



INSPIRATION

Our spa treatment and program draws its inspiration from Nüwa, the goddess who created mankind in ancient Chinese mythology. Among many of her great deeds, Nüwa smelted together five colored stones to patch up the azure sky, saving the world from destruction.

This myth about the five stones encapsulates the fundamental principle of Chinese medicine – that we can only achieve equilibrium by honing the power of nature.

Here at Nüwa, you are invited to discover the power of these “healing elements” and experience the soothing power of nature.

Our therapies are designed within nature’s healing framework which takes into consideration one’s constitution, the changing of seasons, and flow of chi, one’s emotions and more. This understanding, together with the healing art of Ayurveda and Reiki, use of natural and the finest spa products, enables our therapists to craft for you an inspiring and effective spa journey, elevating your experience to a whole new level.

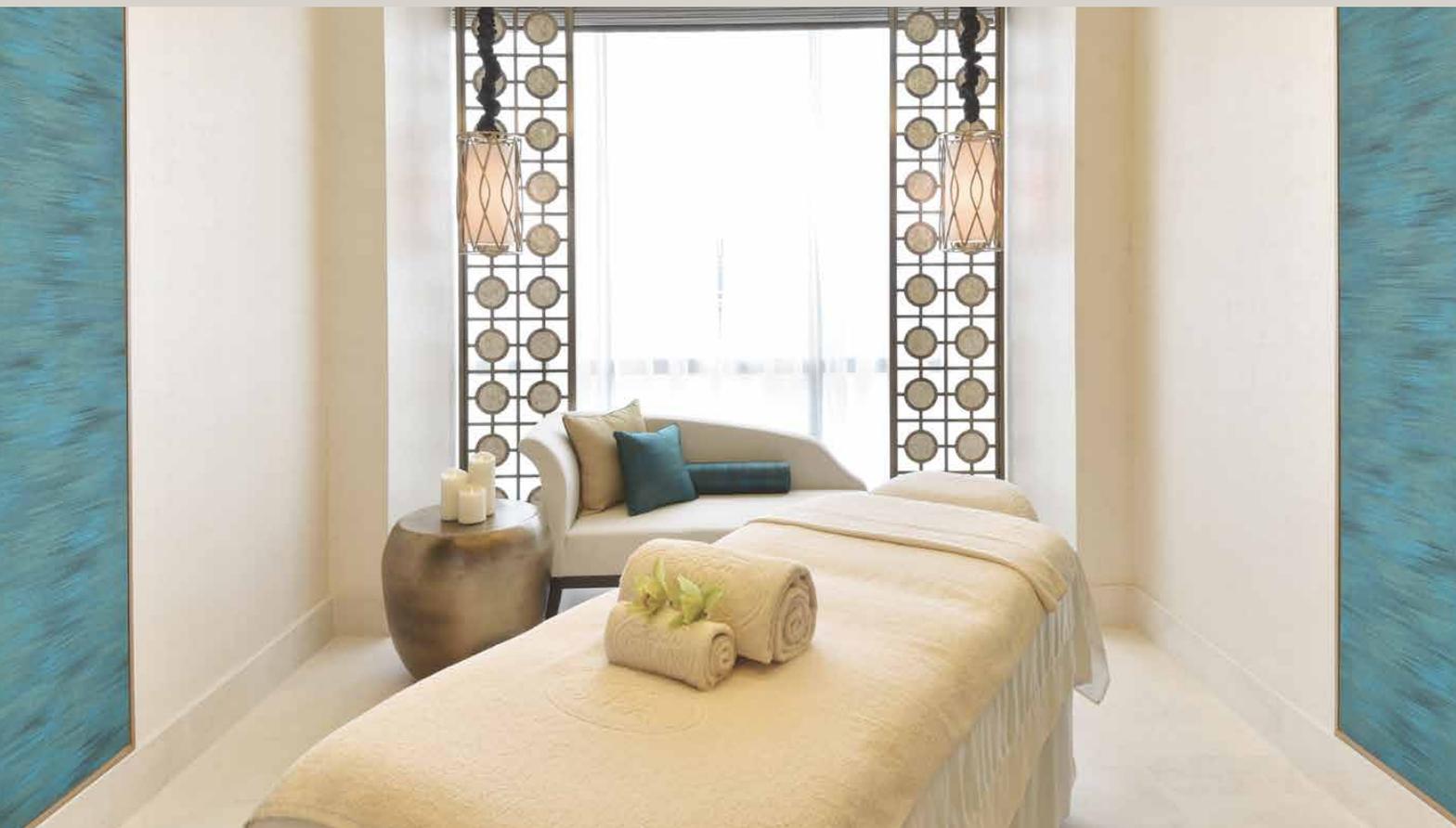
BE OUR GUEST

Located in the opulent Nüwa, Nüwa Spa offers a tranquil oasis away from the demands of city life where professionally trained therapists take you on a deeply relaxing and personalized spa journey, to a sense of utmost well-being and harmony for the mind, body and spirit.

The Nüwa Spa suites offer exquisite furnishings and texture and exceptional service.

Bask in pleasure in our aqua retreat which features a vitality pool, aroma steam, a relaxation pool and outdoor pool.

Treatments we offer are designed exclusively for Nüwa Spa by Omorovicza. A renowned, award-winning European brand, Omorovicza specializes in harnessing the natural healing powers of the finest ingredients and the purest extracts and oils to provide excellent results.



SIGNATURE SPA SUITE JOURNEYS

Our signature spa suite experience is carefully curated for your indulgence. The journey includes an ensuite indoor state-of-the-art Jacuzzi and bathing facilities. The private spa suite allows guests to embrace relaxation in a tranquil, restorative sanctuary.



NÜWA SUITE JOURNEY

2 hours

Php 8,999

