



# YOU ARE NOW IN A PERFECT PLACE TO RELAX, FIND YOUR BLISS.

## AMUMA SPA SERVICES

**HILOT LAMANG** 60 min | 1,500 : 90 min | 2,500

A massage-only variant of our signature Amuma Hilot. It involves long flowing strokes and techniques to relax tense or spastic muscles. This treatment increases joints' range of motion, soothes the nervous system and reduces swelling. It also helps eliminate toxins from the tissues.

**HILOT ABLON** 75 min | 2,000

With origins from northern Philippines, it is known as "Dry Massage" because it does not use oils. This massage uses thumb and palm pressure on specific points of the body. Combined with stretching, it improves circulation and relieves stress and tension.

**HINGUT-AN** 30 min | 800

Head and shoulder massage derived from the rural pastime, "Kuto-Kuto Alis". Includes a gentle hair-pulling technique that stimulates circulation, relieve headaches and induce rest and sleep. A blend of slow and rhythmic rubbing along the neck, back and arms also help rejuvenate both body and soul.

**PIKPIK KAWAYAN SA SIKI** 60 min | 1,500

Treatment using bamboo poles to apply rhythmic pressure on the foot area. Akin to reflexology, gentle taps on specific points help provide relief and improve circulation in the body. Also, reduces fatigue, aches and muscle pains, as well as help rid of toxins and restore tissue balance.

**RESERVATION & INFORMATION:**  
(038) 416 0702 local 500

*amuma*  
SPA