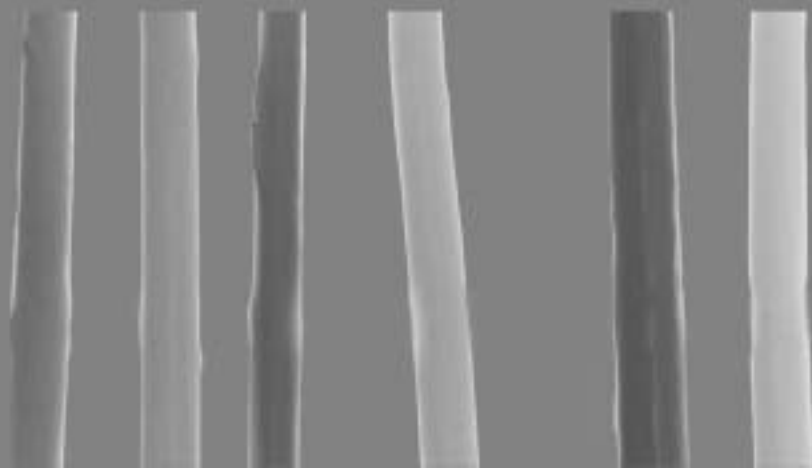




NEO
DAY SPA

NEO - BONIFACIO GLOBAL CITY
LIST OF SERVICES





Heal the body, calm the mind, renew the spirit.

As you enter our serene urban retreat, your senses will awaken with every unique detail. Our distinctive interiors have been specially designed for your total comfort & well-being so that a total healing atmosphere can be achieved.

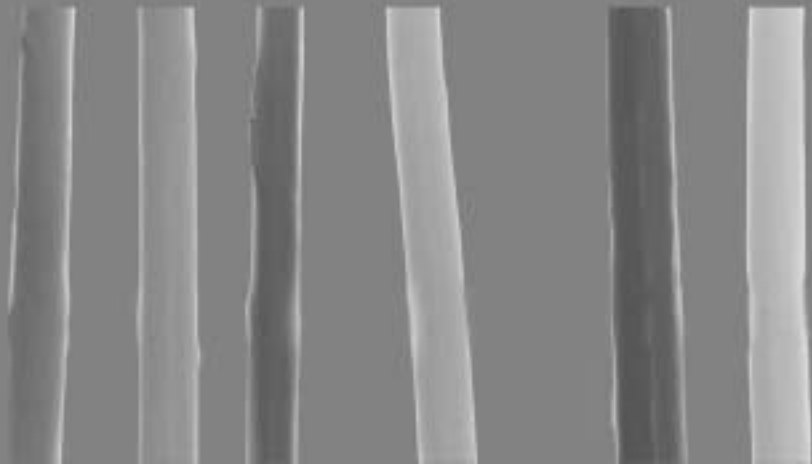
Our intention is to foster harmony and balance of the mind, body, and spirit through holistic healing. Our services include massage therapies, scalp treatments, facial treatments, body treatments, reflexology and nail services. All of our services can be combined to create a customized spa day for total wellness.

Come to our sanctuary - a place with a calming atmosphere - for whatever reason you choose. For personal wellness or a modern escape, we invite you to join us to relax and rejuvenate...

... for an hour... an afternoon... or a day.

NEO







ZEN BODYWORK

P 1,550 (approx. 90 mins.) / P 2,000 (approx. 120 mins.)

Our signature massage is an integration of the traditional concepts and techniques of accupressure with western osteopathic and therapeutic massage. This therapy aims to free the flow of energy along the meridiens, thereby releasing tension, balancing the body and mind, and normalizing physiological functions.

QI TRANQUILITY MASSAGE

P 1,550 (approx. 90 mins.) / P 2,000 (approx. 120 mins.)