Nüwa Spa created three heavenly treatments specially curated to lull you into deep sleep. A compendium of our best restorative healing practices meant to soothe, renew and relax. Only deserved by the gods.

- Coconut-Sea Salt Body Scrub
- Signature Nüwa Spa Massage
- Indulgence Milk Bath
- Inclusive of Healthy Light Snacks

HEAVENLY DISCOVERY

2.5 hours

Php 9,999

Pampering from head to toe. This package is a journey of holistic experiences. Drift away in a spa escape to rest, rejuvenate and feel your best. You deserve it!

- Philippine Hilot Massage
- Dagdagay Foot Reflexology
- Relaxing Tea Bath
- Inclusive of Healthy Light Snacks

WELLNESS RECOVERY

2.5 hours

Php 10,999

A total wellness treatment combination, a perfect retreat for the mind and body includes:

- Shirodhara Treatment
- Abhyanga Massage
- Recovery Herbal Bath
- Inclusive of Healthy Light Snacks

COUPLE'S HARMONY

2.5 hours

Php 11,999

A harmonious energy movement based from the principle of Qi improves relationship energy of couples, using age-old techniques performed by highly skilled therapists.

- Mango Passion Body Glow
- Yin Yang Couple's Massage
- Nüwa Harmony Flower Bath
- Inclusive of Healthy Light Snacks

SENSE OF PLACE

Philippines' age-old healing techniques, traditions and ingredients handed through generations.



HEAL-OT

1 hour

Php 3,800

1 hour and 30 minutes

Php 5,800

A Filipino Traditional Medicine which is an eclectic mix of indigenous healing knowledge, attitudes, skills and practices, using banana leaves and coconut oil as diagnostic tools to locate the knots in the body where the therapist will focus on. This treatment starts with moderate pressure using mostly thumbs, knuckles and palm. Emerge with a renewed wellbeing.

TWO-FOLD HEAL-OT

1 hour and 30 minutes

Php 6,800

This mystical massage is done in rhythmical movements by two therapists. Based on the concept of energy meridians, the therapist works on energy lines of the body, using thumb pressure point techniques. "Dagdagay" wooden sticks, and Tuba Tuba (*Jatropha curcas*) leaves, are used, which helps to stimulate the immune system, increase blood flow and strengthen well-being. Pressure starts from medium to strong and uses ginger, black pepper and chili oils with virgin coconut and rice bran oils.

