



THE FARM
AT SAN BENITO

Acqua Sanctuary

PACKAGES

Acqua Thermal Relaxology ⌚ 120 mins. **PHP 10,000++**
Includes a soothing head massage down to your shoulder, arms to the palm of your hands, and a relaxing foot massage. The thermal bed has the equivalent of deep tissue massage, acupressure and acupuncture, and heat benefits.

Inclusions

- Infrared Sauna
- Cold Bucket Shower
- Pressure pool
- Vichy Shower with back massage
- Floatation Pool
- 60 mins. Relaxology on Thermal Bed

Acqua Relaxation Therapy ⌚ 120 mins. **PHP 10,000++**
Induces calmness and relaxation. Increase blood flow to the muscles, providing more energy, better metabolism and improves memory. Deep and long strokes from back to shoulder, back of the neck, arms and legs. Ending with a meditative head massage and cranial therapy.

Inclusions

- Onsen Bath
- Pressurized Jacuzzi
- Floatation Therapy
- 90 mins. Relaxation Massage

Acqua Flotation Therapy ⌚ 120 mins. **PHP 10,000++**
A form of sensory deprivation known as REST (restricted environmental stimulation), which consists of floating for several hours in a dark and soundproof tank of water heated to body temperature. It has been used to treat drug and smoking addictions, lower back pain, and other conditions associated with excessive stress.

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Inclusions

- *Flotation Therapy*
- *90 mins. Relaxology on Thermal Bed*

Acqua Deep Tissue Therapy

🕒 120 mins.

PHP 10,000++

The warm, strong and deep pressurize water helps ease stiff joints and relax sore muscles. Followed by manipulation of the deeper layers of muscle and soft tissues in the body. It uses warm oils and direct pressure to relax the top layer of muscle.

Inclusions

- *Infrared Sauna*
- *Cold Bucket Shower*
- *Pressure Pool*
- *Vichy Shower with gentle massage on the back*
- *90 mins. Therapeutic Massage*

Acqua Lymphatic Therapy

🕒 120 mins.

PHP 10,000++

Reduces swelling, detoxification of the body, regeneration of tissue, reduction of chronic pain and fibromyalgia, improvement of venous conditions, relief of chronic fatigue, sinusitis, acne and allergies.

Inclusions

- *Dry Brushing*
- *Infrared Sauna*
- *Cold Bucket Shower*
- *Pressure Pool*
- *Flotation Therapy*
- *60 mins. of Relaxation Massage*

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Acqua Body Polish Therapy

🕒 120 mins.

PHP 10,000++

Body wrap of your choice:

Blue Ternate Body Polish

Contains antioxidant, which promotes collagen growth and skin cell elasticity. Helps reduce anxiety, improves heart health, and promotes blood flow.

Pink Himalayan Salt Body Polish

Contains over 84 minerals and trace elements, including calcium, magnesium, potassium, copper and iron. It detoxifies, reduce muscle cramps, hydrates, and helps balance blood sugar.

Green Body Polish

Uses *moringa* which produces calming effects and more restful sleep.

Inclusions

- Infrared Sauna
- Cold Bucket Shower
- Pressure Pool
- 90 mins. Body Polish

Acqua Slimming Therapy

🕒 120 mins.

PHP 10,000++

Acqua Cold showers can aid in weight loss. This treatment alternates hot and cold to increase brown fat cell's function to burn energy, which increases heat of the body, resulting to weight loss.

Inclusions

- Dry Brushing
- Infrared Sauna
- Cold Bucket Shower
- 90 mins. Hampol

Acqua Revitalizing Therapy

🕒 90 mins.

PHP 8,000++

🕒 120 mins.

PHP 10,000++

Acqua treatment works deep in the muscles, realigning the muscle fibers and connective tissue, and flush away toxins. Regular sessions will increase joint mobility and flexibility, and reduce the risk of injury during exercise

90-min. treatment includes:

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- Infrared Sauna
- Cold Bucket Shower
- Pressure Pool
- 60 mins. Hilot Pandanggo

120-min. treatment includes:

- Infrared Sauna
- Cold Bucket Shower
- Pressure Pool
- 90 mins. Hilot Pandanggo

Acqua Rejuvenating Therapy

⌚ 90 mins.

PHP 8,000++

⌚ 120 mins.

PHP 10,000++

Fresh aloe vera body wrap is applied in the form of Yin and Yang for hydration and skin cell renewal. Benefits include detoxification, contouring, rejuvenation and balance. Effectively heal chronic skin problems, such as psoriasis, acne and eczema.

90-min. treatment includes:

- Infrared Sauna
- Steam Bath
- Cold Bucket Shower
- Pressure Pool
- 60 mins. Aloe Vera Wrap

120-min. treatment includes:

- 5 mins. Infrared Sauna
- Cold Bucket Shower
- Pressure Pool
- 90 mins. Aloe Vera Wrap

Water Wellness Therapy

⌚ 120 mins.

PHP 10,000++

Water Wellness Therapy is made up of different treatments resulting to physiologic changes that are beneficial to human health.

It uses either Hot Water Treatment which causes superficial blood vessels to dilate, activate the sweat glands, loosen stiff joints, and remove toxic wastes from tissues; or Cold Water

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Treatment which causes blood vessels to constrict, keeping the blood away from an affected area to relieve inflammation.

The therapy also includes Onsen Bath to treat arthritis, lower back pain, immune dysfunction, and fibromyalgia. It also assists in having a clear state of mind, improving focus and concentration, thus, promoting relaxation and alleviating anxiety and depression. Other benefits include improved sleeping pattern, decreased body pain, and an improved sense of well-being.

120-min. treatment includes:

- *Infrared Sauna*
- *Steam Bath*
- *Cold Bucket Shower*
- *Pressure Pools*
- *Vichy Shower*
- *Flotation Pod*
- *Onsen Bath*
- *Kneipp Therapy*
- *Pressurized Jacuzzi*
- *Blind Shower Therapy*
- *Thermal Foot Sauna*
- *Thermal Bed with Head & Foot Massage*

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