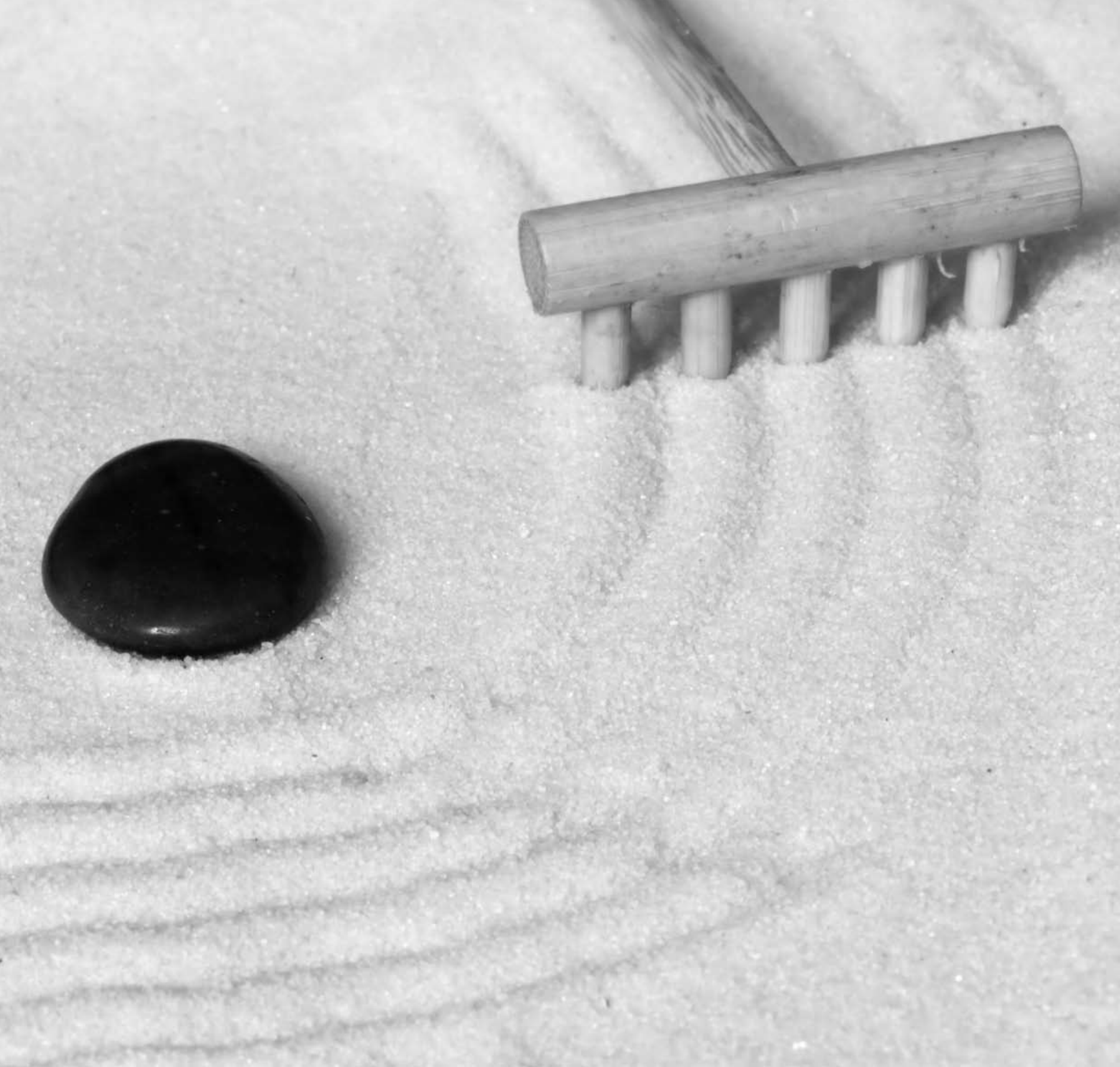
The Japanese concept of harmony and well-being focuses on the energy circulating in the body. Our Qi Tranquility Massage helps regulate the body's energy flow, inducing profound relaxation and a sense of total well-being. This comes with the Japanese oshibori ritual.

HAWAIIAN LOMI LOMI

P 1,550 (approx. 90 mins.) / P 2,000 (approx. 120 mins.)

Lomi Lomi is a unique, flowing, vibrant and deeply relaxing full body massage. The therapist uses hands and forearm in long fluid strokes of varying rhythm and intensity up and down and all around the body. Cleansed by wave upon wave of loving touch and purified by the release of negative tensions, Lomi Lomi has the ability to go to the core of one's being and reunites body and mind with spirit.





SWEDISH AROMATHERAPY MASSAGE

P 1,150 (approx. 60 mins.) / P 1,550 (approx. 90 mins.) / P 2,000 (approx. 120 mins.)

Your choice of natural essential oil blends applied through a massage. It is a wonderful way to uplift your spirits, soothe your nerves, reduce stress and add joy into your life.

DEEP TISSUE MASSAGE

P 1,150 (approx. 60 mins.) / P 1,550 (approx. 90 mins.)