DAGDAGAY FOOT MASSAGE

1 hour

Php 3,800

1 hour and 30 minutes

Php 5,800

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

PINOY BENTOSA

1 hour and 30 minutes

Php 3,950

This treatment not only calms the senses but gives a soothing sensation to the entire well-being. Uses from the traditional cupping techniques and therapeutic Asian herbal essences will surely relax, rejuvenate and restore energies.

THERAPEUTIC TOUCH

Enjoy the moment as our therapeutic massage collections will restore your body and invigorate your mind, to give you a feeling that is ultimately refreshed and enlivened.



NÜWA SIGNATURE MASSAGE

1 hour

Php 3,800

1 hour and 30 minutes

Php 5,300

A more localized yet deeply restorative massage that works into the muscle. Using kneading techniques with mostly thumb, knuckles and forearm focusing mostly on the back muscles and shoulder, to achieve a deeply relaxing remedial therapy, eases muscles and restores the body's energy and vitality.

INTENSIVE MUSCLE RELEASE

1 hour

Php 3,800

1 hour and 30 minutes

Php 5,300

A massage using specific massage techniques to penetrate and stretch muscular tissue. Excellent for immediate stress relief and releasing chronic tension.

HERBAL COMPRESS ENERGIZER

1 hour

Php 3,800

1 hour and 30 minutes

Php 5,300

A combination of Swedish massage and warm herbal compress, eases muscle tension, purifies toxins and revitalizes the mind. Using seven exquisite herbs compressed into a ball from different regions of the Philippines. This massage combines all the benefits of thermotherapy. Gliding massage strokes using palm and forearm create a deeply relaxing healing treatment; easing muscle tension and restores the body's energy and vitality. Pressure starts from medium to strong.

YING YANG COUPLE'S HARMONY (FOR TWO)

1 hour and 30 minutes

Php 9,950

A calm and collected massage using harmonious energy movement based on the principle of Qi, improves relationship energies of couples, using ancient techniques performed by highly skilled therapists.

WELLNESS

1 hour and 30 minutes

JAPANESE SHIATSU

Php 5,300

Shiatsu means "finger pressure", uses techniques that include massages with fingers, thumbs, feet and palms; assisted stretching; and joint manipulation and mobilization to correct internal malfunctions, promote and maintain health. The techniques used in shiatsu include stretching, holding, and most commonly, leaning body weight into various points along key channels.

INDIAN SHIRODHARA

Php 4,300

Shirodhara massage is based on the ancient principles of Ayurvedic medicine. Shiro means head and adhara means to flow. It involves the warm and consistent flow of herbalised oils on the forehead, specifically on the "third eye". It is said to be the seat of human consciousness. The oils are allowed to flow over the scalp and through the hair, creating a blissful sensation. This is preceded by an Abhyanga full body massage.

ABHYANGA INDIAN MASSAGE

Php 4,300

Abhyanga is the Ayurvedic term for a warm oil massage. Abhyanga has been used for thousands of years to maintain health, increase longevity and promote more beneficial sleep patterns. The practice and experience of this massage nourishes the entire body and decreases the effects of aging. Imparts muscle tone and vigor to the dhatus (tissues) of the body, firmness to the limbs and stimulates the internal organs of the body. Abhyanga also assists in elimination of impurities from the body.

NÜWA SPA EXPRESS

30 minutes

Rediscover your strength at NÜWA Spa

Here, the traditional Asian techniques allow you to regenerate and recover the equilibrium of your body, mind and spirit in the nick of time.

NÜWA FOOT MASSAGE

Php 1,950

A century-old technique concentrating on acupressure points of the foot and legs which aims to balance renew and harmonize the function of the entire body.

HEAD AND SHOULDER MASSAGE

Php 1,950

A personalized treatment focusing on the head, neck, and shoulders, releasing the tension in the deeper layer of the muscle tissues. Immerse with an inner calm and deep relaxation.

