
TRANQUILA
WELLNESS SANCTUARY
BY LAS CAIDAS
Embrace the Journey Within

Spa Reminders

Pause • Breathe • Relax • Reconnect

Welcome to Tranquila Wellness Sanctuary, where every treatment is designed to provide a peaceful, restorative, and memorable wellness experience. To help us create a calm and enjoyable environment for everyone, we kindly ask our guests to observe the following reminders:

1. ARRIVE EARLY

- Please arrive 10-15 minutes before your scheduled treatment to allow enough time for check-in, consultation, changing, and preparation.

2. MOBILE PHONES

- Kindly switch your mobile phone to silent mode during your treatment. We encourage you to disconnect from your device and reconnect with yourself.

3. PERSONAL BELONGINGS

- Please keep valuables and personal belongings secure. The resort recommends leaving unnecessary valuables in a safe place.

4. INFORM YOUR THERAPIST

- Before your treatment, please inform your therapist about any allergies, sensitivities, injuries, areas of discomfort, or special requests that may affect your treatment.

5. HYDRATE

- Drink sufficient water before and after your treatment to support your overall wellness and relaxation.

6. TREATMENT PREPARATION

- Avoid heavy meals immediately before a massage or body treatment. Please allow your body sufficient time to digest before your appointment.

7. RESPECT THE SANCTUARY

- Please treat our therapists, staff, fellow guests, facilities, furniture, linens, and wellness equipment with care and respect.

8. WELLNESS FACILITIES

- Please follow all safety instructions when using the Kawa Bath, sauna, pool, waterfalls, outdoor wellness areas, and other resort facilities.

9. SMOKING & VAPING

- Smoking and vaping are not permitted inside the spa treatment rooms or other designated non-smoking areas. Please use designated smoking areas.

10. No Cancellation & Non Refundable

- As your treatment services are exclusively reserved for you, we kindly ask you to give us at least four (4) hours of cancellation notice to accommodate other guests and avoid the full charges. A down payment (non-refundable) is required to confirm and secure your slot.

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Therapeutic Massage



Tranquila Signature Massage

Derived from the ancient healing technique of Filipino Wellness, this treatment starts with "Cupping" a tradition used in eliminating myofascial knots and stiffness in the muscles, followed by Philippine's very own "Hilot" massage.

Php2,500/
net per pax for 90 minutes

Masaje de Bambu

Our very own version of deep tissue massage and myofascial treatment. Heated bamboo sticks or "Kawayan" in different sizes are used in the treatment. During the session, the heated bamboo takes the place of the therapist's hands and fingers, this technique allows for deeper, stronger, and firmer pressure.

Php2,000/ net per pax for 90minutes
Php1,800/ net per pax for 60minutes



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Therapeutic Massage



Masaje Relajante

Aims to promote relaxation and tension relief, allowing the muscles to relax and removing the imprint of physical stress. Using long and continuous massage techniques with medium pressure toward the heart increases blood flow. Ideal for individuals having disturbed sleeping patterns and anxiety.

Php 1,800/net per pax for 90 minutes

Php 1,500/ net per pax for 60 minutes

Vida Integradora

This massage treatment combines somatic therapy and bodywork. Unlike any other massage, this therapy allows you to take an active role. It is a customized treatment for each individual to relieve muscular tension, and pain it aids to increase mobility and range of motion.

Php 2,000/ net per pax for 90 minutes



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Foot Care

Terapia

Massaging the foot improves circulation stimulates muscles, reduces pressure, and lessens stiffness allowing full range of motion. This treatment includes wrapping the foot with natural herbal remedies to aid in mineral absorption, followed by a relaxing foot massage

Php1,500/ net per pax for 60 minutes





Exfoliante

A deep revitalizing treat specially for your feet. The treatment includes eucalyptus and peppermint exfoliation, callus removal completing with an invigorating foot wrap and relaxing foot massage to enhance circulation and moisturize the foot. each individual to relieve muscular tension, and pain it aids to increase mobility and range of motion.

Php1,500/ net per pax for 60 minutes

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Natural Facial Care

Oil Balancing Banana Facial

Rich in antioxidants which help to fight free radicals in the body. It is a great exfoliator that helps slough off excess sebum on the skin's surface. It also contains moisture, potassium, and Vitamins C and E which promotes healthy glowing skin. Ideal for those with oily skin.

Php1,500/ net per pax for 60 minutes





Moisture Rich Cashew Facial

Known for its high protein and selenium content, the cashew nut is also high in Copper and Vitamin C. It aids to maintain the levels of collagen and elastin in the skin, thus helping it stay youthful for a long time. A great natural alternative for anti-aging as it promotes healing and cell growth. Leaves your skin smooth, radiant, and moisturized.

Php1,500/ net per pax for 60 minutes

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Exfoliacion

Moisturizing Coconut Body Scrub



Rejuvenate your skin with grated coconut and fine grains of rice. With its numerous health benefits, this fruit is also known as the "Wonder Fruit" The natural oil traps moisture and has anti-inflammatory effects. It will keep your skin hydrated and glowing.

Php 2,000/ net per pax for 60 minutes



Skin Tightening Green Coffee Body Scrub

Purifies and gently exfoliates the skin by taking out dry and dull skin cells. This treatment promotes collagen production and increases blood flow. Due to its high content of antioxidants, it promotes elasticity of the skin getting rid of the loose-skin look and cellulite formation.

Php 2,500/ net per pax for 60 minutes

Mineral Dead Sea Salt Polish



Used for thousands of years, dead sea salt scrub cleanses, detoxifies, and restores healthy balance of the skin. It keeps moisture locked and helps the skin to hold water thereby reducing the formation of wrinkles.

Php 1,500/ net per pax for 60 minutes

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Kawa Hot Bath Soak





The Kawa is heated underneath using dry wood and bamboos, as the water slowly heats up to desired temperature, herbs, fragrant leaves, therapeutic bath salts, and essential oils are added.

Steam from the hot water creates an aromatic scent that is invigorating to the mind and senses.

Family Size
Php 1,000/ pax 60 minutes
(additional guest at Php500)

Single Size
Php 750/ pax 60 minutes

Choose from:
Milk and Honey - Php 300
Herbal Pito-Pito- Php 300
Malunggay and Turmeric- Php 300
Aromatherapy Essential Oils
(additional at Php300)

*Please allow at least 30 minutes waiting time to fully set up the Kawa for you to enjoy your experience

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Tranquila Journey



Rebalance

(Exfoliacion, Massage, Vibrational Sound Therapy)

Calming the body and mind is essential to achieving harmony. The treatment starts with dry brushing to stimulate nerve endings followed by a full-body scrub of your choice. A holistic stretching to improve flexibility and increase range of motion, and breath work to enhance mindful breathing. Your treatment ends with vibrational sound therapy. Our body is composed of 75% water, and water is a great conductor for vibration. When vibration travels through the body they promote circulation. It also synchronizes brain waves to achieve profound states of relaxation.

Php5,800/ net per pax for 220 minutes

Release

(Kawa Soak, Exfoliacion, Massage, Facial)

A remedy for mental and physical fatigue. This treatment starts with a Kawa Hot Bath using authentic essential oils, Lavender and Bergamot to enhance relaxation with anti- inflammatory properties, Epsom salts to stimulate the lymphatic system, and absorption of magnesium which aids in improved sleep.
Choose from coconut or coffee body scrub to take out dry and dull skin cells. A full-body relaxing massage followed by an Aloe Vera facial to decongest your sinuses and open the body's cleansing channels.

Php5,800/ net per pax for 220 minutes



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Sometimes the most productive thing you can do is relax.
– Mark Black