



SUN AQUA  
SPA

## MASSAGES

Asia's tradition of traditions, a masterpiece of unique and strong cultural identity of different Ancient massages. All massages can be booked by 60 minutes or 90 minutes and can be individual or combined as a package.

### Balinese Massage Relaxing

\$ 179

60 minutes

Employing the principles of acupressure, cross fibre strokes and gentle stretches, and aromatherapy is used to stimulate the flow of blood and "qi" (energy) around your body. This treatment brings a sense of well being, calm and deep relaxation.

### Authentic Thai Massage Flexibility

\$ 179

60 minutes

Combination of firm and rhythmic pressure simultaneous to ones breathing, it allows to stimulate the flow of energy along the body's pathways. This authentic Thai therapy will surely bring out the flexibility in you.

### Hawaiian Lomi-Lomi Massage Balancing

\$ 179

60 minutes

Characterized by the Huna's loving and nurturing approach, this massage brings the balance in physical, mental and spiritual dimensions. With long and gentle rhythmic strokes, this sensual massage will awaken your sense of well-being.

### Classical Western Energising

\$ 179

60 minutes

This therapeutic massage is similar to Swedish massage, featuring strong kneading of the muscle tissue, getting deep into the muscle fiber. Firm strokes increase circulation and encourage the release of toxins, helping alleviate chronic muscle pain, tension and working out stubborn knots. We use our own specially formulated Uplifting oil with this massage to energize and revitalize

### Foot Reflexology Stimulating

\$ 179

60 minutes

An ancient healing based on the principle that there are reflex points on the feet that correspond to the body's different organs and glands.

### Traditional Filipino Massage Intuitive

\$ 228

90 minutes

With origins from Northern Province, Traditional Hilot Massage start with scanning of banana leaves which are then used to identify areas of imbalance in the physiology. An upside down glass or cupping therapy "Ventosa" is then placed for few minutes to create suction, an ancient form of alternative medicine to assist in reducing pain, inflammation, blood flow, relaxation and well-being. The experience continues with the combination of long and deep strokes of Hilot. Combined with stretching, it improves circulation and relieves stress and tension.

### Anti-Cellulite Massage Toning

\$ 228

90 minutes

Restore the natural appearance of your skin, this repetitive striking technique will warm the cellulite and helps improve the lymphatic flow. This helps to further improve the smoothness, tone and reduce the visibility of cellulite on your skin.

## AYURVEDA TREATMENTS

### **Abhyanga Massage** 60 minutes

**\$ 204**

Performed with oil infused with herbs, Abhyanga Massage takes you to the ancient therapy that pampers as it heals the soul. Using gentle and soothing strokes that stimulates the lymphatic system, this massage improves the blood circulation, improves appetite, releases stress built-up and promotes relaxation.

### **Kativasti Massage** 60 minutes

**\$ 204**

A targeted Ayurvedic massage that focuses on the lumbar spine with the use of warm Ayurvedic oil. This massage increases the oxygen in the blood stream and ease the tension on the joints and will make you feel relieved.

### **Shirodhara Massage** 60 minutes

**\$ 204**

Awakening your senses and spirit with Shirodhara massage, warm oil is placed over the third eye and hairline. This holistic healing approach harmonizes the body, mind and soul and creates a balancing effect in the deepest blissful state of consciousness.



## BODY WORKS

Treatments start with honouring the feet followed by the body treatment of your choice. All natural ingredients are used to support the local business and farms by sourcing the ingredients within the country. Body treatments may be done on their own, or added to any other spa service.

### **De-Aging Pineapple Papaya Body Polish**

**\$ 179**

**50 minutes**

Ingredients good enough for a yummy dessert are also ingredients to healthy and better-looking skin. This concoction delicately exfoliates and moisturises body while bringing out a fresh and natural layer, through the stimulating power of fruit enzymes. Your skin will look healthy, smooth and shiny as if you were born with them.

### **Detoxifying Marine Body Wrap**

**\$ 179**

**50 minutes**

Let nature detoxify and rebalance your body through the magical properties of the sea. Envelop yourself in this therapeutic and beauty-essential body wrap. Our purifying seaweed absorbs damaging toxins and impurities from the body while leaving your natural oils intact. The treatment also contain skin boosting minerals that guarantee moisturised, revitalized and firmer skin.

### **Hydrating Aloe Vera Healer Wrap**

**\$ 179**

**50 minutes**

A welcome relief for skin exposed to sun and sea. The soothing and antibacterial properties of Aloe Vera gel to help your skin recover and replenish naturally.

### **Moisturizing Coco Body Scrub**

**\$ 179**

**50 minutes**

Savour the rich, natural goodness of this delightful body scrub as it combines the exfoliating properties of coconut meat with brown sugar to tighten your pores. The extra virgin coconut oil is then applied for its powerful moisturising properties. A healthy dose of lemon rind and citrus oil to deeply cleanse the body for luscious looking skin.