OM FACIAL EXPRESS

Php 2,750

An effective, age defying facial designed to deliver immediate results to tired looking skin and reduce fine lines done in an instant.

FOR MEN ONLY

1 hour and 45 minutes

A range of targeted therapies just for men with selections of purifying treatments to stress buster tonics.

FIT FOR A KING

Php 4,800

(Body scrub | Muscle intensive massage | Face and head massage)

This holistic treatment begins with a body exfoliation before the placing of stones along vital energy points of the body. A full body massage follows, using carefully selected essential oils and hot stones to release tight muscles. Tension points are massaged around the eyes and ears, followed by an acupressure head massage. This complete treatment ends with gentle stretching to help release deep-seated tension around neck and shoulders.

GENTLEMEN'S TONIC

Php 4,900

(Gentlemen's facial | Head and shoulder massage | Scalp treatment)

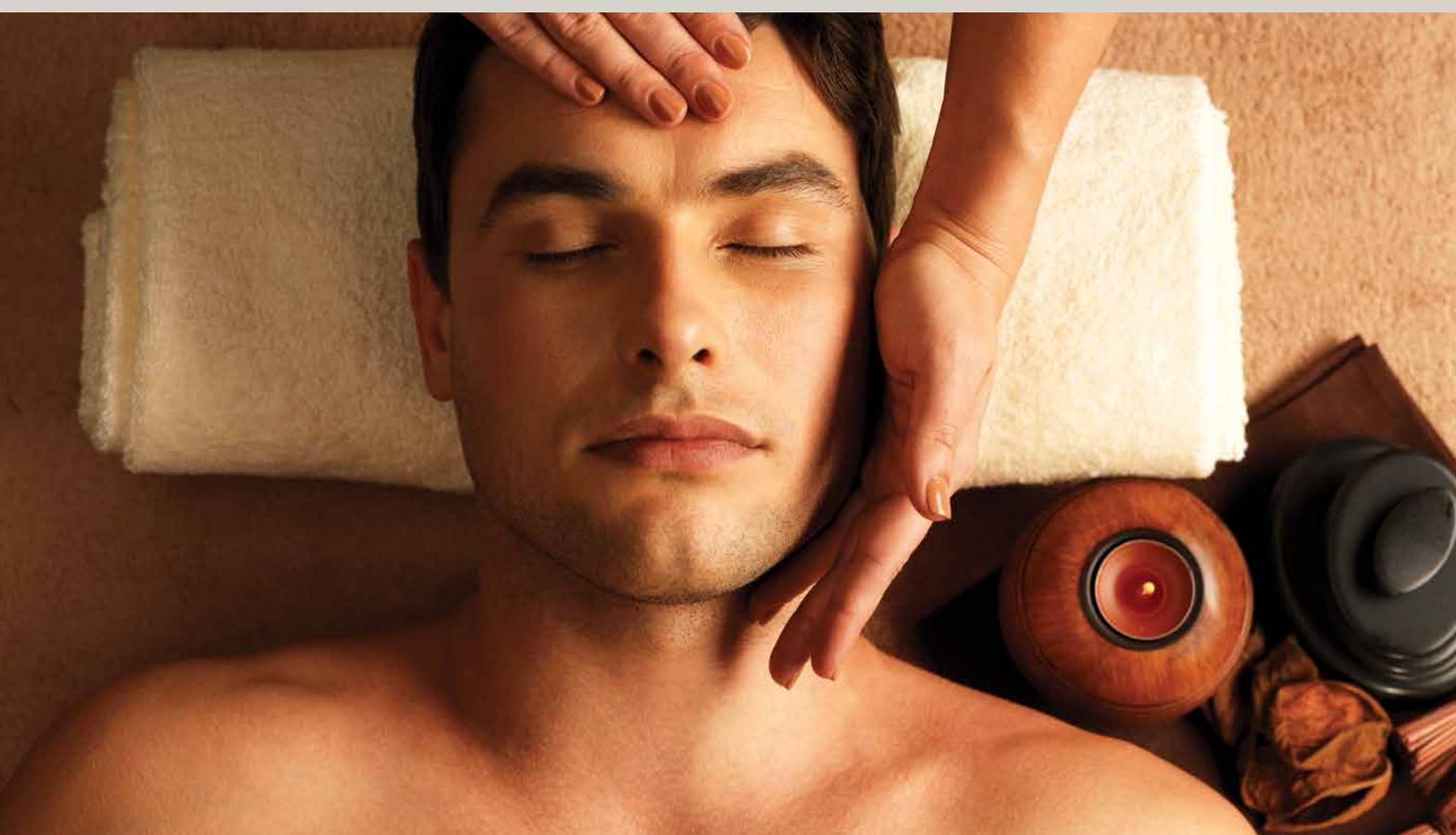
This package is a combination of head, shoulder, scalp massage and facial that will purify, balance and hydrate the skin, and leave you feeling de-stressed and renewed. The triple cleanse procedure includes hot towels to soothe and soften bristles, aiding in prevention of blocked pores. A relaxing acupressure face massage and purifying mask are followed by a deep shoulder and scalp massage using conditioning hair and scalp mud to melt away tension. A mineral-rich Hungarian Moor mud mask draws out impurities, cleanses deeply and nourishes the skin. A unique Hungarian facial massage soothes the skin whilst stimulating micro-circulation and a scalp and shoulder massage relieves tension and stress.

