



linong spa

a sanctuary to senses

BODY MASSAGE

*LINONG SIGNATURE TOUCH, TRADITIONAL FILIPINO MASSAGE,
PREGNANCY MASSAGE, DRY MASSAGE, LYMPATHIC MASSAGE,
FACE REFLEXOLOGY*

BODY SCRUB

COCONUT SALT WITH LEMON, SUGAR AND SPICE

FOOT THERAPY

INGHAM FOOT REFLEXOLOGY

OILS

*TAWHAY OIL, KALMA OIL, LYMPATHIC OIL,
GENERAL MASSAGE OIL, FACE OIL*

BODY MASSAGE

LINONG SIGNATURE TOUCH

Begin your journey with sound healing therapy and experience a sense of calm and deep relaxation. Our signature massage combines slow and soothing gliding strokes that help release tension and discomfort, and improve blood circulation.

90 minutes PHP 3,800 per person
60 minutes PHP 2,800 per person

TRADITIONAL FILIPINO MASSAGE

Rooted in ancient Filipino practice which involves massaging the skin, this treatment is believed to rejuvenate internal energy, release aches and discomfort, and promotes faster healing of muscles.

90 minutes PHP 4,200 per person

PREGNANCY MASSAGE

Tailored to the unique needs of pregnant women, this type of massage employs gentle techniques to alleviate common pregnancy discomforts such as back pain, swelling, and fatigue.

60 minutes PHP 3,500 per person

DRY MASSAGE

Dry massage can be performed with hands, fingers, knuckles, and even elbows, and it is often integrated into practices like Shiatsu, Thai massage, and certain types of sports massage. This method is particularly suitable for people with sensitive skin or allergies to oils and lotions

60 minutes PHP 3,500 per person

LYMPATHIC MASSAGE

This gentle and rhythmic massage employs light, sweeping strokes and soft pumping actions to help clear lymphatic congestion, reduce swelling, and promote detoxification.

60 minutes PHP 2,200 per person

****In-room Massage Service Additional of Php 700++**

FACE THERAPY

FACE REFLEXOLOGY

Face reflexology is a therapeutic practice that involves applying gentle pressure to specific points on the face, which correspond to different organs and systems in the body.

60 minutes PHP 1,800 per person

BODY SCRUB

COCONUT SALT WITH LEMON

This body scrub encourages regeneration of new healthy skin cells and replenish tired and dry skin. It has antibacterial properties thus preventing itchiness. Perfect for bathing suit season.

45 minutes PHP 2,200 per person

SUGAR AND SPICE

A hydrating body scrub gentle to the skin and will leave you yearning for its breathtaking scent, with your skin smooth all over.

45 minutes PHP 2,800 per person

FOOT THERAPY

INGHAM FOOT REFLEXOLOGY

Using the Ingham Method® of Reflexology, this treatment applies pressure to the reflex points of the feet used, primarily to reduce stress, promote relaxation, and help release body toxins.

60 minutes PHP 1,800 per person

30 minutes PHP 1,200 per person

****In-room Massage Service Additional of Php 700++**

OILS

TAWHAY OIL

Tawhay Oil, used in traditional Chinese medicine and holistic practices, supports the body's calming and nourishing energy. Formulated with essential oils like VCO, lavender, peppermint, and camphor, it promotes relaxation, reduces stress, and balances energy. It's also applied to soothe and moisturize the skin.

KALMA OIL

Kalma Oil enhances warmth and vitality. Formulated with stimulating oils like sage, ginger, and rosemary, it boosts energy, improves circulation, and relieves muscle tension. Commonly used in massage and aromatherapy, it invigorates the senses and promotes overall well-being.

LYMPATHIC OIL

Lymphatic oil supports the lymphatic system with essential oils like rosemary, lavender, and eucalyptus. Known for detoxifying properties, it promotes lymphatic drainage, reduces swelling, and improves circulation. Used in massage, it aids toxin removal and supports immune function, enhancing natural detoxification.

LINONG OIL

Linong oil, ideal for sensitive skin, enhances massage with smooth glide and skin nourishment. Made from high-quality carrier oils like coconut oil, it's lightweight, non-greasy, and easily absorbed. Essential oils add therapeutic benefits, promoting relaxation and stress relief while reducing friction and conditioning the skin.

ITSURA OIL

Face oil nourishes, hydrates, and protects with natural oils like rose, vitamin E, and lavender. Rich in fatty acids, vitamins, and antioxidants, it locks in moisture, improves elasticity, and enhances complexion. Suitable for all skin types, it reduces fine lines, soothes inflammation, and balances oil production.