

UPPERHOUSE SPA

AT THE DISTRICT BORACAY

SPECIAL OFFER FOR IN-HOUSE GUESTS: ADDITIONAL 15% OFF FROM PROMO RATES

MASSAGE AND BODY WORKS

THE UPPERHOUSE SIGNATURE MASSAGE

~~₱2,900~~ (90 mins) | PROMO RATE: **₱ 2,320**

Our signature massage is patterned after the Hawaiian Lomi Lomi which uses the forearm to create long flowy, wave-like strokes with varying intensity that is deeply relaxing. It is combined with Thai stretching to promote free energy flow/relieve stress, and use of a unique blend of essential oils to sooth the mind.

SWEDISH COMBINATION MASSAGE

~~₱1,700~~ (60 mins) | PROMO RATE: **₱ 1,360**
~~₱3,200~~ (120 mins) | PROMO RATE: **₱ 2,560**

This massage uses stretching, long sweeping strokes and pressing of the soft tissues of the body to induce a state of total relaxation. Essential oils available for this massage are peppermint (energy booster), lavender (stress reliever), and eucalyptus (enhance concentration).

HILOT (FILIPINO MASSAGE)

~~₱2,500~~ (75 mins) | PROMO RATE: **₱ 2,000**

This traditional Filipino bodywork uses heated banana leaves and therapeutic virgin coconut oil mixed with organic lemongrass essential oil to warm your muscles. It focuses on key pressure points and is perfect to relieve chronic stress and muscle tensions.

SHIATSU

~~₱1,700~~ (60 mins) | PROMO RATE: **₱ 1,360**

This is the Japanese's traditional form of physical therapy which involves pressure on the acupuncture points in order to balance the body's energy and promote good health. There's no oil application in this type of massage.

DEEP TISSUE MASSAGE

~~₱3,500~~ (90 mins) | PROMO RATE: **₱ 2,800**

A specialized massage that is beneficial for many physical problems, including sports injuries and chronic pain. This treatment loosens the muscle fibers releasing both toxins and deeply-held tension points.

HOT STONE MASSAGE

~~₱3,500~~ (90 mins) | PROMO RATE: **₱ 2,800**

A specialized massage that uses heated stones to loosen and relax tight muscles. It promotes deeper relaxation and improves circulation.

FOOT BLISS

THERAPEUTIC FOOT MASSAGE

~~₱1,200~~ (60 mins)

Indulge yourself with this soothing treat for tired and aching feet, using nourishing peppermint lotion. It is also one of the easiest ways to heighten your mood and your sense of well-being.

SPA FOOT BATH

~~₱1,700~~ (75 mins) | PROMO RATE: **₱ 1,360**

A refreshing flower foot soak first cools down hot and tired feet followed by the exfoliation of rough skin from soles and heels. The tender parts of your feet are then cleaned with a fragrant almond scrub, concluded with a calming aromatic foot massage.

SIGNATURE BODY SCRUBS

AROMATIC RED RICE BODY SCRUB

~~₱1,800~~ (45 mins) | PROMO RATE: **₱ 1,440**

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 to create an aromatic and warming scrub. This gently cleanses and re-mineralizes your skin, leaving it soft and glowing.

BARACO BEAN BODY SCRUB

~~₱2,100~~ (45 mins) | PROMO RATE: **₱ 1,680**

This fragrant treatment is a powerful way to exfoliate old skin cells. Caffeine is a natural antioxidant and typically increases blood flow to reduce the appearance of cellulite and varicose veins.

UPPERHOUSE SPA INDULGENCES (PACKAGES)

SOOTHING TREAT

~~₱2,800~~ (90 mins) | PROMO RATE: **₱ 2,240**

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

BODY WELLNESS

~~₱3,200~~ (90 mins) | PROMO RATE: **₱ 2,560**

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

BOOK AN APPOINTMENT AT 09672354856, 09178605559, OR AT RESERVATIONS@THEDISTRICTBORACAY.COM