FITNESS BOOSTER

Php 5,500

(Herbal compress energizer therapy with stretching)

An advanced massage developed to alleviate areas of deep seated tension. Application of warm herbal compress eases muscle tension, purifies toxins and revitalizes the mind. Limbs and muscles are stretched for specific muscular release.



FACE VALUE

1 hour and 15 minutes

Our OM facial begins with a detailed consultation and in-depth skin analysis to identify skin conditions not visible to the naked eye. All OMOROVICZA facials are specifically tailored for your skin type.

NÜWA RADIANCE

Php 3,500

An illuminating facial that helps to smoothen and reduce irregular pigmentation while brightening the skin to deliver instant results. Designed to leave the complexion rejuvenated and glowing, this facial begins with a gentle peeling, enriched with copper for an antioxidant collagen stimulating punch. A unique facial massage soothes the senses and accelerates micro-circulation whilst an essence rose and peony mask plumps the epidermis to reduce the appearance of fine line and wrinkles. Attention is also paid to all-too-often neglected hands!

DEEP CLEANSING PORE REFINING FACIAL

Php 3,500

This ultimate pampering facial renews skin through deep cleansing, moisturizing with minerals whilst protecting the sensitivity of the subtle layers of skin. You will surely immerse with a supple and glowing skin. Mineral-rich Hungarian Moor mud detoxifies and draws out impurities for deep cleansing. The application of a fragrant mud mask follows a thorough cleansing and exfoliation using Moor mud in balm form. As well as rosemary and pineapple extracts, which treat sensitive skin and reduce pore size. A classic Hungarian facial massage instantly lifts and firms the skin.



GOLD HYDRATION INTENSIVE

Php 4,500

This strengthening and hydrating treatment starts with a double application of Hungarian Moor mud; to cleanse, exfoliate and peel. A rose scented gold mask then deploys hyaluronic acid in three different forms to plump and nourish the skin while bio-available gold repairs micro-damage to strengthen the skin. The traditional Hungarian facial massage lifts and firms. A sprinkling of gold shimmer oil adds a subtle sparkle.

BLUE DIAMOND BRIGHTENING FACIAL

Php 5,500

This firming and brightening treatment helps to revitalize dull, lacklustre skin. Blue Diamond Facial restores skin fitness, essential to the youthful behavior of skin cells. The traditional Hungarian facial massage will accelerate the oxygenation of the skin to re-energise and lift. Active products to improve skin tonicity, firmness and enhance cellular regeneration.



BODY WORKS

Revitalise your body with an exfoliation and wrap using botanical sea salts, mud and natural gifts from nature, a tension relief back massage and full body moisturisation. These high quality sea salts, tropical ingredients and aromatherapy oils will leave your skin feeling replenished and silky smooth.

