



THE FARM  
AT SAN BENITO

## Healing Sanctuary

### Spa Treatments

#### SIGNATURE TREATMENTS

##### **Purification Treatment**

⌚ 90 mins.

PHP 8,000++

##### *Yin Yang Body Polish*

This is applied to the body using special strokes to energetically balance the body. This is what we call the Yin Yang rhythmical movements: uniquely developed, perfected and can only be found at The Farm.

Corresponding Medical Service: Colon Hydrotherapy, Ozone Therapy

##### **Activated Charcoal Body Wrap & Bath**

⌚ 90 mins.

PHP 8,000++

##### *Cleansing and Energy Vitalizing*

⌚ 120 mins.

PHP 10,000++

Highly recommended in removing heavy metals, toxins, viruses and bacteria from the skin thus preparing the body for optimal nourishment.

##### **Detox & Cell Renewal Body Wrap & Bath**

⌚ 90 mins.

PHP 8,000++

##### *Detox and Body Cell Repair*

⌚ 120 mins.

PHP 10,000++

In traditional cultures, like Ayurveda, a hot bath of Turmeric and Coconut milk is a hundred times better than taking any antibiotic. It also intensifies the detoxification process, boosts the immune system, and renews skin cells naturally.

##### **Magnesium Body Wrap & Flotation Bath**

⌚ 90 mins.

PHP 8,000++

##### *Immune Boosting and Calming*

⌚ 120 mins.

PHP 10,000++

High concentration of magnesium salts in this pod provides a clean medium to naturally disinfect the body. It can calm down your nervous system and enhance your body's natural ability to heal. 30 minutes inside the pod is equivalent to 8 hours of sleep, thus will strengthen your immune system effortlessly.

##### **Chlorophyll Body Wrap & Bath**

⌚ 90 mins.

PHP 8,000++

##### *Immune Boosting and Calming*

⌚ 120 mins.

PHP 10,000++

Chlorophyll has natural anti-microbial and anti-inflammatory properties that help nourish and soothe the skin. It serves as a muscle relaxant and may help with magnesium deficiency-related conditions like headaches, anxiety, sleep disorders, irritability and fatigue.

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## THE FARM AT SAN BENITO

### **Stimulating Treatment**

⌚ 90 mins.

PHP 10,000++

#### *Skin Kayud & Barako Coffee Pack*

Eliminates build up by stimulating the glands, improving circulation, removing dead skin cells, attacking cellulite and strengthening the immune system.

It begins with skin *kayud* or scraping. Using two mother of pearl shells, the therapists engage the lymph system, remove dead skin cells and tighten the skin. After, a *barako* coffee pack is applied to the body. The *barako* coffee stimulates circulation, eliminates, and targets the areas that require detoxification. After 15 minutes, the pack is rinsed off and a warm bath follows.

*Corresponding Medical Service: Hara-Puri Massage, Colon Hydrotherapy, Personal Trainer*

### **Detoxifying Treatment**

⌚ 90 mins.

PHP 10,000++

#### *Skin Kayud & Kalawag Body Detox with Curcumin*

Curcumin has the active healing power to detoxify the liver, skin, kidneys and heart. The *Kalawag* Body Detox is rich in antioxidants, has anti-bacterial and anti-inflammatory properties, repairs skin damage and boosts the immune system.

The Detoxifying Treatment begins with Skin *Kayud* to remove dead skin cells, engage the lymph system and tighten the skin. The *Kalawag* pack is then applied to the body. After 15 minutes, the pack is rinsed off and a warm bath follows.

*Corresponding Medical Service: Colon Hydrotherapy, Liver Cleansing, Liver Compress*

### **Four Hands Yin Yang Puri**

⌚ 90 mins.

PHP 10,000++

#### *Dry Brushing & Purification*

This healing ritual has 3 intentions: stimulation, detoxification and mind body balancing. The treatment begins with dry skin brushing using natural bristle brushes made of abaca fibers to stimulate circulation and the lymph system while removing dead skin cells and crystal acid deposits. After the brushing, an organic scrub is applied to the body using a systematic Yin Yang rhythmical massage technique to detoxify and energetically balance the mind and body.

Highly recommended for stressed individuals. Its rhythmical movements have been demonstrated to absorb negative energy while balancing the mind and body. It also improves metabolism and cell damage repair which are excellent for better aging.

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## THE FARM AT SAN BENITO

Corresponding Medical Service: Colon Hydrotherapy

### TRADITIONAL FILIPINO TREATMENTS

#### **Hilot Haplos**

🕒 120 mins.      PHP 10,000++

*Coco Cocoa Body Scrub, Coconut Cream Milk Bath & Hilot Treatment*

Fresh scrub made from coconut cream and powdered cocoa that is spread over the body. Indulge in a luscious bath of freshly squeezed warm coconut milk, followed by the luxurious Hilot Massage, a traditional Filipino treatment.