This penetrating massage gives special attention to manipulation of deep muscle tissues to relieve chronic muscle tensions & stress. Our therapist can also focus on specific muscle groups used in active sports.

LYMPHATIC DRAINAGE MASSAGE

P 1,150 (approx. 60 mins.) / P 1,550 (approx. 90 mins.) / P 2,000 (approx. 120 mins.)

This gentle and specialized form of massage stimulates the lymphatic system aiding in the removal of toxins and restoring the body to health by making the immune system more efficient. Using light circular motions, rhythmic pumping actions, and effleurage, this massage calms the nervous system, soothes the mind, and thereby relieves stress and tension.





JAPANESE VOLCANIC STONE MASSAGE

*P 1,750 (approx. 90 mins.) *Advanced booking is required.*

Japan is an island formed by rapid volcanic activity. Thousands of Japanese hot springs filled with rich minerals have been known as healing places since ancient times. Each spring is filled with a variety of valuable minerals, which are traditionally known to heal many illnesses.

The therapeutic water that bubbles in these springs is very hot, often just below the boiling point. Small streams seep into and mix with the springs lowering the water temperature. The springs also contain volcanic stones, which readily absorb the heat from the water. Traditionally, these stones have been used to massage the neck, shoulders, back, and other tense areas. The art of Japanese Hot Stone Massage evolved from these ancient hot spring traditions and was developed to introduce the same therapeutic value into contemporary therapy environments.

Japanese Hot Stone Massage is one of the most soothing and effective massages that rapidly stimulate the nervous system and increase blood and lymph circulation.

JAPANESE HERBAL POULTICE THERAPY

*P 1,750 (approx. 90 mins.) *Advanced booking is required.*

The treatment utilizes warmed muslin poultices of Japanese and Asian herbs that are steamed and applied directly to the body in a kneading action. This ancient treatment has been practiced to soothe muscle tension and stiffness on the key areas. Heat and herbs are absorbed by the body to help to reduce aches and pains, increase lymphatic drainage and improves skin condition. The poultice contains antioxidants that are natural skin softener, which hydrates and regenerates skin cells.

YOGASSAGE

P 1,750 (approx. 90 mins.)

SEASHELL MASSAGE

P 1,150 (approx. 60 mins.) / P 1,550 (approx. 90 mins.)

BAMBOO MASSAGE

P 1,150 (approx. 60 mins.)





TUI NA

P 1,150 (approx. 60 mins.)

Tui Na is an oriental bodywork therapy that has been in existence in China for 2,000 years using the traditional Chinese medical theory of the flow of Qi energy through our body as its basic therapeutic orientation. Through the application of massage and manipulation techniques, it seeks to establish a more harmonious flow of Qi allowing the body to naturally heal itself.

SWEDISH MASSAGE

P 950 (approx. 60 mins.) / P 1,300 (approx. 90 mins.) / P 1,700 (approx. 120 mins.)

A full-body massage using long strokes and kneading techniques on the more superficial layers of muscles promoting general relaxation, blood circulation, and relief from muscle tension.

SHIATSU

P 950 (approx. 60 mins.) / P 1,300 (approx. 90 mins.)

This dry, finger pressure massage is based on Oriental healing concepts that treat vital energy points on the body releasing blockage and rebalancing energy flow relieving you of stress and giving you a revitalized feeling.

TENSION RELIEF MASSAGE

P 420 (approx. 20 mins.)

A "quickie" massage to loosen tight muscles in the neck, shoulders and back.





Pregnancy can be an exciting but stressful experience. Massage is beneficial during pregnancy and after childbirth. Pre-natal massage focuses on the needs of the mother-to-be, preparing her body for the demands of carrying and delivering her baby while imprinting the joy of relaxation on the unborn child. Post-natal massage helps her deal with post-natal blues as well as coping with a new addition to the family. It enhances the ability to adjust to a new lifestyle and helps relax those who lack sleep.

PRENATAL MASSAGE

P 1,150 (approx. 60 mins.) / P 1,550 (approx. 90 mins.) / P 2,000 (approx. 120 mins.)

For expectant mothers on their second or third trimester, this soothing massage improves blood/lymph circulation, keeps loosening joints strong and aligned, and relieving muscle soreness associated with the body's adjustment to its changing center of gravity. This massage also works to relieve the pain of spreading joints and overtaxed back muscles.