BESPOKE BODY POLISH

45 minutes

Php 1,900

Choose from the following selections to a new you:

- Coconut-Sea Salt Body Scrub
- Himalayan Pink Salt Granule Polish
- Exotic Tropical Body Glow

NÜWA WRAPSODY

1 hour and 30 minutes

Php 3,500

Omorovicza's healing seaweed is the key ingredient in this NUWA SPA wrap which is great for healing muscular aches and pains, skin disorders, blood circulation and arthritis, leaving you revitalized and rejuvenated.

- Gentle brushing of the body and a detoxifying exfoliation using sea salt.
- Hungarian moor mud and capsicum peptide.
- A stone body massage using a rich blend of essential oils adds a soothing finishing touch. Treat your body to a revitalising classic Hungarian treatment which soothes the mind using active plant ingredients and aroma therapy oils. It will leave your skin feeling nourished and back to its youthful glow.

HEALING GOLD COCOON

1 hour and 30 minutes

Php 3,800

Dazzling as it is, gold is a mineral with proven anti-inflammatory properties; helping to repair and strengthen the skin. This Omorovicza's treatment involves an invigorating exfoliation with a golden sugar scrub and a soothing massage with a fragrant oil enriched with gold particles. Dozed off whilst in a wrap, guaranteed to leave the body soothed, hydrated and radiant.



SALON SERVICES

Whether you require a glamorous red carpet look or simply seeking comfort and some pampering, our dedicated stylist are ready to give you what you need-a glowing appearance from head to toe.

HAIRSTYLING

Wash and Style	Php 1,300
Wash and Style and Set	Php 1,450
Wash and Style and SculpT	Php 2,100

HAIRCUT

Adult/Kids	Php 1,400
------------	-----------

HANDS AND NAIL

Change Lacquer Polish	Php 560
Manicure	Php 1,120
Gel Polish	Php 1,960
Gel Polish Removal	Php 840

FEET AND NAILS

Change Lacquer Polish	Php 1,120
Pedicure	Php 1,300
Gel Polish	Php 2,100



THE NÜWA SPA GENERAL INFORMATION

LOCKERS

As lockers are limited, they will be issued on a first come, first served basis. Should a locker be unavailable, you may place your clothing in baskets provided which will be kept by our spa attendants during your visit.

SMOKING & GAMBLING

Smoking and gambling are strictly prohibited in the spa.

ALCOHOL INFLUENCE

Guests who are or have been under the influence of alcohol are not permitted to use any spa or resort facilities.

PHYSICAL LIMITATIONS

All guests are responsible for their own health conditions. Guests who are pregnant or suffering from any medical condition should not use any of the facilities without prior professional medical consultation or permission from their doctors.

GUEST CONDUCT

Guests shall behave in a respectful and courteous manner at all times. No guests shall, while on the premise, engage in rude behavior or use offensive language.

USE OF EQUIPMENT

Proper use of the equipment is the responsibility of all guests.

DRESS CODE

Appropriate outfits should be worn in respective areas of the spa and resort.

OPERATION HOURS

Fitness Center	24 hours
Pool**	6:00am to 8:00pm
Spa	11:00am to 12:00 midnight*

* Last booking is at 10:30pm

**Operation hours may vary according to season. Please check with our staff for the latest schedule.



FAQs

REGISTRATION

All guests must register prior to entering any of the resort facilities.

RESERVATIONS

Reservations are recommended and can be made at the reception or by calling (632) 800 8080 booking is up to 3 weeks in advance. A credit card number is required to confirm your reservation. For group reservations, please contact our spa hosts.

MINIMUM AGE

All guests must be 16 years or older to enjoy use of the wet spa facilities,

IN-HOUSE GUESTS

Guests with a valid room key card of Nūwa Hotel are able to enjoy complimentary use of our facilities. A maximum of 4 in-house guests per guestroom are entitled to enjoy an exclusive once-a-day use of the wet spa and resort facilities subject to availability. Should the number of guests per key card exceed the maximum entitlement; a day membership charge will apply. Please approach our spa hosts for more information.

