



YOUR SPA EXPERIENCE  
*Awaits*



Be captivated with skincare options and bespoke spa programs delivered by trained specialists and certified spa therapists who are keen to take you on a journey to get away, restore, or indulge.

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# WELLNESS AND LIFESTYLE RITUALS

## YIN AND YANG THERAPIES

Embrace balance with therapies that harmonize body and mind. These treatments are thoughtfully designed to restore equilibrium, combining various techniques for holistic well-being.

### COUPLES CONNECT • Reconnection, Love, Happiness

Experience a shared journey of relaxation and reconnection with this sensual ritual for couples. Designed to soothe the nervous system and foster physical, emotional, and spiritual intimacy, this treatment includes a scrub, backcial massage, and facial using exquisite oils for harmony and love. Focused on the heart, sacral, and crown chakras, it draws on the powers of rose (the flower of love), orange blossom (the flower of bliss) and jasmine (the flower of uniting love) to create a beautiful union of body, mind, and soul.

### DURATION

120 MINUTES

### PRICE (PHP)

16,788

### FIVE ELEMENT HARMONY • The ultimate ritual for restoring mind and body

A holistic, bespoke treatment that caters to individual needs, this ritual works on the muscles, lymph, and nervous system as a whole. It includes a body scrub, back treatment, and full-body massage, all centered around five element-supporting essential oils. This unique treatment involves invigorating techniques to release fatigue from mind and body.

### 90 MINUTES

6,288

### DESIGNER SPA

Pamper yourself by mixing and matching your favorite beauty and spa therapies. Indulge in a custom experience tailored to your needs, giving you the gift of time and relaxation.

### 150 MINUTES

9,388

All prices are inclusive of 12% VAT, 10% service charge, and local tax.





## TOUCHLESS THERAPIES

Activate the body's energy system, clear blockages, and restore balance to promote healing without touch

### REIKI

This energy healing technique involves gently moving the practitioner's hands just above the receiver's clothed body. Reiki provides deep relaxation, alleviates anxiety, and encourages a healthy flow of energy, promoting speedy healing.

### DURATION

### PRICE (PHP)

**30 MINUTES**

**3,188**

**60 MINUTES**

**4,188**

### CRYSTAL HEALING

A restorative experience utilizing gemstones that hold energy, promoting mental wellbeing, calm, balance, and tranquility.

**30 MINUTES**

**4,188**

**60 MINUTES**

**5,188**

### WHISPERED INTENTION AND GUIDED MEDITATION

An indigenous Philippine healing practice where prayer is whispered (bulong/oracion) during the session to provide relief and prevent illness. Combined with guided meditation, this practice helps de-stress, reconnect, and nurture mental, emotional, and physical well-being.

**30 MINUTES**

**3,188**

All prices are inclusive of 12% VAT, 10% service charge, and local tax.



## RESTORATIVE THERAPIES

Using gentle techniques, these therapies are designed to restore balance, replenish energy and revive holistic well-being.

### BOWEN THERAPY

A deeply restorative, hands-on technique performed by certified therapists, uses gentle rolling movements over muscles, tendons, and fascia to stimulate the body's natural healing response. This precise therapy is performed per area and is designed to release tension, improve circulation and enhance well-being. Recommended for those experiencing chronic pain, musculoskeletal issues, stress or restricted mobility. Multiple sessions are advised for optimal results. Please consult our treatment specialist to tailor the therapy to your specific needs.

### DURATION

60 MINUTES

### PRICE (PHP)

5,388

### VISCERAL MANIPULATION

A gentle, hands-on therapy performed by certified therapists to release tension and restore balance within the body. By applying precise, subtle movements to the internal organs and surrounding tissues, this specialized technique enhances circulation, relieves restrictions, and supports optimal function. Recommended for those experiencing digestive issues, postural imbalances, chronic pain, post-surgical adhesions or stress-related tension.

### 60 MINUTES

5,388

### TRIGGER POINT THERAPY

A focused treatment designed to release tight muscle knots and alleviate deep seated tension. Using precise pressure techniques, this therapy helps relieve pain, restore mobility, and improve overall muscle function. Conducted per area, it targets specific points of discomfort to promote lasting relief. Recommended for those experiencing chronic muscle tension, localized pain, restricted movement or stress-related discomfort. Multiple sessions may be recommended for optimal results. Please consult our treatment specialist to tailor the therapy to your needs.