Benefits of New Life Pre- Natal Massage

- ✿ Increase in flexibility.
- ✿ Improves sleep.
- ✿ Relieve anxiety caused by hormone changes.
- ✿ Decreases the discomforts of backache, leg cramps, edema, headache, sciatica and swollen ankles and feet.
- ✿ Helps control blood pressure
- ✿ Eases muscle fatigue
- ✿ Helps control varicose veins
- ✿ Massage increases blood circulation, providing more oxygen and nutrients to the cells of the mother and fetus.





NEW MUM POST-NATAL MASSAGE

P 1,150 (approx. 60 mins.) / P 1,550 (approx. 90 mins.)

New moms can now experience the full benefits of Post-Natal massage with lymphatic drainage. Post partum is that time your body is recovering from the delivery experience; this includes from the time you deliver up until 6-weeks after. Your body is going through many physical and hormonal changes during this time. Post -Natal massage provides many benefits. A synergy of arpmatherapy and lymphatic drainage techniques that help regain tone, firmness and elasticity.

Benefits of New Mum Post Natal Massage

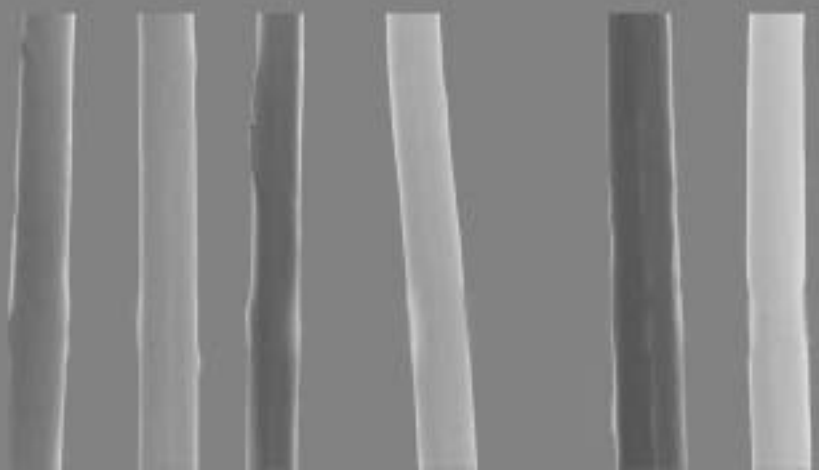
- Improves the lymphatic and circulatory systems.
- Supports healthy lactation.
- Reduces stress hormones. Soothes and relaxes the nervous system by the release of endorphins.
- Facilitates the healing of bladder disorders, post-episiotomy soreness, and Cesarean Section.
- Supports healthy emotional state and infant bonding.

