





## AUM BORACAY COLLECTION

*Spa treatments at Aum Spa Boracay include the usage of all spa facilities.*

### WELLNESS TREATMENT *3 hours*

8,200

*Inspired from the Traditional Moroccan Hammam treatment, the journey is divided into three:*

**THE CLEANSING**, a session in either steam or sauna to open up your pores and increase blood and lymphatic circulation, which will effectively aid in softening your skin.

**VICHY SHOWER**, a dry scrubbing and an exfoliation is done to slough away dull, dry skin to reveal softer, smoother skin. Melt away stress as the gentle, warm waters of the Vichy shower rain over your body creating a luxurious, healthful and deeply relaxing sensation.

**AUM AROMA**, a relaxing massage with the use of blended aromatherapy signature massage oils to help nurture and soothe you.

### INDULGENT FILIPINO TOUCH *2 hours and 45 minutes*

7,000

The treatment starts with a pineapple-papaya scrub for exfoliation, followed by your indulgent milk bath. A body scanning or “hihilaan” with banana leaves follows, a traditional Filipino healing ritual that identifies the body’s malady. A cupping technique known as “bentosa” is conducted to remove toxins, known as “lamig” in Filipino.

A traditional Filipino massage follows after the cupping technique to remove blockages in the body. Afterwards, a banana leaf or “tapal” is laid on top of muscles that were treated. After the full body massage, a “dagdagay” foot massage completes the journey.

### ULTIMATE VICHY EXPERIENCE *2 hours*

6,700

A total face and body experience to relax the senses. Exfoliation with warm water gently washes away dead skin cell then tension and stress is released from the body with a personalized aromatic water massage. A specially tailored facial will then nourish and hydrate the skin, while the mind surrenders to a therapeutic scalp massage.

Prices are in Philippine peso, inclusive of VAT and subject to local tax and service charge.





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### LUXURIOUS TROPICAL JOURNEY *2 hours*

5,200

This treatment begins with an Anti-Aging Pineapple Papaya Saltmousse, an exfoliating body cleanser delivers an aromatic sensory experience. Its lather removes texture impurities and toxins by gently polishing the skin. Allow our aromatic oil blends to penetrate your skin through a relaxing 60 mins-Aromatic Massage and a 15 min Facial cleansing to complete the Aum Spa Experience.

### SUN SOOTHING TREATMENT *1 hour and 45 minutes*

6,000

Known for its skin healing properties and cooling effect, cucumber and aloe vera gel will re-hydrate and relieve your sun exposed skin. Maximize hydration by combining with the Aum Aromatic Massage.

### COUPLES RETREAT

#### COUPLES ROMANTIC ESCAPE *2 hours and 15 minutes*

10,500

Offers intimate tranquility for two to capture your heart, soothe your body and calm your soul. Three blissful and enchanting spa treatment combinations, specially curated for the couple's intimacy. A choice of any Body Treatment, followed by indulging in our luxurious bath and end with the Aromatic Massage.

#### COUPLES DELIGHT *2 hours and 30 minutes*

12,500

Bring your beloved to experience a rendezvous for two, a bonding experience that will take you to a state of tranquility, serenity and calmness. Start with bonding in a Luxurious Milk Bath, followed by a relaxing Aromatic Massage and be rejuvenated with Facial treatment or your choice.



# AUM CONNECTION RITUAL



*Each signature Aum Spa therapy begins and ends with the Aum Spa Connection Ritual. This takes you to the present moment with coconut foot cleanse before your therapist lays their hands on your forehead and heart while humming a gentle Aum, creating stillness.*

*To gently awaken you after the treatment, you will experience the sound of the Philippine rainmaker, a form of vibrational therapy.*

*Allow yourself to pause and contemplate while enjoying the signature Aum Spa refreshment.*





## AUM MESSAGES

*Massages are signature to all Aum Spas and include the Connection Ritual and a Refreshment after your treatment.*

*Massages are available for either 60 or 90 minutes.*

### HILOT *INTUITIVE*

The Aum Hilot Massage is inspired by the ancient, passed down knowledge of village hilots or traditional healers. We use warmed coconut oil and banana leaves, together with the therapist's intuitive scanning of the body to detect blocked or energetically imbalanced areas. The therapist then focuses their energy on releasing these troubled areas to restore balance and wellbeing.

60 min. 90 min.

3,600 | 4,600

### AROMA *RELAXING*

Choose from either the Tranquility, Rejuvenating or Uplifting blended aromatherapy Signature Massage Oils to help nurture and soothe you. Long, rhythmic massage strokes promote a deep sense of relaxation and comfort.

3,600 | 4,600

### HOT DU-OT *DEEP TISSUE*

This deep tissue massage is specifically designed to focus on painful joints or stiffness in the body. A combination of Hilot Massage and an application of hot, herb-filled pouches over sore muscles and joints ensures long-lasting relief.

3,600 | 4,600





## TRADITIONAL MESSAGES

*Massages are signature to all Aum Spas and include the Connection Ritual and a Refreshment after your treatment.*

*Massages are available for either 60 or 90 minutes.*

### FOOT REFLEXOLOGY *CONNECTING*

Your feet, ankles, toes and calves are massaged with particular focus on the meridian reflex points of the feet, which are believed to correspond to the structure and organs of the body. When unblocked, energy flow is restored to the entire body.

