

Search Spot.ph...

[Eat+Drink](http://www.spot.ph/eatdrink) (<http://www.spot.ph/eatdrink>) [News+Features](http://www.spot.ph/newsfeatures) (<http://www.spot.ph/newsfeatures>)

[Entertainment](http://www.spot.ph/entertainment) (<http://www.spot.ph/entertainment>) [Things To Do](http://www.spot.ph/things-to-do) (<http://www.spot.ph/things-to-do>) [About Spot.ph](http://www.spot.ph/newsfeatures/14878/spot-is-reborn) (<http://www.spot.ph/newsfeatures/14878/spot-is-reborn>)



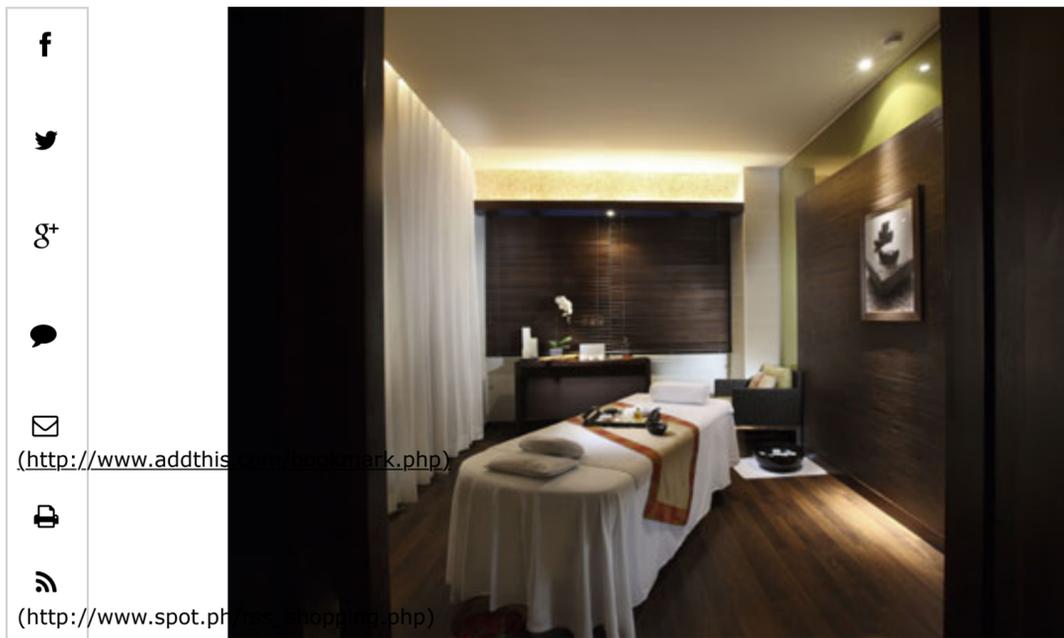
[Shopping+Services](http://www.spot.ph/shopping) (<http://www.spot.ph/shopping>)

10 Must-try Spa Treatments in Manila

From the affordable to the indulgent, take your pick from the best types of scrubs, massages, and other relaxing treatments across the metro.

by Pierra Labrador with additional reporting from Joanna Manalastas Published on: Nov 12, 2014 - 11:00am

Like us on Facebook for daily updates!



Le Spa's treatment rooms are quiet and private

Marrakech Sweetness at Le Spa

Address: Sofitel Philippine Plaza Manila, CCP Complex, Roxas Boulevard, Pasay City

Contact: 551-5555

Price: P3,000 for 60 minutes

The soothing massage at this elegant sanctuary starts with ground mint and green tea leaves strewn carefully along your spine, heightening your senses so you can better appreciate the treatment: The Marrakech Sweetness sets itself apart from the usual spa ritual with light, gentle strokes. If you usually find yourself feeling tense in the middle of a massage because you're sure you'll end up with bruises the next day, consider this your best choice for complete relaxation.