### 60 MINUTES

5,388

All prices are inclusive of 12% VAT, 10% service charge, and local tax.



## RESTORATIVE THERAPIES

Using gentle techniques, these therapies are designed to restore balance, replenish energy and revive holistic well-being.

### ACTIVE STRETCH THERAPY

A dynamic approach to bodywork combining expert massage techniques with guided stretches to improve flexibility, release muscle tension, and enhance mobility. This therapy helps lengthen and relax tight muscles while promoting better posture and movement efficiency. Recommended for athletes, individuals with an active lifestyle, or those experiencing stiffness from prolonged sitting or stress. Ideal for improving range of motion, preventing injuries, and restoring overall body balance.

### DURATION

60 MINUTES

### PRICE (PHP)

5,388

### NECK TENSION RELEASE

A soothing and therapeutic treatment designed to ease tightness, improve mobility and relieve discomfort in the neck, shoulders and upper back. Using expert techniques, this treatment enhances circulation, reduce stress and restores natural movement. Recommended for those experiencing muscle tension from stress, poor posture, prolonged screen time, or headaches. Multiple sessions may be recommended for deeper, long lasting relief and overall well-being.

60 MINUTES

5,388

All prices are inclusive of 12% VAT, 10% service charge, and local tax.

# FACIAL, TECHNICAL & MASCULINE RITUALS

## HYBRID AESTHETICS

POLLOGEN LEGEND™ is an advanced medical aesthetic platform incorporating radio frequency and leading industry technologies that provide effective dermal volumizing, skin tightening, and body sculpting.\*

### DYNAMIC MUSCLE ACTIVATION (DMA)

Personalized and customizable, this treatment targets specific muscles and body areas to safely increase muscle density and tone.

	PER SESSION	PACKAGE OF 10
TUMMY	PHP 5,388	PHP 31,388
ARMS	PHP 5,388	PHP 31,388
BUTT	PHP 5,388	PHP 31,388
THIGHS	PHP 5,388	PHP 31,388
HAND	PHP 5,388	PHP 31,388

TRILIPO Advanced body contouring and firming treatment using TriPollar and DMA Technology to target trouble spots, eliminate unwanted fat, and improve body shape.

	PER SESSION	PACKAGE OF 10
NECK	PHP 6,888	PHP 40,388
HAND	PHP 6,888	PHP 40,388
TUMMY	PHP 10,388	PHP 63,088
INNER & OUTER THIGH	PHP 10,388	PHP 63,088
ARM	PHP 10,388	PHP 63,088
CALVES	PHP 10,388	PHP 63,088
BUTT LIFT	PHP 10,388	PHP 63,088
LOVE HANDLE	PHP 10,388	PHP 63,088

\*Done per area. Please consult our Beauty Specialist. 45 to 60 minutes per session  
All prices are inclusive of 12% VAT, 10% service charge, and local tax.





## RADIANCE FROM INSIDE OUT

Treatments that combine state-of-the-art ingredients with time-honored Asian beauty secrets for a complete holistic experience that nurtures your skin, body, mind, and spirit—inside and out.

### BESPOKE FACIAL

Experience the best of organic skincare with a facial tailored to your skin's specific needs. This treatment deep cleanses, rejuvenates, and protects your skin using proven organic products.

- Suitable for all skin types.
- Extractions are not included.

### DURATION

50 MINUTES

### PRICE (PHP)

5,288

### ELEMI SUPREME FACIAL

Restore radiance and resilience with this rejuvenating facial featuring the powerful skin-renewing benefits of elemi oil. Rich in antioxidants and essential fatty acid, this treatment deeply hydrates while helping to firm, purify, and refine the skin. Through gentle cleansing, exfoliation, and nourishing infusion, the complexion appears smoother, brighter, and naturally luminous.

- Ideal for dull, dehydrated, and mature skin types.
- Extractions are not included.

