



SANCTUARY

Massage Treatments

Waves of Delight

SUNLIGHT SIGNATURE MASSAGE

3,500 90 MIN.

Let all the stress and tension melt away with Sunlight's Signature Massage. A combination of techniques is used to loosen tight muscles brought about by stress.

RELAXATION & RELIEVING

Tropical Fantasy

SWEDISH MASSAGE

2,500 60 MIN.

This technique aims to relax muscles with long gliding strokes towards the direction of the heart to boost blood circulation, increase oxygen, and decrease muscle toxins.

Deep Indulgence

DEEP TISSUE

2,500 60 MIN.

This style of massage focuses on stiff, knotted, or sore muscles to release tension. Deep pressure is applied to relax the deepest layers of the muscle to relieve pain.

Breath of Island Whisper

COMBINATION MASSAGE

2,500 60 MIN.

This massage uses different techniques, such as acupressure, Thai, shiatsu, Swedish, and reflexology for you to relax to a combination of strokes for each specific part of your body.

Sea Wind

Healing Touch

SHIATSU

2,500 60 MIN.

This Japanese massage applies pressure to specific points of the body while focusing on the meridians of the body to circulate energy, reduce stress, and ease muscle pain.

Anti-Stress

Back Massage

1,500 40 MIN.

This massage is perfect for individuals who spend hours sitting behind the desk as it relieves pressure from the shoulders, neck, and back.

Pedestal Massage

1,000 30 MIN.

This focuses on the head, neck, and shoulders to help ease muscle spasms and pain brought about by stiffness and stress.

Hand and Foot Wellness

HAND AND FOOT REFLEXOLOGY

1,000 30 MIN. HAND REFLEXOLOGY 1,500 40 MINS. FOOT REFLEXOLOGY

This reflexology technique applies pressure on connected points between the hands and feet that are believed to improve the function of internal organs and body harmony.

Foot Massage

1,500 60 MIN.

After your beach activities, get a relaxing foot massage that applies deep pressure reflexology into your tired muscles to relieve sore and aching feet.

THERAPEUTIC TOUCH

Nature's Way

HERBAL BALL COMPRESS

3,000 90 MIN.

This massage uses herbs in a hot compress to help alleviate pain, stress, and sore muscles. The scent of the herbs can also help migraines, chronic stress, and anxiety.

Volcanic Stone Healing

HOT STONE

3,000 90 MIN.

This massage is ideal for those who experience muscle stiffness. Hot stones can help relieve deep layers of muscle and expand blood vessels to increase blood flow in the

Cupping the Wind

VENTOSA

3,000 90 MIN.

Cupping therapy is an alternative muscle therapy that helps increase blood flow to certain areas of the body and reduce muscle pain and spasms.

Calming Mind and Spirit

THAI YOGA MASSAGE

3,000 90 MIN.

This reflexology practice involves stretching, pressing, pulling, and bending muscles and joints while also massaging pressure points to relieve tension.

Tips & Toes

PARAFFIN WAX TREATMENTS

Hand Paraffin Wax

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| STANDARD TREATMENT | 2,080 | 30 MIN. |
| WITH MANICURE & REGULAR NAIL POLISH | 2,170 | 45 MIN. |

Foot Paraffin Wax

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| STANDARD TREATMENT | 2,380 | 60 MIN. |
| WITH MANICURE & REGULAR NAIL POLISH | 2,640 | 90 MIN. |

Hand and Foot Paraffin Wax

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| 2,630 | 90 MIN. |
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MANICURES & PEDICURES

Manicure

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| WITH REGULAR NAIL POLISH | 1,000 | 45 MIN. |
| WITH GEL NAIL POLISH | 1,430 | 45 MIN. |

Pedicure

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| WITH REGULAR NAIL POLISH | 1,220 | 60 MIN. |
| WITH GEL NAIL POLISH | 1,640 | 60 MIN. |

Gel Polish Removal

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| MANICURE OR PEDICURE NOT INCLUDED | 620 | 20 MIN. HANDS |
| | 740 | 20 MIN. FEET |

Foot Spa 1,500 60 MIN.

Pamper your feet after a long day with Sunlight's foot spa. Dip your toes into a warm footbath before they're exfoliated and nourished with a soothing moisturizer.