(<http://www.spot.ph/feel/win>)

(<http://www.spot.ph/feel/yum>)

(<http://www.spot.ph/feel/want>)

(<http://www.spot.ph/feel/lol>)

(<http://www.spot.ph/feel/yuck>)

(<http://www.spot.ph/feel/wtf>)

Most Read

Eat+Drink

This Week's Best Food Photos by SPOT.ph Readers (<http://www.spot.ph/eatdrink/the-latest-eat-drink/64038/this-weeks-best-food-photos-by-spot-ph-readers-10232015?ref=most-read>)

1
(<http://www.spot.ph/eatdrink/the-latest-eat-drink/64038/this-weeks-best-food-photos-by-spot-ph-readers-10232015?ref=most-read>)

Eat+Drink

This tiny Makati den is Manila's first legit gin lounge (<http://www.spot.ph/eatdrink/the-latest-eat-drink/64032/bonbon-club-legazpi-village-makati?ref=most-read>)

2
(<http://www.spot.ph/eatdrink/the-latest-eat-drink/64032/bonbon-club-legazpi-village-makati?ref=most-read>)

Eat+Drink

Sausages, pies, cookies? Find organic everything at The Organic Market (<http://www.spot.ph/eatdrink/the-latest-eat-drink/64065/the-organic-market?ref=most-read>)

3
(<http://www.spot.ph/eatdrink/the-latest-eat-drink/64065/the-organic-market?ref=most-read>)



A treatment room at Transcend Spa and Nails

Reviving Coffee Scrub and Theta Healing® at Transcend Spa and Nails

Address: Third Eye Wellness, 6th Floor, 20th Drive Corporate Center (Jecoprime Building), 20th Drive, McKinley Business Park, Fort Bonifacio

Contact: 808-2984, 0917-636-2800; www.thirdeyeonline.com

Price: P1,000 for 90 mins (Coffee Scrub); P1,700 to P2,150 (Theta Healing®)

For a unique, uplifting experience, choose from the signature Transcend treatments which blend soothing massage therapies with esoteric healing modalities (Reiki, angel card reading, chakra healing, or past life regression anyone?). We made our own heavenly combination, pairing Transcend's Reviving Coffee Scrub and massage with Third Eye's famed Theta Healing® session. Theta Healing® is based on how your thoughts, feelings, experiences, and belief systems manifest themselves physically in your body, and the treatment aims to address the root cause of toxicity and illness in your life by "re-programming" your unconscious mind, guided by a trained Theta Healer. Come to the session with an open mind, and it will feel like cramming several visits to a psychiatrist in one amazing, enlightening session (get the tissue ready!). Complete your spiritual detox with the coffee scrub to slough off dead skin cells, reduce cellulite, soothe muscles, and brighten skin.



The cozy treatment chair at Foot Zone

Foot Reflexology with Body Massage at Foot Zone Health Spa

Address: Richbelt Tower, Annapolis Street, Greenhills, San Juan

Contact: 705-1301, 726-7742

Price: P500 for 80 minutes

For those who feel iffy or inconvenienced by disrobing and/or being slathered in goopy oil, Foot Zone is for you (fun to enjoy with friends, too). Your legs get star treatment, beginning with a foot soak in a Chinese herbal concoction, while a heat pack is slipped at your back as you lounge fully clothed on a comfy La-Z-Boy. A complimentary dry body massage follows, easing stress from your head, shoulders, back, and arms, before concentrating on your legs and feet. A pleasant-smelling cream is applied for the leg massage, which is gently wiped off with warm towels. Knowing that reflexology involves massaging pressure points to release blockage, we were expecting some discomfort, but instead, it was a totally indulgent-and great value for money-experience (perhaps the painful part treatment comes if you request Foot Zone's "Master," for an additional P200).