### 50 MINUTES

5,288

### GINSENG HERBAL FACIAL

Our classic express facial, beloved by supermodels and artists, begins with a gentle clear congestion and ends with the soothing hydration of our Ginseng Therapy Moisture Mask, applied with cooling jade rollers for a glowing complexion.

- Perfect for hydration.
- Extractions are not included.

### 50 MINUTES

6,888

All prices are inclusive of 12% VAT, 10% service charge, and local tax.



## RADIANCE FROM INSIDE OUT

### BYE BYE BREAKOUTS

Say goodbye to persistent breakouts with this targeted facial that uses a combination of our Triple Action Exfoliator and Organic Apple Malic Acid Peel to clear blackheads, whiteheads, and pimples. Following deep pore extractions, a pore-purifying Herbal Clay Clarifying Mask, and Oxygen Plasma Solutions is applied to speed up healing and prevent future breakouts.

- Recommended for problem and acne-prone skin types.
- Extractions are included.

### DURATION

**110 MINUTES**

### PRICE (PHP)

**12,588**

### DNA DO NOT AGE FACIAL AND RELAXING BODY WELLNESS

This rejuvenating facial and body wellness treatment promotes relaxation and youthful vitality. After a thorough cleanse, we use our Energy Lift Wand to contour, lift, and infuse our famous Apple Stem Cellular Energy Serum and DNA DoNotAge Cellular Youth Extension Cream deep into your skin, leaving you visibly refreshed.

- Ideal for premature and aging skin types.
- Extractions are not included.

**110 MINUTES**

**13,588**

All prices are inclusive of 12% VAT, 10% service charge, and local tax.



# ORGANIC & TECHNICAL RITUALS

## MODERN MASCULINITY

### VITAL FACE THERAPY

This treatment includes a deep pore cleanse, exfoliation, and toning, followed by a balancing treatment masque. Enhanced by a relaxing massage on face, neck, shoulder, arms, and hands.

- Ideal for all skin types.
- Extractions are not included.

**DURATION**

**50 MINUTES**

**PRICE (PHP)**

**5,288**

### MASCULINE VIGOR

Recharge your vitality with this powerful ritual that combines powerful herbs and targeted techniques to cleanse and invigorate the body, boosting vitality and strength.

- Recommended for improving strength, stamina, and energy levels.

**120 MINUTES**

**9,388**

### SPICED MUD WRAP

Soothe muscle aches, reduce stress, and energize your mind with this mud wrap rich in anti-oxidants and minerals. Infused with ginger and orange, it detoxifies and stimulates your metabolism.

- Recommended for sluggish metabolism.

**50 MINUTES**

**5,888**

### MAHARLIKA HAND & FACE GROOMING RITUAL

This luxurious treatment pampers and soothes with essential face grooming, a shave, hand grooming, and a massage for arms and shoulders—perfect for the discerning gentleman.

- Recommended for complete pampering, relaxation, and self-care.

**90 MINUTES**

**6,388**

### DEEP TISSUE MASSAGE

Designed to realign the deeper layers of connective and muscle tissue, this massage uses slow strokes and deep pressure to relieve chronic tension, soothe aches, and improve physical well-being.

- Recommended for athletic recovery and muscular pain.

**60 MINUTES**

**6,388**

All prices are inclusive of 12% VAT, 10% service charge, and local tax.



# BODY CARE RITUALS

## INTENSE IMMUNE DEFENSE

Harness the power of the sea with organic, hand-picked wild Atlantic seaweed treatments that detoxify, hydrate, and nourish your skin, while boosting your immune system and overall well-being.

### SEAWEED LEAF WRAP

Perfect for those on a weight loss journey, this detoxifying therapy uses real organic seaweed leaves such as Laminaria seaweed leaves to scrub, wrap, and rejuvenate your body. It starts with a bladderwrack body buff and finishes with a massage using Softly Does body moisturizer.

- Best used alongside a weight loss program.

**DURATION**

**90 MINUTES**

**PRICE (PHP)**

**6,888**

### OCEAN ESSENCE BODY WRAP

This treatment combines the detoxifying power of Fucus Serratus with the cellulite-reducing abilities of Laminaria. It stimulates blood flow, hydrates, and rejuvenates the skin, making it an excellent choice for reducing cellulite.

- Recommended for reduction of cellulite appearance.