Sunlight Healing Treatments

SUNBURN REPAIR

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| Face | 840 | 30 MIN. |
| Arms | 1,170 | 30 MIN. |
| Full Legs | 1,440 | 45 MIN. |
| Back | 1,510 | 45 MIN. |
| Chest | 1,510 | 45 MIN. |

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|----------------------------|-------|---------|
| Face & Arms | 1,400 | 40 MIN. |
| Arms & Legs | 1,880 | 45 MIN. |
| Back & Legs | 2,270 | 45 MIN. |
| Whole Body FRONT & BACK | 2,740 | 60 MIN. |

Thermal Auricular Therapy

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| 1,000 | 20 MIN. |
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Ear candling is an alternative medicine treatment to promote relaxation and improve overall health by lighting one end of a hollow candle and placing the other end in the ear canal.

Mini Facial

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| 1,500 | 45 MIN. |
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Get a facial cleanse with rose water, clear your pores with a steam treatment, then have a gentle facial scrub to promote blood circulation for a healthy facial glow.

Sunlight Healing Treatments

BODY SCRUB

Fresh Coconut and Ginger Body Scrub

2,000 60 MIN.

Improve your skin's appearance with a body wrap that helps your body get rid of excess fluids and toxins. This spa treatment also helps detoxify, tighten, and soften skin.

Coffee Body Scrub

2,000 60 MIN.

Coffee has anti-inflammatory properties coupled with polyphenols and hydroccinamic acids that reduce inflammation. Caffeine in it as a stimulant which improves blood circulation. It gives youthful and reduce the appearance of cellulite.

BODY WRAP

Honey Lemon Body Wrap

2,500 60 MIN.

Honey nourishes and moisturizes the skin. It has antibacterial and antioxidant benefits ideal for soothing acne-prone and irritated skin. Lemon helps to heal acne and remove blackheads, lighten dark spots and blemishes, and prevent oily skin.

Oatmeal Body Wrap

2,500 60 MIN.

Start with light exfoliation to increase circulation and to rid the body of dead skin cells for better absorption of the wrap. It will calm irritated skin due to eczema and as well has purifying residences that leave the epidermis feeling mild and restored.

HAIR REMOVAL

Eyebrows

500 15 MIN.

Half Leg

1,450 45 MIN.

Underarms

800 20 MIN.

Full Arms

2,300 45 MIN.

Bikini

1,500 30 MIN.

Back or Chest

2,300 60 MIN.

Full Leg

2,300 60 MIN.

Sanctuary Packages

Sunlight Spirit

PACKAGE A

3,500 90 MIN.

This spa treatment package includes a hot shower, a full body scrub, and a full body massage.

Pamper Yourself

PACKAGE B

2,500 80 MIN.

This spa treatment package includes an herbal foot ritual, a relaxing foot massage to relieve soreness, and a pedastal massage to end the session.

Reenergize to Return Home

PACKAGE C

4,000 120 MIN.

This spa treatment includes a hot stone therapy followed by a deep tissue massage and finishes up with foot reflexology to feel reenergized from head to toe.

Dry Sauna

1,500 45 MIN.

Health benefits include detoxification, increased metabolism, weight loss, increased blood circulation, pain reduction, anti aging, skin rejuvenation, improved cardiovascular function, improved immune function, improved sleep, stress management, and relaxation.

Reservations

Sunlight Sanctuary Spa is open from 12:00 pm to 11:00 pm. Advance reservations are recommended to guarantee a spa appointment. In-room spa services are available at an additional 10% on top of the regular treatment fee. For reservations, you may call the Front Desk, your Guest Experience Officer, or Sanctuary Spa.

Cancellations

You may cancel your appointment at least 4 hours prior to the reservation at no cost. If a cancellation is made within the 4 hours of the appointment, you will be charged 50% of the given rate.

During Your Spa Visit

Sunlight Sanctuary Spa recommends for you to arrive at least 15 minutes before your appointment to give time in filling up the guest form and ensure that none of the spa treatments or any spa items used will affect your health. This will also ensure that your spa session will start and end on time to be considerate of the next spa appointment. You will also be welcomed with a fresh towel and hot tea prior to your spa treatment to get you into a relaxed state of mind.

Holistic Environment

The spa facility is a place of peace and relaxation. Please do not disrupt the quiet atmosphere and respect other guests in the spa by avoiding talking loudly or making any unnecessary noise.

What to Wear

Our therapists are trained spa professionals who will also assist you when you disrobe and prepare yourself for your spa treatment, but you may also opt to wear underwear or disposable underwear during your session should you prefer.

The Treatment Session

Sanctuary Spa aims to provide a therapeutic spa treatment that caters to your needs and exceeds guest satisfaction. If you experience any discomfort or pain during your session, kindly inform your therapist to adjust the pressure of strokes according to your level of comfort and tolerance.