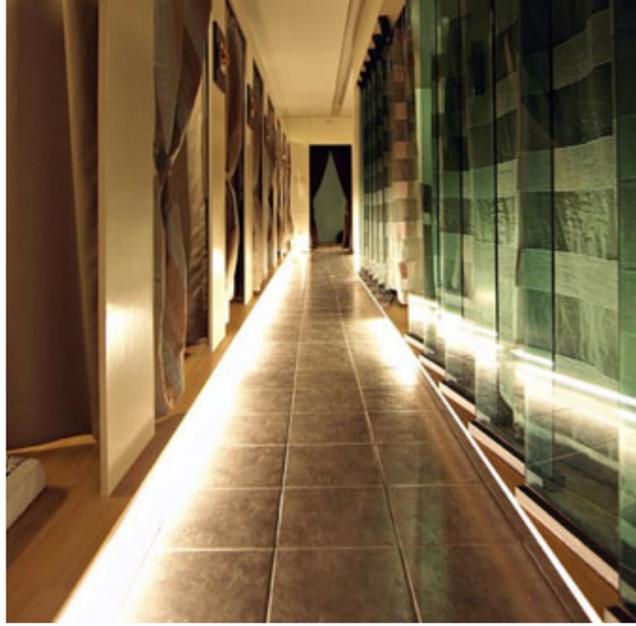
4
(<http://www.spot.ph/latest-news-features/64036/quotes-of-the-week-october-23?ref=most-read>)
News+Features
Quotes of the Week: Richard Gordon on backdoors, Kris Aquino on Herbert Bautista + more
(<http://www.spot.ph/newsfeatures/latest-news-features/64036/quotes-of-the-week-october-23?ref=most-read>)

5
(<http://www.spot.ph/latest-news-features/64070/pacquiao-absent-congress?ref=most-read>)
News+Features
Pacquiao faces disqualification case due to absenteeism
(<http://www.spot.ph/newsfeatures/latest-news-features/64070/pacquiao-absent-congress?ref=most-read>)

6
(<http://www.spot.ph/pinoy-celebrities-entertainment/showbiz/64042/25-pinoy-celebrities-alma-maters?ref=most-read>)
Entertainment
25 More Celebrities and Their Alma Maters
(<http://www.spot.ph/entertainment/showbiz/64042/25-pinoy-celebrities-alma-maters?ref=most-read>)

7
(<http://www.spot.ph/latest-shopping/the-nudes-eyeshadow-palette?ref=most-read>)
Shopping+Services
Makeup junkies, this nude eyeshadow palette is less than P500 this weekend
(<http://www.spot.ph/shopping/the-nudes-eyeshadow-palette?ref=most-read>)

8
(<http://www.spot.ph/latest-news-features/64063/united-nations-70th-anniversary?ref=most-read>)
News+Features
World famous landmarks are lighting up in blue for the United Nations anniversary
(<http://www.spot.ph/newsfeatures/latest-news-features/64063/united-nations-70th-anniversary?ref=most-read>)



A quiet corridor at Nuat Thai Libis

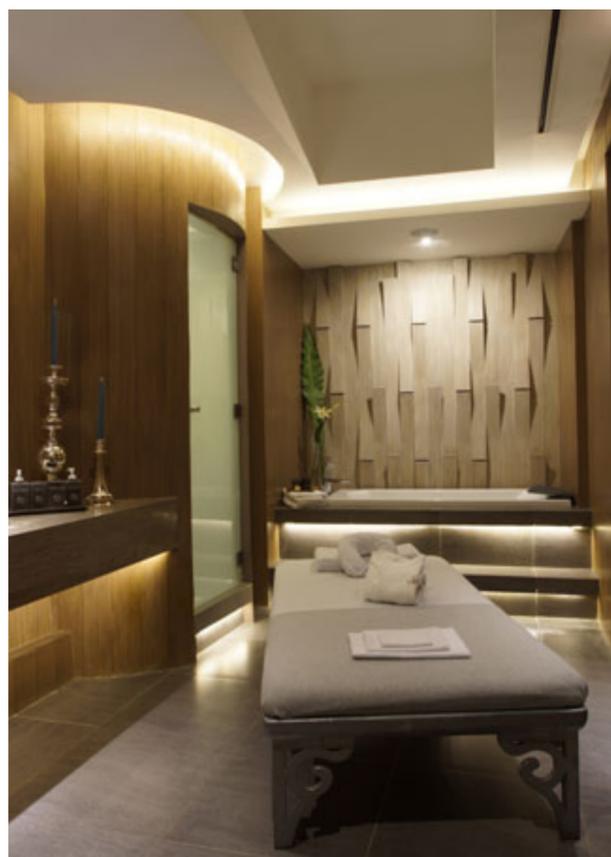
Foot Reflexology and Aromatherapy Massage at Nuat Thai Libis