**90 MINUTES**

**6,888**

### DOUBLE- ACTION LAVENDER & SEAWEED SUGAR GLOW

A fragrant mix of lavender oil, seaweed, and sugar. This treatment gently exfoliates with sugar while healing with seaweed extracts and lavender essential oil.

- Ideal for dull skin and poor circulation.

**50 MINUTES**

**5,888**

### STIMULATING SEAWEED BODY BUFF

Experience a full-body rejuvenation with our certified organic bladderwrack body buff. This treatment combines the antioxidant power of bladderwrack seaweed with nourishing seaweed massage oils to revitalize tired and dull skin.

- Ideal for sluggish circulation and dry, dehydrated skin.

**50 MINUTES**

**5,888**

### ORGANIC SEAWEED LEAF BATH

This bathing ritual, the renowned Sailors' Cure, was traditionally used by sailors in Ireland to boost the immune system and cure vitamin C deficiency. It utilizes the natural power of organic hand-harvested seaweed to deeply moisturize, improve circulation, and boost your immune system. Perfect for monthly maintenance and overall skin health.

- Recommended for regular skin care, healing skin conditions, and immune support.

**30 MINUTES**

**3,888**

### WARMED SPICED MUD BATH

Peat Bath is traditionally used for a variety of skin and rheumatic conditions. Infused with organic seaweed extracts, this detoxifying bath helps reduce the appearance of cellulite, combats signs of aging, and soothes muscular aches, leaving you feeling revitalized and energized.

- Recommended for muscle aches and pains.

**30 MINUTES**

**3,888**

All prices are inclusive of 12% VAT, 10% service charge, and local tax.



## RESTORE BIO RHYTHM AND VITALITY

### **MUM'S ME TIME • Nourishing, Tension Release, Hormonal Balance**

Relieve pregnancy and post-pregnancy discomforts with this nourishing treatment.

It alleviates anxiety, soothes aches, and nourishes the skin, helping to reduce stretch marks and promote peace for both mother and baby.

- Recommended for releasing tension, nourishing skin, and restoring hormonal balance.

**DURATION**

**75 MINUTES**

**PRICE (PHP)**

**5,388**

### **FEMININE SPIRIT • Joyful, Peaceful, Nutrient Dense, Energizing**

Reawaken your feminine spirit with a revitalizing blend of lymphatic massage, Marma therapy, and nutrient-rich herbs designed to uplift and energize your body and mind.

- Recommended for those who want a joyful, peaceful, energizing self-care.

**120 MINUTES**

**9,388**

### **KUNDALINI BACK-OF-BODY**

**Soothing, Grounding, For Exhaustion, Stress, Chronic Fatigue**

Perfect for those feeling emotionally drained, this treatment combines ancient Marma therapy with warm poultices, sound healing, and chakra balancing to restore balance and dissolve negativity.

- Recommended for those who need a soothing, grounding treatment that provides relief from exhaustion, stress, and chronic fatigue.

**75 MINUTES**

**5,388**

### **MANIPURA FULL BODY TREATMENT**

**• Calming, Anxiety release, For digestive disorders**

This warming treatment balances the Manipura chakra, using Marma therapy, lymphatic drainage, and herbal poultices to relieve digestive issues and restore inner vitality.

- Ideal for anxiety relief and digestive health.

**90 MINUTES**

**6,388**

### **ANAHATA HEALING**

**• Comforting, Peaceful, For emotionally challenging times**

Open your heart to love and compassion with this gentle treatment, featuring heart chakra-balancing essential oils, lymphatic drainage, and rose crystal healing.

- Ideal for those who need emotional relief, especially from heartbreak or grief.

**120 MINUTES**

**9,388**

All prices are inclusive of 12% VAT, 10% service charge, and local tax.



## SIGNATURE MESSAGE THERAPIES

### ORIENTAL HARMONY

Experience the balance of Yin and Yang through a combination of gentle acupressure and rhythmic stretching. This treatment helps rejuvenate the Chi, promoting recovery and helping you achieve a state of harmony and balance.