#### **Tres Banyos Lunas**

🕒 120 mins.      PHP 10,000++

*Coco Cocoa Body Scrub, Coconut Cream Herbal Bath, Traditional Steaming & Hilot Tapal Massage*

The treatment begins with a bath filled with a blend of Filipino healing wonders - traditional herbs, *pinagbagang*, *lupang*, *punsong*, and *tuob* are inhaled to awaken your senses, before indulging in a warm glass bottle massage with *tapal-tapal balot* (a wrap filled with medicinal herbs) to encourage the release of excess dampness or heat.

It releases impacted toxins, commonly attributed to fluid retention, while strengthening the immune system. Regarded as one of the most soothing experiences - it will fine tune the aura, astral and etheric bodies, reducing stress to invoke regular restful and healing sleep.

#### **Hilot Tapal**

🕒 120 mins.      PHP 8,000++

*Warm Therapy*

This traditional treatment is practiced in rural villages, where they use fresh medicinal herbs, *lana* oil, and heated glass to glide on the affected part of the body. If you are experiencing trapped cold and energetically imbalanced heat it will be unblocked and vitality will be revived.

#### **Hilot Aruga**

🕒 120 mins.      PHP 10,000++

*Nurturing Treatment*

Positive energies are transmitted with the use of alka-magnesium crystal salt which is the second most abundant element in our bodies. Experience the nourishing strokes of our therapists and feel your body relax and be rejuvenated.

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### **Hilot Kasuyo (Sweetheart)**

🕒 120 mins.      PHP 20,000++

#### *Couple's Treatment*

Enhances physical, mental and emotional well-being. It will leave your skin silky, soft, smooth and hydrate. It also provides your skin with much needed active components for cell regeneration and strengthens your cells barrier defenses.

Treatment begins with:

- Foot Floral Bath – 10 minutes
- Cacao Body Wrap – 40 minutes
- Milk Chocolate Bath – 10 minutes
- Hilot Treatment – 60 minutes

### **Hilot Lakan (The Noble Man)**

🕒 120 mins.      PHP 10,000++

#### *Body Scrub, Herbal Bath & Aroma Massage*

Begins with the healing ritual cleansing of the feet with warm herbal water; herbal body polish using a blend of fresh local medicinal herbs and sandalwood bark to regain energy, allowing the skin to breath, detoxify and purify the body. Ritual will end with a healing tonic herbal bath with natural fragrance of sandalwood.

### **Hilot Lakambini (The Noble Woman)**

🕒 120 mins.      PHP 10,000++

#### *Body Scrub, Herbal Bath & Aroma Massage*

Efficient in treating hypertension, relaxes muscle tension, strengthens the nervous system, and repairs damaged cell. It is also good for people suffering from insomnia, fatigue, frigidity, and other stress related conditions. It is extremely effective in maintaining moisture and oil balance of the skin and keeps the skin looking hydrated, smooth, and young.

### **Hampol**

🕒 90 mins.      PHP 8,000++

#### *Coco Cocoa Body Scrub, Coconut Cream, Warm Herbal Therapy*

*Hampol* is a healing treatment that has been practiced by hundreds of generations in the Northern part of the Philippines. This treatment is based on the belief that all plants are created by nature for healing. It uses a warm compress with different local herbs like *letlet*, *kayumanis*, and *tanglad* followed by a *Hilot*-inspired massage. This combination of herbs also improves blood circulation, relieves headaches, insomnia, arthritis, dysmenorrheal and water retention.

*Corresponding Medical Service: Body Salt Bath*

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## THE FARM AT SAN BENITO

### SCRUBS

#### **Tropical Bliss**

🕒 120 mins.      PHP 10,000++

##### *Coconut Scrub with Relaxation Treatment*

Perfect for sensitive skin. Uses fresh ground coconut, rich in nutrients but not overly abrasive. This gentle exfoliating treatment will remove dead skin cells revealing a softer, suppler, skin texture.

#### **Oriental Journey**

🕒 120 mins.      PHP 10,000++

##### *VCO Aloe Scrub with Hilot Pandanggo Massage*

Exfoliate and hydrate your skin with this sweet treat. Experience a smoother and more supple skin.

#### **Bitter Sweet**

🕒 120 mins.      PHP 10,000++

##### *Barako Coffee Scrub with Therapeutic Massage*

This beauty treatment helps revitalize, stimulate and refresh your whole body so that you can achieve that blissful glow. Coffee is an excellent skin cleanser that also improves circulation and skin tone.