Address: 2/F E. Rodriguez Jr. Avenue, Libis, Quezon City

Contact: 477-5004, 0923-819-0480

Price: P250 for 60 minutes (foot massage) ; P550 for 90 minutes (aromatherapy massage)

Open until 2 a.m., Nuat Thai Libis is the go-to place for night owls/workaholics to de-stress on the cheap. Their signature Thai massage (from P250) is done on a floor bed and good for stretching sore muscles, but for something more relaxing, try the Foot Reflexology and/or Aromatherapy Massage. After selecting your choice of massage oil (green tea, eucalyptus or lavender), your feet are rinsed and scrubbed clean at the neat little foot wash area. Then, as you lounge comfortably in a reclining chair, the dim room, soft music, heat packs under your neck and back, and soothing Foot Reflexology will have you snoozing in no time. Afterward, you are led to another room with an elevated bed for the aromatherapy treatment, the highlight of which is when a warm Thai herbal ball is massaged onto your back to combat "lamig." As most rooms only have curtain partitions, cross your fingers your neighbor doesn't snore or have a loud ringtone to burst your blissful bubble. Tip: originally from Cebu and now operated by many different franchisees in Manila, not all Nuat Thai spas are created equal, so your best bets are the Libis, Pioneer, Banawe, and (the soon-to-open) Examiner branches.



Each branch of The Spa has a different theme

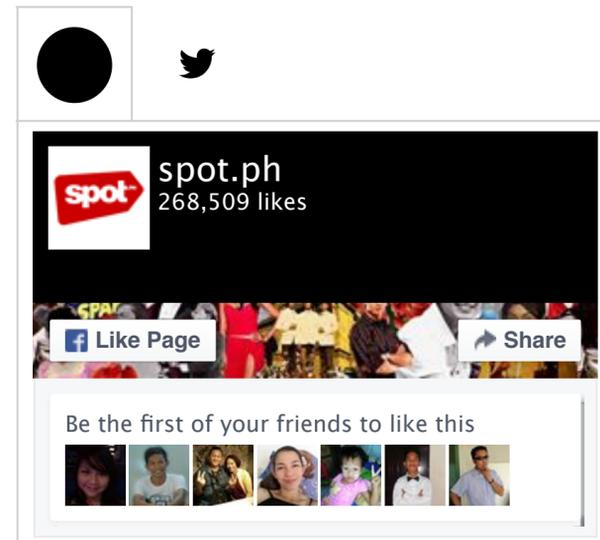
Light and Luminous Facial at The Spa, Shangri-La

Address: 6/F Leisure Haven, Shangri-La Plaza East Wing, EDSA corner Shaw Boulevard, Mandaluyong City

Contact: 656-7878, 656-6868, 0917-580-1392; www.thespa.com.ph

Price: P1,000 for 60 minutes in a treatment room with no wet access or P1,400 for 60 minutes in a suite

With an extensive menu of services and several branches across the metro each with its own design theme, The Spa is a consistently popular choice. And because our face deserves pampering too, our favorite new vanity treatment is the Light and Luminous Facial, currently only available at



the chic Shangri-La branch. Recline in a cozy lounge and enjoy a deep cleansing, steam, mask, and indulgent facial massage (frown lines, be gone!), as your face is slathered with layer upon layer of premiere Pevonia skincare products, ideal even for sensitive skin. For a purely calming treat, opt to skip the potentially painful blackhead/whitehead removal (instead, we recommend treatments by certified dermatologists at the SKIN Dermatology and Laser Center, also within The Spa). This moisturizing and brightening beauty ritual is accompanied by a head and shoulder massage, leaving you looking radiant and feeling relaxed all over. Great alone, or paired with your favorite The Spa body treatment (a Lymphatic Detox, perhaps?).

