

Info Treatments

Spa Package Inclusion

Thai Herbal Massage 55 min

Thai Massage is a firm, dry massage which combines the traditional Indian Ayurvedic stretching techniques to release tension, re-align the body and restore suppleness, with the Chinese method of deep tissue pressure point massage, which stimulates blood flow to release toxins.

Balinese Massage 55 min

This is a traditional therapy which is known to strengthen and heal the body, combining stretching, long strokes, skin rolling and palm-and-thumb pressure techniques. Flowing and graceful, the Balinese Massage relieves tension, improves blood flow and eases stress.

Hot Stone Massage 55 min

Therapeutic and relaxing, warmed stones glide across the body in long, soothing strokes to ease stiffness and release tension. The heat penetrates the muscles for deep relaxation. Stones are also placed on the energy points of the body, to stimulate energy flow.

Swedish Massage 55 min

This classical European technique which manipulates muscles with the use of aromatic massage oils is relaxing and invigorating. Swedish Massage stimulates blood circulation and is known to be efficacious in treating the lymphatic, muscular and nervous systems.

Back & Shoulder Massage 40 min

This is an enjoyable energetic massage which releases deeply held tensions in the upper body. Working on all the muscles in the neck, shoulders, scalp and face, this massage brings relief from stress and leaves you feeling deeply relaxed.

Foot Reflexology 40 min

This ancient art of massaging the feet, also stimulates specific pressure points in this area, which corresponds to the whole body. This opens and clears the energy pathways, which improves circulation and leaves you feeling grounded, energized and renewed.

Abhyanga massage 55 min

Known as the mother of all massages. This Ayurvedic treatment involves the liberal use of warmed herbal oils chosen specifically for your body type or Dosha. Using a dynamic and flowing technique Abhyanga is an ancient massage style designed to balance body and mind. Excellent to reduce stress and re-energize.

Champissage 50 min

This Ayurvedic scalp and hair massage is a calming treatment that stimulates the scalp, nourishes the hair roots and hair, relieves mental fatigue, helps enhance mental clarity and focus, and balances and nourishes the emotions.

Scubaspa Sports Massage 55 min

A perfect treatment for those who are engaged in life's more active pursuits. Slow, deep and firm pressure strokes, trigger point work and joint mobilization techniques are used to release tight areas while hot oil and thermal pad application increases the local circulation

boosting release of toxins. This massage is created to address the most common need of vacationers – a deeply relaxing Spa treatment journey that gives them the added hype for life.

Filipino Traditional Hilot 55 min

An age-old Filipino Massage that centers on the meridian points or the energy flow of the body. It uses the repetitive thumb technique that rejuvenates and relaxes strained and stressed bodies. Its ancient healing strokes bring back the nutritive energy known as 'Chi' through specific acupuncture points. Characterised by slow and deliberate strokes and removal of blockages or 'Lamig' (Lactic acid formation). Highly recommended for individuals with upper back aches and stress related pain and anxiety.

Scubaspa Glowing Facial 50 min

A celebration of beauty and wellness. A pampering facial treatment that can keep troubled skin in healthy condition. It composes cleansing, exfoliation, steaming, extraction, facial massage, facial mask and deep moisturization that makes your face shine with a youthful glow.

Spa Manicure 60 min

We offer a complete care treatment for beautiful and healthy looking hands and nails. The one-hour treatment consists of file, soak, cuticle work and scrub as well as mask and nail polish.

Spa Pedicure 60 min

The complete care treatment for beautiful feet comprises of a Foot Ritual to smooth and rejuvenate the skin followed by a nail polish. This treatment is exceptionally relaxing.

De Luxe Treatment Selections

Polynesian Huihui Massage 60 min

An indigenous dance massage practice that evolved hundreds of years. A restorative massage that centers in the energy channels of the body. Done in a flowing and continuous lomi lomi technique all over that stimulates skin nourishment and creating a harmony of mind and body that totally puts you in a state of relaxation.

Four Hand Symmetry 60 min

Performed by two therapists using a blend of long, flowing strokes, the majority of this massage is done in tandem and the effect is like experiencing two full body massages at the same time. Ideal for people who can't switch off, four hands massage is one way to disengage your brain from focusing on anything else but relaxation.

Ventosa Glass Cupping 60 min

An ancient technique has found its place in the modern world of healing. Massage cupping is a modified version of the common practice of cupping therapy, used in traditional Chinese medicine (TCM), and the results that this simple treatment produces are impressive. Through suction and negative pressure, massage cupping releases rigid soft tissue; drain excess fluids and toxins; loosen adhesions and lift connective tissue; and bring blood flow to stagnant skin and muscles.