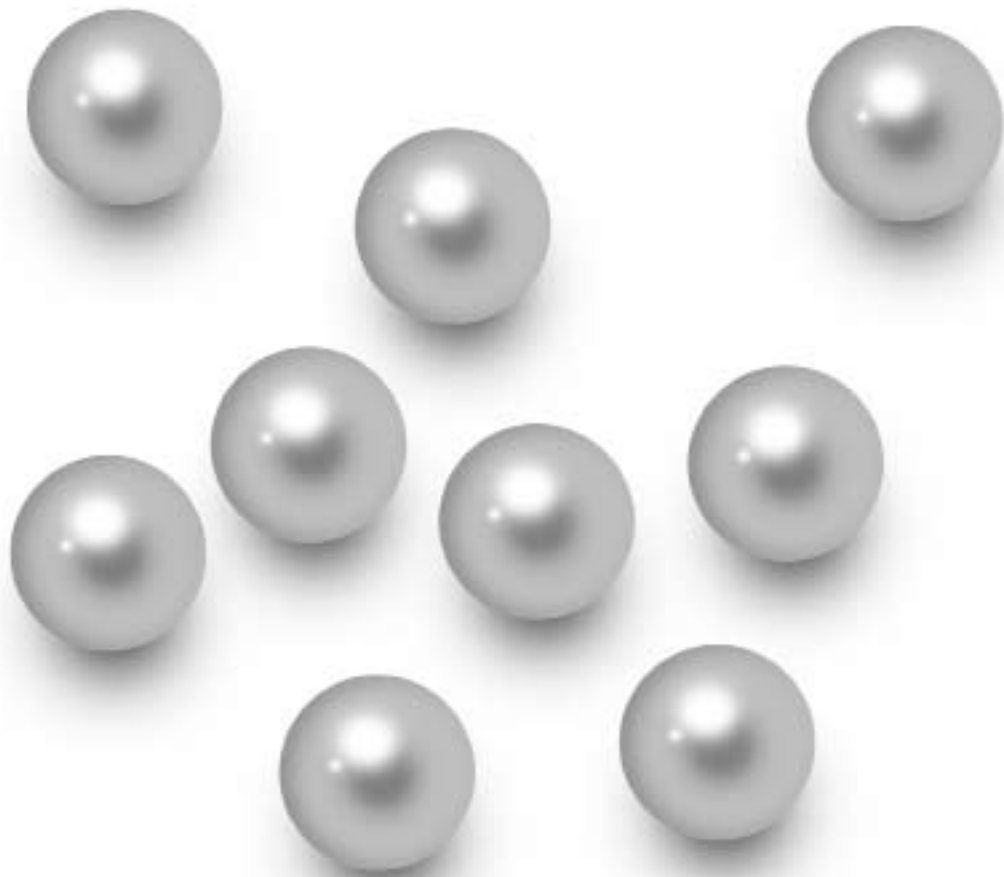
LACTATION MASSAGE

P 1,150 (approx. 60 mins.) / P 1,550 (approx. 90 mins.)

To help new mothers ease the flow of breastmilk. This massage may be given right after childbirth. It helps to open breast milk ducts for better milk flow and loosen any clumps or hardened areas in the breasts, reducing the possibilities of mastitis or other breast problems.







PEARL TRANQUILITY SCRUB

P 1,750 (approx. 60 mins.)

This unique scrub integrates ancient cultures within contemporary rituals by incorporating unique blends of essential oils and movements that imprint in the olfactory memory indelible traces of pleasure and well being. Containing ground pearls, ylang-ylang, mimosa, and jasmine – A luxurious symbol of beauty and richness in Japan. Used for resistant and problematic complexions, the natural pearl extracts offer our skin an extraordinary glow

ABSOLUTE PEARL FACIAL

P 1,750 (approx. 60 mins.)

Facial Treatment for dull skins or pigmentation prone skin

This facial treatment is excellent for treating hyper pigmented areas while improving skin luminosity. The anti-oxidant effect creates an immediate brightness and used in conjunction with a specific homecare routine will reduce pigmentation spots. The treatment uses brightening extracts of lemon and white willow bark. Leaves you with a firmer and luminous skin, recalling the absolute splendor of precious pearls

QI TRANQUILITY MASSAGE

1,550 (approx. 90 mins.) / P 2,000 (approx. 120 mins.)

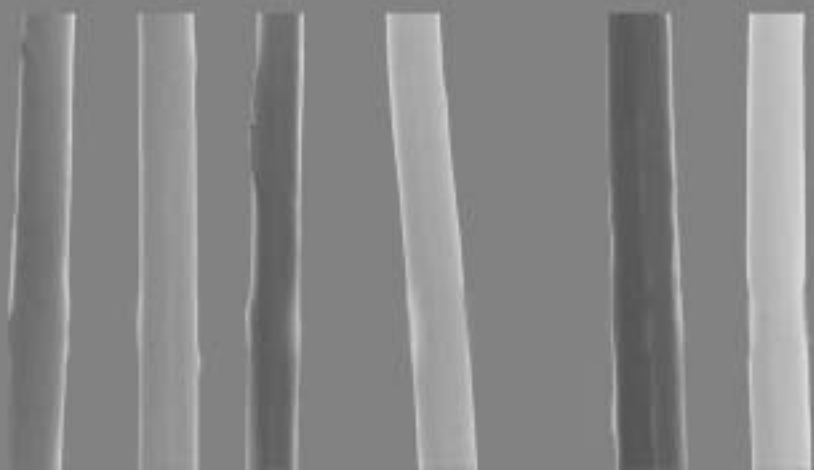
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PEARL TRANQUILITY RITUAL PACKAGE

P 2,950 (approx. 150 min)

Inspired by the well being rituals of ancient cultures, The pampering ritual begins with the skin smoothing Pearl Tranquility Scrub followed by 90 minutes of our ancient Japanese Qi Tranquility Massage.







