

SPA MENU

Wellness Massages

- Hide All

Aromatherapy Wellness Massage

This massage combines light-to-medium pressure, utilizing Swedish massage techniques to reduce tension, soothe sore muscles and increase circulation. The blend of aromatic essential oils used in this massage responds to each individual's needs. Ideal for the first-time spa visitor or for anyone looking for pure relaxation.

Duration	Single
60 minutes	PHP 5,000
90 minutes	PHP 6,900

Signature Philippine Hilot Massage

Our most popular treatment, this massage uses ancient diagnostic methods passed down through generations of Philippine culture. Virgin coconut oil and warmed banana leaves are placed over the body and allow the healing hands of the Hilot to detect areas of energy imbalance and blockage.

Duration	Single
60 minutes	PHP 5,000
90 minutes	PHP 6,900

Deep Tissue Massage

Primarily using techniques with the forearms and elbows, this deep-tissue massage works into the layers of the muscles to naturally help release muscle tension from your body.

Duration	Single
60 minutes	PHP 5,000
90 minutes	PHP 6,900

Healing Himalayan Salt Stone Massage

Feel your tension melt away with the use of heated salt stone crystals. Considered the purest and most beneficial salt on earth, it contains 84 naturally-occurring minerals and salts. Resonating at the Earth's frequency, the heated salt stones balance and neutralize the ill effects of the toxic frequencies we live with every day. **Not available for in-room and outdoor treatment*

Duration	Single
90 minutes	PHP 6,900

Treatments

Wellness Massages

- Body Soak
- Body Scrubs
- Body Wraps
- Facial Treatments
- CHI Signature Retreats

Stress-Relieving Neck and Back Massage

This focused massage quickly helps to release tension and relieve pain in the neck, back and shoulders. This is an ideal treatment for those who are short on time.

Duration	Single
30 minutes	PHP 2,700
45 minutes	PHP 3,900

Soothing Foot Massage

After a long day, this massage will help reduce swelling of the legs and ankles, stimulate blood circulation and relieve stress.

Duration	Single
30 minutes	PHP 2,700
45 minutes	PHP 3,900

Massages for Two

Take time to reconnect with a loved one, best friend or family member on side-by-side massage tables, set within one of our exquisite suites for two. Two therapists work in unison to provide an unforgettable shared experience. **Must select two massages of equal length*

**Enjoy one of our massages in the comfort of your room. Enquire at time of booking.*

Duration	Single
60 minutes	PHP 5,000
90 minutes	PHP 6,900

Swedish Massage

This full-body massage uses a variety of techniques that were specifically designed to relax muscles.

Duration	Weekday	Weekend
1 hour	PHP 5,000	PHP 5,500
1 hour, 30 minutes	PHP 6,300	PHP 6,800

Prices are quoted in Philippine Pesos. All prices are subject to 10% service charge and 12.75% local government taxes. Prices subject to change without notice.

MANAGE BOOKING

SEA SPORTS



Dive in or sail away

The waters allow for all kinds of activities such as diving, snorkelling, kayaking, parasailing, windsurfing, sailing or deep-sea fishing. Flat seas guarantee ideal conditions for cruises and excursions.

For diving enthusiasts, there are more than 20 dive sites teeming with marine life within a half-hour boat ride from the resort, including our own Marine Sanctuary just a few strokes away from the beach.

Water Activities

We offer a variety of scheduled sports for water enthusiasts. All activities are available from 9am to 5pm daily.

- Catamaran sailing
- Fun tubes and banana rides
- Jetskiing
- Kayaking
- Parasailing
- Private Boat Charter
- SeaTrek™
- Water ski, mono ski, wake and knee board
- Wind surfing

Scuba Diving & Snorkelling

We offer Scuba Diving for experienced divers and beginners.

Courses available are all PADI-certified and include the following:

- Advanced Open Water Diver
 - Discovery Scuba Diver
 - Open Water Diver
 - Speciality Courses.
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Phone

(63 32) 231 0288

Fax

(63 32) 231 1688

Location

Punta Engano Road, Lapu-Lapu
Cebu 6015, Philippines

Email

mac@shangri-la.com

Activities Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6am	Swim & Run Session (1 hour)				Swim & Run Session (1 hour)	
7.30am		Yoga at CHI, The Spa (45 mins)		Yoga at CHI, The Spa (45 mins)		Yoga (Garden area) (45 mins)
8am		Garden Tour (1 hour)				
9am				Putting Competition (1 hour)		Beat the Pro Tennis Session* (3 hours)
10am	Circuit Training (30 mins) Swimming Clinic (1 hour)	Snorkelling Clinic (1 hour) Tennis Clinic* (Forehand and Backhand) (1 hour)	Circuit Training (30 mins) Swimming Clinic (1 hour)	Snorkelling Clinic (1 hour) Tennis Clinic* (Serve and Volley) (1 hour)	Swimming Clinic (1 hour)	Circuit Training (30 mins)
1pm	Snorkelling Safari (1 hour)	Snorkelling Safari (1 hour)	Snorkelling Safari (1 hour)	Snorkelling Safari (1 hour)	Snorkelling Safari (1 hour)	Snorkelling Safari (1 hour)
4pm	Volleyball (1 hour)	Personal Training (30 mins)	Social Tennis (2 hours)	Personal Training (30 mins)	Garden Tour (1 hour)	Junior Tennis Coaching* (1 hour)
4.30pm		Zumba (1 hour)		Zumba (1 hour)		
5pm	Billiards Tournament (1 hour)	Table Tennis Tournament (1 hour)	5km Jogging Session (Outside the Resort) (1 hour)	Learn to Play Chess (30 mins)	Putting Competition (1 hour)	5km Jogging Session (1 hour)

Scheduled activities are subject to change without prior notice.

The venues indicated are either meeting points or activity areas.

*With a minimal fee

For enquiries or reservations, please dial 46.

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