

THE PENINSULA

FITNESS CENTER

BODYWORKS

Aromatherapy by Amu'in™*

60/ 90/ 120 minutes 4,300/ 5,200/ 6,000

A trio of soothing massages using freshly blended therapeutic Amu'in massage oils. Amu'in means "to soothe and caress" in Tagalog, an assurance this pioneering Filipino aromatherapy line promises to fulfill.

- *Sigla* (Filipino for "vigor" or "energy"): Reinvigorate with a renewed sense of energy with a blend of peppermint, lemon, lemongrass, and May Chang essential oils.
- *Hulay* (Filipino for "relax"): Experience stress relief with a relaxing blend of lavender, and ylang-ylang essential oils.
- *Alaga* (Filipino for "care"): Restore inner balance with a soothing blend of ginger, rosemary, and peppermint essential oils.

The Peninsula Manila Signature*

90 minutes 5,200

Allow the fusion of Eastern, Western, and deep-tissue techniques to awaken your senses. A special blend of oils will be used leaving you revitalized and refreshed. This is followed by Thai stretching and Hawaiian lomi lomi.

Hilot

75 minutes 4,300

This age-old Filipino therapeutic and traditional massage releases tension in muscles and joints while harnessing the beneficial properties of heated banana leaves and a blend of virgin coconut oil and organic lemongrass essential oil.

Hilot with Ventosa (Cupping)

90 minutes 5,200

This age-old Filipino therapeutic and traditional massage melts away deep-muscle and joint tension by heated banana leaves and a blend of virgin coconut oil and organic lemongrass essential oil. This is coupled with the use of lit candles in cups to release energy blockages from the body.

Warm Philippine Herbal Oil

60/ 90/ 120 minutes 4,200/ 5,100/ 5,900

In this treatment, a harmonious mixture of warmed indigenous herbs and oils are fused, carefully blended and gently massaged onto the body to soothe and treat problems such as anxiety and insomnia.

Swedish or Combination*

60/ 90/ 120 minutes 4,000/ 5,000/ 5,800

A truly traditional oil massage, this treatment uses stimulating strong movements to release knots and tension in the body.

Shiatsu*

60 minutes 4,000

This traditional dry Japanese massage involves applying regulated pressure on acupuncture points to balance the body's energy and promote good health.

Foot Reflexology*

60 minutes 3,800

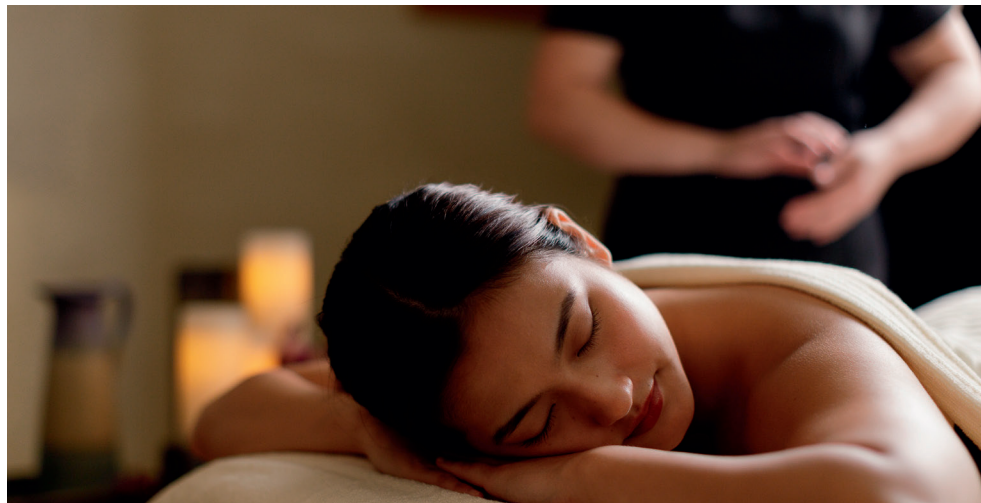
The foot mirrors the body's systems in this ancient form of Chinese therapy. By massaging specific reflex points, balance is achieved, creating an overall sense of wellbeing.

Pampering Foot Massage

60 minutes 4,000

A 60-minute indulgent treatment designed to revitalize tired feet using our signature nourishing peppermint foot rub. Enhance both physical well-being and mood through specialized massage techniques. Group bookings available.

* Available In-Room





Soothing

60 minutes

4,000

Soothe your skin while enjoying a relaxing and nourishing treatment that helps lower skin sensitivity and redness.

INDULGENCES

For Him

90 minutes

6,000

Designed especially for men, this treatment starts with a Sea Salt and Aloe Vera Body Polish and continues with a combination of Swedish and Shiatsu massage.

For Her

90 minutes

6,000

Excellent for easing tension and stress, this rejuvenation treatment combines a Sea Salt and Aloe Vera Body Polish and an Algotherm Anti-aging Facial.

Rebalancing Essential

120 minutes

8,000

Intended to clean body, mind, and soul, this nurturing treatment brings together a Sea Salt and Aloe Vera Body Polish, an Aromatherapy massage, and an Algotherm Balancing Facial.

Sheer Bliss

180 minutes

9,000

This fabulous luxurious program begins with a Sea Salt and Aloe Vera Body Polish and is followed by your choice of a 90-minute massage, and an Algotherm Soothing Facial.

Daily Treatment Hours:

In Fitness Center: 7:00 am to 10:00 pm

In-Room: 7:00 am to 12:00 pm

For advance reservations, please contact The Peninsula Fitness Center at +63 2 8887 2888 extension 6870 or 6871.

We advise you to arrive 15 minutes before your treatment to shower or use The Fitness Center facilities such as the steam room or sauna.

Prices are in Philippine Pesos which include VAT and subject to applicable government taxes.

SIGNATURE TREATMENTS

Complete Reset VOYA Seaweed Scrub

60 minutes

7,200

VOYA's iconic world-class bladderwrack seaweed, in a body treatment that both detoxifies impurities and invigorates tired skin with nutrients and antioxidants.

Sea Salt & Aloe Vera Body Polish

45 minutes

5,000

An excellent way to stimulate skin circulation, this traditional salt scrub cleanses the pores and removes the dead, scaly outer layer of the skin. The scrub is followed by an application of aloe vera to moisturize and add conditioning nutrients.

FACIALS BY ALGOTHERM™

Specialists in cosmetics for more than 40 years, Algotherm is a marine-based line from France that utilizes seaweed extracts and other marine ingredients. Algotherm does not conduct any animal testing and formulations are paraben-free. Results are visible from the first treatment.

Anti-aging

60 minutes

4,000

Ideal for mature skin, this pampering treatment is a veritable fountain of youth for the skin. Specially selected anti-aging active ingredients applied with facial massage strokes smooth out fine lines and wrinkles, lift facial contours and make the skin look younger and firmer.

Balancing

60 minutes

4,000

This is ideal for combination and oily skins, especially teenagers, women, and men of all ages that are prone to acne and excess of sebum. Thanks to a specific seaweed peel-off mask, your skin recovers its suppleness, natural hydration level, and confident look.



Enjoy your stay with us. Scan the QR code or visit [Peninsula.com/manila/stayconnected](https://www.peninsula.com/manila/stayconnected) to access our instant messaging services, Pen Chat should you wish to book a treatment.

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M A N I L A

Corner of Ayala and Makati Avenues | 226 Makati City Metro Manila, Philippines
T: +63 2 8887 2888 +63 2 8812 3456 spapmn@peninsula.com peninsula.com

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