

## A soulful oasis

Treat your body and spirit to a blissful experience at Narra Spa.

Narra Spa is equipped with EarthLite spa beds, luxurious furniture, and indigenous, natural and artisan furnishings.

Narra Spa's highly-trained professional staff are skilled in various therapeutic massage treatments and holistic services.

### Narra Spa Massage 1.30 hrs

Php2,500++

Pamper yourself with this traditional, full body Swedish massage, using light to medium pressure, to relax aching muscles and stimulate circulation. Your skillful and nurturing therapist uses a combination of long strokes and gentle stretches intended to bring you to the ultimate state of relaxation.

### Deep Tissue Massage 1.30 hrs

Php2,700.00++

An extremely effective deep massage, working on specific areas of tension. This full body massage uses firm pressure and cross fiber strokes – perfect for tired and aching muscles. Ideal for those who engage in demanding sports and physical activities or anyone suffering from stress-related muscular tension.

### Traditional Filipino Massage 2.00 hrs

Php3,000.00++

An eclectic blend of Filipino indigenous massage techniques. "Hilot", as we call it, represents the fusion of healing practices of the major ethno-linguistic cultural areas of the Philippines. This healing symphony goes beyond a typical body massage. It harnesses bio energies of the universe, botanicals and the therapist herself who becomes a medium to restore your balance, harmony, health and wellness.

### Foot and Hand Massage 1.00 hr

Php1,500++

Designed to provide relief to your hands, feet, and calves. This divine massage will stimulate blood circulation and reduce swelling of the legs and arms.

### Foot Massage 45 mins.

Php1,200++

This massage aims for total wellness by targeting pressure points on the feet that correspond to specific body areas. Healing, re-balancing, detoxifying. Provides relief from aches and pains.

### Back Massage 30 mins

Php1,200++

This massage releases tension in your back, neck and shoulders to help you unwind and get a peaceful night's sleep.

### In-room Massage

1.00 hr

Php 2,000++

1.30 hrs

Php 2,500++

A combination of full body Shiatsu and Swedish massage, using light to medium pressure, to relax aching muscles and stimulate circulation.

*Dial 705 for an appointment.*

*Open daily from 10:00 a.m. - 10:00 p.m.*

