

## THE BALESIN SPA SERVICES AND TREATMENTS

Combining holistic treatments from all over Asia, the Balesin Spa was created with your well-being in mind. Our in-house therapists are trained to give you treatments that are customizable to your specific needs. **Open Mondays to Sundays from 8am; last call 11pm.**

### Wellness Massages

Shiatsu Wellness Massage	1 hour	PhP 1700
	1 ½ hours	PhP 2550

Based on the traditional holistic system, Shiatsu is a finger pressure dry massage that calms the nervous system. This improves circulation and relieves stiff muscles.

Swedish Body Massage	1 hour	PhP 1700
	1 ½ hours	PhP 2550

A classic western massage using oil to facilitate smooth, long-flowing, gliding strokes. It uses a firm but gentle pressure to restore balance.

Full Body Scrub with Massage	1 hour	PhP 1980
	1 ½ hours	PhP 2970

A massage combined with an exfoliating full body scrub that removes the toughest grime and toxins, leaving your body fully cleansed and invigorated.

### Foot Reflex

Dag-Dagay Foot Therapy	1 hour	PhP 1800
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This combines foot scrub and foot reflexology techniques. The treatment uses the application of pressure onto particular areas of the soles of the feet and toes while scrubbing away corns, calluses and rough, flaky skin for soft, smooth feet.

Dag-Dagay Foot Massage	1 hour	PhP 1700
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The manipulation of the superficial and deeper layers of muscle and connective tissue using various techniques to enhance function and aid in the healing process.

### Island Signature Massages

Balesin Balance	1 hour	PhP 1980
	1 ½ hours	PhP 2970

This massage brings together elements of the classic western and Lomi massages while using the therapeutic qualities of massage oils and a stretching routine. It restores vital energy and relaxes the body using firm but gentle pressure to restore balance, the Balesin way.

Balesin Signature Massage	1 hour	PhP 2400
	1 ½ hours	PhP 3600

Warmed, hollow, organically treated bamboo canes relax your body, preparing it for a deep, kneading massage. Set your mind free and be filled with serenity with this massage that's unique to the Balesin Spa.

Island Hot Stones	1 hour	PhP 2500
	1 ½ hours	PhP 3750

This specialty massage uses volcanic healing stones to warm up tight muscles. Combined with all the benefits of thermotherapy and gliding massage strokes, it eases muscle tension and reinvigorates the body.

*Rates are VAT Exclusive*

**New** Ear Candling with Head and Shoulder Massage 45 mins PhP 600  
This technique involves placing a lit, hollow, cone-shaped candle into the ear canal to remove ear wax. It is a holistic way of treating earaches and other common issues related to the ear.

**New** Aroma Therapy Oil Massage 1 hour PhP 1900

- Bliss Oil: for calming, tranquil and serene joy
- Peace and Meditation Oil: for rejuvenation (makes you feel fresh and young)
- Relaxation Oil: for reducing tension
- Vitality Oil: for increasing energy

**New** Facial Massage 1 hour PhP 2000

- The use of Sauna or Steam Bath has an additional charge of PhP 250 and is subject to availability.*
- In consideration of other spa guests, cancellations should be made at least 2 hours before the appointment. The Balesin Spa staff will call to reconfirm booking. The scheduled slot will be forfeited should there be no confirmations made.*
- In case of no-show or late cancellation, the Balesin Spa will charge the full amount of the treatment/s to the member's/guest's account.*
- New Aroma Therapy Oil can be used in any treatment, but it has an additional charge of PhP 200.*