CHAMPAGNE AND ROSEE INDULGENCE

A luxurious body treatment utilizing the powerful anti-oxidant properties of grape with a light effervescent, clean scent . A unique blend of Dead Sea salt infused with Champaign Bubbles. Enriched with minerals and trace-elements, anti-inflammatory and healing marigold petals, and nourishing and repairing plant oils of sunflower, jojoba and apricot provides the body with optimum remineralizing, revitalizing and energizing benefits, and sparkling skin .This treatment ends with a 10 minute relaxing back massage

CHAMPAGNE AND ROSEE SCRUB

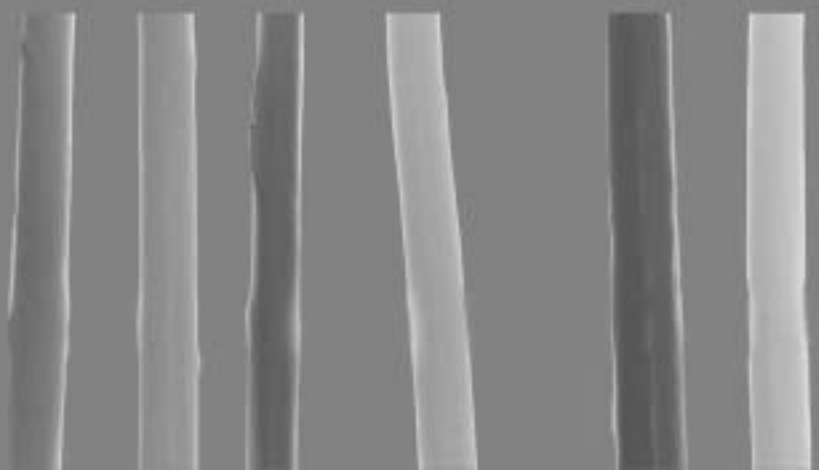
P1,750 (approx. 60 mins.)

CHAMPAGNE AND ROSEE INDULGENCE PACKAGE

P 2,700 (approx. 120 min)

Champagne and Rosee Scrub followed by a 60-minute Aromatherapy Massage







Our signature body treatments, natural scrubs and wraps, enhanced with pure essential oils, offer effective full body exfoliation and moisturization while giving you supreme therapeutic benefits. This treatment ends with a soothing 5 minute back massage.

GINGER BODY SCRUB

P 1,600 (approx. 60 mins.)

Ginger has been widely used in healing purposes for centuries, penetrating your skin to increase blood circulation while also relieving muscular aches and pains.

GREEN TEA BODY SCRUB

P 1,600 (approx. 60 mins.)

Green tea is rich in antioxidant properties as well as a wide variety of vitamins and minerals that can protect your skin from damage.

WASABI BODY POLISH

P 1,600 (approx. 60 mins.)

Wasabi is rich in anti-carcinogenic properties. This body polish renews skin through cellular repair while enhancing the elimination of toxins and reducing puffiness in skin.

BLACK SESAME BODY SCRUB

P 1,600 (approx. 60 mins.)

Black Sesame gently removes dead skin cells while minimizing visible wrinkles as it leaves the skin beautifully refreshed and luxuriously soft.

YOUNG RICE BODY SCRUB

P 1,600 (approx. 60 mins.)

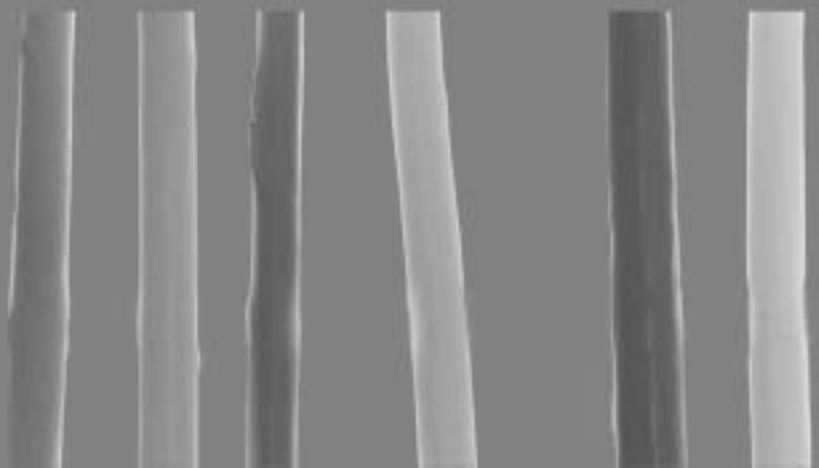
Fragrant ground jasmine rice mixed with a velvety cream. This treatment creates results using the conditioning, soothing and softening properties of rice starch.

NORI SEAWEE BATH

P 950 (approx. 30 mins.)