Hilo Thai 60 min

This is a unique combination of two distinct massages combined to give you a complete benefit of mind and body relaxation to the fullest. Two worlds merge into one form of healing art that put together the wonder of stretching muscles with vitality pressing and repetitive stroke techniques that give life to your energy source. Putting in mind the knowledge and belief 'Urat' or 'Body Points' that would leave you feeling all worked out and ready for what life may bring your way.

Renewing Rituals

Zen For Body & Mind Ritual 105 min

Experience the body and mind in perfect harmony. This ritual calms every aspect of your being, bringing you to the tranquility of the present moment, whilst relaxing muscles and energizing the circulation.

- Welcoming aromatic foot bath with scrub
- Massage with our signature Zen massage oil using a hot stone massage technique
- Applying Milk and Nuts Body wrap
- Shiatsu head and feet massage
- Milk and Rose Petal Bath

Sensual Tropical Body Ritual 120 min

Experience two therapists working together in perfect harmony to take you on a voyage of sensual delight. This romantic ritual is a sublime experience for couples.

- Welcoming aromatic footbath with scrub
- Revitalizing Body Wash
- Tropical Body Scrub (Apricot Seed, Turmeric, Sandalwood)
- Full body massage with Floral Massage Oil (Lavender and Geranium essential oil) combining Balinese and Lomi-Lomi massage
- Relaxing Tropical Milk Effervescent Bath with a glass of Champagne and a Fruit Platter for two
- Moisturizing Cream

Traditional Balinese Body Ritual 110 min

The classical Bali treatments, combine salt, sand & seaweed from local beaches, volcanic stone & earth from the mountains and flowers, herbs, roots and grains from the ancient fields. A firm massage and Boreh Body Mask is good for tired aching muscles.

- Welcoming aromatic foot bath with Lulur scrub
- Balinese full body massage using Javanese Massage Oil (Patchouli, Sandalwood and Aniseed essential oil)
- Lulur Scrub Powder
- Bali Boreh Body Mask
- Traditional Spice Bath
- Moisturizing Cream

Rejuvenating Spa Journeys

Marine Body Scrub 30 min

Using our signature fragrance, this exfoliating treatment, detoxifies and purifies the skin using a combination of Sea Salt, Seaweed extract, Geranium, Lavender, and Cypress essential oils, leaving the skin, smooth, toned and revitalized.

Milk Body Scrub 30 min

Deeply moisturizing and an excellent treatment before exposure to the sun, this scrub is rich, nourishing and hydrating with Milk extract, Avocado, Shea Butter, Vanilla Pods, minerals and Vitamins A and C.

Marine Body Mask 45 min

This essential oil wrap of Coconut Cream, Seaweed extract, Geranium, Lavender and Cypress eliminates toxins and stimulates the skin's metabolism. The skin feels firmer, toned and revitalized, from the benefits of deep skin mineral penetration. Assists to reduce the appearance of cellulite.

Milk Body Mask 45 min

Aloe Vera makes a perfect combination with Milk extract, Avocado oil, Almond oil, Vanilla extract, vitamins A and C and minerals to hydrate, moisturize and smooth away any

dryness or signs of ageing.

Alluring Spa Therapies

Essential Aromatherapy 60 min

Harnessing the balancing power of plant energies to normalize the skin. Combining fruit enzyme exfoliation with pure essential oil blends and rich multi-vitamin masks to restore freshness and radiance. Featuring pure essential oils specifically chosen for your skin type.

Back to Basics for Men 60 min

A purifying and refining skin treatment that leaves skin supple and refines enlarged pores. Results are visible and deliver a healthy, youthful skin with a rejuvenated appearance. Formulated especially for male skin.

Ginkgo Eye Treatment 40 min

This refreshing eye treatment utilizes Ginkgo Biloba to stimulate the lymphatics to drain excess fluid, thus reducing the appearance of puffiness. Vitamin C works in synergy as it lightens and brightens the eyes, alleviating dark circles. An effective, cooling and decongesting treatment.

Lumafirm Anti Ageing 60 min

Redefining radiance and facial contouring, this exclusively formulated facial, features the latest in unique natural powerful proven ingredients to deliver instant results and cumulative skincare benefits. This advanced high performance treatment smoothes wrinkles, improves elasticity, increases oxygenation, counteracts photo damage and delivers extreme hydration and youthful radiance.

Skin Fit for Men 60 min

An intensive anti-ageing facial specially formulated for men's skin including deep cleaning, balancing, and strengthening to counteract the signs of ageing, razor burn and sensitivity. Uniting enriched caviar, marine and plant botanicals to restore skin back to eternal youth, health and radiance.

Waxing and Threading

Eyebrow 15 min

Upper Lip 15 min

Underarm 15 min

Half leg 30 min

Full leg 45 min

Bikini line 45 min