

Amanpulo Spa
Gentle Hearts, Healing Traditions

Experience Amanpulo Spa

From the islands of Palawan come the rich healing traditions of the Cuyonin, a gentle people in our enchanting tropical island richly blessed with nature's bounty.

Amanpulo Spa offers a gracious fusion of traditional Cuyonin, Asian and Western healing therapies, from relaxing and therapeutic massages to our pampering facial and body treatments. Enjoy natural spa treatments in one of the Spa Casitas, at the open-air Garden Sala or in the privacy of your own Casita.

Allow us to pamper and heal you with our melting pot of Asian therapeutic practices and modern spa techniques. Bask in the heartfelt rendition of spa treatments from our gentle and competent therapists, who have been trained to international standards.

Ask us now about your personalized pampering and healing treatments at Amanpulo Spa.

Combination Treatments

Pahayhay Island Indulgence

150 minutes

PHP 8,000

Total pampering and relaxation await you in this lovely treatment designed to make you feel like a brand new person again!

Includes: Foot Ritual * Gata Scrub * Yoghurt Wrap * Herbal Soak * Signature Amanpulo Massage * Natural Facial

Sinta Couples Romance

90 minutes

PHP 9,000 for two

Enhance and ignite love's light in this intimate treatment specially designed for couples, using soft, flowing massage strokes and a special blend of Romance enhancing essential oils of Palma Rosa, Rosewood, Sweet Orange, Cedar Wood and Ylang Ylang.

Includes: Foot Ritual * Amanpulo Matinlo Signature for two

Individual Treatments

Body Massage

Mayad Herbal Pouch Therapy

90 minutes

PHP 4,800

Wonderfully relaxing, this massage uses heated herbal pouches wrapped in banana leaves to soothe your muscles and release your stresses. Packed with natural healing powers, the herbal leaves are used with stress-relieving massage strokes and muscle warming oils of Ginger, Rosemary and Peppermint to ease you back to health and well-being.

Amanpulo Matinlo Signature Massage

60 / 90 minutes

PHP 3,200 / 4,800

A unique fusion Of Western and Asian massage technique combined with the powerful effects of therapeutic essential oils of YlangYlang, Lavender and Benzoin to create total harmony of the senses. Music therapy combines with nurturing body massage to balance your mind, body and spirit

Hilot Kaayo

90 minutes

PHP 5,500

Hilot therapeutic massage used by Filipinos through the years to heal their bodies from common ailments. The therapist uses a banana leaf to identify areas of imbalance then focuses on releasing the imbalance using a combination of long strokes and deep pressure movements.

Mabaskeg Pressure Point Massage

60/90 minutes

PHP 3,200 / 4,800

Influenced by Thai and Shiatsu techniques, experience powerful rejuvenation in this full body massage using a combination of deep pressure point massage and stretching to relieve anxiety and tension, giving you a sense of deep calm and relaxation.

Body Treatments

Gata Coco Scrub

60 minutes

PHP 3,200

A gentle scrub using freshly grated coconut meat and rich coconut milk to deep cleanse your skin and restore its natural moisture. A heavenly tropical treat.

Sabila Aloe Vera Wrap

60 minutes

PHP 3,200

Perfect for sun burnt skin! The cooling and healing properties of aloe vera and cucumber combine to soothe your sun flushed skin.

Paraisu Outdoor Magic

Kalma Head and Shoulder Massage

30 minutes

PHP 2,000

Clear your mind and rejuvenate your spirit with skillful rejuvenating strokes on your head, neck and back using traditional massage techniques and therapeutic essential oils.

Panaguyon Reflexology Therapy

45 minutes

PHP 2,400

A detoxifying herbal foot ritual starts this healing journey as the therapist rhythmically and scientifically activates reflexology points at your feet. An ancient form of therapy which has been proven through the ages to bring optimum health.

Dagdagay

60 minutes

PHP 3,000

An authentic Filipino tribal foot massage using herbal clay to cleanse and purify the feet, bamboo sticks to stimulate the soles, and a soothing leg and foot massage to cap this stimulating yet soothing treatment.

Body, Mind and Spirit

Shyam, our Yoga teacher from India, has extensive knowledge of specialized therapies such as Swedish and connective tissue massage, deep and soft tissue release, Thai massage and various healing modalities including Reiki to the Master level.

His exploration of various spiritual paths led him to Gurus whose universal message of love and oneness he now energetically transfers through his treatments. For the past five years, his treatments in various Amanresorts around Asia helped many achieve higher levels of wellness, sometimes with life changing results.

Private Yoga Class

60/90 minutes PHP 4,000 / PHP 6,000

Ashtanga, Hatha or combination of both are available at all times of the day. We tailor make the experience to your level, from novice to professional.

Yogadhyanasana

90 minutes PHP 7,000

A lazy man's yoga, Yogadhyanasana combines yogic asanas, energetic healing and chakra- balancing, all sculpted to your body's needs.

Reiki

60 minutes PHP 4,000

A deeply healing experience to balance chakras, meridians and energy bodies using anything from deep pressure points to aura work, balancing you on a physical, emotional, mental and spiritual level.

Swedish Power Massage

60-min half body treatment PHP 4,000

100-min full body treatment PHP 7,500

A strong and deep massage aimed at relaxing and restoring the balance of muscles and fascia to release deep-seated tensions in the body. Great for those tight shoulders or tired legs.

Pustura Beauty Treatments

Aman Facial

60 minutes PHP 3,200

A signature Aman facial treatment using selected natural and organic products carefully chosen for their beautifying and anti-ageing properties to cleanse, exfoliate and moisturize your face.

Manicure 45 minutes PHP 2,500

Pedicure 45 minutes PHP 2,500

Waxing

Full Leg Wax 40 minutes PHP 2,500

Lower Leg Wax 20 minutes PHP 1,500

Bikini Wax 15 minutes PHP 1,000

Brazilian Wax 60 minutes PHP 3,000

Underarm Wax 15 minutes PHP 1,000

Upper Lip Wax 15 minutes PHP 1,000

*All prices are subject to 10% service charge and applicable government tax.

Amanpulo Spa Guide

Amanpulo Spa opening hours are from 9:00am till 9:00pm.

Please give our Therapists ample time to prepare the fresh ingredients used in your Spa treatments. Please reserve your treatment(s) in advance by dialing ext. 2 from your Casita.

Please arrive at least 5 minutes prior to your scheduled treatment time.

We advise you to remove all jewelry (stud earrings may be worn) prior to your arrival at the Spa. Upon arrival at the Spa, our Therapist will reconfirm and briefly explain your scheduled treatments.

You will be asked to fill out a guest profile. Please take the time to answer all the questions thoroughly and alert our Therapist on any medical concerns and/or physical ailments you may have.

We ask that you disrobe completely for your body treatment(s). For your comfort, disposable underwear and bathrobe are provided. Our Therapists are trained to appropriately drape you for privacy.

Most of our Spa treatment rooms are equipped with an en-suite shower and bath. Most treat packages include a brief period where you will be left alone to enjoy your shower.