Detoxifying algae is dissolved in a whirlpool bath aiding in the elimination of toxins in our body. This is highly recommended as a prelude to your Zen Body Treatment and Zen Spa Package.







AROMATIC SALT GLOW SCRUB

P 1,500 (approx. 60 mins.)

This deeply exfoliating treatment blends mineral rich Dead Sea salt with pure essential oils. Applied using small circular strokes, it removes dead skin cells, improves circulation, and moisturizes the skin.

COCOA BUTTER SCRUB

P 1,500 (approx. 60 mins.)

This deep penetrating scrub melts at body temperature, providing a rich, creamy consistency as it revitalizes, softens and increases the skin's elasticity while it helps heal stretch marks.

DEAD SEA MUD WRAP

P 1,500 (approx. 60 mins.)

This natural extract from the Dead Sea nourishes and purifies the skin, reducing wrinkles, and leaving the skin silky-smooth and younger looking. It also supports metabolism and revitalizes the natural functions of cells giving it anti-inflammatory and antirheumatic effects.

DETOXIFYING BROWN ALGAE WRAP

P 1,500 (approx. 60 mins.)

Our detox specialty, this treatment starts with a full body cleansing and exfoliation, followed by a detoxifying brown algae wrap, a pure concentrate of all active elements found in algae which nourishes and detoxifies the tissues as it tones the skin.





INGHAM METHOD OF REFLEXOLOGY

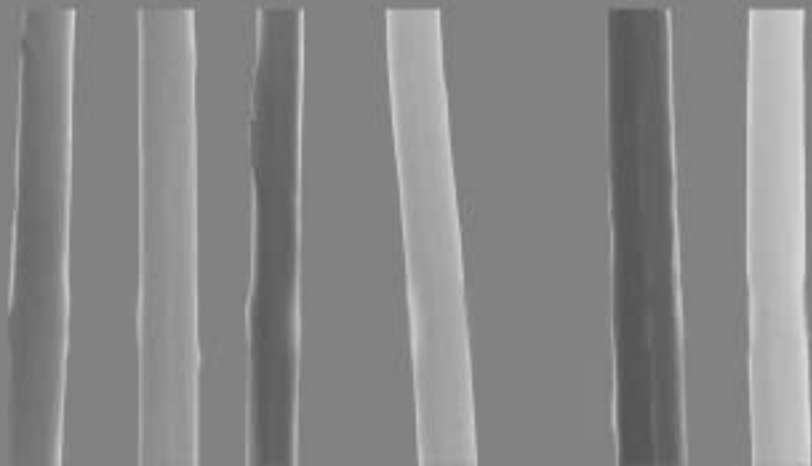
P 850 (approx. 60 mins.) / P1,250 (approx. 90 mins.)

The Ingham Method of Reflexology is the gentle art of using hands to apply pressure to specific points or zones on the feet and hands, relieving stress and redirecting energy. Pressure on these zones of the feet and hands is linked to the glands, organs, and parts of the body. Considered to be a natural alternative medicine and a holistic approach in healing, the Ingham Method of Reflexology can be used to restore and maintain the body's natural equilibrium and encourages our body's natural ability to heal itself.

The Ingham Method of Reflexology is the combined work of the late Eunice Ingham, the founder of reflexology, and her nephew Dwight Byers, head and founder of the International Institute of Reflexology.

Neo is the only reflexology center in the Philippines that offers the Ingham Method of Reflexology. Our reflexologists are trained by Singaporean Master Reflexologist George Tay, the Asian representative of the International Institute of Reflexology, the world's leading authority in reflexology.







NEO SIGNATURE FOOT SPA

P 850 (approx. 60 mins.)

Begin your journey with an aromatic eucalyptus and pine foot bath. Then proceed to exfoliate, hydrate, and keep feet smooth and silky right down to your toes. This is finished with a 20 minute cooling and refreshing lower leg and foot massage leaving the skin soothed and relaxed for hours.

NEO SIGNATURE FOOT SPA WITH PEDICURE

P 1,080 (approx. 90 mins.)

All of the above but with your toenails groomed and polished!

CLASSIC MANICURE

P 300 (approx. 30 mins.)

CLASSIC PEDICURE

P 350 (approx. 40 mins.)

FINGERNAIL GROOMING FOR HIM

P 300 (approx. 30 mins.)

Aromatic soak, cuticle treatment, fingernail smoothing and shaping, arm and hand massage and polish (optional).