#### **Seasonal Delight**

🕒 120 mins.      PHP 10,000++

##### *Papaya or Seasonal Fruit with Relaxation Massage*

This gentle scrub will soften and revitalize the skin using the enzymes found in the papaya know as Papain. The natural fruit acids act as a mild exfoliant without the tendency to cause skin irritation.

### NOURISHMENT BODY WRAPS

#### **Aloe Vera**

🕒 120 mins.      PHP 10,000++

A nourishing cocoon designed to slim and tone your body, hydrate, cleanse, renew skin cells, relax, and soothe your muscles. Benefits include detoxification, contouring, rejuvenation and balance. It can provide kidney cleansing, liver cleansing, skin healing, cellulite reduction, and body sculpting. Effectively heals chronic skin problems, such as psoriasis, acne, and eczema.

#### **Rose Petal**

🕒 90 mins.      PHP 8,000++

Highly rejuvenating because they contain essential amino acids and vitamins A, B, C & E, as well as enzymes and powerful antioxidants. This can hydrate and nourish your skin while smoothing fine lines.

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*Corresponding Medical Service: Infusion Therapy*

**Chlorophyll** ⌚ 90 mins. PHP 8,000++  
It is a powerful anti-oxidant. It contains enzymes that are ideal in attaining bodily health. Its benefits include cleansing the lymphatic system, alkalizing the body, removing toxins and waste from cells, and nourishing the liver and kidneys.

*Corresponding Medical Service: IV Vitamin Infusion, Wheatgrass Infusion Therapy*

**Busilak Cleansing** ⌚ 90 mins. PHP 8,000++  
Heal yourself with The Farm's signature combination treatment. Our salt water solution naturally absorbs and washes away toxins and even negative energy. Chlorophyll supports this process by serving as a powerful anti-oxidant. Rose petals infuse enzymes, amino acids, and crucial nutrients like Vitamins A, B, C, and E.

### DETOXIFICATION BODY WRAPS

**Kidney Cleansing** ⌚ 90 mins. PHP 8,000++  
*Diuretic Bath Tub, Dry Brushing and Activated Charcoal Wrap*  
The specially formulated preparation uses natural ingredients to remove the same toxins from the body that the kidneys have the function of removing, hence decreasing the fatigue of the kidneys. The organic mixture is thickly applied over the entire body and extract toxins from the tissues through the skin.

*Corresponding Medical Service: Colon Hydrotherapy, Ozone Therapy*

**Magnesium** ⌚ 90 mins. PHP 8,000++  
*Diuretic Bath Tub, Dry Brushing and Activated Charcoal Wrap*  
Best for regulating over 300 enzymes and reactions in the body. It improves blood circulation and skin hydration. It is also a great treatment for stress relief and to soothe muscle aches.

**Anti-Inflammatory** ⌚ 90 mins. PHP 8,000++  
A collection of different medicinal herbs, roots, barks, that is concocted to address inflammation in a holistic approach without the worry of side effects.

### LYMPHATIC THERAPY

**Little Yin Yang Dry Brushing** ⌚ 60 mins. PHP 6,000++  
*Lymphatic Treatment*

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This is a skin brushing treatment using natural bristle brushes. Skin brushing is a very effective, quick and easy way of stimulating the blood and lymph circulation, helping to smooth the skin, eliminate dry cells and promote beautiful, healthier looking skin.

*Corresponding Medical Service: Colon Hydrotherapy*

### **Skin Kayud**

⌚ 60 mins.

PHP 6,000++

#### *Lymphatic Treatment*

By scraping the skin, we stimulate the lymph canals to drain the toxins and purify the entire lymphatic system. This enables the lymph system to perform its duties by keeping the blood and other vital tissues detoxified. This treatment may be taken every other day during your stay.

*Corresponding Medical Service: Colon Hydrotherapy, Liver Compress*

## HEATING ELEMENTS TREATMENT

### **Stone Massage**

⌚ 90 mins.

PHP 8,000++

This warming therapy uses basalt stones wherein its smooth surface offers a unique massage therapy that works deep into the muscle tissue gently soothing aches and pains. You will be left comforted by the warmth generated from this treatment.

### **Hilod Cleanse**

⌚ 120 mins.

PHP 10,000++

It is a traditional Filipino treatment for cleansing the skin. It removes dry skin, crystal acidity, fluid retention and assists in the breaking down of cellulite.

