stone, Bamboo, Watsu or Thai massages
₱ 29,990 - you save up to ₱ 7,510

SAMPAGUITA

Good for one person
One Relaxation massages
One All natural body scrub and Wrap
One Vichy shower
₱ 10,490 - you save ₱ 2,580

FITNESS

Good for one person
Two Yoga classes
One TRX class
One Circuit training and one Meditation class
One Private class of choice
₱ 9,990 - you save ₱ 2,210

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Spa etiquette

Reservations

- To ensure that we can accommodate your needs, it is highly recommended that you pre-book treatments.
- Please arrive 15 minutes ahead of your scheduled appointment so that you have adequate time to complete the necessary paperwork before your treatment begins.
- Please understand that if you arrive late, your treatment time may be reduced accordingly.

Cancellations

- If you need to change or cancel your appointment, please let us know two hours prior to your scheduled time, otherwise a cancellation fee of 50% of the treatment will apply
- Pre-booked packages and pre-paid treatments are non-refundable

General

- The spa is pregnancy-friendly. Please let us know if you are pregnant when you make your reservation, so that we can assure your comfort and wellness.
- We highly recommend for safety reasons that all divers wait a minimum surface interval of 2 hours prior to engaging in a massage treatment.
- Please respect the quiet ambiance of the spa and its surroundings.
- Please ensure that your cell phone is left behind or on silent mode.
- We reserve the right to refuse treatments to guests who are intoxicated.
- Our therapists are trained professionals, and any inappropriate behaviour will end your treatment.
- Pre-booked packages and pre-paid treatments are non-refundable