« (<http://www.spot.ph/shopping/57721/10-must-try-spa-treatments-in-manila?page=1>)Previous
 (<http://www.spot.ph/shopping/57721/10-must-try-spa-treatments-in-manila?page=1>) 1
 (<http://www.spot.ph/shopping/57721/10-must-try-spa-treatments-in-manila?page=1>)

Like us on Facebook for daily updates!

TAGS:

spa (<http://www.spot.ph/tag/spa>) treatment (<http://www.spot.ph/tag/treatment>)
 must-try (<http://www.spot.ph/tag/must-try>)

How do you feel about this article?



We Recommend



(http://www.spot.ph/shopping/the-latest-shopping/63909/10-nail-colors-you-need-right-now?ref=cx_related)

10 Nail Colors You Need Right Now

(http://www.spot.ph/shopping/the-latest-shopping/63909/10-nail-colors-you-need-right-now?ref=cx_related)



(http://www.spot.ph/shopping/the-latest-shopping/63938/10-lipstick-hacks-every-girl-must-know?ref=cx_related)

10 Lipstick Hacks Every Girl Must Know

(http://www.spot.ph/shopping/the-latest-shopping/63938/10-lipstick-hacks-every-girl-must-know?ref=cx_related)



(http://www.spot.ph/shopping/the-latest-shopping/63844/10-things-were-loving-now-october-5?ref=cx_related)

10 Things We're Loving Now: Rainbow pens, a cloud light, painting by numbers + more

(http://www.spot.ph/shopping/the-latest-shopping/63844/10-things-were-loving-now-october-5?ref=cx_related)



(http://www.spot.ph/shopping/the-latest-shopping/63826/10-cool-slip-ons-for-the-sneakerhead-in-you?ref=cx_related)

10 Cool Slip-Ons For the Sneakerhead in You

(http://www.spot.ph/shopping/the-latest-shopping/63826/10-cool-slip-ons-for-the-sneakerhead-in-you?ref=cx_related)

From The Summit Digital Network



(http://www.femalenetwork.com/travel/leisure/what-you-can-look-forward-to-this-weekend?ref=cx_related_spot)

What You Can Look Forward to This Weekend (Femalenetwork.com)

(http://www.femalenetwork.com/travel/leisure/what-you-can-look-forward-to-this-weekend?ref=cx_related_spot)



(http://www.fhm.com.ph/entertainment/true-stories/spa-stic-celebration?ref=cx_related_spot)

7 Funny Observations On Filipino Politicians' Love For Big SUVs (Fhm.com.ph)

(http://www.fhm.com.ph/entertainment/true-stories/spa-stic-celebration?ref=cx_related_spot)



(http://www.fhm.com.ph/daily-reads/true-stories/spa-stic-celebration?ref=cx_related_spot)

SPA-STIC CELEBRATION (Fhm.com.ph)

(http://www.fhm.com.ph/daily-reads/true-stories/spa-stic-celebration?ref=cx_related_spot)



(http://www.topgear.com.ph/news/cars/news/we-drive-the-honda-br-v-and-it-shows-potential?ref=cx_related_spot)

We drive the Honda BR-V and it shows potential (Topgear.com.ph)

(http://www.topgear.com.ph/news/cars/news/we-drive-the-honda-br-v-and-it-shows-potential?ref=cx_related_spot)

< 10 Stylish Rain-proof Bags
(http://www.spot.ph/shopping/57685/10-stylish-water-resistant-bags?ref=previous-article)

15 Minutes with Francis Libiran >
(http://www.spot.ph/shopping/57731/15-minutes-with-francis-libiran?ref=next-article)

Username

Name

Your thoughts on the article

Security Code

POST COMMENT

NOTE: SPOT.ph editors reserve the right to moderate and delete comments, without notice, that contain abusive or threatening behavior, contain advertising, spam, profanity or malicious comments.

comments

Huawei Mate S

Experience the new 'S'ensation



Our Partner Sites

PARTNER SITE
FemaleNetwork
COM

(http://www.femalenetwork.com/)

What You Should Know about Libel and Slander (Know your rights! In this day and age, defamation may be committed with just a click of a button.)

