



the sole retreat
FOOT SPA



Forbes
TRAVEL GUIDE

Wellness for Every Sole



OKADA
MANILA



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TIMELESS FOOT THERAPIES

INGHAM METHOD REFLEXOLOGY

Involves rhythmic finger and walking technique that gives the benefit without the pain of pressure point therapy.

60 MINUTES

PHP 3,188

90 MINUTES

PHP 4,388

120 MINUTES

PHP 5,888

ASIAN FOOT REFLEXOLOGY

Deep pressure and rubbing technique using acupressure where pain represents the sensitivity of the nerve ending, which, should diminish over a series of treatments.

60 MINUTES

PHP 3,188

90 MINUTES

PHP 4,388

120 MINUTES

PHP 5,888

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





BODY & FACE THERAPIES

THAI SHI

Ancient form of healing massage that includes meridian therapy and assisted yoga stretches to release muscle tension and improve flexibility.

DURATION

90 MINUTES

PRICE (PHP)

PHP 5,188

GUA SHA TENSION THERAPY

Traditional Chinese healing method using smooth edged tool to apply pressure and scrape the skin to treat chronic pain and relieve tension of the back.

45 MINUTES

PHP 2,888

DEEP SLEEP WELLNESS THERAPY

The Energy Lift Machine is applied down your spine to relax your automatic nervous system. The use of localized heat therapy (moxibustion) promotes relaxation in aid of overcoming insomnia to enjoy deeper, restful sleep.

60 MINUTES

PHP 3,888

INSTANT FACE LIFT

An express treatment using a cocktail of serums customized to suit your skin concerns and the use of the Energy Lift Machine gives you an instant facelift.

30 MINUTES

PHP 2,888

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





NAIL CARE (NO POLISH)

ITEMS	DURATION	PRICE (PHP)
Japanese Nail Care (Manicure or Pedicure)	45 MINUTES	PHP 1,388
Japanese Nail Care (Manicure and Pedicure)	75 MINUTES	PHP 2,488
Subarashii Hand Spa with Japanese Nail Care	75 MINUTES	PHP 1,888
Yasashii Foot Spa with Japanese Nail Care	90 MINUTES	PHP 2,188
Hand Spa with Thera-Paraffin and Manicure	90 MINUTES	PHP 2,388
Foot Spa with Thera-Paraffin and Pedicure	105 MINUTES	PHP 2,388
Hand & Foot Spa Thera-Paraffin with Manicure & Pedicure	120 MINUTES	PHP 4,188

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



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CELEBRITY SOLE RETREAT (2 THERAPISTS)

Foot Soak-Scrub-Callous Removal, Intense Nourishing Facial,
Reflexology

DURATION

90 MINUTES

PRICE (PHP)

PHP 5,888

DELUXE SOLE RETREAT

Foot Soak-Scrub, Full Body Massage, Instant Lift Facial

105 MINUTES

PHP 6,388

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



ADD-ONS

ITEMS	DURATION	PRICE (PHP)
Detoxifying Foot Soak & Scrub	15 MINUTES	PHP 888
Full Back Massage	30 MINUTES	PHP 1,888
Head, Neck, Shoulder	30 MINUTES	PHP 1,888
Regular Polish Application (Hands or Feet)	15 MINUTES	PHP 688
Gel Removal (Feet)	30 MINUTES	PHP 888
Gel Removal (Hands)	30 MINUTES	PHP 988
CND Gel Application (Hands or Feet)	15 MINUTES	PHP 988

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