

THE SPA AT BE GRAND BOHOL



MENU OF SERVICES

Massages and Bodyworks

	DURATION	RATES
Swedish or Combination Massage Traditional oil massage that involves stroking and pressing the soft tissues of your entire body in order to induce a state of total relaxation.	60 min 90 min 120min	Php 1,800 Php 2,200 Php 2,500
The Be Signature Aromatherapy Massage Indulge with a fusion of Eastern and Western techniques while using a special blend of essential oils. This stress-relief massage also features Thai stretching and Hawaiian Lomi Lomi strokes. <ul style="list-style-type: none">• Serenity blend: Relax with this calming blend which combines Lavender, Sweet Orange and Ylang-Ylang essential oils to release tension and relieve stress.• Energy blend: Perk up and face the day ready for action with this blend of energy-boosting Peppermint, Rosemary and Eucalyptus essential oils.	90 min	Php 2,500
Hilot (Filipino Massage) Traditional indigenous bodywork using heated banana leaves to warm your muscles and therapeutic virgin coconut oil mixed with organic lemongrass essential oil.	75 min	Php 2,200
Shiatsu Japanese traditional form of physical therapy which involves pressure on the acupuncture points in order to balance the body's energy and promote good health. No oil application is used.	60 min	Php 1,800
Pampering Foot Massage Indulge yourself with this bliss for tired and aching feet, using refreshing peppermint lotion. It is also one of the easiest ways to heighten your mood and your sense of well-being.	60 min	Php 1,800



**Rates are inclusive of applicable taxes.
Note: Rates are subject to change without prior notice.*

Signature Body Scrubs

Salt & Aloe Vera Body Scrub

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.

DURATION

45 min

RATES

Php 2,200

Organic Red Rice Body Scrub

Red rice from the highlands of Mindoro is used in this exfoliating scrub. Rich in vitamins and minerals, the rice is combined with the healing properties of ginger resulting in an aromatic and warming scrub which gently cleanses and re-mineralizes your skin, leaving it soft and glowing.

45 min

Php 2,200

The Be Indulgence

Soothing Treat

Take the pressure off your feet and enjoy a refreshing peppermint foot massage. This relaxing experience concludes with a stress-relief full-body massage.

90 min

Php 2,500

Body Wellness

Excellent to ease away tension and stress, this luxurious treatment brings together a signature body scrub and an enlivening body massage.

90 min

Php 2,800

*Asmara
Spa*

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