60 min. 90 min.  
3,600 | 4,600

### PRE-NATAL OR POST-NATAL *NURTURING*

Expectant or new mothers benefit from the nurturing touch of the therapist and relief from pressure build up in the legs. This gentle, feel-good massage helps with fluid retention and the changes your body undergoes. While this treatment is limited to expectant mothers only past their first trimester, a physician's approval is recommended.

3,600 | 4,600

### HOT STONE *ENERGIZING*

A combination of friction and deep pressure using heated basalt stones loosens muscles and stored energy to give back that spring in your step!

3,600 | 4,600





## BODY TREATMENTS

*Body Treatments may be done on their own, or added to any other spa service.*

*Body Treatments are 45 minutes in duration.*

### **PINEAPPLE PAPAYA TROPICAL SALT SCRUB** *REJUVENATING* 3,100

Using a scrub that includes saltmousse, it is formulated to remove impurities. Water is added to the saltmousse to form a foam, polishing and rehabilitating your skin, leaving a smooth and youthful surface.

### **CALAMANSI BODY SCRUB** *LIGHTENING* 3,100

Lightens the skin leaving it smooth and radiant. It has strong acid content, which works directly on the dark spots, rejuvenates the cells present in that area revealing a clearer and even skin tone

### **AFTER SUN SOOTHING WRAP** *COOLING* 3,100

Cool off and moisturize after basking under the sun. Allow the soothing and antibacterial properties of Aloe Vera gel to help your skin recover and replenish naturally. Carefully extracted to achieve a rich formula, this wrap also prevents peeling and drying.

### **CALAMANSI BODY MASK** *PURIFYING* 3,100

Designed to brighten, moisturize and deeply nourish the skin. This purifying body mask removes impurities, pollutants and excess oils without stripping the skin of moisture.





## FACIAL TREATMENTS

*Facials may be done on their own, or added to any other spa service.*

*Facials are available for 1 hour.*

### **LIFT AND GLOW** *DE-AGING*

3,600

Redefining radiance and facial contouring, this exclusively formulated treatment features the latest in freeze-dried technology to deliver instant results and cumulative skincare benefits. Ideal for any skin type showing signs of aging, or as the perfect instant repair boost when you want to look your absolute best.

### **GENTLEMEN'S FITNESS** *PURIFYING*

3,600

A combination of the balancing power of plant energies and pure essential oils that normalizes, refreshes and purifies the skin. Key natural blends such as sandalwood, mandarin, grapefruit, rosemary and lemongrass are used and a multi-vitamin enriched mask that brings out your skin's radiance.

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## MASSAGE ENHANCEMENTS

*Additional touches to your treatments*

### LUXURIOUS BATH RITUALS *30 minutes*

#### INFUSED TEA BATH

2,500

Our relaxing tea bath infused with aromas and natural sea salt to boost immunity, induces sleep and relieves tension.

#### INDULGENT MILK BATH

2,500

The natural lactic acid found in milk is a form of AHA. This acid gently dissolves proteins to exfoliate dead skin cells to reveal fresh, younger looking skin.

### FOOT THERAPY *30 minutes*

#### DAGDAGAY

2,600

An acupressure treatment for the feet that uses two bamboo or rattan sticks, in place of finger pressure, to stimulate the soles and cleanse and purify the feet. It is a way of accessing the body's entire immune system through the soles of the feet.

#### INGHAM

2,600

A century-old technique concentrating on acupressure points of the feet and legs aims to rebalance, renew and harmonize the function of the entire body.

### HEAD, NECK AND SHOULDER MASSAGE *30 minutes*

2,600

This specialized treatment focuses on the head, back and shoulder trigger points and dispels tension, relieves headaches and muscle knots.

### NAIL ART STICKER *30-45 minutes*

1,500

Have flawless nails in minutes! No drying time, no chipping, non-corrosive. Totally waterproof and absolutely hassle-free! This is because our nail wraps are professionally made of highly durable, thin vinyl films with a specially formulated adhesive that can last up to 2 weeks.

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## SPA ETIQUETTE

The spa environment is one of tranquility and relaxation. Please respect the silence and privacy of other guests. We kindly request that you refrain from using mobile phones and cameras. It is recommended that you leave valuables in your guest room safe. The spa does not assume liability for any valuables. Smoking is strictly prohibited.

### APPOINTMENT RESERVATIONS

Advanced bookings are highly recommended to ensure preferred times are available, particularly if you choose to enjoy multiple treatments during your stay. The spa provides walk-in bookings based on availability. To make a reservation from your guest room, please press the Crimson Care Centre button on your desk phone.

### TARDINESS & CANCELLATION POLICY

Please be aware that your late arrival may result in a reduction of treatment time as a courtesy to our next guest. We kindly ask our guests to give a minimum of 4-hours notice for cancellations. To inform us on cancellations before and after operational hours, please call Crimson Care Centre. With fewer than 4 hours' notice you will be charged 50% of your treatment. If appointments are reserved before arrival at the resort, the spa cancellation policy follows that of your resort reservation.

### HEALTH CONCERNS

Please advise us of any health conditions, allergies or injuries that could affect your treatments or use of the spa and facilities.





# CRIMSON

RESORT & SPA | BORACAY ISLAND | STATION ZERO

Barangay Yapak, Boracay 5608, Philippines  
reservations +63 36 669 5888 or email [info.boracay@crimsonhotel.com](mailto:info.boracay@crimsonhotel.com)  
   [CrimsonBoracay](#)

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