Begins with a hot herbal bath of *guyabano* and *sambong* leaves to stimulate the kidneys, liver, lymph system and soften the skin. Volcanic river stones are systematically rubbed over the skin to activate the energy line and exfoliate. After rinsing off, a lavender aromatherapy oil is applied leaving the skin feeling fresh and rejuvenate.

*Corresponding Medical Services: Colon Hydrotherapy, Liver Cleansing, Liver Compress*

### **Ventosa**

⌚ 30 mins.

PHP 4,000++

⌚ 60 mins.

PHP 6,000++

⌚ 90 mins.

PHP 8,000++

This unique experience uses heat resistant glasses to remove toxins from the body. The glasses will be warmed and applied to the back meridians, creating a vacuum to draw out the toxins. A soothing massage will be given at the close of the treatment.

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## THE FARM AT SAN BENITO

*Corresponding Medical Service: Acupuncture, Colon Hydrotherapy, Body Salt Bath*

### **Suob Traditional Steaming** ⌚ 30 mins. **PHP 4,000++**

A steam bath that uses fresh aromatic herbs, usually those with cleansing and healing properties like oregano, native ginger, *sambong*, and lemon grass. It enhances the cure of many diseases with excellent healing attributes of respiratory troubles like bronchitis, asthma, and allergies. Also useful for cleaning and toning the skin surface. Leaves the skin soft, supple, feeling re-energized and recharged. Removes allergens and mucus from the lungs. Suob has a soothing quality for the breathing passages since it raises the moisture level in the lungs, throat and nose.

### THERAPEUTIC MASSAGES

### **Aromatherapy** ⌚ 60 mins. **PHP 6,000++** ⌚ 90 mins. **PHP 8,000++**

The practice of using the natural oils extracted from flowers, bark, stems, leaves, roots or other parts of a plant to enhance psychological and physical well-being. The inhaled aroma from these essential oils stimulates brain function. Essential oils are also absorbed through the skin, promote whole-body healing, and a sense of wellness and relaxation.

Purifying ~ Lemongrass  
Stimulating ~ Grapefruit  
Detoxifying ~ Patchouli

*Corresponding Medical Services: Acupuncture*

### **Foot Relaxology** ⌚ 30 mins. **PHP 4,880++** ⌚ 60 mins. **PHP 6,000++** ⌚ 90 mins. **PHP 8,000++**

The Farm's interpretation of the natural healing arts of reflexology and acupressure. Through the application of pressure and manipulation of the reflex points, it relieves tension, improves circulation, and promotes balance in the entire body.

*Corresponding Medical Service: Body Salt Bath*

### **Relaxation Massage** ⌚ 60 mins. **PHP 6,000++** ⌚ 90 mins. **PHP 8,000++**

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This therapy is a must for stressed individuals, as this gentle massage will ease away tension and tiredness. Using long soothing strokes your therapist will lure you into a calm, peaceful space for both your body and mind.

### **Hilot Massage**

🕒 90 mins.      PHP 8,000++

A traditional Filipino healing treatment with different styles and strokes, this massage aims to stimulate the nerves, increase lung activity, soothe the nervous system, as well as break up deposits found in the joints. This massage applies kneading and stretching techniques, to help lessen the heavy weight of stress on the body and leaves you feeling renewed.

### **Therapeutic Massage**

🕒 90 mins.      PHP 8,000++

This deep tissue massage concentrates on the specific areas of tension within the body. It uses a combination of reflexology points on the feet, to achieve balance within the body's energy centers and Swedish massage techniques to release toxins in the muscle tissue. This combination will leave you in a complete state of relaxation.

### **Hilot Pandanggo**

🕒 90 mins.      PHP 8,000++

A dry treatment that trigger foot reflexes, increased flexibility, and improves muscle strength. The technique is designed to stretch the body and clear all the energy lines. Its unique approach will restore and balance the mind, plus strengthening and aiding mobility.

### **Arugang Buntis**

🕒 60 mins.      PHP 6,000++

#### *Prenatal & postnatal*

🕒 90 mins.      PHP 8,000++

Ensures the health of the mother, strengthen the immune system, release the muscle tension, and energetically balances the body. It can reduce anxiety, decrease symptoms of depression, relieve muscle aches and joint pains, and improve labor outcomes and newborn health, relax muscle tension, improve lymphatic and blood circulation through mild pressure applied to the muscle. This massage also addresses the sciatic nerve pain by helping to release the tension of nearby muscles.

### **Hilot Musmos**

🕒 60 mins.      PHP 6,000++

#### *For infants*

With our pure intention and expertise in transmitting healing energy, we will be happy to let children and young adults experience this unique relaxation.

