



The Philippines – the New Asian Spa Destination

Review by I+t

A chain of islands in the South China Sea shakes up spa culture as we know it.

A holiday in the Philippines means a complete health and wellness makeover. Rejuvenate and recharge your spirit with the generous beauty of the islands. Relieve your body from stress with the serenading calmness of nature: its healing touch will wake you up to a new wellness that comes from within.

Experience the authentic Filipino Spa, pampering body, mind and spirit with a wide selection of body treatments. There's the *hilot*, a therapeutic massage (or 'touch therapy') that determines areas where a healing touch is needed. Or the relaxing effect of *dagdagay*, a traditional foot massage

using two sticks of bamboo or rattan to relax tired feet and lull you into a peaceful slumber. And what about the soul-soothing exotic scrubs, a potpourri of the islands' best-of fruits, beans, herbs and spices, carefully refined and enhanced to effect a soothing, coddling experience. These and other authentic Filipino body treatments compose a unique spa holiday experience. Expect more than the usual hot tub in the Philippines. 🌿

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