NON IN-HOUSE GUESTS

Complimentary use of the wet spa facilities is included when you purchase a full spa treatment or full body massage program on the day of service.

FIRE AND SAFETY PRECAUTIONS

For safety reasons, no glass containers, food or alcoholic beverages are allowed to be brought into the wet spa or fitness areas. As part of our fire and safety precautions, guests will not be allowed admission when the maximum capacity for each respective wet spa area* has been reached.

*This includes the massage lounge and change facilities.

CHANGE IN APPOINTMENT

We apologize in advance if your appointment is affected due to any unforeseeable reasons.

LATE ARRIVAL

We understand that plans do change; a phone call is always appreciated, should you wish to cancel your appointment. Your arrival time will determine the length of your treatment time, which will end as scheduled so that the next guest may begin promptly. In this case, you will still be charged the full amount for your scheduled treatment.

CANCELLATION POLICY

If you must cancel or reschedule an appointment, please give a 3-hour notice prior to your scheduled appointment time to avoid a 50% charge.

NO SHOW

We understand that plans do change. A no-show will be charged the full treatment price. Day package cancellation requires a 24-hour notice or you will be charged 50% of the treatment.



ENJOYING YOUR EXPERIENCE AT THE NÜWA SPA

SHOULD I MAKE A RESERVATION?

It is advised that you make reservations in advance, especially if you like to enjoy multiple bookings during your stay. Guests without reservations will be accommodated if appointment times for selected treatments are available. To make your spa reservations prior to your arrival, you may call (632) 800 8080. From your guest room, press the "Spa" button on your telephone.

HOW EARLY SHOULD I ARRIVE?

We recommend you arrive 30 to 45 minutes prior to your appointment to take full advantage of our wellness spa facilities. Appointments begin promptly at the scheduled time. Should you arrive late, your appointment may be shortened to allow the therapist to be on time for his/her next appointment. Please allow time for unexpected delays due to traffic and weather conditions.

CAN I REQUEST A MALE OR FEMALE THERAPIST?

Yes, you can. However, we cannot guarantee the availability of any particular therapist. All of our therapists are highly trained to ensure your comfort at all times.

IS THERE SOMEONE TO HELP ME DECIDE WHAT TREATMENTS ARE BEST FOR ME?

Our spa receptionist can assist you in planning a program that best suit your needs.

SHOULD I LET SOMEONE KNOW ABOUT ANY ALLERGIES, AILMENTS OR DISABILITIES?

Yes. You should notify our spa receptionist at the time of booking if you are pregnant or suffering from high blood pressure, allergies or other medical conditions.

WHAT SHOULD I WEAR FOR MY TREATMENT?

Most of our spa treatments are enjoyed without clothing and you will be discreetly draped at all times. A robe and slippers will be provided for your convenience and comfort. Undergarments may be worn if preferred.

DO YOU SELL GIFT CERTIFICATES?

Yes. Treat your friends and loved ones to a day at Nüwa Spa with our gift certificates. We can have the gift delivered to a guest room upon request and you may even include a personal note.

SHOULD MEN SHAVE BEFORE A FACIAL?

Yes. This will enable the active ingredients to reach the skin and make the experience much more enjoyable. You may arrive with a clean face.

MAY I BRING MY VALUABLES?

Most of our treatments require removal of accessories. While the spa does have lockers, it is recommended that you leave all valuables in the safe provided in your guestroom as we are not responsible for any loss or damage to personal items. To best enjoy your visit, we recommend that you do not bring your valuables to the spa.

HOW CAN I ENSURE A FABULOUS SPA EXPERIENCE?

Please feel free to discuss your treatment expectations and preferences with our therapists. Open communication will enable us to customize our services to your greatest satisfaction.

CAN I SMOKE OR USE MY MOBILE PHONE?

Smoking and the use of mobile phones are not permitted in Nüwa Spa. Public nudity inside the lockers is also not allowed.