*Benefits: Improve immune function, enhance development of nervous system, stimulate healthy growth and development, and reduce stress hormone*

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## THE FARM AT SAN BENITO

### OUTDOOR MASSAGE THERAPY

#### Foot Relaxology Under the Stars

⌚ 60 mins.      PHP 6,000++  
⌚ 90 mins.      PHP 8,000++

This is a truly delightful experience wherein you are lying under the stars as your therapist massages reflexes in the head, hands and feet.

#### Nirvana Massage

⌚ 60 mins.      PHP 6,000++  
⌚ 90 mins.      PHP 8,000++

Done outdoors at the Healing Sanctuary Secret Garden, it increases the level of fresh oxygen to the cells and allows you to release airborne toxins from your body. It will boost your immune system, lower blood pressure, increase energy levels, and enhance sleeping ability. Nirvana massage under nature element can also have an intense anti-inflammatory and energizing effect on the body.

### FACIALS

#### Natural Moisturizing Facial

⌚ 60 mins.      PHP 6,000++

This natural facial uses only the purest of ingredients. Coco-cream, avocado and cornmeal gently clean and exfoliate while using the soothing oils and lotions to help regulate and tone the skin, leaving your face feeling fresh, and radiant with a natural glow. **NOTE: This facial is available only when fresh avocados are in season.**

#### Anti-Stress Facial

⌚ 60 mins.      PHP 6,000++

This relaxing massage uses Aloe Vera, from our own garden, will create a cooling and soothing effect. It rejuvenates your skin and tissues, stimulates the nervous system and improves circulation when used topically. It encourages expansion of cells thereby increasing energy flow between cells and ethnic body energies.

#### Anti-Aging Detoxifying Facial

⌚ 90 mins.      PHP 8,000++

Bentonite clay is used as a natural skin care product to prevent or treat facial blemishes and other minor abscesses. This is a natural and gentle facelift using a mask. With powerful components, this tenderly cleanses then tightens the skin. The treatment starts with a skin cleanser then followed by skin exfoliation. Afterwards, there will be crystal facial scraping then application of a detoxifying facial mask. Lastly, a moisturizer will be applied at the end of the treatment.

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## THE FARM AT SAN BENITO

### Green Tea Facial

🕒 90 mins.      PHP 8,000++

Has anti-aging and antioxidant benefit that can help delay signs of skin aging, such as sagging skin, sun damage, age spots, fine lines, and wrinkles.

### Purest Gold Facial

🕒 90 mins.      PHP 8,000++

An ancient treatment excellent in anti-aging, anti-wrinkle, anti-toxin and anti-acne. It reduces sign of aging, brightens & firms up your skin. Helps reverse oxidation damage to the collagen fiber, aiding the regeneration of healthy new cells, bringing natural luster and youthful radiance to all skin types.

## SALON SERVICES

Our Salon is located at Acqua Sanctuary near treatment Room 7. For inquiries, please dial spa reception number 8013.

### Nail & Foot Spa

<b>Manicure</b>	🕒 60-mins	PHP 3,500++
<b>Pedicure</b>	🕒 60-mins	PHP 3,500++
<b>Manicure &amp; Pedicure</b>	🕒 90-mins	PHP 6,000++
<b>Foot Spa with Pedicure</b>	🕒 90-mins	PHP 6,000++
<b>Hand Spa with Manicure</b>	🕒 90-mins	PHP 6,000++

### Hair Cut

<b>Hair Trim</b>	🕒 60-mins	PHP 1,500++
<b>Men's Hair Cut</b>	🕒 60-mins	PHP 1,500++
<b>Women's Hair Cut</b>	🕒 90-mins	PHP 2,500++

### Hair Color

<b>Roots Color</b>	🕒 90-mins	PHP 2,500++
<b>Full Head Color</b>		
○ Short	🕒 90-mins	PHP 3,000++
○ Medium	🕒 90-mins	PHP 4,500++
○ Long	🕒 90-mins	PHP 6,000++

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### Hair Style

#### Hair Waving / Curling

○ Short	🕒 90-mins	PHP 1,500++
○ Medium	🕒 90-mins	PHP 2,500++
○ Long	🕒 90-mins	PHP 3,000++

### Hair & Makeup

<b>Bridal</b>	🕒 90-mins	PHP 20,000++
<b>Groom</b>	🕒 60-mins	PHP 5,000++
<b>Prenuptial</b>	🕒 90-mins	PHP 10,000++
<b>Prenuptial (Full assistance)</b>		PHP 25,000++

#### Hair & Scalp Treatment

🕒 30 mins. PHP 4,000++

All natural, deep-conditioning treatments. Begins with dry brushing followed by the application of warm oil and massage. The oil is left in the hair to enhance conditioning.