ULTIMATE FEET PAMPERING

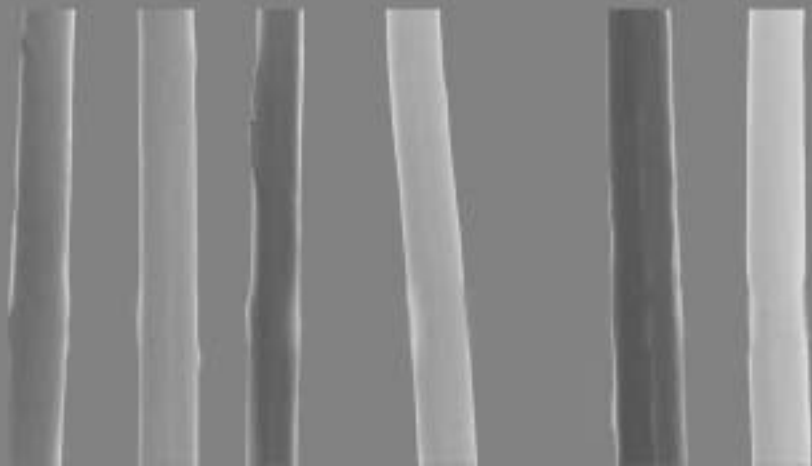
P 1,700 (approx. 150 mins.)

Treat your hard working feet to an absolutely pampering pedicure. Signature foot spa, nail grooming, foot reflexology, and polish.

WAXING SERVICES

eyebrow	P 300.00
upper lip	P 300.00
half arm	P 400.00
full arm	P 550.00
underarm	P 400.00
half leg	P 500.00
full leg	P 900.00
bikini	P 800.00
brazilian	P 950.00







REFLECT

P 1,500 (approx. 90 mins.)

Our Neo Spa Sampler, a head-to-toe experience done fully clothed... Hand & Foot Reflexology, Aromatherapy Scalp Treatment and Tension Relief Massage.

SOOTHE

P 1,080 (approx. 90 min)

Start off with your Classic Pedicure and soothe your feet with our Ingham Method of Reflexology

RELAX

P 1,750 (approx. 90 mins.)

Aromatherapy Scalp Treatment followed by a relaxing Aromatherapy Massage of your choice.

PURIFY

P 2,250 (approx. 120 min)

Rejuvenate dull tired skin with our Biodroga Pura Facial combined with your choice of an Aromatherapy Massage

ZEN

P 2,750 (approx. 150 mins.)

Our signature spa package, your choice of a Zen Body Treatment followed by our Zen Bodywork.

DETOX DETOX

P 3,100 (approx. 170-180 mins.)

Our classic detoxification package, this treatment starts with a Nori Seaweed Bath, followed by a full body cleansing and exfoliation, a Detoxifying Brown Algae Wrap, a pure concentrate of all active elements found in algae which nourishes and detoxifies the tissues as it tones the skin, and finished with a Lymphatic Drainage Massage.

UTOPIA

P 4,850 (approx. 190 mins.)

The ultimate pampering experience. Start with a moisturizing Cocoa Butter Scrub, followed by your choice of a 60 minute Aromatherapy Massage, and complete your indulgence with a luxurious Caviar Facial





Spa Etiquette

Our center is a haven of tranquility. We request that you lower your voice when talking and please turn off your mobile phone as not to disturb the other guests. Smoking is strictly prohibited.

To ensure you receive the most of your treatment time we recommend that you arrive 15 minutes prior to your scheduled appointment. Your timely arrival is much appreciated. Please understand that arriving late may reduce the time of your treatment to accommodate other appointments.

We understand that there may be a cause to cancel your scheduled appointment. Please let us know at least 3 hours in advance of any cancellations. Please do not bring your valuables when going for a treatment. The management of Ki accepts no responsibility for any loss or damage to any personal items brought into the premises.



NEO DAY SPA

Neo Day Spa - Bonifacio Global City

G/F, Net One Center, 26th St. corner 3rd Ave., Bonifacio Global City, Metro Manila, Philippines
Tel. (02) 8158233, 8158948

KI by Neo Day Spa - Greenhills

35 Wilson Street, Greenhills West, San Juan, Metro Manila, Philippines
Tel. (02) 5846789, 5846066

Neo Island Spa - Boracay

Pearl of the Pacific Beach Resort, Boracay Island, Aklan, Philippines
Tel. (036) 5063131

www.neo.ph