### **Anti-Cellulite Coffee Scrub**

**\$ 179**

**50 minutes**

“Coffee is the answer, who cares what the question is.” This aromatic and decadent body scrub combines the gentle exfoliation and reduce visibility of cellulite effect of the coffee as well as the rejuvenating of brown sugar. Packed with anti-oxidants, it is sure to leave your body with smooth, healthy skin.

### **Rejuvenating Javanese Lulur Scrub**

**\$ 179**

**50 minutes**

Reveal the secret of Asia’s whitening body scrub. Originating from the royal palaces of Java, this exotic scrub contains a blend of turmeric, herbs and spices, and is followed by a soothing yogurt splash.

### **Invigorating Rosemary and Lemon Salt Scrub**

**\$ 179**

**50 minutes**

Experience the secrets of beautiful skin with this traditional recipe of herbs, sea salts, aromatic oils and tropical plant extracts. The earthy smell of rosemary yet relax, will give your skin firmness combined with the power of lemon and salt, a great job in exfoliating skin and improved circulation in the body.

### **De-Aging Rosemary and Lemon Salt Scrub**

**\$ 179**

**50 minutes**

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## FACIALS

All facials at Sun Aqua Spa begin with a face steaming to cleanse deep into pores. This is followed by an exfoliation ritual to boost blood circulation and allow the skin to desquamate and a relaxing facial massage technique to relieve tense muscles and restore vitality. A mask is applied to nourish with vitamins and minerals, with hydrating moisturiser to finish, giving you a vibrant youthful appearance.

### All Natural Tropical Facial 60 minutes

\$ 148

Pamper your skin with nature's revitalizing and beautifying properties and emerge radiant with an all-natural glow. With the use of natural ingredients and combination of coupled light touches and soft strokes, this facial will help detoxify and improve skin lymph flow as a youthful effect.

### Fragrance Facial 60 minutes

\$ 148

With excellent emollient properties delicately fragrant, this facial uses rose essential oil to soothe the skin, rich in vitamin E as a natural antioxidant. Deeply nourishing and suitable for sensitive skin types, this facial will leave your skin silky smooth and moisturised.

## EXPRESS TREATMENTS

These treatments are targeted for those most vulnerable to holding stress and tension, and suitable for guests with limited time. Express Spa Treatments may be taken on their own, or added to any other spa service.

Shoulder, Neck and Head Massage	30 minutes	\$ 62
Bentosa Cupping Treatment	30 minutes	\$ 74
Express Cleansing Facial	30 minutes	\$ 105

## THE ART OF WELLNESS

Yoga holds the key to good health, vibrant living and is said to delay the onset of ageing and disease. Yoga is the cornerstone of Sun Aqua Iru Veli's approach to holistic wellness and individual well-being. Special Yoga class with instructors in all levels are available to suit your style. Lessons can be enjoyed as a group or individually, making the experience personalized, discreet and very enjoyable for all ages. Energize and tone your body, still your mind and calm your emotions in one of our Yoga classes.

Sun Salutation	30 minutes	\$ 68
Yoga for Beginners	30 minutes	\$ 74
Pranayama	30 minutes	\$ 68
Aqua Yoga	30 minutes	\$ 80

## SPA PACKAGES

Restore harmony and equilibrium by investing in a few precious hours in the cradle of nurturing.

### Re-alignment Package

\$ 222

2 hours

Bring the balance back to your life with our Re-alignment Package. Let your blood flow and skin glow with an awakening yoga session. Followed by body-opening Thai massage, your muscles will be grateful for and finish off with a relaxing foot spa that will benefit your whole body.

- 30 minutes Sun Salutation
- 60 minutes Thai Massage
- 30 minutes Lulur Scrub and Mask

### Always Together

\$ 370

2 hours

Take advantage of our couple's room and the pampering in this package designed exclusively for couples. The journey begins with a complimentary sunrise yoga to strengthen the bond as a couple and be more connected to each other. Treatment start with a moisturising tropical fruit coco scrub followed by your chosen massage and ending with an express facial to complete the honeymoon escapade. Served with sparkling wine after the treatment.

- Complimentary sunrise yoga
- Moisturising Coco Body Scrub
- Massage of your choice except Ayurveda treatments
- Express Cleansing Facial
- Served with sparkling wine

### The Perfect Escape

\$ 370

2 hours

Indulge in a 2 day spa retreat and give yourself the benefit of recreation and relaxation. It is always good to feel pampered on a holiday, a perfect escape from the busy life. Sun Aqua Spa created a package that is surely personalized by you.

Choose from any a la carte treatment for two hours:

- Complimentary sunrise yoga
- Body scrub or body wrap
- Massage
- Express Treatments

### Heritage Package

\$ 247

2 hours and 30 minutes

Inspired by traditional Filipino herbal healing, this therapeutic masterpiece incorporates a Philippine heritage ritual that immerses mind, body & spirit in a state of overall well-being. The experience starts with a ritualistic smudging to clear the surrounding energy, fresh coconut extracts, organic rice and extra virgin coconut oil purifies the skin. Cap this truly indigenous and indulging traditional Filipino massage with Bentosa "cupping" technique to un-block the energy in your body.

## PRICES

All prices are quoted in US Dollars, subject to 10% service charge and applicable taxes.