- Nourishing – Coconut Oil
- Revitalizing – Aloe Vera
- Detoxifying – Lemon Grass & Peppermint

#### Peppermint Foot Scrub

🕒 30 mins. PHP 4,000++

The therapist will begin with a shoulder and head massage, incorporating pressure points, while the feet are soaked in warm water with a gentle touch of flowers. A natural scrub of coco cream, rice powder and the fresh scent of peppermint are used to remove dead cells from the feet and lower leg. Acupressure points and reflex zones are the main focus in this massage.

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THE FARM  
AT SAN BENITO

EXUVIANCE BY ROSS

**Full Body – 3 Sequence**      **⌚ 2-day treatment**      **Starts at 61,000++ up**  
**Transdermal Human Microbiome Targeted Therapy**

*Face – Body – Mind Targeted Therapy*

- Premium Transdermal Human Microbiome Facial
- Advanced Platinum Transdermal Human Microbiome Body – Targeted Therapy
- Transdermal Human Microbiome Medicinal Herbs – Plant Milk – Luxury Oil Soak
- Shirodhara – Chakra Therapy

Our Human Microbiomes, takes on the biggest job in our body-The Communication System. These are the nervous system and the endocrine (hormone) system, regulating the body's processes, communication among organ system, through chemical and electrical signals that passes between cells.

All the organ systems of the human body must work together as a team to keep the body alive and well, and it's all about communication. The organ systems of the body must be able to respond to each other and change their responses as needed to keep the body in balance.

Transdermal Human Microbiome Therapy repopulates, rebuilds, and refortifies your body's Human Microbiome.

For your personalized Transdermal Human Microbiome Therapy

- Men's Health
- Women's Health
- Growing Young Adults
- Skin Disorders
- Anti-Aging and Longevity
- Heart, liver, kidneys
- Immune System
- Diabetes
- Pain Management, Rheumatoid Arthritis, Muscular Dystrophy, multiple sclerosis, fibromyalgia and other Auto Immune Disorders
- Hormonal Imbalance and their symptoms
- Mood Disorder Therapy
- Stress and Anxiety Management
- Reproductive System

THE FARM AT SAN BENITO

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### PREMIUM TRANSDERMAL HUMAN MICROBIOME FACIAL

#### **Kishu Binchotan Deep Pore Cleansing**

⌚ 120 mins.

PHP 12,200++

*For acne & blackheads*

Packed with Kishu Binchotan charcoal (white Ubame oak charcoal) exclusively found in Japan. Contains Hydrolyzed Silk, replenishing collagen, making the skin supple and soft. Tightens the skin to prevent wrinkles. Suppresses overgrowth of bad bacteria and blocks external allergens to reduce future outbreaks. Keeping the skin moist and plump, without causing extra oil production.

#### **Whitening, Pearl & Silk Collagen Booster**

⌚ 120 mins.

PHP 12,000++

All-natural whitening, collagen-rich facial for wrinkles & dry skin. Providing a natural whitened and glowing skin, adding collagen to dry and wrinkled skin. Giving elasticity and moisture even as you age. A facial for a tighter and bouncier skin, roll back the clock. Contains 30 potent botanical oils to nourish and hydrate your skin.

#### **Probiotics Sensitive Skin Chamomile**

⌚ 120 mins.

PHP 10,000++

Pacify irritated skin and to calm forms of sensitivity. The facial treatment is made with a special blend of 30 types of rich, but gentle plant oils, immersing the skin in a moisturized and nourished enclosure, quickly and effectively soothe redness, while its probiotics build your defenses, blocking off dryness and external aggression.

#### **Koicha Tea**

⌚ 120 mins.

PHP 12,000++

*Japanese Green Tea – Anti Aging – Anti Oxidant – High in Catechin*

Premium facial born from Japanese Green Tea, targeting anti-aging. Crafted with three times the concentration, green tea leaves full of Catechin and other antioxidants like Vitamin E, then are blended in another 24 types of organic plant oils. Powerful antioxidant for effective anti-aging, wrinkles, pigmentation, brighten your tone, moisturize your dryness.

#### **Sencha Tea**

⌚ 120 mins.

PHP 10,000++

*Puberty & Hormonal Imbalance*

- Balances sebum (oil) production especially during puberty & hormonal imbalances
- Reduces inflammation caused by acne formation
- Rich in Vitamin C & Green Tea extracts to improve skin healing and reduce scar formation

#### **Human Microbiome for Upper Respiratory System**

⌚ 90 mins.

PHP 10,000++

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Focuses on the repair, restoration and strengthening of the respiratory tract antimicrobial defense system.