**60 MINUTES**

**PHP 4,888**

**90 MINUTES**

**PHP 6,388**

**120 MINUTES**

**PHP 7,888**

### DANCE OF WAVES

Inspired by the ancient Hawaiian healing of Kahuna, this therapy takes you on a journey of relaxation and stillness. With long, wave-like strokes and deep flowing techniques, it creates a moving meditation that calms the mind and soothes the body.

- Choice of blended oils are available.
- Recommended for those seeking a firm, relaxing body treatment without the intensity of deep tissue work.

**PHP 4,888**

**PHP 6,388**

**PHP 7,888**

### INDAYOG NG DUYAN

Feel deep relief with this hilot-inspired therapy, rooted in traditional Filipino healing. Warmed banana leaves soaked in virgin coconut oil guide the therapist to identify and treat areas of concern, helping your body restore balance and heal naturally.

**PHP 4,888**

**PHP 6,388**

**PHP 7,888**

### BESPOKE THERAPY

This personalized treatment is designed to address specific needs, offering targeted relief and an overall sense of wellbeing. Depending on your preference, warm basalt stones or salt compress may be used.

**PHP 4,888**

**PHP 6,388**

**PHP 7,888**

### MESSAGE ON THE ROCKS

Harness the energy of heated stones to melt away tension. This treatment uses long, flowing strokes over vital points, allowing the penetrating warmth to deeply relax muscles and release trapped stress, leaving you in a state of profound relaxation.

**PHP 6,388**

**PHP 7,888**

## ADD-ONS

	DURATION	PRICE (PHP)
EXTRACTION	20 MINUTES	2,388
BACK, NECK, SHOULDER	20 MINUTES	2,388
BODY ENERGY LIFT	20 MINUTES	2,388
MARINE EYE TREATMENT	20 MINUTES	2,888
SPARKLING MAKEOVER OXYGEN MASK	20 MINUTES	2,888
FACIAL ENERGY LIFT	20 MINUTES	2,888
AROMATHERAPY OR SEAWEED BATH	20 MINUTES	2,888

# SPA GUIDELINES

## CHECK-IN

We recommend arriving 30 to 60 minutes before your appointment to enjoy the aquatherapy and relaxation facilities as a prelude to your spa experience. While we will do our best to accommodate late arrivals, the length of your service may be adjusted to avoid disrupting the appointments of other guests. Please note that the full price of scheduled services will still apply, so we encourage you to plan accordingly.

## MINIMUM AGE REQUIREMENT

Guests must be at least 16 years old to access the spa and wellness treatments, relaxation facilities, aquatherapy areas, and the spa swimming pool.

## SPA CONDUCT

We expect all guests to behave in a respectful and courteous manner at all times. Rude behavior and use of offensive language will not be tolerated.

## SPA FACILITIES ACCESS

Guests with confirmed spa or wellness treatments enjoy complimentary access to the Co-ed Spa Lounge, Male and Female relaxation facilities and amenities, aquatherapy areas (including steam, sauna, hot pool, and experience showers), and the spa swimming pool. In-house guests without confirmed treatments may access The Retreat Spa facilities upon payment of the applicable Spa Lounge Fee.

# SPA GUIDELINES

## PRICES & SERVICES

Prices and services are subject to change without notice. We will do our best to keep guests up to date on any changes that may occur, but we encourage all guests to inquire about pricing when booking an appointment.

## GIFT CERTIFICATE OR GIFT VOUCHER POLICY

Gift certificates are available and may be purchased at the spa, by phone at +632 8880 7777 extension 6, or you may contact us at [relax@okadamanila.com](mailto:relax@okadamanila.com). Please note that we cannot process returns or reimburse payments on gift certificates, even if they are lost, misplaced, or stolen. Gift certificates cannot be redeemed for cash and must be mentioned when making your appointment.

## PERSONAL BELONGINGS

We advise leaving all jewelry and valuable items at home or in your guest room safe. Okada Manila is not responsible for lost or misplaced items.

## RETURN POLICY

Our mission is to provide you with the highest-quality skin and body care products that you'll want to use every day. We will gladly exchange any products within 48 hours of purchase, provided they are unopened and accompanied by a receipt. Unfortunately, we cannot offer cash refunds for returned products. Instead, a spa credit will be issued, which can be used for any products or services at The Retreat Spa.