12 Tips on Boosting Your Happiness in the Summer
(http://www.femalenetwork.com/staff-blogs/12-tips-to-boost-your-happiness-in-the-summer/)

Eden April Alemania-Dayrit: Real Estate's Golden Girl
(http://www.femalenetwork.com/news-features/eden-april-alemania-dayrit-real-estates-golden-girl/)

Beyoncé Named 2012 World's Most Beautiful Woman by People Magazine
(http://www.femalenetwork.com/news-features/beyonce-named-2012-worlds-most-beautiful-woman-on-people-magazine/)

New Research Classifies Breast Cancer Tumors in Hopes of Determining Best Treatment Strategies
(http://www.femalenetwork.com/health-wellness/new-research-classifies-tumor-breast-cancer-tumors-in-hopes-of-determining-best-treatment-strategies/)

I Ham

Directory

The Undercover Eater

WWW.COSMO.PH

(http://www.cosmo.ph/)

25 Best Moments From The 7107 International Music Festival
(http://www.cosmo.ph/celebs/buzz-list/25-best-moments-from-the-7107-international-music-festival/)

7 Celebs Who Didn't Wear a Crop Top to #WeAre7107
(http://www.cosmo.ph/style/fashion-flipbook/7-celebs-who-didn-t-wear-a-crop-top-to-weare7107/)

Style Peg: Toni Gonzaga in Starting Over Again
(http://www.cosmo.ph/style/fashion-101/style-peg-toni-gonzaga-in-i-starting-over-again-o/)

No B.S. Love Advice From Cosmo Cover Girls
(http://www.cosmo.ph/relationships/dating-tips/no-b-s-love-advice-from-cosmo-cover-girls/)

She's People With Kids Say to Couples Without Kids
(http://www.cosmo.ph/relationships/better-you/sh-t-people-with-kids-say-to-couples-without-kids/)

Top 10 Lists

Poll

This is a Crazy Planets

Suplado in the City

STYLE BIBLE PH

(http://www.stylebible.ph/)

Behind the Scenes with Danica Magpantay, Chat Almarvez & Charo Ronquillo!
(http://www.stylebible.ph/fashion/style-report/the-supers)

TREND ALERT! See who's wearing sheer maxi skirts!
(http://www.stylebible.ph/fashion/steal-her-style/trendspotting-sheer-maxi-skirts)

BEST DRESSED CHEAT SHEET: Shop with Lucille Dizon's keen eye for style!
(http://www.stylebible.ph/fashion/steal-her-style/best-dressed-cheat-sheet-lucille-dizon)

EVENT: Filipiniana flair at the State of the Arts 2011
(http://www.stylebible.ph/gallery/popup/parties/3152)

BEAUTY HOW-TO: Try chic black gloss on black matte nails!
(http://www.stylebible.ph/beauty/beauty-stylists/contrast-hair-matte-and-gloss)

Weekend Guide

Nightlife

Top 10 Lists

Yummy

(http://www.yummy.ph/)

FINDS Sonja Ocampo's 6 Home Baked Discoveries
(http://www.yummy.ph/features/finds/details/sonja-ocampo-s-home-baked-goodies)

RECIPE Asian Grapefruit Salad
(http://www.yummy.ph/recipe/asian-grapefruit-salad)

FOOD STORIES Yummy Deals August Winners
(http://www.yummy.ph/features/food-stories/details/yummy-deals-august-winners)

LESSONS Baking Fruitcake Bars
(http://www.yummy.ph/yummy-lessons/baking/details/how-to-make-fruitcake-bars)

RECIPE Pumpkin Raisin Cookies
(http://www.yummy.ph/recipe/pumpkin-raisin-cookies)

Sale Alerts

Top 10 Lists

Directory



[About](#)

[Advertise](#)

[Contact Us](#) [FAQ](#) [Feedback](#) [Terms of Use](#) [Sitemap](#) [Privacy Policy](#)