A potent layer of warm Human Microbiota is applied on the face and neck area, and is wrapped with ginseng and microbial tea for 45 mins, and is rinsed off. This takes advantage of the inhalation and skin absorption route.

### **Human Microbiome** ⌚ 150 mins. PHP 35,000++ **Immune Defense System with Low Laser Light Therapy**

This treatment repairs, restores, strengthens the lungs thin lining called the epithelial cells and the lungs immune defense system.

Includes

- Advanced Platinum Human Microbiome
- Low Laser Light Therapy Respiratory Tract
- Infrared Sauna 65C 25mins
- Dead Sea Salt + Frankincense Oil Blend
- Dead Sea Mineral Mud + Human Microbiome Cocoon Wrap
- Fermented Tea Bath
- Soya Milk Rinse
- Healing Touch Rub for Blood Circulation

### **Dukhan Smoke Bath** ⌚ 90 mins. PHP 15,000++ **for Respiratory System Immune Defense System** *Repair and Restoration*

A 10-min smoke bath of frankincense, and potent medicinal herbs. The capillaries of the skin are naturally dilated, enhancing absorption of the human microbiota being introduced on the body from the Human Microbiome Essence applied on the skin. This is sealed with a 30-min Human Microbiome Oil Seal Skin.

### **Ancient Medicinal Fermented Herbs** ⌚ 90 mins. PHP 15,000++ *Herbs Therapeutic Oil & Tea Bath for the Immune System* *Repair and Restoration*

This medicinal therapeutic bath is customized for:

- Immune Defense System Repair and Restoration Reproductive
- Urinary and Intestinal Disorders Hormonal Imbalances
- Skin Diseases and Allergies
- Stings of Poisonous Animals
- Nervous and Cardiovascular Diseases

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This luxurious therapy owes its existence to phyto therapy. It uses herbs, volatile oils, fragrant plants, potent teas, fermented teas, grains and beans, containing numerous other constituents (tannins, flavonoids, alkaloids, etc.) that are also therapeutic in nature. Human Microbiome oils and essences, are all infused in this treatment.

### TRANSDERMAL HUMAN MICROBIOME THERAPY

#### **Human Microbiome**

🕒 90 mins.

PHP 8,000++

#### **Dead Sea Mineral Body Therapy**

A healthy detox and repair treatment that begins with a soothing warm dead sea salt scrub from Israel with Herbal Tonic and European Grade FDA Certified Virgin Coconut Oil Medicinal Scrub, this procedure forces the toxins out from the pores of the skin, accumulated from the years of use of harmful ingredients from the use of SOAP (Organic or not, vegan or not) personal care products that includes harmful chemicals, and etc. The Dead Sea salt is known and proven to be the best salt for the skin in the world, because of its mineral contents and healing properties. Thoroughly cleansing the pores of the skin preparing it to fully absorb, a warm Rich Human Microbiome Masque.

#### **Premium Transdermal Human Microbiome Body Therapy**

🕒 120 mins.

PHP 15,000++

#### **Advance Platinum Transdermal Human Microbiome Body Therapy**

🕒 120 mins.

PHP 35,000++

A warm Rich Human Microbiome Masque is gently soothed all over the body, wrapped in a cocoon while warmed in heaters, the capillaries are naturally dilated absorbing the Human Microbiome along with nourishments. Driving earth minerals, seaweeds, and complex algae straight to the blood stream enabling the body to absorb the healing properties of the rich potent Human Microbiome Body Wrap Masque, as the good healthy microorganisms in the body mask multiplies on and in the body.

Enhancing good healthy blood circulation, as it works with the sweat glands and the lymphatic system to naturally and metabolically eliminate toxins and harmful substances present on and in the body. Improving the metabolic process of the body, automatically fortifies the body's immune system, naturally and steadily reaching balance.

The Human Microbiome rich masque gets in contact with the bodily fluids, readily collects data about the body's requirements to improve health, improve Immune Defense System and Repair damaged DNA, automatically produces a blueprint utilizing the nourishment that is mixed with the masque, helping the body naturally repair itself from within, according to

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the exact requirement of the body. Helps fight off all types of diseases and all forms of aging and degeneration of the body

### HUMAN MICROBIOME MEDICINAL SOAK BATH

#### Premium Herbal – Milk – Oil

⌚ 120 mins.

PHP 12,000++

- Detox - Destress - Restore - Protect

#### Herbal – Milk – Oil

⌚ 120 mins.

PHP 20,000++

- Detox - Destress - Restore - Protect - Anti Aging - Longevity
- Cleopatra's Soak with Hyaluronic Acid, Niacinamide, DMAE, Antioxidants, Squalene

⌚ 120 mins.

PHP 28,000++

- Detox - Destress - Restore - Protect
- Immortal Soak (12 Adaptogenic Herbs + 6 Powerful Mushrooms) with Tamanu, Arnica, Melissa, Pomegranate, Helichrysum

⌚ 120 mins.

PHP 22,000++

- Detox - Destress - Restore - Protect
- Total DeStressor Soak (6 Adaptogenic Herbs) With Hibiscus, Licorice Root and Ashwagandha

A luxurious mix of herbal apothecary, and classic beauty ingredients like floral toners, infused oils, bath salts, Plant milk, tinctures, teas, fruits the perfect decoctions to a potent healing-beauty care, an integral part of healing and age reversing ritual.

Good for hypertension, heart diseases, stroke management, weight management, hormonal imbalances, auto immune disorders, promoting healthy digestion and relaxation, herbal self-care rituals encouraging whole body wellness and nourishment to the spirit stimulate body's stress-protection response, help systems return to a balanced state - reduce the negative effects of stress on the body - increase the body's resistance to physical, biological, and chemical stress, help promote normal functioning during times of stress, and protect against stress-related damage - Chronic Diseases - Hormonal Imbalance - Cancer - Tumor - Wound Healing - Nausea - Menopause and Effects and Symptoms - Andropause Effects and Symptoms - Hypertension - Viral Infections - Rheumatoid Arthritis - Joint and Muscle Pains - Keratosis Pilaris - Boost Immune Defense System - respiratory System - Adrenal fatigue - Myofascial Syndrome - Peripheral Artery - Cellular Repair - Scars, Keloids - stretchmarks - Varicose veins -

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calms the brain, reduce swelling, lower blood pressure, sunburns - burns - menstrual cramps -- osteoarthritis - Vitamin c - Collagen Boostewr - best anti radical damage - prevent tumor-growth in cancer patients, treat vaginitis and help reduce symptoms in people with HIV

### MIND & SPIRIT

#### Human Microbiome

🕒 120 mins.

PHP 18,000++

#### Shirodhara - Chakra Therapy (Oil Drip)

*Anxiety, Sleep Disorder, Depression, Adrenal Fatigue, Focus, Alertness, and Improves memory*

Activate the signaling pathways of the body, addressing the Central Nervous System, which helps by producing the body's healing chemicals. This treatment helps the body communicate with the body's system that connects to the brain, to facilitate release of healing chemicals that aids in restoring the good health of the body, releasing relieving chemicals that relaxes the body, promoting cellular repair and plasticity. These initiate, seal, and complete every Human Microbiome Treatment, raising the endorphin levels up.

This treatment is coupled with an Ayurvedic oil drip with Chakra Therapy, a customized treatment incorporating aromatic volatile oils, herbal-infused oils, honey, plant milks, with time-honored and non-traditional strokes and kneading that aims to cleanse and unclog the Lymphatic system of the body. Following the Ayurvedic healing technique that involves having liquid poured – onto the forehead, combined with a body, scalp, or head lymphatic system healing strokes and touches. Relaxing, soothing, and calming effects on the body and mind. Helps improve sleep quality, manage insomnia, (when combined with yoga)

The relaxing therapeutic head to toe, Ayurvedic touch ritual, tends to soothe not only the senses, but also the mind and the being, releasing stress, tension and fatigue from the Mind, Body and the skin. Elevating the whole body to a complete state of relaxation, ushering the body and the mind to effectively achieve balance within.

A powerful healing drawn from the Central Nervous System, rushing the brain to produce healing chemicals distributed and communicated throughout the body. Simultaneously rebuilding the body's Immune Defense System, Restoring and Repairing the health and stability of the Brain, Gut and Skin.

<p>On the day of the massage, it is advisable to avoid the following:</p> <ul style="list-style-type: none"> <li>• cold-water baths</li> <li>• ice cream</li> <li>• cottage cheese</li> </ul>	<p>Known benefits:</p> <ul style="list-style-type: none"> <li>• strengthens the body</li> <li>• helps for a good night sleep</li> <li>• helps beat fatigue</li> <li>• great for hormonal imbalance</li> </ul>
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<ul style="list-style-type: none"><li>• sex</li><li>• daytime sleep</li><li>• alcohol</li><li>• sun exposure and all sorts of exertion</li></ul>	<ul style="list-style-type: none"><li>• encourages growth in little children</li><li>• has a rejuvenating effect in elderly</li><li>• for stress and mental health</li><li>• anxiety, sleep disorder, depression, adrenal fatigue</li><li>• focus and alertness, improves memory</li></ul>
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